

M 100m A	Wind -3.1 m/s	M 100m B	Wind -3.1 m/s
1 Yusuf Aliu	TVT 11.40	1 Calum Innes	GLA 11.84
2 John Craig	GLA 11.91	2 Marc Danilicz	TVT 12.15
3 James Spencer	NR 11.94	3 Stewart Watson	NR 12.76
4 Stephen Roy	FV 12.02	4	T&W 12.87
5 Michael Briggs	T&W 20.86	5 Danny Nicol	FV 13.00
M 200m A	Wind -2.1 m/s	M 200m B	Wind -1.5 m/s
1 Yusuf Aliu	TVT 22.65	1 Ryan Scott	FV 24.21
2 James Spencer	NR 23.13	2 Andrew Allen	GLA 24.39
3 Michael Deegan	FV 23.54	3 Stewart Watson	NR 24.89
4 John Craig	GLA 23.74	4 Elliot Hills	TVT 24.92
5 Michael Briggs	T&W 24.07		
M 400m A		M 400m B	
1 Billy McGill	NR 51.07	1 Martin Lipton	NR 51.47
2 Gregor Innes	GLA 51.33	2 Carl Hawkins	TVT 53.34
3 Marc Danilicz	TVT 53.83	3 Lorn Menzie	GLA 53.92
4 Josh Abladey	T&W 54.26	4 Danny Nicol	FV 56.69
5 Lewis Grant	FV 59.00		
M 800m A		M 800m B	
1 Sean Watson	GLA 1.58.83	1 Nick Bradley	NR 2.05.09
2 Steven Fox	NR 2.00.72	2 Dean Crawford	FV 2.25.58
3 Sean Reilly	FV 2.01.44		
4 Joe Corrigan	TVT 2.41.48		
M 1500m A		M 1500m B	
1 Max Ralston	GLA 4.19.24	1 Kenneth Boyd	GLA 4.29.71
2 Alistair Douglas	NR 4.21.15	2 Wil Nicholson	NR 4.51.77
3 Craig McDowell	FV 4.31.04		
4 Carl Hawkins	TVT 4.51.08		
M 3000m A		M 3000m B	
1 Sean Reilly	FV 9.13.73	1 Max Ralston	GLA 9.39.30
2 Martin Hayes	GLA 9.22.56	2 Ian Haracre	FV 10.07.36
3 Mark Cochraine	NR 9.27.35	3 Daniel Stone	NR 10.09.92
M 110mH A	Wind -3.4 m/s	M 110mH B	
1 Martin Lipton	NR 16.73		
2 Nick Ridgeon	T&W 18.02		
3 Calum Sharp	GLA 19.60		
M 400mH A		M 400mH B	
1 Martin Lipton	NR 55.64	1 Martin Hayes	GLA 62.64
2 Gregor Innes	GLA 58.82	2 Jamie Pattinson	NR 66.93
3 Nick Phelps	TVT 1.01.08	3 Andy Simpson	TVT 69.24

M 2000m SC A		M 2000m SC B	
1 Martin Hayes	GLA 6.30.40	1 Calum Stone	NR 7.17.20
2 Alex Hendry	FV 6.51.12	2	GLA 8.34.02
3 Jordan Scott	NR 7.07.98	3 Nick Phelps	TVT 9.02.78
4 Andy Simpson	TVT 7.26.85		

M Discus Throw A		M Discus Throw B	
1 Alan McKay	GLA 45.42	1 Daniel Carlin	GLA 41.58
2 Graeme Level	T&W 41.37	2 Nick Ridgeon	T&W 35.11
3 Kyle Randall	FV 31.77	3 Kenneth Robertson	FV 31.07
4 Max Anderson	TVT 25.91	4 Liam McDonnell	TVT 21.83
5 Matthew Wright	NR 22.01		

M Hammer Throw A		M Hammer Throw B	
1 Graeme Level	T&W 48.77	1 Liam Milligan	GLA 20.28
2 Kyle Randall	FV 33.84	2 Kenneth Robertson	FV 17.90
3 Alan McKay	GLA 33.56		
4 Max Anderson	TVT 20.34		

M High Jump A		M High Jump B	
1 Andrew Allan	GLA 1.95	1 Thomas Campbell	GLA 1.95
2 Lloyd Powell	TVT 1.90	2 Johnny Hirst	NR 1.80
3 Nathan Williams	NR 1.85	3 Gary Plain	FV 1.75
4 Greg Boyd	FV 1.80	4	TVT 1.75
5 Nick Ridgeon	T&W 1.65		

M Javelin Throw A		M Javelin Throw B	
1 Kenneth Robertson	FV 45.54	1 Liam Milligan	GLA 27.81
2 Max Anderson	TVT 31.07	2 Matthew Wright	NR 25.93
3 Jamie Sinclair	GLA 30.44	3 Lloyd Powell	TVT 20.92
4 Nathan Williams	NR 29.46		
5 Graeme Level	T&W 26.39		

M Long Jump A		M Long Jump B	
1 Liam McDonnell	TVT 6.07	1 Charlie Dryden	TVT 5.77
2 Matthew Wright	NR 5.71	2 Andrew Allan	GLA 5.63
3 Gregor Innes	GLA 5.64	3 Johnny Hirst	NR 5.48
4 Danny Nicol	FV 4.31		

M Pole Vault A		M Pole Vault B	
1 Calum Sharp	GLA 4.10	1 Fraser Gibson	GLA 3.60
2 Fabio Pontelorvi	TVT 3.60	2 Charlie Dryden	TVT 2.70
3 David Robertson	NR 3.60		

M Shot Putt A		M Shot Putt B	
1 Daniel Carlin	GLA 15.24	1 Alan McKay	GLA 13.51
2 Nick Ridgeon	T&W 12.80	2 Graeme Level	T&W 11.98
3 Max Anderson	TVT 10.45	3 Kenneth Robertson	FV 9.05
4 Kyle Randall	FV 10.02	4 Joe Corrigan	TVT 8.51
5 Stewart Watson	NR 9.30	5 Jamie Pattinson	NR 8.48

M Triple Jump A		M Triple Jump B	
1 Andrew Alan	GLA 12.86	1 Nick Phelps	TVT 11.94
2 Liam McDonnell	TVT 12.52	2 Calum Sharp	GLA 11.89
3 Josh Abladey	T&W 11.47	3 Tom Nicholson	NR 9.05
4 David Robertson	NR 11.27		
W 100m A		W 100m B	
Wind +1.0 m/s		Wind -2.5 m/s	
1 Suzanne Begg	GLA 12.51	1 Rebecca Riches	GLA 13.29
2 Alix Wilson	FV 12.71	2 Jennifer Hutchison	FV 13.65
3 Kerry Hunton	NR 13.35	3 Fiona Laurie	NR 13.82
4 Jess Kennedy	TVT 13.47	4 Jaymee Norton	TVT 13.98
W 200m A		W 200m B	
Wind -1.7 m/s		Wind -2.0 m/s	
1 Danielle Osborne	GLA 26.02	1 Suzanne Begg	GLA 26.05
2 Alix Wilson	FV 26.90	2 Kirsty Hunter	FV 26.90
3 Kerry Hunton	NR 27.45	3 Jess Kennedy	TVT 28.65
4 Jaymee Norton	TVT 27.65	4 Hannah Mitchell	NR 28.91
5 Janet Abladey	T&W 27.98	5 Alice Ramsey	T&W 28.92
W 400m A		W 400m B	
1 Aisling McGhee	GLA 1.00.91	1 Ashley Madden	FV 1.02.19
2 Jennifer Hutchison	FV 1.01.71	2 Moira Burton	GLA 1.05.36
3 Gemma Crowther	NR 1.07.38		
4 Jess Russon	TVT 1.11.80		
W 800m A		W 800m B	
1 Kirsty Hunter	FV 2.12.97	1 Lynsey Miller	NR 2.32.68
2 Abbey McGhee	GLA 2.14.84	2 Robyn McDowall	FV 2.35.74
3 Zoe Armstrong	NR 2.23.45		
4 Georgia Campbell	T&W 2.40.75		
W 1500m A		W 1500m B	
1 Jess Russon	TVT 4.48.50	1 Megan McLeish	FV 4.54.81
2 Charlotte Arter	NR 4.49.91	2 Sara Phee	GLA 5.21.95
3 Mhairi Inglis	FV 4.53.22		
4 Rebecca Finch	GLA 5.03.38		
5 Georgia Campbell	T&W 5.30.13		
W 3000m A		W 3000m B	
1 Sarah Inglis	FV 10.31.65	1 Rowena Bell-Scott	FV 11.10.48
2 Hester Dix	T&W 10.51.24	2 Georgia Campbell	T&W 11.38.34
3 Rachel Adams	NR 11.01.82	3 Helen Sweeney	GLA 13.47.45
4 Sara Phee	GLA 11.25.33		
W 100mH A		W 100mH B	
Wind -0.8 m/s			
1 Heather Rankine	GLA 17.14		
2 Laura Watt	T&W 17.66		
3 Judith Burrow	NR 19.12		

W 400mH A

1 Lynne Hunter	FV	1.07.71
2 Judith Burrow	NR	1.16.03
3 Elaine Taggart	GLA	1.31.91

W 400mH B

W Discus Throw A

1 Kayleigh Sullivan	TVT	24.66
2 Katie Riches	GLA	23.04
3 Rachael Mckie	FV	21.99
4 Nikita Turton	T&W	14.17
5 Paula Smith	NR	12.55

W Discus Throw B

1 Stephanie O'Neill	GLA	14.23
2 Amy Grant	FV	11.40

W Hammer Throw A

1 Myra Perkins	FV	40.01
2 Kayleigh Sullivan	TVT	38.47
3 Katie Riches	GLA	21.56

W Hammer Throw B

1 Stephanie O'Neill	GLA	4.73
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W High Jump A

1 Erin Leggate	GLA	1.69
2 Jill Brooks	FV	1.67
3 Laura Watt	T&W	1.60
4 Eden Markl	TVT	1.45
5 Hannah Mitchell	NR	1.40

W High Jump B

1 Eve Carrington	GLA	1.50
2 Abby Coyne	T&W	1.40
3 Amy Grant	FV	1.25

W Javelin Throw A

1 Kayleigh Sullivan	TVT	28.78
2 Katie Riches	GLA	24.45
3 Alice Ramsey	T&W	23.52
4 Judith Burrow	NR	18.10
5 Rachael Mckie	FV	17.68

W Javelin Throw B

1 Elaine Taggart	GLA	18.11
2 Shanna Smith	TVT	12.32
3 Stacey McLeish	FV	11.82
4	NR	10.49

W Long Jump A

1 Jill Brooks	FV	5.38
2 Chloe Gill	TVT	4.93
3 Kerry Steel	GLA	4.75
4 Fiona Laurie	NR	4.74
5 Alice Ramsey	T&W	4.68

W Long Jump B

1 Kerry Hunton	NR	4.74
2 Ashley Madden	FV	4.54
3 Abby Coyne	T&W	4.28
4 Katie Riches	GLA	4.07

W Pole Vault A

1 Stephanie McKenzie	FV	3.50
2 Elaine Taggart	GLA	2.60

W Pole Vault B

1 Amy Grant	FV	2.40
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W Shot Putt A

1 Eve Carrington GLA 9.53  
2 Kayleigh Sullivan TVT 8.83  
3 Alice Ramsey T&W 8.66  
4 Rachael McKie FV 8.56  
5 Hannah Mitchell NR 6.47

W Shot Putt B

1 Katie Riches GLA 8.64  
2 Shanna Smith TVT 5.09  
3 Stacey McLeish FV 4.77

W Triple Jump A

1 Chloe Gill TVT 10.98  
2 Kerry Steel GLA 10.87  
3 Janet Abladey T&W 9.76  
4 Stacey McLeish FV 9.45  
5 Judith Burrow NR 8.98

W Triple Jump B

1 Laura Watt T&W 9.66  
2 Stephanie O'Neill GLA 9.56  
3 Eden Markl TVT 8.44

W 4x100m Relay

1 GLA 50.42 1 Suzanne Begg 2 Rebecca Riches  
3 Heather Rankine 4 Danielle Osborne  
2 FV 52.19 1 Alix Wilson 2 Kirsty Hunter  
3 Lynne Hunter 4 Jill Brooks  
3 T&W 54.50 1 Alice Ramsey 2 Janet Abladey  
3 Laura Watt 4 Abby Coyne  
4 NR 54.78 1 2 Kerry Hunton  
3 Fiona Laurie 4 Hannah Mitchell  
5 TVT 54.99 1 Jess Kennedy 2 Jaymee Norton  
3 Jess Russon 4 Chloe Gill

W 4x400m Relay

1 GLA 4.06.25 1 Aisling McGhee 2 Abbey McGhee  
3 Danielle Osborne 4 Erin Leggate  
2 FV 4.11.48 1 Jennifer Hutchison 2 Ashley Madden  
3 Sarah Inglis 4 Mhairi Inglis  
3 NR 4.30.53 1 Gemma Crowther 2 Zoe Armstrong  
3 Paula Smith 4 Lynsey Miller

M 4x100m Relay

1 TVT 46.26 1 Yusuf Aliu 2 Charlie Dryden  
3 Liam McDonnell 4 Joe Corrigan  
2 FV 46.41 1 Stephen Roy 2 Ryan Scott  
3 Lewis Grant 4 Danny Nicol  
3 NR 48.29 1 Stewart Watson 2 Tom Nicholson  
3 T Matthews 4 James Spencer

M 4x400m Relay *Grangemouth*

1	TVT	3.43.56	1	<del>Nick Phelps</del>	2	Marc Danilicz
			3	Carl Hawkins	4	Elliot Hills
2	GLA	3.45.50	1		2	
			3		4	
3	FV	3.49.38	1	Michael Deegan	2	Sean Reilly
			3	Dean Crawford	4	
4	NR	3.55.05	1	Billy McGill	2	Martin Lipton
			3	Steven Fox	4	Wil Nicholson

After 35.5 of 38 events

MATCH RESULT			LEAGUE STANDINGS			
	Event	Lge		Event	Lge	
1	GLA	562	8	1 Team Glasgow	562	8
2	FV	425	7	2 Forth Valley	425	7
3	NR	392	6	3 Northern Reivers	392	6
4	TVT	363	5	4 Tees Valley Tigers	363	5
5	T&W	219	4	5 Team Tyne & Wear	219	4