

**scottishathletics 2019 Throws Grand Prix
 Craigswood Stadium Livingston - 27/07/2019**

Results

		Athlete Name		Age Group	Club	PB	Weight	Distance
Event 1, 2, 3, 4 Seated Throws TGP								
Seated Discus								
1	F33	Jonny	Brown	SM		11.70	1k	10.92
3	F57	Matthew	Craig	U20M	FV Flyers	20.68	1k	18.55
Seated Club								
1	F51	Jo	Butterfield	MW40	FV Flyers	23.46		20.47
Seated Javelin								
1	F33	Jonny	Brown	SM		6.75	600g	6.93
2	F57	Matthew	Craig	U20M	FV Flyers	16.93	600g	15.36
Seated Shot								



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Results

Event 5 Javelin TGP			10.00					
Pool 1								
1		Teresa	Hood	MW40	Peterhead	13.98	600g	11.75
2		Lucy	Wroe	U20W	Whitemoss	30.90	600g	25.62
3		Ailsa	Hood	U20W	Peterhead		600g	10.67
4		Kiera	Maxwell	U17W	VP Glasgow	25.97	500g	24.44
5		Georgia	Leighton	U17W	Lasswade	21.17	500g	18.87
6		Haley	Elliott	U17W	VP Glasgow		500g	24.27
8		Dylan	Dickie	U15B	Aberdeen	10.18	600g	16.74
9		Ross	Ferguson	U13B	Law	16.23	400g	17.21
10		Ethan	Stark	U13B	Perth Strathtay	24.06	400g	22.24
11		Derry	Simpson	U13B	Law	14.29	400g	18.14
12		Victoria	Anestik	U13G	Falkirk Victoria	24.32	400g	22.88
13		Zoe	Loughrey	U13G	VP Glasgow	21.31	400g	19.25
14		Katie	Matheson	U13G	VP Glasgow		400g	15.63
15		Roxanne	Hardie	U13G	Livingston	9.40	400g	10.03
16		Angus	Gay	U11B	Cumbernauld	11.04	400g	11.29
Event 6 Discus TGP			10.00					
Pool 1								
1		Liam	Nolan F20	SM	Forth Valley Flyers	23.65	2k	21.90
2		Lorna	Brown	MW45	Falkirk Victoria	26.69	1k	25.86
3		Emma	Dawson	MW50	Ellon	19.43	1k	16.93
4		Nicola	McDonald	MW35	Ellon	21.54	1k	18.25
5		David	Rose	U17M	Perth Strathtay	21.90	1.5k	22.86
6		James	Buchan	U17M	Ellon		1.5k	20.01
7		William	Hodi	U17M	Nairn	25.58	1.5k	22.97
8		Freya	Howgate F37	U17W	Perth Strathtay	18.41	1k	18.32
9		Emma	Solley	U17W	Edinburgh	28.81	1k	25.86
10		Sophie	Michie	U17W	Helensburgh	19.84	1k	19.58
11		Joanne	Welch	U17W	Team East Lothian	22.88	1k	19.31
12		David	Noble	U15B	Perth Strathtay	22.23	1.25k	15.95
13		Callum	Hendry	U15B	Falkirk Vic	25.75	1.25k	22.41
14		Kitty	Burton	U15G	Ellon	22.63	1k	20.72
15		Lucy	Hunter	U15G	Falkirk Vic	18.82	1k	24.81
16		Megan	Dunlop	U15G	Central	20.19	1k	16.36
17		Michael	Welch	U13B	Team East Lothian	23.66	1k	17.06
18		Calah	Rowley	U13G	VP Glasgow	19.59	0.75k	16.24
19		Courtney	Fraser	U13G	Whitemoss	25.20	0.75k	34.30



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Event 7 Javelin TGP		11:30						
Pool 2								
1	Lorna	Brown	MW45	Falkirk Victoria	23.30	600g	22.68	
2	Nicola	McDonald	MW35	Ellon	17.16	600g	13.57	
3	Freya	Howgate F37	U17W	Perth Strathtay	19.92	600g	19.94	
4	Graeme	Small	U15B	Ellon	22.90	600g	17.17	
5	David	Noble	U15B	Perth Strathtay	23.51	600g	16.71	
6	Logan	Turnbull	U13B	Cumbernauld	28.30	400g	28.51	
7	Abbie	Crawford	U15G	Banchory Stonehaven	23.61	500g	21.75	
8	Kitty	Burton	U15G	Ellon	17.41	500g	15.48	
9	Femke	Waite	U13G	Ross County	21.57	400g	18.50	
Event 8 Discus TGP		11:30						
Pool 2								
1	Dan	Upton	MM40	Richmond & Zetland	38.88	2k	37.37	
2	Ross	Broom	SM	Whitemoss	31.70	2k	27.55	
3	George	Russell	U20M	Inverness	36.28	1.75k	35.33	
4	Alexander	Mackay	U20M	Inverness	35.28	1.75k	33.74	
5	Lucy	Wroe	U20W	Whitemoss	31.04	1k	22.88	
6	April	Heggie	U20W	Perth Strathtay	29.52	1k	25.81	
7	Abby	Gifford	U20W	Falkirk V	28.71	1k	26.60	
8	Heather	Welsh	U20W	Nairn	27.97	1k	20.81	
9	Alister	Mackay	U17M	Ross County	32.42	1.5k	29.96	
10	Segae	Ugbe	U17M	Montrose	30.40	1.5k	35.91	
11	Ross	Morgan	U17M	Whitemoss	35.70	1.5k	27.52	
12	Danny	Gracie	U17M	Annan	42.54	1.5k	42.95	
13	Haley	Elliott	U17W	VP Glasgow	27.26	1k	26.42	
14	Kiera	Maxwell	U17W	VP Glasgow	32.81	1k	32.63	
15	Rebekah	Rose	U17W	Perth Strathtay	27.78	1k	24.12	
16	Shannon	Gough	U17W	Law	29.84	1k	25.92	
17	Meghan	Porterfield	U15G	VP Glasgow	30.90	1k	28.87	
18	Erin	Quinn	U15G	Annan	29.09	1k	21.09	



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Results

Event 9 Javelin TGP		12.45						
Pool 3								
1	James	Muir	SM	Falkirk V	42.16	800g	32.72	
2	Alexander	Mackay	U20M	Inverness	25.09	800g	28.85	
3	David	Lees	U20M	Giffnock North	51.96	800g	43.63	
4	April	Heggie	U20W	Perth Strathtay	32.46	600g	27.05	
5	Alister	Mackay	U17M	Ross County	34.88	700g	33.33	
6	Imran	Hossain	U17M	Edinburgh	46.97	700g	33.35	
7	Euan	Maclver	U17M	Livingston	39.21	700g	31.03	
8	Liam	Brown	U17M	Montrose	45.58	700g	40.10	
9	James	Buchan	U17M	Ellon	32.09	700g	22.70	
10	William	Hodi	U17M	Nairn	32.92	700g	28.02	
11	Kirsty	Costello	U17W	Kilbarchan	50.35	500g	42.30	
12	Emma	Solley	U17W	Edinburgh	35.16	500g	33.41	
13	Scott	Hopper	U15B	Central	46.76	600g	38.82	
14	Michael	Welch	U13B	Team East Lothian	27.76	400g	22.05	
Event 10 Discus TGP		12.45						
Pool 3								
1	Sheryl	Paul	MW40	Aberdeen		1k	12.09	
2	Teresa	Hood	MW40	Peterhead	13.44	1k	11.83	
3	Ailsa	Hood	U20W	Peterhead	15.17	1k	11.93	
4	Graeme	Small	U15B	Ellon	19.91	1.25k	14.89	
5	Jake	Dickie	U15B	Aberdeen	14.95	1.25k	16.25	
6	Dylan	Dickie	U15B	Aberdeen	21.05	1.25k	18.27	
7	Eva	Bell	U15G	Kilbarchan	23.27	1k	21.87	
8	Abbie	Crawford	U15G	Banchory Stonehaven	18.18	1k	16.64	
9	Kirsty	Whyte	U15G	Whitemoss	16.74	1k	15.24	
10	Hana	Gay	U15G	Cumbernauld	19.61	1k	19.98	
11	Ross	Ferguson	U13B	Law	12.66	1k	13.47	
12	Logan	Turnbull	U13B	Cumbernauld	18.45	1k	16.45	
13	Ethan	Stark	U13B	Perth Stathtay	13.37	1k	12.85	
14	Derry	Simpson	U13B	Law		1k	14.16	
15	Femke	Waite	U13G	Ross County	15.80	0.75k	18.85	
16	Roxanne	Hardie	U13G	Livingston	15.44	0.75k	13.53	
17	Zoe	Loughrey	U13G	VP Glasgow	17.01	0.75k	18.83	
18	Katie	Matheson	U13G	VP Glasgow		0.75k	17.32	
19	Angus	Gay	U11B	Cumbernauld		0.75k	13.37	



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Event 11 Hammer TGP		14.15						
Pool 1								
1	Liam	Nolan F20	SM	Forth Valley Flyers	24.81	7.26k	25.16	
2	Rosie	Graham	SW	Ellon	14.76	4k	17.01	
3	Emma	Dawson	MW50	Ellon	25.97	3k	24.95	
4	Sheryl	Paul	MW40	Aberdeen		4k	15.69	
5	David	Rose	U17M	Perth Strathhtay	32.10	5k	29.66	
6	William	Hodi	U17M	Nairn		5k	19.19	
7	Lucy	Hunter	U17W	Falkirk Vic	35.29	3k	34.05	
8	Joanne	Welch	U17W	Team East Lothian	27.60	3k	28.75	
9	Callum	Hendry	U15B	Falkirk Vic	32.21	4k	34.50	
10	Jake	Dickie	U15B	Aberdeen	18.94	4k	20.50	
11	Kirsty	Whyte	U15G	Whitemoss	19.46	3k	22.88	
12	Erin	Quinn	U15G	Annan	32.06	3k	32.10	
13	Hana	Gay	U15G	Cumbernauld	29.91	3k	32.00	
14	Roxanne	Hardie	U13G	Livingston		3k	13.58	
Event 12 Shot Put TGP		14.15						
Pool 1								
1	Dan	Upton	MM40	Richmond & Zetland	13.10	7.26k	11.51	
2	Graeme	Ferguson	MM40	Law	12.39	7.26k	11.70	
3	Ross	Broom	SM	Whitemoss	10.24	7.26k	9.70	
4	Mhairi	Porterfield	MW35	VP Glasgow	13.78	4k	12.67	
5	Alexander	Mackay	U20M	Inverness	12.88	6k	11.93	
6	Abby	Gifford	U20W	Falkirk	9.30	4k	8.51	
7	Alister	Mackay	U17M	Ross County	10.47	5k	10.25	
8	Danny	Gracie	U17M	Annan	12.64	5k	12.13	
9	Segae	Ugbe	U17M	Montrose	14.86	5k	12.88	
10	James	Buchan	U17M	Ellon	9.25	5k	8.46	
11	Shannon	Gough	U17W	Law	11.08	3k	10.68	
12	Rebekah	Rose	U17W	Perth Strathhtay	10.28	3k	9.35	
13	Hannah	Garrett	U17W	Annan	9.08	3k	8.46	
14	Iris	Williams	U17W	Giffnock North	9.78	3k	8.62	
15	Calvin	Simpson	U15B	Law	12.35	4k	12.32	
16	Scott	Hopper	U15B	Central	12.80	4k	11.22	
17	Meghan	Porterfield	U15G	VP Glasgow	12.47	3k	12.00	
18	Michael	Welch	U13B	Team East Lothian	10.27	3k	9.60	
19	Courtney	Fraser	U13G	Whitemoss	9.88	2.72k	9.82	
20	Freya	Howgate F37	U17W	Perth Strathhtay	7.53	3k	7.01	



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Results

Event 13 Hammer TGP		15:30						
Pool 2								
1	Andrew	Costello	SM	Kilbarchan	56.38	7.26k	54.71	
2	Dan	Upton	MM40	Richmond & Zetland	36.23	7.26k	36.90	
3	David	Little	MM35	Shettleston	59.15	7.26k	47.20	
4	Katie	Ord	SW	VP Glasgow	52.75	4k	44.11	
5	Mhairi	Porterfield	MW35	VP Glasgow	58.47	4k	48.91	
6	Shannon	Waldron	U20W	VP Glasgow	49.01	4k	47.98	
7	April	Heggie	U20W	Perth Strathtay	37.12	4k	34.99	
8	Heather	Welsh	U20W	Nairn	38.47	4k	32.02	
9	Heather	Fawcett	U20W	Kilbarchan	51.22	4k	48.58	
10	Danny	Gracie	U17M	Annan	58.25	5k	55.75	
11	Segae	Ugbe	U17M	Montrose	36.18	5k	35.13	
12	Stella	Coutts	U17W	Cumbernauld	45.03	3k	36.90	
13	Hannah	Garrett	U17W	Annan	46.64	3k	44.98	
14	Rebekah	Rose	U17W	Perth Strathtay	38.70	3k	31.32	
15	Iris	Williams	U17W	Giffnock North	33.21	3k	29.47	
16	Scott	Anderson	U15B	Shettleston	38.10	4k	39.26	
17	Sarah	Dyer	U15G	Kilbarchan	32.80	3k	33.34	
18	Meghan	Porterfield	U15G	VP Glasgow	42.26	3k	37.63	
Event 14 Shot Put TGP		15:30						
Pool 2								
1	Liam	Nolan F20	SMF20	Forth Valley Flyers	8.34	7.26k	8.34	
2	Emma	Dawson	MW50	Ellon	7.41	3k	6.60	
3	Nicola	McDonald	MW35	Ellon	7.09	4k	6.57	
4	Rosie	Graham	SW	Ellon	5.55	4k	5.30	
5	David	Rose	U17M	Perth Strathtay	8.09	5k	8.28	
6	Lucy	Hunter	U17W	Falkirk Vic	8.61	3k	8.32	
7	Joanne	Welch	U17W	Team East Lothian	9.26	3k	9.09	
8	Callum	Hendry	U15B	Falkirk Vic	8.33	4k	8.34	
9	David	Noble	U15B	Perth Strathtay	8.51	4k	7.92	
10	Kitty	Burton	U15G	Ellon	7.56	3k	6.42	
11	Ethan	Stark	U13B	Perth Stathtay		3k	5.64	
12	Zoe	Loughrey	U13G	VP Glasgow	8.23	2.72k	6.33	



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Results

Event 15 Shot Put TGP			16.15					
Pool 3								
1	Eva	Bell	U15G	Kilbarchan	7.60	3k	7.47	
2	Hana	Gay	U15G	Cumbernauld	7.41	3k	7.97	
3	Ross	Ferguson	U13B	Law	6.17	3k	6.42	
4	Angus	Gay	U11B	Cumbernauld	6.24	2.72k	6.53	
5	Derry	Simpson	U13B	Law	7.14	3k	7.21	
6	Logan	Turnbull	U13B	Cumbernauld	7.72	3k	6.82	
7	Kyle	Ferguson	U11B	UNA	3.55	2.72k	3.52	
8	Kirsty	Whyte	U15G	Whitemoss	3.73	3k	7.87	

