

# Scottish Athletics League (Division 1)

## 29 August 2010

## Grangemouth

100m A		w/s +5.4 m/s	
1	9 R Oswald	Pitreavie	10.46 16
2	1 G Turnbull	Edinburgh	10.89 14
3	7 R Frost	Shettleston	10.92 12
4	3 A Beaton	Central	11.00 10
5	15 C Wilson (U20)	Lasswade	11.53 8
6	11 P Mutch	Aberdeen	11.56 6
7	5 D Murray	Arbroath	11.67 5
8	13 J Thompson (U20)	Ayr Seaforth	11.68 4

100m B		w/s +4.2 m/s	
1	2 A Hamilton (U20)	Edinburgh	10.76 12
2	10 F Smith	Pitreavie	11.13 10
3	8 J Ruddy	Shettleston	11.27 8
4	4 S Siriwardena (U17)	Central	11.52 6
5	14 A Arnold (U17)	Ayr Seaforth	11.73 4
6	16 A Dalgleish	Lasswade	11.89 3
7	6 B Keillor	Arbroath	12.29 2
8	12 M Astell	Aberdeen	12.35 1

400m A			
1	15 G Loudon (U20)	Lasswade	48.16 16
2	9 A Young (U20)	Pitreavie	48.63 14
3	3 J MacPhail (U20)	Central	49.65 12
4	1 J Younger (U17)	Edinburgh	49.89 10
5	13 A McElwee	Ayr Seaforth	52.63 8
6	11 P Mutch	Aberdeen	53.95 6
7	7 R Munro (U20)	Shettleston	56.21 5
8	5 R White (U20)	Arbroath	57.48 4

400m B			
1	16 G Learmonth (U20)	Lasswade	49.07 12
2	4 T Ashby	Central	50.10 10
3	10 E Dyer (U17)	Pitreavie	51.35 8
4	2 M Burslem	Edinburgh	52.64 6
5	14 A Gray (U17)	Ayr Seaforth	53.35 4
6	12 J Mann (U20)	Aberdeen	54.59 3
7			0
8			0

1500m A			
1	15 R Matheson (U20)	Lasswade	4:03.26 16
2	1 A Crichton (U20)	Edinburgh	4:04.24 14
3	3 S Reilly	Central	4:05.23 12
4	12 M Haskett	Aberdeen	4:05.86 10
5	7 L Wilson (U20)	Shettleston	4:08.59 8
6	13 F Rae (U17)	Ayr Seaforth	4:08.63 6
7	5 S Campbell	Arbroath	4:10.11 5
8	9 J Headley	Pitreavie	4:20.53 4

1500m B			
1	4 A Butchart (U20)	Central	4:05.69 12
2	11 J Joy	Aberdeen	4:06.75 10
3	14 J Wales	Ayr Seaforth	4:20.58 8
4	16 R Finlayson	Lasswade	4:32.94 6
5			0
6			0
7			0
8			0

110m Hurdles A		w/s +2.0 m/s	
1	9 F Smith	Pitreavie	14.54 16
2	5 M Downie (U20)	Arbroath	15.58 14
3	13 A McElwee	Ayr Seaforth	17.72 12
4	3 K Pearson	Central	20.21 10
5			0
6			0
7			0
8			0

110m Hurdles B		w/s +2.0 m/s	
1	6 B Keillor	Arbroath	19.73 12
2			0
3			0
4			0
5			0
6			0
7			0
8			0

3000m S/C A			
1	7 L Oates	Shettleston	9:31.07 16
2	3 S Green (U20)	Central	9:44.92 14
3	11 D Munro	Aberdeen	10:14.66 12
4	15 B Phillips	Lasswade	10:50.97 10
5	14 C Aitkenhead (U20)	Ayr Seaforth	12:00.58 8
	5 L Morrison	Arbroath	14:15.11 0
7			0
8			0

3000m S/C B			
1	4 M Wright	Central	9:57.08 12
2	13 J Dunn (U20)	Ayr Seaforth	12:04.62 10
3			0
4			0
5			0
6			0
7			0
8			0

200m A		no windspeed	
1	9 R Oswald	Pitreavie	21.34 16
2	3 K Henderson (U20)	Central	22.28 14
3	1 G Turnbull	Edinburgh	22.41 12
4	7 J Ruddy	Shettleston	22.57 10
5	15 G Loudon (U20)	Lasswade	22.64 8
6	13 J Thompson (U20)	Ayr Seaforth	23.78 6
7	5 B Keillor	Arbroath	24.35 5
8	11 R Legge (U17)	Aberdeen	24.55 4

200m B		w/s +1.1 m/s	
1	2 I Symonds (U20)	Edinburgh	22.29 12
2	10 A Young (U20)	Pitreavie	22.50 10
3	4 A Beaton	Central	23.03 8
4	14 A Arnold (U17)	Ayr Seaforth	23.98 6
5	16 R Patterson (U20)	Lasswade	24.17 4
6	8 R Ferrol (U20)	Shettleston	24.67 3
7	6 D Murray	Arbroath	25.64 2
8	12 M Astell	Aberdeen	25.71 1

800m A			
1	15 G Learmonth (U20)	Lasswade	1:53.01 16
2	3 S Reilly	Central	1:54.60 14
3	1 P Loudon (U20)	Edinburgh	1:54.73 12
4	11 J Joy	Aberdeen	1:54.97 10
5	9 C Robertson	Pitreavie	1:55.46 8
6	7 A Drummond (U20)	Shettleston	1:57.56 6
7	13 G Templeton	Ayr Seaforth	2:07.25 5
8			0

800m B			
1	4 M Paterson (U20)	Central	2:00.06 12
2	12 M Haskett	Aberdeen	2:00.80 10
3	16 S Anderson	Lasswade	2:02.65 8
4	8 R Munro (U20)	Shettleston	2:04.82 6
5	2 A Jack (U20)	Edinburgh	2:05.00 4
6			0
7			0
8			0

5000m A			
1	3 S McDonald	Central	14:53.50 16
2	7 M Gillespie	Shettleston	14:58.46 14
3	15 N Sheenan	Lasswade	14:59.32 12
4	5 S Campbell	Arbroath	15:43.59 10
5	12 C Strachan (U20)	Aberdeen	15:44.49 8
6	9 J Farquhar	Pitreavie	16:07.36 6
7	2 P Brennan	Edinburgh	16:38.94 5
8	13 M Ducrot	Ayr Seaforth	16:51.42 4

5000m B			
1	4 L Millar	Central	15:22.26 12
2	11 F Boyne	Aberdeen	16:27.51 10
3	16 S Gaffney	Lasswade	16:40.00 8
	8 J Oates	Shettleston	18:05.30 0
5			0
6			0
7			0
8			0

400m Hurdles A			
1	13 A McElwee	Ayr Seaforth	57.00 16
2	1 T Harris (U20)	Edinburgh	58.08 14
3	11 J Mann (U20)	Aberdeen	58.13 12
4	9 M Burns	Pitreavie	58.69 10
5	3 M Wright	Central	61.38 8
6	5 B Keillor	Arbroath	64.06 6
7			0
8			0

400m Hurdles B			
1	12 A Love	Aberdeen	62.58 12
2	14 J Thompson (U20)	Ayr Seaforth	66.56 10
3	2 L Renton (U20)	Edinburgh	67.48 8
4	6 R White (U20)	Arbroath	68.32 6
5	4 D MacKinlay (U20)	Central	69.62 4
6			0
7			0
8			0

4 by 100m Relay			
1	1 TurnbSymonHarriChart	Edinburgh	43.21 16
2	9 Dyer BurnsRoberOswal	Pitreavie	43.79 14
3	3 HendeBeatoSiriwCalde	Central	44.89 12
4	15 DalgiWilsoCarstPatte	Lasswade	46.23 10
5	11 Lyon McKeoLeggeAstel	Aberdeen	47.71 8
6	5 WhiteKeillDowniMurra	Arbroath	50.91 6
7			0
8			0

4 by 400m Relay			
1	3 ReillPaterHendeMacPh	Central	3:21.53 16
2	15 LearnAnderMatheLoude	Lasswade	3:22.71 14
3	1 BurslHamiITurbLoudo	Edinburgh	3:23.81 12
4	9 RoberBurnsDyer Young	Pitreavie	3:26.09 10
5	7 RuddyOatesMunroDrumm	Shettleston	3:38.88 8
6	11 MutchJoyMann Haske	Aberdeen	3:39.49 6
7	13 TempGray Rae (McElw	Ayr Seaforth	3:40.14 5
8	5 ShephWhiteKeillCampb	Arbroath	4:06.51 4

Long Jump A				
1	3	K Henderson (U20)	Central	6.88 16
2	5	D Murray	Arbroath	6.49 14
3	8	I Paget	Shettleston	6.37 12
4	10	A Smith (U20)	Pitreavie	6.34 10
5	1	G McKay	Edinburgh	6.15 8
6	15	C Wilson (U20)	Lasswade	6.09 6
7	11	S Lyon (U20)	Aberdeen	6.09 5
8	13	S Jones (U17)	Ayr Seaforth	5.11 4

Long Jump B				
1	6	M Downie (U20)	Arbroath	6.28 12
2	9	D Agnew	Pitreavie	6.13 10
3	2	S Charters	Edinburgh	5.99 8
4	12	C Cameron (U17)	Aberdeen	5.59 6
5	7	J Ruddy	Shettleston	5.45 4
6	4	R Calder (U17)	Central	5.15 3
7	16	D Nicol	Lasswade	4.79 2
8				0

Triple Jump A				
1	2	A Hamilton (U20)	Edinburgh	13.53 16
2	11	S Lyon (U20)	Aberdeen	13.38 14
3	15	C Wilson (U20)	Lasswade	12.70 12
4	5	D Murray	Arbroath	12.67 10
5	7	I Paget	Shettleston	12.07 8
6	9	M Burns	Pitreavie	11.33 6
7	3	K Pearson	Central	10.50 5
8				0

Triple Jump B				
1	1	P Loudon (U20)	Edinburgh	11.59 12
2	12	D Munro	Aberdeen	11.02 10
3	16	D Nicol	Lasswade	10.70 8
4	8	A Mackay	Shettleston	10.55 6
5	4	M Wright	Central	10.48 4
6	6	R White (U20)	Arbroath	10.15 3
7	10	S Wallace	Pitreavie	0.00 0
8				0

High Jump A				
1	9	A Smith (U20)	Pitreavie	2.05 16
2	5	D Murray	Arbroath	1.85 14
3	2	A Hamilton (U20)	Edinburgh	1.85 12
4	15	R Ferguson (U17)	Lasswade	1.80 10
5	14	A Gray (U17)	Ayr Seaforth	1.70 8
6	11	S Lyon (U20)	Aberdeen	1.65 6
7	3	K Pearson	Central	1.55 5
8				0

High Jump B				
1	6	M Downie (U20)	Arbroath	1.80 12
2	16	F Nimmo (U17)	Lasswade	1.60 10
3	12	P Mutch	Aberdeen	1.60 8
4	1	M Fernie (U17)	Edinburgh	1.60 6
5	4	A Beaton	Central	1.50 4
6	13	S Jones (U17)	Ayr Seaforth	1.35 0
7				0
8				0

Pole Vault A				
1	5	M Downie (U20)	Arbroath	3.60 16
2	4	R Todd	Central	3.20 14
3	9	D Agnew	Pitreavie	3.00 12
4	12	D Mann (U17)	Aberdeen	2.90 10
5	15	J Grant	Lasswade	2.80 8
6				0
7				0
8				0

Pole Vault B				
1	3	K Pearson	Central	3.00 12
2	11	K Lyon	Aberdeen	2.80 10
3	16	F Nimmo (U17)	Lasswade	2.70 8
4				0
5				0
6				0
7				0
8				0

Shot Putt A				
1	1	D Kaasselstrand	Edinburgh	13.37 16
2	8	A Mackay	Shettleston	12.90 14
3	3	G Sweeney	Central	12.39 12
4	6	C Smith	Arbroath	11.64 10
5	11	F McCabe	Aberdeen	11.23 8
6	15	J Grant	Lasswade	8.90 6
7	13	J Dunn (U20)	Ayr Seaforth	7.52 5
8				0

Shot Putt B				
1	5	R Rogers	Arbroath	10.58 12
2	7	D Little	Shettleston	9.46 10
3	12	K Lyon	Aberdeen	8.42 8
4	16	J Mccomish	Lasswade	8.07 6
5				0
6				0
7				0
8				0

Discus A				
1	1	D Kaasselstrand	Edinburgh	49.95 16
2	8	A McInroy	Shettleston	49.43 14
3	5	R Rogers	Arbroath	36.86 12
4	3	G Sweeney	Central	33.70 10
5	9	D Agnew	Pitreavie	33.66 8
6	11	F McCabe	Aberdeen	31.82 6
7	15	J Grant	Lasswade	22.72 5
8				0

Discus B				
1	7	A Mackay	Shettleston	39.60 12
2	4	R Todd	Central	32.52 10
3	6	C Smith	Arbroath	30.91 8
4	12	B Masson	Aberdeen	24.89 6
5	16	E Kopystynski	Lasswade	20.26 4
6	2	R McManus (U20)	Edinburgh	0.00 0
7				0
8				0

Hammer A				
1	9	A Frost	Pitreavie	68.06 16
2	7	D Little	Shettleston	55.35 14
3	1	D Kaasselstrand	Edinburgh	44.93 12
4	5	R Rogers	Arbroath	33.86 10
5	4	R Todd	Central	29.98 8
6	16	E Kopystynski	Lasswade	23.67 6
7	12	B Masson	Aberdeen	21.48 5
8				0

Hammer B				
1	2	R McManus (U20)	Edinburgh	42.88 12
2	6	C Smith	Arbroath	30.95 10
3	3	G Sweeney	Central	28.80 8
4	10	S Wallace	Pitreavie	22.70 6
5	15	J Grant	Lasswade	19.61 0
6	11	F McCabe	Aberdeen	19.08 0
7	8	A Mackay	Shettleston	0.00 0
8				0

Javelin A				
1	5	C Smith	Arbroath	55.73 16
2	1	W Lerche (U20)	Edinburgh	51.82 14
3	11	F McCabe	Aberdeen	40.86 12
4	3	K Pearson	Central	37.78 10
5	15	J Grant	Lasswade	35.94 8
6	9	D Agnew	Pitreavie	34.09 6
7	14	J Wales	Ayr Seaforth	31.64 5
8	7	A Mackay	Shettleston	28.90 4

Javelin B				
1	12	S Lyon (U20)	Aberdeen	39.67 12
2	4	G Sweeney	Central	35.14 10
3	16	J Whyman	Lasswade	28.69 8
4	6	R Rogers	Arbroath	28.13 6
5	13	J Thompson (U20)	Ayr Seaforth	27.60 4
6	8	D Little	Shettleston	0.00 0
7				0
8				0

#### Notes

Congratulations to Central AC our new league champions.  
 Congratulations also to runners up Aberdeen.

Amended after appeal, 1/9/2010.

Total Points 1955

Penalty Points
0
0
0
0
0
0
0
0
0

0

#### Match Result

	Match Points	Pts
Central	345	8
Edinburgh	283	7
Lasswade	258	6
Aberdeen	255	5
Arbroath	246	4
Pitreavie	232	3
Shettleston	194	2
Ayr Seaforth	142	1

1955

36

#### League Positions

	Match Points	Pts	
1	Central	1382.5	32
2	Aberdeen	1179	26
3	Edinburgh	1056.5	24
4	Lasswade	975	20
5	Arbroath	954	16
6	Pitreavie	813	13
7	Shettleston	656.5	8
8	Ayr Seaforth	546.5	5

7563

144