

**Central AC Pre Season Meeting  
Grangemouth  
Saturday 26th March 2016**

**70m Hurdles U13G**

**Heat 1**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	169	Katie Burr	Central AC	U13G	12.8
2	118	Rosie Sharples	FVH	U13G	13.2
3	119	Morgan Robertson	Dunfermline	U13G	13.7
4	74	Cora Morgan	Central AC	U13G	14.9
5	113	Heather Hale	Central AC	U13G	17.0

**75m Hurdles U13B & U15G**

**Heat 1**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	155	Rachel Hunter	Law & District	U15G	13.0
2	34	Harris Almass	Central AC	U13B	14.7
3	97	Ben Isgrove	Central AC	U13B	16.8

**80m Hurdles U17W**

**Heat 1**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	56	Katie Jackson	FVH	U17W	13.7
2	143	Dion Ingram	Law & District	U17W	13.7
3	196	Sophie Hanlon	Cumbernauld	U17W	13.8
4	175	Katy McGonigal	FVH	U17W	14.5

**80m Hurdles U15B**

**Heat 1**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	72	Euan Smith	Central AC	U15B	13.3
2	207	Charlie Hamilton	Team East Lothian	U15B	13.3
3	96	James Isgrove	Central AC	U15B	14.5
4	154	Thomas Leitch	Team East Lothian	U15B	15.3
5	21	Daniel Bruce	Central AC	U15B	16.5
6	64	Cameron Blance	Central AC	U15B	16.9
7	91	Francis McGinn	Central (NM)	U15B	17.4
8	140	Oliver Holden	Central AC	U15B	18.8

**100m Hurdles**

**Heat 1**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	141	Jack Houghton	Central AC	U17M	15.5
2	186	Michael Dunn	Clydesdale Harriers	U17M	16.0

**60mRR**

**Heat 1**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
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**100m WC & RR**

**Heat 1**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	190	Gavin Drysdale	Red Star	U17M	18.8
2	192	Lauren Gallagher	Red Star	SenW	30.9
3	191	Harris Menshawi	FV Flyers	SenM	33.6

**800m U11G**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	152	Melissa Turnbull	Central AC	U11G	2.50.5
2	117	Carys Gibb	Central (NM)	U11G	3.03.5
3	206	Caitlyn Christie	FVH	U11G	3.09.4
4	59	Hana Littlejohn	Central AC	U11G	3.23.8
5	126	Robyn Ryce	FVH	U11G	3.32.5

**Heat 1****800m U13G**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	147	Megan Gilhooly	Dunfermline	U13G	2.49.8
2	115	Naomi Howlieson	Central AC	U13G	2.53.8
3	88	Molli Robb	FVH	U13G	2.54.6
4	116	Emma Kinghorn	FVH	U13G	3.00.1
5	208	Lara Cameron	Central AC	U13G	3.02.6
6	13	Ellie Ross	Central AC	U13G	3.06.5
7	184	Rebecca Watson	Central AC	U13G	3.10.7
8	188	Shannon Glen	Central AC	U13G	3.37.9

**Heat 1****800m U13G**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	144	Emma Johnson	Team East Lothian	U13G	2.24.3
2	6	Amy Kirkpatrick	Central AC	U13G	2.28.0
3	145	Katie Johnson	Team East Lothian	U13G	2.35.0
4	169	Katie Burr	Central AC	U13G	2.42.1
5	149	Grace Tindall	Central AC	U13G	2.42.8
6	157	Inez MacIntosh	FVH	U13G	2.46.4
7	136	Rachel Paton	Kirkintilloch	U13G	2.48.9
8	38	Amy Faunce-Smith	Central AC	U13G	2.51.9
9	122	Molly Cornes	Central AC	U13G	2.53.1

**Heat 2****800m U15G-SenW**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	194	Phoebe Angus	FVH	U15G	2.26.6
2	131	Madeleine Woods	Central AC	U17W	2.29.2
3	87	Abbie Robb	FVH	U15G	2.47.0
4	102	Kristin Donaldson	Central AC	U17W	2.47.6
5	138	Iona Smith	Kirkintilloch	U15G	2.50.6
6	162	Kerry Robertson	FVH	U15G	2.51.9
7	173	Minnie Brocklesby	Dunfermline	U15G	3.03.7
8	46	Alana Burton	FV Flyers	SenW	3.39.7

**Heat 1**

**800m U11B****Heat 1**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	71	Cameron King	Dunfermline	U11B	2.43.1
2	9	Connor Bell	Central AC	U11B	2.43.4
3	66	Thomas Fulton	FVH	U11B	2.46.6
4	112	David Kirkpatrick	Central AC	U11B	2.46.6
5	124	Innes Wright	Team East Lothian	U11B	2.50.8
6	125	Harris Cant	FVH	U11B	2.52.3
7	76	Joshua Kennedy	Central AC	U11B	2.57.5
8	84	Cameron Darnbrough	Central AC	U11B	3.00.5
9	83	Owen Eckersley	Central AC	U11B	3.02.2
10	142	Caomh Curtin	Central AC	U11B	3.04.5

**800m U13B****Heat 1**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	171	Finlay Muir	Central AC	U13B	2.36.7
2	127	Michael McGarvey	FVH	U13B	2.44.2
3	137	Ethan MacDonald	Kirkintilloch	U13B	2.47.7
4	2	Sam Metcalfe	Central AC	U13B	2.48.7
5	120	Nathan Laing	FVH	U13B	2.54.3
6	69	Aaron Buchanan	Central AC	U13B	3.02.2
7	1	Finlay Marchant	Central AC	U13B	3.12.7

**800m U15B-SenM****Heat 1**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	153	Joe Donnelly	Team East Lothian	U15B	2.24.8
2	176	Andrew Anderson	Team East Lothian	MstrM	2.40.3
3	180	Leo Weldon	FVH	U15B	2.43.3
4	193	Shaun Penman	Dunfermline	U15B	2.44.1
5	140	Oliver Holden	Central AC	U15B	2.56.7
6	139	Bruce Anderson	FV Flyers	Sen	4.40.5

**800m U15B-SenM****Heat 2**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	114	Keir Howlieson	Central AC	U17M	2.05.6
2	156	Fraser MacPherson	Central AC	U20M	2.11.3
3	128	Kane Elliott	FVH	U15B	2.11.8
4	199	Thomas Connolly	VP Glasgow	U17M	2.20.4
5	178	David Eckersley	Central AC	MstrM	2.26.5

**800m WC & RR****Heat 1**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	190	Gavin Drysdale	Red Star	U17M	2.55.7
2	191	Harris Menshawi	FV Flyers	SenM	4.25.8
3	192	Lauren Gallagher	Red Star	SenW	4.41.9

**100m U11G**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	78	Mya McMahon	Dunfermline	U11G	15.3
2	30	Lucy Sands	FVH	U11G	16.4
3	8	Arwen Kennedy	FVH	U11G	16.5
4	73	Lara Binnie	FVH	U11G	16.5
5	59	Hana Littlejohn	Central AC	U11G	18.5

**Heat 1****100m U13G**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	17	Mia Glen	Central AC	U13G	15.4
2	10	Lucy Kinghorn	FVH	U13G	15.9
3	93	Megan Dunlop	Central AC	U13G	17.2
4	75	Matilda Ross	Central AC	U13G	17.3
5	13	Ellie Ross	Central AC	U13G	17.3
6	45	Freya Fleming	FV Flyers	U13G	22.9

**Heat 1****100m U13G**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	80	Rebecca Cumming	Central AC	U13G	15.7
2	74	Cora Morgan	Central AC	U13G	16.1
3	38	Amy Faunce-Smith	Central AC	U13G	16.1
4	103	Hope Griffin	FVH	U13G	16.5
5	88	Molli Robb	FVH	U13G	17.0
6	94	Ceitidh Ainsworth	Central AC	U13G	17.0
7	28	Eva Quinteros	Central AC	U13G	17.1

**Heat 2****100m U13G**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	6	Amy Kirkpatrick	Central AC	U13G	14.0
2	70	Olivia Wilson	FVH	U13G	14.3
3	41	Rebecca Grieve	Edinburgh AC	U13G	14.4
4	18	Bryony Smith	Central AC	U13G	15.4
5	95	Paige Stevens	Central (NM)	U13G	15.5

**Heat 3****100m U15G**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	29	Molly Sharp	FVH	U15G	13.8
2	89	Shona Harrower	Central AC	U15G	14.8
3	20	Lucy More	Central AC	U15G	15.1
4	90	Jessica McGinn	Central (NM)	U15G	15.3
5	3	Rebecca Hogg	Central AC	U15G	15.6
6	14	Rowan Clarke	Central AC	U15G	15.9
7	92	Ellie Gifford	FVH	U15G	16.2

**Heat 1**

**100m U15G**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	4	Shona McLay	Central AC	U15G	13.4
2	85	Lottie Jeffrey	FVH	U15G	13.9
3	25	Aislynn Crichton	Dunfermline	U15G	14.0
4	24	Eve Rennie	Dunfermline	U15G	14.3
5	15	Nicole Furness	FVH	U15G	14.4
6	63	Isla Steel	Dunfermline	U15G	14.7
7	39	Ciorstaidh Ainsworth	Central AC	U15G	14.7
8	87	Abbie Robb	FVH	U15G	15.1

**Heat 2****100m U17-SenW**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	46	Alana Burton	FV Flyers	SenW	17.0
2	52	Toni Bell	FV Flyers	SenW	17.1
3	105	Caitlyn Ross	FV Flyers	SenW	17.7
4	47	Amy Currie	FV Flyers	U20W	19.0
5	42	Lorraine Keigan	FV Flyers	SenW	20.0

**Heat 1****100m U17-SenW**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	100	Kirsty Snaddon	FVH	U17W	13.9
2	56	Katie Jackson	FVH	U17W	14.2
3	61	Holly McNaught	Central AC	U17W	15.5
4	48	Chloe MacLean	FV Flyers	U20W	16.3

**Heat 2****100m U11B**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	35	Robb Ferguson	Central (NM)	U11B	15.9
2	66	Thomas Fulton	FVH	U11B	17.0
3	7	Gregor Saunders	Central AC	U11B	17.3
4	76	Joshua Kennedy	Central AC	U11B	18.3
5	83	Owen Eckersley	Central AC	U11B	19.1
6	98	Ryan Glen	Central (NM)	U11B	20.2

**Heat 1****100m U11B**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	71	Cameron King	Dunfermline	U11B	15.4
2	22	Matthew Newlands	FVH	U11B	15.8
3	9	Connor Bell	Central AC	U11B	16.5
4	27	Andrew McKechnie	FVH	U11B	17.0
5	84	Cameron Darnbrough	Central AC	U11B	17.0
6	12	Alasdair Banks	Central AC	U11B	17.7

**Heat 2**

**100m U13B**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	81	Neil Sharp	FVH	U13B	14.9
2	37	Struan Craig	Central AC	U13B	16.7
3	1	Finlay Marchant	Central AC	U13B	16.8
4	69	Aaron Buchanan	Central AC	U13B	16.9
5	57	Joseph Lazell	Central AC	U13B	17.1
6	60	Andrew Dallas	Central AC	U13B	17.2

**Heat 1****100m U13B**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	26	Ben Laming	Dunfermline	U13B	14.8
2	34	Harris Almass	Central AC	U13B	15.1
3	2	Sam Metcalfe	Central AC	U13B	15.1
4	97	Ben Isgrove	Central AC	U13B	15.5
5	5	Jamie McNaught	Central AC	U13B	15.7
6	101	Brogan Law	Central AC	U13B	15.7
7	62	Finlay Steel	Dunfermline	U13B	15.8
8	19	Sam Cassells	FVH	U13B	17.5

**Heat 2****100m U15B**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	36	Daniel Ferguson	Central AC	U15B	14.3
2	99	Aidan Grevemberg	Central AC	U15B	14.8
3	21	Daniel Bruce	Central AC	U15B	15.0
4	23	Conall Stephen	Central AC	U15B	15.9
5	91	Francis McGinn	Central (NM)	U15B	16.0
6	31	Aiden Johnston	FVH	U15B	16.4
7	82	Robbie Anderson	Team East Lothian	U15B	16.9
8	77	Rowan Stephen	Central AC	U13B	17.0

**Heat 1****100m U15B**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	96	James Isgrove	Central AC	U15B	13.2
2	72	Euan Smith	Central AC	U15B	13.3
3	58	Neil Casserly	Central AC	U15B	13.3
4	107	Aidan O'Hara	Dunfermline	U15B	13.4
5	40	David Cunningham	Central AC	U15B	14.0
6	64	Cameron Blance	Central AC	U15B	14.4
7	79	Peter Clarke	FVH	U15B	14.8
8	65	Jonathan Faulks	FVH	U13B	16.7

**Heat 2****100m U17-SenM**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	51	Grant Waplinton	FV Flyers	SenM	13.4
2	49	David Harley	FV Flyers	SenM	13.5
3	55	Kenneth Holderness	FV Flyers	SenM	14.4
4	43	Niall Finlayson	FV Flyers	SenM	14.5
5	53	Jordan Gardiner	FV Flyers	U17M	14.6
6	44	Paul Wotherspoon	FV Flyers	SenM	18.0

**Heat 1**

**100m U17-SenM**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	11	Sam Muirhead	FVH	U17M	12.1
2	108	Martin Byrne	Kirkintilloch	U20M	12.4
3	106	Daniel O'Hara	Dunfermline	U17M	12.8
4	50	George Le-Hardy	FV Flyers	SenM	13.2
5	54	Liam Nolan	FV Flyers	SenM	13.2

**Heat 2****300m Hurdles**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	207	Charlie Hamilton	Team East Lothian	U15B	48.3
2	168	Laurie Anderson	Airdrie	U17W	50.0
3	154	Thomas Leitch	Team East Lothian	U15B	51.0
4	196	Sophie Hanlon	Cumbernauld	U17W	51.0
5	143	Dion Ingram	Law & District	U17W	51.7

**Heat 1****400m Hurdles**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	141	Jack Houghton	Central AC	U17M	58.8
2	186	Michael Dunn	Clydesdale Harriers	U17M	61.3

**Heat 1****200mWC**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	190	Gavin Drysdale	Red Star	U17M	40.2
2	192	Lauren Gallagher	Red Star	SenW	62.6
3	191	Harris Menshawi	FV Flyers	SenM	67.3

**Heat 1****200m U11G**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	30	Lucy Sands	FVH	U11G	34.0
2	8	Arwen Kennedy	FVH	U11G	34.9
3	126	Robyn Ryce	FVH	U11G	43.3

**Heat 1****200m U13G**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	17	Mia Glen	Central AC	U13G	32.1
2	10	Lucy Kinghorn	FVH	U13G	34.3
3	116	Emma Kinghorn	FVH	U13G	35.2
4	28	Eva Quinteros	Central AC	U13G	39.9
5	45	Freya Fleming	FV Flyers	U13G	50.9

**Heat 1****200m U13G**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	118	Rosie Sharples	FVH	U13G	32.1
2	119	Morgan Robertson	Dunfermline	U13G	34.7
3	115	Naomi Howlieson	Central AC	U13G	34.9
4	113	Heather Hale	Central AC	U13G	36.9
5	13	Ellie Ross	Central AC	U13G	37.9

**Heat 2**

**200m U13G**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	6	Amy Kirkpatrick	Central AC	U13G	29.1
2	41	Rebecca Grieve	Edinburgh AC	U13G	29.8
3	122	Molly Cornes	Central AC	U13G	32.2
4	18	Bryony Smith	Central AC	U13G	32.4
5	136	Rachel Paton	Kirkintilloch	U13G	32.4
6	38	Amy Faunce-Smith	Central AC	U13G	32.9

**Heat 3****200m U15G**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	29	Molly Sharp	FVH	U15G	28.9
2	20	Lucy More	Central AC	U15G	30.9
3	3	Rebecca Hogg	Central AC	U15G	32.3
4	14	Rowan Clarke	Central AC	U15G	33.2
5	138	Iona Smith	Kirkintilloch	U15G	35.6

**Heat 1****200m U15G**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	4	Shona McLay	Central AC	U15G	28.5
2	121	Skye Henderson	Central AC	U15G	29.6
3	25	Aislynn Crichton	Dunfermline	U15G	30.2
4	39	Ciorstaidh Ainsworth	Central AC	U15G	30.2
5	15	Nicole Furness	FVH	U15G	30.3
6	24	Eve Rennie	Dunfermline	U15G	30.9

**Heat 2****200m U17-SenW**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	131	Madeleine Woods	Central AC	U17W	28.0
2	48	Chloe MacLean	FV Flyers	U20W	34.9
3	52	Toni Bell	FV Flyers	SenW	35.9
4	46	Alana Burton	FV Flyers	SenW	37.2
5	47	Amy Currie	FV Flyers	U20W	41.0

**Heat 1****200m U17-SenM**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	53	Jordan Gardiner	FV Flyers	U17M	29.5
2	55	Kenneth Holderness	FV Flyers	SenM	32.4
3	133	Mark Lumsden	FV Flyers	U20M	35.7
4	139	Bruce Anderson	FV Flyers	Sen	54.6

**Heat 1**



**200m U17-SenM**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	11	Sam Muirhead	FVH	U17M	24.4
2	132	Mitchell Graham	Central AC	SenM	24.8
3	135	Robert Ferrol	Red Star	SenM	25.1
4	134	Robbie Dougall	FVH	U17M	25.5
5	50	George Le-Hardy	FV Flyers	SenM	26.4
6	114	Keir Howlieson	Central AC	U17M	26.4
7	54	Liam Nolan	FV Flyers	SenM	27.2
8	49	David Harley	FV Flyers	SenM	27.7

**Heat 2****200m U15B**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	141	Jack Houghton	Central AC	U17M	24.4
2	130	Anna Leishman	FVH	U17W	27.8
3	51	Grant Waplinton	FV Flyers	SenM	28.8
4	23	Conall Stephen	Central AC	U15B	30.5
5	123	Brodie Ferguson	Dunfermline	U15B	30.6
6	31	Aiden Johnston	FVH	U15B	33.3

**Heat 1****200m U15B**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	58	Neil Casserly	Central AC	U15B	27.1
2	128	Kane Elliott	FVH	U15B	27.6
3	40	David Cunningham	Central AC	U15B	28.8
4	36	Daniel Ferguson	Central AC	U15B	28.9
5	21	Daniel Bruce	Central AC	U15B	29.6

**Heat 2****200m U13B**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	5	Jamie McNaught	Central AC	U13B	32.0
2	120	Nathan Laing	FVH	U13B	33.7
3	37	Struan Craig	Central AC	U13B	34.5
4	1	Finlay Marchant	Central AC	U13B	34.9
5	19	Sam Cassells	FVH	U13B	38.1

**Heat 1****200m U13B**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	26	Ben Laming	Dunfermline	U13B	30.4
2	137	Ethan MacDonald	Kirkintilloch	U13B	30.9
3	127	Michael McGarvey	FVH	U13B	31.9
4	2	Sam Metcalfe	Central AC	U13B	32.0
5	111	Euan Campbell	Central AC	U13B	32.2
6	34	Harris Almass	Central AC	U13B	33.4

**Heat 2**

**200m U11B**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	35	Robb Ferguson	Central (NM)	U11B	33.4
2	7	Gregor Saunders	Central AC	U11B	35.9
3	112	David Kirkpatrick	Central AC	U11B	36.0
4	124	Innes Wright	Team East Lothian	U11B	37.0

**Heat 1****200m U11B**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	125	Harris Cant	FVH	U11B	32.0
2	22	Matthew Newlands	FVH	U11B	33.4
3	9	Connor Bell	Central AC	U11B	34.7
4	27	Andrew McKechnie	FVH	U11B	35.8
5	12	Alasdair Banks	Central AC	U11B	35.8

**Heat 2****1500m**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	209	Frankie Quail	Kirkintilloch	U15B	5.17.1
2	187	Cerys Gilbride	Central AC	U15G	5.22.7
3	148	Ivan Ramsay	FVH	U13B	5.35.0
4	177	Lauren Barclay	FVH	U13G	5.47.3
5	210	Caoimhe Quail	Kirkintilloch	U13G	6.18.2
6	101	Brogan Law	Central AC	U13B	6.20.5

**Heat 1****1500m**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	165	Daisy Cumming	Dunfermline	U15G	5.01.1
2	146	Kyra Gibb	Central AC	U15G	5.04.4
3	179	Rosie Eckersley	Central AC	U15G	5.05.2
4	174	Angus Wright	Team East Lothian	U13B	5.17.5
5	65	Jonathan Faulks	FVH	U13B	5.19.3
6	211	Hannah Paton	Kirkintilloch	U15G	5.21.4
7	111	Euan Campbell	Central AC	U13B	5.21.9
8	176	Andrew Anderson	Team East Lothian	MstrM	5.36.8
9	82	Robbie Anderson	Team East Lothian	U15B	5.39.7
10	60	Andrew Dallas	Central AC	U13B	5.40.0

**Heat 2****300m**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	194	Phoebe Angus	FVH	U15G	43.7
2	205	Catrina McPheat	Team East Lothian	U15G	45.8

**Heat 1****400mWC**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	190	Gavin Drysdale	Red Star	U17M	1.21.4
2	191	Harris Menshawi	FV Flyers	SenM	2.04.6
3	192	Lauren Gallagher	Red Star	SenW	2.05.9

**Heat 1**

**400m**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	164	Christopher Stewart	Team East Lothian	U17M	57.1
2	170	Alexander Thomson	Red Star	U17M	59.5
3	64	Cameron Blance	Central AC	U15B	66.1
4	54	Liam Nolan	FV Flyers	SenM	66.7
5	43	Niall Finlayson	FV Flyers	SenM	80.4
6	48	Chloe MacLean	FV Flyers	U20W	89.8

**Heat 1****400m**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Time</i>
1	132	Mitchell Graham	Central AC	SenM	54.2
2	141	Jack Houghton	Central AC	U17M	55.3
3	135	Robert Ferrol	Red Star	SenM	55.7
4	156	Fraser MacPherson	Central AC	U20M	56.1
5	50	George Le-Hardy	FV Flyers	SenM	57.0

**Heat 2****Triple Jump**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Distance</i>
1	108	Martin Byrne	Kirkintilloch	U20M	11.02
2	166	Hazel Shanley	Livingston	U20W	10.40
3	100	Kirsty Snaddon	FVH	U17W	10.25
4	150	Tarryn Wood	Team East Lothian	U17W	10.12

**Long Jump U11 Boys**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Distance</i>
1	125	Harris Cant	FVH	U11B	3.79
2	84	Cameron Darnbrough	Central AC	U11B	3.42
3	22	Matthew Newlands	FVH	U11B	3.21
4	9	Connor Bell	Central AC	U11B	3.11
5	35	Robb Ferguson	Central (NM)	U11B	2.95
6	124	Innes Wright	Team East Lothian	U11B	2.51
7	12	Alasdair Banks	Central AC	U11B	2.50
8	83	Owen Eckersley	Central AC	U11B	2.35
9	112	David Kirkpatrick	Central AC	U11B	2.24
10	142	Caomh Curtin	Central AC	U11B	2.19
11	7	Gregor Saunders	Central AC	U11B	2.02
12	98	Ryan Glen	Central (NM)	U11B	1.84

**Shot U11 & U13 Girls**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Distance</i>
1	169	Katie Burr	Central AC	U13G	7.11
2	149	Grace Tindall	Central AC	U13G	6.30
3	157	Inez MacIntosh	FVH	U13G	5.66
4	95	Paige Stevens	Central (NM)	U13G	5.50
5	94	Ceitidh Ainsworth	Central AC	U13G	5.09
6	103	Hope Griffin	FVH	U13G	5.06
7	78	Mya McMahan	Dunfermline	U11G	5.01
8	88	Molli Robb	FVH	U13G	5.01
9	75	Matilda Ross	Central AC	U13G	4.96
10	147	Megan Gilhooly	Dunfermline	U13G	4.87
11	206	Caitlyn Christie	FVH	U11G	4.36
12	189	Audrey Grevemberg	Central AC	U13G	4.25
13	113	Heather Hale	Central AC	U13G	3.72
14	188	Shannon Glen	Central AC	U13G	3.61

**Hammer (all ages)**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Distance</i>
1	160	Ciaran Wright	FVH	SenM	58.56
2	129	Robyn Conlin	FVH	U17W	41.72
3	183	Samuel Briggs	FVH	U17M	33.67
4	198	Robyn Connolly	VP Glasgow	U20W	30.04
5	158	George MacDonald	FVH	U17M	26.88
6	212	Ron Todd	Central AC	MstrM	25.80

**Long Jump U15B - SenM**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Distance</i>
1	96	James Isgrove	Central AC	U15B	4.97
2	58	Neil Casserly	Central AC	U15B	4.53
3	51	Grant Waplinton	FV Flyers	SenM	4.53
4	36	Daniel Ferguson	Central AC	U15B	4.25
5	79	Peter Clarke	FVH	U15B	4.01
6	123	Brodie Ferguson	Dunfermline	U15B	3.77
7	49	David Harley	FV Flyers	SenM	3.73
8	91	Francis McGinn	Central (NM)	U15B	3.65
9	23	Conall Stephen	Central AC	U15B	3.48
10	161	Sam Jones	Linlithgow AC	U15B	3.37
11	31	Aiden Johnston	FVH	U15B	3.10
12	139	Bruce Anderson	FV Flyers	Sen	2.24

### Long Jump U13B

Place	No	Name	Club	Age Grp	Distance
1	111	Euan Campbell	Central AC	U13B	3.92
2	137	Ethan MacDonald	Kirkintilloch	U13B	3.78
3	5	Jamie McNaught	Central AC	U13B	3.63
4	97	Ben Isgrove	Central AC	U13B	3.56
5	65	Jonathan Faulks	FVH	U13B	3.22
6	69	Aaron Buchanan	Central AC	U13B	3.19
7	57	Joseph Lazell	Central AC	U13B	3.09
8	77	Rowan Stephen	Central AC	U13B	3.07
9	60	Andrew Dallas	Central AC	U13B	3.06
10	19	Sam Cassells	FVH	U13B	2.93
11	37	Struan Craig	Central AC	U13B	2.90

### Shot U15G - SenW

Place	No	Name	Club	Age Grp	Distance
1	167	Rachael Methven	Central AC	U17W	8.92
2	61	Holly McNaught	Central AC	U17W	8.18
3	89	Shona Harrower	Central AC	U15G	8.06
4	105	Caitlyn Ross	FV Flyers	SenW	7.84
5	172	Rachel Gibb	Livingston	U15G	7.63
6	39	Ciorstaidh Ainsworth	Central AC	U15G	7.20
7	3	Rebecca Hogg	Central AC	U15G	6.20
8	20	Lucy More	Central AC	U15G	6.04
9	211	Hannah Paton	Kirkintilloch	U15G	5.07
10	92	Ellie Gifford	FVH	U15G	4.80
11	138	Iona Smith	Kirkintilloch	U15G	4.75

### High Jump U11 & U13 Girls

Place	No	Name	Club	Age Grp	Height
1	118	Rosie Sharples	FVH	U13G	1.35
2	122	Molly Cornes	Central AC	U13G	1.25
3	169	Katie Burr	Central AC	U13G	1.20
4	115	Naomi Howlieson	Central AC	U13G	1.20
5	78	Mya McMahan	Dunfermline	U11G	1.15
6	80	Rebecca Cumming	Central AC	U13G	1.15

### Discus (all ages)

Place	No	Name	Club	Age Grp	Distance
1	212	Ron Todd	Central AC	MstrM	26.63
2	201	David Dent			25.38
3	183	Samuel Briggs	FVH	U17M	24.42
4	133	Mark Lumsden	FV Flyers	U20M	22.63
5	167	Rachael Methven	Central AC	U17W	22.45
6	54	Liam Nolan	FV Flyers	SenM	21.97
7	200	Matthew Craig	FV Flyers	U17M	20.31
8	58	Neil Casserly	Central AC	U15B	18.96
9	105	Caitlyn Ross	FV Flyers	SenW	16.97
10	119	Morgan Robertson	Dunfermline	U13G	11.69

### Long Jump U13 Girls

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Distance</i>
1	41	Rebecca Grieve	Edinburgh AC	U13G	4.27
2	70	Olivia Wilson	FVH	U13G	4.17
3	118	Rosie Sharples	FVH	U13G	3.88
4	6	Amy Kirkpatrick	Central AC	U13G	3.86
5	38	Amy Faunce-Smith	Central AC	U13G	3.46
6	10	Lucy Kinghorn	FVH	U13G	3.35
7	119	Morgan Robertson	Dunfermline	U13G	3.32
8	80	Rebecca Cumming	Central AC	U13G	3.27
9	74	Cora Morgan	Central AC	U13G	3.26
10	103	Hope Griffin	FVH	U13G	3.06
11	210	Caoimhe Quail	Kirkintilloch	U13G	3.04
12	18	Bryony Smith	Central AC	U13G	3.01
13	113	Naomi Howlieson	Central AC	U13G	3.00
14	115	Heather Hale	Central AC	U13G	3.00
15	94	Ceitidh Ainsworth	Central AC	U13G	2.93
16	28	Eva Quinteros	Central AC	U13G	2.88
17	116	Emma Kinghorn	FVH	U13G	2.80
18	188	Shannon Glen	Central AC	U13G	2.49

### Long Jump U11 Girls

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Distance</i>
1	78	Mya McMahon	Dunfermline	U11G	3.82
2	73	Lara Binnie	FVH	U11G	3.13
3	30	Lucy Sands	FVH	U11G	3.01
4	206	Caitlyn Christie	FVH	U11G	2.66
5	126	Robyn Ryce	FVH	U11G	2.56
6	8	Arwen Kennedy	FVH	U11G	2.35

### High Jump U15G - SenW

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Height</i>
1	100	Kirsty Snaddon	FVH	U17W	1.50
2	162	Kerry Robertson	FVH	U15G	1.35
3	90	Jessica McGinn	Central (NM)	U15G	1.25

### Club Throw

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Distance</i>
1	203	Jim Anderson	FV Flyers	SenM	9.95

### Long Jump U15 Girls

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Distance</i>
1	85	Lottie Jeffrey	FVH	U15G	4.63
2	63	Isla Steel	Dunfermline	U15G	4.37
3	90	Jessica McGinn	Central (NM)	U15G	3.94
4	162	Kerry Robertson	FVH	U15G	3.75
5	92	Ellie Gifford	FVH	U15G	3.57
6	20	Lucy More	Central AC	U15G	3.54
7	14	Rowan Clarke	Central AC	U15G	3.08
8	138	Iona Smith	Kirkintilloch	U15G	2.73

**Shot U11B & U13B**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Distance</i>
1	57	Joseph Lazell	Central AC	U13B	5.51
2	101	Brogan Law	Central AC	U13B	5.26
3	12	Alasdair Banks	Central AC	U11B	5.16
4	127	Michael McGarvey	FVH	U13B	5.02
5	77	Rowan Stephen	Central AC	U13B	4.95
6	71	Cameron King	Dunfermline	U11B	4.49
7	84	Cameron Darnbrough	Central AC	U11B	4.34
8	98	Ryan Glen	Central (NM)	U11B	3.95
9	112	David Kirkpatrick	Central AC	U11B	3.73

**High Jump U15 Boys - Sen Men**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Height</i>
1	108	Martin Byrne	Kirkintilloch	U20M	1.60
2	72	Euan Smith	Central AC	U15B	1.40
3	40	David Cunningham	Central AC	U15B	1.40
4	21	Daniel Bruce	Central AC	U15B	1.35
5	64	Cameron Blance	Central AC	U15B	1.25
6	161	Sam Jones	Linlithgow AC	U15B	1.20

**Javelin U11 & U13 Boys & Girls**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Distance</i>
1	62	Finlay Steel	Dunfermline	U13B	24.15
2	97	Ben Isgrove	Central AC	U13B	19.63
3	101	Brogan Law	Central AC	U13B	17.72
4	122	Molly Cornes	Central AC	U13G	15.19
5	163	Benjamin Kennedy	Central AC	U11B	11.66
6	80	Rebecca Cumming	Central AC	U13G	11.33
7	189	Audrey Grevemberg	Central AC	U13G	10.58
8	76	Joshua Kennedy	Central AC	U11B	8.88
9	28	Eva Quinteros	Central AC	U13G	8.12
10	60	Andrew Dallas	Central AC	U13B	8.02
11	188	Shannon Glen	Central AC	U13G	7.60
12	98	Ryan Glen	Central (NM)	U11B	4.51

**Long Jump U17 - Sen Women**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Distance</i>
1	150	Tarryn Wood	Team East Lothian	U17W	4.73
2	100	Kirsty Snaddon	FVH	U17W	4.49
3	56	Katie Jackson	FVH	U17W	4.23
4	52	Toni Bell	FV Flyers	SenW	4.23
5	102	Kristin Donaldson	Central AC	U17W	4.15
6	46	Alana Burton	FV Flyers	SenW	2.91
7	47	Amy Currie	FV Flyers	U20W	2.60

**Shot U15 - Sen Men**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Distance</i>
1	183	Samuel Briggs	FVH	U17M	9.46
2	51	Grant Waplinton	FV Flyers	SenM	7.80
3	99	Aidan Grevemberg	Central AC	U15B	7.40
4	201	David Dent	FV Flyers	MstrM	7.28
5	133	Mark Lumsden	FV Flyers	U20M	6.91
6	151	Michael Muirhead	FVH	U15B	6.77
7	54	Liam Nolan	FV Flyers	SenM	6.76
8	170	Alexander Thomson	Red Star	U17M	6.67
9	200	Matthew Craig	FV Flyers	U17M	6.03
10	209	Frankie Quail	Kirkintilloch	U15B	5.97
11	43	Niall Finlayson	FV Flyers	SenM	5.89
12	49	David Harley	FV Flyers	SenM	5.81
13	23	Conall Stephen	Central AC	U15B	5.71
14	53	Jordan Gardiner	FV Flyers	U17M	5.66
15	55	Kenneth Holderness	FV Flyers	SenM	5.47
16	44	Paul Wotherspoon	FV Flyers	SenM	5.43
17	123	Brodie Ferguson	Dunfermline	U15B	5.05
18	139	Bruce Anderson	FV Flyers	Sen	4.95
19	140	Oliver Holden	Central AC	U15B	4.92
20	31	Aiden Johnston	FVH	U15B	4.40

**High Jump U11 & U13 Boys**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Height</i>
1	148	Ivan Ramsay	FVH	U13B	1.20
2	71	Cameron King	Dunfermline	U11B	1.15
3=	69	Aaron Buchanan	Central AC	U13B	1.10
3=	111	Euan Campbell	Central AC	U13B	1.10
5	37	Struan Craig	Central AC	U13B	1.05
6	120	Nathan Laing	FVH	U13B	1.05

**Javelin U15 - Senior M&F**

<i>Place</i>	<i>No</i>	<i>Name</i>	<i>Club</i>	<i>Age Grp</i>	<i>Distance</i>
1	204	James Muir	FV Flyers	SenM	34.03
2	96	James Isgrove	Central AC	U15B	27.40
3	99	Aidan Grevemberg	Central AC	U15B	27.09
4	63	Isla Steel	Dunfermline	U15G	23.85
5	36	Daniel Ferguson	Central AC	U15B	20.13
6	61	Holly McNaught	Central AC	U17W	17.94
7	128	Kane Elliott	FVH	U15B	17.49
8	201	David Dent	FV Flyers	MstrM	16.69
9	170	Alexander Thomson	Red Star	U17M	16.15
10	161	Sam Jones	Linlithgow AC	U15B	16.07
11	200	Matthew Craig	FV Flyers	U17M	15.30
12	105	Caitlyn Ross	FV Flyers	SenW	13.09
13	133	Mark Lumsden	FV Flyers	U20M	12.96
14	140	Oliver Holden	Central AC	U15B	12.50
15	3	Rebecca Hogg	Central AC	U15G	11.44
16	82	Robbie Anderson	Team East Lothian	U15B	8.72