

SAF Vet Indoor Championships - 250103

Name	Club	Age	Time	Name	Club	Age	Time		
60m Men - M40				60m Women - F35					
Ht 1				Final					
1	A Crawford	Annan	M40	7.51	1	K Nicholson	Inv	F35	8.47
2	R Hunter	SVH	M40	7.53	2	S Freebairn	CoG	F35	9.02
3	G Charlton	NEV	M40	7.60	3	J Chalmers	Dunf WF	F35	9.03
4	H Tucker	KO	M40	8.11	4	D Bannerman	Inv	F35	9.29
5	S Wallace	Pit	M40	8.27	60m Women - F40				
Ht 2				Final					
1	D Mulheron	Cumb	M40	7.53	1	J Lyon	Aber	F40	8.56
2	S Bruce	SVH	M40	7.70	2	A Kelly	GN	F40	8.92
3	B Lumsden	FV	M40	7.90		A Hardcastle	M Keynes	F40	dnr
4	A Dooley	SV	M40	7.92	60m Women - F55/60/65				
5	I McEwan	Whitem	M40	7.95	Final				
Final				Final					
1	D Mulheron	Cumb	M40	7.40	1	J Rammell	Niths	F55	9.98
2	A Crawford	Annan	M40	7.46	1	E Linaker	Pit	F55	9.18
3	R Hunter	SVH	M40	7.57	1	B Steedman	Muss	F65	10.60
4	B Scott	SVH	M40	7.62	60m Hurd Men				
5	G Charlton	NEV	M40	7.65	Final				
6	B Lumsden	FV	M40	7.91	1	M Cannon	Blackh	M40	10.22
60m Men - M45				60m Hurd Women					
Final				Final					
1	E Smart	Gates	M45	7.44	1	D Bannerman	Inv	F35	11.74
2	M Leyland	Shetland	M45	7.59	1	M Barrett	Loughrea	F40	11.25
3	D Grieve	Una	M45	7.64	2	C Smith	DHH	F40	10.28
4	J Law	Una	M45	7.88	1	L Moore-Fox	Dundrum	F45	dnr
5	D Phillips	Ayr	M45	7.91	400m Men - M40				
	S Agnew	Bally	M45	dnr	Final				
	M Williams	Dunf WF	M45	dnr	1	D Brown	Birch	M40	55.53
60m Men - M50				400m Men - M45					
Final				Final					
1	J McGarry	Irvine	M50	7.98		A Bryce	Falk V	M40	dnr
2	B Lynch	FVH	M50	8.02		C Murray	VP	M40	dnr
3	A Jeffries	VP	M50	9.07	1	J Shearer	Larkhall	M45	55.45
	J Robertson	Dunf WF	M50	dnr	2	C Douglas	Larkhall	M45	58.05
	M Fraser		M50	dnr		M Williams	Dunf/WF	M45	dnr
60m Men - M55				400m Men - M50					
Final				Final					
1	M Clerihew	Corst	M55	8.37	1	B McKay	Pit	M50	59.67
2	S Harris	Una	M55	8.97		J Treasurer	Lochaber	M50	dns
	A Steede	SVH	M55	dns		A Fulton	Aber	M50	dnr
60m Men - M60				400m Men - M55					
Final				Final					
1	J Steede	SVH	M60	8.13		P Lavin	Liv	M50	dnr
2	R Smoult	NEV	M60	9.04		M McCausland	Sparta	M50	dnr
3	J Sloan	Annan	M60	9.32		R Sloss	RHCamb	M50	dnr
	W Gentleman	CoE	M60	dnr		E Stewart	SVH	M50	dnr
60m Men - M70				400m Men - M60					
Final				Final					
1	S Bowers	SGA	M70	9.46					
2	W Russell	W Loth	M70	9.88					
3	G Bridgeman	SVH	M70	11.51					
	J Christie	VP	M70	dnr					
Name	Club	Age			Name	Club	Age	Time	

SAF Vet Indoor Championships - 250103

	Name	Club	Age	T/D
400m Men - M55				
	Final			
1	T Bissett	Epsom	M55	63.46
2	D King	Irvine	M55	64.69
	R Finlayson	CoE	M55	dnr

400m Men - M60/65/70				
	Final			
1	J Ross	CoE	M60	61.61
1	J Steede	SVH	M60	
2	A McManus	SVH	M65	
1	W Russell	W Loth	M70	

400m Women - F35/40				
	Final			
1	A Kelly	GN	F40	
2	S Ramage	CoE	F40	

1500m Men - M40				
	Final			
1	J Brown	RH Camb	M40	4.16.25
3	M Duthrie	Calderglen	M40	4.17.31
4	B Hands	Strath U	M40	4.31.29
	A Bryce	FV	M40	dnr
	D McCarthy	Sparty	M40	dnr
	J Thomson	Fife	M40	dnr
	J McDonald	Law	M40	dnr
	D Watson	VP	M40	dnr

1500m Men - M45				
	Final			
1	G Van Herp	SVH	M45	4.32.46
2	S Cullen	Gars	M45	5.08.13
	A Dunlop	Stornoway	M45	dnr

1500m Men - M50				
	Final			
1	D Leitch	Una	M50	4.34.00
2	A Jenkins	RH Camb	M50	4.37.00
3	M McCausland	Sparta	M50	4.39.71
4	W Pratt	Dunf WF	M50	4.41.69
5	J White	Irvine	M50	4.47.43

1500m Men - M50/55/65/70				
	Final			
1	R Young	Clydes	M55	4.54.36
2	D King	Irvine	M55	5.16.75
3	N Murdock	Aber	M55	5.28.32
1	G Reid	Montrose	M60	5.18.22
2	I Leggett	Lothian	M60	5.27.65
	P Cartwright	Clydes	M60	dnr
1	J Parker	SVH	M65	6.04.66
2	H Fletcher	Aber	M65	7.09.07
1	W McBrinn	SH	M70	5.56.56

1500m Women - F35/40				
	Final			
1	CA Gray	CoG	F35	4.51.27
1	S Ramage	CoE	F40	5.28.19
2	L Marr	Shett	F40	5.32.62

	Name	Club	Age	T/D
200m Men - M40				
	H1			
1	D Mulheron	Cumb	M40	24.79
2	D Brown	Birch	M40	25.35
3	A Dooley	SVH	M40	26.05
4	B Lumsden	FV	M40	26.46

	H2			
1	A Crawford	Annan	M40	24.17
2	B Scott	Sc Bord	M40	24.42
3	R Hunter	PSH	M40	24.70
4	G Charlton	NEV	M40	26.12
5	K Pokorniecki	Ross C	M40	dnr

	Final			
1	D Mulheron	Cumb	M40	23.59
2	A Crawford	Annan	M40	24.01
3	B Scott	Sc Bord	M40	24.39
4	R Hunter	PSH	M40	24.92
5	D Brown	Birch	M40	25.32

200m Men - M45				
	Final			
1	E Smart	Gates	M45	23.44
2	D Grieve	Una	M45	24.29
3	M Leyland	Shetland	M45	24.98
4	J Law	Una	M45	25.78
5	D Phillips	Ayr	M45	26.72
	J Shearer	Larkhall	M45	dnr
	M Williams	Dunf WF	M45	dnr
	S Agnew	Bally	M45	dnr
	A Laird	CoE	M45	dnr

200m Men - M50				
	Final			
1	J McGarry	Irvine	M50	26.44
	J Robertson	Dunf WF	M50	dnr
	J Treasurer	Lochaber	M50	dnr
	A Fulton	Aber	M50	dnr
	A Jeffries	VP	M50	dnr
	B Lynch	FVH	M50	dnr

200m Men - M55/60/65/70				
	Final			
1	M Clerihew	Corst	M55	27.67
	S Harris	Una	M55	dns
	T Bissett	Epsom	M55	dns
1	J Steede	SVH	M60	26.78
2	R Smoult	NEV	M60	31.03
1	A McManus	Irvine	M65	33.64
2	H Fletcher	Aber	M65	37.91
1	S Bowers	SGA	M70	34.22
2	W Russell	W Loth	M70	46.83
	G Bridgeman	SVH	M70	dnr

SAF Vet Indoor Championships - 250103

	Name	Club	Age	T/D
800m Men - M40				
Final				
1	B Hands	StrathU	M40	2.14.70
2	M Duthrie	Calderg	M40	2.16.70
	J McDonald	Law	M40	dnr
	C Murray	VP	M40	dnr
	D Watson	VP	M40	dnr
	A Bryce	Falk V	M40	dnr

800m Men - M45				
Final				
1	A Dunlop	Stornoway	M45	2.03.97
2	C Douglas	Lark	M45	2.22.51
3	S Cullen	Garsc	M45	2.33.32
	J Gelder	CoE	M45	dnr
	S Agnew	Bally	M45	dnr

800m Men - M50				
Final				
1	J Gough	W Waterf	M50	2.09.87
2	D Leitch	Una	M50	2.13.24
3	B McKay	Pit	M50	2.19.16
	W Pratt	Dunf WF	M50	dnr
	R Sloss	RH Camb	M50	dnr
	E Stewart	SVH	M50	dnr
	F Cannon	Teviotdale	M50	dnr
	M McCausland	Sparta	M50	dnr
	A Jenkins	RH Camb	M50	dnr
	P Lavin	Liver	M50	dnr

800m Men - M55/60/65				
Final				
1	F Cannon	Tevoit	M55	2.22.43
2	P Kelly	Law	M55	2.23.41
3	R Finlayson	CoE	M55	2.29.45
4	D King	Irvine	M55	2.32.31
1	J Ross	CoE	M60	2.34.88
2	G Reid	Montrose	M60	2.39.41
1	J Parker	VP	M65	2.59.49

800m Women - W35/40				
Final				
1	CA Gray	CoG	F 35	2.28.57
1	S Ramage	CoE	F40	2.39.78

	Name	Club	Age	T/D
800m Women - W35/40				
Final				
1	CA Gray	CoG	F 35	2.28.57
1	S Ramage	CoE	F40	2.39.78

200m Women - W35/40/60				
Final				
1	K Nicholson	Inv	F 35	28.05
	J Chalmers	Dunf WF	F 35	dnf
1	J Lyon	Aber	F40	28.91
2	A Kelly	GN	F40	30.10
1	E Linaker	Pit	F60	31.49

3000m Women - F35/40				
Final				
1	S Ridley	EWM	F35	11.00.28
1	L Marr	Shett	F40	11.52.79
1	J McColl	Garsc	F45	11.29.43

3000m Men - M40/50				
Final				
1	J Ferguson	Nith	M40	9.38.03
2	D McCarthy	Sparta	M40	9.55.43
3	S Walker	Montrose	M40	9.57.24
	D Thom	RH Camb	M40	dnr
1	B Kirkwood	Mizuno	M50	9.46.45
2	A Jenkins	RH Camb	M50	9.49.36
3	A Paterson	Garsc	M50	9.52.85
4	J Hanratty	Clydes	M50	9.54.31
5	J White	Irvine	M50	10.11.97
6	A Parker	Garsc	M50	dnr
7	K Brown	VP	M50	dnr

3000m Men - M55/60/70				
Final				
1	C Youngson	Metro	M55	9.59.81
2	R Young	Clydes	M55	10.12.28
1	M Edwards	Aber	M60	12.49.29
	P Cartwright	Clydes	M60	dnr
1	W McBrinn	Shett	M70	12.36.60

SAF Vet Indoor Championships - 250103

High Jump Men		Final	
1	C Murray	VP	M40 1.70
2	M Cannon	Blackh	M40 1.65
3	I McEwan	Whitem	M40 1.60
4	K Pokorniecki	Ross C	M40 1.50
1	J Callander	Niths	M45 1.45
1	W Lonsdale	Aber	M50 1.65
2	E Bull	Annan	M50 1.40
	J Robertson	Dunf WF	M50 dnj
1	J Sloan	Annan	M60 1.25
1	J Freebairn	Cumb	M65 1.40

Long Jump Men		Final	
1	C Murray	VP	M40 5.48
	M Cannon	Blackh	M40 dnj
	T Black	T North	M45 dnj
1	B Lynch	FV	M50 4.70
2	W Lonsdale	Aber	M50 4.68
1	M Clerihew	KF Corst	M55 4.77
1	J Oulton	DHH	M70 3.36
	J Christie	VP	M70 dnj

Pole Vault Men		Final	
1	M Cannon	Blackh	M40 2.90
2	K Pokorniecki	Ross C	M40 2.50
1	B Masson	Aber	M55 3.21
1	J Oulton	DHH	M70 2.00

Shot Putt Men		Final	
1	B Reid	Finn V	M40 11.62
2	S Bashforth	Balckpool	M40 10.37
3	K Pokorniecki	Ross C	M40 9.28
	J Robertson	Dunf WF	M50 dnt
1	J MacBeath	Sc Bord	M55 10.75
1	J Sloan	Annan	M60 11.49
2	W Gentleman	CoE	M60 9.95
1	J Freebairn	Cumb	M65 10.97
	J Christie	VP	M70 dnt

Triple Jump Men		Final	
1	S Wallace	Pit	M40 10.43
1	J Callander	Niths	M45 9.39
	T Black	T North	M45 dnj
1	E Bull	Annan	M50 9.55
2	J Treasurer	Lochaber	M50 8.91
1	M Clerihew	KF Corst	M55 9.81
1	H Fletcher	Aber	M65 3.43
1	J Oulton	DHH	M70 7.75

High Jump Women		Final	
1	M Barrett	Loughrea	F40
2	J Hardcastle	M Keynes	F40
1	L Moore-Fox	Dundrum	F45

Long Jump Women		Final	
1	J Chalmers	Dunf WF	F35 3.80
	S McKinnon	Aber	F35 dnj
1	C Smith	DHH	F40 4.29
1	H Wallace	DHH	F45 2.97
	L Moore-Fox	Dundrum	F45 dnj
1	B Steedman	Muss	F65 3.03

Pole Vault Women		Final	
1	J Lyon	Aber	F40 2.60

Shot Putt Women		Final	
1	S Freebairn	CoG	F35 9.53
1	C Cameron	CoG	F40 10.18
2	M Barrett	Loughrea	F40 9.72
1	G McFarlane	Ayr	F45 8.84
2	L Moore-Fox	Dundrum	F45 7.69
3	H Wallace	DHH	F45 5.29
1	J Rammell	Niths	F55 9.28
2	M Swinton	MurrayRR	F55 8.38

Triple Jump Women		Final	
1	S McKinnon	Aber	F35 8.61
1	C Smith	DHH	F40 9.26
1	B Steedman	Muss	F65 6.48

