

scottishathletics North District Track & Field Championships & National Outdoor Open 2019

U13 Girls

U13 Girls 100m (Final)				ws -0.9
1	Lauren Grains	Shetland AAC	14.20	
2	Kiera Whittingham	Inverness Harriers AAC	14.29	PB
3	Leona Fernandes	Inverness Harriers AAC	14.31	
4	Molly Tulloch	Orkney AC	15.04	
5	Lucy Adamson	Inverness Harriers AAC	15.14	PB
6	Rachel Murray	Inverness Harriers AAC	15.19	PB
7	Abi Coltherd	Orkney AC	15.26	PB
8	Isla O'Neil	Inverness Harriers AAC	15.53	PB
U13 Girls 100m (Heat 1)				ws +0.7
1	Lauren Grains	Shetland AAC	14.14	
2	Rachel Murray	Inverness Harriers AAC	14.41	PB
3	Jess Muir	Stornoway Running & AC	14.98	PB
4	Goergia Grant	Elgin AAC	15.37	PB
5	Millie Dennison	Orkney AC	15.59	
6	Amy MacRitchie	Stornoway Running & AC	15.70	PB
7	Ciara McAllister	Inverness Harriers AAC	16.16	
U13 Girls 100m (Heat 2)				ws +0.2
1	Leona Fernandes	Inverness Harriers AAC	14.09	
2	Lucy Adamson	Inverness Harriers AAC	14.89	PB
3	Isla O'Neil	Inverness Harriers AAC	14.97	PB
4	Katie MacDonald	North Uist AAC	15.29	PB
5	Kirsten Burnett	Inverness Harriers AAC	15.74	PB
6	Sarah Pedrana	Inverness Harriers AAC	16.90	
7	Abbie Stewart	Stornoway Running & AC	17.24	
U13 Girls 100m (Heat 3)				ws +0.7
1	Kiera Whittingham	Inverness Harriers AAC	13.96	PB
2	Molly Tulloch	Orkney AC	14.82	
3	Abi Coltherd	Orkney AC	14.90	PB
4	Hannah MacLean	Stornoway Running & AC	15.31	
5	Cara Cuthbert	Inverness Harriers AAC	15.35	
6	Mia Croall	Inverness Harriers AAC	15.43	
7	Eve Mitchell	Inverness Harriers AAC	15.43	PB
U13 Girls 1500m (Final)				
1	Kirsten Burnett	Inverness Harriers AAC	5:23.85	PB
2	Layla Todd	Shetland AAC	5:29.82	PB
3	Abbie Stewart	Stornoway Running & AC	6:21.76	
U13 Girls 200m (Final)				ws +0.2
1	Sarah MacIver	Stornoway Running & AC	28.88	PB
2	Emily McArthur	Orkney AC	30.15	
3	Lucy Adamson	Inverness Harriers AAC	30.48	PB
4	Molly Tulloch	Orkney AC	30.69	
5	Abi Coltherd	Orkney AC	30.81	
6	Megan MacLean	Stornoway Running & AC	31.63	PB
7	Jess Muir	Stornoway Running & AC	31.66	
8	Kyla McMurdo	Stornoway Running & AC	31.74	

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U13 Girls 200m (Heat 1)

ws -2.7

1	Sarah MacIver	Stornoway Running & AC	29.58	PB
2	Emily McArthur	Orkney AC	30.86	
3	Kyla McMurdo	Stornoway Running & AC	31.43	PB
4	Molly Tulloch	Orkney AC	31.50	
5	Hannah MacLean	Stornoway Running & AC	32.64	PB
6	Amy MacRitchie	Stornoway Running & AC	33.50	PB
7	Skye Nimmons	Inverness Harriers AAC	33.60	

U13 Girls 200m (Heat 2)

ws -2.3

1	Lucy Adamson	Inverness Harriers AAC	31.11	PB
2	Abi Coltherd	Orkney AC	31.48	
3	Megan MacLean	Stornoway Running & AC	31.67	PB
4	Jess Muir	Stornoway Running & AC	31.91	PB
5	Mia Croall	Inverness Harriers AAC	32.59	
6	Grace Brown	Inverness Harriers AAC	34.33	PB
7	Ciara McAllister	Inverness Harriers AAC	34.92	

U13 Girls 70m Hurdles (Final)

ws +1.1

1	Evie Lonnen	Inverness Harriers AAC	14.16	
2	Ashley MacKintosh	Nairn AAAC	14.28	PB

U13 Girls 800m (Final)

1	Sarah MacIver	Stornoway Running & AC	2:37.80	PB
2	Kyla McMurdo	Stornoway Running & AC	2:40.81	
3	Megan MacLean	Stornoway Running & AC	2:44.68	PB
4	Lauren Grains	Shetland AAC	2:48.05	
5	Isla O'Neil	Inverness Harriers AAC	2:48.64	PB
6	Amber Cameron	Nairn AAAC	2:57.00	PB
7	Islay Rutter	Inverness Harriers AAC	3:00.51	
8	Katrina Cameron	Inverness Harriers AAC	3:18.81	

U13 Girls Discus (0.75kg)

1	Ashley MacKintosh	Nairn AAAC	12.04	
2	Eve Mitchell	Inverness Harriers AAC	11.51	PB
3	Isla O'Neil	Inverness Harriers AAC	11.19	PB
4	Amber Cameron	Nairn AAAC	8.61	

U13 Girls High Jump

1	Femka Waite	Ross County AC	1.31	PB
2	Millie Dennison	Orkney AC	1.26	PB
3	Mia Croall	Inverness Harriers AAC	1.21	
4	Megan MacLean	Stornoway Running & AC	1.06	

U13 Girls Javelin (400g)

1	Femka Waite	Ross County AC	21.57	PB
2	Leona Fernandes	Inverness Harriers AAC	19.23	
3	Cara Cuthbert	Inverness Harriers AAC	16.50	PB
4	Ruth Anderson	Shetland AAC	14.76	PB
5	Lucy Thomson	Shetland AAC	12.18	PB
6	Millie Dennison	Orkney AC	12.00	
7	Kari Preacher	Shetland AAC	11.21	PB
8	Shannon Leslie	Orkney AC	9.51	

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U13 Girls Long Jump

1	Sarah MacIver	Stornoway Running & AC	4.14	PB
2	Lauren Grains	Shetland AAC	3.93	
3	Abi Coltherd	Orkney AC	3.90	PB
4	Rachel Murray	Inverness Harriers AAC	3.77	PB
5	Kyla McMurdo	Stornoway Running & AC	3.57	
6	Jess Muir	Stornoway Running & AC	3.55	PB
7	Evie Lonnen	Inverness Harriers AAC	3.39	
8	Kiera Whittingham	Inverness Harriers AAC	3.37	
9	Goergia Grant	Elgin AAC	3.37	PB
10	Grace Brown	Inverness Harriers AAC	3.37	
11	Katie MacDonald	North Uist AAC	3.28	PB
12	Shannon Leslie	Orkney AC	3.26	
13	Hannah MacLean	Stornoway Running & AC	3.25	PB
14	Amy MacRitchie	Stornoway Running & AC	3.19	
15	Lucy Adamson	Inverness Harriers AAC	3.15	PB
16	Layla Todd	Shetland AAC	3.15	
17	Skye Nimmons	Inverness Harriers AAC	2.77	
18	Ciara McAllister	Inverness Harriers AAC	2.74	
19	Sarah Pedrana	Inverness Harriers AAC	2.68	
20	Amber Cameron	Nairn AAAC	2.50	

U13 Girls Shot Putt (2.72kg)

1	Femka Waite	Ross County AC	7.39	PB
2	Shannon Leslie	Orkney AC	6.58	PB
3	Ashley MacKintosh	Nairn AAAC	6.50	
4	Ruth Anderson	Shetland AAC	6.05	
5	Lucy Thomson	Shetland AAC	5.96	
6	Kari Preacher	Shetland AAC	5.00	
7	Skye Nimmons	Inverness Harriers AAC	4.82	PB
8	Abbie Stewart	Stornoway Running & AC	4.15	

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U15 Girls

U15 Girls 100m (Final)			ws -0.4	
1	Tamsin Fowlie	Elgin AAC	12.82	
2	Marvellous Igbinidu	Inverness Harriers AAC	13.29	PB
3	Abbie Harrison	Inverness Harriers AAC	13.57	PB
4	Sadie Fox	Shetland AAC	13.85	
5	Brooke Lewis	Elgin AAC	13.98	PB
6	Amy MacMillan	Stornoway Running & AC	14.00	PB
7	Chloe Storey	Elgin AAC	14.03	PB
8	Eve Fraser	Shetland AAC	14.10	PB
U15 Girls 100m (Heat 1)			ws -0.4	
1	Tamsin Fowlie	Elgin AAC	13.04	
2	Brooke Lewis	Elgin AAC	13.98	PB
3	Amy MacMillan	Stornoway Running & AC	14.03	PB
4	Chloe Storey	Elgin AAC	14.04	PB
5	Sadie Fox	Shetland AAC	14.13	
6	Sanna Forsyth	Shetland AAC	14.31	
7	Mairi Anna Binns	Stornoway Running & AC	15.91	PB
U15 Girls 100m (Heat 2)			ws +0.7	
1	Marvellous Igbinidu	Inverness Harriers AAC	13.46	
2	Abbie Harrison	Inverness Harriers AAC	13.54	PB
3	Eve Fraser	Shetland AAC	14.22	PB
4	Lucy Clark	Inverness Harriers AAC	14.23	PB
5	Mia Kirkness	Shetland AAC	14.44	
6	Ruth Wilson	Inverness Harriers AAC	15.50	
7	Anna Harrison	Stornoway Running & AC	16.02	
U15 Girls 1500m (Final)				
1	Anna Cairns	Inverness Harriers AAC	4:54.98	PB
2	Beth Urquhart	Moray Road Runners	5:11.38	PB
3	Kaylee Tulloch	Shetland AAC	5:11.86	PB
4	Rachel Murray	Stornoway Running & AC	5:11.87	PB
5	Harriet Whelan	Moray Road Runners	5:28.67	PB
6	Katie Slimon	Highland Hill Runners	5:40.16	
7	Isobel Garvie	Inverness Harriers AAC	5:42.97	
8	Emma Jones	Highland Hill Runners	5:44.81	PB
9	Francesca Greenstock	Stornoway Running & AC	5:56.46	
U15 Girls 200m (Final)			ws +1.1	
1	Tamsin Fowlie	Elgin AAC	26.12	
2	Abbie Harrison	Inverness Harriers AAC	27.65	PB
3	Stroma Fraser	Inverness Harriers AAC	28.06	
4	Chloe Storey	Elgin AAC	28.99	
5	Brooke Lewis	Elgin AAC	29.07	PB
6	Joni Smith	North Uist AAC	29.24	PB
7	Lucy Clark	Inverness Harriers AAC	29.38	
8	Lily Nicol	Inverness Harriers AAC	29.82	

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U15 Girls 200m (Heat 1)

ws -2.1

1	Tamsin Fowlie	Elgin AAC	26.84
2	Abbie Harrison	Inverness Harriers AAC	28.16
3	= Amy MacMillan	Stornoway Running & AC	29.49
3	= Ellen McMurdo	Stornoway Running & AC	29.49
5	Effie Thomson	Orkney AC	30.32
6	Sanna Forsyth	Shetland AAC	30.39
7	Ava Walsh	Inverness Harriers AAC	32.02

U15 Girls 200m (Heat 2)

ws -1.3

1	Stroma Fraser	Inverness Harriers AAC	28.57	PB
2	Brooke Lewis	Elgin AAC	28.99	PB
3	Lily Nicol	Inverness Harriers AAC	29.27	PB
4	Joni Smith	North Uist AAC	29.36	PB
5	Annie Mowat	Shetland AAC	29.41	PB
6	Kaitlin MacDonald	Stornoway Running & AC	29.61	PB
7	Emma Jones	Highland Hill Runners	31.48	
8	Isla Marwick	Inverness Harriers AAC	32.68	PB

U15 Girls 200m (Heat 3)

ws -2.0

1	Chloe Storey	Elgin AAC	28.93	
2	Lucy Clark	Inverness Harriers AAC	29.48	
3	Sadie Fox	Shetland AAC	29.55	PB
4	Grace MacDonald	Inverness Harriers AAC	29.66	PB
5	Mia Kirkness	Shetland AAC	29.99	
6	Dannika Leask	Shetland AAC	31.09	PB
7	Serena Shearer	Orkney AC	31.53	
8	Ruth Wilson	Inverness Harriers AAC	33.55	

U15 Girls 300m (Final)

1	Tamsin Fowlie	Elgin AAC	42.12	PB	CBP
2	Stroma Fraser	Inverness Harriers AAC	44.41	PB	
3	Abbie Harrison	Inverness Harriers AAC	44.71		
4	Alanna MacKenzie	Inverness Harriers AAC	45.55		
5	Ellen McMurdo	Stornoway Running & AC	45.63	PB	
6	Julia Ferguson	Inverness Harriers AAC	51.98		

U15 Girls 75m Hurdles (Final)

ws +2.4

1	Stroma Fraser	Inverness Harriers AAC	12.74	
2	Chloe Storey	Elgin AAC	12.84	PB
3	Brooke Lewis	Elgin AAC	12.91	PB
4	Jessica Bowman	Inverness Harriers AAC	13.41	PB
5	Isobel Garvie	Inverness Harriers AAC	14.94	
6	Francesca Greenstock	Stornoway Running & AC	16.37	
7	Anna Harrison	Stornoway Running & AC	21.05	

U15 Girls 800m (Final)

1	Grace MacDonald	Inverness Harriers AAC	2:22.81	PB
2	Ava Walsh	Inverness Harriers AAC	2:27.51	PB
3	Joni Smith	North Uist AAC	2:29.25	PB
4	Zoe Sharpe	Inverness Harriers AAC	2:31.09	PB
5	Ava Luke	Orkney AC	2:42.59	
6	Isla Marwick	Inverness Harriers AAC	2:48.87	PB

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U15 Girls Discus (1.00kg)

1	Marvellous Igbinidu	Inverness Harriers AAC	22.57
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U15 Girls Hammer (3.00kg)

1	Cicely Dobson	Inverness Harriers AAC	19.26
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U15 Girls High Jump

1	Serena Shearer	Orkney AC	1.48	PB
2	Leah Gunn	Orkney AC	1.46	
3	Jessica Bowman	Inverness Harriers AAC	1.39	PB
4	Lily Nicol	Inverness Harriers AAC	1.34	
5	Effie Thomson	Orkney AC	1.34	
6	Annie Mowat	Shetland AAC	1.29	

U15 Girls Javelin (500g)

1	Zoe Sharpe	Inverness Harriers AAC	23.03	
2	Gemma Montgomery	Orkney AC	22.60	
3	Raegan Dearness	Orkney AC	22.04	PB
4	Iona MacLennan	Ross County AC	17.22	PB

U15 Girls Long Jump

1	Zoe Sharpe	Inverness Harriers AAC	4.60	PB
2	Alanna MacKenzie	Inverness Harriers AAC	4.38	PB
3	Lucy Clark	Inverness Harriers AAC	4.36	
4	Millie Flett	Orkney AC	4.35	PB
5	Sanna Forsyth	Shetland AAC	4.28	PB
6	Annie Mowat	Shetland AAC	4.09	PB
7	Sadie Fox	Shetland AAC	4.05	PB
8	Leah Gunn	Orkney AC	4.00	
9	Hannah Fea	Inverness Harriers AAC	3.95	PB
10	Jessica Bowman	Inverness Harriers AAC	3.87	PB
11	Grace MacDonald	Inverness Harriers AAC	3.85	
12	Kaitlin MacDonald	Stornoway Running & AC	3.77	
13	Dannika Leask	Shetland AAC	3.75	
14	Mia Kirkness	Shetland AAC	3.74	
15	Maisie MacLennan	Inverness Harriers AAC	3.52	
16	Ava Luke	Orkney AC	3.51	
17	Alyth MacLeod	Stornoway Running & AC	3.48	
18	Isobel Garvie	Inverness Harriers AAC	3.45	
19	Mairi Anna Binns	Stornoway Running & AC	3.43	

U15 Girls Shot Putt (3.00kg)

1	Gemma Montgomery	Orkney AC	8.93	PB
2	Cicely Dobson	Inverness Harriers AAC	8.42	
3	Raegan Dearness	Orkney AC	8.24	
4	Marvellous Igbinidu	Inverness Harriers AAC	7.77	
5	Iona MacLennan	Ross County AC	6.22	PB

U15 Girls Triple Jump

1	Emma Jones	Highland Hill Runners	9.66
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U17 Women

U17 Women 100m (Final)				ws +0.4	
1	Rachel Johnstone	Inverness Harriers AAC	13.02	PB	
2	Mia Keogh	Aberdeen AAC	13.26		
3	Sian Smith	Orkney AC	13.27		
4	Kara Sharp	Shetland AAC	13.44		
5	Mairi Darroch	Inverness Harriers AAC	13.57		
6	Angela Horne	Stornoway Running & AC	13.70		
7	Maddie Smith	Shetland AAC	14.44		
U17 Women 1500m (Final)					
1	Ellyn Smith	Moray Road Runners	5:06.82	PB	
2	Rachel Ross	East Sutherland AC	5:09.77	PB	
3	Emma Seed	Inverness Harriers AAC	5:42.75		
U17 Women 200m (Final)				ws +1.4	
1	Emma Barclay	Elgin AAC	26.54		
2	Mia Keogh	Aberdeen AAC	26.75		
3	Kara Sharp	Shetland AAC	27.10	PB	
4	Chloe Cheyne	Inverness Harriers AAC	27.27		
5	Sian Smith	Orkney AC	27.48		
6	Angela Horne	Stornoway Running & AC	27.86		
7	Molly Jamieson	Inverness Harriers AAC	28.06	PB	
8	Mairi Darroch	Inverness Harriers AAC	28.62		
U17 Women 200m (Heat 1)				ws -2.1	
1	Emma Barclay	Elgin AAC	27.49		
2	Kara Sharp	Shetland AAC	27.66		
3	Angela Horne	Stornoway Running & AC	28.67		
4	Mairi Darroch	Inverness Harriers AAC	28.95		
5	Eve Tulloch	Elgin AAC	30.05		
U17 Women 200m (Heat 2)				ws -3.9	
1	Mia Keogh	Aberdeen AAC	27.80		
2	Chloe Cheyne	Inverness Harriers AAC	28.21		
3	Sian Smith	Orkney AC	28.45		
4	Molly Jamieson	Inverness Harriers AAC	29.00		
5	Catriona Garvie	Inverness Harriers AAC	31.07		
U17 Women 3000m (Final)					
1	Niamh Whelan	Moray Road Runners	13:01.04		
U17 Women 300m (Final)					
1	Emma Barclay	Elgin AAC	42.35		
2	Chloe Cheyne	Inverness Harriers AAC	42.95	PB	
3	Gemma MacRitchie	Stornoway Running & AC	44.20	PB	
4	Eiligh Henderson	Elgin AAC	45.66		
5	Kathryn Brown	Inverness Harriers AAC	48.01	PB	
6	Megan McKay	Moray Road Runners	49.70	PB	
U17 Women 300m Hurdles (Final)					
1	Emma Barclay	Elgin AAC	46.69		CBP
2	Eve Tulloch	Elgin AAC	50.02		
3	Chloe Cheyne	Inverness Harriers AAC	50.10		

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U17 Women 800m (Final)

1	Eiligh Henderson	Elgin AAC	2:38.48	PB
2	Emma Seed	Inverness Harriers AAC	2:38.63	PB

U17 Women 80m Hurdles (Final)

1	Eve Tulloch	Elgin AAC	13.25	PB
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U17 Women Discus (1.00kg)

1	Shannon Passoti	Orkney AC	28.30	PB
2	Georgie Newlands	Elgin AAC	21.01	
3	Ava Henderson	Inverness Harriers AAC	20.89	
4	Marion MacCorquodale	North Uist AAC	18.34	
5	Vinessa Carr	Shetland AAC	17.01	PB

U17 Women Hammer (3.00kg)

1	Amy Colliar	Inverness Harriers AAC	41.35	
2	Vinessa Carr	Shetland AAC	23.07	PB

U17 Women Javelin (500g)

1	Georgie Newlands	Elgin AAC	28.62	
2	Melissa Mack	Inverness Harriers AAC	20.85	PB

U17 Women Long Jump

1	Rachel Johnstone	Inverness Harriers AAC	5.03	
2	Maddie Smith	Shetland AAC	4.96	
3	Gemma MacRitchie	Stornoway Running & AC	4.81	
4	Angela Horne	Stornoway Running & AC	4.67	
5	Kally Milne	Orkney AC	4.32	
6	Lois Phillips	Shetland AAC	3.84	
7	Isla Murphy	Shetland AAC	3.82	

U17 Women Shot Putt (3.00kg)

1	Shannon Passoti	Orkney AC	11.40	
2	Marion MacCorquodale	North Uist AAC	11.33	PB
3	Niamh Grant	Moray Road Runners	9.70	
4	Georgie Newlands	Elgin AAC	8.18	PB
5	Vinessa Carr	Shetland AAC	5.90	PB

U17 Women Triple Jump

1	Rachel Johnstone	Inverness Harriers AAC	9.71	
2	Mairi Darroch	Inverness Harriers AAC	9.41	
3	Isla Murphy	Shetland AAC	9.14	
4	Lois Phillips	Shetland AAC	8.74	

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U20 Women

U20 Women 100m (Race 1)

ws +0.6

1	Emma Pedrana	Inverness Harriers AAC	12.70
2	Sian MacDonald	Stornoway Running & AC	13.47
3	Heather Bruce	Inverness Harriers AAC	13.51
4	Loni Wiseman	Shetland AAC	13.75
5	Rachelle Matheson	Aberdeen AAC	13.84
6	Beth Grant	Moray Road Runners	14.74
7	Abbie McNally	Inverness Harriers AAC	15.56

U20 Women 100m (Race 2)

ws +0.4

1	Emma Pedrana	Inverness Harriers AAC	12.55
2	Heather Bruce	Inverness Harriers AAC	13.28
3	Sian MacDonald	Stornoway Running & AC	13.29
4	Loni Wiseman	Shetland AAC	13.51
5	Rachelle Matheson	Aberdeen AAC	13.66
6	Beth Grant	Moray Road Runners	14.57

U20 Women 100m Hurdles (Final)

ws +1.9

1	Mairi Weir	Elgin AAC	18.44
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U20 Women 1500m (Final)

1	Sophie Young	Inverness Harriers AAC	5:22.20
2	Rachel Gillies	Inverness Harriers AAC	5:50.91

U20 Women 200m (Race 1)

ws -1.8

1	Emma Pedrana	Inverness Harriers AAC	26.31
2	Sian MacDonald	Stornoway Running & AC	28.08
3	Mairi Weir	Elgin AAC	29.80
4	Abbie McNally	Inverness Harriers AAC	32.11

U20 Women 200m (Race 2)

ws +0.6

1	Emma Pedrana	Inverness Harriers AAC	26.22
2	Sian MacDonald	Stornoway Running & AC	27.64
3	Mairi Weir	Elgin AAC	29.18

U20 Women 400m (Final)

1	Tegan Spence	Orkney AC	60.99
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U20 Women 400m Hurdles (Final)

1	Mairi Weir	Elgin AAC	73.98
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U20 Women 5000m (Final)

1	Cera Gemmell	Team East Lothian	17:07.86	PB
2	Megan Keith	Inverness Harriers AAC	17:32.34	

U20 Women 800m (Final)

1	Tegan Spence	Orkney AC	2:23.25
2	Sophie Young	Inverness Harriers AAC	2:28.51
3	Ruby Soldan	Inverness Harriers AAC	2:34.88
4	Rachel Gillies	Inverness Harriers AAC	2:41.89

U20 Women Hammer (4.00kg)

1	Heather Welsh	Nairn AAAC	35.27	
2	Kelsey Barbour	Inverness Harriers AAC	32.34	PB

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U20 Women High Jump

1	Amy Davis	Orkney AC	1.51
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U20 Women Long Jump

1	Sian MacDonald	Stornoway Running & AC	4.54
2	Loni Wiseman	Shetland AAC	4.22
3	Abbie McNally	Inverness Harriers AAC	3.75

U20 Women Shot Putt (4.00kg)

1	Beth Grant	Moray Road Runners	7.75
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U20 Women Triple Jump

1	Mary MacLeod	Stornoway Running & AC	10.49	
2	Loni Wiseman	Shetland AAC	10.26	PB

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Senior Women

Senior Women 100m (Race 1)

ws +0.5

1	Rebecca Matheson	Aberdeen AAC	12.25	
2	Sophie Grant	Shetland AAC	13.47	
3	Ailie Rodgers	Inverness Harriers AAC	13.68	

Senior Women 100m (Race 2)

ws +0.6

1	Rebecca Matheson	Aberdeen AAC	12.20	
2	Sophie Grant	Shetland AAC	13.43	
3	Ailie Rodgers	Inverness Harriers AAC	13.61	

Senior Women 1500m (Final)

1	Julie Wilson	Inverness Harriers AAC	5:37.73	
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Senior Women 200m (Race 1)

ws -1.0

1	Ailie Rodgers	Inverness Harriers AAC	28.39	
2	Sophie Grant	Shetland AAC	28.72	

Senior Women 200m (Race 2)

ws +1.1

1	Ailie Rodgers	Inverness Harriers AAC	28.04	
2	Sophie Grant	Shetland AAC	30.48	

Senior Women 400m Hurdles (Final)

1	Eve Carrington	Stornoway Running & AC	73.84	
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Senior Women 800m (Final)

1	Erika Budge	Orkney AC	2:23.38	PB
2	Julie Wilson	Inverness Harriers AAC	2:42.48	PB

Senior Women Discus (1.00kg)

1	Dionne Milne	Moray Road Runners	36.87	
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Senior Women Hammer (4.00kg)

1	Eleine Park	Shetland AAC	35.22	
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Senior Women Javelin (600g)

1	Paula Gass	Inverness Harriers AAC	40.19	
2	Mary Flockhart	Inverness Harriers AAC	35.43	

Senior Women Long Jump

1	Grace Angus	Aberdeen AAC	4.83	
2	Heather MacKinnon	South Uist & Eriskay AC	4.63	

Senior Women Shot Putt (4.00kg)

1	Eve Carrington	Stornoway Running & AC	9.96	
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Senior Women Triple Jump

1	Heather MacKinnon	South Uist & Eriskay AC	10.64	
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U13 Boys

U13 Boys 100m (Final)		ws +1.1		
1	Archie Irvine	Shetland AAC	13.50	
2	Thomas Brennan	North Uist AAC	14.47	PB
3	Findlay Taylor	Inverness Harriers AAC	15.13	
4	Ewan Amos	Stornoway Running & AC	15.67	PB
5	Finlay Weir	Moray Road Runners	15.95	PB
U13 Boys 1500m (Final)				
1	Andrew Baird	Ross County AC	5:17.72	
2	Jordan Nicolson	Stornoway Running & AC	5:19.03	PB
3	George Ross	Ross County AC	5:33.49	
4	Cameron Black	Shetland AAC	5:33.56	PB
U13 Boys 200m (Final)		ws +0.6		
1	Thomas Brennan	North Uist AAC	29.14	PB
2	Iain Matheson	Stornoway Running & AC	29.33	PB
3	Finlay MacLeod	Stornoway Running & AC	29.76	PB
4	Andrew Baird	Ross County AC	31.39	PB
5	Matthew Saunders	Nairn AAAC	31.46	PB
6	Max Smith	Shetland AAC	32.66	
7	David MacIver	Stornoway Running & AC	33.06	PB
8	George Ross	Ross County AC	34.33	
U13 Boys 200m (Heat 1)		ws -2.5		
1	Thomas Brennan	North Uist AAC	30.17	
2	Finlay MacLeod	Stornoway Running & AC	30.73	
3	Matthew Saunders	Nairn AAAC	32.57	PB
4	David MacIver	Stornoway Running & AC	33.14	PB
5	Lewis Black	Shetland AAC	33.28	PB
U13 Boys 200m (Heat 2)		ws -2.5		
1	Iain Matheson	Stornoway Running & AC	30.63	
2	Andrew Baird	Ross County AC	31.90	
3	George Ross	Ross County AC	32.64	
4	Max Smith	Shetland AAC	32.88	
U13 Boys 75m Hurdles (Final)		ws +1.9		
1	Finlay Weir	Moray Road Runners	16.32	PB
2	Max Smith	Shetland AAC	16.36	PB
U13 Boys 800m (Final)				
1	Iain Matheson	Stornoway Running & AC	2:34.89	PB
2	Struan Ellen	Ross County AC	2:42.14	
3	Lewis Black	Shetland AAC	2:43.55	PB
4	Lewis Paterson	Moray Road Runners	2:45.27	PB
5	David MacIver	Stornoway Running & AC	2:52.98	PB
U13 Boys Discus (1.00kg)				
1	Rory Stainsby	Inverness Harriers AAC	14.38	
2	Aaron Cheyne	Inverness Harriers AAC	12.57	PB

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U13 Boys High Jump

1	Archie Irvine	Shetland AAC	1.46	PB
2	Max Linklater	Orkney AC	1.41	PB
3	Findlay Taylor	Inverness Harriers AAC	1.26	PB
4	Ewan Amos	Stornoway Running & AC	1.21	
5	Jordan Nicolson	Stornoway Running & AC	1.06	

U13 Boys Javelin (400g)

1	Jamie Sutherland	Orkney AC	22.46	
2	Lewis Paterson	Moray Road Runners	20.95	PB
3	Max Smith	Shetland AAC	19.39	PB

U13 Boys Long Jump

1	Archie Irvine	Shetland AAC	4.73	
2	Matthew Saunders	Nairn AAAC	3.78	PB
3	Findlay Taylor	Inverness Harriers AAC	3.74	
4	Thomas Brennan	North Uist AAC	3.69	
5	Ewan Amos	Stornoway Running & AC	3.67	
6	Cameron Black	Shetland AAC	3.35	PB
7	David MacIver	Stornoway Running & AC	3.21	
8	Max Linklater	Orkney AC	3.20	PB

U13 Boys Shot Putt (3.00kg)

1	Rory Stainsby	Inverness Harriers AAC	7.82	
2	Max Linklater	Orkney AC	6.56	
3	Jamie Sutherland	Orkney AC	6.25	
4	Aaron Cheyne	Inverness Harriers AAC	4.86	PB

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U15 Boys

U15 Boys 100m (Final)			ws +0.9	
1	James Rollo	Inverness Harriers AAC	12.36	PB
2	Liam Daly	Inverness Harriers AAC	12.53	PB
3	Finn Regan	Shetland AAC	12.89	
4	Jason Scott	Orkney AC	13.24	PB
5	Zak Fearn	Ross County AC	13.30	
6	Ewan Murray	Stornoway Running & AC	13.33	PB
7	James Masson	Shetland AAC	13.57	PB
8	Mitchell Smith	Nairn AAAC	13.73	PB

U15 Boys 100m (Heat 1)			ws -1.5	
1	Finn Regan	Shetland AAC	13.00	
2	Zak Fearn	Ross County AC	13.15	PB
3	Jason Scott	Orkney AC	13.47	PB
4	Brogan Russell	Orkney AC	14.34	
5	Ryan Curran	Elgin AAC	14.36	PB
6	Ross Munro	Ross County AC	15.66	

U15 Boys 100m (Heat 2)			ws -0.6	
1	James Rollo	Inverness Harriers AAC	12.60	
2	Liam Daly	Inverness Harriers AAC	12.65	PB
3	James Masson	Shetland AAC	13.38	PB
4	Ewan Murray	Stornoway Running & AC	13.40	PB
5	Mitchell Smith	Nairn AAAC	13.68	PB
6	Angus Morrison	Stornoway Running & AC	14.89	

U15 Boys 1500m (Final)				
1	Roy Taylor	Moray Road Runners	4:39.11	
2	Reece Black	Shetland AAC	4:44.57	PB
3	Samuel Burnett	Inverness Harriers AAC	4:52.82	PB
4	Ruaridh Ellen	Ross County AC	4:53.55	PB
5	Jake Henderson	Inverness Harriers AAC	4:58.48	PB
6	Sam Coull	Ross County AC	5:07.69	
7	Seonaidh MacInnes	North Uist AAC	5:09.54	
8	Bruce Newlands	Moray Road Runners	5:11.11	PB
9	Ali MacKenzie	Orkney AC	5:24.19	
10	Tom Palmer	Elgin AAC	5:31.75	
11	Murray Todd	Shetland AAC	5:41.58	

U15 Boys 200m (Final)			ws +1.3	
1	Liam Daly	Inverness Harriers AAC	25.56	PB
2	Finn Regan	Shetland AAC	25.61	PB
3	Jason Scott	Orkney AC	26.99	
4	Ewan Murray	Stornoway Running & AC	27.47	PB
5	Zak Stewart	Nairn AAAC	27.98	PB
6	Lewis MacLean	Stornoway Running & AC	28.39	
7	Gregor Nixon	Inverness Harriers AAC	28.44	
8	Ben Webster	Inverness Harriers AAC	30.10	PB

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U15 Boys 200m (Heat 1)			ws -2.7	
1	Liam Daly	Inverness Harriers AAC	26.48	
2	Finn Regan	Shetland AAC	26.56	
3	Lewis MacLean	Stornoway Running & AC	28.61	
4	Ewan Murray	Stornoway Running & AC	28.64	PB
5	Angus Morrison	Stornoway Running & AC	30.84	PB
6	Jake Henderson	Inverness Harriers AAC	31.46	PB
U15 Boys 200m (Heat 2)			ws -2.9	
1	Jason Scott	Orkney AC	27.55	
2	Zak Stewart	Nairn AAAC	28.09	PB
3	Gregor Nixon	Inverness Harriers AAC	28.24	
4	Ben Webster	Inverness Harriers AAC	30.31	
5	Ciaran Morrison	Shetland AAC	32.10	
6	Conor Wilson	Inverness Harriers AAC	32.29	
U15 Boys 300m (Final)				
1	Zak Fearn	Ross County AC	42.88	
2	Lewis MacLean	Stornoway Running & AC	43.77	PB
U15 Boys 800m (Final)				
1	Gregor Nixon	Inverness Harriers AAC	2:19.96	PB
2	Ben Webster	Inverness Harriers AAC	2:28.53	PB
3	Conor Wilson	Inverness Harriers AAC	2:32.16	
4	Douglas MacLennan	Ross County AC	2:34.41	
5	Ryan Curran	Elgin AAC	2:38.59	PB
U15 Boys 80m Hurdles (Final)				
1	Ross Dinwoodie	Shetland AAC	16.12	PB
2	Ryan Sutherland	Ross County AC	18.04	
U15 Boys Discus (1.25kg)				
1	James Rollo	Inverness Harriers AAC	35.11	
2	Craig MacLennan	Inverness Harriers AAC	33.44	PB
3	Mitchell Smith	Nairn AAAC	19.87	PB
4	Douglas MacLennan	Ross County AC	17.55	
U15 Boys Hammer (4.00kg)				
1	Craig MacLennan	Inverness Harriers AAC	25.37	PB
2	Zak Stewart	Nairn AAAC	23.36	PB
3	Joe MacPherson	Nairn AAAC	15.93	PB
U15 Boys High Jump				
1	Finn Regan	Shetland AAC	1.56	PB
2	Harry Simpson	Shetland AAC	1.51	PB
3	Douglas MacLennan	Ross County AC	1.31	PB
4	Lewis MacLean	Stornoway Running & AC	1.26	
NH	Tom Palmer	Elgin AAC	.	

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U15 Boys Javelin (600g)

1	James Masson	Shetland AAC	28.52	PB
2	Zak Fearn	Ross County AC	28.44	PB
3	Josh Ringstead	North Uist AAC	23.92	PB
4	Zak Stewart	Nairn AAAC	23.01	
5	Samuel Burnett	Inverness Harriers AAC	21.92	
6	Ross Munro	Ross County AC	21.55	PB
7	Brogan Russell	Orkney AC	21.18	PB

U15 Boys Long Jump

1	Harry Simpson	Shetland AAC	4.74	PB
2	Jason Scott	Orkney AC	4.62	PB
3	Ewan Murray	Stornoway Running & AC	4.57	
4	Finlay Beange	Elgin AAC	3.96	
5	Brogan Russell	Orkney AC	3.96	
6	Ciaran Morrison	Shetland AAC	3.90	
7	Ryan Sutherland	Ross County AC	3.83	
8	Tom Palmer	Elgin AAC	3.60	

U15 Boys Shot Putt (4.00kg)

1	James Rollo	Inverness Harriers AAC	11.97	PB
2	Angus Morrison	Stornoway Running & AC	8.47	
3	James Masson	Shetland AAC	7.77	
4	Mitchell Smith	Nairn AAAC	7.74	PB
5	Ross Dinwoodie	Shetland AAC	6.73	

U15 Boys Triple Jump

1	Finlay Beange	Elgin AAC	8.98	PB
2	Joe MacPherson	Nairn AAAC	8.77	PB

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U17 Men

U17 Men 100m (Final)				ws +0.6
1	Robin Snedden	Inverness Harriers AAC	12.06	
2	Felix Sukhram	Shetland AAC	12.49	
3	Jack Dinsdale	Inverness Harriers AAC	12.62	
4	Ewan Tait	Orkney AC	12.66	PB
5	Thomas Burnett	Inverness Harriers AAC	18.88	PB
U17 Men 100m Hurdles (Final)				ws +1.7
1	William Hodi	Nairn AAAC	15.25	
2	Alister MacKay	Ross County AC	15.44	
U17 Men 1500m (Final)				
1	Euan Rollo	Inverness Harriers AAC	4:36.35	PB
2	Joshua Milne	Moray Road Runners	4:48.78	
3	Alex Ellen	Ross County AC	4:56.05	
4	Thomas Burnett	Inverness Harriers AAC	6:01.11	PB
U17 Men 200m (Final)				ws +0.2
1	Robin Snedden	Inverness Harriers AAC	24.40	
2	Alasdair Fraser	North Uist AAC	25.01	PB
3	Felix Sukhram	Shetland AAC	26.18	
4	Matthew MacLeod	Stornoway Running & AC	26.31	
5	Ewan Tait	Orkney AC	26.90	PB
6	Callum Dowell	Orkney AC	27.00	PB
7	Matthew Baker	Inverness Harriers AAC	28.46	
U17 Men 3000m (Final)				
1	Samuel Griffin	Aberdeen AAC	9:21.40	PB
2	Lucas Cairns	Inverness Harriers AAC	9:27.12	
3	Angus Smith	Inverness Harriers AAC	9:49.26	PB
4	Blair Milne	Moray Road Runners	9:50.25	PB
U17 Men 400m (Final)				
1	Alasdair Fraser	North Uist AAC	56.91	
2	Dean Murdoch	Elgin AAC	57.85	
3	Duncan MacDonald	Inverness Harriers AAC	58.52	
4	Callum Dowell	Orkney AC	59.73	PB
U17 Men 800m (Final)				
1	Shaun MacDonald	Aberdeen AAC	2:04.03	PB
2	Gordon Manson	Inverness Harriers AAC	2:07.02	
3	Danny McPake	Ross County AC	2:08.26	
4	Kyle Sutherland	Ross County AC	2:09.27	PB
5	Duncan MacDonald	Inverness Harriers AAC	2:11.63	PB
6	Ewan Spink	Inverness Harriers AAC	2:12.26	PB
7	Ewan Stevenson	Orkney AC	2:15.69	PB
8	Finn Hancock	Orkney AC	2:22.30	
9	Lucas Cairns	Inverness Harriers AAC	2:23.28	
10	Ben Sharpe	Inverness Harriers AAC	2:29.14	
11	Thomas Burnett	Inverness Harriers AAC	3:04.23	

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U17 Men Discus (1.5kg)

1	Victor Jude-Eze	Inverness Harriers AAC	36.70	
2	Finlay MacDonald	North Uist AAC	30.47	

U17 Men Hammer (5.00kg)

1	Gabriel McFarlane	Ross County AC	45.19	PB
2	Angus Lallah	Inverness Harriers AAC	27.65	
3	Finlay MacDonald	North Uist AAC	20.90	

U17 Men High Jump

1	Scott Rendall	Orkney AC	1.66	PB
2	Gordon Manson	Inverness Harriers AAC	1.61	PB
3	Alister MacKay	Ross County AC	1.56	

U17 Men Javelin (700g)

1	William Hodi	Nairn AAAC	30.74	
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U17 Men Long Jump

1	Kyle Wilkinson	Elgin AAC	5.97	
2	Jamie Barber	Orkney AC	4.84	

U17 Men Pole Vault

1	Alister MacKay	Ross County AC	3.30	PB
2	Ben Sharpe	Inverness Harriers AAC	2.50	

U17 Men Shot Putt (5.00kg)

1	Dean Murdoch	Elgin AAC	10.08	
2	Finlay MacDonald	North Uist AAC	9.96	

U17 Men Triple Jump

1	William Hodi	Nairn AAAC	12.03	
2	Alex Ellen	Ross County AC	9.96	PB

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U20 Men

U20 Men 100m (Race 1)

ws -0.3

1	Angus Davren	Inverness Harriers AAC	11.63	
2	Scott MacIver	Stornoway Running & AC	11.67	
3	Finlay Rollo	Inverness Harriers AAC	11.81	
4	Stuart Bain	Shetland AAC	11.88	
5	Shaun Ritchie	Shetland AAC	12.24	
6	Donald John MacMillan	North Uist AAC	12.39	

U20 Men 100m (Race 2)

ws +0.5

1	Scott MacIver	Stornoway Running & AC	11.53	
2	Stuart Bain	Shetland AAC	11.78	
3	Shaun Ritchie	Shetland AAC	12.06	
4	Donald John MacMillan	North Uist AAC	12.12	

U20 Men 1500m (Final)

1	Luke Davidson	Inverness Harriers AAC	4:10.09	
2	Sunny McGrath	Aberdeen AAC	4:10.52	PB
3	Gregor Dowell	Orkney AC	4:27.21	
4	Stuart Gardiner	Inverness Harriers AAC	4:36.40	

U20 Men 200m (Race 1)

ws -1.0

1	Ruairidh Munro	Inverness Harriers AAC	23.89	
2	Scott MacIver	Stornoway Running & AC	23.91	
3	Shaun Ritchie	Shetland AAC	25.51	

U20 Men 200m (Race 2)

ws +1.1

1	Scott MacIver	Stornoway Running & AC	23.71	
2	Shaun Ritchie	Shetland AAC	25.06	

U20 Men 800m (Final)

1	Luke Davidson	Inverness Harriers AAC	1:59.00	
2	Sunny McGrath	Aberdeen AAC	2:03.44	PB
3	Gregor Dowell	Orkney AC	2:10.30	PB

U20 Men Discus (1.75kg)

1	Andrew Bowsher	Inverness Harriers AAC	38.29	
2	Alexander MacKay	Inverness Harriers AAC	35.28	PB
3	George Russell	Inverness Harriers AAC	33.84	
4	John Angus	Aberdeen AAC	33.69	

U20 Men Hammer (6.00kg)

1	Matt MacFarlane	Inverness Harriers AAC	48.77	
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U20 Men Long Jump

1	Stuart Bain	Shetland AAC	5.87	
2	Donald John MacMillan	North Uist AAC	5.69	

U20 Men Shot Putt (6.00kg)

1	Alexander MacKay	Inverness Harriers AAC	12.00	
2	John Angus	Aberdeen AAC	11.77	

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Senior Men

Senior Men 100m (Race 1)

ws -0.3

1	Derek Glasgow	Inverness Harriers AAC	13.79
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Senior Men 100m (Race 2)

1	Derek Glasgow	Inverness Harriers AAC	13.74
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Senior Men 110m Hurdles (Final)

ws +1.9

1	Kevin Morice	Moray Road Runners	25.39
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Senior Men 1500m (Final)

1	Finlay MacLennan	Inverness Harriers AAC	4:27.66
2	Colin Knox	Elgin AAC	7:00.23

Senior Men 400m Hurdles (Final)

1	Kevin Morice	Moray Road Runners	82.24
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Senior Men 5000m (Final)

1	Ewan Davidson	Moray Road Runners	15:42.10	
2	Finlay MacLennan	Inverness Harriers AAC	15:52.21	PB
3	Kevin Morice	Moray Road Runners	20:41.09	

Senior Men 800m (Final)

1	Finlay Murray	East Sutherland AC	1:58.39
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Senior Men Discus (2.00kg)

1	Gary Sweeney	Moray Road Runners	34.77
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Senior Men High Jump

1	Sean Walterson	Shetland AAC	1.81
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Senior Men Long Jump

1	Sean Walterson	Shetland AAC	6.32	PB
2	Derek Glasgow	Inverness Harriers AAC	4.51	

Senior Men Pole Vault

1	Derek Glasgow	Inverness Harriers AAC	2.60
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Senior Men Shot Putt (7.26kg)

1	Gary Sweeney	Moray Road Runners	11.72
2	Connor McDonald	Shetland AAC	11.51