

**Event 1 Women 60 m FrameRunner**

Name	Age Team	Finals
Section 1		
1 Kayleigh Haggio F32RR2	RED STAR AC	12.09
2 Julie McElroy RR 35	VP-GLASGOW AC	13.62
3 Layla McCloskey RR	VP-GLASGOW AC	14.58
4 Harris Menshawi RR3	RED STAR AC	17.12

**Event 2 Men 60 m H Mas Men**

Name	Age Team	Finals
1 Francis Smith 40	PITREAVIE AAC	8.93
2 Carson Graham 45	SHETTLESTON	9.18
3 Joe Frey 60	LAGAN VALLEY AC	12.87

**Event 3 Women 60 m H Mas Women**

Name	Age Team	Finals
1 Mary Barrett 60	LOUGHREA AC	12.79
2 Tina Gallagher 55	OMG AC	12.88

**Event 4 Men 60 m Para and Mas Men**

Name	Age	Team	Finals
1 Iain McEwan	35	WHITEMOSS AAC	7.41
2 Steven Stone	T20	FORTH VALLEY FLYERS	7.46
3 Ross Paterson	T38	KILBARCHAN AAC	7.82
4 Callum Ballantyne	T20	RED STAR AC	8.32
5 Kieran McGhee	T20	RED STAR AC	8.41
6 Kayden Roe	T37	DONCASTER AC	10.90
Section 2			
1 Ian Horsburgh	40	CENTRAL AC	7.30
2 Alan Robertson	40	MOTHERWELL AC	7.49
3 Ian McDonald	40	CENTRAL AC	7.71
4 Iskan Barskanmay	40	TWEED LEADER	7.78
5 Nigel Gorvett	40	BLYTH RUNNING CLUB	8.25
6 Abhijeeth Bekalkar	40	UNATTACHED	8.67
Section 3			
1 Mike Tarnawsky	45	DUNDEE HAWKH	7.86
2 John Tindal	45	PITREAVIE AAC	7.94
3 Paul Dodds	45	NORTH SHIELD	7.96
4 Keith Kong	45	LASSWADE AC	8.04
5 Peter Minting	45	UNATTACHED	9.07
-- Cameron Smith	45	CENTRAL AC	DNF
Section 4			
1 Will MacGee	50	BEDFORD & COUNTY AC	7.97
2 John Statham	60	CHARNWOOD A C	8.32
3 Thomas A Finkle	55	TWEED LEADER	8.34
4 Colin Young	50	KILMARNOCK H&AC	8.48
5 Gary Leek	60	EDINBURGH AC	8.52
6 Douglas Dickson	55	KILMARNOCK H&AC	8.73
7 Dion Panambalana	55	HERNE HILL HARRIERS	8.85
8 David Edelman	60	GIFFNOCK NORTH AC	32.61
Section 5			
1 John McGarry	70	IRVINE RC	9.08
2 George Gribben	65	ORANGEGROVE AC	10.00
3 James Harris	70	ORANGEGROVE AC	10.12
4 James Wright	65	HUNTERS BOG	11.08
5 Ian Richardson	70	NORTH SHIELD	11.41
6 John Gribben	75	ORANGEGROVE AC	12.12

**Event 5 Women 60 m Para and Mas Women**

Name	Age Team	Finals
Section 1		
1 Emma Wiltshire 35	RUGBY & NORT	8.32
2 Kathryn McDevitt 40	LETTERKENNY AC	8.39
3 Nadia Leake 40	NORTH SHIELD	8.69
4 Heather Mckay 40	UNATTACHED	8.99
5 Freya Howgate T37	PERTH STRATH	10.21
6 Katy Orr VI	KILMARNOCK H&AC	10.66
7 Rachel Partington T38	CHESTER-LE-S	10.89
8 Lidya Woldeselassie T35	SHETTLESTON	12.23

Section 2		
1 Jayne Henderson 55	NORTH EAST V	9.02
2 Leanne Wellings 45	WYCOMBE PHOE	9.11
3 Fiona Steele 55	STRATHEARN HARRIERS	9.17
4 Deborah Roe 50	SPRINGBURN HARRIERS	9.45
5 Tina Gallagher 55	OMG AC	9.46
6 Angela Kelly 60	GIFFNOCK NORTH AC	9.71
7 Sandra Mitusch 55	DUNFERMLINE	10.12

**Event 6 Boys 4x200 m Relay U13 Boys**

National: N 1:53.10	19/03/2005	Central AC	C Clarke K Henderson R Irvine M Paterson
Club: C 1:53.10	19/03/2005	Central AC	C Clarke K Henderson R Irvine M Paterson
CBP: B 1:54.13	17/02/2019	Edinburgh AC, Edinburgh AC	P Barnes, H Nussey, A Batchelor, C Gettinby
2020: 1:55.12	15/02/2020	467 VP-Glasgow AC, 467 VP-G	F Hall, O Petrie, J Clark, M Bryce

Team	Finals
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Section 1		
1 GIFFNOCK NORTH AC		1:57.24
1) Angus Weir	2) Cameron Mitchell	
3) Paul Rolfe	4) Alistair Gear	
2 PITREAVIE AAC		2:00.57
1) Michael Massey	2) Simon Brodie	
3) Ruaraidh Barnett	4) Ruari McMurdo	
3 DUNDEE HAWKHILL HARRIERS		2:04.56
1) Oliver Shepherd	2) Charlie Dunn	
3) Shay Alipour	4) Freddie Lothian	
4 DUNFERMLINE TF AC		2:06.05
1) Luke Hamilton	2) Lochlan Walker	
3) Gregor Fraser	4) Finlay Gaughan	
-- LAW & DISTRICT AAC		DQ TR48.1
1) Luke Evans	2) Jack Duffin	
3) Heath Key	4) Gabriel Calderwood	

**Event 7 Girls 4x200 m Relay U13 Girls**

Team	Finals
National: N 1:51.98	20/03/2016 Giffnock North AAC A Bell N Smith MR Cairns L Sturgeon
Club: C 1:51.98	20/03/2016 Giffnock North AAC A Bell N Smith M R Cairns L Sturgeon
CBP: B 1:53.66	13/02/2016 Giffnock North AAC, Giffnoc
2020: 1:54.84	15/02/2020 539 Giffnock North AC, 539 E Williams, M MacKenzie, C McGeachy, H Adakomola
Team	Finals
1 KILMARNOCK H&AC	1:57.39 1) Cara Monachello 2) Olivia Mcmillan 3) Eilidh Cooke 4) Lola Barrett
2 PITREAVIE AAC	1:59.78 1) Faye Allan 2) Molly McElroy 3) Jenna Heath 4) Mia Fairweather
3 LAW & DISTRICT AAC	2:00.50 1) Cara Murphy 2) Lily McManus 3) Eilidh Cameron 4) Sophie Todd
4 GIFFNOCK NORTH AC	2:02.36 1) Charlotte Malcolm 2) Beatrice Nairn 3) Holly Simpson 4) Anna Hawthorne
5 INVERCLYDE AC	2:10.55 1) Grace Barry 2) Cara McDougall 3) Nuala Munro 4) Olivia Law
DQ VP GLASGOW AC	2:03.43 Rule 24.10 1) Layla Rowlands 2) Rebecca Digger 3) Bella Gray 4) Maya Ellingham

**Event 8 Men 400 m Mas Men**

Name	Age	Team	Finals
1 Darren Towart	40	TYNEDALE HAR	55.37
2 Leon Creaney	40	NORTHERN MASTERS AC	55.97
3 David Pegrum	45	CUMBERNAULD AAC	56.32
4 Robert Lindsay	45	KILMARNOCK H&AC	59.10
5 Scott Love	40	PH RACING CLUB	63.00
Section 2			
1 Roger Clark	50	PH RACING CLUB	56.72
2 Paul Fisher	50	NORTH SHIELD	60.02
3 Colin Wylie	50	GIFFNOCK NORTH AC	61.41
4 Leeroy Golding	50	NORTHERN MASTERS AC	63.09
Section 3			
1 Graeme Gemmell	55	BELLAHOUSTON	61.42
2 Stuart Lynn	60	NORTH SHIELD	61.98
3 Michael Cornyn	60	DUNBOYNE AC	63.06
4 Graeme Breslin	55	CORSTORPHINE AAC	64.45
Section 4			
1 Bob Douglas	65	LIVINGSTON AC	74.47
2 Albert Eland	75	NORTHERN MASTERS AC	78.18
3 Philip Teague	70	UNATTACHED	78.25
4 James Harris	70	ORANGEGROVE AC	1:22.58

**Event 9 Women 400 m Mas Women**

Name	Age Team	Finals
Section 1		
1 Lourdes Bradley 45	NORTH SHIELD	67.69
2 Julie Menzies 45	PH RACING CLUB	70.02
3 Michelle Metcalfe 35	TALLAGHT AC	70.64
4 Kathleen Stewart 80	NORTH SHIELD	1:36.72

**Event 10 Men 800 m Mas Men**

Name	Age Team	Finals
Section 1		
1 Stephen Brown 40	WEST END RR	2:05.56
2 Graeme Laing 40	VP-GLASGOW AC	2:06.97
3 Iain Burns 40	SHETTLESTON	2:13.16
4 Peter Graham 35	EDINBURGH AC	2:13.69
5 Paul Waddell 35	JESMOND JOGGERS	2:13.97
6 Scott Love 40	PH RACING CLUB	2:27.68
Section 2		
1 Allan Cameron 45	CUMBERNAULD AAC	2:08.77
2 Daniel Scroop 45	GARSCUBE HARRIERS	2:15.28
3 Mark Gallacher 50	CAMBUSLANG HARRIERS	2:15.94
4 Paul McMonagle 50	CUMBERNAULD AAC	2:17.40
5 Colin Wylie 50	GIFFNOCK NORTH AC	2:27.56
Section 3		
1 David Clarke 60	NORTH BELFAS	2:18.05
2 Graeme Gemmell 55	BELLAHOUSTON	2:22.68
3 Ross McEachern 55	CUMBERNAULD AAC	2:26.46
4 Grant Wooler 60	PERTH RR	2:45.21
5 Mike Dales 60	PERTH RR	2:59.63
Section 4		
1 Allen Marr 65	PH RACING CLUB	2:38.21
2 Ed Norton 70	PH RACING CLUB	2:46.92
3 David Priestley 65	NORTHERN MASTERS AC	2:59.15
4 Robert Young 75	CLYDESDALE HARRIERS	3:11.17
5 Sandy Eaglesham 65	CAMBUSLANG HARRIERS	3:17.08
6 Albert Eland 75	NORTHERN MASTERS AC	3:23.94

**Event 11 Women 800 m Mas Women**

Name	Age Team	Finals
Section 1		
1 Ana Richardson 55	WEST END RR	2:32.86
2 Jennifer Beattie 35	KILMARNOCK H&AC	2:33.14
3 Yvonne Crilly 60	LOTHIAN RC	2:35.91
4 Julie Wilson 50	EDINBURGH AC	2:36.51
5 Julie Menzies 45	PH RACING CLUB	2:36.71
6 Sharyn Ramage 55	EDINBURGH AC	2:58.49
7 Joan Howe 65	TRAFFORD AC	3:32.46

## Event 12 Men 4x200 m Relay U17 Men

National: N	1:31.24	04/03/2017	Giffnock North AAC, Giffnoc	
			J Connelly, K McLean, M Forbes, A Clayton	
Club: C	1:31.24	04/03/2017	Giffnock North AAC, Giffnoc	
			J Connelly, K McLean, M Forbes, A Clayton	
CBP: B	1:31.24	04/03/2017	Giffnock North AAC, Giffnoc	
			J Connelly, K McLean, M Forbes, A Clayton	
2020:	1:35.98	15/02/2020	422 Inverclyde AC, 422 Inve	
			S Okiti, E Docherty, A McGarrigle, L Hailey	
Team				Finals
=====				
1	SHETTLESTON HARRIERS			1:34.18
	1) Imante Gkontouin		2) Lucky Eduwu	
	3) Michael Conteh		4) Maynard Conteh	
2	PITREAVIE AAC			1:37.31
	1) Adam Akuoko		2) Evan Wilson	
	3) Rory Balfour		4) Harris Mackie	
3	TEAM EAST LOTHIAN			1:40.89
	1) Bailey Crawford		2) Jack Renton	
	3) John Marshall		4) Gregory Hoggan	
4	GIFFNOCK NORTH AC			1:41.76
	1) Edward Joyce		2) Felix Chan	
	3) Ewan Cornfoot		4) Finlay Chidgey-Carmichael	
DQ	DUNDEE HAWKHILL HARRIERS			1:38.54 Rule 24.10
	1) Jamie Dickson		2) Chinedu Akunna	
	3) Ryan Ferrier		4) Chisom Vawoker	
DQ	KILMARNOCK H&AC			1:38.60 Rule 24.10
	1) Josh McIntyre		2) Braydon Dean	
	3) Logan Mitchell		4) Charlie Gaskin	

**Event 13 Women 4x200 m Relay U17 Women**

National: N	1:43.20	17/02/2019	Giffnock North AC, Giffnock		
			A Bell, K Foss, R Callan, C MacConnell		
Club: C	1:43.20	17/02/2019	Giffnock North AC, Giffnock		
			A Bell, K Foss, R Callan, C MacConnell		
CBP: B	1:43.20	17/02/2019	Giffnock North AC, Giffnock		
			A Bell, K Foss, R Callan, C MacConnell		
2020:	1:44.02	15/02/2020	500 VP-Glasgow AC, 500 VP-G		
			K Burr, E Greig, R Hewitson, H Kirkwood		
Team					Finals
1	LAW & DISTRICT AAC				1:49.18
	1) Susannah Kay		2) Emma Gilchrist		
	3) Hannah Todd		4) Jade Gray		
2	CUMBERNAULD AAC				1:49.19
	1) Kaela Senior		2) Grace Young		
	3) Rebekah Lawman		4) Kayla Ormiston		
3	DUNFERMLINE TF AC				1:49.69
	1) Ellie Candlish		2) Shayna Asamoah		
	3) Kirstin Penman		4) Darcie Black		
4	GIFFNOCK NORTH AC				1:53.65
	1) Erin Ramsay		2) Eilidh Hunter		
	3) Emily Watson		4) Casey Carr		
--	PITREAVIE AAC			DQ	TR48.1
	1) Anastasia Cotorobai		2) Holly Ovens		
	3) Erin Macfarlane		4) Lilly Simon		
--	DUNDEE HAWKHILL HARRIERS			DQ	TR48.1
	1) Isabella Passway		2) Beth Collins		
	3) Grace Cook		4) Hazel Will		

**Event 18 Men 200 m Para and Mas Men**

Name	Age	Team	Finals
1 Callum Ballantyne	T20	RED STAR AC	26.78
2 Kieran McGhee	T20	RED STAR AC	27.19
3 Kayden Roe	T37	DONCASTER AC	37.85
Section 2			
1 Thomas A Finkle	55	TWEED LEADER	27.37
2 Douglas Dickson	55	KILMARNOCK H&AC	29.12
3 Graeme Breslin	55	CORSTORPHINE AAC	29.13
4 Dion Panambalana	55	HERNE HILL HARRIERS	30.61
Section 3			
1 John McGarry	70	IRVINE RC	30.02
2 Bob Douglas	65	LIVINGSTON AC	30.14
3 George Gribben	65	ORANGEGROVE AC	34.59
4 Philip Teague	70	UNATTACHED	35.07
5 Ian Richardson	70	NORTH SHIELD	38.35

**Event 19 Women 200 m Para and Mas Women**

Name	Age	Team	Finals
Section 1			
1 Kathryn McDevitt	40	LETTERKENNY AC	26.75
2 Nadia Leake	40	NORTH SHIELD	29.56
3 Lourdes Bradley	45	NORTH SHIELD	29.84
4 Michelle Metcalfe	35	TALLAGHT AC	29.97
5 Leanne Wellings	45	WYCOMBE PHOE	30.87
Section 2			
1 Fiona Steele	55	STRATHEARN HARRIERS	30.17
2 Jayne Henderson	55	NORTH EAST V	30.57
3 Deborah Roe	50	SPRINGBURN HARRIERS	32.84
4 Sandra Mitusch	55	DUNFERMLINE	35.10
Section 3			
1 Angela Kelly	60	GIFFNOCK NORTH AC	34.11
2 Rachel Partington	T38	CHESTER-LE-S	36.58
3 Kathleen Stewart	80	NORTH SHIELD	41.19

**Event 20 Boys 4x200 m Relay U15 Boys**

National: N	1:38.83	16/03/2019	Edinburgh AC, Edinburgh AC
			M Hughes, O Finlayson, A Holmes, T Kelly
Club: C	1:38.83	16/03/2019	Edinburgh AC, Edinburgh AC
			M Hughes, O Finlayson, A Holmes, T Kelly
CBP: B	1:39.21	2008	Giffnock North
2020:	1:41.28	15/02/2020	434 Giffnock North AC, 434
			E O'Brien, D Martin, F Chan, E Joyce
Team			Finals

Section 1			
1 GIFFNOCK NORTH AC			1:43.81
1) Rory Taylor-Young		2) Liam Forrester	
3) Aaron Reid		4) Euan Armstrong	
2 LAW & DISTRICT AAC			1:44.53
1) Jak Weir		2) Calum Hall	
3) John Frood		4) Owen Murphy	
3 LIVINGSTON AC			1:44.55
1) Kyle McDonald		2) Cameron Spowart	
3) Theo Bowerman		4) Alex Thomson	
4 SHETTLESTON HARRIERS			1:44.82
1) Jay Simpson		2) Callum Thomson	
3) Matthew Fox		4) Marcus Roland	
5 DUNDEE HAWKHILL HARRIERS			1:47.71
1) Kynan Alipour		2) Adam Rogers	
3) Thomas Grant		4) Matthew Ferrier	
-- VP GLASGOW AC			DNF
1) Finlay Hall		2) Ollie Petrie	
3) Andrew Bain		4) Magnus Bryce	



**Event 21 Girls 4x200 m Relay U15 Girls**

National: N	1:46.21	16/03/2019	VP-Glasgow AC, VP-Glasgow A
			H Kirkwood, C Scott, J Hilditch, E Greig
Club: C	1:46.21	16/03/2019	VP-Glasgow AC, VP-Glasgow A
			H Kirkwood, C Scott, J Hilditch, E Greig
CBP: B	1:46.41	17/02/2019	VP-Glasgow AC, VP-Glasgow A
			J Hilditch, C Scott, H Kirkwood, E Greig
2020:	1:47.41	15/02/2020	511 Giffnock North AC, 511
			A Mayer, E Hunter, E Watson, E Ramsay

Team

Finals

1	EDINBURGH AC	1:47.13
	1) Katie Reid	2) Marianna Maclean
	3) Connie Sanderson	4) Jedidah Ajala
2	LAW & DISTRICT AAC	1:47.39
	1) Laura Watson	2) Lauren McNair
	3) Lucia McKenna	4) Tehillah Ikecukwu Okonkwo
3	GIFFNOCK NORTH AC	1:51.26
	1) Hannah Turnbull	2) Madeleine Mackenzie
	3) Emily Williams	4) Sarah McNulty
4	VP GLASGOW AC	1:52.71
	1) Ava Mitchell	2) Beth Campbell
	3) Emily Doyle	4) Hannah McDermott
5	CUMBERNAULD AAC	1:53.57
	1) Niah Taylor	2) Millie Goodwin
	3) Ava Clark	4) Niamh Reilly

**Event 22 Men 1500 m Para and Mas Men**

Name	Age	Team	Finals
1	Steven Bryce	T20 VP-GLASGOW AC	4:12.49
2	Colin Whitby	40 GARSCUBE HARRIERS	4:16.49
3	Darran Muir	40 LAW & DISTRICT AAC	4:18.82
4	Stephen Brown	40 WEST END RR	4:26.20
5	Stephen Allen	50 CUMBERNAULD AAC	4:26.80
6	Iain Burns	40 SHETTLESTON	4:28.23
7	David Sherrington	40 KILMARNOCK H&AC	4:29.84
8	David Burlton	35 PH RACING CLUB	4:30.65
9	Allan Cameron	45 CUMBERNAULD AAC	4:40.56
10	Paul McMonagle	50 CUMBERNAULD AAC	4:45.17
11	Mark Gallacher	50 CAMBUSLANG HARRIERS	4:50.29
12	Justin Carter	45 CAMBUSLANG HARRIERS	4:52.70
Section 2			
1	Paul Forbes	65 EDINBURGH AC	4:43.88
2	David Clarke	60 NORTH BELFAS	4:44.63
3	Alastair Walker	65 TEVIOTDALE HARRIERS	4:47.30
4	John Thomson	60 FIFE AC	4:48.20
5	Ross McEachern	55 CUMBERNAULD AAC	5:00.98
6	Alex Chisholm	65 GARSCUBE HARRIERS	5:21.39
7	Grant Matheson	55 FALKIRK VICT	5:23.02
8	David Thom	60 CAMBUSLANG HARRIERS	5:23.53
9	Ed Norton	70 PH RACING CLUB	5:33.60
10	Robert Young	75 CLYDESDALE HARRIERS	6:09.69
11	Ian Johnstone	70 INVERNESS HA	6:24.22
12	Sandy Eaglesham	65 CAMBUSLANG HARRIERS	6:34.53
--	John Gribben	75 ORANGEGROVE AC	DNF

**Event 23 Women 1500 m Mas Women**

Name	Age Team	Finals
Section 1		
1 Lesley Bell 45	GARSCUBE HARRIERS	4:51.77
2 Fiona Matheson 60	FALKIRK VICT	5:09.58
3 Anne Howie 60	ABERDEEN AAC	5:21.50
4 Jennifer Beattie 35	KILMARNOCK H&AC	5:31.13
5 Susan Ridley 55	EDINBURGH AC	5:40.53
6 Catherine Ferry 45	EDINBURGH AC	5:54.48
7 Sharyn Ramage 55	EDINBURGH AC	6:11.04
8 Pat Goddard 60	SHEFFIELD RU	7:55.27

**Event 24 Men 40-44 200 m Men 40**

Name	Age Team	Finals
1 Ian Horsburgh 40	CENTRAL AC	22.76
2 Alan Robertson 40	MOTHERWELL AC	24.34
3 Ian McDonald 40	CENTRAL AC	25.09
4 Nigel Gorvett 40	BLYTH RUNNING CLUB	26.28
5 Iskan Barskanmay 40	TWEED LEADER	26.87
6 Darren Towart 40	TYNEDALE HAR	31.82

**Event 24 Men 45-49 200 m Men 45**

Name	Age Team	Finals
1 Mike Tarnawsky 45	DUNDEE HAWKH	25.11
2 David Pegrum 45	CUMBERNAULD AAC	25.19
3 John Tindal 45	PITREAVIE AAC	25.67
4 Keith Kong 45	LASSWADE AC	26.39
5 Elson Mourao 45	CORSTORPHINE AAC	27.12
6 Peter Minting 45	UNATTACHED	29.41

**Event 24 Men 50-54 200 m Men 50 + M35**

Name	Age Team	Finals
1 Iain McEwan 35	WHITEMOSS AAC	23.26
2 Will MacGee 50	BEDFORD & COUNTY AC	25.36
3 Paul Fisher 50	NORTH SHIELD	28.34

**Event 24 Men 60-64 200 m Men 60**

Name	Age Team	Finals
1 Stuart Lynn 60	NORTH SHIELD	26.96
2 John Statham 60	CHARWOOD A C	28.18
3 Grant Wooler 60	PERTH RR	32.54
4 Mike Dales 60	PERTH RR	36.17

**Event 25 Men Shot Put M60-M85 Mas Men**

Name	Age	Team	Finals
<b>Flight 1</b>			
1 John Scott	80	SHETTLESTON	11.14m 3kg
		10.17m 10.69m 10.81m 10.97m 10.88m 11.14m	
2 James Sloan	80	ANNAN AND DI	9.55m 3kg
		9.16m 9.08m 8.97m 9.33m 9.53m 9.55m	
3 John Birkett	65	ANNAN AND DI	9.04m 5kg
		8.64m 9.04m 8.28m X - -	
4 John Maccorquodale	60	ABERDEEN AAC	8.90m 5kg
		8.26m 7.71m 7.91m X 8.52m 8.90m	
5 Patrick Hogg	60	CUMBERNAULD AAC	8.60m 5kg
		8.44m 8.60m 8.09m 8.27m X 8.56m	
6 William Muir	60	EAST KILBRIDE AC	8.28m 5kg
		7.66m 7.68m 7.51m X X 8.28m	
7 Hugh Ryan	85	NORTH EAST V	7.18m 3kg
		6.08m 7.16m 7.02m 6.99m 6.73m 7.18m	
8 Ian Jackson	60	ACHILLES CLUB	6.81m 5kg
		6.23m 5.65m 5.71m 5.92m 5.79m 6.81m	
9 George Byng	85	GREENOCK GLE	6.03m 3kg
		5.64m 5.92m 6.03m X 6.03m 5.76m	
10 James Wright	65	HUNTERS BOG	5.94m 5kg
		5.94m 5.52m X - X 5.91m	

**Event 26 Men Triple Jump Mas Men**

Name	Age	Team	Finals
1 Antony Daffurn	35	HARROW AC	14.52m
		14.22m X 14.44m X 14.28m 14.52m	
2 Paul Waddell	35	JESMOND JOGGERS	10.18m
		9.77m 9.87m 10.07m 10.09m 9.93m 10.18m	

**Event 27 Women Shot Put Mas Women + Para Men**

Name	Age	Team	Finals
1 Lorna Brown	50	FALKIRK VICT	9.98m 3kg
		9.38m 9.59m 8.37m 9.89m 9.98m 9.76m	
2 Claire Cameron	60	VP-GLASGOW AC	9.82m 3kg
		9.82m 9.53m 9.29m 9.13m 9.31m X	
3 Mary Barrett	60	LOUGHREA AC	9.60m 3kg
		9.60m 8.94m 9.27m 9.22m X 9.34m	
4 Lyn Naismith	50	FALKIRK VICT	8.26m 3kg
		8.14m 7.99m 8.26m 7.17m 8.07m 8.19m	
5 Ruth Kirk	50	AYR SEAFORTH AC	8.25m 3kg
		8.17m - - 8.25m 6.76m 7.27m	
6 Freya Howgate	T37	PERTH STRATH	8.19m 4kg
		8.14m 7.69m 7.24m 8.18m 8.06m 8.19m	
7 Liam Nolan	F20	LAW & DISTRICT AAC	7.82m 7.26kg
		7.82m 7.27m 7.67m 6.25m X 7.02m	

**Event 28 Women High Jump Mas Women**

Name	Age	Team	Finals	
1 Ruth Kirk	50	AYR SEAFORTH AC	1.31m	
	1.20	1.25	1.28	1.31
	O	O	O	XO

**Event 28 Men High Jump Mas Men**

Name	Age	Team	Finals			
1 David Agnew	40	DUNFERMLINE	1.70m			
	1.50	1.55	1.58	1.61	1.64	1.70
	O	O	-	-	O	O
2 Glen Laskiewicz	45	ARBROATH & D	1.61m			
	1.45	1.50	1.55	1.58	1.61	1.64
	O	O	O	-	XXO	XXX
3 James Macgregor	55	ABERDEEN AAC	1.55m			
	1.40	1.45	1.50	1.55	1.58	
	O	O	O	XO	XXX	
4 Bruce Robertson	55	NORTH SHIELD	1.45m			
	1.31	1.40	1.45	1.50		
	O	O	XXO	XXX		

**Event 29 Men Pole Vault Mas Men**

Name	Age	Team	Finals
1 Dougie Graham	45	ARBROATH & D	4.00m
	3.80	4.00	4.10
	O	XO	XXX

**Event 30 Men Long Jump Para and Mas Men**

Name	Age	Team	Finals			
1 Steven Stone	F20	FORTH VALLEY FLYERS	6.27m			
	6.20m	6.22m	X	6.20m	6.27m	X
2 Carson Graham	45	SHETTLESTON	5.84m			
	X	5.76m	5.72m	5.59m	5.65m	5.84m
3 Liam Nolan	F20	LAW & DISTRICT AAC	4.81m			
	4.76m	4.74m	4.68m	4.71m	4.81m	4.70m
4 Joe Frey	60	LAGAN VALLEY AC	4.18m			
	3.92m	4.08m	4.18m	4.04m	-	-

**Event 31 Men Shot Put Para/M35-50 Mas Men**

Name	Age	Team	Finals			
1 Angus McInroy	35	SHAFTESBURY	15.30m			
	14.50m	15.12m	X	15.30m	14.82m	15.24m
2 Andrew Dawkins	45	LAW & DISTRICT AAC	12.88m			
	12.51m	12.60m	12.57m	X	12.88m	X
3 Stuart Ryan	55	GATESHEAD HA	12.52m			
	12.52m	12.08m	12.17m	12.09m	12.32m	X
4 Michael Martin	35	TRAFFORD AC	11.57m			
	11.46m	11.22m	11.09m	11.28m	11.33m	11.57m
5 Thomas McGrane	55	ST PETERS AC	9.18m			
	8.88m	9.18m	9.16m	9.02m	9.11m	9.01m