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2010 CLUB CHAMPIONSHIPS

Sunday, 19th September 2010, 11.30 AM – 4.00 PM
Grangemouth Stadium, Grangemouth

EVENT PROGRAMME

	TRACK	FIELD
11.30		Long Jump (U15+)
12.00	100m	
12.30		Long Jump (U11/U13)
12.40	60m (U9)	
13.00	400m	Standing Long Jump (U9)
13.10	300m	
13.15	LUNCH BREAK	
13.45		Shot Putt (U11+)
14.10	200m	Shot Putt (U9)
14.30		High Jump
14.40		Javelin
15.00	800m	
15.45	The 'Run and Become' Medley Relay	

MEDLEY RELAY SPONSORED BY:



CHAMPIONSHIPS SUPPORTED BY:



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COMPETITORS

UNDER 9

Under 9 Girls

NO.	NAME	CLUB
2	Alix Fairley	
18	Holly White	
20	Megan Stevenson	
22	Carrie McFarlane	

Under 9 Boys

NO.	NAME	CLUB
23	Ben McKeon	
24	Arron Black	
83	Alastair Marshall	

UNDER 11

Under 11 Girls

NO.	NAME	CLUB
25	Sarah Calvert	
26	Tia Henry	
27	Ellie Hyslop	
28	Chloe McAlear	
29	Robyn Fairley	
30	Amy Dare	Linlithgow
31	Martha Morrison	Linlithgow
32	Tania Sutton	Linlithgow

Under 11 Boys

NO.	NAME	CLUB
33	Danny McKenna	
34	Ewan Ballantyne	
35	Gregor Morgan	Linlithgow

UNDER 13

Under 13 Girls

NO.	NAME	CLUB
36	Louisa Marshall	
37	Taygan Henry	
38	Leah Stewart	
39	Rebecca Kirsop	
40	Emma Laidlaw	
41	Morna Horn	
42	Chloe French	
43	Katie Marshall	
44	Holly Morgan	Linlithgow
45	Katrina Mowat	Linlithgow
46	Ellie Sutton	Linlithgow

Under 13 Boys

NO.	NAME	CLUB
47	Fraser McLean	
48	Aaron Crane	
49	Callum Stevenson	
50	Alastair White	
51	Connor Leckie	
52	Kieron Horrocks	
53	Aidan McCusker	
54	Steven Gold	Linlithgow

UNDER 15

Under 15 Girls

NO.	NAME	CLUB
55	Ella McFarlane	
56	Nikisha Wright	
57	Caitlin Smith	
58	Megan Brown	
59	Olivia Singleton	
60	Isla Bruce	
61	Mhairi Horn	
62	Nicola Kellock	Lothian
63	Mairi Hughes	Linlithgow
64	Kirstie McCracken	Linlithgow
65	Lauren Arbuckle	Lothian

Under 15 Boys

NO.	NAME	CLUB
66	Robbie Nairn	
67	Jake Thomas	
68	Calum Gregory	
69	Calum McLean	

UNDER 17

Under 17 Women

NO.	NAME	CLUB
70	Rebecca Calder	
71	Shona Herron	
72	Katie McKain	
73	Vicky Dalziel	
74	Eileen Hulse	

Under 17 Men

NO.	NAME	CLUB
75	Ruaridh McCusker	
76	Scott Henderson	
77	Shawn Wright	
84	Duncan McPherson	

SENIORS

Senior Women

NO.	NAME	CLUB
78	Robyn McDowall	
79	Claire Reynolds	
80	Sharon Grierson	

Senior Men

NO.	NAME	CLUB
81	Alistair Dalgleish	
82	Alex Macaulay	Lon Hth

Club Key

Linlithgow	→	Linlithgow Athletic Club
Lothian	→	Lothian Running Club
Lon Hth	→	London Heathside

TRACK START LISTS

100M

T01 – 100M – U11G 12.00

Championship Holder: Louisa Marshall 15.5
 Club Record: Nikisha Wright 14.56 2007

LANE	NO.	NAME	AGE	CLUB	SB	PB
1	31	Martha Morrison		Linlithgow		
2	29	Robyn Fairley				
3	26	Tia Henry			15.4	15.4
4	28	Chloe McAlear			16.1	16.1
5	27	Ellie Hyslop				

T02 – 100M – U11B 12.04

Championship Holder: Steven Gold 15.5
 Club Record: Robbie Nairn 14.13 2007

LANE	NO.	NAME	AGE	CLUB	SB	PB
1	35	Gregor Morgan		Linlithgow	15.8	15.8
2	34	Ewan Ballantyne			15.0	15.0
3	33	Danny McKenna			17.05	17.05

T03 – 100M – U13G 12.08

Championship Holder: Nikisha Wright 14.3
 Club Record: Kirsty Hunter 13.39 2002

LANE	NO.	NAME	AGE	CLUB	SB	PB
1	39	Rebecca Kirsop				
2	42	Chloe French			16.23	15.9
3	36	Louisa Marshall			15.64	15.5
4	41	Morna Horn			15.0	15.0
5	44	Holly Morgan		Linlithgow	15.7	15.6
6	40	Emma Laidlaw				

T04 – 100M – U13B 12.12

Championship Holder: Robbie Nairn 13.8
 Club Record: Martin Restrick 12.7 1991

LANE	NO.	NAME	AGE	CLUB	SB	PB
1	51	Connor Leckie				
2	48	Aaron Crane				
3	53	Aidan McCusker				15.4
4	52	Kieron Horrocks				

T05 – 100M – U15G 12.16

Championship Holder: Eileen Hulse 13.7
 Club Record: Louise Crilly 12.61 2002

LANE	NO.	NAME	AGE	CLUB	SB	PB
1	59	Olivia Singleton				
2	61	Mhairi Horn			15.1	14.1
3	60	Isla Bruce			14.91	14.4
4	58	Megan Brown			14.69	14.69
5	56	Nikisha Wright			14.5	14.0
6	55	Ella McFarlane			14.88	14.71
7	57	Caitlin Smith			15.01	15.0
8	63	Mairi Hughes		Linlithgow	15.2	15.2

T06 – 100M – U15B 12.20

Championship Holder: Scott Henderson 12.4
 Club Record: Neil Boyle 11.9/11.91 1995

LANE	NO.	NAME	AGE	CLUB	SB	PB
1	69	Calum McLean			15.4	14.9
2	66	Robbie Nairn				13.37
3	68	Calum Gregory			13.9	13.9

T07 – 100M – U17W / SW 12.24

Championship Holder (U17W): Vicky Dalziel 13.6
 Club Record (U17W): Jill Todd 11.9 1981
 Championship Holder (SW): Amanda Campbell 13.4
 Club Record (SW): Fiona Stewart 12.7 2004

LANE	NO.	NAME	AGE	CLUB	SB	PB
1	72	Katie McKain	U17W			14.4
2	74	Eileen Hulse	U17W		13.7	13.7
3	71	Shona Herron	U17W		13.96	13.7
4	73	Vicky Dalziel	U17W			13.6
5	70	Rebecca Calder	U17W		14.60	13.9
6	78	Robyn McDowall	SW		15.18	14.34
7	79	Claire Reynolds	SW			
8	80	Sharon Grierson	SW		15.4	14.4

T08 – 100M – U17M 12.28

Championship Holder: Steven Sneddon 12.7
 Club Record: Scott Boyle 11.2 1995
 V Banks 11.39 1988

LANE	NO.	NAME	AGE	CLUB	SB	PB
1	77	Shawn Wright			12.98	12.5
2	76	Scott Henderson			12.05	12.05
3	84	Duncan McPherson				

60M

T09 – 60M – U9G / U9B

12.40

Championship Holder:		Tia Henry	10.7		
LANE	NO.	NAME	AGE	CLUB	PB
1	2	Alix Fairley	U9G		
2	22	Carrie McFarlane	U9G		12.7
3	18	Holly White	U9G		12.1
4	20	Megan Stevenson	U9G		
5	24	Arron Black	U9B		
6	23	Ben McKeon	U9B		12.4

400M

T10 – 400M – U15B / U17M / SW

13.00

Championship Holder (U15B):		Andrew Boxall	63.2			
Club Record (U15B):		Martin Restrict	54.1	1992		
Championship Holder (U17M):		Daniel Fulton	56.1			
Club Record (U17M):		Craig McDowall	51.93	2008		
Championship Holder (SW):		Uncontested				
Club Record (SW):		L Marshall	57.37	1989		
LANE	NO.	NAME	AGE	CLUB	SB	PB
1	78	Robyn McDowall	SW		68.04	66.9
2	67	Jake Thomas	U15B		59.2	59.2
3	77	Shawn Wright	U17M		57.36	57.36
4	75	Ruaridh McCusker	U17M			68.1

300M

T11 – 300M – U15G / U17W

13.10

Championship Holder (U15G):		Rhiannon Armstrong	46.1			
Club Record (U15G):		Rachael Rooney	45.11	2007		
Championship Holder (U17W):		Vicky Dalziel	45.1			
Club Record (U17W):		Mhairi Walker	41.95	2000		
LANE	NO.	NAME	AGE	CLUB	SB	PB
1	64	Kirstie McCracken	U15G	Linlithgow		
2	62	Nicola Kellock	U15G	Lothian		
3	73	Vicky Dalziel	U17W		43.71	43.71
4	72	Katie McKain	U17W			

200M

T12 – 200M – U11G

14.10

Championship Holder:		Louisa Marshall	33.0			
Club Record:		Lorraine Brownlee	29.0	1976		
LANE	NO.	NAME	AGE	CLUB	SB	PB
1	32	Tania Sutton		Linlithgow		
2	27	Ellie Hyslop			35.4	35.4
3	29	Robyn Fairley			33.97	33.97
4	28	Chloe McAlear			32.95	32.95
5	26	Tia Henry				
6	25	Sarah Calvert				
7	30	Amy Dare		Linlithgow	35.7	35.7

T13 – 200M – U11B / U13G

14.14

Championship Holder (U11B):		Steven Gold	32.8			
Club Record (U11B):		R Dourley	29.9	1990		
LANE	NO.	NAME	AGE	CLUB	SB	PB
1	33	Danny McKenna	U11B		36.40	36.40
2	34	Ewan Ballantyne	U11B		33.3	33.3
3	43	Katie Marshall	U13G			34.7
4	39	Rebecca Kirsop	U13G			
5	38	Leah Stewart	U13G			38.5
6	46	Ellie Sutton	U13G	Linlithgow		

T14 – 200M – U13G

14.18

Championship Holder:		Nikisha Wright	29.9			
Club Record:		Kirsty Hunter	27.3	2002		
LANE	NO.	NAME	AGE	CLUB	SB	PB
1	45	Katrina Mowat		Linlithgow		
2	42	Chloe French			32.5	32.5
3	37	Taygan Henry			31.98	31.98
4	36	Louisa Marshall			32.71	32.71
5	41	Morna Horn			33.4	33.4

T15 – 200M – U13B

14.22

Championship Holder:		Robbie Nairn	29.4			
Club Record:		Martin Restrict	26.5	1991		
LANE	NO.	NAME	AGE	CLUB	SB	PB
1	50	Alastair White				37.7
2	49	Callum Stevenson				
3	54	Steven Gold		Linlithgow		32.8
4	53	Aidan McCusker				33.2
5	47	Fraser McLean			35.4	34.3

T16 – 200M – U15G – HEAT 1**14.26**

Championship Holder: Eileen Hulse 28.6
 Club Record: Louise Crilly 25.87 2002

LANE	NO.	NAME	AGE	CLUB	SB	PB
1	56	Nikisha Wright				29.9
2	62	Nicola Kellock		Lothian	28.7	28.7
3	55	Ella McFarlane			29.2	29.2
4	58	Megan Brown			28.6	28.6
5	64	Kirstie McCracken		Linlithgow		

T17 – 200M – U15G – HEAT 2**14.30**

LANE	NO.	NAME	AGE	CLUB	SB	PB
1	57	Caitlin Smith			31.1	30.9
2	59	Olivia Singleton			30.83	30.83
3	60	Isla Bruce				30.82
4	63	Mairi Hughes		Linlithgow	33.0	33.0

T18 – 200M – U15B / U17M**14.34**

Championship Holder (U15B): Shawn Wright 25.3
 Club Record (U15B): Neil Boyle 24.1 1995
 Championship Holder (U17M): Daniel Fulton 25.2
 Club Record (U17M): Scott Boyle 23.1 1995
 V Banks 23.13 1988

LANE	NO.	NAME	AGE	CLUB	SB	PB
1	68	Calum Gregory	U15B		29.2	29.2
2	66	Robbie Nairn	U15B			28.70
3	76	Scott Henderson	U17M		24.3	24.3
4	77	Shawn Wright	U17M		25.1	25.1
5	84	Duncan McPherson	U17M			

T19 – 200M – U17W /SW**14.38**

Championship Holder (U17W): Shona Herron 29.3
 Club Record (U17W): Jill Todd 24.4 1981
 Championship Holder (SW): Sharon Grierson 31.4
 Club Record (SW): L Marshall 25.7 1989

LANE	NO.	NAME	AGE	CLUB	SB	PB
1	70	Rebecca Calder	U17W		30.6	29.8
2	74	Eileen Hulse	U17W		29.0	28.6
3	71	Shona Herron	U17W			28.27
4	78	Robyn McDowall	SW			30.4
5	80	Sharon Grierson	SW			31.2

800M**T20 – 800M – U11G / U13G****15.00**

Championship Holder (U11G): Taygan Henry 2:54.2
 Club Record (U11G): Linda Rodgers 2:48.5 1992
 A King 2:48.5 1995

Championship Holder (U13G): Amy McCulloch 2:53.1
 Club Record (U13G): Kirsty Hunter 2:27.59 2002

ORDER	NO.	NAME	AGE	CLUB	SB	PB
1	37	Taygan Henry	U13G		2:54.9	2:54.2
2	25	Sarah Calvert	U11G		2:59.28	2:59.28
3	43	Katie Marshall	U13G		3:07.5	3:07.1
4	45	Katrina Mowat	U13G	Linlithgow	3:13.0	3:13.0
5	30	Amy Dare	U11G	Linlithgow	3:17.7	3:17.7

T21 – 800M – U13B / U15G**15.06**

Championship Holder (U13B): Jake Thomas 2:42.3
 Club Record (U13B): Martin Restrict 2:14.03 1991

Championship Holder (U15G): Uncontested
 Club Record (U15G): Amanda Campbell 2:27.2 2006

ORDER	NO.	NAME	AGE	CLUB	SB	PB
1	65	Lauren Arbuckle	U15G	Lothian	2:37.0	2:37.0
2	54	Steven Gold	U13B	Linlithgow	2:37.6	2:37.6
3	49	Callum Stevenson	U13B			
4	47	Fraser McLean	U13B		3:07.5	2:58.8

T22 – 800M – U15B / SM**15.12**

Championship Holder (U15B): Andrew Boxall 2:32.0
 Club Record (U15B): Craig McDowall 2:06.44 2006

Championship Holder (SM): Uncontested
 Club Record (SM): David Beagley 1:54.44 1995

ORDER	NO.	NAME	AGE	CLUB	SB	PB
1	67	Jake Thomas	U15B		2:08.6	2:08.6
2	82	Alex Macaulay	SM	Lon Hth	2:09.4	2:09.4
3	81	Alistair Dagleish	SM		2:24.4	2:06.70
4	69	Calum McLean	U15B		2:57.69	2:45.27

MEDLEY RELAY

T23 – 4x400/300/200/100

15.45

ORDER NO. NAME

1 51 Don't Know

2 38 The Usains'

3 43 Muppets

4 68 The Team With No Name

5 56 Golden Girls

6 27 Cadburys

7 60 Skittles

8 26 R.E.R.T

9 52 Irn Bru

FIELD START LISTS

LONG JUMP

F01 – LONG JUMP – U15G / U15B / U17W / U17M / SW

11.30

Championship Holder (U15G): Eileen Hulse 4.29m

Club Record (U15G): Joyce Barclay 5.34m 1983

ORDER	NO.	NAME	AGE	CLUB	SB	PB
1	55	Ella McFarlane	U15G		4.32	4.32
2	56	Nikisha Wright	U15G			4.03
3	57	Caitlin Smith	U15G		2.83	3.22
4	58	Megan Brown	U15G			3.05
5	60	Isla Bruce	U15G		3.50	3.81

Championship Holder (U15B): Shawn Wright 5.14m

Club Record (U15B): A Kemlo 5.54m 1988

ORDER	NO.	NAME	AGE	CLUB	SB	PB
6	68	Calum Gregory	U15B		3.40	3.40
7	69	Calum McLean	U15B		3.08	3.74

Championship Holder (U17W): Shona Herron 4.15m

Club Record (U17W): Joanne Simpson 4.81m 2001

ORDER	NO.	NAME	AGE	CLUB	SB	PB
8	70	Rebecca Calder	U17W		3.73	3.82
9	71	Shona Herron	U17W		4.62	4.62
10	72	Katie McKain	U17W			3.90
11	73	Vicky Dalziel	U17W			4.23
12	74	Eileen Hulse	U17W		4.62	4.62

Championship Holder (U17M): Steven Sneddon 5.01m

Club Record (U17M): R Kavanagh 5.93m 1988

ORDER	NO.	NAME	AGE	CLUB	SB	PB
13	76	Scott Henderson	U17M		5.79	5.79
14	77	Shawn Wright	U17M		5.18	5.20

Championship Holder (SW): Uncontested

Club Record (SW): L Marshall 4.91m 1988

ORDER	NO.	NAME	AGE	CLUB	SB	PB
15	79	Claire Reynolds	SW		3.32	3.32

F02 – LONG JUMP – U11G / U11B / U13G / U13B**12.30**

Championship Holder (U11G): Louisa Marshall 2.77m

Club Record (U11G): Jill Brooks 4.01m 2002

ORDER	NO.	NAME	AGE	CLUB	SB	PB
1	25	Sarah Calvert	U11G		2.73	2.73
2	26	Tia Henry	U11G		2.90	2.90
3	27	Ellie Hyslop	U11G		2.52	2.52
4	28	Chloe McAlear	U11G		3.25	3.25
5	30	Amy Dare	U11G	Linlithgow	2.50	2.50
6	31	Martha Morrison	U11G	Linlithgow		
7	32	Tania Sutton	U11G	Linlithgow		

Championship Holder (U11B): Fraser McLean 3.30m

Club Record (U11B): Robbie Nairn 4.08m 2007

ORDER	NO.	NAME	AGE	CLUB	SB	PB
8	34	Ewan Ballantyne	U11B		3.92	3.92
9	35	Gregor Morgan	U11B	Linlithgow		

Championship Holder (U13G): Nikisha Wright 3.81m

Club Record (U13G): Fiona Stewart 4.38m 1992

ORDER	NO.	NAME	AGE	CLUB	SB	PB
10	36	Louisa Marshall	U13G		3.07	3.07
11	39	Rebecca Kirsop	U13G			
12	40	Emma Laidlaw	U13G			
13	42	Chloe French	U13G		3.08	3.08
14	43	Katie Marshall	U13G			2.64

Championship Holder (U13B): Jake Thomas 3.72m

Club Record (U13B): P Marr 4.68m 1991

ORDER	NO.	NAME	AGE	CLUB	SB	PB
15	48	Aaron Crane	U13B			
16	50	Alastair White	U13B			3.18
17	51	Connor Leckie	U13B			
18	52	Kieron Horrocks	U13B		2.44	2.44

STANDING LONG JUMP**F03 – STANDING LONG JUMP – U9G / U9B****13.00**

Championship Holder: Tia Henry 1.69m

Club Record (U11G): Jill Brooks 4.01m 2002

ORDER	NO.	NAME	AGE	CLUB	SB	PB
1	2	Alix Fairley	U9G			
2	18	Holly White	U9G			1.30
3	20	Megan Stevenson	U9G			
4	22	Carrie McFarlane	U9G			1.23
5	23	Ben McKeon	U9B			1.29
6	24	Arron Black	U9B			

SHOT PUTT**F04 – SHOT PUTT – U11 / U13 / U15 / U17 / SW****13.45**

Championship Holder (U11G): Leah Stewart 5.03m

Club Record (U11G): L Greig 6.03m 1997

ORDER	NO.	NAME	AGE	CLUB	SB	PB
1	29	Robyn Fairley	U11G		5.03	5.03

Championship Holder (U11B): Uncontested

Club Record (U11B): A Innes 6.78m 2001

ORDER	NO.	NAME	AGE	CLUB	SB	PB
2	33	Danny McKenna	U11B		5.11	5.11

Championship Holder (U13G): Hayley Donaldson 6.15m

Club Record (U13G): Aileen Paxton 7.97m 1993

ORDER	NO.	NAME	AGE	CLUB	SB	PB
3	38	Leah Stewart	U13G		5.20	5.20
4	41	Morna Horn	U13G		5.34	5.34
5	45	Katrina Mowat	U13G	Linlithgow		

Championship Holder (U13B): Robbie Nairn 8.15m

Club Record (U13B): Robbie Nairn 9.76m 2009

ORDER	NO.	NAME	AGE	CLUB	SB	PB
6	47	Fraser McLean	U13B		5.71	5.71
7	50	Alastair White	U13B		5.75	5.75

Championship Holder (U15G): Rhiannon Armstrong 7.48m

Club Record (U15G): Beverley Akinlami 10.26m 1980

ORDER	NO.	NAME	AGE	CLUB	SB	PB
8	61	Mhairi Horn	U15G		5.39	5.29
9	62	Nicola Kellock	U15G	Lothian	7.75	7.75

Championship Holder (U15B): Ruaridh McCusker 6.95m
 Club Record (U15B): Barry Scott 10.22m 1993

ORDER	NO.	NAME	AGE	CLUB	SB	PB
10	66	Robbie Nairn	U15B		9.46	9.46

Championship Holder (U17W): Vicky Dalziel 8.76m
 Club Record (U17W): Vicky Dalziel 9.87m 2010

ORDER	NO.	NAME	AGE	CLUB	SB	PB
11	73	Vicky Dalziel	U17W		9.87	9.87

Championship Holder (U17M): Stephen Watson 6.43m
 Club Record (U17M): Barry Scott 12.23m 1995

ORDER	NO.	NAME	AGE	CLUB	SB	PB
12	75	Ruaridh McCusker	U17M			
13	76	Scott Henderson	U17M			

Championship Holder (SW): Sharon Grierson 5.40m
 Club Record (SW): L Sutherland 9.81m 1988

ORDER	NO.	NAME	AGE	CLUB	SB	PB
14	78	Robyn McDowall	SW		5.75	5.75
15	79	Claire Reynolds	SW		7.47	7.47
16	80	Sharon Grierson	SW			6.35

F05 – SHOT PUTT – U9G / U9B 14.10

ORDER	NO.	NAME	AGE	CLUB	SB	PB
1	2	Alix Fairley	U9G			
2	18	Holly White	U9G			
3	20	Megan Stevenson	U9G			
4	22	Carrie McFarlane	U9G			
5	23	Ben McKeon	U9B			
6	83	Alastair Marshall	U9B			

HIGH JUMP

F06 – HIGH JUMP – U13 / U15 / U17 14.30

Club Record (U13G): Kirsty Hunter 1.42m 2002

ORDER	NO.	NAME	AGE	CLUB	SB	PB
1	37	Taygan Henry	U13G		1.15	1.15
2	38	Leah Stewart	U13G			0.85
3	40	Emma Laidlaw	U13G			

Club Record (U13B): K Waugh 1.54m 1992

ORDER	NO.	NAME	AGE	CLUB	SB	PB
4	48	Aaron Crane	U13B			
5	49	Callum Stevenson	U13B			
6	53	Aidan McCusker	U13B		1.30	1.30

Club Record (U15G): Karen Graham 1.61m 1979

ORDER	NO.	NAME	AGE	CLUB	SB	PB
7	64	Kirstie McCracken	U15G	Linlithgow		

Club Record (U15B): Matthew Thomson 1.71m 2008

ORDER	NO.	NAME	AGE	CLUB	SB	PB
8	67	Jake Thomas	U15B		1.40	1.40

Club Record (U17W): Karen Graham 1.67m 1980

ORDER	NO.	NAME	AGE	CLUB	SB	PB
9	71	Shona Herron	U17W		1.50	1.50

Club Record (U17M): Paul Mathieson 1.72m 2001

ORDER	NO.	NAME	AGE	CLUB	SB	PB
10	75	Ruaridh McCusker	U17M		1.50	1.50
11	84	Duncan McPherson	U17M			

JAVELIN

F07 – JAVELIN – U11G / U13 / U15G / U17 / SW 14.40

Championship Holder (U11G): Uncontested
 Club Record (U11G): S Shaw 9.46m 1988

ORDER	NO.	NAME	AGE	CLUB	SB	PB
1	31	Martha Morrison	U11G	Linlithgow		

Championship Holder (U13G): Uncontested
 Club Record (U13G): Aileen Paxton 29.66m 1993

ORDER	NO.	NAME	AGE	CLUB	SB	PB
2	45	Katrina Mowat	U13G	Linlithgow		
3	46	Ellie Sutton	U13G	Linlithgow		

Championship Holder (U13B): Robbie Nairn 20.99m
 Club Record (U13B): S Folek 29.77m 2001

ORDER	NO.	NAME	AGE	CLUB	SB	PB
4	51	Connor Leckie	U13B			
5	52	Kieron Horrocks	U13B			

Championship Holder (U15G): Uncontested
 Club Record (U15G): Aileen Paxton 31.16m 1995

ORDER	NO.	NAME	AGE	CLUB	SB	PB
6	61	Mhairi Horn	U15G		14.73	14.73

Championship Holder (U17W): Uncontested
 Club Record (U17W): S Shaw 26.60m 1993

ORDER	NO.	NAME	AGE	CLUB	SB	PB
7	70	Rebecca Calder	U17W		10.85	10.85
8	72	Katie McKain	U17W			10.50
9	74	Eileen Hulse	U17W			15.23

Championship Holder (U17M): Stephen Watson 22.50m
 Club Record (U17M): A Kemlo 44.81m 1989

ORDER	NO.	NAME	AGE	CLUB	SB	PB
10	75	Ruaridh McCusker	U17M			

Championship Holder (SW): Sharon Grierson 18.24m
 Club Record (SW): L Sutherland 30.74m 1988

ORDER	NO.	NAME	AGE	CLUB	SB	PB
11	79	Claire Reynolds	SW		21.76	21.76
12	80	Sharon Grierson	SW			18.24

THROWING WEIGHTS

JAVELIN	SEN	U17	U15	U13	U11
Male	800 g	700 g	600 g	400 g	400 g
Female	600 g	600 g	600 g	400 g	400 g

SHOT PUTT	SEN	U17	U15	U13	U11	U9
Male	7.26 kg	5.00 kg	4.00 kg	3.25 kg	2.72 kg	1.00 kg
Female	4.00 kg	4.00 kg	3.25 kg	2.72 kg	2.72 kg	1.00 kg

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MEDLEY RELAY TEAMS

NAME	NUMBER	400M	300M	200M	100M
Don't Know	51	Alistair Dalgleish	Fraser McLean	Megan Brown	Connor Leckie
The Usains'	38	Shawn Wright	Jake Thomas	Callum Stevenson	Leah Stewart
Muppets	43	Scott Henderson	Calum McLean	Chloe McAlear	Katie Marshall
The Team With No Name	68	Ruaridh McCusker	Louisa Marshall	Morna Horn	Calum Gregory
Golden Girls	56	Shona Herron	Sarah Calvert	Chloe French	Nikisha Wright
Cadburys	27	Eileen Hulse	Robbie Nairn	Alastair White	Ellie Hyslop
Skittles	60	Aidan McCusker	Katie McKain	Taygan Henry	Isla Bruce
R.E.R.T	26	Rebecca Calder	Ella McFarlane	Rebecca Kirsop	Tia Henry
Irn Bru	52	Sharon Grierson	Olivia Singleton	Ewan Ballantyne	Kieron Horrocks

SPONSORED BY:



NOTES:

- Running order is: 400m, 300m, 200m, 100m.
- Team members can switch distances, but the 100m runner should wear the team's allocated vest number.

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OFFICIALS & HELPERS

Many thanks to the following officials and helpers who have generously given up their time today, and without whom the Club Championships couldn't take place:

- **Track Officials**
 - Vic Hockley
 - Pat Hockley
 - Gil Fowler
 - Edith Fowler
 - Sandra Hardacre

- **Field Team**

Billy Herron	Willie McLean
Jill Henry	Myra McLean
Elsbeth Porteous	Susan White
Pauline Nairn	Sam French
Stephen Marshall	Martin Bruce
Martin Dalziel	Scott Malcolm
Linda Dalgleish	Lindsay Stevenson

- **Relay**

Nina Marshall	Pam Bruce
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- **Changeovers**

Matthew White	Neil McFarlane
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- **Announcer**

Alison Grey	
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- **Presentations**

Fred McCluskie	
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- **First Aid**

St. Andrew's First Aid	
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2009 CLUB CHAMPIONS

Under 11 Girls

- 1st Louisa Marshall
- 2nd Taygan Henry
- 3rd Leah Stewart

Under 13 Girls

- 1st Nikisha Wright
- 2nd Megan Brown
- 3rd Caitlin Smith

Under 15 Girls

- 1st Eileen Hulse
- 2nd Rebecca Calder
- 3rd Rhiannon Armstrong

Under 17 Women

- 1st Shona Herron
- 2nd Vicky Dalziel

Senior Women

- 1st Amanda Campbell
- 2nd Sharon Grierson
- 3rd Robyn McDowall

Medley Relay

- 1st Dream Team 2:27.6
(Craig McDowall / Daniel Fulton / Aidan McCusker / Ben Fulton)
- 2nd KYT 2:32.5
(Alistair Dalgleish / Shawn Wright / Ella McFarlane / Niamh Armstrong)
- 3rd The Cullens 2:36.2
(Stephen Watson / Rhiannon Armstrong / Nikisha Wright / Taygan Henry)

Under 11 Boys

- 1st Fraser McLean
- 2nd Ben Fulton

Under 13 Boys

- 1st Robbie Nairn
- 2nd Jake Thomas
- 3rd Calum McLean

Under 15 Boys

- 1st Shawn Wright
- 2nd Scott Henderson
- 3rd Andrew Boxall

Under 17 Men

- 1st Daniel Fulton
- 2nd Steven Sneddon
- 3rd Stephen Watson

Senior Men

- 1st Alistair Dalgleish
- 2nd Craig McDowall
- 3rd Danny Nicoll