

SENIOR MEN

Event	Name	Club	Performance	Venue	Date
100m	Steven Illand	Stirling Uni	11.43	Grangemouth	11 May 2019
200m	Cameron Tindle	Tweed Leader JT	22.43	Grangemouth	12 May 2019
400m	Mark McLachlan	Stirling Uni	49.89	Grangemouth	11 May 2019
800m	Greg Louden	Lasswade AAC	2:01.32	Kilmarnock	12 May 2019
1500m	Steven Murray	Aberdeen AAC	4:06.05	Kilmarnock	12 May 2019
3000SC	Andrew Ferguson	Aberdeen AAC	11:01.96	Kilmarnock	12 May 2019
5000m					
110H					
400H					
Long Jump	Peter Muirhead	Central AC	7.29	Grangemouth	11 May 2019
Triple Jump					
High Jump					
Pole Vault	Ron Todd	Central AC	3.20	Grangemouth	11 May 2019
Shot Put					
Discus					
Javelin	Chris Smith	Arbroath DAC	53.03	Kilmarnock	11 May 2019
Hammer	Ciaran Wright	Falkirk VH	65.98	Kilmarnock	11 May 2019

UNDER 20 MEN

Event	Name	Club	Performance	Venue	Date
100m	Struan Linton	Aberdeen AAC	11.21	Grangemouth	11 May 2019
200m	Max Leslie	Edinburgh AC	22.80	Grangemouth	12 May 2019
400m	James McIntosh	Aberdeen AAC	51.42	Grangemouth	11 May 2019
800m	Adam Scott	Fife AC	2:03.25	Kilmarnock	12 May 2019
1500m	Adam Scott	Fife AC	4:03.07	Kilmarnock	12 May 2019
3000SC	Magnus Tait	Lasswade AAC	9:32.97	Kilmarnock	12 May 2019
5000m					
110H					
400H	Cameron Smith	Team East Lothian	60.14	Grangemouth	12 May 2019
Long Jump	Stephen MacKenzie	Pitreavie AAC	7.44	Grangemouth	11 May 2019
Triple Jump	Bera Ajala	Edinburgh AC	14.94	Grangemouth	12 May 2019
High Jump	Ryan Woods	Pitreavie AAC	2.01	Grangemouth	11 May 2019
Pole Vault	Joel McFarlane	Arbroath DAC	3.90	Grangemouth	11 May 2019
Shot Put					
Discus					
Javelin					
Hammer					

SENIOR WOMEN

Event	Name	Club	Performance	Venue	Date
100m	Andrea Goodman	Dundee HH	11.95	Grangemouth	11 May 2019
200m	Roisin Harrison	Aberdeen AAC	24.05	Grangemouth	12 May 2019
400m	Stacey Downie	Edinburgh AC	55.91	Grangemouth	11 May 2019
800m					
1500m	Hannah Addison	Corstorphine AAC	4:55.14	Kilmarnock	12 May 2019
3000SC					
5000m					
100H	Cationa Pennet	Edinburgh AC	15.00	Grangemouth	11 May 2019
400H					
Long Jump	Alexandra Burns	Edinburgh AC	5.47	Grangemouth	11 May 2019
Triple Jump					
High Jump					
Pole Vault	Gillian Cooke	Edinburgh AC	3.00	Grangemouth	11 May 2019
Shot Put					
Discus					
Javelin					
Hammer	Natalie Robbins	Edinburgh AC	55.29	Kilmarnock	12 May 2019

UNDER 20 WOMEN

Event	Name	Club	Performance	Venue	Date
100m	Jade Hutchison	Pitreavie AAC	12.40	Grangemouth	11 May 2019
200m	Jade Hutchison	Pitreavie AAC	24.96	Grangemouth	12 May 2019
400m	Lois Garland	Perth Strathtay	61.01	Grangemouth	11 May 2019
800m					
1500m	Lauren McCulloch	Central AC	4:50.32	Kilmarnock	12 May 2019
3000SC	Sarah Tait	Lasswade AAC	11:08.46	Kilmarnock	12 May 2019
5000m	Cera Gemmell	Team East Lothian	17:07.86	Inverness	11 May 2019
100H	Catriona Pennet	Edinburgh AC	15.00	Grangemouth	11 May 2019
400H					
Long Jump	Lauren Tenn-Mills	Falkirk VH	5.51	Grangemouth	11 May 2019
Triple Jump					
High Jump	Claire McGarvey	Banchory SAC	1.74	Grangemouth	11 May 2019
Pole Vault					
Shot Put	Shona Crossan	Edinburgh AC	10.22	Kilmarnock	11 May 2019
Discus	Shona Crossan	Edinburgh AC	33.70	Kilmarnock	11 May 2019
Javelin	Ellen Ranklin	Dunfermline TFC	25.07	Kilmarnock	11 May 2019
Hammer					

SENIOR MEN

Event	Name	Club	Performance	Venue	Date
100m	Derek Glasgow	Inverness H	13.74	Inverness	11 May 2019
200m					
400m					
800m	Finlay Murray	East Sutherland AC	1:58.39	Inverness	11 May 2019
1500m	Finlay MacLennan	Inverness H	4:27.66	Inverness	10 May 2019
3000mSC					
5000m	Ewan Davidson	Moray RR	15:42.10	Inverness	11 May 2019
110H	Kevin Morice	Moray RR	25.39	Inverness	11 May 2019
400H	Kevin Morice	Moray RR	82.24	Inverness	11 May 2019
Long Jump					
Triple Jump					
High Jump	Sean Walterson	Shetland AAC	6.32	Inverness	11 May 2019
Pole Vault	Derek Glasgow	Inverness H	2.60	Inverness	10 May 2019
Shot Put	Gary Sweeney	Moray RR	11.72	Inverness	11 May 2019
Discus	Gary Sweeney	Moray RR	34.77	Inverness	11 May 2019
Javelin					
Hammer					

UNDER 20 MEN

Event	Name	Club	Performance	Venue	Date
100m	Scott MacIver	Stornoway RAC	11.53	Inverness	11 May 2019
200m	Scott MacIver	Stornoway RAC	23.71	Inverness	10 May 2019
400m					
800m	Luke Davidson	Inverness H	1:59.00	Inverness	11 May 2019
1500m	Luke Davidson	Inverness H	4:10.09	Inverness	10 May 2019
3000mSC					
5000m					
110H					
400H					
Long Jump	Stuart Bain	Shetland AAC	5.87	Inverness	11 May 2019
Triple Jump					
High Jump					
Pole Vault					
Shot Put	Alexander MacKay	Inverness H	12.00	Inverness	11 May 2019
Discus	Andrew Bowsher	Inverness H	38.29	Inverness	11 May 2019
Javelin					
Hammer	Matt MacFarlane	Inverness H	48.77	Inverness	10 May 2019

SENIOR WOMEN

Event	Name	Club	Performance	Venue	Date
100m	Katie Dinwoodie	Shetland AAC	12.15	Grangemouth	11 May 2019
200m	Katie Dinwoodie	Shetland AAC	25.15	Grangemouth	12 May 2019
400m					
800m	Erika Budge	Orkney AC	2:23.38	Inverness	11 May 2019
1500m	Julie Wilson	Inverness H	5:37.73	Inverness	10 May 2019
3000mSC					
5000m					
100H					
400H	Eve Carrington	Stornoway RAC	73.84	Inverness	11 May 2019
Long Jump	Grace Angus	Aberdeen AAC	4.83	Inverness	11 May 2019
Triple Jump	Heather MacKinnon	South Uist E AC	10.64	Inverness	11 May 2019
High Jump	Lucy Holden	Shetland AAC	1.52	Grangemouth	11 May 2019
Pole Vault					
Shot Put	Eve Carrington	Stornoway RAC	9.96	Inverness	11 May 2019
Discus	Dionne Milne	Moray RR	36.87	Inverness	11 May 2019
Javelin	Paula Gass	Inverness H	40.19	Inverness	11 May 2019
Hammer	Elaine Park	Shetland AAC	35.22	Inverness	11 May 2019

UNDER 20 WOMEN

Event	Name	Club	Performance	Venue	Date
100m	Emma Pedrana	Inverness H	12.55	Inverness	11 May 2019
200m	Emma Pedrana	Inverness H	26.22	Inverness	10 May 2019
400m	Tegan Spence	Orkney AC	60.99	Inverness	11 May 2019
800m	Tegan Spence	Orkney AC	2:23.25	Inverness	11 May 2019
1500m	Sophie Young	Inverness H	5:22.20	Inverness	10 May 2019
3000mSC					
5000m	Megan Keith	Inverness H	17:32.34	Inverness	11 May 2019
100H	Mairi Weir	Elgin AAC	18.44	Inverness	11 May 2019
400H	Mairi Weir	Elgin AAC	73.98	Inverness	11 May 2019
Long Jump	Sian MacDonald	Stornoway RAC	4.54	Inverness	11 May 2019
Triple Jump	Mary MacLeod	Stornoway RAC	10.49	Inverness	10 May 2019
High Jump	Amy Davis	Orkney AC	1.51	Inverness	11 May 2019
Pole Vault					
Shot Put	Beth Grant	Moray RR	7.75	Inverness	11 May 2019
Discus					
Javelin					
Hammer	Heather Welsh	Nairn AAC	35.27	Inverness	10 May 2019

SENIOR MEN

Event	Name	Club	Performance	Venue	Date
100m	Kade Thomas	Kilbarchan AAC	10.86	Grangemouth	11 May 2019
200m	Krishawn Aiken	Kilbarchan AAC	22.06	Grangemouth	12 May 2019
400m	Mark Holliman	North Ayrshire	51.38	Grangemouth	11 May 2019
800m	Fraser Armstrong	Bellahouston	2:20.10	Kilmarnock	12 May 2019
1500m	Jamie MacKinnon	Cambuslang H	4:03.86	Kilmarnock	12 May 2019
3000SC	Michael Deeson	Shettleston H	9:20.28	Kilmarnock	12 May 2019
5000m					
110H					
400H					
Long Jump					
Triple Jump					
High Jump	Lewis McGuire	VP Glasgow AC	2.06	Grangemouth	11 May 2019
Pole Vault					
Shot Put					
Discus	Andrew Peck	VP Glasgow AC	40.32	Kilmarnock	11 May 2019
Javelin	Andrew Murphy	Kilbarchan AAC	50.62	Kilmarnock	11 May 2019
Hammer	Chirs Bennett	Shettleston H	69.23	Kilmarnock	11 May 2019

UNDER 20 MEN

Event	Name	Club	Performance	Venue	Date
100m	Jamie Stevenson	VP Glasgow AC	11.19	Grangemouth	11 May 2019
200m	Jamie Stevenson	VP Glasgow AC	23.22	Grangemouth	12 May 2019
400m	Scott Hannaway	Greenock Glenpark	50.33	Grangemouth	11 May 2019
800m	Andrew MacAngus	Kilbarchan AAC	2:03.98	Kilmarnock	11 May 2019
1500m	Ben Shaw	Giffnock North AC	4:09.94	Kilmarnock	12 May 2019
3000SC					
5000m					
110H					
400H					
Long Jump					
Triple Jump	Miraji Ahmed	Glasgow SOS	14.38	Grangemouth	12 May 2019
High Jump	Sam Young	Giffnock North AC	1.86	Grangemouth	11 May 2019
Pole Vault					
Shot Put	Scott Brindley	North Ayrshire AC	10.56	Kilmarnock	11 May 2019
Discus	Scott Brindley	North Ayrshire AC	30.11	Kilmarnock	11 May 2019
Javelin	David Lees	Giffnock North AC	49.84	Kilmarnock	11 May 2019
Hammer					

SENIOR WOMEN

Event	Name	Club	Performance	Venue	Date
100m	Chloe Lambert	VP Glasgow AC	11.93	Grangemouth	11 May 2019
200m	Chloe Lambert	VP Glasgow AC	24.40	Grangemouth	12 May 2019
400m	Philippa Millage	VP Glasgow AC	56.99	Grangemouth	11 May 2019
800m					
1500m	Nynke Mulholland	Inverclyde AC	4:43.10	Kilmarnock	12 May 2019
3000SC	Alicia Paton	Cumbernauld AAC	11:47.83	Kilmarnock	12 May 2019
5000m					
100H	Erin Campbell	Giffnock North AC	15.26	Grangemouth	11 May 2019
400H					
Long Jump	Rachel Alexander	Giffnock North AC	5.85	Grangemouth	11 May 2019
Triple Jump					
High Jump	Anna Forbes	VP Glasgow AC	1.62	Grangemouth	11 May 2019
Pole Vault					
Shot Put	Mhairi Porterfield	VP Glasgow AC	13.59	Kilmarnock	11 May 2019
Discus	Claire Cameron	VP Glasgow AC	25.84	Kilmarnock	11 May 2019
Javelin	Nikki Manson	Giffnock North AC	41.54	Kilmarnock	11 May 2019
Hammer	Rachel Hunter	North Ayrshire AC	62.42	Kilmarnock	12 May 2019

UNDER 20 WOMEN

Event	Name	Club	Performance	Venue	Date
100m	Lauren Greig	VP Glasgow AC	12.55	Grangemouth	11 May 2019
200m	Holly Shearer	Giffnock North AC	26.23	Grangemouth	12 May 2019
400m	Freya Menzies	Giffnock North AC	60.42	Grangemouth	11 May 2019
800m	Libby Sutherland	Kilbarchan AAC	2:39.24	Kilmarnock	11 May 2019
1500m	Libby Sutherland	Kilbarchan AAC	5:15.81	Kilmarnock	12 May 2019
3000SC					
5000m					
100H	Beth Tobin	Cumbernauld AAC	16.11	Grangemouth	11 May 2019
400H					
Long Jump	Anna Cameron	VP Glasgow AC	5.06	Grangemouth	11 May 2019
Triple Jump	Neve McGuire	Glasgow SOS	10.86	Grangemouth	12 May 2019
High Jump	Christie McSkimming	Whitemoss AC	1.47	Grangemouth	11 May 2019
Pole Vault					
Shot Put					
Discus	Alice Baxendale	VP Glasgow AC	39.32	Kilmarnock	11 May 2019
Javelin	Phoebe Lewis	North Ayrshire AC	29.80	Kilmarnock	11 May 2019
Hammer	Heather Fawcett	Kilbarchan AAC	49.01	Kilmarnock	12 May 2019

2019 Pilot Format Change to the Senior and Under 20 District Championships

No Medals Awarded in Senior or Under 20 Events

Open Graded Format introduced with Sprints / Jumps held at Grangemouth and Endurance throws at Kilmarnock

Full programme of Open events in Inverness with 5000m replacing 3000m Steeplechase

Senior and Under 20 Athletes can enter the venue of their choice.

All events up to and including 800m timetabled and seeded as 2 rounds - first round seeded as per championships with athletes qualifying to A, B finals etc

Hurdles athletes given choice if they wish to participate in both rounds, all others required under rule 142.4

Best Performances regardless of venue identified and listed in Roll of Honour

Amendments for 2020

One round only for 400mH, 400m and 800m events.

Option for athletes to indicate at time of entry whether they wish to enter 1 or 2 rounds.

All races seeded as Timed Finals rather than per championship seeding.

Potential Introduction of Combined Events Pentathlon for Senior / U20 Athletes