

Event 1 Men 55-59 400 m Men 55**6 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Age	Team	Heat
Heats 1 Heat			
1 Conrad Kennedy	55	DURHAM CITY	60.71Q
2 Alistair Radbourne	55	UNATTACHED	61.05Q
3 Leeroy Golding	55	NORTHERN MASTERS AC	62.30q
4 Graeme Breslin	55	CORSTORPHINE AAC	64.62q
Heats 2 Heat			
1 Graeme Gemmell	55	BELLAHOUSTON	65.10Q
2 Craig Johnston	55	FALKIRK VICT	65.12Q
3 Gary McKendrick	55	INVERCLYDE AC	65.89
4 David Hughes	55	NORTH SHIELD	68.96

Event 2 Men 400 m Mas Men

Name	Age	Team	Final
2022: 55.37 13/02/2022 Darren Towart 40, Tynedale Ha			
Section 1			
1 Darren Towart	45	TYNEDALE HAR	55.19 G
2 Mike Tarnawsky	45	DUNDEE HAWKH	57.12 S
3 Robert Lindsay	45	KILMARNOCK H&AC	58.77 B
4 Stuart Mcgowan	45	AIRDRIE HARRIERS	61.20 ST
Section 2			
1 Ronan Gately	50	DUNDRUM SOUT	61.03 G
2 Brent Brodie	50	BELLAHOUSTON	61.65 S
3 Colin Wylie	50	GIFFNOCK NORTH AC	61.76 B
Section 3			
1 Stuart Lynn	60	NORTH SHIELD	62.31 G
2 Callum Ballantyne	T20 Se	CUMBERNAULD AAC	62.92
3 Fraser Owen	T36 Sen	INVERNESS HA	74.99
4 Albert Eland	75	NORTHERN MASTERS AC	1:22.48 G

Event 3 Women 400 m Mas Women

Name	Age	Team	Final
2022: 67.69 13/02/2022 Lourdes Bradley 45, North Shi			
Section 1			
1 Jennifer Beattie	40	KILMARNOCK H&AC	67.87 G
2 Lourdes Bradley	45	NORTH SHIELD	68.29 G

Event 4 Men 60 m H Mas Men

Name	Age	Team	Final
2022: 8.93 13/02/2022 Francis Smith 40, Pitreavie A			
Section 1			
1 Clint Nicholls	40	BASILDON AC	9.33 G
2 Neil Tunstall	60	CORNWALL AC	9.63 G
3 Kevin Byrne	50	DUNDRUM SOUT	9.64 G
4 Darren Towart	45	TYNEDALE HAR	10.10 S

Event 5 Women 60 m H Mas Women

Name	Age	Team	Final
2022: 12.79 13/02/2022 Mary Barrett 60, Loughrea AC			
Section 1			
1 Lynsey Brown	40	CITY OF LISBURN AC	11.89 G
2 Tina Gallagher	60	OMG AC	12.69 G
3 Lucy Moore-Fox	65	DUNDRUM SOUT	15.74 G

Event 7 Men 60 m Para and Mas Men

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2022: 7.30 13/02/2022 Ian Horsburgh 40, Central AC					
Name	Age	Team	Final		
=====					
1 Kieran McGhee	T20	U20	RED STAR AC	8.48	204
2 Stuart Gebbie	T12	Sen	RED STAR AC	8.70	138
Section 2					
1 Iskan Barskanmay	40		TWEED LEADER	7.60	G
2 Steven Callister	35		SALE HARRIERS	7.97	G
3 Andrew Matthews	35		YEOVIL & SW VETS AC	9.08	S
Section 3					
1 Trevor Hodgson	50		MORPETH HARRIERS	7.57	G
2 Thomas A Finkle	55		TWEED LEADER	8.44	G
3 Colin Young	50		KILMARNOCK H&AC	8.45	S
4 Ronan Gately	50		DUNDRUM SOUT	8.60	B
5 Douglas Dickson	55		KILMARNOCK H&AC	8.85	S
6 Graeme Breslin	55		CORSTORPHINE AAC	9.03	B
7 Malcolm Mcphail	55		NORTHERN MASTERS AC	17.01	
Section 4					
1 John Statham	60		CHARNWOOD A C	8.21	G
2 Shane Sheridan	60		DUNDRUM SOUT	8.30	S
3 Graeme Armstrong	65		LASSWADE AC	8.59	G
4 Christopher Fenwick	65		TYNEDALE HAR	8.92	S
5 Julien Gittens	60		LEEDS CITY AC	8.96	B
6 David Edelman	65		GIFFNOCK NORTH AC	9.55	B
7 Robert Phin	65		SPRINGBURN HARRIERS	9.69	
8 Grant Wooler	60		PERTH RR	10.64	
Section 5					
1 James Smith	75		MOTHERWELL AC	9.72	G
2 Melvyn James	75		LES CROUPIERS RC	10.25	S
3 Albert Eland	75		NORTHERN MASTERS AC	10.43	B
4 Ian Richardson	70		NORTH SHIELD	11.40	G

Event 8 Women 60 m Para and Mas Women

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2022: 8.32 13/02/2022 Emma Wiltshire 35, Rugby & No					
Name	Age	Team	Final		
=====					
Section 1					
1 Adina Gheorghiu	45		DUNDRUM SOUT	8.17	G
2 Emma Wiltshire	35		RUGBY & NORT	8.20	G
3 Gemma Thompson	35		CITY OF DERR	8.29	S
4 Linzie Marsh	45		PITREAVIE AAC	8.71	S
5 Laura Purdy	45		LIVERPOOL P	9.94	B
Section 2					
1 Chidinma Agwu	40		TRAFFORD AC	8.16	G
2 Kathryn McDevitt	40		LETTERKENNY AC	8.50	S
3 Nina Cessford	40		TWEED LEADER	8.68	B
4 Michelle Metcalfe	40		TALLAGHT AC	8.76	ST
5 Hayley Richardson	40		MIDDLESBROUG	8.84	ST
6 Lynsey Brown	40		CITY OF LISBURN AC	9.02	ST
7 Maria Lyle	T35	Sen	TEAM EAST LOTHIAN	9.44	
Section 3					
1 Fiona Davidson	50		ABERDEEN AAC	8.77	G
2 Fiona Steele	55		LAW & DISTRICT AAC	9.16	G
3 Deborah Roe	50		SPRINGBURN HARRIERS	9.52	S
4 Sally Condie	55		CUMBERNAULD AAC	9.54	S
5 Tina Gallagher	60		OMG AC	9.60	G
6 Angela Kelly	60		GIFFNOCK NORTH AC	9.76	S
7 Sandra Mitusch	60		CENTRAL AC	12.27	

Event 9 Men 45-49 60 m Men 45

Name	Age	Team	Final
Section 1			
1 Ian Horsburgh	45	CENTRAL AC	7.31 G
2 Alan Robertson	45	MOTHERWELL AC	7.64 S
3 Mike Tarnawsky	45	DUNDEE HAWKH	7.83 B
4 John Tindal	45	PITREAVIE AAC	7.85
5 Keith Kong	45	LASSWADE AC	7.89
6 Paul Dodds	45	NORTH SHIELD	8.12
7 Peter Minting	45	HELENSBURGH AAC	8.80
8 Chris Rhodes	45	DUNBAR AC	8.98

Event 10 Men 55-59 400 m Men 55

Name	Age	Team	Final
Section 1 Final			
1 Conrad Kennedy	55	DURHAM CITY	60.45 G
2 Craig Johnston	55	FALKIRK VICT	60.96 S
3 Leeroy Golding	55	NORTHERN MASTERS AC	61.78 B
4 Graeme Gemmell	55	BELLAHOUSTON	62.20 ST
5 Alistair Radbourne	55	UNATTACHED	62.28 ST
-- Graeme Breslin	55	CORSTORPHINE AAC	DNF

Event 11 Boys 4x200 m Relay U13 Boys

2022:	1:57.24	13/02/2022	Giffnock North AC, Giffnock A Weir, C Mitchell, P Rolfe, A Gear
CBP: C	1:54.13	17/02/2019	Edinburgh AC P Barnes, H Nussey, A Batchelor, C Gettinby
Team			Final
Section 1			
1	1120 SPRINGBURN HARRIERS		1:55.47
	1) Matthew Murray	2) Lucas McDonald	
	3) Andrew Dawson	4) Wai Shun Tong	
2	1064 PITREAVIE AAC		1:57.68
	1) Olly Robson	2) Brodie Simon	
	3) Lewis Roberts	4) Michael Massey	
3	1104 GIFFNOCK NORTH AC		2:01.33
	1) Charlie Murray	2) Ayden Beard	
	3) Michael Nordmann	4) Austin Summerhill	
4	1092 CUMBERNAULD AAC		2:02.31
	1) Christopher Smyth	2) Heath Key	
	3) Jamie Evans	4) Aidan Smith	
5	1060 DUNDEE HH		2:03.61
	1) Harry Robinson	2) Shay Alipour	
	3) Armando Lambertino	4) Jamie Brill	
6	1036 CENTRAL AC		2:04.53
	1) Lewis Munro	2) Jack Campbell	
	3) Kyle McPake	4) Cameron McCallum	

Sunday 12th February 2023

Emirates Arena,
Glasgow**Event 12 Girls 4x200 m Relay U13 Girls**

2022: 1:57.39 13/02/2022 Kilmarnock H&AC, Kilmarnock
C Monachello, O Mcmillan, E Cooke, L Barrett
CBP: C 1:53.66 13/02/2016 Giffnock North AAC

Team	Final
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1 1188 EDINBURGH AC	1:58.75
1) Jessica Knox	2) Imogen Muir
3) Lana Mapara	4) Rinnah Zoe Ajala
2 1156 DUNFERMLINE TF	1:59.00
1) Sophie Jenkinson	2) Charlotte Thomas
3) Poppy Warner	4) Murray Kane
3 1216 KILMARNOCK H&AC	1:59.56
1) Kacey Watson	2) Bethan MCGarey
3) Madeline Curley	4) Beth Gladston
4 1132 GIFFNOCK NORTH AC	1:59.88
1) Laura Todesco	2) Eilidh Brown
3) Bethany McNeill	4) Eva McGrory
5 1124 PITREAVIE AAC	2:04.44
1) Amelie Mather	2) Molly McElroy
3) Summer Dunnett	4) Agnes Lister

Event 14 Men 800 m Mas Men

2022: 2:05.56 13/02/2022 Stephen Brown 40, West End

Name	Age	Team	Final
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1 Stephen Brown 40	WEST END RR	2:02.65	G
2 Philip Holden 40	HARMENY AC	2:05.46	S
3 James MacLeod 40	GARSCUBE HARRIERS	2:06.03	B
4 Iain Robertson 45	CLYDESDALE HARRIERS	2:08.44	G
5 Peter Graham 35	EDINBURGH AC	2:11.45	G
6 John Edwards 45	EAST KILBRIDE AC	2:26.33	S
7 Richard Clark 45	EDINBURGH AC	2:34.05	B
8 Matt Stanley 35	SPRINGBURN HARRIERS	2:36.39	
Section 2			
1 Allan Cameron 50	CUMBERNAULD AAC	2:14.27	G
2 Lewis Orr 50	EDINBURGH AC	2:16.60	S
3 Brent Brodie 50	BELLAHOUSTON	2:17.99	B
4 Graeme Wiseman 50	CLYDESDALE HARRIERS	2:18.35	
5 Colin Wylie 50	GIFFNOCK NORTH AC	2:23.22	
Section 3			
1 Andy Gannaway 60	WINCHESTER &	2:26.81	G
2 Grant Wooler 60	PERTH RR	2:52.31	S
3 Mike Dales 60	PERTH RR	2:59.09	B
Section 4			
1 Ed Norton 70	PH RACING CLUB	2:48.11	G
2 David Priestley 65	NORTHERN MASTERS AC	2:55.51	G
3 Andrew McLinden 70	HAMILTON HARRIERS	2:59.32	S
4 Robert Young 75	CLYDESDALE HARRIERS	3:11.90	G
5 Pete Cartwright 80	CLYDESDALE HARRIERS	3:22.99	G

Event 15 Women 800 m Mas Women

Name	Age	Team	Final
2022: 2:32.86	13/02/2022	Ana Richardson 55, West End	
Section 1			
1 Jennifer Beattie	40	KILMARNOCK H&AC	2:36.76 G
2 Yvonne Crilly	60	LOTHIAN RC	2:36.80 G
3 Sharyn Ramage	60	EDINBURGH AC	2:53.70 S

Event 16 Men 4x200 m Relay U17 Men

Team	Final
2022: 1:34.18	13/02/2022 Shettleston Harriers, Shett I Gkontouin, L Eduwu, M Conteh, M Conteh
CBP: C 1:31.24	04/03/2017 Giffnock North AAC J Connelly, K McLean, M.Fores, A Clayton
Section 1	
1 1424 CENTRAL AC	1:35.13
1) Dylan Mcculloch	2) Lewis Miller
3) Jonah Whitby	4) Ken Young
2 1460 LAW & DISTRICT AC	1:35.16
1) Owen Murphy	2) Jak Weir
3) Charlie Hall	4) Ross Duffin
3 1452 LIVINGSTON AC	1:36.84
1) Brodie Nixon	2) Alex Thomson
3) Finlay Cunningham	4) Moray Butler
4 1384 DUNDEE HH	1:38.39
1) Kynan Alipour	2) Chisom Ugwoke
3) Ryan Ferrier	4) Henry Colquhoun
5 1356 MUSSELBURGH AND DISTRICT	1:38.80
1) Sanan Alman	2) Jim Henry
3) Femi Simpson	4) Jake Nicol
6 1392 KILBARCHAN AAC	1:39.60
1) Daniel Bruce	2) Oran McShane
3) Soctt Ritchie	4) Louis Docherty

Event 17 Women 4x200 m Relay U17 Women

Team	Final
2022: 1:49.18	13/02/2022 Law & District AAC, Law & D S Kay, E Gilchrist, H Todd, J Gray
CBP: C 1:43.20	17/02/2019 Giffnock North AC A Bell, K Foss, R Callan, C MacConnell
Section 1	
1 1508 DUNFERMLINE TF	1:44.02
1) Kirstin Penman	2) Amy Jenkinson
3) Shayna Asamoah	4) Sophie Thomas
2 1528 LAW & DISTRICT AC	1:44.54
1) Tiana Greenshields	2) Lauren McNair
3) Susannah Kay	4) Tehillah Ikechukwu Okonkwo
3 1480 NORTH AYRSHIRE AAC	1:46.17
1) Jaymee Brown	2) Naideen Dailly
3) Jessie Caig	4) Shannon Brown
4 1468 PITREAVIE AAC	1:47.02
1) Anastasia Cotorobai	2) Lily Simon
3) Katie Thomson	4) Katie Sandiards
5 1476 GIFFNOCK NORTH AC	1:48.28
1) Hannah Turnbull	2) Casey Carr
3) Emily Williams	4) Madeline Mackenzie
6 1492 CENTRAL AC	1:51.01
1) Loren Stewart	2) Loren Stanford
3) Rowan Calveley	4) Tabitha Mackenzie

Event 21 Men 200 m Para and Mas Men

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2022: 26.78 13/02/2022 Callum Ballantyne T20, Red St				
Name	Age	Team	Final	
=====				
1 Graeme Armstrong	65	LASSWADE AC	28.86	G
2 David Edelman	65	GIFFNOCK NORTH AC	31.75	S
Section 2				
1 James Smith	75	MOTHERWELL AC	33.22	G
2 Melvyn James	75	LES CROUPIERS RC	34.78	S
3 Albert Eland	75	NORTHERN MASTERS AC	35.01	B
4 Ian Richardson	70	NORTH SHIELD	39.24	G
Section 3				
1 Steven Callister	35	SALE HARRIERS	24.46	G
2 Iskan Barskanmay	40	TWEED LEADER	24.93	G
3 Ronan Gately	50	DUNDRUM SOUT	27.34	G
Section 4				
1 Matthew Power	T20 Sen	LIVINGSTON AC	24.10	
2 Callum Ballantyne	T20 Se	CUMBERNAULD AAC	27.50	
3 Kieran McGhee	T20 U20	RED STAR AC	27.81	
4 Stuart Gebbie	T12 Sen	RED STAR AC	28.85	
5 Fraser Owen	T36 Sen	INVERNESS HA	30.90	

Event 22 Women 200 m Mas Women

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2022: 26.75 13/02/2022 Kathryn McDevitt 40, Letterke				
Name	Age	Team	Final	
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Section 1				
1 Emma Wiltshire	35	RUGBY & NORT	26.44	G
2 Kathryn McDevitt	40	LETTERKENNY AC	27.40	G
3 Nina Cessford	40	TWEED LEADER	28.36	S
4 Michelle Metcalfe	40	TALLAGHT AC	29.50	B
5 Gemma Thompson	35	CITY OF DERR	37.26	S
Section 2				
1 Adina Gheorghiu	45	DUNDRUM SOUT	26.66	G
2 Linzie Marsh	45	PITREAVIE AAC	29.64	S
3 Lourdes Bradley	45	NORTH SHIELD	30.12	B
4 Laura Purdy	45	LIVERPOOL P	33.38	
Section 3				
1 Carol Kearney	55	LUCAN HARRIERS	29.75	G
2 Fiona Steele	55	LAW & DISTRICT AAC	29.90	S
3 Deborah Roe	50	SPRINGBURN HARRIERS	32.15	G
4 Angela Kelly	60	GIFFNOCK NORTH AC	35.69	G

Event 23 Men 55-59 800 m Men 55

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Name	Age	Team	Final	
=====				
Section 1				
1 Stephen Allen	55	CUMBERNAULD AAC	2:10.62	G
2 Robert McHarg	55	DATCHET DASHERS	2:12.47	S
3 Craig Johnston	55	FALKIRK VICT	2:22.73	B
4 Graeme Gemmell	55	BELLAHOUSTON	2:23.73	
5 Ross McEachern	55	CUMBERNAULD AAC	2:29.45	
6 Andrew Anderson	55	DUNBAR AC	2:45.94	

Event 24 Boys 4x200 m Relay U15 Boys

2022: 1:43.81 13/02/2022 Giffnock North AC, Giffnock
R Taylor-Young, L Forrester, A Reid, E Armstrong
CBP: C 1:39.21 2008 Giffnock North AAC

Team Final

1	1288	GIFFNOCK NORTH AC	1:41.92
	1)	Alexander Clark	2) Zander Summerhill
	3)	Nathan Booker	4) Angus Weir
2	1264	DUNDEE HH	1:46.12
	1)	Adam Rogers	2) Ruairi Caldwell
	3)	Matthew Ferrier	4) Jordan Hoolachan
3	1292	VP GLASGOW AC	1:46.22
	1)	Mark Kelly	2) George Scott
	3)	Ivor Scott	4) Adam Watts
4	1252	EDINBURGH AC	1:47.74
	1)	Lennox Kunath	2) Matt Dryden
	3)	Alessandro Macdonald	4) Archie Smart
5	1248	AYR SEAFORTH AC	1:49.02
	1)	Ricco Begnor	2) Matthew Copland
	3)	Matthew Cox	4) Luca Stewart
6	1240	TEAM EAST LOTHIAN	1:50.89
	1)	Matthew Connolly	2) Sam Renton
	3)	Ross Dargo	4) Ben Anderson

Event 25 Girls 4x200 m Relay U15 Girls

2022: 1:47.13 13/02/2022 Edinburgh AC, Edinburgh AC
K Reid, M Maclean, C Sanderson, J Ajala
CBP: C 1:46.41 17/02/2019 VP Glasgow AC
J Hilditch, C Scott, H Kirkwood, E Greig

Team Final

1	1348	PITREAVIE AAC	1:50.15
	1)	Faye Allan	2) Esme Deacon
	3)	Christy Cameron	4) Mia Fairweather
2	1320	KILMARNOCK H&AC	1:50.68
	1)	Cara Monachello	2) Olivia Mcmillan
	3)	Eilidh Cooke	4) Lola Barrett
3	1324	KILBARCHAN AAC	1:51.73
	1)	Isla Miller	2) Olivia Taylor
	3)	Tara Hutton	4) Leah Nicholson
4	1336	GIFFNOCK NORTH AC	1:53.49
	1)	Beatrice Nairne	2) Beth Fyvie
	3)	Sarah Anderson	4) Sarah McNulty
5	1296	LIVINGSTON AC	1:54.08
	1)	Kishi Aremu	2) Emily Sharp
	3)	Lucy Macmillan	4) Emilia Zarabska
6	1300	AIRDRIE HARRIERS	1:54.40
	1)	Leanna Elliot	2) Millie Gairn
	3)	Eihlinn Gillespie	4) Enya Doran

Event 26 Women 1500 m Mas Women

2022: 4:51.77 13/02/2022 Lesley Bell 45, Garscube Ha				
Name	Age	Team	Final	
1 Yvonne Crilly	60	LOTHIAN RC	5:23.73	G
2 Julie Menzies	50	PH RACING CLUB	5:24.63	G
3 Mary Senior	50	GARSCUBE HARRIERS	5:26.81	S
4 Breda Smyth	50	LUCAN HARRIERS	5:37.68	B
5 Susan Ridley	55	EDINBURGH AC	5:43.90	
6 Sharyn Ramage	60	EDINBURGH AC	6:00.73	S

Event 27 Men 1500 m Mas Men

2022: 4:12.49 13/02/2022 Steven Bryce T20, VP-Glasgo				
Name	Age	Team	Final	
1 Grant Baillie	40	EAST KILBRIDE AC	4:05.22	G
2 Jim Tole	45	METRO ABERDEEN RC	4:17.72	G
3 Stephen Brown	40	WEST END RR	4:23.92	S
4 James MacLeod	40	GARSCUBE HARRIERS	4:27.16	B
5 Paul Kieran	45	PH RACING CLUB	4:28.67	S
6 Darran Muir	45	LAW & DISTRICT AAC	4:33.28	B
7 Iain Robertson	45	CLYDESDALE HARRIERS	4:40.98	
8 Scott Hunter	45	CAMBUSLANG HARRIERS	5:22.79	
9 Richard Clark	45	EDINBURGH AC	5:35.60	
Section 2				
1 Stephen Allen	55	CUMBERNAULD AAC	4:30.01	G
2 John Coyle	50	GARSCUBE HARRIERS	4:35.32	G
3 Chris Upson	55	CAMBUSLANG HARRIERS	4:40.28	S
4 Dino Roussias	50	METRO ABERDEEN RC	4:51.92	S
5 Ross McEachern	55	CUMBERNAULD AAC	5:00.57	B
Section 3				
1 Paul Forbes	65	EDINBURGH AC	4:45.28	G
2 John Thomson	60	FIFE AC	4:58.96	G
3 Robert McLennan	60	GARSCUBE HARRIERS	5:11.58	S
4 Mark Johnson	65	METRO ABERDEEN RC	5:37.03	S
5 Ed Norton	70	PH RACING CLUB	5:38.43	G
6 Andrew McLinden	70	HAMILTON HARRIERS	6:00.26	S
7 Robert Young	75	CLYDESDALE HARRIERS	6:29.42	G
8 Pete Cartwright	80	CLYDESDALE HARRIERS	7:13.35	G

Event 28 Men 45-49 200 m Men 45

2022: 25.11 13/02/2022 Mike Tarnawsky 45, Dundee Haw				
Name	Age	Team	Final	
Section 1				
1 Ian Horsburgh	45	CENTRAL AC	22.66	G
2 Darren Towart	45	TYNEDALE HAR	25.13	S
3 Mike Tarnawsky	45	DUNDEE HAWKH	25.27	B
4 John Tindal	45	PITREAVIE AAC	26.37	
5 Stuart Mcgowan	45	AIRDRIE HARRIERS	27.72	
6 Peter Minting	45	HELENSBURGH AAC	28.48	

Event 28 Men 55-59 200 m Men 55

Name	Age	Team	Final	
1 Leeroy Golding	55	NORTHERN MASTERS AC	27.74	G
2 Thomas A Finkle	55	TWEED LEADER	28.27	S
3 Graeme Breslin	55	CORSTORPHINE AAC	28.94	B
4 Douglas Dickson	55	KILMARNOCK H&AC	29.51	
5 David Hughes	55	NORTH SHIELD	29.95	

Event 28 Men 60-64 200 m Men 60

Name	Age	Team	Final
2022: 26.96	13/02/2022	Stuart Lynn 60, North Shield	
1 Stuart Lynn 60		NORTH SHIELD	27.04 G
2 Neil Tunstall 60		CORNWALL AC	27.15 S
3 John Statham 60		CHARNWOOD A C	27.38 B
4 Shane Sheridan 60		DUNDRUM SOUT	27.54 ST
5 Mike Dales 60		PERTH RR	35.39

Event 29 Men Shot Put M35-M70 Mas Men

Name	Age	Team	Final
2022: 11.14m	13/02/2022	John Scott 80, Shettleston	
Flight 1			
1 Stuart Ryan 60		GATESHEAD HA	12.03m G
12.03m X X X 11.90m X			
2 Ron Todd 60		CENTRAL AC	10.18m S
9.11m 9.67m 9.57m 10.18m 9.86m 9.39m			
3 Alexander McIntosh 65		KILMARNOCK H&AC	9.50m G
9.08m 8.96m 9.13m 9.17m 9.50m 9.37m			
4 Clint Nicholls 40		BASILDON AC	9.35m G
- 9.05m 9.35m			
5 John Statham 60		CHARNWOOD A C	9.29m B
9.29m - - - 9.21m 9.13m			
6 Robert Lindsay 45		KILMARNOCK H&AC	9.18m G
X 9.08m 9.18m 9.01m - -			
7 William Muir 60		EAST KILBRIDE AC	8.32m
8.32m 7.75m 8.29m 7.91m X X			
8 John Birkett 65		ANNAN AND DI	8.18m S
7.83m 8.18m 7.55m 8.02m 7.87m 8.03m			
9 Liam Nolan F20 Sen		LAW & DISTRICT AAC	8.12m G
6.63m 6.91m 7.18m 7.83m 7.76m 8.12m			
10 Chris Rhodes 45		DUNBAR AC	7.93m S
7.93m 7.80m 6.99m 7.93m			
11 Stephen Cullen 65		GARSCUBE HARRIERS	7.32m B
7.32m 6.97m 7.07m 6.39m 7.00m 6.65m			
12 Paul Allan 50		PITREAVIE AAC	6.20m G
6.20m X 6.00m			
13 Ian Jackson 60		ACHILLES CLUB	5.73m
5.37m 5.48m 5.73m			

Event 30 Men Long Jump Para and Mas Men

Name	Age	Team	Final
2022: 6.27m	13/02/2022	Steven Stone F20, Forth Valle	
1 Carson Graham 45		SHETTLESTON	5.68m G
5.68m X - - - -			
2 Clint Nicholls 40		BASILDON AC	5.38m G
5.12m - - 5.38m 5.18m X			
3 Liam Nolan F20 Sen		LAW & DISTRICT AAC	5.23m G
4.66m 4.90m 5.23m 4.58m 4.87m 4.97m			
4 Keith Kong 45		LASSWADE AC	4.87m G
4.59m 4.87m X - - -			

Event 31 Women Shot Put Para and Mas Women

2022: 9.98m 13/02/2022 Lorna Brown 50, Falkirk Vict						
Name	Age Team					Final
1 Lorna Brown 50	FALKIRK VICT					10.05m G
	9.64m	10.05m	X	9.96m	9.67m 9.74m	
2 Claire Cameron 60	VP-GLASGOW AC					9.20m G
	8.71m	9.18m	9.08m	9.20m	8.90m 8.80m	
3 Ellie O'Halloran F38 Sen	JARROW & HEBBURN AC					7.86m G
	7.86m	7.86m	7.48m	7.69m	7.75m 7.60m	
4 Karen Marshall 40	CUMBERNAULD AAC					6.98m G
	6.81m	6.49m	6.98m	6.93m	6.84m 6.89m	
5 Lucy Moore-Fox 65	DUNDRUM SOUT					6.84m G
	6.38m	-	-	6.83m	6.84m 6.63m	
6 Nicola Moriarty 50	PITREAVIE AAC					6.12m S
	4.99m	5.88m	6.04m	5.85m	6.12m 5.87m	

Event 31 Men Shot Put Para/M75+ Mas Men

2022: 15.30m 13/02/2022 Angus McInroy 35, Shaftesbur						
Name	Age Team					Final
1 James Sloan 80	ANNAN AND DI					8.88m G
	8.36m	8.73m	8.88m	8.63m	8.42m X	
2 Hugh Ryan 85	NORTH EAST V					6.57m G
	6.54m	6.57m	6.25m	6.06m	6.40m 6.25m	

Event 32 Women Triple Jump Mas Women

Name	Age Team					Final
1 Fiona Davidson 50	ABERDEEN AAC					9.79m G
	X	9.18m	X	X	9.51m 9.79m	
2 Lucy Moore-Fox 65	DUNDRUM SOUT					6.22m G
	6.03m	5.98m	6.22m	-	- -	

Event 32 Men Triple Jump Mas Men

2022: 14.52m 13/02/2022 Antony Daffurn 35, Harrow AC						
Name	Age Team					Final
1 Julien Gittens 60	LEEDS CITY AC					10.79m G
	10.57m	X	X	10.61m	10.79m 10.46m	
2 Paul Waddell 40	JESMOND JOGGERS					10.02m G
	10.02m	9.81m	9.77m	X	9.80m 9.65m	

Event 33 Women Pole Vault Mas Women

Name	Age Team					Final
1 Gillian Cooke 40	EDINBURGH AC					2.81m G
	2.51	2.71	2.81	2.91		
	O	XXO	O	XXX		

Event 33 Men Pole Vault Mas Men

=====						
2022: 4.00m 13/02/2022 Dougie Graham 45, Arbroath &						
Name	Age	Team	Final			
=====						
1 Kevin Byrne	50	DUNDRUM SOUT	3.11m	G		
			3.11 3.31			
			XO XXX			
2 Carson Graham	45	SHETTLESTON	2.51m	G		
			2.31 2.51 2.71			
			O O XXX			
-- Ron Todd	60	CENTRAL AC		NH		
			3.11			
			XXX			

Event 34 Women High Jump Mas Women

=====						
2022: 1.31m 13/02/2022 Ruth Kirk 50, Ayr Seaforth						
Name	Age	Team	Final			
=====						
1 Tina Gallagher	60	OMG AC	1.21m	G		
			1.01 1.06 1.11 1.16 1.21 1.26			
			O O O XO O XXX			

Event 34 Men High Jump Mas Men

=====						
2022: 1.70m 13/02/2022 David Agnew 40, Dunfermline						
Name	Age	Team	Final			
=====						
1 Clint Nicholls	40	BASILDON AC	1.71m	G		
			1.61 1.66 1.71 1.76			
			O O XXO XXX			
2 Peter Fryer	40	CITY OF DERR	1.61m	S		
			1.56 1.61 1.66			
			O O XXX			
3 Kevin Byrne	50	DUNDRUM SOUT	1.56m	G		
			1.46 1.51 1.56 1.61			
			O O XO XXX			
3 James Macgregor	55	ABERDEEN AAC	1.56m	G		
			1.31 1.36 1.41 1.46 1.51 1.56 1.61			
			O - - O O XO XXX			
5 Carson Graham	45	SHETTLESTON	1.46m	G		
			1.46 1.51			
			O -			
6 Paul Waddell	40	JESMOND JOGGERS	1.41m	B		
			1.36 1.41 1.46			
			O XXO XXX			
7 Chris Rhodes	45	DUNBAR AC	1.36m	S		
			1.36 1.41			
			O XXX			

Event 35 Women Long Jump Mas Women

=====						
Name	Age	Team	Final			
=====						
1 Gillian Cooke	40	EDINBURGH AC	4.66m	G		
			4.28m X 4.66m 3.52m 4.34m -			