

North District Track & Field Championships 2016

Friday

18:00	Event 1	U13 Girls 200m (Heat 1)			
		289	Isla Donaldson	Orkney Athletic Club	
		245	Kirsty Thomson	Shetland AAC	
		77	Melissa Mack	Inverness Harriers AAC	
		179	Tamsin Fowlie	Moray Road Runners	
		145	Loren MacDonald	Inverness Harriers AAC	
		163	Marion Anderson	North Uist AAC	
		83	Olivia Robertson	Inverness Harriers AAC	
					7
18:02	Event 2	U13 Girls 200m (Heat 2)			
		82	Alanna MacKenzie	Inverness Harriers AAC	
		308	Chloe Wood	Orkney Athletic Club	
		183	Megan McKay	Moray Road Runners	
		81	Lucy Fraser	Caithness AAC	
		44	Krysta Bray	Stornoway Running & AC	
		279	Emily Gilmour	Orkney Athletic Club	
					6
18:04	Event 3	U13 Boys 200m (Heat 1)			
		244	Reece Black	Shetland AAC	
		159	Kevin Beaton	North Uist AAC	
		22	Alistair MacKay	Ross County AC	
		16	Liam Daly	Inverness Harriers AAC	
		287	Alexander Scott	Orkney Athletic Club	
		155	Alasdair Fraser	North Uist AAC	
		161	Shuan MacDonald	North Uist AAC	
					7
18:06	Event 4	U13 Boys 200m (Heat 2)			
		241	Ben Wagstaff	Shetland AAC	
		41	Duncan MacDonald	Inverness Harriers AAC	
		181	Lucas Allan	Inverness Harriers AAC	
		288	Ewan Stevenson	Orkney Athletic Club	
		157	Stephen MacIsaac	North Uist AAC	
					5
18:08	Event 5	U15 Girls 200m (Heat 1)			
		40	Catriona Garvie	Inverness Harriers AAC	
		295	Ellen Hay	Orkney Athletic Club	
		86	Chloe Cheyne	Inverness Harriers AAC	
		48	Sian MacDonald	Stornoway Running & AC	
		309	Tegan Spence	Orkney Athletic Club	
		46	Angela Horne	Stornoway Running & AC	
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18:10	Event 6	U15 Girls 200m (Heat 2)			
		297	Hallie Gordon	Orkney Athletic Club	
		300	Libby Harrison	Orkney Athletic Club	
		164	Trinity Johnson	North Uist AAC	
		93	Mia Keogh	Inverness Harriers AAC	
		98	Mairi Darroch	Inverness Harriers AAC	
		303	Yasmin Linton	Orkney Athletic Club	
					6
18:12	Event 7	U15 Girls 200m (Heat 3)			
		49	Isla Budge	Stornoway Running & AC	
		34	Eilidh MacPherson	Inverness Harriers AAC	
		253	Laura Newbold	Shetland AAC	
		137	Kirsty Suiter	Nairn AAAC	
		193	Beth Grant	Moray Road Runners	
		299	Lauren Flett	Orkney Athletic Club	
					6
18:14	Event 8	U15 Boys 200m (Heat 1)			
		166	Angus MacDonald	North Uist AAC	
		197	Dylan MacPherson	Inverness Harriers AAC	
		35	Luke Davidson	Inverness Harriers AAC	
		23	Alexander MacKay	Ross County AC	
		249	Lewis Barclay	Shetland AAC	
		251	Shaun Ritchie	Shetland AAC	
		306	Ross Sinclair	Orkney Athletic Club	
		305	Jamie Leitch	Orkney Athletic Club	
					8
18:16	Event 9	U15 Boys 200m (Heat 2)			
		184	Kyle Ross	Ross County AC	
		194	Ben Ferry	Inverness Harriers AAC	
		191	Ruairidh Munro	Inverness Harriers AAC	
		189	Arran Buchanan	Inverness Harriers AAC	
		33	Ryan Matheson	Aberdeen AAC	
		312	Gregor Dowell	Orkney Athletic Club	
		142	Ruairidh Mair	Nairn AAAC	
					7
18:18	Event 10	U17 Women 200m (Heat 1)			
		255	Sophie Grant	Shetland AAC	
		107	Eilidh Magill	Inverness Harriers AAC	
		207	Beth MacIver	Inverness Harriers AAC	
		27	Heather Bruce	Inverness Harriers AAC	
		4	Rhiannan MacIntosh	Inverness Harriers AAC	
		301	Mia MacIver	Orkney Athletic Club	
		213	Emma Pedrana	Inverness Harriers AAC	
		55	Catriona Rigby	Stornoway Running & AC	
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18:20	Event 11	U17 Women 200m (Heat 2)			
	261	Ami Maddison		Shetland AAC	
	19	Charlotte Hill		Inverness Harriers AAC	
	222	Ellie Stone		Inverness Harriers AAC	
	307	Amy Davis		Orkney Athletic Club	
	54	Mary MacLeod		Stornoway Running & AC	
	36	Rachelle Matheson		Aberdeen AAC	
	214	Katie Paterson		Inverness Harriers AAC	7
18:24	Event 12	U17 Men 200m (Heat 1)			
	269	Kyle Leask		Shetland AAC	
	113	Andrew Stoker		Moray Road Runners	
	59	Andrew Horne		Stornoway Running & AC	
	103	Callum Tynan		Inverness Harriers AAC	
	267	Finn Rivett		Shetland AAC	5
18:26	Event 13	U17 Men 200m (Heat 2)			
	219	Joseph Campbell-Pedrana		Inverness Harriers AAC	
	24	Kieran Barnsby		Inverness Harriers AAC	
	6	Paddy Dunne		Inverness Harriers AAC	
	210	Tom Jenkins		Moray Road Runners	
	223	MacKenzie Brown		Inverness Harriers AAC	5
18:28	Event 14	U20 Men 200m (Heat 1)			
	119	Findlay Donegan		Elgin AAC	
	273	Kieran Fraser		Shetland AAC	
	271	Aidan Jarmson		Shetland AAC	
	64	Alasdair Rigby		Stornoway Running & AC	
	69	Jonathan Morrison		Stornoway Running & AC	5
18:30	Event 15	U20 Men 200m (Heat 2)			
	65	Ross MacTaggart		Stornoway Running & AC	
	310	Andrew Davis		Orkney Athletic Club	
	13	Ross Freck		Inverness Harriers AAC	
	270	Caelen Rivett		Shetland AAC	
	15	Joseph Frame		Caithness AAC	5
18:40	Event 16	U20 Women 3000m (Final)			
	37	Rhiannon Kirk		North Highland Harriers	1
18:40	Event 17	U17 Men 3000m (Final)			
	68	Kyle Munro		Stornoway Running & AC	
	102	Fraser Roach		East Sutherland AC	2

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19:00	Event 18	U13 Girls 1500m (Final)			
		84	Isla Edwards	Elgin AAC	
		173	Ava Walsh	Inverness Harriers AAC	
					2
19:00	Event 19	U15 Girls 1500m (Final)			
		40	Catriona Garvie	Inverness Harriers AAC	
		95	Niamh Whelan	Moray Road Runners	
		98	Mairi Darroch	Inverness Harriers AAC	
		188	Emily Andrew	Inverness Harriers AAC	
		190	Emma Seed	Inverness Harriers AAC	
		200	Eve Gardiner	Inverness Harriers AAC	
		202	Rachel Gillies	Inverness Harriers AAC	
					7
19:07	Event 20	U17 Women 1500m (Final)			
		57	Joanna Gillies	Stornoway Running & AC	
		147	Constance Nankivell	East Sutherland AC	
		152	Katie Campbell	South Uist & Eriskay AC	
		208	Grace Whelan	Moray Road Runners	
		216	Ana MacPherson	Inverness Harriers AAC	
					5
19:07	Event 21	U20 Women 1500m (Final)			
		138	Mary MacIntosh	Nairn AAAC	
		228	Lucy Massie	Inverness Harriers AAC	
					2
19:07	Event 22	Senior Women 1500m (Final)			
		2	Julie Wilson	Inverness Harriers AAC	
					1
19:14	Event 23	U13 Boys 1500m (Final)			
		71	Ben Sharpe	Inverness Harriers AAC	
		73	Angus Rutter	Inverness Harriers AAC	
		159	Kevin Beaton	North Uist AAC	
		174	Euan Rollo	Inverness Harriers AAC	
		176	Lucas Cairns	Inverness Harriers AAC	
		182	David Spencer	Forres Harriers	
		286	Finn Hancock	Orkney Athletic Club	
		291	Malcolm MacKenzie	Orkney Athletic Club	
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19:21	Event 24	U15 Boys 1500m (Final)			
		11	Ben Cameron	Forres Harriers	
		50	Daniel Stewart	Stornoway Running & AC	
		52	Aodhan Finnegan	Stornoway Running & AC	
		88	Finlay Rutter	Inverness Harriers AAC	
		99	Oliver Watson	Forres Harriers	
		186	Alasdair Raynor	Inverness Harriers AAC	
		197	Dylan MacPherson	Inverness Harriers AAC	
		205	Blair Milne	Moray Road Runners	
		240	Lewis Urquhart	Ross County AC	
		247	Dylan Black	Shetland AAC	
		290	Joe Cromby	Orkney Athletic Club	
		304	Jamie Clouston	Orkney Athletic Club	
					12
19:27	Event 25	U17 Men 1500m (Final)			
		212	Craig Wilson	Inverness Harriers AAC	
		215	Aidan Ferry	Inverness Harriers AAC	
		217	Stuart Gardiner	Inverness Harriers AAC	
		268	Seumas MacKay	Shetland AAC	
					4
19:27	Event 26	U20 Men 1500m (Final)			
		17	James Geddes	Inverness Harriers AAC	
		25	Liam Barnsby	East Sutherland AC	
		66	Connor MacLean	Stornoway Running & AC	
		169	Paul Morrison	North Uist AAC	
		274	Shane Odie	Shetland AAC	
					5
19:27	Event 27	Senior Men 1500m (Final)			
		3	Eoghan MacNamara	Inverness Harriers AAC	
		127	Stephen MacKay	Inverness Harriers AAC	
		229	Tony Golabek	Inverness Harriers AAC	
					3
20:02	Event 34	U20 Women 200m (Final)			
		265	Tamar Moncrieff	Shetland AAC	
		63	Eilidh MacLeod	Stornoway Running & AC	
		313	Siohian Kingham	Elgin AAC	
		38	Rebecca Matheson	Aberdeen AAC	
		266	Sophie Moar	Shetland AAC	
		278	Kristi Grant	Shetland AAC	
		135	Mary Wescott	Nairn AAAC	
					7
20:06	Event 36	Senior Women 200m (Final)			
		130	Eleanor Briggs	Inverness Harriers AAC	
		133	Margaret MacRae	Orkney Athletic Club	
					2

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20:06

Event 37 Senior Men 200m (Final)

277	Martin Leyland	Shetland AAC
14	Sam Freck	Inverness Harriers AAC
126	Alastair Beaton	Inverness Harriers AAC
132	Paul Davidson (T20)	Inverness Harriers AAC
124	Finlay MacLennan (T20)	Inverness Harriers AAC

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Friday

18:00	Event 201 U15 Boys Pole Vault				
	85	Reuben McFarlane	Unattached		1
18:00	Event 202 U17 Men Pole Vault				
	100	Andrew McFarlane	Unattached		1
18:00	Event 203 U20 Men Pole Vault				
	115	Daniel McFarlane	Unattached		1
18:00	Event 204 Senior Men Pole Vault				
	236	Edward McKenzie	Aberdeen AAC		1
18:00	Event 205 U15 Girls Triple Jump				
	92	Mhairi Nairn	Inverness Harriers AAC		
	202	Rachel Gillies	Inverness Harriers AAC		
	98	Mairi Darroch	Inverness Harriers AAC		
	97	Rachel Johnstone	Inverness Harriers AAC		
	253	Laura Newbold	Shetland AAC		5
18:00	Event 206 U15 Boys Triple Jump				
	192	Kyle Sutherland	Ross County AC		
	205	Blair Milne	Moray Road Runners		
	250	Shay Regan	Shetland AAC		3
18:00	Event 207 U17 Women Triple Jump				
	258	Hannah Robertson	Shetland AAC		1
18:00	Event 208 U20 Women Triple Jump				
	171	Mairi MacIntosh	North Uist AAC		
	62	Abbie MacKay	Stornoway Running & AC		
	266	Sophie Moar	Shetland AAC		
	313	Siohian Kingham	Elgin AAC		4
18:00	Event 209 U17 Men Triple Jump				
	1	Robert Thompson	Caithness AAC		
	172	Uilleam Brass	North Uist AAC		
	108	Sam Anderson	Moray Road Runners		
	210	Tom Jenkins	Moray Road Runners		
	167	Donald MacMillan	North Uist AAC		
	110	Stephen MacKenzie	Inverness Harriers AAC		6

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18:00	Event 210 U20 Men Triple Jump				
	15	Joseph Frame	Caithness AAC		
	227	Ewen Bradley	Inverness Harriers AAC		
	119	Findlay Donegan	Elgin AAC		
					3
18:00	Event 211 Senior Men Triple Jump				
	277	Martin Leyland	Shetland AAC		
					1
19:00	Event 212 U15 Girls Hammer (3.00kg)				
	252	Aimee Smith	Shetland AAC		
	87	Rachel MacLennan	Inverness Harriers AAC		
					2
19:00	Event 213 U17 Women Hammer (3.00kg)				
	262	Lorna Wagstaff	Shetland AAC		
	209	Lucy McIntosh	Caithness AAC		
	257	Leigh Nicolson	Shetland AAC		
	221	Kelsey Barbour	Inverness Harriers AAC		
					4
19:00	Event 214 U15 Boys Hammer (4.00kg)				
	30	Matt MacFarlane	Inverness Harriers AAC		
					1
19:00	Event 215 U20 Women Hammer (4.00kg)				
	32	Katie Stark	Inverness Harriers AAC		
					1
19:00	Event 216 Senior Women Hammer (4.00kg)				
	276	Elaine Park	Shetland AAC		
	125	Emma Bowie	Elgin AAC		
					2
19:00	Event 217 U17 Men Hammer (5.00kg)				
	168	Cameron MacInnes	North Uist AAC		
	18	Alex Geddes	Inverness Harriers AAC		
	263	Dan Swanson	Shetland AAC		
	60	Haran Rabe	Stornoway Running & AC		
	109	Jack Wiseman	Elgin AAC		
					5
19:00	Event 218 U20 Men Hammer (6.00kg)				
	20	William Watts	Inverness Harriers AAC		
	272	Connor McDonald	Shetland AAC		
	117	Ruaridh Gray	Inverness Harriers AAC		
	8	Jack Mitchell	Moray Road Runners		
					4

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19:00	Event 219 Senior Men Hammer (7.26kg)		
	236	Edward McKenzie	Aberdeen AAC
	123	David Ogilvie	Ross County AC
	237	Nicky Stone	Nairn AAAC

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Saturday

09:45	Event 38	U20 Women 400m Hurdles (Final)				
	114	Gillian Gordon	Inverness Harriers AAC			1
09:45	Event 39	U17 Men 400m Hurdles (Final)				
	26	Stuart Kirk	Caithness AAC			
	110	Stephen MacKenzie	Inverness Harriers AAC			2
09:45	Event 40	Senior Men 400m Hurdles (Final)				
	238	Ian Coghill	Inverness Harriers AAC			1
09:50	Event 41	U17 Women 300m Hurdles (Final)				
	101	Mairi Weir	Elgin AAC			
	254	Caitlin Ward	Shetland AAC			2
10:00	Event 42	U15 Boys 300m (Heat 1)				
	94	David Scott	Forres Harriers			
	50	Daniel Stewart	Stornoway Running & AC			
	35	Luke Davidson	Inverness Harriers AAC			
	191	Ruairidh Munro	Inverness Harriers AAC			
	304	Jamie Clouston	Orkney Athletic Club			
	250	Shay Regan	Shetland AAC			6
10:02	Event 43	U15 Boys 300m (Heat 2)				
	312	Gregor Dowell	Orkney Athletic Club			
	192	Kyle Sutherland	Ross County AC			
	306	Ross Sinclair	Orkney Athletic Club			
	247	Dylan Black	Shetland AAC			
	52	Aodhan Finnegan	Stornoway Running & AC			5
10:10	Event 44	U13 Girls 100m (Heat 1)				
	82	Alanna MacKenzie	Inverness Harriers AAC			
	245	Kirsty Thomson	Shetland AAC			
	280	Jenna Tait	Orkney Athletic Club			
	179	Tamsin Fowlie	Moray Road Runners			
	43	Maryanne MacPhail	Stornoway Running & AC			
	289	Isla Donaldson	Orkney Athletic Club			6

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10:12	Event 45	U13 Girls 100m (Heat 2)		
	83	Olivia Robertson	Inverness Harriers AAC	
	283	Kiera Milne	Orkney Athletic Club	
	285	Serena Shearer	Orkney Athletic Club	
	81	Lucy Fraser	Caithness AAC	
	178	Niamh Grant	Moray Road Runners	
	175	Grace Jenkins	Moray Road Runners	6
10:14	Event 46	U13 Girls 100m (Heat 3)		
	163	Marion Anderson	North Uist AAC	
	79	Harriet Whelan	Moray Road Runners	
	77	Melissa Mack	Inverness Harriers AAC	
	75	Rachel Tynan	Inverness Harriers AAC	
	145	Loren MacDonald	Inverness Harriers AAC	
	308	Chloe Wood	Orkney Athletic Club	6
10:16	Event 47	U13 Boys 100m (Heat 1)		
	158	Calum MacDonald	North Uist AAC	
	292	Scott McCartney	Orkney Athletic Club	
	16	Liam Daly	Inverness Harriers AAC	
	181	Lucas Allan	Inverness Harriers AAC	
	288	Ewan Stevenson	Orkney Athletic Club	
	242	Connor Fraser	Shetland AAC	6
10:18	Event 48	U13 Boys 100m (Heat 2)		
	281	Andrew Dancy	Orkney Athletic Club	
	72	Cian Jones	Moray Road Runners	
	294	Tom MacArthur	Orkney Athletic Club	
	287	Alexander Scott	Orkney Athletic Club	
	154	John Scanlon	North Uist AAC	
	161	Shuan MacDonald	North Uist AAC	6
10:20	Event 49	U15 Girls 100m (Heat 1)		
	136	Ruby Dunkley	Nairn AAAC	
	239	Tara Larsen	Inverness Harriers AAC	
	137	Kirsty Suiter	Nairn AAAC	
	48	Sian MacDonald	Stornoway Running & AC	
	303	Yasmin Linton	Orkney Athletic Club	
	151	Shona Steele	South Uist & Eriskay AC	6
10:22	Event 50	U15 Girls 100m (Heat 2)		
	150	Erin MacKinnon	South Uist & Eriskay AC	
	149	Emily Steele	South Uist & Eriskay AC	
	300	Libby Harrison	Orkney Athletic Club	
	93	Mia Keogh	Inverness Harriers AAC	
	46	Angela Horne	Stornoway Running & AC	
	200	Eve Gardiner	Inverness Harriers AAC	6

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10:24	Event 51	U15 Girls 100m (Heat 3)		
	297	Hallie Gordon	Orkney Athletic Club	
	299	Lauren Flett	Orkney Athletic Club	
	193	Beth Grant	Moray Road Runners	
	253	Laura Newbold	Shetland AAC	
	282	Kally Milne	Orkney Athletic Club	
	298	Izzy Nicolson	Orkney Athletic Club	6
10:26	Event 52	U15 Boys 100m (Heat 1)		
	184	Kyle Ross	Ross County AC	
	51	David Morrison	Stornoway Running & AC	
	248	Stuart Bain	Shetland AAC	
	189	Arran Buchanan	Inverness Harriers AAC	
	191	Ruairidh Munro	Inverness Harriers AAC	
	250	Shay Regan	Shetland AAC	
	187	Christopher McIntosh	Aberdeen AAC	7
10:28	Event 53	U15 Boys 100m (Heat 2)		
	142	Ruairidh Mair	Nairn AAAC	
	33	Ryan Matheson	Aberdeen AAC	
	23	Alexander MacKay	Ross County AC	
	249	Lewis Barclay	Shetland AAC	
	251	Shaun Ritchie	Shetland AAC	
	312	Gregor Dowell	Orkney Athletic Club	6
10:30	Event 54	U17 Women 100m (Heat 1)		
	143	Heather Welsh	Nairn AAAC	
	255	Sophie Grant	Shetland AAC	
	259	Mhia Mouat	Shetland AAC	
	4	Rhiannan MacIntosh	Inverness Harriers AAC	
	258	Hannah Robertson	Shetland AAC	
	105	Megan Munro	Inverness Harriers AAC	
	12	Lydia Abdy	Moray Road Runners	7
10:32	Event 55	U17 Women 100m (Heat 2)		
	262	Lorna Wagstaff	Shetland AAC	
	55	Catriona Rigby	Stornoway Running & AC	
	36	Rachelle Matheson	Aberdeen AAC	
	301	Mia MacIver	Orkney Athletic Club	
	261	Ami Maddison	Shetland AAC	
	214	Katie Paterson	Inverness Harriers AAC	6

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10:34	Event 56	U17 Women 100m (Heat 3)				
		112	Abbie McNally	Inverness Harriers AAC		
		213	Emma Pedrana	Inverness Harriers AAC		
		54	Mary MacLeod	Stornoway Running & AC		
		307	Amy Davis	Orkney Athletic Club		
		107	Eilidh Magill	Inverness Harriers AAC		
		260	Alana Smith	Shetland AAC		6
10:36	Event 57	U17 Men 100m (Heat 1)				
		267	Finn Rivett	Shetland AAC		
		59	Andrew Horne	Stornoway Running & AC		
		24	Kieran Barnsby	Inverness Harriers AAC		
		269	Kyle Leask	Shetland AAC		4
10:38	Event 58	U17 Men 100m (Heat 2)				
		1	Robert Thompson	Caithness AAC		
		167	Donald MacMillan	North Uist AAC		
		113	Andrew Stoker	Moray Road Runners		
		210	Tom Jenkins	Moray Road Runners		
		172	Uilleam Brass	North Uist AAC		5
10:40	Event 59	U20 Men 100m (Heat 1)				
		270	Caelen Rivett	Shetland AAC		
		13	Ross Freck	Inverness Harriers AAC		
		271	Aidan Jarmson	Shetland AAC		
		310	Andrew Davis	Orkney Athletic Club		
		69	Jonathan Morrison	Stornoway Running & AC		5
10:42	Event 60	U20 Men 100m (Heat 2)				
		122	Matthew Paterson (T20)	Inverness Harriers AAC		
		273	Kieran Fraser	Shetland AAC		
		170	Ruairidh Muncaster	North Uist AAC		
		64	Alasdair Rigby	Stornoway Running & AC		
		15	Joseph Frame	Caithness AAC		5
11:05	Event 61	U15 Girls 300m (Final)				
		93	Mia Keogh	Inverness Harriers AAC		
		300	Libby Harrison	Orkney Athletic Club		
		86	Chloe Cheyne	Inverness Harriers AAC		
		49	Isla Budge	Stornoway Running & AC		
		295	Ellen Hay	Orkney Athletic Club		
		153	Alanna Beaton	North Uist AAC		6

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11:08	Event 62	U17 Women 300m (Final)			
	301	Mia MacIver		Orkney Athletic Club	
	19	Charlotte Hill		Inverness Harriers AAC	
	27	Heather Bruce		Inverness Harriers AAC	
	207	Beth MacIver		Inverness Harriers AAC	
	256	Sophie Black		Shetland AAC	
					5
11:15	Event 64	U20 Women 400m (Final)			
	121	Molly Morgan		Shetland AAC	
	264	Cara Steven		Shetland AAC	
	114	Gillian Gordon		Inverness Harriers AAC	
	63	Eilidh MacLeod		Stornoway Running & AC	
					4
11:15	Event 65	Senior Women 400m (Final)			
	231	Erika Marwick		Orkney Athletic Club	
					1
11:18	Event 66	U17 Men 400m (Final)			
	108	Sam Anderson		Moray Road Runners	
	103	Callum Tynan		Inverness Harriers AAC	
	268	Seumas MacKay		Shetland AAC	
	219	Joseph Campbell-Pedrana		Inverness Harriers AAC	
					4
11:21	Event 67	U20 Men 400m (Final)			
	227	Ewen Bradley		Inverness Harriers AAC	
	273	Kieran Fraser		Shetland AAC	
	310	Andrew Davis		Orkney Athletic Club	
	65	Ross MacTaggart		Stornoway Running & AC	
	122	Matthew Paterson (T20)		Inverness Harriers AAC	
					5
11:21	Event 68	Senior Men 400m (Final)			
	124	Finlay MacLennan (T20)		Inverness Harriers AAC	
	132	Paul Davidson (T20)		Inverness Harriers AAC	
					2
11:50	Event 69	U20 Women 5000m (Final)			
	138	Mary MacIntosh		Nairn AAAC	
					1
11:50	Event 70	U20 Men 5000m (Final)			
	17	James Geddes		Inverness Harriers AAC	
	66	Connor MacLean		Stornoway Running & AC	
	225	Andrew Johnstone		Inverness Harriers AAC	
					3
11:50	Event 71	Senior Men 5000m (Final)			
	128	Kevin Morice		Moray Road Runners	
	232	Gareth Jenkins		Moray Road Runners	
					2

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12:20	Event 72	U13 Girls 70m Hurdles (Heat 1)			
		81	Lucy Fraser	Caithness AAC	
		45	Gemma MacRitchie	Stornoway Running & AC	
		246	Emily Black	Shetland AAC	
		283	Kiera Milne	Orkney Athletic Club	
		9	Hannah Kingham	Elgin AAC	
					5
12:23	Event 73	U13 Girls 70m Hurdles (Heat 2)			
		43	Maryanne MacPhail	Stornoway Running & AC	
		44	Krysta Bray	Stornoway Running & AC	
		280	Jenna Tait	Orkney Athletic Club	
					3
13:35	Event 75	U15 Girls 75m Hurdles (Final)			
		164	Trinity Johnson	North Uist AAC	
		203	Katie Gillies	Inverness Harriers AAC	
		282	Kally Milne	Orkney Athletic Club	
		97	Rachel Johnstone	Inverness Harriers AAC	
		34	Eilidh MacPherson	Inverness Harriers AAC	
		47	Ellie MacLean	Stornoway Running & AC	
		149	Emily Steele	South Uist & Eriskay AC	
		153	Alanna Beaton	North Uist AAC	
		48	Sian MacDonald	Stornoway Running & AC	
					9
13:40	Event 76	U13 Boys 75m Hurdles (Final)			
		154	John Scanlon	North Uist AAC	
		243	Finn Regan	Shetland AAC	
		139	William Hodi	Nairn AAAC	
		22	Alister MacKay	Ross County AC	
					4
13:45	Event 77	U17 Women 80m Hurdles (Final)			
		254	Caitlin Ward	Shetland AAC	
		258	Hannah Robertson	Shetland AAC	
		4	Rhiannan MacIntosh	Inverness Harriers AAC	
					3
13:45	Event 78	U15 Boys 80m Hurdles (Final)			
		23	Alexander MacKay	Ross County AC	
		140	Toran Simmons	Nairn AAAC	
		85	Reuben McFarlane	Unattached	
					3
13:50	Event 79	U17 Men 100m Hurdles (Final)			
		100	Andrew McFarlane	Unattached	
		26	Stuart Kirk	Caithness AAC	
					2
13:50	Event 80	U20 Women 100m Hurdles (Final)			
		116	Lauren Watson	Inverness Harriers AAC	
					1

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13:55	Event 81	U20 Men 110m Hurdles (Final)			
	115	Daniel McFarlane	Unattached		
	122	Matthew Paterson (T20)	Inverness Harriers AAC		2
13:55	Event 82	Senior Men 110m Hurdles (Final)			
	128	Kevin Morice	Moray Road Runners		1
14:10	Event 83	U13 Girls 800m (Final)			
	9	Hannah Kingham	Elgin AAC		
	29	Kirsty Arnaud	Inverness Harriers AAC		
	45	Gemma MacRitchie	Stornoway Running & AC		
	162	Mairi Niciain	North Uist AAC		
	175	Grace Jenkins	Moray Road Runners		
	177	Ruth Wilson	Inverness Harriers AAC		
	183	Megan McKay	Moray Road Runners		
	245	Kirsty Thomson	Shetland AAC		
	246	Emily Black	Shetland AAC		
	279	Emily Gilmour	Orkney Athletic Club		
	284	Millie Flett	Orkney Athletic Club		11
14:16	Event 84	U13 Boys 800m (Final)			
	41	Duncan MacDonald	Inverness Harriers AAC		
	74	Finlay Raynor	Inverness Harriers AAC		
	76	Scott Perry	Forres Harriers		
	80	Ruaridh Ellen	Ross County AC		
	156	Shuan Shepherd	North Uist AAC		
	157	Stephen MacIsaac	North Uist AAC		
	244	Reece Black	Shetland AAC		
	286	Finn Hancock	Orkney Athletic Club		
	288	Ewan Stevenson	Orkney Athletic Club		9
14:22	Event 85	U15 Girls 800m (Final)			
	49	Isla Budge	Stornoway Running & AC		
	86	Chloe Cheyne	Inverness Harriers AAC		
	91	Shauna Perry	Forres Harriers		
	144	Beaux MacKenzie	Nairn AAAC		
	146	Catriona Scott	East Sutherland AC		
	239	Tara Larsen	Inverness Harriers AAC		
	252	Aimee Smith	Shetland AAC		
	309	Tegan Spence	Orkney Athletic Club		8

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14:28	Event 86	U15 Boys 800m (Final)			
		31	Danny McPake	Ross County AC	
		35	Luke Davidson	Inverness Harriers AAC	
		51	David Morrison	Stornoway Running & AC	
		94	David Scott	Forres Harriers	
		96	Alex Ellen	Ross County AC	
		148	Liam MacKinnon	South Uist & Eriskay AC	
		165	Ailig MacDonald	North Uist AAC	
		192	Kyle Sutherland	Ross County AC	
		201	James Newlands	Moray Road Runners	
		204	Joshua Milne	Moray Road Runners	
		305	Jamie Leitch	Orkney Athletic Club	
					11
14:34	Event 87	U17 Women 800m (Final)			
		19	Charlotte Hill	Inverness Harriers AAC	
		53	Sophie Graham	Stornoway Running & AC	
		57	Joanna Gillies	Stornoway Running & AC	
		101	Mairi Weir	Elgin AAC	
		111	Sophie Young	Inverness Harriers AAC	
		147	Constance Nankivell	East Sutherland AC	
		152	Katie Campbell	South Uist & Eriskay AC	
		208	Grace Whelan	Moray Road Runners	
					8
14:34	Event 88	U20 Women 800m (Final)			
		228	Lucy Massie	Inverness Harriers AAC	
		264	Cara Steven	Shetland AAC	
					2
14:34	Event 89	Senior Women 800m (Final)			
		2	Julie Wilson	Inverness Harriers AAC	
					1
14:40	Event 90	U17 Men 800m (Final)			
		28	Joe Arnaud	Inverness Harriers AAC	
		58	Alasdair Binns	Stornoway Running & AC	
		68	Kyle Munro	Stornoway Running & AC	
		211	Ruairidh Fraser	Inverness Harriers AAC	
		212	Craig Wilson	Inverness Harriers AAC	
		223	MacKenzie Brown	Inverness Harriers AAC	
					6
14:46	Event 91	U20 Men 800m (Final)			
		15	Joseph Frame	Caithness AAC	
		25	Liam Barnsby	East Sutherland AC	
		66	Connor MacLean	Stornoway Running & AC	
		169	Paul Morrison	North Uist AAC	
		274	Shane Odie	Shetland AAC	
					5

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14:46	Event 92	Senior Men 800m (Final)				
		3	Eoghan MacNamara	Inverness Harriers AAC		
		127	Stephen MacKay	Inverness Harriers AAC		
		234	Kevin Schenk	Forres Harriers		
						3
15:17	Event 99	U20 Women 100m (Final)				
		135	Mary Wescott	Nairn AAAC		
		265	Tamar Moncrieff	Shetland AAC		
		62	Abbie MacKay	Stornoway Running & AC		
		38	Rebecca Matheson	Aberdeen AAC		
		313	Siohian Kingham	Elgin AAC		
		278	Kristi Grant	Shetland AAC		
						6
15:17	Event 100	Senior Women 100m (Final)				
		130	Eleanor Briggs	Inverness Harriers AAC		
		133	Margaret MacRae	Orkney Athletic Club		
						2
15:21	Event 102	Senior Men 100m (Final)				
		131	Adam Hobson	Inverness Harriers AAC		
		14	Sam Freck	Inverness Harriers AAC		
		126	Alastair Beaton	Inverness Harriers AAC		
		233	Gordon Mowat	Ross County AC		
		235	Darrin Cameron	Moray Road Runners		
						5

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Saturday

09:30	Event 220 U13 Girls High Jump		
	162	Mairi Niciain	North Uist AAC
	183	Megan McKay	Moray Road Runners
	285	Serena Shearer	Orkney Athletic Club
	280	Jenna Tait	Orkney Athletic Club
	75	Rachel Tynan	Inverness Harriers AAC
			5
09:30	Event 221 U13 Boys High Jump		
	243	Finn Regan	Shetland AAC
	294	Tom MacArthur	Orkney Athletic Club
	70	Gabriel McFarlane	Unattached
	287	Alexander Scott	Orkney Athletic Club
	71	Ben Sharpe	Inverness Harriers AAC
	139	William Hodi	Nairn AAAC
			6
09:30	Event 222 U15 Girls Long Jump		
	296	Erin Mitchell	Orkney Athletic Club
	252	Aimee Smith	Shetland AAC
	151	Shona Steele	South Uist & Eriskay AC
	297	Hallie Gordon	Orkney Athletic Club
	282	Kally Milne	Orkney Athletic Club
	202	Rachel Gillies	Inverness Harriers AAC
	196	Georgie Newlands	Moray Road Runners
	92	Mhairi Nairn	Inverness Harriers AAC
	295	Ellen Hay	Orkney Athletic Club
	200	Eve Gardiner	Inverness Harriers AAC
	97	Rachel Johnstone	Inverness Harriers AAC
			11
09:30	Event 223 U15 Boys Long Jump		
	31	Danny McPake	Ross County AC
	290	Joe Cromby	Orkney Athletic Club
	187	Christopher McIntosh	Aberdeen AAC
	184	Kyle Ross	Ross County AC
	186	Alasdair Raynor	Inverness Harriers AAC
	148	Liam MacKinnon	South Uist & Eriskay AC
	185	Paul Wilby	Inverness Harriers AAC
	192	Kyle Sutherland	Ross County AC
	96	Alex Ellen	Ross County AC
	94	David Scott	Forres Harriers
	165	Ailig MacDonald	North Uist AAC
			11
09:30	Event 224 U13 Girls Javelin (400g)		
	293	Shannon Passoti	Orkney Athletic Club
	77	Melissa Mack	Inverness Harriers AAC
	9	Hannah Kingham	Elgin AAC
			3

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09:30	Event 225 U13 Boys Javelin (400g)				
	160	Finlay MacDonald		North Uist AAC	
	180	Angus Lallah		Inverness Harriers AAC	
	71	Ben Sharpe		Inverness Harriers AAC	
	139	William Hodi		Nairn AAAC	
	21	Craig Watts		Inverness Harriers AAC	
					5
10:45	Event 226 U17 Women Javelin (500g)				
	105	Megan Munro		Inverness Harriers AAC	
	56	Caitlin MacKenzie		Stornoway Running & AC	
	10	Stephanie Evers		Caithness AAC	
	254	Caitlin Ward		Shetland AAC	
	257	Leigh Nicolson		Shetland AAC	
					5
10:45	Event 227 U20 Women Javelin (600g)				
	120	Mary Flockhart		Inverness Harriers AAC	
					1
11:30	Event 228 U17 Men High Jump				
	267	Finn Rivett		Shetland AAC	
	268	Seumas MacKay		Shetland AAC	
	210	Tom Jenkins		Moray Road Runners	
	103	Callum Tynan		Inverness Harriers AAC	
					4
11:30	Event 229 Senior Men High Jump				
	235	Darrin Cameron		Moray Road Runners	
					1
11:30	Event 230 U17 Men Javelin (700g)				
	269	Kyle Leask		Shetland AAC	
	212	Craig Wilson		Inverness Harriers AAC	
	5	Cameron MacIntosh		Inverness Harriers AAC	
	218	Ewan Ogilvie		Ross County AC	
	6	Paddy Dunne		Inverness Harriers AAC	
	100	Andrew McFarlane		Unattached	
					6
11:30	Event 231 U20 Men Javelin (800g)				
	69	Jonathan Morrison		Stornoway Running & AC	
	20	William Watts		Inverness Harriers AAC	
	118	Gregor MacLennan		Inverness Harriers AAC	
	226	Finlay MacLeay		Inverness Harriers AAC	
	115	Daniel McFarlane		Unattached	
					5
11:30	Event 232 Senior Men Javelin (800g)				
	229	Tony Golabek		Inverness Harriers AAC	
	236	Edward McKenzie		Aberdeen AAC	
	131	Adam Hobson		Inverness Harriers AAC	
					3

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11:30	Event 233 U17 Women High Jump	302 Molly Cant 222 Ellie Stone 307 Amy Davis	Orkney Athletic Club Inverness Harriers AAC Orkney Athletic Club	3
11:30	Event 234 U20 Women High Jump	313 Siohian Kingham	Elgin AAC	1
11:30	Event 235 Senior Women High Jump	134 Rachael MacKenzie	Inverness Harriers AAC	1
11:30	Event 236 U13 Girls Shot Putt (2.72kg)	177 Ruth Wilson 284 Millie Flett 279 Emily Gilmour 289 Isla Donaldson 145 Loren MacDonald 84 Isla Edwards 178 Niamh Grant 293 Shannon Passoti	Inverness Harriers AAC Orkney Athletic Club Orkney Athletic Club Orkney Athletic Club Inverness Harriers AAC Elgin AAC Moray Road Runners Orkney Athletic Club	8
11:30	Event 237 U13 Boys Shot Putt (3.25kg)	70 Gabriel McFarlane 160 Finlay MacDonald 72 Cian Jones 292 Scott McCartney 78 Craig MacLennan 286 Finn Hancock 180 Angus Lallah 281 Andrew Dancy 242 Connor Fraser 241 Ben Wagstaff 21 Craig Watts	Unattached North Uist AAC Moray Road Runners Orkney Athletic Club Inverness Harriers AAC Orkney Athletic Club Inverness Harriers AAC Orkney Athletic Club Shetland AAC Shetland AAC Inverness Harriers AAC	11
12:30	Event 238 U13 Girls Long Jump	83 Olivia Robertson 82 Alanna MacKenzie 177 Ruth Wilson 284 Millie Flett 84 Isla Edwards 283 Kiera Milne 308 Chloe Wood 285 Serena Shearer 293 Shannon Passoti 79 Harriet Whelan 179 Tamsin Fowlie 178 Niamh Grant	Inverness Harriers AAC Inverness Harriers AAC Inverness Harriers AAC Orkney Athletic Club Elgin AAC Orkney Athletic Club Orkney Athletic Club Orkney Athletic Club Orkney Athletic Club Moray Road Runners Moray Road Runners Moray Road Runners	12

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12:30	Event 239 U13 Boys Long Jump		
	155	Alasdair Fraser	North Uist AAC
	242	Connor Fraser	Shetland AAC
	158	Calum MacDonald	North Uist AAC
	292	Scott McCartney	Orkney Athletic Club
	281	Andrew Dancy	Orkney Athletic Club
	291	Malcolm MacKenzie	Orkney Athletic Club
	156	Shuan Shepherd	North Uist AAC
	174	Euan Rollo	Inverness Harriers AAC
	241	Ben Wagstaff	Shetland AAC
	16	Liam Daly	Inverness Harriers AAC
	243	Finn Regan	Shetland AAC
	80	Ruaridh Ellen	Ross County AC
	294	Tom MacArthur	Orkney Athletic Club
	22	Alister MacKay	Ross County AC
	41	Duncan MacDonald	Inverness Harriers AAC
			15
12:30	Event 240 U15 Girls Javelin (500g)		
	198	Eilidh MacInnes	Inverness Harriers AAC
	203	Katie Gillies	Inverness Harriers AAC
	190	Emma Seed	Inverness Harriers AAC
	196	Georgie Newlands	Moray Road Runners
	47	Ellie MacLean	Stornoway Running & AC
	136	Ruby Dunkley	Nairn AAAC
	89	Fiona Flockhart	Inverness Harriers AAC
			7
12:30	Event 241 U15 Boys Javelin (600g)		
	166	Angus MacDonald	North Uist AAC
	31	Danny McPake	Ross County AC
	201	James Newlands	Moray Road Runners
	96	Alex Ellen	Ross County AC
	195	George Russell	Inverness Harriers AAC
	140	Toran Simmons	Nairn AAAC
	185	Paul Wilby	Inverness Harriers AAC
	306	Ross Sinclair	Orkney Athletic Club
	51	David Morrison	Stornoway Running & AC
	7	Finbar Dunne	Inverness Harriers AAC
	248	Stuart Bain	Shetland AAC
			11
12:30	Event 242 U17 Women Shot Putt (3.00kg)		
	221	Kelsey Barbour	Inverness Harriers AAC
	259	Mhia Mouat	Shetland AAC
	104	Katie Gray	Inverness Harriers AAC
	302	Molly Cant	Orkney Athletic Club
	143	Heather Welsh	Nairn AAAC
	12	Lydia Abdy	Moray Road Runners
	257	Leigh Nicolson	Shetland AAC
	10	Stephanie Evers	Caithness AAC
			8

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12:30	Event 243 U20 Women Shot Putt (4.00kg)				
	141	Shannon Sutherland	Nairn AAAC		
	32	Katie Stark	Inverness Harriers AAC		2
13:30	Event 244 U17 Women Discus (1.00kg)				
	221	Kelsey Barbour	Inverness Harriers AAC		
	143	Heather Welsh	Nairn AAAC		
	10	Stephanie Evers	Caithness AAC		
	56	Caitlin MacKenzie	Stornoway Running & AC		
	104	Katie Gray	Inverness Harriers AAC		
	106	Josie Steele	Inverness Harriers AAC		6
13:30	Event 245 U20 Women Discus (1.00kg)				
	116	Lauren Watson	Inverness Harriers AAC		
	141	Shannon Sutherland	Nairn AAAC		
	32	Katie Stark	Inverness Harriers AAC		
	120	Mary Flockhart	Inverness Harriers AAC		
	230	Dionne Milne	Moray Road Runners		5
13:30	Event 246 U17 Men Shot Putt (5.00kg)				
	168	Cameron MacInnes	North Uist AAC		
	60	Haran Rabe	Stornoway Running & AC		
	263	Dan Swanson	Shetland AAC		
	6	Paddy Dunne	Inverness Harriers AAC		
	220	Andrew Bowsher	Inverness Harriers AAC		5
13:30	Event 247 U20 Men Shot Putt (6.00kg)				
	224	Daniel Wilby	Inverness Harriers AAC		
	272	Connor McDonald	Shetland AAC		2
13:30	Event 248 Senior Men Shot Putt (7.26kg)				
	123	David Ogilvie	Ross County AC		
	236	Edward McKenzie	Aberdeen AAC		
	42	Garry Sweeney	Moray Road Runners		3
14:00	Event 249 U15 Girls High Jump				
	46	Angela Horne	Stornoway Running & AC		
	40	Catriona Garvie	Inverness Harriers AAC		
	136	Ruby Dunkley	Nairn AAAC		
	144	Beaux MacKenzie	Nairn AAAC		
	198	Eilidh MacInnes	Inverness Harriers AAC		
	92	Mhairi Nairn	Inverness Harriers AAC		
	309	Tegan Spence	Orkney Athletic Club		
	34	Eilidh MacPherson	Inverness Harriers AAC		8

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14:00	Event 250 U15 Boys High Jump			
	50	Daniel Stewart	Stornoway Running & AC	
	201	James Newlands	Moray Road Runners	
	304	Jamie Clouston	Orkney Athletic Club	
	204	Joshua Milne	Moray Road Runners	
	248	Stuart Bain	Shetland AAC	
	85	Reuben McFarlane	Unattached	
				6
14:15	Event 251 U17 Men Discus (1.5kg)			
	263	Dan Swanson	Shetland AAC	
	220	Andrew Bowsher	Inverness Harriers AAC	
	18	Alex Geddes	Inverness Harriers AAC	
	60	Haran Rabe	Stornoway Running & AC	
				4
14:15	Event 252 U20 Men Discus (1.75kg)			
	224	Daniel Wilby	Inverness Harriers AAC	
	20	William Watts	Inverness Harriers AAC	
	117	Ruaridh Gray	Inverness Harriers AAC	
				3
14:15	Event 253 Senior Men Discus (2.00kg)			
	275	Andrew Preacher	Shetland AAC	
	123	David Ogilvie	Ross County AC	
	42	Garry Sweeney	Moray Road Runners	
	236	Edward McKenzie	Aberdeen AAC	
				4
15:00	Event 254 U17 Women Long Jump			
	12	Lydia Abdy	Moray Road Runners	
	262	Lorna Wagstaff	Shetland AAC	
	111	Sophie Young	Inverness Harriers AAC	
	260	Alana Smith	Shetland AAC	
	54	Mary MacLeod	Stornoway Running & AC	
				5
15:00	Event 255 U20 Women Long Jump			
	116	Lauren Watson	Inverness Harriers AAC	
	265	Tamar Moncrieff	Shetland AAC	
	114	Gillian Gordon	Inverness Harriers AAC	
	62	Abbie MacKay	Stornoway Running & AC	
	313	Siohian Kingham	Elgin AAC	
				5
15:00	Event 256 Senior Women Long Jump			
	61	Jenny MacTaggart	Stornoway Running & AC	
				1

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15:00	Event 257 U13 Boys Discus (1.00kg)			
	78	Craig MacLennan	Inverness Harriers AAC	
	180	Angus Lallah	Inverness Harriers AAC	
	70	Gabriel McFarlane	Unattached	
	74	Finlay Raynor	Inverness Harriers AAC	
	21	Craig Watts	Inverness Harriers AAC	
				5
15:00	Event 258 U15 Girls Shot Putt (3.00kg)			
	150	Erin MacKinnon	South Uist & Eriskay AC	
	296	Erin Mitchell	Orkney Athletic Club	
	298	Izzy Nicolson	Orkney Athletic Club	
	87	Rachel MacLennan	Inverness Harriers AAC	
	199	Molly Robertson	Inverness Harriers AAC	
	47	Ellie MacLean	Stornoway Running & AC	
				6
15:00	Event 259 U15 Boys Shot Putt (4.00kg)			
	290	Joe Cromby	Orkney Athletic Club	
	140	Toran Simmons	Nairn AAAC	
	7	Finbar Dunne	Inverness Harriers AAC	
				3
15:00	Event 260 U17 Men Long Jump			
	1	Robert Thompson	Caithness AAC	
	210	Tom Jenkins	Moray Road Runners	
	110	Stephen MacKenzie	Inverness Harriers AAC	
				3
15:00	Event 261 U20 Men Long Jump			
	15	Joseph Frame	Caithness AAC	
	115	Daniel McFarlane	Unattached	
	270	Caelen Rivett	Shetland AAC	
				3
15:00	Event 262 Senior Men Long Jump			
	39	Scott Hamilton	Elgin AAC	
	129	Craig Cameron	Inverness Harriers AAC	
				2
15:30	Event 263 U15 Girls Discus (1.00kg)			
	196	Georgie Newlands	Moray Road Runners	
	89	Fiona Flockhart	Inverness Harriers AAC	
	193	Beth Grant	Moray Road Runners	
	87	Rachel MacLennan	Inverness Harriers AAC	
				4

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15:30

Event 264 U15 Boys Discus (1.25kg)

206	Mark MacLennan	Ross County AC
185	Paul Wilby	Inverness Harriers AAC
195	George Russell	Inverness Harriers AAC
189	Arran Buchanan	Inverness Harriers AAC
7	Finbar Dunne	Inverness Harriers AAC