

# Results sponsored by



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## SAL Combined events and Masters Championships

| <b>T03 - 3000m W35/40/45/50 Final</b>                          |            |                         |                           | <b>F01 - Pole Vault W50/M40/45/50 Final</b>                    |            |            |                    |                              |                |
|--|------------|-------------------------|---------------------------|--|------------|------------|--------------------|------------------------------|----------------|
| <u>Pos</u>   | <u>Num</u> | <u>Name</u>             | <u>Club</u>               | <u>Perform</u>   | <u>Pos</u> | <u>Num</u> | <u>Name</u>        | <u>Club</u>                  | <u>Perform</u> |
| 1  | 67         | Susan Ridley W40        | Edinburgh AC              | 10.43.6  | 1          | 151        | Bob Masson M50     | Aberdeen AAC                 | 2.90           |
| 2  | 61         | Catherine Ferry W35     | Edinburgh AC              | 11.02.2  | 2          | 114        | Kenneth Lyon M45   | Aberdeen AAC                 | 2.80           |
| 3  | 71         | Lynne Marr W45          | Springburn Harriers       | 12.56.5  | 3          | 97         | Colin Christie M40 | Montrose & District AC       | 2.00           |
| <b>F02 - Triple Jump M35/45/50/55/65 Final</b>                 |            |                         |                           | <b>T01 - 3000m M40/45/50/55/60 Final</b>                       |            |            |                    |                              |                |
| <u>Pos</u>   | <u>Num</u> | <u>Name</u>             | <u>Club</u>               | <u>Perform</u>   | <u>Pos</u> | <u>Num</u> | <u>Name</u>        | <u>Club</u>                  | <u>Perform</u> |
| 1  | 109        | Julien Gittens M45      |                           | 11.92  | 1          | 98         | Kevin Downie M40   | East Kilbride A.C.           | 9.16.2         |
| 1  | 109        | Julien Gittens M45      |                           | 11.92  | 2          | 100        | Ian Johnston M40   | Shettleston Harriers         | 9.20.8         |
| 2  | 147        | Robert Stevenson M55    | Ayr Seaforth AAC          | 10.89  | 3          | 105        | Martin Duthie M45  | Calderglen Harriers          | 9.58.7         |
| 3  | 156        | Trevor Madigan M65      | Aberdeen AAC              | 8.99   | 4          | 126        | Colin Feechan M50  | Ron Hill Cambuslang Harriers | 10.05.0        |
|  |            |                         |                           |  | 5          | 127        | James Ferguson M50 | Unattached                   | 10.12.1        |
|  |            |                         |                           |  | 6          | 143        | Archie Jenkins M55 | Ron Hill Cambuslang Harriers | 10.51.9        |
|  |            |                         |                           |  | 7          | 148        | James White M55    | Irvine AC                    | 10.56.5        |
|  |            |                         |                           |  | 8          | 142        | Hugh Gallagher M55 | Giffnock North AAC           | 11.02.1        |
|  |            |                         |                           |  | 9          | 141        | Joseph Doyle M55   | VP-Glasgow AC                | 11.07.7        |
|  |            |                         |                           |  | 10         | 153        | Colin Youngson M60 | Forres Harriers              | 11.20.3        |
| <b>T02 - 60m Hurdles Masters-Men/Women Round 1 Heat 1 of 3</b> |            |                         |                           | <b>T02 - 60m Hurdles Masters-Men/Women Round 1 Heat 2 of 3</b> |            |            |                    |                              |                |
| <u>Pos</u>   | <u>Num</u> | <u>Name</u>             | <u>Club</u>               | <u>Perform</u>   | <u>Pos</u> | <u>Num</u> | <u>Name</u>        | <u>Club</u>                  | <u>Perform</u> |
| 1  | 139        | Roy Buchanan M55        | Pitreavie AAC             | 10.35  | 1          | 159        | Donald Butler M70  | Jarrow & Hebburn             | 10.98          |
| 2  | 132        | Kenneth Pokorniecki M50 | Ross County Athletic Club | 11.70  | 2          | 64         | Fiona Lampkin W40  | Arbroath & District AC       | 11.46          |
| 3  | 125        | Kenneth J Duncan M50    | Fife AC                   | 11.81  |            |            |                    |                              |                |
| <b>T04 - 60m W35/40/45/50 Final</b>                            |            |                         |                           | <b>T05 - 60m M35/40 Final</b>                                  |            |            |                    |                              |                |
| <u>Pos</u>   | <u>Num</u> | <u>Name</u>             | <u>Club</u>               | <u>Perform</u>   | <u>Pos</u> | <u>Num</u> | <u>Name</u>        | <u>Club</u>                  | <u>Perform</u> |
| 1  | 65         | Kathleen Madigan W40    | Aberdeen AAC              | 8.35   | 1          | 94         | Cameron Smith M35  | Dunfermline & West Fife AC   | 7.31           |
| 2  | 60         | Fiona Davidson W35      | Aberdeen AAC              | 8.36   | 2          | 91         | Leon Braithwaite   |                              | 7.43           |

|   |    |                     |                              |       |   |     |                       |                        |      |
|---|----|---------------------|------------------------------|-------|---|-----|-----------------------|------------------------|------|
| 3 | 68 | Karen Storey W40    | Gateshead Harriers           | 8.46  |   |     | M35                   |                        |      |
| 4 | 78 | Linda Nicholson W50 | Moorfoot Runners             | 8.77  | 3 | 102 | William MacGee<br>M40 | Team Southampton       | 7.45 |
| 5 | 70 | Angela Kelly W45    | Giffnock North AAC           | 9.37  | 4 | 103 | Stephen Murray<br>M40 | Larkhall YMCA Harriers | 7.66 |
| 6 | 81 | Betty Steedman W75  | Musselburgh & District<br>AC | 12.93 | 5 | 104 | Stanley Walker M40    | Aberdeen AAC           | 7.67 |
|   |    |                     |                              |       | 6 | 92  | John Mckeown M35      | Aberdeen AAC           | 7.98 |

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| <p style="text-align: center;"><b>T06 - 60m M45 Final</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1 107</td><td>Thomas A Finkle M45</td><td>Unattached</td><td>7.87</td></tr> <tr><td>2 116</td><td>Kevin Nicholson M45</td><td>Gateshead Harriers</td><td>7.88</td></tr> <tr><td>3 111</td><td>Ronald Hunter M45</td><td>Corstorphine AAC</td><td>7.90</td></tr> <tr><td>4 118</td><td>Alan Young M45</td><td>Aberdeen AAC</td><td>8.18</td></tr> </tbody> </table>    | <u>Pos Num</u>        | <u>Name</u>               | <u>Club</u>    | <u>Perform</u> | 1 107 | Thomas A Finkle M45 | Unattached   | 7.87    | 2 116 | Kevin Nicholson M45 | Gateshead Harriers        | 7.88    | 3 111  | Ronald Hunter M45 | Corstorphine AAC   | 7.90        | 4 118  | Alan Young M45     | Aberdeen AAC         | 8.18               | <p style="text-align: center;"><b>T07 - 60m M50 Final</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1 128</td><td>Iain McEwan Snr M50</td><td>Whitemoss AAC</td><td>8.07</td></tr> <tr><td>2 124</td><td>Craig Douglas M50</td><td>Larkhall YMCA Harriers</td><td>8.34</td></tr> <tr><td>3 125</td><td>Kenneth J Duncan M50</td><td>Fife AC</td><td>8.53</td></tr> <tr><td>4 123</td><td>Stephen Davis M50</td><td></td><td>8.64</td></tr> </tbody> </table>                | <u>Pos Num</u> | <u>Name</u>         | <u>Club</u>            | <u>Perform</u> | 1 128 | Iain McEwan Snr M50   | Whitemoss AAC | 8.07    | 2 124 | Craig Douglas M50    | Larkhall YMCA Harriers | 8.34    | 3 125 | Kenneth J Duncan M50 | Fife AC                   | 8.53    | 4 123 | Stephen Davis M50   |              | 8.64  |
|---|-----------------------|---------------------------|----------------|----------------|-------|---------------------|--------------|---------|-------|---------------------|---------------------------|---------|--|-------------------|--------------------|-------------|--|--------------------|----------------------|--------------------|---|----------------|---------------------|------------------------|----------------|-------|-----------------------|---------------|---------|-------|----------------------|------------------------|---------|-------|----------------------|---------------------------|---------|-------|---------------------|--------------|-------|
| <u>Pos Num</u>  | <u>Name</u>           | <u>Club</u>               | <u>Perform</u> |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 1 107   | Thomas A Finkle M45   | Unattached                | 7.87           |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 2 116   | Kevin Nicholson M45   | Gateshead Harriers        | 7.88           |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 3 111   | Ronald Hunter M45     | Corstorphine AAC          | 7.90           |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 4 118   | Alan Young M45        | Aberdeen AAC              | 8.18           |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| <u>Pos Num</u>  | <u>Name</u>           | <u>Club</u>               | <u>Perform</u> |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 1 128   | Iain McEwan Snr M50   | Whitemoss AAC             | 8.07           |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 2 124   | Craig Douglas M50     | Larkhall YMCA Harriers    | 8.34           |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 3 125   | Kenneth J Duncan M50  | Fife AC                   | 8.53           |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 4 123   | Stephen Davis M50     |                           | 8.64           |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| <p style="text-align: center;"><b>T08 - 60m M55 Final</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1 145</td><td>Tom Phillips M55</td><td>Blackheath</td><td>8.20</td></tr> <tr><td>2 144</td><td>John McGarry M55</td><td>Irvine AC</td><td>8.20</td></tr> <tr><td>3 140</td><td>Bob Douglas M55</td><td>Harmeny AC</td><td>8.39</td></tr> <tr><td>4 139</td><td>Roy Buchanan M55</td><td>Pitreavie AAC</td><td>8.63</td></tr> </tbody> </table>                        | <u>Pos Num</u>        | <u>Name</u>               | <u>Club</u>    | <u>Perform</u> | 1 145 | Tom Phillips M55    | Blackheath   | 8.20    | 2 144 | John McGarry M55    | Irvine AC                 | 8.20    | 3 140  | Bob Douglas M55   | Harmeny AC         | 8.39        | 4 139  | Roy Buchanan M55   | Pitreavie AAC        | 8.63               | <p style="text-align: center;"><b>T09 - 60m M65/70/75 Final</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1 156</td><td>Trevor Madigan M65</td><td>Aberdeen AAC</td><td>8.76</td></tr> <tr><td>2 163</td><td>John Ross M70</td><td>Edinburgh AC</td><td>8.93</td></tr> <tr><td>3 159</td><td>Donald Butler M70</td><td>Jarrow &amp; Hebburn</td><td>9.14</td></tr> <tr><td>4 167</td><td>Hugo J Fletcher M75</td><td>Aberdeen AAC</td><td>13.47</td></tr> </tbody> </table> | <u>Pos Num</u> | <u>Name</u>         | <u>Club</u>            | <u>Perform</u> | 1 156 | Trevor Madigan M65    | Aberdeen AAC  | 8.76    | 2 163 | John Ross M70        | Edinburgh AC           | 8.93    | 3 159 | Donald Butler M70    | Jarrow & Hebburn          | 9.14    | 4 167 | Hugo J Fletcher M75 | Aberdeen AAC | 13.47 |
| <u>Pos Num</u>  | <u>Name</u>           | <u>Club</u>               | <u>Perform</u> |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 1 145   | Tom Phillips M55      | Blackheath                | 8.20           |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 2 144   | John McGarry M55      | Irvine AC                 | 8.20           |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 3 140   | Bob Douglas M55       | Harmeny AC                | 8.39           |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 4 139   | Roy Buchanan M55      | Pitreavie AAC             | 8.63           |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| <u>Pos Num</u>  | <u>Name</u>           | <u>Club</u>               | <u>Perform</u> |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 1 156   | Trevor Madigan M65    | Aberdeen AAC              | 8.76           |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 2 163   | John Ross M70         | Edinburgh AC              | 8.93           |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 3 159   | Donald Butler M70     | Jarrow & Hebburn          | 9.14           |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 4 167   | Hugo J Fletcher M75   | Aberdeen AAC              | 13.47          |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| <p style="text-align: center;"><b>t12 - 400m M60/W35/45 Final</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1 149</td><td>Alan Fulton M60</td><td>Aberdeen AAC</td><td>66.29</td></tr> <tr><td>2 62</td><td>Angela Lyttle W35</td><td>Larkhall YMCA Harriers</td><td>66.54</td></tr> <tr><td>3 70</td><td>Angela Kelly W45</td><td>Giffnock North AAC</td><td>72.86</td></tr> </tbody> </table>   | <u>Pos Num</u>        | <u>Name</u>               | <u>Club</u>    | <u>Perform</u> | 1 149 | Alan Fulton M60     | Aberdeen AAC | 66.29   | 2 62  | Angela Lyttle W35   | Larkhall YMCA Harriers    | 66.54   | 3 70   | Angela Kelly W45  | Giffnock North AAC | 72.86       | <p style="text-align: center;"><b>t10 - 400m M35/40/45 Final</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1 103</td><td>Stephen Murray M40</td><td>Larkhall YMCA Harriers</td><td>56.61</td></tr> <tr><td>2 92</td><td>John Mckeown M35</td><td>Aberdeen AAC</td><td>57.36</td></tr> <tr><td>3 110</td><td>Nicholas Grocock M45</td><td>Havant AC</td><td>58.46</td></tr> </tbody> </table> | <u>Pos Num</u>     | <u>Name</u>          | <u>Club</u>        | <u>Perform</u>  | 1 103          | Stephen Murray M40  | Larkhall YMCA Harriers | 56.61          | 2 92  | John Mckeown M35      | Aberdeen AAC  | 57.36   | 3 110 | Nicholas Grocock M45 | Havant AC              | 58.46   |       |                      |                           |         |       |                     |              |       |
| <u>Pos Num</u>  | <u>Name</u>           | <u>Club</u>               | <u>Perform</u> |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 1 149   | Alan Fulton M60       | Aberdeen AAC              | 66.29          |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 2 62  | Angela Lyttle W35     | Larkhall YMCA Harriers    | 66.54          |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 3 70  | Angela Kelly W45      | Giffnock North AAC        | 72.86          |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
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| 1 103   | Stephen Murray M40    | Larkhall YMCA Harriers    | 56.61          |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 2 92  | John Mckeown M35      | Aberdeen AAC              | 57.36          |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 3 110   | Nicholas Grocock M45  | Havant AC                 | 58.46          |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| <p style="text-align: center;"><b>t13 - 400m M75/80 Final</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1 167</td><td>Hugo J Fletcher M75</td><td>Aberdeen AAC</td><td>1.40.86</td></tr> <tr><td>2 172</td><td>Hugh McGinlay M80</td><td>Falkirk Victoria Harriers</td><td>1.45.06</td></tr> </tbody> </table>  | <u>Pos Num</u>        | <u>Name</u>               | <u>Club</u>    | <u>Perform</u> | 1 167 | Hugo J Fletcher M75 | Aberdeen AAC | 1.40.86 | 2 172 | Hugh McGinlay M80   | Falkirk Victoria Harriers | 1.45.06 | <p style="text-align: center;"><b>t11 - 400m M50/55 Final</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1 147</td><td>Robert Stevenson M55</td><td>Ayr Seaforth AAC</td><td>59.65</td></tr> <tr><td>2 124</td><td>Craig Douglas M50</td><td>Larkhall YMCA Harriers</td><td>60.16</td></tr> <tr><td>3 139</td><td>Roy Buchanan M55</td><td>Pitreavie AAC</td><td>63.95</td></tr> </tbody> </table>  | <u>Pos Num</u>    | <u>Name</u>        | <u>Club</u> | <u>Perform</u>   | 1 147              | Robert Stevenson M55 | Ayr Seaforth AAC   | 59.65   | 2 124          | Craig Douglas M50   | Larkhall YMCA Harriers | 60.16          | 3 139 | Roy Buchanan M55      | Pitreavie AAC | 63.95   |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| <u>Pos Num</u>  | <u>Name</u>           | <u>Club</u>               | <u>Perform</u> |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 1 167   | Hugo J Fletcher M75   | Aberdeen AAC              | 1.40.86        |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 2 172   | Hugh McGinlay M80     | Falkirk Victoria Harriers | 1.45.06        |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| <u>Pos Num</u>  | <u>Name</u>           | <u>Club</u>               | <u>Perform</u> |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 1 147   | Robert Stevenson M55  | Ayr Seaforth AAC          | 59.65          |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 2 124   | Craig Douglas M50     | Larkhall YMCA Harriers    | 60.16          |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 3 139   | Roy Buchanan M55      | Pitreavie AAC             | 63.95          |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
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| <u>Pos Num</u>  | <u>Name</u>           | <u>Club</u>               | <u>Perform</u> |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 1 69  | Sonia Armitage W45    | Aberdeen AAC              | 2.26.13        |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 2 61  | Catherine Ferry W35   | Edinburgh AC              | 2.35.51        |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| <u>Pos Num</u>  | <u>Name</u>           | <u>Club</u>               | <u>Perform</u> |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 1 95  | Stephen Allen M40     | Law & District AAC        | 2.04.62        |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 2 115   | James MacDonald M45   | Law & District AAC        | 2.08.33        |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 3 137   | Derek Watson Snr. M50 | VP-Glasgow AC             | 2.11.10        |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 4 108   | Andy Gannaway M45     | V.A.C.                    | 2.11.75        |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 5 99  | Craig Johnston M40    | Falkirk Victoria Harriers | 2.11.90        |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| <p style="text-align: center;"><b>t15 - 800m M50 Final</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1 135</td><td>John Thomson M50</td><td>Fife AC</td><td>2.23.12</td></tr> <tr><td>2 119</td><td>Robert Bigger M50</td><td>Sparta Northwest</td><td>2.24.76</td></tr> <tr><td>3 130</td><td>Tom Ord M50</td><td>VP-Glasgow AC</td><td>2.30.03</td></tr> <tr><td>4 122</td><td>Stephen Cullen M50</td><td>Garscube Harriers</td><td>2.48.32</td></tr> </tbody> </table> | <u>Pos Num</u>        | <u>Name</u>               | <u>Club</u>    | <u>Perform</u> | 1 135 | John Thomson M50    | Fife AC      | 2.23.12 | 2 119 | Robert Bigger M50   | Sparta Northwest          | 2.24.76 | 3 130  | Tom Ord M50       | VP-Glasgow AC      | 2.30.03     | 4 122  | Stephen Cullen M50 | Garscube Harriers    | 2.48.32            | <p style="text-align: center;"><b>f03 - Triple Jump W35/40/45/50 Final</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1 60</td><td>Fiona Davidson W35</td><td>Aberdeen AAC</td><td>10.29</td></tr> <tr><td>2 64</td><td>Fiona Lampkin W40</td><td>Arbroath &amp; District AC</td><td>8.27</td></tr> <tr><td>3 72</td><td>Shona McKinnon W45</td><td>Aberdeen AAC</td><td>8.09</td></tr> </tbody> </table>  | <u>Pos Num</u> | <u>Name</u>         | <u>Club</u>            | <u>Perform</u> | 1 60  | Fiona Davidson W35    | Aberdeen AAC  | 10.29   | 2 64  | Fiona Lampkin W40    | Arbroath & District AC | 8.27    | 3 72  | Shona McKinnon W45   | Aberdeen AAC              | 8.09    |       |                     |              |       |
| <u>Pos Num</u>  | <u>Name</u>           | <u>Club</u>               | <u>Perform</u> |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 1 135   | John Thomson M50      | Fife AC                   | 2.23.12        |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 2 119   | Robert Bigger M50     | Sparta Northwest          | 2.24.76        |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 3 130   | Tom Ord M50           | VP-Glasgow AC             | 2.30.03        |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 4 122   | Stephen Cullen M50    | Garscube Harriers         | 2.48.32        |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| <u>Pos Num</u>  | <u>Name</u>           | <u>Club</u>               | <u>Perform</u> |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 1 60  | Fiona Davidson W35    | Aberdeen AAC              | 10.29          |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 2 64  | Fiona Lampkin W40     | Arbroath & District AC    | 8.27           |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |
| 3 72  | Shona McKinnon W45    | Aberdeen AAC              | 8.09           |                |       |                     |              |         |       |                     |                           |         |  |                   |                    |             |  |                    |                      |                    |   |                |                     |                        |                |       |                       |               |         |       |                      |                        |         |       |                      |                           |         |       |                     |              |       |

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|--|--|----------------------|----------------------------|----------------------------|------------|---------|-----|----------------------|--------------------|------------|--|----|-------------------|------------------|--------------|---|----|----------------------|---------------------|---------------------|---------|----|--------------------|---------------------|---------------------------|---------|----|---------------------|--------------------|------------------|--|---|-----|---------------------|--------------|---------|---|----|--------------------|--------------|---------|---|----|---------------------|--------------|---------|---|-----|-----------------|------------|---------|---|-----|------------------|---------------------|---------|--|-----|-------------------|---------------------------|-----|
| <p align="center"><b>f03ce - High Jump U20/Sen/Vet Women Final</b></p> <p align="center"><b><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></b></p>  | <p align="center"><b>t16 - 800m M55/60/65/75/80 Final</b></p> <p align="center"><b><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></b></p> <table border="0"> <tr><td>1</td><td>158</td><td>James Whiteford M65</td><td>Unattached</td><td>2.29.63</td></tr> <tr><td>2</td><td>140</td><td>Bob Douglas M55</td><td>Harmeny AC</td><td>2.49.50</td></tr> <tr><td>3</td><td>149</td><td>Alan Fulton M60</td><td>Aberdeen AAC</td><td>2.50.09</td></tr> <tr><td>4</td><td>169</td><td>James Parker M75</td><td>Springburn Harriers</td><td>3.34.62</td></tr> <tr><td>5</td><td>172</td><td>Hugh McGinlay M80</td><td>Falkirk Victoria Harriers</td><td>4.18.37</td></tr> </table> | 1                    | 158                        | James Whiteford M65        | Unattached | 2.29.63 | 2   | 140                  | Bob Douglas M55    | Harmeny AC | 2.49.50  | 3  | 149               | Alan Fulton M60  | Aberdeen AAC | 2.50.09   | 4  | 169                  | James Parker M75    | Springburn Harriers | 3.34.62 | 5  | 172                | Hugh McGinlay M80   | Falkirk Victoria Harriers | 4.18.37 |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 1  | 158  | James Whiteford M65  | Unattached                 | 2.29.63                    |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 2  | 140  | Bob Douglas M55      | Harmeny AC                 | 2.49.50                    |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 3  | 149  | Alan Fulton M60      | Aberdeen AAC               | 2.50.09                    |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 4  | 169  | James Parker M75     | Springburn Harriers        | 3.34.62                    |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 5  | 172  | Hugh McGinlay M80    | Falkirk Victoria Harriers  | 4.18.37                    |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| <p align="center"><b>t18 - 200m W40/45/M65 Final</b></p> <p align="center"><b><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></b></p> <table border="0"> <tr><td>1</td><td>65</td><td>Kathleen Madigan W40</td><td>Aberdeen AAC</td><td>28.24</td></tr> <tr><td>2</td><td>70</td><td>Angela Kelly W45</td><td>Giffnock North AAC</td><td>31.68</td></tr> </table>  | 1  | 65                   | Kathleen Madigan W40       | Aberdeen AAC               | 28.24      | 2       | 70  | Angela Kelly W45     | Giffnock North AAC | 31.68      | <p align="center"><b>t19 - 200m M70/75 Final</b></p> <p align="center"><b><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></b></p> <table border="0"> <tr><td>1</td><td>163</td><td>John Ross M70</td><td>Edinburgh AC</td><td>30.24</td></tr> <tr><td>2</td><td>168</td><td>Anthony McManus M75</td><td>Kilbarchan AAC</td><td>36.98</td></tr> <tr><td>3</td><td>167</td><td>Hugo J Fletcher M75</td><td>Aberdeen AAC</td><td>46.00</td></tr> </table> | 1  | 163               | John Ross M70    | Edinburgh AC | 30.24   | 2  | 168                  | Anthony McManus M75 | Kilbarchan AAC      | 36.98   | 3  | 167                | Hugo J Fletcher M75 | Aberdeen AAC              | 46.00   |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 1  | 65   | Kathleen Madigan W40 | Aberdeen AAC               | 28.24                      |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 2  | 70   | Angela Kelly W45     | Giffnock North AAC         | 31.68                      |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 1  | 163  | John Ross M70        | Edinburgh AC               | 30.24                      |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 2  | 168  | Anthony McManus M75  | Kilbarchan AAC             | 36.98                      |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 3  | 167  | Hugo J Fletcher M75  | Aberdeen AAC               | 46.00                      |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| <p align="center"><b>t20 - 200m M35 Final</b></p> <p align="center"><b><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></b></p> <table border="0"> <tr><td>1</td><td>94</td><td>Cameron Smith M35</td><td>Dunfermline &amp; West Fife AC</td><td>23.19</td></tr> <tr><td>2</td><td>91</td><td>Leon Braithwaite M35</td><td></td><td>24.13</td></tr> <tr><td>3</td><td>92</td><td>John Mckeown M35</td><td>Aberdeen AAC</td><td>25.23</td></tr> </table>   | 1  | 94                   | Cameron Smith M35          | Dunfermline & West Fife AC | 23.19      | 2       | 91  | Leon Braithwaite M35 |                    | 24.13      | 3  | 92 | John Mckeown M35  | Aberdeen AAC     | 25.23        | <p align="center"><b>t21 - 200m M40/45 Final</b></p> <p align="center"><b><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></b></p> <table border="0"> <tr><td>1</td><td>102</td><td>William MacGee M40</td><td>Team Southampton</td><td>23.78</td></tr> <tr><td>2</td><td>104</td><td>Stanley Walker M40</td><td>Aberdeen AAC</td><td>25.65</td></tr> <tr><td>3</td><td>111</td><td>Ronald Hunter M45</td><td>Corstorphine AAC</td><td>26.01</td></tr> <tr><td>4</td><td>107</td><td>Thomas A Finkle M45</td><td>Unattached</td><td>27.27</td></tr> </table> | 1  | 102                  | William MacGee M40  | Team Southampton    | 23.78   | 2  | 104                | Stanley Walker M40  | Aberdeen AAC              | 25.65   | 3  | 111                 | Ronald Hunter M45  | Corstorphine AAC | 26.01  | 4 | 107 | Thomas A Finkle M45 | Unattached   | 27.27   |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 1  | 94   | Cameron Smith M35    | Dunfermline & West Fife AC | 23.19                      |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 2  | 91   | Leon Braithwaite M35 |                            | 24.13                      |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 3  | 92   | John Mckeown M35     | Aberdeen AAC               | 25.23                      |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 1  | 102  | William MacGee M40   | Team Southampton           | 23.78                      |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 2  | 104  | Stanley Walker M40   | Aberdeen AAC               | 25.65                      |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 3  | 111  | Ronald Hunter M45    | Corstorphine AAC           | 26.01                      |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 4  | 107  | Thomas A Finkle M45  | Unattached                 | 27.27                      |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| <p align="center"><b>t22 - 200m M50 Final</b></p> <p align="center"><b><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></b></p> <table border="0"> <tr><td>1</td><td>124</td><td>Craig Douglas M50</td><td>Larkhall YMCA Harriers</td><td>26.78</td></tr> <tr><td>2</td><td>125</td><td>Kenneth J Duncan M50</td><td>Fife AC</td><td>29.78</td></tr> </table>   | 1  | 124                  | Craig Douglas M50          | Larkhall YMCA Harriers     | 26.78      | 2       | 125 | Kenneth J Duncan M50 | Fife AC            | 29.78      | <p align="center"><b>t23 - 200m M55 Final</b></p> <p align="center"><b><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></b></p> <table border="0"> <tr><td>1</td><td>145</td><td>Tom Phillips M55</td><td>Blackheath</td><td>26.82</td></tr> <tr><td>2</td><td>144</td><td>John McGarry M55</td><td>Irvine AC</td><td>27.44</td></tr> <tr><td>3</td><td>139</td><td>Roy Buchanan M55</td><td>Pitreavie AAC</td><td>28.39</td></tr> </table>             | 1  | 145               | Tom Phillips M55 | Blackheath   | 26.82   | 2  | 144                  | John McGarry M55    | Irvine AC           | 27.44   | 3  | 139                | Roy Buchanan M55    | Pitreavie AAC             | 28.39   |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 1  | 124  | Craig Douglas M50    | Larkhall YMCA Harriers     | 26.78                      |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 2  | 125  | Kenneth J Duncan M50 | Fife AC                    | 29.78                      |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 1  | 145  | Tom Phillips M55     | Blackheath                 | 26.82                      |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 2  | 144  | John McGarry M55     | Irvine AC                  | 27.44                      |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 3  | 139  | Roy Buchanan M55     | Pitreavie AAC              | 28.39                      |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| <p align="center"><b>f04 - Shot Putt W35/40/50/60/65 Final</b></p> <p align="center"><b><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></b></p> <table border="0"> <tr><td>1</td><td>77</td><td>Lucy Moore-Fox W50</td><td>DSD</td><td>9.00</td></tr> <tr><td>2</td><td>76</td><td>Gwen McFarlane W50</td><td>Ayr Seaforth AAC</td><td>8.64</td></tr> <tr><td>3</td><td>79</td><td>Joyce Rammell W60</td><td>Nithsdale AC</td><td>8.42</td></tr> <tr><td>4</td><td>65</td><td>Kathleen Madigan W40</td><td>Aberdeen AAC</td><td>8.40</td></tr> <tr><td>5</td><td>60</td><td>Fiona Davidson W35</td><td>Aberdeen AAC</td><td>7.54</td></tr> <tr><td>6</td><td>80</td><td>Margery Swinton W65</td><td>Moray Road Runners</td><td>7.00</td></tr> </table> | 1  | 77                   | Lucy Moore-Fox W50         | DSD                        | 9.00       | 2       | 76  | Gwen McFarlane W50   | Ayr Seaforth AAC   | 8.64       | 3  | 79 | Joyce Rammell W60 | Nithsdale AC     | 8.42         | 4   | 65 | Kathleen Madigan W40 | Aberdeen AAC        | 8.40                | 5       | 60 | Fiona Davidson W35 | Aberdeen AAC        | 7.54                      | 6       | 80 | Margery Swinton W65 | Moray Road Runners | 7.00             | <p align="center"><b>t24 - 1500m W35/40/45/M70/75/80 Final</b></p> <p align="center"><b><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></b></p> <table border="0"> <tr><td>1</td><td>67</td><td>Susan Ridley W40</td><td>Edinburgh AC</td><td>5.00.53</td></tr> <tr><td>2</td><td>69</td><td>Sonia Armitage W45</td><td>Aberdeen AAC</td><td>5.05.05</td></tr> <tr><td>3</td><td>61</td><td>Catherine Ferry W35</td><td>Edinburgh AC</td><td>5.18.72</td></tr> <tr><td>4</td><td>162</td><td>Ian Leggett M70</td><td>Lothian RC</td><td>5.59.96</td></tr> <tr><td>5</td><td>169</td><td>James Parker M75</td><td>Springburn Harriers</td><td>7.36.03</td></tr> <tr><td></td><td>172</td><td>Hugh McGinlay M80</td><td>Falkirk Victoria Harriers</td><td>DNS</td></tr> </table> | 1 | 67  | Susan Ridley W40    | Edinburgh AC | 5.00.53 | 2 | 69 | Sonia Armitage W45 | Aberdeen AAC | 5.05.05 | 3 | 61 | Catherine Ferry W35 | Edinburgh AC | 5.18.72 | 4 | 162 | Ian Leggett M70 | Lothian RC | 5.59.96 | 5 | 169 | James Parker M75 | Springburn Harriers | 7.36.03 |  | 172 | Hugh McGinlay M80 | Falkirk Victoria Harriers | DNS |
| 1  | 77   | Lucy Moore-Fox W50   | DSD                        | 9.00                       |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 2  | 76   | Gwen McFarlane W50   | Ayr Seaforth AAC           | 8.64                       |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 3  | 79   | Joyce Rammell W60    | Nithsdale AC               | 8.42                       |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 4  | 65   | Kathleen Madigan W40 | Aberdeen AAC               | 8.40                       |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 5  | 60   | Fiona Davidson W35   | Aberdeen AAC               | 7.54                       |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 6  | 80   | Margery Swinton W65  | Moray Road Runners         | 7.00                       |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 1  | 67   | Susan Ridley W40     | Edinburgh AC               | 5.00.53                    |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 2  | 69   | Sonia Armitage W45   | Aberdeen AAC               | 5.05.05                    |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 3  | 61   | Catherine Ferry W35  | Edinburgh AC               | 5.18.72                    |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 4  | 162  | Ian Leggett M70      | Lothian RC                 | 5.59.96                    |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
| 5  | 169  | James Parker M75     | Springburn Harriers        | 7.36.03                    |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |
|  | 172  | Hugh McGinlay M80    | Falkirk Victoria Harriers  | DNS                        |            |         |     |                      |                    |            |  |    |                   |                  |              |   |    |                      |                     |                     |         |    |                    |                     |                           |         |    |                     |                    |                  |  |   |     |                     |              |         |   |    |                    |              |         |   |    |                     |              |         |   |     |                 |            |         |   |     |                  |                     |         |  |     |                   |                           |     |

# SAL Combined events and Masters Championships - Page 4 of 4

| <b>f05 - High Jump W50/All Men Final</b> |            |                         |                              | <b>t25 - 1500m M40/45 Final</b>            |            |            |                      |                        |                |  |
|--|------------|-------------------------|------------------------------|--|------------|------------|----------------------|------------------------|----------------|--|
| <u>Pos</u>                               | <u>Num</u> | <u>Name</u>             | <u>Club</u>                  | <u>Perform</u>                             | <u>Pos</u> | <u>Num</u> | <u>Name</u>          | <u>Club</u>            | <u>Perform</u> |  |
| 1  | 113        | Gordon Loudon M45       | Pitreavie AAC                | 1.65                                       | 1          | 96         | Stuart Campbell M40  | Arbroath & District AC | 4.18.92        |  |
| 2  | 128        | Iain McEwan Snr M50     | Whitemoss AAC                | 1.55                                       | 2          | 115        | James MacDonald M45  | Law & District AAC     | 4.30.77        |  |
| 3  | 97         | Colin Christie M40      | Montrose & District AC       | 1.55                                       |            |            |                      |                        |                |  |
| 4  | 156        | Trevor Madigan M65      | Aberdeen AAC                 | 1.40                                       |            |            |                      |                        |                |  |
| 5  | 132        | Kenneth Pokorniecki M50 | Ross County Athletic Club    | 1.35                                       |            |            |                      |                        |                |  |
| 6  | 170        | Robin Sykes M75         | Bellahouston Harriers        | 1.10                                       |            |            |                      |                        |                |  |
| <b>t26 - 1500m M50/55 Final</b>          |            |                         |                              | <b>f07 - Long Jump All Men/Women Final</b> |            |            |                      |                        |                |  |
| <u>Pos</u>                               | <u>Num</u> | <u>Name</u>             | <u>Club</u>                  | <u>Perform</u>                             | <u>Pos</u> | <u>Num</u> | <u>Name</u>          | <u>Club</u>            | <u>Perform</u> |  |
| 1  | 135        | John Thomson M50        | Fife AC                      | 4.41.31                                    | 1          | 93         | Ian Paget M35        | Shettleston Harriers   | 5.44           |  |
| 2  | 119        | Robert Bigger M50       | Sparta Northwest             | 4.45.98                                    | 2          | 147        | Robert Stevenson M55 | Ayr Seaforth AAC       | 5.18           |  |
| 3  | 126        | Colin Feechan M50       | Ron Hill Cambuslang Harriers | 4.47.96                                    | 3          | 109        | Julien Gittens M45   |                        | 5.16           |  |
| 4  | 143        | Archie Jenkins M55      | Ron Hill Cambuslang Harriers | 5.07.04                                    | 4          | 118        | Alan Young M45       | Aberdeen AAC           | 4.96           |  |
| 5  | 148        | James White M55         | Irvine AC                    | 5.16.07                                    | 5          | 60         | Fiona Davidson W35   | Aberdeen AAC           | 4.73           |  |
| 6  | 142        | Hugh Gallagher M55      | Giffnock North AAC           | 5.21.06                                    | 6          | 78         | Linda Nicholson W50  | Moorfoot Runners       | 4.57           |  |
|  |            |                         |                              |  | 7          | 65         | Kathleen Madigan W40 | Aberdeen AAC           | 4.14           |  |
|  |            |                         |                              |  | 8          | 156        | Trevor Madigan M65   | Aberdeen AAC           | 3.96           |  |
| <b>f06 - Shot Putt All Men Final</b>     |            |                         |                              |  |            |            |                      |                        |                |  |
| <u>Pos</u>                               | <u>Num</u> | <u>Name</u>             | <u>Club</u>                  | <u>Perform</u>                             |            |            |                      |                        |                |  |
| 1  | 138        | Ward Berry M55          | Heriot-Watt Univ Athletics   | 9.98                                       |            |            |                      |                        |                |  |
| 2  | 132        | Kenneth Pokorniecki M50 | Ross County Athletic Club    | 9.77                                       |            |            |                      |                        |                |  |
| 3  | 106        | Gerrard Farrell M45     | VP-Glasgow AC                | 9.71                                       |            |            |                      |                        |                |  |
| 4  | 140        | Bob Douglas M55         | Harmeny AC                   | 9.26                                       |            |            |                      |                        |                |  |
| 5  | 170        | Robin Sykes M75         | Bellahouston Harriers        | 9.18                                       |            |            |                      |                        |                |  |
| 6  | 120        | John Birkett M50        | Annan & District AC          | 9.16                                       |            |            |                      |                        |                |  |
| 7  | 155        | James MacBeath M65      | Unattached                   | 9.04                                       |            |            |                      |                        |                |  |
| 8  | 152        | John Robertson M60      | Unattached                   | 8.88                                       |            |            |                      |                        |                |  |
| 9  | 157        | James Sloan M65         | Annan & District AC          | 8.79                                       |            |            |                      |                        |                |  |
| 10                                       | 171        | Keith Dutton M80        | Mansfield Harriers           | 8.53                                       |            |            |                      |                        |                |  |
| 11                                       | 156        | Trevor Madigan M65      | Aberdeen AAC                 | 8.53                                       |            |            |                      |                        |                |  |
| 12                                       | 160        | John Freebairn M70      | Cumbernauld AAC              | 8.35                                       |            |            |                      |                        |                |  |
| 13                                       | 165        | James Christie M75      | VP-Glasgow AC                | 4.57                                       |            |            |                      |                        |                |  |