

DM HALL

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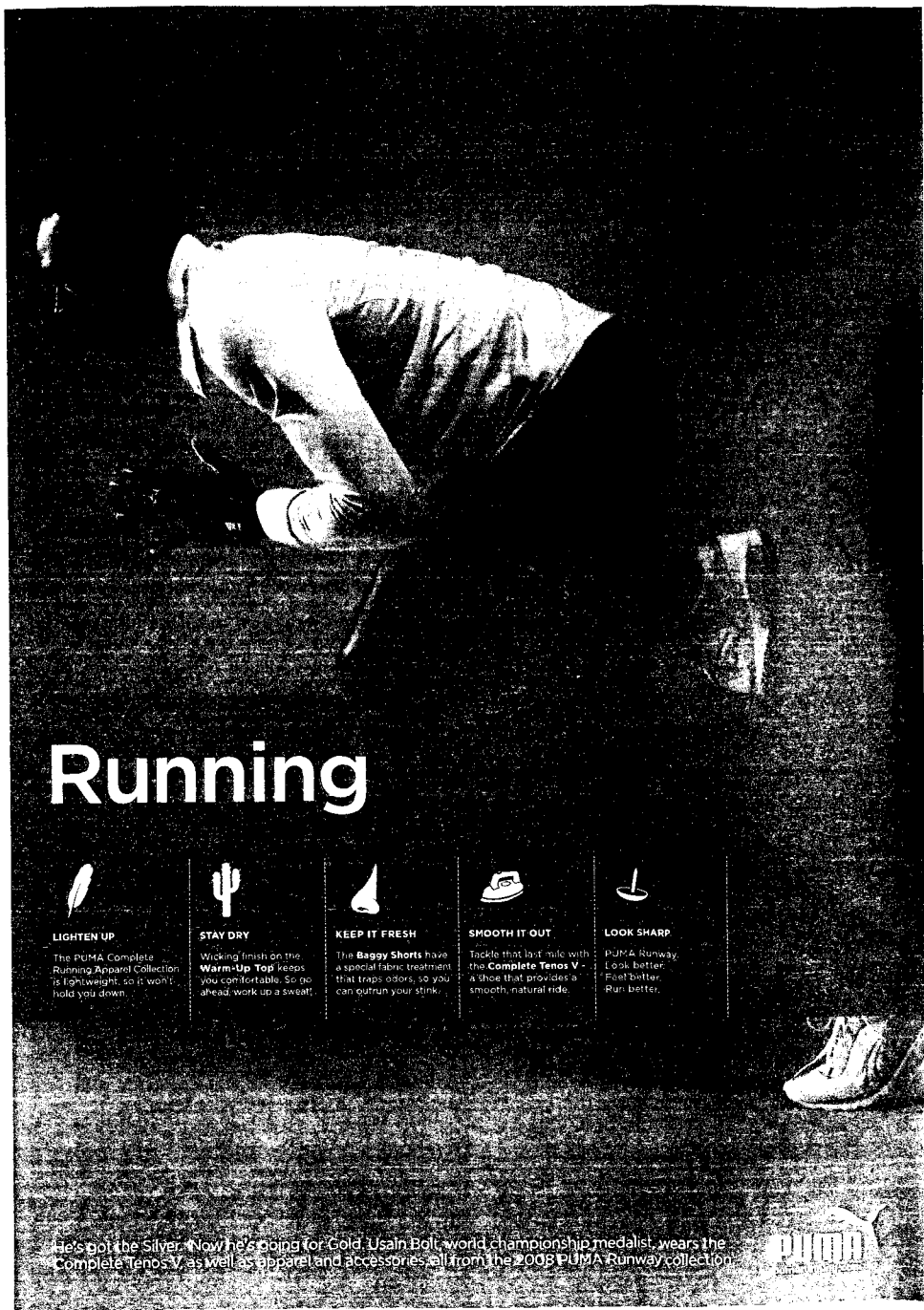
DM Hall East & West District and
Closed Senior Indoor
Championships
17/18 January 2009

Sunday 18th January 2009

Kelvin Hall International Sports
Arena, Glasgow

scottishathletics





Running



LIGHTEN UP

The PUMA Complete Running Apparel Collection is lightweight, so it won't hold you down.



STAY DRY

Wicking finish on the **Warm-Up Top** keeps you comfortable. So no ahead, work up a sweat!



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The **Baggy Shorts** have a special fabric treatment that traps odors, so you can outrun your stink.



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Tackle that last mile with the **Complete Tenos V** - a shoe that provides a smooth, natural ride.



LOOK SHARP

PUMA Runway. Look better. Feel better. Run better.

He's got the Silver. Now he's going for Gold. Usain Bolt, world championship medalist, wears the Complete Tenos V, as well as apparel and accessories all from the 2008 PUMA Runway collection.



Athletics Needs YOU for 2014!!!

If you are reading this, and not actively competing, coaching or officiating, then we need your help! There are many of ways to get involved with athletics events and enjoy a rewarding experience as an official.

We urgently require new officials in all aspects of the sport in the build up to Glasgow hosting the 2014 Commonwealth Games.

Previous experience is not required as free training and guidance will be provided.

Travel expenses and other benefits will also be provided at events.

Be part of the winning team and be part of our future success!

Want to know more? Please contact volunteer@scottishathletics.org.uk or call 0131 476 7327 or 7328

Welcome Messages

The Partners of DM Hall

Happy New Year to you all and welcome to the DM Hall Scottish Indoor Championships 2008, which we are thrilled to be sponsoring for a tenth year.

The Partners of DM Hall are delighted to be sponsors of such a consistently successful Championship and one, which has seen, year on year, increased numbers of both participants and spectators. We look forward to what promises to be an exciting indoor athletics season and trust you will enjoy the events and the competitions, which lie ahead.

DM Hall offers surveys, valuations and specialist advice in residential and commercial properties and businesses. For more information about our services and how they can benefit you please visit our website www.dmhall.co.uk, or contact your local office.

I would like to take this opportunity to welcome you all to the DM Hall 2009 Indoor District and Closed Senior Championships.

Another important year looms ahead in 2009 for our athletes with the World Championships in Berlin in August, and July bringing a host of Championships that our athletes will be aiming for - World Youth Games in Italy, European U23 Championships in Lithuania, European U20 Championships in Serbia and the European Youth Festival in Finland. It is also a year that sees the qualification window for the 2010 Commonwealth Games in India open. With many of our athletes working towards being selected for these teams it brings excitement to the first of the DM Hall series of Indoor Championships.

I would like to thank our sponsors DM Hall whose continued support of these Championships is very much appreciated. I would also like to thank Glasgow City Council, Sports Council for Glasgow and the management and staff at the Kelvin Hall for their help and support in preparing this facility for these Championships.

My thanks also go to the officials and volunteers who give up so much of their time and work tirelessly to ensure that the Championships run smoothly. Finally may I wish the athletes who compete here this weekend best wishes for 2009 and may the season ahead be a successful one for you.

Leslie Roy
Convenor
Track & Field Commission

I am very pleased to welcome you all to the DM Hall District and Closed Senior Indoor Championships, the first Championship of 2009, after what I hope was a Merry Christmas and a Happy New Year.

The past few weeks have been a very busy time for all, but again the Convenors and organisers from the Track and Field Commission have worked hard behind the scenes to prepare for these two days of athletics. We must not forget to say thank you to all the many officials, coaches, and scottishathletics staff that are here this weekend and still working so willingly and hard to allow these events to happen.

This is the eleventh consecutive year that our Indoor Championships have been sponsored by DM Hall. We really do appreciate their continuing involvement and thank them for their loyal support of scottishathletics. Also thank you to Glasgow City Council and the Kelvin Hall staff for their involvement in the two days of competition.

Good luck to all the competitors and I hope these District Championships prove to be a stepping-stone to an excellent season for everyone.

Alan Potts
President
scottishathletics

Culture & Sport

Glasgow

On behalf of the citizens of Glasgow I would take the opportunity to welcome you to the Scottish Athletics DM Hall District and Closed Senior Championship. This weekend's Championships take place in the Kelvin Hall International Sports Arena, one of the many facilities that contribute to the sport of athletics in our City.

Your success this weekend will be measured in terms of gold, silver and bronze medals; lifetime's best performances and season's best times, distances or heights. In an individual sport like athletics, you achieve your best performance, through hard work and many hours training alongside team mates and your coaches. In Glasgow our Team includes Culture and Sport Glasgow; The Glasgow Athletics Association and the Glasgow Athletics Clubs all working to achieve the targets they set for the Sport.

As with all major sporting events I would like to thank, in advance, the small army of volunteers who will ensure today's Championships are a success; they include the Officials (technical and administrative), coaches and club officials, all of whom contribute professionalism of a high degree.

I hope that you all, whatever your contribution to today's Championships, have a successful and enjoyable time and if you do not end up a champion, you leave with fond memories of the Championships and the City of Glasgow.

Councillor Robert Winter
The Lord Provost of Glasgow



Closed Senior and East & West District Indoor Championships

Sunday 18 January 2009

OFFICIALS

MEETING MANAGER	Liz Wilder	ASSISTANT MEETING MANAGER	Jim Callander
TRACK REFEREE	Hilary MacGuire	CHIEF TRACK JUDGE	Pat Hockley
TRACK JUDGES	David Blues	Bill Maxwell	Xabier Cid
	Brian Brown	Ken Davies	Rob Dalziel
	Frances Tatton	Helen MacNeill	Joe Malone
TRACK STEWARD	Freda Silver		
CHIEF TIMEKEEPER	Jim Johnstone		
TIMEKEEPERS	Mike Forrest	Ian McWatt	Alistair Shaw
	Anna Poulton	Andrew Rathey	Joe Doyle
CHIEF PHOTO FINISH	Sandy Forrest		
PHOTO FINISH JUDGES	Dave Finlayson	Jason Pender	
CHIEF STARTER	June Duffy		
STARTERS	Dave Biggin	Ian Tatton	
CHIEF MARKSMAN	Alastair Thomson		
MARKSMEN	Margaret Benham	Melissa Robertson	
FIELD REFEREE	Neill Allan		
FIELD JUDGES	Eispeth Allan	Marion Allan	Margaret Brown
	John Coyle	Shona Malcolm	Joyce Rammell
	Alister Murdoch	Leslie Roy	Ena Martin
	Blair McDougall	Stewart McLay	Rod Rutherford
	Brian Nisbet	Jim Oliver	Mike Archibald
	Moiria Nisbet	Pam Robertson	George Wright
	Liz Scott	Cath Pender	William Sutherland
	Mark Stringer	Chris Tod	Steven Whyteside
	Brenda Henderson		
TECHNICAL MANAGER	Ian Houston		
CLERKS OF COURSE	David Hynd	John Drummond	
ADMINISTRATION			
Announcers	Andrew MacKintosh	Colin Shields	Hugh Stevenson
Declarations	Fiona MacKintosh	Stuart Clarke	Lindsay MacKintosh
	Margery Swinton	Pat Sinclair	
Seeding	Peter Graham	Margaret McNally	Alistair McNally
Call Room Manager	MargaretAnn MacLachlan		
Call Room	Marc Ritchie	Denis Shepherd	Barbara McVey
Results	Val Murdoch	Gary Condie (am)	
Presentations	Alan Potts	Jan Burnside	
Control Room	Isobel Dunkeld		
Officials Report	Graham Sword	FINANCE OFFICER	Graham Sword
Physiotherapist	Gemma McNair		
First Aid	British Red Cross		

SCOTTISH UNDER 15 RECORDS

BOYS

60	7.24	George Rodger	Glasgow	20 Feb 03
200	23.45	George Rodger	Glasgow	23 Mar 03
400	52.86	Tom Holligan	Birmingham	24 Feb 08
800	2:02.75	Michael Combe	Glasgow	21 Feb 93
1500	4:22.31	Max Lott	Glasgow	7 Feb 08
60H	8.61	Cameron Goodall	Birmingham	23 Feb 08
High Jump	1.95	Kenneth McKeown	Glasgow	3 Mar 96
Long Jump	5.95	Craig Thomas	Glasgow	23 Mar 96
Triple Jump	12.16	Allan Scott	Glasgow	1 Dec 96
Shot	14.72	Ryan Stewart	Glasgow	15 Feb 06
Pentathlon	2,888	Gregor Simey	Cardiff	23 Mar 03
4 x 200	1:39.21	Giffnock North AAC	Glasgow	1 Mar 08

(Till Loehr, Grant Muir, Matthew Kerr, Alistair Brown)

GIRLS

60	7.74	Nicola Gossman	Glasgow	25 Jan 01
200	24.81	Nicola Gossman	Birmingham	24 Feb 01
800	2:12.79	Lynsey Sharp	Birmingham	29 Feb 04
1500	4:43.3	Iona McIntyre	Glasgow	30 Jan 97
60H	9.07	Natalie Doyle	Birmingham	26 Jan 03
High Jump	1.75	Aileen Wilson	Birmingham	21 Feb 98
Long Jump	5.39	Siobhan McVie	Birmingham	28 Feb 98
Shot	12.59	Navdeep Dhaliwal	Glasgow	21 Feb 92
Pentathlon	3,201	Jill Brooks	Glasgow	19 Feb 06
4 x 200	1:46.80	Pitreavie AAC	Glasgow	1 Mar 08

(Claire Duncan, Anna Robertson, Kirsten Galbraith, Bethanie Finlayson)

SCOTTISH UNDER 13 RECORDS

BOYS

60	8.02	Kyle Hogg	Glasgow	9 Feb 08
200	26.41	Mahad Ahmed	Glasgow	9 Feb 08
800	2:20.66	Scott Macaulay	Glasgow	28 Feb 04
60H	9.87	Kyle Henderson	Glasgow	5 Feb 05
	9.87	Kyle Henderson	Glasgow	12 Feb 05
High Jump	1.54	Greg Boyd	Glasgow	23 Mar 03
Long Jump	5.15	Martin Taylor	Glasgow	5 Mar 94
Shot	9.51	Lewis Nicholson	Glasgow	4 Feb 06
Pentathlon	1,770	Kyle Henderson	Glasgow	12 Feb 05
4 x 200	1:53.10	Central AC	Glasgow	19 Mar 05

(Chris Clarke, Kyle Henderson, Roddy Irvine, Martyn Paterson)

GIRLS

60	8.13	Nicola Gossman	Glasgow	(twice) 6 Feb 99
200	27.27	Nicola Gossman	Glasgow	6 Feb 99
800	2:28.09	Stephanie Lyall	Glasgow	11 Feb 01
60H	9.70	Stephanie O'Neil	Glasgow	4 Feb 06
High Jump	1.50	Ellen Kristofferson	Grangemouth	11 Jun 08
Long Jump	4.56	Fiona Paul	Glasgow	24 Feb 91
Shot	10.06	Alison Grey	Edinburgh	10 Feb 85
Pentathlon	2,410	Ellen Kristofferson	Glasgow	17 Feb 08
4 x 200	1:56.18	Giffnock North AAC	Glasgow	19 Mar 05

(Ruth Wallace, Helena Brown, Katie McKnight, Emma Dowd)



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SCOTTISH UNDER 17 RECORDS

MEN

60	7.01	Scott Fraser	Glasgow	12 Feb 94
	7.01	Ryan Oswald	Glasgow	23 Jan 05
200	21.99	Kris Stewart	Glasgow	24 Feb 96
400	48.63	Kris Stewart	Glasgow	29 Feb 96
800	1:57.17	Mark Mitchell	Glasgow	29 Feb 04
1500	4:02.9	Alastair Currie	Cosford	21 Mar 81
3000	9:08.62	Marc Johnston	Glasgow	14 Feb 01
60H	8.00	Allan Scott	Glasgow	12 Dec 98
High Jump	2.11	Kenneth McKeown	Grangemouth	12 Jul 98
Pole Vault	4.25	Scott Huggins	Sutton	24 Jul 05
Long Jump	6.96	Allan Scott	Glasgow	12 Dec 98
Triple Jump	14.07	Rory Birbeck	Dewsbury	4 Mar 90
Shot	16.68	Daniel Carlin	Birmingham	25 Feb 07
Pentathlon	3,611	John McCafferty	Glasgow	17 Feb 08
4 x 200	1:33.31	City of Edinburgh AC	Glasgow	20 Jan 07

(Alex Thompson, Scott Hughson, Sean Hood, Shaun Devenney)

WOMEN

60	7.58	Linsey Macdonald	Cosford	26 Jan 80
200	24.81	Dawn Flockhart	Cosford	19 Mar 83
300	39.23	Gemma Nicol	Birmingham	24 Feb 02
800	2:10.3	Linsey Macdonald	Cosford	22 Mar 80
1500	4:34.0	Karen Hutcheson	Cosford	23 Jan 82
60H	8.61	Catherine Murphy	Cosford	3 Mar 90
High Jump	1.79	Aileen Wilson	Birmingham	29 Jan 00
	1.79	Aileen Wilson	Birmingham	6 Feb 00
Pole Vault	3.71	Kimberly Skinner	Glasgow	6 Mar 04
Long Jump	5.86	Jade Nimmo	London (LV)	21 Feb 07
Triple Jump	11.34	Rachel Hogg	Birmingham	22 Feb 98
Shot	13.89	Alison Grey	Cosford	11 Feb 89
Pentathlon	3,582	Aileen Wilson	Glasgow	11 Dec 99
4 x 200	1:44.02	Grangemouth Select	Glasgow	29 Jan 05

(Lesley-Ann Mearns, Louise Hamilton, Alix Wilson, Kirsten Young)

(Club) 1:44.14 City of Glasgow AC Glasgow 23 Mar 03

(Emma Murphy, Sabina Astarita, Karyn Prytz, Nicola Gossman)

1:44.14 City of Glasgow AC Glasgow 23 Jan 05

(Natalie Doyle, Michaela Hall, Kerry Steel, Danielle Osborne)

SCOTTISH UNDER 20 RECORDS

MEN

60	6.66	Jamie Henderson	Cosford	24 Jan 87
200	21.50	Ian Horsburgh	Birmingham	16 Feb 97
400	47.69	Hugh Kerr	Erfurt GER	25 Feb 95
800	1:51.37	Mark Mitchell	Sheffield	12 Feb 05
1500	3:50.77	Ross Toole	Sheffield	13 Feb 05
3000	8:25.52	Graeme Reid	Glasgow	25 Jan 98
60H (3'6")	7.94	Chris Baillie	Nogent-sur-Oise FRA	27 Feb 99
60H (3'3")	7.92	Chris Baillie	Glasgow	20 Feb 00
High Jump	2.20	Geoff Parsons	Cosford	29 Jan 83
	2.20	Geoff Parsons	Cosford	12 Feb 83
Pole Vault	4.95	Scott Huggins	Lee Valley, London	13 Feb 08
Long Jump	7.38	David Clerihew	Lievin FRA	2 Mar 96
Triple Jump	15.23	Jude Beimers	Birmingham	5 Mar 06
Shot (7.26k)	15.93	Jamie Stevenson	Sheffield	17 Feb 08
Shot (6.25k)	18.59	Jamie Stevenson	Glasgow	10 Feb 08
Heptathlon	4,738	William Wyllie	Glasgow	16 Feb 92
3000 Walk	13:09.4	Michael Dunion	Cosford	13 Mar 76
4 x 200 Metres Relay	1:30.93	'Silver Fox' Select Team	Glasgow	29 Jan 05

(Chris Hodgkins, Scott Partyka, David-Ross Hunt, Colin Severin)

4 x 200 Metres Relay (Club)

1:32.61 Victoria Park City of Glasgow AC Glasgow 16 Mar 08
(David Clark, Lorne Menzies, Matthew Hester, Calum Innes)

WOMEN

60	7.52	Malgorzata Rostek	Lievin FRA	2 Mar 96
200	24.20	Linsey Macdonald	Cosford	10 Feb 82
400	54.05	Karen Williams	Berlin GER	3 Feb 79
800	2:08.4	Linsey Macdonald	Cosford	20 Feb 82
1500	4:14.11	Lynne MacDougall	Cosford	1 Feb 84
3000	9:49.38	Siobhan Coleman	Glasgow	16 Jan 05
60H	8.39	Nathalie Byer	Cosford	29 Jan 83
	8.39	Nathalie Byer	Cosford	(twice) 12 Feb 83
High Jump	1.85	Jayne Barnetson	Cosford	9 Jan 87
Pole Vault	3.90	Kimberly Skinner	Glasgow	6 Feb 05
	3.90	Kimberly Skinner	Glasgow	22 Jan 06
Long Jump	5.94	Ruth Irving	Birmingham	22 Feb 92
Triple Jump	12.57	Jayne Nisbet	Glasgow	14 Jan 07
Shot	15.72	Alison Grey	Glasgow	29 Feb 92
Pentathlon	4,096	Aileen Wilson	Glasgow	10 Feb 02
4 x 200 Metres Relay	1:43.71	Scotland	Glasgow	18 Jan 03

(Gemma Nicol, Kathryn Evans, Joanne Erskine, Eilidh Child)

SCOTTISH INDOOR RECORDS

Records as at 1 January 2009. Recent records subject to ratification by Records Committee.

SCOTTISH NATIONAL RECORDS

MEN

60	6.62	Elliot Bunney	Cosford	26 Jan 87
200	21.28	Elliot Bunney	Glasgow	27 Jan 91
400	45.98	Brian Whittle	Budapest HUN	6 Mar 88
800	1:46.22	Tom McKean	Glasgow	4 Mar 90
1000	2:18.31	David Strang	Boston USA	30 Jan 93
1500	3:38.28	Graham Williamson	Cosford	10 Feb 82
1 Mile	3:55.43	David Strang	Harvard USA	22 Jan 94
3000	7:49.86	Ian Gillespie	Birmingham	23 Feb 97
60H	7.52	Allan Scott	Glasgow	13 Jan 08
High Jump	2.30	Geoff Parsons	Cosford	25 Jan 86
Pole Vault	5.10	Graham Eggleton	Haringey	6 Feb 83
	5.10	Richard Hurren	Belfast	16 Feb 03
Long Jump	7.81	Darren Ritchie	Glasgow	24 Jan 99
Triple Jump	16.13	John Mackenzie	Birmingham	8 Jan 94
Shot	18.73	Paul Buxton	Pullman USA	19 Feb 77
Heptathlon	5,640	Jamie Quarry	Glasgow	14 Feb 99
3000 Walk	11:54.96	Martin Bell	Birmingham	13 Feb 93
4 x 200	1:26.94	Scotland	Glasgow	17 Feb 90

- Brian Ashburn, Mark Davidson, Gregor McMillan, Mark McMahon

WOMEN

60	7.35	Susan Burnside	Birmingham	1 Mar 03
200	23.62	Melanie Neef	Birmingham	27 Jan 96
400	52.47	Sinead Dudgeon	Birmingham	27 Jan 01
800	2:02.59	Susan Scott	Birmingham	16 Feb 08
1500	4:09.07	Susan Scott	Stockholm SWE	21 Feb 08
1 Mile	4:32.00	Yvonne Murray	Birmingham	13 Feb 93
3000	8:34.80	Elizabeth McColgan	Budapest HUN	4 Mar 89
60H	8.39	Natalie Byer	Cosford	29 Jan 83
	8.39	Nathalie Byer	Cosford	(twice) 12 Feb 83
High Jump	1.86	Jayne Barnetson	Athens GRE	11 Feb 89
Pole Vault	4.15	Kirsty Maguire	Glasgow	24 Feb 07
Long Jump	6.43	Gillian Cooke	Cardiff	3 Feb 08
Triple Jump	13.24	Nony Mordi	Manchester	27 Jan 08
Shot	17.85	Margaret Ritchie	Princeton USA	24 Feb 84
Pentathlon	4,096	Aileen Wilson	Glasgow	10 Feb 02
3000 Walk	13:31.32	Verity Larby	Birmingham	13 Feb 93
4x200	1:39.17	Scotland	Glasgow	17 Feb 90

- Donna Brown, Linsey Macdonald, Ruth Girvin, Gillian McIntyre

SCOTTISH NATIVE RECORDS

Performance made in Scotland by a competitor eligible to represent Scotland.

MEN

60	6.64	Nick Smith	Glasgow	1 Mar 08
200	21.28	Elliot Bunney	Glasgow	27 Jan 91
400	46.52	Brian Whittle	Glasgow	23 Feb 90
800	1:46.22	Tom McKean	Glasgow	4 Mar 90
1500	3:43.13	Jan Campbell	Glasgow	4 Dec 96
3000	7:55.85	Alastair Currie	Glasgow	15 Jan 89
60H	7.52	Allan Scott	Glasgow	13 Jan 08
High Jump	2.20	David Barnetson	Glasgow	25 Jan 98
Pole Vault	5.05	Richard Hurren	Glasgow	8 Feb 03
Long Jump	7.81	Darren Ritchie	Glasgow	24 Jan 99
Triple Jump	15.97	John Mackenzie	Glasgow	22 Jan 95
Shot	18.25	Stephan Hayward	Glasgow	19 Jan 97
Heptathlon	5,275	Duncan Mathieson	Glasgow	16 Feb 97

WOMEN

60	7.36	Melanie Neef	Glasgow	22 Jan 95
	7.36	Susan Burnside	Glasgow	2 Feb 03
200	23.67	Susan Burnside	Glasgow	8 Feb 03
400	52.91	Melanie Neef	Glasgow	29 Jan 94
800	2:04.27	Joanna Ross	Glasgow	22 Jan 06
1500	4:11.39	Susan Scott	Glasgow	22 Jan 06
3000	8:54.81	Elizabeth McColgan	Glasgow	15 Jan 89
60H	8.50	Gemma Werrett	Glasgow	1 Mar 08
High Jump	1.83	Jayne Barnetson	Glasgow	15 Jan 89
	1.83	Lee McConnell	Glasgow	14 Mar 99
Pole Vault	4.15	Kirsty Maguire	Glasgow	24 Feb 07
Long Jump	6.32	Gillian Cooke	Glasgow	14 Jan 07
Triple Jump	13.14	Nony Mordi	Glasgow	13 Jan 08
Shot	15.48	Alison Rodger	Glasgow	14 Jan 07
Pentathlon	3,957	Emma Lindsay	Glasgow	18 Feb 96
4x200	1:39.17	Scotland	Glasgow	17 Feb 90

- Donna Brown, Linsey Macdonald, Ruth Girvin, Gillian McIntyre

INFORMATION FOR COMPETITORS

DM HALL CLOSED SENIOR INDOOR CHAMPIONSHIPS AND EAST & WEST DISTRICT INDOOR CHAMPIONSHIPS

Timetable of Events

The Timetable is provisional and will be adhered to as far as possible unless circumstances beyond the organisers control deem it necessary to alter.

IF HEATS ARE NOT REQUIRED Finals will be contested at HEAT time and if Semi Finals are not required Finals will be contested at SEMI FINAL time.

Athletes Declaration

Athletes should declare their intention to compete at least 60 minutes before event time. **All declarations will close at 14.00.**

Athletes Report

All **Track athletes** (including Hurdlers) should report to Athletes Call Room 25 minutes prior to event time for escorting to the competition area. All **Field athletes** should listen to announcements, as they will be called to the competition site before the previous event ends to ensure maximum warm-up time at the event. Field athletes require to be in the arena 30 minutes prior to event start time. Please note that only the top 6 competitors will proceed to the final 3 attempts.

Competition Numbers

These will be issued on declaration for your event. Only competitors wearing the correct number will be permitted to enter the main arena. **Numbers must not be folded, mutilated or concealed in any way** and MUST, where applicable, be retained for day two of the Championships

SPIKE SIZE AS PER KELVIN HALL RULES TRACK – 5mm Max; HIGH JUMP – 6mm Max.
Spikes must not be worn outwith the athletic arena

Club Colours

Competitors must compete in the colours of the club under which they entered or national vest.

Track Events

No warming up will be allowed in the main arena. **No personal starting blocks will be allowed in the arena.** Sufficient sets of Stadium Blocks will be provided at the relevant start areas **and these should not be removed from these points. False Start detection Equipment will be in operation on the Saturday for the Closed Senior 60m events.** Qualifying conditions for any subsequent rounds will be declared immediately prior to the start of the event. Please inform Seeding/Declaration if you are not fit to continue in an event for which you have Qualified or Declared. You shall be excluded from further participation in any event if you **qualify** for an event in which you do not participate without giving a valid reason to the Referee. As this Championship extends over two days such exclusion will apply to all subsequent events at the Championships. (UK Athletics Rule 115).

Field Events

Competitors may use their own equipment provided it is "checked in" 90 minutes prior to event time and that it is passed by the Technical Manager/Referee. Where appropriate, competitors will be allowed three attempts and thereafter the leading eight competitors will be allowed a further three trials. **No vaulting poles will be available at the stadium.**

Victory Ceremonies

Presentation of awards will be made as soon as possible after the event. Medal winners must hold themselves available for presentation. The first Under 20 in the Closed Senior Championships will receive a medal.

Anti Dope Testing - Random anti dope testing may be carried out.

Misconduct Rules: - Your attention is drawn to UK Athletics Rule 22(2) regarding Misconduct – Athletes should make themselves aware of the content of this Rule.

DON'T FORGET

To compete in these Championships all athletes are required to be a member of the scottishathletics Membership Scheme. Please ensure your membership is still current on the day of the Championship.

**DM HALL CLOSED SENIOR INDOOR CHAMPIONSHIPS and EAST & WEST DISTRICT INDOOR CHAMPIONSHIPS
PROVISIONAL TIMETABLE
SUNDAY 18 JANUARY 2009**

Straight Track

NO	TIME	EVENT	AGE GROUP	Dist	ROUND	HEATS
T1	10.00	60m Hurdles	Senior Men	Closed	Final	1
T2	10.10	60m Hurdles	U17 Men	E/W	Final	1
T3	10.20	60m Hurdles	Senior Women	Closed	1	2
T4	10.30	60m Hurdles	U15 Boys	E/W	Final	1
T5	10.40	60m Hurdles	U17 Women	East	1	2
T6	10.45	60m Hurdles	U17 Women	West	Final	1
T7	10.55	60m Hurdles	U15 Girls	East	1	2
T8	11.05	60m Hurdles	U15 Girls	West	Final	1
T9	11.15	60m Hurdles	Senior Women	Closed	Final	1
T10	11.25	60m Hurdles	U17 Women	East	Final	1
T11	11.35	60m Hurdles	U15 Girls	East	Final	1

Circular Track

NO	TIME	EVENT	AGE GROUP	District	ROUND	HEATS
T12	10.00	800m	Senior Men	Closed	1	4
T13	10.20	800m	U17 Men	East	Final	1
T14	10.30	800m	U17 Men	West	Final	1
T15	10.40	800m	U15 Boys	East	Final	1
T16	10.45	800m	U15 Boys	West	1	2
T17	10.55	800m	U13 Boys	East	Final	1
T18	11.00	800m	U13 Boys	West	1	2
T19	11.10	200m	U15 Girls	East	1	3
T20	11.25	200m	U15 Girls	West	1	3
T21	11.40	200m	Senior Women	Closed	1	3
T22	11.55	200m	U17 Women	East	1	3
T23	12.05	200m	U17 Women	West	1	2
T24	12.10	800m	Senior Men	Closed	Semi	2
T25	12.20	800m	U15 Boys	West	Final	1
T26	12.25	800m	U13 Boys	West	Final	1
			LUNCH			
T27	13.15	200m	U17 Women	East	Final	1
T29	13.20	200m	U17 Women	West	Final	1
T30	13.25	200m	U15 Girls	East	Final	1
T31	13.30	200m	U15 Girls	West	Final	1
T32	13.35	200m	Senior Men	Closed	1	5
T33	13.50	200m	U17 Men	East	1	2
T34	13.55	200m	U17 Men	West	1	3
T35	14.05	200m	U15 Boys	East	1	2
T36	14.10	200m	U15 Boys	West	1	3
T37	14.20	200m	Senior Women	Closed	Final	1
T38	14.25	800m	Senior Women	Closed	1	2
T39	14.35	800m	U13 Girls	East	Final	1
T40	14.40	800m	U13 Girls	West	1	2
T41	14.50	800m	U15 Girls	West	1	3
T42	15.05	800m	U17 Women	East	Final	1
T43	15.15	800m	U17 Women	West	Final	1

DM HALL EAST & WEST DISTRICT and CLOSED SENIOR INDOOR CHAMPIONSHIPS 18th JANUARY 2009 PROGRAMME

SUNDAY TRACK EVENTS

T44	15.25	200m	Senior Men	Closed	Semi	2
T45	15.30	3000m	Senior Men	Closed	Final	1
T46	15.45	3000m	Senior Women	Closed	Final	1
T47	16.00	200m	U17 Men	East	Final	1
T48	16.05	200m	U17 Men	West	Final	1
T49	16.10	200m	U15 Boys	East	Final	1
T50	16.15	200m	U15 Boys	West	Final	1
T51	16.20	800m	U13 Girls	East	Final	1
T52	16.25	800m	U13 Girls	West	Final	1
T53	16.30	800m	U15 Girls	East	Final	1
T54	16.35	800m	U15 Girls	West	Final	1
T55	16.40	800m	Senior Men	Closed	Final	1
T56	16.45	800m	Senior Women	Closed	Final	1
T57	16.	200m	Senior Men	Closed	Final	1

EVENT T1 60mH – Senior Men CLOSED FINAL 10.00

Championship Holder: Allan Scott Shaftesbury Barnet 7.52

132 Francis	Smith	Pitreavie AAC	8.00
106 Neale	Kelly	VP-Glasgow AC	8.38
87 Peter	Dunn	Giffnock North AAC	8.85
111 David	Low	Dunfermline and West Fife	9.80
193 Toby	Harris	Edinburgh AC	U20
195 Calum	Innes	VP-Glasgow AC	U20

Result:
1st 2nd 3rd
Time Time Time

EVENT T2 60mH –U17 Men East FINAL 10.10

Championship Holder (E): Toby Harris Edinburgh AC 8.66

371 Cameron	Goodall	Edinburgh AC	9.10
381 Sam	O'Kane	Caithness AAC	
368 Michael	Downie	Arbroath & District AC	
373 Matthew	Jones	Edinburgh AC	

Result:
1st 2nd 3rd
Time Time Time

EVENT T2 60mH –U17 Men West FINAL 10.10

Championship Holder (W): Jamie Milton Kilbarchan AC 9.03

340 Andrew	McFarlane	VP-Glasgow AC	9.01
347 John	Mulhern	VP-Glasgow AC	9.07
337 Jack	Lochans	Kilbarchan AAC	

Result:
1st 2nd 3rd
Time Time Time

DM HALL CLOSED SENIOR INDOOR CHAMPIONSHIPS and EAST & WEST DISTRICT INDOOR CHAMPIONSHIPS PROVISIONAL FIELD TIMETABLE SUNDAY 18 JANUARY 2009

FIELD					
No	Time	Event	Age	Dist	Round
F1	10.00	Pole Vault	Sen Women	Closed	Final
F2	10.00	Long Jump	U17 Women	East	Final
			U17 Women	West	Final
F3	10.00	Shot Putt	U17 Men	East	Final
			U17 Men	West	Final
F4	11.30	Long Jump	Sen Men	Closed	Final
F5	11.30	Shot Putt	U17 Women	East	Final
			U17 Women	West	Final
F6	13.00	Pole Vault	U15 Boys	East/West	Final
			U15 Girls	East/West	Final
			U17 Women	East/West	Final
F7	13.00	High Jump	U17 Women	East	Final
			U17 Women	West	Final
F8	13.00	Long Jump	U13 Boys	East	Final
			U13 Boys	West	Final
F9	14.00	High Jump	U15 Boys	East	Final
			U15 Boys	West	Final
F10	14.00	Shot Putt	Sen Women	Closed	Final
F11	14.00	Long Jump	U17 Men	East	Final
			U17 Men	West	Final
F12	15.00	Shot Putt	Senior Men	Closed	Final
F13	15.00	Triple Jump	Senior Women	Closed	Final
F14	15.30	High Jump	U15 Girls	East	Final
			U15 Girls	West	Final
F15	16.00	Triple Jump	U17 Women	East	Final
			U17 Women	West	Final

NB All competitors to be given 2 warm up attempts. More if time permits.
All competitors MUST register a distance in first 3 rounds to qualify for final rounds.
In senior field events the top 8 athletes will qualify for the final 3 rounds.
In all other age groups the top 6 athletes will qualify for the final 3 rounds.

EVENT T3 60mH – Senior Women CLOSED HEATS 10.25

Championship Holder: Alyssa Fullelove VP-Glasgow 8.56

34 Judith	McNicol	Kilbarchan AAC	9.07
22 Avril	Jackson	Edinburgh AC	9.28
42 Heather	Rankine	VP-Glasgow AC	9.49
8 Eve	Carrington	Unattached	9.50
40 Catriona	Pennet	Edinburgh AC	
47 Suzanne	Russell	Giffnock North AAC	
155 Holly	Belch	Kilbarchan AAC	9.04 U20
157 Lauren	Boyd	Corby AC	10.10 U20

EVENT T9 60mH – Senior Women CLOSED FINAL 11.15

Result: 1st.....2nd.....3rd.....
Time.....Time.....Time.....

EVENT T4 60mH – U15 Boys WEST FINAL 10.30

Championship Holder: Jack Lochans Kilbarchan AC 10.06

538 John	McCall	VP-Glasgow AC	10.20
543 Robbie	Pollock	VP-Glasgow AC	10.70
528 Jamie	Gemmell	Whitemoss AAC	10.90
541 Andrew	Murphy	Girvan AAC	12.30

Result: 1st.....2nd.....3rd.....
Time.....Time.....Time.....

EVENT T4 60mH – U15 Boys EAST FINAL 10.30

Championship Holder: Cameron Goodall Lasswade 9.04

563 Callum	Edwards	Arbroath & District AC	
565 Jack	Garrigan	Arbroath & District AC	

Result: 1st.....2nd.....3rd.....
Time.....Time.....Time.....

EVENT T5 60mH – U17 Women EAST HEATS 10.40

Championship Holder: Emma Froude Lasswade 9.39

292 Lisa	Humphreys	Aberdeen AAC	9.70
280 Emma	Dawson	Perth Strathtay Harriers	9.83
297 Catriona	Loughran	Giffnock North AAC	10.01
298 Charis	Mair	Inverness Harriers AAC	10.09
274 Louise	Calder	Arbroath & District AC	10.49
281 Sarah	Dick	Central AC	10.50
276 Olivia	Clark	Pitreavie AAC	10.95
279 Victoria	Dalziel	Livingston & District AAC	
291 Lillian	Gowans	Edinburgh AC	

EVENT T10 60mH – U17 Women EAST FINAL 11.25

Result: 1st.....2nd.....3rd.....
Time.....Time.....Time.....

EVENT T6 60mH – U17 Women WEST FINAL 10.45

Championship Holder: Claire Taylor Ayr Seaforth 9.42

228 Emma	Brown	Giffnock North AAC	9.20
258 Kirsty	Yates	Stewartry AC	9.33
255 Hazel	Ross	Kilbarchan AAC	10.52
252 Fiona	Paterson	Stewartry AC	
257 Rachel	Whittle	Ayr Seaforth AAC	

Result: 1st.....2nd.....3rd.....
Time.....Time.....Time.....

EVENT T7 60mH – U15 Girls EAST HEATS 10.55

Championship Holder: Emma Dawson Perth Strathtay 9.45

478 Rose	Fagan	Pitreavie AAC	10.00
482 Ellen	Kristoffersen	Lasswade AAC	10.40
485 Kirsty	McKean	Edinburgh AC	10.60
501 Sarah	Szymanski	Lasswade AAC	11.00
492 Eilidh	Reid	Pitreavie AAC	13.00
473 Amy	Dawson	Perth Strathtay Harriers	
474 Louise	Dawson	Perth Strathtay Harriers	
477 Sarah-Jane	Easton	Pitreavie AAC	
479 Beth	Fyffe	Dundee Hawkhill Harriers	
484 Emma	McGinty	Edinburgh AC	

EVENT T11 60mH – U15 Girls EAST FINAL 11.35

Result: 1st 2nd 3rd
 Time Time Time

EVENT T8 60mH – U15 Girls WEST FINAL 11.05

Championship Holder: Emma Brown Giffnock North 9.56

429 Nikki	Manson	Giffnock North AAC	10.30
416 Emma	Frame	Whitemoss AAC	10.50
421 Carolyn	Harvey	Ayr Seaforth AAC	11.17
402 Corinne	Brooks	Kilbarchan AAC	
419 Emma	Goldie	Giffnock North AAC	
420 Kerri	Haran	Shettleston Harriers	
428 Nicola	Mackay	Shettleston Harriers	

Result: 1st 2nd 3rd
 Time Time Time

EVENT T12 800m – Senior Men CLOSED HEATS 10.00

Championship Holder: Graeme Oudney Belgrave 1:52.25

123 Allan	Ramsay	VP-Glasgow AC	1.56
98 Gary	Grieve	Law & District AAC	1.57
120 Alex	Oliver	Ayr Seaforth AAC	2.00
94 David	Fotheringham	West Dunbartonshire AC	2.01
126 Iain	Robertson	Clydesdale Harriers	2.01
97 David	Gorman	East Kilbride A.C.	2.02
112 James	MacDonald	Law & District AAC	2.02
66 Scott	Anderson	Lasswade AAC	2.03
85 Alastair	Dunlop	Stornoway Running & AC	2.07
122 Graeme	Oudney	Dundee Hawkhill Harriers	1.47.77
140 Colin	Welsh	Border Harriers	1.51.51
124 Craig	Robertson	Pitreavie AAC	1.52.28
133 Gary	Smith	Falkirk Victoria Harriers	1.52.4
127 Stuart	Ross	VP-Glasgow AC	1.54.12
88 Myles	Edwards	Aberdeen AAC	1.55.12
86 Keith	Dunlop	Edinburgh AC	1.58.32
114 Murdo	MacKenzie	Stornoway Running & AC	2.01.0
142 Cliff	Young	Edinburgh AC	2.15.33
199 Gareth	Lamb	Dundee Hawkhill Harriers	1.57 U20
191 Graeme	Gibson	Dunfermline and West Fife	U20
205 Richard	Murdoch	Aberdeen	U20

EVENT T24 800m – Senior Men CLOSED SEMI 12.10
EVENT T55 800m – Senior Men CLOSED FINAL 16.40

Result: 1st 2nd 3rd
 Time Time Time

EVENT T13 800m – U17 Men EAST FINAL 10.20

Championship Holder: Craig McDowell Livingston AC 2:08.1

367 Stewart	Clark	Banchory Stonehaven AC	2.08.01
370 Ryan	Gilhooly	Lasswade AAC	2.02
377 Ross	Milne	Central AC	2.10
375 Peter	Loudon	Edinburgh AC	2.02.51
386 Stuart	Turner	Montrose & District AC	2.18.7

Result: 1st 2nd 3rd
 Time Time Time

EVENT T14 800m – U17 Men WEST FINAL 10.30

Championship Holder: Ross McDonald Law and District 2.03.71

351 Craig	Prior	Glasgow School of Sport	2.03
322 Peter	Bowman	Clydesdale Harriers	2.03
356 Lee	Wilson	Irvine AC	2.04
338 Max	Lott	Giffnock North AAC	2.04
354 Jonathan	Velu	Law & District AAC	2.09
324 Billy	Clarkson	Motherwell AC	2.34
346 Grant	Muir	Giffnock North AAC	

Result: 1st 2nd 3rd
 Time Time Time

EVENT T15 800m – U15 Boys EAST FINAL 10.40

Championship Holder: Roddy Irvine Central 2:21.0

562 Shaun	Dempsey	Dundee Hawkhill Harriers	2.15
564 Michael	Ferguson	Banchory Stonehaven AC	2.19
576 Ben	Potrykus	Pitreavie AAC	2.25
570 Jake	Kerr	Edinburgh AC	2.30.00
561 Andrew	Boxall	Livingston & District AAC	
569 Connor	Johnston	Corstorphine AAC	
572 Rowan	Marr	Gala Harriers	

Result: 1st 2nd 3rd

Time.....Time.....Time.....

EVENT T16 800m – U15 Boys WEST HEATS 10.45

Championship Holder: Craig Wellcoat Law & District 2:08.18

529 Neil	Gourley	Giffnock North AAC	2.16
534 Ross	Hill	Law & District AAC	2.17
548 Ross	Stephen	Ron Hill Cambuslang Harriers	2.26
527 Tony	Dolan	Clydesdale Harriers	2.31
523 Archie	Breckenridge	Shettleston Harriers	2.38
520 Joseph	Amouzou	Glasgow School of Sport	2.40
525 Lewis	Coultas	Giffnock North AAC	2.12.00
549 Jonathan	Tweedie	Giffnock North AAC	2.19.50
524 Douglas	Britton	Giffnock North AAC	2.22.0
532 Callum	Heirs	Kirkintilloch Olympians	2.24.00
522 Lewis	Boyle	VP-Glasgow AC	2.25.00
519 Max	Aitchison	VP-Glasgow AC	
550 Scott	Young	Giffnock North AAC	

EVENT T25 800m – U15 Boys WEST FINAL 12.20

Result: 1st.....2nd.....3rd.....
Time.....Time.....Time.....

EVENT T17 800m – U13 Boys EAST FINAL 10.55

Championship Holder: Kyle Hogg Edinburgh AC 2:33.3

664 Aidan	Thompson	Pitreavie AAC	2.40
660 Stewart	Soutar	Pitreavie AAC	
662 Josh	Kerr	Edinburgh AC	
663 Jake	Thomas	Livingston & District AAC	

Result: 1st.....2nd.....3rd.....
Time.....Time.....Time.....

EVENT T18 800m – U13 Boys WEST HEATS 11.00

Championship Holder: Ross Stephen Ron Hill Cambuslang 2:34.59

676 Jock	Breckenridge	Shettleston Harriers	2.28
677 Ryan	Flanagan	Shettleston Harriers	2.34
679 Rob	Gourley	Giffnock North AAC	2.34
688 Liam Shaun	Turner	VP-Glasgow AC	2.37
687 Alasdair	Stewart	Whitemoss AAC	2.44.0

681 Murray	McGiven	Shettleston Harriers	2.45.00
685 Euan	Penrice	Stewartry AC	2.48
675 Robbie	Barr	Giffnock North AAC	2.51.00
682 Robert	McGrath	Law & District AAC	2.53.00
690 Gil	Banks	Giffnock North AAC	
678 Luke	Foss	Law & District AAC	
680 Craig	Knight		
683 Keith	McIntyre	Ron Hill Cambuslang Harriers	
684 Rory	McLaughlan	Law & District AAC	
686 David	Robertson	Ron Hill Cambuslang Harriers	

EVENT T26 800m – U13 Boys WEST FINAL 12.25

Result: 1st.....2nd.....3rd.....
Time.....Time.....Time.....

EVENT T19 200m – U15 Girls EAST HEATS 11.10

Championship Holder: Claire Duncan Pitreavie 27.62

472 Kathryn	Christie	Banchory Stonehaven AC	25.75
480 Kirsten	Galbraith	Pitreavie AAC	26.16
463 Louise	Anderson	Central AC	28.20
468 Sophie	Brown	Central AC	28.40
485 Kirsty	McKean	Edinburgh AC	28.46
486 Sarah	McLaren	Perth Strathtay Harriers	29.40
494 Rachel	Robertson	Lasswade AAC	29.59
471 Jackie	Chalmers	Dunfermline & West Fife AC	29.70
502 Eilidh	Thomson	Edinburgh AC	30.00
495 Louise	Russell	Pitreavie AAC	30.08
496 Ailsa	Scott	Falkirk Victoria Harriers	
473 Amy	Dawson	Perth Strathtay Harriers	
479 Beth	Fyffe	Dundee Hawkhill Harriers	
475 Martha	Douglas	Gala Harriers	
464 Rhiannon	Armstrong	Livingston & District AAC	

EVENT T30 200m – U15 Girls EAST FINAL 13.25

Result: 1st.....2nd.....3rd.....
Time.....Time.....Time.....

EVENT T20 200m – U15 Girls WEST HEATS 11.25

Championship Holder: Paula Houston Giffnock North 26.46

418 Sarah	Glenny	Inverclyde AC	27.05
411 Kim	Creechan	Larkhall YMCA Harriers	27.07
431 Nicole	McCann	Shettleston Harriers	28.20
449 Brogan Eilidh	Watt	Shettleston Harriers	28.40

444 Alana	Sinclair	Shettleston Harriers	28.50
405 Frances M	Campbell	Kilbarchan AAC	28.80
433 Gemma	McCutcheon	Kilmarnock H&AC	29.10
417 Caitlin	Gillon	Ayr Seaforth AAC	29.80
412 Carly	Dalgleish	Greenock Glenpark Harriers	30.00
438 Amy	McLachlan	Giffnock North AAC	31.05
452 Kirstin	Wood	Shettleston Harriers	31.50
409 Ainsley	Clark	Ayr Seaforth AAC	
399 Ashleigh	Anderson	Shettleston Harriers	
436 Eilidh	McHugh	Larkhall YMCA Harriers	
443 Kendal	Ross	Ayr Seaforth AAC	
427 Lauren	Lambie	Giffnock North AAC	

EVENT T31 200m – U15 Girls WEST FINAL 13.30

Result: 1st.....2nd.....3rd.....
Time.....Time.....Time.....

EVENT T21 200m – Senior Women CLOSED HEATS 11.40

Championship Holder: Eilidh Child Pitreavie 25.28

12 Stacey	Downie	Pitreavie AAC	24.09
40 Catriona	Pennet	Edinburgh AC	25.50
14 Alyssa	Fullelove	VP-Glasgow AC	25.55
7 Lesley	Campbell	Lasswade AAC	25.90
17 Siobhan	Hanlon	Edinburgh AC	26.10
10 Emma	Cloggie	Banchory Stonehaven AC	26.28
45 Heather	Ross	Kilbarchan AAC	27.01
41 Emma	Pettigrew	Kilbarchan AAC	28.20
20 Kirsty	Hunter	Falkirk Victoria Harriers	
11 Marie	Dobson	Aberdeen	
28 Meghan	Logue	Ayr Seaforth AAC	
160 Jennifer	Hannah	VP-Glasgow AC	25.50 U20
168 Sarah	Smith	VP-Glasgow AC	25.50 U20
158 Nicole	Bunyan	Arran Runners	U20

EVENT T37 200m – Senior Women CLOSED FINAL 14.20

Result: 1st.....2nd.....3rd.....
Time.....Time.....Time.....

EVENT T22 200m – U17 Women EAST HEATS 11.55

Championship Holder: Amy Rogers Edinburgh AC 26.67

285 Bethanie	Finlayson	Pitreavie AAC	26.20
277 Fiona	Cleat	Edinburgh AC	26.30
284 Sophie	Elder	Gala Harriers	26.78
303 Anna	Robertson	Pitreavie AAC	27.06
307 Gabriella	Vita	Edinburgh AC	27.50
270 Kristy	Armstrong	Pitreavie AAC	27.59

292 Lisa	Humphreys	Aberdeen AAC	28.50
275 Rebecca	Caswell	Edinburgh AC	28.63
282 Emily	Douglas	Gala Harriers	29.21
283 Naomi	Dunphy	Arbroath & District AC	
279 Victoria	Dalziel	Livingston & District AAC	

EVENT T27 200m – U17 Women EAST FINAL 13.15

Result: 1st.....2nd.....3rd.....
Time.....Time.....Time.....

EVENT T23 200m – U17 Women WEST HEATS 12.05

Championship Holder: Diane Ramsay Kirkintilloch Olymp 26.59

237 Caroline	George	Ayr Seaforth AAC	25.15
242 Chloe	Lambert	VP-Glasgow AC	25.73
254 Diane	Ramsay	VP-Glasgow AC	26.20
236 Andrea	Gaffney	VP-Glasgow AC	26.40
232 Chelcie	Dalziel	Law & District AAC	26.46
240 Roisin	Howat	Giffnock North AAC	26.80
244 Laura	Livesey	Law & District AAC	28.00

EVENT T29 200m – U17 Women WEST FINAL 13.20

Result: 1st.....2nd.....3rd.....
Time.....Time.....Time.....

EVENT T32 200m – Senior Men CLOSED HEATS 13.35

Championship Holder: Craig Fleming Kilbarchan 21.75

79 Jamie	Coull	Pitreavie AAC	21.02
109 Christopher	Lavery	Dundee Hawkhill Harriers	21.07
137 Craig	Stewart	Kilbarchan AAC	22.00
96 Ian	Garioch	Moray Road Runners	22.01
110 Alan	Low	Giffnock North AAC	22.10
77 David	Clark	VP-Glasgow AC	22.37
107 Ross	Kirk	Pitreavie AAC	22.60
80 Alistair	Dalgleish	Livingston & District AAC	23.00
136 William	Smy	Banchory Stonehaven AC	23.09
91 Johnathon	Farrell	Clydesdale Harriers	23.22
108 Craig	Knowles	Corstorphine AAC	23.23
135 Ronald	Smith	Aberdeen AAC	23.26
115 Donald	Macleod	Unattached	23.50
129 Ryan	Scott	Falkirk Victoria Harriers	
185 Josh	Crawford	Edinburgh AC	22.40 U20
194 Sean	Hood	Edinburgh AC	22.40 U20
188 Mark	Fitzpatrick	Shettleston Harriers	23.50 U20

182 Daniel	Chapman	Giffnock North AAC	23.90 U20
204 Lorn	Menzies	VP-Glasgow AC	24.00 U20
211 Gregor	Thorpe	East Kilbride A.C.	26.40 U20
187 Andrew	Ferguson	Banchory Stonehaven	U20
196 Gregor	Innes	VP-Glasgow AC	U20
207 John	Ruddy	Shettleston Harriers	U20
186 Sean	Dimeo	Glasgow School of Sport	U20

EVENT T44 200m – Senior Men WEST SEMI 15.25
EVENT T57 200m – Senior Men WEST FINAL 16.55

Result:
 1st 2nd 3rd
 Time.....Time.....Time.....

EVENT T33 200m – U17 Men EAST HEATS 13.50

Championship Holder: Greg Louden Lasswade 23.82

374 Greg	Louden	Edinburgh AC	22.49
388 Anthony	Young	Pitreavie AAC	22.96
372 Tom	Holligan	Edinburgh AC	23.43
379 Glenn C	Murray	Pitreavie AAC	25.15
383 Alexander	Robertson	Perth Strathtay Harriers	
380 Jordan	Newport	Edinburgh AC	
368 Michael	Downie	Arbroath & District AC	

EVENT T47 200m – U17 Men EAST FINAL 16.00

Result:
 1st 2nd 3rd

EVENT T34 200m – U17 Men WEST HEATS 13.55

Championship Holder: Sean Thompson Irvine 23.73

334 David	Kerr	Kilbarchan AAC	23.00
325 Matthew	Cumming	Giffnock North AAC	23.17
345 Ross	Morgan	East Kilbride A.C.	24.09
353 Jonathan	Thompson	Ayr Seaforth AAC	25.00
348 Lewis	Nicholson	Glasgow School of Sport	25.40
330 Ciaran	Gallagher	Airdrie Harriers	26.00
335 Jason	Lafferty	Unattached	26.00
333 Michael	Kelly	Stewartry AC	26.50
326 Andrew	Cunningham	Kilbarchan AAC	
323 Colin	Campbell	Mid Argyll AC	
347 John	Mulhern	VP-Glasgow AC	
341 Miller	McIntosh	Larkhall YMCA Harriers	
331 Scott	Gibson	Ayr Seaforth AAC	

EVENT T48 200m – U17 Men WEST FINAL 16.05

Result:
 1st 2nd 3rd
 Time.....Time.....Time.....

EVENT T35 200m – U15 Boys EAST HEATS 14.05

Championship Holder: Tom Holligan Edinburgh AC 24.22

571 Kieran	Kivlin	Edinburgh AC	25.18
575 Douglas	Paul	Dunfermline & West Fife AC	25.58
577 Garrett W	Taylor	Perth Strathtay Harriers	27.10
568 Lewis	Hunter	Pitreavie AAC	27.66
567 Daniel	Holligan	Edinburgh AC	29.50
566 Scott	Henderson	Livingston & District AAC	

EVENT T49 200m – U15 Boys EAST FINAL 16.10

Result:
 1st 2nd 3rd
 Time.....Time.....Time.....

EVENT T36 200m – U15 Boys WEST HEATS 14.10

Championship Holder: Lewis Gibb Motherwell AC 24.71

530 Stephen	Gracie	Shettleston Harriers	25.33
518 Mahad	Ahmed	Shettleston Harriers	25.45
521 Angus	Arnold	Ayr Seaforth AAC	26.56
546 Sam	Revie	Ayr Seaforth AAC	26.79
537 Ross	Maxwell	East Kilbride A.C.	26.80
528 Jamie	Gemmell	Whitemoss AAC	27.70
538 John	McCall	VP-Glasgow AC	27.70
526 Calum	Divers	Shettleston Harriers	28.00
540 Michael	Mulholland	Inverclyde AC	28.23
541 Andrew	Murphy	Girvan AAC	
545 David	Reay	Greenock Glenpark Harriers	
536 Davis	Martin	VP-Glasgow AC	
533 James	Higgins	Airdrie Harriers	
531 Wallace	Graham	Ayr Seaforth AAC	

EVENT T50 200m – U15 Boys WEST FINAL 16.15

Result: 1st 2nd 3rd
Time Time Time

EVENT T38 800m – Senior Women CLOSED HEATS 14.25

Championship Holder: Lauren Baird Giffnock North 2:13.92

6 Laura	Brown	Dundee Hawkhill Harriers	2.09.09	
26 Catriona	Lockie	Giffnock North AAC	2.15	
22 Avril	Jackson	Edinburgh AC	2.17	
38 Susan	Peddie	Perth Strathtay Harriers	2.24	
49 Kirsty	Scott	Dundee Hawkhill Harriers	2.26	
39 Lauren	Peffer	Edinburgh AC	2.12.54	
32 Robyn	McDowall	Livingston & District AAC	2.33.0	
52 Jenny	Tan	Fife AC		
35 Pamela	McNicol	Law & District AAC		
161 Samantha	Kelly	Glasgow School of Sport	2.21	U20

EVENT T56 800m – Senior Women CLOSED FINAL 16.45

Result: 1st 2nd 3rd
Time Time Time

EVENT T39 800m – U13 Girls EAST FINAL 14.35

Championship Holder: Ellen Kristofferson Lasswade 2:45.08

630 Kathryn	Gillespie	Central AC	2.25.00	
642 Kelsey	Stewart	Banchory Stonehaven AC	2.43.06	
629 Hannah	Cameron	Edinburgh AC	2.44.18	
640 Kirsty M	Reynolds	Dundee Hawkhill Harriers	2.49.04	
639 Eilidh L	Reynolds	Dundee Hawkhill Harriers	2.52.00	
625 Lauren	Arbuckle	Lothian Running Club		
635 Vhairi	McAtear	Pitreavie AAC		

Result: 1st 2nd 3rd
Time Time Time

EVENT T40 800m – U13 Girls WEST HEATS 14.40

Championship Holder: Mhairi Hendry Motherwell AC 2:37.95

591 Myrtle	Breckenridge	Shettleston Harriers	2.31	
597 Claudia	Eusebi	Shettleston Harriers	2.41	
606 Jaye	McRoberts	Glasgow School of Sport	2.50	
613 Lisa	Walker	Shettleston Harriers	2.59	
603 Meighan	McDade	Greenock Glenpark Harriers	3.20	
600 Shannon	Kangley	Greenock Glenpark Harriers	3.20	
592 Rachel	Busby	Clydesdale Harriers	2.51.05	
595 Chloe	Cowan	Giffnock North AAC		
590 Gillian	Black	VP-Glasgow AC		
601 Lorne	Kerr	Kilmarnock H&AC		
611 Nadene	Traynor	Law & District AAC		

EVENT T52 800m – U13 Girls WEST FINAL 16.25

Result: 1st 2nd 3rd
Time Time Time

EVENT T41 800m – U15 Girls WEST HEATS 14.50

Championship Holder: Heather Howie Giffnock North 2:25.59

400 Rebecca	Bonomi	Ron Hill Cambuslang Harriers	2.46.00	
439 Jemma	McSheffery	Ayr Seaforth AAC	2.24	
424 Sarah	Hodge	Glasgow School of Sport	2.28	
440 Amanda	Monaghan	Shettleston Harriers	2.29	
415 Stephanie	Fairfield	Giffnock North AAC	2.31	
426 Selena	Jackson	Giffnock North AAC	2.33	
451 Stella	Winters	Shettleston Harriers	2.34	
450 Sarah	Winters	Shettleston Harriers	2.35	
401 Johanna	Brady	VP-Glasgow AC	2.36	
430 Amy	McCafferty	Glasgow School of Sport	2.37	
448 Fern	Wales	Kilmarnock H&AC	2.39	
420 Kerri	Haran	Shettleston Harriers	2.40	
432 Danielle	McConway	Shettleston Harriers	2.41	
422 Hannah	Heggarty	Shettleston Harriers	2.41	
425 Rebecca	Hughes	Glasgow School of Sport	2.50	
445 Samantha	Stevenson	Law & District AAC	2.52	
403 Katy	Brown	Stewartry AC	2.20.0	
407 Sarah	Cassells	Ayr Seaforth AAC	2.25.0	
423 Mhairi	Hendry	Motherwell AC	2.30.47	
441 Laura	Penrice	Stewartry AC	2.31.3	
435 Alice	McGrath	Law & District AAC	2.32.00	
447 Emma	Vailely	Ayr Seaforth AAC		
410 Linzi	Cowan	Giffnock North AAC		

EVENT T54 800m – U15 Girls WEST FINAL 16.35

Result: 1st 2nd 3rd
Time Time Time

EVENT T53 800m – U15 Girls EAST FINAL 16.30

Championship Holder: Kathryn Pennel Pitreavie 2:26.62

483 Amy	Manson	Falkirk Victoria Harriers	2.26
497 Amy	Smith	Lasswade AAC	2.33
502 Eilidh	Thomson	Edinburgh AC	2.50
470 Imogen	Burnell	Central AC	2.03.3
505 Blair	Wood	Livingston & District AAC	2.27.00
493 Katie	Reid	Pitreavie AAC	2.27.00
467 Micaela	Brown	Pitreavie AAC	2.27.45
492 Eilidh	Reid	Pitreavie AAC	2.33.12
490 Kirsten	Peters	Edinburgh AC	2.35.00
481 Emily	Greenan	Central AC	2.36.00
503 Brooke	Tierney	Livingston & District AAC	
488 Kate	Murdoch	Aberdeen	
498 Melanie	Sneddon	Livingston & District AAC	

Result: 1st.....2nd.....3rd.....
Time.....Time.....Time.....

EVENT T42 800m – U17 Women EAST FINAL 15.05

Championship Holder: Susan Peddie Perth Strathtay 2:36.54

273 Iona	Brodie	Dundee Hawkhill Harriers	2.18
302 Kathryn	Pennel	Pitreavie AAC	2.18
306 Lana	Turnbull	Lothian Running Club	2.30
283 Naomi	Dunphy	Arbroath & District AC	2.32
305 Joanna	Smith	Lasswade AAC	2.24.5
286 Alice	Fisher	Livingston & District AAC	
290 Jillian	Gisbey	Livingston & District AAC	
278 Julie	Cook	Central AC	

Result: 1st.....2nd.....3rd.....
Time.....Time.....Time.....

EVENT T43 800m – U17 Women WEST HEATS 15.15

Championship Holder: Catriona Lockie Giffnock North 2:19.68

249 Sarah	McNish	Kilmarnock H&AC	2.22
250 Nynke	Mulholland	Inverclyde AC	2.23
251 Rebecca	Nicholson	Shettleston Harriers	2.25
256 Caitlin	Vaughan	Glasgow School of Sport	2.39
259 Hollie	Young	VP-Glasgow AC	2.13.
230 Iona	Clark	Motherwell AC	2.27.05
243 Stephanie	Lawrie	Nithsdale AC	2.31.08

233 Julie Dobbin Law & District AAC

Result: 1st.....2nd.....3rd.....
Time.....Time.....Time.....

EVENT T45 3000m – Senior Men CLOSED FINAL 15.30

Championship Holder: Douglas Selman Costorphine 8:41.12

71 Alistair	Campbell	Ron Hill Cambuslang Harriers	9.04
92 Thomas	Fay	Orkney AC	9.20
100 Darrell	Hastie	Teviotdale Harriers	
130 Douglas	Selman	Corstorphine AAC	
128 Fraser	Scott	Corstorphine AAC	
95 Wojciech	Gajny		
105 Yujiro	Iida	Edinburgh Univ Hare & Hounds	

Result: 1st.....2nd.....3rd.....
Time.....Time.....Time.....

EVENT T46 3000m – Senior Women CLOSED FINAL 15.45

Championship Holder: Emma Waterhouse Central AC 10:10.04

13 Catherine	Ferry	Edinburgh AC	10.34
51 Kara	Tait	Kilmarnock H&AC	10.40
43 Susan	Ridley	Edinburgh AC	10.80
5 Sandra	Branney	VP-Glasgow AC	

Result: 1st.....2nd.....3rd.....
Time.....Time.....Time.....

SUNDAY FIELD EVENTS

EVENT F1 Pole Vault – Sen Women CLOSED FINAL 10.00

Championship Holder: Kimberly Skinner Falkirk VH 3.80

30 Kirsty	Maguire	Edinburgh AC	4.15
50 Kimberly	Skinner	Falkirk Victoria Harriers	4.00
24 Claire	Kennedy	Edinburgh AC	3.40
16 Amy	Grant	Falkirk Victoria Harriers	3.20
15 Jennifer	Graham	VP-Glasgow AC	3.09
1 Caroline	Adams	Giffnock North AAC	
163 Stephanie	McKenzie	Edinburgh AC	3.65 U20
162 Courtney	MacGuire	VP-Glasgow AC	3.60 U20

Result: 1st.....2nd.....3rd.....
 Height.....Height.....Height.....

EVENT F2 Long Jump – U17 Women EAST FINAL 10.00

Championship Holder: Anna Seago Edinburgh AC 5.23

300 Faye	Nicholson	Moorfoot Runners	5.44
296 Jemma	Learmonth	Falkirk Victoria Harriers	5.19
295 Rebecca	Law	Pitreavie AAC	5.19
286 Alice	Fisher	Livingston & District AAC	
274 Louise	Calder	Arbroath & District AC	

Result: 1st.....2nd.....3rd.....
 Distance.....Distance.....Distance.....

EVENT F2 Long Jump – U17 Women WEST FINAL 10.00

Championship Holder: Laurie McKenna GSOS 5.07

236 Andrea	Gaffney	VP-Glasgow AC	5.47
229 Catherine	Clark	VP-Glasgow AC	4.87
257 Rachel	Whittle	Ayr Seaforth AAC	

Result: 1st.....2nd.....3rd.....
 Distance.....Distance.....Distance.....

EVENT F3 Shot Put – U17 Men EAST FINAL 10.00

Championship Holder: Michael Downie Arbroath & Dist 12.46

381 Sam	O'Kane	Caithness AAC	11.64
368 Michael	Downie	Arbroath & District AC	13.14
384 Allan	Smith	Pitreavie AAC	

Result: 1st.....2nd.....3rd.....
 Distance.....Distance.....Distance.....

EVENT F3 Shot Put – U17 Men WEST FINAL 10.00

Championship Holder: Andrew McLaughlan Kilbarchan 12.31

342 Thomas	McIntosh	Larkhall YMCA Harriers	8.25
344 Dennis	Megdalskiy	Glasgow School of Sport	10.00
348 Lewis	Nicholson	Glasgow School of Sport	10.66
321 Christopher	Barnes	VP-Glasgow AC	12.64
326 Andrew	Cunningham	Kilbarchan AAC	13.00
343 Andrew	McLaughlan	Kilbarchan AAC	15.08
328 Nicol	Ferguson		

Result: 1st.....2nd.....3rd.....
 Distance.....Distance.....Distance.....

EVENT F4 Long Jump – Senior Men CLOSED FINAL 11.30

Championship Holder: Jude Beimers Shaftesbury Barnet 7.23

117 David	Martin	Channel Island AC	7.01
136 William	Smy	Banchory Stonehaven AC	6.24
101 Corey	Hastings	Edinburgh AC	5.09
102 Kyle	Henderson	Central AC	
212 Donald	Tod	Perth Strathtay Harriers	6.90 U20
183 Cameron	Clark	Kilbarchan AAC	6.59 U20
211 Gregor	Thorpe	East Kilbride A.C.	5.69 U20
213 Callum	Wilson	Lasswade AAC	U20
197 Ciaran	Johnston	Corstorphine AAC	U20
203 John	McCafferty	Irvine AC	U20

Result: 1st.....2nd.....3rd.....
 Distance.....Distance.....Distance.....

EVENT F5 Shot Put – U17 Women EAST FINAL 11.30

Championship Holder: Anna Seago Edinburgh AC 8.99

272 Ashley Ann	Boak	Lasswade AAC	8.14
279 Victoria	Daiziel	Livingston & District AAC	9.11

Result:
 1st 2nd 3rd
 Distance Distance Distance

EVENT F5 Shot Put – U17 Women WEST FINAL 11.30

Championship Holder: Kirsty Yates Stewartry AC 10.23

241 Rachel	Hunter	Ayr Seaforth AAC	10.25
248 Nicky	McMurtrie	Whitemoss AAC	11.45
258 Kirsty	Yates	Stewartry AC	11.96

Result:
 1st 2nd 3rd
 Distance Distance Distance

EVENT F6 Pole Vault – U15 Boys EAST FINAL 13.00

Championship Holder: Grant Lees Montrose 2.00

578 Donovan	Webster	Montrose and District	
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Result:
 1st 2nd 3rd
 Height Height Height

EVENT F6 Pole Vault – U15 Boys West FINAL 13.00

Championship Holder: Drew Hollinshead Giffnock North 2.40

517 Samuel	Adams	VP-Glasgow AC	2.85
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Result:
 1st 2nd 3rd
 Height Height Height

EVENT F6 Pole Vault – U15 Girls EAST FINAL 13.00

Championship Holder: Not Contested

466 Deborah	Brand	Montrose & District AC	2.00
491 Skye	Petrie	Montrose & District AC	2.00

Result:
 1st 2nd 3rd
 Height Height Height

EVENT F6 Pole Vault – U17 Women EAST FINAL 13.00

Championship Holder: Amy Grant Falkirk Victoria 2.80

309 Isla	Winchester	Pitreavie AAC	3.00.1
308 Dee	Welsh	Montrose & District AC	2.20
299 Sophie	Milne	Montrose & District AC	2.00
288 Alexandra	Gibson	Montrose & District AC	

Result:
 1st 2nd 3rd
 Height Height Height

EVENT F6 Pole Vault – U17 Women WEST FINAL 13.00

Championship Holder: Not Contested

225 Karin	Belch	Giffnock North AAC	2.10
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Result:
 1st 2nd 3rd
 Height Height Height

EVENT F7 High Jump – U17 Women EAST FINAL 13.00

Championship Holder: Jill Brooks Falkirk Victoria 1.65

298 Charis	Mair	Inverness Harriers AAC	1.67
274 Louise	Calder	Arbroath & District AC	1.61
286 Alice	Fisher	Livingston & District AAC	
290 Jillian	Gisbey	Livingston & District AAC	

Result:
 1st 2nd 3rd
 Height Height Height

EVENT F7 High Jump – U17 Women WEST FINAL 13.00

Championship Holder: Amy Barrows Giffnock North 1.55

257 Rachel Whittle Ayr Seaforth AAC 1.06
255 Hazel Ross Kilbarchan AAC

Result:
1st.....2nd.....3rd.....
Height.....Height.....Height.....

EVENT F8 Long Jump – U13 Boys EAST FINAL 13.00

Championship Holder: Kyle Hogg Edinburgh AC 4.78

655 Callum Jones Edinburgh AC 3.89
654 Rory Fulton Pitreavie AAC
656 Callum McDonald Livingston & District AAC

Result:
1st.....2nd.....3rd.....
Distance.....Distance.....Distance.....

EVENT F8 Long Jump – U13 Boys WEST FINAL 13.00

Championship Holder: Ross Maxwell East Kilbride 4.88

675 Robbie Barr Giffnock North AAC
677 Ryan Flanagan Shettleston Harriers
681 Murray McGiven Shettleston Harriers
682 Robert McGrath Law & District AAC
687 Alasdair Stewart Whitemoss AAC
666 Stewart Cannell Kilbarchan AAC
669 Andrew Divers Shettleston Harriers
670 Callum Henderson Ayr Seaforth AAC
671 David Lambie Giffnock North AAC
672 Ingles Lumguankenda Glasgow School of Sport

Result:
1st.....2nd.....3rd.....
Distance.....Distance.....Distance.....

EVENT F9 High Jump – U15 Boys EAST FINAL 14.00

Championship Holder: Ian Coghill Inverness 1.63

574 Damien Murray Arbroath & District AC
575 Douglas Paul Dunfermline & West Fife AC
565 Jack Garrigan Arbroath & District AC

Result:
1st.....2nd.....3rd.....
Height.....Height.....Height.....

EVENT F9 High Jump – U15 Boys WEST FINAL 14.00

Championship Holder: Matthew Kerr Giffnock North 1.72

528 Jamie Gemmell Whitemoss AAC 1.55
541 Andrew Murphy Girvan AAC 1.32
544 Andrew Ravenscroft Whitemoss AAC

Result:
1st.....2nd.....3rd.....
Height.....Height.....Height.....

EVENT F10 Shot Put – Senior Women CLOSED FINAL 14.00

Championship Holder: Kirsty Law Shaftesbury Barnet 12.21

29 Emma Lowry Edinburgh AC 10.05
44 Alison Rodgers Unattached 15.08
55 Sally Webster Kilbarchan AAC
159 Michelle Durbidge Arbroath & District AC 11.07 U20
157 Lauren Boyd Corby AC 11.18 U20

Result:
1st.....2nd.....3rd.....
Distance.....Distance.....Distance.....

EVENT F11 Long Jump – U17 Men EAST FINAL 14.00

Championship Holder: Donald Tod Perth Strathtay 6.00

380 Jordan Newport Edinburgh AC 5.89
378 Peter Muirhead Perth Strathtay Harriers 5.80

Result:
1st.....2nd.....3rd.....
Distance.....Distance.....Distance.....

EVENT F11 Long Jump – U17 Men WEST FINAL 14.00

Championship Holder: Antony Russell Clydesdale AC 5.55

340 Andrew	McFarlane	VP-Glasgow AC	5.68
326 Andrew	Cunningham	Kilbarchan AAC	5.56
323 Colin	Campbell	Mid Argyll AC	
320 Nathan	Angelopoulos	Airdrie Harriers	

Result:
1st.....2nd.....3rd.....
Distance.....Distance.....Distance.....

EVENT F12 Shot Put – Senior Men CLOSED FINAL 15.00

Championship Holder: Neil Elliott Border 16.09

113 Allan	MacKay	Shettleston Harriers	12.91
82 Andrew	Dawkins	Kilbarchan AAC	15.09
90 William	Falconer	Edinburgh AC	15.35
73 Daniel	Carlin	Giffnock North AAC	16.24
89 Neil	Elliott	Border Harriers	16.88

Result:
1st.....2nd.....3rd.....
Distance.....Distance.....Distance.....

EVENT F13 Triple Jump – Senior Women CLOSED FINAL 15.00

Championship Holder: Nony Mordi Shaftesbury Barnet 13.14

36 Nony	Mordi	Shaftesbury Barnet Harriers	13.62
37 Jayne	Nisbet	Edinburgh AC	13.01
18 Louise	Haston	Edinburgh AC	12.22
48 Jane	Scott	Stewartry AC	11.30
38 Susan	Peddie	Perth Strathtay Harriers	10.38
34 Judith	McNicol	Kilbarchan AAC	9.07
47 Suzanne	Russell	Giffnock North AAC	
156 Hazel	Blair	VP-Glasgow AC	10.90 U20

Result:
1st.....2nd.....3rd.....
Distance.....Distance.....Distance.....

EVENT F14 High Jump – U15 Girls EAST FINAL 15.30

Championship Holder: Louise Calder Arbroath & Dist 1.50

468 Sophie	Brown	Central AC	1.55
500 Katherine	Szymanski	Lasswade AAC	1.50
471 Jackie	Chalmers	Dunfermline & West Fife AC	1.40
479 Beth	Fyffe	Dundee Hawkhill Harriers	
482 Ellen	Kristoffersen	Lasswade AAC	
501 Sarah	Szymanski	Lasswade AAC	

Result:
1st.....2nd.....3rd.....
Height.....Height.....Height.....

EVENT F14 High Jump – U15 Girls WEST FINAL 15.30

Championship Holder: Rachel Whittle Ayr Seaforth 1.61

402 Corinne	Brooks	Kilbarchan AAC	1.50
429 Nikki	Manson	Giffnock North AAC	1.40
416 Emma	Frame	Whitemoss AAC	
427 Lauren	Lambie	Giffnock North AAC	

Result:
1st.....2nd.....3rd.....
Height.....Height.....Height.....

EVENT F15 Triple Jump – U17 Women EAST FINAL 16.00

Championship Holder: Susan Peddie Perth Strathtay 10.32

280 Emma	Dawson	Perth Strathtay Harriers	
300 Faye	Nicholson	Moorfoot Runners	
277 Fiona	Cleat	Edinburgh AC	
296 Jemma	Learmonth	Falkirk Victoria Harriers	
304 Martha	Ryan	Edinburgh AC	
295 Rebecca	Law	Pitreavie AAC	

Result:
1st.....2nd.....3rd.....
Distance.....Distance.....Distance.....

EVENT F12 Triple Jump – U17 Women WEST FINAL 16.00

Championship Holder: Judith McNicol Kilbarchan AC 10.11

234 Emma	Dowd	Giffnock North AAC	10.56
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Result:
1st.....2nd.....3rd.....
Distance.....Distance.....Distance.....