

## North District Championships 2023 - Entries

| Day           | Event                            | No. | Athlete                | Club                   |
|---------------|----------------------------------|-----|------------------------|------------------------|
| <b>Friday</b> | <b>U13 Girls 200m</b>            | 17  | Hannah MacLeod         | Inverness Harriers AAC |
|               |                                  | 69  | Isla Urquhart          | Inverness Harriers AAC |
|               |                                  | 216 | Caitlin Smith          | Elgin AAC              |
|               |                                  | 219 | Maisie Smith           | Stornoway Running & AC |
|               |                                  | 229 | Sophie Thompson        | Ellon AC               |
|               |                                  | 233 | Nuala Webb             | Orkney Athletic & RC   |
|               |                                  | 8   | Faith Cameron          | Inverness Harriers AAC |
|               |                                  | 67  | India Hanton           | Inverness Harriers AAC |
|               |                                  | 181 | Sophie MacGruer        | Ross County AC         |
|               |                                  | 199 | Chloe Miller           | Orkney Athletic & RC   |
|               |                                  | 204 | Rebecca Morrison       | Stornoway Running & AC |
|               | <b>U15 Girls 200m</b>            | 6   | Keira McGroarty        | Inverness Harriers AAC |
|               |                                  | 34  | Sylvie-Mae Slater      | Elgin AAC              |
|               |                                  | 90  | Amelie Anderson        | Elgin AAC              |
|               |                                  | 163 | Hollie Cromarty        | Orkney Athletic & RC   |
|               |                                  | 167 | Annie Ewing            | Orkney Athletic & RC   |
|               |                                  | 230 | Maggie Thompson        | Orkney Athletic & RC   |
|               |                                  | 231 | Isla Tindall           | Shetland AAC           |
|               |                                  | 1   | Isla Burns             | Inverness Harriers AAC |
|               |                                  | 40  | Isla MacKay            | Inverness Harriers AAC |
|               |                                  | 168 | Ruby Ferguson          | Elgin AAC              |
|               |                                  | 177 | Cate Lindsay           | Orkney Athletic & RC   |
|               |                                  | 191 | Lois MacRae            | Inverness Harriers AAC |
|               |                                  | 215 | Maeve Sandilands       | Inverness Harriers AAC |
|               |                                  | 228 | Eva Thompson           | Shetland AAC           |
|               |                                  | 16  | Lauren MacLean         | Inverness Harriers AAC |
|               |                                  | 65  | Mairi MacInnes         | North Uist AAC         |
|               |                                  | 160 | Lillia Clarke          | Elgin AAC              |
|               |                                  | 179 | Maya MacAskill         | Stornoway Running & AC |
|               |                                  | 212 | Roma Robertson         | Shetland AAC           |
|               | <b>U17 Men 200m</b>              | 23  | Ruaridh MacKenzie-Coop | Elgin AAC              |
|               |                                  | 41  | Thomas Brennan         | North Uist AAC         |
|               |                                  | 95  | George Ross            | Ross County AC         |
|               |                                  | 102 | Jack Baronet           | Shetland AAC           |
|               |                                  | 110 | Tom Hamilton           | Orkney Athletic & RC   |
|               |                                  | 129 | Lewis Williamson       | Shetland AAC           |
|               |                                  | 176 | Fraser Libby           | Stornoway Running & AC |
|               |                                  | 46  | Jacob Adjei            | Inverness Harriers AAC |
|               |                                  | 60  | Iain MacDonald         | North Uist AAC         |
|               |                                  | 91  | Andrew Lumsden         | Elgin AAC              |
|               |                                  | 113 | Alexander Hendry       | Elgin AAC              |
|               |                                  | 116 | John Leslie            | Shetland AAC           |
|               |                                  | 166 | Ben Dyer               | Stornoway Running & AC |
|               | <b>U20 Women 200m (Run 1)</b>    | 136 | Stroma Fraser          | Inverness Harriers AAC |
|               |                                  | 138 | Abbie Harrison         | Inverness Harriers AAC |
|               |                                  | 139 | Marvellous Igbinidu    | Inverness Harriers AAC |
|               |                                  | 149 | Effie Thomson          | Orkney Athletic & RC   |
|               | <b>Senior Women 200m (Run 1)</b> | 142 | Sian MacDonald         | Aberdeen AAC           |
|               |                                  | 235 | Charlotte Bevan        | Aberdeen AAC           |

## North District Championships 2023 - Entries

| Day | Event                     | No. | Athlete           | Club                     |
|-----|---------------------------|-----|-------------------|--------------------------|
|     | U20 Men 200m (Run 1)      | 88  | Owen Leonard      | Perth Strathtay Harriers |
|     |                           | 132 | Ross Dinwoodie    | Shetland AAC             |
|     |                           | 239 | Robin Snedden     | Inverness Harriers AAC   |
|     | Senior Men 200m (Run 1)   | 146 | Owen Fraser       | Inverness Harriers AAC   |
|     | U13 Girls 800m (Final)    | 9   | Iona Thompson     | Inverness Harriers AAC   |
|     |                           | 11  | Niamh Doorley     | Inverness Harriers AAC   |
|     |                           | 32  | Emily Cameron     | Inverness Harriers AAC   |
|     |                           | 39  | Hannah MacKay     | Inverness Harriers AAC   |
|     |                           | 49  | Sophie Bertram    | Inverness Harriers AAC   |
|     |                           | 190 | Lexie MacRae      | Inverness Harriers AAC   |
|     |                           | 202 | Reeta Moncrieff   | Shetland AAC             |
|     |                           | 205 | Lottie Muir       | East Sutherland AC       |
|     |                           | 208 | Alice Reid        | Stornoway Running & AC   |
|     | U13 Boys 800m (Final)     | 107 | Callum Crawford   | Ross County AC           |
|     |                           | 197 | Ollie McCulloch   | Shetland AAC             |
|     |                           | 211 | Robert Robertson  | Shetland AAC             |
|     |                           | 221 | Tom Stevenson     | Orkney Athletic & RC     |
|     | U15 Girls 800m (Final)    | 20  | Sky Simpson       | Inverness Harriers AAC   |
|     |                           | 51  | Lucy Beastall     | Inverness Harriers AAC   |
|     |                           | 90  | Amelie Anderson   | Elgin AAC                |
|     |                           | 159 | Kelsey Burns      | Shetland AAC             |
|     |                           | 173 | Abby Harcus       | Shetland AAC             |
|     |                           | 185 | Lexi MacLean      | Inverness Harriers AAC   |
|     |                           | 210 | Rowan Reid        | Stornoway Running & AC   |
|     | U15 Boys 800m (Final)     | 12  | Callum Thompson   | Inverness Harriers AAC   |
|     |                           | 155 | James Bain        | Stornoway Running & AC   |
|     |                           | 180 | Jamie MacGruer    | Ross County AC           |
|     |                           | 187 | Jack MacLeod      | Stornoway Running & AC   |
|     |                           | 189 | Ruairidh MacPhail | Stornoway Running & AC   |
|     |                           | 209 | Daniel Reid       | Stornoway Running & AC   |
|     |                           | 217 | Danny Smith       | Stornoway Running & AC   |
|     |                           | 218 | Luc Smith         | Stornoway Running & AC   |
|     | U17 Women 800m (Final)    | 93  | Emily McArthur    | Orkney Athletic & RC     |
|     |                           | 98  | Abbie Stewart     | Stornoway Running & AC   |
|     | U20 Women 800m (Final)    | 136 | Stroma Fraser     | Inverness Harriers AAC   |
|     |                           | 141 | Ava Luke          | Orkney Athletic & RC     |
|     | Senior Women 800m (Final) | 81  | Lillie Giggle     | Orkney Athletic & RC     |

## North District Championships 2023 - Entries

| Day | Event                     | No. | Athlete            | Club                      |
|-----|---------------------------|-----|--------------------|---------------------------|
|     | U17 Men 800m (Final)      | 61  | Andrew Baird       | Ross County AC            |
|     |                           | 71  | Noah Carson        | Ross County AC            |
|     |                           | 104 | Lewis Black        | Shetland AAC              |
|     |                           | 121 | Cameron Read       | Shetland AAC              |
|     |                           | 183 | Stuart MacKay      | Stornoway Running & AC    |
|     |                           | 196 | Iain Matheson      | Stornoway Running & AC    |
|     |                           | 206 | Hector Neally      | Stornoway Running & AC    |
|     |                           | 222 | Coinneach Stewart  | Stornoway Running & AC    |
|     | U20 Men 800m (Final)      | 101 | Alistair MacKenzie | Orkney Athletic & RC      |
|     |                           | 135 | Ewan Foubister     | Orkney Athletic & RC      |
|     |                           | 148 | Roy Taylor         | Elgin AAC                 |
|     | Senior Men 800m (Final)   | 100 | Finlay MacLennan   | Inverness Harriers AAC    |
|     |                           | 150 | James Valentine    | Inverness Harriers AAC    |
|     |                           | 236 | Luke Davidson      | Inverness Harriers AAC    |
|     | U13 Boys 200m (Final)     | 5   | Lewis Watt         | Inverness Harriers AAC    |
|     |                           | 7   | Niall MacBean      | Inverness Harriers AAC    |
|     |                           | 35  | Innes Slater       | Elgin AAC                 |
|     |                           | 94  | Tyler Philip       | Aberdeen AAC              |
|     |                           | 123 | Austin Richardson  | Elgin AAC                 |
|     |                           | 158 | Bobby Burns        | Shetland AAC              |
|     |                           | 221 | Tom Stevenson      | Orkney Athletic & RC      |
|     | U15 Boys 200m (Final)     | 3   | Lucas Davidson     | Inverness Harriers AAC    |
|     |                           | 97  | Nathan Smith       | Orkney Athletic & RC      |
|     |                           | 126 | Blair Thomson      | Elgin AAC                 |
|     |                           | 154 | James Anderson     | Stornoway Running & AC    |
|     |                           | 162 | Ruairidh Cowan     | Stornoway Running & AC    |
|     |                           | 180 | Jamie MacGruer     | Ross County AC            |
|     |                           | 207 | Kian Redman        | Shetland AAC              |
|     | U17 Women 200m (Final)    | 18  | Lauren Abbott      | Elgin AAC                 |
|     |                           | 27  | Ava Cruickshank    | Elgin AAC                 |
|     |                           | 96  | Evie Smith         | Inverness Harriers AAC    |
|     |                           | 106 | Abi Coltherd       | Orkney Athletic & RC      |
|     |                           | 128 | Molly Tulloch      | Orkney Athletic & RC      |
|     |                           | 157 | Lucy Barron        | Stornoway Running & AC    |
|     |                           | 192 | Amy MacRitchie     | Stornoway Running & AC    |
|     | U20 Men 200m (Run 2)      | 88  | Owen Leonard       | Perth Straththay Harriers |
|     |                           | 132 | Ross Dinwoodie     | Shetland AAC              |
|     | Senior Women 200m (Run 2) | 235 | Charlotte Bevan    | Aberdeen AAC              |

## North District Championships 2023 - Entries

| Day                        | Event                        | No.           | Athlete                 | Club                     |
|----------------------------|------------------------------|---------------|-------------------------|--------------------------|
| Friday                     | U17 Women Discus (1.00kg)    | 68            | Georgia Grant           | Elgin AAC                |
|                            | Senior Women Discus (1.00kg) | 79            | Rebekah Rose            | Dundee Hawkhill Harriers |
|                            |                              | 86            | Nicola Cameron McDonald | Ellon AC                 |
|                            |                              | 87            | Emma Dawson             | Ellon AC                 |
|                            |                              | 140           | Kirsty Law              | Sale Harriers            |
|                            | Senior Men Discus (2.00kg)   | 89            | Ian Jackson             | Achilles Club            |
|                            | U15 Girls Triple Jump        | 45            | Gemma Forgie            | Elgin AAC                |
|                            |                              | 70            | Daisy Hendry            | Ross County AC           |
|                            | U15 Boys Triple Jump         | 30            | Archie Smith            | Elgin AAC                |
|                            | U17 Women Triple Jump        | 19            | Lexi Grant              | Elgin AAC                |
|                            |                              | 52            | Anna Reid               | Elgin AAC                |
|                            | U17 Men Triple Jump          | 91            | Andrew Lumsden          | Elgin AAC                |
|                            | U15 Girls Hammer (3.00kg)    | 53            | Kirsten McDonald-Small  | Ellon AC                 |
|                            |                              | 70            | Daisy Hendry            | Ross County AC           |
|                            |                              | 195           | Lillian Martin          | Inverness Harriers AAC   |
|                            | U17 Women Hammer (3.00kg)    | 115           | Peace Igbinidu          | Inverness Harriers AAC   |
|                            | Senior Women Hammer (4.00kg) | 79            | Rebekah Rose            | Dundee Hawkhill Harriers |
|                            |                              | 86            | Nicola Cameron McDonald | Ellon AC                 |
|                            |                              | 87            | Emma Dawson             | Ellon AC                 |
|                            | U15 Boys Hammer (4.00kg)     | 2             | Joshua Beckett          | Lochaber AC              |
| U17 Men Hammer (5.00kg)    | 36                           | Rory Stainsby | Inverness Harriers AAC  |                          |
|                            | 95                           | George Ross   | Ross County AC          |                          |
| Senior Men Hammer (7.26kg) | 89                           | Ian Jackson   | Achilles Club           |                          |

## North District Championships 2023 - Entries

| Day             | Event                           | No.                   | Athlete                | Club                   |
|-----------------|---------------------------------|-----------------------|------------------------|------------------------|
| <b>Saturday</b> | U17 Men 400m Hurdles (Final)    | 241                   | Cameron Scott          | Banchory & Stonehaven  |
|                 |                                 |                       |                        |                        |
|                 | U20 Men 400m Hurdles (Final)    | 83                    | Tom Palmer             | Elgin AAC              |
|                 |                                 |                       |                        |                        |
|                 | Senior Men 400m Hurdles (Run 1) | 78                    | Kevin Morice           | Moray Road Runners     |
|                 |                                 |                       |                        |                        |
|                 | U17 Women 300m Hurdles (Final)  | 192                   | Amy MacRitchie         | Stornoway Running & AC |
|                 |                                 |                       |                        |                        |
|                 | U13 Girls 100m                  | 9                     | Iona Thompson          | Inverness Harriers AAC |
|                 |                                 | 22                    | Freya Lonnen           | Inverness Harriers AAC |
|                 |                                 | 67                    | India Hanton           | Inverness Harriers AAC |
|                 |                                 | 69                    | Isla Urquhart          | Inverness Harriers AAC |
|                 |                                 | 190                   | Lexie MacRae           | Inverness Harriers AAC |
|                 |                                 | 199                   | Chloe Miller           | Orkney Athletic & RC   |
|                 |                                 | 202                   | Reeta Moncrieff        | Shetland AAC           |
|                 |                                 | 15                    | Katie Rutter           | Inverness Harriers AAC |
|                 |                                 | 32                    | Emily Cameron          | Inverness Harriers AAC |
|                 |                                 | 174                   | Shaye Isbister         | Shetland AAC           |
|                 |                                 | 181                   | Sophie MacGruer        | Ross County AC         |
|                 |                                 | 200                   | Kathryn Moar           | Orkney Athletic & RC   |
|                 |                                 | 216                   | Caitlin Smith          | Elgin AAC              |
|                 |                                 | 229                   | Sophie Thompson        | Ellon AC               |
|                 |                                 | 8                     | Faith Cameron          | Inverness Harriers AAC |
| 11              |                                 | Niamh Doorley         | Inverness Harriers AAC |                        |
| 21              |                                 | Emily Grace Duncanson | Inverness Harriers AAC |                        |
| 203             | Freya Morrison                  | Shetland AAC          |                        |                        |
| 233             | Nuala Webb                      | Orkney Athletic & RC  |                        |                        |
| U13 Boys 100m   | 5                               | Lewis Watt            | Inverness Harriers AAC |                        |
|                 | 24                              | Sonny Tracey          | Inverness Harriers AAC |                        |
|                 | 114                             | Daniel Igbinidu       | Inverness Harriers AAC |                        |
|                 | 123                             | Austin Richardson     | Elgin AAC              |                        |
|                 | 197                             | Ollie McCulloch       | Shetland AAC           |                        |
|                 | 35                              | Innes Slater          | Elgin AAC              |                        |
|                 | 54                              | Matthew McManus       | Inverness Harriers AAC |                        |
|                 | 62                              | Quentin Fowlie        | Elgin AAC              |                        |
|                 | 158                             | Bobby Burns           | Shetland AAC           |                        |
|                 | 211                             | Robert Robertson      | Shetland AAC           |                        |

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| Day | Event | No. | Athlete | Club |
|-----|-------|-----|---------|------|
|-----|-------|-----|---------|------|

### U15 Girls 100m

|     |                   |                        |
|-----|-------------------|------------------------|
| 4   | Olivia Cooper     | Inverness Harriers AAC |
| 65  | Mairi MacInnes    | North Uist AAC         |
| 167 | Annie Ewing       | Orkney Athletic & RC   |
| 168 | Ruby Ferguson     | Elgin AAC              |
| 177 | Cate Lindsay      | Orkney Athletic & RC   |
| 223 | Jessie Tait       | Shetland AAC           |
| 230 | Maggie Thompson   | Orkney Athletic & RC   |
| 26  | Holly Whittaker   | Elgin AAC              |
| 34  | Sylvie-Mae Slater | Elgin AAC              |
| 43  | Lily MacIver      | North Uist AAC         |
| 51  | Lucy Beastall     | Inverness Harriers AAC |
| 188 | Sarah MacLeod     | Stornoway Running & AC |
| 193 | Leah MacRitchie   | Stornoway Running & AC |
| 234 | Isla Young        | Ross County AC         |
| 6   | Keira McGroarty   | Inverness Harriers AAC |
| 159 | Kelsey Burns      | Shetland AAC           |
| 160 | Lillia Clarke     | Elgin AAC              |
| 212 | Roma Robertson    | Shetland AAC           |
| 215 | Maeve Sandilands  | Inverness Harriers AAC |
| 228 | Eva Thompson      | Shetland AAC           |
| 16  | Lauren MacLean    | Inverness Harriers AAC |
| 33  | Rachael Scott     | Inverness Harriers AAC |
| 40  | Isla MacKay       | Inverness Harriers AAC |
| 163 | Hollie Cromarty   | Orkney Athletic & RC   |
| 213 | Madison Russell   | Orkney Athletic & RC   |
| 231 | Isla Tindall      | Shetland AAC           |

### U15 Boys 100m

|     |                |                        |
|-----|----------------|------------------------|
| 3   | Lucas Davidson | Inverness Harriers AAC |
| 42  | Dylan MacIver  | North Uist AAC         |
| 97  | Nathan Smith   | Orkney Athletic & RC   |
| 126 | Blair Thomson  | Elgin AAC              |
| 175 | Michael Laing  | Stornoway Running & AC |
| 2   | Joshua Beckett | Lochaber AC            |
| 66  | Harry MacLeod  | Inverness Harriers AAC |
| 201 | Taylor Moar    | Shetland AAC           |
| 207 | Kian Redman    | Shetland AAC           |

### U17 Women 100m

|     |                   |                        |
|-----|-------------------|------------------------|
| 27  | Ava Cruickshank   | Elgin AAC              |
| 55  | Kiera Whittingham | Inverness Harriers AAC |
| 75  | Jenna Scott       | Orkney Athletic & RC   |
| 96  | Evie Smith        | Inverness Harriers AAC |
| 128 | Molly Tulloch     | Orkney Athletic & RC   |
| 157 | Lucy Barron       | Stornoway Running & AC |
| 164 | Millie Dennison   | Orkney Athletic & RC   |
| 18  | Lauren Abbott     | Elgin AAC              |
| 50  | Iris Whitton      | Elgin AAC              |
| 93  | Emily McArthur    | Orkney Athletic & RC   |
| 106 | Abi Coltherd      | Orkney Athletic & RC   |
| 118 | Ailsa Main        | Inverness Harriers AAC |
| 120 | Kathryn Petrie    | Elgin AAC              |

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| Day | Event                            | No. | Athlete             | Club                     |
|-----|----------------------------------|-----|---------------------|--------------------------|
|     | <b>U17 Men 100m</b>              | 41  | Thomas Brennan      | North Uist AAC           |
|     |                                  | 59  | Seathan Fisher      | North Uist AAC           |
|     |                                  | 60  | Iain MacDonald      | North Uist AAC           |
|     |                                  | 111 | Connor Harcus       | Orkney Athletic & RC     |
|     |                                  | 116 | John Leslie         | Shetland AAC             |
|     |                                  | 102 | Jack Baronet        | Shetland AAC             |
|     |                                  | 129 | Lewis Williamson    | Shetland AAC             |
|     |                                  | 151 | Ewan Amos           | Stornoway Running & AC   |
|     |                                  | 176 | Fraser Libby        | Stornoway Running & AC   |
|     |                                  | 183 | Stuart MacKay       | Stornoway Running & AC   |
|     | <b>U20 Women 100m (Run 1)</b>    | 137 | Eilidh Gray         | Inverness Harriers AAC   |
|     |                                  | 139 | Marvellous Igbinidu | Inverness Harriers AAC   |
|     |                                  | 149 | Effie Thomson       | Orkney Athletic & RC     |
|     | <b>Senior Women 100m (Run 1)</b> | 142 | Sian MacDonald      | Aberdeen AAC             |
|     |                                  | 238 | Rebecca Matheson    | Aberdeen AAC             |
|     | <b>U20 Men 100m (Run 1)</b>      | 88  | Owen Leonard        | Perth Strathtay Harriers |
|     |                                  | 132 | Ross Dinwoodie      | Shetland AAC             |
|     |                                  | 133 | Zak Fearn           | Inverness Harriers AAC   |
|     |                                  | 239 | Robin Snedden       | Inverness Harriers AAC   |
|     | <b>Senior Men 100m (Run 1)</b>   | 134 | James Fleming       | Aberdeen AAC             |
|     |                                  | 146 | Owen Fraser         | Inverness Harriers AAC   |
|     | <b>U13 Boys 1500m (Final)</b>    | 29  | Archie Grant        | Inverness Harriers AAC   |
|     |                                  | 47  | Reuben Urquhart     | East Sutherland AC       |
|     |                                  | 94  | Tyler Philip        | Aberdeen AAC             |
|     |                                  | 122 | Liam Rice           | Stornoway Running & AC   |
|     |                                  | 127 | Esmond Tresidder    | Lochaber AC              |
|     |                                  | 165 | Jamie Duffy         | Ross County AC           |
|     | <b>U15 Girls 1500m (Final)</b>   | 13  | Aoibhe Doorley      | Inverness Harriers AAC   |
|     |                                  | 56  | Anna MacDonald      | North Uist AAC           |
|     |                                  | 77  | Anna Meek           | Inverness Harriers AAC   |
|     |                                  | 99  | Alexandra Whelan    | Moray Road Runners       |
|     |                                  | 153 | Caitlin Anderson    | Shetland AAC             |
|     |                                  | 161 | Rosie Conroy        | Inverness Harriers AAC   |
|     |                                  | 182 | Kara MacKay         | East Sutherland AC       |
|     |                                  | 191 | Lois MacRae         | Inverness Harriers AAC   |
|     | <b>U15 Boys 1500m (Final)</b>    | 10  | Ewan Thompson       | Inverness Harriers AAC   |
|     |                                  | 37  | Calum Duffy         | Ross County AC           |
|     |                                  | 162 | Ruairidh Cowan      | Stornoway Running & AC   |
|     |                                  | 220 | Ruairidh Smith      | Stornoway Running & AC   |
|     | <b>U17 Women 1500m (Final)</b>   | 57  | Ailsa MacKinnon     | North Uist AAC           |
|     |                                  | 98  | Abbie Stewart       | Stornoway Running & AC   |
|     |                                  | 124 | Iona Scott          | Inverness Harriers AAC   |
|     | <b>U20 Women 1500m (Final)</b>   | 240 | Beth Urquhart       | Moray Road Runners       |

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| Day | Event                         | No. | Athlete               | Club                     |
|-----|-------------------------------|-----|-----------------------|--------------------------|
|     | Senior Women 1500m (Final)    | 81  | Lillie Giggle         | Orkney Athletic & RC     |
|     | U17 Men 1500m (Final)         | 48  | Alistair Young        | Ross County AC           |
|     |                               | 71  | Noah Carson           | Ross County AC           |
|     |                               | 103 | Cameron Black         | Shetland AAC             |
|     |                               | 108 | Jake Crossan          | Shetland AAC             |
|     |                               | 110 | Tom Hamilton          | Orkney Athletic & RC     |
|     |                               | 117 | Ben MacLeod           | Inverness Harriers AAC   |
|     |                               | 178 | Andrew MacAskill      | Stornoway Running & AC   |
|     |                               | 206 | Hector Neally         | Stornoway Running & AC   |
|     | U20 Men 1500m (Final)         | 101 | Alistair MacKenzie    | Orkney Athletic & RC     |
|     | Senior Men 1500m (Final)      | 100 | Finlay MacLennan      | Inverness Harriers AAC   |
|     |                               | 131 | Jordan Cruickshank    | Metro Aberdeen RC        |
|     |                               | 236 | Luke Davidson         | Inverness Harriers AAC   |
|     | Senior Women 100m (Run 2)     | 238 | Rebecca Matheson      | Aberdeen AAC             |
|     | U20 Men 100m (Run 2)          | 88  | Owen Leonard          | Perth Strathtay Harriers |
|     |                               | 132 | Ross Dinwoodie        | Shetland AAC             |
|     | Senior Men 100m (Run 2)       | 134 | James Fleming         | Aberdeen AAC             |
|     | U20 Women 5000m (Final)       | 84  | Katie Slimon          | Highland Hill Runners    |
|     | Senior Women 5000m (Final)    | 76  | Kirstin Oakley        | Ayr Seaforth AC          |
|     |                               | 82  | Michelle Slater       | Moray Road Runners       |
|     | Senior Men 5000m (Final)      | 78  | Kevin Morice          | Moray Road Runners       |
|     |                               | 100 | Finlay MacLennan      | Inverness Harriers AAC   |
|     | Senior Women 400m (Run 1)     | 130 | Kathryn Christie      | Banchory & Stonehaven    |
|     |                               | 144 | Phoebe Moncur         | Dundee Hawkhill Harriers |
|     | U20 Men 400m (Run 1)          | 83  | Tom Palmer            | Elgin AAC                |
|     |                               | 135 | Ewan Foubister        | Orkney Athletic & RC     |
|     |                               | 239 | Robin Snedden         | Inverness Harriers AAC   |
|     | Senior Men 400m (Run 1)       | 80  | Ewen Bradley          | Ross County AC           |
|     |                               | 85  | Scott Fraser          | Inverness Harriers AAC   |
|     |                               | 146 | Owen Fraser           | Inverness Harriers AAC   |
|     |                               | 236 | Luke Davidson         | Inverness Harriers AAC   |
|     | U13 Girls 70m Hurdles (Final) | 21  | Emily Grace Duncanson | Inverness Harriers AAC   |
|     |                               | 22  | Freya Lonnen          | Inverness Harriers AAC   |
|     |                               | 44  | Jenna Gage            | Elgin AAC                |
|     |                               | 64  | Annie English         | Inverness Harriers AAC   |
|     |                               | 69  | Isla Urquhart         | Inverness Harriers AAC   |
|     |                               | 156 | Rowan Bain            | Elgin AAC                |



## North District Championships 2023 - Entries

| Day | Event                           | No. | Athlete                | Club                   |
|-----|---------------------------------|-----|------------------------|------------------------|
|     | U15 Girls 75m Hurdles (Final)   | 26  | Holly Whittaker        | Elgin AAC              |
|     |                                 | 45  | Gemma Forgie           | Elgin AAC              |
|     |                                 | 70  | Daisy Hendry           | Ross County AC         |
|     |                                 | 184 | Iona MacKenzie         | Stornoway Running & AC |
|     |                                 | 210 | Rowan Reid             | Stornoway Running & AC |
|     | U15 Boys 80m Hurdles (Final)    | 2   | Joshua Beckett         | Lochaber AC            |
|     |                                 | 25  | Angus Davies           | Lochaber AC            |
|     |                                 | 30  | Archie Smith           | Elgin AAC              |
|     |                                 | 186 | Craig MacLeod          | Stornoway Running & AC |
|     |                                 | 225 | Murray Taylor          | Inverness Harriers AAC |
|     | U17 Women 80m Hurdles (Final)   | 19  | Lexi Grant             | Elgin AAC              |
|     |                                 | 50  | Iris Whitton           | Elgin AAC              |
|     |                                 | 68  | Georgia Grant          | Elgin AAC              |
|     | U20 Women 100m Hurdles (Final)  | 136 | Stroma Fraser          | Inverness Harriers AAC |
|     | U20 Men 110m Hurdles (Final)    | 83  | Tom Palmer             | Elgin AAC              |
|     | Senior Men 110m Hurdles (Run 1) | 78  | Kevin Morice           | Moray Road Runners     |
|     | U17 Women 3000m (Final)         | 112 | Caitlyn Heggie         | Ross County AC         |
|     | U17 Men 3000m (Final)           | 226 | Kaeden Thomas          | Ross County AC         |
|     |                                 | 227 | Lachlan Thomas         | Ross County AC         |
|     | Senior Men 110m Hurdles (Run 2) | 78  | Kevin Morice           | Moray Road Runners     |
|     | U15 Girls 300m (Final)          | 1   | Isla Burns             | Inverness Harriers AAC |
|     |                                 | 6   | Keira McGroarty        | Inverness Harriers AAC |
|     |                                 | 92  | Maddison MacMillan     | Lochaber AC            |
|     |                                 | 160 | Lillia Clarke          | Elgin AAC              |
|     |                                 | 179 | Maya MacAskill         | Stornoway Running & AC |
|     |                                 | 185 | Lexi MacLean           | Inverness Harriers AAC |
|     |                                 | 214 | Eilidh Rutherford      | Inverness Harriers AAC |
|     | U15 Boys 300m (Final)           | 194 | Harry Malcolmson       | Shetland AAC           |
|     |                                 | 218 | Luc Smith              | Stornoway Running & AC |
|     | U17 Women 300m (Final)          | 14  | Islay Rutter           | Inverness Harriers AAC |
|     |                                 | 18  | Lauren Abbott          | Elgin AAC              |
|     |                                 | 55  | Kiera Whittingham      | Inverness Harriers AAC |
|     |                                 | 96  | Evie Smith             | Inverness Harriers AAC |
|     |                                 | 106 | Abi Coltherd           | Orkney Athletic & RC   |
|     |                                 | 118 | Ailsa Main             | Inverness Harriers AAC |
|     |                                 | 128 | Molly Tulloch          | Orkney Athletic & RC   |
|     | U17 Men 400m (Final)            | 23  | Ruaridh MacKenzie-Coop | Elgin AAC              |
|     |                                 | 46  | Jacob Adjei            | Inverness Harriers AAC |
|     |                                 | 166 | Ben Dyer               | Stornoway Running & AC |
|     |                                 | 170 | Euan Campbell Flett    | Stornoway Running & AC |
|     |                                 | 196 | Iain Matheson          | Stornoway Running & AC |

## North District Championships 2023 - Entries

| Day | Event                     | No. | Athlete             | Club                     |
|-----|---------------------------|-----|---------------------|--------------------------|
|     | U20 Women 400m (Final)    | 138 | Abbie Harrison      | Inverness Harriers AAC   |
|     |                           | 139 | Marvellous Igbinidu | Inverness Harriers AAC   |
|     |                           | 141 | Ava Luke            | Orkney Athletic & RC     |
|     | Senior Women 400m (Run 2) | 144 | Phoebe Moncur       | Dundee Hawkhill Harriers |
|     | U20 Men 400m (Run 2)      | 83  | Tom Palmer          | Elgin AAC                |
|     | Senior Men 400m (Run 2)   | 80  | Ewen Bradley        | Ross County AC           |
|     |                           | 85  | Scott Fraser        | Inverness Harriers AAC   |

## North District Championships 2023 - Entries

| Day             | Event                           | No.              | Athlete                         | Club                   |                        |                      |
|-----------------|---------------------------------|------------------|---------------------------------|------------------------|------------------------|----------------------|
| <b>Saturday</b> | <b>U15 Girls Long Jump</b>      | 16               | Lauren MacLean                  | Inverness Harriers AAC |                        |                      |
|                 |                                 | 26               | Holly Whittaker                 | Elgin AAC              |                        |                      |
|                 |                                 | 40               | Isla MacKay                     | Inverness Harriers AAC |                        |                      |
|                 |                                 | 45               | Gemma Forgie                    | Elgin AAC              |                        |                      |
|                 |                                 | 56               | Anna MacDonald                  | North Uist AAC         |                        |                      |
|                 |                                 | 65               | Mairi MacInnes                  | North Uist AAC         |                        |                      |
|                 |                                 | 92               | Maddison MacMillan              | Lochaber AC            |                        |                      |
|                 |                                 | 167              | Annie Ewing                     | Orkney Athletic & RC   |                        |                      |
|                 |                                 | 169              | Naomi Ferris                    | Stornoway Running & AC |                        |                      |
|                 |                                 | 179              | Maya MacAskill                  | Stornoway Running & AC |                        |                      |
|                 |                                 | 184              | Iona MacKenzie                  | Stornoway Running & AC |                        |                      |
|                 |                                 | 188              | Sarah MacLeod                   | Stornoway Running & AC |                        |                      |
|                 |                                 | 193              | Leah MacRitchie                 | Stornoway Running & AC |                        |                      |
|                 |                                 | 210              | Rowan Reid                      | Stornoway Running & AC |                        |                      |
|                 |                                 | 212              | Roma Robertson                  | Shetland AAC           |                        |                      |
|                 |                                 | 213              | Madison Russell                 | Orkney Athletic & RC   |                        |                      |
|                 |                                 | 215              | Maeve Sandilands                | Inverness Harriers AAC |                        |                      |
|                 |                                 | 223              | Jessie Tait                     | Shetland AAC           |                        |                      |
|                 |                                 | 224              | Morgan Taylor                   | Shetland AAC           |                        |                      |
|                 |                                 | 228              | Eva Thompson                    | Shetland AAC           |                        |                      |
|                 |                                 |                  | <b>U17 Women Javelin (500g)</b> | 72                     | Lucy Kenyon            | Orkney Athletic & RC |
|                 |                                 |                  | <b>U17 Men Javelin (700g)</b>   | 23                     | Ruaridh MacKenzie-Coop | Elgin AAC            |
|                 |                                 |                  |                                 | 125                    | Jamie Sutherland       | Orkney Athletic & RC |
|                 | 178                             | Andrew MacAskill |                                 | Stornoway Running & AC |                        |                      |
|                 | <b>U13 Girls Javelin (400g)</b> | 15               | Katie Rutter                    | Inverness Harriers AAC |                        |                      |
|                 |                                 | 49               | Sophie Bertram                  | Inverness Harriers AAC |                        |                      |
|                 |                                 | 64               | Annie English                   | Inverness Harriers AAC |                        |                      |
|                 | <b>U13 Boys Javelin (400g)</b>  | 232              | Leslie Smith                    | Shetland AAC           |                        |                      |
|                 | <b>U13 Boys Long Jump</b>       | 35               | Innes Slater                    | Elgin AAC              |                        |                      |
|                 |                                 | 54               | Matthew McManus                 | Inverness Harriers AAC |                        |                      |
|                 |                                 | 107              | Callum Crawford                 | Ross County AC         |                        |                      |
|                 |                                 | 122              | Liam Rice                       | Stornoway Running & AC |                        |                      |
|                 |                                 | 158              | Bobby Burns                     | Shetland AAC           |                        |                      |
|                 |                                 | 197              | Ollie McCulloch                 | Shetland AAC           |                        |                      |
|                 |                                 | 211              | Robert Robertson                | Shetland AAC           |                        |                      |

## North District Championships 2023 - Entries

| Day | Event                           | No. | Athlete           | Club                   |
|-----|---------------------------------|-----|-------------------|------------------------|
|     | <b>U15 Boys Long Jump</b>       | 25  | Angus Davies      | Lochaber AC            |
|     |                                 | 30  | Archie Smith      | Elgin AAC              |
|     |                                 | 31  | Daniel Finnigan   | Inverness Harriers AAC |
|     |                                 | 154 | James Anderson    | Stornoway Running & AC |
|     |                                 | 155 | James Bain        | Stornoway Running & AC |
|     |                                 | 162 | Ruairidh Cowan    | Stornoway Running & AC |
|     |                                 | 175 | Michael Laing     | Stornoway Running & AC |
|     |                                 | 186 | Craig MacLeod     | Stornoway Running & AC |
|     |                                 | 187 | Jack MacLeod      | Stornoway Running & AC |
|     |                                 | 194 | Harry Malcolmson  | Shetland AAC           |
|     |                                 | 201 | Taylor Moar       | Shetland AAC           |
|     |                                 | 209 | Daniel Reid       | Stornoway Running & AC |
|     |                                 | 217 | Danny Smith       | Stornoway Running & AC |
|     |                                 | 225 | Murray Taylor     | Inverness Harriers AAC |
|     | <b>U17 Women High Jump</b>      | 52  | Anna Reid         | Elgin AAC              |
|     |                                 | 75  | Jenna Scott       | Orkney Athletic & RC   |
|     |                                 | 120 | Kathryn Petrie    | Elgin AAC              |
|     |                                 | 164 | Millie Dennison   | Orkney Athletic & RC   |
|     | <b>U17 Men High Jump</b>        | 74  | Max Linklater     | Orkney Athletic & RC   |
|     |                                 | 109 | Ryan Drakeford    | Shetland AAC           |
|     |                                 | 111 | Connor Marcus     | Orkney Athletic & RC   |
|     |                                 | 151 | Ewan Amos         | Stornoway Running & AC |
|     |                                 | 166 | Ben Dyer          | Stornoway Running & AC |
|     |                                 | 222 | Coinneach Stewart | Stornoway Running & AC |
|     | <b>U20 Women High Jump</b>      | 136 | Stroma Fraser     | Inverness Harriers AAC |
|     | <b>Senior Women High Jump</b>   | 237 | Amy Davis         | Orkney Athletic & RC   |
|     | <b>U13 Girls High Jump</b>      | 200 | Kathryn Moar      | Orkney Athletic & RC   |
|     |                                 | 229 | Sophie Thompson   | Ellon AC               |
|     | <b>U15 Girls High Jump</b>      | 1   | Isla Burns        | Inverness Harriers AAC |
|     |                                 | 33  | Rachael Scott     | Inverness Harriers AAC |
|     |                                 | 34  | Sylvie-Mae Slater | Elgin AAC              |
|     |                                 | 214 | Eilidh Rutherford | Inverness Harriers AAC |
|     |                                 | 224 | Morgan Taylor     | Shetland AAC           |
|     | <b>U15 Girls Javelin (500g)</b> | 4   | Olivia Cooper     | Inverness Harriers AAC |
|     |                                 | 38  | Ava Williamson    | Shetland AAC           |
|     |                                 | 73  | Rafi Linklater    | Orkney Athletic & RC   |
|     |                                 | 169 | Naomi Ferris      | Stornoway Running & AC |
|     |                                 | 171 | Abigail Goodlad   | Shetland AAC           |
|     |                                 | 172 | Holly Gray        | Shetland AAC           |
|     |                                 | 184 | Iona MacKenzie    | Stornoway Running & AC |
|     |                                 | 188 | Sarah MacLeod     | Stornoway Running & AC |
|     |                                 | 193 | Leah MacRitchie   | Stornoway Running & AC |
|     |                                 | 213 | Madison Russell   | Orkney Athletic & RC   |

## North District Championships 2023 - Entries

| Day | Event                              | No.        | Athlete                | Club                   |
|-----|------------------------------------|------------|------------------------|------------------------|
|     | <b>U15 Boys Javelin (600g)</b>     | 155        | James Bain             | Stornoway Running & AC |
|     |                                    | 186        | Craig MacLeod          | Stornoway Running & AC |
|     |                                    | 189        | Ruairidh MacPhail      | Stornoway Running & AC |
|     |                                    | 198        | Oran McCulloch         | Shetland AAC           |
|     |                                    | 209        | Daniel Reid            | Stornoway Running & AC |
|     | <b>U13 Girls Long Jump</b>         | 9          | Iona Thompson          | Inverness Harriers AAC |
|     |                                    | 11         | Niamh Doorley          | Inverness Harriers AAC |
|     |                                    | 17         | Hannah MacLeod         | Inverness Harriers AAC |
|     |                                    | 21         | Emily Grace Duncanson  | Inverness Harriers AAC |
|     |                                    | 22         | Freya Lonnen           | Inverness Harriers AAC |
|     |                                    | 32         | Emily Cameron          | Inverness Harriers AAC |
|     |                                    | 39         | Hannah MacKay          | Inverness Harriers AAC |
|     |                                    | 44         | Jenna Gage             | Elgin AAC              |
|     |                                    | 49         | Sophie Bertram         | Inverness Harriers AAC |
|     |                                    | 199        | Chloe Miller           | Orkney Athletic & RC   |
|     |                                    | 200        | Kathryn Moar           | Orkney Athletic & RC   |
|     |                                    | 202        | Reeta Moncrieff        | Shetland AAC           |
|     |                                    | 203        | Freya Morrison         | Shetland AAC           |
|     |                                    | 204        | Rebecca Morrison       | Stornoway Running & AC |
|     |                                    | 208        | Alice Reid             | Stornoway Running & AC |
|     |                                    | 216        | Caitlin Smith          | Elgin AAC              |
|     |                                    | 219        | Maisie Smith           | Stornoway Running & AC |
|     | 233                                | Nuala Webb | Orkney Athletic & RC   |                        |
|     | <b>U13 Girls Discus (0.75kg)</b>   | 64         | Annie English          | Inverness Harriers AAC |
|     |                                    | 156        | Rowan Bain             | Elgin AAC              |
|     | <b>U15 Girls Discus (1.00kg)</b>   | 53         | Kirsten McDonald-Small | Ellon AC               |
|     |                                    | 195        | Lillian Martin         | Inverness Harriers AAC |
|     | <b>U15 Boys Discus (1.25kg)</b>    | 63         | Kai Bertram            | Inverness Harriers AAC |
|     |                                    | 66         | Harry MacLeod          | Inverness Harriers AAC |
|     |                                    | 175        | Michael Laing          | Stornoway Running & AC |
|     |                                    | 220        | Ruairidh Smith         | Stornoway Running & AC |
|     | <b>U15 Boys High Jump</b>          | 25         | Angus Davies           | Lochaber AC            |
|     |                                    | 154        | James Anderson         | Stornoway Running & AC |
|     |                                    | 189        | Ruairidh MacPhail      | Stornoway Running & AC |
|     |                                    | 220        | Ruairidh Smith         | Stornoway Running & AC |
|     |                                    | 225        | Murray Taylor          | Inverness Harriers AAC |
|     | <b>U13 Girls Shot Put (2.72kg)</b> | 15         | Katie Rutter           | Inverness Harriers AAC |
|     |                                    | 39         | Hannah MacKay          | Inverness Harriers AAC |
|     |                                    | 44         | Jenna Gage             | Elgin AAC              |
|     |                                    | 156        | Rowan Bain             | Elgin AAC              |
|     |                                    | 174        | Shaye Isbister         | Shetland AAC           |
|     |                                    | 204        | Rebecca Morrison       | Stornoway Running & AC |
|     |                                    | 208        | Alice Reid             | Stornoway Running & AC |
|     |                                    | 219        | Maisie Smith           | Stornoway Running & AC |

## North District Championships 2023 - Entries

| Day | Event                              | No.         | Athlete                | Club                   |
|-----|------------------------------------|-------------|------------------------|------------------------|
|     | <b>U13 Boys Shot Put (3.00kg)</b>  | 54          | Matthew McManus        | Inverness Harriers AAC |
|     |                                    | 62          | Quentin Fowlie         | Elgin AAC              |
|     |                                    | 107         | Callum Crawford        | Ross County AC         |
|     |                                    | 122         | Liam Rice              | Stornoway Running & AC |
|     |                                    | 123         | Austin Richardson      | Elgin AAC              |
|     |                                    | 232         | Leslie Smith           | Shetland AAC           |
|     | <b>U15 Girls Shot Put (3.00kg)</b> | 4           | Olivia Cooper          | Inverness Harriers AAC |
|     |                                    | 38          | Ava Williamson         | Shetland AAC           |
|     |                                    | 43          | Lily MacIver           | North Uist AAC         |
|     |                                    | 53          | Kirsten McDonald-Small | Ellon AC               |
|     |                                    | 73          | Rafi Linklater         | Orkney Athletic & RC   |
|     |                                    | 171         | Abigail Goodlad        | Shetland AAC           |
|     |                                    | 172         | Holly Gray             | Shetland AAC           |
|     |                                    | 195         | Lillian Martin         | Inverness Harriers AAC |
|     | 223                                | Jessie Tait | Shetland AAC           |                        |
|     | <b>U15 Boys Shot Put (4.00kg)</b>  | 31          | Daniel Finnigan        | Inverness Harriers AAC |
|     |                                    | 63          | Kai Bertram            | Inverness Harriers AAC |
|     |                                    | 66          | Harry MacLeod          | Inverness Harriers AAC |
|     |                                    | 187         | Jack MacLeod           | Stornoway Running & AC |
|     |                                    | 217         | Danny Smith            | Stornoway Running & AC |
|     |                                    | 218         | Luc Smith              | Stornoway Running & AC |
|     | <b>U17 Women Long Jump</b>         | 19          | Lexi Grant             | Elgin AAC              |
|     |                                    | 50          | Iris Whitton           | Elgin AAC              |
|     |                                    | 52          | Anna Reid              | Elgin AAC              |
|     |                                    | 57          | Ailsa MacKinnon        | North Uist AAC         |
|     |                                    | 68          | Georgia Grant          | Elgin AAC              |
|     |                                    | 75          | Jenna Scott            | Orkney Athletic & RC   |
|     |                                    | 105         | Keira Blance           | Shetland AAC           |
|     |                                    | 120         | Kathryn Petrie         | Elgin AAC              |
|     | <b>U17 Men Long Jump</b>           | 59          | Seathan Fisher         | North Uist AAC         |
|     |                                    | 74          | Max Linklater          | Orkney Athletic & RC   |
|     |                                    | 91          | Andrew Lumsden         | Elgin AAC              |
|     |                                    | 109         | Ryan Drakeford         | Shetland AAC           |
|     |                                    | 111         | Connor Marcus          | Orkney Athletic & RC   |
|     |                                    | 119         | Callum Morrison        | Shetland AAC           |
|     |                                    | 151         | Ewan Amos              | Stornoway Running & AC |
|     |                                    | 176         | Fraser Libby           | Stornoway Running & AC |
|     | <b>Senior Women Long Jump</b>      | 147         | Lisa Shearer           | Ellon AC               |
|     | <b>U20 Men Long Jump</b>           | 133         | Zak Fearn              | Inverness Harriers AAC |
|     |                                    | 145         | Bobby Nicolson         | Shetland AAC           |
|     | <b>U17 Women Shot Put (3.00kg)</b> | 27          | Ava Cruickshank        | Elgin AAC              |
|     |                                    | 157         | Lucy Barron            | Stornoway Running & AC |
|     |                                    | 164         | Millie Dennison        | Orkney Athletic & RC   |

## North District Championships 2023 - Entries

| Day | Event                        | No. | Athlete             | Club                   |
|-----|------------------------------|-----|---------------------|------------------------|
|     | U17 Men Shot Put (5.00kg)    | 36  | Rory Stainsby       | Inverness Harriers AAC |
|     |                              | 74  | Max Linklater       | Orkney Athletic & RC   |
|     |                              | 170 | Euan Campbell Flett | Stornoway Running & AC |
|     | U20 Men Shot Put (6.00kg)    | 132 | Ross Dinwoodie      | Shetland AAC           |
|     | Senior Men Shot Put (7.26kg) | 89  | Ian Jackson         | Achilles Club          |
|     |                              | 143 | Connor McDonald     | Shetland AAC           |