

NJL Northern Premier Div Round:4 RESULTS  
 Scotstoun Stadium, Glasgow, Mon 26 July 2010

M 100m A	Wind +3.7 m/s	M 100m B	Wind +1.9 m/s
1 Allan Hamilton	EDN 10.84	1 Christian Carson	MID 11.10
2 Tom Bradbury	U17 PST 11.19	2 Tom Holligan	U17 EDN 11.18
3 Charels Burke	SAL 11.21	3 Euan McBride	U17 KGA 11.42
4 Matthew Greenhow	U17 GHD 11.29	4 Gallagher Hill	GHD 11.46
5 James McLaren	KGA 11.39	5 Sanny Sinwardena	U17 TFV 11.65
6 James Quinn	U17 GSW 11.39	6 Andy Burrell	U17 PST 11.76
7 Kyle Henderson	TFV 11.87	7 Emmanuel Agbiji	SAL 12.10
8 Ben Stevenson	MID 35.50	8 Angus Lauder	GSW 12.14
M 200m A	Wind +4.2 m/s	M 200m B	Wind +3.1 m/s
1 Christian Carson	MID 21.80	1 John Glen	U17 EDN 22.76
2 Anthony Young	KGA 21.93	2 James McLaren	KGA 22.95
3 Aaron Crowley	SAL 21.98	3 Marcell Stevens	SAL 23.03
4 Greg Louden	EDN 22.05	4 Daniel Chapman	GSW 23.30
5 Martin Paterson	TFV 22.39	5 Jack Greenwood	U17 GHD 23.34
6 Matthew Greenhow	U17 GHD 23.08	6 Joe Cox	MID 23.61
7 David Kerr	U17 GSW 23.22	7 Jacob Weir	U17 PST 23.93
8 Josh Ingham	U17 PST 23.41	8 James Muir	TFV 24.05
M 400m A		M 400m B	
1 Greg Louden	EDN 49.20	1 Tom Holligan	EDN 52.11
2 Martin Paterson	TFV 50.41	2 Andrew Roen	U17 GHD 53.07
3 Adam Rowland	GHD 51.42	3 Ian McLaren	KGA 53.66
4 Euan Dyer	U17 KGA 51.50	4 Daniel Chapman	GSW 53.77
5 Josh Obuntayo	SAL 52.03	5 Lewis Grant	TFV 54.53
6 Jacob Weir	U17 PST 52.79	6 Ed Greenhall	PST 56.11
7 Kenny Love	GSW 53.37		
8 Alex Grunsdman	MID 54.76		
M 800m A		M 800m B	
1 Ross Matheson	EDN 1.56.89	1 Peter Louden	EDN 2.01.08
2 Ben Aitkin	PST 1.58.00	2 Max Lott	GSW 2.01.67
3 Craig McDowell	TFV 2.00.52	3 Gareth Lamb	KGA 2.04.16
4 Jack Walker	U17 GSW 2.01.04	4 Simeon Greenwood	U17 GHD 2.07.87
5 Tom Marper	GHD 2.01.48	5 James Fielding	U17 PST 2.09.39
6 Ryan Worland	SAL 2.03.98	6 Max McNeil	TFV 2.16.76
7 Michael Overand	U17 KGA 2.06.46		
M 1500m A		M 1500m B	
1 Ross Matheson	EDN 4.07.76	1 Andrew Crighton	EDN 4.09.67
2 Matthew White	KGA 4.08.38	2 Martin Fishwick	GSW 4.11.40
3 Lachlan Oates	GSW 4.10.42	3 Jamie Crow	U17 KGA 4.13.07
4 Michael Grimes	GHD 4.11.09	4 Calum Greenwood	SAL 4.13.66
5 Dale Crowley	U17 TFV 4.11.39	5 Robert Inglis	TFV 4.17.61
6 Jamie Roden	SAL 4.13.43	6 Dan Cunnington	U17 GHD 4.38.02
7 Will Fielding	PST 4.30.92	7 Kingsley Judd	U17 PST 4.46.26
M 3000m A		M 3000m B	
1 Andrew Butchard	TFV 8.54.32	1 Scott Green	U17 TFV 9.09.43
2 Fraser Scott	EDN 8.59.87	2 Stephen Fleming	GSW 9.28.13
3 Grant Muir	GSW 9.08.66	3 Michael Overand	U17 KGA 9.41.88
4 Ryan Worland	SAL 9.15.31	4 Jake Wightman	U17 EDN 9.41.92
5 Howell Craske	KGA 9.21.03	5 Craig Birch	GHD 11.05.58
6 Sam Hearn	GHD 9.23.62		
M 110mH A	Wind +2.5 m/s	M 110mH B	Wind +2.5 m/s
1 Jack Andrew	SAL 14.59	1 James Davis	SAL 15.47
2 Toby Harris	EDN 14.98	2 Connor Henderson	GSW 18.79
3 Andrew McFarlene	GSW 15.42	3 Craig Birch	GHD 21.47
4 Joe Cox	MID 17.48		
5 Andrew Harrison	PST 18.04		
6 Jack Roach	U17 GHD 18.79		

M 400mH A			M 400mH B		
1 Connor Henderson	GSW	56.41	1 Seumas Thompson	U17	EDN 59.09
2 Anthony Young	KGA	58.11	2 John Mulhern	U17	GSW 59.31
3 Toby Harris	EDN	59.40	3 Jack McDonald	U17	SAL 1.05.55
4 Callum Robsen	GHD	1.00.42	4 Mark Purkiss	U17	GHD 1.08.55
5 Joe Cox	MID	1.02.25	5 Paul Hodgeson		PST 1.14.07
6 Tom Simms	SAL	1.04.10			
7 Andrew Harrison	PST	1.05.75			
M 2000m Sc A			M 2000m Sc B		
1 Matt Jackson	SAL	6.12.29	1 Ryan Worland		SAL 6.41.98
2 Kristian Bibby	PST	6.13.32	2 Max Aitchison	U17	GSW 6.45.82
3 Fraser Scott	EDN	6.23.22	3 Paul Hodgeson		PST 6.58.99
4 Sandy Nimmo	GSW	6.25.42	4 Howell Craske		KGA 7.05.59
5 Michael Grimes	GHD	6.35.77	5 Max McNeil	U17	TFV 7.21.14
6 Jamie Crow	U17	KGA 6.49.29	6 Craig Birch		GHD 7.58.75
7 Robert Inglis	TFV	6.50.13			
M Discus Throw A			M Discus Throw B		
1 Chris Barnes	U17	GSW 43.46	1 James Davis		SAL 34.81
2 Jack Andrew		SAL 37.51	2 Andrew Cunningham		GSW 34.27
3 Ross McManus		EDN 36.09	3 Kyle Randalls		TFV 30.14
4 Allan Smith		KGA 35.01	4 Andrew Robertson		EDN 27.49
5 Jordan Bowser		GHD 34.57	5 Jack Chapman		MID 23.56
6 Ben Daly		MID 33.80	6 Phil Hicks		GHD 20.64
7 Edmund Reid	U17	TFV 31.06	7 Michael Porter		PST 19.84
8 Sam Johnson	U17	PST 24.19	8 Matthew White		KGA 16.64
M Hammer Throw A			M Hammer Throw B		
1 Ben Daly		MID 51.49	1 Kyle Randalls		TFV 50.27
2 Edmund Reid	U17	TFV 50.79	2 Jack Chapman		MID 42.52
3 Ross McManus		EDN 48.48	3 Johnathon Murray		EDN 25.76
4 Nikki Stone	U17	GSW 45.90	4 Andrew Cunningham		GSW 19.75
5 Jordan Bowser		GHD 37.00	5 Michael Porter		PST 18.33
6 Sam Johnson	U17	PST 34.79	6 Jack Roach	U17	GHD 11.23
7 Tomm Simms		SAL 9.95	7 Alex Belis		SAL 9.74
8 Gareth Lamb		KGA 9.60	8 Matthew White		KGA 7.40
M High Jump A			M High Jump B		
1 David Smith		GSW 1.95	1 James Davis		SAL 1.80
2 Allan Smith		KGA 1.90	2 Andrew McFarlene		GSW 1.75
3 Fraser Weir		TFV 1.85	3 Jack Crossby		MID 1.65
4 Corey Hastings		EDN 1.80	4 Jack Roach	U17	GHD 1.60
5 Ben Daly		MID 1.80	5 Michael Fermie	U17	EDN 1.55
6 Emmmanuel Agbiji		SAL 1.80	6 George Sharp		PST 1.55
7 Mark Purkiss	U17	GHD 1.65	7 Douglas Paul	U17	TFV 1.50
8 Niall McCoy	U17	PST 1.55	8 Donald Tod		KGA 1.50
M Javelin Throw A			M Javelin Throw B		
1 Brett Daly		GHD 45.62	1 Alex Wart		SAL 38.89
2 Niall McCoy	U17	PST 41.60	2 Decland Pearson		TFV 31.39
3 James Davis		SAL 39.38	3 Michael Porter		PST 27.26
4 Andrew Cunningham		GSW 36.18	4 Jordan Bowser		GHD 26.79
5 Ben Daly		MID 33.69	5 Phil Hay		MID 25.71
6 Kyle Randalls		TFV 33.53	6 Ross McManus		EDN 19.56
7 Andrew Robertson		EDN 30.25	7 Graeme Evans	U17	GSW 19.30
8 Anthony Young		KGA 19.57	8 Donald Tod		KGA 17.21
M Long Jump A			M Long Jump B		
1 Kyle Henderson		TFV 7.30+4.8	1 Andrew McFarlene		GSW 6.61+2.4
2 James Robb Davis		SAL 6.92+4.2	2 Douglas Paul	U17	TFV 6.60+3.4
3 Matthew Kerr		GSW 6.48+4.9	3 Jack Andrew		SAL 6.14+1.0
4 Ben Porter		GHD 6.39+4.0	4 Corey Hastings		EDN 6.11+1.8
5 Donald Tod		KGA 6.31+3.9	5 Adam Delargy		KGA 5.78+3.4
6 Jordan Newport		EDN 6.18+4.1	6 Niall McCoy	U17	PST 5.11+4.0
7 Sam Miller		PST 5.92+3.3	7 Alex Hammer		MID 5.01+3.6

8 Jack Crosby	MID 5.86+1.1	8 Mark Purkiss	GHD 4.48+4.2
M Pole Vault A		M Pole Vault B	
1 Jax Thoires	GSW 4.60	1 Patrick O'Donnell	GSW 3.80
2 Alex Wart	U17 SAL 3.35	2 Jacob Sutcliff	U17 SAL 2.75
3 Allan Hamilton	EDN 2.90	3 Craig Dickson	EDN 2.15
4 Mark Purkiss	GHD 2.45		
M Shot Putt A		M Shot Putt B	
1 Kyle Randalls	TFV 12.36	1 Edmund Reid	U17 TFV 12.34
2 Allan Smith	KGA 12.28	2 Andrew Cunningham	GSW 10.39
3 James Davis	SAL 11.35	3 Jack Chapman	MID 10.07
4 Ross McManus	EDN 11.28	4 Andrew Robertson	EDN 8.68
5 Jack Crosby	MID 10.70	5 Matthew White	KGA 7.20
6 Nikki Stone	U17 GSW 10.42	6 Tom Simms	SAL 7.18
7 Jordan Bowser	GHD 9.77		
8 Sam Johnson	U17 PST 8.98		
M Triple Jump A		M Triple Jump B	
1 James Hardy	SAL 14.05+5.0	1 Alex Bellis	SAL 13.59+3.9
2 Ben Porter	GHD 13.92+4.9	2 David Smith	GSW 12.98+2.8
3 Matthew Kerr	GSW 13.56+5.0	3 Fraser Weir	TFV 12.18+5.0
4 Douglas Paul	U17 TFV 12.92+3.1	4 Peter Louden	EDN 11.07+1.9
5 Corey Hastings	EDN 11.30+3.0	5 Callum Robson	GHD 10.37+3.9
6 Jacob Weir	U17 PST 10.53+3.0		
W 100m A	Wind +4.4 m/s	W 100m B	Wind +2.8 m/s
1 Olivia Callaghan	U17 SAL 12.18	1 Emma Brown	GSW 12.65
2 Hope Robertson	EDN 12.38	2 Ashleigh Stone	MID 12.82
3 Sasha Byron	U17 PST 12.49	3 Sarah Warnock	EDN 12.86
4 Lorna Goldsmith	MID 12.57	4 Abbie Unsworth	U17 PST 12.99
5 Georgia Dawson	U17 GHD 12.69	5 Jessica Read	U17 GHD 13.20
6 Lauren Lambie	GSW 12.97	6 Amie Jones	U17 SAL 13.25
7 Alison Craig	U17 KGA 13.30	7 Anna Robertson	U17 KGA 13.39
8 Jemma Learmonth	U17 TFV 13.62	8 Samantha Fagen	TFV 14.35
W 200m A	Wind +4.6 m/s	W 200m B	Wind +2.4 m/s
1 Olivia Callaghan	U17 SAL 25.17	1 Hope Robertson	EDN 25.72
2 Chole Lambert	GSW 25.21	2 Hannah Lupton	PST 26.53
3 Sasha Byron	U17 PST 25.73	3 Roisin Howat	GSW 27.06
4 Jenny Tan	KGA 26.14	4 Molly Cockburn	U17 SAL 27.14
5 Lorna Goldsmith	MID 26.56	5 Rachel Clough	U17 GHD 27.35
6 Georgia Dawson	U17 GHD 26.57	6 Elenor Mullen	U17 MID 27.65
7 Rebecca Law	U17 EDN 26.97	7 Anna Robertson	U17 KGA 27.89
8 Jemma Learmonth	U17 TFV 30.55		
W 400m A		W 400m B	
1 Jenny Tan	KGA 57.23	1 Katie McKnight	GSW 1.01.19
2 Lucy Summer	PST 58.16	2 Kaitlin Froud	EDN 1.01.25
3 Diane Ramsey	GSW 58.50	3 Amy Manson	TFV 1.04.21
4 Emily Dungeon	EDN 58.74	4 Christina Sharpes	KGA 1.04.24
5 Rebecca Ferguson	GHD 1.00.27	5 Rachel Clough	U17 GHD 1.04.64
6 Mhari Inglis	TFV 1.01.90	6 Katie Berry	PST 1.08.27
7 Sarah Simeen	U17 SAL 1.02.79		
W 800m A		W 800m B	
1 Amanda Campbell	TFV 2.17.76	1 Helen Coleman	KGA 2.20.64
2 Olivia O'Hare	U17 EDN 2.19.59	2 Stephanie Loraine	GHD 2.21.47
3 Iona Brodie	U17 KGA 2.21.01	3 Karen Glover	TFV 2.21.73
4 Chloe Grant	U17 SAL 2.22.55	4 Kirsten Peters	EDN 2.21.79
5 Hollie Young	U17 GSW 2.23.28	5 Rhian Dawes	GSW 2.27.61
6 Stephanie Burce	U17 GHD 2.27.48	6 Aimee Gallagher	U17 PST 2.28.16
7 Jess McDermott	U17 PST 2.34.90		

W 1500m A			W 1500m B		
1	Emily Stewart	EDN 4.32.53	1	Louisa Stewart	EDN 5.00.92
2	Kathrun Pennel	U17 KGA 4.46.17	2	Sarah Potter	GSW 5.05.10
3	Stella Winters	GSW 4.54.87	3	Iona Brodie	U17 KGA 5.09.99
4	Bethany Brown	U17 MID 5.05.73	4	Ellen Buckley	PST 5.23.13
5	Rebecca Oldram	GHD 5.09.27	5	Lauren Brodie	U17 GHD 7.15.19
6	Rebecca Noblet	U17 PST 5.18.99			
7	Misha Nayak Oliver	U17 SAL 5.28.52			
W 3000m A			W 3000m B		
1	Sarah Inglis	TFV 10.22.15	1	Shannon McLellan	U17 GSW 12.05.14
2	Debbie Hannah	GSW 10.55.31	2	Isabelle Bough	EDN 12.27.65
3	Rachel Dunn	U17 EDN 11.08.48			
4	Jennifer Cruicshank	KGA 11.50.55			
5	Jess Wilkinson	U17 MID 12.13.60			
W 100mH A			W 100mH B		
		Wind +3.6 m/s			Wind +3.6 m/s
1	Judith McNicol	GSW 16.34	1	Kirsty Yates	GSW 16.62
2	Sophie Fletcher	PST 17.07	2	Hannah Pringle	U17 GHD 19.77
3	Emma Lowry	EDN 17.46			
4	Charlotte Sadler	U17 GHD 18.38			
5	Rose Fagan	U17 KGA 19.64			
W 400mH A			W 400mH B		
1	Sophie Fletcher	PST 1.06.04	1	Sarah Dick	U17 TFV 1.12.86
2	Lateefa Burton	SAL 1.06.74	2	Katie Berry	PST 1.16.42
3	Holly Lister	U17 TFV 1.07.47	3	Rebecca Johnston	U17 KGA 1.20.75
4	Lauren Stoddart	EDN 1.07.60			
5	Rose Fagan	U17 KGA 1.12.61			
6	Charlotte Sadler	U17 GHD 1.12.75			
7	Judith McNicol	GSW 1.14.82			
W 1500m Sc A			W 1500m Sc B		
1	Maddie Murrey	GSW 5.28.12	1	Amanda Campbell	TFV 5.46.01
2	Lauren Stoddart	EDN 5.35.16	2	Sophie Fletcher	PST 6.24.57
3	Lanna Turnbull	TFV 5.36.86	3	Bethany Brown	U17 MID 6.55.99
4	Lateefa Burton	SAL 5.37.44			
5	Sarah Hodgson	U17 PST 5.55.79			
6	Jennifer Cruicshank	U17 KGA 6.19.48			
7	Jess Wilkinson	U17 MID 6.55.52			
W Discus Throw A			W Discus Throw B		
1	Kimberly Burt	GHD 31.72	1	Charlotte Dickenson	U17 SAL 30.35
2	Nick McMutrie	U17 EDN 31.46	2	Kimberly Reid	U17 EDN 23.68
3	Danielle Bently	SAL 30.64	3	Kirsty Wallace	U17 KGA 18.94
4	Rebecca Johnstone	U17 KGA 28.43	4	Louise Calder	TFV 17.45
5	Sally Webster	GSW 28.43	5	Rachel McIntyre	GHD 16.02
6	Jaqueline Plain	U17 TFV 21.62	6	Allison Innes	U17 GSW 13.85
7	Charlotte McEwan	U17 MID 15.38	7	Aimee Gallagher	U17 PST 10.61
8	Ellen Buckley	PST 10.68	8	Jess Wilkinson	U17 MID 8.28
W Hammer Throw A			W Hammer Throw B		
1	Kimberly Reid	U17 EDN 45.85	1	Charlotte McEwan	U17 MID 39.25
2	Heather Johnson	U17 MID 42.42	2	Kelly Bodley	U17 EDN 38.26
3	Jaqueline Plain	U17 TFV 40.79	3	Kirsty Yates	GSW 32.15
4	Sally Webster	GSW 34.87	4	Kimberly Burt	GHD 14.74
5	Kirsty Wallace	U17 KGA 23.34	5	Ruth Shalam	U17 PST 13.53
6	Rachel McIntyre	GHD 19.82	6	Sophie Brown	U17 TFV 11.57
7	Rebecca Noblet	U17 PST 14.06			
W High Jump A			W High Jump B		
1	Emma Nuttall	EDN 1.70	1	Hazel Ross	GSW 1.60
2	Nikki Manson	GSW 1.60	2	Emma Lowry	EDN 1.50
3	Jody Guiname	U17 SAL 1.50	3	Amie Jones	U17 SAL 1.45
4	Holly Lister	U17 TFV 1.50	4	Sarah Dick	U17 TFV 1.45
5	Abbey Unsworth	U17 PST 1.50	5	Ashley Smith	U17 PST 1.40

6 Stephanie Burce	U17 GHD 1.40	6 Jessica Read	U17 GHD 1.30
W Javelin Throw A		W Javelin Throw B	
1 Danielle Bently	SAL 44.82	1 Paula Gass	U17 EDN 35.43
2 Nick McMutrie	U17 EDN 37.30	2 Ruth Shalam	U17 PST 20.79
3 Rachel McIntyre	GHD 27.28	3 Chorlotte Sadler	U17 GHD 17.92
4 Hannah Lupton	PST 27.28	4 Allison Innes	U17 GSW 16.14
5 Sally Webster	GSW 21.26	5 Sarah Dick	U17 TFV 10.34
6 Kirsty Armstrong	U17 KGA 20.46	6 Rose Fagan	U17 KGA 6.60
7 Heather Johnson	U17 MID 15.74		
8 Sophie Brown	U17 TFV 12.18		
W Long Jump A		W Long Jump B	
1 Sarah Warnock	EDN 5.92+6.4	1 Faye Nicholson	EDN 5.79+4.2
2 Andrea Gaffney	GSW 5.76+4.8	2 Ella Gibbons	U17 TFV 5.17+4.2
3 Hannah Lupton	PST 5.75+6.1	3 Nikki Manson	GSW 5.10+3.4
4 Louise Anderson	U17 TFV 5.58+4.4	4 Jessica Read	GHD 5.05+2.8
5 Emma Pringle	GHD 5.23+3.1	5 Amie Jones	U17 SAL 4.71+5.4
6 Ahtollah Rose	SAL 4.95+4.2	6 Ashley Smith	U17 PST 4.00+2.7
7 Ashleigh Stone	MID 4.59+4.2	7 Kirsty Armstrong	U17 KGA 3.86+3.4
8 Alison Cong	U17 KGA 4.47+3.3	8 Bethany Brown	U17 MID 3.08+3.3
W Pole Vault A		W Pole Vault B	
1 Joanna Lawton	GHD 2.60	1 Emma Lowry	EDN 2.15
2 Katie Logan	U17 EDN 2.15	2 Ruth Shalam	U17 PST 1.70
3 Erin McQuarry	GSW 2.15		
4 Ashley Smith	U17 PST 2.00		
W Shot Putt A		W Shot Putt B	
1 Kirsty Yates	GSW 11.58	1 Katie Logan	U17 EDN 9.84
2 Emma Pringle	GHD 10.25	2 Sally Webster	GSW 8.94
3 Emma Lowry	EDN 10.20	3 Hannah Pringle	U17 GHD 8.74
4 Charlotte Dickenson	U17 SAL 9.45	4 Jaqueline Plain	U17 TFV 6.99
5 Rebecca Johnstone	U17 KGA 8.00	5 Kirsty Armstrong	U17 KGA 6.80
6 Louise Calder	U17 TFV 7.70	6 Jody Guinname	U17 SAL 6.70
7 Charlotte McEwan	U17 MID 7.23	7 Elenor Mullen	U17 MID 5.16
8 Ellen Buckley	PST 5.72	8 Rebecca Noblet	U17 PST 4.48
W Triple Jump A		W Triple Jump B	
1 Ahtollah Rose	SAL 12.08+3.3	1 Hannah Pringle	GHD 11.02+4.2
2 Emma Pringle	GHD 12.05+4.0	2 Rebecca Law	U17 EDN 10.17+2.4
3 Louise Anderson	U17 TFV 11.64+3.0	3 Emma Dowd	GSW 10.11+2.7
4 Sarah Warnock	EDN 11.60+1.3	4 Sasha Byron	U17 PST 10.07+3.2
5 Abbie Unsworth	U17 PST 11.16+3.3	5 Holly Lister	U17 TFV 9.90+4.0
6 Hazel Ross	GSW 10.53+2.7	6 Chloe Jones	U17 SAL 9.64+4.0
7 Ashleigh Stone	MID 9.96+4.4	7 Heather Johnson	U17 MID 7.58+3.8
W 4x100m Relay			
1 EDN 49.76	1 Hope Robertson	2 Sarah Warnock	
	3 Lesley Campbell	4 Rebecca Caswell	U17
2 GSW 50.16	1 Alana Sinclair	2 Lauren Lambie	
	3 Emma Brown	4 Chole Lambert	
3 PST 50.18	1 Lucy Summer	2 Abbey Unsworth	U17
	3 Hannah Lupton	4 Sasha Byron	U17
4 SAL 51.60	1 Chloe Jones	2 Chloe Grant	U17
	3 Molly Cockburn	4 Olivia Callaghan	U17
5 MID 51.61	1 Heather Johnson	2 Ashleigh Stone	
	3 Elenor Mullen	4 Lorna Goldsmith	
6 KGA 53.16	1 Christina Sharpes	2 Jenny Tan	
	3 Anna Robertson	4 Alison Craig	U17
7 TFV 53.36	1 Jemma Learmonth	2 Samantha Fagen	
	3 Louise Anderson	4 Sarah Dick	U17
8 GHD 55.33	1 Rebecca Ferguson	2 Jessica Read	U17
	3 Georgia Dawson	4 Carla	

W 4x400m Relay

1	GSW	4.01.73	1	Roisin Howat		2	Katie McKnight	
			3	Hollie Young	U17	4	Diane Ramsey	
2	GHD	4.07.93	1	Stephanie Loraine		2	Rachel Clough	U17
			3	Rebecca Ferguson		4	Stephanie Burce	U17
3	KGA	4.09.82	1	Christina Sharpes		2	Helen Coleman	
			3	Kathrun Pennel	U17	4	Jenny Tan	
4	EDN	4.10.97	1	Emily Dungeon		2	Kaitlin Froud	
			3	Fiona Cleat		4	Faye Kernay	
5	TFV	4.13.53	1	Amanda Campbell		2	Karen Glover	
			3	Amy Manson		4	Holly Lister	U17
6	SAL	4.16.49	1	Sarah Simeen	U17	2	Lateefa Burton	
			3	Chloe Grant	U17	4	Misha Nayak Oliver	U17
7	PST	4.18.22	1	Aimee Gallagher	U17	2	Katie Berry	
			3	Sophie Fletcher		4	Lucy Summer	

M 4x100m Relay

1	MID	44.25	1	Joe Cox		2	Ben Stevenson	
			3	Phil Hay		4	Christian Carson	
2	GHD	44.35	1	Gallagher Hill		2	Matthew Greenhow	U17
			3	Brett Daly		4	Jack Greenwell	
3	EDN	44.61	1	Allan Hamilton		2	Tom Holligan	U17
			3	John Glen	U17	4	Cameron Goodall	U17
4	SAL	44.76	1	Charels Burke		2	Aaron Crowley	
			3	Marcell Stevens		4	Emmanuel Agbiji	
5	KGA	44.78	1	Euan McBride	U17	2	Anthony Young	
			3	Ian McLaren		4	James McLaren	
6	GSW	44.83	1	James Quinn	U17	2	Jax Thoirs	
			3	Andrew McFarlene		4	David Kerr	U17
7	PST	45.39	1	Josh Ingham	U17	2	Andy Burrell	U17
			3	Sam Miller	U17	4	Tom Bradbury	U17
8	TFV	47.76	1	Kyle Henderson		2	Sanny Sinwardena	U17
			3	James Muir		4	Jonathan Fold	

M 4x400m Relay

1	EDN	3.23.32	1	Peter Louden		2	Tom Holligan	U17
			3	Ross Matheson		4	Greg Louden	
2	KGA	3.23.53	1	Gareth Lamb		2	Ian McLaren	
			3	Euan Dyer	U17	4	Anthony Young	
3	GHD	3.27.69	1	Adam Rowland		2	Greg Urwin	
			3	Tom Harper		4	Andrew Roen	U17
4	TFV	3.28.19	1	Martin Paterson		2	Lewis Grant	
			3	Craig McDowell		4	Dale Crowley	U17
5	SAL	3.28.82	1	Joel Mukuna		2	Josh Obuntayo	
			3	Jack Andrew		4	Alex Wart	U17
6	GSW	3.28.86	1	Daniel Chapman		2	Kenny Love	
			3	Grant Muir		4	Connor Henderson	
7	PST	3.36.14	1	Josh Ingham	U17	2	Will Fielding	
			3	Ed Greenhall		4	Ben Aitkin	
8	MID	4.11.74	1	Alex Hammer		2	Jack Crosby	
			3	Alex Grunsdman		4	Joe Cox	

MATCH RESULT

LEAGUE STANDINGS Not Available

	Event	Lge
1	Team Edinburgh	525 8
2	Team Glasgow	493 7
3	Sale Harriers (Manchester)	381 6
4	Gateshead Harriers & AC	374 5
5	Team Forth Valley	354 4
6	Preston Harriers	317 3
7	Kingdom Athletics	309 2
8	Middlesbrough AC	218 1

**Athlete of the Match:** Kyle Henderson (TFV) - 7.30 LJ  
 Danielle Bently (Sale) - 44.82 (Javelin)