

# Scottish Athletics League (Division 1)

## 22 May 2011

## Grangemouth

100m A		+3.6 m/s	
1	9 C Lavery	Arbroath	10.89 16
2	13 D Cairns	VP Glasgow	11.13 14
3	5 T Gaye	Edinburgh	11.17 12
4	1 P Muirhead (U20)	Central	11.63 10
5	11 R Cuthbert (U17)	Pitreevie	11.73 8
6	3 P Mutch	Aberdeen	11.74 6
7	7 C Carstairs (U20)	Lasswade	11.80 5
8	15 E Heath (U20)	Giffnock	11.89 4

100m B		+2.0 m/s	
1	14 R Frost	VP Glasgow	11.21 12
2	6 J Glen (U17)	Edinburgh	11.57 10
3	2 Wei Jen Chao	Central	11.71 8
4	8 C Wilson	Lasswade	11.79 6
5	4 S Walker	Aberdeen	12.05 4
6	16 M Mhlanga (U20)	Giffnock	12.14 3
7	12 M Travers (U17)	Pitreevie	12.26 2
8	10 B Keillor	Arbroath	12.52 1

400m A			
1	5 P Loudon (U20)	Edinburgh	50.59 16
2	11 E Dyer (U20)	Pitreevie	51.32 14
3	15 K Love	Giffnock	53.04 12
4	3 T Newton	Aberdeen	53.75 10
5	7 C Carstairs (U20)	Lasswade	54.28 8
6	1 C Ritchie (U20)	Central	54.40 6
7	13 A Ramsay (U20)	VP Glasgow	55.55 5
8	9 R White (U20)	Arbroath	58.90 4

400m B			
1	8 S McIlreavy	Lasswade	52.34 12
2	16 C McWilliam (U17)	Giffnock	52.73 10
3	2 S Reilly	Central	53.00 8
4	12 R Cuthbert (U17)	Pitreevie	54.00 6
5	6 T Harris (U20)	Edinburgh	54.68 4
6	4 A Ferguson	Aberdeen	56.32 3
7	14 D Watson Snr	VP Glasgow	57.29 2
8			0

1500m A			
1	5 A Crichton	Edinburgh	4:02.07 16
2	15 G Muir (U20)	Giffnock	4:03.66 14
3	1 C Ruddy	Central	4:03.94 12
4	14 D Vernon (U20)	VP Glasgow	4:06.71 10
5	3 M Haskett	Aberdeen	4:06.72 8
6	7 N Sheenan	Lasswade	4:18.01 6
7	12 S McAlpine (U17)	Pitreevie	4:28.89 5
8			0

1500m B			
1	16 L Trainor (U20)	Giffnock	4:04.31 12
2	2 J Newsom	Central	4:04.34 10
3	4 J Joy	Aberdeen	4:10.11 8
4	13 S Fontana	VP Glasgow	4:11.24 6
5	8 M Gore	Lasswade	4:18.01 4
6	11 J Headley	Pitreevie	4:29.21 3
7			0
8			0

110m Hurdles A		+2.2 m/s	
1	13 N Kelly	VP Glasgow	16.02 16
2	9 M Downie (U20)	Arbroath	16.74 14
3	1 K Pearson	Central	20.22 12
	7 C Menzies	Lasswade	22.48 0
5			0
6			0
7			0
8			0

110m Hurdles B		+2.1 m/s	
1	14 S Beattie	VP Glasgow	15.87 12
2	10 B Keillor	Arbroath	20.27 10
3			0
4			0
5			0
6			0
7			0
8			0

3000m S/C A			
1	1 S Green (U20)	Central	09:47.84 16
2	7 C Menzies	Lasswade	10:24.31 14
3	13 E Sloan-Dennison (U20)	VP Glasgow	10:28.15 12
4	5 T Ryan	Edinburgh	10:45.12 10
5	4 F Boyne	Aberdeen	10:48.23 8
6	15 A McCallum (U20)	Giffnock	11:11.30 6
7			0
8			0

3000m S/C B			
1	2 M Wright	Central	09:57.70 12
2	3 R Leslie	Aberdeen	11:05.86 10
3	16 C Russell (U20)	Giffnock	11:37.38 8
4	8 P Elliot	Lasswade	12:02.91 6
5			0
6			0
7			0
8			0

200m A		+3.2 m/s	
1	9 C Lavery	Arbroath	22.11 16
2	1 K Henderson (U20)	Central	22.55 14
3	13 D Cairns	VP Glasgow	22.88 12
4	5 J Glen (U17)	Edinburgh	23.16 10
5	11 E Dyer (U20)	Pitreevie	23.41 8
6	3 P Mutch	Aberdeen	23.59 6
7	15 D Chapman (U20)	Giffnock	23.79 5
8	7 C Carstairs (U20)	Lasswade	23.91 4

800m A			
1	1 T Watson (U20)	Central	1:57.89 16
2	5 P Loudon (U20)	Edinburgh	1:58.65 14
3	3 J Joy	Aberdeen	1:58.86 12
4	13 A Ramsay (U20)	VP Glasgow	2:01.26 10
5	15 M Fishwick (U20)	Giffnock	2:02.60 8
6	7 A Lyon (U20)	Lasswade	2:13.45 6
7			0
8			0

5000m A			
1	1 R Russell	Central	14:53.20 16
2	15 D Phee	Giffnock	16:03.76 14
3	8 M Gore	Lasswade	16:08.79 12
4	11 J Farquhar	Pitreevie	16:43.39 10
5	6 A Chmielowski	Edinburgh	17:07.92 8
6	4 R Leslie	Aberdeen	17:18.09 6
7			0
8			0

400m Hurdles A			
1	5 T Harris (U20)	Edinburgh	57.39 16
2	13 M Hayes	VP Glasgow	57.95 14
3	1 M Wright	Central	62.26 12
4	3 A Love	Aberdeen	64.11 10
5	9 B Keillor	Arbroath	65.10 8
6	15 A McCallum (U20)	Giffnock	65.78 6
7	7 C Menzies	Lasswade	68.44 5
8			0

4 by 100m Relay			
1	1 i JenMuirhPaterHende	Central	45.09 16
2	5 Gaye HastiGlen Newpo	Edinburgh	45.10 14
3	13 CairnFrostLaingBeatt	VP Glasgow	45.47 12
4	7 McIlrWilsaNicolChart	Lasswade	46.91 10
5	3 Lyon ClarkMutchWaik	Aberdeen	46.96 8
6	15 MhlaHeathLaudeChapm	Giffnock	48.04 6
7	11 CuthbMcAlpDyer Trave	Pitreevie	50.17 5
8	9 LaverMurraKeillWhite	Arbroath	DNF 0

200m B		+2.1 m/s	
1	2 M Paterson (U20)	Central	22.91 12
2	6 T Younger (U20)	Edinburgh	23.47 10
3	14 S Laing (U20)	VP Glasgow	23.60 8
4	16 A Lauder (U20)	Giffnock	23.81 6
5	8 J Charters (U17)	Lasswade	24.00 4
6	4 S Walker	Aberdeen	24.69 3
7	12 M Travers (U17)	Pitreevie	25.40 2
8	10 D Murray (U17)	Arbroath	27.29 0

800m B			
1	2 S Reilly	Central	1:59.95 12
2	4 M Haskett	Aberdeen	2:00.25 10
3	6 E Dudgeon (U20)	Edinburgh	2:00.65 8
4	8 D Philip	Lasswade	2:06.35 6
5	14 NOT REGISTERED	VP Glasgow	2:07.20 4
6	16 C Russell (U20)	Giffnock	2:10.35 3
7			0
8			0

5000m B			
1	2 L Millar	Central	16:00.26 12
2	5 N Dickson	Edinburgh	17:15.97 10
3	7 S Gaffney	Lasswade	17:19.34 8
4	12 J Headley	Pitreevie	17:46.53 6
5	16 M Cross	Giffnock	17:49.23 4
6			0
7			0
8			0

400m Hurdles B			
1	16 L Trainor (U20)	Giffnock	62.62 12
2	4 J O'Neill (U20)	Aberdeen	64.16 10
3	10 R White (U20)	Arbroath	68.84 8
4	2 K Morrison	Central	71.76 6
5			0
6			0
7			0
8			0

4 by 400m Relay			
1	1 RitchWatsoReillPater	Central	3:27.46 16
2	5 YoungBursiCrichLoudo	Edinburgh	3:29.38 14
3	15 Love McWilChapmTrain	Giffnock	3:31.24 12
4	9 LaverDowniKeillGarri	Arbroath	3:32.96 10
5	13 RamsaFontaHayesT REG	VP Glasgow	3:35.33 8
6	3 NewtoFerguJoy Haske	Aberdeen	3:37.38 6
7	7 CarstMenziMcIlrPhili	Lasswade	3:40.25 5
8			0

Long Jump A				
1	1	K Henderson (U20)	Central	6.92 16
2	13	S Beattie	VP Glasgow	6.58 14
3	9	D Murray	Arbroath	6.23 12
4	4	S Lyon (U20)	Aberdeen	6.13 10
5	15	K Love	Giffnock	6.07 8
6	7	C Wilson	Lasswade	6.06 6
7	5	C Hastings (U20)	Edinburgh	5.96 5
8				0

Long Jump B				
1	2	P Muirhead (U20)	Central	6.61 12
2	3	S Clark (U20)	Aberdeen	5.90 10
3	10	B Keillor	Arbroath	5.77 8
4	6	J Newport (U20)	Edinburgh	5.70 6
5	8	D Nicol	Lasswade	5.18 4
6	16	E Heath (U20)	Giffnock	4.85 3
7				0
8				0

Triple Jump A				
1	3	S Clark (U20)	Aberdeen	12.90 16
2	7	C Wilson	Lasswade	12.71 14
3	13	M Hayes	VP Glasgow	11.38 12
4	5	C Hastings (U20)	Edinburgh	11.33 10
5	9	D Murray	Arbroath	11.32 8
6	1	M Wright	Central	11.12 6
7	16	A McCallum (U20)	Giffnock	10.00 5
8				0

Triple Jump B				
1	4	S Lyon (U20)	Aberdeen	12.79 12
2	8	D Nicol	Lasswade	10.90 10
3	6	J Newport (U20)	Edinburgh	10.42 8
4	2	R Todd	Central	10.33 6
5	10	D Murray (U17)	Arbroath	10.12 4
6				0
7				0
8				0

High Jump A				
1	15	S Gaffney (U20)	Giffnock	1.90 16
2	10	J Garrigan (U17)	Arbroath	1.85 14
3	5	C Hastings (U20)	Edinburgh	1.80 12
4	7	R Ferguson (U17)	Lasswade	1.80 10
5	3	R Hewitson (U17)	Aberdeen	1.70 8
6	13	S Beattie	VP Glasgow	1.70 6
7	2	K Pearson	Central	1.55 5
8				0

High Jump B				
1	9	D Murray	Arbroath	1.85 12
2	8	J Charters (U17)	Lasswade	1.65 10
3	4	J O'Neill (U20)	Aberdeen	1.60 7
=	16	E Heath (U20)	Giffnock	1.60 7
5	6	M Fernie (U20)	Edinburgh	1.50 4
6				0
7				0
8				0

Pole Vault A				
1	13	S Adams (U17)	VP Glasgow	4.10 16
2	15	F O'Rourke (U17)	Giffnock	3.60 14
3	2	R Todd	Central	3.20 12
4	4	K Lyon	Aberdeen	3.00 10
5				0
6				0
7				0
8				0

Pole Vault B				
1	14	J Sinclair	VP Glasgow	4.10 12
2	1	K Pearson	Central	3.00 10
3	3	E McKenzie	Aberdeen	2.60 8
4				0
5				0
6				0
7				0
8				0

Shot Putt A				
1	15	D Carlin	Giffnock	15.09 16
2	9	M Downie (U20)	Arbroath	12.79 14
3	5	D Kasselstarnnd	Edinburgh	12.55 12
4	1	G Sweeney	Central	12.04 10
5	11	D Agnew	Pitreavie	10.80 8
6	7	S Dalecki	Lasswade	10.79 6
7	3	E McKenzie	Aberdeen	10.50 5
	13	N Kelly	VP Glasgow	7.30 0

Shot Putt B				
1	10	R Rogers	Arbroath	9.86 12
2	2	C Brown	Central	9.74 10
3	16	A Morrison	Giffnock	8.29 8
4	4	K Lyon	Aberdeen	8.12 6
5	8	J McComish	Lasswade	7.94 4
6				0
7				0
8				0

Discus A				
1	5	D Kasselstarnnd	Edinburgh	44.64 16
2	15	D Carlin	Giffnock	41.73 14
3	10	R Rogers	Arbroath	35.68 12
4	1	G Sweeney	Central	33.55 10
5	11	D Agnew	Pitreavie	31.51 8
6	14	S Beattie	VP Glasgow	30.58 6
7	3	E McKenzie	Aberdeen	28.21 5
8	7	S Dalecki	Lasswade	25.75 4

Discus B				
1	9	M Downie (U20)	Arbroath	33.26 12
2	2	R Todd	Central	30.62 10
3	8	J McComish	Lasswade	24.74 8
4	4	K Lyon	Aberdeen	22.80 6
	13	M Hayes	VP Glasgow	14.26 0
	16	M Letham	Giffnock	NT 0
7				0
8				0

Hammer A				
1	5	D Kasselstarnnd	Edinburgh	48.17 16
2	9	R Rogers	Arbroath	35.52 14
3	1	G Sweeney	Central	30.60 12
4	15	D Carlin	Giffnock	29.36 10
5	3	E McKenzie	Aberdeen	25.94 8
6	8	J McComish	Lasswade	22.63 6
7				0
8				0

Hammer B				
1	2	R Todd	Central	29.68 12
2	16	M Letham	Giffnock	22.85 10
3	7	E Kopystynski	Lasswade	21.99 8
4				0
5				0
6				0
7				0
8				0

Javelin A				
1	9	C Smith	Arbroath	51.47 16
2	14	S Beattie	VP Glasgow	45.46 14
3	7	S Dalecki	Lasswade	43.76 12
4	4	S Lyon (U20)	Aberdeen	39.62 10
5	2	K Pearson	Central	37.49 8
6	11	D Agnew	Pitreavie	34.42 6
7	16	M Letham	Giffnock	33.50 5
8				0

Javelin B				
1	10	M Downie (U20)	Arbroath	51.23 12
2	13	M Hayes	VP Glasgow	35.58 10
3	1	C Brown	Central	34.32 8
4	3	E McKenzie	Aberdeen	34.06 6
5	15	A Morrison	Giffnock	26.11 4
	8	J McComish	Lasswade	24.97 0
7				0
8				0

## Notes

VP Glasgow penalised for using unregistered athlete Ben Stafford - unreadable date of birth penalty is 4 points for the 800B and 8 points for the 4by400 relay. Athlete remains unregistered.  
 Long Jump A windspeeds: +4.3, +5.1, +2.3, +4.4, +5.4, +3.3, +4.1  
 Long Jump B windspeeds: +1.8, +3.3, +3.7, +3.2, +4.0, +3.5  
 Triple Jump A windspeeds: +5.0, +3.9, +4.3, +2.6, +1.0, +4.2, +5.1  
 Triple Jump B windspeeds: +1.1, +2.5, +4.2, +4.3, +4.1  
 Scrutiny complete.

Total Points 1952

Penalty Points
12

12

## Match Result

	Match Points	Pts
Central	373	8
Giffnock	265	7
Edinburgh	261	6
Aberdeen	255	5
Arbroath	237	4
VP Glasgow	235	3
Lasswade	223	2
Pitreavie	91	1

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## League Positions

	Match Points	Pts
1 Central	632	14
2 Aberdeen	619	13
3 Edinburgh	530	13
4 Giffnock	455.5	9
5 VP Glasgow	478	8
6 Arbroath	454	8
7 Lasswade	431	5
8 Pitreavie	261.5	2

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