

M 100m A			M 100m B		
1 David Clark	GLA	11.1	1 Callum Innes	GLA	11.3
2 Callum Woods	TFV	11.4	2 Chris Smallwood	TVT	11.4
3 Charlie Dryden	TVT	11.4	3 Craig Allan	SLA	11.9
4 James Andrew	TTW	11.6	4 Stuart Audrey	TFV	12.0
5 James Spencer	NR	11.8	5 Alex Thompson	NR	12.1
6 Nishant Puri	SLA	13.3	6 Stephen Taylor	TTW	12.8
M 200m A			M 200m B		
1 David Clark	GLA	22.6	1 Chris Smallwood	TVT	23.1
2 Charlie Dryden	TVT	23.3	2 Stephen Roy	TFV	23.6
3 James Andrew	TTW	23.4	3 Usman Ashraf	GLA	23.9
4 Grant Issdale	TFV	24.1	4 Nishant Puri	SLA	25.6
5 James Spencer	NR	24.6	5 Lawrence Hall	NR	25.9
6 Gary Grove	SLA	24.7			
M 400m A			M 400m B		
1 Sean Watson	GLA	48.9	1 Lorn Menzies	GLA	52.8
2 Oliver Cartwright	NR	52.3	2 Mark Crawley	NR	53.3
3 Ross McDonald	SLA	52.7	3 Russ Best	TVT	53.5
4 Greg Jackson	TVT	53.4	4 Dougie Frame	SLA	53.8
5 Lewis Grant	TFV	53.4	5 Martyn Paterson	TFV	54.7
6 Stephen Taylor	TTW	55.1			
M 800m A			M 800m B		
1 Jamie Clements	SLA	1.56.0	1 Gary McBride	GLA	1.59.0
2 Stuart Ross	GLA	1.56.1	2 Craig McDowell	TFV	2.04.3
3 Sean Riley	TFV	1.59.3	3 Niall walker	SLA	2.07.6
4 Tom Murphy	TVT	2.03.9	4 Harry Earl	NR	2.12.8
5 Nick Montgomery	TTW	2.04.9	5 Daniel Regan	TTW	DNF
6 Johnathan Hemmingway	NR	2.25.9			
M 1500m A			M 1500m B		
1 Scott McDonald	TFV	4.05.4	1 Max Ralston	GLA	4.17.7
2 Andrew Maguire	TVT	4.07.5	2 Ian Hardacre	TFV	4.21.8
3 Sean Fontana	GLA	4.11.4	3 Adam Mitchell	TVT	4.30.0
4 Matthew Grieve	NR	4.12.7	4 Niall walker	SLA	4.38.7
5 Andrew Coulter	SLA	4.19.5	5 Calum Stone	NR	4.39.5
M 3000m A			M 3000m B		
1 Adam Mitchell	TVT	9.12.2	1 Jordan Scott	NR	9.31.9
2 Robert Ingles	TFV	9.14.6	2 Kenneth Boyd	GLA	DNF
3 Kevin Bell	NR	9.31.2			
4 Gary Grieve	SLA	9.35.7			
5 Ruairdan Munroe	GLA	9.50.7			
M 110mH A			M 110mH B		
1 Callum Innes	GLA	15.4	1 Andrew Simpson	TVT	20.4
2 Nick Phelps	TVT	15.8	2 Alistair Lannigan	SLA	21.7
3 Craig Allan	SLA	16.6			
4 Darren Thompson	TFV	20.1			

M 400mH A		M 400mH B	
1 Nick Phelps	TVT 59.0	1 Gary Grieve	SLA 63.4
2 Martin Hayes	GLA 60.0	2 Lachlan Oates	GLA 64.7
3 Daren Thompson	TFV 62.3	3 Tom Harper	NR 66.2
4 Kevin Bell	NR 62.6	4 Elliot Hills	TVT 68.0
5 Alistair Lannigan	SLA 63.5	5 Johnathon Tolson	TFV 73.2
6 Daniel Regan	TTW 66.0		
M 2000m Sc A		M 2000m Sc B	
1 Scott McDonald	TFV 6.13.9	1 Robert Ingles	TFV 6.51.2
2 Lachlan Oates	GLA 6.15.4	2 Miles Hollinshead	GLA 6.52.6
3 Adam Mitchell	TVT 7.09.9	3 Daniel Stone	NR 7.17.4
4 Kevin Bell	NR 7.16.8		
M Discus Throw A		M Discus Throw B	
1 Alan Mackay	GLA 42.10	1 Daniel Carlin	GLA 40.76
2 Max Alderson	TVT 41.29	2 Declan Wright	TFV 25.67
3 Kyle Randles	TFV 34.30	3 Phil Swall	TVT 21.88
4 Robert Slack	NR 27.39	4 Ryan McDowell	NR 19.02
5 James Andrew	TTW 21.86	5 Stephen Taylor	TTW 14.56
6 Allan Robb	SLA 13.46	6 Alistair Lannigan	SLA 12.52
M Hammer Throw A		M Hammer Throw B	
1 Kyle Randles	TFV 46.33	1 Ben Daley	TVT 29.48
2 Andrew McLaughlin	GLA 40.47	2 Robert Slack	NR 27.85
3 Ryan McDowell	NR 38.65	3 Alan McKay	GLA 23.39
4 Phil Swall	TVT 38.27	4 Declan Wright	TFV 19.42
M High Jump A		M High Jump B	
1 Greg Boyd	TFV 1.96	1 Gary Plain	TFV 1.93
2 David Smith	GLA 1.93	2 Andrew McFarlane	GLA 1.80
3 Nathan Williams	NR 1.80	3 Ben Daley	TVT 1.70
4 Joe Corrigan	TVT 1.75	4 James Andrew	TTW 1.65
5 Andrew Harle	TTW 1.70	5 Oliver Cartwright	NR 1.50
6 Ross McDonald	SLA 1.65		
M Javelin Throw A		M Javelin Throw B	
1 Nathan Williams	NR 41.40	1 Ben Daley	TVT 36.15
2 Alistair Lannigan	SLA 40.42	2 Oliver Cartwright	NR 31.65
3 Max Alderson	TVT 36.53	3 Alan Robb	SLA 24.52
4 Declan Wright	TFV 32.67	4 John McOnish	TFV 20.75
5 Martin Hayes	GLA 29.44		
M Long Jump A		M Long Jump B	
1 Kyle Henderson	TFV 6.49	1 Gary Plain	TFV 5.95
2 Charlie Dryden	TVT 6.42	2 Joe Corrigan	TVT 5.73
3 Andrew McFarlane	GLA 5.87	3 Nishant Puri	SLA 5.42
4 Craig Allan	SLA 5.71	4 Kenny Love	GLA 5.30
5 Andrew Harle	TTW 5.42	5 Alex Thompson	NR 4.82
6 John Hemmingway	NR 4.99		

M Pole Vault A

1 Calum Sharp GLA 4.20
 2 Grant Issdale TFV 2.60
 3 John Robertson SLA 2.15

M Pole Vault B

1 Jamie Sinclair GLA 2.15

M Shot Putt A

1 Daniel Carlin GLA 15.25
 2 Max Alderson TVT 12.42
 3 Kyle Randles TFV 11.07
 4 Andrew Harle TTW 10.82
 5 Robert Slack NR 8.69
 6 Alan Robb SLA 7.76

M Shot Putt B

1 Alan Mackay GLA 13.76
 2 Nick Phelps TVT 9.24
 3 Ryan McDowell NR 8.33
 4 John McOnish TFV 7.97
 5 Dougie Frame SLA 5.80

M Triple Jump A

1 Craig Allan SLA 12.38
 2 Charlie Dryden TVT 12.07
 3 Fraser Weir TFV 11.69
 4 Alistair McCullum GLA 11.24
 5 Alex Thompson NR 10.93

M Triple Jump B

1 Oliver Cartwright NR 10.83
 2 Stuart Ross GLA 10.82
 3 Danny Nicol TFV 10.68
 4 Elliot Hills TVT 10.40
 5 John Robertson SLA 8.37

W 100m A

1 Ashleigh Wood TVT 12.8
 2 Jennifer Hannah GLA 12.8
 3 Laura Livesey SLA 13.0
 4 Alix Wilson TFV 13.0
 5 Kerry Hunton NR 13.1

W 100m B

1 Ashleigh Stone TVT 13.1
 2 Lynn Livesey SLA 13.3
 3 Augusta Carmen GLA 13.5
 4 Alex Foxworthy NR 13.8
 5 Myra Perkins TFV 14.1

W 200m A

1 Fiona Laurie NR 26.6
 2 Erin Leggate GLA 26.8
 3 Alix Wilson TFV 27.5
 4 Lynn Livesey SLA 27.9
 5 Becka Maguire TVT 29.3

W 200m B

1 Jennifer Hannah GLA 26.6
 2 Kirsty Hunter TFV 27.2
 3 Alex Foxworthy NR 28.1
 4 Kirstie McLeod SLA 31.1

W 400m A

1 Kirsty Hunter TFV 59.9
 2 Aisling McGhee GLA 60.6
 3 Kerry Hunton NR 63.6
 4 Jenny Phelps TVT 65.6

W 400m B

1 Katie McNight GLA 60.8
 2 Paula Smith NR 68.3

W 800m A

1 Abbey McGhee GLA 2.13.4
 2 Nicola Lindsay SLA 2.25.0
 3 Sara Hanabury NR 2.28.0
 4 Becka Maguire TVT 2.31.2
 5 Robyn McDowell TFV 2.33.0

W 800m B

1 Rhian Dowes GLA 2.19.6
 2 Rachael McIlwraith TFV 2.29.7
 3 Pippa Wood NR 2.46.7

W 1500m A

1 Sarah Inglis	TFV 4.41.3
2 Beth Duff	SLA 4.44.1
3 Charlotte Arter	NR 4.44.4
4 Rhian Doves	GLA 4.45.6

W 1500m B

1 Robyn McDowel	TFV 5.59.1
2 Erin Leggate	GLA 6.10.1

W 3000m A

1 Abbey McGhee	GLA 10.36.3
2 Steph Wright	SLA 12.02.8
3 Sarah Inglis	TFV DNF

W 3000m B

1 Caroline Adams	GLA 14.36.4
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W 100mH A

1 Heather Rankine	GLA 17.0
2 Lyne Hunter	TFV 17.2

W 100mH B

1 Jennifer Hutchison	TFV 18.5
2 Augusta Carmen	GLA 19.7

W 400mH A

1 Lyne Hunter	TFV 65.5
2 Caroline Adams	GLA 77.8

W 400mH B

1 Jennifer Hutchison	TFV 68.5
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W Discus Throw A

1 Rhinydd Parry	TFV 38.04
2 Tyne Breen	TTW 34.27
3 Kayleigh Sullivan	TVT 31.82
4 Ailis Clements	SLA 27.83
5 Sara Hill	NR 20.78
6 Stephanie O'Neill	GLA 14.20

W Discus Throw B

1 Myra Perkins	TFV 24.96
2 Kirstie McLeod	SLA 22.66
3 Jenny Phelps	TVT 13.96
4 Sarah Goodwin	GLA 13.63
5 Eloise Stott	NR 0.00

W Hammer Throw A

1 Myra Perkins	TFV 49.53
2 Kayleigh Sullivan	TVT 43.37
3 Ailis Clements	SLA 38.04
4 Sara Hill	NR 24.32
5 Stephanie O'Neill	GLA 15.99

W Hammer Throw B

1 Rhyaydd Parry	TFV 31.89
2 Eloise Stott	NR 21.17
3 Ashleigh Wood	TVT 19.56
4 Lucinda Logan	GLA 14.29

W High Jump A

1 Erin Leggate GLA 1.65
2 Ashleigh Wood TVT 1.50
3 Jenny Crilly TFV 1.30

W High Jump B

1 Lara Davidson GLA 1.55
2 Ashleigh Stone TVT 1.35

W Javelin Throw A

1 Alex Turbitt TTW 34.65
2 Kayleigh Sullivan TVT 28.95
3 Jenny Crilly TFV 24.16
4 Alison Ines GLA 16.76
5 Paula Smith NR 16.10

W Javelin Throw B

1 Alex Foxworthy NR 13.99
2 Amanda Campbell TFV 12.36
3 Stephanie O'Neill GLA 11.59
4 Becka Maguire TVT 8.70

W Long Jump A

1 Chloe Gill TVT 5.03
2 Fiona Laurie NR 4.95
3 Lara Davidson GLA 4.66
4 Amanda Campbell TFV 4.15
5 Laura Livesey SLA 3.83

W Long Jump B

1 Ashleigh Stone TVT 4.99
2 Kerry Hunton NR 4.88
3 Rachel Barlas SLA 3.16
4 Lucinda Logan GLA 1.99

W Pole Vault A

1 Amy Grant TFV 3.15
2 Caroline Adams GLA 2.60

W Pole Vault B

Not timetabled

W Shot Putt A

1 Tyne Breen TTW 11.31
2 Eloise Stott NR 11.10
3 Rhyanydd Parry TFV 9.01
4 Ailis Clements SLA 8.58
5 Kayleigh Sullivan TVT 8.51
6 Erin Leggate GLA 7.63

W Shot Putt B

1 Racheal McKie TFV 8.11
2 Kirstie McLeod SLA 7.91
3 Alison Innes GLA 7.14
4 Jess Kennedy TVT 6.67
5 Sara Hill NR 6.57

W Triple Jump A

1 Chloe Gill TVT 11.59
2 Heather Rankine GLA 9.84
3 Clair Davey TFV 9.02

W Triple Jump B

1 Jenny Phelps TVT 9.67
2 Stephanie O'Neill GLA 9.03
3 Sarah Inglis TFV 8.80

W 4x100m Relay

1	TFV 51.4	1	Alix Wilson	2	Kirsty Hunter
		3	Myra Perkins	4	Jennifer Hutchison
2	SLA 51.6	1	Laura Livesey	2	Lynn Livesey
		3	Kirstie McLeod	4	Beth Duff
3	GLA 51.7	1	Jennifer Hannah	2	Augusta Carmen
		3	Lara Davidson	4	Heather Rankine
4	TVT 52.0	1	Ashleigh Stone	2	Ashleigh Wood
		3	Jess Kennedy	4	Becka Maguire
5	NR 53.2	1	A	2	Alex Foxworthy
		3	Fiona Laurie	4	Kerry Hunton

W 4x400m Relay

1	GLA 4.02.9	1	Erin Leggate	2	Katie McNight
		3	Aisling McGhee	4	Abbey McGhee
2	TFV 4.04.5	1	Jennifer Hutchison	2	Lyne Hunter
		3	Sarah Inglis	4	Rachael McIlwraith
3	SLA 4.20.4	1	Beth Duff	2	Rachel Barlas
		3	Steph Wright	4	Nicola Lindsay
4	NR 4.43.8	1	Paula Smith	2	Pippa Wood
		3	Sara Hanabury	4	Kerry Hunton

M 4x100m Relay

1	TFV 44.5	1	Callum Woods	2	Grant Issdale
		3	Kyle Henderson	4	Stephen Roy
2	GLA 44.8	1	Callum Innes	2	Usman Ashraf
		3	Daniel Carlin	4	David Clark
3	TVT 45.5	1	Charlie Dryden	2	Nick Phelps
		3	Shaun McCartney	4	Chris Smallwood
4	NR 47.3	1	James Spencer	2	Alex Thompson
		3	Lawrence Hall	4	Oliver Cartwright
5	SLA 49.4	1	Nishant Puri	2	Craig Allan
		3	Alistair Lannigan	4	John Robertson

M 4x400m Relay

1 GLA 3.29.0	1 Sean Watson	2 Stuart Ross
	3 Kenny Love	4 Gary McBride
2 SLA 3.33.0	1 Gary Grieve	2 Jamie Clements
	3 Ross McDonald	4 Dougie Frame
3 TVT 3.33.9	1 Nick Phelps	2 Russ Best
	3 Elliot Hills	4 Tom Murphy
4 TFV 3.35.0	1 Sean Riley	2 Martyn Paterson
	3 Lewis Grant	4 Craig McDowell
5 NR 3.39.4	1 Matthew Grieve	2 Mark Crawley
	3 Tom Marper	4 Oliver Cartwright
6 TTW 3.41.8	1	2
	3	4

After 37.5 of 38 events

	Event	Lge
1 Team Glasgow	539	8
2 TEAM FORTH VALLEY	496	7
3 TEES VALLEY TIGERS	401	6
4 NORTHERN REIVERS	352	5
5 TEAM SOUTH LANARKSHIRE	306	4
6 TEAM TYNE AND WEAR	104	3