

# GSSAL HANDBOOK



# 2011

21<sup>st</sup> September 2010

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# **CENTRAL & SOUTH OF SCOTLAND ATHLETIC LEAGUE**

## OFFICE BEARERS

### **Chairman:**

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### **League Secretary:**

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### **Auditor: David Carson**

Division 1 Representative	Division 2 Representative	Division 3 Representative
Mark Fraser (Airdrie)	Steven Whyteside (Whitemoss)	Chris Colmer (Helensburgh)
<a href="mailto:markfraser21@yahoo.co.uk">markfraser21@yahoo.co.uk</a>	<a href="mailto:steven.whyteside@talktalk.net">steven.whyteside@talktalk.net</a>	<a href="mailto:colmer2@btinternet.com">colmer2@btinternet.com</a>

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a.n.other (need one for division 3 please)

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Dunbar Running Club	Scott Turner	5, Muirfield Court, Mill Wynd, East Linton, East Lothian, EH40 3AE. Tel: 01620860445 / 07970 692337 email: <a href="mailto:scottturner542@btinternet.com">scottturner542@btinternet.com</a> <a href="mailto:maureenlindsay@btinternet.com">maureenlindsay@btinternet.com</a>
Dunfermline & W Fife AC	Angela Sharp Derek Brand	e-mail : <a href="mailto:a.sharp3@sky.com">a.sharp3@sky.com</a> e-mail : <a href="mailto:derekbrand@btinternet.com">derekbrand@btinternet.com</a>
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Whitemoss AC	Mark Stringer	6 Coll, St Leonards, East Kilbride, G74 2DS Tel: 01355 221903 email: <a href="mailto:markstringerek@hotmail.com">markstringerek@hotmail.com</a>

## Results from 2010 Season

**DIVISION 1:** Champions: **Giffnock North AAC** Runners up: **Ayr Seaforth AAC**  
Relegated: **Ronhill Cambuslang** and **Kilbarchan AAC**

Club	Match Points	League Points	Position
Giffnock North AAC	3073	22	1
Ayr Seaforth AC	2792	17	2
Law & District	2727	17	3
Shettleston Harriers	2721	15	4
Victoria Park City of Glasgow AC	2635	13	5
Airdrie Harriers	2542	13	6
Kilbarchan AAC	2296	8	7
Ronhill Cambuslang	2747	3	8

**DIVISION 2:** Promoted: **Dunfermline & West Fife** and **Livingston AAC**  
Relegated: **Dunbar Running Club** and **Motherwell AC**

Club	Match Points	League Points	Position
Dunfermline & West Fife	3321	24	1
Livingston AAC	3050	20	2
Whitemoss AC	2842	16.5	3
East Kilbride AAC	2610	15.5	4
Motherwell AAC	2271	14	5
Dunbar Running Club	1674	9	6

**DIVISION 3:** Promoted: **Kirkintilloch Olympians** and **Corstorphine AC**.

Club	Match Points	League Points	Position
Kirkintilloch Olym.	3506	23	1
Corstorphine AAC	3374	22	2
Clydesdale AAC	2266	17	3
Helensburgh	1330	14	4
Nithsdale	1184	10	5
Stewartry of K	582	10	6

## MEETING DATES, VENUES AND CONVENING CLUBS

<b>First Date</b>	Sunday, 1 <sup>st</sup> May 2011	<b>Convening Clubs:</b>
Division 1	Wishaw (01698 355821)	Airdrie & Law & District
Division 2	Scotstoun (0141 276 1620)	Corstorphine & Kirkintilloch
Division 3	Scotstoun (0141 276 1620)	Stewartry and Nithsdale

<b>Second Date</b>	Sunday, 5 <sup>th</sup> June 2011	<b>Convening Clubs:</b>
Division 1	Grangemouth (01324 504590)	Dunfermline & West Fife & Livingstone
Division 2	Linwood (01505 329461)	Ronhill Cambuslang & Kilbarchan
Division 3	Linwood (01505 329461)	Clydesdale & Helensburgh

<b>Third Date</b>	Sunday, 3 <sup>rd</sup> July 2011	<b>Convening Clubs:</b>
Division 1	Scotstoun (0141 276 1620)	Victoria Park City of Glasgow & Giffnock
Division 2	Wishaw (10698 355821)	East Kilbride & Whitemoss
Division 3	Wishaw (10698 355821)	Motherwell & Dunbar

## LEAGUE STRUCTURE 2011

(Incl. allocation of numbers)

DIVISION 1		DIVISION 2	
1 / 2	Livingston AAC	17 / 18	Whitemoss AC
3 / 4	Giffnock North AAC	19 / 20	Kirkintilloch Olympians
5 / 6	Ayr Seaforth AC	21 / 22	Corstorphine AAC
7 / 8	Airdrie Harriers	23 / 24	East Kilbride AAC
9 / 10	Shettleston Harriers	25 / 26	Kilbarchan AC
11 / 12	Law & District AAC	27 / 28	Ronhill Cambuslang
13 / 14	Victoria Park City of Glasgow AC		
15 / 16	Dunfermline & West Fife AC		

DIVISION 3	
29 / 30	Helensburgh
31 / 32	Dunbar Running Club
33 / 34	Motherwell AAC
35 / 36	Nithsdale
37 / 38	Stewartry of Kirkcudbright AC
39 / 40	Clydesdale AAC

# IMPORTANT INFORMATION

# CSSAL

SEASON 2011



DIVISION 1 MEETINGS BEGIN AT 12 NOON

THE COMBINED DIVISION 2 & 3 MEETINGS BEGIN  
AT 11.30 A.M.

*CLUBS MUST PROVIDE THEIR OWN VEST NUMBERS FRONT AND BACK (Except High Jumps where single front number suffices). A template will be provided which they can photocopy.*

Teams must be declared at least 30 minutes before start of meetings

The following pages contain timetables for the 3 matches – separate timetables for Division 1 and the combined Divisions 2 and 3

**Athletes U17 or below are restricted to a maximum of 3 individual events plus relay  
CSSAL from 2007 Masters: Male 35 years plus: Female 35 years plus**

## Convening Clubs

If two clubs are sharing the first named club will receive the paperwork and be ultimately responsible for the results. However, they should agree on who does what to make best use of resources.

Prior to the athletic meeting, the convening club (s) should prepare the field and track pads with club names and start order where available. The convening club should make themselves familiar with the points scoring (in this handbook). Points are awarded for track and field events and for providing officials.

The committee division representative should be available on competition day to check everything is in place, give admin advice and help on league management decisions (named near the front of handbook).

The convening club on arrival shall collate the declaration sheets and add the athlete names to the field sheets and if start sheets are provided for track races, should add the athletes' names to the sheets (requires lane order). **NB: If results sheets are provided this can only be added after the event (doesn't require lane order).**

Ideally the convening club should provide an announcer to operate the stadium public address equipment. Please avoid making announcements when the athletes are on their marks during track events so that they can hear the instructions of the start team. The announcer should highlight programme information (calling athletes to a field or track event etc) and any special announcements requested by the referees.

The lists of officials should be checked and any shortfall (5 officials per club should be chased). Field officials should be provided to the Field Referee and Track officials to the Track Referee.

Tea tickets (2011, value £3.50) should be arranged to be distributed through the field and track referees. The first aid team and admin team should also be given a ticket.

The convening club should collate the results as they come in. They may need to arrange collection of the results from the track referee and field referee. The results should be checked against league records and Scottish standards and any exceptional performances should be highlighted to the league secretary.

The convening club(s) should then enter the results into the MS Excel spreadsheet provided onto a lap top computer.

Once entered into computer the results should be displayed if possible for athletes and team managers to view them. Any queries should first be referred to the track and field referees.

At the end of the meeting, an unscrutinised electronic copy of the results should be emailed to the league secretary and the division scrutineer. At the end of the day the results and declaration



sheets should be handed over to the scrutineer to take away. Email addresses are listed in this handbook at the front.

# **DIVISION 1**

## **WISHAW 1 MAY 2011**

### **TRACK**

### **FIELD**

TIME	AGE GROUP	EVENT	NOTES		TIME	AGE GROUP	EVENT
12.00	Senior Men	3000m	A & B		12.00	Senior Men	Long Jump
12.00	Masters Men	3000m	A only		12.00	Under 17 Men	Long Jump
12.20	Under 17 Women	300m	A then B		12.00	Under 13 Boys	Javelin
12.30	Under 17 Men	400m	A then B		12.00	Under 13 Girls	High Jump
12.40	Senior Women	400m	A then B		12.40	Under 13 Girls	Javelin
12.50	Senior Men	400m	A then B		12.40	Under 15 Girls	High Jump
13.00	Under 13 Girls	100m	A then B		12.40	Under 17 Women	Long Jump
13.10	Under 13 Boys	100m	A then B		13.00	Under 15 Boys	Discus
13.15	Under 15 Girls	100m	A then B		13.00	Under 17 Men	Shot Putt
13.25	Under 15 Boys	100m	A then B		13.20	Under 11 Girls	Long Jump
13.30	Under 17 Women	100m	A then B		13.20	Under 11 Boys	Long Jump
13.40	Under 17 Men	100m	A then B		13.20	Under 15 Girls	Javelin
13.45	Senior Women	100m	A then B		13.20	Senior Women	High Jump
13.55	Senior Men	100m	A then B		13.40	Under 15 Boys	Shot Putt
14.00	Masters Men	100m	A then B		14.00	Under 13 Girls	Long Jump
14.10	Masters Women	100m	A then B		14.00	Under 17 Women	High Jump
14.15	Under 11 Girls	80m	A then B		14.00	Senior Women	Javelin
14.25	Under 11 Boys	80m	A then B		14.20	Under 13 Boys	Shot Putt
14.35	Under 11 Girls	600m	A and B		14.40	Under 13 Boys	Long Jump
14.45	Under 11 Boys	600m	A & B		14.40	Under 17 Women	Javelin
14.50	Under 13 Girls	800m	A & B		14.40	Under 17 Men	High Jump
15.00	Under 13 Boys	800m	A & B		15.00	Senior Men	Shot Putt
15.05	Under 15 Girls	800m	A & B		15.20	Under 15 Girls	Long Jump
15.15	Under 15 Boys	800m	A & B		15.20	Under 15 Boys	Javelin
15.20	Under 17 Women	800m	A & B		15.30	Under 17 Men	Discus
15.30	Under 17 Men	800m	A & B		15.30	Senior Men	Triple Jump
15.35	Senior Women	800m	A & B		15.40	Senior Women	Shot Putt
15.45	Senior Men	800m	A & B				
15.50	Masters Women	800m	A & B				
16.00	Masters Men	800m	A & B				
16.15	Under 11 Girls	4 x 100m					
16.25	Under 11 Boys	4 x 100m					
16.30	Under 13 Girls	4 x 100m					
16.35	Under 13 Boys	4 x 100m					
16.40	Under 15 Girls	4 x 100m					
16.45	Under 15 Boys	4 x 100m					
16.50	Under 17 Women	4 x 100m					
16.55	Under 17 Men	4 x 100m					
17.00	Senior Women	4 x 100m					
17.05	Senior Men	4 x 100m					

# DIVISION 1

# GRANGEMOUTH 5 JUNE 2011

TRACK				FIELD			
TIME	AGE GROUP	EVENT	NOTE	TIME	AGE GROUP	EVENT	
		70mH	A then B				
12.00	Under 13 Girls	75mH	A then B	12.00	Under 15 Boys	High Jump	
12.15	Under 13 Boys	75mH	A then B	12.00	Under 17 Women	Triple Jump	
12.20	Under 15 Girls	80mH	A then B	12.00	Under 17 Men	Javelin	
12.35	Under 17 Women	80mH	A then B	12.00	Senior Women	Shot Putt	
12.40	Under 15 Boys	100mH	A then B	12.00	Senior Men	Long Jump	
12.55	Senior Women	100mH	A then B	12.20	Under 13 Boys	High Jump	
13.00	Under 17 Men	110mH	A then B	12.40	Under 13 Girls	Shot Putt	
13.10	Senior Men	150m	A then B	12.40	Under 15 Boys	Javelin	
13.20	Under 11 Girls	150m	A then B	12.40	Senior Women	Long Jump	
13.25	Under 11 Boys	200m	A then B	13.20	Under 15 Girls	Shot Putt	
13.30	Under 13 Girls	200m	A then B	13.20	Under 17 Women	Discus	
13.35	Under 13 Boys	200m	A then B	13.20	Senior Women	Javelin	
13.40	Under 15 Girls	200m	A then B	13.30	Under 11 Boys	Long Jump	
13.45	Under 15 Boys	200m	A then B	14.00	Under 11 Girls	Long Jump	
13.50	Under 17 Women	200m	A then B	14.00	Under 15 Girls	Javelin	
13.55	Under 17 Men	200m	A then B	14.00	Under 17 Men	Shot Putt	
14.00	Senior Women	200m	A then B	14.00	Senior Men	High Jump	
14.05	Senior Men	200m	A then B	14.40	Under 13 Girls	High Jump	
14.10	Masters Women	200m	A then B	14.40	Under 13 Boys	Long Jump	
14.15	Masters Men	600m	A & B	14.40	Under 17 Women	Shot Putt	
14.30	Under 11 Girls	600m	A & B	14.40	Senior Men	Javelin	
14.40	Under 11 Boys	1200m	A & B	15.00	Senior Men	Discus	
14.50	Under 13 Girls	1500m	A & B	15.20	Under 15 Girls	High Jump	
15.00	Under 13 Boys	1500m	A & B	15.20	Under 15 Boys	Long Jump	
15.10	Under 15 Girls	1500m	A & B	16.00	Under 17 Men	Triple Jump	
15.20	Under 15 Boys	1500m	A & B				
15.30	Under 17 Women	1500m	A & B				
15.40	Under 17 Men	1500m	with Masters				
15.50	Senior Women	1500m	with Seniors				
15.50	Masters Women	1500m	with Masters				
16.00	Senior Men	1500m	with Seniors				
16.00	Masters Men	4x100m					
16.10	Under 11 Girls	4x100m					
16.20	Under 11 Boys	4x100m					
16.25	Under 13 Girls	4x100m					
16.30	Under 13 Boys	4x100m					
16.35	Under 15 Girls	4x100m					
16.40	Under 15 Boys	4x100m					
16.45	Under 17 Women	4x100m					
16.50	Under 17 Men	4x100m					
16.55	Senior Women	4x100m					
17.00	Senior Men	4x100m					

**TRACK**

**FIELD**

TIME	AGE GROUP	EVENT	Note		TIME	AGE GROUP	EVENT
12.00	Senior Women	3000m	A & B		12.00	Under 13 Boys	Shot Putt
12.00	Masters Women	3000m	A only		12.00	Under 17 Women	High Jump
12.20	Under 13 Girls	100m	A then B		12.00	Senior Women	High Jump
12.25	Under 13 Boys	100m	A then B		12.35	Under 13 Girls	Long Jump
12.35	Under 15 Girls	100m	A then B		12.40	Under 15 Girls	Shot Putt
12.40	Under 15 Boys	100m	A then B		12.40	Under 17 Men	High Jump
12.45	Under 17 Women	100m	A then B		12.40	Senior Women	Triple Jump
12.55	Under 17 Men	100m	A then B		12.40	Senior Men	Javelin
13.05	Senior Women	100m	A then B		13.10	Under 15 Boys	Long Jump
13.10	Senior Men	100m	A then B		13.20	Under 13 Girls	Shot Putt
13.20	Masters Women	100m	A then B		13.20	Under 13 Boys	High Jump
13.25	Masters Men	100m	A then B		13.20	Under 15 Girls	Discus
13.35	Under 11 Girls	80m	A then B		13.20	Under 17 Women	Javelin
13.40	Under 11 Boys	80m	A then B		13.45	Under 15 Girls	Long Jump
13.50	Under 15 Boys	400m	A then B		14.00	Under 13 Girls	Javelin
14.00	Under 17 Men	400m	A then B		14.00	Under 15 Boys	High Jump
14.10	Senior Women	400m	A then B		14.00	Under 17 Women	Shot Putt
14.20	Senior Men	400m	A then B		14.20	Under 11 Boys	Long Jump
14.30	Under 17 Women	300m	A then B		14.40	Under 13 Boys	Javelin
14.40	Under 11 Girls	600m	A & B		14.40	Under 15 Boys	Shot Putt
14.50	Under 11 Boys	600m	A & B		14.40	Senior Women	Discus
14.55	Under 13 Girls	800m	A & B		14.40	Senior Men	High Jump
15.05	Under 13 Boys	800m	A & B		14.55	Under 11 Girls	Long Jump
15.10	Under 15 Girls	800m	A & B		15.20	Under 17 Men	Javelin
15.20	Under 15 Boys	800m	A & B		15.30	Under 17 Men	Long Jump
15.25	Under 17 Women	800m	A & B		15.30	Senior Men	Shot Putt
15.35	Under 17 Men	800m	A & B				
15.40	Senior Women	800m	A & B				
15.50	Senior Men	800m	A & B				
15.55	Masters Women	800m	A & B				
16.05	Masters Men	800m	A & B				
16.10	Under 11 Girls	4 x 100m					
16.15	Under 11 Boys	4 x 100m					
16.20	Under 13 Girls	4 x 100m					
16.25	Under 13 Boys	4 x 100m					
16.30	Under 15 Girls	4 x 100m					
16.35	Under 15 Boys	4 x 100m					
16.40	Under 17 Women	4 x 100m					
16.45	Senior Women	4 x 400m					
17.00	U 17/Senior Men	4 x 400m					

## DIVISION 2 & 3

## SCOTSTOUN 1 MAY 2011

### TRACK

### FIELD

TIME	Division	AGE GROUP	EVENT		TIME	Division	AGE GROUP	EVENT
11.30	Div 2 / 3	Senior Men	3000m		12.00	Div 2 / 3	Under 11 Boys	Long Jump
11.30	Div 2 / 3	Masters Men	3000m		12.00	Div 2 / 3	Under 15 Boys	Javelin
11.45	Div 2	Under 17 Women	300M		12.00	Div 2 / 3	Under 15 Girls	High Jump
	Div 3	Under 17 Women	300M		12.00	Div 2 / 3	Under 17 Women	Long Jump
11.55	Div 2	Under 17 Men	400M		12.45	Div 2 / 3	Under 13 Girls	Long Jump
	Div 3	Under 17 Men	400M		12.45	Div 2 / 3	Senior Women	High Jump
12.05	Div 2	Senior Women	400M		12.45	Div 2 / 3	Under 15 Girls	Long Jump
	Div 3	Senior Women	400M		13.00	Div 2 / 3	Under 15 Boys	Discus
12.15	Div 2	Senior Men	400M		13.00	Div 2 / 3	Under 17 Men	Shot Putt
	Div 3	Senior Men	400M		13.00	Div 2 / 3	Under 17 Women	Javelin
12.25	Div 2	Under 11 Girls	80M		13.30	Div 2 / 3	Under 17 Men	Long Jump
	Div 3	Under 11 Girls	80M		13.30	Div 2 / 3	Under 11 Girls	Long Jump
	Div 2	Under 11 Boys	80M		14.00	Div 2 / 3	Under 13 Girls	High Jump
	Div 3	Under 11 Boys	80M		14.00	Div 2 / 3	Under 13 Boys	Shot Putt
12.40	Div 2	Under 13 Girls	100M		14.30	Div 2 / 3	Senior Women	Long Jump
	Div 3	Under 13 Girls	100M		14.30	Div 2 / 3	Under 15 Girls	Discus
	Div 2	Under 13 Boys	100M		14.30	Div 2 / 3	Under 13 Boys	Long Jump
	Div 3	Under 13 Boys	100M		14.45	Div 2 / 3	Under 17 Women	High Jump
	Div 2	Under 15 Girls	100M		14.45	Div 2 / 3	Senior Men	Shot Putt
	Div 3	Under 15 Girls	100M		15.30	Div 2 / 3	Senior Men	Triple Jump
13.00	Div 2	Under 15 Boys	100M		15.30	Div 2 / 3	Under 17 Men	Discus
	Div 3	Under 15 Boys	100M		15.30	Div 2 / 3	Under 15 Boys	High Jump
	Div 2	Under 17 Women	100M		15.45	Div 2 / 3	Senior Women	Shot Putt
	Div 3	Under 17 Women	100M		16.15	Div 2 / 3	Under 17 Men	High Jump
	Div 2	Under 17 Men	100M					
	Div 3	Under 17 Men	100M					
	Div 2	Senior Women	100M					
	Div 3	Senior Women	100M					
13.30	Div 2	Senior Men	100M					
	Div 3	Senior Men	100M					
	Div 2	Masters Women	100M					
	Div 3	Masters Women	100M					
	Div 2	Masters Men	100M					
	Div 3	Masters Men	100M					
		Break						
14.00	Div 2	Under 11 Girls	600M					
	Div 3	Under 11 Girls	600M					
	Div 2	Under 11 Boys	600M					
	Div 3	Under 11 Boys	600M					
	Div 2	Under 13 Girls	800M					
	Div 3	Under 13 Girls	800M					
14.35	Div 2	Under 13 Boys	800M					
	Div 3	Under 13 Boys	800M					

	Div 2	Under 15 Girls	800M	
	Div 3	Under 15 Girls	800M	
	Div 2	Under 15 Boys	800M	
	Div 3	Under 15 Boys	800M	
15.00	Div 2	Under 17 Women	800M	
	Div 3	Under 17 Women	800M	
	Div 2	Under 17 Men	800M	
	Div 3	Under 17 Men	800M	
	Div 2	Senior Women	800M	
	Div 3	Senior Women	800M	
	Div 2	Masters Women	800M	
	Div 3	Masters Women	800M	
15.30	Div 2	Senior Men	800M	
	Div 3	Senior Men	800M	
	Div 2	Masters Men	800M	
	Div 3	Masters Men	800M	
15.50	Div 2	Under 11 Girls	4 x 100M	
	Div 3	Under 11 Girls	4 x 100M	
	Div 2	Under 11 Boys	4 x 100M	
	Div 3	Under 11 Boys	4 x 100M	
	Div 2	Under 13 Girls	4 x 100M	
	Div 3	Under 13 Girls	4 x 100M	
16.20	Div 2	Under 13 Boys	4 x 100M	
	Div 3	Under 13 Boys	4 x 100M	
16.30	Div 2	Under 15 Girls	4 x 100M	
	Div 3	Under 15 Girls	4 x 100M	
16.40	Div 2	Under 15 Boys	4 x 100M	
	Div 3	Under 15 Boys	4 x 100M	
16.50	Div 2	Under 17 Women	4 x 100M	
	Div 3	Under 17 Women	4 x 100M	
17.00	Div 2	Under 17 Men	4 x 100M	
	Div 3	Under 17 Men	4 x 100M	
17.10	Div 2	Senior Women	4 x 100M	
	Div 3	Senior Women	4 x 100M	
17.20	Div 2	Senior Men	4 x 100M	
	Div 3	Senior Men	4 x 100M	

# DIVISION 2 & 3

# LINWOOD 5 JUNE 2011

## TRACK

## FIELD

TIME	Division	AGE GROUP	EVENT		TIME	Division	AGE GROUP	EVENT
11.30	Div 2	Under 13 Girls	70mH		12.00	Div 2 / 3	Under 17 Women	High Jump
11.35	Div 3	Under 13 Girls	70mH		12.00	Div 2 / 3	Under 11 Boys	Long Jump
11.45	Div 2	Under 15 Girls	75mH		12.00	Div 2 / 3	Senior Women	Shot Putt
11.50	Div 3	Under 15 Girls	75mH		12.00	Div 2 / 3	Under 15 Boys	Long Jump
11.55	Div 2	Under 13 Boys	75mH		12.45	Div 2 / 3	Under 15 Girls	Shot Putt
12.00	Div 3	Under 13 Boys	75mH		12.45	Div 2 / 3	Under 13 Boys	High Jump
12.10	Div 2	Under 15 Boys	80mH		13.00	Div 2 / 3	Under 13 Boys	Discus
12.15	Div 3	Under 15 Boys	80mH		13.30	Div 2 / 3	Senior Men	Long Jump
12.20	Div 2	Under 11 Girls	150m		13.30	Div 2 / 3	Under 15 Boys	Shot Putt
12.25	Div 3	Under 11 Girls	150m		13.30	Div 2 / 3	Senior Women	Long Jump
12.30	Div 2	Under 11 Boys	150m		13.30	Div 2 / 3	Senior Men	High Jump
12.35	Div 3	Under 11 Boys	150m		14.00	Div 2 / 3	Senior Men	Discus
12.45	Div 2	Under 13 Girls	200m		14.00	Div 2 / 3	Under 17 Men	Javelin
12.50	Div 3	Under 13 Girls	200m		14.00	Div 2 / 3	Under 15 Girls	High Jump
12.55	Div 2	Under 13 Boys	200m		14.15	Div 2 / 3	Under 17 Men	Shot Putt
13.00	Div 3	Under 13 Boys	200m		14.45	Div 2 / 3	Under 13 Boys	Long Jump
13.05	Div 2	Under 15 Girls	200m		14.45	Div 2 / 3	Under 11 Girls	Long Jump
13.10	Div 3	Under 15 Girls	200m		15.00	Div 2 / 3	Under 13 Girls	Shot Putt
13.15	Div 2	Under 15 Boys	200m		15.00	Div 2 / 3	Under 13 Girls	High Jump
13.20	Div 3	Under 15 Boys	200m		15.15	Div 2 / 3	Senior Women	Javelin
13.25	Div 2	Under 17 Women	200m		15.30	Div 2 / 3	Under 17 Men	Triple Jump
13.30	Div 3	Under 17 Women	200m		15.30	Div 2 / 3	Under 13 Girls	Discus
13.35	Div 2	Under 17 Men	200m		15.30	Div 2 / 3	Under 17 Women	Triple Jump
13.40	Div 3	Under 17 Men	200m		15.45	Div 2 / 3	Under 17 Women	Shot Putt
13.45	Div 2	Senior Women	200m					
13.50	Div 3	Senior Women	200m					
13.55	Div 2	Senior Men	200m					
14.00	Div 3	Senior Men	200m					
14.05	Div 2	Masters Women	200m					
14.05	Div 3	Masters Women	200m					
14.10	Div 2	Masters Men	200m					
14.10	Div 3	Masters Men	200m					
14.15	Div 2	Under 11 Girls	600m					
14.25	Div 3	Under 11 Girls	600m					
14.30	Div 2	Under 11 Boys	600m					
14.35	Div 3	Under 11 Boys	600m					
14.40	Div 2 / 3	Under 13 Girls	1200m					
14.50	Div 2 / 3	Under 13 Boys	1500m					
15.00	Div 2 / 3	Under 15 Girls	1500m					
15.10	Div 2 / 3	Under 15 Boys	1500m					
15.20	Div 2 / 3	Under 17 Women	1500m					
15.25	Div 2 / 3	Under 17 Men	1500m					
15.30	Div 2 / 3	Senior Women	1500m					

15.30	Div 2 / 3	Masters Women	1500m	
15.40	Div 2 / 3	Senior Men	1500m	
15.40	Div 2 / 3	Masters Men	1500m	
15.50	Div 2	Under 11 Girls	4 x 100m	
15.55	Div 3	Under 11 Girls	4 x 100m	
16.00	Div 2	Under 11 Boys	4 x 100m	
16.05	Div 3	Under 11 Boys	4 x 100m	
16.10	Div 2	Under 13 Girls	4 x 100m	
16.15	Div 3	Under 13 Girls	4 x 100m	
16.20	Div 2	Under 13 Boys	4 x 100m	
16.25	Div 3	Under 13 Boys	4 x 100m	
16.30	Div 2	Under 15 Girls	4 x 100m	
16.35	Div 3	Under 15 Girls	4 x 100m	
16.40	Div 2	Under 15 Boys	4 x 100m	
16.45	Div 3	Under 15 Boys	4 x 100m	
16.50	Div 2	Under 17 Women	4 x 100m	
16.55	Div 3	Under 17 Women	4 x 100m	
17.00	Div 2	Under 17 Men	4 x 100m	
17.05	Div 3	Under 17 Men	4 x 100m	
17.10	Div 2	Senior Women	4 x 100m	
17.15	Div 3	Senior Women	4 x 100m	
17.20	Div 2	Senior Men	4 x 100m	
17.25	Div 3	Senior Men	4 x 100m	



# DIVISION 2 & 3

# WISHAW 3 JULY 2011

## TRACK

## FIELD

TIME	Division	AGE GROUP	EVENT		TIME	Division	AGE GROUP	EVENT
11.30	Div 2 / 3	Senior Women	3000m		12.00	Div 2 / 3	Under 15 Boys	Shot Putt
11.30	Div 2 / 3	Masters Women	3000m		12.00	Div 2 / 3	Senior Women	High Jump
11.50	Div 2	Under 17 Women	80mH		12.00	Div 2 / 3	Under 17 Women	Long Jump
11.54	Div 3	Under 17 Women	80mH		12.00	Div 2 / 3	Under 11 Boys	Long Jump
11.59	Div 2	Senior Women	100mH		12.45	Div 2 / 3	Under 11 Girls	Long Jump
12.03	Div 3	Senior Women	100mH		12.45	Div 2 / 3	Under 13 Boys	Shot Putt
12.08	Div 2	Under 17 Men	100mH		12.45	Div 2 / 3	Under 13 Girls	Javelin
12.12	Div 3	Under 17 Men	100mH		12.45	Div 2 / 3	Under 15 Boys	Long Jump
12.17	Div 2	Senior Men	110mH		13.00	Div 2 / 3	Under 17 Men	High Jump
12.21	Div 3	Senior Men	110mH		13.30	Div 2 / 3	Under 17 Women	Shot Putt
12.26	Div 2	Under 13 Girls	100m		13.30	Div 2 / 3	Under 15 Girls	Javelin
12.30	Div 3	Under 13 Girls	100m		13.30	Div 2 / 3	Senior Men	Long Jump
12.32	Div 2	Under 13 Boys	100m		13.30	Div 2 / 3	Under 15 Girls	Long Jump
12.36	Div 3	Under 13 Boys	100m		14.00	Div 2 / 3	Under 13 Boys	High Jump
12.38	Div 2	Under 15 Girls	100m		14.00	Div 2 / 3	Under 17 Men	Discus
12.42	Div 3	Under 15 Girls	100m		14.15	Div 2 / 3	Under 13 Girls	Shot Putt
12.44	Div 2	Under 15 Boys	100m		14.15	Div 2 / 3	Senior Men	Javelin
12.48	Div 3	Under 15 Boys	100m		14.15	Div 2 / 3	Under 13 Girls	Long Jump
12.50	Div 2	Under 17 Women	100m		14.15	Div 2 / 3	Under 17 Men	Long Jump
12.54	Div 3	Under 17 Women	100m		14.45	Div 2 / 3	Under 17 Women	Discus
12.56	Div 2	Under 17 Men	100m		15.00	Div 2 / 3	Under 15 Girls	Shot Putt
13.00	Div 3	Under 17 Men	100m		15.00	Div 2 / 3	Under 15 Boys	High Jump
13.02	Div 2	Senior Women	100m		15.00	Div 2 / 3	Under 13 Boys	Javelin
13.06	Div 3	Senior Women	100m		15.15	Div 2 / 3	Senior Women	Triple Jump
13.08	Div 2	Senior Men	100m		15.30	Div 2 / 3	Senior Women	Discus
13.12	Div 3	Senior Men	100m		15.45	Div 2 / 3	Senior Men	Shot Putt
13.14	Div 2	Masters Women	100m		16.00	Div 2 / 3	Senior Men	High Jump
13.18	Div 3	Masters Women	100m					
13.20	Div 2	Masters Men	100m					
13.24	Div 3	Masters Men	100m					
13.26	Div 2	Under 11 Girls	80m					
13.30	Div 3	Under 11 Girls	80m					
13.32	Div 2	Under 11 Boys	80m					
13.36	Div 3	Under 11 Boys	80m					
13.40	Div 2	Under 15 Boys	400m					
13.44	Div 3	Under 15 Boys	400m					
13.46	Div 2	Under 17 Men	400m					
13.50	Div 3	Under 17 Men	400m					
13.52	Div 2	Senior Women	400m					
13.56	Div 3	Senior Women	400m					
13.58	Div 2	Senior Men	400m					
14.02	Div 3	Senior Men	400m					

14.06	Div 2	Under 17 Women	300m		
14.10	Div 3	Under 17 Women	300m		
14.14	Div 2	Under 11 Girls	600m		
14.19	Div 3	Under 11 Girls	600m		
14.24	Div 2	Under 11 Boys	600m		
14.29	Div 3	Under 11 Boys	600m		
14.34	Div 2	Under 13 Girls	800m		
14.39	Div 3	Under 13 Girls	800m		
14.44	Div 2	Under 13 Boys	800m		
14.48	Div 3	Under 13 Boys	800m		
14.52	Div 2	Under 15 Girls	800m		
14.56	Div 3	Under 15 Girls	800m		
15.00	Div 2	Under 15 Boys	800m		
15.04	Div 3	Under 15 Boys	800m		
15.08	Div 2	Under 17 Women	800m		
15.12	Div 3	Under 17 Women	800m		
15.16	Div 2	Under 17 Men	800m		
15.20	Div 3	Under 17 Men	800m		
15.24	Div 2	Senior Women	800m		
15.28	Div 3	Senior Women	800m		
15.32	Div 2	Masters Women	800m		
15.36	Div 3	Masters Women	800m		
15.40	Div 2	Senior Men	800m		
15.45	Div 3	Senior Men	800m		
15.50	Div 2	Masters Men	800m		
15.55	Div 3	Masters Men	800m		
16.00	Div 2	Under 11 Girls	4 x 100m		
16.05	Div 3	Under 11 Girls	4 x 100m		
16.10	Div 2	Under 11 Boys	4 x 100m		
16.15	Div 3	Under 11 Boys	4 x 100m		
16.20	Div 2	Under 13 Girls	4 x 100m		
16.25	Div 3	Under 13 Girls	4 x 100m		
16.30	Div 2	Under 13 Boys	4 x 100m		
16.35	Div 3	Under 13 Boys	4 x 100m		
16.40	Div 2	Under 15 Girls	4 x 100m		
16.45	Div 3	Under 15 Girls	4 x 100m		
16.50	Div 2	Under 15 Boys	4 x 100m		
16.55	Div 3	Under 15 Boys	4 x 100m		
17.00	Div 2	Under 17 Women	4 x 100m		
17.05	Div 3	Under 17 Women	4 x 100m		
17.10	Div 2	Senior Women	4 x 400m		
17.15	Div 3	Senior Women	4 x 400m		
17.20	Div 2	U 17 / Senior Men	4 x 400m		
17.25	Div 3	U 17 / Senior Men	4 x 400m		

**Central & South of Scotland Athletic League**  
**(formerly SNWAL)**

### **1. INTERPRETATION**

The final responsibility for the interpretation of these regulations rests with the relevant Referee subject only to the AGM or Special Meeting. A Special Meeting shall be called by at least four Member Clubs. The Clubs calling such a Meeting will be expected to make a deposit of £25, returnable if the complaint is upheld.

### **2. SCORING**

16, 14, 12, 10, 8, 6, 5, 4 both A –events and in relays. 12, 10, 8, 6, 4, 3, 2, 1 for B events.

ALL POINTS (including those in a relay) gained by an athlete who infringes the Rules regarding the number of events shall be deducted from the Club's score. After each meeting the winning Club shall be awarded 8 points, the second 7 points etc. In the event of a tie at the end of the season the total of match points shall be used to decide the positions.

### **3. OFFICIALS.**

Each Club MUST provide at least FIVE Officials, **who should be at least 17 years of age and be available for the whole meeting.** Although it is not essential, it is preferable that at least three of these Officials be graded by SAL (or equivalent) Officials Commission. Each Team will be awarded 20 points for each Graded Official and 10 points for each un-graded Official up to a maximum of 5 Officials. Officials should report to the Divisional Representative **THIRTY minutes prior to the start of the meeting** and it is the responsibility of each Club to ensure that each of its nominated Officials report for his/her allocated duty. In addition to the duties on the day the Convening Lead Club Convener will be responsible for ensuring that the results papers are despatched to the Scrutineer or League Secretary, without delay in order that Clubs can be furnished with reliable results as soon as possible after each match.

### **4. AGE GROUPS.**

The League will operate over six age groups for males and females. Competitors, except Masters and Under 17 Women, may only compete in their own age group.

The age groups will be u-11, u-13, u-15, u -17, Seniors/U20 and Masters (Over 35 male & female).

These age groups will be determined in the same manner as those of the UKA.

**NO PERSON UNDER THE AGE OF NINE YEARS ON THE DAY OF COMPETITION WILL BE ALLOWED TO COMPETE UNDER ANY CIRCUMSTANCES**

### **5. COMPETITION.**

The League will provide competition as detailed in the various meeting schedules.

### **6. CONDUCT OF TEAMS.**

The conduct of Club Members is the responsibility of the Clubs who shall nominate a Team Manager on their Declaration Sheet at each Meeting. Clubs are particularly asked to ensure that their members do not 'run around' unnecessarily in the Stadium and that they warm up in the appropriate area. This applies at all times but particularly once the meeting has started.

## **7. TEAM DECLARATIONS.**

These must be handed into the Results Officers **at least THIRTY MINUTES prior to the starting time of the Meeting.** PENALTY 25 Points unless sufficient reason is shown why points should not be deducted. Should a Team be delayed e.g. transport break down, an attempt should be made to contact a League Office Bearer or the stadia that will pass on the information to the appropriate Match Officials. **Declarations must be made on the OFFICIAL SHEETS**, which should be completed in BLOCK LETTERS and should include the names of those in the RELAY teams. **Any athlete, up to and including under 17, and Masters, whose date of birth is not quoted and any athlete whose Athletics Scotland Number is not quoted, will be excluded from the points scoring. The only exceptions to the Athletics Scotland Number Rule is where the Scottish Athletics Competition Levy is paid, (this must be marked on the Declaration Sheet) or an application form is completed and is attached to the declaration sheet. In the event of an application having been made to Scottish Athletics and the number not received by the date of the meeting this should also be noted in order that the scrutineer may check with the membership Administrator.** Any changes in competitors names **MUST BE NOTIFIED** to the Results Officials before the event in question. SEE ALSO RULE 2

## **8. ELIGIBILITY.**

Clubs may use FIRST and SECOND CLAIM Members at all Meetings as the League can [under UKA Rule 4 (12)] recognise Second Claim status, since the competition is confined to Scottish Clubs.

**NO GUEST COMPETITORS WHO ARE MEMBERS OF MEMBER CLUBS WILL BE PERMITTED.**

At the discretion of the Committee special dispensation to allow outside guests may be granted in special circumstances provided the athlete's Club Secretary makes the approach

## **9. LEAGUE AWARDS**

There will be winner's trophies for each Division and a runner's up trophy for Division 1. Clubs are asked to ensure that these are available for presentation at the Annual General Meeting

## **10. NUMBERS**

The allocated numbers will be used for the complete season and, in the case of a sponsors name being added to the number cards, the Club is responsible for ensuring that these are collected at the end of a meeting to ensure full exposure, at all meetings, for the sponsor.

These will be used as follows:

A String = ODD number      B String = EVEN number.

**ALL ATHLETES must in addition to wearing the correct number, be wearing a vest in the colours of their Club to which their numbers, which should not be folded, cut or mutilated in any way, are SECURELY fixed BACK AND FRONT (except High Jumpers and Pole Vaulters who may wear one number)**

## 11. ORGANISATION SEE ALSO PARAGRAPH NUMBER 17

- a. Only in Sprint Events (up to 400m and hurdles) is it necessary to nominate A & B Strings. In all other events, including Field events, the best performance will be deemed to be the A String for scoring purposes.
- b. Officials shall allow an athlete to compete out of order if competing in another event but **ONLY BY ADJUSTING THE COMPETITOR'S POSITION IN A PARTICULAR ROUND** (per UKA Rules) Field events will be administered separately for each Division EXCEPT that the HIGH JUMP will be run concurrently for both Divisions where there are two Divisions at one meeting

### **TO SPEED THE EVENT THE HIGH JUMP WILL BE PROGRESSED AS FOLLOWS**

**U13 Boys** 1.15-1.20-1.25-1.28 then by choice

**U15 Boys** 1.30- 1.35-1.40-1.45-1.48 then by choice

**U17/Senior Men** 1.40-1.50-1.55-1.60 then by choice

**Senior Men** 1.50-1.55-1.60 then by choice

**U13 Girls** 1.00-1.10-1.15-1.20-1.25-1.28 then by choice

**U15 Girls** 1.10- 1.15-1.20-1.25-1.30-1.35-1.38 then by choice

**U17/Sen Women** 1.15-1.20-1.30-1.35-1.40-1.43 then by choice

To facilitate the inclusion of all Field Events in the programme the following Regulations have been deemed necessary, and it is essential that all athletes and Officials are aware of and adhere to these.

- a. All Shot Putt Competitions will be decided on **THREE TRIALS ONLY** as per paragraph 11b
- b. All warming up at a competition site will consist of **TWO trials ONLY**, in competition order, prior to starting the competition.
- c. **HIGH JUMP STARTING HEIGHTS** will, in an attempt to avoid athletes starting at a height lower than they require to, be increased to: -
  - U13 Boys 1m15 (Min 1m00)      U15 Boys 1m30 (Min 1m20)
  - U17 Men 1m40 (Min 1m30)      Senior Men 1m50 (Min 1m30)
  - U13 Girls 1m10 (Min 1m00)      U15 Girls 1m20 (Min 1m10)
  - U17 and Senior Women 1m30 (Min 1m15)

Any athlete wishing to start at a lower height will be allowed a total of three trials at or above the minimum starting heights quoted in paragraph 11c and, assuming such athlete has not been eliminated from the competition, they will be allowed to continue above the newly set starting heights. This would mean that, for example, an under 13 boy could start at 1m00 and should he clear that height at his second attempt he would only be allowed trial at 1m10 and should he fail that he would be out of the competition. Should he clear 1m10 he would be allowed to continue in the competition. If, however, he were to clear 1m00 at his third attempt his next trial would require being at 1m15.

d. The number of events in which an athlete may be declared **and/or** compete is, in the case of athletes up to and including the under 17 age group, restricted by the UKA Rule to a maximum of **4 Events**, at least one of which must be a **relay**. In the case of females Under 15 they must **NOT** compete in both 800m and 1500m on the same day. In addition, an Under 17 Woman may not compete in a Senior Event

unless there is no comparable Under 17 Women's Event or unless she competes as a Senior for the WHOLE meeting.

## **12. LEAGUE OFFICIALS.**

It is expected that all Athletes, Team Officials and Spectators will co-operate with League and Technical Officials at all times.

## **13. GENERAL**

Anything not covered in these rules shall be subject to interpretation in the light of the relevant rules of the UKA.

## **14. HANDBOOK**

The League Handbook shall be produced each year to ensure that all information is kept up to date. An Electronic copy (CD rom) will be issued to each Club at the start of the Season and the Handbook will be available electronically by email by requesting a copy from the League Secretary.

## **15. FINANCE**

The Affiliation Fee for 2010 shall be £160 per Club and is payable by 1st April. Clubs may be liable to a levy of 50% if this is necessary to cover expenditure. Any Club having difficulty with this should approach the Treasurer immediately.

## **16. RULE INFRINGEMENTS**

Any Club found to be deliberately infringing the Rules of Competition will be fined 5 League Points, in respect of each infringement. The interpretation of this Rule lies with the Executive and any decision is subject to appeal to the Annual General Meeting or an Extraordinary General Meeting if called for this purpose.

**17.GUILLOTINE.** Meetings will stop, at the decision of the Divisional representative in consultation with the referees, NO LATER than 6.00pm **WITHOUT CONSULTATION.**

**LEAGUE CHAMPIONS**  
(Including former SNWAL Champions)

**Division 1**

1972 Border H & A C  
 1973 Border H & A C  
 1974 Border H & A C  
 1975 Border H & A C  
 1976 Pitreavie AAC  
 1977 Pitreavie AAC  
 1978 Central Region A C  
 1979 Central Region A C  
 1980 Ayrshire A C  
 1981 Ayr Seaforth AAC  
 1982 Ayr Seaforth AAC  
 1983 Ayr Seaforth AAC  
 1984 Victoria Park AAC  
 1985 Victoria Park AAC  
 1986 Victoria Park AAC  
 1987 Ayr Seaforth AAC  
 1988 Ayr Seaforth AAC  
 1989 Ayr Seaforth AAC  
 1990 Ayr Seaforth AAC  
 1991 Ayr Seaforth AAC  
 1992 Ayr Seaforth AAC  
 1993 Victoria Park AAC  
 1994 Cumnock & Dist A C  
 1995 Ayr Seaforth AAC  
 1996 Falkirk Victoria Harriers  
 1997 Ayr Seaforth AAC  
 1998 Ayr Seaforth AAC  
 1999 Giffnock North AC  
 2000 Giffnock North AC  
 2001 Giffnock North AC  
 2002 Giffnock North  
 2003 Giffnock North  
 2004 Giffnock North  
 2005 Giffnock North  
 2006 Giffnock North  
 2007 Kilbarchan AAC  
 2008 Kilbarchan AAC  
 2009 Ayr Seaforth AAC  
 2010

**Division 3**

1979 Ayr Seaforth AAC

**Division 2**

-  
 -  
 -  
 -  
 -  
 Victoria Park AAC  
 Ayrshire AC  
 Law & District AAC  
 Ayr Seaforth AAC  
 Victoria Park AAC  
 Pitreavie AAC  
 Edinburgh Southern Harriers  
 Lasswade AC  
 Kirkintilloch Olympians  
 Border Harriers & AC  
 Lasswade AC  
 Nith Valley AC  
 Law & District AAC  
 Kilbarchan AC  
 Cumnock & District AC  
 Irvine Cable AC  
 Edinburgh SH/WM  
 Carlisle AC  
 Falkirk Victoria Harriers  
 Giffnock North AC  
 Nithsdale AC  
 Annan & District AC  
 City of Edinburgh AC  
 Whitemoss AC  
 Falkirk Victoria H  
 Central  
 Falkirk  
 Airdrie Harriers  
 Ayr Seaforth  
 Law & District  
 East Kilbride AC  
 VP City of Glasgow AC  
 Airdrie Harriers

**Division 4**

-

1980 Falkirk Victoria H	-
1981 Colzium A C	Edinburgh S H
1982 Edinburgh S H	Lasswade AC
1983 Lasswade AAC	Kirkintilloch Olympians
1984 Kirkintilloch Olympians	Cumbernauld AC
1985 Kilmarnock H & A C	Harmeny AC
1986 Harmeny A C	Teviotdale Harriers
1987 Helensburgh A C	Springburn Harriers/ Strathkelvin Ladies AC
1988 Law & District AAC	Irvine AC
1989 Irvine A C	Cumnock AC
1990 Cumnock & Dist A C	Bathgate AC
1991 Avonside Track Club	Cumbernauld AC
1992 Cumbernauld AC	Airdrie Harriers
1993 Carlisle AC	Shettleston Harriers/ City of Glasgow AC
1994 Giffnock North AC	Scottish Borders AC
1995 Scottish Borders AC	Annan & District AC
1996 Annan & District AC	Girvan AC
1997 KwikFit Corstorphine AC	City of Edinburgh AC
1998 City of Edinburgh AC	Lasswade AC
1999 Lasswade AC	Livingston & District AAC
2000 Airdrie Harriers	Central AC
2001 Central AC	Fife AC
2002 Livingston	Dunbar
2003 Airdrie Harriers	Beith
2004 Dunfermline & West Fife	<i>discontinued from here</i>
2005 East Kilbride	
2006 Victoria Park	
2007 Corstorphine AC	
2008 Dunbar Running Club	
2009 Livingston AAC	
2010	

**Division 5**

1987 Irvine A C  
1989 Dumfries A C (Sect A)  
Cumnock A C (Sect B)  
1989 Livingston & Dist AAC  
1990 Netherhall A C  
1991 IBM Spango Valley  
1992 City of Glasgow/  
Shettleston Harriers  
1993 Corstorphine AC  
1994 IBM Spango Valley AC

**Division 6**

-  
-  
-  
Bathgate AC  
not contested  
City of Glasgow/  
Shettleston Harriers  
Cockermouth AC  
*discontinued from here*



1995 Larkhall YMCA I Harriers

1996 City of Edinburgh AC

1997 L & L Track Club

*Discontinued from here*

## LEAGUE RECORDS

(Including former SNWAL records)

Entries marked \* are no longer included in the league programme

Records haven't been updated for a couple of seasons and are under review. If you know of any new league records, please notify the Records Officer giving name/club/age group/date/venue.

Check from 2004

### MALE RECORDS

UNDER 11 BOYS					
Event	Holder	Club	Time/Distance	Venue	Date
*60M	G. Preshaw	Workington	8.9	Dumfries	14.04.96
	A. Auld	Giffnock North	8.9	Coatbridge	15.09.96
80M	S. Todd	Victoria Park	11.2	Dumfries	09.08.98
*100M	M. Friel	Central Region	13.4	Meadowbank	21.06.81
*200M	D. Ablett	Edinburgh S.H.	28.4	Crownpoint	13.09.87
*600M	D. Weatherstone	Giffnock North	1.50.5	Coatbridge	15.09.96
800M	C. Murray	Teviotdate	2.24.0	Grangemouth	21.06.81
	G. O'Hare	Harmeny	2.34.1	Coatbridge	09.09.01
4 X 100M	-	Ayr Seaforth	58.0	Grangemouth	13.09.81
	-	Falkirk Victoria	61.1	Grangemouth	09.09.01
Long Jump	A. McInroy	Irvine A.C.	4.40	Ayr	05.05.91
	K. Higham	Carlisle	4.17	Coatbridge	15.09.96

UNDER 13 BOYS					
Event	Holder	Club	Time/Distance	Venue	Date
100M	J. Barnet	Law & District	12.4	Coatbridge	17.04.82
	C. Erskine	Lochgelly	13.2	Grangemouth	18.08.96
	D. McShannock	Airdrie Harriers	13.2	Ravenscraig	24.05.98
200M	J. Milby	Ayr Seaforth	24.8	Meadowbank	09.09.84
	C. Erskine	Lochgelly	26.4	Dumfries	15.09.96
	G. Rogers	Ayr Seaforth	26.4	Dumfries	20.05.01
800M	A. Smith	Ayr Seaforth	2.12.2	Ayr	22.05.88
	T. Brighton	Irvine	2.19.8	Dumfries	18.06.95
1500M	A. Walsh	Kilbarchan	4.34.5	Ayr	20.06.82
	M. Johnston	Livingston & District	4.47.0	Dumfries	14.09.97
75M Hurdles	C. Fleming	Victoria Park	12.5	Coatbridge	13.08.95
*80M Hurdles	A. Hambly	Kilbarchan	13.8	Wishaw	28.06.87
4 X 100M	-	Ayr Seaforth	52.3	Meadowbank	09.09.84
	-	Ayr Seaforth	54.6	Dumfries	20.05.01
High Jump	G. Thomas	Airdrie Harriers	1.59	Grangemouth	09.08.98
Long Jump	J. Milby	Ayr Seaforth	5.51	Meadowbank	09.09.84
	R. Trotter	Scottish Borders	4.92	Wishaw	18.06.95
Javelin	A. Anderson	Nith Valley A.C.	36.88	Ayr	19.06.83

	G. McCorkell	Harmeny	34.26	Coatbridge	09.09.01
Shot Putt	I. Love	Penicuik Harriers	11.65	Wishaw	13.09.87
	C. Orr	Carlisle	11.64	Crownpoint	17.09.95

UNDER 15 BOYS					
Event	Holder	Club	Time/Distance	Venue	Date
100M	R. Don	Central Region	10.9	Meadowbank	21.06.81
	A. Wilson	Ayr Seaforth	11.5	Scotstoun	09.09.01
200M	D. Galloway	Ayr Seaforth	22.4	Crownpoint	13.09.87
	A. Kerr	East Kilbride	23.9	Dumfries	10.08.97
	A. Wilson	Ayr Seaforth	23.9	Scotstoun	09.09.01
400M	C. Erskine	Lochgelly	52.3	Ravenscraig	24.05.98
800M	M. Walker	Central Region	2.00.3	Carlisle	14.09.80
	A. McIndoe	Ayr Seaforth	2.04.1	Crownpoint	15.09.96
1500M	A. Currie	Dumbarton	4.12.8	Grangemouth	23.08.80
	D. Malin	Annan & District	4.19.0	Dumfries	06.06.99
80M Hurdles	D. Ablett	Caledon Park H.	11.6	Coatbridge	30.06.91
	W. Beattie	Nithsdale	12.3	Wishaw	04.05.97
	C. Douglas	Falkirk Victoria	12.3	Scotstoun	23.06.02
4 X 100M	-	Ayr Seaforth	46.2	Wishaw	28.06.87
	-	Ayr Seaforth	49.0	Crownpoint	15.09.96
High Jump	M. Pate	Victoria Park	1.93	Meadowbank	21.06.92
	D. Collard	City of Edinburgh	1.80	Grangemouth	15.08.99
Long Jump	H. Kerr	Ayr Seaforth	6.51	Ayr	15.09.91
	C. Thomas	Airdrie Harriers	5.87	Dumfries	05.05.96
Discus	A. McDiarmid	Falkirk Victoria	42.10	Ayr	16.04.00
Javelin	F. Norris	Victoria Park	58.68	Scotstoun	16.06.84
	C. Mackie	Shettleston Harriers	41.90	Crownpoint	07.05.95
*2000M	K. Robertson	Falkirk Victoria	40.24	Grangemouth	09.09.01
Shot Putt	D. Ablett	Caledon Park H.	13.88	Crownpoint	05.05.91
	A. McDiarmid	Falkirk Victoria	13.85	Grangemouth	10.09.00

UNDER 17 MEN					
Event	Holder	Club	Time/Distance	Venue	Date
100M	J. Burt	Central Region	10.9	Coatbridge	17.04.82
	J. Shenava	Falkirk Victoria	11.1	Ayr	04.05.97
200M	C. Carson	Lochgelly	21.3	Dumfries	15.09.96
400M	I. Johnson	Border H. & A.C.	50.0	Scotstoun	17.05.83
	A. Scott	Whitemoss	50.5	Scotstoun	12.09.99
800M	T. Carmichael	Nith Valley A.C.	1.56.3	Meadowbank	14.05.83
	K. Barry	Corstorphine A.C.	1.56.9	Coatbridge	09.09.01
1500M	A. Currie	Dumbarton	4.00.0	Carlisle	17.04.82
	A. McIndoe	Ayr Seaforth	4.07.5	Grangemouth	13.09.98
*3000M	E. Hanlon	Edinburgh S.H.	8.40.5	Meadowbank	09.09.84
	A. McDonald	Shettleston Harriers	9.02.7	Crownpoint	15.09.96
100M Hurdles	C. Baillie	Victoria Park	13.4	Ayr	04.05.97
*1500 S/C	W. Docherty	Kilbarchan	4.36.0	Grangemouth	10.09.00
4 X 100M	-	Ayr Seaforth	45.3	Wishaw	28.06.87
	-	Ayr Seaforth	46.5	Coatbridge	13.08.95
	-	Airdrie Harriers	46.5	Wishaw	04.05.97
4 X 400M	-	Ayr Seaforth	3.29.7	Crownpoint	24.05.87

	-	Shettleston Harriers	3.31.3	Dumfries	18.05.03
High Jump	K. McKeown	Digital Ayr Seaforth	2.00	Coatbridge	19.04.98
Long Jump	E. Scott	Helensburgh	6.94	Ayr	20.08.89
	C. Elder	Whitemoss	6.45	Dumfries	24.05.98

#### UNDER 17 MEN *(continued)*

Event	Holder	Club	Time/Distance	Venue	Date
Triple Jump	K. Thomson	Helensburgh	14.35	East Kilbride	19.04.98
*Pole Vault	J. Grant	Lasswade A.C.	3.60	Coatbridge	20.08.89
	R. Gibson	East Kilbride	3.20	East Kilbride	17.09.95
	N. Ellerby	City of Edinburgh	3.20	Dumfries	14.09.97
*Hammer	I. Holland	Giffnock North	46.44	Ayr	04.05.97
Discus	L. McIntyre	Helensburgh	46.10	Ayr	04.07.93
Javelin	F. Norris	Victoria Park	56.42	Crownpoint	16.06.85
	B. McGee	Scottish Borders	50.82	Coatbridge	07.05.95
Shot Putt	S. Hayward	Melrose A.C.	15.24	Dumfries	15.09.91
	A. McDiarmid	Falkirk Victoria	14.02	Scotstoun	22.04.01

Where, in the above age groups, two entries appear these are:

- 1.) The record up till season 1992    2.) The record for season 1993 onwards

#### SENIOR MEN

Event	Holder	Club	Time/Distance	Venue	Date
100M	R. Herron	Ayr Seaforth	10.6	Crownpoint	16.06.85
200M	S. Tucker	Kirkintillich Olym.	21.5	Crownpoint	13.09.87
400M	B. Whittle	Ayr Seaforth	48.4	Crownpoint	16.06.85
800M	R. Bailey	Clyde Valley	1.51.1	Meadowbank	09.05.76
1500M	D. Farrell	Border H. & A.C.	3.55.0	Ayr	22.05.88
3000M	A. Callan	Springburn	8.08.2	Ayr	25.06.89
*5000M	R. Quinn	Kilbarchan	14.35.4	Dumfries	05.05.96
110M Hurdles	J. Pender	Kilbarchan	15.3	Meadowbank	21.06.92
*400M Hurdles	M. McPhail	Ayr Seaforth	54.7	Ayr	22.05.88
*3000M S/C	S. Cairns	Scottish Borders	9.25.0	Wishaw	17.09.95
4 X 100M	-	Harmeny	44.1	Scotstoun	10.09.00
4 X 400M	-	Ayr Seaforth	3.17.3	Ayr	18.04.99
High Jump	N. Robbie	Melrose A.C.	2.01	Crownpoint	30.06.91
	S. Livingston	City of Edinburgh	2.01	Ayr	09.08.98
Long Jump	M. Fowler	Victoria Park	7.04	Crownpoint	13.09.87
Triple Jump	C. Allison	Stewartry of K.	14.98	East Kilbride	19.04.98
*Pole Vault	D. Hamilton	City of Edinburgh	4.50	Dumfries	14.09.97
*Hammer	A. McIntosh	Kilmarnock H.	46.03	Wishaw	12.04.87
Discus	M. McDonald	Dumfries A.A.C.	50.18	Dumfries	08.04.90
Javelin	S. Maxwell	Pitreavie	65.44	Meadowbank	18.05.80
(new)	S. Armstrong	Nithsdale	57.48	Coatbridge	13.08.95
Shot Putt	M. McDonald	Dumfries A.A.C.	14.47	Livingston	22.05.88

#### MASTERS MEN

Event	Holder	Club	Time/Distance	Venue	Date
100M	R. McInnes	Helensburgh	11.5	Dumfries	01.05.94
200M	M. Williams	Dunfermline & W.F.	23.8	Grangemouth	18.04.99
800M	A. Smith	Victoria Park	2.03.3	Crownpoint	16.06.85
1500M	A. McIndoe	Springburn H.	4.13.2	Wishaw	14.09.97

3000M	J. Ferguson	Nithsdale	9.24.4	Scotstoun	09.09.01
*5000M	C. Spence	IBM Spango Valley	15.28.9	Wishaw	03.05.92

## **FEMALE RECORDS**

UNDER 11 GIRLS					
Event	Holder	Club	Time/Distance	Venue	Date
*60M	L. Thompson	Stewartry of K.	8.8	Dumfries	17.09.95
80M	M. Lynch	Victoria Park	11.6	Coatbridge	12.09.99
*100M	P. Harvey	Fife S. H.	13.9	Meadowbank	21.06.81
*200M	S. Alexander	Ayr Seaforth	29.0	Meadowbank	11.09.83
*600M	K. Strachan	Scottish Borders	1.53.5	Coatbridge	15.09.96
800M	J. Stirling	Border H. & A.C.	2.35.7	Meadowbank	09.09.84
4 X 100M	-	Edinburgh W.M.	59.6	Ayr	20.08.89
Long Jump	E. Reid	Lochgelly	4.10	Wishaw	15.09.91

UNDER 13 GIRLS					
Event	Holder	Club	Time/Distance	Venue	Date
100M	S. Muirhead	Kilbarchan	12.8	Meadowbank	21.06.81
200M	C. Candlish	Pitreavie	26.5	Coatbridge	
800M	C. Candlish	Pitreavie	2.20.7	Meadowbank	24.05.78
*1500M	J. Stirling	Border H. & A.C.	4.52.2	Wishaw	13.04.86
70M Hurdles	M. Irvine	Annan & District	11.9	Dumfries	06.06.99
4 X 100M	-	Colzium A.C.	52.1	Crownpoint	13.04.85
High Jump	S. Stewart	City of Glasgow	1.48	Grangemouth	13.09.98
Long Jump	C. Candlish	Pitreavie	4.82	Coatbridge	
Javelin	K. Sloan	Helensburgh	29.70	Ayr	15.09.91
Shot Putt	Bruce	Dunfermline & W.F.	9.95	Grangemouth	15.08.99

UNDER 15 GIRLS					
Event	Holder	Club	Time/Distance	Venue	Date
100M	M. Todd	Clyde Valley	12.3	Wishaw	28.06.87
200M	L. MacDonald	Pitreavie	24.6	Coatbridge	
800M	L. Docherty	Victoria Park	2.16.5	Meadowbank	03.05.81
1500M	H. Haining	Nith Valley	4.35.2	Wishaw	13.07.86
75M Hurdles	E. Reid	Lochgelly	11.8	Coatbridge	07.05.95
4 X 100M	-	Fife	50.7	Ayr	20.05.01
High Jump	K. Dyer	Ayr Seaforth	1.65	Ayr	20.08.89
Long Jump	K. Skinner	Falkirk Victoria	5.17	Grangemouth	09.09.01
Discus	J. Robin	Helensburgh	36.20	Crownpoint	05.05.91
Javelin	J. Barclay	Clyde Valley	31.74	Grangemouth	23.08.80
Shot Putt	S. McDonald	Pitreavie	12.47	Meadowbank	14.05.78

UNDER 17 WOMEN					
Event	Holder	Club	Time/Distance	Venue	Date
100M	K. Lithgow	Nith Valley	12.3	Wishaw	28.06.87
"	G. Nicol	Dunfermline & W.F.	12.3	Coatbridge	21.04.02
200M	K. Lithgow	Nith Valley	24.6	Crownpoint	13.09.87

300M	L. Fitzpatrick	Falkirk Victoria	41.3	Coatbridge	14.09.97
"	G. Nicol	Dunfermline & W.F	39.4	Coatbridge	21.04.02
800M	L. Campbell	East Kilbride	2.18.3	Dumfries	05.05.96
"	M. MacLarty	Central	2.16.0	Coatbridge	21.04.02
1500M	C. Brodie	Annan & District	4.48.6	Dumfries	20.05.01
80M Hurdles	M. McMahon	Falkirk Victoria	12.2	Dumfries	06.06.99
"	S. Stewart	City of Glasgow	11.8	Scotstoun	23.06.02
4 X 100M	-	Ayr Seaforth	51.1	Scotstoun	15.08.99
"		City of Glasgow	50.7	Scotstoun	23.06.02
Long Jump	S. McVie	Ayr Seaforth	5.32	Ayr	18.04.99
High Jump	L. Buchanan	East Kilbride	1.65	Ayr	24.05.98
Shot Putt	A. Rodger	Victoria Park	11.08	Grangemouth	09.09.01
Discus	J. Robin	Helensburgh	40.06	Ayr	03.05.92
Javelin	L. Hall	Ayr Seaforth	33.45	Grangemouth	12.09.99

### SENIOR WOMEN

Event	Holder	Club	Time/Distance	Venue	Date
100M	E. Johnstone	Paisley	11.5	Dumbarton	18.04.81
200M	A. Jeffrey	Central Region	24.0	Coatbridge	17.04.82
400M	A. Baxter	City of Glasgow	55.2	Wishaw	12.04.92
800M	A. Purvis	Edinburgh W.M.	2.11.5	Meadowbank	14.05.93
1500M	M. Robertson	Edinburgh W.M.	4.24.2	Crownpoint	16.06.85
3000M	S. Sinclair	Irvine	9.48.0	Crownpoint	22.05.88
100M Hurdles	E. Gordon	Ayr Seaforth	15.2	Meadowbank	09.09.84
*400M Hurdles	H. Edgar	Nith Valley	63.2	Crownpoint	05.05.91
4 X 100M	-	Edinburgh W.M.	49.2	Crownpoint	16.06.85
4 X 400M	-	Pitreavie	3.59.0	Meadowbank	03.05.81
High Jump	L. Brown	Lochgelly	1.70	Coatbridge	06.06.93
	L. McConnell	City of Glasgow	1.70	East Kilbride	17.09.95
Long Jump	L. Campbell	Edinburgh W.M.	5.96	Crownpoint	16.06.85
Triple Jump	L. Bryce	Edinburgh W.M.	11.18	Grangemouth	15.09.96
*Hammer	S. Webb	City of Edinburgh	51.31	Scotstoun	09.09.01
Discus	S. Freebairn	City of Glasgow	41.56	Crownpoint	15.09.96
"	S. Freebairn	City of Glasgow	41.70	Scotstoun	23.06.02
Javelin	J. Barclay	City of Glasgow	41.20	East Kilbride	06.06.93
Shot Putt	N. Dhaliwal	City of Glasgow	11.60	Wishaw	13.08.95

### MASTERS WOMEN

Event	Holder	Club	Time/Distance	Venue	Date
100M	I. Morrison	City of Glasgow	13.0	Crownpoint	07.05.95
	M. Smith	L. & L.T.C.	13.0	Dumfries	14.04.96
200M	I. Morrison	City of Glasgow	27.1	Coatbridge	18.06.95
800M	C. A. Gray	City of Glasgow	2.22.1	Scotstoun	15.08.99
1500M	E. Reid	East Kilbride	4.51.9	East Kilbride	17.09.95
3000M	A. Cameron	Annan & District	10.16.8	Ayr	16.04.00

**PLEASE ASSIST THE LEAGUE SECRETARY TO KEEP THESE STATISTICS UP TO DATE BY ADVISING HIM IF YOU THINK THAT ONE OF YOUR ATHLETES HAS ESTABLISHED A NEW LEAGUE RECORD IN ANY EVENT**

**CONSTITUTION**  
**OF**  
**THE CENTRAL AND SOUTH OF SCOTLAND ATHLETIC LEAGUE**

**1. TITLE**

The League will be known as "The Central and South of Scotland Athletic League" and will, where appropriate, include a sponsor's name in the Title.

**2. AIMS & OBJECTIVES**

To promote athletic competition amongst member clubs.

- a. To provide competition for athletes of both sexes and all ages over 9 years within the context of a league system of competition with competitors receiving points and clubs rising and falling within the League in accordance with their overall strength as illustrated by the points they score in every age-group.
- b. To keep records of achievement for every athletic event within the league programme.
- c. To promote athletics as a family sport through the provision of competition in every age group recognised by the League.
- d. To help member clubs make all forms of athletics as attractive as possible through the promotion of competition and such other activity as the member clubs consider it worthwhile to promote.

**3. THE GOVERNANCE OF THE LEAGUE.**

- a. Provisions made in the annual yearbook, which is revised at every Annual General Meeting, shall govern the League.
- b. The League shall work within the framework of this constitution and the rules of the Governing Bodies of Athletics.

**4. THE ADMINISTRATION OF THE LEAGUE.**

- a. The administration of the League shall be supervised by the Executive Committee, which shall have the right to act on behalf of all member clubs when any contentious matters arise within the year spanned by two Annual General Meetings, subject only to guidance from a prior Annual General Meeting.
- b. The Executive Committee shall consist of the following who shall be elected at the Annual General Meeting and whose duties are described here.

**CHAIRMAN.**

The Chairman will preside at all business meetings. Should he be unable to do so, The Vice Chairman will take his place. Should both the Chairman and Vice Chairman be absent, a temporary Chairman must be elected by those present at the meeting.

4 b (cont.)

**VICE-CHAIRMAN.** As described above.

### **SECRETARY/RECORDS OFFICER**

The Secretary will be the League's correspondent. It will fall to him to arrange the compilation of the handbook including the maintenance of details of record performances and the maintenance of those tables in the handbook, which list the previous winners of the League and Divisional titles.

### **TREASURER.**

The Treasurer will keep the League's Accounts and be responsible for the collection of the membership fees, the amount of which will be fixed at the Annual General Meeting, and which shall be due on 1 April annually. The Executive Committee shall have the power to impose a levy on member clubs and/or to arrange Overdraft Facilities not exceeding 20% of the League's annual income, should this prove necessary to cover the League's expenses.

### **ASSISTANT SECRETARY.**

The Assistant Secretary will be responsible for maintaining a record of the Minutes of General Meetings of the League and of Executive Committee Meetings and for assisting the Secretary as necessary.

### **SCRUTINEERS**

These will be appointed to scrutinise the results of the Division allocated to them and to produce a report covering all matters relating to the results and any changes brought about as a result of the scrutiny.

### **ADDITIONAL MEMBERS.**

There shall be a member of the Executive Committee appointed at the AGM to represent each Division of the League.

**Meetings of the Executive Committee** will be called as deemed necessary.

### **MEMBERSHIP OF THE LEAGUE**

Membership of the League is open to all Athletic Clubs affiliated to Scottish Athletics Limited or its successor as Governing body of Athletics in Scotland, subject to the approval of member clubs at the Annual General Meeting.

The League shall never exceed four divisions and 32 member clubs. Should the demand for entry exceed this number of clubs entry to and continued membership of Division 4 (for the bottom two Clubs) shall be subject to a Qualifying match the need for which will be decided at the Annual General Meeting.

Any club which shows a lack of interest in the running of the League and that is not prepared to assist with the work involved in ensuring that their Divisional competition is run adequately shall be liable to suspension or expulsion from the League.

The decision that this action has to be taken shall rest with the Executive

Committee, whose decision shall be made following a meeting with Representatives of the Club and shall be final – only subject to a meeting of the General Meeting of the Members, called in accordance with this Constitution, making or rescinding such a decision. The Club will be given the option of two dates on which any meeting in this connection will be held and failure to agree to such a meeting, the Executive will be within their rights to assume that the Club does not intend to provide any answer to the accusation. Any Club so suspended or expelled shall remain liable for the whole subscription set for the year by the Annual General Meeting irrespective of the point in the year at which the suspension or expulsion takes effect.

## **6. ANNUAL GENERAL MEETINGS & EXTRA-ORDINARY GENERAL MEETINGS**

- a. There shall be an Annual General meeting of the league each year. Clubs should ensure that any matters, which they wish raised, should be in the hands of the Secretary no later than 1st October in order that they may be circulated to the Clubs with the Notice calling the Meeting. A minimum of fourteen days notice of the meeting should be given to all member clubs. The subject matter for the agenda of the Annual General Meeting will be decided by the Executive Committee subject to the inclusion of any proposals put forward by member clubs.
- b. An Extra-ordinary General Meeting of the League will be called at the request of the Executive Committee or at the request of not less than FOUR member clubs who will be required to lodge a total Deposit of £25, which shall be refunded unless the calling of the Meeting proves to be un-necessary. The agenda of any Extra-ordinary General Meeting will consist only of the matters causing such a meeting to be called.
- c. Any decisions at a General Meeting of the League will be decided on a vote on the basis of two votes per Club (one for the male section and one for the female section) plus one vote for each of the executive committee of those present and will require a majority as follows:
  - i) Changes in the Constitution will require to be approved by a 2/3 majority of those present and voting provided that the votes cast in favour are at least 50% of those present and entitled to vote.
  - ii) Changes to the Rules for Competition and/or Meeting Schedules will require to be approved by a simple majority.
- d. The Annual General Meeting will decide policy matters.
- e. The execution of the policy will be in the hands of the Executive Committee.

## **7. FINANCE.**



The League will appoint an auditor to review the accounts annually. Audited Accounts will be presented to the Annual General Meeting.

#### **8. ANNUAL REPORTS.**

The Chairman, Secretary, Divisional Representatives and Scrutineer will present annual reports to the Annual General Meeting.

#### **9. SCRUTINY**

The results sheets necessary to record competition results will be designed in consultation with and scrutinised by the scrutineer or other persons appointed to assist with the duty.

#### **10. DISCIPLINE**

Any necessary disciplinary action that may be required by the League shall be in the hands of the Executive Committee. Where it is essential that an immediate decision be made this will be the responsibility of the Referee.