

Event 1 Women 4x100 m Relay Under 13**16 Advance: Top 3 Each Heat plus Next 4 Best Times**

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CBP: C 53.22 15/09/2019 VP-Glasgow AC, VP-Glasgow A
      Z Wilson, L Carr, E Crawford, Z Douglas
National: N 52.87 08/09/2018 I.Stewart,A.Ball,O.Anderson,A
2019: 53.22 15/09/2019 VP-Glasgow AC, VP-Glasgow A
      Z Wilson, L Carr, E Crawford, Z Douglas
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Team Heats
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Heat 1 Heats

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1 Vp-Glasgow AC 'A' 57.59Q
  1) Rebecca Digger U13
  2) Bella Gray U13
  3) Layla Rowlands U13
  4) Holly Rowbotham U13
2 Airdrie Harriers 'A' 58.74Q
  1) Enya Doran U13
  2) Murrlyn Burns U13
  3) Millie Gairn U13
  4) Leanna Elliot U13
3 East Kilbride AC 'A' 61.11Q
  1) Katie McKenna U13
  2) Olivia Baxter U13
  3) Erin McGowan U13
  4) Matilda Frew U13
4 Kilmarnock H&Ac 'B' 63.31
  1) Isla Fitzgerald U13
  2) Charlotte Graves U13
  3) Beth McCallum U13
  4) Lily McClintock U13
5 Motherwell AC 'B' 64.98
  1) Viktoria Tennant U13
  2) Maria Howley U13
  3) Niamh Cameron U13
  4) Lauren Sweeting U13
5 Law & District Aac 'B' 64.98
  1) Lola Allen U13
  2) Hannah Jamieson U13
  3) Holly Wilson U13
  4) Naomi McLaughlin U13
7 Edinburgh AC 'A' 65.03
  1) Connie Sanderson U13
  2) Freya Philip U13
  3) Ellie O'Connor U13
  4) Sasha Brogan U13

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Heat 2 Heats

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1 Giffnock North AC 'A' 55.90Q
  1) Sarah McNulty U13
  2) Poppy Ballantyne U13
  3) Poppy Montgomery U13
  4) Beth Fyvie U13
2 Motherwell AC 'A' 57.07Q
  1) Sophie Todd U13
  2) Amy Finnigan U13
  3) Eilidh Greenhorn U13
  4) Lucia McKenna U13
3 Hamilton & District AC 'A' 58.95Q
  1) India Wood U13
  2) Abbie Dick U13
  3) Alyx Mcgrillen U13
  4) Skye Davidson U13
4 Pitreavie Aac 'B' 59.60q
  1) Olivia Pearson U13
  2) Esme Deacon U13
  3) Brooke Swanson U13
  4) Faye Allan U13
5 Vp-Glasgow AC 'B' 61.26
  1) Freya Whiteford-McGuire U1
  2) Sophie Chalmers U13
  3) Erin Hutchison U13
  4) Millie Dallas U13
6 Law & District Aac 'C' 64.52
  1) Molly Baxter U13
  2) Orla Turnbull U13
  3) Lucy Preston U13
  4) Olivia Inglis U13
7 North Ayrshire Aac 'B' 67.21
  1) Yvie Pettigrew U13
  2) Leesa Dunwoodie U13
  3) Emmy Adam U13
  4) Sarah Leitch U13

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CBP: C 53.22		15/09/2019	VP-Glasgow AC, VP-Glasgow A	
National: N 52.87		08/09/2018	I.Stewart,A.Ball,O.Anderson,A	
2019: 53.22		15/09/2019	VP-Glasgow AC, VP-Glasgow A	
			Z Wilson, L Carr, E Crawford, Z Douglas	
Team				Heats
=====				
Heat 3	3 Heats			
1 Pitreavie Aac 'A'				55.37Q
1) Sophia Mackie U13		2) Christy Cameron U13		
3) Jenna Young U13		4) Mia Fairweather U13		
2 Giffnock North AC 'B'				57.84Q
1) Blaire Duncan U13		2) Beatrice Nairne U13		
3) Zoe McKell U13		4) Michelle Adakomola U13		
3 Law & District Aac 'A'				59.15Q
1) Isla Cameron U13		2) Eilidh Cameron U13		
3) Cora Beattie U13		4) Neve Murray U13		
4 Kilbarchan Aac 'A'				60.48q
1) Grace Farquhar U13		2) Olivia Taylor U13		
3) Olive Brodie U13		4) Lucy Hay U13		
5 Dunfermline Track & Field AC 'A'				60.69q
1) Rachel Barnett U13		2) Eva Gasowska U13		
3) Lucy Gibb U13		4) Holly Lynas U13		
6 North Ayrshire Aac 'A'				61.02
1) Malin Hardy U13		2) Eilidh Comrie U13		
3) Eilidh Dunwoodie U13		4) India Nicolson U13		
7 Airdrie Harriers 'B'				61.99
1) Leah Dunphy U13		2) Eihlinn Gillespie U13		
3) Mila Kerr U13		4) Megan Shankland U13		
8 Whitemoss Aac 'B'				67.21
1) Zoe Mulholland U13		2) Zara Rose Gallagher U13		
3) Grace Malley U13		4) Caitlin Eddie U13		
Heat 4	4 Heats			
1 Kilmarnock H&Ac 'A'				56.27Q
1) Olivia Mcmillan U13		2) Lola Barrett U13		
3) Leah Henderson U13		4) Brea Gibson U13		
2 Cumbernauld Aac 'A'				56.52Q
1) Emily Allison U13		2) Ava Clark U13		
3) Katie Agnew U13		4) Chloe Coleman U13		
3 Whitemoss Aac 'A'				58.12Q
1) Grace Elizabeth Malley U13		2) Mollie Quinn U13		
3) Tallulah Frew U13		4) Erin Reilly U13		
4 Central AC 'A'				60.17q
1) Ciara Middleton U13		2) Niamh Caldwell U13		
3) Dara Clark U13		4) Fia Watkin U13		
5 Hamilton & District AC 'B'				61.90
1) Alix Burns U13		2) Eva Gray U13		
3) Sophie Shearer U13		4) Lucy Corns U13		
6 Dundee Hawkhill Harriers 'A'				62.15
1) Olivia Paton U13		2) Nneoma Precious Ugwoke U13		
3) Alliviah Bell U13		4) Ella Morenikeji U13		
7 Airdrie Harriers 'C'				70.27
1) Lucy O'Reilly U13		2) Katie Hunter U13		
3) Katie Mullen U13		4) Lucille King U13		

Event 2 Women 4x100 m Relay Under 15**16 Advance: Top 3 Each Heat plus Next 4 Best Times**

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 CBP: C 49.30 1990 , Glasgow AC
 National: N 49.46 20/09/1998 , City of Glasgow AC
 2019: 51.26 15/09/2019 Pitreavie AAC, Pitreavie AA
 K Richardson, S Wallwork, H Gordon, R Grieve

Team Heats
 =====

Heat 1 Heats

1 Edinburgh AC 'A' 51.81Q
 1) Chloe Lam U15 2) Jedidah Ajala U15
 3) Sarah Burns U15 4) Katie Reid U15
 2 Livingston AC 'A' 51.92Q
 1) Enam Evong U15 2) Jemma Smith U13
 3) Megan Forrester U15 4) Alannah Snowden U15
 3 Banchory Stonehaven AC 'A' 54.40Q
 1) Anna Riddell U15 2) Rosie Beaton U15
 3) Ellen Macleod U15 4) Lucy McLean U15
 4 Pitreavie Aac 'B' 55.15q
 1) Hannah Gray U15 2) Sophie Falconer U15
 3) Ariane Baillie U15 4)
 5 Airdrie Harriers 'A' 55.72
 1) Amy Davies U15 2) Emma Hamilton U15
 3) Taylor More U15 4) Amy Wilton U15
 6 Kilmarnock H&Ac 'A' 57.66
 1) Carly Fraser U15 2) Keira McKeown U15
 3) Jasmine Thomson U15 4) Elle Kelly U15
 7 East Kilbride AC 'B' 63.69
 1) Sarah Toner U15 2) Lucy Oneil U15
 3) Katie Fowler U15 4) Mhairi MacGregor U15

Heat 2 Heats

1 Giffnock North AC 'A' 52.55Q
 1) Hannah Turnbull U15 2) Casey Carr U15
 3) Madeleine Mackenzie U15 4) Emily Williams U15
 2 North Ayrshire Aac 'A' 54.00Q
 1) Shannon Brown U15 2) Jaymee Brown U15
 3) Naideen Dailly U15 4) Nell McGregor U15
 3 Pitreavie Aac 'A' 54.13Q
 1) Laurie Hunter U15 2) Lily Simon U15
 3) Katie Thomson U15 4) Cecile Joiner U15
 4 Hamilton & District AC 'A' 54.58q
 1) Emma Kearney U15 2) Orla Brown U15
 3) Lauren Kane U15 4) Tiana Greenshields U15
 5 Kilbarchan Aac 'A' 55.20
 1) Anna Milne U15 2) Ellis Coote U15
 3) Emily Clark U15 4) Eva Carvil U15
 6 Airdrie Harriers 'B' 58.86
 1) Emily Hunter U15 2) Carisann McCulloch U15
 3) Abby Renwick U15 4) Grace Wilson U15
 7 Whitemoss Aac 'B' 61.10
 1) Hannah Dempsey U13 2) Grace McKenzie U15
 3) Daisy Blake U15 4) Niamh Cupples U15

Event 2 Women 4x100 m Relay Under 15**16 Advance: Top 3 Each Heat plus Next 4 Best Times**

=====
 CBP: C 49.30 1990 , Glasgow AC
 National: N 49.46 20/09/1998 , City of Glasgow AC
 2019: 51.26 15/09/2019 Pitreavie AAC, Pitreavie AA
 K Richardson, S Wallwork, H Gordon, R Grieve

Team Heats
 =====

Heat 3 Heats

1 Law & District Aac 'A'	54.17Q
1) Lauren McNair U15	2) Susannah Kay U15
3) Rachel Watson U15	4) Laura Watson U15
2 Giffnock North AC 'B'	54.69Q
1) Kate Seenan U15	2) Cara Weir U15
3) Sophie Ferguson U15	4) Helen Adakomola U15
3 Vp-Glasgow AC 'B'	54.74Q
1) Zoe Wilson U15	2) Rebecca McCaffrey U15
3) Aleshia O'Connor U15	4) Ava Mitchell U15
4 Whitemoss Aac 'A'	54.85q
1) Onomen Ighanesebhor U15	2) Kayla McLuskey U15
3) Maisie Hopkins U15	4) Emma Whittle U15
5 Harmeny AC 'A'	55.05q
1) Ella Jones U15	2) Esther Taylor U15
3) Ella McGowan	4) Eilidh Scobie U15
6 East Kilbride AC 'A'	58.79
1) Jenna McNab U15	2) Niamh MacGregor U15
3) Hannah Coutts U15	4) Tyler Kelly U15

Heat 4 Heats

1 Dunfermline Track & Field AC 'A'	51.46Q
1) Sarah Kane U15	2) Sophie Thomas U15
3) Amy Jenkinson U15	4) Shayna Asamoah U15
2 Inverness Harriers Aac 'A'	54.75Q
1) Evie Lonnen U15	2) Islay Rutter U15
3) Lucy Adamson U15	4) Kiera Whittingham U15
3 Vp-Glasgow AC 'A'	56.56Q
1) Lucy Carr U15	2) Cara Kirkwood U15
3) Sofia Faure U15	4) Zoe Loughrey U15
4 Falkirk Victoria Harriers 'A'	58.71
1) Erin Partridge U15	2) Erin Horler U15
3) Hannah Clark U15	4) Emily Fawkes U15
5 Kilmarnock H&Ac 'B'	59.00
1) Caitlin McVean U15	2) Daisy Blair U15
3) Ailie Campbell U13	4) Anna Lambert U15
6 North Ayrshire Aac 'B'	60.58
1) Abby Docherty U15	2) Imogen McClune U15
3) Imogen Nicolson U15	4) Madeline McGregor U15

Event 3 Men 4x100 m Relay Under 13**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

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CBP: C	52.44	2006	, Lasswade AAC
National: N	52.03	04/09/2011	M.Olsen,M.Dennis,C.McLennan,K
2019:	55.29	15/09/2019	Pitreavie AAC, Pitreavie AA
			F Trotter, F Charity, C Hall, H Mackie
Team	Heats		
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Heat 1 Heats			
1 Giffnock North AC 'A'			54.73Q
1) Rishon Xavier U13		2) Zander Summerhill U13	
3) Aaron Reid U13		4) Angus Weir U13	
2 Team East Lothian 'A'			55.50Q
1) Donald Ross U13		2) Jake Page U13	
3) Cridhe Maxwell U13		4) Howie Allison U13	
3 Harmeny AC 'A'			56.46Q
1) Evan Louca U13		2) Lewis Murray U13	
3) Caelan Shanks U13		4) Alex Columbine-Green U13	
4 Pitreavie Aac 'B'			58.17q
1) Frazer Lees U13		2) Murray Roy U13	
3) Ross Allan U13		4) Ruairaidh Barnett U13	
5 North Ayrshire Aac 'A'			64.18
1) Douglas Goldie U13		2) Ross Brady U13	
3) Dylan Welsh U13		4) Lewis Barrie U13	
Heat 2 Heats			
1 Kilmarnock H&Ac 'A'			58.80Q
1) Dylan Young U13		2) Ross Mitchell U13	
3) Innes McNicol U13		4) Rhian Mitchell U13	
2 Giffnock North AC 'B'			58.83Q
1) Alistair Gear U13		2) Matthew Snowden U13	
3) Nathan Booker U13		4) Cameron Mitchell U13	
3 Vp-Glasgow AC 'A'			59.49Q
1) Fintan Rooney U13		2) Alex Macintyre U13	
3) Rhuairdh Laing U13		4) Ollie Petrie U13	
4 Cumbernauld Aac 'A'			60.13q
1) Harris MacLeod U13		2) Rory McFarlane U13	
3) Arran Wallace U13		4) Matthew Murray U13	
5 Airdrie Harriers 'A'			62.25
1) Caiden Allan U13		2) Shae McGovern U13	
3) Kian McGrory U13		4) Connor McKillop U13	
6 Motherwell AC 'A'			63.74
1) Nathan Robertson U13		2) Jack Lamont U13	
3) Nathan Cameron U13		4) Jack Duffin U13	

Event 4 Men 4x100 m Relay Under 15**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

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 CBP: C 45.51 2008 , Edinburgh AC
 National: N 44.40 02/07/2010 A.Ravenscroft,J.Higgins,N.Cou
 2019: 46.94 15/09/2019 Edinburgh AC, Edinburgh AC
 B Roger, M Hughes, O Finlayson, T Kelly

Team Heats

Heat 1 Heats

1 Livingston AC 'A' 49.11Q
 1) Finlay Cunningham U15 2) Jamal Jobarteh U15
 3) Alex Thomson U15 4) Brodie Nixon U15
 2 Vp-Glasgow AC 'B' 49.23Q
 1) James Clark U15 2) Reece Hamilton U15
 3) Andrew Dunn U15 4) Cameron Borthwick U15
 3 Cumbernauld Aac 'A' 49.35Q
 1) Connor MacLeod U15 2) Richard Alexander U15
 3) Ben Farmer U15 4) Logan Turnbull U15
 4 Dundee Hawkhill Harriers 'A' 49.68q
 1) Henry Colquhoun U15 2) Kynan Alipour U15
 3) Matthew Ferrier U13 4) Ryan Ferrier U15
 5 East Kilbride AC 'A' 58.49
 1) Ryan McNamara U15 2) Kieran Budd U15
 3) James McIntyre U15 4) Zak Lindsay U15

Heat 2 Heats

1 Law & District Aac 'A' 48.81Q
 1) Owen Murphy U15 2) Euan Blackwood U15
 3) Jak Weir U15 4) Ross Duffin U15
 2 Harmeny AC 'A' 50.06Q
 1) Cameron Weir U15 2) Ben McDonald U15
 3) Noah Ralph U15 4) Euan Laird U15
 3 Banchory Stonehaven AC 'A' 52.56Q
 1) Ethan Nicolson U13 2) Cameron Scott U15
 3) Luc Macleod U15 4) Felix Crawford U15
 4 Pitreavie Aac 'A' 54.24q
 1) Lewis Muir U15 2) Archie Rogers U15
 3) Logan Dunnett U15 4) Sam Mitchell-Henry U15
 5 Whitemoss Aac 'A' 56.01
 1) Finnley Smith U15 2) Adam Dale U15
 3) Steven Cooper U15 4) Jack Burns U13

Event 5 Women 4x100 m Relay Under 17**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

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      CBP: C 47.25 1995           , Motherwell AC
National: N 46.96 20/07/2002 P.Paterson,K.McDiarmid,S.Asta
      2019: 48.72 15/09/2019 Giffnock North AC, Giffnock N
                               C Connell, A Bell, R Callan, K Foss
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Team                                     Heats
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Heat 1 Heats

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1 Inverness Harriers Aac 'A'           50.16Q
  1) Marvellous Igbinidu U17           2) Stroma Fraser U17
  3) Amy Mustarde U17                  4) Abbie Harrison U17
2 Law & District Aac 'A'             50.77Q
  1) Sophie Evans U17                  2) Bethany Lang U17
  3) Rosie Watson U17                  4) Tehillah Ikechukwu Okonkwo U15
3 Vp-Glasgow AC 'A'                   51.08Q
  1) Samantha McClune U17             2) Jenna Hilditch U17
  3) Holly Kirkwood U17               4) Evie Greig U17
4 Airdrie Harriers 'A'                 54.44q
  1) Jessica C Graham U17             2) Sophie McInnes U17
  3) Francesca McPake U17             4) Eva Hay U17
5 Central AC 'A'                       54.80q
  1) Ellen Montgomery U17             2) Amelie MacGregor U17
  3) Ella Wilson U17                  4) Megan Dunlop U17
6 Falkirk Victoria Harriers 'A'       55.51
  1) Hannah Hope U17                  2) Lexi Cattanach U17
  3) Louisa Kane U17                  4) Hope Griffin U17
-- East Kilbride AC 'A'                DNF
  1) Iviwe Zita U17                   2)
  3) Millie Aitken U17               4) Cait Minster U17

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Heat 2 Heats

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1 Giffnock North AC 'A'                53.28Q
  1) Erin Ramsay U17                  2) Amy Greene U17
  3) Ava Bruce U17                    4) Emily Watson U17
2 Inverness Harriers Aac 'B'          53.33Q
  1) Evie Macleod U17                 2) Julia Ferguson U17
  3) Maisie MacLennan U17            4) Rachel Sutherland U17
3 Motherwell AC 'A'                   54.76Q
  1) Orla Wheatley U17                2) Emma Gilchrist U17
  3) Ava Lenzi U17                    4) Emma Kelly U17
4 Whitemoss Aac 'A'                   55.90
  1) Rachel McPhillips U15            2) Alexandra Cathie U17
  3) Georgia Young U17                4) Ellis Cook U17
5 Inverclyde AC 'A'                   55.91
  1) Amelia Vance U17                 2) Niamh McGarva U17
  3) Erin Law U17                     4) Kate Ferguson U17
6 Hamilton & District AC 'A'          56.01
  1) Molly Odonnell U17               2) Hannah Kulke U17
  3) Neve Elliott U15                 4) Lucy Thomson U17

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Event 6 Men 4x100 m Relay Under 17**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

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CBP: C	42.89	2014	, Edinburgh AC
National: N	41.91	16/07/1994	S.Fraser,R.Baillie,G.Chalmers
2019:	43.73	15/09/2019	Giffnock North AC, Giffnock N
			K Kelani, F Waugh, R Nairne, M Fotheringham
Team	Heats		
=====			
Heat 1	Heats		
1	Inverclyde AC 'A'		44.88Q
	1) Aidan McGarrigle U17	2) Edward Docherty U17	
	3) Jake Thirlaway U17	4) Lochlann Steele U17	
2	Kilmarnock H&Ac 'A'		46.02Q
	1) Charlie Gaskin U17	2) Lewis Tidy U17	
	3) Logan Mitchell U17	4) Josh McIntyre U17	
3	Larkhall YMCA Harriers 'A'		46.08Q
	1) Dean Hill U17	2) Dean Patterson U17	
	3) Blair McAuley U17	4) Rhys Hogg U17	
4	Shettleston Harriers 'A'		47.04q
	1) Michael Conteh U17	2) Imante Gkontoun U17	
	3) Maynard Conteh U17	4) Lucky Eduwu U17	
5	Airdrie Harriers 'A'		48.17q
	1) Bailey Gallagher U17	2) Jamie Mooney U17	
	3) Luke Hamilton U15	4) Josh Scott U17	
--	Giffnock North AC 'A'		DNF
	1) Tathagata Majumdar U17	2) Euan O'Brien U17	
	3) Ross Gourlay U17	4) Daniel Martin U17	
Heat 2	Heats		
1	Team East Lothian 'A'		48.02Q
	1) Euan Grierson U17	2) Bailey Crawford U17	
	3) Joe Fraser U17	4) Gregory Hoggan U17	
2	Dundee Hawkhill Harriers 'A'		48.39Q
	1) Jamie Dickson U17	2) Chuka Akunna U20	
	3) Andrew Peters U17	4) Aidan Allen U17	
3	Harmeny AC 'A'		49.50Q
	1) Finlay Stewart U17	2) Alexander Brechin U17	
	3) Callum Gladwin U17	4) Hazem Gadalla U17	
--	Falkirk Victoria Harriers 'A'		DNF
	1) Harry McPhee U17	2) Euan Cunningham U17	
	3) Andrew Mckechnie U17	4) Samuel Kane U17	
--	Giffnock North AC 'B'		DQ 24.7
	1) Aidan Cuning U17	2) Edward Joyce U17	
	3) Frankie Bradley U17	4) Ruaridh Kelly U17	
--	Pitreavie Aac 'A'		DQ 24.7
	1) Adom Akuoko U17	2) Harris Mackie U15	
	3) Caleb McLeod U17	4) Rory Voss U17	

Event 7 Women 4x100 m Relay Senior**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Team	CBP	Time	Date	Heats
	C	47.00	1970	, Edinburgh Southern
National:		45.20	27/06/1970	A.Robb, S.Pringle, H.Golden, L.S
National: N		45.37	08/06/1986	J.Booth, K.Hogg, J.Neilson, S.Wh
2019:		48.60	15/09/2019	Edinburgh AC, Edinburgh AC
				K Purves, E Pedrana, S Downie, K Reville

Heat 1 Heats

1 Pitreavie Aac 'A'	49.31Q
1) Elena Clark U20	2) Dani Mauchlen U20
3) Lynn Harvey U20	4) Emma Pedrana Sen
2 Kilmarnock H&Ac 'A'	52.53Q
1) Shona Mcbean-kyle Sen	2) Brooke Dunlop U17
3) Courtney Goodwin U20	4) Hannah Burn U20
3 Motherwell AC 'A'	56.11Q
1) Amanda Nicol Sen	2) Sophie Dwyer U20
3) Lucia Lawlor U17	4) Cavan Marie Ryan U20
4 Dundee Hawkhill Harriers 'A'	57.27
1) Erin Farrell U20	2) Iona Esslemont U20
3) Lucy Bertie U20	4) Anna Clark U20
-- Team East Lothian 'A'	DNF
1) Kerry Morris Sen	2) Marcia Callander U20
3) Laura Buchan U20	4) Grace Brennan U20

Heat 2 Heats

1 Giffnock North AC 'A'	48.74Q
1) Eve Denholm U20	2) Alyson Bell U20
3) Caroline MacConnell U20	4) Freya Cowan U20
2 Edinburgh AC 'A'	49.34Q
1) Eilidh Macintyre U20	2) Joda Kokovworho Sen
3) Sarah Malone Sen	4) Katie Purves Sen
3 Vp-Glasgow AC 'A'	50.70Q
1) Robyn Taylor Sen	2) Rachel Hunter U20
3) Anna Cameron Sen	4) Emily Miller U20
4 Kilbarchan Aac 'A'	53.62q
1) Erin McCorgray U17	2) Zuzanna Szafranska Sen
3) Rachel Muir U20	4) Ola Zurakowska U20
5 Inverclyde AC 'A'	55.17q
1) Stephanie Docherty Sen	2) Leah Cameron U20
3) Alison Loose Sen	4) Rona Kerr U20

Event 9 Women 4x100 m Relay Under 13**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

CBP: C	53.22	15/09/2019	VP-Glasgow AC, VP-Glasgow A
			Z Wilson, L Carr, E Crawford, Z Douglas
National: N	52.87	08/09/2018	I.Stewart,A.Ball,O.Anderson,A
2019:	53.22	15/09/2019	VP-Glasgow AC, VP-Glasgow A
			Z Wilson, L Carr, E Crawford, Z Douglas
Team			Semis

Heat 1 Semi-Finals

1 Pitreavie Aac 'A'	55.08Q
1) Sophia Mackie U13	2) Christy Cameron U13
3) Jenna Young U13	4) Mia Fairweather U13
2 Cumbernauld Aac 'A'	56.03Q
1) Emily Allison U13	2) Ava Clark U13
3) Katie Agnew U13	4) Chloe Coleman U13
3 Vp-Glasgow AC 'A'	56.64Q
1) Rebecca Digger U13	2) Bella Gray U13
3) Layla Rowlands U13	4) Holly Rowbotham U13
4 Whitemoss Aac 'A'	57.11q
1) Grace Elizabeth Malley U13	2) Mollie Quinn U13
3) Tallulah Frew U13	4) Erin Reilly U13
5 Airdrie Harriers 'A'	58.55
1) Enya Doran U13	2) Murrlyn Burns U13
3) Millie Gairn U13	4) Leanna Elliot U13
6 Pitreavie Aac 'B'	59.33
1) Olivia Pearson U13	2) Esme Deacon U13
3) Brooke Swanson U13	4) Faye Allan U13
7 Dunfermline Track & Field AC 'A'	60.04
1) Rachel Barnett U13	2) Eva Gasowska U13
3) Lucy Gibb U13	4) Holly Lynas U13
8 East Kilbride AC 'A'	60.39
1) Katie McKenna U13	2) Olivia Baxter U13
3) Erin McGowan U13	4) Matilda Frew U13

Heat 2 Semi-Finals

1 Giffnock North AC 'A'	55.78Q
1) Sarah McNulty U13	2) Poppy Ballantyne U13
3) Poppy Montgomery U13	4) Beth Fyvie U13
2 Kilmarnock H&Ac 'A'	55.83Q
1) Olivia Mcmillan U13	2) Lola Barrett U13
3) Leah Henderson U13	4) Brea Gibson U13
3 Giffnock North AC 'B'	57.80Q
1) Blaire Duncan U13	2) Beatrice Nairne U13
3) Zoe McKell U13	4) Michelle Adakomola U13
4 Motherwell AC 'A'	58.06q
1) Sophie Todd U13	2) Amy Finnigan U13
3) Eilidh Greenhorn U13	4) Lucia McKenna U13
5 Hamilton & District AC 'A'	58.57
1) India Wood U13	2) Abbie Dick U13
3) Alyx Mcgrillen U13	4) Skye Davidson U13
6 Law & District Aac 'A'	58.70
1) Isla Cameron U13	2) Eilidh Cameron U13
3) Cora Beattie U13	4) Neve Murray U13
7 Central AC 'A'	59.77
1) Ciara Middleton U13	2) Niamh Caldwell U13
3) Dara Clark U13	4) Fia Watkin U13
8 Kilbarchan Aac 'A'	61.33
1) Grace Farquhar U13	2) Olivia Taylor U13
3) Olive Brodie U13	4) Lucy Hay U13

Event 10 Women 4x100 m Relay Under 15**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

=====
 CBP: C 49.30 1990 , Glasgow AC
 National: N 49.46 20/09/1998 , City of Glasgow AC
 2019: 51.26 15/09/2019 Pitreavie AAC, Pitreavie AA
 K Richardson, S Wallwork, H Gordon, R Grieve

Team Semis

Heat 1 Semi-Finals

1 Dunfermline Track & Field AC 'A' 51.06Q
 1) Sarah Kane U15 2) Sophie Thomas U15
 3) Amy Jenkinson U15 4) Shayna Asamoah U15
 2 Livingston AC 'A' 51.80Q
 1) Enam Evong U15 2) Jemma Smith U13
 3) Megan Forrester U15 4) Alannah Snowden U15
 3 Law & District Aac 'A' 53.57Q
 1) Lauren McNair U15 2) Susannah Kay U15
 3) Rachel Watson U15 4) Laura Watson U15
 4 Inverness Harriers Aac 'A' 54.07q
 1) Evie Lonnen U15 2) Islay Rutter U15
 3) Lucy Adamson U15 4) Kiera Whittingham U15
 5 Pitreavie Aac 'A' 54.39q
 1) Laurie Hunter U15 2) Lily Simon U15
 3) Katie Thomson U15 4) Cecile Joiner U15
 6 Hamilton & District AC 'A' 54.53
 1) Emma Kearney U15 2) Orla Brown U15
 3) Lauren Kane U15 4) Tiana Greenshields U15
 7 Pitreavie Aac 'B' 55.59
 1) Hannah Gray U15 2) Sophie Falconer U15
 3) Ariane Baillie U15 4)
 8 Vp-Glasgow AC 'A' 55.63
 1) Lucy Carr U15 2) Cara Kirkwood U15
 3) Sofia Faure U15 4) Zoe Loughrey U15

Heat 2 Semi-Finals

1 Edinburgh AC 'A' 51.39Q
 1) Chloe Lam U15 2) Jedidah Ajala U15
 3) Sarah Burns U15 4) Katie Reid U15
 2 Giffnock North AC 'A' 51.84Q
 1) Hannah Turnbull U15 2) Casey Carr U15
 3) Madeleine Mackenzie U15 4) Emily Williams U15
 3 North Ayrshire Aac 'A' 54.31Q
 1) Shannon Brown U15 2) Jaymee Brown U15
 3) Naideen Dailly U15 4) Nell McGregor U15
 4 Giffnock North AC 'B' 54.59
 1) Kate Seenan U15 2) Cara Weir U15
 3) Sophie Ferguson U15 4) Helen Adakomola U15
 5 Banchory Stonehaven AC 'A' 54.61
 1) Anna Riddell U15 2) Rosie Beaton U15
 3) Ellen Macleod U15 4) Lucy McLean U15
 6 Vp-Glasgow AC 'B' 55.08
 1) Zoe Wilson U15 2) Rebecca McCaffrey U15
 3) Aleshia O'Connor U15 4) Ava Mitchell U15
 7 Whitemoss Aac 'A' 55.30
 1) Onomen Ighanesebhor U15 2) Kayla McLuskey U15
 3) Maisie Hopkins U15 4) Emma Whittle U15
 8 Harmeny AC 'A' 55.36
 1) Ella Jones U15 2) Esther Taylor U15
 3) Ella McGowan 4) Eilidh Scobie U15

Event 11 Men 4x100 m Relay Under 13

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=====
CBP: C 52.44 2006 , Lasswade AAC
National: N 52.03 04/09/2011 M.Olsen,M.Dennis,C.McLennan,K
2019: 55.29 15/09/2019 Pitreavie AAC, Pitreavie AA
F Trotter, F Charity, C Hall, H Mackie
Team Finals
=====

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Heat 1 Finals

```

1 Giffnock North AC 'A' 54.11
  1) Rishon Xavier U13
  2) Zander Summerhill U13
  3) Aaron Reid U13
  4) Angus Weir U13
2 Team East Lothian 'A' 54.95
  1) Donald Ross U13
  2) Jake Page U13
  3) Cridhe Maxwell U13
  4) Howie Allison U13
3 Vp-Glasgow AC 'A' 55.07
  1) Fintan Rooney U13
  2) Alex Macintyre U13
  3) Rhuairdh Laing U13
  4) Ollie Petrie U13
4 Harmeny AC 'A' 56.00
  1) Evan Louca U13
  2) Lewis Murray U13
  3) Caelan Shanks U13
  4) Alex Columbine-Green U13
5 Giffnock North AC 'B' 57.80
  1) Alistair Gear U13
  2) Matthew Snowden U13
  3) Nathan Booker U13
  4) Cameron Mitchell U13
6 Pitreavie Aac 'B' 58.08
  1) Frazer Lees U13
  2) Murray Roy U13
  3) Ross Allan U13
  4) Ruairaidh Barnett U13
7 Kilmarnock H&Ac 'A' 58.32
  1) Dylan Young U13
  2) Ross Mitchell U13
  3) Innes McNicol U13
  4) Rhian Mitchell U13
8 Cumbernauld Aac 'A' 61.16
  1) Harris MacLeod U13
  2) Rory McFarlane U13
  3) Arran Wallace U13
  4) Matthew Murray U13

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Event 12 Men 4x100 m Relay Under 15

=====			
CBP: C	45.51	2008	, Edinburgh AC
National: N	44.40	02/07/2010	A.Ravenscroft, J.Higgins, N.Cou
2019:	46.94	15/09/2019	Edinburgh AC, Edinburgh AC
			B Roger, M Hughes, O Finlayson, T Kelly
Team			Finals
=====			
1	Law & District Aac 'A'		47.31
	1) Owen Murphy U15	2) Euan Blackwood U15	
	3) Calum Hall U15	4) Ross Duffin U15	
2	Vp-Glasgow AC 'B'		47.92
	1) James Clark U15	2) Reece Hamilton U15	
	3) Andrew Dunn U15	4) Cameron Borthwick U15	
3	Livingston AC 'A'		48.44
	1) Finlay Cunningham U15	2) Jamal Jobarteh U15	
	3) Alex Thomson U15	4) Brodie Nixon U15	
4	Cumbernauld Aac 'A'		48.63
	1) Connor MacLeod U15	2) Richard Alexander U15	
	3) Ben Farmer U15	4) Logan Turnbull U15	
5	Dundee Hawkhill Harriers 'A'		49.75
	1) Henry Colquhoun U15	2) Kynan Alipour U15	
	3) Matthew Ferrier U13	4) Ryan Ferrier U15	
6	Harmeny AC 'A'		50.20
	1) Cameron Weir U15	2) Ben McDonald U15	
	3) Noah Ralph U15	4) Euan Laird U15	
7	Banchory Stonehaven AC 'A'		51.76
	1) Ethan Nicolson U13	2) Cameron Scott U15	
	3) Luc Macleod U15	4) Felix Crawford U15	
8	Pitreavie Aac 'A'		53.76
	1) Lewis Muir U15	2) Archie Rogers U15	
	3) Logan Dunnnett U15	4) Sam Mitchell-Henry U15	

Event 13 Women 4x100 m Relay Under 17

=====			
CBP: C	47.25	1995	, Motherwell AC
National: N	46.96	20/07/2002	P.Paterson, K.McDiarmid, S.Asta
2019:	48.72	15/09/2019	Giffnock North AC, Giffnock N C Connell, A Bell, R Callan, K Foss
Team	Finals		
=====			
1 Inverness Harriers Aac 'A'	49.62		
1) Marvellous Igbidudu U17	2) Stroma Fraser U17		
3) Amy Mustarde U17	4) Abbie Harrison U17		
2 Vp-Glasgow AC 'A'	49.99		
1) Samantha McClune U17	2) Jenna Hilditch U17		
3) Holly Kirkwood U17	4) Catriona Scott U17		
3 Law & District Aac 'A'	50.13		
1) Jade Gray U17	2) Sophie Evans U17		
3) Bethany Lang U17	4) Tehillah Ikechukwu Okonkwo U15		
4 Giffnock North AC 'A'	51.72		
1) Erin Ramsay U17	2) Amy Greene U17		
3) Ava Bruce U17	4) Emily Watson U17		
5 Inverness Harriers Aac 'B'	52.51		
1) Evie Macleod U17	2) Julia Ferguson U17		
3) Maisie MacLennan U17	4) Rachel Sutherland U17		
6 Motherwell AC 'A'	54.26		
1) Orla Wheatley U17	2) Emma Gilchrist U17		
3) Ava Lenzi U17	4) Emma Kelly U17		
6 Central AC 'A'	54.26		
1) Ellen Montgomery U17	2) Amelie MacGregor U17		
3) Ella Wilson U17	4) Megan Dunlop U17		
8 Airdrie Harriers 'A'	54.54		
1) Jessica C Graham U17	2) Sophie McInnes U17		
3) Francesca McPake U17	4) Eva Hay U17		

Event 14 Men 4x100 m Relay Under 17

=====			
CBP: C	42.89	2014	, Edinburgh AC
National: N	41.91	16/07/1994	S.Fraser,R.Baillie,G.Chalmers
2019:	43.73	15/09/2019	Giffnock North AC, Giffnock N K Kelani, F Waugh, R Nairne, M Fotheringham
Team	Finals		
=====			
1 Inverclyde AC 'A'			44.64
1) Aidan McGarrigle U17		2) Edward Docherty U17	
3) Jake Thirlaway U17		4) Lochlann Steele U17	
2 Kilmarnock H&Ac 'A'			45.82
1) Charlie Gaskin U17		2) Lewis Tidy U17	
3) Logan Mitchell U17		4) Josh McIntyre U17	
3 Shettleston Harriers 'A'			45.89
1) Maynard Conteh U17		2) Lucky Eduwu U17	
3) Michael Conteh U17		4) Imante Gkontoun U17	
4 Larkhall YMCA Harriers 'A'			46.28
1) Dean Hill U17		2) Dean Patterson U17	
3) Blair McAuley U17		4) Rhys Hogg U17	
5 Team East Lothian 'A'			46.77
1) Euan Grierson U17		2) Bailey Crawford U17	
3) Joe Fraser U17		4) Gregory Hoggan U17	
6 Dundee Hawkhill Harriers 'A'			47.47
1) Jamie Dickson U17		2) Chuka Akunna U20	
3) Andrew Peters U17		4) Aidan Allen U17	
7 Airdrie Harriers 'A'			47.56
1) Bailey Gallagher U17		2) Jamie Mooney U17	
3) Luke Hamilton U15		4) Josh Scott U17	
-- Harmeny AC 'A'			DNS
1) Finlay Stewart U17		2) Alexander Brechin U17	
3) Callum Gladwin U17		4) Hazem Gadalla U17	

Event 15 Women 4x100 m Relay Senior

=====			
	CBP: C	47.00	1970 , Edinburgh Southern
National:	45.20	27/06/1970	A.Robb,S.Pringle,H.Golden,L.S
National: N	45.37	08/06/1986	J.Booth,K.Hogg,J.Neilson,S.Wh
2019:	48.60	15/09/2019	Edinburgh AC, Edinburgh AC
			K Purves, E Pedrana, S Downie, K Reville
Team			Finals
=====			
1	Giffnock North AC 'A'		48.01
	1) Eve Denholm U20	2) Alyson Bell U20	
	3) Caroline MacConnell U20	4) Freya Cowan U20	
2	Edinburgh AC 'A'		48.64
	1) Eilidh Macintyre U20	2) Joda Kokovworho Sen	
	3) Sarah Malone Sen	4) Katie Purves Sen	
3	Pitreavie Aac 'A'		48.99
	1) Elena Clark U20	2) Dani Mauchlen U20	
	3) Lynn Harvey U20	4) Emma Pedrana Sen	
4	Vp-Glasgow AC 'A'		50.54
	1) Robyn Taylor Sen	2) Rachel Hunter U20	
	3) Anna Cameron Sen	4) Emily Miller U20	
5	Kilmarnock H&Ac 'A'		52.28
	1) Shona Mcbean-kyle Sen	2) Brooke Dunlop U17	
	3) Courtney Goodwin U20	4) Hannah Burn U20	
6	Kilbarchan Aac 'A'		54.06
	1) Erin McCorgray U17	2) Zuzanna Szafranska Sen	
	3) Rachel Muir U20	4) Ola Zurakowska U20	
7	Inverclyde AC 'A'		55.18
	1) Stephanie Docherty Sen	2) Leah Cameron U20	
	3) Alison Loose Sen	4) Rona Kerr U20	
8	Motherwell AC 'A'		56.86
	1) Amanda Nicol Sen	2) Sophie Dwyer U20	
	3) Lucia Lawlor U17	4) Cavan Marie Ryan U20	

Event 16 Men 4x100 m Relay Senior

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=====
      CBP: C 41.84 1992           , Caledon Park
National: 40.19 20/08/1998 A.Wells,D.Clark,J.Henderson,E
National: N 39.24 12/08/1978 D.Jenkins,A.Wells,C.Sharp,A.M
      2019: 45.44 15/09/2019 Pitreavie AAC, Pitreavie AA
                        B Knowles, B Doyle, C Moriarty, A Moriarty
Team                                     Finals
=====

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Heat 1

```

1 Kilbarchan Aac 'A'                                     42.18
  1) Kade Thomas Sen                                   2) Krishawn Aiken Sen
  3) Stephen Dunlop Sen                               4) Drew Yeoman Sen
2 Vp-Glasgow AC 'A'                                     42.69
  1) Ethan Pottie Sen                                 2) Sol Stewart U20
  3) Jamie Stevenson U20                             4) Ben McGuire Sen
3 Kilmarnock H&Ac 'A'                                   44.35
  1) Ally Mitchell U20                               2) Josh Smith U20
  3) Aidyn McMahon U20                               4) Andrew Baird U20
4 Kilbarchan Aac 'B'                                     44.68
  1) William Russell Sen                             2) Stephen Johnston U20
  3) Eden Duff Sen                                   4) Matthew Cliff U20
5 Motherwell AC 'A'                                     44.69
  1) Gabriel McCluskey U20                           2) James McMillan U20
  3) Stephen Ross Sen                                 4) Alan Robertson 40
6 Dundee Hawkhill Harriers 'A'                         47.10
  1) Jack Curtis U20                                  2) Chinedu Akunna U17
  3) Archie Yeaman U20                               4) Charlie Castle U20

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Event 17 Women 4x100 m Relay Under 13

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=====
CBP: C 53.22 15/09/2019 VP-Glasgow AC, VP-Glasgow A
      Z Wilson, L Carr, E Crawford, Z Douglas
National: N 52.87 08/09/2018 I.Stewart,A.Ball,O.Anderson,A
2019: 53.22 15/09/2019 VP-Glasgow AC, VP-Glasgow A
      Z Wilson, L Carr, E Crawford, Z Douglas

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Team                                     Finals
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Heat 1 Finals

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1 Pitreavie Aac 'A'                                     54.19
  1) Sophia Mackie U13                                2) Christy Cameron U13
  3) Jenna Young U13                                  4) Mia Fairweather U13
2 Kilmarnock H&Ac 'A'                                   55.04
  1) Olivia Mcmillan U13                              2) Lola Barrett U13
  3) Leah Henderson U13                              4) Brea Gibson U13
3 Giffnock North AC 'A'                                55.13
  1) Sarah McNulty U13                                2) Poppy Ballantyne U13
  3) Poppy Montgomery U13                            4) Beth Fyvie U13
4 Cumbernauld Aac 'A'                                  55.95
  1) Emily Allison U13                                 2) Ava Clark U13
  3) Katie Agnew U13                                  4) Chloe Coleman U13
5 Vp-Glasgow AC 'A'                                    56.60
  1) Rebecca Digger U13                               2) Bella Gray U13
  3) Layla Rowlands U13                              4) Holly Rowbotham U13
6 Motherwell AC 'A'                                    57.18
  1) Sophie Todd U13                                  2) Viktoria Tennant U13
  3) Eilidh Greenhorn U13                            4) Lucia McKenna U13
7 Giffnock North AC 'B'                                57.40
  1) Blaire Duncan U13                                2) Beatrice Nairne U13
  3) Zoe McKell U13                                  4) Michelle Adakomola U13
8 Whitemoss Aac 'A'                                    57.87
  1) Grace Elizabeth Malley U13                       2) Mollie Quinn U13
  3) Tallulah Frew U13                               4) Erin Reilly U13

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Event 18 Women 4x100 m Relay Under 15

=====
 CBP: C 49.30 1990 , Glasgow AC
 National: N 49.46 20/09/1998 , City of Glasgow AC
 2019: 51.26 15/09/2019 Pitreavie AAC, Pitreavie AA
 K Richardson, S Wallwork, H Gordon, R Grieve

Team Finals

=====
 1 Edinburgh AC 'A' 50.65
 1) Chloe Lam U15 2) Jedidah Ajala U15
 3) Sarah Burns U15 4) Katie Reid U15
 2 Dunfermline Track & Field AC 'A' 50.86
 1) Sarah Kane U15 2) Sophie Thomas U15
 3) Amy Jenkinson U15 4) Shayna Asamoah U15
 3 Livingston AC 'A' 51.00
 1) Enam Evong U15 2) Jemma Smith U13
 3) Megan Forrester U15 4) Alannah Snowden U15
 4 Giffnock North AC 'A' 51.77
 1) Hannah Turnbull U15 2) Casey Carr U15
 3) Madeleine Mackenzie U15 4) Emily Williams U15
 5 North Ayrshire Aac 'A' 53.67
 1) Shannon Brown U15 2) Jaymee Brown U15
 3) Naideen Dailly U15 4) Nell McGregor U15
 6 Pitreavie Aac 'A' 53.85
 1) Laurie Hunter U15 2) Lily Simon U15
 3) Katie Thomson U15 4) Cecile Joiner U15
 7 Inverness Harriers Aac 'A' 54.17
 1) Evie Lonnen U15 2) Islay Rutter U15
 3) Lucy Adamson U15 4) Kiera Whittingham U15
 8 Law & District Aac 'A' 57.16
 1) Lauren McNair U15 2) Susannah Kay U15
 3) Rachel Watson U15 4) Laura Watson U15

Event 19 Women 4x300 m Relay Under 15

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=====
      CBP: C 2:49.40  2016           , Central AC
National:  2:46.95  08/07/2018  K.Reville,A.Davison,N.Edgar
National:  N 2:49.40  03/07/2016  A.Davison,S.McLay,K.Sharkey
      2019:  2:55.12  15/09/2019  Pitreavie AAC, Pitreavie AA
              Gordon 300, Wallwork 300, MacFarlane, Grieve 300
=====

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Team

Finals

Heat 1

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=====
1 Pitreavie Aac 'A'                               2:59.82
  1) Anastasia Cotorobai U15                    2) Katie Thomson U15
  3) Laurie Hunter U15                          4) Holly Ovens U15
2 Dunfermline Track & Field AC 'A'               3:01.28
  1) Shayna Asamoah U15                         2) Sophie Thomas U15
  3) Ellie Candlish U15                       4) Kirstin Penman U15
3 Dundee Hawkhill Harriers 'A'                  3:03.02
  1) Grace Cook U15                             2) Iris Nicoll U15
  3) Isabella Passway U15                      4) Beth Collins U15
4 Law & District Aac 'A'                        3:09.71
  1) Lauren McNair U15                          2) Susannah Kay U15
  3) Rachel Watson U15                         4) Laura Watson U15
5 Inverness Harriers Aac 'A'                   3:17.26
  1) Evie Lonnen U15                            2) Islay Rutter U15
  3) Lucy Adamson U15                          4) Kiera Whittingham U15
6 Airdrie Harriers 'A'                          3:18.57
  1) Emily Hunter U15                           2) Carisann McCulloch U15
  3) Abby Renwick U15                          4) Emma Hamilton U15
7 Whitemoss Aac 'A'                             3:23.07
  1) Onomen Ighanesebhor U15                   2) Grace McKenzie U15
  3) Kayla McLuskey U15                        4) Emma Whittle U15
=====

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Heat 2

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=====
1 Vp-Glasgow AC 'A'                             3:07.99
  1) Beth Campbell U15                          2) Eve Crawford U15
  3) Zoe Loughrey U15                          4) Zoe Wilson U15
2 Kilmarnock H&Ac 'A'                           3:10.57
  1) Hannah Cairns U15                         2) Molly Hunter U15
  3) Erin Tonner U15                           4) Anna Lambert U15
3 Cumbernauld Aac 'A'                           3:13.31
  1) Kayla Ormiston U15                       2) Rebekah Lawman U15
  3) Maya Rankin U15                           4) Jemma Macleod U13
4 North Ayrshire Aac 'A'                       3:25.62
  1) Jaymee Brown U15                           2) Madeline McGregor U15
  3) Imogen Nicolson U15                       4) Shannon Brown U15
5 Banchory Stonehaven AC 'A'                   3:26.09
  1) Anna Riddell U15                           2) Summer Cameron U15
  3) Sophie Mclean U13                         4) Ellen Macleod U15
6 Whitemoss Aac 'B'                             3:27.75
  1) Hannah Dempsey U13                         2) Niamh Cupples U15
  3) Ava Gallagher U15                         4) Eva McAlpine U15
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Event 20 Men 4x300 m Relay Under 15

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=====
      CBP: C 2:38.72  2018           , Edinburgh AC
National: N 2:34.78  02/09/2012  S.Marcantonio,J.Kerr,J.Roul
      2019:  2:43.22  15/09/2019  Edinburgh AC, Edinburgh AC
              Roger 300, Finlayson 300, Hughes 300, Kelly 300
Team                                               Finals
=====

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Heat 1

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1 Law & District Aac 'A'                               2:44.09
  1) Owen Murphy U15                                  2) Euan Blackwood U15
  3) Calum Hall U15                                   4) Ross Duffin U15
2 Vp-Glasgow AC 'A'                                    2:45.40
  1) Cameron Borthwick U15                            2) Reece Hamilton U15
  3) Andrew Dunn U15                                  4) James Clark U15
3 Cumbernauld Aac 'A'                                  2:53.49
  1) Finn McCafferty U15                              2) Grant McEachern U15
  3) Frazer Wallace U15                               4) Sam Wishart U15
4 Banchory Stonehaven AC 'A'                          2:55.74
  1) Luc Macleod U15                                  2) Ethan Nicolson U13
  3) Cameron Scott U15                                4) Felix Crawford U15
5 Kilmarnock H&Ac 'A'                                  3:03.20
  1) Ewan Johnstone U15                               2) Harris McNicol U15
  3) Adam Gold U15                                    4) Stewart Wilkie U15
6 Whitemoss Aac 'A'                                    3:14.69
  1) Finnley Smith U15                                2) Adam Dale U15
  3) Steven Cooper U15                               4) Jack Burns U13

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Event 21 Women 4x300 m Relay Under 17

=====
 CBP: C 2:46.74 15/09/2019 Giffnock North AC, Giffnock
 K Foss 300, R Callan 300, C MacConnell, A Bell 300
 National: N 2:40.93 14/09/2013 E.Musgrove,K.Purves,H.Camer
 2019: 2:46.74 15/09/2019 Giffnock North AC, Giffnock
 K Foss 300, R Callan 300, C MacConnell, A Bell 300
 Team Finals
 =====

1 Vp-Glasgow AC 'A'	2:54.91
1) Holly Kirkwood U17	2) Beth Bushell U17
3) Lara Storrie U17	4) Catriona Scott U17
2 Law & District Aac 'A'	2:55.49
1) Sophie Evans U17	2) Fiona Currie U17
3) Tehillah Ikechukwu Okonkwo U15	4) Rosie Watson U17
3 Livingston AC 'A'	3:02.20
1) Carly Smith U17	2) Kirsten Morris U17
3) Mia Sokoluk U15	4) Erin Cameron U17
4 Dundee Hawkhill Harriers 'A'	3:05.82
1) Hazel Will U17	2) Gemma Wade U17
3) Freya Crowther U15	4) Sophia Graham U17
5 Larkhall YMCA Harriers 'A'	3:07.82
1) Chloe Gilfillan U17	2) Hayley Gilfillan U17
3) Natasha Keaveny U17	4) Madison Murdoch U17
6 Giffnock North AC 'A'	3:11.88
1) Emily Watson U17	2) Nuala O'Donnell U17
3) Josie Reilly U17	4) Niamh Lawson U17
7 Central AC 'A'	3:13.75
1) Ellen Montgomery U17	2) Zosia Paddon U17
3) Amelie MacGregor U17	4) Megan Dunlop U17
8 Whitemoss Aac 'A'	3:14.97
1) Rachel McPhillips U15	2) Alexandra Cathie U17
3) Georgia Young U17	4) Ellis Cook U17

Event 22A Mixed 4x400 m Relay

=====
 Team Finals
 =====

1 Airdrie Harriers 'A'	3:41.44
1) Bailey Gallagher U17 53.58	2) Luke Hamilton U15 59.87
3) Jamie Mooney U17 53.98	4) Josh Scott U17 54.01
2 Pitreavie Aac 'A'	3:43.82
1) Evan Wilson U17 55.79	2) Adom Akuoko U17 54.03
3) Cameron Johnston U17 61.92	4) Caleb McLeod U17 52.08
3 Cumbernauld Aac 'A'	3:44.52
1) Calum Mackenzie U17 51.41	2) Luke Tervit U17 55.02
3) Patrick Diamond U17 61.98	4) Adam Atkinson U17 56.11
4 Law & District Aac 'A'	3:46.91
1) Cameron Martin U17 56.36	2) Craig Cherrie U17 58.17
3) Logan Whitton U17 59.69	4) Oscar Logan U17 52.69
5 Shettleston Harriers 'A'	3:54.99
1) Lucky Eduwu U17 55.01	2) David Woods U17 55.81
3) Maynard Conteh U17 60.92	4) Michael Conteh U17 63.25
6 Dundee Hawkhill Harriers 'A'	4:15.95
1) Frankie Duncan-Morris U20 61.76	2) Shania King Sen 63.55
3) Phoebe Moncur Sen 66.51	4) Iona Esslemont U20 64.13

Event 24 Men 4x400 m Relay Senior

=====			
CBP: C	3:15.30	1979	, Edinburgh AC
National:	3:08.93	06/09/1975	P.Hoffmann,P.Forbes,N.Grego
National: N	3:03.94	01/08/2014	K.Robertson,J.Bowie,G.Louden
2019:	3:28.53	15/09/2019	Pitreavie AAC, Pitreavie AA
			Moriarty 400, Knowles 400, Moriarty 400, Doyle 400
Team			Finals
=====			
1	Kilbarchan Aac 'A'		3:18.96
	1) Michael Cairns Sen 51.50	2) Stephen Johnston U20 48.70	
	3) Connor Henderson Sen 50.55	4) Krishawn Aiken Sen 48.21	
2	Dundee Hawkhill Harriers 'A'		3:24.47
	1) Scott Hannaway U20 50.56	2) Gino Brock U20 51.90	
	3) Callum Letham Sen 51.46	4) Declan Gall Sen 50.55	
3	Livingston AC 'A'		3:28.10
	1) Aidan Brady U20 49.41	2) Jonathan Marshall U20 53.17	
	3) Fraser Morris U20 53.64	4) Richard Arthurs U20 51.88	
4	Law & District Aac 'A'		3:30.19
	1) James McClafferty Sen 51.25	2) Matthew Gillon U20 52.31	
	3) Ross Hill Sen 54.10	4) James Gillon Sen 52.53	
5	Team East Lothian 'A'		3:32.17
	1) Lewis Goodall U20 51.03	2) Adam Hoole U20 55.59	
	3) Rhys Black U20 53.59	4) Cameron Smith Sen 51.96	
6	Kilmarnock H&Ac 'A'		3:51.07
	1) Andrew Baird U20 51.34	2) Luke McManus U20 56.34	
	3) Lewis Ferguson U20 65.25	4) Jamie Nix Sen 58.14	
7	Law & District Aac 'B'		4:15.65
	1) Jim Gillon 55 59.24	2) Richard Beattie 40 63.81	
	3) Finn Milligan U20 49.88	4) Kieran Pugh Sen 82.72	

Event 25 Girls 3x800 m Relay Under 13

=====
 CBP: C 7:31.60 1990 , Pitreavie AAC
 National: N 7:23.10 23/08/1981 G.Doig,S.Hamilton,U.Known,
 2019: 7:38.84 15/09/2019 Giffnock North AC, Giffnock
 K Donnelly, F Campbell, A Wade

Team Finals

=====
 1 Giffnock North AC 'C' 8:30.16
 1) Eilidh Caldwell U13 2:40.99 2) April Macaulay U13 2:56.59
 3) Madeleine Paterson U13 2:52.58
 2 North Ayrshire Aac 'A' 8:56.19
 1) Eilidh Comrie U13 3:06.44 2) Eilidh Dunwoodie U13 2:51.20
 3) Sarah Leitch U13 2:58.55
 3 Vp-Glasgow AC 'B' 9:01.97
 1) Katie Reid U13 2:56.40 2) Abigail Kerr U13 2:56.38
 3) Freya Whiteford-McGuire U13 3:09.109
 4 Harmeny AC 'C' 9:08.08
 1) Aysa Kealy U13 3:07.48 2) Eilidh Stewart U13 3:10.52
 3) Francesca Earl U13 2:50.08
 5 Whitemoss Aac 'B' 9:24.32
 1) Zoe Mulholland U13 2:57.07 2) Martha Cathie U13 3:23.92
 3) Zara Rose Gallagher U13 3:03.33
 6 Airdrie Harriers 'B' 9:35.79
 1) Lucy O'Reilly U13 3:15.13 2) Murrlyn Burns U13 3:04.31
 3) Leah Dunphy U13 3:16.35
 7 Law & District Aac 'B' 10:37.26
 1) Lola Allen U13 3:27.11 2) Naomi McLaughlin U13 3:23.85
 3) Holly Wilson U13 3:46.30

Heat 2

1 Harmeny AC 'B' 8:10.48
 1) Carys Melton U13 2:43.51 2) Rachel Caves U13 2:48.88
 3) Georgia Bruce U13 2:38.09
 2 Whitemoss Aac 'A' 8:30.35
 1) Erin Reilly U13 2:38.55 2) Mollie Quinn U13 2:59.24
 3) Grace Elizabeth Malley U13 2:52.56
 3 Giffnock North AC 'B' 8:31.73
 1) Millie Boothman U13 2:51.89 2) Holly Simpson U13 2:47.23
 3) Nicole Yates U13 2:52.61
 4 East Kilbride AC 'A' 8:40.70
 1) Katie McKenna U13 2:54.64 2) Carrie Charters U13 2:58.35
 3) Matilda Frew U13 2:47.71
 5 Dunfermline Track & Field AC 'A' 8:48.62
 1) Rachel Barnett U13 2:47.38 2) Macy Wainwright U13 2:55.61
 3) Freya Kieran U13 3:05.63
 6 Law & District Aac 'A' 8:50.19
 1) Hannah Jamieson U13 3:04.78 2) Isla Cameron U13 2:58.06
 3) Olivia Inglis U13 2:47.35
 7 Kilbarchan Aac 'A' 8:58.54
 1) Mairi Nicholson U13 3:06.06 2) Freya Milford U13 2:51.48
 3) Kayla Redmond U13 3:01.00
 8 Shettleston Harriers 'A' 9:13.82
 1) Daisy Gildea U13 2:57.04 2) Kate Monaghan U13 3:06.52
 3) Katie Hunter U13 3:10.26

Event 25 Girls 3x800 m Relay Under 13

=====
 CBP: C 7:31.60 1990 , Pitreavie AAC
 National: N 7:23.10 23/08/1981 G.Doig,S.Hamilton,U.Known,
 2019: 7:38.84 15/09/2019 Giffnock North AC, Giffnock
 K Donnelly, F Campbell, A Wade

Team Finals

Heat 3

=====
 1 Harmeny AC 'A' 7:49.14
 1) Leah Buchan U13 2:38.42 2) Emilie Paul U13 2:42.58
 3) Nancy Corrie U13 2:28.14
 2 Giffnock North AC 'A' 7:49.32
 1) Sarah McNulty U13 2:32.50 2) Aneesa Phillips U13 2:32.16
 3) Freya Scobie U13 2:44.66
 3 Dundee Hawkhill Harriers 'A' 7:49.41
 1) Zoey Morgan U13 2:32.76 2) Sarah De Villiers U13 2:43.43
 3) Beth Kemlo U13 2:33.22
 4 Airdrie Harriers 'A' 7:57.17
 1) Leanna Elliot U13 2:38.13 2) Eihlinn Gillespie U13 2:42.98
 3) Millie Gairn U13 2:36.06
 5 Vp-Glasgow AC 'A' 8:12.79
 1) Anna Clark U13 2:47.77 2) Aneesah King Oubacha U13 2:48.35
 3) Autumn Hunter U13 2:36.67
 6 Edinburgh AC 'A' 8:13.61
 1) Annabelle Van der Merwe U13 2:41.52 2) Ellie O'Connor U13 2:41.06
 3) Catriona Scott U13 2:51.03
 7 Pitreavie Aac 'A' 8:35.58
 1) Nieve Hannell U13 2:36.87 2) Olivia Pearson U13 3:08.10
 3) Isla Gourley U13 2:50.61
 8 Kilmarnock H&Ac 'A' 8:52.22
 1) Caitlin Anderson U13 2:51.74 2) Beth McCallum U13 3:02.47
 3) Lola Barrett U13 2:58.01

Event 25 Girls 3x800 m Relay Under 13

=====
 CBP: C 7:31.60 1990 , Pitreavie AAC
 National: N 7:23.10 23/08/1981 G.Doig,S.Hamilton,U.Known,
 2019: 7:38.84 15/09/2019 Giffnock North AC, Giffnock
 K Donnelly, F Campbell, A Wade
 =====

Team Finals
 =====

Compiled Result

1	Harmeny AC 'A'	7:49.14	3
	1) Leah Buchan U13		
	2) Emilie Paul U13		
	3) Nancy Corrie U13		
2	Giffnock North AC 'A'	7:49.32	3
	1) Sarah McNulty U13		
	2) Aneesa Phillips U13		
	3) Freya Scobie U13		
3	Dundee Hawkhill Harriers 'A'	7:49.41	3
	1) Zoey Morgan U13		
	2) Sarah De Villiers U13		
	3) Beth Kemlo U13		
4	Airdrie Harriers 'A'	7:57.17	3
	1) Leanna Elliot U13		
	2) Eihlinn Gillespie U13		
	3) Millie Gairn U13		
5	Harmeny AC 'B'	8:10.48	2
	1) Carys Melton U13		
	2) Rachel Caves U13		
	3) Georgia Bruce U13		
6	Vp-Glasgow AC 'A'	8:12.79	3
	1) Anna Clark U13		
	2) Aneesah King Oubacha U13		
	3) Autumn Hunter U13		
7	Edinburgh AC 'A'	8:13.61	3
	1) Annabelle Van der Merwe U13		
	2) Ellie O'Connor U13		
	3) Catriona Scott U13		
8	Giffnock North AC 'C'	8:30.16	1
	1) Eilidh Caldwell U13		
	2) April Macaulay U13		
	3) Madeleine Paterson U13		
9	Whitemoss Aac 'A'	8:30.35	2
	1) Erin Reilly U13		
	2) Mollie Quinn U13		
	3) Grace Elizabeth Malley U13		
10	Giffnock North AC 'B'	8:31.73	2
	1) Millie Boothman U13		
	2) Holly Simpson U13		
	3) Nicole Yates U13		
11	Pitreavie Aac 'A'	8:35.58	3
	1) Nieve Hannell U13		
	2) Olivia Pearson U13		
	3) Isla Gourley U13		
12	East Kilbride AC 'A'	8:40.70	2
	1) Katie McKenna U13		
	2) Carrie Charters U13		
	3) Matilda Frew U13		
13	Dunfermline Track & Field AC 'A'	8:48.62	2
	1) Rachel Barnett U13		
	2) Macy Wainwright U13		
	3) Freya Kieran U13		
14	Law & District Aac 'A'	8:50.19	2
	1) Hannah Jamieson U13		
	2) Isla Cameron U13		
	3) Olivia Inglis U13		
15	Kilmarnock H&Ac 'A'	8:52.22	3
	1) Caitlin Anderson U13		
	2) Beth McCallum U13		
	3) Lola Barrett U13		
16	North Ayrshire Aac 'A'	8:56.19	1
	1) Eilidh Comrie U13		
	2) Eilidh Dunwoodie U13		
	3) Sarah Leitch U13		
17	Kilbarchan Aac 'A'	8:58.54	2
	1) Mairi Nicholson U13		
	2) Freya Milford U13		
	3) Kayla Redmond U13		
18	Vp-Glasgow AC 'B'	9:01.97	1
	1) Katie Reid U13		
	2) Abigail Kerr U13		
	3) Freya Whiteford-McGuire U1		

Event 25 Girls 3x800 m Relay Under 13

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=====
      CBP: C 7:31.60  1990           , Pitreavie AAC
National: N 7:23.10  23/08/1981  G.Doig,S.Hamilton,U.Known,
2019:    7:38.84  15/09/2019  Giffnock North AC, Giffnock
              K Donnelly, F Campbell, A Wade

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Team                                                    Finals
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Compiled Result

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19 Harmeny AC 'C'                                     9:08.08  1
   1) Aysa Kealy U13                                2) Eilidh Stewart U13
   3) Francesca Earl U13
20 Shettleston Harriers 'A'                         9:13.82  2
   1) Daisy Gildea U13                              2) Kate Monaghan U13
   3) Katie Hunter U13
21 Whitemoss Aac 'B'                                9:24.32  1
   1) Zoe Mulholland U13                            2) Martha Cathie U13
   3) Zara Rose Gallagher U13
22 Airdrie Harriers 'B'                              9:35.79  1
   1) Lucy O'Reilly U13                             2) Murrbyn Burns U13
   3) Leah Dunphy U13
23 Law & District Aac 'B'                            10:37.26  1
   1) Lola Allen U13                                2) Naomi McLaughlin U13
   3) Holly Wilson U13

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Event 26 Boys 3x800 m Relay Under 13

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      CBP: C 7:05.27  2005           , City of Edinburgh
National: N 7:05.27  19/06/2005  T.Holligan,E.Dudgeon,D.Rowa
      2019:  7:15.03  15/09/2019  Giffnock North AC, Giffnock
              O Byers, A Nugent, C Shennan
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Team                                     Finals
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Heat 1

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1 Harmeny AC 'B'                                     7:22.15
  1) Daniel McIntyre U13 2:27.20      2) Fergus Roberts U13 2:31.98
  3) Fergus Ross U13 2:22.97

2 Giffnock North AC 'B'                             8:01.19
  1) Aaron Reid U13 2:33.89           2) Cameron Mitchell U13 2:44.93
  3) Joseph Mowat U13 2:42.37

3 Giffnock North AC 'C'                             8:20.72
  1) Ethan Scobie U13 2:46.54         2) Zac Wright U13 2:52.36
  3) Daniel Cree U13 2:41.82

4 Ayr Seaforth AC 'A'                               8:31.88
  1) Matthew Copland U13 2:51.50      2) Lucan Marshall-Watt U13 2:59.51
  3) Nicholas Latto U13 2:40.87

5 Pitreavie Aac 'B'                                 8:44.26
  1) Daniel Forbes U13 2:56.97        2) Ruari McMurdo U13 2:55.46
  3) Murray Roy U13 2:51.77

6 North Ayrshire Aac 'A'                           8:48.96
  1) Douglas Goldie U13 2:50.25       2) Ross Brady U13 3:04.50
  3) Lewis Barrie U13 2:54.21

7 Shettleston Harriers 'A'                         8:50.88
  1) Mark Clifford U13 2:55.90        2) Lucas Millican U13 3:03.48
  3) Zack Hutton U13 2:51.50

8 East Kilbride AC 'B'                             8:59.97
  1) Cameron Mackiggan U13 3:04.12    2) Ruben Payne U13 3:05.68
  3) Arran Rosling U13 2:50.17

9 West Dunbartonshire AC 'A'                       9:09.42
  1) Jamie Turner U13 2:51.88        2) Lewis McFarlane U13 3:13.71
  3) Joe Butler U13 3:03.83

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Event 26 Boys 3x800 m Relay Under 13

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=====
CBP: C 7:05.27 2005 , City of Edinburgh
National: N 7:05.27 19/06/2005 T.Holligan,E.Dudgeon,D.Rowa
2019: 7:15.03 15/09/2019 Giffnock North AC, Giffnock
O Byers, A Nugent, C Shennan

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Team                               Finals
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Heat 2

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1 Giffnock North AC 'A'                               7:20.35
  1) Calum Dick U13 2:17.41                          2) Myles Macaulay U13 2:37.59
  3) Patrick Fraser U13 2:25.35

2 Vp-Glasgow AC 'A'                                   7:26.94
  1) Ollie Petrie U13 2:27.18                         2) Archie Bartley U13 2:38.13
  3) Rhuairdh Laing U13 2:21.63

3 East Kilbride AC 'A'                               7:38.40
  1) Rory Charters U13 2:37.17                       2) Ben Baillie U13 2:37.99
  3) Angus Wilkinson U13 2:23.24

4 Edinburgh AC 'A'                                   7:40.58
  1) Harry MacKay U13 2:27.42                        2) Josh Daunt U13 2:36.25
  3) Reuben Lees U13 2:36.91

5 Team East Lothian 'A'                              7:51.44
  1) Thomas Gornall U13 2:47.90                      2) Jake Page U13 2:32.80
  3) Howie Allison U13 2:30.74

6 Kilbarchan Aac 'A'                                7:55.94
  1) Owen Mackay U13 2:44.89                         2) Alistair Street U13 2:24.33
  3) Lewis Cochrane U13 2:46.72

7 Pitreavie Aac 'A'                                 8:13.43
  1) Frazer Lees U13 2:40.33                        2) Callum Wood U13 2:47.33
  3) Ross Allan U13 2:45.77

8 Harmeny AC 'A'                                     8:22.62
  1) Sam Johnston U13 2:49.22                       2) Lorcan Morrison U13 2:38.44
  3) Ben Paterson U13 2:54.96

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Event 26 Boys 3x800 m Relay Under 13

=====
 CBP: C 7:05.27 2005 , City of Edinburgh
 National: N 7:05.27 19/06/2005 T.Holligan,E.Dudgeon,D.Rowa
 2019: 7:15.03 15/09/2019 Giffnock North AC, Giffnock
 O Byers, A Nugent, C Shennan
 =====

Team Finals
 =====

Compiled Result

1 Giffnock North AC 'A'	7:20.35	2
1) Calum Dick U13		
2) Myles Macaulay U13		
3) Patrick Fraser U13		
2 Harmeny AC 'B'	7:22.15	1
1) Daniel McIntyre U13		
2) Fergus Roberts U13		
3) Fergus Ross U13		
3 Vp-Glasgow AC 'A'	7:26.94	2
1) Ollie Petrie U13		
2) Archie Bartley U13		
3) Rhuairdh Laing U13		
4 East Kilbride AC 'A'	7:38.40	2
1) Rory Charters U13		
2) Ben Baillie U13		
3) Angus Wilkinson U13		
5 Edinburgh AC 'A'	7:40.58	2
1) Harry MacKay U13		
2) Josh Daunt U13		
3) Reuben Lees U13		
6 Team East Lothian 'A'	7:51.44	2
1) Thomas Gornall U13		
2) Jake Page U13		
3) Howie Allison U13		
7 Kilbarchan Aac 'A'	7:55.94	2
1) Owen Mackay U13		
2) Alistair Street U13		
3) Lewis Cochrane U13		
8 Giffnock North AC 'B'	8:01.19	1
1) Aaron Reid U13		
2) Cameron Mitchell U13		
3) Joseph Mowat U13		
9 Pitreavie Aac 'A'	8:13.43	2
1) Frazer Lees U13		
2) Callum Wood U13		
3) Ross Allan U13		
10 Giffnock North AC 'C'	8:20.72	1
1) Ethan Scobie U13		
2) Zac Wright U13		
3) Daniel Cree U13		
11 Harmeny AC 'A'	8:22.62	2
1) Sam Johnston U13		
2) Lorcan Morrison U13		
3) Ben Paterson U13		
12 Ayr Seaforth AC 'A'	8:31.88	1
1) Matthew Copland U13		
2) Lucan Marshall-Watt U13		
3) Nicholas Latto U13		
13 Pitreavie Aac 'B'	8:44.26	1
1) Daniel Forbes U13		
2) Ruari McMurdo U13		
3) Murray Roy U13		
14 North Ayrshire Aac 'A'	8:48.96	1
1) Douglas Goldie U13		
2) Ross Brady U13		
3) Lewis Barrie U13		
15 Shettleston Harriers 'A'	8:50.88	1
1) Mark Clifford U13		
2) Lucas Millican U13		
3) Zack Hutton U13		
16 East Kilbride AC 'B'	8:59.97	1
1) Cameron Mackiggan U13		
2) Ruben Payne U13		
3) Arran Rosling U13		
17 West Dunbartonshire AC 'A'	9:09.42	1
1) Jamie Turner U13		
2) Lewis McFarlane U13		
3) Joe Butler U13		

Event 27 Girls 3x800 m Relay Under 15

=====
 CBP: C 7:00.08 2014 , Giffnock North AAC
 National: N 7:00.08 15/06/2014 D.Kelly,N.Miller,E.Wallace,
 2019: 7:31.47 15/09/2019 Giffnock North AC, Giffnock
 H Ryding, K Paul, 7 Scott Isla

Team Finals

Heat 1

=====
 1 Moorfoot Runners 'A' 7:50.96
 1) Sabine Jefcoate U15 2:39.73 2) Elena Lee U15 2:40.72
 3) Lola Lockyer U15 2:30.51
 2 Airdrie Harriers 'A' 8:02.48
 1) Grace Wilson U15 2:41.49 2) Ava Reid U15 2:44.45
 3) Taylor More U15 2:36.54
 3 Dunfermline Track & Field AC 'A' 8:08.86
 1) Ruby Candlish U15 2:33.21 2) Eva Sharp U15 2:47.88
 3) Emily Fullerton U15 2:47.87
 4 Kilbarchan Aac 'B' 8:19.81
 1) Elizabeth Burke U15 2:48.29 2) Grace McGowan U15 2:42.55
 3) Adele Street U15 2:48.97
 5 Giffnock North AC 'C' 8:22.59
 1) Hannah Sluman U15 2:49.21 2) Hazel O'Donoghue U15 2:48.53
 3) Ella McWilliams U15 2:44.85
 6 Vp-Glasgow AC 'A' 8:39.71
 1) Orla Stewart U15 2:45.40 2) Ella Sharp U15 3:05.95
 3) Erin Downie U15 2:48.36
 7 Harmeny AC 'B' 8:56.11
 1) Esther Taylor U15 2:58.14 2) Lara Brechin U15 3:03.26
 3) Natsai Nyabadza U15 2:54.71
 8 East Kilbride AC 'B' 9:25.14
 1) Tyler Kelly U15 2:54.35 2) Katie Fowler U15 2:56.92
 3) Erin Chapman U15 3:33.87

Heat 2

=====
 1 Edinburgh AC 'A' 7:24.10
 1) Megan McKay U15 2:25.93 2) Dashka MacDonald U15 2:32.03
 3) Orlaith Shepherd U15 2:26.14
 2 Giffnock North AC 'B' 7:40.73
 1) Caitlin McGeachy U15 2:28.61 2) Mili Macfarlane U15 2:39.84
 3) Lauren McPherson U15 2:32.28
 3 Team East Lothian 'A' 7:53.50
 1) Cristina Elliot U15 2:45.58 2) Eily Sinclair U15 2:42.78
 3) Olivia Robbins U15 2:25.14
 4 Law & District Aac 'A' 7:57.37
 1) Alayna McCann U15 2:39.34 2) Emma Grant U15 2:46.67
 3) Jessica Inglis U15 2:31.36
 5 Aberdeen Aac 'A' 8:06.14
 1) Abby Farquhar U15 2:29.14 2) Katie Sim U15 2:49.47
 3) Olivia Dinnes U13 2:47.53
 6 Whitemoss Aac 'A' 8:19.08
 1) Eva McAlpine U15 2:34.92 2) Grace McKenzie U15 2:50.90
 3) Rachel McPhillips U15 2:53.26
 7 Harmeny AC 'A' 8:20.03
 1) Iona Kealy U15 2:44.02 2) Skye Marshall U15 2:51.26
 3) Meda Maria Reivytytis U15 2:44.75
 8 North Ayrshire Aac 'A' 8:35.79
 1) Naideen Dailly U15 2:49.46 2) Abby Docherty U15 3:05.08
 3) Nell McGregor U15 2:41.25

Event 27 Girls 3x800 m Relay Under 15

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=====
CBP: C 7:00.08 2014 , Giffnock North AAC
National: N 7:00.08 15/06/2014 D.Kelly,N.Miller,E.Wallace,
2019: 7:31.47 15/09/2019 Giffnock North AC, Giffnock
H Ryding, K Paul, 7 Scott Isla

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Team                               Finals
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Heat 3

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1 Pitreavie Aac 'A'                               7:08.43
  1) Katie Sandilands U15 2:24.46      2) Ariane Baillie U15 2:24.82
  3) Lily Simon U15 2:19.15

2 Kilbarchan Aac 'A'                               7:25.48
  1) Zara Redmond U15 2:22.74          2) Ella Mcgrath U15 2:33.36
  3) Gabriella Whyte U15 2:29.38

3 Corstorphine Aac 'A'                             7:31.67
  1) Alice Mourao U15 2:35.91          2) Charlotte MacPhie U15 2:25.88
  3) Eva Cameron U15 2:29.88

4 Giffnock North AC 'A'                             7:32.35
  1) Amber Wade U15 2:22.58          2) Ruth Walsh U15 2:37.01
  3) Freya Campbell U15 2:32.76

5 East Kilbride AC 'A'                              7:54.37
  1) Aimee Anderson U15 2:29.77        2) Amy Andrew U15 2:47.44
  3) Rhianna Docherty U15 2:37.16

6 Central AC 'A'                                    8:03.81
  1) Leya Gibb U15 2:39.84             2) Leah Brown U15 2:46.17
  3) Niamh McKinlay U15 2:37.80

7 Ayr Seaforth AC 'A'                              8:06.90
  1) Sophie McCallum U15 2:41.14        2) Iona Stroma Hubbard U15 2:53.51
  3) Anna Kirk U15 2:32.25

8 Shettleston Harriers 'A'                         8:30.46
  1) Katie Woods U15 2:36.18           2) Emma Leiper U15 2:50.91
  3) Katie Burns U15 3:03.37

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Event 27 Girls 3x800 m Relay Under 15

CBP: C 7:00.08 2014 , Giffnock North AAC
 National: N 7:00.08 15/06/2014 D.Kelly,N.Miller,E.Wallace,
 2019: 7:31.47 15/09/2019 Giffnock North AC, Giffnock
 H Ryding, K Paul, 7 Scott Isla

Team Finals

Compiled Result

1 Pitreavie Aac 'A'	7:08.43	3
1) Katie Sandilands U15		
3) Lily Simon U15		
2) Ariane Baillie U15		
2 Edinburgh AC 'A'	7:24.10	2
1) Megan McKay U15		
3) Orlaith Shepherd U15		
2) Dashka MacDonald U15		
3 Kilbarchan Aac 'A'	7:25.48	3
1) Zara Redmond U15		
3) Gabriella Whyte U15		
2) Ella Mcgrath U15		
4 Corstorphine Aac 'A'	7:31.67	3
1) Alice Mourao U15		
3) Eva Cameron U15		
2) Charlotte MacPhie U15		
5 Giffnock North AC 'A'	7:32.35	3
1) Amber Wade U15		
3) Freya Campbell U15		
2) Ruth Walsh U15		
6 Giffnock North AC 'B'	7:40.73	2
1) Caitlin McGeachy U15		
3) Lauren McPherson U15		
2) Mili Macfarlane U15		
7 Moorfoot Runners 'A'	7:50.96	1
1) Sabine Jefcoate U15		
3) Lola Lockyer U15		
2) Elena Lee U15		
8 Team East Lothian 'A'	7:53.50	2
1) Cristina Elliot U15		
3) Olivia Robbins U15		
2) Eily Sinclair U15		
9 East Kilbride AC 'A'	7:54.37	3
1) Aimee Anderson U15		
3) Rhianna Docherty U15		
2) Amy Andrew U15		
10 Law & District Aac 'A'	7:57.37	2
1) Alayna McCann U15		
3) Jessica Inglis U15		
2) Emma Grant U15		
11 Airdrie Harriers 'A'	8:02.48	1
1) Grace Wilson U15		
3) Taylor More U15		
2) Ava Reid U15		
12 Central AC 'A'	8:03.81	3
1) Leya Gibb U15		
3) Niamh McKinlay U15		
2) Leah Brown U15		
13 Aberdeen Aac 'A'	8:06.14	2
1) Abby Farquhar U15		
3) Olivia Dinnes U13		
2) Katie Sim U15		
14 Ayr Seaforth AC 'A'	8:06.90	3
1) Sophie McCallum U15		
3) Anna Kirk U15		
2) Iona Stroma Hubbard U15		
15 Dunfermline Track & Field AC 'A'	8:08.86	1
1) Ruby Candlish U15		
3) Emily Fullerton U15		
2) Eva Sharp U15		
16 Whitemoss Aac 'A'	8:19.08	2
1) Eva McAlpine U15		
3) Rachel McPhillips U15		
2) Grace McKenzie U15		
17 Kilbarchan Aac 'B'	8:19.81	1
1) Elizabeth Burke U15		
3) Adele Street U15		
2) Grace McGowan U15		
18 Harmeny AC 'A'	8:20.03	2
1) Iona Kealy U15		
3) Meda Maria Reivytytis U15		
2) Skye Marshall U15		

Event 27 Girls 3x800 m Relay Under 15

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CBP: C 7:00.08 2014 , Giffnock North AAC
National: N 7:00.08 15/06/2014 D.Kelly,N.Miller,E.Wallace,
2019: 7:31.47 15/09/2019 Giffnock North AC, Giffnock
H Ryding, K Paul, 7 Scott Isla

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Team                               Finals
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Compiled Result

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19 Giffnock North AC 'C'                8:22.59 1
    1) Hannah Sluman U15
    3) Ella McWilliams U15
    2) Hazel O'Donoghue U15
20 Shettleston Harriers 'A'            8:30.46 3
    1) Katie Woods U15
    3) Katie Burns U15
    2) Emma Leiper U15
21 North Ayrshire Aac 'A'              8:35.79 2
    1) Naideen Dailly U15
    3) Nell McGregor U15
    2) Abby Docherty U15
22 Vp-Glasgow AC 'A'                   8:39.71 1
    1) Orla Stewart U15
    3) Erin Downie U15
    2) Ella Sharp U15
23 Harmeny AC 'B'                       8:56.11 1
    1) Esther Taylor U15
    3) Natsai Nyabadza U15
    2) Lara Brechin U15
24 East Kilbride AC 'B'                 9:25.14 1
    1) Tyler Kelly U15
    3) Erin Chapman U15
    2) Katie Fowler U15

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Event 28 Boys 3x800 m Relay Under 15

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 CBP: C 6:21.99 2008 , Giffnock North AAC
 National: N 6:21.99 15/06/2008 J.Walker,G.Muir,M.Lott, Gif
 2019: 6:43.20 15/09/2019 Giffnock North AC, Giffnock
 R McDonald, M Nolan, C Deverill

Team Finals
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Heat 1

1 Aberdeen Aac 'A' 6:41.88
 1) Finlay McKay U15 2:21.13 2) Thomas Reynolds U15 2:17.18
 3) Rhys Crawford U15 2:03.57
 2 Edinburgh AC 'A' 6:58.50
 1) Patrick Barnes U15 2:12.26 2) Lachlan Kunath U15 2:22.08
 3) Dylan Daunt U15 2:24.16
 3 Law & District Aac 'A' 7:23.16
 1) John Frood U13 2:30.18 2) Ryan Kellock U15 2:28.89
 3) Daniel Simpson U15 2:24.09
 4 Giffnock North AC 'C' 7:30.82
 1) Jude McGuigan U15 2:38.95 2) Lewis Davidson U15 2:26.11
 3) James Mowat U15 2:25.76
 5 Kilbarchan Aac 'B' 7:50.23
 1) Ian MacPherson U15 2:38.42 2) Robbie Stevenson U15 2:30.27
 3) Ryan Fitzpatrick U15 2:41.54
 6 East Kilbride AC 'B' 7:54.83
 1) Ryan McNamara U15 2:37.09 2) Matthew McQuaid U15 2:36.46
 3) Dylan Edwards U15 2:41.28
 7 Whitemoss Aac 'A' 8:14.02
 1) John McCrory U15 2:39.89 2) Steven Cooper U15 2:54.15
 3) Paul Currie U15 03:00.00
 8 Vp-Glasgow AC 'A' 8:50.53
 1) Romesh Miller U15 2:59.97 2) Mark Kelly U15 3:01.03
 3) Lewis Burton U15 2:49.53
 -- Giffnock North AC 'D' DNF
 1) Martin Rolfe U15 2:45.88 2) Charlie McAllister U15 2:43.16

Heat 2

1 Dunfermline Track & Field AC 'A' 6:50.39
 1) Callum Newton U15 2:18.38 2) David Cuthbert U15 2:20.33
 3) Oliver Morrison U15 2:11.68
 2 Team East Lothian 'A' 6:52.26
 1) Innes Wright U15 2:16.85 2) Fraser Lupton U15 2:20.37
 3) John Marshall U15 2:15.04
 3 Giffnock North AC 'A' 6:55.29
 1) Alasdair Nugent U15 2:16.59 2) Oliver Bryers U15 2:21.77
 3) Jack Wallace U15 2:16.93
 4 Giffnock North AC 'B' 7:08.52
 1) Oliver MacDonald U15 2:16.49 2) Matthew Shaw U15 2:22.67
 3) Calan Chong U15 2:29.36
 5 Kilbarchan Aac 'A' 7:15.50
 1) Scott Ritchie U15 2:25.30 2) Andrew Shorts U15 2:23.32
 3) Ryan Knights U15 2:26.88
 6 East Kilbride AC 'A' 7:22.24
 1) Jonathan Hunter U15 2:34.57 2) Jamie Connor U15 2:23.69
 3) Francis Santangeli U15 2:23.98
 7 Shettleston Harriers 'A' 7:36.89
 1) Adam Clifford U15 2:27.35 2) Matthew Fox U15 2:22.98
 3) Joseph Reilly U15 2:46.56
 8 Ayr Seaforth AC 'A' 8:00.35
 1) Leo Brockie U15 2:37.29 2) Alasdair Maclean U15 2:42.05
 3) Fraser McIntyre U15 2:41.02

Event 28 Boys 3x800 m Relay Under 15

=====
 CBP: C 6:21.99 2008 , Giffnock North AAC
 National: N 6:21.99 15/06/2008 J.Walker,G.Muir,M.Lott, Gif
 2019: 6:43.20 15/09/2019 Giffnock North AC, Giffnock
 R McDonald, M Nolan, C Deverill
 =====

Team Finals

Compiled Result

1	Aberdeen Aac 'A'	6:41.88	1
	1) Finlay McKay U15	2) Thomas Reynolds U15	
	3) Rhys Crawford U15		
2	Dunfermline Track & Field AC 'A'	6:50.39	2
	1) Callum Newton U15	2) David Cuthbert U15	
	3) Oliver Morrison U15		
3	Team East Lothian 'A'	6:52.26	2
	1) Innes Wright U15	2) Fraser Lupton U15	
	3) John Marshall U15		
4	Giffnock North AC 'A'	6:55.29	2
	1) Alasdair Nugent U15	2) Oliver Bryers U15	
	3) Jack Wallace U15		
5	Edinburgh AC 'A'	6:58.50	1
	1) Patrick Barnes U15	2) Lachlan Kunath U15	
	3) Dylan Daunt U15		
6	Giffnock North AC 'B'	7:08.52	2
	1) Oliver MacDonald U15	2) Matthew Shaw U15	
	3) Calan Chong U15		
7	Kilbarchan Aac 'A'	7:15.50	2
	1) Scott Ritchie U15	2) Andrew Shorts U15	
	3) Ryan Knights U15		
8	East Kilbride AC 'A'	7:22.24	2
	1) Jonathan Hunter U15	2) Jamie Connor U15	
	3) Francis Santangeli U15		
9	Law & District Aac 'A'	7:23.16	1
	1) John Frood U13	2) Ryan Kellock U15	
	3) Daniel Simpson U15		
10	Giffnock North AC 'C'	7:30.82	1
	1) Jude McGuigan U15	2) Lewis Davidson U15	
	3) James Mowat U15		
11	Shettleston Harriers 'A'	7:36.89	2
	1) Adam Clifford U15	2) Matthew Fox U15	
	3) Joseph Reilly U15		
12	Kilbarchan Aac 'B'	7:50.23	1
	1) Ian MacPherson U15	2) Robbie Stevenson U15	
	3) Ryan Fitzpatrick U15		
13	East Kilbride AC 'B'	7:54.83	1
	1) Ryan McNamara U15	2) Matthew McQuaid U15	
	3) Dylan Edwards U15		
14	Ayr Seaforth AC 'A'	8:00.35	2
	1) Leo Brockie U15	2) Alasdair Maclean U15	
	3) Fraser McIntyre U15		
15	Whitemoss Aac 'A'	8:14.02	1
	1) John McCrory U15	2) Steven Cooper U15	
	3) Paul Currie U15		
16	Vp-Glasgow AC 'A'	8:50.53	1
	1) Romesh Miller U15	2) Mark Kelly U15	
	3) Lewis Burton U15		
--	Giffnock North AC 'D'	DNF	1
	1) Martin Rolfe U15	2) Charlie McAllister U15	

Event 29 Women 3x800 m Relay Under 17

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 CBP: C 6:50.21 2009 , Dundee Hawkhill Harreir
 National: N 6:50.21 09/08/2009 I.Brodie,L.Stewart,S.Kelly,
 2019: 7:08.88 15/09/2019 Corstorphine AAC, Corstorph
 K Macleod, G Ledingham, M Arnott

Team Finals

Heat 1

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 1 Corstorphine Aac 'A' 7:26.67
 1) Lauren Doney U17 2:33.31 2) Olivia Clarke U17 2:17.22
 3) Amy Crawford U17 2:36.14
 2 Giffnock North AC 'A' 7:33.52
 1) Isla Scott U17 2:27.89 2) Tuscany Wright U17 2:37.37
 3) Emma McLennan U17 2:28.26
 3 Nithsdale AC 'A' 7:53.46
 1) Skye Rae U17 2:32.74 2) Zennor Coombs U17 2:47.54
 3) Katie Kilpatrick U17 2:33.18
 4 Central AC 'A' 8:02.47
 1) Zosia Paddon U17 2:45.33 2) Millie O'Neill U17 2:46.78
 3) Catriona Kane U17 2:30.36
 5 Hamilton & District AC 'A' 8:08.47
 1) Molly Odonnell U17 2:42.58 2) Melissa Govan U17 2:49.13
 3) Neve Elliott U15 2:36.76
 6 Law & District Aac 'B' 8:10.42
 1) Ayumi Faulds U17 2:45.18 2) Fiona Currie U17 2:29.51
 3) Abbie Prentice U17 2:55.73
 7 Kilmarnock H&Ac 'A' 8:17.11
 1) Isla Raeburn U17 2:39.64 2) Ellie Anderson U17 2:49.57
 3) Lucy Hoy U17 2:47.90
 8 Law & District Aac 'A' 8:19.63
 1) Amanda Quinn U17 2:41.06 2) Hannah Todd U17 2:48.57
 3) Yuki Faulds U17 2:50.00

Event 30 Men 3x800 m Relay Under 17

CBP: C 6:06.47 2014 , Edinburgh AC	
National: N 5:58.14 16/06/2013 E.Gillham,G.McArdle,C.Matth	
2019: 6:10.62 15/09/2019 Giffnock North AC, Giffnock	
J Luc, H Paterson, M Fotheringham 800	
Team	Finals
1 Giffnock North AC 'A'	5:56.94N
1) Reuben Macdonald U17 2:01.60	2) Cameron Deverill U17 1:58.44
3) Christopher Perkins U17 1:56.90	
2 Kilmarnock H&Ac 'A'	6:15.45
1) Jordan Phillips U17 2:00.34	2) Charlie McNulty U17 2:08.87
3) Jonathon Downey U17 2:06.24	
3 Law & District Aac 'A'	6:37.90
1) Oscar Logan U17 2:15.41	2) Craig Cherrie U17 2:20.56
3) Logan Whitton U17 2:01.93	
4 Corstorphine Aac 'A'	6:41.73
1) Ruairidh Williams U17 2:07.63	2) Adam Wetton U17 2:16.15
3) Oliver Stein U17 2:17.95	
5 Giffnock North AC 'B'	6:49.07
1) Josh Adams U17 2:13.61	2) Matthew Knak U17 2:18.28
3) James Leaf U17 2:17.18	
6 East Kilbride AC 'A'	6:56.40
1) Lewis Thorpe U17 2:23.72	2) Lewis Moir U17 2:19.99
3) Calum Charters U17 2:12.69	
7 Kilmarnock H&Ac 'B'	7:01.83
1) Callum Campbell U17 2:17.73	2) Charlie Gaskin U17 2:17.74
3) Alexander Curran U17 2:26.36	
-- Vp-Glasgow AC 'A'	DNF
1) Saul McGlennan U17 2:14.72	2)

Event 33 Mixed 3x800 m Relay Senior

Team	Finals
1 Falkirk Victoria Harriers 'A'	5:55.39
1) Euan Wond U20 2:00.31	2) Ben Grant Sen 1:57.17
3) Harris Pentecost Sen 1:57.91	
2 Aberdeen Aac 'B'	6:03.02
1) Duncan MacDonald U20 2:06.15	2) Lewis Watt U20 1:58.11
3) Kai Crawford U17 1:58.76	
3 Giffnock North AC 'A'	6:08.12
1) Eoghan O'Donnell U20 2:06.98	2) Ross O'Brien U20 2:00.39
3) Jacob Luc U20 2:00.75	
4 Cumbernauld Aac 'A'	6:12.35
1) Alasdair McMonagle U20 2:03.33	2) Gary McPake U20 2:01.73
3) Allan Cameron 45 2:07.29	
5 Law & District Aac 'A'	6:22.08
1) Kieran Pugh Sen 2:05.28	2) Ross Hill Sen 2:04.85
3) James Gillon Sen 2:11.95	
6 Aberdeen Aac 'A'	7:01.93
1) Grace MacDonald U17 2:22.43	2) Caitlin Purcell U20 2:19.41
3) Kirsty Purcell U20 2:20.09	
7 Law & District Aac 'B'	7:05.27
1) Darran Muir 40 2:19.77	2) Richard Beattie 40 2:36.48
3) Jim Gillon 55 2:09.02	
8 Kilmarnock H&Ac 'A'	7:30.64
1) Laura Haggarty 35 2:24.21	2) Eilidh Ballantyne U20 2:33.56
3) Hannah Burn U20 2:32.87	