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LIVINGSTON
& DISTRICT AAC



2008 CLUB CHAMPIONSHIPS

Saturday, 16th August 2008, 11.30 AM – 4.00 PM

Craigswood Sports Centre, Livingston

EVENT PROGRAMME

TRACK TIMETABLE

100m	12.00
300m	13.00
400m	13.15
200m	14.00
800m	15.15
The 'Run and Become' Medley Relay	15.55

FIELD TIMETABLE

Long Jump (U15/U17/Seniors)	11.30
Long Jump (U11/U13)	12.25
Javelin	13.20
Shot Putt	14.30

Medley Relay Sponsored by:



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COMPETITORS

Under 11 Girls

- | | |
|------------------------|----------------------------|
| 1 Niamh Armstrong | 2 Eireann Valentine |
| 3 Chloe French | 4 Morna Horn |
| 5 Holly Middleton | 6 Clare McKain |
| 7 Megan Laing | 8 Holly Morgan (LAC) |
| 9 Amy Robertson (WLDS) | 10 Catherine Cooper (WLDS) |

Under 11 Boys

- | | |
|----------------------|-------------------------|
| 11 Aidan McCusker | 12 Fraser McLean |
| 13 Kieran Kilpatrick | 14 Callum McDonald |
| 15 Andrew Turner | 16 Jack Robertson (LAC) |
| 17 Steven Gold (LAC) | 18 Aidan Storey (LAC) |

Under 13 Girls

- | | |
|---------------------------|---------------------------|
| 19 Melanie Sneddon | 20 Briega Valentine |
| 21 Zoe Houston | 22 Hayley Donaldson |
| 23 Mhairi Horn | 24 Nikisha Wright |
| 25 Sally Bell (LAC) | 26 Emma Robertson (LAC) |
| 27 Heather Martin (LAC) | 28 Isla Bruce |
| 29 Toni Mason (WLDS) | 30 Anna McPhillips (WLDS) |
| 31 Kathlyne Duncan (WLDS) | 32 Alice Horsburgh (LRC) |
| 33 Anlaura Plommer (WLDS) | |

Under 13 Boys

- | | |
|------------------------|-----------------------|
| 34 Calum McLean | 35 Scott Malcolm |
| 36 James Ritchie (LAC) | 37 Jake Thomas (WLDS) |
| 38 Robbie Nairn | |

Under 15 Girls

- | | |
|-----------------------|------------------|
| 39 Eileen Hulse | 40 Nancy Sneddon |
| 41 Rhiannon Armstrong | 42 Vicky Dalziel |
| 43 Katie McKain | 44 Shona Herron |
| 45 Kirsty Bell (LAC) | 46 Alice Fisher |

Under 15 Boys

- | | |
|----------------------|--------------------|
| 47 Chris Nairn | 48 Shawn Wright |
| 49 Ruairidh McCusker | 50 Scott Henderson |
| 51 Liam MacKenzie | 52 Ryan Stuart |
| 53 Stephen Watson | |

Under 17 Women

- | | |
|--------------------|--------------------|
| 54 Alyssa McCarthy | 55 Amanda Campbell |
|--------------------|--------------------|

Under 17 Men

- | |
|-------------------|
| 56 Craig McDowall |
|-------------------|

Senior Women

- | |
|-------------------|
| 57 Robyn McDowall |
|-------------------|

Senior Men

- | | |
|-----------------------|--------------|
| 58 Michael Deegan | 59 Marc Boyd |
| 60 Alistair Dalgleish | |

Club Key

LAC = Linlithgow Athletic Club

LRC = Lothian Running Club

WLDS = West Lothian Development Squad

TRACK START LISTS

100M

T01 – U11 Girls

- 1 10 Catherine Cooper (WLDS)
- 2 1 Niamh Armstrong
- 3 6 Clare McKain
- 4 5 Holly Middleton
- 5 8 Holly Morgan (LAC)
- 6 9 Amy Robertson (WLDS)

T02 – U11 Girls & U11 Boys

- 1 3 Chloe French
- 2 4 Morna Horn
- 3 12 Fraser McLean
- 4 2 Eireann Valentine
- 5 11 Aidan McCusker
- 6 14 Callum McDonald
- 7 17 Steven Gold (LAC)

T03 – U13 Girls

- 1 22 Hayley Donaldson
- 2 27 Heather Martin (LAC)
- 3 19 Melanie Sneddon
- 4 29 Toni Mason (WLDS)
- 5 31 Kathlyne Duncan (WLDS)
- 6 24 Nikisha Wright

T04 – U13 Girls

- 1 28 Isla Bruce
- 2 23 Mhairi Horn
- 3 30 Anna McPhillips (WLDS)
- 4 25 Sally Bell (LAC)
- 5 33 Anlaura Plommer (WLDS)
- 6 21 Zoe Houston

T05 – U13 Boys

- 2 36 James Ritchie (LAC)
- 3 37 Jake Thomas (WLDS)
- 4 38 Robbie Nairn
- 5 34 Calum McLean

T06 – U15 Boys

- 1 47 Chris Nairn
- 2 48 Shawn Wright
- 3 50 Scott Henderson
- 4 52 Ryan Stuart
- 5 51 Liam MacKenzie
- 6 53 Stephen Watson

T07 – U15 Girls & U17 Women

- 2 43 Katie McKain
- 3 39 Eileen Hulse
- 4 41 Rhiannon Armstrong
- 5 54 Alyssa McCarthy (U17)
- 6 55 Amanda Campbell (U17)

T08 – U17 Men & Senior Men

- 2 58 Michael Deegan
- 3 60 Alistair Dalgleish
- 4 59 Marc Boyd
- 5 56 Craig McDowall (U17)

300M

T09 – U15 Girls

- 2 42 Vicky Dalziel
- 3 40 Nancy Sneddon
- 4 44 Shona Herron

200M

T11 – U11 Girls

- 1 4 Morna Horn
- 2 7 Megan Laing
- 3 3 Chloe French
- 4 8 Holly Morgan (LAC)
- 5 10 Catherine Cooper (WLDS)
- 6 9 Amy Robertson (WLDS)

T13 – U13 Girls

- 1 24 Nikisha Wright
- 2 32 Alice Horsburgh (LRC)
- 3 28 Isla Bruce
- 4 29 Toni Mason (WLDS)
- 5 33 Anlaura Plommer (WLDS)

T15 – U15 Girls

- 1 44 Shona Herron
- 2 42 Vicky Dalziel
- 3 43 Katie McKain
- 4 41 Rhiannon Armstrong
- 5 39 Eileen Hulse
- 6 45 Kirsty Bell (LAC)

T17 – U17 Men & Senior Men

- 2 60 Alistair Dalgleish
- 3 58 Michael Deegan
- 4 59 Marc Boyd
- 5 56 Craig McDowall (U17)

400M

T10 – U15 Boys & Seniors

- 2 60 Alistair Dalgleish
- 3 57 Robyn McDowall
- 4 51 Liam MacKenzie (U15)
- 5 49 Ruairidh McCusker (U15)

T12 – U11 Girls & U11 Boys

- 1 13 Kieran Kilpatrick
- 2 15 Andrew Turner
- 3 17 Steven Gold (LAC)
- 4 5 Holly Middleton
- 5 14 Callum McDonald
- 6 18 Aidan Storey (LAC)

T14 – U13 Girls & U13 Boys

- 1 35 Scott Malcolm
- 2 37 Jake Thomas (WLDS)
- 3 23 Mhairi Horn
- 4 27 Heather Martin (LAC)
- 5 31 Kathlyne Duncan (WLDS)

T16 – U15 Boys & Senior Women

- 2 57 Robyn McDowall (S)
- 3 48 Shawn Wright
- 4 50 Scott Henderson
- 5 47 Chris Nairn

800M

T18 – U11 Girls & U11 Boys

- 17 Steven Gold (LAC)
- 18 Aidan Storey (LAC)
- 15 Andrew Turner
- 7 Megan Laing
- 12 Fraser McLean
- 13 Kieran Kilpatrick

T19 – U13 Girls & U13 Boys

- 20 Briege Valentine
- 32 Alice Horsburgh (LRC)
- 34 Calum McLean
- 19 Melanie Sneddon
- 35 Scott Malcolm

T20 – U15, U17 & Seniors

- 40 Nancy Sneddon
- 57 Robyn McDowall (S)
- 55 Amanda Campbell (U17)
- 46 Alice Fisher

MEDLEY RELAY

T21 – Heat 1

- 9 Aaar!
- 4 No Name
- 34 Team Muppets!
- 13 World's Worst Team

T21 – Heat 2

- 11 Team 9
- 3 Johnny Cash
- 1 Craigswood Cheetahs
- 12 The Livi Lions
- 5 Team Scott

FIELD START LISTS

LONG JUMP

F01 – U15, U17 & Seniors

- | | | | | | |
|---|----|--------------------|----|----|-----------------|
| 1 | 41 | Rhiannon Armstrong | 9 | 52 | Ryan Stuart |
| 2 | 43 | Katie McKain | 10 | 53 | Stephen Watson |
| 3 | 44 | Shona Herron | 11 | 54 | Alyssa McCarthy |
| 4 | 46 | Alice Fisher | 12 | 55 | Amanda Campbell |
| 5 | 47 | Chris Nairn | 13 | 56 | Craig McDowall |
| 6 | 48 | Shawn Wright | 14 | 57 | Robyn McDowall |
| 7 | 49 | Ruaridh McCusker | 15 | 58 | Michael Deegan |
| 8 | 50 | Scott Henderson | | | |

F02 – U11 & U13

- | | | | | | |
|----|----|-------------------------|----|----|------------------------|
| 1 | 1 | Niamh Armstrong | 14 | 21 | Zoe Houston |
| 2 | 2 | Eireann Valentine | 15 | 22 | Hayley Donaldson |
| 3 | 3 | Chloe French | 16 | 24 | Nikisha Wright |
| 4 | 4 | Morna Horn | 17 | 28 | Isla Bruce |
| 5 | 5 | Holly Middleton | 18 | 29 | Toni Mason (WLDS) |
| 6 | 6 | Clare McKain | 19 | 30 | Anna McPhillips (WLDS) |
| 7 | 7 | Megan Laing | 20 | 31 | Kathlyne Duncan (WLDS) |
| 8 | 9 | Amy Robertson (WLDS) | 21 | 32 | Alice Horsburgh (LRC) |
| 9 | 10 | Catherine Cooper (WLDS) | 22 | 33 | Anlaura Plommer (WLDS) |
| 10 | 11 | Aidan McCusker | 23 | 35 | Scott Malcolm |
| 11 | 14 | Calum McDonald | 24 | 37 | Jake Thomas (WLDS) |
| 12 | 19 | Melanie Sneddon | 25 | 38 | Robbie Nairn |
| 13 | 20 | Briege Valentine | | | |

JAVELIN

F03 – All

- | | | | | | |
|---|----|----------------------|----|----|--------------------|
| 1 | 6 | Clare McKain | 9 | 51 | Liam MacKenzie |
| 2 | 16 | Jack Robertson (LAC) | 10 | 53 | Stephen Watson |
| 3 | 23 | Mhairi Horn | 11 | 54 | Alyssa McCarthy |
| 4 | 26 | Emma Robertson (LAC) | 12 | 55 | Amanda Campbell |
| 5 | 36 | James Ritchie (LAC) | 13 | 56 | Craig McDowall |
| 6 | 39 | Eileen Hulse | 14 | 58 | Michael Deegan |
| 7 | 40 | Nancy Sneddon | 15 | 59 | Marc Boyd |
| 8 | 49 | Ruaridh McCusker | 16 | 60 | Alistair Dalgleish |

SHOT PUTT

F04 – All

- | | | | | | |
|----|----|----------------------|----|----|------------------------|
| 1 | 1 | Niamh Armstrong | 12 | 30 | Anna McPhillips (WLDS) |
| 2 | 2 | Eireann Valentine | 13 | 34 | Calum McLean |
| 3 | 11 | Aidan McCusker | 14 | 36 | James Ritchie (LAC) |
| 4 | 12 | Fraser McLean | 15 | 38 | Robbie Nairn |
| 5 | 13 | Kieran Kilpatrick | 16 | 42 | Vicky Dalziel |
| 6 | 15 | Andrew Turner | 17 | 45 | Kirsty Bell (LAC) |
| 7 | 20 | Briege Valentine | 18 | 46 | Alice Fisher |
| 8 | 21 | Zoe Houston | 19 | 52 | Ryan Stuart |
| 9 | 22 | Hayley Donaldson | 20 | 54 | Alyssa McCarthy |
| 10 | 25 | Sally Bell (LAC) | 21 | 59 | Marc Boyd |
| 11 | 26 | Emma Robertson (LAC) | | | |

MEDLEY RELAY TEAMS

Name	Number	400m	300m	200m	100m
World's Worst Team	13	Marc Boyd	Vicky Dalziel	Scott Malcolm	Kieran Kilpatrick
Team Muppets!	34	Alyssa McCarthy	Ruaridh McCusker	Megan Laing	Calum McLean
Aaar!	9	Amanda Campbell	Alice Fisher	Robbie Nairn	Amy Robertson
No Name	4	Michael Deegan	Shona Herron	Mhairi Horn	Morna Horn
The Livi Lions	12	Craig McDowall	Shawn Wright	Nikisha Wright	Fraser McLean
Johnny Cash	3	Stephen Watson	Eileen Hulse	Rhiannon Armstrong	Chloe French
Team Scott	5	Robyn McDowall	Zoe Houston	Scott Henderson	Holly Middleton
Craigswood Cheetahs	1	Alistair Dalgleish	Melanie Sneddon	Chris Nairn	Niamh Armstrong
Team 9	11	Ryan Stuart	Katie McKain	Isla Bruce	Aidan McCusker

Your running order can be changed, but the 100m runner should wear the allocated vest number.

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:

- **Coordinator** Andy Sneddon
- **Starter** Kenny Marshall
- **Marksman** David McConnell
- **Track Team**
 - Joe Bruce
 - Elsie Oberg
 - Fred McCluskie
 - Katrina McIlwraith
- **Field Team**
 - Alex McGregor
 - Sue McDowall
 - Steven Thomson
 - Anton Atkins
 - Breid Armstrong
 - Sam French
- **Administration**
 - Sue McDowall
 - Yvonne Crilly
- **Refreshments** Jacqui Sneddon
- **First Aid** Ian Bishop

FIXTURES

AUGUST

- **'Bank of Scotland' U13/U15/U17 Championships**
23/08/2008 & 24/08/2008, Grangemouth
- **Scottish Senior/U20 Relay Championship**
24/08/2008, Grangemouth
- **Scottish Senior Championships**
30/08/2008 & 31/08/2008, Pitreavie
- **Scottish U13/U15/U17 Relay Championships**
31/08/2008, Pitreavie

SEPTEMBER

- **Grangemouth Open Graded Meeting**
03/09/2008, Grangemouth
- **'JSB Plumbing' Forth Valley League - President's Select Match**
06/09/2008, Pitreavie
- **National Junior Athletic League – Northern Promotion Match**
07/09/2008, Wigan
- **Scottish Athletics Track & Field Grand Prix Final**
13/09/2008, Perth
- **'Bank of Scotland' U13/U15/U17 Combined Events Championships**
13/09/2008 & 14/09/2008, Perth

2007 CLUB CHAMPIONS

Under 11 Girls

- 1st Nikisha Wright
- 2nd Hayley Donaldson
- 3rd Gillian McIntosh

Under 11 Boys

- 1st Scott Malcolm
- 2nd Harry Miles
- 3rd Aaron Tait

Under 13 Girls

- 1st Rhiannon Armstrong
- 2nd Mhairi Horn
- 3rd Nicola Kellet

Under 13 Boys

- 1st Scott Henderson
- 2nd Chris Boyd
- 3rd Chris Nairn

Under 15 Girls

- 1st Jillian Gisbey
- 2nd Vicky Dalziel
- 3rd Alice Fisher / Laura Rooney

Under 15 Boys

- 1st Matthew Thomson
- 2nd Stephen Watson

Under 17 Women

- 1st Sharon Grierson

Under 17 Men

- 1st Marc Boyd
- 2nd Ian Hardacre
- 3rd Sam Matheson

Senior Women

- 1st Fiona Stewart

Senior Men

- 1st Alistair Dalglish
- 2nd Michael Deegan
- 3rd Andy Pollock

2007 MEDLEY RELAY

- | | | |
|-----------------|----------------------|---------|
| 1 st | The Fastest Losers | 2:32.67 |
| 2 nd | 3 Boys & a Euan | 2:38.17 |
| 3 rd | The 4 Happy Feet | 2:40.89 |
| 4 th | Hairy Haggis | 2:41.92 |
| 5 th | Coo Coo 4 Co-Co Pops | 2:42.12 |
| 6 th | Teletubbies | 2:44.56 |