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LIVINGSTON  
& DISTRICT AAC



## 2009 CLUB CHAMPIONSHIPS

Saturday, 22<sup>nd</sup> August 2009, 11.30 AM – 4.00 PM

Craigswood Sports Centre, Livingston

## EVENT PROGRAMME

	TRACK	FIELD
11.30		Long Jump (U15/U17/Sen)
12.00	100m	
12.30		Long Jump (U11/U13)
12.40	60m (U9)	
13.00	400m	Standing Long Jump (U9)
13.10	300m	
13.15	<b>LUNCH BREAK</b>	
13.45		Javelin
14.10	200m	
14.45		Shot Putt
15.00	800m	
15.45	The 'Run and Become' Medley Relay	

MEDLEY RELAY SPONSORED BY:



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# COMPETITORS

## UNDER 9

### Under 9 Girls

NO.	NAME	CLUB
21	Carrie McFarlane	
94	Tia Henry	
95	Ellie Hyslop	
96	Holly White	

### Under 9 Boys

NO.	NAME	CLUB
97	Alastair Marshall	
98	Jack Morrison	
99	Ben McKeon	

## UNDER 11

### Under 11 Girls

NO.	NAME	CLUB
1	Louisa Marshall	
2	Niamh Armstrong	
3	Latasha Kirimbai	
4	Holly Morgan	LAC
5	Taygan Henry	
6	Caitlyn Stewart	
7	Leah Stewart	

### Under 11 Boys

NO.	NAME	CLUB
8	Ben Fulton	
9	Fraser McLean	
10	Steven Gold	LAC

## UNDER 13

### Under 13 Girls

NO.	NAME	CLUB
11	Megan Brown	
12	Nikisha Wright	
13	Caitlin Smith	
14	Hayley Donaldson	
15	Chloe French	
16	Sophie Campbell	
17	Katie Marshall	
18	Ella McFarlane	
19	Lily Kearns	LAC
20	Amy McCulloch	LRC

### Under 13 Boys

NO.	NAME	CLUB
61	Elliot Stanton	
62	Robbie Nairn	
63	Alastair White	
64	Calum McLean	
65	Scott Malcolm	
66	Jake Thomas	
67	James Ritchie	LAC
68	Aidan McCusker	

## UNDER 15

### Under 15 Girls

NO.	NAME	CLUB
69	Rebecca Calder	
70	Eileen Hulse	
71	Anna McPhillips	
72	Rhiannon Armstrong	
73	Sheona Swan	
74	Isla Bruce	

### Under 15 Boys

NO.	NAME	CLUB
75	Shawn Wright	
76	Scott Henderson	
77	Andrew Boxall	
78	Ruaridh McCusker	

## UNDER 17

### Under 17 Women

NO.	NAME	CLUB
79	Shona Herron	
80	Vicky Dalziel	

### Under 17 Men

NO.	NAME	CLUB
81	Stephen Watson	
82	Daniel Fulton	
83	Steven Sneddon	

## SENIORS

### Senior Women

NO.	NAME	CLUB
84	Sharon Grierson	
85	Amanda Campbell	
86	Robyn McDowall	

### Senior Men

NO.	NAME	CLUB
87	Danny Nicoll	
88	Alistair Dalgleish	
89	Craig McDowall	
91	Andrew Gibson	FVH
92	Ian Hardacre	
93	Stuart Campbell	A&D

### Club Key

LAC → Linlithgow Athletic Club

LRC → Lothian Running Club

FVH → Falkirk Victoria Harriers

A&D → Arbroath & District Athletic Club

# TRACK START LISTS

## 100M

### 12.00 – T01 – U11G

LANE	NO.	NAME	CLUB
1	2	Niamh Armstrong	
2	6	Caitlyn Stewart	
3	4	Holly Morgan	LAC
4	5	Taygan Henry	
5	3	Latasha Kirimbai	
6	1	Louisa Marshall	

### 12.04 – T02 – U11B/U13G

LANE	NO.	NAME	CLUB
1	15	Chloe French	
2	11	Megan Brown	
3	8	Ben Fulton	
4	13	Caitlin Smith	
5	10	Steven Gold	LAC

### 12.08 – T03 – U13G

LANE	NO.	NAME	CLUB
1	19	Lily Kearns	LAC
2	12	Nikisha Wright	
3	16	Sophie Campbell	
4	18	Ella McFarlane	
5	14	Hayley Donaldson	

### 12.12 – T04 – U13B

LANE	NO.	NAME	CLUB
1	61	Elliot Stanton	
2	68	Aidan McCusker	
3	62	Robbie Nairn	
4	64	Calum McLean	
5	63	Alastair White	

### 12.16 – T05 – U15G

LANE	NO.	NAME	CLUB
1	70	Eileen Hulse	
2	74	Isla Bruce	
3	69	Rebecca Calder	
4	71	Anna McPhillips	
5	73	Sheona Swan	

### 12.20 – T06 – U15B/U17M

LANE	NO.	NAME	CLUB
2	75	Shawn Wright	
3	81	Stephen Watson	
4	83	Steven Sneddon	
5	76	Scott Henderson	

### 12.24 – T07 – U17W/SW

LANE	NO.	NAME	CLUB
1	80	Vicky Dalziel	
2	84	Sharon Grierson	
3	85	Amanda Campbell	
4	79	Shona Herron	
5	86	Robyn McDowall	

### 12.28 – T08 – SM

LANE	NO.	NAME	CLUB
3	88	Alistair Dalgleish	
4	87	Danny Nicoll	
5	92	Ian Hardacre	

## 60M

### 12.40 – T09 – U9G/U9B

LANE	NO.	NAME	CLUB
1	98	Jack Morrison	
2	95	Ellie Hyslop	
3	99	Ben McKeon	
4	94	Tia Henry	
5	97	Alastair Marshall	
6	96	Holly White	
7	21	Carrie McFarlane	

## 400M

### 13.00 – T10 – U15B/U17M

LANE	NO.	NAME	CLUB
2	82	Daniel Fulton	
3	83	Steven Sneddon	
4	78	Ruaridh McCusker	
5	77	Andrew Boxall	

### 13.04 – T11 – SM

LANE	NO.	NAME	CLUB
2	88	Alistair Dalgleish	
3	89	Craig McDowall	
4	91	Andrew Gibson	FVH

## 300M

### 13.10 – T12 – U15G/U17W

LANE	NO.	NAME	CLUB
2	80	Vicky Dalziel	
3	72	Rhiannon Armstrong	
4	79	Shona Herron	

## 200M

### 14.10 – T13 – U11G

LANE	NO.	NAME	CLUB
2	1	Louisa Marshall	
3	7	Leah Stewart	
4	6	Caitlyn Stewart	
5	4	Holly Morgan	LAC

### 14.14 – T14 – U11B

LANE	NO.	NAME	CLUB
2	8	Ben Fulton	
3	9	Fraser McLean	
4	10	Steven Gold	LAC

**14.18 – T15 – U13G**

LANE	NO.	NAME	CLUB
1	15	Chloe French	
2	20	Amy McCulloch	LRC
3	19	Lily Kearns	LAC
4	18	Ella McFarlane	
5	13	Caitlin Smith	

**14.26 – T17 – U13B**

LANE	NO.	NAME	CLUB
1	62	Robbie Nairn	
2	61	Elliot Stanton	
3	66	Jake Thomas	
4	68	Aidan McCusker	
5	63	Alastair White	

**14.34 – T19 – U15B/U17/SW**

LANE	NO.	NAME	CLUB
1	76	Scott Henderson	
2	82	Daniel Fulton	
3	83	Steven Sneddon	
4	75	Shawn Wright	
5	79	Shona Herron	
6	84	Sharon Grierson	

**800M****15.00 – T21 – U11/U13**

LANE	NO.	NAME	CLUB
1	66	Jake Thomas	
	64	Calum McLean	
2	65	Scott Malcolm	
	9	Fraser McLean	
3	5	Taygan Henry	
4	10	Steven Gold	LAC
5	17	Katie Marshall	
6	20	Amy McCulloch	LRC

**14.22 – T16 – U13G**

LANE	NO.	NAME	CLUB
1	16	Sophie Campbell	
2	17	Katie Marshall	
3	14	Hayley Donaldson	
4	11	Megan Brown	
5	12	Nikisha Wright	

**14.30 – T18 – U15G**

LANE	NO.	NAME	CLUB
1	69	Rebecca Calder	
2	70	Eileen Hulse	
3	71	Anna McPhillips	
4	73	Sheona Swan	
5	74	Isla Bruce	

**14.38 – T20 – SM**

LANE	NO.	NAME	CLUB
2	89	Craig McDowall	
3	92	Ian Hardacre	
4	88	Alistair Dalgleish	
5	87	Danny Nicoll	

**15.06 – T22 – U15/U17/S**

LANE	NO.	NAME	CLUB
1	93	Stuart Campbell	A&D
2	85	Amanda Campbell	
3	91	Andrew Gibson	FVH
4	86	Robyn McDowall	
5	82	Daniel Fulton	
6	77	Andrew Boxall	

**MEDLEY RELAY****15.45 – T23**

LANE	NO.	NAME
1	6	Here Come the Girls!
	7	Team Random
2	63	The Speed Readers
	13	The Power Puffs
3	1	JILL
	2	KYT
4	5	The Cullens
	64	The Livi Muppets
5	8	Dream Team
6	15	Chloe's All Stars

**FIELD START LISTS****LONG JUMP****11.30 – F01 – U15/U17/S**

ORDER	NO.	NAME	CLUB	ORDER	NO.	NAME	CLUB
1	69	Rebecca Calder		9	79	Shona Herron	
2	70	Eileen Hulse		10	80	Vicky Dalziel	
3	72	Rhiannon Armstrong		11	81	Stephen Watson	
4	73	Sheona Swan		12	82	Daniel Fulton	
5	74	Isla Bruce		13	83	Steven Sneddon	
6	75	Shawn Wright		14	87	Danny Nicoll	
7	76	Scott Henderson		15	89	Craig McDowall	
8	77	Andrew Boxall					

**12.30 – F02 – U11/U13**

ORDER	NO.	NAME	CLUB	ORDER	NO.	NAME	CLUB
1	1	Louisa Marshall		12	16	Sophie Campbell	
2	2	Niamh Armstrong		13	17	Katie Marshall	
3	3	Latasha Kirimbai		14	20	Amy McCulloch	LRC
4	5	Taygan Henry		15	12	Nikisha Wright	
5	6	Caitlyn Stewart		16	61	Elliot Stanton	
6	7	Leah Stewart		17	63	Alastair White	
7	8	Ben Fulton		18	64	Calum McLean	
8	9	Fraser McLean		19	65	Scott Malcolm	
9	11	Megan Brown		20	66	Jake Thomas	
10	13	Caitlin Smith		21	67	James Ritchie	LAC
11	15	Chloe French		22	68	Aidan McCusker	

## STANDING LONG JUMP

13.00 – F03 – U9

ORDER	NO.	NAME	CLUB	ORDER	NO.	NAME	CLUB
1	94	Tia Henry		5	98	Jack Morrison	
2	95	Ellie Hyslop		6	99	Ben McKeon	
3	96	Holly White		7	21	Carrie McFarlane	
4	97	Alastair Marshall					

## JAVELIN

13.45 – F05 – All

ORDER	NO.	NAME	CLUB	ORDER	NO.	NAME	CLUB
1	62	Robbie Nairn		7	86	Robyn McDowall	
2	65	Scott Malcolm		8	81	Stephen Watson	
3	67	James Ritchie	LAC	9	87	Danny Nicoll	
4	78	Ruaridh McCusker		10	88	Alistair Dalgleish	
5	84	Sharon Grierson		11	89	Craig McDowall	
6	85	Amanda Campbell					

## SHOT PUTT

14.45 – F06 – All

ORDER	NO.	NAME	CLUB	ORDER	NO.	NAME	CLUB
1	2	Niamh Armstrong		9	72	Rhiannon Armstrong	
2	3	Latasha Kirimbai		10	78	Ruaridh McCusker	
3	7	Leah Stewart		11	80	Vicky Dalziel	
4	14	Hayley Donaldson		12	84	Sharon Grierson	
5	18	Ella McFarlane		13	85	Amanda Campbell	
6	62	Robbie Nairn		14	86	Robyn McDowall	
7	67	James Ritchie	LAC	15	81	Stephen Watson	
8	71	Anna McPhillips		16			

## THROWING WEIGHTS

JAVELIN	Under 11	Under 13	Under 15	Under 17	Senior
Male	400 g	400 g	600 g	700 g	800 g
Female	400 g	400 g	600 g	600 g	600 g

SHOT PUTT	Under 11	Under 13	Under 15	Under 17	Senior
Male	2.72 kg	3.25 kg	4.00 kg	5.00 kg	7.26 kg
Female	2.72 kg	2.72 kg	3.25 kg	4.00 kg	4.00 kg

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## MEDLEY RELAY TEAMS

NAME	NUMBER	400M	300M	200M	100M
Here Come the Girls!	6	Robyn McDowall	Sheona Swan	Megan Brown	Caitlyn Stewart
Team Random	7	Andrew Boxall	Sharon Grierson	Sophie Campbell	Leah Stewart
The Speed Readers	63	Amanda Campbell	Shona Herron	Hayley Donaldson	Alastair White
The Power Puffs	13	Steven Sneddon	Katie Marshall	Rebecca Calder	Caitlin Smith
JiIL	1	Ian Hardacre	Jake Thomas	Isla Bruce	Louisa Marshall
KYT	2	Alistair Dalgleish	Shawn Wright	Ella McFarlane	Niamh Armstrong
The Cullens	5	Stephen Watson	Rhiannon Armstrong	Nikisha Wright	Taygan Henry
The Livi Muppets	64	Vicky Dalziel	Scott Henderson	Calum McLean	Fraser McLean
Dream Team	8	Craig McDowall	Daniel Fulton	Robbie Nairn	Ben Fulton
Chloe's All Stars	15	Danny Nicoll	Eileen Hulse	Scott Malcolm	Chloe French

SPONSORED BY:



NOTES:

- Running order is: 400m, 300m, 200m, 100m.
- Team members can switch distances, but the 100m runner should wear the team's allocated vest number.

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# OFFICIALS & HELPERS

Many thanks to the following officials and helpers who have generously given up their time today, and without whom the Club Championships couldn't take place:

- **Track Team**
  - Kenny Marshall
  - David McConnell
  - Joe Bruce
  - Sandra Hardacre
  
- **Field Team**

Steve Thomson	Willie McLean
Yvonne Crilly	Myra McLean
Sue McDowall	Susan White
Martyn Stanton	James Campbell
Elsbeth Porteous	Sam French
Colin Fulton	Martin Bruce
Stephen Marshall	Peter Sneddon
Pauline Nairn	Carolyn McCusker
  
- **Declarations**
  - Sue McDowall
  - Yvonne Crilly
  
- **Announcer**
  - Fiona Harvie
  
- **Presentations**
  - Fred McCluskie
  
- **First Aid**
  - St. Andrew's First Aid
  
- **Sports Massage**
  - Michael Smith (PersonalBest)

# 2008 CLUB CHAMPIONS

## Under 11 Girls

- 1<sup>st</sup> Megan Laing
- 2<sup>nd</sup> Chloe French
- 3<sup>rd</sup> Morna Horn

## Under 13 Girls

- 1<sup>st</sup> Nikisha Wright
- 2<sup>nd</sup> Isla Bruce
- 3<sup>rd</sup> Melanie Sneddon

## Under 15 Girls

- 1<sup>st</sup> Vicky Dalziel
- 2<sup>nd</sup> Rhiannon Armstrong
- 3<sup>rd</sup> Nancy Sneddon
- 3<sup>rd</sup> Alice Fisher
- 3<sup>rd</sup> Eileen Hulse

## Under 17 Women

- 1<sup>st</sup> Amanda Campbell

## Senior Women

- 1<sup>st</sup> Robyn McDowall

## Medley Relay

- 1<sup>st</sup> The Livi Lions
- 2<sup>nd</sup> Craigswood Cheetahs
- 3<sup>rd</sup> World's Worst Team

## Under 11 Boys

- 1<sup>st</sup> Andrew Turner
- 2<sup>nd</sup> Callum McDonald
- 3<sup>rd</sup> Aidan McCusker

## Under 13 Boys

- 1<sup>st</sup> Calum McLean
- 2<sup>nd</sup> Robbie Nairn
- 2<sup>nd</sup> Scott Malcolm

## Under 15 Boys

- 1<sup>st</sup> Scott Henderson
- 2<sup>nd</sup> Stephen Watson
- 2<sup>nd</sup> Ruaridh McCusker
- 2<sup>nd</sup> Shawn Wright
- 3<sup>rd</sup> Liam MacKenzie

## Under 17 Men

- 1<sup>st</sup> Craig McDowall

## Senior Men

- 1<sup>st</sup> Alistair Dalgleish
- 2<sup>nd</sup> Michael Deegan