

FPSG scottishathletics North District Track & Field Championships 2018

U13 Girls

U13 Girls 100m (Final)				ws +3.2
1	Marvellous Igbiduru	Inverness Harriers AAC	13.37	PB
2	Grace MacDonald	Inverness Harriers AAC	14.03	PB
3	Sadie Fox	Shetland AAC	14.20	PB
4	Eve Fraser	Shetland AAC	14.49	PB
5	Kaitlin MacDonald	Stornaway Running & AC	14.58	PB
6	Effie Thomson	Orkney AC	14.74	PB
7	Lucy Barron	Stornaway Running & AC	14.90	PB
8	Leona Fernandes	Inverness Harriers AAC	14.97	PB

U13 Girls 100m (Heat 1)				ws -1.9
1	Marvellous Igbiduru	Inverness Harriers AAC	13.88	
2	Grace MacDonald	Inverness Harriers AAC	14.71	
3	Eve Fraser	Shetland AAC	14.91	PB
4	Effie Thomson	Orkney AC	15.54	
5	Caitlin Spence	Shetland AAC	15.96	PB
6	Hannah MacLean	Stornaway Running & AC	17.28	
7	Alison MacAulay	North Uist AAAC	17.85	

U13 Girls 100m (Heat 2)				ws -1.1
1	Sadie Fox	Shetland AAC	14.53	PB
2	Kaitlin MacDonald	Stornaway Running & AC	15.11	
3	Lucy Barron	Stornaway Running & AC	15.35	
4	Leona Fernandes	Inverness Harriers AAC	15.60	PB
5	Sophie Kilty	North Uist AAAC	16.27	
6	Amy MacRitchie	Stornaway Running & AC	17.07	

U13 Girls 1500m (Final)				
1	Anya Morrison	East Sutherland AC	5:16.63	
2	Zoe Sharpe	Inverness Harriers AAC	5:17.15	
3	Anna Cairns	Inverness Harriers AAC	5:22.97	PB
4	Kirsten Burnett	Inverness Harriers AAC	5:40.04	
5	Rosie Milligan	East Sutherland AC	5:44.01	PB
6	Isobel Garvie	Inverness Harriers AAC	5:49.53	PB

U13 Girls 200m (Final)				ws -3.2
1	Stroma Fraser	Inverness Harriers AAC	28.59	
2	Grace MacDonald	Inverness Harriers AAC	29.92	
3	Kaitlin MacDonald	Stornaway Running & AC	30.78	
4	Effie Thomson	Orkney AC	30.82	
5	Joni Smith	North Uist AAAC	30.91	PB
6	Sarah MacIver	Stornaway Running & AC	31.25	
7	Jess Fraser	Shetland AAC	32.49	PB
8	Lucy Barron	Stornaway Running & AC	32.95	

U13 Girls 200m (Heat 1)				ws -1.4
1	Stroma Fraser	Inverness Harriers AAC	28.09	
2	Kaitlin MacDonald	Stornaway Running & AC	30.37	
3	Rhiannon Ebrihem	Ross County AC	32.08	PB
4	Anna MacLeod	North Uist AAAC	34.60	
5	Hannah MacLean	Stornaway Running & AC	34.73	
6	Amy MacRitchie	Stornaway Running & AC	34.76	

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U13 Girls 200m (Heat 2)

ws -1.7

1	Grace MacDonald	Inverness Harriers AAC	29.86	
2	Effie Thomson	Orkney AC	30.69	PB
3	Sarah MacIver	Stornaway Running & AC	31.09	
4	Lucy Barron	Stornaway Running & AC	31.46	
5	Sophie Kelty	North Uist AAAC	37.38	
6	Alison MacAulay	North Uist AAAC	37.94	

U13 Girls 200m (Heat 3)

ws -5.9

1	Joni Smith	North Uist AAAC	31.18	
2	Jess Fraser	Shetland AAC	32.74	PB
3	Megan MacLean	Stornaway Running & AC	34.24	
4	Layla Todd	Shetland AAC	34.92	
5	Francesca Greenstock	Stornaway Running & AC	35.10	

U13 Girls 70m Hurdles (Final)

ws -1.8

1	Sadie Fox	Shetland AAC	13.50	PB
2	Jess Fraser	Shetland AAC	14.50	PB
3	Isobel Garvie	Inverness Harriers AAC	14.67	PB
4	Eve Fraser	Shetland AAC	15.18	

U13 Girls 800m (Final)

1	Stroma Fraser	Inverness Harriers AAC	2:30.22	
2	Grace MacDonald	Inverness Harriers AAC	2:32.15	PB
3	Joni Smith	North Uist AAAC	2:40.86	PB
4	Sarah MacIver	Stornaway Running & AC	2:48.80	PB
5	Lauren Grains	Shetland AAC	2:51.42	PB
6	Layla Todd	Shetland AAC	2:52.16	PB
7	Caitlin Spence	Shetland AAC	2:52.37	PB
8	Megan MacLean	Stornaway Running & AC	3:00.68	
9	Francesca Greenstock	Stornaway Running & AC	3:01.50	

U13 Girls Discus (0.75kg)

1	Marvellous Igbiduru	Inverness Harriers AAC	20.56	
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U13 Girls High Jump

1	Anna Cairns	Inverness Harriers AAC	1.26	PB
2	Effie Thomson	Orkney AC	1.21	

U13 Girls Javelin (400g)

1	Raegan Dearness	Orkney AC	22.06	PB
2	Zoe Sharpe	Inverness Harriers AAC	21.17	PB
3	Femke Waite	Ross County AC	13.96	
4	Isla Marwick	Inverness Harriers AAC	12.65	PB
5	Lucy Thomson	Shetland AAC	7.14	

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U13 Girls Long Jump

1	Stroma Fraser	Inverness Harriers AAC	4.72	ws+1.1	CBP
2	Lauren Grains	Shetland AAC	3.90	ws+1.0	PB
3	Kaitlin MacDonald	Stornaway Running & AC	3.82	ws+0.0	
4	Sadie Fox	Shetland AAC	3.61	ws+0.9	
5	Layla Todd	Shetland AAC	3.55	ws+0.2	PB
6	Amy MacRitchie	Stornaway Running & AC	3.52	ws +0.0	PB
7	Sarah MacIver	Stornaway Running & AC	3.45	ws+0.5	PB
8	Lucy Barron	Stornaway Running & AC	3.32	ws+1.3	PB
9	Caitlin Spence	Shetland AAC	3.29	ws+1.0	PB
10	Francesca Greenstock	Stornaway Running & AC	3.26	ws+2.0	
11	Hannah MacLean	Stornaway Running & AC	3.11	ws+1.0	PB
12	Megan MacLean	Stornaway Running & AC	3.03	ws+1.9	PB
13	Isobel Garvie	Inverness Harriers AAC	2.90	ws+1.6	
14	Anna MacLeod	North Uist AAAC	2.83	ws+2.2	

U13 Girls Shot Putt (2.72kg)

1	Marvellous Igbinidu	Inverness Harriers AAC	8.72		PB
2	Zoe Adamson	Orkney AC	7.30		PB
3	Zoe Sharpe	Inverness Harriers AAC	7.19		PB
4	Lauren Grains	Shetland AAC	6.44		
5	Leona Fernandes	Inverness Harriers AAC	5.61		PB
6	Jess Fraser	Shetland AAC	5.40		
7	Lucy Thomson	Shetland AAC	5.13		

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U15 Girls

U15 Girls 100m (Final)			ws +2.0		
1	Tamsin Fowie	Elgin AAC	12.64	PB	CBP
2	Kirsten Bowie	Elgin AAC	12.96	PB	
3	Sian Smith	Orkney AC	13.01	PB	
4	Kara Sharp	Shetland AAC	13.60	PB	
5	Gemma MacRitchie	Stornaway Running & AC	13.62	PB	
6	Maddie Smith	Shetland AAC	13.81	PB	
7	Mary Anne MacPhail	Stornaway Running & AC	13.91	PB	
8	Mellissa Mack	Inverness Harriers AAC	14.02	PB	

U15 Girls 100m (Heat 1)			ws -1.5		
1	Sian Smith	Orkney AC	13.47		
2	Kirsten Bowie	Elgin AAC	13.76	PB	
3	Gemma MacRitchie	Stornaway Running & AC	14.27		
4	Ellen McMurdo	Stornaway Running & AC	15.01		
5	Olivia Robertson	Inverness Harriers AAC	15.08		
6	Annabel Gillanders	Nairn AAAC	15.87		

U15 Girls 100m (Heat 2)			ws -1.6		
1	Tamsin Fowie	Elgin AAC	13.22	PB	
2	Mary Anne MacPhail	Stornaway Running & AC	14.21		
3	Kara Sharp	Shetland AAC	14.29	PB	
4	Amy MacMillan	Stornaway Running & AC	14.81		
5	Hannah Fea	Inverness Harriers AAC	15.09		
6	Isla Murphy	Shetland AAC	15.49	PB	

U15 Girls 100m (Heat 3)			ws -1.9		
1	Maddie Smith	Shetland AAC	14.30		
2	Mellissa Mack	Inverness Harriers AAC	14.56		
3	Jenna Tait	Orkney AC	14.93		
4	Emma Jones	Highland Hill Runners	15.30		
5	Natasha MacDonald	Stornaway Running & AC	15.49	PB	
6	Alyth MacLeod	Stornaway Running & AC	15.71	PB	

U15 Girls 1500m (Final)					
1	Alyth Gollan	East Sutherland AC	5:17.32	PB	
2	Katie Slimon	Highland Hill Runners	5:18.19	PB	
3	Kaylee Tulloch	Shetland AAC	5:19.22	PB	
4	Rachel Ross	East Sutherland AC	5:23.23	PB	
5	Rachel Murray	Stornaway Running & AC	5:35.65	PB	
DNS	Grace Jenkins	Moray Road Runners	.		

U15 Girls 200m (Final)			ws -2.4		
1	Tamsin Fowie	Elgin AAC	26.69	PB	
2	Sian Smith	Orkney AC	27.93	PB	
3	Kara Sharp	Shetland AAC	28.15	PB	
4	Kirsten Bowie	Elgin AAC	28.17	PB	
5	Gemma MacRitchie	Stornaway Running & AC	28.51	PB	
6	Rachel Tynan	Inverness Harriers AAC	29.11	PB	
7	Kirsty Thomson	Shetland AAC	29.56	PB	
8	Emily Black	Shetland AAC	29.71		

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U15 Girls 200m (Heat 1)

1	Tamsin Fowlie	Elgin AAC	26.94	PB
2	Rachel Tynan	Inverness Harriers AAC	29.26	
3	Kirsty Thomson	Shetland AAC	29.92	
4	Mellissa Mack	Inverness Harriers AAC	30.34	
5	Olivia Robertson	Inverness Harriers AAC	30.96	PB
6	Annabel Gillanders	Nairn AAAC	33.57	

U15 Girls 200m (Heat 2)

ws -3.8

1	Sian Smith	Orkney AC	27.97	PB
2	Gemma MacRitchie	Stornaway Running & AC	28.78	
3	Emily Black	Shetland AAC	29.54	
4	Isla Donaldson	Orkney AC	30.09	
5	Kirsty MacLean	Stornaway Running & AC	30.21	PB
6	Rhys Linich	North Uist AAAC	33.03	

U15 Girls 200m (Heat 3)

ws -6.7

1	Kirsten Bowie	Elgin AAC	29.02	
2	Kara Sharp	Shetland AAC	29.13	
3	Molly Jamieson	Inverness Harriers AAC	30.86	
4	Sophie Bath	East Sutherland AC	31.13	
5	Ellen McMurdo	Stornaway Running & AC	31.26	
6	Natasha MacDonald	Stornaway Running & AC	32.77	

U15 Girls 300m (Final)

1	Alanna MacKenzie	Inverness Harriers AAC	45.98	PB
2	Sophie Bath	East Sutherland AC	46.21	PB
3	Isla Donaldson	Orkney AC	46.42	PB
4	Emily Black	Shetland AAC	46.77	
5	Amie Ringstead	North Uist AAAC	46.85	
6	Chloe Wood	Orkney AC	46.85	PB
7	Jessica Bowman	Inverness Harriers AAC	49.15	
DNR	Kirsten Bowie	Elgin AAC	.	

U15 Girls 75m Hurdles (Final)

ws +0.6

1	Rachel Tynan	Inverness Harriers AAC	12.47	PB
2	Mary Anne MacPhail	Stornaway Running & AC	12.77	PB
3	Amie Ringstead	North Uist AAAC	12.81	PB
4	Krysta Bray	Stornaway Running & AC	13.38	PB
5	Jessica Bowman	Inverness Harriers AAC	14.29	
6	Lois Philips	Shetland AAC	15.39	

U15 Girls 800m (Final)

1	Kirsty Arnaud	Inverness Harriers AAC	2:29.93	
2	Ava Walsh	Inverness Harriers AAC	2:35.51	PB
3	Kirsty Thomson	Shetland AAC	2:41.68	
4	Kirsty MacLean	Stornaway Running & AC	2:43.67	PB
5	Tahlia Leslie	Shetland AAC	2:44.99	PB
6	Charlotte Hume	Orkney AC	2:49.05	PB
7	Emma Jones	Highland Hill Runners	2:55.99	
8	Ruth Wilson	Inverness Harriers AAC	3:03.82	

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U15 Girls Discus (1.00kg)

1	Shannon Passoti	Orkney AC	23.45	
2	Niamh Grant	Moray Road Runners	18.21	
3	Isobel Bird	Inverness Harriers AAC	18.15	
4	Maddie Smith	Shetland AAC	17.42	PB
5	Annabel Gillanders	Nairn AAAC	14.20	

U15 Girls Hammer (3.00kg)

1	Isobel Bird	Inverness Harriers AAC	27.35	PB
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U15 Girls High Jump

1	Rachel Tynan	Inverness Harriers AAC	1.46	
2	Leah Gunn	Orkney AC	1.29	
3	Jenna Tait	Orkney AC	1.24	

U15 Girls Javelin (500g)

1	Sonja Kurtz	Shetland AAC	25.95	PB
2	Kiera Stevenson	Orkney AC	24.69	PB
3	Gemma Montgomery	Orkney AC	20.73	PB
4	Tahlia Leslie	Shetland AAC	19.23	PB
5	Mellissa Mack	Inverness Harriers AAC	18.43	PB
6	Ruth Wilson	Inverness Harriers AAC	13.47	PB
7	Dannika Leask	Shetland AAC	12.15	
8	Jessica Bowman	Inverness Harriers AAC	8.29	

U15 Girls Long Jump

1	Isla Murphy	Shetland AAC	4.09	ws+3.0	PB
2	Kiera Milne	Orkney AC	3.96	ws+2.3	PB
3	Alyth MacLeod	Stornaway Running & AC	3.90	ws +2.0	PB
4	Lois Philips	Shetland AAC	3.88	ws+1.1	PB
5	Krysta Bray	Stornaway Running & AC	3.85	ws+2.2	PB
6	Dannika Leask	Shetland AAC	3.80	ws+2.3	PB
7	Sonja Kurtz	Shetland AAC	3.80	ws+1.5	PB
8	Alanna MacKenzie	Inverness Harriers AAC	3.74	ws+2.5	
9	Amy MacMillan	Stornaway Running & AC	3.55	ws+3.0	
10	Ruth Wilson	Inverness Harriers AAC	3.50	ws+2.7	PB
11	Maddie Smith	Shetland AAC	3.19	ws+2.2	
12	Rhys Linich	North Uist AAAC	2.55	ws+2.0	

U15 Girls Shot Putt (3.00kg)

1	Shannon Passoti	Orkney AC	10.46	
2	Niamh Grant	Moray Road Runners	9.26	
3	Gemma Montgomery	Orkney AC	8.64	PB
4	Isobel Bird	Inverness Harriers AAC	7.60	PB
5	Dannika Leask	Shetland AAC	6.94	

U15 Girls Triple Jump

1	Isla Murphy	Shetland AAC	9.19	ws +3.0	PB
2	Mary Anne MacPhail	Stornaway Running & AC	9.17	ws +6.6	
3	Lois Philips	Shetland AAC	9.02	ws +2.0	PB
4	Alanna MacKenzie	Inverness Harriers AAC	8.73	ws +3.2	PB
5	Sonja Kurtz	Shetland AAC	8.73	ws +2.3	PB
6	Krysta Bray	Stornaway Running & AC	8.38	ws +2.5	

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U17 Women

U17 Women 100m (Final)				ws +2.5	
1	Katie Dinwoodie	Shetland AAC	12.47	PB	
2	Mia Keogh	Aberdeen AAC	12.88	PB	
3	Sian MacDonald	Stornaway Running & AC	13.14	PB	
4	Laura Newbold	Shetland AAC	13.26	PB	
5	Jessica Golden	Inverness Harriers AAC	13.28	PB	
6	Jodie Walterson	Shetland AAC	13.35	PB	
7	Loni Wiseman	Shetland AAC	13.39	PB	
8	Chloe Watson	Inverness Harriers AAC	14.13	PB	
U17 Women 100m (Heat 1)				ws -1.5	
1	Katie Dinwoodie	Shetland AAC	13.10		
2	Loni Wiseman	Shetland AAC	13.60	PB	
3	Sian MacDonald	Stornaway Running & AC	13.64		
4	Jessica Golden	Inverness Harriers AAC	13.71		
5	Beth MacKay	Elgin AAC	14.81	PB	
6	Kally Milne	Orkney AC	14.99		
U17 Women 100m (Heat 2)				ws -2.1	
0	Laura Newbold	Shetland AAC	13.95		
0	Beth Grant	Moray Road Runners	14.74		
0	Freya Greaves	Orkney AC	17.44		
0	Chloe Watson	Inverness Harriers AAC	14.56		
0	Mia Keogh	Aberdeen AAC	13.53		
0	Jodie Walterson	Shetland AAC	13.82		
U17 Women 1500m (Final)					
1	Emily Andrew	Inverness Harriers AAC	4:58.38		
2	Kristi Rendall	Orkney AC	5:25.13		
3	Eve Gardiner	Inverness Harriers AAC	5:26.62		
4	Catriona Garvie	Inverness Harriers AAC	5:40.27		
5	Emma Seed	Inverness Harriers AAC	5:42.23		
6	Rachel Gillies	Inverness Harriers AAC	5:54.50		
7	Niamh Whelan	Moray Road Runners	5:55.86		
U17 Women 200m (Final)				ws -0.8	
1	Katie Dinwoodie	Shetland AAC	25.84	PB	CBP
2	Emma Barclay	Elgin AAC	26.65	PB	
3	Mia Keogh	Aberdeen AAC	26.81	PB	
4	Mairi Darroch	Inverness Harriers AAC	26.82	PB	
5	Jodie Walterson	Shetland AAC	27.70	PB	
6	Sian MacDonald	Stornaway Running & AC	27.79	PB	
7	Laura Newbold	Shetland AAC	28.36	PB	
8	Catriona Garvie	Inverness Harriers AAC	30.85	PB	
U17 Women 200m (Heat 1)				ws -3.2	
1	Katie Dinwoodie	Shetland AAC	27.26		
2	Mairi Darroch	Inverness Harriers AAC	28.03		
3	Jodie Walterson	Shetland AAC	28.39		
4	Laura Newbold	Shetland AAC	29.00		
5	Catriona Garvie	Inverness Harriers AAC	30.86	PB	

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U17 Women 200m (Heat 2)

ws -4.6

1	Mia Keogh	Aberdeen AAC	28.02	
2	Emma Barclay	Elgin AAC	28.80	PB
3	Sian MacDonald	Stornaway Running & AC	29.11	
4	Beth Grant	Moray Road Runners	31.20	

U17 Women 300m (Final)

1	Katie Dinwoodie	Shetland AAC	42.18	PB
2	Emma Barclay	Elgin AAC	42.77	PB
3	Mairi Darroch	Inverness Harriers AAC	44.28	PB
4	Eve Tulloch	Elgin AAC	47.41	PB
DNR	Chloe Cheyne	Inverness Harriers AAC	.	

U17 Women 300m Hurdles (Final)

1	Rachel Johnstone	Inverness Harriers AAC	51.24	
2	Eve Tulloch	Elgin AAC	51.76	

U17 Women 800m (Final)

1	Chloe Cheyne	Inverness Harriers AAC	2:26.31	
2	Emily Andrew	Inverness Harriers AAC	2:26.65	
3	Ruby Solden	Inverness Harriers AAC	2:26.69	
4	Kristi Rendall	Orkney AC	2:30.54	PB
5	Shauna Perry	Elgin AAC	2:32.05	
6	Catriona Scott	East Sutherland AC	2:34.22	
DNR	Aimee Smith	Shetland AAC	.	

U17 Women 80m Hurdles (Final)

ws +1.3

1	Eve Gardiner	Inverness Harriers AAC	13.78	
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U17 Women Discus (1.00kg)

1	Rachel MacLennan	Inverness Harriers AAC	26.58	PB
2	Stephanie Mercer	Shetland AAC	22.47	
3	Georgie Newlands	Elgin AAC	18.58	
4	Amy Collier	Inverness Harriers AAC	18.55	PB

U17 Women Hammer (3.00kg)

1	Rachel MacLennan	Inverness Harriers AAC	46.15	PB
2	Amy Collier	Inverness Harriers AAC	40.30	PB
3	Stephanie Mercer	Shetland AAC	18.41	

U17 Women High Jump

1	Ruby Solden	Inverness Harriers AAC	1.42	
2	Chloe Watson	Inverness Harriers AAC	1.37	PB
3	= Molly MacLeod	Stornaway Running & AC	1.27	
3	= Catriona Garvie	Inverness Harriers AAC	1.27	

U17 Women Javelin (500g)

1	Fiona Flockhart	Inverness Harriers AAC	28.01	
2	Stephanie Mercer	Shetland AAC	26.44	PB
3	Ruby Dunkley	Nairn AAAC	25.27	
4	Georgie Newlands	Elgin AAC	18.05	

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U17 Women Long Jump

1	Rachel Johnstone	Inverness Harriers AAC	5.00	
2	Sian MacDonald	Stornaway Running & AC	4.94	PB
3	Kally Milne	Orkney AC	4.77	PB
4	Eve Gardiner	Inverness Harriers AAC	4.71	PB
5	Jodie Walterson	Shetland AAC	4.53	PB
6	Emma Barclay	Elgin AAC	4.49	PB
7	Molly MacLeod	Stornaway Running & AC	4.34	
8	Loni Wiseman	Shetland AAC	4.09	
9	Laura Newbold	Shetland AAC	3.85	
10	Eve Tulloch	Elgin AAC	3.85	
11	Viktoria Kuzma	North Uist AAAC	3.74	
12	Kiera MacKenzie	North Uist AAAC	3.40	

U17 Women Shot Putt (3.00kg)

1	Beth Grant	Moray Road Runners	8.79	
2	Rachel MacLennan	Inverness Harriers AAC	8.65	PB
3	Georgie Newlands	Elgin AAC	7.61	
4	Amy Collier	Inverness Harriers AAC	6.81	
5	Freya Greaves	Orkney AC	6.64	

U17 Women Triple Jump

1	Loni Wiseman	Shetland AAC	10.14	PB
2	Mairi Darroch	Inverness Harriers AAC	9.82	PB
3	Rachel Johnstone	Inverness Harriers AAC	9.28	
4	Viktoria Kuzma	North Uist AAAC	8.57	PB
5	Kiera MacKenzie	North Uist AAAC	8.07	
6	Molly MacLeod	Stornaway Running & AC	7.30	

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U20 Women

U20 Women 100m (Final)				ws +1.8	
1	Rebecca Matheson	Aberdeen AAC	12.14		PB
2	Mia MacIver	Orkney AC	13.14		PB
3	Mary MacLeod	Stornaway Running & AC	13.19		PB
4	Rachelle Matheson	Aberdeen AAC	13.86		
DNR	Abbie McNally	Inverness Harriers AAC	.		
U20 Women 100m Hurdles (Final)				ws +1.3	
1	Ellie Stone	Inverness Harriers AAC	15.59		CBP
DNR	Mairi Weir	Elgin AAC	.		
U20 Women 1500m (Final)					
1	Constance Nankivell	East Sutherland AC	4:47.21		
2	Grace Whelan	Moray Road Runners	5:03.94		
U20 Women 200m (Final)				ws -1.1	
1	Rebecca Matheson	Aberdeen AAC	25.45		
2	Ellie Stone	Inverness Harriers AAC	26.54		
3	Heather Bruce	Inverness Harriers AAC	27.55		
DQ	Eilidh MacLeod	Stornaway Running & AC	.		
DNR	Abbie McNally	Inverness Harriers AAC	.		
DNR	Mairi Weir	Elgin AAC	.		
U20 Women 400m (Final)					
1	Ellie Stone	Inverness Harriers AAC	59.10		PB
2	Connie Campbell	Inverness Harriers AAC	62.68		PB
3	Mia MacIver	Orkney AC	64.73		
DNR	Sophie Young	Inverness Harriers AAC	.		
U20 Women 5000m (Final)					
1	Sophie Graham	Stornaway Running & AC	23:43.74		
U20 Women 800m (Final)					
1	Sophie Young	Inverness Harriers AAC	2:28.66		
DNR	Grace Whelan	Moray Road Runners	.		
U20 Women Discus (1.00kg)					
1	Heather Welsh	Nairn AAAC	26.52		
U20 Women Hammer (4.00kg)					
1	Heather Welsh	Nairn AAAC	34.74		PB
2	Chloe Brown	Dundee Hawkhill Harriers	33.54		
U20 Women Long Jump					
1	Mary MacLeod	Stornaway Running & AC	4.86	ws+2.2	PB
U20 Women Shot Putt (4.00kg)					
1	Stephanie Evers	Caithness AAC	9.38		
2	Heather Welsh	Nairn AAAC	7.89		PB
U20 Women Triple Jump					
1	Heather Marie MacKinnon	South Uist & Eriskay AC	10.68		
2	Mary MacLeod	Stornaway Running & AC	9.82		
3	Chloe Brown	Dundee Hawkhill Harriers	9.24		

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Senior Women

Senior Women 100m (Final)

ws +1.8

1	Taylah Spence	Orkney AC	12.36	PB
DNR	Eleanor Briggs	Inverness Harriers AAC	.	

Senior Women 1500m (Final)

1	Heather Campbell	Inverness Harriers AAC	4:54.66	PB
2	Julie Wilson	Inverness Harriers AAC	5:20.52	PB

Senior Women 200m (Final)

ws -2.6

1	Taylah Spence	Orkney AC	25.99	
2	Eleanor Briggs	Inverness Harriers AAC	26.73	
3	Erika Budge	Orkney AC	28.52	

Senior Women 400m (Final)

1	Gillian Gordon	Inverness Harriers AAC	58.85	
2	Erika Budge	Orkney AC	61.68	
DNR	Eleanor Briggs	Inverness Harriers AAC	.	

Senior Women 400m Hurdles (Final)

1	Gillian Gordon	Inverness Harriers AAC	66.47	
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Senior Women 800m (Final)

1	Heather Campbell	Inverness Harriers AAC	2:24.34	
2	Julie Wilson	Inverness Harriers AAC	2:36.96	

Senior Women Discus (1.00kg)

1	Dionne Milne	Moray Road Runners	41.10	
2	Shannon Sutherland	Nairn AAAC	25.60	

Senior Women Hammer (4.00kg)

1	Shannon Sutherland	Nairn AAAC	26.16	
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Senior Women Javelin (600g)

1	Mary Flockhart	Inverness Harriers AAC	35.45	
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Senior Women Shot Putt (4.00kg)

1	Shannon Sutherland	Nairn AAAC	8.25	
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U13 Boys

U13 Boys 100m (Final)			ws +2.4	
1	Jason Scott	Orkney AC	13.35	PB
2	Zak Fearn	Ross County AC	13.39	PB
3	Diuglas MacLennan	Ross County AC	14.47	
4	Angus Morrison	Stornaway Running & AC	14.59	PB
5	Mitchell Smith	Nairn AAAC	14.63	PB
6	Zak Stewart	Nairn AAAC	14.71	PB
7	Thomas Brennan	North Uist AAAC	14.85	PB
8	Sean Radabaugh	Inverness Harriers AAC	15.02	PB
U13 Boys 100m (Heat 1)			ws -1.4	
1	Jason Scott	Orkney AC	13.82	PB
2	Diuglas MacLennan	Ross County AC	14.32	PB
3	Mitchell Smith	Nairn AAAC	14.80	PB
4	Zak Stewart	Nairn AAAC	15.04	PB
5	Sean Radabaugh	Inverness Harriers AAC	15.14	
6	Iain MacDonald	North Uist AAAC	15.68	
U13 Boys 100m (Heat 2)			ws -0.9	
1	Zak Fearn	Ross County AC	13.81	PB
2	Angus Morrison	Stornaway Running & AC	15.00	
3	Thomas Brennan	North Uist AAAC	15.33	
4	Stuart Robertson	Inverness Harriers AAC	15.46	PB
5	Ryan Sutherland	Ross County AC	15.60	
6	Jamie Sutherland	Orkney AC	15.86	
U13 Boys 1500m (Final)				
1	Lachlan Buchanan	Inverness Harriers AAC	4:51.92	
2	Sam Coull	Ross County AC	5:00.17	PB
3	Sam Burnett	Inverness Harriers AAC	5:01.90	PB
4	Charlie Morrison	Stornaway Running & AC	5:12.42	PB
5	Ali MacKenzie	Orkney AC	5:29.29	
U13 Boys 200m (Final)			ws -3.7	
1	Jason Scott	Orkney AC	28.29	PB
2	Lewis MacLean	Stornaway Running & AC	28.47	
3	Zak Fearn	Ross County AC	28.69	
4	Iain Matheson	Stornaway Running & AC	30.62	
5	Ben Webster	Inverness Harriers AAC	31.09	
6	Sean Radabaugh	Inverness Harriers AAC	32.51	
7	Ciaran Morrison	Shetland AAC	34.33	
8	Thomas Brennan	North Uist AAAC	34.99	
U13 Boys 200m (Heat 1)			ws -3.0	
1	Jason Scott	Orkney AC	28.31	PB
2	Lewis MacLean	Stornaway Running & AC	28.35	PB
3	Sean Radabaugh	Inverness Harriers AAC	31.38	PB
4	Thomas Brennan	North Uist AAAC	32.30	
5	Iain MacDonald	North Uist AAAC	32.57	

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U13 Boys 200m (Heat 2)			ws -3.6		
1	Zak Fearn	Ross County AC	28.57		PB
2	Iain Matheson	Stornaway Running & AC	30.27		PB
3	Ben Webster	Inverness Harriers AAC	30.92		PB
4	Ciaran Morrison	Shetland AAC	31.86		
5	Jamie Sutherland	Orkney AC	33.36		
U13 Boys 75m Hurdles (Final)			ws +0.0		
1	Ross Dinwoodie	Shetland AAC	15.86		PB
2	Ciaran Morrison	Shetland AAC	16.98		
U13 Boys 800m (Final)					
1	Lewis MacLean	Stornaway Running & AC	2:32.26		PB
2	Ben Webster	Inverness Harriers AAC	2:33.60		
3	Diuglas MacLennan	Ross County AC	2:33.98		
4	Iain Matheson	Stornaway Running & AC	2:35.53		PB
5	Jock Tucker	Orkney AC	2:40.54		PB
6	Thorfinn Scott	Orkney AC	2:45.63		PB
7	Ciaran Morrison	Shetland AAC	2:48.32		PB
8	Duncan MacDonald	Unattached	3:11.93		PB
U13 Boys Discus (1.00kg)					
1	Sam Burnett	Inverness Harriers AAC	18.62		PB
U13 Boys High Jump					
1	Stuart Robertson	Inverness Harriers AAC	1.26		PB
2	Jamie Sutherland	Orkney AC	1.21		
3	Max Linklater	Orkney AC	1.16		
4	Ryan Sutherland	Ross County AC	1.16		
5	Joe MacPherson	Nairn AAAC	1.06		
U13 Boys Javelin (400g)					
1	Sam Burnett	Inverness Harriers AAC	24.24		PB
2	Zak Fearn	Ross County AC	23.96		PB
3	Shaun Golden	Inverness Harriers AAC	23.19		
4	Zak Stewart	Nairn AAAC	20.43		PB
5	Angus Morrison	Stornaway Running & AC	18.86		PB
6	Jack MacDonald	North Uist AAAC	12.52		
U13 Boys Long Jump					
1	Jason Scott	Orkney AC	4.04	ws-1.1	PB
2	Jock Tucker	Orkney AC	3.86	ws-1.7	PB
3	Ryan Sutherland	Ross County AC	3.83	ws-1.8	
4	Ben Webster	Inverness Harriers AAC	3.82	ws-1.1	PB
5	Iain Matheson	Stornaway Running & AC	3.81	ws-1.0	
6	Ross Dinwoodie	Shetland AAC	3.54	ws-0.9	PB
7	Mitchell Smith	Nairn AAAC	3.53	ws-0.5	PB
8	Stuart Robertson	Inverness Harriers AAC	3.53	ws-0.8	
9	Sean Radabaugh	Inverness Harriers AAC	3.48	ws-1.2	
10	Joe MacPherson	Nairn AAAC	3.38	ws-1.7	
11	Thorfinn Scott	Orkney AC	3.32	ws-0.7	
12	Iain MacDonald	North Uist AAAC	3.29	ws-0.7	
13	Thomas Brennan	North Uist AAAC	3.27	ws-1.4	

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U13 Boys Shot Putt (3.00kg)

1	Angus Morrison	Stornaway Running & AC	8.34	PB
2	Shaun Golden	Inverness Harriers AAC	7.36	
3	Mitchell Smith	Nairn AAAC	6.51	PB
4	Ross Dinwoodie	Shetland AAC	6.26	PB
5	Zak Stewart	Nairn AAAC	5.93	PB
6	Joe MacPherson	Nairn AAAC	5.57	PB
7	Diuglas MacLennan	Ross County AC	5.55	
8	Jack MacDonald	North Uist AAAC	5.53	
9	Max Linklater	Orkney AC	4.44	

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U15 Boys

U15 Boys 100m (Final)				ws +3.5	
1	Kyle Wilkinson	Elgin AAC	11.70	PB	CBP
2	Robin Snedden	Inverness Harriers AAC	11.78	PB	
3	Alexander Scott	Orkney AC	12.07	PB	
4	James Rollo	Inverness Harriers AAC	12.26	PB	
5	Ewan Tait	Orkney AC	12.96	PB	
6	Liam Daly	Inverness Harriers AAC	13.10	PB	
7	Seb Connelly	Stornaway Running & AC	13.37	PB	
8	Calum MacDonald	North Uist AAAC	13.72	PB	

U15 Boys 100m (Heat 1)				ws -1.9	
1	Alexander Scott	Orkney AC	12.54		
2	James Rollo	Inverness Harriers AAC	12.72		
3	Ewan Tait	Orkney AC	13.61		
4	Liam Daly	Inverness Harriers AAC	14.07		
5	Aaron Kerr	Inverness Harriers AAC	15.00	PB	
6	Ewan Murray	Stornaway Running & AC	15.47		

U15 Boys 100m (Heat 2)				ws -1.6	
1	Kyle Wilkinson	Elgin AAC	13.03		
2	Robin Snedden	Inverness Harriers AAC	13.50		
3	Seb Connelly	Stornaway Running & AC	13.88	PB	
4	Calum MacDonald	North Uist AAAC	14.08	PB	
5	Angus Rollo	Inverness Harriers AAC	14.79	PB	

U15 Boys 1500m (Final)					
1	Lucas Cairns	Inverness Harriers AAC	4:40.09	PB	
2	Euan Rollo	Inverness Harriers AAC	4:47.27		
3	Reece Black	Shetland AAC	4:51.53	PB	
4	Ben Sharpe	Inverness Harriers AAC	5:04.92		
5	Alex Jamieson	Inverness Harriers AAC	5:17.58	PB	
6	Ruaridh Ellen	Ross County AC	5:22.23		
7	Thomas Burnett	Inverness Harriers AAC	6:05.34		

U15 Boys 200m (Final)				ws -1.3	
1	Robin Snedden	Inverness Harriers AAC	24.52	PB	
2	Alexander Scott	Orkney AC	25.04	PB	
3	John Scanlon	North Uist AAAC	26.93	PB	
4	Ewan Tait	Orkney AC	27.35	PB	
5	Callum Dowell	Orkney AC	27.38	PB	
6	Seb Connelly	Stornaway Running & AC	28.04	PB	
7	Liam Daly	Inverness Harriers AAC	28.21	PB	
8	Shaun MacDonald	North Uist AAAC	29.14	PB	

U15 Boys 200m (Heat 1)				ws -2.5	
1	Robin Snedden	Inverness Harriers AAC	26.57		
2	Callum Dowell	Orkney AC	28.10		
3	Ewan Tait	Orkney AC	28.23		
4	Seb Connelly	Stornaway Running & AC	28.70	PB	
5	Ewan Murray	Stornaway Running & AC	31.35		

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U15 Boys 200m (Heat 2)

ws -2.8

1	Alexander Scott	Orkney AC	25.47	PB
2	John Scanlon	North Uist AAAC	27.00	PB
3	Liam Daly	Inverness Harriers AAC	28.65	
4	Shaun MacDonald	North Uist AAAC	30.03	

U15 Boys 300m (Final)

1	Alasdair Fraser	North Uist AAAC	40.30	PB
2	Callum Dowell	Orkney AC	43.12	
3	Finn Regan	Shetland AAC	44.30	PB
4	Christopher Scott	Orkney AC	48.54	

U15 Boys 800m (Final)

1	Shaun MacDonald	Deveron Harriers	2:14.26	
2	Angus Rutter	Inverness Harriers AAC	2:17.20	PB
3	Ewan Stevenson	Orkney AC	2:20.87	
4	Shaun MacDonald	North Uist AAAC	2:21.77	PB
5	Grigor Nixon	Inverness Harriers AAC	2:22.53	PB
6	Finn Hancock	Orkney AC	2:24.90	PB
7	Scott Perry	Forres Harriers	2:31.86	
8	Sam Bryan	East Sutherland AC	2:46.21	
DNR	Scott Rendall	Orkney AC	.	
DNR	Duncan MacDonald	Inverness Harriers AAC	.	

U15 Boys 80m Hurdles (Final)

ws +1.3

1	John Scanlon	North Uist AAAC	12.79	PB
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U15 Boys Discus (1.25kg)

1	James Rollo	Inverness Harriers AAC	27.81	
2	Craig Watts	Inverness Harriers AAC	25.28	
3	Angus Lallah	Inverness Harriers AAC	23.00	
4	Craig MacLennan	Inverness Harriers AAC	22.02	PB
5	Sam Bryan	East Sutherland AC	20.58	PB
6	Ben Wagstaff	Shetland AAC	17.25	
7	Josh Ringstead	North Uist AAAC	12.87	

U15 Boys Hammer (4.00kg)

1	Gabriel McFarlane	Ross County AC	36.52	PB
2	Angus Lallah	Inverness Harriers AAC	30.74	PB
3	Daniel Lathan	Inverness Harriers AAC	26.26	PB
4	Finlay MacDonald	North Uist AAAC	21.34	
5	Craig MacLennan	Inverness Harriers AAC	19.51	PB

U15 Boys High Jump

1	William Hodi	Nairn AAAC	1.54	
2	Scott Rendall	Orkney AC	1.49	
3	Alexander Scott	Orkney AC	1.49	
4	Finn Regan	Shetland AAC	1.44	
5	Ben Sharpe	Inverness Harriers AAC	1.39	
6	Lucas Cairns	Inverness Harriers AAC	1.29	
7	Ruaridh Ellen	Ross County AC	1.24	

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U15 Boys Javelin (600g)

1	Craig Watts	Inverness Harriers AAC	30.32	
2	William Hodi	Nairn AAAC	27.78	PB
3	Connor Fraser	Shetland AAC	26.24	PB
4	Sam Bryan	East Sutherland AC	25.70	PB
5	Ben Wagstaff	Shetland AAC	24.07	PB
6	Daniel Lathan	Inverness Harriers AAC	21.15	PB
7	Josh Ringstead	North Uist AAAC	20.18	PB

U15 Boys Long Jump

1	Kyle Wilkinson	Elgin AAC	5.84	ws-1.6	
2	Jamie Barber	Orkney AC	4.50	ws-2.4	
3	Calum MacDonald	North Uist AAAC	4.33	ws-3.0	PB
4	Ewan Murray	Stornaway Running & AC	4.05	ws-2.6	PB
5	Aaron Kerr	Inverness Harriers AAC	3.90	ws-0.7	
6	Finn Regan	Shetland AAC	3.61	ws-2.5	
7	Ruaridh Ellen	Ross County AC	3.60	ws-2.8	
8	Connor Fraser	Shetland AAC	3.59	ws-2.8	

U15 Boys Pole Vault

1	Ben Sharpe	Inverness Harriers AAC	2.20		PB
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U15 Boys Shot Putt (4.00kg)

1	James Rollo	Inverness Harriers AAC	10.65		PB
2	Gabriel McFarlane	Ross County AC	10.26		PB
3	Finlay MacDonald	North Uist AAAC	10.21		PB
4	Daniel Lathan	Inverness Harriers AAC	9.90		
5	Craig MacLennan	Inverness Harriers AAC	7.18		
6	Ben Wagstaff	Shetland AAC	6.42		
7	Angus Rollo	Inverness Harriers AAC	6.37		
8	Connor Fraser	Shetland AAC	6.06		

U15 Boys Triple Jump

1	Kyle Wilkinson	Elgin AAC	11.55	ws +2.9	
2	William Hodi	Nairn AAAC	11.11	ws +2.1	

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U17 Men

U17 Men 100m (Final)			ws +2.6	
1	Finlay Rollo	Inverness Harriers AAC	11.80	PB
2	Ryan Matheson	Aberdeen AAC	12.41	PB
3	Matthew MacLeod	Stornaway Running & AC	12.86	PB
4	Angus MacDonald	North Uist AAAC	13.49	PB
DNR	Angus Davren	Inverness Harriers AAC	.	
U17 Men 100m Hurdles (Final)			ws +1.3	
1	Alexander MacKay	Ross County AC	14.63	
2	Reuben McFarlane	Ross County AC	16.93	
U17 Men 1500m (Final)				
1	Luke Davidson	Inverness Harriers AAC	4:40.33	
2	Sunny McGrath	Deveron Harriers	4:41.09	
3	David Morrison	Stornaway Running & AC	4:50.39	
4	Joshua Milne	Moray Road Runners	4:52.90	
5	Alex Ellen	Ross County AC	4:57.80	PB
6	Daniel Stewart	Stornaway Running & AC	5:04.06	PB
DNR	Ailig MacDonald	North Uist AAAC	.	
DNR	Finlay Rutter	Inverness Harriers AAC	.	
U17 Men 200m (Final)			-2.1	
1	Lewis Barclay	Shetland AAC	23.95	
2	Ruairdh Munro	Inverness Harriers AAC	24.10	
3	Spencer Bardsley	Ross County AC	25.29	PB
4	Ryan Matheson	Aberdeen AAC	25.50	PB
5	Ewan MacLeod	Stornaway Running & AC	26.18	PB
6	Angus MacDonald	North Uist AAAC	28.53	
U17 Men 3000m (Final)				
1	Sunny McGrath	Deveron Harriers	9:41.85	
2	Blair Milne	Moray Road Runners	10:26.47	
DNS	James Slimon	Highland Hill Runners	.	
U17 Men 400m (Final)				
1	Lewis Barclay	Shetland AAC	52.06	PB
2	Luke Davidson	Inverness Harriers AAC	54.05	
3	Ewan MacLeod	Stornaway Running & AC	56.51	PB
4	David Scott	Forres Harriers	58.59	PB
5	Ewan Spink	Inverness Harriers AAC	58.66	PB
6	Matthew MacLeod	Stornaway Running & AC	59.63	
7	Daniel Stewart	Stornaway Running & AC	60.45	PB
DNR	Ruairdh Munro	Inverness Harriers AAC	.	
U17 Men 800m (Final)				
1	Luke Davidson	Inverness Harriers AAC	2:00.25	PB
2	Danny McPake	Ross County AC	2:08.90	PB
3	David Morrison	Stornaway Running & AC	2:13.07	
4	Shay Regan	Shetland AAC	2:16.85	PB
5	Ewan Spink	Inverness Harriers AAC	2:17.66	PB
6	Joshua Milne	Moray Road Runners	2:20.14	
7	Kyle Sutherland	Ross County AC	2:21.32	

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U17 Men Discus (1.5kg)

1	George Russell	Inverness Harriers AAC	37.03	PB
2	Finbar Dunne	Inverness Harriers AAC	36.63	
3	Victor Jude-Eze	Inverness Harriers AAC	31.38	PB

U17 Men Hammer (5.00kg)

1	Matt MacFarlane	Inverness Harriers AAC	46.57	
2	Victor Jude-Eze	Inverness Harriers AAC	38.29	PB
3	Michael Graham	Inverness Harriers AAC	22.59	

U17 Men High Jump

1	Angus Davren	Inverness Harriers AAC	1.95	PB	CBP
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U17 Men Javelin (700g)

1	Ross Sinclair	Orkney AC	36.70	
2	Victor Jude-Eze	Inverness Harriers AAC	19.78	

U17 Men Long Jump

1	Shay Regan	Shetland AAC	5.62	ws-2.0	PB
2	Finlay Rollo	Inverness Harriers AAC	5.43	ws-3.0	
3	Ross Sinclair	Orkney AC	5.35	ws-2.1	PB
4	David Scott	Forres Harriers	4.93	ws-4.2	
5	Dean Murdoch	Elgin AAC	4.54	ws-0.4	PB

U17 Men Pole Vault

1	Alexander MacKay	Ross County AC	3.10	
2	Reuben McFarlane	Ross County AC	2.90	

U17 Men Shot Putt (5.00kg)

1	Alexander MacKay	Ross County AC	11.18	
2	Reuben McFarlane	Ross County AC	10.59	
3	Dean Murdoch	Elgin AAC	8.54	PB

U17 Men Triple Jump

1	Shay Regan	Shetland AAC	12.23	PB
2	David Scott	Forres Harriers	10.96	PB
3	Alex Ellen	Ross County AC	9.21	PB

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U20 Men

U20 Men 100m (Final)		ws +2.3			
1	Scott MacIver	Stornaway Running & AC	11.41	PB	
2	Andrew McFarlane	Ross County AC	11.75		
3	Donald John MacMillan	North Uist AAAC	11.91		
4	Calum Fraser	North Uist AAAC	12.02		
U20 Men 110m Hurdles (Final)		ws +2.5			
1	Andrew McFarlane	Ross County AC	15.64	PB	
U20 Men 1500m (Final)					
1	Joe Arnaud	Inverness Harriers AAC	4:16.16		
2	Hamish Hickey	Ross County AC	4:24.75	PB	
3	Stuart Gardiner	Inverness Harriers AAC	4:34.94		
U20 Men 200m (Final)		ws -2.2			
1	Andrew Stoker	Moray Road Runners	23.53		
2	Scott MacIver	Stornaway Running & AC	23.87		
3	Bobby Laurenson	Shetland AAC	24.29	PB	
4	Ross Budge	Stornaway Running & AC	25.95		
DNR	Stephen MacKenzie	Inverness Harriers AAC	.		
U20 Men 400m (Final)					
1	Bobby Laurenson	Shetland AAC	52.14	PB	
2	Ross Budge	Stornaway Running & AC	57.91		
U20 Men 5000m (Final)					
1	Hamish Hickey	Ross County AC	16:00.08	PB	
2	Kyle Munro	Stornaway Running & AC	17:15.21		
U20 Men 800m (Final)					
1	Joe Arnaud	Inverness Harriers AAC	2:02.92		
2	Hamish Hickey	Ross County AC	2:22.88		
U20 Men Discus (1.75kg)					
1	Andrew Bowsher	Inverness Harriers AAC	42.20		
2	Harry Zagorski	Inverness Harriers AAC	40.09		
U20 Men High Jump					
1	Sean Walterson	Shetland AAC	1.81	PB	
U20 Men Javelin (800g)					
1	Paddy Dunne	Inverness Harriers AAC	55.82	PB	CBP
2	Finlay MacLeay	Inverness Harriers AAC	53.03	PB	
U20 Men Long Jump					
1	Andrew McFarlane	Ross County AC	6.85	-1.3	PB CBP
2	Sean Walterson	Shetland AAC	6.02	-2.5	PB
U20 Men Shot Putt (6.00kg)					
1	Andrew Bowsher	Inverness Harriers AAC	12.26		
2	Dan Swanson	Shetland AAC	10.76		
U20 Men Triple Jump					
1	Stephen MacKenzie	Inverness Harriers AAC	13.57	ws-1.9	CBP
2	Sean Walterson	Shetland AAC	12.22	ws-1.9	

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Senior Men

Senior Men 100m (Final)		ws +5.0		
1	Andrew Smith	Inverness Harriers AAC	11.14	PB
2	Aidan Jarmson	Shetland AAC	11.43	PB
3	Matej Papp	Inverness Harriers AAC	11.54	PB
4	Fraser MacDonald	Ross County AC	11.72	
DNR	Ross Freck	Aberdeen AAC	.	
DNR	Scott Fraser	Inverness Harriers AAC	.	
DNR	Alastair Beaton	Inverness Harriers AAC	.	
DNR	Gordon Mowat	Ross County AC	.	
Senior Men 1500m (Final)				
1	Eoghan MacNamara	Aberdeen AAC	4:17.49	
DNR	Stephen MacKay	Inverness Harriers AAC	.	
DNR	Tony Golabek	Inverness Harriers AAC	.	
Senior Men 200m (Final)		ws -1.7		
1	Andrew Smith	Inverness Harriers AAC	23.23	
2	Aidan Jarmson	Shetland AAC	23.57	
3	Ross Fraser	Inverness Harriers AAC	24.41	
4	Findlay Donegan	Edinburgh AC	24.52	
DNR	Alastair Beaton	Inverness Harriers AAC	.	
DNR	Ross Freck	Aberdeen AAC	.	
DNR	Scott Fraser	Inverness Harriers AAC	.	
DNR	Gordon Mowat	Ross County AC	.	
Senior Men 400m (Final)				
1	Kieran Fraser	Shetland AAC	50.31	PB
Senior Men 400m Hurdles (Final)				
1	Kevin Morice	Moray Road Runners	95.36	
Senior Men 5000m (Final)				
1	Finlay MacLennan	Inverness Harriers AAC	16:49.56	
2	Eoin Coull	Ross County AC	17:23.03	
DNF	Kevin Morice	Moray Road Runners	.	
Senior Men 800m (Final)				
1	Stephen MacKay	Inverness Harriers AAC	1:55.13	
2	Eoghan MacNamara	Aberdeen AAC	2:06.91	
3	James Geddes	Inverness Harriers AAC	2:17.43	
Senior Men Discus (2.00kg)				
1	Matej Papp	Inverness Harriers AAC	39.10	
2	Edward McKenzie	Aberdeen AAC	26.75	
3	Andrew Preacher	Shetland AAC	23.40	PB
4	Martin Beattie	Elgin AAC	23.18	PB
Senior Men Hammer (7.26kg)				
1	Nicky Stone	Nairn AAAC	44.70	
2	Edward McKenzie	Aberdeen AAC	21.52	
Senior Men Javelin (800g)				
1	Edward McKenzie	Aberdeen AAC	32.87	
2	Martin Beattie	Elgin AAC	32.62	PB

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Senior Men Long Jump

1	Fraser MacDonald	Ross County AC	5.24	-2.4	PB
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Senior Men Shot Putt (7.26kg)

1	Connor McDonald	Shetland AAC	12.03		
2	Matej Papp	Inverness Harriers AAC	12.02		PB
3	Edward McKenzie	Aberdeen AAC	9.53		
4	Martin Beattie	Elgin AAC	8.82		PB
5	Andrew Preacher	Shetland AAC	7.00		PB

Senior Men Triple Jump

1	Findlay Donegan	Edinburgh AC	13.06		
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