

4J Studios scottishathletics North District Track & Field Championships & National Outdoor Open

U13 Girls

U13 Girls 100m (Final)			ws -2.9
1	Freya Lonnen	Inverness Harriers AAC	14.50
2	Nuala Webb	Orkney Athletic & RC	14.85
3	Reeta Moncrieff	Shetland AAC	15.16 PB
4	India Hanton	Inverness Harriers AAC	15.30
5	Emily Cameron	Inverness Harriers AAC	15.52 PB
6	Faith Cameron	Inverness Harriers AAC	15.65 PB
7	Isla Urquhart	Inverness Harriers AAC	15.77
8	Kathryn Moar	Orkney Athletic & RC	15.87

U13 Girls 100m (Heat 1)			ws -1.9
1	Freya Lonnen	Inverness Harriers AAC	14.46 PB
2	India Hanton	Inverness Harriers AAC	15.15 PB
3	Reeta Moncrieff	Shetland AAC	15.22 PB
4	Isla Urquhart	Inverness Harriers AAC	15.68
5	Chloe Miller	Orkney Athletic & RC	15.87 PB
6	Iona Thompson	Inverness Harriers AAC	15.91 PB
7	Lexie MacRae	Inverness Harriers AAC	16.33

U13 Girls 100m (Heat 2)			ws - 2.0
1	Emily Cameron	Inverness Harriers AAC	15.59 PB
2	Kathryn Moar	Orkney Athletic & RC	15.78
3	Sophie Thompson	Ellon AC	16.10
4	Katie Rutter	Inverness Harriers AAC	16.12
5	Sophie MacGruer	Ross County AC	16.44
6	Caitlin Smith	Elgin AAC	17.01
DNR	Shaye Isbister	Shetland AAC	.

U13 Girls 100m (Heat 3)			ws -2.6
1	Nuala Webb	Orkney Athletic & RC	14.79
2	Faith Cameron	Inverness Harriers AAC	15.66
3	Freya Morrison	Shetland AAC	15.72 PB
4	Emily Grace Duncanson	Inverness Harriers AAC	15.78 PB
5	Niamh Doorley	Inverness Harriers AAC	16.17

U13 Girls 200m (Final)			ws +1.0
1	Nuala Webb	Orkney Athletic & RC	29.83 PB
2	India Hanton	Inverness Harriers AAC	29.86 PB
3	Faith Cameron	Inverness Harriers AAC	30.57 PB
4	Isla Urquhart	Inverness Harriers AAC	32.57
5	Sophie MacGruer	Ross County AC	33.27 PB
6	Maisie Smith	Stornoway Running & AC	33.78
7	Hannah MacLeod	Inverness Harriers AAC	34.00
8	Chloe Miller	Orkney Athletic & RC	34.67

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U13 Girls 200m (Heat 1)

1	Nuala Webb	Orkney Athletic & RC	29.32	PB
2	Isla Urquhart	Inverness Harriers AAC	NO TIME	
3	Hannah MacLeod	Inverness Harriers AAC	NO TIME	
4	Maisie Smith	Stornoway Running & AC	NO TIME	
5	Caitlin Smith	Elgin AAC	NO TIME	
6	Sophie Thompson	Ellon AC	NO TIME	

U13 Girls 200m (Heat 2)

1	India Hanton	Inverness Harriers AAC	29.91	PB
2	Faith Cameron	Inverness Harriers AAC	30.20	PB
3	Chloe Miller	Orkney Athletic & RC	32.21	PB
4	Sophie MacGruer	Ross County AC	33.45	PB
5	Rebecca Morrison	Stornoway Running & AC	33.62	

U13 Girls 70m Hurdles (Final)

ws -2.8

1	Jenna Gage	Elgin AAC	12.24	PB	CBP
2	Annie English	Inverness Harriers AAC	13.51	PB	
3	Freya Lonnen	Inverness Harriers AAC	13.88		
4	Rowan Bain	Elgin AAC	14.25	PB	
DNR	Emily Grace Duncanson	Inverness Harriers AAC	.		
DNR	Isla Urquhart	Inverness Harriers AAC	.		

U13 Girls 800m (Final)

1	Niamh Doorley	Inverness Harriers AAC	2:42.05	
2	Lexie MacRae	Inverness Harriers AAC	2:43.71	PB
3	Emily Cameron	Inverness Harriers AAC	2:43.82	PB
4	Reeta Moncrieff	Shetland AAC	2:47.85	PB
5	Lottie Muir	East Sutherland AC	2:49.44	PB
6	Sophie Bertram	Inverness Harriers AAC	2:49.86	PB
7	Hannah MacKay	Inverness Harriers AAC	2:55.84	
8	Iona Thompson	Inverness Harriers AAC	3:06.18	PB
9	Alice Reid	Stornoway Running & AC	3:16.60	

U13 Girls Discus (0.75kg)

1	Rowan Bain	Elgin AAC	17.94	PB
2	Annie English	Inverness Harriers AAC	12.18	PB

U13 Girls High Jump

1	Kathryn Moar	Orkney Athletic & RC	1.16
2	Sophie Thompson	Ellon AC	1.11

U13 Girls Javelin (400g)

1	Annie English	Inverness Harriers AAC	14.93	PB
2	Katie Rutter	Inverness Harriers AAC	10.23	
3	Sophie Bertram	Inverness Harriers AAC	9.71	

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U13 Girls Long Jump

1	Reeta Moncrieff	Shetland AAC	4.06		ws-3.0
10	Caitlin Smith	Elgin AAC	3.19	PB	ws-2.0
11	Hannah MacKay	Inverness Harriers AAC	3.17		ws-3.3
12	Kathryn Moar	Orkney Athletic & RC	3.12		ws-3.7
13	Rebecca Morrison	Stornoway Running & AC	3.10		ws-3.1
14	Emily Grace Duncanson	Inverness Harriers AAC	3.08	PB	ws-2.5
15	Nuala Webb	Orkney Athletic & RC	3.01		ws-4.5
16	Maisie Smith	Stornoway Running & AC	2.83	PB	ws-0.8
17	Alice Reid	Stornoway Running & AC	2.45		ws-2.2
18	Freya Morrison	Shetland AAC	1.75		ws-2.3
2	Jenna Gage	Elgin AAC	3.87		ws-2.4
3	Iona Thompson	Inverness Harriers AAC	3.81	PB	ws-2.4
4	Freya Lonnen	Inverness Harriers AAC	3.67		ws-1.7
5	Chloe Miller	Orkney Athletic & RC	3.63	PB	ws-2.9
6	Niamh Doorley	Inverness Harriers AAC	3.51		ws-3.9
7	Sophie Bertram	Inverness Harriers AAC	3.48	PB	ws-2.3
8	Hannah MacLeod	Inverness Harriers AAC	3.41	PB	ws-3.3
9	Emily Cameron	Inverness Harriers AAC	3.26	PB	ws-2.5

U13 Girls Shot Put (2.72kg)

1	Jenna Gage	Elgin AAC	6.88	PB	
2	Rowan Bain	Elgin AAC	6.43	PB	
3	Shaye Isbister	Shetland AAC	6.42	PB	
4	Maisie Smith	Stornoway Running & AC	5.69	PB	
5	Rebecca Morrison	Stornoway Running & AC	5.31		
6	Hannah MacKay	Inverness Harriers AAC	5.23	PB	
7	Katie Rutter	Inverness Harriers AAC	5.23	PB	
8	Alice Reid	Stornoway Running & AC	3.64		

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U15 Girls

U15 Girls 100m (Final)			ws -4.2
1	Holly Whittaker	Elgin AAC	13.40 PB
2	Lauren MacLean	Inverness Harriers AAC	14.29 PB
3	Isla Tindall	Shetland AAC	14.41 PB
4	Jessie Tait	Shetland AAC	14.53 PB
5	Ruby Ferguson	Elgin AAC	14.70
6	Naomi Ferris	Stornoway Running & AC	14.82
7	Rachael Scott	Inverness Harriers AAC	14.83
8	Roma Robertson	Shetland AAC	15.05

U15 Girls 100m (Heat 1)			ws -2.3
1	Jessie Tait	Shetland AAC	14.54 PB
2	Ruby Ferguson	Elgin AAC	14.63
3	Mairi MacInnes	North Uist AAC	15.01 PB
4	Olivia Cooper	Inverness Harriers AAC	15.41
5	Cate Lindsay	Orkney Athletic & RC	15.52
6	Annie Ewing	Orkney Athletic & RC	16.08
7	Maggie Thompson	Orkney Athletic & RC	16.20

U15 Girls 100m (Heat 2)			ws -2.1
1	Holly Whittaker	Elgin AAC	13.60
2	Isla Young	Ross County AC	14.82
3	Lucy Beastall	Inverness Harriers AAC	15.36
4	Lily MacIver	North Uist AAC	15.59
5	Sarah MacLeod	Stornoway Running & AC	16.19
6	Leah MacRitchie	Stornoway Running & AC	17.34 PB
DNR	Sylvie-Mae Slater	Elgin AAC	.

U15 Girls 100m (Heat 3)			ws -1.3
1	Naomi Ferris	Stornoway Running & AC	14.76
2	Roma Robertson	Shetland AAC	14.78 PB
3	Maeve Sandilands	Inverness Harriers AAC	14.97 PB
4	Kelsey Burns	Shetland AAC	15.89 PB
DNR	Eva Thompson	Shetland AAC	.
DNR	Lillia Clarke	Elgin AAC	.
DNR	Keira McGroarty	Inverness Harriers AAC	.

U15 Girls 100m (Heat 4)			ws -2.5
1	Lauren MacLean	Inverness Harriers AAC	14.49 PB
2	Isla Tindall	Shetland AAC	14.64
3	Rachael Scott	Inverness Harriers AAC	14.68 PB
4	Madison Russell	Orkney Athletic & RC	14.96 PB
5	Hollie Cromarty	Orkney Athletic & RC	15.12
6	Isla MacKay	Inverness Harriers AAC	17.13

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U15 Girls 1500m (Final)

1	Lois MacRae	Inverness Harriers AAC	4:46.40	CBP
2	Caitlin Anderson	Shetland AAC	5:16.89	PB
3	Rosie Conroy	Inverness Harriers AAC	5:21.56	PB
4	Alexandra Whelan	Moray Road Runners	5:22.49	
5	Anna MacDonald	North Uist AAC	5:25.14	PB
6	Anna Meek	Inverness Harriers AAC	5:35.55	PB
7	Kara MacKay	East Sutherland AC	6:07.68	PB
DNR	Aoibhe Doorley	Inverness Harriers AAC	.	

U15 Girls 200m (Final)

ws +1.1

1	Lois MacRae	Inverness Harriers AAC	27.11	PB
2	Lillia Clarke	Elgin AAC	27.74	PB
3	Isla Burns	Inverness Harriers AAC	27.78	PB
4	Isla Tindall	Shetland AAC	28.97	
5	Keira McGroarty	Inverness Harriers AAC	29.77	PB
6	Roma Robertson	Shetland AAC	29.79	PB
7	Ruby Ferguson	Elgin AAC	29.82	
DNR	Eva Thompson	Shetland AAC	.	

U15 Girls 200m (Heat 1)

ws +2.7

1	Isla Tindall	Shetland AAC	28.79	
2	Keira McGroarty	Inverness Harriers AAC	29.68	PB
3	Hollie Cromarty	Orkney Athletic & RC	30.34	PB
4	Annie Ewing	Orkney Athletic & RC	31.43	PB
5	Maggie Thompson	Orkney Athletic & RC	32.17	

U15 Girls 200m (Heat 2)

ws +4.1

1	Lois MacRae	Inverness Harriers AAC	27.22	PB
2	Eva Thompson	Shetland AAC	27.77	PB
3	Isla Burns	Inverness Harriers AAC	27.80	PB
4	Ruby Ferguson	Elgin AAC	29.29	PB
5	Maeve Sandilands	Inverness Harriers AAC	29.36	PB
6	Cate Lindsay	Orkney Athletic & RC	30.58	
7	Isla MacKay	Inverness Harriers AAC	35.45	

U15 Girls 200m (Heat 3)

ws +2.5

1	Lillia Clarke	Elgin AAC	28.26	PB
2	Roma Robertson	Shetland AAC	29.56	PB
3	Mairi MacInnes	North Uist AAC	30.25	PB
4	Maya MacAskill	Stornoway Running & AC	31.30	PB

U15 Girls 300m (Final)

1	Lillia Clarke	Elgin AAC	44.13	PB
2	Keira McGroarty	Inverness Harriers AAC	46.24	PB
3	Maya MacAskill	Stornoway Running & AC	47.73	PB
4	Eilidh Rutherford	Inverness Harriers AAC	47.87	PB
5	Maddison MacMillan	Lochaber AC	50.59	
DNR	Isla Burns	Inverness Harriers AAC	.	

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U15 Girls 75m Hurdles (Final)

ws -2.1

1	Holly Whittaker	Elgin AAC	11.78	CBP
2	= Daisy Hendry	Ross County AC	14.08	PB
3	Gemma Forgie	Elgin AAC	14.83	
4	Iona MacKenzie	Stornoway Running & AC	14.99	
5	Rowan Reid	Stornoway Running & AC	16.97	

U15 Girls 800m (Final)

1	Lucy Beastall	Inverness Harriers AAC	2:36.84	PB
2	Abby Marcus	Shetland AAC	2:37.46	PB
3	Sky Simpson	Inverness Harriers AAC	2:38.80	PB
4	Kelsey Burns	Shetland AAC	2:49.76	PB
5	Rowan Reid	Stornoway Running & AC	2:55.07	PB
DNR	Lexi MacLean	Inverness Harriers AAC	.	

U15 Girls Discus (1.00kg)

1	Lillian Martin	Inverness Harriers AAC	13.76	PB
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U15 Girls Hammer (3.00kg)

1	Kirsten McDonald-Small	Ellon AC	20.63	
2	Daisy Hendry	Ross County AC	17.88	PB
3	Lillian Martin	Inverness Harriers AAC	14.70	PB

U15 Girls High Jump

1	Isla Burns	Inverness Harriers AAC	1.48	PB
2	Rachael Scott	Inverness Harriers AAC	1.41	PB
3	Eilidh Rutherford	Inverness Harriers AAC	1.41	PB
4	Morgan Taylor	Shetland AAC	1.26	

U15 Girls Javelin (500g)

1	Holly Gray	Shetland AAC	21.87	
2	Rafi Linklater	Orkney Athletic & RC	19.31	PB
3	Olivia Cooper	Inverness Harriers AAC	18.43	PB
4	Madison Russell	Orkney Athletic & RC	14.42	PB
5	Iona MacKenzie	Stornoway Running & AC	12.75	
6	Ava Williamson	Shetland AAC	11.95	
7	Naomi Ferris	Stornoway Running & AC	10.78	PB
8	Sarah MacLeod	Stornoway Running & AC	9.61	
9	Leah MacRitchie	Stornoway Running & AC	8.12	PB

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U15 Girls Long Jump

1	Holly Whittaker	Elgin AAC	5.03		ws-1.5
10	Maeve Sandilands	Inverness Harriers AAC	3.72		ws-2.8
11	Naomi Ferris	Stornoway Running & AC	3.65	PB	ws-2.7
12	Morgan Taylor	Shetland AAC	3.56		ws-2.2
13	Sarah MacLeod	Stornoway Running & AC	3.52	PB	ws-2.0
14	Roma Robertson	Shetland AAC	3.46		ws-2.4
15	Leah MacRitchie	Stornoway Running & AC	3.35		ws-2.6
16	Annie Ewing	Orkney Athletic & RC	3.31	PB	ws-2.1
17	Rowan Reid	Stornoway Running & AC	3.09		ws-1.5
18	Isla MacKay	Inverness Harriers AAC	2.67		ws-1.5
2	Maddison MacMillan	Lochaber AC	4.44	PB	ws-0.7
3	Gemma Forgie	Elgin AAC	4.40		ws-0.9
4	Lauren MacLean	Inverness Harriers AAC	4.28	PB	ws-2.3
5	Madison Russell	Orkney Athletic & RC	3.96	PB	ws-3.7
6	Mairi MacInnes	North Uist AAC	3.96	PB	ws-1.9
7	Maya MacAskill	Stornoway Running & AC	3.88	PB	ws-3.4
8	Iona MacKenzie	Stornoway Running & AC	3.82	PB	ws-1.9
9	Anna MacDonald	North Uist AAC	3.75		ws-1.5

U15 Girls Shot Put (3.00kg)

1	Olivia Cooper	Inverness Harriers AAC	8.01	PB	
2	Jessie Tait	Shetland AAC	7.59	PB	
3	Lillian Martin	Inverness Harriers AAC	7.16		
4	Ava Williamson	Shetland AAC	6.30		
5	Rafi Linklater	Orkney Athletic & RC	6.28	PB	
6	Holly Gray	Shetland AAC	6.21		
7	Lily MacIver	North Uist AAC	5.73		
8	Maddison MacMillan	Lochaber AC	5.33		

U15 Girls Triple Jump

1	Gemma Forgie	Elgin AAC	8.44		ws+1.8
2	Daisy Hendry	Ross County AC	8.49		ws+2.6

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U17 Women

U17 Women 100m (Final)			ws -1.3
1	Abi Coltherd	Orkney Athletic & RC	13.33 PB
2	Ava Cruickshank	Elgin AAC	13.35 PB
3	Lauren Abbott	Elgin AAC	13.37 PB
4	Kiera Whittingham	Inverness Harriers AAC	13.44
5	Jenna Scott	Orkney Athletic & RC	13.66 PB
6	Iris Whitton	Elgin AAC	13.85 PB
7	Lucy Barron	Stornoway Running & AC	14.23
DNR	Molly Tulloch	Orkney Athletic & RC	.

U17 Women 100m (Heat 1)			ws -1.9
1	Kiera Whittingham	Inverness Harriers AAC	13.43
2	Ava Cruickshank	Elgin AAC	13.56
3	Jenna Scott	Orkney Athletic & RC	13.73 PB
4	Molly Tulloch	Orkney Athletic & RC	13.93
5	Lucy Barron	Stornoway Running & AC	14.19
6	Millie Dennison	Orkney Athletic & RC	14.35 PB
DNR	Evie Smith	Inverness Harriers AAC	.

U17 Women 100m (Heat 2)			ws -2.6
1	Lauren Abbott	Elgin AAC	13.57
2	Abi Coltherd	Orkney Athletic & RC	13.85
3	Iris Whitton	Elgin AAC	14.03
DNR	Ailsa Main	Inverness Harriers AAC	.
DNR	Kathryn Petrie	Elgin AAC	.
DNR	Emily McArthur	Orkney Athletic & RC	.

U17 Women 1500m (Final)			
1	Abbie Stewart	Stornoway Running & AC	4:50.39
2	Iona Scott	Inverness Harriers AAC	5:37.06 PB
3	Ailsa MacKinnon	North Uist AAC	5:49.85

U17 Women 200m (Final)			ws +1.1
1	Lauren Abbott	Elgin AAC	26.41 PB
2	Abi Coltherd	Orkney Athletic & RC	27.15
3	Ava Cruickshank	Elgin AAC	27.40
4	Evie Smith	Inverness Harriers AAC	27.64 PB
5	Molly Tulloch	Orkney Athletic & RC	27.94
6	Amy MacRitchie	Stornoway Running & AC	28.70
7	Lucy Barron	Stornoway Running & AC	29.32

U17 Women 300m (Final)			
1	Lauren Abbott	Elgin AAC	42.29
2	Abi Coltherd	Orkney Athletic & RC	43.21
3	Ailsa Main	Inverness Harriers AAC	43.34 PB
4	Evie Smith	Inverness Harriers AAC	45.28 PB
5	Kiera Whittingham	Inverness Harriers AAC	45.39
6	Islay Rutter	Inverness Harriers AAC	47.24
DNR	Molly Tulloch	Orkney Athletic & RC	.

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U17 Women 300m Hurdles (Final)

1	Amy MacRitchie	Stornoway Running & AC	54.41
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U17 Women 800m (Final)

1	Abbie Stewart	Stornoway Running & AC	2:20.51
DNR	Emily McArthur	Orkney Athletic & RC	.

U17 Women 80m Hurdles (Final)

ws -2.5

1	Lexi Grant	Elgin AAC	13.21	PB
2	Iris Whitton	Elgin AAC	15.27	
DNR	Georgia Grant	Elgin AAC	.	

U17 Women Discus (1.00kg)

1	Georgia Grant	Elgin AAC	20.85	PB
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U17 Women Hammer (3.00kg)

1	Peace Igbidudu	Inverness Harriers AAC	43.20
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U17 Women High Jump

1	Anna Reid	Elgin AAC	1.66	PB	CBP
2	Jenna Scott	Orkney Athletic & RC	1.51	PB	
3	Kathryn Petrie	Elgin AAC	1.51	PB	
4	Millie Dennison	Orkney Athletic & RC	1.36		

U17 Women Javelin (500g)

1	Lucy Kenyon	Orkney Athletic & RC	33.05	PB
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U17 Women Long Jump

1	Lexi Grant	Elgin AAC	5.18	PB	ws+4.3
2	Anna Reid	Elgin AAC	5.16		ws+2.3
3	Georgia Grant	Elgin AAC	4.32		ws+2.9
4	Kathryn Petrie	Elgin AAC	4.19		ws+2.3
5	Keira Blance	Shetland AAC	4.05	PB	ws+4.4
6	Ailsa MacKinnon	North Uist AAC	3.71	PB	ws+4.7

U17 Women Shot Put (3.00kg)

1	Millie Dennison	Orkney Athletic & RC	8.95
2	Ava Cruickshank	Elgin AAC	8.51
3	Lucy Barron	Stornoway Running & AC	6.70

U17 Women Triple Jump

1	Anna Reid	Elgin AAC	11.35	PB	CBP	ws+3.9
2	Lexi Grant	Elgin AAC	10.67			ws+2.5

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U20 Women

U20 Women 100m (Run 1)

ws -2.0

1	Marvellous Igbinidu	Inverness Harriers AAC	12.84	PB
2	Eilidh Gray	Inverness Harriers AAC	13.63	
3	Effie Thomson	Orkney Athletic & RC	13.89	

U20 Women 1500m (Final)

1	Beth Urquhart	Moray Road Runners	5:25.97	
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U20 Women 200m (Run 1)

ws +2.9

1	Marvellous Igbinidu	Inverness Harriers AAC	25.66	
2	Abbie Harrison	Inverness Harriers AAC	25.86	PB
3	Stroma Fraser	Inverness Harriers AAC	27.28	
4	Effie Thomson	Orkney Athletic & RC	27.75	PB

U20 Women 400m (Final)

1	Abbie Harrison	Inverness Harriers AAC	59.83	
2	Marvellous Igbinidu	Inverness Harriers AAC	60.35	PB

U20 Women 5000m (Final)

1	Katie Slimon	Highland Hill Runners	21:14.38	
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U20 Women 800m (Final)

1	Stroma Fraser	Inverness Harriers AAC	2:24.30	
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U20 Women High Jump

1	Stroma Fraser	Inverness Harriers AAC	1.51	
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Senior Women

Senior Women 100m (Run 1)				ws -2.0
1	Rebecca Matheson	Aberdeen AAC	12.40	
2	Sian MacDonald	Aberdeen AAC	13.68	
Senior Women 100m (Run 2)				ws -3.2
1	Rebecca Matheson	Aberdeen AAC	12.43	
2	Sian MacDonald	Aberdeen AAC	13.74	
Senior Women 1500m (Final)				
1	Lillie Giggle	Orkney Athletic & RC	4:57.48	
Senior Women 200m (Run 1)				
1	Charlotte Bevan	Aberdeen AAC	25.20	PB
2	Sian MacDonald	Aberdeen AAC	27.84	
Senior Women 200m (Run 2)				ws +2.2
1	Charlotte Bevan	Aberdeen AAC	25.40	
2	Sian MacDonald	Aberdeen AAC	27.89	
Senior Women 400m (Run 1)				
1	Kathryn Christie	Banchory & Stonehaven	57.71	
2	Phoebe Moncur	Dundee Hawkhill Harriers	62.12	
Senior Women 400m (Run 2)				
1	Phoebe Moncur	Dundee Hawkhill Harriers	64.16	
Senior Women 800m (Final)				
1	Lillie Giggle	Orkney Athletic & RC	2:24.30	PB
Senior Women Discus (1.00kg)				
1	Kirsty Law	Sale Harriers	54.74	
2	Rebekah Rose	Dundee Hawkhill Harriers	27.49	
3	Nicola Cameron McDonald	Ellon AC	19.61	
4	Emma Dawson	Ellon AC	17.96	
Senior Women Hammer (4.00kg)				
1	Rebekah Rose	Dundee Hawkhill Harriers	34.76	PB
2	Nicola Cameron McDonald	Ellon AC	23.62	PB
3	Emma Dawson	Ellon AC	20.80	
Senior Women High Jump				
1	Amy Davis	Orkney Athletic & RC	1.51	
Senior Women Long Jump				
1	Lisa Shearer	Ellon AC	2.71	ws+1.6

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U13 Boys

U13 Boys 100m (Final)

ws -2.2

1	Quentin Fowlie	Elgin AAC	14.89	PB
2	Robert Robertson	Shetland AAC	15.21	
3	Lewis Watt	Inverness Harriers AAC	15.40	
4	Bobby Burns	Shetland AAC	15.70	
5	Austin Richardson	Elgin AAC	15.99	
6	Sonny Tracey	Inverness Harriers AAC	19.05	

U13 Boys 1500m (Final)

1	Reuben Urquhart	East Sutherland AC	5:19.35	PB
2	Archie Grant	Inverness Harriers AAC	5:29.06	PB
3	Jamie Duffy	Ross County AC	5:49.35	
4	Liam Rice	Stornoway Running & AC	6:05.85	PB
DNR	Aaron Tresidder	Lochaber AC	.	
DNR	Tyler Philip	Aberdeen AAC	.	

U13 Boys 200m (Final)

ws +0.7

1	Niall MacBean	Inverness Harriers AAC	30.14	PB
2	Lewis Watt	Inverness Harriers AAC	30.39	PB
3	Tom Stevenson	Orkney Athletic & RC	30.47	PB
4	Tyler Philip	Aberdeen AAC	31.17	PB
5	Bobby Burns	Shetland AAC	31.72	
6	Austin Richardson	Elgin AAC	32.55	PB
DNR	Innes Slater	Elgin AAC	.	

U13 Boys 800m (Final)

1	Robert Robertson	Shetland AAC	2:35.48	PB
2	Tom Stevenson	Orkney Athletic & RC	2:37.05	PB
DNR	Callum Crawford	Ross County AC	.	
DNR	Ollie McCulloch	Shetland AAC	.	

U13 Boys Javelin (400g)

1	Leslie Smith	Shetland AAC	10.11	
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U13 Boys Long Jump

1	Callum Crawford	Ross County AC	3.99	ws+2.6
2	Bobby Burns	Shetland AAC	3.51	ws+3.3
3	Robert Robertson	Shetland AAC	3.49	ws+2.2
4	Liam Rice	Stornoway Running & AC	3.28	PB ws+3.4

U13 Boys Shot Put (3.00kg)

1	Quentin Fowlie	Elgin AAC	7.60	PB
2	Callum Crawford	Ross County AC	6.81	
3	Leslie Smith	Shetland AAC	5.56	
4	Liam Rice	Stornoway Running & AC	5.15	PB
5	Austin Richardson	Elgin AAC	4.97	PB

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U15 Boys

U15 Boys 100m (Final)

ws -1.7

1	Lucas Davidson	Inverness Harriers AAC	12.07	
2	Kian Redman	Shetland AAC	12.41	PB
3	Joshua Beckett	Lochaber AC	12.81	PB
4	= Blair Thomson	Elgin AAC	13.29	
4	= Nathan Smith	Orkney Athletic & RC	13.29	PB
6	Harry MacLeod	Inverness Harriers AAC	14.47	
7	Taylor Moar	Shetland AAC	15.00	PB
8	Michael Laing	Stornoway Running & AC	15.89	

U15 Boys 1500m (Final)

1	Ruairidh Cowan	Stornoway Running & AC	5:19.42	PB
2	Ewan Thompson	Inverness Harriers AAC	5:20.61	PB
3	Ruairidh Smith	Stornoway Running & AC	5:30.59	
DNR	Calum Duffy	Ross County AC	.	

U15 Boys 200m (Final)

ws +1.7

1	Kian Redman	Shetland AAC	24.32	PB
2	Lucas Davidson	Inverness Harriers AAC	24.42	
3	Nathan Smith	Orkney Athletic & RC	26.63	PB
4	Jamie MacGruer	Ross County AC	28.40	
5	James Anderson	Stornoway Running & AC	29.46	PB
6	Ruairidh Cowan	Stornoway Running & AC	31.71	PB
DNR	Blair Thomson	Elgin AAC	.	

U15 Boys 300m (Final)

1	Luc Smith	Stornoway Running & AC	50.14	PB
2	Harry Malcolmson	Shetland AAC	52.27	

U15 Boys 800m (Final)

1	Jamie MacGruer	Ross County AC	2:24.39	PB
2	Ruairidh MacPhail	Stornoway Running & AC	2:32.83	PB
3	Danny Smith	Stornoway Running & AC	2:40.39	PB
4	Luc Smith	Stornoway Running & AC	2:47.35	PB
5	Daniel Reid	Stornoway Running & AC	2:49.29	
6	Jack MacLeod	Stornoway Running & AC	2:53.52	PB
7	James Bain	Stornoway Running & AC	2:55.18	PB
DNR	Callum Thompson	Inverness Harriers AAC	.	

U15 Boys 80m Hurdles (Final)

ws

1	Joshua Beckett	Lochaber AC	13.25	PB
2	Angus Davies	Lochaber AC	15.28	PB
3	Craig MacLeod	Stornoway Running & AC	17.79	
DNR	Archie Smith	Elgin AAC	.	
DNR	Murray Taylor	Inverness Harriers AAC	.	

U15 Boys Discus (1.25kg)

1	Kai Bertram	Inverness Harriers AAC	30.92	PB
2	Harry MacLeod	Inverness Harriers AAC	20.30	PB
3	Ruairidh Smith	Stornoway Running & AC	12.86	
4	Michael Laing	Stornoway Running & AC	11.87	PB

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U15 Boys Hammer (4.00kg)

1	Joshua Beckett	Lochaber AC	26.68	PB
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U15 Boys High Jump

1	Murray Taylor	Inverness Harriers AAC	1.60	
2	James Anderson	Stornoway Running & AC	1.50	PB
3	Angus Davies	Lochaber AC	1.20	
4	Ruairidh MacPhail	Stornoway Running & AC	1.15	
5	Ruairidh Smith	Stornoway Running & AC	1.10	

U15 Boys Javelin (600g)

1	Craig MacLeod	Stornoway Running & AC	17.79	
2	Daniel Reid	Stornoway Running & AC	12.94	
3	Ruairidh MacPhail	Stornoway Running & AC	12.71	
4	James Bain	Stornoway Running & AC	10.71	PB

U15 Boys Long Jump

1	Archie Smith	Elgin AAC	4.95	PB	ws+1.3
10	Harry Malcolmson	Shetland AAC	3.35	PB	ws+2.0
11	Daniel Reid	Stornoway Running & AC	3.28		ws+1.3
12	Michael Laing	Stornoway Running & AC	3.27		ws+1.3
13	Ruairidh Cowan	Stornoway Running & AC	2.71		ws+2.2
2	Daniel Finnigan	Inverness Harriers AAC	4.79	PB	ws+2.7
3	Angus Davies	Lochaber AC	4.74	PB	ws+2.5
4	James Anderson	Stornoway Running & AC	4.37		ws+3.2
5	Taylor Moar	Shetland AAC	3.78	PB	ws+3.2
6	Craig MacLeod	Stornoway Running & AC	3.74	PB	ws+1.2
7	Jack MacLeod	Stornoway Running & AC	3.56	PB	ws+3.0
8	Danny Smith	Stornoway Running & AC	3.46		ws+2.4
9	James Bain	Stornoway Running & AC	3.35	PB	ws+3.6

U15 Boys Shot Put (4.00kg)

1	Kai Bertram	Inverness Harriers AAC	10.65	PB
2	Daniel Finnigan	Inverness Harriers AAC	9.80	PB
3	Harry MacLeod	Inverness Harriers AAC	7.71	PB
4	Danny Smith	Stornoway Running & AC	5.71	PB
5	Jack MacLeod	Stornoway Running & AC	5.57	PB

U15 Boys Triple Jump

1	Archie Smith	Elgin AAC	10.12	PB	ws+2.1
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U17 Men

U17 Men 100m (Final)			ws -2.0
1	Thomas Brennan	North Uist AAC	11.74 PB
2	Lewis Williamson	Shetland AAC	12.88 PB
3	Stuart MacKay	Stornoway Running & AC	12.93 PB
4	Seathan Fisher	North Uist AAC	12.99 PB
5	John Leslie	Shetland AAC	13.13
DNR	Jack Baronet	Shetland AAC	.
DNR	Iain MacDonald	North Uist AAC	.
DNR	Ewan Amos	Stornoway Running & AC	.

U17 Men 100m (Heat 1)			ws -2.2
1	Thomas Brennan	North Uist AAC	12.44
2	John Leslie	Shetland AAC	12.90
3	Seathan Fisher	North Uist AAC	13.05 PB
4	Iain MacDonald	North Uist AAC	13.28
DNR	Alexander Hendry	Elgin AAC	.

U17 Men 100m (Heat 2)			ws -2.3
1	Jack Baronet	Shetland AAC	12.87
2	Ewan Amos	Stornoway Running & AC	12.90 PB
3	Lewis Williamson	Shetland AAC	12.96
4	Stuart MacKay	Stornoway Running & AC	13.81
5	Fraser Libby	Stornoway Running & AC	14.29 PB

U17 Men 1500m (Final)			
1	Alistair Young	Ross County AC	4:27.24 PB
2	Noah Carson	Ross County AC	4:41.26
3	Ben MacLeod	Inverness Harriers AAC	4:45.00
4	Hector Neally	Stornoway Running & AC	4:57.76 PB
5	Tom Hamilton	Orkney Athletic & RC	4:57.78 PB
6	Cameron Black	Shetland AAC	5:09.27 PB
7	Jake Crossan	Shetland AAC	5:09.48 PB
8	Andrew MacAskill	Stornoway Running & AC	5:16.41 PB

U17 Men 200m (Final)			ws +1.0
1	Thomas Brennan	North Uist AAC	23.47 PB
2	George Ross	Ross County AC	24.16 PB
3	Jacob Adjei	Inverness Harriers AAC	24.25 PB
4	Lewis Williamson	Shetland AAC	24.94
5	Jack Baronet	Shetland AAC	25.42
6	Iain MacDonald	North Uist AAC	25.62 PB
7	Andrew Lumsden	Elgin AAC	25.64
8	Ruaridh MacKenzie-Coop	Elgin AAC	25.85

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U17 Men 200m (Heat 1)

1	Thomas Brennan	North Uist AAC	24.03	PB
2	George Ross	Ross County AC	24.60	PB
3	Jack Baronet	Shetland AAC	24.92	PB
4	Lewis Williamson	Shetland AAC	24.94	PB
5	Ruaridh MacKenzie-Coop	Elgin AAC	25.83	PB
6	Tom Hamilton	Orkney Athletic & RC	26.20	PB
7	Fraser Libby	Stornoway Running & AC	28.04	

U17 Men 200m (Heat 2)

1	Jacob Adjei	Inverness Harriers AAC	24.62	PB
2	Andrew Lumsden	Elgin AAC	25.54	
3	Iain MacDonald	North Uist AAC	25.72	PB
4	Alexander Hendry	Elgin AAC	25.84	
5	John Leslie	Shetland AAC	26.03	
6	Ben Dyer	Stornoway Running & AC	29.03	PB

U17 Men 3000m (Final)

1	Lachlan Thomas	Ross County AC	9:26.74	
2	Kaeden Thomas	Ross County AC	10:13.01	

U17 Men 400m (Final)

1	Jacob Adjei	Inverness Harriers AAC	54.43	PB
2	Iain Matheson	Stornoway Running & AC	54.43	PB
3	Ruaridh MacKenzie-Coop	Elgin AAC	59.55	
4	Euan Campbell Flett	Stornoway Running & AC	63.31	PB
5	Ben Dyer	Stornoway Running & AC	69.91	PB

U17 Men 400m Hurdles (Final)

1	Cameron Scott	Banchory & Stonehaven	63.32	
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U17 Men 800m (Final)

1	Andrew Baird	Ross County AC	2:02.58	PB
2	Iain Matheson	Stornoway Running & AC	2:09.47	PB
3	Noah Carson	Ross County AC	2:12.99	
4	Cameron Read	Shetland AAC	2:17.90	PB
5	Hector Neally	Stornoway Running & AC	2:21.63	
6	Coinneach Stewart	Stornoway Running & AC	2:22.29	PB
7	Stuart MacKay	Stornoway Running & AC	2:24.80	
8	Lewis Black	Shetland AAC	2:27.95	PB

U17 Men Hammer (5.00kg)

1	Rory Stainsby	Inverness Harriers AAC	48.75	
2	George Ross	Ross County AC	22.46	PB

U17 Men High Jump

1	Max Linklater	Orkney Athletic & RC	1.61	
2	Ewan Amos	Stornoway Running & AC	1.61	
3	Ryan Drakeford	Shetland AAC	1.46	
4	Coinneach Stewart	Stornoway Running & AC	1.41	PB

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U17 Men Javelin (700g)

1	Jamie Sutherland	Orkney Athletic & RC	41.77	PB
2	Ruaridh MacKenzie-Coop	Elgin AAC	29.42	PB
3	Andrew MacAskill	Stornoway Running & AC	19.33	PB

U17 Men Long Jump

1	Ewan Amos	Stornoway Running & AC	5.79	PB	ws+1.6
2	Andrew Lumsden	Elgin AAC	5.49	PB	ws+3.2
3	Ryan Drakeford	Shetland AAC	5.02	PB	ws+4.6
4	Fraser Libby	Stornoway Running & AC	4.65		ws+3.9
5	Seathan Fisher	North Uist AAC	4.38	PB	ws+2.8
6	Callum Morrison	Shetland AAC	4.09		ws+0.8

U17 Men Shot Put (5.00kg)

1	Max Linklater	Orkney Athletic & RC	9.08
2	Euan Campbell Flett	Stornoway Running & AC	7.75

U17 Men Triple Jump

1	Andrew Lumsden	Elgin AAC	11.41	PB	ws +3.1
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4J Studios scottishathletics North District Track & Field Championships & National Outdoor Open

U20 Men

U20 Men 100m (Run 1)		ws -2.2		
1	Zak Fearn	Inverness Harriers AAC	11.59	
2	Robin Snedden	Inverness Harriers AAC	11.63	
3	Ross Dinwoodie	Shetland AAC	12.81	
DNR	Owen Leonard	Perth Strathtay Harriers	.	
U20 Men 100m (Run 2)		ws -3.2		
1	Ross Dinwoodie	Shetland AAC	12.82	
DNR	Owen Leonard	Perth Strathtay Harriers	.	
U20 Men 1500m (Final)				
1	Alistair MacKenzie	Orkney Athletic & RC	4:34.25	
U20 Men 200m (Run 1)		ws +2.5		
1	Robin Snedden	Inverness Harriers AAC	22.32 PB	
2	Liam Daly	Inverness Harriers AAC	22.94 PB	
3	Ross Dinwoodie	Shetland AAC	24.99 PB	
DNR	Owen Leonard	Perth Strathtay Harriers	.	
U20 Men 200m (Run 2)		ws +2.2		
1	Ross Dinwoodie	Shetland AAC	25.17 PB	
DNR	Owen Leonard	Perth Strathtay Harriers	.	
U20 Men 400m (Run 1)				
1	Robin Snedden	Inverness Harriers AAC	49.99 PB	
2	Tom Palmer	Elgin AAC	56.59	
3	Ewan Foubister	Orkney Athletic & RC	57.25 PB	
U20 Men 400m Hurdles (Final)				
1	Tom Palmer	Elgin AAC	60.22 PB	
U20 Men 800m (Final)				
1	Roy Taylor	Elgin AAC	2:01.60	
2	Ewan Foubister	Orkney Athletic & RC	2:05.37 PB	
3	Alistair MacKenzie	Orkney Athletic & RC	2:05.60 PB	
U20 Men Long Jump				
1	Zak Fearn	Inverness Harriers AAC	6.19	ws+2.4
U20 Men Shot Put (6.00kg)				
1	Ross Dinwoodie	Shetland AAC	9.40	

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Senior Men

Senior Men 100m (Run 1)				ws -2.2
1	James Fleming	Aberdeen AAC		12.06
2	Owen Fraser	Inverness Harriers AAC		15.05
Senior Men 100m (Run 2)				ws -3.2
1	James Fleming	Aberdeen AAC		12.10
Senior Men 1500m (Final)				
1	Luke Davidson	Inverness Harriers AAC		4:12.93
2	Jordan Cruickshank	Metro Aberdeen RC		4:23.11
3	Finlay MacLennan	Inverness Harriers AAC		4:38.01
Senior Men 200m (Run 1)				ws +2.5
1	Owen Fraser	Inverness Harriers AAC		28.72 PB
Senior Men 400m (Run 1)				
1	Luke Davidson	Inverness Harriers AAC		52.10 PB
2	Ewen Bradley	Ross County AC		53.61
3	Owen Fraser	Inverness Harriers AAC		68.20 PB
DNR	Scott Fraser	Inverness Harriers AAC		.
Senior Men 400m (Run 2)				
1	Luke Davidson	Inverness Harriers AAC		52.84
DNR	Scott Fraser	Inverness Harriers AAC		.
DNR	Ewen Bradley	Ross County AC		.
Senior Men 400m Hurdles (Final)				
1	Kevin Morice	Moray Road Runners		79.93
Senior Men 5000m (Final)				
1	Finlay MacLennan	Inverness Harriers AAC		17:52.11
2	Kevin Morice	Moray Road Runners		19:35.83
Senior Men 800m (Final)				
1	Luke Davidson	Inverness Harriers AAC		1:56.93
2	Finlay MacLennan	Inverness Harriers AAC		2:18.76
3	James Valentine	Inverness Harriers AAC		2:27.73 PB
Senior Men Discus (2.00kg)				
1	Ian Jackson	Achilles Club		22.55
Senior Men Hammer (7.26kg)				
1	Ian Jackson	Achilles Club		18.98
Senior Men Shot Put (7.26kg)				
1	Ian Jackson	Achilles Club		6.09