

Scottish Athletics League (Division 1)

100m A			+3.6 m/s		
1	9	C Lavery	Arbroath	10.89	16
2	13	D Cairns	VP Glasgow	11.13	14
3	5	T Gaye	Edinburgh	11.17	12
4	1	P Muirhead (U20)	Central	11.63	10
5	11	R Cuthbert (U17)	Pitreavie	11.73	8
6	3	P Mutch	Aberdeen	11.74	6
7	7	C Carstairs (U20)	Lasswade	11.80	5
8	15	E Heath (U20)	Giffnock	11.89	4

400m A					
1	5	P Loudon (U20)	Edinburgh	50.59	16
2	11	E Dyer (U20)	Pitreavie	51.32	14
3	15	K Love	Giffnock	53.04	12
4	3	T Newton	Aberdeen	53.75	10
5	7	C Carstairs (U20)	Lasswade	54.28	8
6	1	C Ritchie (U20)	Central	54.40	6
7	13	A Ramsay (U20)	VP Glasgow	55.55	5
8	9	R White (U20)	Arbroath	58.90	4

1500m A					
1	5	A Crichton	Edinburgh	4:02.07	16
2	15	G Muir (U20)	Giffnock	4:03.66	14
3	1	C Ruddy	Central	4:03.94	12
4	14	D Vernon (U20)	VP Glasgow	4:06.71	10
5	3	M Haskett	Aberdeen	4:06.72	8
6	7	N Sheenan	Lasswade	4:18.01	6
7	12	S McAlpine (U17)	Pitreavie	4:28.89	5
8					0

110m Hurdles A			+2.2 m/s		
1	13	N Kelly	VP Glasgow	16.02	16
2	9	M Downie (U20)	Arbroath	16.74	14
3	1	K Pearson	Central	20.22	12
	7	C Menzies	Lasswade	22.48	0
5					0
6					0
7					0
8					0

3000m S/C A					
1	1	S Green (U20)	Central	09:47.84	16
2	7	C Menzies	Lasswade	10:24.31	14
3	13	E Sloan-Dennison (U17)	VP Glasgow	10:28.15	12
4	5	T Ryan	Edinburgh	10:45.12	10
5	4	F Boyne	Aberdeen	10:48.23	8
6	15	A McCallum (U20)	Giffnock	11:11.30	6
7					0
8					0

100m B			+2.0 m/s		
1	14	R Frost	VP Glasgow	11.21	12
2	6	J Glen (U17)	Edinburgh	11.57	10
3	2	Wei Jen Chao	Central	11.71	8
4	8	C Wilson	Lasswade	11.79	6
5	4	S Walker	Aberdeen	12.05	4
6	16	M Mhlanga (U20)	Giffnock	12.14	3
7	12	M Travers (U17)	Pitreavie	12.26	2
8	10	B Keillor	Arbroath	12.52	1

400m B					
1	8	S McIlreavy	Lasswade	52.34	12
2	16	C McWilliam (U17)	Giffnock	52.73	10
3	2	S Reilly	Central	53.00	8
4	12	R Cuthbert (U17)	Pitreavie	54.00	6
5	6	T Harris (U20)	Edinburgh	54.68	4
6	4	A Ferguson	Aberdeen	56.32	3
7	14	D Watson Snr	VP Glasgow	57.29	2
8					0

1500m B					
1	16	L Trainor (U20)	Giffnock	4:04.31	12
2	2	J Newsom	Central	4:04.34	10
3	4	J Joy	Aberdeen	4:10.11	8
4	13	S Fontana	VP Glasgow	4:11.24	6
5	8	M Gore	Lasswade	4:18.01	4
6	11	J Headley	Pitreavie	4:29.21	3
7					0
8					0

110m Hurdles B			+2.1 m/s		
1	14	S Beattie	VP Glasgow	15.87	12
2	10	B Keillor	Arbroath	20.27	10
3					0
4					0
5					0
6					0
7					0
8					0

3000m S/C B					
1	2	M Wright	Central	09:57.70	12
2	3	R Leslie	Aberdeen	11:05.86	10
3	16	C Russell (U20)	Giffnock	11:37.38	8
4	8	P Elliot	Lasswade	12:02.91	6
5					0
6					0
7					0
8					0

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200m A			+3.2 m/s		
1	9	C Lavery	Arbroath	22.11	16
2	1	K Henderson (U20)	Central	22.55	14
3	13	D Cairns	VP Glasgow	22.88	12
4	5	J Glen (U17)	Edinburgh	23.16	10
5	11	E Dyer (U20)	Pitreavie	23.41	8
6	3	P Mutch	Aberdeen	23.59	6
7	15	D Chapman (U20)	Giffnock	23.79	5
8	7	C Carstairs (U20)	Lasswade	23.91	4

800m A					
1	1	T Watson (U20)	Central	1:57.89	16
2	5	P Loudon (U20)	Edinburgh	1:58.65	14
3	3	J Joy	Aberdeen	1:58.86	12
4	13	A Ramsay (U20)	VP Glasgow	2:01.26	10
5	15	M Fishwick (U20)	Giffnock	2:02.60	8
6	7	A Lyon (U20)	Lasswade	2:13.45	6
7					0
8					0

5000m A					
1	1	R Russell	Central	14:53.20	16
2	15	D Phee	Giffnock	16:03.76	14
3	8	M Gore	Lasswade	16:08.79	12
4	11	J Farquhar	Pitreavie	16:43.39	10
5	6	A Chmielowski	Edinburgh	17:07.92	8
6	4	R Leslie	Aberdeen	17:18.09	6
7					0
8					0

400m Hurdles A					
1	5	T Harris (U20)	Edinburgh	57.39	16
2	13	M Hayes	VP Glasgow	57.95	14
3	1	M Wright	Central	62.26	12
4	3	A Love	Aberdeen	64.11	10
5	9	B Keillor	Arbroath	65.10	8
6	15	A McCallum (U20)	Giffnock	65.78	6
7	7	C Menzies	Lasswade	68.44	5
8					0

4 by 100m Relay					
1	1	i JenMuirhPaterHende	Central	45.09	16
2	5	Gaye HastiGlen Newpo	Edinburgh	45.10	14
3	13	CaimFrostLaingBeatt	VP Glasgow	45.47	12
4	7	McIlrWisoNicolChart	Lasswade	46.91	10
5	3	Lyon ClarkMutchWalke	Aberdeen	46.96	8
6	15	MhlaHeathLaudeChapm	Giffnock	48.04	6
7	11	CuthbMcAlpDyer Trave	Pitreavie	50.17	5
8	9	LaverMurraKeillWhite	Arbroath	DNF	0

Grangemouth

200m B			+2.1 m/s		
1	2	M Paterson (U20)	Central	22.91	12
2	6	T Younger (U20)	Edinburgh	23.47	10
3	14	S Laing (U20)	VP Glasgow	23.60	8
4	16	A Lauder (U20)	Giffnock	23.81	6
5	8	J Charters (U17)	Lasswade	24.00	4
6	4	S Walker	Aberdeen	24.69	3
7	12	M Travers (U17)	Pitreavie	25.40	2
8	10	D Murray (U17)	Arbroath	27.29	0

800m B					
1	2	S Reilly	Central	1:59.95	12
2	4	M Haskett	Aberdeen	2:00.25	10
3	6	E Dudgeon (U20)	Edinburgh	2:00.65	8
4	8	D Philip	Lasswade	2:06.35	6
5	14	NOT REGISTERED	VP Glasgow	2:07.20	4
6	16	C Russell (U20)	Giffnock	2:10.35	3
7					0
8					0

5000m B					
1	2	L Millar	Central	16:00.26	12
2	5	N Dickson	Edinburgh	17:15.97	10
3	7	S Gaffney	Lasswade	17:19.34	8
4	12	J Headley	Pitreavie	17:46.53	6
5	16	M Cross	Giffnock	17:49.23	4
6					0
7					0
8					0

400m Hurdles B					
1	16	L Trainor (U20)	Giffnock	62.62	12
2	4	J O'Neill (U20)	Aberdeen	64.16	10
3	10	R White (U20)	Arbroath	68.84	8
4	2	K Morrison	Central	71.76	6
5					0
6					0
7					0
8					0

4 by 400m Relay					
1	1	RitchWatsoReillPater	Central	3:27.46	16
2	5	YoungBurslCrichLoudo	Edinburgh	3:29.38	14
3	15	Love McWilChapmTrain	Giffnock	3:31.24	12
4	9	LaverDownieKeillGarri	Arbroath	3:32.96	10
5	13	RamsaFontaHayesT REG	VP Glasgow	3:35.33	8
6	3	NewtoFerguJoy Haske	Aberdeen	3:37.38	6
7	7	CarstMenziMcIlrPhili	Lasswade	3:40.25	5
8					0

Long Jump A				
1	1	K Henderson (U20)	Central	6.92 16
2	13	S Beattie	VP Glasgow	6.58 14
3	9	D Murray	Arbroath	6.23 12
4	4	S Lyon (U20)	Aberdeen	6.13 10
5	15	K Love	Giffnock	6.07 8
6	7	C Wilson	Lasswade	6.06 6
7	5	C Hastings (U20)	Edinburgh	5.96 5
8				0
High Jump A				
1	15	S Gaffney (U20)	Giffnock	1.90 16
2	10	J Garrigan (U17)	Arbroath	1.85 14
3	5	C Hastings (U20)	Edinburgh	1.80 12
4	7	R Ferguson (U17)	Lasswade	1.80 10
5	3	R Hewitson (U17)	Aberdeen	1.70 8
6	13	S Beattie	VP Glasgow	1.70 6
7	2	K Pearson	Central	1.55 5
8				0
Shot Putt A				
1	15	D Carlin	Giffnock	15.09 16
2	9	M Downie (U20)	Arbroath	12.79 14
3	5	D Kasselstarnd	Edinburgh	12.55 12
4	1	G Sweeney	Central	12.04 10
5	11	D Agnew	Pitreavie	10.80 8
6	7	S Dalecki	Lasswade	10.79 6
7	3	E McKenzie	Aberdeen	10.50 5
13	N Kelly	VP Glasgow	7.30	0
Hammer A				
1	5	D Kasselstarnd	Edinburgh	48.17 16
2	9	R Rogers	Arbroath	35.52 14
3	1	G Sweeney	Central	30.60 12
4	15	D Carlin	Giffnock	29.36 10
5	3	E McKenzie	Aberdeen	25.94 8
6	8	E Kopystynski	Lasswade	22.63 6
7				0
8				0

Long Jump B				
1	2	P Muirhead (U20)	Central	6.61 12
2	3	S Clark (U20)	Aberdeen	5.90 10
3	10	B Keillor	Arbroath	5.77 8
4	6	J Newport (U20)	Edinburgh	5.70 6
5	8	D Nicol	Lasswade	5.18 4
6	16	E Heath (U20)	Giffnock	4.85 3
7				0
8				0
High Jump B				
1	9	D Murray	Arbroath	1.85 12
2	8	J Charters (U17)	Lasswade	1.65 10
3	4	J O'Neill (U20)	Aberdeen	1.60 7
=	16	E Heath (U20)	Giffnock	1.60 7
5	6	M Fernie (U20)	Edinburgh	1.50 4
6				0
7				0
8				0
Shot Putt B				
1	10	R Rogers	Arbroath	9.86 12
2	2	C Brown	Central	9.74 10
3	16	A Morrison	Giffnock	8.29 8
4	4	K Lyon	Aberdeen	8.12 6
5	8	J McComish	Lasswade	7.94 4
6				0
7				0
8				0
Hammer B				
1	2	R Todd	Central	29.68 12
2	16	M Letham	Giffnock	22.85 10
3	7	J McComish	Lasswade	21.99 8
4				0
5				0
6				0
7				0
8				0

Triple Jump A				
1	3	S Clark (U20)	Aberdeen	12.90 16
2	7	C Wilson	Lasswade	12.71 14
3	13	M Hayes	VP Glasgow	11.38 12
4	5	C Hastings (U20)	Edinburgh	11.33 10
5	9	D Murray	Arbroath	11.32 8
6	1	M Wright	Central	11.12 6
7	16	A McCallum (U20)	Giffnock	10.00 5
8				0
Pole Vault A				
1	13	S Adams (U17)	VP Glasgow	4.10 16
2	15	F O'Rourke (U17)	Giffnock	3.60 14
3	2	R Todd	Central	3.20 12
4	4	K Lyon	Aberdeen	3.00 10
5				0
6				0
7				0
8				0
Discus A				
1	5	D Kasselstarnd	Edinburgh	44.64 16
2	15	D Carlin	Giffnock	41.73 14
3	10	R Rogers	Arbroath	35.68 12
4	1	G Sweeney	Central	33.55 10
5	11	D Agnew	Pitreavie	31.51 8
6	14	S Beattie	VP Glasgow	30.58 6
7	3	E McKenzie	Aberdeen	28.21 5
8	7	S Dalecki	Lasswade	25.75 4
Javelin A				
1	9	C Smith	Arbroath	51.47 16
2	14	S Beattie	VP Glasgow	45.46 14
3	7	S Dalecki	Lasswade	43.76 12
4	4	S Lyon (U20)	Aberdeen	39.62 10
5	2	K Pearson	Central	37.49 8
6	11	D Agnew	Pitreavie	34.42 6
7	16	M Letham	Giffnock	33.50 5
8				0

Triple Jump B				
1	4	S Lyon (U20)	Aberdeen	12.79 12
2	8	D Nicol	Lasswade	10.90 10
3	6	J Newport (U20)	Edinburgh	10.42 8
4	2	R Todd	Central	10.33 6
5	10	D Murray (U17)	Arbroath	10.12 4
6				0
7				0
8				0
Pole Vault B				
1	14	J Sinclair	VP Glasgow	4.10 12
2	1	K Pearson	Central	3.00 10
3	3	E McKenzie	Aberdeen	2.60 8
4				0
5				0
6				0
7				0
8				0
Discus B				
1	9	M Downie (U20)	Arbroath	33.26 12
2	2	R Todd	Central	30.62 10
3	8	J McComish	Lasswade	24.74 8
4	4	K Lyon	Aberdeen	22.80 6
	13	M Hayes	VP Glasgow	14.26 0
	16	M Letham	Giffnock	NT 0
7				0
8				0
Javelin B				
1	10	M Downie (U20)	Arbroath	51.23 12
2	13	M Hayes	VP Glasgow	35.58 10
3	1	C Brown	Central	34.32 8
4	3	E McKenzie	Aberdeen	34.06 6
5	15	A Morrison	Giffnock	26.11 4
8	J McComish	Lasswade	24.97	0
7				0
8				0

Notes

VP Glasgow penalised 12 points for using an U17 athlete in the Steeplechase

VP Glasgow penalised for using unregistered athlete Ben Stafford - unreadable date of birth penalty is 4 points for the 800B and 8 points for the 4by400 relay. Athlete remains unregistered.

Long Jump A windspeeds: +4.3, +5.1, +2.3, +4.4, +5.4, +3.3, +4.1

Long Jump B windspeeds: +1.8, +3.3, +3.7, +3.2, +4.0, +3.5

Triple Jump A windspeeds: +5.0, +3.9, +4.3, +2.6, +1.0, +4.2, +5.1

Triple Jump B windspeeds: +1.1, +2.5, +4.2, +4.3, +4.1

Scrutiny complete but subject to appeals.

Total Points 1952

	Match Points	Pts
Central	373	8
Giffnock	265	7
Edinburgh	261	6
Aberdeen	255	5
Arbroath	237	4
VP Glasgow	223	2.5
Lasswade	223	2.5
Pitreavie	91	1
#	1928	36

League Positions			
	Match Points	Pts	
1	Central	632	14
2	Aberdeen	619	13
3	Edinburgh	530	13
4	Giffnock	455.5	9
5	Arbroath	454	8
6	VP Glasgow	466	7.5
7	Lasswade	431	5.5
8	Pitreavie	261.5	2
		3849	72