

				Heat	
1	114	Harry McGill	Greenock Glenpark Harriers	3000m	1
2	103	Anya maclean		3000m	1
3	136	Mia Padmanabhan	Garscube harriers	3000m	1
4	33	Fergus Currie	Garscube Harriers	3000m	1
5	46	Robbie Ferguson	Kilbarchan AAC	3000m	1
6	8	Hugh Borthwick	Garscube Harriers	3000m	1
7	125	Callum Miller	Garscube Harriers	3000m	1
8	53	Charlie Frew	Whitemoss AAC	3000m	1
9	55	Mark Gallacher	Motherwell AC	3000m	1
10	64	Cameron Green	Giffnock north	3000m	1
11	115	Ruby McGill	Greenock Glenpark Harriers	3000m	1
12	2	Tayven Adamson	Inverclyde ac	3000m	1
13	172	Holly Thompson	Kilbarchan AAC	3000m	1
14	173	Conor Thomson	Kilbarchan AAC	3000m	1
15	69	Lewis Hannigan	Kilbarchan AAC	3000m	1
16	150	Finlay Ross-Davie	Garscube harriers	3000m	1
17	116	Saul McGlennan	VP City of Glasgow	3000m	1
18	90	Mark king	Cambuslang harriers	3000m	1
19	37	Andy Downey	Garscube Harriers	3000m	1
20	152	Hannah Ryding	Giffnock North	3000m	1
21	190	Valencia Wright	Giffnock North	3000m	1
1	99	Matthew Lynch	Unattached	100m	1
2	138	Ross Paterson	Red Star AC / Kilbarchan AAC	100m	1
3	151	Billy Russell	Kilbarchan	100m	1
4	81	Alkali Jammeh	Kilbarchan AAC	100m	1
5	68	Scott Hannaway	Greenock Glenpark Harriers	100m	1
6	27	Alex Connell	Kilbarchan AAC	100m	1
7	159	Fraser Sharp	Unattached	100m	1
8	83	Luke Johnston	Victoria Park City of Glasgow	100m	1
1	43	Evan Farquhar	Kilbarchan AAC	100m	2
2	17	Leah cameron	Inverclyde ac	100m	2
3	35	Emma Devine	Kilbarchan AAC	100m	2
4	67	Adam Hannah	Victoria Park City of Glasgow	100m	2
5	75	Ciaran Hogg	Inverclyde AC	100m	2
6	95	Mia Leonard	VP - Glasgow	100m	2
7	186	Alix Wilson	VP - Glasgow	100m	2
1	168	Aaron Stirling	Kilbarchan AAC	100m	3
2	193	Ola Zurakowska	Kilbarchan AAC	100m	3
3	118	Niamh McIntosh	Inverclyde	100m	3
4	171	Zuzanna Szafranska	Kilbarchan aac	100m	3
5	105	Daniel Martin	Giffnock North AC	100m	3
6	137	Ciaran Parker	Kilbarchan	100m	3
7	71	Ben Heron	North Ayrshire AC	100m	3
8	132	Max O'Neill	Kilbarchan AAC	100m	3

1	166	Robbie Stevenson	Kilbarchan AAC	100m	4
2	163	Sophie Sinclair	Kilbarchan	100m	4
3	21	Lorien Carnegie	Inverclyde AC	100m	4
4	77	Eilidh Hunter	Giffnock North	100m	4
5	58	Dylan Gee	NAAC	100m	4
6	109	Samantha McClune	North Ayrshire	100m	4
7	12	Jessie Caig	North Ayrshire athletics club	100m	4
8	65	Finlay hall	Victoria park city of glashow	100m	4
1	184	Emily Williams	Giffnock North Athletics Club	100m	5
2	149	Isla Ross	Giffnock North	100m	5
3	182	Emily Watson	Giffnock North	100m	5
4	85	Lexy Kenhard	Helensburgh AAC	100m	5
5	39	Erin Downie	VP Glasgow	100m	5
6	98	Sarah lyle	Kilbarchan	100m	5
7	5	Kathryn Ballard	NAAC	100m	5
1	169	Lara Storrie	VP City of Glasgow AC	100m	6
2	119	Erin McKay	Giffnock North	100m	6
3	84	Fiona Jordan	Clydesdale	100m	6
4	101	Nicole MacGilp	Kilbarchan	100m	6
5	10	olivia boyle	Whitemoss AAC	100m	6
6	23	Lexi Cattanach	Falkirk Victoria Harriers	100m	6
7	76	Hannah Hope	Falkirk Vics	100m	6
8	70	Freya Harkin	NAAC	100m	6
1	124	Jay M. McTavish	Victoria Park Glasgow	100m	7
2	63	Daniel Gray	Garscube Harriers	100m	7
3	29	ellis coote	killbarchan aac	100m	7
4	9	Ailsa Boyd	Kilbarchan AAC	100m	7
5	13	LILLY Caig	North Ayrshire athletics club	100m	7
6	47	Sophie Ferguson	Giffnock North	100m	7
7	120	Mark McLafferty	WDAC	100m	7
8	135	Gillian Orr	Giffnock North	100m	7
1	86	Holly Kenhard	Helensburgh AAC	100m	8
2	122	Harris McNicol	North Ayrshire Athletics Club	100m	8
3	178	Lewis Vick	North Ayrshire Athletics Club	100m	8
4	144	Zara Redmond	Kilbarchan AAC	100m	8
5	146	Evie Robertson	Falkirk Vics	100m	8
6	106	Millie Mason	Cumbernauld	100m	8
7	42	Conal Farquhar	Kilbarchan AAC	100m	8

1	165	Jake Speirs	VP City of Glasgow	800m	1
2	40	Elliot Duff	Garscube Harriers	800m	1
3	52	Murray Fotheringham	Giffnock North AC	800m	1
4	162	Hugh Shiels	Giffnock North	800m	1
5	14	Michael Cairns	Kilbarchan	800m	1
6	97	Jacob Luc	Giffnock North	800m	1
7	22	Bruce Carse	Bellahouston Road Runners	800m	1
8	104	Donald Maclean	Giffnock Nrth AAC	800m	1
9	126	Harris Morrison	Greenock Glenpark Harriers	800m	1
10	87	Craig Kennedy	Kilbarchan AAC	800m	1
1	11	Oliver Bryers	Giffnock North AC	800m	2
2	15	Chloe Cameron	Kilbarchan AAC	800m	2
3	59	graeme gemmell	bellahouston harriers	800m	2
4	66	Abi Hammerman	Inverclyde Athletics Club	800m	2
5	153	Fraser Scott	kilbarchan aac	800m	2
6	50	Zoe Flower	Giffnock North	800m	2
7	174	Aurelia Tiffoney	Kilbarchan	800m	2
8	188	Blayne Wright	Giffnock North	800m	2
9	60	Eilidh Gibson	Kilbarchan AAC	800m	2
10	89	Ross Kennedy	Kilbarchan AAC	800m	2
1	110	Belle McCormack	Kilbarchan	800m	3
2	51	Sarah Forbes	Kilbarchan AAC	800m	3
3	71	Ben Heron	North Ayrshire AC	800m	3
4	180	Jack Wallace	Giffnock North	800m	3
5	25	Calan Chong	Giffnock North	800m	3
6	88	Jack Kennedy	Kilbarchan AAC	800m	3
7	96	jenna little	VP City of Glasgow	800m	3
8	170	Adele Street	North ayrshire athletics club	800m	3
9	102	Kenzie Macintosh	Clydesdale Harriers	800m	3
10	61	Miriam Gilbride	Giffnock North	800m	3
1	19	roisin cameron coyle	VP City of Glasgow	800m	4
2	117	Ella McGregor	Giffnock North	800m	4
3	141	Kate Paul	Giffnock North AC	800m	4
4	4	Aoibha Ballard	NAAC	800m	4
5	108	Holly McAneny	East Kilbride athletic club	800m	4
6	18	caitlin cameron coyle	VP City of Glasgow	800m	4
7	122	Harris McNicol	North Ayrshire Athletics Club	800m	4
8	93	Matthew Knak	Giffnock North Athletics	800m	4
9	177	Stuart Tytler	Kilbarchan AAC	800m	4

1	111	Tess McCormack	Kilbarchan	800m	5
2	20	Freya Campbell	Giffnock north	800m	5
3	161	Cormac Shiels	Giffnock North	800m	5
4	192	Kirsty Wylie	Giffnock North Athletic Club	800m	5
5	72	Leila Hickey-Fugaccia	Giffnock North	800m	5
6	130	Leah murray	North Ayrshire AC	800m	5
7	80	Ingrid Imrie	Garscube Harriers	800m	5
8	183	Harris Watt	Giffnock	800m	5
9	101	Nicole MacGilp	Kilbarchan	800m	5
1	98	Sarah lyle	Kilbarchan acc	800m	6
2	79	Kirsty Hutton	Kilbarchan athletics	800m	6
3	39	Erin Downie	VP Glasgow	800m	6
4	167	Orla Stewart	Victoria Park	800m	6
5	166	Robbie Stevenson	Kilbarchan AAC	800m	6
6	49	Abigail Flower	Giffnock North	800m	6
7	6	Rory Beaton	Garscube Harriers	800m	6
8	187	Zoe Wilson	Victoria park Glasgow	800m	6
9	24	Eva Chong	Giffnock North	800m	6
10	189	Tuscany Wright	Giffnock North	800m	6
1	107	Brodie McAneny	east kilbride athletics club	800m	7
2	191	James Wylie	Giffnock North AC	800m	7
3	26	Charlotte Clark	Kilbarchan AAC	800m	7
4	70	Freya Harkin	NAAC	800m	7
5	82	Tamiya Jarvis	Victoria park Glasgow	800m	7
6	100	Oliver Macdonald	Giffnock north	800m	7
7	179	Amy Vincent	Giffnock North AC	800m	7
8	157	Ella Sharp	Victoria Park City of Glasgow	800m	7
9	121	Emma McLennan	giffnock north AC	800m	7
10	74	Ellie Hinks	Garscube	800m	7
1	131	Alasdair Nugent	Giffnock North AC	800m	8
2	128	Kester Mullin	Giffnock North	800m	8
3	113	Summer McDonald	Garscube harriers	800m	8
4	95	Mia Leonard	VP - Glasgow	800m	8
5	120	Mark McLafferty	WDAC	800m	8
6	112	Finn McDonald	Garscube Harriers	800m	8
7	127	James Mowat	Giffnock North Athletics	800m	8
8	78	Lauren Hunter	Kilbarchan Athletics	800m	8
9	143	Ailish Rae	North Ayrshire Athletics	800m	8
1	17	Leah cameron	Inverclyde ac	200m	1
2	83	Luke Johnston	Victoria Park City of Glasgow	200m	1
3	75	Ciaran Hogg	Inverclyde AC	200m	1
4	68	Scott Hannaway	Greenock Glenpark Harriers	200m	1
5	27	Alex Connell	Kilbarchan AAC	200m	1
6	138	Ross Paterson	Red Star AC / Kilbarchan AAC	200m	1
7	98	Sarah lyle	Kilbarchan acc	200m	1
8	105	Daniel Martin	Giffnock North AC	200m	1

1	118	Niamh McIntosh	Inverclyde	200m	2
2	43	Evan Farquhar	Kilbarchan AAC	200m	2
3	21	Lorien Carnegie	Inverclyde AC	200m	2
4	193	Ola Zurakowska	Kilbarchan AAC	200m	2
5	12	Jessie Caig	North Ayrshire athletics club	200m	2
6	42	Conal Farquhar	Kilbarchan AAC	200m	2
7	171	Zuzanna Szafranska	Kilbarchan aac	200m	2
1	174	Aurelia Tiffoney	Kilbarchan	200m	3
2	163	Sophie Sinclair	Kilbarchan	200m	3
3	169	Lara Storrie	VP City of Glasgow AC	200m	3
4	47	Sophie Ferguson	Giffnock North	200m	3
5	119	Erin McKay	Giffnock North	200m	3
6	132	Max O'Neill	Kilbarchan AAC	200m	3
7	154	Isla Scott	Giffnock North	200m	3
1	39	Erin Downie	VP Glasgow	200m	4
2	184	Emily Williams	Giffnock North Athletics Club	200m	4
3	10	olivia boyle	Whitemoss AAC	200m	4
4	182	Emily Watson	Giffnock North	200m	4
5	85	Lexy Kenhard	Helensburgh AAC	200m	4
6	77	Eilidh Hunter	Giffnock North	200m	4
7	15	Chloe Cameron	Kilbarchan AAC	200m	4
8	135	Gillian Orr	Giffnock North	200m	4
1	29	ellis coote	killbarchan aac	200m	5
2	63	Daniel Gray	Garscube Harriers	200m	5
3	86	Holly Kenhard	Helensburgh AAC	200m	5
4	181	Ruth Walsh	Victoria Park City of Glasgow	200m	5
5	76	Hannah Hope	Falkirk Vics	200m	5
6	26	Charlotte Clark	Kilbarchan AAC	200m	5
7	168	Aaron Stirling	Kilbarchan AAC	200m	5
1	176	Jack Trainer	Garscube harriers	1500m	1
2	154	Isla Scott	Giffnock North	1500m	1
3	139	Jack Patton	Kilbarchan	1500m	1
4	158	Louis Sharp	Victoria Park City of Glasgow	1500m	1
5	140	Oliver Patton	Kilbarchan	1500m	1
6	45	Calum Ferguson	Bellahouston Harriers	1500m	1
7	28	James Connelly	Garscube Harriers	1500m	1
8	160	Craig Shennan	Giffnock North	1500m	1
9	175	Charlie Tomkinson	Giffnock North	1500m	1
10	48	Max Fleming	Giffnock North	1500m	1
11	147	Alexandre Robin	Giffnock North	1500m	1
12	3	Fraser Armstrong	Bellahouston Harriers	1500m	1
13	94	Ryan knights	Kilbarchan	1500m	1
14	155	Mitchell Scott	Giffnock North	1500m	1

1	123	Lauren McPherson	Giffnock North	1500m	2
2	36	Katy Donnelly	Giffnock North	1500m	2
3	144	Zara Redmond	Kilbarchan AAC	1500m	2
4	63	Daniel Gray	Garscube Harriers	1500m	2
5	92	Rachael Kirkland	Garscube Harriers	1500m	2
6	156	Scarlett Scott	Giffnock North	1500m	2
7	91	Millie Kirkland	Garscube Harriers	1500m	2
8	149	Isla Ross	Giffnock North	1500m	2
9	164	Hannah Sluman	Giffnock North AAC	1500m	2
10	148	Tristan Robin	Giffnock North	1500m	2
11	129	Matthew Murphy	Giffnock North	1500m	2
12	38	Cailyn Downey	Garscube Harriers	1500m	2
13	7	Lewis Boal	West Dumbarton	1500m	2
14	34	Daisy dalziel	Giffnock north ac	1500m	2

1	57	Hana Gay(U15G)	Cumbernauld AAC	Hammer
2	30	Andrew Costello (SenM)	Kilbarchan aac	Hammer
3	32	Stella Coutts(U17W)	Cumbernauld AAC	Hammer
4	16	Claire Cameron(W60)	VPCOG	Hammer
5	133	Katie Ord(SenW)	VP Glasgow	Hammer
6	73	Jenna hilditch (U15G)	Vp - Glasgow	Hammer
7	185	Iris williams(U17W)	Giffnock North Athletics Club	Hammer
8	44	Heather Fawcett(U20W)		Hammer
9	145	Molli Robb(U15G)	Falkirk Victoria Harriers	Hammer
10	31	Kirsty Costello (U17W)	Kilbarchan aac	Hammer
11	41	Sarah Dyer(U15G)	Kilbarchan AAC	Hammer

1	166	Robbie Stevenson	Kilbarchan AAC	Long Jump
2	146	Evie Robertson	Falkirk Vics	Long Jump
3	34	Daisy dalziel	Giffnock north ac	Long Jump
4	65	Finlay hall	Victoria park city of glashow	Long Jump
5	58	Dylan Gee	NAAC	Long Jump
6	70	Freya Harkin	NAAC	Long Jump
7	167	Orla Stewart	Victoria Park	Long Jump
8	29	ellis coote	killbarchan aac	Long Jump
9	1	Reece	Whitemoss aac	Long Jump
10	54	Madeline Frew	East Kilbride AC	Long Jump
11	82	Tamiya Jarvis	Victoria park Glasgow	Long Jump
12	187	Zoe Wilson	Victoria park Glasgow	Long Jump
13	7	Lewis Boal	West Dumbarton	Long Jump
14	120	Mark McLafferty	WDAC	Long Jump
15	106	Millie Mason	Cumbernauld	Long Jump
16	134	Bradley Orderley	North Ayrshire Athletics Club	Long Jump
17	62	Aidan Glennon	East Kilbride AC	Long Jump

1	71	Ben Heron	North Ayrshire AC	Long Jump
2	21	Lorien Carnegie	Inverclyde AC	Long Jump
3	109	Samantha McClune	North Ayrshire	Long Jump
4	5	Kathryn Ballard	NAAC	Long Jump
5	130	Leah murray	North Ayrshire AC	Long Jump
6	10	olivia boyle	Whitemoss AAC	Long Jump
7	67	Adam Hannah	Victoria Park City of Glasgow	Long Jump
8	193	Ola Zurakowska	Kilbarchan AAC	Long Jump
9	178	Lewis Vick	North Ayrshire Athletics Club	Long Jump
10	4	Aoibha Ballard	NAAC	Long Jump
11	182	Emily Watson	Giffnock North	Long Jump
12	9	Ailsa Boyd	Kilbarchan AAC	Long Jump
1	82	Tamiya Jarvis (U13G)	Victoria park Glasgow	Shot Putt
2	167	Orla Stewart(U13G)	Victoria Park	Shot Putt
3	146	Evie Robertson(U13G)	Falkirk Vics	Shot Putt
4	16	Claire Cameron(W60)	VPCOG	Shot Putt
5	13	LILLY Caig (U13G)	North Ayrshire athletics club	Shot Putt
6	92	Rachael Kirkland(U13G)	Garscube Harriers	Shot Putt
7	56	Angus Gay(U13B)	Cumbernauld AAC	Shot Putt
8	12	Jessie Caig(U13G)	North Ayrshire athletics club	Shot Putt
9	185	Iris williams(U17W)	Giffnock North Athletics Club	Shot Putt
10	58	Dylan Gee(U13B)	NAAC	Shot Putt
11	7	Lewis Boal(U13B)	West Dumbarton	Shot Putt
12	184	Emily Williams(U13G)	Giffnock North Athletics Club	Shot Putt
13	122	Harris McNicol(U13B)	North Ayrshire Athletics Club	Shot Putt
14	57	Hana Gay(U15G)	Cumbernauld AAC	Shot Putt
15	36	Katy Donnelly(U13G)	Giffnock North	Shot Putt
16	142	Ruaridh Prentice(U13B)		Shot Putt
17	91	Millie Kirkland(U13G)	Garscube Harriers	Shot Putt