

COMMONWEALTH ARENA SAIL RELAYS

2016-17

26th March 2017

six fastest heat times go into final, seeded lanes as follows: 1st - lane 4, 2nd - lane 5, 3rd - lane 3, 4th - lane 6, 5th - lane 2, 6th - lane 1

		Position		Club	Time	
U11 Girls	Heat 1 12:00	1	51	Airdrie A	2:11.02	Q1 - lane 4 in final
		2	82	Dunfermline A	2:14.01	Q2 - lane 5 in final
		3	6	Giffnock North A	2:14.60	Q3 - lane 3 in final
		4	2	Ayr Seaforth B	2:25.51	
		5	69	Kilbarchan B	2:32.16	
	Heat 2 12:05	1	62	North Ayr A	2:16.62	Q5 - lane 2 in final
		2	78	Law & District A	2:19.82	
		3	7	Giffnock North B	2:19.93	
		4	20	Whitemoss A	2:32.30	
	Heat 3 12:10	1	18	VP Glasgow A	2:15.19	Q4 - lane 6 in final
		2	68	Kilbarchan A	2:19.53	Q6 - lane 1 in final
		3	56	Edinburgh AC A	2:20.82	
		4	1	Ayr Seaforth A	2:21.74	
		5	81	Livingston B	2:25.19	
		6	52	Airdrie B	2:27.72	
U13 Girls	Heat 1 12:15	1	56	Edinburgh AC A	1:57.24	Q - lane 5 in final
		2	7	Giffnock North B	2:03.02	
		3	3	Clydesdale A	2:05.94	
		4	68	Kilbarchan A	2:07.12	
		5	81	Livingston B	2:11.23	
	Heat 2 12:20	1	18	VP Glasgow A	1:57.19	Q - lane 4 in final
		2	2	Ayr Seaforth B	2:02.13	Q - lane 2 in final
		3	51	Airdrie A	2:14.87	
		4	21	Whitemoss B	2:15.59	
	Heat 3 12:24	1	6	Giffnock North A	1:59.55	Q - lane 3 in final
		2	62	North Ayr A	2:02.86	Q - lane 1 in final
		3	79	Livingston A	2:07.46	
		4	22	Motherwell A	2:11.24	
		5	11	Helensburgh A	2:17.36	
	Heat 4 12:29	1	1	Ayr Seaforth A	2:01.57	Q - lane 6 in final
2		20	Whitemoss A	2:05.51		
3		69	Kilbarchan B	2:23.90		
U15 Girls	Heat 1	1	6	Giffnock North A	1:48.83	Q - lane 5 in final
		2	55	Dundee Hawkhill A	1:53.94	
		3	20	Whitemoss A	1:57.31	
		4	52	Airdrie B	2:01.79	
		5	69	Kilbarchan B	2:06.39	
		6	12	Helensburgh B	2:10.53	

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		Position		Club	Time	
Heat 2	1	56		Edinburgh AC A	1:48.31	Q - lane 4 in final
	2	7		Giffnock North B	1:49.97	Q - lane 3 in final
	3	18		VP Glasgow A	1:50.27	Q - lane 6 in final
	4	51		Airdrie A	1:52.53	Q - lane 1 in final
	5	59		Dundee Hawkhill B	2:03.55	
	6	21		Whitemoss B	2:05.08	
Heat 3	1	5		East Lothian A	1:51.81	Q - lane 2 in final
	2	9		Cumbernauld A	1:53.60	
	3	68		Kilbarchan A	1:59.80	
	4	62		North Ayr A	2:01.96	
	5	11		Helensburgh A	2:02.76	
	6	79		Livingston A	DNF	
U17 Women Heat 1	1	18		VP Glasgow A	1:46.19	Q - lane 5 in final
	2	79		Livingston A	1:50.86	Q - lane 2 in final
	3	7		Giffnock North B	1:52.93	
	4	68		Kilbarchan A	1:55.30	
Heat 2	1	6		Giffnock North A	1:46.17	Q - lane 4 in final
	2	56		Edinburgh AC A	1:47.41	Q - lane 3 in final
	3	55		Dundee Hawkhill A	1:50.32	Q - lane 6 in final
	4	19		VP Glasgow B	1:57.69	
Heat 3	1	51		Airdrie A	1:52.60	Q - lane 1 in final
	2	76		Lasswade A	1:59.02	
	3	20		Whitemoss A	1:59.11	composite team
	4	81		Livingston B	1:59.40	
	5	62		North Ayr A	1:59.64	
U20 Women	straight final - see below					
U11 Boys Heat 1	1	6		Giffnock North A	2:07.80	Q - lane 4 in final
	2	11		Helensburgh A	2:10.27	Q - lane 5 in final
	3	68		Kilbarchan A	2:21.54	
	4	2		Ayr Seaforth B	2:29.27	
Heat 2	1	51		Airdrie A	2:10.71	Q - lane 3 in final
	2	7		Giffnock North B	2:13.88	Q - lane 6 in final
	3	1		Ayr Seaforth A	2:18.46	Q - lane 2 in final
	4	62		North Ayr A	2:18.94	Q - lane 1 in final
	5	18		VP Glasgow A	2:21.12	
U13 Boys Heat 1	1	51		Airdrie A	2:02.58	Q - lane 2 in final
	2	53		Central AC A	2:10.43	

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	Position		Club	Time
	3	20	Whitemoss A	2:14.04
	4	12	Helensburgh B	2:14.34
	5	2	Ayr Seaforth B	2:17.18

Heat 2	1	6	Giffnock North A	1:57.06	Q - lane 4 in final
	2	76	Lasswade A	1:57.53	Q - lane 5 in final
	3	18	VP Glasgow A	1:57.80	Q - lane 3 in final
	4	55	Dundee Hawkhill A	2:05.19	Q - lane 1 in final

Heat 3	1	7	Giffnock North B	2:01.24	Q - lane 6 in final
	2	11	Helensburgh A	2:07.39	
	3	68	Kilbarchan A	2:07.58	
	4	79	Livingston A	2:09.82	
	5	1	Ayr Seaforth A	2:10.22	

U15 Boys	Heat 1	1	6	Giffnock North A	1:44.67	Q - lane 4 in final
		2	55	Dundee Hawkhill A	1:51.70	Q - lane 1 in final
		3	11	Helensburgh A	1:54.26	
		4	1	Ayr Seaforth A	1:56.14	

	Heat 2	1	18	VP Glasgow A	1:47.73	Q - lane 5 in final
		2	56	Edinburgh AC A	1:49.13	Q - lane 3 in final
		3	62	North Ayr A	1:49.64	Q - lane 6 in final
		4	7	Giffnock North B	1:50.11	Q - lane 2 in final
		5	79	Livingston A	1:53.94	
		6	68	Kilbarchan A	2:00.93	

U17 Men	Heat 1	1	6	Giffnock North A	1:34.09	Q - lane 4 in final
		2	56	Edinburgh AC A	1:35.89	Q - lane 5 in final
		3	79	Livingston A	1:37.67	Q - lane 6 in final
		4	55	Dundee Hawkhill A	1:40.69	
		5	20	Whitemoss A	1:44.58	

	Heat 2	1	53	Central AC A	1:37.21	Q - lane 3 in final
		2	7	Giffnock North B	1:38.88	Q - lane 2 in final
		3	1	Ayr Seaforth A	1:39.30	Q - lane 1 in final
		4	51	Airdrie A	1:39.86	
		5	81	Livingston B	1:50.66	

U20 Men straight final - see below

U11 Girls	FINAL	1	51	Airdrie A	2:12.13
				<i>Eve Crawford, Courtney Fraser, Lucy Dawes, Sophie Frater</i>	
		2	82	Dunfermline A	2:13.70
		3	6	Giffnock North A	2:13.80
		4	18	VP Glasgow A	2:14.59

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Position	Club	Time
5	Kilbarchan A	2:16.79
6	North Ayr A	2:19.79

U13 Girls	FINAL	Position	Club	Time
		1	VP Glasgow A	1:56.46
		<i>Catriona Scott, Holly Kirkwood, Beth Bushell, Evie Greig</i>		
		2	Edinburgh AC A	1:57.55
		3	Giffnock North A	1:59.27
		4	Ayr Seaforth A	2:01.09
		5	Ayr Seaforth B	2:01.74
		6	North Ayr A	2:02.42

U15 Girls	FINAL	Position	Club	Time
		1	Giffnock North A	1:47.93
		<i>Rachel Callen, Rosie McKay, Niamh Smith, Alyson Bell</i>		
		2	Edinburgh AC A	1:48.34
		3	Giffnock North B	1:50.55
		4	VP Glasgow A	1:50.57
		5	Airdrie A	1:53.29
		6	East Lothian A	1:53.75

U17 Women	FINAL	Position	Club	Time
		1	Giffnock North A	1:44.29
		<i>Megan Busby, Rhea Campbell, Rochelle Moukala, Freya Menzies</i>		
		2	Dundee Hawkhill A	1:44.97
		3	VP Glasgow A	1:45.21
		4	Edinburgh AC A	1:45.94
		5	Airdrie A	1:53.78
		6	Livingston A	1:57.11

U20 Women	FINAL	Position	Club	Time
		1	Central AC A	1:50.54
		<i>Catriona Laing, Lucy Mason, Madeleine Woods, Lauren McCulloch</i>		
		2		
		3		

U11 Boys	FINAL	Position	Club	Time
		1	Giffnock North A	2:09.11
		<i>Ellis Nairne, Aodan Brannigan, Ben Hughes, Craig Shennan</i>		
		2	Airdrie A	2:10.99
		3	Helensburgh A	2:11.22
		4	Giffnock North B	2:16.98
		5	North Ayr A	2:17.47
		6	Ayr Seaforth A	2:18.19

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		Position		Club	Time
U13 Boys	FINAL	1	6	Giffnock North A	1:57.27
				<i>Lewis Taylor, Mark McCabe, Matthew McClymont, Mark Chalmers</i>	
		2	76	Lasswade A	1:57.36
		3	18	VP Glasgow A	1:57.78
		4	7	Giffnock North B	1:59.90
		5	51	Airdrie A	2:01.00
		6	55	Dundee Hawkhill A	2:05.90

U15 Boys	FINAL	1	6	Giffnock North A	1:43.66
				<i>Max McHarg, Adam Deverill, Jacob Luc, Fraser Lipp</i>	
		2	18	VP Glasgow A	1:47.90
		3	56	Edinburgh AC A	1:49.37
		4	62	North Ayr A	1:49.94
		5	7	Giffnock North B	1:50.70
		6			

U17 Men	FINAL	1	6	Giffnock North A	1:34.23
				<i>Sam Young, Kyle McLean, Matthew Forbes, Adam Clayton</i>	
		2	56	Edinburgh AC A	1:35.72
		3	53	Central AC A	1:36.98
		4	79	Livingston A	1:38.02
		5	7	Giffnock North B	1:38.76
		6	1	Ayr Seaforth A	1:41.39

U20 Men	FINAL	1	18	VP Glasgow A	1:36.88
				<i>Ewan McArthur, Tim Chan, Adam Brady, David Wilson</i>	
		2	53	Central AC A	1:38.09
		3			



Results Final and Relays

Club	Athlete	Performance	Points
Under 11 Boys			
60m A String			Under 11 Boys
Helensburgh A	Alex Brown	8.84	<i>New SAIL record</i>
Kilbarchan	Caleb Murray	9.38	
Airdrie A	Luke Hamilton	9.55	
Giffnock North A	Ben Hughes	9.59	
North Ayr A	Blair Sutherland	9.80	
Giffnock North B	Ryan Davie	10.15	
600m A String			Under 11 Boys
Giffnock North A	Craig Shennan	1:48.68	<i>New SAIL record</i>
Kilbarchan	Ryan Knights	1:50.31	
Airdrie A	Jude Kerr	1:58.92	
Giffnock North B	Calan Chong	1:59.53	
North Ayr A	Dylan Gee	2:01.70	
Helensburgh A	Matthew Gall	2:03.90	
Standing Long Jump A String			Under 11 Boys
Giffnock North A	Ellis Nairne	1.88	
Helensburgh A	Alex Brown	1.86	
North Ayr A	Dylan Gee	1.84	
Kilbarchan	Caleb Murray	1.78	
Airdrie A	Ben Smillie	1.72	
Giffnock North B	Ryan Davie	1.70	
60m B String			Under 11 Boys
Giffnock North A	Ellis Nairne	9.51	
Helensburgh A	Ewan McCartney	9.53	
Kilbarchan	Robbie Stevenson	9.72	
Giffnock North B	James Mowat	10.04	
Airdrie A	Ashton Young	10.12	
North Ayr A	Jack Bruce	10.22	

Results Final and Relays

Club	Athlete	Performance	Points
600m B String			Under 11 Boys
Kilbarchan	Oliver Patton	1:47.31 <i>New SAIL record</i>	
Giffnock North A	Jack Wallace	1:54.51	
Giffnock North B	Mitchell Scott	2:01.99	
Airdrie A	Ben Smillie	2:02.77	
North Ayr A	Harris McNicol	2:03.79	
Helensburgh A	Gethin Davies	2:04.19	
Standing Long Jump B String			Under 11 Boys
Kilbarchan	Eniola Olatoke	1.94	
Giffnock North B	Aodan Brannigan	1.86	
Helensburgh A	Ewan McCartney	1.72	
Airdrie A	Ben O'Reilly	1.66	
North Ayr A	Jack Bruce	1.64	
Giffnock North A	Ben Hughes	1.58	

Results Final and Relays

Club	Athlete	Performance	Points
Under 13 Boys			
60m			Under 13 Boys
Airdrie A	Bailey Gallagher	8.32	
Falkirk VH A	Neil Sharp	8.39	
VP Glasgow A	Connor McNally	8.47	
Cumbernauld A	Adam Atkinson	8.87	
Central AC A	Curtis Denison	8.93	
Giffnock North A	Mark Chalmers	8.98	
800m			Under 13 Boys
VP Glasgow A	Russell Barnett	2:26.64	
Giffnock North A	Hugh Shiels	2:28.82	
Airdrie A	Jamie Mooney	2:30.93	
Central AC A	Euan Campbell	2:32.51	
Cumbernauld A	Craig Little	2:33.99	
Falkirk VH A	Harris Cant	2:41.85	
60m Hurdles			Under 13 Boys
Giffnock North A	Daniel Martin	10.89	
Cumbernauld A	Euan Wallace	11.10	
Falkirk VH A	Harris Cant	11.33	
Central AC A	Jack Campbell	11.99	
Airdrie A	Fraser Wright	12.01	
VP Glasgow A	Jamie McKeever	12.14	
200m			Under 13 Boys
Airdrie A	Bailey Gallagher	27.15	
Falkirk VH A	Neil Sharp	27.46	
Giffnock North A	Lewis Taylor	28.72	
VP Glasgow A	Adam Kyle	28.90	
Central AC A	Jack Campbell	29.12	
Cumbernauld A	Adam Atkinson	29.88	
High Jump			Under 13 Boys
VP Glasgow A	Connor McNally	1.50	
Falkirk VH A	Sanuel Kane	1.30	
Cumbernauld A	Josh Milne	1.25	
Airdrie A	Jamie Mooney	1.25	
Giffnock North A	Ben Shenken	1.25	
Central AC A	Robb Ferguson	1.20	

Results Final and Relays

Club	Athlete	Performance	Points
Long Jump			Under 13 Boys
Falkirk VH A	Samuel Kane	4.65	
Giffnock North A	Mark McCabe	4.45	
Airdrie A	Jamie Mooney	4.33	
Central AC A	Euan Campbell	4.30	
Cumbernauld A	Craig Little	4.08	
VP Glasgow A	Cameron Weir	3.88	
Shot Putt			Under 13 Boys
Falkirk VH A	Neil Sharp	7.76	
Giffnock North A	Mark McCabe	6.59	
Central AC A	Jack Campbell	6.41	
Airdrie A	Fraser Wright	6.20	
VP Glasgow A	Cameron Weir	5.93	
Cumbernauld A	Callum Hendry	5.75	

Results Final and Relays

Club	Athlete	Performance	Points
Under 15 Boys			
60m			Under 15 Boys
Central AC A	Jack Haughton	7.83	
Whitemoss A	Dean Springett	7.92	
Giffnock North A	Max McHarg	7.93	
Edinburgh AC A	Toby Peters	7.98	
VP Glasgow A	George Harrand	8.08	
Edinburgh AC B	Samuel Okpaje	8.46	
800m			Under 15 Boys
Giffnock North A	Murray Fotheringham	2:00.33	<i>New SAIL record</i>
Central AC A	Lewis Dow	2:06.18	
Edinburgh AC A	Fabian Despinoy	2:11.11	
Whitemoss A	Dean Springett	2:26.68	
Edinburgh AC B	Jay Stewart	2:26.74	
VP Glasgow A	Callum Byrne	2:29.69	
60m Hurdles			Under 15 Boys
Giffnock North A	Murray Fotheringham	9.22	
VP Glasgow A	Adam Cleer	9.74	
Central AC A	Daniel Bruce	10.08	
Edinburgh AC A	Cameron Forbes	10.15	
Edinburgh AC B	Oliver Robertson	11.29	
Whitemoss A	Ross Morgan	17.96	
200m			Under 15 Boys
Giffnock North A	Max McHarg	24.92	
Central AC A	Jack Haughton	24.93	
Edinburgh AC A	Toby Peters	25.10	
Whitemoss A	Kyle McAulay	26.35	
VP Glasgow A	George Harrand	26.70	
Edinburgh AC B	Samuel Okpaje	27.96	
400m			Under 15 Boys
Giffnock North A	Adam Deverill	56.26	
Whitemoss A	Dean Springett	56.67	
Edinburgh AC A	Fabian Despinoy	59.93	
Central AC A	Cameron Blance	61.48	

Results Final and Relays

Club	Athlete	Performance	Points
High Jump			Under 15 Boys
Whitemoss A	Kyle McAulay	1.72	
Giffnock North A	Murray Fotheringham	1.60	
Edinburgh AC A	Toby Peters	1.50	
Central AC A	Daniel Bruce	1.50	
VP Glasgow A	Ben Chatham	1.45	
Edinburgh AC B	Oliver Robertson	1.40	
Long Jump			Under 15 Boys
Whitemoss A	Kyle McAulay	5.54	
Central AC A	Jack Haughton	5.38	
VP Glasgow A	Ben Chatham	5.00	
Edinburgh AC A	Cameron Forbes	4.96	
Giffnock North A	Adam Deverill	4.81	
Edinburgh AC B	Oliver Robertson	4.43	
Shot Putt			Under 15 Boys
Edinburgh AC A	Kasper Lemvig-Allan	11.22	
Central AC A	Aidan Grevemberg	10.36	
Whitemoss A	Ross Morgan	10.20	
Giffnock North A	Fraser Lipp	10.16	
VP Glasgow A	Ben Chatham	7.66	
Edinburgh AC B	Imran Hossain	6.21	

Results Final and Relays

Club	Athlete	Performance	Points
Under 17 Men			
60m			Under 17 Men
Giffnock North A	Adam Clayton	7.11 <i>New SAIL record</i>	
VP Glasgow A	Jamie Stevenson	7.40	
Edinburgh AC A	Max Leslie	7.50	
Central AC A	Euan Smith	7.81	
Edinburgh AC B	Fraser Hutchon	7.82	
Clydesdale A	Nick Allan	8.03	
800m			Under 17 Men
Edinburgh AC A	Fraser Blackie	2:05.40	
Giffnock North A	Ben Shaw	2:07.78	
Edinburgh AC B	Iain Hare	2:11.60	
Clydesdale A	Michael Miller	2:12.00	
VP Glasgow A	Thomas Connolly	2:24.99	
Central AC A	Neil Casserly	3:05.29	
60m Hurdles			Under 17 Men
Central AC A	Matthew Chandler	8.83	
Giffnock North A	Calum Alexander	8.99	
Clydesdale A	Michael Dunn	9.02	
Edinburgh AC A	Berachiah Ajala	9.15	
200m			Under 17 Men
Giffnock North A	Adam Clayton	22.44	
Edinburgh AC A	Max Leslie	23.23	
Central AC A	Neil Casserly	24.44	
Edinburgh AC B	Fraser Hutchon	24.82	
VP Glasgow A	Sean McGraw	24.87	
Clydesdale A	Nick Allan	26.43	
400m			Under 17 Men
Edinburgh AC A	Sean Steadman	54.03	
Clydesdale A	Michael Dunn	54.73	
VP Glasgow A	Liam O'Hear	56.31	
Giffnock North A	Amin Hifi	59.03	

Results Final and Relays

Club	Athlete	Performance	Points
High Jump			Under 17 Men
Central AC A	Matthew Chandler	1.80	
Giffnock North A	Sam Young	1.75	
Clydesdale A	Cairn Wallace	1.70	
VP Glasgow A	Gavin Wilson	1.65	
Edinburgh AC A	Berachia Ajala	1.65	
Edinburgh AC B	Callum Newby	1.50	
Long Jump			Under 17 Men
Central AC A	Matthew Chandler	6.40	
Giffnock North A	Joseph Connelly	6.01	
Clydesdale A	Marcus Beckford Young	5.55	
Edinburgh AC B	Callum Newby	5.55	
Edinburgh AC A	Sean Steadman	5.49	
VP Glasgow A	Liam O'Hear	5.05	
Triple Jump			Under 17 Men
Edinburgh AC A	Berachia Ajala	12.26	
Giffnock North A	Calum Alexander	11.38	
Central AC A	James Isgrove	11.29	
Clydesdale A	Marcus Beckford Young	10.68	
Shot Putt			Under 17 Men
Giffnock North A	Joseph Connelly	14.01	
Edinburgh AC A	Rory Jackson	12.72	
Edinburgh AC B	Cameron Sweeney	10.85	
Central AC A	James Isgrove	9.16	
Clydesdale A	Marcus Beckford Young	7.27	
VP Glasgow A	Thomas Connolly	6.73	

Results Final and Relays

Club	Athlete	Performance	Points
Under 20 Men			
60m			Under 20 Men
Dundee Hawkhill	Michael Tarnawsky	7.41	
Giffnock North A	John Hamilton	7.41	
VP Glasgow A	Ewan McArthur	7.55	
Cumbernauld A	Daniel Winning	7.75	
Central AC A	Kieran Halliday	7.88	
800m			Under 20 Men
Dundee Hawkhill	Callum McCormack	2:07.19	
Cumbernauld A	Hamish Coutts	2:08.95	
Central AC A	Fraser McPherson	2:10.90	
VP Glasgow A	Darren Carruthers	2:26.14	
Giffnock North A	Ross Lipp	3:02.06	
60m Hurdles			Under 20 Men
Cumbernauld A	Sean Kennedy	9.60	
Giffnock North A	Chris McKay	9.87	
Dundee Hawkhill	Scott Oswald	10.58	
200m			Under 20 Men
Cumbernauld A	Lewis Brown	22.28	
Giffnock North A	John Hamilton	23.02	
VP Glasgow A	Ewan McArthur	23.25	
Dundee Hawkhill	Michael Tarnawsky	24.43	
Central AC A	Kieran Halliday	25.71	
400m			Under 20 Men
Cumbernauld A	Lewis Brown	50.81	
VP Glasgow A	David Wilson	52.46	
Giffnock North A	Ross Lipp	56.86	
Dundee Hawkhill	Angus MacDonald	57.40	
High Jump			Under 20 Men
Giffnock North A	Chris McKay	1.95	
Central AC A	Cameron McCorgray	1.95	
Cumbernauld A	Jamie Tobin	1.75	
Dundee Hawkhill	Scott Oswald	1.50	

Results Final and Relays

Club	Athlete	Performance	Points
Long Jump			Under 20 Men
Giffnock North A	Chris McKay	6.59	
VP Glasgow A	David Wilson	6.19	
Central AC A	Cameron McCorgray	6.07	
Dundee Hawkhill	Michael Tarnawsky	5.93	
Cumbernauld A	Sean Kennedy	5.17	
Triple Jump			Under 20 Men
Dundee Hawkhill	Michael Tarnawsky	12.93	
VP Glasgow A	Tim Chan	12.27	
Giffnock North A	Ethan Dear	11.69	
Cumbernauld A	Sean Kennedy	11.30	
Shot Putt			Under 20 Men
VP Glasgow A	Andrew Peck	12.67	
Cumbernauld A	Daniel Winning	10.59	
Giffnock North A	Ethan Dear	9.63	
Central AC A	Nathan Rix	7.28	
Dundee Hawkhill	Callum McCormack	5.75	

Results Final and Relays

Club	Athlete	Performance	Points
Under 11 Girls			
60m A String			Under 11 Girls
Dunfermline A	Shayna Asamoah	9.05	<i>Equal SAIL record</i>
Cumbernauld A	Grace Young	9.21	
Airdrie A	Eve Crawford	9.29	
North Ayr A	Shannon Brown	9.30	
Livingston A	Mia Sokoluk	9.89	
Giffnock North B	Mia Davidson	10.17	
Giffnock North A	Sophie Ferguson	10.23	
Ayr Seaforth A	Drew Walker	10.29	
600m A String			Under 11 Girls
Airdrie A	Eve Crawford	1:58.26	
North Ayr A	Adele Street	1:59.16	
Ayr Seaforth A	Anna Kirk	2:02.00	
Dunfermline A	Kirstin Penman	2:02.06	
Giffnock North A	Erin McKay	2:05.80	
Giffnock North B	Hazel O' Donoghue	2:06.29	
Cumbernauld A	Rebekah Lawman	2:10.00	
Livingston A	Mia Sokoluk	2:20.46	
Standing Long Jump A String			Under 11 Girls
Dunfermline A	Shayna Asamoah	2.08	
North Ayr A	Shannon Brown	1.92	
Cumbernauld A	Grace Young	1.82	
Livingston A	Isabella Anderson	1.82	
Airdrie A	Courtney Fraser	1.80	
Giffnock North A	Sophie Ferguson	1.76	
Ayr Seaforth A	Anna Kirk	1.74	
Giffnock North B	Mia Davidson	1.50	
60m B String			Under 11 Girls
Cumbernauld A	Kayla Ormiston	9.53	
North Ayr A	Jessie Caig	9.69	
Giffnock North A	Erin McKay	9.82	
Airdrie A	Lucy Dawes	9.87	
Ayr Seaforth A	Oriana Baya	9.95	
Livingston A	Lucy Boules	9.98	
Dunfermline A	Erin Gilhooly	10.06	
Giffnock North B	Lucy Moynihan	10.07	

Results Final and Relays

Club	Athlete	Performance	Points
600m B String			Under 11 Girls
Giffnock North A	Sarah Stewart	2:02.52	
Ayr Seaforth A	Iona Hubbard	2:05.09	
Airdrie A	Courtney Fraser	2:08.79	
Giffnock North B	Katy Donnelly	2:09.72	
Cumbernauld A	Zoe Forrest	2:16.91	
North Ayr A	Abby Doherty	2:17.58	
Dunfermline A	Ellie Candlish	2:18.29	
Livingston A	Roxanne Hardie	2:18.33	
Standing Long Jump B String			Under 11 Girls
North Ayr A	Jessie Caig	1.72	
Dunfermline A	Ellie Candlish	1.66	
Livingston A	Lucy Boules	1.66	
Giffnock North A	Sarah Stewart	1.62	
Cumbernauld A	Maia MacAloney	1.60	
Ayr Seaforth A	Savannah Corcoran	1.58	
Airdrie A	Lucy Dawes	1.56	
Giffnock North B	Lucy Moynihan	1.50	

Results Final and Relays

Club	Athlete	Performance	Points
Under 13 Girls			
60m			Under 13 Girls
Edinburgh AC A	Rebecca Grieve	8.42	
VP Glasgow A	Evie Greig	8.51	
Giffnock North A	Angelica Mayer	8.59	
Ayr Seaforth A	Erin Ramsey	8.79	
Falkirk VH A	Millie Gallagher	8.96	
Dundee Hawkhill	Katie Clark	9.04	
800m			Under 13 Girls
Edinburgh AC A	Katie Johnston	2:23.67	<i>New SAIL record</i>
VP Glasgow A	Valencia Wright	2:26.62	
Falkirk VH A	Katie Christie	2:34.35	
Giffnock North A	Isla Scott	2:38.52	
Ayr Seaforth A	Emma McMillan	2:45.31	
Dundee Hawkhill	Faith Duffy	2:53.50	
60m Hurdles			Under 13 Girls
VP Glasgow A	Catriona Scott	10.16	
Falkirk VH A	Paige Stevens	10.39	
Edinburgh AC A	Ruby Renton	10.44	
Dundee Hawkhill	Lola Venditozzi	10.85	
Ayr Seaforth A	Eve Beswick	11.06	
Giffnock North A	Lara Maguire	11.60	
200m			Under 13 Girls
Edinburgh AC A	Rebecca Grieve	27.62	
VP Glasgow A	Evie Greig	27.75	
Ayr Seaforth A	Erin Ramsey	28.45	
Falkirk VH A	Millie Gallagher	29.92	
Giffnock North A	Ella McGregor	30.52	
Dundee Hawkhill	Alex Tully	30.64	
High Jump			Under 13 Girls
VP Glasgow A	Evie Greig	1.45	
Falkirk VH A	Paige Stevens	1.40	
Dundee Hawkhill	Lola Venditozzi	1.35	
Edinburgh AC A	Isla Stewart	1.25	
Ayr Seaforth A	Emma McMillan	1.20	
Giffnock North A	Imogen Maher	1.15	

Results Final and Relays

Club	Athlete	Performance	Points
Long Jump		Under 13 Girls	
Edinburgh AC A	Rebecca Grieve	4.75	<i>Equal SAIL record</i>
Falkirk VH A	Paige Stevens	4.64	
Giffnock North A	Angelica Mayer	4.33	
VP Glasgow A	Holly Kirkwood	4.30	
Dundee Hawkhill	Alex Tully	3.97	
Ayr Seaforth A	Libby White	3.89	
Shot Putt		Under 13 Girls	
VP Glasgow A	Meghan Porterfield	9.76	<i>New SAIL record</i>
Giffnock North A	Olivia Overend	6.75	
Dundee Hawkhill	Amarachi Okeke	6.46	
Falkirk VH A	Hope Griffen	6.38	
Edinburgh AC A	Isla Stewart	5.92	
Ayr Seaforth A	Amy McCann	4.87	

Results Final and Relays

Club	Athlete	Performance	Points
Under 15 Girls			
60m			Under 15 Girls
Edinburgh AC A	Christabel Antwi	7.92	
Giffnock North A	Alyson Bell	7.99	
Falkirk VH A	Lottie Jeffrey	8.01	
Central AC A	Shona McLay	8.22	
VP Glasgow A	Emily Corigan	8.55	
Giffnock North B	Niamh Smith	8.65	
800m			Under 15 Girls
Giffnock North A	Francesca Davidson	2:20.92	
Giffnock North B	Emma Chamberlain	2:24.58	
VP Glasgow A	Amy Kirkpatrick	2:25.48	
Edinburgh AC A	Emma Johnson	2:25.95	
Falkirk VH A	Abbie Robb	2:27.71	
Central AC A	Ciorstaidh Ainsworth	2:31.26	
60m Hurdles			Under 15 Girls
Central AC A	Coirilidh Cook	9.41	
VP Glasgow A	Katie Burr	9.67	
Edinburgh AC A	Holly Hixon	9.68	
Giffnock North B	Lara Sturgeon	9.73	
Giffnock North A	Sophie Inglis	9.92	
Falkirk VH A	Rosie Sharples	10.45	
200m			Under 15 Girls
Giffnock North A	Alyson Bell	26.34	
Falkirk VH A	Lottie Jeffrey	26.48	
Edinburgh AC A	Niamh Edgar	26.78	
VP Glasgow A	Katie Burr	27.09	
Central AC A	Coirilidh Cook	27.23	
Giffnock North B	Eva Blues	27.98	
300m			Under 15 Girls
Central AC A	Shona McLay	43.18	
Giffnock North A	Rosie McKay	43.76	
Edinburgh AC A	Niamh Edgar	44.41	
VP Glasgow A	Cosmia Schwan	45.53	
Falkirk VH A	Nicole Furness	45.73	
Giffnock North B	Annabel MacDonald	45.77	

Results Final and Relays

Club	Athlete	Performance	Points
High Jump			Under 15 Girls
Giffnock North A	Nicole Proudfoot	1.55	
VP Glasgow A	Abbey Orr	1.45	
Falkirk VH A	Kerry Robertson	1.45	
Central AC A	Briagha Cook	1.45	
Edinburgh AC A	Esther Watson	1.45	
Giffnock North B	Rachel Callen	1.40	
Long jump			Under 15 Girls
Giffnock North A	Nicole Proudfoot	5.30	
		<i>New SAIL record</i>	
Central AC A	Briagha Cook	5.05	
Edinburgh AC A	Ellie O'Hara	4.94	
Falkirk VH A	Rosie Sharples	4.73	
VP Glasgow A	Lucy Gardner	4.71	
Giffnock North B	Rachel Callen	4.69	
Shot Putt			Under 15 Girls
Giffnock North A	Jennifer Dallas	10.10	
Edinburgh AC A	Emma Solley	9.39	
Central AC A	Ciorstaidh Ainsworth	8.06	
VP Glasgow A	Katie Burr	7.92	
Giffnock North B	Iris Williamson	7.50	
Falkirk VH A	Abbie Robb	6.45	

Results Final and Relays

Club	Athlete	Performance	Points
Under 17 Women			
60m			
VP Glasgow A	Robyn Taylor	8.11	
Giffnock North A	Megan Busby	8.14	
Edinburgh AC A	Laura Munro	8.18	
Central AC A	Anna Cameron	8.28	
Livingston A	Rebecca Calder	8.60	
Lasswade A	Stephanie Ogg	8.68	
800m			
VP Glasgow A	Adrienne Murray	2:19.48	
Central AC A	Elizabeth Thompson	2:23.73	
Edinburgh AC A	Annabel Innes	2:25.92	
Livingston A	Katie Craig	2:29.89	
Giffnock North A	Orla Lang	2:34.38	
Lasswade A	Eilidh Brown	2:36.23	
60m Hurdles			
Central AC A	Katie Sharkey	9.16	
Edinburgh AC A	Lucy Davison	9.36	
Livingston A	Tia Henry	9.55	
Giffnock North A	Freya Menzies	9.58	
Lasswade A	Shona Gristwood	10.30	
VP Glasgow A	Iona Cleer	11.31	
200m			
Edinburgh AC A	Abigail Davison	25.98	
VP Glasgow A	Robyn Taylor	26.02	
Giffnock North A	Rhea Campbell	26.22	
Central AC A	Anna Cameron	26.83	
Livingston A	Abby Duncan	28.01	
Lasswade A	Stephanie Ogg	30.09	
300m			
VP Glasgow A	Emily Miller	40.38	
		<i>New SAIL record</i>	
Edinburgh AC A	Isla Innes	41.33	
Livingston A	Iona McDonald	42.11	
Central AC A	Katie Sharkey	42.40	
Giffnock North A	Rochelle Moukala	42.66	
Lasswade A	Heather Mack	48.47	

Results Final and Relays

Club	Athlete	Performance	Points
High Jump			Under 17 Women
Giffnock North A	Beau Studholme	1.60	
Edinburgh AC A	Julia Rambukanna	1.60	
Livingston A	Eve Allison	1.50	
VP Glasgow A	Grace Thompson	1.50	
Lasswade A	Shona Gristwood	1.50	
Central AC A	Lucy Smith	1.50	
Long Jump			Under 17 Women
Giffnock North A	Megan Busby	5.49	
Edinburgh AC A	Lucy Davison	5.39	
Central AC A	Anna Cameron	5.01	
Livingston A	Tia Henry	5.00	
VP Glasgow A	Robyn Taylor	4.75	
Lasswade A	Heather Mack	3.55	
Triple Jump			Under 17 Women
Giffnock North A	Megan Busby	10.17	
Edinburgh AC A	Josie McDonald	9.96	
Central AC A	Lucy Smith	9.74	
Livingston A	Rebecca Calder	9.36	
Lasswade A	Shona Gristwood	9.30	
VP Glasgow A	Grace Thompson	8.63	
Shot Putt			Under 17 Women
Edinburgh AC A	Lucy Davison	11.70	
VP Glasgow A	Alice Baxendale	10.63	
Central AC A	Rachael Methven	9.63	
Livingston A	Rachel Gibb	8.36	
Giffnock North A	Lauren Saxby	8.13	
Lasswade A	Kirsten Rodwell	7.64	

Results Final and Relays

Club	Athlete	Performance	Points
Under 20 Women			
60m		Under 20 Women	
Dundee Hawkhill	Katie Patullo	8.22	
Kilbarchan A	Stephanie Lamb	8.26	
Central AC A	Catriona Laing	8.31	
Cumbernauld A	Robyn Gemmell	8.39	
Whitemoss A	Bethan Malley	8.48	
Livingston A	Chloe McAlear	8.53	
800m		Under 20 Women	
Cumbernauld A	Lucy Somerville	2:16.81	
Central AC A	Lauren McCulloch	2:26.60	
Whitemoss A	Anna Forbes	2:35.04	
Dundee Hawkhill	Phoebe Moncur	2:40.00	
Livingston A	Hannah Mairs	2:42.53	
60m Hurdles		Under 20 Women	
Dundee Hawkhill	Katie Patullo	9.13	
Livingston A	Taygan Henry	9.72	
Cumbernauld A	Beth Tobin	9.81	
Whitemoss A	Christie McSkimming	9.91	
Kilbarchan A	Erin Campbell	10.10	
Central AC A	Fiona Davies	13.73	
200m		Under 20 Women	
Cumbernauld A	Beth Tobin	26.46	
Kilbarchan	Stephanie Lamb	26.83	
Whitemoss A	Christie McSkimming	27.56	
Central AC A	Lucy Mason	27.91	
Livingston A	Chloe McAlear	28.17	
Dundee Hawkhill	Eilidh Reynolds	28.26	
400m		Under 20 Women	
Dundee Hawkhill	Maria Akunna	59.27	
Central AC A	Catriona Laing	61.93	
Cumbernauld A	Sophie Hanlon	64.98	
Whitemoss A	Sarah Bassett	68.94	
Livingston A	Hannah Mairs	72.46	
Kilbarchan A	Shona Ross	79.31	

Results Final and Relays

Club	Athlete	Performance	Points
High Jump			Under 20 Women
Kilbarchan A	Ellie Fulton	1.70	
Whitemoss A	Christie McSkimming	1.55	
Dundee Hawkhill	Katie Patullo	1.50	
Cumbernauld A	Sophie Hanlon	1.40	
Livingston A	Taygan Henry	NH	
Long Jump			Under 20 Women
Whitemoss A	Anna Forbes	5.35	
Kilbarchan A	Shona Ross	5.14	
Livingston A	Taygan Henry	5.00	
Central AC A	Madeleine Woods	4.46	
Dundee Hawkhill	Phoebe Moncur	4.37	
Cumbernauld A	Beth Tobin	2.90	
Triple Jump			Under 20 Women
Livingston A	Hazel Shanley	11.40	
Kilbarchan A	Shona Ross	11.22	
Shot Putt			Under 20 Women
Kilbarchan A	Ellie Fulton	9.66	
Cumbernauld A	Eilidh Duncan	8.73	
Whitemoss A	Anna Forbes	7.70	
Livingston A	Chloe McAlear	7.49	
Dundee Hawkhill	Maria Akunna	7.47	
Central AC A	Fiona Davies	5.42	

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	High Jump	VP Glasgow A	Connor McNally	1.50	1.45	1.40
Under 13 Girls	200m	Edinburgh AC A	Rebecca Grieve	27.62	28.4	28.9
Under 13 Girls	200m	VP Glasgow A	Evie Greig	27.75	28.4	28.9
Under 13 Girls	60m	Edinburgh AC A	Rebecca Grieve	8.42	8.55	8.70
Under 13 Girls	60m	VP Glasgow A	Evie Greig	8.51	8.55	8.70
Under 13 Girls	800m	Edinburgh AC A	Katie Johnston	2:23.67	149.0	151.8
Under 13 Girls	800m	VP Glasgow A	Valencia Wright	2:26.62	149.0	151.8
Under 13 Girls	High Jump	VP Glasgow A	Evie Greig	1.45	1.41	1.36
Under 13 Girls	Long Jump	Falkirk VH A	Paige Stevens	4.64	4.50	4.35
Under 13 Girls	Long Jump	Edinburgh AC A	Rebecca Grieve	4.75	4.50	4.35
Under 13 Girls	Shot Putt	VP Glasgow A	Meghan Porterfield	9.76	8.45	7.80
Under 15 Boys	800m	Central AC A	Lewis Dow	2:06.18	126.5	130.0
Under 15 Boys	800m	Giffnock North A	Murray Fotheringham	2:00.33	126.5	130.0
Under 15 Boys	High Jump	Whitemoss A	Kyle McAulay	1.72	1.70	1.65
Under 15 Girls	60m	Edinburgh AC A	Christabel Antwi	7.92	8.15	8.30
Under 15 Girls	60m	Falkirk VH A	Lottie Jeffrey	8.01	8.15	8.30
Under 15 Girls	60m	Giffnock North A	Alyson Bell	7.99	8.15	8.30
Under 15 Girls	Long jump	Central AC A	Briagha Cook	5.05	5.05	4.90
Under 15 Girls	Long jump	Giffnock North A	Nicole Proudfoot	5.30	5.05	4.90

Age Group	Event	Club	AthleteName	Performance	G1	G2
Under 17 Men	200m	Giffnock North A	Adam Clayton	22.44	22.7	23.0
Under 17 Men	60m	Giffnock North A	Adam Clayton	7.11	7.20	7.30
Under 17 Men	Long Jump	Central AC A	Matthew Chandler	6.40	6.30	6.10
Under 17 Men	Shot Putt	Giffnock North A	Joseph Connelly	14.01	13.60	12.75
Under 17 Women	300m	VP Glasgow A	Emily Miller	40.38	41.4	42.1
Under 17 Women	300m	Edinburgh AC A	Isla Innes	41.33	41.4	42.1
Under 17 Women	Long Jump	Edinburgh AC A	Lucy Davison	5.39	5.35	5.25
Under 17 Women	Long Jump	Giffnock North A	Megan Busby	5.49	5.35	5.25
Under 17 Women	Shot Putt	Edinburgh AC A	Lucy Davison	11.70	11.60	10.95
Under 20 Women	High Jump	Kilbarchan A	Ellie Fulton	1.70	1.70	1.65

English Athletics Grade 2

Under 13 Boys	200m	Airdrie A	Bailey Gallagher	27.15	26.	27.3
Under 13 Boys	Long Jump	Falkirk VH A	Samuel Kane	4.65	4.70	4.55
Under 13 Girls	200m	Ayr Seaforth A	Erin Ramsey	28.45	28.4	28.9
Under 13 Girls	60m	Giffnock North A	Angelica Mayer	8.59	8.55	8.70
Under 13 Girls	High Jump	Falkirk VH A	Paige Stevens	1.40	1.41	1.36
Under 15 Girls	200m	Falkirk VH A	Lottie Jeffrey	26.48	26.2	26.6
Under 15 Girls	200m	Giffnock North A	Alyson Bell	26.34	26.2	26.6
Under 15 Girls	300m	Central AC A	Shona McLay	43.18	42.6	43.5
Under 15 Girls	60m	Central AC A	Shona McLay	8.22	8.15	8.30
Under 15 Girls	60m Hurdles	Central AC A	Coirilidh Cook	9.41	9.40	9.50
Under 15 Girls	800m	Giffnock North A	Francesca Davidson	2:20.92	139.4	142.3

Age Group	Event	Club	AthleteName	Performance	G1	G2
Under 15 Girls	High Jump	Giffnock North A	Nicole Proudfoot	1.55	1.57	1.53
Under 15 Girls	Long jump	Edinburgh AC A	Ellie O'Hara	4.94	5.05	4.90
Under 15 Girls	Shot Putt	Giffnock North A	Jennifer Dallas	10.10	10.60	9.85
Under 17 Women	60m Hurdles	Central AC A	Katie Sharkey	9.16	8.95	9.20
Under 17 Women	High Jump	Edinburgh AC A	Julia Rambukanna	1.60	1.65	1.60
Under 17 Women	High Jump	Giffnock North A	B Studholme	1.60	1.65	1.60
Under 20 Men	200m	Cumbernauld A	Lewis Brown	22.28	22.0	22.3
Under 20 Men	High Jump	Central AC A	Cameron McCorgray	1.95	2.00	1.95
Under 20 Men	High Jump	Giffnock North A	Chris McKay	1.95	2.00	1.95
Under 20 Women	Triple Jump	Livingston A	Hazel Shanley	11.40	11.50	11.10
Under 20 Women	Triple Jump	Kilbarchan A	Shona Ross	11.22	11.50	11.10

Age Group	Event	Club	AthleteName	Performance	G1	G2
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New SAIL League Records

Age Group	Event	Club	AthleteName	Performance
Under 11 Boys	600m A String	Giffnock North A	Craig Shennan	1:48.68
Under 11 Boys	600m B String	Kilbarchan	Oliver Patton	1:47.31
Under 11 Boys	60m A String	Helensburgh A	Alex Brown	8.84
Under 11 Girls	60m A String	Dunfermline A	Shayna Asamoah	9.05
Under 13 Girls	800m	Edinburgh AC A	Katie Johnston	2:23.67
Under 13 Girls	Long Jump	Edinburgh AC A	Rebecca Grieve	4.75
Under 13 Girls	Shot Putt	VP Glasgow A	Meghan Porterfield	9.76
Under 15 Boys	800m	Giffnock North A	Murray Fotheringham	2:00.33
Under 15 Girls	Long jump	Giffnock North A	Nicole Proudfoot	5.30
Under 17 Men	60m	Giffnock North A	Adam Clayton	7.11