

# Scottish Athletics League

## Match 4 27 August 2016 Grangemouth

### Division 1

400m Hurdles A		Division 1	
1	1 Daniel Rees	Aberdeen	55.21 16
2	3 Iain Wilson (U20)	VP Glasgow	58.19 14
3	13 Ross Croall	Arbroath	63.50 12
4	5 Michael Wright	Central	63.77 10
5	7 Michael Deason	Shettleston	64.87 8
6	9 Alexander Watters (U20)	Kilbarchan	66.50 6
7	15 Colin Menzies	Lasswade	69.72 5
8	11 Fionnbh McDonald (U20)	Edinburgh	77.93

800m A		Division 1	
1	5 Tom Watson	Central	1:51.57 16
2	1 Rory Muir	Aberdeen	1:53.45 14
3	7 Callum Drummond	Shettleston	1:53.76 12
4	3 Christopher Boyle (U20)	VP Glasgow	1:56.82 10
5	15 Owen Miller	Lasswade	2:00.02 8
6	11 Paul Ireland (U20)	Edinburgh	2:01.66 6
7	9 David Martin (U17)	Kilbarchan	2:04.04 5

100m A		Division 1		-0.4 m/
1	11 Allan Hamilton	Edinburgh	10.95	16
2	1 Gavin Irvine	Aberdeen	11.15	14
3	3 Kade Thomas	VP Glasgow	11.35	12
4	5 John MacLennan (U17)	Central	11.37	10
5	7 John Ruddy	Shettleston	11.58	8
6	13 Patrick Swan	Arbroath	11.68	6
7	9 Nishant Puri	Kilbarchan	11.74	5
8	15 Tobi Oladipo	Lasswade	12.04	4

100m Guest Race 1		-0.8 m/	
1	11 Rohan Green (U20)	Edinburgh	11.67
2	12 Ken Fairbrother (U17)	Edinburgh	11.97
3	19 William Godding (U20)	Inverness	12.19
4	7 Robert Ferrol	Shettleston	12.42

3000m SC A		Division 1	
1	7 Michael Deason	Shettleston	9:30.62 16
2	3 Martin Hayes	VP Glasgow	9:38.15 14
3	5 Michael Wright	Central	9:42.98 12
4	1 Fearghas Thomson	Aberdeen	10:08.35 10
5	9 Conor Thomson (U20)	Kilbarchan	10:50.00 8
6	15 Colin Menzies	Lasswade	11:02.49 6
7	13 Ross Croall	Arbroath	11:12.02 5
8	11 Fionnbh McDonald (U20)	Edinburgh	11:45.23 4

400m Hurdles B		Division 1	
1	4 Martin Hayes	VP Glasgow	60.25 12
2	39 Michael Cairns (U17)	Guest	61.12
3	14 Glen Laskiewicz	Arbroath	65.98 10
4	6 David Lindsay	Central	66.26 8
5	2 Alasdhair Love	Aberdeen	67.94 6
6	8 Andrew Jackson	Shettleston	69.49 4
7	12 Craig Lennie (U20)	Edinburgh	74.41 3

800m B		Division 1	
1	2 Stewart Millar (U20)	Aberdeen	1:55.21 12
2	6 Jamie Crowe	Central	2:00.20 10
3	8 Daniel Bradford	Shettleston	2:03.42 8
4	12 George Conner (U20)	Edinburgh	2:04.68 6
5	16 Kyle MacKenzie (U20)	Lasswade	2:12.72 4

100m B		Division 1		-0.3 m/
1	2 Desmond Ojei (U20)	Aberdeen	11.20	12
2	12 Michael Olsen (U20)	Edinburgh	11.32	10
3	4 Cian O'Donnell	VP Glasgow	11.72	8
4	16 Charles Carstairs	Lasswade	11.82	6
5	8 Paul Esdale	Shettleston	12.20	4
6	10 Alexander Watters (U20)	Kilbarchan	12.25	3
7	14 Mike Tarnawsky	Arbroath	12.43	2

100m Guest Race 2		-0.9 m/	
1	6 Michael Currie	Central	11.49
2	1 David Irvine	Aberdeen	11.55
3	29 Ryan Kyle	Corstorphine	11.77
4	2 Marcus Archer (U20)	Aberdeen	11.95
5	34 Gary Leek	Guest	12.88
6	23 Mark Magee	Inverclyde	13.13

3000m SC B		Division 1	
1	2 Euan G R Webster	Aberdeen	10:35.50 12
2	6 David Lindsay	Central	10:40.51 10
3	8 Andrew Jackson	Shettleston	11:04.50 8
4	16 Scott Dickson	Lasswade	11:57.89 6

### Division 2

400m Hurdles A		Division 2	
1	25 Taylor Roy (U20)	Pitreavie	61.40 16
2	19 Eoghan MacNamara	Inverness	62.47 14
3	17 Andrew Lawler	Falkirk	63.26 12
4	23 Michael Houston	Inverclyde	69.60 10

800m A		Division 2	
1	17 Scott Stirling	Falkirk	1:57.53 16
2	25 Ben Grant (U17)	Pitreavie	1:58.26 14
3	23 Callum Hunter	Inverclyde	1:58.88 12
4	31 Iain Robertson	Clydesdale	2:02.73 10
5	21 Stuart Gibson	Whitemoss	2:03.45 8
6	19 Finlay MacLennan	Inverness	2:12.27 6
35	Charlie Beeson (U20)	Guest	1:58.69
33	Aaron Odentz (U20)	Guest	2:01.04

100m A		Division 2		-0.1 m/
1	17 Grant Plenderleith	Falkirk	10.84	16
2	29 Craig Knowles	Corstorphine	11.43	14
3	19 Adam Hobson	Inverness	11.59	12
4	23 Shaun Tonner	Inverclyde	11.72	10
5	25 Craig Moriarty (U20)	Pitreavie	11.78	8
6	31 Cameron MacLeod	Clydesdale	11.93	6
7	21 Alexander Thomson (U17)	Whitemoss	12.76	5

100m Guest Race 3	
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3000m SC A		Division 2	
1	17 Andrew Lawler	Falkirk	9:48.79 16
2	19 Eoghan MacNamara	Inverness	10:17.31 14
3	25 Tyler White (U20)	Pitreavie	10:40.15 12
4	30 Alastair Brockie	Corstorphine	10:40.60 10
5	23 Matthew Thomson	Inverclyde	12:16.89 8

400m Hurdles B		Division 2	
1	26 Cameron Sinclair (U20)	Pitreavie	64.43 12
2	20 Ian Coghill	Inverness	65.87 10
3	18 Kieran Ferguson	Falkirk	69.22 8
4	24 Mark Magee	Inverclyde	70.81 6

800m B		Division 2	
1	26 James Adam (U17)	Pitreavie	2:01.37 12
2	18 Lewis Pentecost (U17)	Falkirk	2:02.73 10
3	24 Adam Hay (U17)	Inverclyde	2:04.47 8
4	32 Ryan Savage	Clydesdale	2:06.37 6
5	22 Matthew McKenna	Whitemoss	2:06.93 4
34	Ewan Calder	Guest	2:10.21
38	Evan Ross (U20)	Guest	2:12.37
36	Gary McKendrick	Guest	2:21.67

100m B		Division 2		0.1 m/s
1	26 Michael Tarnawsky (U20)	Pitreavie	11.72	12
2	20 Sam Freck	Inverness	11.93	10
3	30 Scott Hamilton	Corstorphine	12.02	8
4	32 Andrew Cusick	Clydesdale	12.06	6
5	24 Findlay Burnside (U17)	Inverclyde	12.11	4
6	18 Gary Smith	Falkirk	12.30	3

100m Guest Race 4	
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3000m SC B		Division 2	
1	18 Scott Stirling	Falkirk	10:22.20 12
2	29 James Harrison	Corstorphine	10:45.27 10
3	26 Colin Lamont	Pitreavie	11:36.09 8

110m Hurdles A		Division 1	-0.4 m/
1	9	Andrew Murphy	Kilbarchan 15.73 16
2	13	Michael Downie	Arbroath 16.97 14
3	7	Carson Graham	Shettleston 17.08 12
4	1	Jools Peters	Aberdeen 19.34 10

110m Hurdles B		Division 1	-0.4 m/
1	2	Kieran Gauld	Aberdeen 20.94 12
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110m Hurdles A		Division 2	0.4 m/s
1	25	Taylor Roy (U20)	Pitreevie 15.96 16
2	17	Ewan McCallum	Falkirk 20.12 14
3	19	Ian Coghill	Inverness 20.70 12

110m Hurdles B		Division 2	0.4 m/s
1	26	Adam Johnston (U20)	Pitreevie 21.17 12
2	20	Craig Cameron	Inverness 21.57 10
3	18	Andrew Lawler	Falkirk 22.38
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400m A		Division 1	
1	15	Greg Loudan	Lasswade 48.19 16
2	13	Patrick Swan	Arbroath 48.58 14
3	9	Martin Lipton	Kilbarchan 49.02 12
4	3	Lewis Serpell (U20)	VP Glasgow 51.08 10
5	11	James Flett	Edinburgh 51.15 8
6	1	Myles Nelson	Aberdeen 51.38 6
7	7	Callum Drummond	Shettleston 51.54 5

400m B		Division 1	
1	16	Shawn Wright	Lasswade 48.83 12
2	14	Liam Fotheringham (U20)	Arbroath 50.05 10
3	2	Marcus Archer (U20)	Aberdeen 51.98 8
4	12	George Conner (U20)	Edinburgh 53.38 6
5	6	Fraser MacPherson (U20)	Central 54.39 4
6	10	David Martin (U17)	Kilbarchan 55.11 3
7	8	Carson Graham	Shettleston 58.07 2

400m A		Division 2	
1	25	Ben Potrykus	Pitreevie 51.84 16
2	29	Ryan Kyle	Corstorphine 53.62 14
3	21	Alistair Stewart (U20)	Whitemoss 54.19 12
4	19	Callum Tynan (U17)	Inverness 54.37 10
5	17	Harris Pentecost (U17)	Falkirk 54.64 8
6	23	Andrew Hunter (U20)	Inverclyde 55.66 6
7	31	Iain Robertson	Clydesdale 55.85 5

400m B		Division 2	
1	24	Scott McCluckie	Inverclyde 52.56 12
2	26	Craig Moriarty (U20)	Pitreevie 53.55 10
3	18	George Leahardy	Falkirk 53.74 8
4	22	Matthew McKenna	Whitemoss 55.75 6
5	32	Tony Dolan	Clydesdale 56.65 4
6	20	Joseph Pedrana (U17)	Inverness 57.17 3
	36	Andrew Baldwin	Guest 57.21

1500m A		Division 1	
1	5	Alastair Hay	Central 3:48.22 16
2	1	Michael Ferguson	Aberdeen 3:57.18 14
3	15	Matthew Smith (U20)	Lasswade 4:00.57 12
4	12	Dominic O'Hare (U20)	Edinburgh 4:11.37 10
5	9	Andrew MacAngus (U17)	Kilbarchan 4:11.50 8
6	4	Steven Bryce	VP Glasgow 4:19.02 6
7	8	Brian McGarrity	Shettleston 4:20.68 5

1500m B		Division 1	
1	6	Ruaridh Miller	Central 4:11.29 12
2	2	James Joy	Aberdeen 4:13.54 10
3	11	Paul Ireland (U20)	Edinburgh 4:16.17 8
4	7	Daniel Bradford	Shettleston 4:31.01 6
5	16	Jamie Darling (U17)	Lasswade 4:39.84 4

1500m A		Division 2	
1	17	Ben Stevenson	Falkirk 3:54.58 16
2	29	Ewan Brown	Corstorphine 4:02.33 14
3	19	Craig Campbell	Inverness 4:08.43 12
4	21	Stuart Gibson	Whitemoss 4:13.16 10
5	23	Matthew Mackinnon (U20)	Inverclyde 4:15.50 8
6	26	James Adam (U17)	Pitreevie 4:31.83 6

1500m B		Division 2	
1	18	Euan Martin	Falkirk 3:56.39 12
2	24	Callum Hunter	Inverclyde 4:30.10 10
3	25	Ben Potrykus	Pitreevie 4:38.00 8
	34	Kevin Schenk	Guest 4:29.63
	33	Struan Ross (U17)	Guest 4:42.82

200m A		Division 1	-0.6 m/
1	13	Liam Fotheringham (U20)	Arbroath 22.58 16
2	9	Martin Lipton	Kilbarchan 22.84 14
3	7	John Ruddy	Shettleston 22.96 12
4	3	Kade Thomas	VP Glasgow 23.00 10
5	1	David Irvine	Aberdeen 23.20 8
6	5	Michael Currie	Central 23.32 6
7	15	Tobi Oladipo	Lasswade 24.80 5
	11	Rohan Green (U20)	Edinburgh DNF

200m B		Division 1	-1.4 m/
1	16	Charles Carstairs	Lasswade 23.40 12
2	2	Robbie Shaw	Aberdeen 23.68 10
3	4	Cian O'Donnell	VP Glasgow 23.74 8
4	10	Nishant Puri	Kilbarchan 23.96 6
5	12	Ken Fairbrother (U17)	Edinburgh 24.04 4
6	14	Callum Edwards	Arbroath 24.28 3
7	8	Paul Esdale	Shettleston 24.62 2
8	6	Mitchell Graham	Central 25.04 1

200m A		Division 2	-1.3 m/
1	17	Grant Plenderleith	Falkirk 21.50 16
2	29	Craig Knowles	Corstorphine 23.11 14
3	25	Cameron Sinclair (U20)	Pitreevie 23.18 12
4	19	Adam Hobson	Inverness 23.85 10
5	31	Cameron MacLeod	Clydesdale 24.01 8
6	23	Shaun Tonner	Inverclyde 24.64 6
7	21	Alexander Thomson (U17)	Whitemoss 26.20 5

200m B		Division 2	-1.2 m/
1	26	Taylor Roy (U20)	Pitreevie 23.62 12
2	24	Scott McCluckie	Inverclyde 24.14 10
3	20	Sam Freck	Inverness 24.42 8
4	30	Findlay Donegan (U20)	Corstorphine 24.61 6
5	18	George Leahardy	Falkirk 25.60 4
6	32	Michael Dunn (U17)	Clydesdale 25.97 3

200m Guest Race 1		-0.5 m/	
1	33	Myles Nelson	Guest 23.43
2	1	Thomas Carter (U20)	Aberdeen 24.22
3	12	Craig Lennie (U20)	Edinburgh 24.78

200m Guest Race 2		-1.4 m/	
1	2	Rory Muir	Aberdeen 24.35
2	29	Scott Hamilton	Corstorphine 24.70
3	7	Robert Ferrol	Shettleston 25.09
4	17	Steven Stone (U17)	Falkirk 27.33

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10km A		Division 1	
1	1	Will Mackay	Aberdeen 31:08.79 16
2	6	Dale Colley	Central 31:52.60 14
3	7	Andrew Little	Shettleston 34:50.16 12
4	11	Madis Osjajamets	Edinburgh 36:15.91 10

10km B		Division 1	
1	2	Broc Drury	Aberdeen 31:41.75 12
2	5	Alexander Hendry	Central 32:22.31 10
3	8	Mark McColl	Shettleston 37:43.18 8
4	12	Fionnbh McDonald (U20)	Edinburgh 39:09.83

10km A		Division 2	
1	17	Kyle McLellan	Falkirk 31:25.57 16
2	21	Stuart Gibson	Whitemoss 31:48.10 14
3	19	Kenny Wilson	Inverness 32:11.91 12
4	29	Bryan Clark	Corstorphine 34:33.22 10
5	23	David Henderson	Inverclyde 34:45.42 8
6	25	Tyler White (U20)	Pitreevie 36:13.99 6

10km B		Division 2	
1	22	Andrew King	Whitemoss 35:20.94 12
2	24	Michael Houston	Inverclyde 35:47.73 10
3	18	Barry Paterson	Falkirk 35:54.34 8
4	26	Neil MacLachlan	Pitreevie 37:36.94 6
	33	Rory Stead	Guest 33:19.81



Shot Putt A		Division 1	
1	13	Michael Downie	Arbroath 13.02 16
2	9	Andrew Murphy	Kilbarchan 12.63 14
3	1	Graham Porterfield	Aberdeen 11.35 12
4	8	Christopher Scanlon (U20)	Shettleston 11.33 10
5	15	Robert Ferguson	Lasswade 9.84 8
6	11	Cal McLennan (U20)	Edinburgh 9.77 6
7	3	Gerry Farrell	VP Glasgow 8.96 5
8	6	Ron Todd	Central 7.82 4

Discus A		Division 1	
1	9	Andrew Murphy	Kilbarchan 37.81 16
2	3	Gerry Farrell	VP Glasgow 33.22 14
3	13	Rene Rogers	Arbroath 33.01 12
4	1	John Fyvie	Aberdeen 31.76 10
5	6	Ron Todd	Central 29.02 8
6	8	David Little	Shettleston 27.73 6
7	15	Edward Kopystynski	Lasswade 22.07 5
8	12	Callum Robertson (U20)	Edinburgh 21.39 4

Hammer A		Division 1	
1	7	David Little	Shettleston 47.72 16
2	11	Craig Mullins (U20)	Edinburgh 46.00 14
3	1	John Fyvie	Aberdeen 40.83 12
4	3	Gerry Farrell	VP Glasgow 30.28 10
5	13	Rene Rogers	Arbroath 28.60 8
6	15	Edward Kopystynski	Lasswade 26.48 6
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Javelin A		Division 1	
1	9	Remi Caudoux	Kilbarchan 53.26 16
2	13	Michael Downie	Arbroath 51.52 14
3	4	Alexander Lewis (U20)	VP Glasgow 47.73 12
4	1	Rory Stewart (U20)	Aberdeen 43.83 10
5	15	Callum MacKenzie (U20)	Lasswade 41.58 8
6	11	Cal McLennan (U20)	Edinburgh 34.40 6
7	5	Ron Todd	Central 30.52 5
8	7	Peter Whiteman	Shettleston 27.25 4

Shot Putt B		Division 1	
1	2	John Fyvie	Aberdeen 10.34 12
2	14	Rene Rogers	Arbroath 9.49 10
3	10	Martin Lipton	Kilbarchan 9.16 8
4	7	David Little	Shettleston 8.73 6
5	16	John McOmish	Lasswade 8.02 4
6	4	Alexander Lewis (U20)	VP Glasgow 7.71 3
7	12	Callum Robertson (U20)	Edinburgh 6.69
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Discus B		Division 1	
1	14	Michael Downie	Arbroath 29.60 12
2	2	Eddie McKenzie	Aberdeen 26.33 10
3	16	John McOmish	Lasswade 21.23 8
4	4	Alexander Lewis (U20)	VP Glasgow 20.08 6
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Hammer B		Division 1	
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Javelin B		Division 1	
1	14	Damien Murray	Arbroath 43.67 12
2	2	Sam Lyon	Aberdeen 42.38 10
3	10	Andrew Murphy	Kilbarchan 41.23 8
4	12	Callum Robertson (U20)	Edinburgh 32.90 6
5	3	Martin Hayes	VP Glasgow 32.15 4
6	16	Shawn Wright	Lasswade 29.04 3
7	8	David Little	Shettleston 24.44
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Shot Putt A		Division 2	
1	17	Ciaran Wright	Falkirk 13.80 16
2	29	Dave Williamson	Corstorphine 11.72 14
3	21	Keith Garrow	Whitemoss 11.43 12
4	19	Daniel Wilby (U20)	Inverness 9.70 10
5	31	Cameron MacLeod	Clydesdale 7.89 8
6	23	Kenny Morrison	Inverclyde 7.88 6
7	26	Adam Johnston (U20)	Pitreevie 7.54 5
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Discus A		Division 2	
1	17	Ciaran Wright	Falkirk 39.18 16
2	21	Keith Garrow	Whitemoss 32.92 14
3	19	Ruaridh Gray (U20)	Inverness 31.25 12
4	29	Dave Williamson	Corstorphine 29.87 10
5	26	Michael Tarnawsky (U20)	Pitreevie 20.37 8
6	23	Kenny Morrison	Inverclyde 19.54
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Hammer A		Division 2	
1	17	Ciaran Wright	Falkirk 59.99 16
2	19	Nick Stone	Inverness 47.21 14
3	21	Iain Smith	Whitemoss 29.46 12
4	29	Dave Williamson	Corstorphine 25.90 10
5	25	Steve Wallace	Pitreevie 21.71 8
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Javelin A		Division 2	
1	19	Adam Hobson	Inverness 51.95 16
2	17	Ciaran Wright	Falkirk 40.48 14
3	26	Adam Johnston (U20)	Pitreevie 26.52 12
4	23	Kenny Morrison	Inverclyde 23.88
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Shot Putt B		Division 2	
1	22	Iain Smith	Whitemoss 10.73 12
2	20	William Godding (U20)	Inverness 9.46 10
3	18	John Pentecost	Falkirk 7.72 8
4	24	Mark Magee	Inverclyde 7.71 6
5	32	Ryan Savage	Clydesdale 7.26
	33	Jools Peters	Guest 11.67
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Discus B		Division 2	
1	20	Daniel Wilby (U20)	Inverness 29.21 12
2	22	Iain Smith	Whitemoss 28.81 10
3	18	Grant Plenderleith	Falkirk 24.01 8
	24	Robert Todd	Inverclyde NM
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Hammer B		Division 2	
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Javelin B		Division 2	
1	20	Finlay Macleay (U20)	Inverness 42.79 12
2	18	Alec Davidson	Falkirk 35.99 10
3	24	Michael Houston	Inverclyde 19.13
4	33	Jools Peters	Guest 45.23
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### Division 1 Match Result

Penalty Points	Match 4	Match Points	Pts
1	Aberdeen	395	8
2	VP Glasgow	244	7
3	Arbroath	243	6
4	4	Central	232 5
5	Lasswade	212	4
6	5	Edinburgh	205 3
7	Kilbarchan	193	2
8	20	Shettleston	182 1

After 19 events (out of 19)

### Division 1 League Positions

	After 4 Matches	Match Points	Pts
1	Aberdeen	1538	32
2	Central	1043	23
3	VP Glasgow	974	22
4	Arbroath	865	17
5	Kilbarchan	788	14
6	Lasswade	782	13
7	Edinburgh	789	12
8	Shettleston	822	11

### Division 2 Match Result

Penalty Points	Match 4	Match Points	Pts
1	Pitreevie	363	8
2	Falkirk	348	7
3	Inverness	343	6
4	14	Inverclyde	192 5
5	Corstorphine	164	4
6	Whitemoss	144	3
7	Clydesdale	110	2
8	Giffnock North	0	0

After 19 events

### Division 2 League Positions

	After 4 Matches	Match Points	Pts
1	Inverness	1359	29
2	Pitreevie	1111	27
3	Falkirk	1073	24
4	Inverclyde	863	22
5	Whitemoss	709	17
6	Corstorphine	594	13
7	Clydesdale	280	6
8	Giffnock North	197	4

**Notes**

Congratulations to League Champions Aberdeen, winners of all four matches this season.  
 Central finish in second place.  
 Edinburgh and Shettleston are relegated.

Edinburgh penalised 5 points (4x100 Relay) for using Callumn Robertson (U20) in more than 5 events  
 Note that Michael Cairns (Kilbarchan) was a very late guest entry for 400H hence causing some confusion  
 Central penalised 4 points for the 400mB as no A athlete competed.  
 Shettleston athletes in the 10km swapped numbers (now corrected).  
 As a result Shettleston are penalised 20 points for breaching UK/IAAF Rule 143 (see parts 7 to 11)

In the 4x400m Relay the DQs were Rule 170.19: Central at takeover 1, Shettleston at takeover 3.  
 170.19 = Outgoing runner in 4x400m relay begins running outside takeover zone

219 Athletes took part in this match

	<b>Previous Totals</b>	<b>Match Points</b>	<b>Pts</b>
1	Aberdeen	1143	24
2	Central	811	18
3	VP Glasgow	730	15
4	Kilbarchan	595	12
5	Arbroath	622	11
6	Shettleston	640	10
7	Edinburgh	584	9
8	Lasswade	570	9

**Notes**

Congratulations to Division 2 Champions Inverness  
 Pitreavie (today's match winners) are promoted in second place

Inverclyde penalised 14 points for not informing admin of the change in identity of both 100m runners  
 The identity of the Inverclyde athletes is now correct

**Scrutiny complete - and the deadline for appeals and corrections has passed.**

	<b>Previous Totals</b>	<b>Match Points</b>	<b>Pts</b>
1	Inverness	1016	23
2	Pitreavie	748	19
3	Falkirk	725	17
4	Inverclyde	671	17
5	Whitemoss	565	14
6	Corstorphine	430	9
7	Giffnock North	197	4
8	Clydesdale	170	4
9			
10			