

North District Track & Field Championships 2016

U13 Girls

U13 Girls 100m (Final)

ws +0.7

1	Tamsin Fowlie	Moray Road Runners	14.35	PB
2	Rachel Tynan	Inverness Harriers AAC	14.41	PB
3	Lucy Fraser	Caithness AAC	14.42	PB
4	Melissa Mack	Inverness Harriers AAC	14.51	PB
5	Olivia Robertson	Inverness Harriers AAC	15.01	
6	Maryanne MacPhail	Stornoway Running & AC	15.11	PB
7	Jenna Tait	Orkney Athletic Club	15.17	
8	Alanna MacKenzie	Inverness Harriers AAC	15.32	

U13 Girls 100m (Heat 1)

ws 0.0

1	Tamsin Fowlie	Moray Road Runners	14.51	PB
2	Maryanne MacPhail	Stornoway Running & AC	14.99	PB
3	Alanna MacKenzie	Inverness Harriers AAC	15.15	
4	Jenna Tait	Orkney Athletic Club	15.24	
5	Kirsty Thomson	Shetland AAC	15.35	PB
6	Isla Donaldson	Orkney Athletic Club	15.95	PB

U13 Girls 100m (Heat 2)

ws 0.0

1	Lucy Fraser	Caithness AAC	14.58	PB
2	Olivia Robertson	Inverness Harriers AAC	15.02	
3	Niamh Grant	Moray Road Runners	15.88	PB
4	Kiera Milne	Orkney Athletic Club	16.47	
5	Grace Jenkins	Moray Road Runners	16.93	PB
6	Serena Shearer	Orkney Athletic Club	20.68	

U13 Girls 100m (Heat 3)

ws 0.0

1	Rachel Tynan	Inverness Harriers AAC	14.49	PB
2	Melissa Mack	Inverness Harriers AAC	14.60	PB
3	Loren MacDonald	Inverness Harriers AAC	15.40	PB
4	Marion Anderson	North Uist AAC	15.74	
5	Harriet Whelan	Moray Road Runners	15.93	PB
6	Chloe Wood	Orkney Athletic Club	16.11	PB

U13 Girls 1500m (Final)

1	Ava Walsh	Inverness Harriers AAC	5:53.99	PB
2	Isla Edwards	Elgin AAC	6:02.25	

U13 Girls 200m (Final)

1	Tamsin Fowlie	Moray Road Runners	29.04	PB
2	Lucy Fraser	Caithness AAC	29.51	PB
3	Melissa Mack	Inverness Harriers AAC	29.86	PB
4	Krysta Bray	Stornoway Running & AC	30.86	PB
5	Megan McKay	Moray Road Runners	31.66	PB
6	Loren MacDonald	Inverness Harriers AAC	32.01	PB
7	Alanna MacKenzie	Inverness Harriers AAC	32.02	
8	Kirsty Thomson	Shetland AAC	32.42	PB

U13 Girls 200m (Heat 1)

ws +1.6

1	Tamsin Fowlie	Moray Road Runners	29.21	PB
2	Melissa Mack	Inverness Harriers AAC	30.07	PB
3	Kirsty Thomson	Shetland AAC	32.00	PB
4	Loren MacDonald	Inverness Harriers AAC	32.24	PB
5	Isla Donaldson	Orkney Athletic Club	32.75	
6	Marion Anderson	North Uist AAC	33.82	

North District Track & Field Championships 2016

U13 Girls 200m (Heat 2)

ws +1.0

1	Lucy Fraser	Caithness AAC	29.45	PB
2	Krysta Bray	Stornoway Running & AC	30.93	PB
3	Megan McKay	Moray Road Runners	30.99	PB
4	Alanna MacKenzie	Inverness Harriers AAC	31.24	
5	Chloe Wood	Orkney Athletic Club	33.40	PB
6	Emily Gilmour	Orkney Athletic Club	35.77	

U13 Girls 70m Hurdles (Final)

ws 0.0

1	Maryanne MacPhail	Stornoway Running & AC	13.37	PB
2	Krysta Bray	Stornoway Running & AC	13.43	PB
3	Gemma MacRitchie	Stornoway Running & AC	13.54	PB
4	Hannah Kingham	Elgin AAC	13.62	
5	Lucy Fraser	Caithness AAC	15.06	
6	Jenna Tait	Orkney Athletic Club	15.45	PB
7	Emily Black	Shetland AAC	16.42	

U13 Girls 800m (Final)

1	Kirsty Arnaud	Inverness Harriers AAC	2:33.68	PB
2	Gemma MacRitchie	Stornoway Running & AC	2:43.16	
3	Megan McKay	Moray Road Runners	2:51.52	PB
4	Kirsty Thomson	Shetland AAC	2:52.36	PB
5	Hannah Kingham	Elgin AAC	2:54.97	
6	Grace Jenkins	Moray Road Runners	2:58.37	PB
7	Ruth Wilson	Inverness Harriers AAC	3:01.08	PB
8	Emily Gilmour	Orkney Athletic Club	3:02.54	PB
9	Emily Black	Shetland AAC	3:02.77	PB
10	Mairi Niciain	North Uist AAC	3:14.76	
11	Millie Flett	Orkney Athletic Club	3:18.31	

U13 Girls High Jump

1	Rachel Tynan	Inverness Harriers AAC	1.38	PB
2	Serena Shearer	Orkney Athletic Club	1.25	PB
3	Jenna Tait	Orkney Athletic Club	1.15	
4	Megan McKay	Moray Road Runners	1.10	
5	Mairi Niciain	North Uist AAC	1.05	

U13 Girls Javelin (400g)

1	Hannah Kingham	Elgin AAC	23.03	PB
2	Shannon Passoti	Orkney Athletic Club	18.92	
3	Melissa Mack	Inverness Harriers AAC	15.13	PB

U13 Girls Long Jump

1	Shannon Passoti	Orkney Athletic Club	3.64	PB
2	Tamsin Fowlie	Moray Road Runners	3.60	
3	Niamh Grant	Moray Road Runners	3.46	
4	Chloe Wood	Orkney Athletic Club	3.33	PB
5	Harriet Whelan	Moray Road Runners	3.32	
6	Alanna MacKenzie	Inverness Harriers AAC	3.31	
7	Olivia Robertson	Inverness Harriers AAC	3.12	
8	Ruth Wilson	Inverness Harriers AAC	3.09	PB
9	Millie Flett	Orkney Athletic Club	3.01	PB
10	Isla Edwards	Elgin AAC	2.92	
11	Kiera Milne	Orkney Athletic Club	2.67	

North District Track & Field Championships 2016

U13 Girls Shot Putt (2.72kg)

1	Shannon Passoti	Orkney Athletic Club	7.81	
2	Niamh Grant	Moray Road Runners	6.73	PB
3	Loren MacDonald	Inverness Harriers AAC	4.73	
4	Emily Gilmour	Orkney Athletic Club	4.67	PB
5	Isla Edwards	Elgin AAC	4.60	
6	Millie Flett	Orkney Athletic Club	4.12	
7	Ruth Wilson	Inverness Harriers AAC	3.50	PB

North District Track & Field Championships 2016

U15 Girls

U15 Girls 100m (Final)

ws -0.2

1	Laura Newbold	Shetland AAC	13.52	PB
2	Sian MacDonald	Stornoway Running & AC	13.61	
3	Mia Keogh	Inverness Harriers AAC	13.68	PB
4	Beth Grant	Moray Road Runners	14.04	PB
5	Angela Horne	Stornoway Running & AC	14.28	PB
6	Libby Harrison	Orkney Athletic Club	14.33	
7	Tara Larsen	Inverness Harriers AAC	14.38	PB
8	Yasmin Linton	Orkney Athletic Club	14.48	PB

U15 Girls 100m (Heat 1)

ws 0.0

1	Sian MacDonald	Stornoway Running & AC	13.95	
2	Tara Larsen	Inverness Harriers AAC	14.41	PB
3	Yasmin Linton	Orkney Athletic Club	14.48	PB
4	Kirsty Suiter	Nairn AAAC	15.03	
5	Ruby Dunkley	Nairn AAAC	15.25	PB
6	Shona Steele	South Uist & Eriskay AC	15.39	PB

U15 Girls 100m (Heat 2)

ws 0.0

1	Mia Keogh	Inverness Harriers AAC	13.79	
2	Libby Harrison	Orkney Athletic Club	14.38	
3	Angela Horne	Stornoway Running & AC	14.66	PB
4	Emily Steele	South Uist & Eriskay AC	15.06	PB
5	Eve Gardiner	Inverness Harriers AAC	15.25	PB
6	Erin MacKinnon	South Uist & Eriskay AC	15.97	PB

U15 Girls 100m (Heat 3)

ws 0.0

1	Laura Newbold	Shetland AAC	13.77	
2	Beth Grant	Moray Road Runners	14.07	PB
3	Kally Milne	Orkney Athletic Club	14.81	PB
4	Lauren Flett	Orkney Athletic Club	15.21	PB
5	Hallie Gordon	Orkney Athletic Club	15.29	
6	Izzy Nicolson	Orkney Athletic Club	16.14	

U15 Girls 1500m (Final)

1	Emily Andrew	Inverness Harriers AAC	5:11.54	
2	Catriona Garvie	Inverness Harriers AAC	5:21.86	PB
3	Niamh Whelan	Moray Road Runners	5:23.70	PB
4	Eve Gardiner	Inverness Harriers AAC	5:44.35	PB
5	Emma Seed	Inverness Harriers AAC	5:54.28	PB
6	Mairi Darroch	Inverness Harriers AAC	5:55.59	PB
7	Rachel Gillies	Inverness Harriers AAC	5:59.37	

U15 Girls 200m (Final)

ws +1.8

1	Ellen Hay	Orkney Athletic Club	27.25	PB
2	Mia Keogh	Inverness Harriers AAC	27.58	PB
3	Sian MacDonald	Stornoway Running & AC	27.64	PB
4	Laura Newbold	Shetland AAC	27.68	PB
5	Beth Grant	Moray Road Runners	28.67	PB
6	Angela Horne	Stornoway Running & AC	28.84	PB
7	Chloe Cheyne	Inverness Harriers AAC	28.87	
8	Tegan Spence	Orkney Athletic Club	29.00	PB

North District Track & Field Championships 2016

U15 Girls 200m (Heat 1)

ws +1.9

1	Ellen Hay	Orkney Athletic Club	27.53	PB
2	Sian MacDonald	Stornoway Running & AC	27.95	PB
3	Chloe Cheyne	Inverness Harriers AAC	28.83	
4	Angela Horne	Stornoway Running & AC	28.88	PB
5	Tegan Spence	Orkney Athletic Club	29.03	PB

U15 Girls 200m (Heat 2)

ws +2.2

1	Mia Keogh	Inverness Harriers AAC	27.98	PB
2	Yasmin Linton	Orkney Athletic Club	29.54	PB
3	Trinity Johnson	North Uist AAC	29.80	
4	Libby Harrison	Orkney Athletic Club	30.01	PB
5	Mairi Darroch	Inverness Harriers AAC	30.27	
6	Hallie Gordon	Orkney Athletic Club	31.56	PB

U15 Girls 200m (Heat 3)

ws +2.5

1	Laura Newbold	Shetland AAC	27.97	PB
2	Beth Grant	Moray Road Runners	28.63	PB
3	Eilidh MacPherson	Inverness Harriers AAC	29.11	PB
4	Kirsty Suiter	Nairn AAAC	29.87	
5	Isla Budge	Stornoway Running & AC	30.51	PB
6	Lauren Flett	Orkney Athletic Club	31.25	PB

U15 Girls 300m (Final)

1	Mia Keogh	Inverness Harriers AAC	44.58	
2	Chloe Cheyne	Inverness Harriers AAC	44.92	
3	Ellen Hay	Orkney Athletic Club	45.66	
4	Isla Budge	Stornoway Running & AC	47.31	PB
5	Libby Harrison	Orkney Athletic Club	48.63	PB
6	Alanna Beaton	North Uist AAC	54.73	

U15 Girls 75m Hurdles (Final)

ws 0.0

1	Eilidh MacPherson	Inverness Harriers AAC	12.77	PB
2	Ellie MacLean	Stornoway Running & AC	12.95	PB
3	Rachel Johnstone	Inverness Harriers AAC	13.23	PB
4	Sian MacDonald	Stornoway Running & AC	13.32	
5	Emily Steele	South Uist & Eriskay AC	16.51	PB
6	Alanna Beaton	North Uist AAC	16.73	

U15 Girls 800m (Final)

1	Catriona Scott	East Sutherland AC	2:28.48	PB
2	Tegan Spence	Orkney Athletic Club	2:28.79	
3	Chloe Cheyne	Inverness Harriers AAC	2:30.71	PB
4	Shauna Perry	Forres Harriers	2:36.39	PB
5	Isla Budge	Stornoway Running & AC	2:36.43	PB
6	Aimee Smith	Shetland AAC	2:44.11	PB
7	Tara Larsen	Inverness Harriers AAC	2:51.20	PB
8	Beaux MacKenzie	Nairn AAAC	3:00.95	

U15 Girls Discus (1.00kg)

1	Rachel MacLennan	Inverness Harriers AAC	26.57	PB
2	Beth Grant	Moray Road Runners	18.74	PB
3	Georgie Newlands	Moray Road Runners	17.31	PB

U15 Girls Hammer (3.00kg)

1	Rachel MacLennan	Inverness Harriers AAC	33.81	
2	Aimee Smith	Shetland AAC	18.00	PB

North District Track & Field Championships 2016

U15 Girls High Jump

1	Eilidh MacPherson	Inverness Harriers AAC	1.40	
2	Tegan Spence	Orkney Athletic Club	1.25	
3	Mhairi Nairn	Inverness Harriers AAC	1.25	
4	Ruby Dunkley	Nairn AAAC	1.25	
5	Catriona Garvie	Inverness Harriers AAC	1.25	PB
6	Beaux MacKenzie	Nairn AAAC	1.20	
7	Eilidh MacInnes	Inverness Harriers AAC	1.20	

U15 Girls Javelin (500g)

1	Fiona Flockhart	Inverness Harriers AAC	25.32	
2	Ruby Dunkley	Nairn AAAC	25.05	PB
3	Georgie Newlands	Moray Road Runners	17.55	PB
4	Katie Gillies	Inverness Harriers AAC	14.71	
5	Emma Seed	Inverness Harriers AAC	11.10	
6	Eilidh MacInnes	Inverness Harriers AAC	7.93	

U15 Girls Long Jump

1	Rachel Johnstone	Inverness Harriers AAC	4.37	
2	Angela Horne	Stornoway Running & AC	4.30	PB
3	Ellen Hay	Orkney Athletic Club	4.24	PB
4	Rachel Gillies	Inverness Harriers AAC	4.02	PB
5	Kally Milne	Orkney Athletic Club	4.01	PB
6	Georgie Newlands	Moray Road Runners	3.98	
7	Mhairi Nairn	Inverness Harriers AAC	3.84	
8	Eve Gardiner	Inverness Harriers AAC	3.84	
9	Hallie Gordon	Orkney Athletic Club	3.49	
10	Aimee Smith	Shetland AAC	3.36	PB
11	Erin Mitchell	Orkney Athletic Club	3.32	PB
12	Shona Steele	South Uist & Eriskay AC	3.02	

U15 Girls Shot Putt (3.00kg)

1	Rachel MacLennan	Inverness Harriers AAC	7.24	PB
2	Ellie MacLean	Stornoway Running & AC	7.05	
3	Izzy Nicolson	Orkney Athletic Club	7.02	PB
4	Erin Mitchell	Orkney Athletic Club	5.62	PB
5	Erin MacKinnon	South Uist & Eriskay AC	4.68	PB

U15 Girls Triple Jump

1	Rachel Johnstone	Inverness Harriers AAC	8.87	PB
2	Laura Newbold	Shetland AAC	8.58	PB
3	Rachel Gillies	Inverness Harriers AAC	8.31	
4	Mairi Darroch	Inverness Harriers AAC	8.29	
5	Mhairi Nairn	Inverness Harriers AAC	8.14	

North District Track & Field Championships 2016

U17 Women

U17 Women 100m (Final)

ws +0.9

1	Rhiannan MacIntosh	Inverness Harriers AAC	13.12	
2	Mia MacIver	Orkney Athletic Club	13.15	PB
3	Eilidh Magill	Inverness Harriers AAC	13.37	PB
4	Mhia Mouat	Shetland AAC	13.49	
5	Emma Pedrana	Inverness Harriers AAC	13.54	PB
6	Amy Davis	Orkney Athletic Club	13.56	
7	Sophie Grant	Shetland AAC	13.64	PB
8	Ami Maddison	Shetland AAC	13.86	

U17 Women 100m (Heat 1)

ws 0.0

1	Rhiannan MacIntosh	Inverness Harriers AAC	13.16	
2	Mhia Mouat	Shetland AAC	13.64	
3	Sophie Grant	Shetland AAC	13.73	
4	Hannah Robertson	Shetland AAC	14.10	
5	Megan Munro	Inverness Harriers AAC	14.12	
6	Heather Welsh	Nairn AAC	15.34	

U17 Women 100m (Heat 2)

ws 0.0

1	Mia MacIver	Orkney Athletic Club	13.24	
2	Ami Maddison	Shetland AAC	13.66	PB
3	Rachelle Matheson	Aberdeen AAC	14.02	
4	Katie Paterson	Inverness Harriers AAC	14.27	PB
5	Lorna Wagstaff	Shetland AAC	14.77	PB

U17 Women 100m (Heat 3)

ws 0.0

1	Eilidh Magill	Inverness Harriers AAC	13.32	PB
2	Amy Davis	Orkney Athletic Club	13.40	PB
3	Emma Pedrana	Inverness Harriers AAC	13.52	PB
4	Mary MacLeod	Stornoway Running & AC	13.86	
5	Alana Smith	Shetland AAC	14.20	PB
6	Abbie McNally (T37)	Inverness Harriers AAC	15.91	PB

U17 Women 1500m (Final)

1	Constance Nankivell	East Sutherland AC	4:49.87	PB
2	Grace Whelan	Moray Road Runners	5:02.50	
3	Joanna Gillies	Stornoway Running & AC	5:07.91	PB
4	Ana MacPherson	Inverness Harriers AAC	5:51.45	

U17 Women 200m (Final)

ws +0.8

1	Mia MacIver	Orkney Athletic Club	26.81	PB
2	Heather Bruce	Inverness Harriers AAC	26.83	PB
3	Ellie Stone	Inverness Harriers AAC	26.90	PB
4	Rhiannan MacIntosh	Inverness Harriers AAC	27.29	
5	Emma Pedrana	Inverness Harriers AAC	27.29	PB
6	Eilidh Magill	Inverness Harriers AAC	27.31	PB
7	Amy Davis	Orkney Athletic Club	28.26	
8	Charlotte Hill	Inverness Harriers AAC	28.33	

U17 Women 200m (Heat 1)

ws +1.3

1	Mia MacIver	Orkney Athletic Club	26.46	PB
2	Rhiannan MacIntosh	Inverness Harriers AAC	26.76	PB
3	Heather Bruce	Inverness Harriers AAC	26.85	PB
4	Emma Pedrana	Inverness Harriers AAC	26.98	PB
5	Eilidh Magill	Inverness Harriers AAC	27.33	PB
6	Beth MacIver	Inverness Harriers AAC	28.18	
7	Sophie Grant	Shetland AAC	28.26	PB

North District Track & Field Championships 2016

U17 Women 200m (Heat 2)

ws +0.6

1	Ellie Stone	Inverness Harriers AAC	27.76	PB
2	Charlotte Hill	Inverness Harriers AAC	27.90	PB
3	Amy Davis	Orkney Athletic Club	27.97	
4	Ami Maddison	Shetland AAC	28.61	
5	Rachelle Matheson	Aberdeen AAC	28.73	
6	Katie Paterson	Inverness Harriers AAC	29.29	

U17 Women 300m (Final)

1	Heather Bruce	Inverness Harriers AAC	43.34	
2	Charlotte Hill	Inverness Harriers AAC	43.53	
3	Beth MacIver	Inverness Harriers AAC	44.87	
4	Sophie Black	Shetland AAC	45.72	PB

U17 Women 300m Hurdles (Final)

1	Mairi Weir	Elgin AAC	51.67	
2	Caitlin Ward	Shetland AAC	64.37	

U17 Women 800m (Final)

1	Constance Nankivell	East Sutherland AC	2:20.40	PB
2	Grace Whelan	Moray Road Runners	2:27.25	
3	Sophie Young	Inverness Harriers AAC	2:29.61	PB
4	Joanna Gillies	Stornoway Running & AC	2:36.07	
5	Charlotte Hill	Inverness Harriers AAC	2:48.78	
6	Mairi Weir	Elgin AAC	2:52.26	
7	Sophie Graham	Stornoway Running & AC	2:56.87	

U17 Women 80m Hurdles (Final)

ws -0.1

1	Rhiannan MacIntosh	Inverness Harriers AAC	13.28	
2	Hannah Robertson	Shetland AAC	14.39	PB
3	Caitlin Ward	Shetland AAC	15.55	

U17 Women Discus (1.00kg)

1	Josie Steele	Inverness Harriers AAC	28.30	
2	Katie Gray	Inverness Harriers AAC	25.60	PB
3	Stephanie Evers	Caithness AAC	24.61	PB
4	Heather Welsh	Nairn AAC	23.44	PB

U17 Women Hammer (3.00kg)

1	Kelsey Barbour	Inverness Harriers AAC	39.61	PB
2	Leigh Nicolson	Shetland AAC	35.61	PB
3	Lucy McIntosh	Caithness AAC	26.85	
4	Lorna Wagstaff	Shetland AAC	23.81	

U17 Women High Jump

1	Amy Davis	Orkney Athletic Club	1.58	PB
2	Ellie Stone	Inverness Harriers AAC	1.45	
3	Molly Cant	Orkney Athletic Club	1.35	

U17 Women Javelin (500g)

1	Leigh Nicolson	Shetland AAC	34.94	PB
2	Caitlin Ward	Shetland AAC	30.98	PB
3	Stephanie Evers	Caithness AAC	29.13	PB
4	Megan Munro	Inverness Harriers AAC	19.08	

North District Track & Field Championships 2016

U17 Women Long Jump

1	Mary MacLeod	Stornoway Running & AC	4.52
2	Alana Smith	Shetland AAC	4.27
3	Sophie Young	Inverness Harriers AAC	4.20
4	Lorna Wagstaff	Shetland AAC	3.61

U17 Women Shot Putt (3.00kg)

1	Stephanie Eyers	Caithness AAC	10.83	PB
2	Leigh Nicolson	Shetland AAC	9.99	
3	Molly Cant	Orkney Athletic Club	8.96	PB
4	Mhia Mouat	Shetland AAC	8.21	PB
5	Heather Welsh	Nairn AAAC	8.02	
6	Katie Gray	Inverness Harriers AAC	7.02	

U17 Women Triple Jump

1	Hannah Robertson	Shetland AAC	8.90
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North District Track & Field Championships 2016

U20 Women

U20 Women 100m (Final)		ws +0.3	
1	Rebecca Matheson	Aberdeen AAC	12.76
2	Siohian Kingham	Elgin AAC	12.93 PB
3	Abbie MacKay	Stornoway Running & AC	12.97 PB
4	Tamar Moncrieff	Shetland AAC	13.61
5	Mary Wescott	Nairn AAAC	14.41
U20 Women 100m Hurdles (Final)		ws +1.8	
1	Lauren Watson	Inverness Harriers AAC	16.18
U20 Women 200m (Final)		ws +1.2	
1	Siohian Kingham	Elgin AAC	25.87 PB
2	Rebecca Matheson	Aberdeen AAC	26.01
3	Eilidh MacLeod	Stornoway Running & AC	26.50 PB
4	Sophie Moar	Shetland AAC	27.42
5	Tamar Moncrieff	Shetland AAC	27.85
6	Mary Wescott	Nairn AAAC	29.47
U20 Women 3000m (Final)			
1	Rhiannon Kirk	North Highland Harriers	11:43.95
U20 Women 400m (Final)			
1	Gillian Gordon	Inverness Harriers AAC	60.2
2	Eilidh MacLeod	Stornoway Running & AC	60.6 PB
3	Molly Morgan	Shetland AAC	61.2 PB
4	Cara Steven	Shetland AAC	62.4
U20 Women Discus (1.00kg)			
1	Dionne Milne	Moray Road Runners	43.25 CBP
2	Mary Flockhart	Inverness Harriers AAC	30.01 PB
3	Shannon Sutherland	Nairn AAAC	25.74
4	Lauren Watson	Inverness Harriers AAC	22.41 PB
U20 Women Hammer (4.00kg)			
1	Katie Stark	Inverness Harriers AAC	25.36
U20 Women High Jump			
1	Siohian Kingham	Elgin AAC	1.55
U20 Women Javelin (600g)			
1	Mary Flockhart	Inverness Harriers AAC	31.13
U20 Women Long Jump			
1	Siohian Kingham	Elgin AAC	5.27 CBP
2	Abbie MacKay	Stornoway Running & AC	5.05
3	Gillian Gordon	Inverness Harriers AAC	4.73
4	Lauren Watson	Inverness Harriers AAC	4.54
5	Tamar Moncrieff	Shetland AAC	4.39
U20 Women Shot Putt (4.00kg)			
1	Shannon Sutherland	Nairn AAAC	8.23
U20 Women Triple Jump			
1	Siohian Kingham	Elgin AAC	11.03 CBP
2	Sophie Moar	Shetland AAC	10.55
3	Abbie MacKay	Stornoway Running & AC	10.22

North District Track & Field Championships 2016

Senior Women

Senior Women 100m (Final)

ws +0.3

1	Eleanor Briggs	Inverness Harriers AAC	12.87
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Senior Women 1500m (Final)

1	Julie Wilson	Inverness Harriers AAC	5:30.65
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Senior Women 800m (Final)

1	Julie Wilson	Inverness Harriers AAC	2:34.79	PB
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Senior Women Hammer (4.00kg)

1	Emma Bowie	Elgin AAC	44.71	CBP
2	Elaine Park	Shetland AAC	33.74	

Senior Women High Jump

1	Rachael MacKenzie	Inverness Harriers AAC	1.64
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Senior Women Long Jump

1	Jenny MacTaggart	Stornoway Running & AC	4.50
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North District Track & Field Championships 2016

U13 Boys

U13 Boys 100m (Final)

ws +0.2

1	Lucas Allan	Inverness Harriers AAC	14.27	
2	Alexander Scott	Orkney Athletic Club	14.30	
3	Liam Daly	Inverness Harriers AAC	14.37	PB
4	Calum MacDonald	North Uist AAC	15.21	
5	Shuan MacDonald	North Uist AAC	15.39	
6	John Scanlon	North Uist AAC	15.77	PB
7	Connor Fraser	Shetland AAC	15.96	

U13 Boys 100m (Heat 1)

ws 0.0

1	Lucas Allan	Inverness Harriers AAC	14.25	
2	Liam Daly	Inverness Harriers AAC	14.28	PB
3	Calum MacDonald	North Uist AAC	14.94	
4	Ewan Stevenson	Orkney Athletic Club	15.29	PB
5	Connor Fraser	Shetland AAC	15.80	
6	Scott McCartney	Orkney Athletic Club	16.50	PB

U13 Boys 100m (Heat 2)

ws 0.0

1	Alexander Scott	Orkney Athletic Club	14.57	
2	Shuan MacDonald	North Uist AAC	15.31	
3	John Scanlon	North Uist AAC	15.45	PB
4	Andrew Dancy	Orkney Athletic Club	16.67	
5	Cian Jones	Moray Road Runners	17.32	

U13 Boys 1500m (Final)

1	Lucas Cairns	Inverness Harriers AAC	5:00.76	
2	Ben Sharpe	Inverness Harriers AAC	5:03.78	
3	Angus Rutter	Inverness Harriers AAC	5:06.41	PB
4	Euan Rollo	Inverness Harriers AAC	5:08.48	PB
5	David Spencer	Forres Harriers	5:25.14	
6	Malcolm MacKenzie	Orkney Athletic Club	5:39.53	

U13 Boys 200m (Final)

1	Duncan MacDonald	Inverness Harriers AAC	27.93	PB
2	Alexander Scott	Orkney Athletic Club	28.83	PB
3	Lucas Allan	Inverness Harriers AAC	29.07	PB
4	Liam Daly	Inverness Harriers AAC	29.58	PB
5	Alistair MacKay	Ross County AC	30.51	
6	Ewan Stevenson	Orkney Athletic Club	31.54	
7	Kevin Beaton	North Uist AAC	31.73	
8	Alasdair Fraser	North Uist AAC	33.28	

U13 Boys 200m (Heat 1)

ws +2.5

1	Alexander Scott	Orkney Athletic Club	28.86	PB
2	Liam Daly	Inverness Harriers AAC	29.11	PB
3	Alistair MacKay	Ross County AC	30.29	
4	Kevin Beaton	North Uist AAC	31.05	PB
5	Alasdair Fraser	North Uist AAC	31.66	
6	Shuan MacDonald	North Uist AAC	31.78	
7	Reece Black	Shetland AAC	31.87	

U13 Boys 200m (Heat 2)

ws +2.8

1	Duncan MacDonald	Inverness Harriers AAC	27.91	PB
2	Lucas Allan	Inverness Harriers AAC	28.78	PB
3	Ewan Stevenson	Orkney Athletic Club	31.15	
4	Stephen MacIsaac	North Uist AAC	33.02	
5	Ben Wagstaff	Shetland AAC	33.45	

North District Track & Field Championships 2016

U13 Boys 75m Hurdles (Final)

ws 0.0

1	William Hodi	Nairn AAAC	15.26	PB
2	Alister MacKay	Ross County AC	15.62	PB
3	John Scanlon	North Uist AAC	16.85	
4	Finn Regan	Shetland AAC	17.92	

U13 Boys 800m (Final)

1	Duncan MacDonald	Inverness Harriers AAC	2:24.75	PB
2	Scott Perry	Forres Harriers	2:31.78	PB
3	Reece Black	Shetland AAC	2:35.85	PB
4	Liam MacKinnon	South Uist & Eriskay AC	2:43.66	PB
5	Ruaridh Ellen	Ross County AC	2:44.83	PB
6	Finlay Raynor	Inverness Harriers AAC	2:46.17	PB
7	Stephen MacIsaac	North Uist AAC	2:53.41	
8	Shuan Shepherd	North Uist AAC	2:54.70	

U13 Boys Discus (1.00kg)

1	Craig Watts	Inverness Harriers AAC	21.10	PB
2	Gabriel McFarlane	Unattached	14.25	
3	Angus Lallah	Inverness Harriers AAC	13.67	
4	Craig MacLennan	Inverness Harriers AAC	12.07	
5	Finlay Raynor	Inverness Harriers AAC	11.40	

U13 Boys High Jump

1	William Hodi	Nairn AAAC	1.51	
2	Ben Sharpe	Inverness Harriers AAC	1.35	
3	Alexander Scott	Orkney Athletic Club	1.30	
4	Finn Regan	Shetland AAC	1.25	PB

U13 Boys Javelin (400g)

1	Craig Watts	Inverness Harriers AAC	28.92	
2	Ben Sharpe	Inverness Harriers AAC	25.11	PB
3	William Hodi	Nairn AAAC	24.01	PB
4	Finlay MacDonald	North Uist AAC	16.57	
5	Angus Lallah	Inverness Harriers AAC	10.48	

U13 Boys Long Jump

1	Duncan MacDonald	Inverness Harriers AAC	4.46	PB
2	Alister MacKay	Ross County AC	3.96	
3	Ruaridh Ellen	Ross County AC	3.88	
4	Liam MacKinnon	South Uist & Eriskay AC	3.82	PB
5	Malcolm MacKenzie	Orkney Athletic Club	3.73	PB
6	Calum MacDonald	North Uist AAC	3.58	PB
7	Connor Fraser	Shetland AAC	3.51	
8	Liam Daly	Inverness Harriers AAC	3.48	
9	Shuan Shepherd	North Uist AAC	3.41	
10	Ben Wagstaff	Shetland AAC	3.37	
11	Finn Regan	Shetland AAC	3.37	
12	Euan Rollo	Inverness Harriers AAC	3.22	
13	Andrew Dancy	Orkney Athletic Club	3.13	
14	Alasdair Fraser	North Uist AAC	3.10	
15	Scott McCartney	Orkney Athletic Club	2.61	

North District Track & Field Championships 2016

U13 Boys Shot Putt (3.25kg)

1	Finlay MacDonald	North Uist AAC	7.83	
2	Gabriel McFarlane	Unattached	7.44	
3	Craig Watts	Inverness Harriers AAC	7.35	
4	Cian Jones	Moray Road Runners	5.48	
5	Ben Wagstaff	Shetland AAC	5.41	PB
6	Angus Lallah	Inverness Harriers AAC	5.22	PB
7	Connor Fraser	Shetland AAC	5.20	
8	Andrew Dancy	Orkney Athletic Club	5.04	
9	Craig MacLennan	Inverness Harriers AAC	5.00	PB
10	Scott McCartney	Orkney Athletic Club	3.94	PB

North District Track & Field Championships 2016

U15 Boys

U15 Boys 100m (Final)

ws -0.7

1	Arran Buchanan	Inverness Harriers AAC	12.16	PB
2	Stuart Bain	Shetland AAC	12.21	PB
3	Alexander MacKay	Ross County AC	12.35	PB
4	Ruairidh Munro	Inverness Harriers AAC	13.00	PB
5	Shaun Ritchie	Shetland AAC	13.05	PB
6	Gregor Dowell	Orkney Athletic Club	13.31	PB
7	David Morrison	Stornoway Running & AC	13.41	PB
8	Shay Regan	Shetland AAC	13.80	PB

U15 Boys 100m (Heat 1)

ws 0.0

1	Arran Buchanan	Inverness Harriers AAC	12.22	PB
2	Stuart Bain	Shetland AAC	12.25	PB
3	Ruairidh Munro	Inverness Harriers AAC	13.00	PB
4	David Morrison	Stornoway Running & AC	13.58	PB
5	Shay Regan	Shetland AAC	13.96	PB
6	Christopher McIntosh	Aberdeen AAC	14.09	
7	Kyle Ross	Ross County AC	14.34	PB

U15 Boys 100m (Heat 2)

ws 0.0

1	Alexander MacKay	Ross County AC	12.66	PB
2	Shaun Ritchie	Shetland AAC	13.17	PB
3	Gregor Dowell	Orkney Athletic Club	13.46	PB
4	Ryan Matheson	Aberdeen AAC	14.05	
5	Tom MacArthur	Orkney Athletic Club	15.23	
6	Ruairidh Mair	Nairn AAC	15.82	PB

U15 Boys 1500m (Final)

1	Jamie Clouston	Orkney Athletic Club	4:48.91	PB
2	Ben Cameron	Forres Harriers	4:54.24	
3	Blair Milne	Moray Road Runners	4:56.03	PB
4	Dylan Black	Shetland AAC	4:58.86	PB
5	Finlay Rutter	Inverness Harriers AAC	4:58.87	PB
6	Aodhan Finnegan	Stornoway Running & AC	5:03.64	PB
7	Alasdair Raynor	Inverness Harriers AAC	5:34.74	
8	Dylan MacPherson	Inverness Harriers AAC	5:51.05	
9	Joe Cromby	Orkney Athletic Club	6:05.50	

U15 Boys 200m (Final)

ws +2.8

1	Arran Buchanan	Inverness Harriers AAC	24.35	PB	CBP
2	Alexander MacKay	Ross County AC	24.89	PB	
3	Ruairidh Munro	Inverness Harriers AAC	25.76	PB	
4	Shaun Ritchie	Shetland AAC	26.33	PB	
5	Gregor Dowell	Orkney Athletic Club	26.45	PB	
6	Ross Sinclair	Orkney Athletic Club	27.08	PB	
7	Luke Davidson	Inverness Harriers AAC	27.27	PB	

U15 Boys 200m (Heat 1)

ws +1.5

1	Lewis Barclay	Shetland AAC	24.77	PB
2	Alexander MacKay	Ross County AC	25.47	PB
3	Shaun Ritchie	Shetland AAC	26.57	PB
4	Ross Sinclair	Orkney Athletic Club	27.16	PB
5	Luke Davidson	Inverness Harriers AAC	27.49	PB
6	Jamie Leitch	Orkney Athletic Club	31.64	PB
7	Dylan MacPherson	Inverness Harriers AAC	31.87	
8	Angus MacDonald	North Uist AAC	32.21	

North District Track & Field Championships 2016

U15 Boys 200m (Heat 2)

ws +1.3

1	Arran Buchanan	Inverness Harriers AAC	25.37	PB
2	Ruairidh Munro	Inverness Harriers AAC	25.98	PB
3	Gregor Dowell	Orkney Athletic Club	26.78	PB
4	Ryan Matheson	Aberdeen AAC	28.06	
5	Kyle Ross	Ross County AC	29.18	PB
6	Ben Ferry	Inverness Harriers AAC	29.89	
7	Ruairidh Mair	Nairn AAAC	31.08	PB

U15 Boys 300m (Final)

1	Ruairidh Munro	Inverness Harriers AAC	41.20	PB
2	Gregor Dowell	Orkney Athletic Club	42.53	
3	Luke Davidson	Inverness Harriers AAC	42.60	PB
4	Jamie Clouston	Orkney Athletic Club	42.85	PB
5	David Scott	Forres Harriers	43.63	
6	Ross Sinclair	Orkney Athletic Club	44.20	

U15 Boys 300m (Heat 1)

1	Ruairidh Munro	Inverness Harriers AAC	40.60	PB
2	Jamie Clouston	Orkney Athletic Club	42.14	PB
3	Luke Davidson	Inverness Harriers AAC	42.59	PB
4	David Scott	Forres Harriers	43.36	

U15 Boys 300m (Heat 2)

1	Gregor Dowell	Orkney Athletic Club	41.82	
2	Ross Sinclair	Orkney Athletic Club	43.02	

U15 Boys 800m (Final)

1	Luke Davidson	Inverness Harriers AAC	2:20.84	
2	Joshua Milne	Moray Road Runners	2:23.50	PB
3	David Morrison	Stornoway Running & AC	2:25.38	PB
4	Danny McPake	Ross County AC	2:25.63	
5	David Scott	Forres Harriers	2:29.33	
6	Kyle Sutherland	Ross County AC	2:33.55	
7	Alex Ellen	Ross County AC	2:35.21	PB
8	Ailig MacDonald	North Uist AAC	2:38.49	
9	Jamie Leitch	Orkney Athletic Club	2:45.03	PB

U15 Boys 80m Hurdles (Final)

ws -0.1

1	Alexander MacKay	Ross County AC	12.25	PB
2	Toran Simmons	Nairn AAAC	13.79	PB
3	Reuben McFarlane	Unattached	14.06	

U15 Boys Discus (1.25kg)

1	Finbar Dunne	Inverness Harriers AAC	38.28	PB
2	Arran Buchanan	Inverness Harriers AAC	31.81	
3	George Russell	Inverness Harriers AAC	25.13	PB
4	Mark MacLennan	Ross County AC	23.72	
5	Paul Wilby	Inverness Harriers AAC	15.89	

U15 Boys Hammer (4.00kg)

1	Matt MacFarlane	Inverness Harriers AAC	45.17	PB	CBP
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North District Track & Field Championships 2016

U15 Boys High Jump

1	Reuben McFarlane	Unattached	1.55	
2	Stuart Bain	Shetland AAC	1.50	
3	James Newlands	Moray Road Runners	1.40	PB
4	Joshua Milne	Moray Road Runners	1.40	
5	Jamie Clouston	Orkney Athletic Club	1.35	
6	Tom MacArthur	Orkney Athletic Club	1.35	PB

U15 Boys Javelin (600g)

1	Finbar Dunne	Inverness Harriers AAC	39.68	PB
2	Stuart Bain	Shetland AAC	38.40	PB
3	David Morrison	Stornoway Running & AC	26.64	
4	Ross Sinclair	Orkney Athletic Club	25.95	PB
5	Paul Wilby	Inverness Harriers AAC	23.34	PB
6	George Russell	Inverness Harriers AAC	21.65	PB
7	James Newlands	Moray Road Runners	19.91	
8	Danny McPake	Ross County AC	17.20	
9	Alex Ellen	Ross County AC	13.43	

U15 Boys Long Jump

1	David Scott	Forres Harriers	4.52	PB
2	Alex Ellen	Ross County AC	4.16	
3	Danny McPake	Ross County AC	4.09	
4	Kyle Ross	Ross County AC	3.93	
5	Christopher McIntosh	Aberdeen AAC	3.87	
6	Kyle Sutherland	Ross County AC	3.81	
7	Tom MacArthur	Orkney Athletic Club	3.76	
8	Alasdair Raynor	Inverness Harriers AAC	3.31	PB
9	Ailig MacDonald	North Uist AAC	2.81	
10	Joe Cromby	Orkney Athletic Club	2.66	

U15 Boys Pole Vault

1	Reuben McFarlane	Unattached	2.57	PB
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U15 Boys Shot Putt (4.00kg)

1	Finbar Dunne	Inverness Harriers AAC	12.99	PB
2	Toran Simmons	Nairn AAAC	10.45	PB
3	Joe Cromby	Orkney Athletic Club	4.54	

U15 Boys Triple Jump

1	Shay Regan	Shetland AAC	9.79	PB
2	Blair Milne	Moray Road Runners	8.66	
3	Kyle Sutherland	Ross County AC	8.00	

North District Track & Field Championships 2016

U17 Men

U17 Men 100m (Final)

ws +0.6

1	Andrew Horne	Stornoway Running & AC	11.85	PB
2	Andrew Stoker	Moray Road Runners	12.03	
3	Donald MacMillan	North Uist AAC	12.33	PB
4	Kieran Barnsby	Inverness Harriers AAC	12.38	
5	Kyle Leask	Shetland AAC	12.39	PB
6	Finn Rivett	Shetland AAC	12.57	PB
7	Robert Thompson	Caithness AAC	12.96	PB
8	Uilleam Brass	North Uist AAC	13.13	PB

U17 Men 100m Hurdles (Final)

ws +1.8

1	Stuart Kirk	Caithness AAC	15.68	
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U17 Men 1500m (Final)

1	Seumas MacKay	Shetland AAC	4:31.33	
2	Aidan Ferry	Inverness Harriers AAC	4:32.69	
3	Craig Wilson	Inverness Harriers AAC	4:49.23	
4	Stuart Gardiner	Inverness Harriers AAC	4:56.09	PB

U17 Men 200m (Final)

ws +0.6

1	Andrew Horne	Stornoway Running & AC	23.40	PB
2	Andrew Stoker	Moray Road Runners	23.77	PB
3	Kieran Barnsby	Inverness Harriers AAC	23.87	PB
4	Callum Tynan	Inverness Harriers AAC	23.97	PB
5	Kyle Leask	Shetland AAC	24.92	PB
6	Finn Rivett	Shetland AAC	25.84	PB
7	Joseph Campbell-Pedrana	Inverness Harriers AAC	26.00	PB

U17 Men 200m (Heat 1)

ws +1.6

1	Andrew Horne	Stornoway Running & AC	23.46	
2	Andrew Stoker	Moray Road Runners	23.81	PB
3	Callum Tynan	Inverness Harriers AAC	23.94	PB
4	Kyle Leask	Shetland AAC	24.79	PB
5	Finn Rivett	Shetland AAC	25.81	PB

U17 Men 200m (Heat 2)

ws +3.1

1	Kieran Barnsby	Inverness Harriers AAC	24.14	PB
2	Joseph Campbell-Pedrana	Inverness Harriers AAC	25.84	PB
3	MacKenzie Brown	Inverness Harriers AAC	27.78	

U17 Men 3000m (Final)

1	Kyle Munro	Stornoway Running & AC	9:46.43	PB
2	Fraser Roach	East Sutherland AC	10:01.32	PB

U17 Men 400m (Final)

1	Seumas MacKay	Shetland AAC	52.93	PB
2	Callum Tynan	Inverness Harriers AAC	54.34	PB
3	Sam Anderson	Moray Road Runners	56.04	PB

U17 Men 400m Hurdles (Final)

1	Stephen MacKenzie	Inverness Harriers AAC	60.92	
2	Stuart Kirk	Caithness AAC	62.59	

North District Track & Field Championships 2016

U17 Men 800m (Final)

1	Joe Arnaud	Inverness Harriers AAC	2:05.01	
2	Kyle Munro	Stornoway Running & AC	2:13.39	PB
3	Craig Wilson	Inverness Harriers AAC	2:16.41	PB
4	Ruairidh Fraser	Inverness Harriers AAC	2:18.18	
5	Alasdair Binns	Stornoway Running & AC	2:18.82	PB

U17 Men Discus (1.5kg)

1	Alex Geddes	Inverness Harriers AAC	34.88	PB
2	Andrew Bowsher	Inverness Harriers AAC	34.33	PB
3	Haran Rabe	Stornoway Running & AC	29.65	
4	Dan Swanson	Shetland AAC	25.14	

U17 Men Hammer (5.00kg)

1	Jack Wiseman	Elgin AAC	29.67	
2	Haran Rabe	Stornoway Running & AC	25.80	
3	Alex Geddes	Inverness Harriers AAC	24.98	
4	Dan Swanson	Shetland AAC	23.76	PB
5	Cameron MacInnes	North Uist AAC	19.52	

U17 Men High Jump

1	Seumas MacKay	Shetland AAC	1.61	PB
2	Callum Tynan	Inverness Harriers AAC	1.61	
3	Tom Jenkins	Moray Road Runners	1.55	
4	Finn Rivett	Shetland AAC	1.35	

U17 Men Javelin (700g)

1	Paddy Dunne	Inverness Harriers AAC	50.84	
2	Cameron MacIntosh	Inverness Harriers AAC	35.87	
3	Kyle Leask	Shetland AAC	32.80	PB

U17 Men Long Jump

1	Stephen MacKenzie	Inverness Harriers AAC	6.02	
2	Tom Jenkins	Moray Road Runners	5.23	PB
3	Robert Thompson	Caithness AAC	4.45	

U17 Men Pole Vault

1	Andrew McFarlane	Unattached	3.87	CBP
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U17 Men Shot Putt (5.00kg)

1	Dan Swanson	Shetland AAC	11.16	PB
2	Paddy Dunne	Inverness Harriers AAC	10.88	
3	Andrew Bowsher	Inverness Harriers AAC	10.67	
4	Haran Rabe	Stornoway Running & AC	9.80	
5	Cameron MacInnes	North Uist AAC	9.28	PB

U17 Men Triple Jump

1	Stephen MacKenzie	Inverness Harriers AAC	12.32	PB
2	Sam Anderson	Moray Road Runners	10.59	PB
3	Uilleam Brass	North Uist AAC	10.56	PB
4	Donald MacMillan	North Uist AAC	10.41	
5	Tom Jenkins	Moray Road Runners	10.28	
6	Robert Thompson	Caithness AAC	9.76	PB

North District Track & Field Championships 2016

U20 Men

U20 Men 100m (Final)

ws -1.3

1	Aidan Jarmson	Shetland AAC	11.76	
2	Andrew Davis	Orkney Athletic Club	11.90	PB
3	Ross Freck	Inverness Harriers AAC	11.90	
4	Caelen Rivett	Shetland AAC	12.24	
5	Matthew Paterson (T20)	Inverness Harriers AAC	12.89	
6	Jonathan Morrison	Stornoway Running & AC	13.24	
7	Joseph Frame	Caithness AAC	13.76	

U20 Men 110m Hurdles (Final)

ws +1.2

1	Daniel McFarlane	Unattached	15.50	
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U20 Men 1500m (Final)

1	Connor MacLean	Stornoway Running & AC	4:12.87	
2	Liam Barnsby	East Sutherland AC	4:15.87	
3	James Geddes	Inverness Harriers AAC	4:20.05	
4	Paul Morrison	North Uist AAC	4:24.56	
5	Shane Odie	Shetland AAC	4:29.77	

U20 Men 200m (Final)

ws +2.2

1	Ross Freck	Inverness Harriers AAC	23.17	
2	Aidan Jarmson	Shetland AAC	23.38	
3	Findlay Donegan	Elgin AAC	23.80	PB
4	Andrew Davis	Orkney Athletic Club	24.24	
5	Ross MacTaggart	Stornoway Running & AC	24.61	PB
6	Jonathan Morrison	Stornoway Running & AC	26.34	

U20 Men 200m (Heat 1)

ws +1.4

1	Aidan Jarmson	Shetland AAC	23.36	
2	Kieran Fraser	Shetland AAC	23.52	PB
3	Findlay Donegan	Elgin AAC	23.58	PB
4	Jonathan Morrison	Stornoway Running & AC	26.27	

U20 Men 200m (Heat 2)

ws +1.0

1	Ross Freck	Inverness Harriers AAC	23.16	
2	Andrew Davis	Orkney Athletic Club	23.95	
3	Ross MacTaggart	Stornoway Running & AC	24.20	PB
4	Caelen Rivett	Shetland AAC	24.67	
5	Joseph Frame	Caithness AAC	27.07	PB

U20 Men 400m (Final)

1	Andrew Davis	Orkney Athletic Club	53.61	
2	Matthew Paterson (T20)	Inverness Harriers AAC	63.13	

U20 Men 5000m (Final)

1	Connor MacLean	Stornoway Running & AC	15:44.22	CBP
2	James Geddes	Inverness Harriers AAC	17:21.68	

U20 Men 800m (Final)

1	Liam Barnsby	East Sutherland AC	2:01.01	
2	Paul Morrison	North Uist AAC	2:02.57	
3	Shane Odie	Shetland AAC	2:08.21	
4	Joseph Frame	Caithness AAC	2:36.81	PB

U20 Men Discus (1.75kg)

1	Ruaridh Gray	Inverness Harriers AAC	36.29	PB
2	William Watts	Inverness Harriers AAC	34.61	PB
3	Daniel Wilby	Inverness Harriers AAC	31.82	

North District Track & Field Championships 2016

U20 Men Hammer (6.00kg)

1	Jack Mitchell	Moray Road Runners	49.64	PB
2	Ruaridh Gray	Inverness Harriers AAC	44.68	PB
3	Connor McDonald	Shetland AAC	33.26	
4	William Watts	Inverness Harriers AAC	28.52	

U20 Men Javelin (800g)

1	Finlay MacLeay	Inverness Harriers AAC	42.77	PB
2	Daniel McFarlane	Unattached	42.52	PB
3	William Watts	Inverness Harriers AAC	37.05	PB
4	Gregor MacLennan	Inverness Harriers AAC	35.55	PB

U20 Men Long Jump

1	Daniel McFarlane	Unattached	5.72	
2	Caelen Rivett	Shetland AAC	5.63	
3	Joseph Frame	Caithness AAC	4.62	PB

U20 Men Pole Vault

1	Daniel McFarlane	Unattached	3.57	CBP
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U20 Men Shot Putt (6.00kg)

1	Connor McDonald	Shetland AAC	12.17	PB
2	Daniel Wilby	Inverness Harriers AAC	10.74	

U20 Men Triple Jump

1	Findlay Donegan	Elgin AAC	12.22	
2	Ewen Bradley	Inverness Harriers AAC	10.99	
3	Joseph Frame	Caithness AAC	9.57	

North District Track & Field Championships 2016

Senior Men

Senior Men 100m (Final)				ws -1.1
1	Adam Hobson	Inverness Harriers AAC	11.74	
2	Alastair Beaton	Inverness Harriers AAC	11.88	
3	Darrin Cameron	Moray Road Runners	12.68	PB
Senior Men 110m Hurdles (Final)				ws +1.2
1	Kevin Morice	Moray Road Runners	22.89	
Senior Men 1500m (Final)				
1	Eoghan MacNamara	Inverness Harriers AAC	4:14.77	PB
2	Tony Golabek	Inverness Harriers AAC	4:33.57	
Senior Men 200m (Final)				ws +1.8
1	Alastair Beaton	Inverness Harriers AAC	23.62	
2	Paul Davidson (T20)	Inverness Harriers AAC	24.10	PB
3	Finlay MacLennan (T20)	Inverness Harriers AAC	25.61	PB
4	Martin Leyland	Shetland AAC	26.37	
Senior Men 400m (Final)				
1	Paul Davidson (T20)	Inverness Harriers AAC	52.90	
2	Finlay MacLennan (T20)	Inverness Harriers AAC	57.18	
Senior Men 5000m (Final)				
1	Gareth Jenkins	Moray Road Runners	16:13.66	PB
2	Kevin Morice	Moray Road Runners	19:41.11	
Senior Men 800m (Final)				
1	Stephen MacKay	Inverness Harriers AAC	1:53.09	CBP
2	Eoghan MacNamara	Inverness Harriers AAC	2:00.87	PB
3	Kevin Schenk	Forres Harriers	2:14.59	
Senior Men Discus (2.00kg)				
1	Garry Sweeney	Moray Road Runners	37.31	
2	David Ogilvie	Ross County AC	30.00	
3	Edward McKenzie	Aberdeen AAC	29.10	
4	Andrew Preacher	Shetland AAC	24.15	PB
Senior Men Hammer (7.26kg)				
1	Nicky Stone	Nairn AAAC	41.99	PB
2	David Ogilvie	Ross County AC	27.34	
3	Edward McKenzie	Aberdeen AAC	27.28	
Senior Men High Jump				
1	Darrin Cameron	Moray Road Runners	1.40	
Senior Men Javelin (800g)				
1	Adam Hobson	Inverness Harriers AAC	49.27	
2	Edward McKenzie	Aberdeen AAC	31.43	
3	Tony Golabek	Inverness Harriers AAC	26.60	
Senior Men Long Jump				
1	Scott Hamilton	Elgin AAC	5.67	
Senior Men Pole Vault				
1	Edward McKenzie	Aberdeen AAC	2.47	

North District Track & Field Championships 2016

Senior Men Shot Putt (7.26kg)

1	Garry Sweeney	Moray Road Runners	13.77	PB
2	David Ogilvie	Ross County AC	10.44	
3	Edward McKenzie	Aberdeen AAC	9.80	

Senior Men Triple Jump

1	Martin Leyland	Shetland AAC	10.77	
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