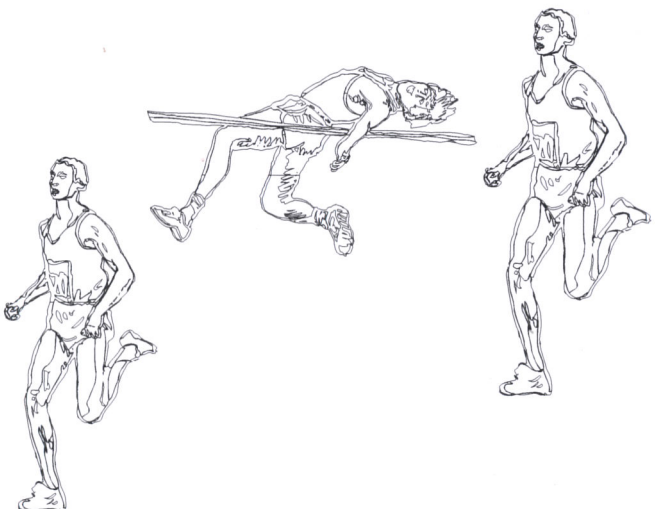


SAL

2014

Scottish Athletics League



Track and Field Programme



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Welcome

Welcome to the 2014 season of the Scottish Athletics League. This is a year in which the Commonwealth Games return to Scotland with Glasgow hosting this prestigious event. I am sure that this will inspire athletes from all over Scotland and provide an important opportunity to increase participation in the sport.

This season Division 2 will be extended to nine teams with the welcome return of East Kilbride AC. I am delighted that we once again have four league matches this season offering almost a full programme of events in both Division 1 and Division 2. As usual we intend to have photo-finish and full electronic timing in operation at all four matches, as well as wind gauges for the sprints and horizontal jumps. This is part of our commitment to provide a high standard of competition opportunity for as many athletes as possible in all of the track and field events. Our Athlete of the Season awards will also be continuing, with awards for the best track athlete and the best field athlete in Division 1 and in Division 2.

Congratulations to David Smith of Giffnock North AC for setting a new League, and Division 2, record in the High Jump with an impressive jump of 2.17m. Congratulations also to Chris Bennett of Shettleston Harriers for setting an excellent new League record of 71.24m in the Hammer.

I would like to take this opportunity to say a special thank you to John McDonald of Central AC who has retired from the League Committee after several years of extremely valuable service as our Officials' Secretary. It has been a pleasure to work with John and his contribution to the league is very much appreciated.

I will add my usual sincere thanks to all the match officials who give their time and expertise to enable our matches to take place. We are very lucky to have such a high standard of track officials, field officials, admin team, photo finish operators, timekeepers, start team and announcers. If you would like to find out more about officiating then League matches are an excellent opportunity to learn from our experienced officials.

As always please remember the importance of safety at all times, whether you are competing, warming up, or simply walking round the arena. It is important that we all pay attention and look out for each other. Please report any Health & Safety problems or near-misses you might see.

I hope that you all have a successful and enjoyable season and achieve the goals that you have set yourself.

Dr David Low
League Chairman

League Officers

Chairman

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All matches are scottishathletics permit events and are held under UK Athletics rules.

Rules of Competition

- 1 Each club will provide three Match Officials, at least one of which must be a Scottish Athletics graded official, per match. **Clubs failing to meet this requirement will not be allowed to compete in the match.** Officials must be available 20 minutes prior to the start of the appropriate track or field programme, must be present for the entire programme and available at all times.
- 2 Each club nominated by the F&GP Committee as Convening Club for a match will be required to provide one person to assist with administrative duties at the match, one person to act as a "results runner" and two Match Officials (instead of the usual three Match Officials). Clubs failing to meet this requirement will incur a penalty to be decided by the Finance & General Purposes Committee.
- 3a Second Claim and Higher Competition Club Members may be used in the League provided they comply with UKA regulations and are registered as such with the League Registration Officer. The number allowed per club will be fixed annually at the Annual General Meeting. **(Currently, each club may use up to twelve Second Claim or HCC Members during the season).**
- 3b Any club found to have used an ineligible athlete shall forfeit all Match points gained by that athlete.
- 4 Clubs will compete in Divisions and normally a Division will have a maximum of eight clubs. However, higher numbers are allowed. In track events that require more than one heat, the points will be awarded on the basis of time (to the nearest 0.01s for electronic timing and the nearest 0.1s for hand timing). If athletes with the same time are all in the same heat then the track judges' positions will be used, otherwise athletes with the same time will be awarded equal points.
- 5a Scoring in all divisions will depend on the number of teams entered at the start of the season, as follows: 8 Club Divisions. A string & Relays: 16,14,12,10,8,6,5,4 B string: 12,10,8,6,4,3,2,1 9 Club Divisions. A string & Relays: 16,14,12,10,8,7,6,5,4 B string: 12,10,8,6,5,4,3,2,1 10 Club Divisions. A string & Relays: 16,14,12,10,9,8,7,6,5,4 B string: 12,10,8,7,6,5,4,3,2,1.
- 5b No points will be awarded to any competitor who fails to achieve the following standards:
100m-13.50s, 200m-27.00s, 400m-60.00s, 110mH-22.00s, 400mH-75.00s, 800m-2:20, 1500m-5:00, 5000m-18:00, 10 000m-38:00, 3000mSC-13:00, Long Jump-4.50m, Triple Jump-10.00m, High Jump-1.40m, Pole Vault-2.40m, Shot-7.50m, Discus-20.00m, Hammer-20.00m, Javelin-25.00m.
- 6 In the throws & horizontal jumps each competitor will be allowed 3 trials. The leading 5 competitors will be allowed a further 3 trials.
- 7a There will be two competitors per club per event in all League matches.
- 7b Club vests will be worn. Competitors not wearing club vests will be debarred from competing unless at the discretion of the appropriate Referee.
- 7c In Field events and Track events of 1500m and over where there is not separate competition for A and B strings, the better placed of a club's representatives shall be deemed the A string.
- 7d If Track events up to 800m where A and B strings normally run separately are run as one race the scoring will be as declared with A strings scoring A string points and B strings scoring B string points.
- 7e In Track events up to 800m where A and B strings normally run separately, if no A string competitor comes under starter's orders then the B string will not be awarded any points.
- 8a At each match athletes are allowed to compete in a maximum of **six events**, including relays.
- 8b At each match athletes in the "Under 20" age group are allowed to compete in a maximum of **five events**, including relays.
- 8c At each match athletes in the "Under 17" age group are allowed to compete in a maximum of **two individual events and one relay**. "Under 17" athletes may not compete in throwing events, hurdles, or track events of 3000m or longer.
- 8d Where a club has used an athlete in more than his permitted number of events, any match points gained in the extra events shall be deducted.

Rules of Competition (continued)

- 9 Team Managers should submit their teams at least 30 minutes before the start of the meeting. Emergency team changes must be declared at least 10 minutes before the event in question otherwise approval must be obtained from the appropriate Referee. Team Declaration sheets must be amended to reflect these changes.
- 10a The programme of events to be followed at each meeting will be drawn up by the F & G P Committee. There shall be no variation therefrom without prior consent of the F & G P Committee.
- 10b In each Division 1 competition there will be the following events: 100m, 200m, 400m, 800m, 1500m, 5000m (or 10000m), 110m hurdles, 400m hurdles, 3000m steeplechase, 4x100m relay, 4x400m relay, High Jump, Long Jump, Pole Vault, Triple Jump, Shot Putt, Discus, Javelin and Hammer.
- 10c Guest 100m A & B races will be held at each match in addition to the scheduled A & B races. These guest races will be non-counting and open only to athletes eligible to compete in the League match. Appropriate team numbers must be worn.
- 10d A maximum of two guest athletes will be allowed to compete in each Division 2 event (with the exception of the 100m).
- 11a At the conclusion of each match League points awarded will be directly related to the number of teams in the Division, e.g. 1st place in an 8 team Division would get 8 points with 8th place getting 1 point. Teams must score at least one Match point in order to score any League points.
- 11b In the event of failure to complete all events in a match the result of the match will stand if at least two thirds of all events have been completed.
- 11c The team with the highest number of League points in each Division shall be the winner of that Division. In the event of clubs tying on League points, total Match points will be decisive. In the event of Match points being equal the positions shall be decided by the total number of first places gained in matches etc.
- 11d The bottom two clubs in all Divisions after the season's competition will be relegated and the top two clubs in Division 2 and below will be promoted.
- 11e If required, a qualifying competition will be held at the end of each season at which the programme of events will be decided by the F & G P Committee based on the events normally held in the lowest Division.
- 11f The Secretary will publish League Tables and all relevant data.
- 12 Any protests, appeals or irregularities concerning any League match shall be notified to the General Secretary, in writing, within 7 days of the publication of the results of the competition to which such protest etc. relates. Any such matter shall be dealt with by the F & G P Committee whose decision shall be final.

Summary of Registration Scheme

- i All League Clubs must submit a list of competing athletes to the League Registration Officer stating each athlete's: full name, date of birth, age group, membership status, Athletics Scotland number.
- ii Up to four additional athletes may be registered on the day of each League match.
- iii All match points gained by an ineligible athlete will be deducted.
- iv Foreign and Commonwealth athletes shall not be considered as eligible to compete unless they shall have been members of their club and resident in the United Kingdom for three months prior to registration.

Match Details 2014

Match	Date	Venue	Convening Clubs
One	20th April	Grangemouth	Central AC Fife AC
Two	18th May	Aberdeen	Aberdeen AAC Arbroath & District AC
Three	13th July	Grangemouth	Falkirk Victoria Harriers Pitreavie AAC
Four	30th August	Scotstoun	Kilbarchan AAC Shettleston Harriers Clydesdale Harriers

Division One	A String	B String
Central AC	1	2
Kilbarchan AAC	3	4
Falkirk Victoria Harriers	5	6
Aberdeen AAC	7	8
Edinburgh AC	9	10
Lasswade AC	11	12
Inverness Harriers	13	14
Arbroath & District AC	15	16
Division Two	A String	B String
Victoria Park Glasgow	17	18
Shettleston Harriers	19	20
Giffnock North AC	21	22
Whitemoss AAC	23	24
Pitreavie AAC	25	26
Corstorphine AAC	27	28
Clydesdale Harriers	29	30
Fife AC	31	32
East Kilbride AC	33	34

Track Programme

Time	Match 4	Event	Division	String
13:00	12:30	400 metres hurdles	One	A
		400 metres hurdles	One	B
		400 metres hurdles	Two	A
		400 metres hurdles	Two	B
13:20	12:50	800 metres	One	A
		800 metres	One	B
		800 metres	Two	A
		800 metres	Two	B
13:45	13:15	100 metres	One	A
		100 metres	One	B
		100 metres	Two	A
		100 metres	Two	B
		100 metres	Guest	
14:15	13:45	3000m Steeplechase	One & Two	A & B
14:35	14:05	110 metres hurdles	One	A
		110 metres hurdles	One	B
		110 metres hurdles	Two	A
		110 metres hurdlese	Two	B
14:50	14:20	400 metres	One	A
		400 metres	One	B
		400 metres	Two	A
		400 metres	Two	B
15:15	14:45	1500 metres	One	A & B
		1500 metres	Two	A & B
15:35	15:05	200 metres	One	A
		200 metres	One	B
		200 metres	Two	A
		200 metres	Two	B
16:00	15:30	5000 metres	One & Two	A & B
		(10000 metres in Match 4)	One & Two	A & B
16:25	16:15	4 × 100 metres relay	One	
		4 × 100 metres relay	Two	
16:40	16:30	4 × 400 metres relay	One	
		4 × 400 metres relay	Two	

Field Programme

Time	Division 1	Time	Division 2
12:00	Pole Vault	12:00	Pole Vault
12:00	Javelin	12:00	Long Jump
12:00	–	12:00	Hammer at Match 4 only
13:00	Long Jump	13:00	Javelin (Replaced by Hammer at Match 2)
13:00	Shot Putt	13:00	–
13:15	–	13:15	High Jump
14:00	Hammer	14:00	Triple Jump
14:45	High Jump	14:45	–
15:00	Triple Jump	15:00	Shot Putt
15:00	Discus	15:00	–
16:00	–	16:00	Discus (Replaced by Hammer at Match 3)

Final League Positions 2013

Division One	League Points	Match Points
Central AC	29	1312
Kilbarchan AAC	22	1122
Falkirk Victoria Harriers	22	1097
Aberdeen AAC	22	1095
Edinburgh AC	19	971
Lasswade AC	17	882
<hr/>		
Victoria Park Glasgow	7	530
Shettleston Harriers	3	253
Division Two	League Points	Match Points
Inverness Harriers AAC	31	1227
Arbroath & District AC	28	1142
<hr/>		
Giffnock North AC	24	897
Whitemoss AAC	18	632
Pitreavie AAC	14	531
Corstorphine AAC	14	493
Clydesdale Harriers	8	308
Fife AC	5	203

Performance of the Season – 2013

Event	Time/Distance	Athlete	Club
100m	10.98s	Stephen Dunlop	Aberdeen AAC
200m	21.85s	Grant Plenderleith	Falkirk Victoria
400m	48.57s	Greg Loudon (U20)	Lasswade AC
110m Hurdles	15.14s	Roger Skedd	Falkirk Victoria
400m Hurdles	52.71s	David Martin	VP City of Glasgow
800m	1:53.08	Michael Ferguson (U20)	Aberdeen AAC
1500m	3:54.50	Andrew Butchart	Central AC
3000m S/chase	9:29.29	Alexander Hendry	Central AC
5000m	14:52.82	Scott McDonald	Central AC
10 000m	31:14.52	Alastair Hay	Central AC
Long Jump	7.08m	Garry McKay	Edinburgh AC
Triple Jump	15.13m	Chuxx Onyia	Aberdeen AAC
High Jump	2:17m (Record)	David Smith	Giffnock North AC
Pole Vault	4.40m	Jax Thoires	VP City of Glasgow
Shot Putt	14.60m	Scot Thompson	Aberdeen AAC
Discus	50.34m	Angus McInroy	Shettleston Harriers
Hammer	71.24m (Record)	Christopher Bennett	Shettleston Harriers
Javelin	53.62m	Maris Saulits	Inverness Harriers
4 × 100m Relay	43.52s	David Clark, Sean Thompson David Martin, Jamie Sinclair	VP City of Glasgow
4 × 400m Relay	3:20.91	Peter Loudon, David New Patrick Swan, Ben Robbins (U17)	Edinburgh AC
Division 1 Track Athlete of the Season – Grant Plenderleith, Falkirk Victoria Harriers			
Division 1 Field Athlete of the Season – Sam Lyon, Aberdeen AAC			
Division 2 Track Athlete of the Season – Elliot Heath, Giffnock North AC			
Division 2 Field Athlete of the Season – David Smith, Giffnock North AC			

Previous Division Champions

Year	Division 1	Division 2	Division 3
2013	Central AC	Inverness Harriers	–
2012	Central AC	Kilbarchan AAC	–
2011	Central AC	Shettleston Harriers	–
2010	Central AC	Victoria Park City of Glasgow	–
2009	Edinburgh AC	Ayr Seaforth AC	–
2008	Arbroath & District AC	Edinburgh AC	–
2007	Arbroath & District AC	Victoria Park City of Glasgow	–
2006	City of Edinburgh AC	Giffnock North AC	–
2005	Central AC	Whitemoss AAC	–
2004	Pitreavie AAC	Arbroath & District AC	Whitemoss AAC
2003	Pitreavie AAC	Kilbarchan AAC	Victoria Park AAC
2002	Vic Park City of Glasgow	Central AC	Cumbernauld AAC
2001	Arbroath & District AC	Law & District AAC	Central AC
2000	Babcock Pitreavie AAC	Kirkintilloch Olympians	Dunfermline & West Fife AC
1999	Babcock Pitreavie AAC	Ayr Seaforth AC	Victoria Park AAC
1998	City of Edinburgh AC	Inverclyde AC	Digital Ayr Seaforth AC
1997	City of Edinburgh AC	Law & District AAC	Inverclyde AC
1996	City of Edinburgh AC	Falkirk Victoria Harriers	Law & District AAC
1995	Aberdeen AAC	Clydesdale Harriers	Victoria Park AAC
1994	Shettleston Harriers	Inverness Harriers	Perth Strathtay Harriers
1993	Edinburgh AC	East Kilbride AAC	Scottish Borders AC
1992	Babcock Thorn Pitreavie	Falkirk Victoria Harriers	Fife AC
1991	ESPC AC	Victoria Park AAC	Inverness Harriers
1990	ESPC AC	Falkirk Victoria Harriers	Harmeny AC
1989	ESPC AC	Dundee Hawkhill Harriers	Cambuslang Harriers
1988	Edinburgh AC	AC Moir Ayr Seaforth	Dundee Hawkhill Harriers
1987	Edinburgh AC	Fife AC	Lothian AC
1986	Edinburgh AC	Kilmarnock Harriers & AC	Kilbarchan AC
1985	Edinburgh AC	Victoria Park AAC	Fife AC
1984	Edinburgh Southern Harriers	Ayr Seaforth AC	–
1983	Edinburgh Southern Harriers	Perth Strathtay Harriers	–
1982	Edinburgh Southern Harriers	Victoria Park AAC	–
1981	Edinburgh AC	Fife AC	–
1980	Edinburgh AC	Aberdeen AAC	–
1979	Edinburgh AC	Victoria Park AAC	–
1978	Edinburgh AC	East Kilbride AAC	–
1977	Edinburgh AC	Pitreavie AAC	–
1976	Edinburgh AC	East Kilbride AAC	–
1975	Shettleston Harriers	Aberdeen AAC	–
1974	Edinburgh Southern Harriers	Pitreavie AAC	–
1973	Edinburgh Southern Harriers	Forth Valley AC	–
1972	Edinburgh Southern Harriers	–	–

Winners of the 'Most Improved Club' Trophy

Year	Club	Year	Club
2013	Kilbarchan AAC	1994	Perth Strathtay Harriers
2012	Falkirk Victoria Harriers	1993	Arbroath & District AC
2011	Falkirk Victoria Harriers	1992	Pitreavie AAC
2010	Aberdeen AAC	1991	Victoria Park AAC
2009	Lasswade Athletics Club	1990	Dundee Hawkhill Harriers
2008	Victoria Park City of Glasgow	1989	Dundee Hawkhill Harriers
2007	Ayr Seaforth AAC	1988	Lothian Athletic Club
2006	Law & District AC	1987	Kilbarchan AAC
2005	Whitemoss AAC	1986	Kilmarnock Harriers
2004	Kilbarchan AAC	1985	East Kilbride AAC
2003	Giffnock North AAC	1984	Cambuslang Harriers
2002	Central AC	1983	Lasswade Athletics Club
2001	–	1982	Aberdeen AAC
2000	Kirkintilloch Olympians	1981	Perth Strathtay Harriers
1999	Arbroath & District AC	1980	Cambuslang Harriers
1998	Inverclyde AC	1979	Fife AC
1997	Fife AC	1978	Pitreavie AAC
1996	Law & District AC	1977	Fife AC
1995	–	1976	East Kilbride AAC

The Bert Sinclair Memorial Trophy is awarded annually to the club considered by the delegates to the Scottish Athletics League Annual General Meeting to have made the best overall year on year improvement in performance.

League & Division 1 Records

Event	Record	Holder	Club	Venue	Date
100m	10-40s	E Bunney	CPH	Crownpoint	26/05/91
200m	21-07s	M Davidson	Aberdeen AC	Crownpoint	12/08/89
400m	47-10s	B Whittle	AC Moir Ayr Seaforth	Crownpoint	12/08/89
800m	1:48-0	G Brown	Falkirk Vic Harriers	Crownpoint	15/08/93
1500m	3:43-4	T Hanlon	Edin South Harriers	Ayr	21/05/89
5000m	14:04-4	F Murray	Edin South Harriers	Meadowbank	11/06/72
10000m	29:59-8	W Coyle	Shettleston Harriers	Greenock	15/06/97
3000m SC	8:39-9	T Hanlon	Reebok Racing Club	Wishaw	26/05/91
	8:48-0	G B Jones (Div 1)	Edin South Harriers	Meadowbank	11/06/72
110m H	14-30s	N Fraser	Edinburgh AC	Crownpoint	31/08/86
	14-30s	F Smith	Pitreavie AAC	Wishaw	25/07/04
400m H	51-30s	M Davidson	Aberdeen AC	Coatbridge	17/05/92
High Jump	2-17m	D Smith	Giffnock North AC	Grangemouth	21/07/13
	2-13m	D Barnetson (Div 1)	Inverness Harriers	Crownpoint	11/06/95
Long Jump	7-55m	B Ashburn	Clydebank AC	Ayr	29/04/90
Triple Jump	15-83m	C Duncan	Shettleston Harriers	Meadowbank	05/08/90
Pole Vault	4-85m	J Thoires	V Park City of Glasgow	Grangemouth	14/08/11
Javelin	68-60m	R James	CPH	Crownpoint	14/06/92
Discus	55-40m	B Robb	Pitreavie AAC	Wishaw	07/08/05
Shot Putt	17-64m	S Hayward	Scottish Borders AC	Greenock	15/06/94
Hammer	71-24m	C Bennett	Shettleston Harriers	Grangemouth	21/07/13
4 x 100m	41-29s		CPH	Meadowbank	02/08/92
4 x 400m	3:15-63		City of Edinburgh AC	Grangemouth	12/06/05

Division 2 Records

100m	10-52s	B Ashburn	Clydebank AC	Crownpoint	12/08/89
200m	21-20s	B Ashburn	Clydebank AC	Crownpoint	12/08/89
400m	48-20s	A Low	Giffnock North AAC	Meadowbank	25/07/04
800m	1:50-9	J Tonner	JW Kilmarnock	Greenock	15/06/97
1500m	3:48-2	R Fitzsimmons	Kilbarchan AAC	Crownpoint	23/05/93
5000m	14:16-6	R Quinn	Kilbarchan AAC	Coatbridge	23/04/95
10000m	30:28-9	C Haskett	Dundee Hawk Harriers	Ayr	21/05/89
3000m SC	8:51-34	G Croll	Cambuslang Harriers	Meadowbank	16/06/96
110m H	14-51s	N Fraser	Inverness Harriers	Meadowbank	02/08/92
400m H	51-60s	B Whittle	Ayr Seaforth Harriers	Crownpoint	23/05/93
High Jump	2-17m	D Smith	Giffnock North AC	Grangemouth	21/07/13
Long Jump	7-49m	J Beimers	Fife AC	Grangemouth	14/08/11
Triple Jump	15-59m	J McKenzie	Dundee Hawk Harriers	Crownpoint	15/08/93
Pole Vault	4-45m	R Hurren	Falkirk Vic Harriers	Wishaw	20/08/06
Javelin	62-29m	C Smith	Arbroath & Dist AC	Grangemouth	20/06/04
Discus	46-67m	S Thomson	Inverness Harriers	Inverness	02/08/98
Shot Putt	17-40m	S Hayward	Scottish Borders AC	Scotstoun	14/06/98
Hammer	64-94m	I Park	Falkirk Vic Harriers	Coatbridge	28/04/02
4 x 100m	42-81s		Falkirk Vic Harriers	Meadowbank	02/08/92
4 x 400m	3:21-3		Kilbarchan AAC	Scotstoun	14/06/98

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