



FINALS AND RELAYS

Sunday 20th March 2016

Commonwealth Arena



Under 11 Boys

COMMONWEALTH ARENA 20/3/2016 FINAL

nos	club	60m'A'	60m'B'	600m'A'	600m'B'	TRACK	S/Long'A'	S/Long'B'	FIELD	TOTAL	Position Today
Unc 5	East Lothian	5	6	3	1	15	6	6	12	27	1st
Unc 67	Inverclyde	4	5	6	2	17	5	2	7	24	2nd
Unc 6	Giffnock North A	3	3	4	5	15	4	5	9	24	3rd
Unc 7	Giffnock North B	1	4	2	6	13	3	3	6	19	
Unc 69	Kilbarchan	2	1	5	4	12	2	4	6	18	
Unc 68	Dundee Hawkhill	6	2	1	3	12	1	1	2	14	

2nd on event wins

Under 13 Boys

nos	club	60m	800m	60m Hur	200m	TRACK	High	Long/T	Shot	FIELD	TOTAL	Position Today
56	Edinburgh AC	6	1	6	6	19	6	5	4	15	34	1st
18	VP Glasgow	5	3	5	5	18	5	6	3	14	32	2nd
6	Giffnock North A	4	6	2	4	16	3	4	5	12	28	3rd
53	Central AC A	2	5	3	1	11	4	3	6	13	24	
7	Giffnock North B	1	4	4	3	12	2	1	1	4	16	
54	Central AC B	3	2	1	2	8	2	2	2	6	14	

Under 15 Boys

nos	club	60m	800m	60m Hur	200m	300/400m	TRACK	High	Long/T	Shot	FIELD	TOTAL	Position Today
56	Edinburgh A	5	4	3	5	5	22	4	6	6	16	38	1st
9	Cumbernauld	4	6	4	2	6	22	6	1	2	9	31	2nd
18	VP Glasgow	6	1	6	6	2	21	5	2	1	8	29	3rd
57	Edinburgh B	3	5	5	4	3	20	1	4	3	8	28	
53	Central AC	2	2	2	3	1	10	3	5	4	12	22	
6	Giffnock North	1	3	1	1	4	10	2	3	5	10	20	

Under 17 Men

nos	club	60m	800m	60m Hur	200m	300/400m	TRACK	Long	High	Triple	Shot	FIELD	TOTAL	Position Today
53	Central AC	6	4	6	6	3	25	3	5	5	2	15	40	1st
56	Edinburgh A	5	3	5	5	6	24	5		6	5	16	40	2nd
6	Giffnock North	4	5	4	3	4	20	4	6	4	3	17	37	3rd
57	Edinburgh B	2	6	3	4	5	20				4	4	24	
18	VP Glasgow	3	2	2	2	2	11	2		3	6	11	22	
20	Whitemoss	1	1		1	1	4	6			1	7	11	

1st on event wins

Under 20 Men

nos	club	60m	800m	60m Hur	200m	300/400m	TRACK	Long	High	Triple	Shot	FIELD	TOTAL	Position Today
56	Edinburgh AC	6	6	5	5	5	27	6	4		6	16	43	1st
6	Giffnock North	5	3	6	6	1	21	4	5	4	1	14	35	2nd
68	Dundee Hawkhill	3	4	4	4	4	19	1	3	5	4	13	32	3rd
9	Cumbernauld	4	5	2	2	6	19	2	2	3	5	12	31	
18	VP Glasgow	2	2	3	3	3	13	5		6	3	14	27	
53	Central AC	1	0	0	1	2	4	3	6	2	2	13	17	

Under 11 Girls

nos	club	60m'A'	60m'B'	600m'A'	600m'B'	TRACK	S/Long'A'	S/Long'B'	FIELD	TOTAL	Position Today
56	Edinburgh AC	6	6	3	4	19	6	5	11	30	1st
1	Ayr Seaforth	3	5	6	6	20	3	6	9	29	2nd
6	Giffnock North	5	3	2	1	11	5	4	9	20	3rd
18	VP Glasgow	4	1	4	5	14	4	1	5	19	
51	Airdrie	2	4	5	2	13	2	2	4	17	
62	North Ayr	1	2	1	3	7	1	3	4	11	

Under 13 Girls

nos	club	60m	800m	60m Hur	200m	TRACK	High	Long/T	Shot	FIELD	TOTAL	Position Today
6	Giffnock North	6	2	4	6	18	3	6	6	15	33	1st
56	Edinburgh AC	5	6	3	4	18	4	5	5	14	32	2nd
18	VP Glasgow	4	4	2	3	13	6	4	2	12	25	3rd
53	Central AC A	3	5	6	2	16	2	3	3	8	24	
5	East Lothian	2	1	5	5	13	5	2	4	11	24	
54	Central AC B	1	3	1	1	6	1	1	1	3	9	

Under 15 Girls

nos	club	60m	800m	60m Hur	200m	300/400m	TRACK	High	Long/T	Shot	FIELD	TOTAL	Position Today
53	Central AC A	4	5	6	6	3	24	4	6	6	16	40	1st
56	Edinburgh AC	6	3	4	3	4	20	5	3	4	12	32	2nd=
6	Giffnock North	3	1	3	5	5	17	6	4	5	15	32	2nd=
54	Central AC B	5	6	5	2	2	20	3	5	2	10	30	
24	Livingston	2	4	2	4	6	18	2	2	1	5	23	
20	Whitemoss	1	2	1			4	1	1	3	5	9	

Tied on wins countback

Tied on wins countback

Under 17 Women

nos	club	60m	800m	60m Hur	200m	300/400m	TRACK	Long	High	Triple	Shot	FIELD	TOTAL	Position Today
6	Giffnock North	6	2	3	6	4	21	6	5		6	17	38	1st
56	Edinburgh AC	5	5	4	5	3	22	2	6	4	3	15	37	2nd
64	Falkirk VH	4	6	2	2	2	16	5	3	6	5	19	35	3rd
18	VP Glasgow	3	3	6	4	5	21	4	4	5	1	14	35	
53	Central AC	2	4	5	3	6	20	3	2	3	4	12	32	
20	Whitemoss	1			1		2	1			2	3	5	

3rd on wins countback

Under 20 Women

nos	club	60m	800m	60m Hur	200m	300/400m	TRACK	Long	High	Triple	Shot	FIELD	TOTAL	Position Today
69	Kilbarchan	6		5	5	2	18	5	6	6	6	18	36	1st
68	Dundee Hawkhill	5	6	6	4	4	25	2	5	3	2	10	35	2nd
53	Central AC	2	5	4	3	3	17	4	4	5	5	14	31	3rd
18	VP Glasgow	4		4	2	5	15	3		4	4	8	23	
6	Giffnock North	3				6	9				3	3	12	
20	Whitemoss				6		6	6				0	6	

SAIL Indoor League Records

after 2015-16 Final

12 new league records were set during final

Event	Name	Club	Performance	Date
Under 11 Boys				
60m	Lucas Goff	Dundee Hawkhill	8.93	20/03/2016
600m	Josh Kerr	Edinburgh AC	1:49.16	18/03/2007
Standing Long Jump	Callum Alexander	Giffnock North	2.10	13/03/2011
4x200m		Giffnock North	2:06.46	22/03/2004
Under 11 Girls				
60m	Isla Stewart	Edinburgh AC	9.05	20/03/2016
600m	Rosie McKay	Giffnock North	1:55.1	24/02/2013
Standing Long Jump	Saskia Wade	Whitemoss	2.12	04/02/2015
4x200m		Giffnock North	2:09.64	20/03/2016
Under 13 Boys				
60m	Kingsley Cunningham	Edinburgh AC	7.87	09/01/2011
60m Hurdles	Reuben Nairne	Giffnock North	9.42	04/02/2015
200m	Craig Eaglesham	Inverclyde	26.84	11/03/2001
300m	Blair Alexander	Giffnock North	44.2	28/10/2001
800m	Harris Paterson	Giffnock North	2:21.49	20/03/2016
High Jump	Owen Ashall	Edinburgh AC	1.62	04/01/2015
Long Jump	Kyle Hogg	Edinburgh AC	5.04	16/03/2008
Triple Jump	C Macdonald	Kirkintilloch	9.40	08/12/2002
Shot Putt	Fraser Judge	Lasswade	9.11	18/11/2012
4x200m		Edinburgh AC	1:53.69	20/03/2016

SAIL Indoor League Records

after 2015-16 Final

12 new league records were set during final

Event	Name	Club	Performance	Date
Under 13 Girls				
60m	Andrea Lang	Ayr Seaforth	8.37	30/01/1994
60m Hurdles	Katie Purves	Lasswade	9.93	08/02/2009
200m	Julienne Peebles	Perth Strathtay	26.5	24/10/1999
800m	Erin Wallace	Giffnock North	2:25.1	11/03/2012
High Jump	Ellen Kristofferson	Lasswade	1.47	16/03/2008
Long Jump	Alyson Bell	Giffnock North	4.75	20/03/2016
Shot Putt	Jennifer Dallas	Giffnock North	9.65	10/01/2016
4x200m		Giffnock North	1:51.98	20/03/2016
Under 15 Boys				
60m	Freddie Rooke	Edinburgh AC	7.38	13/01/2013
60m Hurdles	Kenneth McKeown	Ayr Seaforth	8.69	23/03/1996
200m	Jamie Stevenson	VP Glasgow	23.69	20/03/2016
400m	Ben Robbins	Edinburgh AC	53.6	20/02/2011
800m	Ben Greenwood	Perth SH	2:01.2	13/01/2013
High Jump	Kenneth McKeown	Ayr Seaforth	1.95	03/03/1996
Long Jump	Freddie Rooke	Edinburgh AC	6.14	13/01/2013
Triple Jump	Henry Clarkson	Lasswade	10.94	16/12/2012
Shot Putt	Andrew McLaughlan	Kilbarchan	14.07	07/01/2007
4x200m		Ayr Seaforth	1:39.80	15/03/2009

SAIL Indoor League Records

after 2015-16 Final

12 new league records were set during final

Event	Name	Club	Performance Date	
Under 15 Girls				
60m	Kim Skinner	Falkirk Vic	7.83	02/03/2002
60m Hurdles	Jade Henry	VP Glasgow	9.23	04/02/2015
200m	Amy Donaghy	Giffnock North	26.21	16/03/2014
300m	Katie Sharkey	Central AC	42.77	06/12/2015
800m	Carolyn Cameron	Edinburgh AC	2:18.0	16/03/2014
High Jump	Nikki Manson	Giffnock North	1.64	15/03/2009
Long Jump	Siobhan McVie	Ayr Seaforth	5.17	09/11/1997
Shot Putt	Kerri Jones	Ayr Seaforth	10.69	14/12/2003
4x200m		Ayr Seaforth	1:47.57	16/03/2008
Under 17 Men				
60m	George Rodger	Ayr Seaforth	7.13	21/03/2004
60m Hurdles	J Fleary	Carlisle Aspatria	8.41	02/03/2002
200m	Ben Robbins	Edinburgh AC	22.4	13/01/2013
400m	R McDonald	Perth Strathtay H	50.2	07/01/1996
800m	Ben Greenwood	Perth SH	1:54.15	14/12/2014
High Jump	C McMaster	Law & District	2.01	03/03/1996
Long Jump	Ross Maxwell	VP Glasgow	6.67	11/03/2012
Triple Jump	R McDonald	Perth Strathtay H	13.27	07/01/1996
Shot Putt	Daniel Carlin	Giffnock North	15.98	18/03/2007
Pole Vault	Fraser O'Rourke	Victoria Park	3.80	08/01/2012
4x200m		Edinburgh	1:32.25	16/03/2014

SAIL Indoor League Records

after 2015-16 Final

12 new league records were set during final

Event	Name	Club	Performance	Date
Under 17 Women				
60m	Siobhan McVie	Ayr Seaforth	7.77	22/03/1999
60m Hurdles	Jade Henry	VP Glasgow	8.78	20/03/2016
200m	Sophie Haldane	Giffnock North	25.66	20/03/2016
300m	Sabina Astarita	City of Glasgow	40.70	23/03/2003
800m	Kathryn Gillespie	Central AC	2:16.1	11/03/2012
High Jump	Caitlin O'Neill	Edinburgh AC	1.70	20/02/2011
Long Jump	Holly McArthur	Whitemoss	5.70	04/02/2015
Triple Jump	Elaine Henderson	Central	10.66	08/12/2002
Shot Putt	Alison Roger	Victoria Park	11.87	28/01/2001
Pole Vault	Hannah Lawler	Falrkirk VH	3.20	08/12/2011
4x200m		Giffnock North	1:43.94	20/03/2016
Under 20 Men				
60m	Ian Kennedy	Ayr Seaforth	7.03	09/03/2003
60m Hurdles	Callum Innes	VP Glasgow	8.28	15/03/2009
200m	Liam McDermid	Victoria Park	22.2	09/03/2003
400m	Greg Loudon	Lasswade	49.5	11/12/2011
800m	Peter Loudon	Edinburgh AC	1:54.8	13/11/2011
High Jump	Jack Lochans	Kilbarchan AC	2.11	16/03/2014
Long Jump	M Hunter	Perth Strathtay H	6.72	21/02/1999
Triple Jump	R McDonald	Perth Strathtay H	13.91	23/03/1996
Shot Putt	Daniel Carlin	Giffnock North	16.40	14/12/2008
Pole Vault	Jax Thoirs	VP Glasgow	5.01	08/12/2011
4x200m		Edinburgh AC	1:30.13	24/02/2013

SAIL Indoor League Records

after 2015-16 Final

12 new league records were set during final

Event	Name	Club	Performance	Date
Under 20 Women				
60m	Kathryn Christie	Edinburgh AC	7.72	05/01/2014
60m Hurdles	Katie Patullo	Dundee Hawkhill	9.06	20/03/2016
200m	Kathryn Christie	Edinburgh AC	25.3	05/01/2014
400m	Mhairi Hendry	VP Glasgow	56.75	16/03/2014
800m	Kathryn Gillespie	Central AC	2:13.5	23/02/2014
High Jump	Nikki Manson	Giffnock North	1.71	18/11/2012
Long Jump	Emma Canning	Whitemoss	5.59	14/12/2014
Triple Jump	Elaine Henderson	Central	11.56	21/03/2004
Shot Putt	Alison Roger	Victoria Park	12.77	09/12/2001
4x200m		City of Glasgow	1:47.54	23/03/2003

ATHLETES OF THE FINAL

Male Max Leslie (Edinburgh AC) – 3 events, 1 win, 2 second



Female Ellie Fulton (Kilbarchan) – 3 events, 3 wins



ATHLETES OF THE SEASON

Male Max Leslie (Edinburgh AC) Under 13 Boys



Male Jamie Stevenson (VP Glasgow) Under 15 Boys



Female Joanne Welch (East Lothian) Under 13 Girls



Female Amy Kirkpatrick (Central AC) Under 13 Girls



SAIL 2015-16

Heats (3) and Final

Most event performances

Michael Tarnawsky (Dundee Hawkhill)	12
Jack Houghton (Central)	11
Amy Kirkpatrick (Central)	10
Jenna Morton (Whitemoss)	10
Jamie Stevenson (VP Glasgow)	10
Joanne Welch (East Lothian)	10
Max Leslie (Edinburgh)	10
Penny Kelly (Airdrie)	10
Daniel Winning (Cumbernauld)	10

2015  2016

SCOTTISH ATHLETICS
INDOOR LEAGUE

Most event points

Max Leslie (Edinburgh)	380
Joanne Welch (East Lothian)	377
Amy Kirkpatrick (Central)	374
Jamie Stevenson (VP Glasgow)	370
Alex Poustie-Williamson (Edinburgh)	338
Ben Chatham (VP Glasgow)	332
Anna McCracken (Clydesdale)	326
Jenna Morton (Whitemoss)	324
Jack Houghton (Central)	321
Amy Kennedy (Cumbernauld)	317
Ross Morgan (Whitemoss)	309
Lucy Davison (Central)	309
Ben Salmon (Central)	304
Eve Denholm (Giffnock North)	294
Skye Turner (VP Glasgow)	292
Shona McLay (Central)	290
Emily Rooney (Airdrie)	289
Cameron Forbes (Edinburgh)	287
Michael Tarnawsky (Dundee Hawkhill)	285
Katie Sharkey (Central)	273
Niamh Edgar (Edinburgh)	272

Results FINAL and RELAYS

Club	Athlete	Performance	Points
Under 11 Boys			
60m A String			Under 11 Boys
Dundee Hawkhill	Lucas Goff	8.93	<i>SAIL Record</i>
East Lothian A	Tom Kelman	9.05	
Inverclyde	Harris Morrison	9.29	
Giffnock North A	Conor Boyle	9.48	
Kilbarchan A	Harry Provan	9.49	
Giffnock North B	Tom Lord	9.56	
600m A String			Under 11 Boys
Inverclyde	Harris Morrison	1:52.25	
Kilbarchan A	Oliver Patton	1:54.77	
Giffnock North A	Adam Chamberlain	1:57.54	
East Lothian A	Sam Wardlaw	1:58.00	
Giffnock North B	Mark McInnes	2:03.92	
Dundee Hawkhill	Callum Gibson	2:05.48	
Standing Long Jump A String			Under 11 Boys
East Lothian A	Tom Kelman	2.00	
Inverclyde	Aidan McGorrige	1.90	
Giffnock North A	Conor Boyle	1.88	
Giffnock North B	Tom Lord	1.82	
Kilbarchan A	Harry Provan	1.64	
Dundee Hawkhill	Lucas Goff	1.52	
60m B String			Under 11 Boys
East Lothian A	Max Clark	9.26	
Inverclyde	Aidan McGorrige	9.34	
Giffnock North B	Daniel Martin	9.55	
Giffnock North A	Nathan Gozo	10.15	
Dundee Hawkhill	Finlay Muir	10.20	
Kilbarchan A	Alexander Bassano	10.23	
600m B String			Under 11 Boys
Giffnock North B	Lachlan Nelson	2:00.13	
Giffnock North A	Patrick Callan	2:00.98	
Kilbarchan A	Jack Kennedy	2:02.21	
Dundee Hawkhill	Kieran Simpson	2:04.28	
Inverclyde	Keir Arthur	2:04.82	
East Lothian A	Max Clark	2:11.19	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
Standing Long Jump B String			Under 11 Boys
East Lothian A	Keiran Allan-Brown	1.84	
Giffnock North A	Nathan Gozo	1.80	
Kilbarchan A	Alexander Bassano	1.80	
Giffnock North B	Daniel Martin	1.64	
Inverclyde	Philip McGeehan	1.60	
Dundee Hawkhill	Kieran Simpson	1.56	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
Under 13 Boys			
60m			Under 13 Boys
Edinburgh A	Alex Poustie-Williamson	8.51	
VP Glasgow A	Matthew Ireland	8.79	
Giffnock North A	Michael Moynihan	9.03	
Central AC B	Jack Campbell	9.10	
Central AC A	Nathan Robertson	9.23	
Giffnock North B	Aiden Flynn	9.56	
800m			Under 13 Boys
Giffnock North A	Harris Paterson	2:21.49	<i>SAIL Record</i>
Central AC A	Finlay Muir	2:30.32	
Giffnock North B	Joseph McKay	2:35.17	
VP Glasgow A	Russell Barnett	2:36.15	
Central AC B	Sandy Buchanan	2:40.25	
Edinburgh A	Rob Henderson	2:44.27	
60m Hurdles			Under 13 Boys
Edinburgh A	Cameron Forbes	10.21	
VP Glasgow A	Ben Chatham	10.39	
Giffnock North B	Adam Inglis	11.03	
Central AC A	Harris Almass	11.32	
Giffnock North A	Clark Marshall	11.39	
Central AC B	Sandy Buchanan	12.98	
200m			Under 13 Boys
Edinburgh A	Alex Poustie-Williamson	26.88	
VP Glasgow A	Matthew Ireland	28.72	
Giffnock North A	Mark Chalmers	29.20	
Giffnock North B	Nathan Tallen	29.66	
Central AC B	Sam Metcalfe	29.86	
Central AC A	Nathan Robertson	29.91	
High Jump			Under 13 Boys
Edinburgh A	Cameron Forbes	1.40	
VP Glasgow A	Connor McNally	1.40	
Central AC A	Harris Almass	1.35	
Giffnock North A	Clark Marshall	1.30	
Central AC B	Adam Harvey	1.25	
Giffnock North B	Michael Foley	1.20	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
Long Jump			Under 13 Boys
VP Glasgow A	Ben Chatham	4.69	
Edinburgh A	Rob Henderson	4.29	
Giffnock North A	Mark McCabe	4.24	
Central AC A	Harris Almass	4.09	
Central AC B	Sandy Buchanan	4.04	
Giffnock North B	Adam Inglis	4.02	
Shot Putt			Under 13 Boys
Central AC A	Ben Salmon	7.15	
Giffnock North A	Mark McCabe	6.95	
Edinburgh A	Rob Henderson	6.90	
VP Glasgow A	Ben Chatham	6.45	
Central AC B	Adam Harvey	6.17	
Giffnock North B	Nathan Tallen	5.58	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
Under 15 Boys			
60m			Under 15 Boys
VP Glasgow A	Jamie Stevenson	7.51	
Edinburgh A	Max Leslie	7.72	
Cumbernauld A	Gary McPake	7.94	
Edinburgh B	Fraser Hutchon	7.96	
Central AC A	Jack Haughton	8.30	
Giffnock North A	Reuben Nairne	8.60	
800m			Under 15 Boys
Cumbernauld A	Alasdair McMonagle	2:10.00	
Edinburgh B	Tom Ireland	2:13.42	
Edinburgh A	Luca Librizzi	2:16.34	
Giffnock North A	Murray Fotheringham	2:17.02	
Central AC A	Ben MacMillan	2:18.53	
VP Glasgow A	Edan Webb	2:24.80	
60m Hurdles			Under 15 Boys
VP Glasgow A	Aaron Belkevitz	9.42	
Edinburgh B	Callum Newby	9.82	
Cumbernauld A	Jamie Tobin	9.92	
Edinburgh A	Berachia Ajala	10.09	
Central AC A	Euan Smith	10.40	
Giffnock North A	Murray Fotheringham	11.47	
200m			Under 15 Boys
VP Glasgow A	Jamie Stevenson	23.69	
			<i>SAIL Record</i>
Edinburgh A	Max Leslie	24.26	
Edinburgh B	Fraser Hutchon	25.30	
Central AC A	Neil Casserly	26.82	
Cumbernauld A	Alasdair McMonagle	27.41	
Giffnock North A	Fraser Lipp	28.27	
400m			Under 15 Boys
Cumbernauld A	Gary McPake	53.89	
Edinburgh A	Sean Steadman	55.68	
Giffnock North A	Adam Deverill	1:00.98	
Edinburgh B	Tom Ireland	1:01.07	
VP Glasgow A	Rogan Kelly-Vinaccia	1:04.14	
Central AC A	Euan Smith	1:06.99	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
High Jump			Under 15 Boys
Cumbernauld A	Jamie Tobin	1.65	
Edinburgh A	Owen Ashall	1.60	
VP Glasgow A	James Kemp	1.60	
Central AC A	Euan Bryce	1.50	
Edinburgh B	Callum Newby	1.50	
Giffnock North A	Sam Young	1.50	
Long Jump			Under 15 Boys
Edinburgh A	Max Leslie	5.53	
Central AC A	James Isgrove	5.29	
Edinburgh B	Callum Newby	5.16	
Giffnock North A	Reuben Nairne	5.05	
VP Glasgow A	Adam Cleer	4.84	
Cumbernauld A	Calum Little	4.10	
Shot Putt			Under 15 Boys
Edinburgh A	Connal Milligan	10.06	
Giffnock North A	Fraser Lipp	9.06	
Central AC A	James Isgrove	8.92	
Edinburgh B	Fraser Hutchon	8.31	
Cumbernauld A	Paul Atkinson	6.70	
VP Glasgow A	Oliver Andrews	6.06	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
Under 17 Men			
60m			Under 17 Men
Central AC A	John MacLennan	7.24	
Edinburgh A	Cameron Caldwell	7.38	
Giffnock North A	Andy Moses	7.40	
VP Glasgow A	Daniel Reda	7.48	
Edinburgh B	Ken Fairbrother	7.53	
Whitemoss A	James Cathie	8.09	
800m			Under 17 Men
Edinburgh B	Sam Brown	1:58.65	
Giffnock North A	Jamie Sturrock	2:02.93	
Central AC A	Keir Howlieson	2:04.57	
Edinburgh A	Ross Allan	2:06.02	
VP Glasgow A	Andrew Moreland	2:12.41	
Whitemoss A	Alexander Thomson	2:26.82	
60m Hurdles			Under 17 Men
Central AC A	Jack Houghton	8.91	
Edinburgh A	Blair Grant	9.18	
Giffnock North A	Calum Alexander	9.27	
Edinburgh B	Calum Davidson	9.49	
VP Glasgow A	Adam Orr	10.03	
200m			Under 17 Men
Central AC A	John MacLennan	22.92	
Edinburgh A	Cameron Caldwell	23.03	
Edinburgh B	Ken Fairbrother	23.68	
Giffnock North A	Kyle McLean	23.77	
VP Glasgow A	Calum McLeod	24.70	
Whitemoss A	Alexander Thomson	26.70	
400m			Under 17 Men
Edinburgh A	Calum Henderson	52.15	
Edinburgh B	Sam Brown	53.39	
Giffnock North A	Amine Hifi	53.74	
Central AC A	Jack Houghton	55.11	
VP Glasgow A	Adam Brady	55.97	
Whitemoss A	James Cathie	56.00	
High Jump			Under 17 Men
Giffnock North A	Ethan Dear	1.80	
Central AC A	Matthew Chandler	1.80	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
Long Jump			Under 17 Men
Whitemoss A	Sean Gallacher	6.29	
Edinburgh A	Calum Henderson	6.28	
Giffnock North A	Ethan Dear	5.87	
Central AC A	Matthew Chandler	5.86	
VP Glasgow A	Adam Orr	5.51	
Triple Jump			Under 17 Men
Edinburgh A	Stuart Drummond	11.21	
Central AC A	Kieran Halliday	11.15	
Giffnock North A	Calum Alexander	10.84	
VP Glasgow A	Tim Chan	10.83	
Shot Putt			Under 17 Men
VP Glasgow A	Andrew Peck	12.82	
Edinburgh A	Rory Jackson	11.73	
Edinburgh B	Cameron Sweeney	10.74	
Giffnock North A	Ethan Dear	9.42	
Central AC A	Jack Houghton	9.26	
Whitemoss A	James Cathie	8.42	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
Under 20 Men			
60m			Under 20 Men
Edinburgh A	Rohan Green	7.21	
Giffnock North A	Jason Wu	7.28	
Cumbernauld A	Lewis Brown	7.37	
Dundee Hawkhill	Michael Tarnawsky	7.38	
VP Glasgow A	Ewan Hoy	7.39	
Central AC A	Liam Halliday	7.98	
800m			Under 20 Men
Edinburgh A	Paul Ireland	2:01.08	
Cumbernauld A	Cameron Richardson	2:01.35	
Dundee Hawkhill	Andrew Merry	2:02.90	
Giffnock North A	Oliver Watson Sweeney	2:06.17	
VP Glasgow A	Calum McCormack	2:06.52	
Central AC A	Jamie Price		
<i>DQ rule 112.1 lane infringement</i>			
60m Hurdles			Under 20 Men
Giffnock North A	David Campbell	8.94	
Edinburgh A	Jamie Cameron	9.09	
Dundee Hawkhill	Declan Gall	9.31	
VP Glasgow A	Ian Wilson	9.33	
Cumbernauld A	Sean Kennedy	9.55	
Central AC A	Charles Dineen		
<i>DQ rule 116.12 trailed foot around hurdle</i>			
200m			Under 20 Men
Giffnock North A	John Hamilton	23.00	
Edinburgh A	Rohan Green	23.21	
Dundee Hawkhill	Michael Tarnawsky	23.23	
VP Glasgow A	Ramesh Sapkota	23.38	
Cumbernauld A	Daniel Winning	23.96	
Central AC A	Liam McGregor	26.26	
400m			Under 20 Men
Cumbernauld A	Lewis Brown	49.95	
Edinburgh A	Kuda Tapatapa	50.42	
Dundee Hawkhill	Declan Gall	51.41	
VP Glasgow A	Christopher Boyle	51.60	
Central AC A	Jamie Price	52.40	
Giffnock North A	Jason Wu	52.62	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
High Jump			Under 20 Men
Central AC A	Cameron McCorgray	1.90	
Giffnock North A	Chris McKay	1.85	
Edinburgh A	Jamie Cameron	1.75	
Dundee Hawkhill	Declan Gall	1.70	
Cumbernauld A	Daniel Winning	1.60	
Long Jump			Under 20 Men
Edinburgh A	Cal McLennan	6.37	
VP Glasgow A	David Wilson	6.18	
Giffnock North A	Andrew Hunter	6.13	
Central AC A	Charles Dineen	5.93	
Cumbernauld A	Sean Kennedy	5.40	
Dundee Hawkhill	Michael Tarnawsky	5.13	
Triple Jump			Under 20 Men
VP Glasgow A	David Wilson	13.25	
Dundee Hawkhill	Michael Tarnawsky	11.73	
Giffnock North A	Aiden O'Friel	11.46	
Cumbernauld A	Cameron Richardson	10.72	
Central AC A	Liam Halliday	10.56	
Shot Putt			Under 20 Men
Edinburgh A	Cal McLennan	11.16	
Cumbernauld A	Daniel Winning	10.66	
Dundee Hawkhill	Declan Gall	9.25	
VP Glasgow A	David Wilson	9.06	
Central AC A	Charles Dineen	9.03	
Giffnock North A	Guy Matthews	8.85	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
Under 11 Girls			
60m A String			Under 11 Girls
Edinburgh A	Isla Stewart	9.05	<i>SAIL Record</i>
Giffnock North A	Angelika Mayer	9.13	
VP Glasgow A	Rebecca Elsby	9.45	
Ayr Seaforth A	Erin Ramsey	9.51	
Airdrie A	Jessica Graham	10.21	
North Ayr A	Amy Langan	11.56	
600m A String			Under 11 Girls
Ayr Seaforth A	Libby White	1:59.99	
Airdrie A	Jessica Graham	2:01.04	
VP Glasgow A	Sophie Sinclair	2:01.26	
Edinburgh A	Olivia Anderson	2:08.70	
Giffnock North A	Eliza Turner	2:17.45	
North Ayr A	Adelle Street	2:19.67	
Standing Long Jump A String			Under 11 Girls
Edinburgh A	Isla Stewart	2.00	
Giffnock North A	Angelika Mayer	1.98	
VP Glasgow A	Rebecca Elsby	1.96	
Ayr Seaforth A	Amy McCann	1.88	
Airdrie A	Courtney Fraser	1.80	
North Ayr A	Amy Langan	1.20	
60m B String			Under 11 Girls
Edinburgh A	Oliva Anderson	9.35	
Ayr Seaforth A	Jenna Beswick	9.39	
Airdrie A	Eve Crawford	9.59	
Giffnock North A	Catriona Bentley	10.33	
North Ayr A	Hannah Rogerson	11.51	
VP Glasgow A	Ella Sharp	11.69	
600m B String			Under 11 Girls
Ayr Seaforth A	Jenna Beswick	2:01.33	
VP Glasgow A	Zoe Wilson	2:04.19	
Edinburgh A	Connie Roxburgh	2:07.76	
North Ayr A	Clare McLaughlin	2:08.53	
Airdrie A	Eve Crawford	2:13.02	
Giffnock North A	Georgia Gray	2:15.89	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
Standing Long Jump B String			Under 11 Girls
Ayr Seaforth A	Abbie Chilton	1.90	
Edinburgh A	Connie Roxburgh	1.80	
Giffnock North A	Eliza Turner	1.68	
North Ayr A	Hannah Rogerson	1.54	
Airdrie A	Toni Ronald	1.50	
VP Glasgow A	Ella Sharp	1.38	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
Under 13 Girls			
60m			Under 13 Girls
Giffnock North A	Lara Sturgeon	8.60	
Edinburgh A	Susanne Anderson	8.78	
VP Glasgow A	Skye Turner	8.91	
Central AC A	Katie Burr	9.14	
East Lothian A	Laura Buchan	9.43	
Central AC B	Bryony Smith	9.51	
800m			Under 13 Girls
Edinburgh A	Emma Johnson	2:25.21	
Central AC A	Amy Kirkpatrick	2:26.40	
VP Glasgow A	Nicola Fletcher	2:37.83	
Central AC B	Grace Tindall	2:42.32	
Giffnock North A	Rebecca Anderson	2:46.11	
East Lothian A	Evie Welsh	2:51.06	
60m Hurdles			Under 13 Girls
Central AC A	Coirlidh Cook	10.40	
East Lothian A	Joanne Welch	10.52	
Giffnock North A	Iona Denholm	10.81	
Edinburgh A	Ruby Renton	11.16	
VP Glasgow A	Catriona Scott	11.21	
Central AC B	Amy Fauce-Smith	11.82	
200m			Under 13 Girls
Giffnock North A	Niamh Smith	27.43	
East Lothian A	Grace Brennan	28.67	
Edinburgh A	Susanne Anderson	28.84	
VP Glasgow A	Skye Turner	29.02	
Central AC A	Amy Kirkpatrick	29.20	
Central AC B	Bryony Smith	32.63	
High Jump			Under 13 Girls
VP Glasgow A	Abbey Orr	1.45	
East Lothian A	Joanne Welch	1.30	
Edinburgh A	Esther Watson	1.30	
Giffnock North A	Olivia Dykes	1.25	
Central AC A	Molly Cornes	1.25	
Central AC B	Naomi Howlieson	1.20	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
Long Jump			Under 13 Girls
Giffnock North A	Alyson Bell	4.75	<i>SAIL Record</i>
Edinburgh A	Rebecca Grieve	4.27	
VP Glasgow A	Holly Kirkwood	4.23	
Central AC A	Katie Burr	4.18	
East Lothian A	Grace Brennan	4.00	
Central AC B	Amy Faunce-Smith	3.76	
Shot Putt			Under 13 Girls
Giffnock North A	Jennifer Dallas	9.28	
Edinburgh A	Claudia Priess	8.21	
East Lothian A	Joanne Welch	7.55	
Central AC A	Katie Burr	7.00	
VP Glasgow A	Emma Williams	6.76	
Central AC B	Grace Tindall	6.62	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
Under 15 Girls			
60m			Under 15 Girls
Edinburgh A	Christabel Antwi	8.25	
Central AC B	Shona McLay	8.36	
Central AC A	Abby Davison	8.37	
Giffnock North A	Freya Cowan	8.50	
Livingston A	Rebecca Calder	8.74	
Whitemoss A	Lucy Wroe	8.95	
800m			Under 15 Girls
Central AC B	Ciorstaidh Ainsworth	2:23.99	
Central AC A	Skye Henderson	2:26.37	
Livingston A	Isla Calvert	2:28.37	
Edinburgh A	Lucia Montgomery	2:30.79	
Whitemoss A	Jenna Morton	2:33.16	
Giffnock North A	Orla Lang	2:38.47	
60m Hurdles			Under 15 Girls
Central AC A	Katie Sharkey	9.43	
Central AC B	Briagha Cook	9.53	
Edinburgh A	Ellie O'Hara	9.67	
Giffnock North A	Megan Baillie	10.61	
Livingston A	Rachel Gibb	10.90	
Whitemoss A	Niamh Gillies	11.80	
200m			Under 15 Girls
Central AC A	Abby Davison	26.78	
Giffnock North A	Eva Blues	26.83	
Livingston A	Rebecca Calder	27.59	
Edinburgh A	Niamh Edgar	27.63	
Central AC B	Shona McLay	27.65	
300m			Under 15 Girls
Livingston A	Iona McDonald	43.17	
Giffnock North A	Eve Denholm	43.65	
Edinburgh A	Alice Goodall	43.68	
Central AC A	Elizabeth Thompson	45.52	
Central AC B	Ava Smith	46.64	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
High Jump			Under 15 Girls
Giffnock North A	Emma Barbour	1.62	
Edinburgh A	Niahm Edgar	1.50	
Central AC A	Lucy Davison	1.47	
Central AC B	Ava Smith	1.40	
Livingston A	Rachel Gibb	1.35	
Whitemoss A	Katie MacGibbon	1.30	
Long jump			Under 15 Girls
Central AC A	Lucy Davison	5.07	
Central AC B	Briagha Cook	4.93	
Giffnock North A	Eve Denholm	4.83	
Edinburgh A	Ellie O'Hara	4.58	
Livingston A	Rebecca Calder	4.49	
Whitemoss A	Jenna Morton	4.25	
Shot Putt			Under 15 Girls
Central AC A	Lucy Davison	10.58	
Giffnock North A	Ellie Lonergan Black	9.30	
Edinburgh A	Lily McQueenie	8.99	
Whitemoss A	Lucy Wroe	8.39	
Central AC B	Shona Harrower	8.10	
Livingston A	Rachel Gibb	7.55	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
Under 17 Women			
60m			Under 17 Women
Giffnock North A	Amy Donaghy	7.96	
Edinburgh A	Sarah Malone	8.02	
Falkirk VH A	Lauren Ten Mills	8.17	
VP Glasgow A	Robyn Taylor	8.19	
Central AC A	Laura McKenzie	8.64	
Whitemoss A	Neeve Brown	8.69	
800m			Under 17 Women
Falkirk VH A	Olivia Vareille	2:21.18	
Edinburgh A	Carolyn Cameron	2:22.63	
Central AC A	Kate Gallagher	2:23.02	
VP Glasgow A	Adrienne Murray	2:24.09	
Giffnock North A	Charlotte McKenna	2:33.13	
60m Hurdles			Under 17 Women
VP Glasgow A	Jade Henry	8.78	<i>SAIL Record</i>
Central AC A	Jessica Cleland	9.24	
Edinburgh A	Rachel Fergusson	9.58	
Giffnock North A	Freya Menzies	9.61	
Falkirk VH A	Katie Jackson	10.09	
200m			Under 17 Women
Giffnock North A	Sophie Haldane	25.66	<i>SAIL Record</i>
Edinburgh A	Sarah Malone	26.01	
VP Glasgow A	Robyn Taylor	26.50	
Central AC A	Anna Cameron	26.86	
Falkirk VH A	Katy McGonigal	27.78	
Whitemoss A	Ellis Reston	29.07	
300m			Under 17 Women
Central AC A	Catriona Laing	41.29	
VP Glasgow A	Nicola Brechany	41.56	
Giffnock North A	Rhea Campbell	42.67	
Edinburgh A	Julia Laughland	43.93	
Falkirk VH A	Anna Leishman	44.21	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
High Jump			Under 17 Women
Edinburgh A	Julia Rambukana	1.60	
Giffnock North A	Catriona Reid	1.55	
VP Glasgow A	Holly Little	1.45	
Central AC A	Laura McKenzie	1.40	
Falkirk VH A	Kirsty Snaddon	1.40	
Long Jump			Under 17 Women
Giffnock North A	Megan Busby	5.39	
Falkirk VH A	Lauren Ten Mills	5.17	
VP Glasgow A	Emma Scott	4.93	
Central AC A	Anna Cameron	4.83	
Edinburgh A	Anna Wynn	4.65	
Whitemoss A	Ellis Reston	3.54	
Triple Jump			Under 17 Women
Falkirk VH A	Kirsty Snaddon	10.38	
VP Glasgow A	Robyn Taylor	9.71	
Edinburgh A	Bea Rimeirsma	9.32	
Central AC A	Laura McKenzie	9.21	
Shot Putt			Under 17 Women
Giffnock North A	Lorna Begg	9.81	
Falkirk VH A	Abby Gifford	9.53	
Central AC A	Rachael Methven	9.32	
Edinburgh A	Fiyin Fakunle	8.83	
Whitemoss A	Kirstin Donnachie	7.24	
VP Glasgow A	Amy Bissett	7.00	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
Under 20 Women			
60m			
			Under 20 Women
Kilbarchan A	Stephanie Lamb	8.24	
Central AC A	Emily Watson	8.31	
VP Glasgow A	Sharon Jakisa	8.31	
Giffnock North A	Niamh Grahame	8.31	
Dundee Hawkhill	Katie Patullo	8.51	
800m			
			Under 20 Women
Dundee Hawkhill	Eilidh Reynolds	2:28.59	
Central AC A	Eleanor Hanson	2:49.46	
60m Hurdles			
			Under 20 Women
Dundee Hawkhill	Katie Patullo	9.06	<i>SAIL Record</i>
Kilbarchan A	Erin Campbell	9.57	
VP Glasgow A	Sophie Coghill	10.06	
Central AC A	Emily Batchelor	11.45	
200m			
			Under 20 Women
Whitemoss A	Sarah Bassett	26.75	
Kilbarchan A	Stephanie Lamb	27.18	
Dundee Hawkhill	Eilidh Reynolds	27.36	
Central AC A	Emily Watson	27.63	
VP Glasgow A	Bethany Buchanan	28.28	
400m			
			Under 20 Women
Giffnock North A	Niamh Grahame	58.36	
VP Glasgow A	Bethany Buchanan	1:05.64	
Dundee Hawkhill	Kirsty Reynolds	1:05.87	
Central AC A	Emma Boyle	1:07.72	
Kilbarchan A	Mia Shepherd	1:13.93	
High Jump			
			Under 20 Women
Kilbarchan A	Ellie Fulton	1.65	
Dundee Hawkhill	Katie Patullo	1.55	
Central AC A	Emily Batchelor	1.35	
Long Jump			
			Under 20 Women
Whitemoss A	Sarah Bassett	5.02	
Kilbarchan A	Shona Ross	4.76	
Central AC A	Emma Boyle	4.48	
VP Glasgow A	Eloise Speirs	4.45	
Dundee Hawkhill	Kirsty Reynolds	4.12	

Results FINAL and RELAYS

Club	Athlete	Performance	Points
Triple Jump			Under 20 Women
Kilbarchan A	Ellie Fulton	10.64	
Central AC A	Emily Batchelor	10.31	
VP Glasgow A	Eloise Speirs	8.71	
Dundee Hawkhill	Kirsty Reynolds	8.60	
Shot Putt			Under 20 Women
Kilbarchan A	Ellie Fulton	9.75	
Central AC A	Emily Batchelor	7.86	
VP Glasgow A	Sophie Coghill	6.37	
Giffnock North A	Iona Menzies	5.93	
Dundee Hawkhill	Eilidh Reynolds	4.98	

COMMONWEALTH ARENA SAIL RELAYS

2015-16

20th March 2016

six fastest heat times 4

		Position		Club	Time		
U11 Girls	Heat 1 12:00	1	1	Ayr Seaforth A	2:09.64	Q lane 4	SAIL Record
		2	6	Giffnock North A	2:13.88	Q lane 5	
		3	51	Airdrie A	2:19.61	Q lane 6	
		4	9	Cumbernauld A	2:19.69	Q lane 2	
Heat 2 12:05	1	64	Falkirk VH A	2:19.04	Q lane 3		
	2	78	Law & District A	2:22.79			
	3	7	Giffnock North B	2:27.61			
	4	69	Kilbarchan A	2:30.16			
	5	62	North Ayr A	2:32.43			
Heat 3 12:10	1	18	VP Glasgow A	2:22.40	Q lane 1		
	2	106	Giffnock C	2:24.48			
	3	20	Whitemoss A	2:25.12			
	4	16	Shettleston A	2:26.76			
	5	52	Airdrie B	2:28.36			
		21	Whitemoss B	DNF			
U13 Girls	Heat 1 12:15	1	56	Edinburgh A	1:58.20	Q lane 5	
		2	53	Central A	2:01.75		
		3	51	Airdrie A	2:04.12		
		4	1	Ayr Seaforth A	2:14.83		
		5	10	Cumbernauld B	2:19.82		
		6	79	Law & District B	2:20.65		
Heat 2 12:20	1	6	Giffnock North A	1:51.98	Q lane 4	New SAIL and Scottish record	
	2	64	Falkirk VH A	2:00.39	Q lane 6		
	3	5	East Lothian A	2:01.60	Q lane 1		
	4	58	Garscube A	2:12.84			
	5	19	VP Glasgow B	2:13.75			
	6	69	Kilbarchan A	2:20.06			
Heat 3 12:24	1	18	VP Glasgow A	2:01.55	Q lane 2		
	2	7	Giffnock North B	2:05.02			
	3	78	Law & District A	2:07.82			
	4	16	Shettleston A	2:08.85			
	5	24	Livingston A	2:10.34			
	6	21	Whitemoss B	2:10.89			
Heat 4 12:29	1	9	Cumbernauld A	2:00.28	Q lane 3		
	2	62	North Ayr A	2:09.16			
	3	22	Motherwell A	2:09.23			
	4	20	Whitemoss A	2:09.48			
	54	Central B	DNF				
Heat 5 12:34	1	106	Giffnock North C	2:05.68			
	2	52	Airdrie B	2:15.81			
	3	153	Central C	2:17.23			
	4	120	Whitemoss C	2:25.21			
U15 Girls	Heat 1	1	51	Airdrie A	1:52.41	Q lane 3	
		2	7	Giffnock North B	1:55.24	Q lane 1	
		3	58	Garscube A	1:57.96		
		4	2	Ayr Seaforth B	1:58.20		
		5	64	Falkirk VH A	2:01.03		
		57	Edinburgh B	DNF			

COMMONWEALTH ARENA SAIL RELAYS

2015-16

20th March 2016

six fastest heat times 4

		Position	Club	Time		
Heat 2	1	78	Law & District A	1:57.07		
	2	20	Whitemoss A	1:57.66		
	3	52	Airdrie B	1:58.70		
	4	71	Kilbarchan B	2:03.15		
	5	86	North Ayr B	2:12.21		
			64	Falkirk VH A	DQ	
Heat 3	1	6	Giffnock North A	1:50.66	Q lane 5	
	2	1	Ayr Seaforth A	1:55.89		
	3	54	Central B	1:56.34		
	4	79	Law & District B	no time recorded		
			19	VP Glasgow B	DQ	
			16	Shettleston A	DNS	
Heat 4	1	53	Central A	1:49.11	Q lane 4	
	2	56	Edinburgh A	1:53.87	Q lane 2	
	3	79	Law & District B	1:56.32		
			7	Giffnock North B	DNF	
			22	Central C	DNF	
Heat 5	1	24	Livingston A	1:53.71	Q lane 6	
	2	21	Whitemoss B	2:00.64		
	3	62	North Ayr A	2:01.41		
	4	69	Kilbarchan A	2:02.32		
	5	153	Central C	2:05.63		
U17 Women Heat 1	1	6	Giffnock North A	1:46.21	Q lane 4	
	2	69	Kilbarchan A	1:52.22		
	3	78	Law & District A	1:54.12		
	4	19	VP Glasgow B	1:54.13		
	5	62	North Ayr A	2:01.40		
Heat 2	1	18	VP Glasgow A	1:46.96	Q lane 3	
	2	7	Giffnock North B	1:50.11	Q lane 2	
	3	51	Airdrie A	1:50.20	Q lane 1	
	4	24	Livingston A	1:50.96		
	5	64	Falkirk VH A	1:51.11		
		2	Ayr Seaforth B	DNS		
Heat 3	1	53	Central A	1:46.26	Q lane 5	
	2	56	Edinburgh A	1:48.28	Q lane 6	
	3	1	Ayr Seaforth A	1:50.38		
	4	52	Airdrie B	1:53.30		
	5	79	Law & District B	2:03.24		
		20	Whitemoss A	DNS		
U20 Women	straight final - see below					
U11 Boys Heat 1	1	51	Airdrie A	2:13.85	Q lane 3	
	2	1	Ayr Seaforth A	2:17.98		
	3	53	Central A	2:19.31		
			10	Cumbernauld B	DNS	
			56	Edinburgh A	DNS	
Heat 2	1	6	Giffnock North A	2:13.59	Q lane 5	
	2	5	East Lothian A	2:14.78	Q lane 6	
	3	78	Law & District A	2:17.87	Q lane 1	
	4	106	Giffnock North C	2:17.92	withdrawn from final	
	5	69	Kilbarchan A	2:25.02		

COMMONWEALTH ARENA SAIL RELAYS

2015-16

20th March 2016

six fastest heat times 4

		Position	Club	Time		
Heat 3	1	7	Giffnock North B	2:13.01	Q lane 4	
	2	64	Falkirk VH A	2:16.45	Q lane 2	
	3	16	Shettleston A	2:21.63		
	4	107	Giffnock North C	2:23.03		
	5	20	Whitemoss A	2:23.84		
	6	18	VP Glasgow A	2:28.35		
U13 Boys Heat 1	1	7	Giffnock North B	2:00.50	Q lane 3	
	2	16	Shettleston A	2:00.73	withdrawn	
	3	69	Kilbarchan A	2:06.98		
	4	58	Garscube A	2:08.95		
		62	North Ayr A	DNS		
		78	Law & District A	DNS		
Heat 2	1	53	Central A	2:00.81	Q lane 2	withdrawn from final
	2	64	Falkirk VH A	2:05.89		
	3	51	Airdrie A	2:06.36		
	4	19	VP Glasgow B	2:13.46		
	5	10	Cumbernauld B	2:20.46		
		21	Whitemoss B	DNS		
Heat 3	1	56	Edinburgh A	1:53.69	Q lane 4	New SAIL record
	2	6	Giffnock North A	1:58.27	Q lane 5	
	3	22	Motherwell A	2:10.01		
	4	24	Livingston A	2:16.34		
	5	20	Whitemoss A	2:24.97		
Heat 4	1	18	VP Glasgow A	2:01.09	Q lane 1	
	2	106	Giffnock North C	2:04.48	Q lane 6	
	3	78	Law & District A	2:05.35		
	4	9	Cumbernauld A	2:08.67		
	5	54	Central B	2:10.69		
U15 Boys Heat 1	1	57	Edinburgh B	1:41.87	Q lane 4	
	2	18	VP Glasgow A	1:45.81	Q lane 5	
	3	54	Central B	1:52.14		
	4	7	Giffnock North B	1:54.09		
	5	24	Livingston A	1:54.20		
		1	Ayr Seaforth A	DNS		
Heat 2	1	6	Giffnock North A	1:49.25	Q lane 6	
	2	53	Central A	1:49.47	Q lane 2	
	3	51	Airdrie A	1:53.28		
	4	19	VP Glasgow B	1:53.97		
		16	Shettleston A	DNS		
Heat 3	1	62	North Ayr A	1:47.69	Q lane 3	
	2	64	Falkirk VH A	1:49.69	Q lane 1	
	3	69	Kilbarchan A	1:53.16		
	4	58	Garscube A	2:01.22		
		56	Edinburgh A	DNS		
U17 Men Heat 1	1	56	Edinburgh A	1:35.22	Q lane 4	
	2	6	Giffnock North A	1:35.52	Q lane 5	
	3	1	Ayr Seaforth A	1:38.47	Q lane 2	
	4	7	Giffnock North B	1:40.26		
	5	24	Livingston A	1:42.42		
	6	16	Shettleston A	1:51.37		

COMMONWEALTH ARENA SAIL RELAYS

2015-16

20th March 2016

six fastest heat times 4

Heat 2	Position		Club	Time	
	1	53	Central A	1:37.11	Q lane 3
	2	78	Law & District A	1:37.22	Q lane 6
	3	18	VP Glasgow A	1:39.20	Q lane 1
		58	DNF		

U20 Men straight final - see below

U11 Girls	FINAL	1	1	Ayr Seaforth A	2:10.49	
				<i>Erin Ramsey, Jenna Beswick, Amy McCann, Libby White</i>		
		2	64	Falkirk VH A	2:18.95	
		3	9	Cumbernauld A	2:19.57	
		4	18	VP Glasgow A	2:23.42	
		5	6	Giffnock North A	DQ rule 112.1	112.1 lane infringement
		6	51	Airdrie A	DQ rule 118.1	118.1 baton passed outside zone

U13 Girls	FINAL	1	6	Giffnock North A	1:52.54	
				<i>Alyson Bell, Niamh Smith, Mary Rose Cairns, Lara Sturgeon</i>		
		2	56	Edinburgh A	1:58.75	
		3	64	Falkirk VH A	1:59.72	
		4	9	Cumbernauld A	2:02.41	
		5	5	East Lothian A	2:02.42	
		6	18	VP Glasgow A	2:03.02	

U15 Girls	FINAL	1	53	Central A	1:48.93	
				<i>Abby Davison, Katie Sharkey, Briagha Cook, Shona McLay</i>		
		2	6	Giffnock North A	1:49.99	
		3	24	Livingston A	1:52.60	
		4	56	Edinburgh A	1:52.84	
		5	51	Airdrie A	1:54.49	
		6	7	Giffnock North B	1:55.21	

U17 Women	FINAL	1	6	Giffnock North A	1:43.94	New SAIL and Scottish record
				<i>Amy Donaghy, Sophie Haldane, Rochelle Moukala, Freya Menzies</i>		
		2	53	Central A	1:44.26	
		3	18	VP Glasgow A	1:46.13	
		4	56	Edinburgh A	1:46.45	
		5	51	Airdrie A	1:50.25	
		6	7	Giffnock North B	1:50.57	

U20 Women	FINAL	1	1	Ayr Seaforth A	1:48.93	
				<i>Aimee McGinley, Rebecca Campbell, Louise Murray, Georgia Brawley</i>		
		2				
		3				

U11 Boys	FINAL	1	51	Airdrie A	2:11.68	
				<i>Brodie Wright, Josh Scott, Callum Oliphant, James Robb</i>		
		2	6	Giffnock North A	2:13.57	
		3	7	Giffnock North B	2:14.31	
		4	64	Falkirk VH A	2:16.24	
		5	5	East Lothian A	2:17.29	
		6				

U13 Boys	FINAL	1	56	Edinburgh A	1:54.30	
				<i>Alex Poustie-Williamson, Oliver Robertson, Toluwal Okpaje, Cameron Forbes</i>		
		2	6	Giffnock North A	1:59.28	
		3	18	VP Glasgow A	1:59.79	
		4	7	Giffnock North B	2:00.69	
		5	106	Giffnock North C	2:05.33	

COMMONWEALTH ARENA SAIL RELAYS

2015-16

20th March 2016

six fastest heat times 4

		Position		Club	Time
U15 Boys	FINAL	1	56	Edinburgh A	1:43.03
				<i>Berachia Ajala, Sean Steadman, Calum Newby, Max Leslie</i>	
		2	18	VP Glasgow A	1:46.00
		3	62	North Ayr A	1:48.62
		4	64	Falkirk VH A	1:49.27
		5	6	Giffnock North A	1:50.46
		6	53	Central A	1:51.66

U17 Men	FINAL	1	56	Edinburgh A	1:34.57
				<i>Ken Fairbrother, Calum Kettley, Calum Henderson, Stuart Drummond</i>	
		2	53	Central A	1:35.68
		3	78	Law & District A	1:36.57
		4	1	Ayr Seaforth A	1:37.37
		5	18	VP Glasgow A	1:39.38
			6	Giffnock North A	DQ

U20 Men	FINAL	1	18	VP Glasgow A	1:35.84
				<i>no athletes declared</i>	
		2	56	Edinburgh A	1:36.05
		3	53	Central A	1:39.48

Records and Graded Performances

English Athletics grades published for 2015-16

Age Group	Event	Club	AthleteName	Performance	G1	G2
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English Athletics Grade 1

Under 13 Boys	800m	Giffnock North A	Harris Paterson	2:21.49	141.5	145.5
Under 13 Girls	200m	Giffnock North A	Niamh Smith	27.43	28.4	28.9
Under 13 Girls	800m	Central AC A	Amy Kirkpatrick	2:26.40	149.0	151.8
Under 13 Girls	800m	Edinburgh A	Emma Johnson	2:25.21	149.0	151.8
Under 13 Girls	High Jump	VP Glasgow A	Abbey Orr	1.45	1.41	1.36
Under 13 Girls	Long Jump	Giffnock North A	Alyson Bell	4.75	4.50	4.35
Under 13 Girls	Shot Putt	Giffnock North A	Jennifer Dallas	9.28	8.45	7.80
Under 15 Boys	200m	VP Glasgow A	Jamie Stevenson	23.69	23.9	24.3
Under 15 Girls	High Jump	Giffnock North A	Emma Barbour	1.62	1.57	1.53
Under 15 Girls	Long jump	Central AC A	Lucy Davison	5.07	5.05	4.90
Under 17 Women	300m	Central AC A	Catriona Laing	41.29	41.4	42.1
Under 17 Women	60m Hurdles	VP Glasgow A	Jade Henry	8.78	8.95	9.20
Under 17 Women	Long Jump	Giffnock North A	Megan Busby	5.39	5.35	5.25

English Athletics Grade 2

Under 13 Boys	200m	Edinburgh A	Alex Poustie-Williamson	26.88	26.8	27.3
Under 13 Boys	60m Hurdles	Edinburgh A	Cameron Forbes	10.21	10.20	10.65
Under 13 Boys	60m Hurdles	VP Glasgow A	Ben Chatham	10.39	10.20	10.65
Under 13 Boys	High Jump	Edinburgh A	Cameron Forbes	1.40	1.45	1.40

Age Group	Event	Club	AthleteName	Performance	G1	G2
Under 13 Boys	High Jump	VP Glasgow A	Connor McNally	1.40	1.45	1.40
Under 13 Boys	Long Jump	VP Glasgow A	Ben Chatham	4.69	4.70	4.55
Under 13 Girls	200m	East Lothian A	Grace Brennan	28.67	28.4	28.9
Under 13 Girls	200m	Edinburgh A	Susanne Anderson	28.84	28.4	28.9
Under 13 Girls	60m	Giffnock North A	Lara Sturgeon	8.60	8.55	8.70
Under 13 Girls	Shot Putt	Edinburgh A	Claudia Priess	8.21	8.45	7.80
Under 15 Boys	200m	Edinburgh A	Max Leslie	24.26	23.9	24.3
Under 15 Boys	400m	Cumbernauld A	Gary McPake	53.89	53.8	55.2
Under 15 Boys	60m	VP Glasgow A	Jamie Stevenson	7.51	7.50	7.65
Under 15 Boys	800m	Cumbernauld A	Alasdair McMonagle	2:10.00	126.5	130.0
Under 15 Boys	High Jump	Cumbernauld A	Jamie Tobin	1.65	1.70	1.65
Under 15 Boys	Long Jump	Edinburgh A	Max Leslie	5.53	5.70	5.50
Under 15 Girls	300m	Livingston A	Iona McDonald	43.17	42.6	43.5
Under 15 Girls	60m	Edinburgh A	Christabel Antwi	8.25	8.15	8.30
Under 15 Girls	60m Hurdles	Central AC A	Katie Sharkey	9.43	9.40	9.50
Under 15 Girls	Long jump	Central AC B	Briagha Cook	4.93	5.05	4.90
Under 15 Girls	Shot Putt	Central AC A	Lucy Davison	10.58	10.60	9.85
Under 17 Men	200m	Central AC A	John MacLennan	22.92	22.6	23.0
Under 17 Men	60m	Central AC A	John MacLennan	7.24	7.20	7.30
Under 17 Men	800m	Edinburgh B	Sam Brown	1:58.65	117.0	119.5
Under 17 Men	Long Jump	Edinburgh A	Calum Henderson	6.28	6.30	6.10
Under 17 Men	Long Jump	Whitemoss A	Sean Gallacher	6.29	6.30	6.10
Under 17 Men	Shot Putt	VP Glasgow A	Andrew Peck	12.82	13.60	12.75

Age Group	Event	Club	AthleteName	Performance	G1	G2
Under 17 Women	200m	Giffnock North A	Sophie Haldane	25.66	25.4	25.7
Under 17 Women	300m	VP Glasgow A	Nicola Brechany	41.56	41.4	42.1
Under 17 Women	60m	Giffnock North A	Amy Donaghy	7.96	7.90	8.00
Under 17 Women	High Jump	Edinburgh A	Julia Rambukana	1.60	1.65	1.60
Under 20 Men	400m	Cumbernauld A	Lewis Brown	49.95	49.3	50.1

New SAIL League Records

Age Group	Event	Club	AthleteName	Performance
Under 11 Boys	60m A String	Dundee Hawkhill	Lucas Goff	8.93
Under 11 Girls	60m A String	Edinburgh A	Isla Stewart	9.05
Under 13 Boys	800m	Giffnock North A	Harris Paterson	2:21.49
Under 13 Girls	Long Jump	Giffnock North A	Alyson Bell	4.75
Under 15 Boys	200m	VP Glasgow A	Jamie Stevenson	23.69
Under 17 Women	200m	Giffnock North A	Sophie Haldane	25.66
Under 17 Women	60m Hurdles	VP Glasgow A	Jade Henry	8.78
Under 20 Women	60m Hurdles	Dundee Hawkhill	Katie Patullo	9.06

Top Performers

First place = 1 point - ordered by ascending points per event (min 3 events)

3 events, 3 points = 3 wins. 3 events, 4 points = 2 wins and 1 2nd place, etc...

Under 13 Boys

Events	Points	Athlete	Club
3	7	Ben Chatham	VP Glasgow A

Under 13 Girls

Events	Points	Athlete	Club
3	7	Joanne Welch	East Lothian A

Under 15 Boys

Events	Points	Athlete	Club
3	5	Max Leslie	Edinburgh A

Under 15 Girls

Events	Points	Athlete	Club
3	5	Lucy Davison	Central AC A

Under 17 Men

Events	Points	Athlete	Club
3	8	Ethan Dear	Giffnock North A

Under 17 Women

Events	Points	Athlete	Club
3	9	Robyn Taylor	VP Glasgow A

Under 20 Men

Events	Points	Athlete	Club
3	7	David Wilson	VP Glasgow A

Under 20 Women

Events	Points	Athlete	Club
3	3	Ellie Fulton	Kilbarchan A
3	8	Katie Patullo	Dundee Hawkhill
4	11	Emily Batchelor	Central AC A
3	9	Eilidh Reynolds	Dundee Hawkhill