

2008

2009



SCOTTISH ATHLETICS
INDOOR LEAGUE

SAIL 2008-09 Final and Relays

Kelvin Hall

15/03/2009

RESULTS



SAIL Final Kelvin Hall 15/3/2009

If two teams finish tied on the same points total, the tie will be resolved according to the number of wins on the day, followed by the number of second places.

AgeGroup	Club Number	Club	Points	Wins
Under 11 Boys				
	20	Whitemoss A	27	2
	6	Giffnock North A	27	1
	51	Airdrie	21	1
	7	Giffnock North B	20	1
	78	Law & District A	15	1
	53	Central AC A	15	0
Under 13 Boys				
	56	Edinburgh AC A	24	2
	18	VP Glasgow A	22.5	1
	57	Edinburgh AC B	21	2
	6	Giffnock North A	20	1
	60	Shettleston A	17.5	1
Under 15 Boys				
	1	Ayr Seaforth A	37	6
	18	VP Glasgow A	24	1
	6	Giffnock North A	23	1
	56	Edinburgh AC A	21	0
	57	Edinburgh AC B	15	0
Under 17 Men				
	6	Giffnock North A	35	4
	71	Kilbarchan	34	2
	56	Edinburgh AC A	29	2
	18	VP Glasgow A	22	1
	1	Ayr Seaforth A	15	0
Under 20 Men				
	18	VP Glasgow A	37	6
	20	Whitemoss A	27	2
	56	Edinburgh AC A	24	0
	51	Airdrie	24	0
	78	Law & District A	16	1

SAIL Final Kelvin Hall 15/3/2009

If two teams finish tied on the same points total, the tie will be resolved according to the number of wins on the day, followed by the number of second places.

AgeGroup	Club Number	Club	Points	Wins
Under 11 Girls				
	51	Airdrie	29	1
	18	VP Glasgow A	24	2
	56	Edinburgh AC A	24	1
	6	Giffnock North A	19	1
	9	Cumbernauld A	17	1
	70	Lasswade A	13	0
Under 13 Girls				
	56	Edinburgh AC A	27	2
	57	Edinburgh AC B	26	2
	20	Whitemoss A	24	1
	60	Shettleston A	19	2
	21	Whitemoss B	9	0
Under 15 Girls				
	6	Giffnock North A	35	6
	70	Lasswade A	25	1
	56	Edinburgh AC A	24	0
	60	Shettleston A	23	1
	57	Edinburgh AC B	13	0
Under 17 Women				
	1	Ayr Seaforth A	37	5
	6	Giffnock North A	32	2
	53	Central AC A	23	2
	78	Law & District A	23	0
	56	Edinburgh AC A	20	0
Under 20 Women				
	56	Edinburgh AC A	38	5
	1	Ayr Seaforth A	29	0
	6	Giffnock North A	23	2
	71	Kilbarchan	18	0
	70	Lasswade A	15	2



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SAIL 2008-09

Final

Club	Athlete	Performance	Points
AAA Grade in red			
Under 11 Boys			
60m A String			Under 11 Boys
11 Whitemoss A	Tom Elliot	9.07	6
12 Giffnock North A	Andrew Dallas	9.32	5
13 Airdrie	Samuel Kerr	9.54	4
14 Giffnock North B	Stephen McGee	9.65	3
15 Central AC A	Stuart MacNally	9.72	2
16 Law & District A	Stephen Kelman	9.79	1
60m B String			Under 11 Boys
11 Giffnock North A	Michael Blues	9.69	6
12 Whitemoss A	Mitchel Wilson	9.78	5
13 Airdrie	Paul Ferguson	9.94	4
14 Giffnock North B	Nathan Edgar	9.94	3
15 Central AC A	Rory Strachan	10.40	2
16 Law & District A	Aiden Thomson	10.42	1
600m A String			Under 11 Boys
11 Law & District A	Stephen Kelman	2:00.26	6
12 Central AC A	Aaron Furzor	2:01.39	5
13 Giffnock North B	Andrew Kilpatrick	2:05.51	4
14 Whitemoss A	Daniel Keenan	2:06.44	3
15 Giffnock North A	Euan Lewis	2:08.11	2
#Error Airdrie	Eliot Wilson	DNF	



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Final

Club	Athlete	Performance	Points
			AAA Grade in red
600m B String			Under 11 Boys
11 Giffnock North B	Patrick Devenney	2:06.16	6
12 Giffnock North A	Laurence Forsyth	2:06.38	5
13 Law & District A	Kieran Cubis	2:10.02	4
14 Airdrie	Ryan McGuigan	2:15.35	3
15 Whitemoss A	Alistair Stoddart	2:15.90	2
16 Central AC A	Scott Fleming	2:19.29	1
Standing Long Jump A String			Under 11 Boys
11 Whitemoss A	Tom Elliot	1.81	6
12 Giffnock North A	Andrew Dallas	1.80	5
13 Airdrie	Samuel Kerr	1.75	4
14 Central AC A	Jack Bauchop	1.65	3
15 Law & District A	Aiden Thomson	1.45	2
16 Giffnock North B	Michael Semple	1.41	1
Standing Long Jump B String			Under 11 Boys
11 Airdrie	Eliot Wilson	1.80	6
12 Whitemoss A	Mitchel Wilson	1.70	5
13 Giffnock North A	Michael Blues	1.69	4
14 Giffnock North B	Nathan Edgar	1.53	3
15 Central AC A	Robert Burns	1.49	2
16 Law & District A	Kieran Cubis	1.45	1



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Final

Club	Athlete	Performance	Points
AAA Grade in red			
Under 13 Boys			
60m			Under 13 Boys
12	Edinburgh AC B	Guy Wardrope	8.89 ⁴ 5
13	Edinburgh AC A	Luca Vita	8.91 ⁴ 4
14	Giffnock North A	Gregor Munro	9.07 ⁴ 3
15	VP Glasgow A	Ross Galbraith	9.18 ⁴ 1.5
15	Shettleston A	Ingles Humguankenda	9.18 ⁴ 1.5
800m			Under 13 Boys
12	Edinburgh AC A	Josh Kerr	2:22.08 ¹ 5
13	VP Glasgow A	Liam Turner	2:23.95 ² 4
14	Edinburgh AC B	Robert Bough	2:25.73 ² 3
15	Shettleston A	Ryan Flanagan	2:33.90 ⁴ 2
16	Giffnock North A	Rob Gourley	2:44.77 1
60m Hurdles			Under 13 Boys
12	Edinburgh AC A	Callum Jones	11.19 ³ 5
13	VP Glasgow A	Jamie Middleton	11.96 ⁴ 4
14	Giffnock North A	Peter Crooks	12.00 ⁴ 3
15	Shettleston A	Ryan Flanagan	12.78 2
16	Edinburgh AC B	Callum Robertson	13.45 1
200m			Under 13 Boys
12	Edinburgh AC B	Guy Wardrope	29.01 ⁴ 5
13	VP Glasgow A	Ross Galbraith	29.51 ⁴ 4
14	Edinburgh AC A	Luca Vita	29.82 ⁴ 3
15	Giffnock North A	Philip Lee	30.26 ⁴ 2
16	Shettleston A	Gavin Glass	30.36 ⁴ 1



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Club	Athlete	Performance	Points
AAA Grade in red			
High Jump			Under 13 Boys
12 VP Glasgow A	Liam McHugh	1.30 ³	5
13 Giffnock North A	David Lambie	1.25 ⁴	4
15 Edinburgh AC B	Callum Robertson	1.20 ⁴	2
15 Shettleston A	Andrew Taylor	1.20 ⁴	2
15 Edinburgh AC A	Callum Jones	1.20 ⁴	2
Long Jump			Under 13 Boys
12 Giffnock North A	Lewis Grant	4.13 ³	5
13 Shettleston A	Ingles Humguankenda	4.12 ³	4
14 VP Glasgow A	Aidan Cooney	4.04 ⁴	3
15 Edinburgh AC B	Guy Wardrope	4.03 ⁴	2
16 Edinburgh AC A	Callum Jones	3.92 ⁴	1
Shot Putt			Under 13 Boys
12 Shettleston A	Andrew Taylor	6.87 ⁴	5
13 Edinburgh AC A	Luca Vita	5.56	4
14 Edinburgh AC B	Callum Robertson	4.98	3
15 Giffnock North A	Peter Crooks	4.79	2
16 VP Glasgow A	Ross Black	4.67	1



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Final

Club	Athlete	Performance	Points
AAA Grade in red			
Under 15 Boys			
60m			Under 15 Boys
12 Ayr Seaforth A	Wallace Graham	7.49 ¹	5
13 Edinburgh AC A	Jamie Batho	8.22 ⁴	4
14 Edinburgh AC B	Kieran Reilly	8.24 ⁴	3
15 VP Glasgow A	Jamie T Robinson	8.33 ⁴	2
16 Giffnock North A	Callum McWilliam	8.34 ⁴	1
800m			Under 15 Boys
12 VP Glasgow A	Max Aitchison	2:15.67 ³	5
13 Ayr Seaforth A	Finlay Rae	2:16.82 ⁴	4
14 Giffnock North A	Lewis Coultas	2:18.26 ⁴	3
15 Edinburgh AC A	Jake Kerr	2:26.06	2
16 Edinburgh AC B	Gregor Burns	2:34.69	1
60m Hurdles			Under 15 Boys
12 Giffnock North A	Marc Russell	8.95 ¹	5
13 Edinburgh AC A	Seamus Thomson	9.35 ²	4
14 Ayr Seaforth A	Andrew Murphy	9.51 ³	3
15 VP Glasgow A	John McColl	9.56 ³	2
16 Edinburgh AC B	Ben Black	10.10 ⁴	1
200m			Under 15 Boys
12 Ayr Seaforth A	Sam Revie	24.85 ³	5
13 Edinburgh AC B	Kieran Reilly	26.20 ⁴	4
14 Giffnock North A	Adrian Cumming	26.25 ⁴	3
15 VP Glasgow A	Michael Murray	27.34	2
16 Edinburgh AC A	Jamie Batho	27.40	1



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Final

Club	Athlete	Performance	Points	
AAA Grade in red				
400m			Under 15 Boys	
12 Ayr Seaforth A	Wallace Graham	56.09 ²	5	
13 VP Glasgow A	Robbie Pollock	57.54 ³	4	
14 Edinburgh AC A	Seamus Thomson	60.12 ⁴	3	
15 Giffnock North A	Scott Young (Giffnock)	61.71	2	
16 Edinburgh AC B	Ben Black	65.79	1	
High Jump			Under 15 Boys	
12 Ayr Seaforth A	Andrew Murphy	1.65 ²	5	
13 VP Glasgow A	Steven Thistleton	1.50 ⁴	4	
14 Edinburgh AC A	Jamie Batho	1.45 ⁴	3	
15 Giffnock North A	Douglas Britton	1.40	2	
16 Edinburgh AC B	Ben Black	1.40	1	
Long Jump			Under 15 Boys	
12 Ayr Seaforth A	Sam Revie	5.28 ³	5	
13 VP Glasgow A	Steven Thistleton	4.70 ⁴	4	
14 Giffnock North A	Stuart Woodhouse	4.49	3	
15 Edinburgh AC B	Andrew Loudon	4.46	2	
16 Edinburgh AC A	Damon Salmanzadeh	4.27	1	
Shot Putt			Under 15 Boys	
12 Ayr Seaforth A	James Gaffney	12.34 ²	5	P100
13 Giffnock North A	Stuart Woodhouse	8.21	4	
14 Edinburgh AC A	Seamus Thomson	7.46	3	
15 Edinburgh AC B	Andrew Loudon	7.42	2	
16 VP Glasgow A	Robbie Pollock	6.89	1	



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Final

Club	Athlete	Performance	Points
AAA Grade in red			
Under 17 Men			
60m			Under 17 Men
12 Giffnock North A	Matthew Cumming	7.40 ²	5
13 Edinburgh AC A	Matthew Jones	7.48 ³	4
14 Kilbarchan	James Quinn	7.65 ⁴	3
15 Ayr Seaforth A	Jonathan Thompson	7.69 ⁴	2
16 VP Glasgow A	Jax Thoires	7.75 ⁴	1
800m			Under 17 Men
12 Kilbarchan	Connor Henderson	2:06.3 ⁴	5
13 Edinburgh AC A	Peter Loudon	2:10.4 ⁴	4
14 Giffnock North A	Sandy Nimmo	2:14.5	3
15 VP Glasgow A	Hugh Mackenzie	2:19.0	2
16 Ayr Seaforth A	Aaron Gray	2:19.2	1
60m Hurdles			Under 17 Men
12 Edinburgh AC A	Matthew Jones	8.49 ²	5
13 Kilbarchan	Connor Henderson	8.82 ³	4
14 VP Glasgow A	John Mulherron	9.17 ⁴	3
15 Ayr Seaforth A	Jonathan Thompson	10.22	2
16 Giffnock North A	Angus Lauder	14.96	1
200m			Under 17 Men
12 VP Glasgow A	Andrew McFarlane	23.31 ²	5
13 Giffnock North A	Grant Woodhouse	23.85 ³	4
14 Kilbarchan	James Quinn	24.55 ⁴	3
15 Edinburgh AC A	Jordan Newport	24.79 ⁴	2
16 Ayr Seaforth A	Scott Gibson	25.79	1



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Final

Club	Athlete	Performance	Points	
AAA Grade in red				
400m			Under 17 Men	
12	Giffnock North A	Craig Walker	51.80 ²	5
13	Kilbarchan	David Kerr	53.08 ²	4
14	Edinburgh AC A	Jamie Wyse	54.18 ³	3
15	Ayr Seaforth A	Aaron Gray	54.64 ⁴	2
16	VP Glasgow A	John Mulherron	55.94 ⁴	1
High Jump			Under 17 Men	
12	Giffnock North A	Matthew Kerr	1.85 ²	5 P100
13	Kilbarchan	Jack Lochans	1.75 ³	4
14	Ayr Seaforth A	Aaron Gray	1.65 ⁴	3
15	VP Glasgow A	Jax Thoires	1.60 ⁴	2
16	Edinburgh AC A	Matthew Jones	1.45	1
Long Jump			Under 17 Men	
12	Edinburgh AC A	Jordan Newport	6.07 ²	5
13	Giffnock North A	Taylor Speirs	5.48 ⁴	4
14	VP Glasgow A	Andrew McFarlane	5.39 ⁴	3
15	Kilbarchan	Andrew Cunningham	5.33 ⁴	2
16	Ayr Seaforth A	Scott Gibson	4.28	1
Shot Putt			Under 17 Men	
12	Kilbarchan	Andrew McLaughlan	14.04 ¹	5 P100
13	VP Glasgow A	Chris Barnes	12.89 ²	4 P100
14	Giffnock North A	Matthew Cumming	9.18	3
15	Edinburgh AC A	Cameron Goodall	8.64	2
16	Ayr Seaforth A	Scott Gibson	7.78	1



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Final

Club	Athlete	Performance	Points
		AAA Grade in red	
Triple Jump			Under 17 Men
12 Giffnock North A	Matthew Kerr	12.49 ²	5
13 Kilbarchan	Jack Lochans	11.47 ⁴	4
14 Edinburgh AC A	Peter Loudon	11.38 ⁴	3
15 Ayr Seaforth A	Jonathan Thompson	11.06 ⁴	2
16 VP Glasgow A	John Mulherron	9.66	1



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Final

Club	Athlete	Performance	Points
AAA Grade in red			
Under 20 Men			
60m			Under 20 Men
12 VP Glasgow A	David Clark	7.05 ¹	5
13 Edinburgh AC A	Allan Hamilton	7.16 ²	4
14 Whitemoss A	Craig McEwan	7.36 ³	3
15 Airdrie	Ross McLean	7.67	2
16 Law & District A	Alan Robb	7.81	1
800m			Under 20 Men
12 VP Glasgow A	Allan Ramsay	1:57.2 ²	5
13 Edinburgh AC A	David New	2:10.5	4
14 Law & District A	Bobby Hill	2:12.3	3
15 Airdrie	David Buchanan	2:23.5	2
16 Whitemoss A	John Robertson	2:34.2	1
60m Hurdles			Under 20 Men
12 VP Glasgow A	Calum Innes	8.28 ² <i>New SAIL record</i>	5
13 Airdrie	Shane Malone	9.02	4
14 Whitemoss A	Craig McEwan	9.35	3
15 Law & District A	Craig Allan	10.76	2
200m			Under 20 Men
12 VP Glasgow A	David Clark	22.48 ²	5
13 Edinburgh AC A	Josh Crawford	23.14 ³	4
14 Whitemoss A	Jamie McEwan	23.42	3
15 Airdrie	Graeme McBride	23.85	2
400m			Under 20 Men
12 VP Glasgow A	Usman Ashraf	52.71	5
13 Airdrie	Robert Ferrie	54.13	4
14 Whitemoss A	David Robertson	68.75	3
#Error Edinburgh AC A	Craig Knowles	DNF ^{#E}	P10



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Final

Club	Athlete	Performance	Points
AAA Grade in red			
High Jump			Under 20 Men
12 Whitemoss A	Craig McEwan	1.80 ³	5
13 Law & District A	Craig Allan	1.75	4
14 VP Glasgow A	Calum Innes	1.60	3
15 Airdrie	Shane Malone	1.55	2
Long Jump			Under 20 Men
12 VP Glasgow A	Calum Innes	6.48 ²	5 P100
13 Edinburgh AC A	Allan Hamilton	6.09 ³	4
14 Whitemoss A	David Robertson	5.74	3
15 Airdrie	Shane Malone	5.60	2
16 Law & District A	Bobby Hill	4.80	1
Shot Putt			Under 20 Men
12 Whitemoss A	Craig McEwan	10.61	5
13 Edinburgh AC A	Andrew Robertson	10.60	4
14 Airdrie	Adam Skinner	9.97	3
15 VP Glasgow A	Stuart Ross	8.19	2
Triple Jump			Under 20 Men
12 Law & District A	Craig Allan	11.99	5
13 Edinburgh AC A	David New	11.68	4
14 Airdrie	Adam Skinner	11.00	3
15 VP Glasgow A	David Clark	10.78	2
16 Whitemoss A	David Robertson	9.33	1



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Final

Club	Athlete	Performance	Points
AAA Grade in red			
Under 11 Girls			
60m A String			Under 11 Girls
11	VP Glasgow A	Erin Halliday	9.14 6
12	Cumbernauld A	Elize Wylie	9.50 5
13	Edinburgh AC A	Natalie Robbins	9.58 4
14	Airdrie	Emma Millar	9.59 3
15	Giffnock North A	Iona Menzies	9.64 2
16	Lasswade A	Lisa Robertson	9.96 1
60m B String			Under 11 Girls
11	Edinburgh AC A	Megan Stretton	9.78 6
12	Airdrie	Victoria Barclay	9.78 5
13	Giffnock North A	Jessica Cahill	9.95 4
14	Lasswade A	Rachel Louden	10.02 3
15	VP Glasgow A	Robyn Connolly	10.11 2
16	Cumbernauld A	Aimee Love	10.72 1
600m A String			Under 11 Girls
11	Airdrie	Victoria Barclay	1:57.38 6
12	VP Glasgow A	Holly Little	2:03.72 5
13	Edinburgh AC A	Megan Stretton	2:04.42 4
14	Lasswade A	Rebecca Smith	2:05.02 3
15	Giffnock North A	Holly Still	2:05.11 2
16	Cumbernauld A	Emma Balfour	2:10.49 1
600m B String			Under 11 Girls
11	VP Glasgow A	Robyn Connolly	2:03.70 6
12	Airdrie	Sarah McDonald	2:03.84 5
13	Giffnock North A	Jessica Boyle	2:06.56 4
14	Edinburgh AC A	Amy Armstrong	2:06.80 3
15	Lasswade A	Mhairi Kristofferson	2:20.10 2
16	Cumbernauld A	Louise Docherty	2:22.23 1



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Club	Athlete	Performance	Points
			AAA Grade in red
Standing Long Jump A String			Under 11 Girls
11 Cumbernauld A	Elize Wylie	1.91	6
12 Airdrie	Emma Millar	1.75	5
13 VP Glasgow A	Erin Halliday	1.72	4
14 Edinburgh AC A	Amy Armstrong	1.57	3
15 Lasswade A	Bethany Murray	1.61	2
16 Giffnock North A	Holly Still	1.62	1
Standing Long Jump B String			Under 11 Girls
11 Giffnock North A	Lara Elliot	1.68	6
12 Airdrie	Sarah McDonald	1.67	5
13 Edinburgh AC A	Natalie Robbins	1.67	4
14 Cumbernauld A	Emma Balfour	1.55	3
15 Lasswade A	Stephanie Purves	1.33	2
16 VP Glasgow A	Holly Little	1.28	1



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Club	Athlete	Performance	Points
AAA Grade in red			
Under 13 Girls			
60m			Under 13 Girls
12	Edinburgh AC B	Elizabeth Wells	8.90 ³ 5
13	Whitemoss A	Sarah McDonald (Whitemoss)	8.91 ³ 4
14	Edinburgh AC A	Rosie Wilson	9.03 ³ 3
15	Shettleston A	Rachel Scott	9.11 ⁴ 2
16	Whitemoss B	Mollie Cassidy	11.03 1
800m			Under 13 Girls
12	Shettleston A	Myrtle Breckenridge	2:33.62 ² 5
13	Edinburgh AC A	Hannah Cameron	2:39.82 ³ 4
14	Edinburgh AC B	Heide Biberbach-Laidlaw	2:44.09 ⁴ 3
15	Whitemoss A	Monica Gallagher	3:09.64 2
16	Whitemoss B	Alison Stewart	3:16.10 1
60m Hurdles			Under 13 Girls
12	Whitemoss A	Lauren McSkimming	10.69 ³ 5
13	Edinburgh AC B	Ellie McGinty	11.18 ⁴ 4
14	Edinburgh AC A	Hannah Cameron	11.70 3
15	Whitemoss B	Alison Stewart	12.24 2
16	Shettleston A	Lisa Walker	12.40 1
200m			Under 13 Girls
12	Edinburgh AC A	Rosie Wilson	29.36 ³ 5
13	Edinburgh AC B	Elizabeth Wells	29.91 ³ 4
14	Shettleston A	Myrtle Breckenridge	30.18 ³ 3
15	Whitemoss A	Nicola Shankie	30.81 ⁴ 2
16	Whitemoss B	Eilidh Watson (Whitemoss)	33.37 1



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Club	Athlete	Performance	Points
AAA Grade in red			
High Jump			Under 13 Girls
12 Edinburgh AC A	Katie Robertson	1.45 ¹	5
13 Whitemoss A	Lauren McSkimming	1.25 ³	4
14 Edinburgh AC B	Ellie McGinty	1.25 ³	3
15 Shettleston A	Myrtle Breckenridge	1.10	2
16 Whitemoss B	Mollie Cassidy	1.05	1
Long Jump			Under 13 Girls
12 Edinburgh AC B	Elizabeth Wells	4.24 ²	5
13 Whitemoss A	Sarah McDonald (Whitemoss)	4.05 ³	4
14 Edinburgh AC A	Katie Robertson	3.99 ³	3
15 Whitemoss B	Alison Stewart	3.89 ⁴	2
16 Shettleston A	Lisa Walker	3.25	1
Shot Putt			Under 13 Girls
12 Shettleston A	Rachel Scott	7.83 ²	5
13 Edinburgh AC A	Katie Robertson	6.34 ⁴	4
14 Whitemoss A	Lauren McSkimming	6.28 ⁴	3
15 Edinburgh AC B	Ellie McGinty	6.10 ⁴	2
16 Whitemoss B	Eilidh Watson (Whitemoss)	5.81 ⁴	1



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Club	Athlete	Performance	Points
AAA Grade in red			
Under 15 Girls			
60m			Under 15 Girls
12 Giffnock North A	Lauren Lambie	8.31 ²	5
13 Shettleston A	Brogan Watt	8.60 ³	4
14 Edinburgh AC A	Katie Logan	8.73 ⁴	3
15 Lasswade A	Rachel Robertson	8.95 ⁴	2
16 Edinburgh AC B	Kimberley Smith	9.24	1
800m			Under 15 Girls
12 Giffnock North A	Stephanie Fairfield	2:26.30 ²	5
13 Edinburgh AC A	Kirsten Peters	2:28.23 ³	4
14 Shettleston A	Stella Winters	2:30.27 ³	3
15 Edinburgh AC B	Isabelle Bough	2:39.13	2
16 Lasswade A	Amy Crooks	2:44.67	1
60m Hurdles			Under 15 Girls
12 Giffnock North A	Emma Goldie	9.96 ³	5
13 Lasswade A	Ellen Kristofferson	10.17 ⁴	4
14 Edinburgh AC A	Kirsty McKean	10.21 ⁴	3
15 Edinburgh AC B	Emma McGinty	10.78	2
16 Shettleston A	Hannah Heggarty	11.75	1
200m			Under 15 Girls
12 Giffnock North A	Lauren Lambie	27.20 ²	5
13 Edinburgh AC A	Kirsty McKean	28.71 ⁴	4
14 Shettleston A	Nicole McCann	28.74 ⁴	3
15 Edinburgh AC B	Emma McGinty	29.18	2
16 Lasswade A	Katherine Szymanski	29.97	1



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SAIL 2008-09

Final

Club	Athlete	Performance	Points
AAA Grade in red			
300m			Under 15 Girls
12 Giffnock North A	Jennifer McLellan	44.84 ³	5
13 Lasswade A	Sarah Szymanski	45.93 ⁴	4
14 Shettleston A	Amanda Monaghan	46.73 ⁴	3
15 Edinburgh AC B	Zoe Kirkpatrick	47.97	2
16 Edinburgh AC A	Kirsten Peters	49.36	1
High Jump			Under 15 Girls
12 Giffnock North A	Nikki Manson	1.64 ¹	5 P100
<i>New SAIL record</i>			
13 Lasswade A	Ellen Kristofferson	1.50 ²	4
14 Shettleston A	Lisa Thomson	1.45 ³	3
15 Edinburgh AC A	Katie Logan	1.35	2
16 Edinburgh AC B	Rachel Robertson	1.10	1
Long Jump			Under 15 Girls
12 Shettleston A	Brogan Watt	4.43 ⁴	5
13 Lasswade A	Rachel Robertson	4.35 ⁴	4
14 Edinburgh AC A	Kirsty McKean	4.31 ⁴	3
15 Giffnock North A	Emma Claxton	4.26 ⁴	2
16 Edinburgh AC B	Emma McGinty	3.90	1
Shot Putt			Under 15 Girls
12 Lasswade A	Francesca Benham	9.00 ²	5
13 Edinburgh AC A	Katie Logan	8.83 ²	4
14 Giffnock North A	Nikki Manson	8.32 ³	3
15 Edinburgh AC B	Kimberley Reed	7.65 ³	2
16 Shettleston A	Nicola Mackay	6.94 ⁴	1



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SAIL 2008-09

Final

Club	Athlete	Performance	Points
AAA Grade in red			
Under 17 Women			
60m			Under 17 Women
12 Ayr Seaforth A	Caroline George	7.90 ¹	5
13 Law & District A	Laura Livesey	8.11 ²	4
14 Edinburgh AC A	Rebecca Caswell	8.18 ²	3
15 Giffnock North A	Emma Brown	8.18 ²	2
16 Central AC A	Louise Anderson	8.43 ³	1
800m			Under 17 Women
12 Giffnock North A	Maddie Murray	2:28.8 ⁴	5
13 Law & District A	Julie Dobbin	2:41.8	4
14 Ayr Seaforth A	Katie Sprang	2:45.1	3
15 Central AC A	Chloe McGregor	2:59.1	2
16 Edinburgh AC A	Rebecca Caswell	2:59.5	1
60m Hurdles			Under 17 Women
12 Giffnock North A	Emma Brown	9.17 ²	5
13 Ayr Seaforth A	Rachel Whittle	9.23 ³	4
14 Edinburgh AC A	Lillian Gowans	9.76 ⁴	3
15 Central AC A	Sarah Dick	9.87 ⁴	2
16 Law & District A	Abby Currie	11.85	1
200m			Under 17 Women
12 Ayr Seaforth A	Rachel Whittle	25.96 ²	5
13 Giffnock North A	Roisin Howat	26.24 ²	4
14 Edinburgh AC A	Gabriella Vita	27.15 ⁴	3
15 Law & District A	Lynn Livesey	28.26	2
16 Central AC A	Megan Jardine	29.44	1



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SAIL 2008-09

Final

Club	Athlete	Performance	Points	
AAA Grade in red				
300m			Under 17 Women	
12	Ayr Seaforth A	Caroline George	42.28 ²	5
13	Giffnock North A	Katie McKnight	43.60 ³	4
14	Edinburgh AC A	Faye Kearney	43.88 ³	3
15	Law & District A	Chelcie Dalziel	44.55 ⁴	2
16	Central AC A	Megan Jardine	47.64	1
High Jump			Under 17 Women	
12	Ayr Seaforth A	Hazel Jamieson	1.55 ³	5
13	Giffnock North A	Emma Proctor	1.45 ⁴	4
14	Central AC A	Sarah Dick	1.45 ⁴	3
15	Law & District A	Emma Bhatti	1.40	2
16	Edinburgh AC A	Rachel Dinsdale	1.25	1
Long Jump			Under 17 Women	
12	Central AC A	Louise Anderson	5.26 ¹	5 P100
13	Edinburgh AC A	Jennifer Arnot	4.66 ⁴	4
14	Ayr Seaforth A	Ciara Gracie	4.64 ⁴	3
15	Giffnock North A	Emma Dowd	4.54 ⁴	2
16	Law & District A	Abby Currie	4.40 ⁴	1
Shot Putt			Under 17 Women	
12	Ayr Seaforth A	Rachel Whittle	9.05 ²	5
13	Law & District A	Chelcie Dalziel	7.33 ⁴	4
14	Central AC A	Sarah Dick	7.18 ⁴	3
15	Giffnock North A	Ruth Wallace	5.91	2
16	Edinburgh AC A	Gabriella Vita	4.88	1



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SAIL 2008-09

Final

Club	Athlete	Performance	Points
AAA Grade in red			
Triple Jump			Under 17 Women
12 Central AC A	Louise Anderson	10.39 ³	5 P100
13 Giffnock North A	Emma Dowd	10.07 ³	4
14 Law & District A	Emma Bhatti	9.10 ⁴	3
15 Ayr Seaforth A	Ciara Gracie	9.04	2
16 Edinburgh AC A	Jennifer Arnot	8.97	1



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SAIL 2008-09

Final

Club	Athlete	Performance	Points
AAA Grade in red			
Under 20 Women			
60m			Under 20 Women
12 Lasswade A	Lesley Campbell	8.06 ²	5
13 Edinburgh AC A	Hannah Crisp	8.26 ³	4
14 Ayr Seaforth A	Claire Taylor	8.31	3
15 Kilbarchan	Emma Pettigrew	8.39	2
16 Giffnock North A	Megan Cairns	8.51	1
800m			Under 20 Women
12 Giffnock North A	Catriona Lockie	2:18.3 ²	5
13 Edinburgh AC A	Lauren Stoddart	2:34.6	4
14 Ayr Seaforth A	Elaine Montgomerie	2:41.8	3
60m Hurdles			Under 20 Women
12 Edinburgh AC A	Emma Lowry	10.22	5
13 Kilbarchan	Judith McNicol	10.51	4
14 Ayr Seaforth A	Elaine Montgomerie	12.18	3
200m			Under 20 Women
12 Lasswade A	Lesley Campbell	26.50 ³	5
13 Ayr Seaforth A	Meghan Logue	27.55	4
14 Edinburgh AC A	Lauren Stoddart	28.30	3
15 Giffnock North A	Claire MacDonald	28.47	2
16 Kilbarchan	Emma Pettigrew	28.48	1
400m			Under 20 Women
12 Giffnock North A	Catriona Lockie	61.49	5
13 Lasswade A	Caitlin Froude	62.17	4
14 Ayr Seaforth A	Meghan Logue	63.74	3
15 Edinburgh AC A	Megan Gaffney	64.48	2



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SAIL 2008-09

Final

Club	Athlete	Performance	Points
AAA Grade in red			
High Jump			Under 20 Women
12 Edinburgh AC A	Emma Lowry	1.60 ³	5
13 Ayr Seaforth A	Paula Dalgleish	1.50	4
14 Giffnock North A	Claire MacDonald	1.20	3
Long Jump			Under 20 Women
12 Edinburgh AC A	Laurie McKenna	5.48 ¹	5 P100
13 Kilbarchan	Judith McNicol	4.63	4
14 Ayr Seaforth A	Cheryl Gibson	4.21	3
15 Giffnock North A	Carolyn Hutcheson	4.04	2
Shot Putt			Under 20 Women
12 Edinburgh AC A	Emma Lowry	10.02 ²	5
13 Ayr Seaforth A	Paula Dalgleish	8.92 ³	4
14 Kilbarchan	Sally Webster	8.90 ³	3
15 Giffnock North A	Megan Cairns	8.21	2
16 Lasswade A	Jess Johnson	6.58	1
Triple Jump			Under 20 Women
12 Edinburgh AC A	Laurie McKenna	10.94 ²	5 P100
13 Kilbarchan	Judith McNicol	9.81	4
14 Giffnock North A	Suzanne Russell	9.06	3
15 Ayr Seaforth A	Elaine Montgomerie	8.85	2

KELVIN HALL 15/03/2009 SAIL RELAYS

2008-09

15th March 2009

		Position	Number	Club	Time		
U11 Girls	Heat 1	1	51	Airdrie	2:12.60	Q	
		2	18	VP Glasgow A	2:13.57	q	
		3	6	Giffnock North A	2:14.14	q	
		4	56	Edinburgh AC A	2:16.50		
		5	1	Ayr Seaforth A	2:22.65		
	Heat 2	1	70	Lasswade A	2:18.13	Q	
		2	64	Falkirk VH A	2:25.22		
		3	19	VP Glasgow B	2:26.66		
		4	60	Shettleston A	2:31.16		
		7		Giffnock North B	DQ - broke early		
	Heat 3	1	176	Lasswade C	2:24.88	Q	
		2	78	Law & District A	2:25.29		
		3	53	Central AC A	2:26.55		
			107	Giffnock North D	2:30.99		
		5	106	Giffnock North C	DQ - out of lane		
U13 Girls	Heat 1	1	56	Edinburgh AC A	1:59.02	Q	
		2	64	Falkirk VH A	2:01.90	q	
		3	18	VP Glasgow A	2:03.41		
		4	20	Whitemoss A	2:03.87		
		5	6	Giffnock North A	2:05.75		
	Heat 2	1	51	Airdrie	2:07.61	Q	
		2	7	Giffnock North B	2:28.92		
		3	21	Whitemoss B	2:31.29		
		4	19	VP Glasgow B	DQ - out of lane		
		5	60	Shettleston A	DQ - out of lane		
	Heat 3	1	1	Ayr Seaforth A	2:02.02	Q	
		2	118	VP Glasgow C	2:11.67		
		3	78	Law & District A	2:16.85		
		4	119	VP Glasgow D	2:19.14		
		5	106	Giffnock North C	2:19.75		
Heat 4	1	51	Airdrie	2:06.48	Q		
	2	69	West Dumbarton	2:09.92			
	3	65	Falkirk VH B	2:10.26			
	4	11	Helensburgh A	2:15.33			
	5	18	VP Glasgow A	2:18.81			
U15 Girls	Heat 1	1	70	Lasswade A	1:55.62	Q	
		2	7	Giffnock North B	1:57.34		
		3	60	Shettleston A	DQ - out of lane		
	Heat 2	1	18	VP Glasgow A	1:53.25	Q	
		2	1	Ayr Seaforth A	1:56.42	q	
		3	17	Shettleston A	2:00.46		
		4	78	Law & District A	2:06.66		
	Heat 3	1	6	Giffnock North A	1:50.28	Q	
		2	64	Falkirk VH A	1:56.33	q	
		3	56	Edinburgh AC A	1:57.13		
		4	19	VP Glasgow B	2:03.90		
		5	106	Giffnock North C	DQ		
	U17 Women	Heat 1	1	1	Ayr Seaforth A	1:50.40	Q
			2	78	Law & District A	1:52.93	q
			3	17	Shettleston A	2:05.79	
4			11	Helensburgh A	2:08.34		
7				Giffnock North B	DQ - out of lane		
Heat 2		1	6	Giffnock North A	1:51.15	Q	
		2	69	West Dumbarton	1:54.17	q	
		3	60	Shettleston A	1:59.18		
		4	53	Central AC A	2:03.76		

KELVIN HALL 15/03/2009 SAIL RELAYS

2008-09

15th March 2009

	Position	Number	Club	Time	
Heat 3	1	56	Edinburgh AC A	1:49.54	Q
	2	18	VP Glasgow A	1:57.02	
	3	64	Falkirk VH A	2:05.71	

U11 Boys	Heat 1	1	6	Giffnock North A	2:13.30	Q
		2	60	Shettleston A	2:14.56	q
		3	7	Giffnock North B	2:16.02	q
		4	53	Central AC A	2:17.62	q
		5	21	Whitemoss B	2:36.64	
Heat 2	1	20	Whitemoss A	2:19.60	Q	
	2	51	Airdrie	2:21.37		
	3	107	Giffnock North D	2:23.98		
	4	78	Law & District A	2:24.88		

U13 Boys	Heat 1	1	78	Law & District A	2:00.17	Q
		2	6	Giffnock North A	2:04.43	q
		3	53	Central AC A	2:16.84	
	Heat 2	1	60	Shettleston A	2:04.42	Q
		2	1	Ayr Seaforth A	2:04.90	
		3	19	VP Glasgow B	2:07.13	
		4	7	Giffnock North B	2:13.40	
	Heat 3	1	56	Edinburgh AC A	2:00.47	Q
		2	18	VP Glasgow A	2:00.97	q
		3	69	West Dumbarton	2:10.70	
		4	106	Giffnock North C	2:10.73	
			70	Lasswade A	DQ - out of lane	

U15 Boys	Heat 1	1	18	VP Glasgow A	1:50.71	Q
		2	7	Giffnock North B	1:54.11	q
		3	64	Falkirk VH A	1:55.10	
	Heat 2	1	1	Ayr Seaforth A	1:39.80	NEW SAIL RECORD
		2	56	Edinburgh AC A	1:41.03	q
		3	6	Giffnock North A	1:45.52	q

U17 Men	Heat 1	1	56	Edinburgh AC A	1:27.13	Q
		2	51	Airdrie	1:38.81	q
		3	7	Giffnock North B	1:39.75	q
		4	8	Giffnock North C	1:42.12	
	Heat 2	1	6	Giffnock North A	1:34.31	Q
		2	18	VP Glasgow A	1:35.14	q
			70	Lasswade A	DQ - out of lane	

U11 Girls	FINAL	1	51	Airdrie	2:13.9
		2	18	VP Glasgow A	2:15.0
		3	6	Giffnock North A	2:16.2
		4	70	Lasswade A	2:17.5
		5	176	Lasswade C	2:28.7

U13 Girls	FINAL	1	56	Edinburgh AC A	1:59.36
		2	64	Falkirk VH A	2:02.75
		3	53	Central AC A	2:05.46
			1	Ayr Seaforth A	DQ - changed too early
			51	Airdrie	DQ - changed too early

KELVIN HALL 15/03/2009 SAIL RELAYS

2008-09

15th March 2009

		Position	Number	Club	Time
U15 Girls	FINAL	1	6	Giffnock North A	1:49.39
		2	18	VP Glasgow A	1:53.19
		3	64	Falkirk VH A	1:55.94
		4	70	Lasswade A	1:56.53
		5	1	Ayr Seaforth A	1:56.61
U17 Women	FINAL	1	6	Giffnock North A	1:46.18
		2	1	Ayr Seaforth A	1:47.27
		3	56	Edinburgh AC A	1:48.29
		4	78	Law & District A	1:54.58
			69	West Dumbarton	DNS
U20 Women	FINAL	1	56	Edinburgh AC A	1:50.73
		2	1	Ayr Seaforth A	1:50.75
U11 Boys	FINAL	1	60	Shettleston A	2:14.51
		2	6	Giffnock North A	2:14.52
		3	53	Central AC A	2:15.78
		4	7	Giffnock North B	2:17.66
		5	20	Whitemoss A	2:22.38
U13 Boys	FINAL	1	78	Law & District A	1:58.32
		2	18	VP Glasgow A	2:00.22
		3	60	Shettleston A	2:02.92
			56	Edinburgh AC A	DQ - late changeover
			6	Giffnock North A	DNF
U15 Boys	FINAL	1	1	Ayr Seaforth A	1:40.81
		2	6	Giffnock North A	1:45.36
		3	56	Edinburgh AC A	1:47.16
		4	18	VP Glasgow A	1:52.70
		5	7	Giffnock North B	1:57.64
U17 Men	FINAL	1	6	Giffnock North A	1:33.72
		2	18	VP Glasgow A	1:36.17
		3	56	Edinburgh AC A	1:36.23
		4	7	Giffnock North B	1:43.67
		5	51	Airdrie	DNS
U20 Men	FINAL	1	56	Edinburgh AC A	1:31.11
		2	18	VP Glasgow A	1:31.43
		3	51	Airdrie	1:35.47
		4	3	Clydesdale A	1:43.02