

**2011 Highlands, Islands and Grampian Regional Championships
Track Results**

Final			Club	Time	
1	400m Hurdles 1	Men Alasdhair Love	Aberdeen AAC	01:02:54	CR
1	400m Hurdles 6	U20 Men Eoghan Macnamara	Inverness Harriers AAC	01:02:57	CR
1	400m Hurdles 125	U18 Men Alexander Thorne	Inverness Harriers AAC	01:05:59	
2	109	Stuart Michael	Inverness Harriers AAC	01:08:64	
1	400m Hurdles 45	Women Marie Dobson	Aberdeen AAC	01:05:55	CR
2	9	Jade Halket	Aberdeen AAC	01:05:60	
1	300m Hurdles 160	U18 Women Morna Brown	Orkney AC	51:82	
2	113	Jennie Will	Inverness Harriers AAC	54:95	
Heat 1/3	75m	U12 Girls	wind -2.5		
1	144	Amy Davis	Orkney AC	11.79	
2	187	Rachelle Matheson	Elgin AC	11.88	
3	162	Kirstin Flett	Orkney AC	11.94	
4	208	Kayreen MacCleod	North Uist AAC	12.38	
5	246	Sophie Black	Shetland AC	13.05	
Heat 2/3	75m	U12 Girls	wind -5.4		
1	48	Gabrielle MacGregor	Caithness AAC	12.60	
2	245	Jasmin Smith	Shetland AC	13.98	
3	12	Neftera Booth	Caithness AAC	14.17	
4	27	Nicola Dalgarno	Moray Road Runners	14.84	
Heat 3/3	75m	U12 Girls	wind -2.5		
1	54	Rachael Cowie	Caithness AAC	12.92	
2	164	Flora Skinner	East Sutherland AC	13.07	
3	122	Connie Campbell	Inverness Harriers AAC	13.14	
4	26	Erin Robinson	Ross county AC	13.63	
Heat 1/3	75m	U12 Boys	wind -3.2		
1	242	Seamus MacKay	Shetland AC	12.72	
2	33	Stuart Kirk	Caithness AAC	13.01	
3	201	Donald John MacMillan	North Uist AAC	13.05	
4	212	Calum Craib	North Uist AAC	13.53	
5	73	Toran Simmons	Nairn Aberdeen AAC	13.63	

	75m	U12 Boys	wind not recorded	
Heat 2/3				
1	243	Bobby Laurenson	Shetland AC	11.58
2	224	Andrew McFarlane	Inverness Harriers AAC	11.81
3	206	Finlay MacVicar	North Uist AAC	12.78
4	81	Graeme Squires	Nairn Aberdeen AAC	13.17
5	213	Charlie Gower	North Uist AAC	13.92
	75m	U12 Boys	wind -1.6	
Heat 3/3				
1	103	Kieran Barnsby	East Sutherland AC	11.49
2	225	Craig Strachan	Banchory Stonehaven	12.00
3	40	Liam Robbins	East Sutherland AC	12.48
4	240	Finlay Mercer	Shetland AC	12.62
5	192	Innes Macrae Branagan	North Uist AAC	13.10
6	241	Dylan Black	Shetland AC	13.46
	100m	U14 Girls	wind -1.9	
Heat 1/3				
1	146	Taylah Spence	Orkney AC	13.79
2	7	Madeline Furnival	Banchory Stonehaven	14.58
3	229	Abigael MacGregor	Ross county AC	15.06
4	165	Alice Black	Inverness Harriers AAC	15.15
5	274	Molly Todd	Ross county AC	15.56
6	216	Katlyn MacLellan	North Uist AAC	16.12
7	190	Mhairi Ann MacInnes	North Uist AAC	17.20
	100m	U14 Girls	wind -2.0	
Heat 2/3				
1	44	Alisha Rees	Banchory Stonehaven	14.43
2	186	Rebecca Matheson	Elgin AC	14.93
3	177	Mairi Mackintosh	North Uist AAC	15.41
4	74	Hannah Suiter	Nairn Aberdeen AAC	15.71
5	207	Amelia Lane	North Uist AAC	16.05
6	147	Elsa Bain	Orkney AC	16.25
7	86	Mia Mackintosh	Nairn Aberdeen AAC	16.71
	100m	U14 Girls	wind -3.1	
Heat 3/3				
1	36	Lauren Bell	Moray Road Runners	14.53
2	227	Polly Christie	Banchory Stonehaven	15.27
3	249	Cara Steven	Shetland AC	15.50
4	248	Claire Johnston	Shetland AC	16.03
5	167	Fern MacDonald	North Uist AAC	16.47
6	83	Kloe Gibson	Nairn Aberdeen AAC	17.43
	100m	U14 Boys	wind -1.9	
Heat 1/2				
1	108	George Evans	Inverness Harriers AAC	13.87
2	133	Chris Mackay	Orkney AC	14.85
3	13	Imhotep Booth	Caithness AAC	15.11
4	21	Findlay Donegan	Elgin AC	15.44
5	200	Innes MacDonald	North Uist AAC	16.30
6	204	Owen Calum Vesey	North Uist AAC	16.58

	100m	U14 Boys	wind -2.0	
Heat 2/2				
1	46	Fraser Thom	Inverness Harriers AAC	15.20
2	199	Douglas Muncaster	North Uist AAC	15.68
3	226	Kieran Strachan	Banchory Stonehaven	16.82
4	203	Ross Nicolson	North Uist AAC	16.86
	100m	U16 Girls	wind -2.6	
Heat 1/2				
1	189	Katie Snedden	Inverness Harriers AAC	13.60
2	151	Jodie Drever	Orkney AC	13.99
3	127	Kate Samuel	Banchory Stonehaven	14.71
4	254	Kirsty Laurenson	Shetland AC	14.98
5	157	Ilona Wishart	Orkney AC	15.34
6	161	Hayley Duncan	Orkney AC	16.22
	100m	U16 Girls	wind -2.9	
Heat 2/2				
1	112	Natalie MacDonald	Inverness Harriers AAC	13.67
2	163	Joanna MacDonald	Ross county AC	14.27
3	257	Holly King	Shetland AC	14.48
4	156	Kelsie Jessiman	Orkney AC	14.64
5	110	Carey Ross	Inverness Harriers AAC	14.70
6	150	Dana Sutherland	Orkney AC	14.80
7	205	Lauren Skinner	North Uist AAC	16.13
	100m	U16 Boys	wind -3.6	
Heat 1/2				
1	181	Christopher Brown	Inverness Harriers AAC	12.87
2	253	Joe Spence	Shetland AC	13.26
3	221	Gregor MacLennan	Inverness Harriers AAC	13.47
4	66	Christopher Mollison	Inverness Harriers AAC	13.54
5	215	Sean Brady	North Uist AAC	13.74
6	136	Fergus Mclvor	Orkney AC	14.66
7	228	Euan Chrisite	Banchory Stonehaven	14.71
	100m	U16 Boys	wind -3.4	
Heat 2/2				
1	191	Owen Calum MacInnes	North Uist AAC	12.36
2	138	Liam Drury	Orkney AC	12.51
3	267	Lewis Dinsdale	Inverness Harriers AAC	12.81
4	143	Samuel Parkinson	Orkney AC	12.93
5	38	Callum Alexander	Moray Road Runners	13.46
6	252	Aidan Jarmson	Shetland AC	13.49
7	198	Ruaridh Muncaster	North Uist AAC	14.20
Final	100m	U18 Women	wind -2.9	
1	120	Kathryn Christie	Banchory Stonehaven	12.86
2	58	Ailie Rodgers	Inverness Harriers AAC	14.00
3	158	Polly Thomson	Orkney AC	14.48
4	16	Kate Henderson	Caithness AAC	15.93

Final	100m	U20 Women	Wind -1.1	
1	5	Katie Munro	Inverness Harriers AAC	13.86
Final	100m	U18 Men	wind -2.2	
1	47	David Smith	Inverness Harriers AAC	12.23
2	57	Scott Fraser	East Sutherland AC	12.68
3	184	Liam Macadie	Caithness AAC	13.01
Final	100m	Women	wind -1.1	
1	238	Faye Richardson	Shetland AC	12.83
2	49	Alison Wylie	Aberdeen AAC	13.07
3	64	Rachael MacKenzie	Inverness Harriers AAC	13.56
Final	100m	Men	wind -1.4	
1	56	Derek Glasgow	Inverness Harriers AAC	13.24
2	102	Neil Campbell	Nairn Aberdeen AAC	14.12
Final	100m	U20 Men		
1	10	Sam Freck	Inverness Harriers AAC	11.54
2	259	Haydn Thomason	Shetland AC	11.73
3	61	Pat Sattaphol	Stornoway Running AC	12.35
Heat 1	800m	U12 Girls		
1	144	Amy Davis	Orkney AC	2.51.93
2	48	Gabrielle MacGregor	Caithness AAC	2.55.32
3	26	Erin Robinson	Ross county AC	3.05.72
4	122	Connie Campbell	Inverness Harriers AAC	3.08.34
5	246	Sophie Black	Shetland AC	3.10.91
6	162	Kirstin Flett	Orkney AC	3.11.49
7	164	Flora Skinner	Ross county AC	3.11.63
8	54	Rachael Cowie	Caithness AAC	3.15.00
9	245	Jasmin Smith	Shetland AC	3.30.03
10	27	Nicola Dalgarno	Moray Road Runners	3.40.38
DNF	208	Kayreen MacCleod	North Uist AAC	
Heat 1/2	800m	U12 Boys		
1	31	Eoghann Gollan	East Sutherland AC	2.38.00
2	41	Fraser ROrkney ACh	East Sutherland AC	2.38.85
3	103	Kieran Barnsby	East Sutherland AC	2.45.25
4	242	Seamus MacKay	Shetland AC	2.50.89
5	206	Finlay MacVicar	North Uist AAC	2.51.87
6	243	Bobby Laurenson	Shetland AC	2.52.74
7	81	Graeme Squires	Nairn Aberdeen AAC	2.59.31
8	225	Craig Strachan	Banchory Stonehaven	2.59.41

Heat 2/2	800m	U12 Boys		
1	224	Andrew McFarlane	Inverness Harriers AAC	2.58.14
2	240	Finlay Mercer	Shetland AC	2.58.58
3	33	Stuart Kirk	Caithness AAC	3.05.40
4	213	Charlie Gower	North Uist AAC	3.06.58
5	241	Dylan Black	Shetland AC	3.06.84
6	192	Innes Macrae Branagan	North Uist AAC	3.12.25
7	201	Donald John MacMillan	North Uist AAC	3.13.48
7	212	Calum Craib	North Uist AAC	3.13.48
9	73	Toran Simmons	Nairn Aberdeen AAC	3.17.41
10	11	Amentep Booth	Caithness AAC	3.24.56

Heat 1/2	800m	U14 Girls		
1	63	Gillian Gordon	Inverness Harriers AAC	2.42.95
2	53	Lucie Massie	Forres	2.43.56
3	249	Cara Steven	Shetland AC	2.46.31
4	69	Katie Scott	Nairn Aberdeen AAC	2.50.55
5	247	Ava Williams	Shetland AC	2.51.83
6	147	Elsa Bain	Orkney AC	2.55.67
7	149	Jennifer Bichan	Orkney AC	3.01.50

Heat 2/2	800m	U14 Girls		
1	145	Erina Brown	Orkney AC	2.36.11
2	124	Lauren Fraser	Inverness Harriers AAC	2.40.26
3	84	Hannah Blackburn	Nairn Aberdeen AAC	2.42.19
4	32	Rhiannon Kirk	Caithness AAC	2.45.71
5	227	Polly Christie	Banchory Stonehaven	2.52.06
6	229	Abigael MacGregor	Ross county AC	2.52.62
7	78	Rachel McMillan	Nairn Aberdeen AAC	2.55.81
8	274	Molly Todd	Ross county AC	3.00.95

Final	800m	U14 Boys		
1	98	Stewart Millar	Aberdeen AAC	2.20.38
2	104	Liam Barnsby	East Sutherland AC	2.20.99
3	195	Paul Morrison	North Uist AAC	2.29.70
4	134	Andrew Davis	Orkney AC	2.30.46
5	59	Murray Fraser	Inverness Harriers AAC	2.33.04
6	266	Patrick McEwen	Inverness Harriers AAC	2.33.16
7	22	Mark O Brian	Caithness AAC	2.49.40
8	204	Owen Calum Vesey	North Uist AAC	2.50.11
9	226	Kieran Strachan	Banchory Stonehaven	3.02.45
10	180	Hamish Osian Baker	Nairn Aberdeen AAC	3.06.45

Final	800m	U16 Girls		
1	121	Heather Campbell	Inverness Harriers AAC	2.33.56
2	17	Sarah Henderson	Caithness AAC	2.40.17
3	77	Rachael MacLennan	Nairn Aberdeen AAC	2.40.90
4	256	Molly Morgan	Shetland AC	2.41.53
5	153	Sarah Macphail	Orkney AC	2.44.78
6	39	Dionne Milne	Moray Road Runners	2.55.34
7	106	Zoe Hayward	Forres	2.59.35

Final	800m	U18 Women				
1	119	Mhairi MacLennan	Inverness Harriers AAC	2.35.12		
Final	800m	U16 Boys				
1	30	Ross Gollan	East Sutherland AC	2.19.08		
2	97	Fraser Scott	Forres	2.22.62		
3	250	Eoin Leask	Shetland AC	2.24.19		
4	117	Alasdair Coupar	East Sutherland AC	2.24.32		
Final	800m	U20 Women				
1	263	Emma Leask	Shetland AC	2.21.74		
Final	800m	Women				
1	115	Jenny Bannerman	Inverness Harriers AAC	2.26.62		
2	218	Carly Hall	Aberdeen AAC	2.29.37		
Final	800m	U18 Men				
1	23	Michael Ferguson	Banchory Stonehaven	2.03.81		
2	233	Sean Chalmers	Inverness Harriers AAC	2.03.87		
3	166	Andrew Fraser	East Sutherland AC	2.12.81		
4	142	David Hourie	Orkney AC	2.13.06		
5	220	Finlay MacLennan	Inverness Harriers AAC	2.17.89		
Final	800m	U20 Men				
1	118	Stephen Mackay	Inverness Harriers AAC	2.07.42		
Final	800m	Men				
1	237	Joshua Morrison	Shetland AC	2.03.56	CR	
2	235	Alan Williamson	Shetland AC	2.06.60		
Final	400m	U16 Boys				
1	97	Fraser Scott	Forres	59.19		
2	271	Ben Mitchell	Moray Road Runners	1.00.16		
3	188	Douglas Holland	Ross county AC	1.03.24		
4	139	Alex Stevenson	Orkney AC	1.06.11		
5	137	Joe Gregg	Orkney AC	1.08.22		
Final	400m	U18 Men				
1	42	Ben Nelson	Inverness Harriers AAC	54.07		
2	268	Gaius Bews	Orkney AC	54.80		
3	141	Magnus Blair	Orkney AC	55.76		
4	109	Stuart Michael	Inverness Harriers AAC	58.17		
Final	400m	U20 Women				
1	261	Megan Smith	Shetland AC	1.03.47	CR	
2	263	Emma Leask	Shetland AC	1.08.21		
Final	400m	U20 Men				
1	259	Haydn Thomason	Shetland AC	51.41		
2	175	Adam Hobson	Inverness Harriers AAC	52.88		

Final	400m	Men			
1	170	James Joy	Aberdeen AAC	51.71	
2	24	Andrew John Ferguson	Banchory Stonehaven	52.77	
3	3	Peter Mutch	Aberdeen AAC	53.23	
4	55	Iain Townsend	North Uist AAC	56.58	
Final	5000m	Sen Women			
1	217	Sarah Johnson	North Uist AAC	19.54.28	CR
Heat 1/3	200m	U14 Girls	wind -2.4		
1	44	Alisha Rees	Banchory Stonehaven	28.75	
2	36	Lauren Bell	Moray Road Runners	29.71	
3	7	Madeline Furnival	Banchory Stonehaven	29.73	
4	32	Rhiannon Kirk	Caithness AAC	34.02	
5	216	Katlyn MacLellan	North Uist AAC	34.35	
6	86	Mia Mackintosh	Nairn Aberdeen AAC	34.69	
Heat 2/3	200m	U14 Girls	wind -1.9		
1	186	Rebecca Matheson	Elgin AC	30.73	
2	227	Polly Christie	Banchory Stonehaven	31.13	
3	145	Erina Brown	Orkney AC	31.16	
4	71	Mary Ann Wescott	Nairn Aberdeen AAC	33.08	
Heat 3/3	200m	U14 Girls	wind -3.8		
1	146	Taylah Spence	Orkney AC	30.57	
2	247	Ava Williams	Shetland AC	32.34	
3	207	Amelia Lane	North Uist AAC	33.64	
Heat 1/3	200m	U14 Boys	wind -5.7		
1	98	Stewart Millar	Aberdeen AAC	29.32	
2	223	Daniel McFarlane	Inverness Harriers AAC	29.40	
3	46	Fraser Thom	Inverness Harriers AAC	31.03	
4	135	Jack Gordon	Orkney AC	32.05	
5	200	Innes MacDonald	North Uist AAC	34.26	
6	199	Douglas Muncaster	North Uist AAC	35.00	
Heat 2/3	200m	U14 Boys	wind -4.0		
1	108	George Evans	Inverness Harriers AAC	29.29	
2	51	Daniel Wilby	Inverness Harriers AAC	31.63	
3	273	Euan Crawford	Inverness Harriers AAC	35.46	
4	203	Ross Nicolson	North Uist AAC	37.47	
Heat 2/3	200m	U14 Boys	wind -1.2		
1	59	Murray Fraser	Inverness Harriers AAC	30.00	
2	195	Paul Morrison	North Uist AAC	30.27	
3	133	Chris Mackay	Orkney AC	31.37	
4	134	Andrew Davis	Orkney AC	31.57	
5	13	Imhotep Booth	Caithness AAC	31.88	
6	202	Fergus MacVicar	North Uist AAC	32.62	
7	82	Kieran Gibson	Nairn Aberdeen AAC	34.08	

Heat 1/2	200m	U16 Girls	wind -3.5		
1	112	Natalie MacDonald	Inverness Harriers AAC	29.55	
2	163	Joanna MacDonald	Ross county AC	30.85	
3	110	Carey Ross	Inverness Harriers AAC	31.22	
4	157	Ilona Wishart	Orkney AC	32.38	
5	161	Hayley Duncan	Orkney AC	34.00	
6	155	Sirena Welbon	Orkney AC	36.02	
Heat 2/2	200m	U16 Girls	wind -2.7		
1	151	Jodie Drever	Orkney AC	29.52	
2	156	Kelsie Jessiman	Orkney AC	29.99	
3	150	Dana Sutherland	Orkney AC	30.70	
4	257	Holly King	Shetland AC	30.98	
5	28	Lara Dalgarno	Moray Road Runners	31.79	
6	205	Lauren Skinner	North Uist AAC	33.62	
Heat 1/2	200m	U16 Boys	wind -4.7		
1	181	Christopher Brown	Inverness Harriers AAC	26.25	
2	267	Lewis Dinsdale	Inverness Harriers AAC	26.28	
3	138	Liam Drury	Orkney AC	26.54	
4	97	Fraser Scott	Forres	26.65	
5	137	Joe Gregg	Orkney AC	30.65	
Heat 2/2	200m	U16 Boys	wind -1.6		
1	191	Owen Calum MacInnes	North Uist AAC	25.77	
2	143	Samuel Parkinson	Orkney AC	26.33	
3	38	Callum Alexander	Moray Road Runners	27.64	
4	221	Gregor MacLennan	Inverness Harriers AAC	27.72	
5	253	Joe Spence	Shetland AC	27.98	
6	136	Fergus Mclvor	Orkney AC	30.45	
7	228	Euan Chrisite	Banchory Stonehaven	31.88	
Final	200m	U18 Women	wind -3.5		
1	120	Kathryn Christie	Banchory Stonehaven	26.50	
2	58	Ailie Rodgers	Inverness Harriers AAC	28.46	
3	70	Heather Winfield	Nairn Aberdeen AAC	29.64	
4	158	Polly Thomson	Orkney AC	31.04	
Final	200m	U20 Women	wind -3.5		
1	261	Megan Smith	Shetland AC	28.24	CR
2	5	Katie Munro	Inverness Harriers AAC	28.61	
Final	200m	U18 Men	wind -3.3		
1	141	Magnus Blair	Orkney AC	25.24	
2	42	Ben Nelson	Inverness Harriers AAC	25.26	
3	47	David Smith	Inverness Harriers AAC	25.29	
4	268	Gaius Bews	Orkney AC	25.43	
5	60	George Goddard	Inverness Harriers AAC	25.48	
6	111	Ross Fraser	Inverness Harriers AAC	26.92	
7	184	Liam Macadie	Caithness AAC	27.40	

Final	200m	Women	wind -4.3	
1	238	Faye Richardson	Shetland AC	26.87
2	49	Alison Wylie	Aberdeen AAC	27.18
3	45	Marie Dobson	Aberdeen AAC	27.56
4	64	Rachael MacKenzie	Inverness Harriers AAC	28.08
5	9	Jade Halket	Aberdeen AAC	28.13
Final	200m	U20 Men	wind -1.2	
1	259	Haydn Thomason	Shetland AC	23.49
2	10	Sam Freck	Inverness Harriers AAC	23.54
3	61	Pat Sattaphol	Stornoway Running AC	25.38
Final	200m	Men	wind -1.2	
1	3	Peter Mutch	Aberdeen AAC	24.05
2	182	Thomas Newton	Orkney AC	24.68
Final	1500 s/c	U16 Boys		
1	95	Luke Shaw	Ross county AC	5.25.59
Final	1500S/C	U18 Women		
1	4	Bethany Wilson	Moray Road Runners	6.11.28
2	176	Isla Mackay	LAC	6.18.19
Final	1500 s/c	U18 Men		
1	65	James Wilson	Moray Road Runners	5.50.37
Final	75m Hurdles	U14 Girls	wind - Not Recorded	
1	36	Lauren Bell	Moray Road Runners	14.23
2	69	Katie Scott	Nairn Aberdeen AAC	15.78
3	165	Alice Black	Inverness Harriers AAC	16.18
4	74	Hannah Suiter	Nairn Aberdeen AAC	16.24
5	216	Katlyn MacLellan	North Uist AAC	16.51
Final	80m Hurdles	U16 Girls	wind - Not Recorded	
1	75	Shannon Sutherland	Nairn Aberdeen AAC	14.88
Final	80m Hurdles	U16 Boys	wind - Not Recorded	
1	135	Jack Gordon	Orkney AC	16.70
2	273	Euan Crawford	Inverness Harriers AAC	16.78
3	21	Findlay Donegan	Elgin AC	17.42
4	270	Logan Mathieson	Ross county AC	17.53
Final	100m Hurdles	U18 Women	wind - Not Recorded	
1	43	Anna Nelson	Inverness Harriers AAC	16.47
2	113	Jennie Will	Inverness Harriers AAC	18.76
Final	100m Hurdles	U16 Boys	wind - Not Recorded	
1	93	Ryan Hewitson	Aberdeen AAC	15.55
2	271	Ben Mitchell	Moray Road Runners	17.60
3	198	Ruaridh Muncaster	North Uist AAC	17.77

Final	800m	U14 Girls		
1	63	Gillian Gordon	Inverness Harriers AAC	2.33.84
2	84	Hannah Blackburn	Nairn Aberdeen AAC	2.38.65
3	53	Lucie Massie	Forres	2.40.71
4	249	Cara Steven	Shetland AC	2.47.39
5	145	Erina Brown	Orkney AC	2.47.68
6	32	Rhiannon Kirk	Caithness AAC	2.50.37
7	69	Katie Scott	Nairn Aberdeen AAC	2.58.73
DQ	124	Lauren Fraser	Inverness Harriers AAC	
Final	100m	U14 Girls	wind - Not Recorded	
1	44	Alisaha Rees	Banchory Stonehaven	13.66
2	146	Taylah Spence	Orkney AC	13.89
3	36	Lauren Bell	Moray Road Runners	14.21
4	7	Madeline Furnival	Banchory Stonehaven	14.61
5	186	Rebecca Matheson	Elgin AC	14.77
6	229	Abigael MacGregor	Ross county AC	14.98
7	165	Akice Black	Inverness Harriers AAC	15.21
8	227	Polly Christie	Banchory Stonehaven	15.30
Final	100m	U14 Boys	wind - Not Recorded	
1	108	George Evans	Inverness Harriers AAC	14.06
2	46	Fraser Thom	Inverness Harriers AAC	14.64
3	133	Chris MacKay	Orkney AC	14.77
4	13	Imhotep Booth	Caithness AAC	15.11
5	21	Findlay Donegan	Elgin AC	15.95
6	200	Innes MacDonald	North Uist AAC	16.12
7	199	Douglas Muncaster	North Uist AAC	16.16
8	226	Kieran Strachan	Banchory Stonehaven	16.66
Final	100m	U14 Girls	wind - Not Recorded	
1	189	Katie Snedden	Inverness Harriers AAC	13.59
2	112	Natalie MacDonald	Inverness Harriers AAC	13.72
3	151	Jodie Drever	Orkney AC	14.14
4	163	Joanna MacDonald	Ross county AC	14.36
5	156	Kelsie Jessiman	Orkney AC	14.69
6	127	Kate Samuel	Banchory Stonehaven	14.73
7	110	Carey Ross	Inverness Harriers AAC	14.73
8	257	Holly King	Shetland AC	14.83
Final	100m	U14 Boys	wind - Not Recorded	
1	191	Owen Calum MacInnes	North Uist AAC	12.42
2	138	Liam Drury	Orkney AC	12.76
3	181	Christopher Brown	Inverness Harriers AAC	12.80
4	267	Lewis Dinsdale	Inverness Harriers AAC	13.04
5	143	Samuel Parkinson	Orkney AC	13.23
6	253	Joe Spence	Shetland AC	13.29
7	221	Gregor MacLennan	Inverness Harriers AAC	13.55
8	38	Callum Alexander	Moray Road Runners	13.75

Final	300m	U16 Girls	wind - Not Recorded		
1	189	Katie Snedden	Inverness Harriers AAC	43.25	
2	17	Sarah Henderson	Caithness AAC	46.70	
3	168	Anna Marie Beaton	North Uist AAC	48.85	
4	106	Zoe Hayward	Forres	50.68	
5	155	Sireenna Welbon	Orkney AC	53.77	
Final	300m	U18 Women			
1	160	Morna Brown	Orkney AC	46.00	
Final	1500m	U16 Girls			
1	129	Hannah Cleghorn	Ross county AC	5.07.07	
2	154	Ellen Clyde	Orkney AC	5.34.17	
3	77	Rachael MacLennan	Nairn Aberdeen AAC	5.46.03	
4	169	Eilidh Macrae	East Sutherland AC	6.02.30	
Final	1500m	U16 Boys			
1	140	Paul Kerr	Orkney AC	4.46.62	
Final	1500m	U18 Men			
1	233	Sean Chalmers	Inverness Harriers AAC	4.19.87	
2	99	Finlay Murray	East Sutherland AC	4.35.77	
3	116	Dean Britton	Caithness AAC	5.44.97	
Final	1500m	U18 Women			
1	119	Mhairi MacLennan	Inverness Harriers AAC	5.16.10	
2	4	Bethany Wilson	Moray Road Runners	5.28.95	
3	176	Isla Mackay	LAC	6.20.41	
Final	1500m	U20 Women			
1	260	Katie Bristow	Shetland AC	4.53.13	
Final	1500m	Women			
1	115	Jenny Bannerman	Inverness Harriers AAC	4.51.22	CR
2	29	Sheila Gollan	Inverness Harriers AAC	4.51.78	
Final	1500m	U20	Men		
1	118	Stephen Mackay	Inverness Harriers AAC	4.26.29	
Final	1500m	Men			
1	171	Murdo Mackenzie	Stornoway Running AC	4.15.85	
2	237	Joshua Morrison	Shetland AC	4.20.28	
3	55	Iain Townsend	North Uist AAC	4.31.35	
Final	3000m	U18 Men			
1	123	Craig Campbell	Inverness Harriers AAC	10.05.76	
2	214	Graham Black	North Uist AAC	11.02.35	

Final	200m	U14 Girls	wind - Not Recorded	
1	44	Alisha Rees	Banchory Stonehaven	28.57
2	146	Taylah Spence	Orkney AC	30.04
3	36	Lauren Bell	Moray Road Runners	30.54
4	7	Madeline Furnival	Banchory Stonehaven	30.82
5	186	Rebecca Matheson	Elgin AC	32.05
6	227	Polly Christie	Banchory Stonehaven	32.27
7	247	Ava Williams	Shetland AC	32.74
Final	200m	U14 Boys	wind - Not Recorded	
1	108	George Evans	Inverness Harriers AAC	28.38
2	98	Stewart Millar	Aberdeen AAC	28.40
3	223	Daniel McFarlane	Inverness Harriers AAC	28.93
4	59	Murray Fraser	Inverness Harriers AAC	30.38
5	46	Fraser Thom	Inverness Harriers AAC	30.52
6	195	Paul Morrison	North Uist AAC	31.21
7	51	Daniel Wilby	Inverness Harriers AAC	31.36
8	133	Chris MacKay	Orkney AC	35.40
Final	200m	U16 Girls	wind - Not Recorded	
1	112	Natalie MacDonald	Inverness Harriers AAC	28.82
2	163	Joanna MacDonald	Ross county AC	29.94
3	151	Jodie Drever	Orkney AC	30.16
4	110	Carey Ross	Inverness Harriers AAC	30.32
5	156	Kelsie Jessiman	Orkney AC	30.63
6	150	Dana Sutherland	Orkney AC	31.02
7	257	Holly King	Shetland AC	31.93
8	28	Lara Dalgarno	Moray Road Runners	32.10
Final	200m	U16 Boys	wind - Not Recorded	
1	191	Owen Calum MacInnes	North Uist AAC	24.97
2	181	Christopher Brown	Inverness Harriers AAC	25.61
3	138	Liam Drury	Orkney AC	25.71
4	267	Lewis Dinsdale	Inverness Harriers AAC	25.96
5	97	Fraser Scott	Forres	26.24
6	143	Samuel Parkinson	Orkney AC	26.53
7	38	Callum Alexander	Moray Road Runners	27.39
8	221	Gregor MacLennan	Inverness Harriers AAC	27.69

**2011 Highlands, Islands and Grampian Regional Championships
Field Results**

Hammer	U16	Girls				
1	37	Emma	Bowie	Moray Road Runners	41.92	
Hammer	U18	Women				
1	2	Kelly	Bodley	Ellon AAC	41.27	
2	70	Heather	Winfield	Nairn AAC	17.84	
3	18	Louise	Milne	Ellon AAC	16.77	
Hammer	U20	Women				
1	85	Kerri	Cameron	Nairn AAC	31.86	
2	262	Sophie	Kelman	Shetland AAC	26.83	
Hammer	Women					
1	239	Elaine	Park	Shetland AAC	35.41	CR
Hammer	U16	Boys				
1	174	Aidan	Finnie	Ross County AC	31.13	
2	62	Thomas	Morris Luxton	East Sutherland AC	27.28	
Hammer	U20	Men				
1	87	Sam	O Kane	Caithness AAC	41.35	
Hammer	Men					
1	264	David	Ogilvie	Ross County AC	32.91	
2	130	Malcolm	Cleghorn	Ross County AC	30.08	
3	25	Eddie	McKenzie	Aberdeen AAC	25.04	
High Jump	U18	Women				
1	43	Anna	Nelson	Inverness Harriers AAC	1.55	
2	160	Morna	Brown	Orkney AC	1.50	
High Jump	Women					
1	64	Rachael	MacKenzie	Inverness Harriers AAC	1.60	
High Jump	U16	Boys				
1	93	Ryan	Hewitson	Aberdeen AAC	1.75	
2	271	Ben	Mitchell	Moray Road Runners	1.55	
3	139	Alex	Stevenson	Orkney AC	1.50	
4	79	Robert	Henshaw	Nairn AAC	1.30	
High Jump	U18	Men				
1	178	Ian	Coghill	Inverness Harriers AAC	1.94	
2	210	Ewen	Campbell	North Uist AAC	1.55	

Long Jump	U16	Girls				
1	150	Dana	Sutherland	Orkney AC		4.50
2	151	Jodie	Drever	Orkney AC		3.95
3	257	Holly	King	Shetland AAC		3.86
4	168	Anna Marie	Beaton	North Uist AAC		3.78
5	255	Aimee	Strachan	Shetland AAC		3.75
6	161	Hayley	Duncan	Orkney AC		3.60
7	256	Molly	Morgan	Shetland AAC		3.48
8	155	Sirena	Welbon	Orkney AC		3.37
9	254	Kirsty	Laurenson	Shetland AAC		3.34

Long Jump	U16	Boys				
1	251	Sam	Maver	Shetland AAC		4.85
2	194	Laurence	Donkers	North Uist AAC		4.54
3	215	Sean	Brady	North Uist AAC		4.22
4	136	Fergus	Mclvor	Orkney AC		4.08
5	197	Magnus	Fraser	North Uist AAC		3.82
6	79	Robert	Henshaw	Nairn AAC		3.47

Discus	U14	Girls				
1	114	Mary	Flockhart	Inverness Harriers AAC		23.80
2	177	Mairi	Mackintosh	North Uist AAC		14.08
3	148	Erin	Montgomery	Orkney AC		13.69

Discus	U14	Boys				
1	51	Daniel	Wilby	Inverness Harriers AAC		22.63
2	80	Rory	Ferguson	Nairn AAC		13.37
3	226	Kieran	Strachan	Banchory Stonehaven		10.22

Pole Vault	Men					
1	56	Derek	Glasgow	Inverness Harriers AAC		2.70
2	25	Eddie	McKenzie	Aberdeen AAC		2.70

High Jump	U14	Girls				
1	146	Taylah	Spence	Orkney AC		1.43
2	78	Rachel	McMillan	Nairn AAC		1.34
3	34	Alison	Horne	Inverness Harriers AAC		1.34
4	20	Kayleigh	Murray	Ellon AAC		1.31

High Jump	U14	Girls				
1	133	Chris	Mackay	Orkney AC		1.34
2	82	Kieran	Gibson	Nairn AAC		1.25

Long Jump	U14	Boys				
1	21	Findlay	Donegan	Elgin AC		4.17
2	199	Douglas	Muncaster	North Uist AAC		4.04
3	13	Imhotep	Booth	Caithness AAC		4.01
4	195	Paul	Morrison	North Uist AAC		3.81
5	266	Patrick	McEwen	Inverness Harriers AAC		3.73
6	22	Mark	O Brian	Caithness AAC		3.53
7	59	Murray	Fraser	Inverness Harriers AAC		3.53
8	128	Alexander	Macleod	Caithness AAC		3.44
9	82	Kieran	Gibson	Nairn AAC		3.38
10	270	Logan	Mathieson	Ross County AC		3.30
11	204	Owen Calum	Vesey	North Uist AAC		3.26
Javelin	U18	Women				
1	88	Paula	Gass	Edin		36.43
2	50	Shannon	Eyers	Caithness AAC		28.91
3	272	Alice	Gordon	Inverness Harriers AAC		26.39
Javelin	U18	Men				
1	105	Glenn	Murray	East Sutherland AC		41.70
Javelin	Men					
1	25	Eddie	McKenzie	Aberdeen AAC		35.48
2	102	Neil	Campbell	Nairn AAC		30.32
Long Jump	U14	Girls				
1	63	Gillian	Gordon	Inverness Harriers AAC		4.80
2	7	Madeline	Furnival	Banchory Stonehaven		4.12
3	165	Alice	Black	Inverness Harriers AAC		3.95
4	20	Kayleigh	Murray	Ellon AAC		3.84
5	145	Erina	Brown	Orkney AC		3.81
6	84	Hannah	Blackburn	Nairn AAC		3.58
7	186	Rebecca	Matheson	Elgin AC		3.47
8	71	Mary Ann	Wescott	Nairn AAC		3.43
9	249	Cara	Steven	Shetland AAC		3.35
10	74	Hannah	Suiter	Nairn AAC		3.34
11	247	Ava	Williams	Shetland AAC		3.33
12	86	Mia	Mackintosh	Nairn AAC		3.27
13	32	Rhiannon	Kirk	Caithness AAC		3.24
14	83	Kloe	Gibson	Nairn AAC		3.09
15	177	Mairi	Mackintosh	North Uist AAC		2.96
16	147	Elsa	Bain	Orkney AC		2.92
17	190	Mhairi Ann	MacInnes	North Uist AAC		2.91
Javelin	U16	Girls				
1	152	Thora	Cant	Orkney AC		31.85
2	75	Shannon	Sutherland	Nairn AAC		21.75

Javelin	U16	Boys					
1	38	Callum	Alexander	Moray Road Runners	36.18		
2	174	Aidan	Finnie	Ross County AC	34.65		
3	139	Alex	Stevenson	Orkney AC	34.04		
4	251	Sam	Maver	Shetland AAC	32.96		
Shot	U18	Women					
1	183	Natasha	Morris	Caithness AAC	9.98		
2	18	Louise	Milne	Ellon AAC	7.86		
3	16	Kate	Henderson	Caithness AAC	6.19		
Shot	U20	Women					
1	85	Kerri	Cameron	Nairn AAC	8.56		
2	5	Katie	Munro	Inverness Harriers AAC	6.59		
Shot	U20	Men					
1	87	Sam	O Kane	Caithness AAC	12.37.		
Shot	Men						
1	8	Gary	Sweeney	Moray Road Runners	12.75		
2	264	David	Ogilvie	Ross County AC	11.25		
3	25	Eddie	McKenzie	Aberdeen AAC	11.00		
4	130	Malcolm	Cleghorn	Ross County AC	10.15		
High Jump	U16	Girls					
1	153	Sarah	Macphail	Orkney AC	1.45		
2	75	Shannon	Sutherland	Nairn AAC	1.40		
3	17	Sarah	Henderson	Caithness AAC	1.35		
4	163	Joanna	MacDonald	Ross County AC	1.35		
Discus	U18	Women					
1	183	Natasha	Morris	Caithness AAC	33.84		
2	18	Louise	Milne	Ellon AAC	19.96		
3	19	Sarah	Murphy	Ellon AAC	19.90		
4	159	Rhian	Mackay	Orkney AC	17.92		
Discus	U20	Women					
1	85	Kerri	Cameron	Nairn AAC	30.90		
Discus	Women						
1	100	Kirsty	Law	Sale Harriers	51.17	CR	
2	67	Julie	Wyatt	Edin	38.98		
Discus	U18	Men					
1	105	Glenn	Murray	East Sutherland AC	33.64		
2	116	Dean	Britton	Caithness AAC	20.74		
Discus	U20	Men					
1	87	Sam	O Kane	Caithness AAC	40.25	CR	

Discus	Men				
1	8	Gary	Sweeney	Moray Road Runners	32.13
2	264	David	Ogilvie	Ross County AC	31.32
3	25	Eddie	McKenzie	Aberdeen AAC	29.50
4	130	Malcolm	Cleghorn	Ross County AC	22.45
Javelin	U14	Girls			
1	248	Claire	Johnston	Shetland AAC	26.49
2	114	Mary	Flockhart	Inverness Harriers AAC	23.32
3	34	Alison	Horne	Inverness Harriers AAC	23.20
4	83	Kloe	Gibson	Nairn AAC	12.80
5	148	Erin	Montgomery	Orkney AC	11.33
Javelin	U14	Boys			
1	265	Ewan	Ogilvie	Ross County AC	24.11
2	223	Daniel	McFarlane	Inverness Harriers AAC	24.02
3	104	Liam	Barnsby	East Sutherland AC	22.93
4	202	Fergus	MacVicar	North Uist AAC	18.31
5	80	Rory	Ferguson	Nairn AAC	16.75
6	72	Aaron	Grant	Nairn AAC	14.45
7	193	Neil A	MacMillan	North Uist AAC	13.85
Shot	U16	Girls			
1	39	Dionne	Milne	Moray Road Runners	8.53
2	127	Kate	Samuel	Banchory Stonehaven	8.30
3	28	Lara	Dalgarno	Moray Road Runners	7.48
4	254	Kirsty	Laurenson	Shetland AAC	6.44
Shot	U16	Boys			
1	174	Aidan	Finnie	Ross County AC	11.57
2	62	Thomas	Morris Luxton	East Sutherland AC	10.80
3	267	Lewis	Dinsdale	Inverness Harriers AAC	9.85
Long Jump	U18	Women			
1	43	Anna	Nelson	Inverness Harriers AAC	4.67
2	219	Lucy	Forsyth	Inverness Harriers AAC	4.53
3	19	Sarah	Murphy	Ellon AAC	4.22
4	158	Polly	Thomson	Orkney AC	4.12
Long Jump	U18	Men			
1	268	Gaius	Bews	Orkney AC	5.42
2	60	George	Goddard	Inverness Harriers AAC	5.27
3	111	Ross	Fraser	Inverness Harriers AAC	5.04
4	57	Scott	Fraser	East Sutherland AC	4.85
5	184	Liam	Macadie	Caithness AAC	4.57
6	65	James	Wilson	Moray Road Runners	4.36
Long Jump	U20	Men			
1	175	Adam	Hobson	Inverness Harriers AAC	5.46

Shot	U14	Girls				
1	34	Alison	Horne	Inverness Harriers AAC		9.07
2	248	Claire	Johnston	Shetland AAC		8.71
3	229	Abigail	MacGregor	Ross County AC		7.89
4	114	Mary	Flockhart	Inverness Harriers AAC		7.69
5	69	Katie	Scott	Nairn AAC		6.98
6	20	Kayleigh	Murray	Ellon AAC		6.67
7	148	Erin	Montgomery	Orkney AC		6.37
8	167	Fern	MacDonald	North Uist AAC		5.68
9	71	Mary Ann	Wescott	Nairn AAC		5.36
Shot	U14	Boys				
1	108	George	Evans	Inverness Harriers AAC		10.27
2	223	Daniel	McFarlane	Inverness Harriers AAC		8.27
3	51	Daniel	Wilby	Inverness Harriers AAC		7.29
4	134	Andrew	Davis	Orkney AC		6.50
5	200	Innes	MacDonald	North Uist AAC		6.34
6	80	Rory	Ferguson	Nairn AAC		6.12
7	202	Fergus	MacVicar	North Uist AAC		5.63
8	203	Ross	Nicolson	North Uist AAC		5.48
9	193	Neil A	MacMillan	North Uist AAC		5.09
10	72	Aaron	Grant	Nairn AAC		5.02
Discus	U16	Girls				
1	39	Dionne	Milne	Moray Road Runners		29.96
2	127	Kate	Samuel	Banchory Stonehaven		21.87
3	28	Lara	Dalgarno	Moray Road Runners		15.29
4	152	Thora	Cant	Orkney AC		13.83
Discus	U16	Boys				
1	62	Thomas Morris	Luxton	East Sutherland AC		29.87
2	211	Fazel	Froughi	North Uist AAC		18.25
Triple Jump	U18	Men				
1	219	Lucy	Forsyth	Inverness Harriers AAC		9.48
2	19	Sarah	Murphy	Ellon AAC		9.29
3	70	Heather	Winfield	Nairn AAC		9.23
Triple Jump	U20	Men				
1	179	Natalie	Coghill	Inverness Harriers AAC		10.58
Triple Jump	U16	Men				
1	66	Christopher	Mollison	Inverness Harriers AAC		10.63
2	194	Laurence	Donkers	North Uist AAC		9.55
3	79	Robert	Henshaw	Nairn AAC		8.08
Triple Jump	U18	Men				
1	109	Stuart	Michael	Inverness Harriers AAC		10.82
2	99	Finlay	Murray	East Sutherland AC		10.82
3	214	Graham	Black	North Uist AAC		10.15