

# Scottish Athletics League (Division 1)

100m A				100m B							
w/s +1.5 m/s				w/s +1.4 m/s							
1	1	S Charters	Edinburgh	11.15	16	1	2	G Turnbull	Edinburgh	11.41	12
2	7	R Frost	Shettleston	11.25	14	2	10	J McLaren (U20)	Pitreavie	11.61	10
3	3	A Beaton	Central	11.28	12	3	4	S Siriwardena (U17)	Central	11.94	8
4	9	F Smith	Pitreavie	11.41	10	4	6	D Murray	Arbroath	12.24	6
5	15	C Wilson (U20)	Lasswade	11.77	8	5	16	C Carstairs (U17)	Lasswade	12.31	4
6	13	J Thompson (U20)	Ayr Seaforth	11.94	6	6	14	S Gibson (U17)	Ayr Seaforth	12.33	3
7	11	S Walker	Aberdeen	12.10	5	7	12	A Ferguson	Aberdeen	12.50	2
8	5	B Keillor	Arbroath	12.45	4	8	8	I Macdonald	Shettleston	13.01	1

  

400m A				400m B							
1	3	M Paterson (U20)	Central	49.40	16	1	10	-	Pitreavie	50.40	12
2	1	J Younger (U17)	Edinburgh	49.87	14	2	4	T Watson (U17)	Central	51.40	10
3	9	R Kirk	Pitreavie	51.12	12	3	2	M Burslem	Edinburgh	52.49	8
4	11	T Helyer	Aberdeen	52.36	10	4	16	R Finlayson	Lasswade	54.04	6
5	15	A Dalglish	Lasswade	54.46	8	5	14	S Jones (U17)	Ayr Seaforth	54.99	4
6	7	P Esdale	Shettleston	55.29	6	6	8	R Munro (U20)	Shettleston	55.27	3
7	13	A McElwee	Ayr Seaforth	55.93	5	12	B Gibb	Aberdeen	DQ	0	
8	5	A Standbridge	Arbroath	60.34	0	8					0

  

1500m A				1500m B							
1	15	D Mulhare	Lasswade	3:46.91	16	1	4	S McDonald	Central	4:03.67	12
2	14	M Mulhare	Ayr Seaforth	3:49.77	14	2	13	F Rae (U17)	Ayr Seaforth	4:08.89	10
3	1	A Crichton (U20)	Edinburgh	3:58.08	12	3	2	A Jack (U20)	Edinburgh	4:15.71	8
4	3	S Reilly	Central	4:01.95	10	4	8	A Dearie (U20)	Shettleston	4:15.72	6
5	11	C Strachan (U20)	Aberdeen	4:02.80	8	5	6	M Colligan	Arbroath	4:18.48	4
6	7	L Oates	Shettleston	4:03.40	6	6	16	N Sheenan	Lasswade	4:21.80	3
7	5	S Campbell	Arbroath	4:15.71	5	7	12	R Leslie (U20)	Aberdeen	4:33.43	2
8	10	B Davie	Pitreavie	4:36.95	4	8					0

  

110m Hurdles A				110m Hurdles B							
w/s +1.1 m/s				w/s +1.1 m/s							
1	5	M Downie (U20)	Arbroath	15.93	16	1	6	B Keillor	Arbroath	19.53	12
2	3	K Pearson	Central	20.09	14	2					0
3	15	C Menzies	Lasswade	21.99	12	3					0
4					0	4					0
5					0	5					0
6					0	6					0
7					0	7					0
8					0	8					0

  

3000m S/C A				3000m S/C B							
1	4	A Hendry (U20)	Central	9:52.49	16	1	3	M Wright	Central	10:08.67	12
2	15	C Menzies	Lasswade	10:05.90	14	2	16	G Wiatte	Lasswade	10:55.53	10
3	11	D Munro	Aberdeen	10:29.55	12	3					0
4	1	S Wales	Edinburgh	11:38.71	10	4					0
5					0	5					0
6					0	6					0
7					0	7					0
8					0	8					0

# 20 June 2010

# Grangemouth

<b>200m A</b>		w/s +0.5 m/3	
1	1	I Symonds (U20)	Edinburgh 22.37 16
2	9	F Smith	Pitreavie 22.69 14
3	7	J Ruddy	Shettleston 22.75 12
4	3	A Beaton	Central 23.13 10
5	5	M Downie (U20)	Arbroath 23.45 8
6	11	T Helyer	Aberdeen 23.47 6
7	13	J Thompson (U20)	Ayr Seaforth 24.33 5
8	15	A Dalgleish	Lasswade 24.87 4

<b>200m B</b>		w/s +1.9 m/s	
1	2	S Charters	Edinburgh 22.53 12
2	10	J McLaren (U20)	Pitreavie 22.86 10
3	12	B Gibb	Aberdeen 23.23 8
4	4	S Freck (U20)	Central 23.54 6
5	16	C Carstairs (U17)	Lasswade 24.51 4
6	14	S Jones (U17)	Ayr Seaforth 25.01 3
7	8	R Ferrol (U20)	Shettleston 25.24 2
8	6	B Keillor	Arbroath 25.61 1

<b>800m A</b>			
1	13	K Kane	Ayr Seaforth 1:53.59 16
2	15	R Matheson (U20)	Lasswade 1:54.03 14
3	9	C Robertson	Pitreavie 1:54.34 12
4	3	T Watson (U17)	Central 1:54.80 10
5	11	M Haskett	Aberdeen 1:54.82 8
6	1	P Loudon (U20)	Edinburgh 1:55.24 6
7	5	M Arndt	Arbroath 2:01.56 5
8	7	A Drummond (U20)	Shettleston 2:03.18 4

<b>800m B</b>			
1	2	I Whitaker	Edinburgh 1:58.94 12
2	4	S McDonald	Central 2:00.59 10
3	16	R Finlayson	Lasswade 2:01.73 8
4	10	S McQueen	Pitreavie 2:03.61 6
5	12	A Ferguson	Aberdeen 2:05.12 4
6	8	R Munro (U20)	Shettleston 2:06.81 3
7			0
8			0

<b>5000m A</b>			
1	7	T Mengisteab	Shettleston 14:48.70 16
2	15	D Mulhare	Lasswade 15:06.99 14
3	3	J Newsom	Central 15:17.28 12
4	1	O Bristow	Edinburgh 15:32.67 10
5	9	J Farquhar	Pitreavie 16:17.47 8
6	5	S Campbell	Arbroath 16:29.53 6
	13	A Rae (U20)	Ayr Seaforth 18:08.81 0
8			0

<b>5000m B</b>			
1	4	L Millar	Central 15:23.29 12
2	2	N Calder	Edinburgh 15:33.82 10
3	8	T Fay	Shettleston 15:57.26 8
4	16	C Menzies	Lasswade 17:12.07 6
5	10	B Davie	Pitreavie 17:55.99 4
6			0
7			0
8			0

<b>400m Hurdles A</b>			
1	11	J Mann (U20)	Aberdeen 58.86 16
2	13	A McElwee	Ayr Seaforth 59.67 14
3	3	M Wright	Central 62.07 12
4	5	B Keillor	Arbroath 63.18 10
5	15	C Menzies	Lasswade 68.56 8
6			0
7			0
8			0

<b>400m Hurdles B</b>			
1	12	A Love	Aberdeen 63.14 12
2	4	K Morrison	Central 67.45 10
3	6	G Laskiewicz	Arbroath 68.86 8
	14	L Henderson (U20)	Ayr Seaforth DNF 0
5			0
6			0
7			0
8			0

<b>4 by 100m Relay</b>			
1	9		Pitreavie 44.99 16
2	3		Central 46.12 14
3	7		Shettleston 46.16 12
4	15		Lasswade 47.07 9
=	13		Ayr Seaforth 47.07 9
6	11		Aberdeen 47.51 6
7	5		Arbroath 47.81 5
	1		Edinburgh DNF 0

<b>4 by 400m Relay</b>			
1	1		Edinburgh 3:28.64 16
2	11		Aberdeen 3:31.44 14
3	3		Central 3:38.56 12
4	15		Lasswade 3:39.36 10
5	13		Ayr Seaforth 3:40.21 8
6	7		Shettleston 3:47.93 6
7	5		Arbroath 4:06.76 5
8			0

Long Jump A					Long Jump B						
1	2	G McKay	Edinburgh	6.76	16	1	6	D Murray	Arbroath	6.52	12
2	5	M Downie (U20)	Arbroath	6.55	14	2	1	C Hastings (U20)	Edinburgh	5.90	10
3	15	C Wilson (U20)	Lasswade	6.40	12	3	12	A Love	Aberdeen	5.66	8
4	7	J Ruddy	Shettleston	5.96	10	4	16	D Nicol	Lasswade	5.19	6
5	11	S Lyon (U20)	Aberdeen	5.95	8	5	3	D Webster (U17)	Central	5.03	4
6	14	L Henderson (U20)	Ayr Seaforth	5.49	6	13	S Gibson (U17)	Ayr Seaforth	4.23	0	
7	4	S Siriwardena (U17)	Central	5.15	5	8	I Paget	Shettleston		0	
8					0	8				0	

High Jump A					High Jump B						
1	9	D Agnew	Pitreavie	1.85	16	1	5	M Downie (U20)	Arbroath	1.70	12
2	1	C Hastings (U20)	Edinburgh	1.80	14	2	2	M Fernie (U17)	Edinburgh	1.70	10
3	6	D Murray	Arbroath	1.80	12	3	12	J O'Neill (U17)	Aberdeen	1.60	8
4	15	R Ferguson (U17)	Lasswade	1.75	10	4	3	D Webster (U17)	Central	1.55	6
5	13	A McElwee	Ayr Seaforth	1.70	8	5	14	J Thompson (U20)	Ayr Seaforth	1.50	4
6	11	S Lyon (U20)	Aberdeen	1.65	6	6	16	C Menzies	Lasswade	1.45	3
7	4	K Pearson	Central	1.60	5	7					0
8					0	8					0

Shot Putt A					Shot Putt B						
1	11	S Thompson	Aberdeen	15.72	16	1	12	D Chapman	Aberdeen	12.47	12
2	8	A Mackay	Shettleston	12.78	14	2	5	R Rogers	Arbroath	10.81	10
3	4	G Sweeney	Central	11.79	12	3	9	-	Pitreavie	10.16	8
4	6	C Smith	Arbroath	10.86	10	4	7	D Little	Shettleston	9.54	6
5	10	D Agnew	Pitreavie	10.49	8	5	3	R Todd	Central	8.68	4
6	1	A Robertson (U20)	Edinburgh	8.73	6	6	16	T Weir	Lasswade	7.77	3
7	15	J Grant	Lasswade	8.35	5	7					0
8					0	8					0

Hammer A					Hammer B						
1	9	A Frost	Pitreavie	64.64	16	1	6	C Smith	Arbroath	30.89	12
2	7	D Little	Shettleston	53.86	14	2	8	A Mackay	Shettleston	26.57	10
3	11	S Thompson	Aberdeen	45.51	12	3	15	J Grant	Lasswade	20.20	8
4	5	R Rogers	Arbroath	31.85	10	4					0
5	3	R Todd	Central	29.19	8	5					0
6	1	A Robertson (U20)	Edinburgh	22.01	6	6					0
7	16	E Kopystynski	Lasswade	20.49	5	7					0
8					0	8					0

#### Notes

400mB - Pitreavie athlete has no eligible date of birth (12/6/96) - penalised 12 points.

Same athlete used in 4 by 100 relay - penalised 16 points.

Shot Putt B - Pitreavie athlete not registered (no date of birth given) - 8 point penalty.

Same athlete used in Javelin A - 10 point penalty.

Scrutiny complete 20/6/10 (subject to appeals).

Total Points 1890

Triple Jump A				
1	11	S Lyon (U20)	Aberdeen	13.84 16
2	15	C Wilson (U20)	Lasswade	13.33 14
3	2	G McKay	Edinburgh	12.58 12
4	7	I Paget	Shettleston	12.43 10
5	3	M Wright	Central	10.80 8
6	6	G Laskiewicz	Arbroath	10.73 6
7	13	L Henderson (U20)	Ayr Seaforth	10.46 5
8				0

Triple Jump B				
1	1	P Loudon (U20)	Edinburgh	11.84 12
2	12	D Munro	Aberdeen	11.34 10
3	16	D Nicol	Lasswade	11.29 8
4	4	K Pearson	Central	10.56 6
5	5	A Standbridge	Arbroath	10.14 4
6				0
7				0
8				0

Pole Vault A				
1	11	S Lyon (U20)	Aberdeen	3.40 15
=	9	S Chisholm	Pitreavie	3.40 15
3	4	K Pearson	Central	3.20 12
4	15	J Grant	Lasswade	2.70 10
5				0
6				0
7				0
8				0

Pole Vault B				
1	16	F Nimmo (U17)	Lasswade	2.70 12
2	12	D Mann (U17)	Aberdeen	2.60 10
3	3	R Todd	Central	2.40 8
4				0
5				0
6				0
7				0
8				0

Discus A				
1	11	S Thompson	Aberdeen	52.61 16
2	7	A McInroy	Shettleston	51.33 14
3	5	R Rogers	Arbroath	33.44 12
4	4	G Sweeney	Central	30.34 10
5	9	D Agnew	Pitreavie	30.17 8
	15	E Kopystynski	Lasswade	19.75 0
	13	K Kane	Ayr Seaforth	18.07 0
8				0

Discus B				
1	8	A Mackay	Shettleston	40.71 12
2	12	D Chapman	Aberdeen	30.74 10
3	3	R Todd	Central	27.78 8
4	6	G Laskiewicz	Arbroath	27.31 6
	15	E Kopystynski	Lasswade	19.73 0
6				0
7				0
8				0

Javelin A				
1	5	C Smith	Arbroath	52.74 16
2	11	S Thompson	Aberdeen	52.60 14
3	3	K Pearson	Central	39.66 12
4	9	-	Pitreavie	35.98 10
5	1	A Robertson (U20)	Edinburgh	35.24 8
6	14	J Thompson (U20)	Ayr Seaforth	31.26 6
7	15	J Whyman	Lasswade	26.90 5
8				0

Javelin B				
1	6	A Standbridge	Arbroath	48.34 12
2	4	G Sweeney	Central	34.22 10
3	12	D Chapman	Aberdeen	26.94 8
	13	A McElwee	Ayr Seaforth	24.62 0
	16	E Kopystynski	Lasswade	24.32 0
6				0
7				0
8				0

### Match Result

Penalty Points		Match Points	Pts
0	Central	336	8
0	Aberdeen	282	7
0	Lasswade	259	6
0	Edinburgh	256	5
0	Arbroath	243	4
0	Shettleston	189	3
46	Pitreavie	153	2
0	Ayr Seaforth	126	1

46

1844

36

### League Positions

		Match Points	Pts
1	Central	691.5	16
2	Aberdeen	624	14
3	Edinburgh	529.5	11
4	Lasswade	502	10
5	Arbroath	494	9
6	Pitreavie	310	5
7	Shettleston	256.5	4
8	Ayr Seaforth	268.5	3

3676

72