

National Outdoor Senior Championships 2013 - 10/08/2013 to 11/08/2013**Scotstoun Stadium****Results****Women 100 Meter Sprint****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Year Team	Prelims
Heat 1 Preliminaries Wind: 0.9		
1 Jade Nimmo	Sale Harriers	12.30Q
2 Sophie Ellis	Conliffe Harriers	12.37Q
3 Zoe Styles	Worcester AC	12.45q
4 Marie Dobson	Leeds City AC	13.07
-- Sarah Adams	Trafford AC	DQ
Heat 2 Preliminaries Wind: 1.9		
1 Leah Moore	Conliffe Harriers	11.99Q
2 Stacey Downie	Edinburgh AC	12.34Q
3 Selina Henderson	Falkirk Vict	12.36q
4 Alison Wylie	Aberdeen Aac	12.65
5 Heather Paton	Worcester AC	12.71
6 Laura Livesey	Motherwell AC	13.40
Heat 3 Preliminaries Wind: 1.6		
1 Susanna Banjo	Newham & Essex AC	12.20Q
2 Andrea Gaffney	Vp-Glasgow AC	12.53Q
3 Holly Belch	Kilbarchan Aac	12.73
4 Amy Clancy	Unattached	12.80
5 Chloe Thomson	Motherwell AC	13.31
6 Jenny MacTaggart	Stornoway Ru	13.45

Women 100 Meter Sprint

Name	Year Team	Finals	Points
Section 1 Finals Wind: 4.1			
1 Leah Moore	Conliffe Harriers	11.91	
2 Susanna Banjo	Newham & Essex AC	12.00	
3 Sophie Ellis	Conliffe Harriers	12.04	
4 Selina Henderson	Falkirk Vict	12.16	
5 Jade Nimmo	Sale Harriers	12.26	
6 Stacey Downie	Edinburgh AC	12.37	
7 Zoe Styles	Worcester AC	12.43	
8 Andrea Gaffney	Vp-Glasgow AC	12.65	

Women 200 Meter Sprint**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Year Team	Prelims
Heat 1 Preliminaries Wind: 3.5		
1 Susanna Banjo	Newham & Essex AC	24.40Q
2 Leah Moore	Conliffe Harriers	24.75Q
3 Sophie Ellis	Conliffe Harriers	24.86Q
4 Stacey Downie	Edinburgh AC	24.99q
5 Andrea Gaffney	Vp-Glasgow AC	25.43
6 Rachel Whittle	Vp-Glasgow AC	25.50
7 Sarah Smith	Vp-Glasgow AC	26.33
Heat 2 Preliminaries Wind: 6.4		
1 Gemma Nicol	Shaftesbury	23.91Q
2 Diane Ramsay	Vp-Glasgow AC	24.32Q
3 Bethanie Finlayson	Edinburgh AC	24.60Q

National Outdoor Senior Championships 2013 - 10/08/2013 to 11/08/2013**Scotstoun Stadium****Results****....Women 200 Meter Sprint**

4 Lucy Evans	Sale Harriers	24.97q
5 Erin Leggate	Vp-Glasgow AC	25.17

Women 200 Meter Sprint

Name	Year Team	Finals	Points
Section 1 Finals Wind: NWI			
1 Leah Moore	Conliffe Harriers	24.32	
2 Susanna Banjo	Newham & Essex AC	24.37	
3 Bethanie Finlayson	Edinburgh AC	24.71	
4 Sophie Ellis	Conliffe Harriers	24.71	
5 Gemma Nicol	Shaftesbury	24.96	
6 Stacey Downie	Edinburgh AC	24.99	
7 Lucy Evans	Sale Harriers	25.15	
8 Diane Ramsay	Vp-Glasgow AC	25.48	

Women 400 Meter Sprint**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Year Team	Prelims
Heat 1 Preliminaries		
1 Gemma Nicol	Shaftesbury	54.58Q
2 Maria Thomas	Agrupacio Atleti	56.37Q
3 Chloe Lambert	Vp-Glasgow AC	56.56Q
4 Ciara McCallion	Conliffe Harriers	56.65q
5 Mhairi Patience	Vp-Glasgow AC	58.79
6 Ademide Ademuyewo	Aberdeen Aac	59.84
7 Rachael Thomson	East Kilbride A.C.	68.51
Heat 2 Preliminaries		
1 Diane Ramsay	Vp-Glasgow AC	54.65Q
2 Zoey Clark	Thames Valle	55.07Q
3 Kelsey Stewart	Banchory Sto	56.40Q
4 Nisha Desai	Trafford AC	57.88q
5 Susan Young	Dundee Hawkh	59.50
6 Georgina Greenwood	Worcester AC	64.44

Women 400 Meter Sprint

Name	Year Team	Finals	Points
Section 1 Finals			
1 Gemma Nicol	Shaftesbury	54.10	
2 Diane Ramsay	Vp-Glasgow AC	54.67	
3 Zoey Clark	Thames Valle	55.48	
4 Kelsey Stewart	Banchory Sto	55.70	
5 Chloe Lambert	Vp-Glasgow AC	57.36	
6 Maria Thomas	Agrupacio Atleti	57.59	
7 Ciara McCallion	Conliffe Harriers	58.52	
8 Nisha Desai	Trafford AC	65.95	

National Outdoor Senior Championships 2013 - 10/08/2013 to 11/08/2013**Scotstoun Stadium****Results****Women 800 Meter Run****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Year Team	Prelims
Heat 1 Preliminaries		
1 Jenny Tan	Fife AC	2:12.45Q
2 Katy Brown	Stewartry AC	2:12.47Q
3 Mhairi Hendry	Vp-Glasgow AC	2:12.79Q
4 Erin McIlveen	Vp-Glasgow AC	2:13.57q
5 Jennifer Hannah	Vp-Glasgow AC	2:19.90
-- Ashleigh Kennedy	Edinburgh AC	DNF
-- Chloe Cowan	Giffnock North Aac	DNF
Heat 2 Preliminaries		
1 Emma Leask	Shetland Aac	2:14.77Q
2 Kathryn Evans	Edinburgh AC	2:14.85Q
3 Philippa Millage	Vp-Glasgow AC	2:14.94Q
4 Kathryn Gillespie	Central AC	2:15.28q
5 Kirsten Peters	Edinburgh AC	2:17.12
6 Hannah Cameron	Edinburgh AC	2:19.13
7 Rebecca Burns	Pitreavie Aac	2:21.03

Women 800 Meter Run

Name	Year Team	Finals	Points
Section 1 Finals			
1 Katy Brown	Stewartry AC	2:13.70	
2 Erin McIlveen	Vp-Glasgow AC	2:14.65	
3 Jenny Tan	Fife AC	2:14.74	
4 Mhairi Hendry	Vp-Glasgow AC	2:15.83	
5 Emma Leask	Shetland Aac	2:16.03	
6 Kathryn Evans	Edinburgh AC	2:16.85	
7 Philippa Millage	Vp-Glasgow AC	2:18.57	
8 Kathryn Gillespie	Central AC	2:19.75	

Women 1500 Meter Run

Name	Year Team	Finals	Points
Section 1			
1 Stephanie Twell	Aldershot Farnha	4:18.48	
2 Amy Campbell	Shaftesbury	4:18.88	
3 Morag MacLarty	Central AC	4:19.21	
4 Laura Whittle	Royal Sutton Col	4:19.68	
5 Hanna Tarver	Wirral A.C.	4:25.74	
6 Fiona Thompson	Thames Valle	4:28.74	
7 Madeleine Murray	Edinburgh AC	4:34.96	
8 Eilidh MacKenzie	Stornoway Ru	4:36.21	
9 Laura Dunn	Edinburgh AC	4:37.20	
10 Stephanie Lawrie	Nithsdale AC	4:49.46	
11 Stephanie Pennycook	Fife AC	4:53.27	

National Outdoor Senior Championships 2013 - 10/08/2013 to 11/08/2013**Scotstoun Stadium****Results****Women 5000 Meter Run**

Name	Year Team	Finals	Points
1 Sarah McCormack	Moorfoot Runners	16:14.44	
2 Kara Tait	Kilmarnock H&Ac	17:33.49	
3 Christina Rankin	Kilbarchan Aac	17:38.89	
4 Jessica Oliver-Bell	Shettleston Harr	18:07.47	

Women 100 Meter Hurdles**Top 8 Advance by Time**

Name	Year Team	Prelims
Heat 1 Preliminaries Wind: 2.7		
1 Gemma Werrett	Birchfield Harriers	13.93q
2 Hazel Ross	Vp-Glasgow AC	14.33q
3 Catriona Pennet	Edinburgh AC	14.39q
4 Heather Paton	Worcester AC	14.48q
5 Emma Brown	Vp-Glasgow AC	14.66q
6 Lisa Humphreys	Leeds City AC	15.74q
7 Holly Belch	Kilbarchan Aac	29.99q

Women 100 Meter Hurdles

Name	Year Team	Finals	Points
Section 1 Finals Wind: 6.3			
1 Gemma Werrett	Birchfield Harriers	13.88	
2 Catriona Pennet	Edinburgh AC	14.07	
3 Heather Paton	Worcester AC	14.17	
4 Hazel Ross	Vp-Glasgow AC	14.19	
5 Holly Belch	Kilbarchan Aac	14.34	
6 Emma Brown	Vp-Glasgow AC	14.66	
7 Lisa Humphreys	Leeds City AC	15.43	

Women 400 Meter Hurdles**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Year Team	Prelims
Heat 1 Preliminaries		
1 Caryl Granville	Swansea AC	61.09Q
2 Katie Purves	Edinburgh AC	63.31Q
3 Julie Dobbin	Vp-Glasgow AC	63.49Q
4 Claire Taylor	Ayr Seaforth Aac	65.71q
5 Jade Halket	Glasgow City AC	66.52
Heat 2 Preliminaries		
1 Nisha Desai	Trafford AC	63.64Q
2 Avril Jackson	Edinburgh AC	65.29Q
3 Marie Dobson	Leeds City AC	65.76Q
4 Anna Nelson	Inverness Ha	66.22q

National Outdoor Senior Championships 2013 - 10/08/2013 to 11/08/2013**Scotstoun Stadium****Results****Women 400 Meter Hurdles**

Name	Year Team	Finals	Points
Section 1 Finals			
1 Caryl Granville	Swansea AC	59.63	
2 Nisha Desai	Trafford AC	60.77	
3 Julie Dobbin	Vp-Glasgow AC	63.26	
4 Anna Nelson	Inverness Ha	64.82	
5 Marie Dobson	Leeds City AC	65.01	
6 Claire Taylor	Ayr Seaforth Aac	67.23	

Women 3000 Meter Steeplechase

Name	Year Team	Finals	Points
Section 1			
1 Emily Stewart	Edinburgh AC	10:10.76	
2 Emily Brown	Cardiff Aac	11:23.12	
3 Becky Dunphy	Arbroath & D	12:02.58	
-- Sarah Benson	Edinburgh AC	DNF	

Women High Jump

Name	Year Team	Finals	Points
Flight 1			
1 Isobel Pooley	Aldershot Farnha	1.88m	
1.71 1.77 1.80 1.85 1.88 1.91			
0 0 0 0 XXO XXX			
2 Emma Nuttall	Edinburgh AC	1.80m	
1.71 1.74 1.77 1.80 1.85			
0 0 XO 0 XXX			
3 Nikki Manson	Giffnock North Aac	1.77m	
1.52 1.59 1.66 1.71 1.74 1.77 1.80			
0 0 0 XO 0 XXO XXX			
4 Rachael MacKenzie	Inverness Ha	1.66m	
1.52 1.59 1.66 1.71			
0 0 0 XXX			
5 Ella Gibbons	Worcester AC	1.66m	
1.59 1.66 1.71			
XO XO XXX			
6 Hazel Jamieson	Ayr Seaforth Aac	1.59m	
1.52 1.59 1.66			
0 XO XXX			
7 Alison Black	Falkirk Vict	1.52m	
1.52 1.59			
0 XXX			
7 Hazel Blair	Vp-Glasgow AC	1.52m	
1.52 1.59			
0 XXX			
-- Anna McIlmoyle	City of Lisburn AC	NH	
1.52			
XXX			

National Outdoor Senior Championships 2013 - 10/08/2013 to 11/08/2013**Scotstoun Stadium****Results****Women Pole Vault**

Name	Year Team	Finals	Points
1 Caroline Adams	Giffnock North Aac	4.05m	
3.55 3.75 3.85 4.05 4.15			
O XO XO XO XXX			
2 Kirsty Maguire	Edinburgh AC	3.75m	
3.35 3.55 3.75 3.85			
O O O XX			
3 Anna Gordon	Pitreavie Aac	3.55m	
3.15 3.35 3.55 3.75			
O XXO XXO XXX			
4 Olivia Curran	Birchfield Harriers	3.35m	
3.35 3.55			
XO XXX			
5 Courtney MacGuire	Vp-Glasgow AC	3.35m	
3.15 3.35 3.55			
XO XXO XXX			
6 Hannah Lawler	Edinburgh AC	3.15m	
2.70 2.95 3.15 3.35			
O O XO XXX			
7 Laura-Ann Henderson	Ashford A.C.	2.95m	
2.95 3.15			
XO XXX			
8 Sam Somers	Aberdeen Aac	2.70m	
2.70 2.95			
O XXX			

Women Long Jump

Name	Year Team	Finals	Wind	Points
1 Sarah Warnock	Edinburgh AC	6.27m	4.0	
FOUL(3.7) 6.05m(1.4) 6.14m(2.0) 6.24m(1.5) 6.27m(4.0) FOUL(3.3)				
2 Jade Nimmo	Sale Harriers	6.09m	0.6	
5.98m(6.1) FOUL(3.4) 6.09m(0.6) 4.49m(2.1) 6.06m(2.7) 6.07m(2.6)				
3 Lisa Ferguson	Edinburgh AC	5.89m	1.7	
4.28m(0.9) 5.69m(2.8) 5.89m(1.7) 5.56m(1.2) 5.76m(1.3) FOUL(1.9)				
4 Faye Nicholson	Edinburgh AC	5.79m	4.6	
5.64m(4.3) 5.79m(4.6) 5.66m(2.2) 5.75m(4.6) 5.61m(2.7) 5.77m(3.4)				
5 Caitlin Edgar	Central AC	5.75m	3.9	
5.33m(2.9) 5.75m(3.9) 5.19m(3.8) 5.09m(2.2) 5.51m(1.1) 5.75m(1.4)				
6 Ellen Kristoffersen	Lasswade Aac	5.11m	1.3	
FOUL(4.1) FOUL(5.6) FOUL(1.5) FOUL(3.8) 5.11m(1.3) FOUL(1.5)				

Women Triple Jump

Name	Year Team	Finals	Wind	Points
1 Nony Mordi	Fife AC	12.84m	-0.1	
12.84m(-0.1) 12.55m(1.1) FOUL(1.4) 12.74m(0.3) 12.69m(1.3) 12.23m(1.8)				
2 Zara Asante	Blackheath & Bro	12.57m	1.4	
11.89m(0.8) 12.19m(1.2) 12.35m(-0.1) 12.57m(1.4) 12.32m(1.2) 12.47m(1.5)				
3 Rachel Dinsdale	Edinburgh AC	10.94m	0.5	
10.72m(1.1) 10.87m(-0.1) 10.94m(0.5) 10.55m(-0.2) 10.58m(0.8) 10.82m(1.5)				

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4	Morgan McKinnon	Glasgow Scho	10.75m	1.1						
			FOUL(1.3)	10.40m(-0.1)	10.75m(1.1)	9.44m(1.3)	10.15m(1.3)	10.53m(0.3)		
5	Carolyn Harvey	Ayr Seaforth Aac	10.70m	0.7						
			10.69m(-0.1)	10.54m(1.2)	10.45m(0.9)	10.18m(1.2)	10.37m(0.9)	10.70m(0.7)		
6	Georgina Greenwood	Worcester AC	10.49m	0.2						
			10.15m(1.6)	10.14m(1.1)	10.40m(1.1)	10.49m(0.2)	FOUL(-0.0)	FOUL(-0.0)		
7	Louise Anderson	Vp-Glasgow AC	10.48m	1.1						
			9.98m(0.5)	10.15m(0.5)	10.38m(0.8)	10.48m(1.1)	10.22m(0.6)	10.27m(0.8)		

Women Shot Put

Name	Year Team	Finals	Points
1 Kirsty Yates	Edinburgh AC	15.04m	
		FOUL FOUL 15.04m FOUL FOUL FOUL	
2 Alison Rodger	Sale Harriers	14.67m	
		14.35m 14.67m 14.50m 14.59m FOUL FOUL	
3 Mhairi Porterfield	Vp-Glasgow AC	12.90m	
		11.44m 11.18m 12.17m 11.91m 12.90m 12.20m	
4 Claire Reid	Airdrie Harriers	10.01m	
		9.03m FOUL 9.70m FOUL 10.01m 9.67m	

Women Discus Throw

Name	Year Team	Finals	Points
1 Kirsty Law	Sale Harriers	53.41m	
		53.41m 52.74m FOUL FOUL 51.11m 52.42m	
2 Sarah Henton	Blackburn Harriers	50.59m	
		44.50m 48.55m 45.72m 49.46m 50.59m 45.41m	
3 Kathy Hetherington	North Down	42.45m	
		41.92m 42.45m 40.98m 39.76m FOUL 37.60m	
4 Dionne Milne	Moray Road Runners	40.17m	
		39.51m 35.27m 34.98m 40.17m 35.79m 37.62m	
5 Claire Reid	Airdrie Harriers	34.34m	
		34.34m FOUL FOUL 32.97m 32.72m FOUL	
6 Claire Cameron	Vp-Glasgow AC	32.00m	
		31.28m 32.00m 31.86m 31.81m 30.51m 31.70m	

Women Hammer Throw

Name	Year Team	Finals	Points
1 Susan McKelvie	Edinburgh AC	59.61m	
		58.52m FOUL 57.64m 59.61m 57.87m 58.97m	
2 Kimberley Reed	Edinburgh AC	58.99m	
		56.03m 52.05m 55.84m 58.99m 58.41m 56.31m	
3 Rachel Hunter	Ayr Seaforth Aac	54.91m	
		FOUL FOUL FOUL 54.91m 53.54m FOUL	
4 Myra Perkins	Falkirk Vict	53.12m	
		FOUL 52.98m 53.12m FOUL	
5 Mhairi Porterfield	Vp-Glasgow AC	49.95m	
		49.00m FOUL 48.40m 48.00m 49.82m 49.95m	
6 Katy Wilson	Birtley AC	49.39m	
		47.52m 46.87m FOUL 49.39m 48.30m 46.36m	

National Outdoor Senior Championships 2013 - 10/08/2013 to 11/08/2013**Scotstoun Stadium****Results****...Women Hammer Throw**

7 Kelly Bodley	Ellon Aac	36.45m
36.40m 36.03m 35.86m FOUL 36.45m FOUL		
8 Paula Murray	Vp-Glasgow AC	32.22m
29.38m FOUL 32.22m 30.67m 29.94m FOUL		

Women Javelin Throw

Name	Year Team	Finals	Points
1 Natasha Wilson	Sale Harriers	47.78m	
41.70m 43.07m 44.66m 43.25m 47.78m 47.78m			
2 Paula Murray	Vp-Glasgow AC	38.81m	
35.76m 35.03m 36.43m 38.81m 35.87m 34.76m			
3 Aileen Rennie	Ayr Seaforth Aac	36.62m	
FOUL 35.80m 36.44m 36.62m 36.53m FOUL			
4 Paula Gass	Edinburgh AC	36.24m	
33.96m 35.98m 35.32m 36.24m 32.55m 34.67m			
5 Nikki Manson	Giffnock North Aac	36.13m	
36.13m FOUL 33.46m 30.88m 32.86m 34.70m			

Men 100 Meter Sprint**16 Advance: Top 3 Each Heat plus Next 4 Best Times**

Name	Year Team	Prelims
Heat 1 Preliminaries Wind: 2.6		
1 Ryan Oswald	Pitreavie Aac	10.72Q
2 Allan Hamilton	Sale Harriers	10.83Q
3 Elliot Heath	Giffnock North Aac	10.88Q
4 Sam Freck	Inverness Ha	11.35
5 Nishant Puri	Kilbarchan Aac	11.72
6 Paul Davidson (T20)	Inverness Ha	12.17
7 Jonathan Baldie	Edinburgh AC	13.44
Heat 2 Preliminaries Wind: 3.3		
1 Stephen Dunlop	Aberdeen Aac	10.78Q
2 James Higgins	Glasgow Scho	10.95Q
3 Eamonn Fahey	Donore	10.96Q
4 Donald Tod	Pitreavie Aac	11.41
5 Jonathan Thompson	Ayr Seaforth Aac	11.54
6 Mitchell Graham	Central AC	11.95
7 Graham Thomson	Aberdeen Aac	12.21
Heat 3 Preliminaries Wind: 5.5		
1 Morro Bajo	Edinburgh AC	10.87Q
2 Greg Turnbull	Edinburgh AC	10.95Q
3 Sean Thompson	Vp-Glasgow AC	10.98Q
4 Garry Mckay	Edinburgh AC	11.26q
5 Mark Chisholm	Luton AC	11.26q
6 Grant Crichton	Motherwell AC	11.54
7 Finlay MacLennan (T20)	Inverness Ha	12.40
Heat 4 Preliminaries Wind: 2.7		
1 Jonathan Browning	Ballymena & Antr	10.92Q
2 Ross Maxwell	Vp-Glasgow AC	10.92Q
3 Oliver Lawson	Pitreavie Aac	11.12Q
4 Shaun Toner	Inverclyde AC	11.19q
5 David Clark	Vp-Glasgow AC	11.30q

National Outdoor Senior Championships 2013 - 10/08/2013 to 11/08/2013**Scotstoun Stadium****Results****....Men 100 Meter Sprint**

6 Michael Thomson	Motherwell AC	11.83
7 Gary Scott	Conliffe Harriers	12.04
8 Jason MacLean (T37)	Inverness Ha	13.19

Men 100 Meter Sprint**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Year Team	Semis
Heat 1 Semi-Finals Wind: -0.6		
1 Ryan Oswald	Pitreavie Aac	10.80Q
2 Elliot Heath	Giffnock North Aac	10.88Q
3 Jonathan Browning	Ballymena & Antr	10.91Q
4 Ross Maxwell	Vp-Glasgow AC	11.05
5 Greg Turnbull	Edinburgh AC	11.07
6 Shaun Toner	Inverclyde AC	11.29
7 Oliver Lawson	Pitreavie Aac	11.32
8 David Clark	Vp-Glasgow AC	11.55
Heat 2 Semi-Finals Wind: 3.3		
1 Stephen Dunlop	Aberdeen Aac	10.73Q
2 Allan Hamilton	Sale Harriers	10.91Q
3 Morro Bajo	Edinburgh AC	10.95Q
4 James Higgins	Glasgow Scho	11.00q
5 Eamonn Fahey	Donore	11.00q
6 Sean Thompson	Vp-Glasgow AC	11.10
7 Mark Chisholm	Luton AC	11.46

Men 100 Meter Sprint

Name	Year Team	Finals	Points
Section 1 Finals Wind: 2.8			
1 Ryan Oswald	Pitreavie Aac	10.54	
2 Stephen Dunlop	Aberdeen Aac	10.70	
3 Allan Hamilton	Sale Harriers	10.73	
4 Jonathan Browning	Ballymena & Antr	10.83	
5 James Higgins	Glasgow Scho	10.89	
6 Morro Bajo	Edinburgh AC	10.90	
7 Eamonn Fahey	Donore	10.91	
8 Elliot Heath	Giffnock North Aac	10.99	

Men 200 Meter Sprint**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Year Team	Prelims
Heat 1 Preliminaries Wind: 3.3		
1 Ryan Oswald	Pitreavie Aac	22.16Q
2 James Higgins	Glasgow Scho	22.32Q
3 Sean Thompson	Vp-Glasgow AC	22.55Q
4 David Clark	Vp-Glasgow AC	23.37q
-- Nishant Puri	Kilbarchan Aac	DQ
Heat 2 Preliminaries Wind: 3.1		
1 Stephen Dunlop	Aberdeen Aac	22.43Q
2 Shaun Toner	Inverclyde AC	22.43Q

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3 Jonathan Browning	Ballymena & Antr	22.45Q
4 Sam Freck	Inverness Ha	23.32q
5 Mitchell Graham	Central AC	23.97
6 Grant Crichton	Motherwell AC	24.07

Men 200 Meter Sprint

Name	Year Team	Finals	Points
Section 1 Finals Wind: 4.5			
1 Ryan Oswald	Pitreavie Aac	21.58	
2 Jonathan Browning	Ballymena & Antr	21.97	
3 James Higgins	Glasgow Scho	22.04	
4 Stephen Dunlop	Aberdeen Aac	22.17	
5 Shaun Toner	Inverclyde AC	22.31	
6 Sean Thompson	Vp-Glasgow AC	22.33	
7 Sam Freck	Inverness Ha	22.98	
-- David Clark	Vp-Glasgow AC	DNF	

Men 400 Meter Sprint**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Year Team	Prelims
Heat 1 Preliminaries		
1 Kris Robertson	Kirkintilloch	48.65Q
2 Patrick Swan	City of Edinburg	49.18Q
3 Sean Watson	Shettleston Harr	49.91q
4 David New	Edinburgh AC	50.91
5 David Kerr	Kilbarchan Aac	51.20
6 Paul Davidson (T20)	Inverness Ha	55.68
7 Finlay MacLennan (T20)	Inverness Ha	58.96
Heat 2 Preliminaries		
1 Greg Louden	Lasswade Aac	49.20Q
2 Ben Robbins	Edinburgh AC	49.57Q
3 Shawn Wright	Livingston &	50.45
4 Roy Shankland	Kilmarnock H&Ac	50.69
5 Iain Douglas	Edinburgh AC	50.95
6 Robert Ferrol (T20)	Shettleston Harr	57.77
Heat 3 Preliminaries		
1 Anthony Young	Pitreavie Aac	49.07Q
2 Grant Plenderleith	Falkirk Vict	49.68Q
3 Robert Stenhouse	Jersey Spartan AC	49.95q
4 Lea Stephenson	Tynedale Har	50.24
5 David Agnew	Pitreavie Aac	53.40
6 Stephen Ross	Motherwell AC	55.41

Men 400 Meter Sprint

Name	Year Team	Finals	Points
Section 1 Finals			
1 Kris Robertson	Kirkintilloch	47.48	
2 Greg Louden	Lasswade Aac	47.70	
3 Patrick Swan	City of Edinburg	48.44	

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4 Ben Robbins	Edinburgh AC	48.68
5 Grant Plenderleith	Falkirk Vict	49.18
6 Anthony Young	Pitreavie Aac	49.21
7 Sean Watson	Shettleston Harr	49.67
8 Robert Stenhouse	Jersey Spartan AC	68.97

Men 800 Meter Run**16 Advance: Top 3 Each Heat plus Next 4 Best Times**

Name	Year Team	Prelims
Heat 1 Preliminaries		
1 Guy Learmonth	Lasswade Aac	1:54.59Q
2 Alastair Hay	Central AC	1:55.02Q
3 Donald Macleod	Stornoway Ru	1:55.80Q
4 Scott MacAulay	Kilbarchan Aac	1:56.23q
5 Kenneth Love	Giffnock North Aac	1:58.07q
6 Euan Martin	Falkirk Vict	1:59.35
7 John Ball	Glasgow Scho	2:01.11
8 Stuart Milne	Fife AC	2:11.45
Heat 2 Preliminaries		
1 David Bishop	Bristol & West AC	1:56.97Q
2 Michael Ferguson	Banchory Sto	1:57.10Q
3 Nathan Wake	Woodford Gre	1:57.40Q
4 Graeme Oudney	Dundee Hawk	1:57.77q
5 Andy Dobson	Hunts AC	2:01.35
6 Simeon Greenwood	Gateshead Harriers	2:03.10
7 Niall Walker	East Kilbride A.C.	2:06.17
8 Stuart Campbell	Corstorphine Aac	2:10.95
Heat 3 Preliminaries		
1 Jake Wightman	Edinburgh AC	1:57.20Q
2 Myles Edwards	Aberdeen Aac	1:57.89Q
3 Neil Burnside	Ayr Seaforth Aac	1:58.45Q
4 Ross Macdonald	Law & District Aac	1:58.81
5 Adam Pratt	Tynedale Har	2:00.49
6 Jonathan Currie	Tynedale Har	2:01.54
7 Paddy Jumelle	Corstorphine Aac	2:02.71
8 Andrew Ferguson Jnr	Banchory Sto	2:03.52
Heat 4 Preliminaries		
1 Tom Watson	Central AC	1:57.12Q
2 Christopher Smith	Wirral A.C.	1:57.48Q
3 Alistair Campbell	Ron Hill Cam	1:58.00Q
4 Stephen Mackay	Inverness Ha	1:58.60q
5 James Joy	Aberdeen Aac	1:59.46
6 Ryan Thomson	Ron Hill Cam	2:00.19
7 Jamie Clements	East Kilbride A.C.	2:03.17
8 Stephen Allen	Law & District Aac	2:05.01

Men 800 Meter Run**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Year Team	Semis
Heat 1 Semi-Finals		
1 Guy Learmonth	Lasswade Aac	1:53.36Q

National Outdoor Senior Championships 2013 - 10/08/2013 to 11/08/2013**Scotstoun Stadium****Results****....Men 800 Meter Run**

2	Jake Wightman	Edinburgh AC	1:53.90Q
3	Myles Edwards	Aberdeen Aac	1:54.49Q
4	Alastair Hay	Central AC	1:55.90
5	Neil Burnside	Ayr Seaforth Aac	1:57.29
6	Scott MacAulay	Kilbarchan Aac	1:58.85
7	Graeme Oudney	Dundee Hawkh	2:03.73
8	Donald Macleod	Stornoway Ru	2:07.65
Heat 2 Semi-Finals			
1	Tom Watson	Central AC	1:53.26Q
2	David Bishop	Bristol & West AC	1:53.50Q
3	Christopher Smith	Wirral A.C.	1:54.14Q
4	Michael Ferguson	Banchory Sto	1:54.37q
5	Alistair Campbell	Ron Hill Cam	1:55.51q
6	Nathan Wake	Woodford Gre	2:03.68
--	Stephen Mackay	Inverness Ha	DNF

Men 800 Meter Run

Name	Year Team	Finals	Points
Section 1 Finals			
1	Guy Learmonth	Lasswade Aac	1:55.45
2	Jake Wightman	Edinburgh AC	1:55.50
3	Myles Edwards	Aberdeen Aac	1:56.89
4	Tom Watson	Central AC	1:57.93
5	David Bishop	Bristol & West AC	1:58.37
6	Michael Ferguson	Banchory Sto	1:59.29
7	Christopher Smith	Wirral A.C.	1:59.96
8	Alistair Campbell	Ron Hill Cam	2:00.11

Men 1500 Meter Run**12 Advance: Top 4 Each Heat plus Next 4 Best Times**

Name	Year Team	Prelims	
Heat 1 Preliminaries			
1	Kristopher Gauson	Belgrave Harriers	4:02.85Q
2	Grant Muir	Giffnock North Aac	4:03.52Q
3	Dale Colley	Falkirk Vict	4:03.79Q
4	Sean Reilly	Central AC	4:04.03Q
5	Mark Haskett	Aberdeen Aac	4:04.07q
6	Owen Miller (T20)	Dunfermline	4:08.56q
7	Sam Burgess	Aberdeen Aac	4:11.20
8	Mark Gardner	Lancaster &	4:13.25
9	Eoin Durkan	Aberdeen Aac	4:24.48
Heat 2 Preliminaries			
1	Andrew Butchart	Central AC	3:56.69Q
2	Matthew White	Dundee Hawkh	3:58.22Q
3	Jack Walker	Giffnock North Aac	3:59.11Q
4	Bruce Millar	Fife AC	3:59.21Q
5	Calum McKenzie	Corstorphine Aac	3:59.44q
6	Ethan Sloan-Dennison	Vp-Glasgow AC	4:00.48q
7	Chris Ponton	Edinburgh AC	4:14.19
--	Edward Dudgeon	Edinburgh AC	DNF

National Outdoor Senior Championships 2013 - 10/08/2013 to 11/08/2013**Scotstoun Stadium****Results****Men 1500 Meter Run**

Name	Year Team	Finals	Points
Section 1 Finals			
1 Kristopher Gauson	Belgrave Harriers	3:59.57	
2 Andrew Butchart	Central AC	4:00.68	
3 Grant Muir	Giffnock North Aac	4:01.58	
4 Matthew White	Dundee Hawk	4:02.31	
5 Sean Reilly	Central AC	4:02.93	
6 Jack Walker	Giffnock North Aac	4:03.39	
7 Calum McKenzie	Corstorphine Aac	4:03.49	
8 Mark Haskett	Aberdeen Aac	4:06.01	
9 Ethan Sloan-Dennison	Vp-Glasgow AC	4:07.31	
10 Dale Colley	Falkirk Vict	4:12.29	
11 Owen Miller (T20)	Dunfermline	4:14.49	
-- Bruce Millar	Fife AC	DNF	

Men 5000 Meter Run

Name	Year Team	Finals	Points
Section 1			
1 Sean Fontana	Vp-Glasgow AC	14:32.98	
2 Craig Ruddy	Inverclyde AC	14:36.10	
3 Dermot Cummins	Corstorphine Aac	14:39.40	
4 Callum Hawkins	Kilbarchan Aac	14:39.47	
5 Dougie Selman	Corstorphine Aac	14:40.40	
6 Benjamin Hukins	Ron Hill Cam	14:42.39	
7 Michael Crawley	Corstorphine Aac	14:48.59	
8 Lachlan Oates	Shettleston Harr	14:50.81	
9 John Newsom	Central AC	14:52.37	
10 Alexander Hendry	Central AC	15:01.48	
11 Stephen Trainer	Greenock Gle	15:05.43	
12 Marc Austin	Vp-Glasgow AC	15:32.26	
13 Max McNeill	Lothian Runn	15:35.97	
14 Mark Pollard	Inverclyde AC	15:42.76	
15 Andrew Christy	Corstorphine Aac	15:44.15	
16 Sam Burgess	Aberdeen Aac	15:48.65	
17 Shaun Lyon	Greenock Gle	15:54.77	
18 Bryan Clark	Corstorphine Aac	16:11.39	

Men 110 Meter Hurdles

Name	Year Team	Finals	Points
Section 1 Wind: 3.9			
1 Allan Scott	Shaftesbury	13.81	
2 Francis Smith	Woodford Gre	15.15	
3 Andrew Murphy	Kilbarchan Aac	15.45	

Men 110 Meter Hurdles

Name	Year Team	Finals	Points
Section 1 Wind: 4.9			
1 Allan Scott	Shaftesbury	13.92	

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2	John McCall	Vp-Glasgow AC	14.44
3	Francis Smith	Woodford Gre	14.83
4	Andrew Murphy	Kilbarchan Aac	15.67

Men 400 Meter Hurdles

Name	Year Team	Finals	Points
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Section 1

1	David Martin	Vp-Glasgow AC	52.91
2	Ewan Dyer	Pitreavie Aac	53.36
3	Connor Henderson	Kilbarchan Aac	54.49
4	Jonathan P Mann	Thames Valle	54.51
5	Jack Lawrie	Pitreavie Aac	55.60

Men 3000 Meter Steeplechase

Name	Year Team	Finals	Points
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1	Ryan McKinlay	Highgate Harriers	9:06.21
2	Alexander Hendry	Central AC	9:22.03
3	Stephen Lisgo	Edinburgh AC	9:25.07
4	Michael Wright	Central AC	9:26.94
5	Howell Craske	Dundee Hawk	9:42.70
6	David Munro	Ron Hill Cam	9:44.37
7	Michael Deason	Shettleston Harr	9:52.87

Men High Jump

Name	Year Team	Finals	Points
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Flight 1

1	Allan Smith	Shaftesbury	2.14m
	2.09 2.14 2.17		
	0 0 XXX		
2	David Smith	Giffnock North Aac	2.09m
	2.04 2.09 2.14 2.17		
	0 0 X XX		
3	Fraser Weir	Falkirk Vict	1.94m
	1.84 1.89 1.94 1.99		
	0 0 0 XXX		
4	Robert Ferguson	Lasswade Aac	1.94m
	1.84 1.89 1.94 1.99		
	XO 0 XO XXX		
5	Sean Gaffney	Giffnock North Aac	1.89m
	1.84 1.89 1.94		
	0 XO XXX		

Men Pole Vault

Name	Year Team	Finals	Points
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1	Jax Thoires	Glasgow City AC	5.25m
	4.30 4.50 5.00 5.25 5.51		
	0 0 0 0 XXX		

National Outdoor Senior Championships 2013 - 10/08/2013 to 11/08/2013**Scotstoun Stadium****Results****....Men Pole Vault**

2	Richard Hurren	Newham & Essex AC	4.50m
	4.50 4.70		
	O XXX		
3	Fraser O'Rourke	Giffnock North Aac	4.10m
	4.10 4.30		
	O XXX		
4	Andrew Murphy	Kilbarchan Aac	3.90m
	3.90 4.10		
	O XXX		
5	Dougie Graham	Arbroath & D	3.90m
	3.90		
	XXO		
6	Patrick O'Donnell	Shettleston Harr	3.50m
	3.50 3.90		
	O XXX		
6	John Robertson	Whitemoss Aac	3.50m
	3.50 3.90		
	O XXX		
8	Marc Devanney	Giffnock North Aac	3.50m
	3.30 3.50 3.90		
	XXO XO XXX		
--	Stuart Chisholm	Ashford AC	NH
	3.30		
	XXX		

Men Long Jump

Name	Year Team	Finals	Wind	Points
1 John Carr	Shaftesbury	7.49m	0.6	
	6.85m(0.3) 7.49m(0.6) 7.20m(0.8) 7.22m(-0.6) FOUL(0.8) 7.38m(0.9)			
2 Allan Hamilton	Sale Harriers	7.39m	+0.0	
	7.17m(-0.1) 7.39m(+0.0) FOUL(0.5) 6.98m(+0.0) 4.95m(+0.0) FOUL(1.2)			
3 Garry Mckay	Edinburgh AC	7.30m	-0.1	
	7.30m(-0.1) 6.79m(0.5) 7.20m(+0.0) 4.79m(+0.0) 6.88m(+0.0) 5.74m(+0.0)			
4 David Martin	Channel Island AC	7.20m	-0.6	
	7.02m(-0.1) 6.85m(0.7) FOUL(+0.0) FOUL(+0.0) FOUL(0.8) 7.20m(-0.6)			
5 Eamonn Fahey	Donore	7.11m	+0.0	
	6.89m(1.2) 7.11m(+0.0) FOUL(-0.2) FOUL(-0.5) FOUL(+0.0) FOUL(+0.0)			
6 Sam Lyon	Aberdeen Aac	7.05m	+0.0	
	6.93m(+0.0) FOUL(1.0) 7.05m(+0.0) 6.79m(+0.0) 6.93m(0.5) 6.87m(0.5)			
7 Ross Maxwell	Vp-Glasgow AC	6.83m	+0.0	
	6.77m(-0.1) 6.83m(+0.0) FOUL(-0.2)			
8 Donald Tod	Pitreavie Aac	6.74m	+0.0	
	6.69m(+0.0) 6.67m(+0.0) 3.24m(+0.0) 6.63m(+0.0) 6.74m(+0.0) FOUL(0.5)			
9 Jordan - James Newport	Edinburgh AC	6.41m	0.9	
	FOUL(+0.0) 6.41m(0.9) FOUL(0.2)			
10 Jordan Charters	Lasswade Aac	6.25m	+0.0	
	6.06m(-0.1) 6.25m(+0.0) 6.22m(-0.4)			
-- Peter Muirhead	City of Shef	FOUL		
	FOUL(+0.0) FOUL(0.5) FOUL(0.9)			

National Outdoor Senior Championships 2013 - 10/08/2013 to 11/08/2013**Scotstoun Stadium****Results****Men Triple Jump**

Name	Year Team	Finals	Wind	Points
1 Chukwudi Onyia	Aberdeen Aac	15.13m	4.8	
	13.46m(3.5) 13.80m(6.2) 13.19m(1.6) 14.61m(3.7)	15.13m(4.8)		
2 Antony Daffurn	Kilbarchan Aac	14.61m	8.5	
	14.61m(8.5) x			
3 Matthew Kerr	Giffnock North Aac	14.42m	3.8	
	13.74m(5.1) 14.11m(4.5) 14.05m(3.0) 14.01m(7.5)	14.42m(3.8)	14.21m(2.8)	
4 Mahad Ahmed	Glasgow Scho	13.34m	5.8	
	FOUL(2.4) FOUL(1.8) 12.80m(2.4) FOUL(4.6) 13.34m(5.8) 12.93m(4.6)			

Men Shot Put

Name	Year Team	Finals	Points
1 Scot Thompson	Aberdeen Aac	14.11m	
	13.85m 13.89m FOUL 13.94m 14.11m FOUL		
2 Graeme Ferguson	Scottish Prison	12.01m	
	11.65m FOUL FOUL 12.01m 11.94m 11.96m		
3 Jim Hogg	Unattached	11.91m	
	11.91m 11.79m 11.89m 11.72m 11.82m 11.81m		

Men Shot Put

Name	Year Team	Finals	Points
1 Jason MacLean (T37)	Inverness Ha	8.76m	
	8.44m 8.51m 8.48m 8.76m 8.48m 8.33m		

Men Discus Throw

Name	Year Team	Finals	Points
1 Nicholas Percy	Shaftesbury	55.84m	
	44.48m 53.80m FOUL 53.17m 55.62m 55.84m		
2 Angus McInroy	Shaftesbury	53.14m	
	53.14m 48.78m FOUL FOUL 51.65m FOUL		
3 Graeme Level	Gateshead Harriers	51.93m	
	50.20m 50.63m 51.93m FOUL 50.07m FOUL		
4 Scot Thompson	Aberdeen Aac	46.68m	
	43.03m 44.79m 46.68m 43.45m FOUL 46.17m		
5 Alan Toward	Gateshead Harriers	43.88m	
	42.20m 41.16m FOUL 43.88m 41.07m 43.34m		
6 Damien Murray	Dundee Hawk	27.97m	
	FOUL 23.96m 26.45m 27.97m FOUL FOUL		

Men Hammer Throw

Name	Year Team	Finals	Points
1 Mark Dry	Shettleston Harr	70.96m	
	68.37m 70.96m FOUL FOUL 67.81m 68.93m		
2 Andy Frost	Woodford Gre	70.73m	
	68.39m 70.73m 66.46m 69.13m FOUL 66.44m		

National Outdoor Senior Championships 2013 - 10/08/2013 to 11/08/2013**Scotstoun Stadium****Results****....Men Hammer Throw**

3	Christopher Bennett	Shaftesbury	67.92m
	66.26m FOUL 66.45m 67.92m 62.41m 64.99m		
4	Matthew Richards	Cardiff Aac	60.44m
	60.44m FOUL FOUL 59.91m 59.88m 58.66m		
5	Alex Warner	Windsor Slou	57.97m
	57.97m 57.91m 54.79m 53.46m 57.02m 57.29m		

Men Javelin Throw

Name	Year Team	Finals	Points
1 Greg Millar	Birchfield Harriers	66.55m	
	59.01m 61.87m 66.55m 59.68m 63.39m 62.73m		
2 Kenneth Robertson	Falkirk Vict	47.96m	
	45.43m 47.31m 47.26m 44.02m 47.96m 46.03m		
3 Andrew Cunningham	Kilbarchan Aac	46.37m	
	46.37m FOUL FOUL FOUL FOUL FOUL		
4 Peter Hockey	City of Edinburg	43.92m	
	FOUL 43.92m 42.48m 42.45m 40.28m 41.14m		
5 Damien Murray	Dundee Hawk	42.50m	
	42.44m FOUL 42.50m FOUL FOUL FOUL		

Mixed 100 Meter Sprint Wheelchair Wheelchair

Name	Year Team	Finals	Points
Section 1 Wind: 2.2			
1 Ross Low (T54)	M Red Star	17.48	
2 Samantha Kinghorn (T53)	W Red Star	19.13	
3 Meggan Dawson-Farrell (T	W Red Star	19.95	
4 Jane Egan (T33)	W Fusion Triathalo	22.72	
5 Kyle Brotherton (T54)	M Red Star	23.48	

Mixed 200 Meter Sprint Wheelchair Wheelchair

Name	Year Team	Finals	Points
1 Ross Low (T54)	M Red Star	32.48	
2 Samantha Kinghorn (T53)	W Red Star	34.57	
3 Meggan Dawson-Farrell (T	W Red Star	35.95	
4 Jane Egan (T33)	W Fusion Triathalo	45.37	
-- Kyle Brotherton (T54)	M Red Star	DQ	

Mixed 400 Meter Sprint Wheelchair Wheelchair

Name	Year Team	Finals	Points
Section 1			
1 Ross Low (T54)	M Red Star	63.75	
2 Meggan Dawson-Farrell (T	W Red Star	69.23	
3 Samantha Kinghorn (T53)	W Red Star	71.11	
4 Jane Egan (T33)	W Fusion Triathalo	79.56	

National Outdoor Senior Championships 2013 - 10/08/2013 to 11/08/2013**Scotstoun Stadium****Results****Mixed 800 Meter Run Wheelchair Wheelchair**

Name	Year Team	Finals	Points
1 Ross Low (T54)	M Red Star	2:10.14	
2 Samantha Kinghorn (T53)	W Red Star	2:19.95	
3 Meggan Dawson-Farrell (T)	W Red Star	2:20.47	
4 Jane Egan (T33)	W Fusion Triathalo	2:39.83	

Mixed 1500 Meter Run Wheelchair Wheelchair

Name	Year Team	Finals	Points
1 Ross Low (T54)	M Red Star	4:25.97	
2 Meggan Dawson-Farrell (T)	W Red Star	4:28.83	
3 Samantha Kinghorn (T53)	W Red Star	4:44.43	
4 Jane Egan (T33)	W Fusion Triathalo	5:02.09	

Mixed Other Club Throw

Name	Year Team	Finals	Points
Flight 1			
1 Graham Condie (F32)	M Red Star	20.86m	
FOUL 18.79m 20.86m 17.31m 16.13m 19.50m			
2 Lewis McConnel (F32)	M Red Star	13.97m	
13.33m 13.97m 13.73m FOUL 13.41m 13.45m			