

**National Senior Indoor Championships 2013 - 17/02/2013****Emirates Arena****Results****Women 60 Metre Sprint****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Year Team	Prelims
Heat 1 Preliminaries		
1 163 Ferguson, Lisa	Edinburgh AC	7.70Q
2 161 Christie, Kathryn	Edinburgh AC	7.85Q
3 150 Belch, Holly	Kilbarchan Aac	8.09Q
4 154 Jackson, Avril	Edinburgh AC	8.23q
5 157 Thomson, Chloe	Motherwell AC	8.43q
Heat 2 Preliminaries		
1 151 Clark, Zoey	Aberdeen Aac	7.78Q
2 156 Lambert, Chloe	Vp-Glasgow AC	7.97Q
3 152 Wylie, Alison	Aberdeen Aac	7.99Q
4 153 Nicol, Amanda	Motherwell AC	8.62
4 162 Livesey, Laura	Motherwell AC	8.62

**Women 60 Metre Sprint**

Name	Year Team	Finals	Points
Section 1 Finals			
1 151 Clark, Zoey	Aberdeen Aac	7.69	
2 161 Christie, Kathryn	Edinburgh AC	7.73	
3 156 Lambert, Chloe	Vp-Glasgow AC	7.89	
4 152 Wylie, Alison	Aberdeen Aac	7.91	
5 150 Belch, Holly	Kilbarchan Aac	7.96	
6 154 Jackson, Avril	Edinburgh AC	8.17	
7 157 Thomson, Chloe	Motherwell AC	8.33	
-- 163 Ferguson, Lisa	Edinburgh AC	DNS	

**Women 200 Metre Sprint****6 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Year Team	Prelims
Heat 1 Preliminaries		
1 206 McConnell, Lee	Shaftesbury	24.08Q
2 151 Clark, Zoey	Aberdeen Aac	24.94Q
3 152 Wylie, Alison	Aberdeen Aac	25.96q
4 170 Ademuyewo, Ademide	Aberdeen Aac	26.02q
5 194 Leslie, Jodie	Dartford Harriers	27.07
6 190 Campbell, Heather	Unattached	29.99
Heat 2 Preliminaries		
1 156 Lambert, Chloe	Vp-Glasgow AC	25.04Q
2 161 Christie, Kathryn	Edinburgh AC	25.16Q
3 154 Jackson, Avril	Edinburgh AC	26.23
4 210 Dobson, Marie	Ellon Aac	26.98
5 217 Young, Susan	Dundee Hawk	26.99
6 153 Nicol, Amanda	Motherwell AC	29.24

**National Senior Indoor Championships 2013 - 17/02/2013****Emirates Arena****Results****Women 200 Metre Sprint**

Name	Year Team	Finals	Points
Section 1 Finals			
1 206 McConnell, Lee	Shaftesbury	24.06	
2 156 Lambert, Chloe	Vp-Glasgow AC	24.71	
3 151 Clark, Zoey	Aberdeen Aac	24.99	
4 161 Christie, Kathryn	Edinburgh AC	25.17	
5 170 Ademuyewo, Ademide	Aberdeen Aac	26.05	
6 152 Wylie, Alison	Aberdeen Aac	26.32	

**Women 400 Metre Run****6 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Year Team	Prelims
Heat 1 Preliminaries		
1 159 Nicol, Gemma	Dunfermline	53.59Q
2 209 Fairweather, Lynds	Harrow AC	59.46Q
3 166 Leask, Emma	Guernsey AC	59.58q
4 210 Dobson, Marie	Ellon Aac	59.79
5 172 Kennedy, Ashleigh	Edinburgh AC	59.90
Heat 2 Preliminaries		
1 181 Leggate, Erin	Vp-Glasgow AC	57.05Q
2 211 Hendry, Mhairi	Vp-Glasgow AC	58.21Q
3 205 Peffers, Lauren	Edinburgh AC	58.38q
4 217 Young, Susan	Dundee Hawkh	1:00.45
5 186 Conroy, Grace	Edinburgh Univer	1:09.07

**Women 400 Metre Run**

Name	Year Team	Finals	Points
Section 1 Finals			
1 159 Nicol, Gemma	Dunfermline	54.53	
2 181 Leggate, Erin	Vp-Glasgow AC	56.39	
3 211 Hendry, Mhairi	Vp-Glasgow AC	57.66	
4 205 Peffers, Lauren	Edinburgh AC	58.24	
5 166 Leask, Emma	Guernsey AC	1:00.18	
-- 209 Fairweather, Lynds	Harrow AC	DNS	

**Women 800 Metre Run**

Name	Year Team	Finals	Points
Section 1			
1 168 Peters, Kirsten	Edinburgh AC	2:11.03	
2 200 Brown, Katy	Stewartry AC	2:12.70	
3 169 Millage, Philippa	Vp-Glasgow AC	2:13.38	
4 191 Brodie, Iona	Dundee Hawkh	2:18.13	
5 198 Gillespie, Kathryn	Central AC	2:19.06	
6 196 Glover, Karen	Central AC	2:19.54	

**National Senior Indoor Championships 2013 - 17/02/2013****Emirates Arena****Results****Women 60 Metre Hurdles****8 Advance: Top 8 Each Heat plus Next 0 Best Times**

Name	Year Team	Prelims
Heat 1 Preliminaries		
1 212 Patience, Mhairi	Vp-Glasgow AC	8.98Q
2 150 Belch, Holly	Kilbarchan Aac	8.99Q
3 178 Brown, Emma	Vp-Glasgow AC	9.16Q
4 154 Jackson, Avril	Edinburgh AC	9.39Q
5 195 McNicol, Judith	Kilbarchan Aac	9.61Q
-- 155 Pennet, Catriona	Edinburgh AC	DNS

**Women 60 Metre Hurdles**

Name	Year Team	Finals	Points
Section 1 Finals			
1 150 Belch, Holly	Kilbarchan Aac	8.88	
2 212 Patience, Mhairi	Vp-Glasgow AC	8.99	
3 178 Brown, Emma	Vp-Glasgow AC	9.06	
4 155 Pennet, Catriona	Edinburgh AC	9.08	
5 154 Jackson, Avril	Edinburgh AC	9.28	
6 195 McNicol, Judith	Kilbarchan Aac	9.54	

**Women High Jump**

Name	Year Team	Finals	Points
Flight 1			
1 192 Nisbet, Jayne	Edinburgh AC	1.80m	
1.70 1.74 1.80 1.85			
0 0 XXO XXX			
2 173 MacKenzie, Aylish	Liverpool Harriers	1.70m	
1.60 1.65 1.70 1.74			
0 XXO XO XXX			
3 208 Logan, Lucinda	Vp-Glasgow AC	1.60m	
1.50 1.55 1.60 1.65			
0 0 0 XXX			
3 214 Manson, Nikki	Giffnock North Aac	1.60m	
1.55 1.60 1.65			
0 0 XXX			
5 201 Barr, Kirsty	Vp-Glasgow AC	1.55m	
1.55 1.60			
0 XXX			
6 189 Jamieson, Hazel	Ayr Seaforth Aac	1.55m	
1.45 1.50 1.55 1.60			
0 0 XO XXX			
7 188 Blair, Hazel	Vp-Glasgow AC	1.55m	
1.45 1.50 1.55 1.60			
0 0 XXO XXX			

**Women Pole Vault**

Name	Year Team	Finals	Points
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**National Senior Indoor Championships 2013 - 17/02/2013****Emirates Arena****Results****....Women Pole Vault**

1	199 Tinkler, Kelly No	Gateshead Harriers	3.50m
	3.50 3.60		
	XO XXX		
2	167 Gordon, Anna	Pitreavie Aac	J3.50m
	3.00 3.20 3.40 3.50 3.60		
	O O O XO XXX		
3	176 MacGuire, Courtney	Vp-Glasgow AC	3.40m
	2.80 3.00 3.20 3.40 3.50		
	XO O O XO XXX		
4	187 Lawler, Hannah	Unattached	J3.40m
	2.80 3.00 3.10 3.20 3.30 3.40 3.50		
	O O O XO O XXO XXX		

**Women Long Jump**

Name	Year Team	Finals	Points
1 160 Nimmo, Jade	Sale Harriers	6.16m	
	5.74m FOUL FOUL 5.93m 6.09m 6.16m		
2 164 Warnock, Sarah	Edinburgh AC	6.04m	
	6.04m 5.82m FOUL 5.90m 5.86m FOUL		
3 163 Ferguson, Lisa	Edinburgh AC	6.01m	
	FOUL 6.01m FOUL FOUL		
4 183 Nicholson, Faye	Edinburgh AC	5.69m	
	5.47m 5.56m 5.69m 2.29m 5.48m 5.57m		
5 215 Robertson, Rachel	Lasswade Aac	5.36m	
	5.30m FOUL 5.36m FOUL 5.17m FOUL		
6 179 Canning, Emma	Whitemoss Aac	5.26m	
	5.15m 5.26m 5.02m 4.97m FOUL 4.78m		
7 207 Anderson, Louise	Central AC	4.58m	
	4.57m FOUL 3.96m 4.58m FOUL		

**Women Triple Jump**

Name	Year Team	Finals	Points
1 218 Asante, Zara	Harrow AC	12.18m	
	12.18m FOUL 11.94m 11.85m 11.95m 11.73m		
2 164 Warnock, Sarah	Edinburgh AC	11.75m	
	11.36m 11.75m 11.24m 11.39m 11.37m 11.40m		
3 201 Barr, Kirsty	Vp-Glasgow AC	10.72m	
	10.47m 10.47m 10.48m 10.63m 10.64m 10.72m		
4 207 Anderson, Louise	Central AC	10.62m	
	10.00m 10.13m 10.62m 9.83m 10.11m 10.24m		

**Women Shot Put**

Name	Year Team	Finals	Points
1 203 Yates, Kirsty	Edinburgh AC	15.14m	
	15.14m 14.73m 14.58m 14.49m FOUL FOUL		

**National Senior Indoor Championships 2013 - 17/02/2013****Emirates Arena****Results****Men 60 Metre Sprint****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Year	Team	Prelims
Heat 1 Preliminaries			
1	3	Boyce, AJ	Herne Hill Harriers 7.05Q
2	15	Plenderleith, Gran	Falkirk Vict 7.15Q
3	11	Cairns, Daniel	Vp-Glasgow AC 7.26q
4	19	Thompson, Jonathan	Ayr Seaforth Aac 7.37
5	20	Charters, Jordan	Lasswade Aac 7.41
6	32	Laing, Stuart	Vp-Glasgow AC 7.43
7	30	McInnes, Stephen	Unattached 7.58
8	23	Brooks, Michael	Glasgow Univ 7.61
Heat 2 Preliminaries			
1	6	Hamilton, Allan	Sale Harriers 7.00Q
2	31	Charters, Steven	Edinburgh AC 7.19Q
3	21	Thomas, Kade	Ron Hill Cam 7.27q
4	13	Stewart, David	Glasgow Univ 7.51
5	2	Turnbull, Aiden	Jarrow & Hebburn 7.57
6	8	Lauder, Angus	Giffnock North Aac 7.72
7	24	Yeoman, Neal	North Shields Po 7.81
8	18	Baldie, Jonathan	Edinburgh AC 8.07
Heat 3 Preliminaries			
1	29	Dunlop, Stephen	Aberdeen Aac 6.95Q
2	1	Holligan, Tom	Edinburgh AC 7.11Q
3	5	Thomas, Alec	Ron Hill Cam 7.29
4	28	Freck, Sam	Inverness Ha 7.47
5	17	Ruddy, John	Shettleston Harr 7.56
6	25	Higgins, Ronan	Motherwell AC 7.63
7	16	Muir, James	Falkirk Vict 8.00
8	14	Thomson, Graham	Aberdeen Aac 8.15

**Men 60 Metre Sprint**

Name	Year	Team	Finals	Points
Section 1 Finals				
1	6	Hamilton, Allan	Sale Harriers	6.90
2	29	Dunlop, Stephen	Aberdeen Aac	6.91
3	1	Holligan, Tom	Edinburgh AC	7.05
4	31	Charters, Steven	Edinburgh AC	7.10
5	15	Plenderleith, Gran	Falkirk Vict	7.13
6	11	Cairns, Daniel	Vp-Glasgow AC	7.23
7	21	Thomas, Kade	Ron Hill Cam	7.26
--	3	Boyce, AJ	Herne Hill Harriers	DQ

**Men 200 Metre Sprint****12 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Year	Team	Prelims
Heat 1 Preliminaries			
1	27	Oswald, Ryan	Sale Harriers 21.98Q
2	15	Plenderleith, Gran	Falkirk Vict 22.13Q
3	19	Thompson, Jonathan	Ayr Seaforth Aac 23.17q
4	28	Freck, Sam	Inverness Ha 23.55

**National Senior Indoor Championships 2013 - 17/02/2013****Emirates Arena****Results****....Men 200 Metre Sprint**

5	2	Turnbull, Aiden	Jarrow & Hebburn	24.99
Heat 2	Preliminaries			
1	1	Holligan, Tom	Edinburgh AC	22.56Q
2	132	Toner, Shaun	Inverclyde AC	22.66Q
3	65	Allan, David	Dunfermline	23.20q
4	8	Lauder, Angus	Giffnock North Aac	24.14
5	100	Clark, Lucas	Motherwell AC	24.42
Heat 3	Preliminaries			
1	29	Dunlop, Stephen	Aberdeen Aac	22.11Q
2	114	Swan, Patrick	Edinburgh AC	22.20Q
3	25	Higgins, Ronan	Motherwell AC	23.97
4	88	Quinn, James	Kilbarchan Aac	24.61
5	26	Hunter, Ronald	Corstorphine Aac	26.44
Heat 4	Preliminaries			
1	143	Heath, Elliot	Giffnock North Aac	23.37Q
2	20	Charters, Jordan	Lasswade Aac	23.43Q
3	24	Yeoman, Neal	North Shields Po	24.70
4	16	Muir, James	Falkirk Vict	26.48
--	92	McCall, John	Vp-Glasgow AC	DNS
Heat 5	Preliminaries			
1	31	Charters, Steven	Edinburgh AC	22.48Q
2	3	Boyce, AJ	Herne Hill Harriers	22.72Q
3	136	Ross, Stephen	Motherwell AC	23.71
4	99	Stephenson, Lea	Tynedale Har	24.09
5	23	Brooks, Michael	Glasgow Univ	24.20

**Men 200 Metre Sprint****6 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Year	Team	Semis
Heat 1 Semi-Finals			
1	27	Oswald, Ryan	Sale Harriers
2	1	Holligan, Tom	Edinburgh AC
3	143	Heath, Elliot	Giffnock North Aac
4	132	Toner, Shaun	Inverclyde AC
5	3	Boyce, AJ	Herne Hill Harriers
6	65	Allan, David	Dunfermline
Heat 2	Semi-Finals		
1	29	Dunlop, Stephen	Aberdeen Aac
2	114	Swan, Patrick	Edinburgh AC
3	15	Plenderleith, Gran	Falkirk Vict
4	31	Charters, Steven	Edinburgh AC
5	19	Thompson, Jonathan	Ayr Seaforth Aac
--	20	Charters, Jordan	Lasswade Aac

**Men 200 Metre Sprint**

Name	Year	Team	Finals	Points
Section 1 Finals				
1	27	Oswald, Ryan	Sale Harriers	21.37
2	29	Dunlop, Stephen	Aberdeen Aac	21.99
3	114	Swan, Patrick	Edinburgh AC	22.27
4	15	Plenderleith, Gran	Falkirk Vict	22.44

**National Senior Indoor Championships 2013 - 17/02/2013****Emirates Arena****Results****....Men 200 Metre Sprint**

5	1 Holligan, Tom	Edinburgh AC	25.15
--	31 Charters, Steven	Edinburgh AC	DNS

**Men 400 Metre Run****6 Advance: Top 1 Each Heat plus Next 3 Best Times**

Name	Year	Team	Prelims
Heat 1 Preliminaries			
1	89	Bowie, Jamie Kerr	Inverness Ha 48.60Q
2	60	Henderson, Connor	Kilbarchan Aac 50.30q
3	122	Shankland, Roy	Kilmarnock H&Ac 51.57
4	56	Mackie, Cameron	Kilmarnock H&Ac 52.18
5	65	Allan, David	Dunfermline 52.59
Heat 2 Preliminaries			
1	51	Young, Anthony	Pitreavie Aac 48.94Q
2	54	Robbins, Ben	Edinburgh AC 49.02q
3	67	Kerr, David	Kilbarchan Aac 50.81q
4	134	Wright, Shawn	Livingston & 51.46
5	136	Ross, Stephen	Motherwell AC 53.34
6	85	Sykes, Harry	Lancaster & 56.36
Heat 3 Preliminaries			
1	83	Louden, Greg	Lasswade Aac 49.75Q
2	99	Stephenson, Lea	Tynedale Har 51.61
3	106	Sogbanmu, Matthew	Garscube Harriers 51.92
4	46	Dalgleish, Alistai	Livingston & 53.03
5	42	Jack, Adam	Edinburgh AC 54.85
6	116	Easdale, Paul	Shettleston Harr 55.33

**Men 400 Metre Run**

Name	Year	Team	Finals	Points
Section 1 Finals				
1	51	Young, Anthony	Pitreavie Aac	48.66
2	89	Bowie, Jamie Kerr	Inverness Ha	48.77
3	83	Louden, Greg	Lasswade Aac	49.28
4	60	Henderson, Connor	Kilbarchan Aac	49.60
5	67	Kerr, David	Kilbarchan Aac	52.13

**Men 800 Metre Run****6 Advance: Top 1 Each Heat plus Next 3 Best Times**

Name	Year	Team	Prelims
Heat 1 Preliminaries			
1	81	Oudney, Graeme	Dundee Hawkh 1:59.12Q
2	104	Burns, Matthew	Lancaster & 2:01.32
3	137	Allen, Stephen	Law & District Aac 2:02.26
4	59	Garrett, Colin	Strathclyde Police 2:05.02
--	49	Crichton, Andrew	Edinburgh AC DNS
Heat 2 Preliminaries			
1	73	Macleod, Donald	Stornoway Ru 1:59.05Q
2	35	Burnside, Neil	Ayr Seaforth Aac 2:00.01
3	50	Dobson, Andy	Hunts AC 2:00.22

**National Senior Indoor Championships 2013 - 17/02/2013****Emirates Arena****Results****....Men 800 Metre Run**

4	42	Jack, Adam	Edinburgh AC	2:03.30
5	128	Dickson, Scott	Motherwell AC	2:12.74
Heat 3	Preliminaries			
1	133	Wyllie, Shaun	Bracknell AC	1:53.79Q
2	87	Walker, Jack	Giffnock North Aac	1:55.67q
3	98	Love, Kenneth	Giffnock North Aac	1:56.93q
4	44	Simms, Adam	Gateshead Harriers	1:58.45q

**Men 800 Metre Run**

Name	Year	Team	Finals	Points
Section 1 Finals				
1	133	Wyllie, Shaun	Bracknell AC	1:55.97
2	73	Macleod, Donald	Stornoway Ru	1:56.33
3	87	Walker, Jack	Giffnock North Aac	1:56.35
4	81	Oudney, Graeme	Dundee Hawk	1:56.96
5	98	Love, Kenneth	Giffnock North Aac	2:00.77
6	44	Simms, Adam	Gateshead Harriers	2:04.52

**Men 1500 Metre Run****10 Advance: Top 3 Each Heat plus Next 4 Best Times**

Name	Year	Team	Prelims
Heat 1 Preliminaries			
1	129	MacAulay, Scott	Kilbarchan Aac
2	109	Ralston, Max	Vp-Glasgow AC
3	131	Reilly, Sean	Central AC
4	112	Miller, Owen	Dunfermline
5	108	McNeill, Max	Lothian Runn
6	102	Gardner, Mark	Lancaster &
7	66	Brown, David	Lancaster &
--	62	Robertson, Craig	Pitreavie Aac
Heat 2 Preliminaries			
1	49	Crichton, Andrew	Edinburgh AC
2	82	Muir, Grant	Giffnock North Aac
3	139	Ferguson, Stuart	Unattached
4	55	Millar, Bruce	Fife AC
5	45	Campbell, Alistair	Ron Hill Cam
6	72	Crangle, Dean	Gateshead Harriers
7	135	Mackay, Stephen	Inverness Ha
8	93	Thomson, John	Fife AC

**Men 1500 Metre Run**

Name	Year	Team	Finals	Points
Section 1 Finals				
1	49	Crichton, Andrew	Edinburgh AC	3:59.25
2	82	Muir, Grant	Giffnock North Aac	4:01.13
3	139	Ferguson, Stuart	Unattached	4:01.78
4	109	Ralston, Max	Vp-Glasgow AC	4:02.91
5	131	Reilly, Sean	Central AC	4:06.03
6	112	Miller, Owen	Dunfermline	4:09.87



**National Senior Indoor Championships 2013 - 17/02/2013****Emirates Arena****Results****....Men 1500 Metre Run**

7	129	MacAulay, Scott	Kilbarchan Aac	4:10.93
8	108	McNeill, Max	Lothian Runn	4:11.10
9	45	Campbell, Alistair	Ron Hill Cam	4:15.53
--	55	Millar, Bruce	Fife AC	DNF

**Men 60 Metre Hurdles****8 Advance: Top 8 Each Heat plus Next 0 Best Times**

Name	Year	Team	Prelims
Heat 1 Preliminaries			
1	47	Scott, Allan	Whitemoss Aac 7.88Q
2	92	McCall, John	Vp-Glasgow AC 8.06Q
3	77	Smith, Francis	Woodford Gre 8.54Q
4	110	Downie, Michael	Arbroath & D 8.85Q
--	111	Kelly, Neale	Vp-Glasgow AC DNS

**Men 60 Metre Hurdles**

Name	Year	Team	Finals	Points
Section 1 Finals				
1	47	Scott, Allan	Whitemoss Aac	7.81
2	77	Smith, Francis	Woodford Gre	8.48
3	110	Downie, Michael	Arbroath & D	8.61
4	111	Kelly, Neale	Vp-Glasgow AC	9.20

**Men High Jump**

Name	Year	Team	Finals	Points	
Flight 1					
1	48	Smith, Allan	Shaftesbury	2.20m	
	2.05	2.10	2.15	2.20	2.25
	0	0	0	0	XXX
2	119	Bobrownicki, Raymo	Vp-Glasgow AC	2.15m	
	2.05	2.10	2.15	2.20	
	0	0	0	XXX	
3	79	Weir, Fraser	Falkirk Vict	1.95m	
	1.75	1.85	1.90	1.95	
	0	XO	0	XO	
4	121	Ferguson, Robert	Lasswade Aac	1.90m	
	1.80	1.85	1.90	1.95	
	0	XO	XO	XXX	
5	41	Lochans, Jack	Kilbarchan Aac	1.85m	
	1.75	1.80	1.85	1.90	
	0	0	0	XXX	
6	126	Stanislaus, Sam	Gateshead Harriers	1.85m	
	1.75	1.80	1.85	1.90	
	0	0	XO	XXX	

**National Senior Indoor Championships 2013 - 17/02/2013****Emirates Arena****Results****Men Pole Vault**

Name	Year Team	Finals	Points
1 40 Adams, Sam 4.30 4.50 O XXX	Vp-Glasgow AC	4.30m	
2 75 Graham, Dougie 3.80 4.00 4.20 XO O XXX	Unattached	4.00m	
3 113 O'Donnell, Patrick 3.80 4.00 4.20 XXO XO XXX	Shettleston Harr	4.00m	
4 69 Mann, David 3.80 4.00 XXO XXX	Aberdeen Aac	3.80m	
5 138 Chisholm, Stuart 3.00 3.20 XO XXX	Ashford A.C.	3.00m	
-- 107 Eaves, Max 5.20 XXX	Blackpool &	NH	
-- 120 Hurren, Richard	Newham & Essex AC	DNS	

**Men Long Jump**

Name	Year Team	Finals	Points
1 124 Lyon, Sam 6.50m 6.74m 6.70m 6.94m 6.76m 6.83m	Aberdeen Aac	6.94m	
2 118 Muirhead, Peter FOUL FOUL 6.06m 6.93m 6.88m FOUL	City of Shef	6.93m	
3 80 McKay, Garry FOUL 6.92m 5.14m FOUL 5.14m FOUL	Edinburgh AC	6.92m	
4 74 Tod, Donald 5.22m 6.34m 6.63m 5.11m FOUL 6.55m	Pitreavie Aac	6.63m	
5 94 Newport, Jordan - 6.04m FOUL FOUL FOUL 5.93m 6.32m	Edinburgh AC	6.32m	
6 37 Edwards, Stephen 6.06m 5.78m 6.04m 6.17m 6.04m FOUL	Thames Valle	6.17m	
7 61 O'Hara, Cory 5.96m FOUL FOUL FOUL 5.79m 5.89m	Vp-Glasgow AC	5.96m	
8 57 Mankodila, Christi 5.72m 5.56m 5.75m 5.79m 5.68m FOUL	Glasgow Scho	5.79m	

**Men Triple Jump**

Name	Year Team	Finals	Points
1 91 Carr, John 14.46m 14.97m 15.00m 14.76m 15.01m FOUL	Shaftesbury	15.01m	
2 71 Watson, David 14.78m FOUL 14.94m FOUL FOUL FOUL	Shettleston Harr	14.94m	
3 52 Daffurn, Antony 14.68m 14.87m 14.72m 14.81m 14.72m FOUL	Kilbarchan Aac	14.87m	
4 37 Edwards, Stephen 13.40m 13.41m FOUL 13.31m 13.26m 13.63m	Thames Valle	13.63m	

**National Senior Indoor Championships 2013 - 17/02/2013****Emirates Arena****Results****....Men Triple Jump**

5	126 Stanislaus, Sam	Gateshead Harriers	13.52m
	13.17m 13.48m FOUL FOUL FOUL		13.52m
6	95 Amouzo, Joseph	Glasgow Scho	13.21m
	12.75m 12.83m 13.21m FOUL 12.68m FOUL		

**Men Shot Put**

Name	Year Team	Finals	Points
1 63 Sturrock, Craig	Gateshead Harriers	16.05m	
	15.04m FOUL 15.88m 15.79m 15.66m 16.05m		
2 36 McInroy, Angus	Shaftesbury	14.66m	
	14.44m 14.32m FOUL 14.66m 14.41m 14.56m		
3 142 Falconer, William	Unattached	14.03m	
	13.44m 13.68m 13.93m 13.86m FOUL 14.03m		
4 110 Downie, Michael	Arbroath & D	13.46m	
	13.30m 13.46m 13.20m FOUL 12.89m		
5 38 Ferguson, Graeme	Scottish Prison	11.98m	
	11.56m 11.73m 11.82m 11.98m 11.60m 11.80m		
6 125 O'Kane, Sam	Caithness AC	11.63m	
	10.89m FOUL 11.50m 11.63m FOUL FOUL		
7 90 Hogg, Jim	Unattached	11.61m	
	11.41m 11.52m 11.61m FOUL 11.50m FOUL		