

Grangemouth

Relay Championships

14/04/2018

3 x 800m Relay U17 Men Heat 1

Result	Team	1st Leg		2nd Leg		3rd Leg	
1	Giffnock North A	Pos. 5		Pos. 1		Pos. 1	
	06:32.99	Acc 02:13.05	Ind 02:13.05	Acc 04:19.07	Ind 02:06.02	Acc 06:32.99	Ind 02:13.92
2	Corstorphine AAC	Pos. 2		Pos. 2		Pos. 2	
	06:34.83	Acc 02:09.87	Ind 02:09.87	Acc 04:20.69	Ind 02:10.82	Acc 06:34.83	Ind 02:14.14
3	Central AC	Pos. 1		Pos. 4		Pos. 3	
	06:35.20	Acc 02:09.43	Ind 02:09.43	Acc 04:27.05	Ind 02:17.62	Acc 06:35.20	Ind 02:08.15
4	Inerclyde AC	Pos. 3		Pos. 3		Pos. 4	
	06:40.09	Acc 02:12.56	Ind 02:12.56	Acc 04:25.54	Ind 02:12.98	Acc 06:40.09	Ind 02:14.55
5	Falkirk Victoria Har	Pos. 4		Pos. 5		Pos. 5	
	06:47.11	Acc 02:12.67	Ind 02:12.67	Acc 04:28.58	Ind 02:15.91	Acc 06:47.11	Ind 02:18.53
6	Livingston AC B	Pos. 7		Pos. 7		Pos. 6	
	07:12.86	Acc 02:20.74	Ind 02:20.74	Acc 04:49.40	Ind 02:28.66	Acc 07:12.86	Ind 02:23.46
7	Law & District	Pos. 6		Pos. 6		Pos. 7	
	07:13.17	Acc 02:15.98	Ind 02:15.98	Acc 04:32.54	Ind 02:16.56	Acc 07:13.17	Ind 02:40.63

Grangemouth

Relay Championships

14/04/2018

3 x 800m Relay U17 Men Heat 2

Result	Team	1st Leg		2nd Leg		3rd Leg	
1	Edinburgh AC	Pos.	4	Pos.	3	Pos.	1
	06:21.99	Acc 02:09.31	Ind 02:09.31	Acc 04:17.08	Ind 02:07.77	Acc 06:21.99	Ind 02:04.91
2	Glasgow Sc of Sport	Pos.	5	Pos.	2	Pos.	2
	06:22.06	Acc 02:10.68	Ind 02:10.68	Acc 04:14.65	Ind 02:03.97	Acc 06:22.06	Ind 02:07.41
3	Livingston AC A	Pos.	1	Pos.	1	Pos.	3
	06:22.95	Acc 02:04.71	Ind 02:04.71	Acc 04:14.01	Ind 02:09.30	Acc 06:22.95	Ind 02:08.94
4	Kilbarchan AAC	Pos.	6	Pos.	4	Pos.	4
	06:23.40	Acc 02:11.00	Ind 02:11.00	Acc 04:20.87	Ind 02:09.87	Acc 06:23.40	Ind 02:02.53
5	Aberdeen AAC	Pos.	2	Pos.	5	Pos.	5
	06:24.90	Acc 02:07.82	Ind 02:07.82	Acc 04:23.17	Ind 02:15.35	Acc 06:24.90	Ind 02:01.73
6	Cumbernauld AAC	Pos.	3	Pos.	6	Pos.	6
	06:45.68	Acc 02:08.93	Ind 02:08.93	Acc 04:28.96	Ind 02:20.03	Acc 06:45.68	Ind 02:16.72
7	Giffnock North B	Pos.	7	Pos.	7	Pos.	7
	06:57.34	Acc 02:14.96	Ind 02:14.96	Acc 04:34.47	Ind 02:19.51	Acc 06:57.34	Ind 02:22.87
8	Cambuslang Harriers	Pos.	8	Pos.	8	Pos.	8
	07:08.69	Acc 02:22.23	Ind 02:22.23	Acc 04:48.19	Ind 02:25.96	Acc 07:08.69	Ind 02:20.50

Grangemouth

Relay Championships

14/04/2018

3 x 800m Relay U17 Men Final

Result	Team	1st Leg		2nd Leg		3rd Leg	
1	Edinburgh AC	Pos. 1		Pos. 1		Pos. 1	
	06:08.70	Acc 02:06.10	Ind 02:06.10	Acc 04:08.45	Ind 02:02.35	Acc 06:08.70	Ind 02:00.25
2	Glasgow Sc of Sport	Pos. 6		Pos. 2		Pos. 2	
	06:10.23	Acc 02:10.18	Ind 02:10.18	Acc 04:09.13	Ind 01:58.95	Acc 06:10.23	Ind 02:01.10
3	Kilbarchan AAC	Pos. 7		Pos. 3		Pos. 3	
	06:20.65	Acc 02:12.61	Ind 02:12.61	Acc 04:14.72	Ind 02:02.11	Acc 06:20.65	Ind 02:05.93
4	Livingston AC A	Pos. 5		Pos. 4		Pos. 4	
	06:24.50	Acc 02:09.11	Ind 02:09.11	Acc 04:22.19	Ind 02:13.08	Acc 06:24.50	Ind 02:02.31
5	Aberdeen AAC	Pos. 2		Pos. 6		Pos. 5	
	06:26.03	Acc 02:06.12	Ind 02:06.12	Acc 04:22.62	Ind 02:16.50	Acc 06:26.03	Ind 02:03.41
6	Central AC	Pos. 3		Pos. 7		Pos. 6	
	06:36.41	Acc 02:06.41	Ind 02:06.41	Acc 04:25.81	Ind 02:19.40	Acc 06:36.41	Ind 02:10.60
7	Giffnock North A	Pos. 8		Pos. 5		Pos. 7	
	06:42.79	Acc 02:13.71	Ind 02:13.71	Acc 04:22.39	Ind 02:08.68	Acc 06:42.79	Ind 02:20.40
DQ	Corstorphine AAC	Pos. 4		Pos.		Pos.	
		Acc 02:07.67	Ind 02:07.67	Acc	Ind	Acc	Ind

Grangemouth

Relay Championships

14/04/2018

3 x 800m Relay U17 Women Heat 1

Result	Team	1st Leg		2nd Leg		3rd Leg						
1	Edinburgh AC	Pos.	1	Pos.	1	Pos.	1					
	07:27.33	Acc	02:24.32	Ind	02:24.32	Acc	04:59.02	Ind	02:34.70	Acc	07:27.33	Ind
2	Giffnock North	Pos.	2	Pos.	2	Pos.	2					
	07:36.30	Acc	02:27.98	Ind	02:27.98	Acc	05:03.36	Ind	02:35.38	Acc	07:36.30	Ind
3	Falkirk Victoria	Pos.	3	Pos.	3	Pos.	3					
	07:49.89	Acc	02:33.62	Ind	02:33.62	Acc	05:10.40	Ind	02:36.78	Acc	07:49.89	Ind
4	Whitemoss AAC	Pos.	5	Pos.	4	Pos.	4					
	08:01.86	Acc	02:35.61	Ind	02:35.61	Acc	05:14.80	Ind	02:39.19	Acc	08:01.86	Ind
5	Law & District	Pos.	6	Pos.	7	Pos.	5					
	08:02.19	Acc	02:37.52	Ind	02:37.52	Acc	05:25.01	Ind	02:47.49	Acc	08:02.19	Ind
6	Kilbarchan AAC	Pos.	8	Pos.	5	Pos.	6					
	08:11.59	Acc	02:42.24	Ind	02:42.24	Acc	05:19.62	Ind	02:37.38	Acc	08:11.59	Ind
7	Shettleston Har	Pos.	4	Pos.	6	Pos.	7					
	08:21.98	Acc	02:35.51	Ind	02:35.51	Acc	05:24.07	Ind	02:48.56	Acc	08:21.98	Ind
8	Springburn Har	Pos.	7	Pos.	8	Pos.	8					
	08:36.09	Acc	02:40.48	Ind	02:40.48	Acc	05:31.58	Ind	02:51.10	Acc	08:36.09	Ind

Grangemouth

Relay Championships

14/04/2018

3 x 800m Relay U17 Women Heat 2

Result	Team	1st Leg		2nd Leg		3rd Leg	
1	Giffnock North A	Pos. 2		Pos. 1		Pos. 1	
	07:32.54	Acc 02:26.32	Ind 02:26.32	Acc 04:57.38	Ind 02:31.06	Acc 07:32.54	Ind 02:35.16
2	Inverclyde	Pos. 3		Pos. 3		Pos. 2	
	07:32.59	Acc 02:28.01	Ind 02:28.01	Acc 04:59.93	Ind 02:31.92	Acc 07:32.59	Ind 02:32.66
3	Inverness Har	Pos. 4		Pos. 4		Pos. 3	
	07:33.59	Acc 02:28.30	Ind 02:28.30	Acc 05:02.44	Ind 02:34.14	Acc 07:33.59	Ind 02:31.15
4	Corstorphine AAC	Pos. 1		Pos. 2		Pos. 4	
	07:35.45	Acc 02:24.67	Ind 02:24.67	Acc 04:58.66	Ind 02:33.99	Acc 07:35.45	Ind 02:36.79
5	Aberdeen AAC A	Pos. 5		Pos. 5		Pos. 5	
	07:38.13	Acc 02:30.24	Ind 02:30.24	Acc 05:05.45	Ind 02:35.21	Acc 07:38.13	Ind 02:32.68
6	Kilbarchan AAC A	Pos. 6		Pos. 8		Pos. 6	
	07:44.24	Acc 02:31.94	Ind 02:31.94	Acc 05:11.76	Ind 02:39.82	Acc 07:44.24	Ind 02:32.48
7	Pitreavie AAC	Pos. 7		Pos. 7		Pos. 7	
	07:45.76	Acc 02:35.10	Ind 02:35.10	Acc 05:08.40	Ind 02:33.30	Acc 07:45.76	Ind 02:37.36
8	Glasgow Sc of Sport	Pos. 8		Pos. 6		Pos. 8	
	08:01.18	Acc 02:42.25	Ind 02:42.25	Acc 05:07.84	Ind 02:25.59	Acc 08:01.18	Ind 02:53.34

Grangemouth

Relay Championships

14/04/2018

3 x 800m Relay U17 Women Final

Result	Team	1st Leg		2nd Leg		3rd Leg	
1	Inverclyde AC	Pos.	2	Pos.	1	Pos.	1
	07:12.50	Acc 02:21.22	Ind 02:21.22	Acc 04:51.22	Ind 02:30.00	Acc 07:12.50	Ind 02:21.28
2	Edinburgh AC	Pos.	3	Pos.	3	Pos.	2
	07:14.51	Acc 02:21.90	Ind 02:21.90	Acc 04:54.96	Ind 02:33.06	Acc 07:14.51	Ind 02:19.55
3	Corstorphine AAC	Pos.	1	Pos.	2	Pos.	3
	07:19.97	Acc 02:20.81	Ind 02:20.81	Acc 04:53.58	Ind 02:32.77	Acc 07:19.97	Ind 02:26.39
4	Giffnock North A	Pos.	4	Pos.	4	Pos.	4
	07:21.24	Acc 02:25.93	Ind 02:25.93	Acc 05:00.14	Ind 02:34.21	Acc 07:21.24	Ind 02:21.10
5	Aberdeen AAC A	Pos.	5	Pos.	5	Pos.	5
	07:40.80	Acc 02:29.19	Ind 02:29.19	Acc 05:03.93	Ind 02:34.74	Acc 07:40.80	Ind 02:36.87
6	Giffnock North B	Pos.	6	Pos.	6	Pos.	6
	07:43.18	Acc 02:30.20	Ind 02:30.20	Acc 05:04.96	Ind 02:34.76	Acc 07:43.18	Ind 02:38.22
7	Inverness Harriers	Pos.	8	Pos.	7	Pos.	7
	07:50.83	Acc 02:37.70	Ind 02:37.70	Acc 05:13.50	Ind 02:35.80	Acc 07:50.83	Ind 02:37.33
8	Falkirk Victoria Har	Pos.	7	Pos.	8	Pos.	8
	08:04.98	Acc 02:36.19	Ind 02:36.19	Acc 05:14.69	Ind 02:38.50	Acc 08:04.98	Ind 02:50.29

Grangemouth

Relay Championships

14/04/2018

3 x 800m Relay Senior Men Heat 1

Result	Team	1st Leg		2nd Leg		3rd Leg	
1	Edinburgh AC	Pos. 4		Pos. 3		Pos. 1	
	06:10.37	Acc 02:06.88	Ind 02:06.88	Acc 04:11.01	Ind 02:04.13	Acc 06:10.37	Ind 01:59.36
2	Fife AC	Pos. 1		Pos. 2		Pos. 2	
	06:10.64	Acc 02:03.17	Ind 02:03.17	Acc 04:08.05	Ind 02:04.88	Acc 06:10.64	Ind 02:02.59
3	Aberdeen AAC	Pos. 2		Pos. 1		Pos. 3	
	06:11.25	Acc 02:03.86	Ind 02:03.86	Acc 04:07.20	Ind 02:03.34	Acc 06:11.25	Ind 02:04.05
4	Giffnock North A	Pos. 3		Pos. 4		Pos. 4	
	06:12.34	Acc 02:06.23	Ind 02:06.23	Acc 04:13.55	Ind 02:07.32	Acc 06:12.34	Ind 01:58.79
5	Cumbernauld AAC	Pos. 5		Pos. 5		Pos. 5	
	06:36.56	Acc 02:08.37	Ind 02:08.37	Acc 04:27.35	Ind 02:18.98	Acc 06:36.56	Ind 02:09.21
6	Springburn Harriers	Pos. 7		Pos. 6		Pos. 6	
	06:53.80	Acc 02:13.66	Ind 02:13.66	Acc 04:29.16	Ind 02:15.50	Acc 06:53.80	Ind 02:24.64
DNF	Shettleston Harriers B	Pos. 6		Pos.		Pos.	
		Acc 02:10.04	Ind 02:10.04	Acc	Ind	Acc	Ind

Grangemouth

Relay Championships

14/04/2018

3 x 800m Relay Senior Men Heat 2

Result	Team	1st Leg		2nd Leg		3rd Leg	
1	Aberdeen AAC	Pos. 4		Pos. 3		Pos. 1	
	06:09.99	Acc 02:05.86	Ind 02:05.86	Acc 04:06.86	Ind 02:01.00	Acc 06:09.99	Ind 02:03.13
2	Falkirk Victoria	Pos. 5		Pos. 4		Pos. 2	
	06:10.30	Acc 02:06.73	Ind 02:06.73	Acc 04:11.14	Ind 02:04.41	Acc 06:10.30	Ind 01:59.16
3	Lasswade AC	Pos. 2		Pos. 2		Pos. 3	
	06:11.16	Acc 02:03.94	Ind 02:03.94	Acc 04:05.97	Ind 02:02.03	Acc 06:11.16	Ind 02:05.19
4	Shettleston Harriers A	Pos. 1		Pos. 1		Pos. 4	
	06:13.52	Acc 02:02.80	Ind 02:02.80	Acc 04:05.96	Ind 02:03.16	Acc 06:13.52	Ind 02:07.56
5	Law & District	Pos. 3		Pos. 5		Pos. 5	
	06:19.95	Acc 02:05.34	Ind 02:05.34	Acc 04:15.18	Ind 02:09.84	Acc 06:19.95	Ind 02:04.77

Grangemouth

Relay Championships

14/04/2018

3 x 800m Relay Senior Men Final

Result	Team	1st Leg		2nd Leg		3rd Leg	
1	Edinburgh AC	Pos.	5	Pos.	3	Pos.	1
	06:00.10	Acc 02:05.54	Ind 02:05.54	Acc 04:03.80	Ind 01:58.26	Acc 06:00.10	Ind 01:56.30
2	Falkirk Victoria	Pos.	1	Pos.	2	Pos.	2
	06:03.24	Acc 01:58.37	Ind 01:58.37	Acc 04:02.11	Ind 02:03.74	Acc 06:03.24	Ind 02:01.13
3	Lasswade AC	Pos.	6	Pos.	6	Pos.	3
	06:03.69	Acc 02:06.87	Ind 02:06.87	Acc 04:08.06	Ind 02:01.19	Acc 06:03.69	Ind 01:55.63
4	Shettleston Harriers A	Pos.	4	Pos.	5	Pos.	4
	06:04.03	Acc 02:04.10	Ind 02:04.10	Acc 04:07.38	Ind 02:03.28	Acc 06:04.03	Ind 01:56.65
5	Aberdeen AAC A	Pos.	2	Pos.	1	Pos.	5
	06:06.24	Acc 02:02.58	Ind 02:02.58	Acc 04:00.16	Ind 01:57.58	Acc 06:06.24	Ind 02:06.08
6	Fife AC	Pos.	3	Pos.	4	Pos.	6
	06:14.66	Acc 02:03.40	Ind 02:03.40	Acc 04:05.84	Ind 02:02.44	Acc 06:14.66	Ind 02:08.82
7	Aberdeen AAC B	Pos.	7	Pos.	7	Pos.	7
	06:20.69	Acc 02:07.34	Ind 02:07.34	Acc 04:11.21	Ind 02:03.87	Acc 06:20.69	Ind 02:09.48
8	Giffnock North A	Pos.	8	Pos.	8	Pos.	8
	06:41.72	Acc 02:21.07	Ind 02:21.07	Acc 04:36.86	Ind 02:15.79	Acc 06:41.72	Ind 02:04.86

Grangemouth

Relay Championships

14/04/2018

3 x 800m Relay Senior Women Final

Result	Team	1st Leg		2nd Leg		3rd Leg	
1	Lasswade AC	Pos. 2		Pos. 2		Pos. 1	
	07:03.02	Acc 02:22.48	Ind 02:22.48	Acc 04:42.80	Ind 02:20.32	Acc 07:03.02	Ind 02:20.22
2	Edinburgh AC	Pos. 1		Pos. 1		Pos. 2	
	07:03.31	Acc 02:11.05	Ind 02:11.05	Acc 04:39.15	Ind 02:28.10	Acc 07:03.31	Ind 02:24.16
3	Falkirk Victoria Har	Pos. 3		Pos. 3		Pos. 3	
	07:14.32	Acc 02:29.52	Ind 02:29.52	Acc 04:54.19	Ind 02:24.67	Acc 07:14.32	Ind 02:20.13
4	Inverness Harriers	Pos. 4		Pos. 4		Pos. 4	
	07:32.64	Acc 02:31.58	Ind 02:31.58	Acc 04:57.66	Ind 02:26.08	Acc 07:32.64	Ind 02:34.98

Grangemouth

Relay Championships

14/04/2018

4 x 800m Relay Mixed Open Final

Result	Team	1st Leg		2nd Leg		3rd Leg		4th Leg	
1	Cumbernauld AC	Pos. 3		Pos. 1		Pos. 1		Pos. 1	
	10:00.91	Acc 02:31.39	Ind 02:31.39	Acc 05:02.72	Ind 02:31.33	Acc 07:32.72	Ind 02:30.00	Acc 10:00.91	Ind 02:28.19
2	Great Britain Masters W	Pos. 4		Pos. 2		Pos. 3		Pos. 2	
	10:33.56	Acc 02:38.27	Ind 02:38.27	Acc 05:15.71	Ind 02:37.44	Acc 07:57.25	Ind 02:41.54	Acc 10:33.56	Ind 02:36.31
3	Giffnock North A	Pos. 2		Pos. 4		Pos. 2		Pos. 3	
	10:34.30	Acc 02:27.75	Ind 02:27.75	Acc 05:18.76	Ind 02:51.01	Acc 07:46.81	Ind 02:28.05	Acc 10:34.30	Ind 02:47.49
DNF	Edinburgh AC	Pos. 1		Pos. 3		Pos.		Pos.	
		Acc 02:19.48	Ind 02:19.48	Acc 05:16.66	Ind 02:57.18	Acc	Ind	Acc	Ind

Grangemouth

SUCA Championships

14/04/2018

4 x 400m Relay SUCA Men/Women Final

Result	Team	1st Leg		2nd Leg		3rd Leg		4th Leg	
1	Glasgow Uni M	Pos. 2		Pos. 2		Pos. 2		Pos. 1	
	03:39.40	Acc 00:58.66	Ind 00:58.66	Acc 01:53.08	Ind 00:54.42	Acc 02:46.87	Ind 00:53.79	Acc 03:39.40	Ind 00:52.53
2	Heriot-Watt M	Pos. 1		Pos. 1		Pos. 1		Pos. 2	
	03:40.42	Acc 00:53.49	Ind 00:53.49	Acc 01:51.94	Ind 00:58.45	Acc 02:46.14	Ind 00:54.20	Acc 03:40.42	Ind 00:54.28
3	Stirling Uni M	Pos. 3		Pos. 3		Pos. 3		Pos. 3	
	04:04.43	Acc 00:59.97	Ind 00:59.97	Acc 02:01.83	Ind 01:01.86	Acc 03:00.81	Ind 00:58.98	Acc 04:04.43	Ind 01:03.62
4	Glasgow Uni W	Pos. 5		Pos. 4		Pos. 4		Pos. 4	
	04:16.25	Acc 01:07.16	Ind 01:07.16	Acc 02:07.70	Ind 01:00.54	Acc 03:11.04	Ind 01:03.34	Acc 04:16.25	Ind 01:05.21
5	Stirling Uni W	Pos. 4		Pos. 5		Pos. 5		Pos. 5	
	04:37.81	Acc 01:03.77	Ind 01:03.77	Acc 02:10.44	Ind 01:06.67	Acc 03:22.25	Ind 01:11.81	Acc 04:37.81	Ind 01:15.56