

400m Heat 1			
Place	Name	Club	Time
1	Toby Harris	Edinburgh AC	58.2
2	Drew Hollinshead	Giffnock North	66.7

400m Heat			
Place	Name	Club	Time
1	Avril Jackson	Edinburgh AC	62.6
2	Holly Belch	Sale/ Kilbarchan	63
3	Claire McNicol	Kilbarchan	70.6

800m Heat 1			
Place	Name	Club	Time
1	Stuart Ross	VP CoG	1.52.19
2	Scott Pilkington	Corstorphine	1.52.39
3	Gut Learmouth	Lasswade	1.52.99
4	Matthew Turner	Shettleston	1.53.47
5	Andrew Brown	Woodforde Green	1.53.66
6	Allan Ramsay	VP CoG	1.54.16
7	Kevin Downie	East Kilbride AC	2.05.43
8			

Heat 2			
Place	Name	Club	Time
1	Abbey McGhee	VP CoG	2.09.16
2	Jade MacLaren	VP CoG	2.09.90
3	Natalie Sharp	Kilbarchan AC	2.11.65
4	Beth Duff	East Kilbride AC	2.11.66
5	Amanda Campbell	Livingston	2.14.69
6	Katja Erausio	Edinburgh AC	2.16.27

Heat 3			
Place	Name	Club	Time
1	Gary Grieve	Law and District	1.56.16
2	Andrew Campbell	Inverclyde	1.57.14
3	Craig McDowall	Lothian AC	1.57.48
4	Jamie Clements	East Kilbride AC	1.57.91
5	Scott McAulay	Kilbarchan	1.58.02
6	Sean Fontana	VP CoG	1.58.32
7	Jack Walker	GiffnockNorth	1.58.56
8	Stuart Ferguson	Radley AC	2.08.48

Heat 4			
Place	Name	Club	Time
1	Craig Welcoat	Law and District	1.59.54
2	Calum McKenzie	Corstorphine	2.00.51
3	Stephen Fleming	Kilbarchan	2.01.77
4	Andrew Coulter	RH Cambuslang	2.02.77
5	Scott Anderson	Lasswade	2.03.28
6	Max Lott	Giffnock North	2.03.31
7	Stuart Gibson	RH Cambuslang	2.03.80
8	John Ferguson	East Kilbride Ac	2.06.86

Heat 5			
Place	Name	Club	Time
1	Ross Connelly	Kilmarnock	2.04.51
2	Martin Fishwick	Giffnock	2.05.17
3	Adam Gatens	East Kilbride	2.08.99
4	Ben Stafford	East Kilbride	2.09.64
5	Grant Beattie	Kilmarnock	2.09.65
6	Sean Gaffney	Inverclyde	2.10.02
7	Cameron Mackie	Kilmarnock	2.15.06
8	Zander Lyon	Lasswade	2.21.31

Heat 6			
Place	Name	Club	Time
1	Tom Yuill	East Kilbride	2.18.30
2	Elsbeth Curran	Kilbarchan	2.19.44
3	Euan Walker	Whitemoss	2.22.87
4	Ross Stephen	RH Cambuslang	2.24.32
5	Cara Anderson	Perth Starthtay	2.26.22
6	Nymke Mullholland	Inverclyde	2.29.36
7	Stephanie Fairfield	Giffnock North	2.31.97
8	Patricia Mashall	Giffnock North	2.39.90

Heat 7			
Place	Name	Club	Time
1	Murray McDonald	Kilmarnock HAC	2.23.66
2	Kieran Rankin	Larkhall YMCA	2.25.72
3	David Robertson	RH Cambuslang	2.27.97
4	Calum Lindsay	Law and District	2.28.36
5	Ilona Clark	Motherwell AC	2.39.90
6	Craig Whyteside	Whitemoss AAC	2.34.05
7	Jack Kirwan	East Kilbride AC	2.35.99

Heat 8			
Place	Name	Club	Time
1	Scott Heronon	East Kilbride	2.21.84
2	Hannah Ferguson	Motherwell AC	2.33.41
3	Rachael Thomson	East Kilbride	2.34.02
4	Samantha Stevenson	Law and District	2.35.12

400m Heat 1			
Place	Name	Club	Time
1	Jamie Bowie	Inverness AC	47.57
2	Patrick Swan	Gateshead	47.82
3	Craig Stewart	Kilbarchan	48.48
4	Sean Watson	Shettleston	48.7
5	Donald McLeod	Harrow	48.89
6	Bruce Gibb	Perth Strathtay H	50.42
7	Alan Ramsay	VP CoG	50.48
8	Graeme McBride	Airdrie HAC	52.96

Heat 2			
Place	Name	Club	Time
1	Daniel Chapman	Giffnock	53.19
2	Fraser Walker	Giffnock	55.06
3	Fraser Jamieson	East Kilbride AC	55.36
4	Gemma Nicol	Dunfermline W Fife	56.3
5	Stacie Downie	Pitvie AC	57.21
6	Jamie Hendry	Motherwell AC	59.75

100m Heat 1			
Place	Name	Club	Time
1	William Arthur	Motherwell AC	13.22
2	Angus Arnold	Ayr Seaforth	13.62
3	Lisa Thomson	Shettleston H	14.63
4	Alan McNamee	East Kilbride	15.78
5	Charlotte Clayton	Whitemoss	15.86
6	Alice Arnold	Ayr Seaforth	16.23
7	Gillian Arthur	Motherwell AC	16.26
8	Mitchell Wilson	Whitemoss AAC	17.39

Heat 2			
Place	Name	Club	Time
1	Nicola Reid	Whitemoss	14.8
2	Jennifer Ord	VP CoG	16.89
3	Christie McSkimming	Whitemoss AAC	17.55
4	Rebecca Steele	East Kilbride AC	21.62

Heat 3			
Place	Name	Club	Time
1	Nicola Shankie	Whitemoss AAC	14.97
2	Katie Ord	VP CoG	15.27
3	Laura McSkimming	Whitemoss AAC	15.45
4	Robyn Miller	East Kilbride	15.72
5	Emma Miller	Airdrie	16.02
6	Alexander Barclay	Airdrie	16.04
7	Alison Stewart	Whitemoss AAC	16.12
8	Victoria Barclay	Airdrie	16.29

Heat 4			
Place	Name	Club	Time
1	Nicole Hamilton	Kilmarnock	14.29
2	Emma Frame	Whitemoss AAC	14.48
3	Stacie McArdle	Motherwell	14.73
4	Sarah McDonald	Whitemoss AAC	14.77
5	Sophie Dunlop	Kilmarnock	15.07
6	Nicola Foster	Unattached	15.4
7	Evelyn Bryce	VP CoG	15.53
8	Pamela Creechan	VP CoG	15.65

Heat 5			
Place	Name	Club	Time
1	Cory O'Hara	Kilmarnock HAC	13.2
2	Michael Mullholland	Inverclyde	13.5
3	Ronyn Gibb	Motherwell	13.7
4	Stephaine Boyd	Airdrie	13.7
5	Sophie Byers	Motherwell	NTG
6	Jodie Ronald	Airdrie	NTG
7	Ashleigh Anderson	Shettleston	NTG

Heat 6			
Place	Name	Club	Time
1	James Higgins	Airdrie	12.42
2	Ross Maxwell	East Kilbride	12.66
3	Miller McIntosh	VP CoG	12.72
4	Andrew Martin	Kilmarnock	13.17
5	Laura McCracken	East Kilbride	13.75
6	Kim Creechan	VP CoG	13.9
7	Brogan Watt	Shettleston	14.05
8	Ilona Clark	Motherwell	14.33

Heat 7			
Place	Name	Club	Time
1	Craig Fleming	Harrow	10.96
2	Stewart Benson	RAF	10.96
3	Iain McEwan	Whitemoss AAC	11.36
4	Zach Bryson	Whitemoss AAC	11.76
5	Peter Demin	East Kilbride	11.83
6	Nathan Angelopoulos	Airdrie	12.06

5	Helena Davidson	Giffnock North	Under 13	2.35.27
6	Murray McGiven	Shettleston	Under 13	2.37.55
7	Calum Walker	Whitemoss AAC	Under 13	2.38.19
8	Joe Brown	RH Cambuslang	Under 13	2.40.84
9	Maire Gorman	Kilmarnock HAC	Under 20	2.42.69

Heat 9

1	Luke Kirwan	East Kilbride AC	Under 13	2.38.75
2	Gemma McCutcheon	Kilmarnock HAC	Under 15	2.41.10
3	Nathan Merchant	Larkhall YMCA	Under 13	2.42.91
4	Victoria Barclay	Airdrie Harriers	Under 11	2.43.75
5	Sean Paul Brennan	RH Cambuslang	Under 13	2.44.44
6	Brendan Carey	RH Cambuslang	Under 13	2.47.45
7	Jacqueline Ferguson	East Kilbride AC	Under 15	2.48.88

Heat 10

1	Niamh Brown	RH Cambuslang	Under 11	2.49.17
2	Olivia Steven	East Kilbride AC	Under 15	2.51.54
3	Rachel Fairlie	East Kilbride AC	Under 15	2.51.62
4	Angus Kerr	Kilmarnock HAC	Under 13	2.52.21
5	Lewis Golder	East Kilbride AC	Under 11	2.56.66
6	Emily Craig	Whitemoss AAC	Under 11	2.57.70
7	Monica Lawrie	Giffnock North	Under 13	2.58.47
8	Izzie Murray	Giffnock North	Under 13	2.59.21

Heat 11

1	Hannah Bartl	Kilmarnock HAC	Under 13	2.52.69
2	Emma Fairlie	East Kilbride	Under 15	2.56.46
3	Lorna Beattie	Giffnock North	Under 15	2.57.84
4	Katie Mackie	Kilmarnock HAC	Under 15	3.00.21
5	Marianna Kerry	East Kilbride	Under 15	3.08.45
6	Abbie Stafford	East Kilbride	Under 15	3.10.04
7	Terry Mullholland	Kilmarnock HAC	Under 13	3.11.55

Heat 12

1	Euan Murray	Giffnock North	Under 17	2.12.23
2	Aiden Kilbride	East Kilbride AC	Under 13	2.53.78
3	Michael Lowrie	Giffnock North	Under 11	2.58.88
4	Peter Baird	Kilmarnock	Under 13	3.00.01
5	Joseph Lowrie	Giffnock North	Under 11	3.01.60
6	Lucy Fairley	East Kilbride AC	Under 13	3.07.87

7	Lewis Gibb	Motherwell	Under 17	12.8
8	Dominic McCluskey	Whitemoss AAC	Under 15	13.36

3000m

Heat 1

Place	Name	Club	Age Group	Time
1	Twelde Mengisteab	Shettleston	Senior	8.20.29
2	Amanuel Hagos	Shettleston	Senior	8.26.48
3	Lachlan Oates	Shettleston	Under 20	8.52.35
4	Grant Muir	Giffnock	Under 17	9.02.68
5	Stuart Gibson	RH Cambuslang	Senior	9.20.67
6	Christopher Russell	Giffnock	Under 17	10.58.63
7	Sven Kelly	Unattached	Senior	12.07.79

Heat 2

1	Fransis Lowrie	Giffnock	Under 15	12.15.2
2	Holly Miller	Giffnock	Under 15	12.16.7
3	Connie Mackay	Giffnock	Under 15	12.23.1
4	April Miller	Giffnock	Under 17	12.39.7

Long Jump

Under 13 Girls

Place	Name	Club	Distance
1	Iaura McSkimming	Whitemoss	3.91
2	Katie Ord	VP CoG	3.86
3	Sarah McDonald	Whitemoss	3.61
4	Alison Stewart	Whitemoss	3.53
5	Pamela Creechan	VP CoG	3.45

Under 13 Boys

1	Ruaridh Bryce	VP CoG	2.92
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Under 15 Boys

1	Ross Maxwell	East Kilbride	5.36
2	Angus Arnold	Ayr Seaforth	4.28

Under 15 Girls

1	Brogan Watt	Shettleston	4.58
2	Jodie Ronald	Airdrie	4.51
3	Ashleigh Anderson	Shettleston	4.19
4	Emma Frame	Whitemoss	4.06
5	Sophie Byres	Motherwell	3.68

Under 17 Men

1	Nathan Angelopoblo	Airdrie	6.15
2	David Harper	Kilbarchan	5.24
3	William Arthur	Motherwell	4.72

Under 11 Boys

1	Alan McNamee	East Kilbride	3.53
2	Mitchel Wilson	Whitemoss	3.12
3	Lewis Golder	East Kilbride	2.71

Under 11 Girls

1	Emma Miller	Airdrie	3.59
2	Emily Craig	Whitemoss	3.28
3	Jenifer Ord	VP CoG	2.9
4	Christie McSkimming	Whitemoss	2.86

Golden League Mens

1	Gregor Thorpe	East Kilbride	5.68	Under 20
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Females

1	Lorraine Boyd	Whitemoss	3.77	Under 20
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High Jump

Under 15 Boys

Place	Name	Club	Distance
1	Cory O'Hara	Kilmarnock	1.40m

Under 15 Girls

1	Lisa Thomson	Shettleston	1.41m
2	Ashleigh Anderson	Shettleston	1.35m
3	Emma Frame	Whitemoss	1.20m

Under 13 Girls

1	Alice Arnold	Ayr Seaforth	1.25m
2	Lorne Kerr	Kilmarnock	1.25m
3	Lauren McSkimming	Whitemoss	1.20m
4	Alison Stewart	Whitemoss	1.15m

Under 13 Boys

1	Jamie Crossan	Motherwell	1.25m
2	Angus Kerr	Kilmarnock	1.15m
3=	Peter Baird	Kilmarnock	1.10m
3=	T Mullholland	Kilmarnock	1.10m

Golden League

1	Kirsty Barr	Nithsdale	1.55m	Under 20
2	Lorraine Boyd	Whitemoss	1.30m	Under 20
1	Erin Leggate	VP CoG	1.65m	U23/Sen

Shot Putt

Under 11 Girls

Place	Name	Club	Distance
1	Emma Miller	Airdrie	5.25
2	Christie McSkimming	Whitemoss	3.13

Under 13 Girls

1	Nicola Shankie	Whitemoss	6.78
2	Hannah Bartl	Kilmarnock	6.14
3	Lorne Kerr	Kilmarnock	5.67

Under 15 Girls

1	Gemma McCutcheon	Kilmarnock	7.67
2	Evelyn Bryce	VP CoG	7.27
3	Nicola Mackay	Shettleston	7.23

Golden League Women

1	Michelle Durbridge	Arbroath and District	11.29	Under 20
2	Claire Reid	Airdrie	10.61	

Men

1	William Falconer	Edinburgh Ac	14.23
2	Kieth Garrow	East Kilbride	10.20m

1	Daniel Carlin	Giffnock	14.54	Under 20
2	Alan Mackay	Shettleston	12.46*	Under 20

*Thrown in the 4th round, no throws in the first three rounds

Under 15 Boys

1	J Gaffney	Ayr Seaforth	13.88
2	David McIsaac	Motherwell	7.37
3	Roy Smith	Kilmarnock	5.49
4	Daniel Steele	Kilmarnock	5.45

Under 17 Men

1	C Barnes	VP CoG	14.55
2	Thomas McIntosh	VP CoG	9.04

Under 11 Boys

1	Bobby Crossan	Motherwell	4.93
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Under 13 Boys

1	Jamie Crossan	Motherwell	7.31
2	Ruaridh Bryce	VP CoG	5.65
3	Peter Baird	Kilmarnock	5.52
4	Michael Smith	Kilmarnock	5.46