

Results sponsored by



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SAL Combined events and Masters Championships

| T03 - 3000m W35/40/45/50 Final | | | | F01 - Pole Vault W50/M40/45/50 Final | | | | | |
|--|------------|-------------------------|---------------------------|--|------------|------------|--------------------|------------------------------|----------------|
| <u>Pos</u> | <u>Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | <u>Pos</u> | <u>Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> |
| 1 | 67 | Susan Ridley W40 | Edinburgh AC | 10.43.6 | 1 | 151 | Bob Masson M50 | Aberdeen AAC | 2.90 |
| 2 | 61 | Catherine Ferry W35 | Edinburgh AC | 11.02.2 | 2 | 114 | Kenneth Lyon M45 | Aberdeen AAC | 2.80 |
| 3 | 71 | Lynne Marr W45 | Springburn Harriers | 12.56.5 | 3 | 97 | Colin Christie M40 | Montrose & District AC | 2.00 |
| F02 - Triple Jump M35/45/50/55/65 Final | | | | T01 - 3000m M40/45/50/55/60 Final | | | | | |
| <u>Pos</u> | <u>Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | <u>Pos</u> | <u>Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> |
| 1 | 109 | Julien Gittens M45 | | 11.92 | 1 | 98 | Kevin Downie M40 | East Kilbride A.C. | 9.16.2 |
| 1 | 109 | Julien Gittens M45 | | 11.92 | 2 | 100 | Ian Johnston M40 | Shettleston Harriers | 9.20.8 |
| 2 | 147 | Robert Stevenson M55 | Ayr Seaforth AAC | 10.89 | 3 | 105 | Martin Duthie M45 | Calderglen Harriers | 9.58.7 |
| 3 | 156 | Trevor Madigan M65 | Aberdeen AAC | 8.99 | 4 | 126 | Colin Feechan M50 | Ron Hill Cambuslang Harriers | 10.05.0 |
| | | | | | 5 | 127 | James Ferguson M50 | Unattached | 10.12.1 |
| | | | | | 6 | 143 | Archie Jenkins M55 | Ron Hill Cambuslang Harriers | 10.51.9 |
| | | | | | 7 | 148 | James White M55 | Irvine AC | 10.56.5 |
| | | | | | 8 | 142 | Hugh Gallagher M55 | Giffnock North AAC | 11.02.1 |
| | | | | | 9 | 141 | Joseph Doyle M55 | VP-Glasgow AC | 11.07.7 |
| | | | | | 10 | 153 | Colin Youngson M60 | Forres Harriers | 11.20.3 |
| T02 - 60m Hurdles Masters-Men/Women Round 1 Heat 1 of 3 | | | | T02 - 60m Hurdles Masters-Men/Women Round 1 Heat 2 of 3 | | | | | |
| <u>Pos</u> | <u>Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | <u>Pos</u> | <u>Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> |
| 1 | 139 | Roy Buchanan M55 | Pitreavie AAC | 10.35 | 1 | 159 | Donald Butler M70 | Jarrow & Hebburn | 10.98 |
| 2 | 132 | Kenneth Pokorniecki M50 | Ross County Athletic Club | 11.70 | 2 | 64 | Fiona Lampkin W40 | Arbroath & District AC | 11.46 |
| 3 | 125 | Kenneth J Duncan M50 | Fife AC | 11.81 | | | | | |
| T04 - 60m W35/40/45/50 Final | | | | T05 - 60m M35/40 Final | | | | | |
| <u>Pos</u> | <u>Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | <u>Pos</u> | <u>Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> |
| 1 | 65 | Kathleen Madigan W40 | Aberdeen AAC | 8.35 | 1 | 94 | Cameron Smith M35 | Dunfermline & West Fife AC | 7.31 |
| 2 | 60 | Fiona Davidson W35 | Aberdeen AAC | 8.36 | 2 | 91 | Leon Braithwaite | | 7.43 |

| | | | | | | | | | |
|---|----|---------------------|---------------------------|-------|---|-----|--------------------|------------------------|------|
| 3 | 68 | Karen Storey W40 | Gateshead Harriers | 8.46 | | | M35 | | |
| 4 | 78 | Linda Nicholson W50 | Moorfoot Runners | 8.77 | 3 | 102 | William MacGee M40 | Team Southampton | 7.45 |
| 5 | 70 | Angela Kelly W45 | Giffnock North AAC | 9.37 | | | | | |
| 6 | 81 | Betty Steedman W75 | Musselburgh & District AC | 12.93 | 4 | 103 | Stephen Murray M40 | Larkhall YMCA Harriers | 7.66 |
| | | | | | 5 | 104 | Stanley Walker M40 | Aberdeen AAC | 7.67 |
| | | | | | 6 | 92 | John Mckeown M35 | Aberdeen AAC | 7.98 |

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| <p>T06 - 60m M45 Final</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1</td><td>107 Thomas A Finkle M45</td><td>Unattached</td><td>7.87</td></tr> <tr><td>2</td><td>116 Kevin Nicholson M45</td><td>Gateshead Harriers</td><td>7.88</td></tr> <tr><td>3</td><td>111 Ronald Hunter M45</td><td>Corstorphine AAC</td><td>7.90</td></tr> <tr><td>4</td><td>118 Alan Young M45</td><td>Aberdeen AAC</td><td>8.18</td></tr> </tbody> </table> | <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | 1 | 107 Thomas A Finkle M45 | Unattached | 7.87 | 2 | 116 Kevin Nicholson M45 | Gateshead Harriers | 7.88 | 3 | 111 Ronald Hunter M45 | Corstorphine AAC | 7.90 | 4 | 118 Alan Young M45 | Aberdeen AAC | 8.18 | <p>T07 - 60m M50 Final</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1</td><td>128 Iain McEwan Snr M50</td><td>Whitemoss AAC</td><td>8.07</td></tr> <tr><td>2</td><td>124 Craig Douglas M50</td><td>Larkhall YMCA Harriers</td><td>8.34</td></tr> <tr><td>3</td><td>125 Kenneth J Duncan M50</td><td>Fife AC</td><td>8.53</td></tr> <tr><td>4</td><td>123 Stephen Davis M50</td><td></td><td>8.64</td></tr> </tbody> </table> | <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | 1 | 128 Iain McEwan Snr M50 | Whitemoss AAC | 8.07 | 2 | 124 Craig Douglas M50 | Larkhall YMCA Harriers | 8.34 | 3 | 125 Kenneth J Duncan M50 | Fife AC | 8.53 | 4 | 123 Stephen Davis M50 | | 8.64 |
|---|---------------------------|---------------------------|----------------|----------------|---|-------------------------|--------------|---------|---|-------------------------|---------------------------|---------|--|-----------------------|--------------------|-------------|--|------------------------|--------------------------|--------------------|---|----------------|-------------------------|------------------------|----------------|---|---------------------------|---------------|---------|---|--------------------------|------------------------|---------|---|--------------------------|---------------------------|---------|---|-------------------------|--------------|-------|
| <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 107 Thomas A Finkle M45 | Unattached | 7.87 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 116 Kevin Nicholson M45 | Gateshead Harriers | 7.88 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 111 Ronald Hunter M45 | Corstorphine AAC | 7.90 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | 118 Alan Young M45 | Aberdeen AAC | 8.18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 128 Iain McEwan Snr M50 | Whitemoss AAC | 8.07 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 124 Craig Douglas M50 | Larkhall YMCA Harriers | 8.34 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 125 Kenneth J Duncan M50 | Fife AC | 8.53 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | 123 Stephen Davis M50 | | 8.64 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>T08 - 60m M55 Final</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1</td><td>145 Tom Phillips M55</td><td>Blackheath</td><td>8.20</td></tr> <tr><td>2</td><td>144 John McGarry M55</td><td>Irvine AC</td><td>8.20</td></tr> <tr><td>3</td><td>140 Bob Douglas M55</td><td>Harmeny AC</td><td>8.39</td></tr> <tr><td>4</td><td>139 Roy Buchanan M55</td><td>Pitreavie AAC</td><td>8.63</td></tr> </tbody> </table> | <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | 1 | 145 Tom Phillips M55 | Blackheath | 8.20 | 2 | 144 John McGarry M55 | Irvine AC | 8.20 | 3 | 140 Bob Douglas M55 | Harmeny AC | 8.39 | 4 | 139 Roy Buchanan M55 | Pitreavie AAC | 8.63 | <p>T09 - 60m M65/70/75 Final</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1</td><td>156 Trevor Madigan M65</td><td>Aberdeen AAC</td><td>8.76</td></tr> <tr><td>2</td><td>163 John Ross M70</td><td>Edinburgh AC</td><td>8.93</td></tr> <tr><td>3</td><td>159 Donald Butler M70</td><td>Jarrow & Hebburn</td><td>9.14</td></tr> <tr><td>4</td><td>167 Hugo J Fletcher M75</td><td>Aberdeen AAC</td><td>13.47</td></tr> </tbody> </table> | <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | 1 | 156 Trevor Madigan M65 | Aberdeen AAC | 8.76 | 2 | 163 John Ross M70 | Edinburgh AC | 8.93 | 3 | 159 Donald Butler M70 | Jarrow & Hebburn | 9.14 | 4 | 167 Hugo J Fletcher M75 | Aberdeen AAC | 13.47 |
| <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 145 Tom Phillips M55 | Blackheath | 8.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 144 John McGarry M55 | Irvine AC | 8.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 140 Bob Douglas M55 | Harmeny AC | 8.39 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | 139 Roy Buchanan M55 | Pitreavie AAC | 8.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 156 Trevor Madigan M65 | Aberdeen AAC | 8.76 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 163 John Ross M70 | Edinburgh AC | 8.93 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 159 Donald Butler M70 | Jarrow & Hebburn | 9.14 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | 167 Hugo J Fletcher M75 | Aberdeen AAC | 13.47 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>t12 - 400m M60/W35/45 Final</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1</td><td>149 Alan Fulton M60</td><td>Aberdeen AAC</td><td>66.29</td></tr> <tr><td>2</td><td>62 Angela Lyttle W35</td><td>Larkhall YMCA Harriers</td><td>66.54</td></tr> <tr><td>3</td><td>70 Angela Kelly W45</td><td>Giffnock North AAC</td><td>72.86</td></tr> </tbody> </table> | <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | 1 | 149 Alan Fulton M60 | Aberdeen AAC | 66.29 | 2 | 62 Angela Lyttle W35 | Larkhall YMCA Harriers | 66.54 | 3 | 70 Angela Kelly W45 | Giffnock North AAC | 72.86 | <p>t10 - 400m M35/40/45 Final</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1</td><td>103 Stephen Murray M40</td><td>Larkhall YMCA Harriers</td><td>56.61</td></tr> <tr><td>2</td><td>92 John Mckeown M35</td><td>Aberdeen AAC</td><td>57.36</td></tr> <tr><td>3</td><td>110 Nicholas Grocock M45</td><td>Havant AC</td><td>58.46</td></tr> </tbody> </table> | <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | 1 | 103 Stephen Murray M40 | Larkhall YMCA Harriers | 56.61 | 2 | 92 John Mckeown M35 | Aberdeen AAC | 57.36 | 3 | 110 Nicholas Grocock M45 | Havant AC | 58.46 | | | | | | | | |
| <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 149 Alan Fulton M60 | Aberdeen AAC | 66.29 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 62 Angela Lyttle W35 | Larkhall YMCA Harriers | 66.54 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 70 Angela Kelly W45 | Giffnock North AAC | 72.86 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 103 Stephen Murray M40 | Larkhall YMCA Harriers | 56.61 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 92 John Mckeown M35 | Aberdeen AAC | 57.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 110 Nicholas Grocock M45 | Havant AC | 58.46 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>t13 - 400m M75/80 Final</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1</td><td>167 Hugo J Fletcher M75</td><td>Aberdeen AAC</td><td>1.40.86</td></tr> <tr><td>2</td><td>172 Hugh McGinlay M80</td><td>Falkirk Victoria Harriers</td><td>1.45.06</td></tr> </tbody> </table> | <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | 1 | 167 Hugo J Fletcher M75 | Aberdeen AAC | 1.40.86 | 2 | 172 Hugh McGinlay M80 | Falkirk Victoria Harriers | 1.45.06 | <p>t11 - 400m M50/55 Final</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1</td><td>147 Robert Stevenson M55</td><td>Ayr Seaforth AAC</td><td>59.65</td></tr> <tr><td>2</td><td>124 Craig Douglas M50</td><td>Larkhall YMCA Harriers</td><td>60.16</td></tr> <tr><td>3</td><td>139 Roy Buchanan M55</td><td>Pitreavie AAC</td><td>63.95</td></tr> </tbody> </table> | <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | 1 | 147 Robert Stevenson M55 | Ayr Seaforth AAC | 59.65 | 2 | 124 Craig Douglas M50 | Larkhall YMCA Harriers | 60.16 | 3 | 139 Roy Buchanan M55 | Pitreavie AAC | 63.95 | | | | | | | | | | | | |
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| 1 | 167 Hugo J Fletcher M75 | Aberdeen AAC | 1.40.86 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 172 Hugh McGinlay M80 | Falkirk Victoria Harriers | 1.45.06 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 147 Robert Stevenson M55 | Ayr Seaforth AAC | 59.65 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 124 Craig Douglas M50 | Larkhall YMCA Harriers | 60.16 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 139 Roy Buchanan M55 | Pitreavie AAC | 63.95 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>t17 - 800m W35/40/45 Final</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1</td><td>69 Sonia Armitage W45</td><td>Aberdeen AAC</td><td>2.26.13</td></tr> <tr><td>2</td><td>61 Catherine Ferry W35</td><td>Edinburgh AC</td><td>2.35.51</td></tr> </tbody> </table> | <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | 1 | 69 Sonia Armitage W45 | Aberdeen AAC | 2.26.13 | 2 | 61 Catherine Ferry W35 | Edinburgh AC | 2.35.51 | <p>t14 - 800m M35/40/45 Final</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1</td><td>95 Stephen Allen M40</td><td>Law & District AAC</td><td>2.04.62</td></tr> <tr><td>2</td><td>115 James MacDonald M45</td><td>Law & District AAC</td><td>2.08.33</td></tr> <tr><td>3</td><td>137 Derek Watson Snr. M50</td><td>VP-Glasgow AC</td><td>2.11.10</td></tr> <tr><td>4</td><td>108 Andy Gannaway M45</td><td>V.A.C.</td><td>2.11.75</td></tr> <tr><td>5</td><td>99 Craig Johnston M40</td><td>Falkirk Victoria Harriers</td><td>2.11.90</td></tr> </tbody> </table> | <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | 1 | 95 Stephen Allen M40 | Law & District AAC | 2.04.62 | 2 | 115 James MacDonald M45 | Law & District AAC | 2.08.33 | 3 | 137 Derek Watson Snr. M50 | VP-Glasgow AC | 2.11.10 | 4 | 108 Andy Gannaway M45 | V.A.C. | 2.11.75 | 5 | 99 Craig Johnston M40 | Falkirk Victoria Harriers | 2.11.90 | | | | |
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| 1 | 69 Sonia Armitage W45 | Aberdeen AAC | 2.26.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 61 Catherine Ferry W35 | Edinburgh AC | 2.35.51 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 95 Stephen Allen M40 | Law & District AAC | 2.04.62 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 115 James MacDonald M45 | Law & District AAC | 2.08.33 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 137 Derek Watson Snr. M50 | VP-Glasgow AC | 2.11.10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | 108 Andy Gannaway M45 | V.A.C. | 2.11.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | 99 Craig Johnston M40 | Falkirk Victoria Harriers | 2.11.90 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>t15 - 800m M50 Final</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1</td><td>135 John Thomson M50</td><td>Fife AC</td><td>2.23.12</td></tr> <tr><td>2</td><td>119 Robert Bigger M50</td><td>Sparta Northwest</td><td>2.24.76</td></tr> <tr><td>3</td><td>130 Tom Ord M50</td><td>VP-Glasgow AC</td><td>2.30.03</td></tr> <tr><td>4</td><td>122 Stephen Cullen M50</td><td>Garscube Harriers</td><td>2.48.32</td></tr> </tbody> </table> | <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | 1 | 135 John Thomson M50 | Fife AC | 2.23.12 | 2 | 119 Robert Bigger M50 | Sparta Northwest | 2.24.76 | 3 | 130 Tom Ord M50 | VP-Glasgow AC | 2.30.03 | 4 | 122 Stephen Cullen M50 | Garscube Harriers | 2.48.32 | <p>f03 - Triple Jump W35/40/45/50 Final</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Pos Num</u></th> <th style="text-align: left;"><u>Name</u></th> <th style="text-align: left;"><u>Club</u></th> <th style="text-align: left;"><u>Perform</u></th> </tr> </thead> <tbody> <tr><td>1</td><td>60 Fiona Davidson W35</td><td>Aberdeen AAC</td><td>10.29</td></tr> <tr><td>2</td><td>64 Fiona Lampkin W40</td><td>Arbroath & District AC</td><td>8.27</td></tr> <tr><td>3</td><td>72 Shona McKinnon W45</td><td>Aberdeen AAC</td><td>8.09</td></tr> </tbody> </table> | <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | 1 | 60 Fiona Davidson W35 | Aberdeen AAC | 10.29 | 2 | 64 Fiona Lampkin W40 | Arbroath & District AC | 8.27 | 3 | 72 Shona McKinnon W45 | Aberdeen AAC | 8.09 | | | | |
| <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 135 John Thomson M50 | Fife AC | 2.23.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 119 Robert Bigger M50 | Sparta Northwest | 2.24.76 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 130 Tom Ord M50 | VP-Glasgow AC | 2.30.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | 122 Stephen Cullen M50 | Garscube Harriers | 2.48.32 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <u>Pos Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 60 Fiona Davidson W35 | Aberdeen AAC | 10.29 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 64 Fiona Lampkin W40 | Arbroath & District AC | 8.27 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 72 Shona McKinnon W45 | Aberdeen AAC | 8.09 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--|---------------------------|----------------------------|----------------------------|------------|---------|-----|----------------------|--------------------|------------|--|----|-------------------|------------------|--------------|---|----|----------------------|---------------------|---------------------|---------|----|--------------------|---------------------|---------------------------|---------|----|---------------------|--------------------|------------------|---|---|-----|---------------------|--------------|---------|---|----|--------------------|--------------|---------|---|----|---------------------|--------------|---------|---|-----|-----------------|---------------------------|---------|---|-----|------------------|---------------------|---------|-----|-------------------|---------------------------|--|-----|
| <p align="center">f03ce - High Jump U20/Sen/Vet Women Final</p> <p align="center"><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></p> | <p align="center">t16 - 800m M55/60/65/75/80 Final</p> <p align="center"><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></p> <table border="0"> <tr><td>1</td><td>158</td><td>James Whiteford M65</td><td>Unattached</td><td>2.29.63</td></tr> <tr><td>2</td><td>140</td><td>Bob Douglas M55</td><td>Harmeny AC</td><td>2.49.50</td></tr> <tr><td>3</td><td>149</td><td>Alan Fulton M60</td><td>Aberdeen AAC</td><td>2.50.09</td></tr> <tr><td>4</td><td>169</td><td>James Parker M75</td><td>Springburn Harriers</td><td>3.34.62</td></tr> <tr><td>5</td><td>172</td><td>Hugh McGinlay M80</td><td>Falkirk Victoria Harriers</td><td>4.18.37</td></tr> </table> | 1 | 158 | James Whiteford M65 | Unattached | 2.29.63 | 2 | 140 | Bob Douglas M55 | Harmeny AC | 2.49.50 | 3 | 149 | Alan Fulton M60 | Aberdeen AAC | 2.50.09 | 4 | 169 | James Parker M75 | Springburn Harriers | 3.34.62 | 5 | 172 | Hugh McGinlay M80 | Falkirk Victoria Harriers | 4.18.37 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 158 | James Whiteford M65 | Unattached | 2.29.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 140 | Bob Douglas M55 | Harmeny AC | 2.49.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 149 | Alan Fulton M60 | Aberdeen AAC | 2.50.09 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | 169 | James Parker M75 | Springburn Harriers | 3.34.62 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | 172 | Hugh McGinlay M80 | Falkirk Victoria Harriers | 4.18.37 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p align="center">t18 - 200m W40/45/M65 Final</p> <p align="center"><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></p> <table border="0"> <tr><td>1</td><td>65</td><td>Kathleen Madigan W40</td><td>Aberdeen AAC</td><td>28.24</td></tr> <tr><td>2</td><td>70</td><td>Angela Kelly W45</td><td>Giffnock North AAC</td><td>31.68</td></tr> </table> | 1 | 65 | Kathleen Madigan W40 | Aberdeen AAC | 28.24 | 2 | 70 | Angela Kelly W45 | Giffnock North AAC | 31.68 | <p align="center">t19 - 200m M70/75 Final</p> <p align="center"><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></p> <table border="0"> <tr><td>1</td><td>163</td><td>John Ross M70</td><td>Edinburgh AC</td><td>30.24</td></tr> <tr><td>2</td><td>168</td><td>Anthony McManus M75</td><td>Kilbarchan AAC</td><td>36.98</td></tr> <tr><td>3</td><td>167</td><td>Hugo J Fletcher M75</td><td>Aberdeen AAC</td><td>46.00</td></tr> </table> | 1 | 163 | John Ross M70 | Edinburgh AC | 30.24 | 2 | 168 | Anthony McManus M75 | Kilbarchan AAC | 36.98 | 3 | 167 | Hugo J Fletcher M75 | Aberdeen AAC | 46.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 65 | Kathleen Madigan W40 | Aberdeen AAC | 28.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 70 | Angela Kelly W45 | Giffnock North AAC | 31.68 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 163 | John Ross M70 | Edinburgh AC | 30.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 168 | Anthony McManus M75 | Kilbarchan AAC | 36.98 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 167 | Hugo J Fletcher M75 | Aberdeen AAC | 46.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p align="center">t20 - 200m M35 Final</p> <p align="center"><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></p> <table border="0"> <tr><td>1</td><td>94</td><td>Cameron Smith M35</td><td>Dunfermline & West Fife AC</td><td>23.19</td></tr> <tr><td>2</td><td>91</td><td>Leon Braithwaite M35</td><td></td><td>24.13</td></tr> <tr><td>3</td><td>92</td><td>John Mckeown M35</td><td>Aberdeen AAC</td><td>25.23</td></tr> </table> | 1 | 94 | Cameron Smith M35 | Dunfermline & West Fife AC | 23.19 | 2 | 91 | Leon Braithwaite M35 | | 24.13 | 3 | 92 | John Mckeown M35 | Aberdeen AAC | 25.23 | <p align="center">t21 - 200m M40/45 Final</p> <p align="center"><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></p> <table border="0"> <tr><td>1</td><td>102</td><td>William MacGee M40</td><td>Team Southampton</td><td>23.78</td></tr> <tr><td>2</td><td>104</td><td>Stanley Walker M40</td><td>Aberdeen AAC</td><td>25.65</td></tr> <tr><td>3</td><td>111</td><td>Ronald Hunter M45</td><td>Corstorphine AAC</td><td>26.01</td></tr> <tr><td>4</td><td>107</td><td>Thomas A Finkle M45</td><td>Unattached</td><td>27.27</td></tr> </table> | 1 | 102 | William MacGee M40 | Team Southampton | 23.78 | 2 | 104 | Stanley Walker M40 | Aberdeen AAC | 25.65 | 3 | 111 | Ronald Hunter M45 | Corstorphine AAC | 26.01 | 4 | 107 | Thomas A Finkle M45 | Unattached | 27.27 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 94 | Cameron Smith M35 | Dunfermline & West Fife AC | 23.19 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 91 | Leon Braithwaite M35 | | 24.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 92 | John Mckeown M35 | Aberdeen AAC | 25.23 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 102 | William MacGee M40 | Team Southampton | 23.78 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 104 | Stanley Walker M40 | Aberdeen AAC | 25.65 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 111 | Ronald Hunter M45 | Corstorphine AAC | 26.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | 107 | Thomas A Finkle M45 | Unattached | 27.27 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p align="center">t22 - 200m M50 Final</p> <p align="center"><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></p> <table border="0"> <tr><td>1</td><td>124</td><td>Craig Douglas M50</td><td>Larkhall YMCA Harriers</td><td>26.78</td></tr> <tr><td>2</td><td>125</td><td>Kenneth J Duncan M50</td><td>Fife AC</td><td>29.78</td></tr> </table> | 1 | 124 | Craig Douglas M50 | Larkhall YMCA Harriers | 26.78 | 2 | 125 | Kenneth J Duncan M50 | Fife AC | 29.78 | <p align="center">t23 - 200m M55 Final</p> <p align="center"><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></p> <table border="0"> <tr><td>1</td><td>145</td><td>Tom Phillips M55</td><td>Blackheath</td><td>26.82</td></tr> <tr><td>2</td><td>144</td><td>John McGarry M55</td><td>Irvine AC</td><td>27.44</td></tr> <tr><td>3</td><td>139</td><td>Roy Buchanan M55</td><td>Pitreavie AAC</td><td>28.39</td></tr> </table> | 1 | 145 | Tom Phillips M55 | Blackheath | 26.82 | 2 | 144 | John McGarry M55 | Irvine AC | 27.44 | 3 | 139 | Roy Buchanan M55 | Pitreavie AAC | 28.39 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 124 | Craig Douglas M50 | Larkhall YMCA Harriers | 26.78 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 125 | Kenneth J Duncan M50 | Fife AC | 29.78 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 145 | Tom Phillips M55 | Blackheath | 26.82 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 144 | John McGarry M55 | Irvine AC | 27.44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 139 | Roy Buchanan M55 | Pitreavie AAC | 28.39 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p align="center">f04 - Shot Putt W35/40/50/60/65 Final</p> <p align="center"><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></p> <table border="0"> <tr><td>1</td><td>77</td><td>Lucy Moore-Fox W50</td><td>DSD</td><td>9.00</td></tr> <tr><td>2</td><td>76</td><td>Gwen McFarlane W50</td><td>Ayr Seaforth AAC</td><td>8.64</td></tr> <tr><td>3</td><td>79</td><td>Joyce Rammell W60</td><td>Nithsdale AC</td><td>8.42</td></tr> <tr><td>4</td><td>65</td><td>Kathleen Madigan W40</td><td>Aberdeen AAC</td><td>8.40</td></tr> <tr><td>5</td><td>60</td><td>Fiona Davidson W35</td><td>Aberdeen AAC</td><td>7.54</td></tr> <tr><td>6</td><td>80</td><td>Margery Swinton W65</td><td>Moray Road Runners</td><td>7.00</td></tr> </table> | 1 | 77 | Lucy Moore-Fox W50 | DSD | 9.00 | 2 | 76 | Gwen McFarlane W50 | Ayr Seaforth AAC | 8.64 | 3 | 79 | Joyce Rammell W60 | Nithsdale AC | 8.42 | 4 | 65 | Kathleen Madigan W40 | Aberdeen AAC | 8.40 | 5 | 60 | Fiona Davidson W35 | Aberdeen AAC | 7.54 | 6 | 80 | Margery Swinton W65 | Moray Road Runners | 7.00 | <p align="center">t24 - 1500m W35/40/45/M70/75/80 Final</p> <p align="center"><u>Pos Num</u> <u>Name</u> <u>Club</u> <u>Perform</u></p> <table border="0"> <tr><td>1</td><td>67</td><td>Susan Ridley W40</td><td>Edinburgh AC</td><td>5.00.53</td></tr> <tr><td>2</td><td>69</td><td>Sonia Armitage W45</td><td>Aberdeen AAC</td><td>5.05.05</td></tr> <tr><td>3</td><td>61</td><td>Catherine Ferry W35</td><td>Edinburgh AC</td><td>5.18.72</td></tr> <tr><td>4</td><td>162</td><td>Ian Leggett M70</td><td>Livingston & District AAC</td><td>5.59.96</td></tr> <tr><td>5</td><td>169</td><td>James Parker M75</td><td>Springburn Harriers</td><td>7.36.03</td></tr> <tr><td>172</td><td>Hugh McGinlay M80</td><td>Falkirk Victoria Harriers</td><td></td><td>DNS</td></tr> </table> | 1 | 67 | Susan Ridley W40 | Edinburgh AC | 5.00.53 | 2 | 69 | Sonia Armitage W45 | Aberdeen AAC | 5.05.05 | 3 | 61 | Catherine Ferry W35 | Edinburgh AC | 5.18.72 | 4 | 162 | Ian Leggett M70 | Livingston & District AAC | 5.59.96 | 5 | 169 | James Parker M75 | Springburn Harriers | 7.36.03 | 172 | Hugh McGinlay M80 | Falkirk Victoria Harriers | | DNS |
| 1 | 77 | Lucy Moore-Fox W50 | DSD | 9.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 76 | Gwen McFarlane W50 | Ayr Seaforth AAC | 8.64 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 79 | Joyce Rammell W60 | Nithsdale AC | 8.42 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | 65 | Kathleen Madigan W40 | Aberdeen AAC | 8.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | 60 | Fiona Davidson W35 | Aberdeen AAC | 7.54 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | 80 | Margery Swinton W65 | Moray Road Runners | 7.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 67 | Susan Ridley W40 | Edinburgh AC | 5.00.53 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 69 | Sonia Armitage W45 | Aberdeen AAC | 5.05.05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 61 | Catherine Ferry W35 | Edinburgh AC | 5.18.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | 162 | Ian Leggett M70 | Livingston & District AAC | 5.59.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | 169 | James Parker M75 | Springburn Harriers | 7.36.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 172 | Hugh McGinlay M80 | Falkirk Victoria Harriers | | DNS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

SAL Combined events and Masters Championships - Page 4 of 4

| f05 - High Jump W50/All Men Final | | | | t25 - 1500m M40/45 Final | | | | | |
|--|------------|-------------------------|------------------------------|--|------------|------------|----------------------|------------------------|----------------|
| <u>Pos</u> | <u>Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | <u>Pos</u> | <u>Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> |
| 1 | 113 | Gordon Loudon M45 | Pitreavie AAC | 1.65 | 1 | 96 | Stuart Campbell M40 | Arbroath & District AC | 4.18.92 |
| 2 | 128 | Iain McEwan Snr M50 | Whitemoss AAC | 1.55 | 2 | 115 | James MacDonald M45 | Law & District AAC | 4.30.77 |
| 3 | 97 | Colin Christie M40 | Montrose & District AC | 1.55 | | | | | |
| 4 | 156 | Trevor Madigan M65 | Aberdeen AAC | 1.40 | | | | | |
| 5 | 132 | Kenneth Pokorniecki M50 | Ross County Athletic Club | 1.35 | | | | | |
| 6 | 170 | Robin Sykes M75 | Bellahouston Harriers | 1.10 | | | | | |
| t26 - 1500m M50/55 Final | | | | f07 - Long Jump All Men/Women Final | | | | | |
| <u>Pos</u> | <u>Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | <u>Pos</u> | <u>Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> |
| 1 | 135 | John Thomson M50 | Fife AC | 4.41.31 | 1 | 93 | Ian Paget M35 | Shettleston Harriers | 5.44 |
| 2 | 119 | Robert Bigger M50 | Sparta Northwest | 4.45.98 | 2 | 147 | Robert Stevenson M55 | Ayr Seaforth AAC | 5.18 |
| 3 | 126 | Colin Feechan M50 | Ron Hill Cambuslang Harriers | 4.47.96 | 3 | 109 | Julien Gittens M45 | | 5.16 |
| 4 | 143 | Archie Jenkins M55 | Ron Hill Cambuslang Harriers | 5.07.04 | 4 | 118 | Alan Young M45 | Aberdeen AAC | 4.96 |
| 5 | 148 | James White M55 | Irvine AC | 5.16.07 | 5 | 60 | Fiona Davidson W35 | Aberdeen AAC | 4.73 |
| 6 | 142 | Hugh Gallagher M55 | Giffnock North AAC | 5.21.06 | 6 | 78 | Linda Nicholson W50 | Moorfoot Runners | 4.57 |
| | | | | | 7 | 65 | Kathleen Madigan W40 | Aberdeen AAC | 4.14 |
| | | | | | 8 | 156 | Trevor Madigan M65 | Aberdeen AAC | 3.96 |
| f06 - Shot Putt All Men Final | | | | | | | | | |
| <u>Pos</u> | <u>Num</u> | <u>Name</u> | <u>Club</u> | <u>Perform</u> | | | | | |
| 1 | 138 | Ward Berry M55 | Heriot-Watt Univ Athletics | 9.98 | | | | | |
| 2 | 132 | Kenneth Pokorniecki M50 | Ross County Athletic Club | 9.77 | | | | | |
| 3 | 106 | Gerrard Farrell M45 | VP-Glasgow AC | 9.71 | | | | | |
| 4 | 140 | Bob Douglas M55 | Harmeny AC | 9.26 | | | | | |
| 5 | 170 | Robin Sykes M75 | Bellahouston Harriers | 9.18 | | | | | |
| 6 | 120 | John Birkett M50 | Annan & District AC | 9.16 | | | | | |
| 7 | 155 | James MacBeath M65 | Unattached | 9.04 | | | | | |
| 8 | 152 | John Robertson M60 | Unattached | 8.88 | | | | | |
| 9 | 157 | James Sloan M65 | Annan & District AC | 8.79 | | | | | |
| 10 | 171 | Keith Dutton M80 | Mansfield Harriers | 8.53 | | | | | |
| 11 | 156 | Trevor Madigan M65 | Aberdeen AAC | 8.53 | | | | | |
| 12 | 160 | John Freebairn M70 | Cumbernauld AAC | 8.35 | | | | | |
| 13 | 165 | James Christie M75 | VP-Glasgow AC | 4.57 | | | | | |