

**scottishathletics 2019 Throws Grand Prix
Craigswood Stadium Livingston - 24/08/2019**

Results

		Athlete Name		Age Group	Club	PB	Weight	Distance
Event 1, 2, 3, 4 Seated Throws TGP								
Seated Discus								
1	F32	Kirsty	Soutar	SW	Red Star	8.32	1k	8.21
2	F57	Matthew	Craig	U20M	FV Flyers	20.68	1k	20.03
Seated Club								
1	F32	Kirsty	Soutar	SW	Red Star	16.89		15.64
2	F32	Stephen	Miller	MM35	Gateshead	34.37		28.57
Seated Javelin								
1	F57	Matthew	Craig	U20M	FV Flyers	16.93	600g	15.30
Seated Shot								
Event 5 Javelin TGP								
			10.00					
Pool 1								
1		Maree	Thom	MW40	Ellon	14.32	600g	12.59
2		Haley	Elliott	U17W	VP Glasgow	24.27	500g	25.48
3		Alannah	Ewan	U15G	Dunfermline	22.08	500g	21.34
4		Ross	Ferguson	U13B	Law	17.86	400g	20.83
5		Ethan	Stark	U13B	Perth Strathtay	24.06	400g	23.66
6		Derry	Simpson	U13B	Law	19.44	400g	21.60
7		Victoria	Anestik	U13G	Falkirk Victoria	24.32	400g	20.63
8		Zoe	Loughrey	U13G	VP Glasgow	21.31	400g	18.74
9		Katie	Matheson	U13G	VP Glasgow	16.66	400g	17.13
10		Skye	Thom	U13G	Ellon	12.76	400g	9.86
11		Ashleigh	Thom	U13G	Ellon	14.77	400g	10.80
12		Erin	Gough	U11G	Law		400g	10.19

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		Athlete Name		Age Group	Club	PB	Weight	Distance
Event 6 Discus TGP			10.00					
Pool 1								
1		Liam	Nolan F20	SM	Forth Valley Flyers	24.77	2k	24.74
2		Mark	Lumsden	SM	Forth Valley Flyers	22.33	2k	23.87
3		Caitlyn	Ross	SW	Forth Valley Flyers	21.18	1k	18.10
4		Lorna	Brown	MW45	Falkirk Victoria	28.53	1k	26.17
5		Emma	Dawson	MW50	Ellon	19.43	1k	19.22
6		Nicola	McDonald	MW35	Ellon	21.54	1k	21.05
7		Brodie	Ferguson	U17M	Dunfermline	20.26	1.5k	21.75
8		Lauren	Wood	U17W	Perth Strathtay	24.20	1k	24.17
9		Joanne	Welch	U17W	Team East Lothian	22.88	1k	21.86
10		Lucy	Hunter	U17W	Falkirk Vic	24.81	1k	27.42
11		David	Noble	U15B	Perth Strathtay	22.23	1.25k	19.63
12		Lewis	Craigie	U15B	Whitemoss	22.69	1.25k	22.80
13		Murray	Oliver	U15B	Fife	29.12	1.25k	31.10
14		Callum	Hendry	U15B	Falkirk Vic	25.91	1.25k	26.86
15		Kitty	Burton	U15G	Ellon	22.63	1k	25.39
16		Lauren	Birrell	U15G	Edinburgh		1k	19.89
17		Matthew	Saunders	U13B	Nairn	14.05	1k	16.70
18		Holly	Hailstone	U13G	VP Glasgow	22.02	0.75k	21.68
19		Calah	Rowley	U13G	VP Glasgow	19.59	0.75k	18.79
20		Ashleigh	Reid	U13G	Arbroath	21.89	0.75k	20.81
21		Evie	Bryden	U13G	Annan	19.16	0.75k	20.67
Event 7 Javelin TGP			11.30					
Pool 2								
1		Mark	Lumsden	SM	Forth Valley Flyers	21.30	800g	20.58
2		Lorna	Brown	MW45	Falkirk Victoria	23.85	600g	23.25
3		Nicola	McDonald	MW35	Ellon	17.16	600g	15.69
4		Brodie	Ferguson	U17M	Dunfermline	21.88	700g	23.98
5		Graeme	Small	U15B	Ellon	22.90	600g	19.81
6		David	Noble	U15B	Perth Strathtay	23.51	600g	19.65
7		Zak	Stewart	U15B	Nairn	26.04	600g	23.04
8		Kitty	Burton	U15G	Ellon	17.41	500g	18.65
9		Keira	McGregor	U15G	Chirnside Chasers	21.82	500g	21.81
10		Lilian	Arrundale	U15G	Edinburgh	25.05	500g	24.14
11		Logan	Turnbull	U13B	Cumbernauld	34.15	400g	29.89
12		Holly	Hailstone	U13G	VP Glasgow	24.79	400g	20.86
13		Ashleigh	Reid	U13G	Arbroath	24.33	400g	23.46

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	Athlete Name		Age Group	Club	PB	Weight	Distance
Event 8 Discus TGP		11.30					
Pool 2							
1	Claire	Cameron	MW60	VP Glasgow	28.70	1k	25.32
2	Alexander	Mackay	U20M	Inverness	35.28	1.75k	31.03
3	Emma	Gunn	U20W	Montrose	29.71	1k	26.85
4	April	Heggie	U20W	Perth Strath Tay	29.52	1k	29.00
5	Heather	Welsh	U20W	Nairn	27.97	1k	23.37
6	Alister	Mackay	U17M	Ross County	32.42	1.5k	32.75
7	Segae	Ugbe	U17M	Montrose	35.91	1.5k	35.67
8	Danny	Gracie	U17M	Annan	44.29	1.5k	38.95
9	William	Hodi	U17M	Nairn	22.97	1.5k	22.46
10	Hayley	Berry	U17W	VP Glasgow	37.90	1k	35.34
11	Haley	Elliott	U17W	VP Glasgow	27.70	1k	25.36
12	Kiera	Maxwell	U17W	VP Glasgow	32.81	1k	31.17
13	Shannon	Gough	U17W	Law	31.06	1k	28.94
14	Rebekah	Rose	U17W	Perth Strath Tay	27.78	1k	25.62
15	Rosie	Thompson	U17W	Darlington	28.08	1k	22.71
16	Sophie	Michie	U17W	Helensburgh	24.05	1k	20.59
17	Meghan	Porterfield	U15G	VP Glasgow	33.44	1k	35.10
18	Erin	Quinn	U15G	Annan	29.09	1k	25.52
19	Courtney	Fraser	U13G	Whitemoss	34.30	0.75k	29.99
Event 9 Javelin TGP		12.45					
Pool 3							
1	April	Heggie	U20W	Perth Strath Tay	32.46	600g	28.85
2	Emma	Gunn	U20W	Montrose	24.87	600g	24.07
3	Alister	Mackay	U17M	Ross County	38.58	700g	35.00
4	Euan	MacIver	U17M	Livingston	39.21	700g	41.88
5	William	Hodi	U17M	Nairn	32.92	700g	27.98
6	Lauren	Wood	U17W	Perth Strath Tay	30.39	500g	26.86
7	Kiera	Maxwell	U17W	VP Glasgow	25.97	500g	27.76
8	Lewis	Thomson	U15B	Perth Strath Tay	30.20	600g	38.13
9	Dawn	Russell	U15G	Law	39.94	500g	34.83
10	Harris	Ross	U13B	Chirnside Chasers	30.74	400g	34.97

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		Athlete Name		Age Group	Club	PB	Weight	Distance
Event 10 Discus TGP			12.45					
Pool 3								
1		Maree	Thom	MW40	Ellon	14.53	1k	14.87
2		Sheryl	Paul	MW40	Aberdeen	13.91	1k	13.91
3		Megan	Thom	U20W	Ellon	15.20	1k	16.61
4		Ellis	Hudson	U17W	Arbroath	20.29	1k	20.63
5		Graeme	Small	U15B	Ellon	19.91	1.25k	22.26
6		Jake	Dickie	U15B	Aberdeen	16.25	1.25k	19.31
7		Hana	Gay	U15G	Cumbernauld	19.98	1k	21.19
8		Ross	Ferguson	U13B	Law	13.47	1k	16.43
9		Logan	Turnbull	U13B	Cumbernauld	18.72	1k	17.62
10		Ethan	Stark	U13B	Perth Stathtay	15.08	1k	18.43
11		Derry	Simpson	U13B	Law	14.16	1k	16.57
12		Michael	Welch	U13B	Team East Lothian	23.66	1k	20.35
13		Roxanne	Hardie	U13G	Livingston	17.30	0.75k	15.81
14		Zoe	Loughrey	U13G	VP Glasgow	19.78	0.75k	22.90
15		Katie	Matheson	U13G	VP Glasgow	17.32	0.75k	18.20
16		Ashleigh	Thom	U13G	Ellon	11.86	0.75k	13.38
17		Skye	Thom	U13G	Ellon	6.50	0.75k	7.77
18		Angus	Gay	U11B	Cumbernauld	13.37	0.75k	14.56
19		Erin	Gough	U11G	Law		0.75k	11.55
Event 11 Hammer TGP			14.15					
Pool 1								
1		Liam	Nolan F20	SM	Forth Valley Flyers	25.16	7.26k	26.17
2		Caitlyn	Ross	SW	Forth Valley Flyers	21.99	4k	20.25
3		Emma	Dawson	MW50	Ellon	25.97	3k	24.65
4		Sheryl	Paul	MW40	Aberdeen	15.69	4k	18.63
5		Megan	Thom	U20W	Ellon	18.57	4k	16.00
6		Ellis	Hudson	U17W	Arbroath	19.80	3k	21.52
7		Zak	Stewart	U15B	Nairn	26.69	4k	22.41
8		Jake	Dickie	U15B	Aberdeen	22.98	4k	23.70
9		Rose	McLatchie	U15G	Nairn	22.77	3k	19.41
10		Hana	Gay	U15G	Cumbernauld	32.00	3k	26.46
11		Roxanne	Hardie	U13G	Livingston	13.58	3k	12.59
12		Amber	McLatchie	U11G	Nairn	16.54	2k	16.69
13		Claire	Cameron	MW60	VP Glasgow		3k	26.22

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Results

		Athlete Name		Age Group	Club	PB	Weight	Distance
Event 12 Shot Put TGP		14.15						
Pool 1								
1		Graeme	Ferguson	MM40	Law	12.39	7.26k	12.27
2		Mhairi	Porterfield	MW35	VP Glasgow	13.78	4k	13.08
3		Alexander	Mackay	U20M	Inverness	12.88	6k	11.92
4		Alister	Mackay	U17M	Ross County	10.65	5k	10.78
5		William	Hodi	U17M	Nairn	9.20	5k	9.00
6		Segae	Ugbe	U17M	Montrose	14.86	5k	13.36
7		Shannon	Gough	U17W	Law	11.08	3k	11.02
8		Rebekah	Rose	U17W	Perth Strathtay	10.28	3k	9.13
9		Hannah	Garrett	U17W	Annan	9.08	3k	9.16
10		Hayley	Berry	U17W	VP Glasgow	12.41	3k	11.83
11		Calvin	Simpson	U15B	Law	12.61	4k	12.17
12		Lewis	Thomson	U15B	Perth Strathtay	10.87	4k	11.04
13		Lewis	Craigie	U15B	Whitemoss	9.22	4k	9.87
14		Callum	Hendry	U15B	Falkirk Vic	8.34	4k	8.46
15		Meghan	Porterfield	U15G	VP Glasgow	13.29	3k	12.98
16		Dawn	Russell	U15G	Law	8.73	3k	8.98
17		Lily	Thompson	U15G	Darlington?	10.15	3k	9.92
18		Harris	Ross	U13B	Chirnside Chasers	10.90	3k	10.49
19		Courtney	Fraser	U13G	Whitemoss	10.16	2.72k	9.73
20		Lauren	Birrell	U15G	Edinburgh			7.84
21		Lucy	Hunter	U17W	Falkirk Vic	9.02	3k	9.40
Event 13 Hammer TGP		15.30						
Pool 2								
1		Andrew	Costello	SM	Kilbarchan	56.38	7.26k	52.78
2		David	Little	MM35	Shettleston	59.15	7.26k	47.04
3		Katie	Ord	SW	VP Glasgow	52.83	4k	49.21
4		Mhairi	Porterfield	MW35	VP Glasgow	58.47	4k	53.72
5		April	Heggie	U20W	Perth Strathtay	37.12	4k	29.97
6		Heather	Welsh	U20W	Nairn	42.69	4k	41.62
7		Danny	Gracie	U17M	Annan	58.25	5k	56.28
8		Stella	Coutts	U17W	Cumbernauld	45.03	3k	39.50
9		Kirsty	Costello	U17W	Kilbarchan	64.40	3k	61.46
10		Hannah	Garrett	U17W	Annan	46.64	3k	42.75
11		Lauren	Wood	U17W	Perth Strathtay	39.57	3k	39.15
12		Erin	Quinn	U15G	Annan	32.12	3k	26.61
13		Dawn	Russell	U15G	Law	48.17	3k	44.96
14		Meghan	Porterfield	U15G	VP Glasgow	42.26	3k	41.90

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Results

		Athlete Name		Age Group	Club	PB	Weight	Distance
		Event 14 Shot Put TGP	15.30					
		Pool 2						
1		Liam	Nolan F20	SM	Forth Valley Flyers	8.72	7.26k	8.52
2		Caitlyn	Ross	SW	Forth Valley Flyers	8.39	4k	8.12
4		Claire	Cameron	MW60	VP Glasgow		3k	8.98
3		Emma	Dawson	MW50	Ellon	7.41	3k	6.62
4		Lorna	Brown	MW40	Falkirk Vic	8.61	4k	8.40
5		Nicola	McDonald	MW35	Ellon	7.09	4k	6.60
6		Maree	Thom	MW40	Ellon	5.97	4k	5.99
7		Megan	Thom	U20W	Ellon	6.61	4k	6.12
8		Emma	Gunn	U20W	Montrose	8.34	4k	8.54
10		Joanne	Welch	U17W	Team East Lothian	9.72	3k	9.15
11		David	Noble	U15B	Perth Strathtay	8.51	4k	8.29
12		Graeme	Small	U15B	Ellon	6.86	4k	6.94
13		Kitty	Burton	U15G	Ellon	7.56	3k	7.65
14		Ethan	Stark	U13B	Perth Stathtay	5.64	3k	5.98
15		Zoe	Loughrey	U13G	VP Glasgow	8.23	2.72k	7.07
16		Ashleigh	Reid	U13G	Arbroath	7.40	2.72k	8.27
17		Ashleigh	Thom	U13G	Ellon	5.74	2.72k	5.29
18		Skye	Thom	U13G	Ellon	4.38	2.72k	4.47
		Event 15 Shot Put TGP	16.15					
		Pool 3						
1		Sheryl	Paul	MW40	Aberdeen	6.01	4k	6.33
2		Ellis	Hudson	U17W	Arbroath	7.90	3k	8.37
3		Jake	Dickie	U15B	Aberdeen	6.65	4k	6.82
4		Hana	Gay	U15G	Cumbernauld	7.97	3k	7.83
5		Ross	Ferguson	U13B	Law	6.42	3k	6.08
6		Derry	Simpson	U13B	Law	7.82	3k	7.80
7		Logan	Turnbull	U13B	Cumbernauld	7.72	3k	7.58
8		Michael	Welch	U13B	Team East Lothian	10.27	3k	10.41
9		Katie	Matheson	U13G	VP Glasgow		2.72k	6.61
10		Lacey	Hudson	U13G	Arbroath		2.72k	5.32
11		Kyle	Ferguson	U11B	una	3.55	2.72k	4.24
12		Angus	Gay	U11B	Cumbernauld	6.53	2.72k	6.65
13		Erin	Gough	U11G	Law		2.72k	3.81

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		Athlete Name		Age Group	Club	PB	Weight	Distance
Event 16 Hammer TGP			16.15					
Pool 3								
1		Danny	Gracie	U20M	Annan	50.37	6k	44.69
2		Iris	Williams	U17W	Giffnock North	35.17	3k	31.49
3		Rosie	Thompson	U17W	Darlington	38.51	3k	36.22
4		Lucy	Hunter	U17W	Falkirk	35.29	3k	36.66
5		Joanne	Welch	U17W	Team East Lothian	31.62	3k	32.10
6		Rebekah	Rose	U17W	Perth Strathhtay	38.70	3k	34.14
7		Callum	Hendry	U15B	Falkirk Vic	37.55	4k	35.14
8		Lewis	Craigie	U15B	Whitemoss	31.91	4k	34.82
9		Lily	Thompson	U15G	Darlington	25.73	3k	25.33
10		Sarah	Dyer	U15G	Kilbarchan	33.34	3k	36.72