

# Highland, Islands & Grampian Regional Championships 2010

## U11 Girls

### U11 Girls 75m (Group 1)

ws +0.8

1	Lauren Alice Bell	Moray Road Runners	11.29	<b>PB</b>
2	Eve Tweedie	Inverness Harriers AAC	12.02	
3	Rachael Cowie	Caithness AAC	12.60	
4	Stephanie Eyers	Caithness AAC	12.80	<b>PB</b>
5	Katie Scott	Nairn AAAC	13.51	

### U11 Girls 75m (Group 2)

ws +1.8

1	Kioe Gibson	Nairn AAAC	13.05	
2	Mabel Green	Inverness Harriers AAC	13.34	
3	Morvan Scott	Nairn AAAC	13.67	
4	Lucy McIntosh	Caithness AAC	13.81	
5	Nicloa Dalgarno	Moray Road Runners	13.92	

### U11 Girls 75m (Group 3)

ws +0.6

1	Rachelle Matheson	Elgin AAC	11.90	<b>PB</b>
2	Hannah Suiter	Nairn AAAC	11.98	
3	Kayreen Louise MacLeod	North Uist AAC	12.15	
4	Gabrielle MacGregor	Caithness AAC	12.17	
5	Tahnae MacLennan	Shetland AAC	12.63	

### U11 Girls Long Jump

1	Lauren Alice Bell	Moray Road Runners	3.44	
2	Tahnae MacLennan	Shetland AAC	3.22	
3	Hannah Suiter	Nairn AAAC	3.05	
4	Kayreen Louise MacLeod	North Uist AAC	2.97	
5	Gabrielle MacGregor	Caithness AAC	2.89	
6	Eve Tweedie	Inverness Harriers AAC	2.69	
7	Katie Scott	Nairn AAAC	2.69	
8	Stephanie Eyers	Caithness AAC	2.62	
9	Kioe Gibson	Nairn AAAC	2.61	
10	Mabel Green	Inverness Harriers AAC	2.46	
11	Morvan Scott	Nairn AAAC	2.37	
12	Rachael Cowie	Caithness AAC	2.34	
13	Nicloa Dalgarno	Moray Road Runners	2.21	
14	Rachelle Matheson	Elgin AAC	1.65	

### U11 Girls Shot Putt

1	Tahnae MacLennan	Shetland AAC	5.52	
2	Gabrielle MacGregor	Caithness AAC	4.72	
3	Lucy McIntosh	Caithness AAC	4.44	
4	Stephanie Eyers	Caithness AAC	4.39	<b>PB</b>
5	Mabel Green	Inverness Harriers AAC	3.79	
6	Kioe Gibson	Nairn AAAC	3.68	
7	Nicloa Dalgarno	Moray Road Runners	3.56	
8	Eve Tweedie	Inverness Harriers AAC	3.35	
9	Rachael Cowie	Caithness AAC	2.99	

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## U13 Girls

### U13 Girls 100m (Final)

ws +0.7

1	Saffron Cummings	Aberdeen AAC	14.10	<b>PB</b>
2	Fiona Cameron	Nairn AAAC	14.14	
3	Leonie Davidson	Elgin AAC	14.35	
4	Amanda Nicolson	Stornoway Running & AC	14.51	
5	Holly King	Shetland AAC	14.73	
6	Keira MacLeod	Inverness Harriers AAC	14.85	
7	Abbie MacKay	Stornoway Running & AC	15.03	

### U13 Girls 100m (Heat 1)

ws +1.2

1	Fiona Cameron	Nairn AAAC	14.05	
2	Saffron Cummings	Aberdeen AAC	14.20	<b>PB</b>
3	Abigael MacGregor	Ross County AC	14.86	
4	Rebecca Matheson	Elgin AAC	15.33	<b>PB</b>
5	Amelia Lane	North Uist AAC	16.49	
6	Alex Paul	Caithness AAC	16.92	

### U13 Girls 100m (Heat 2)

ws +1.5

1	Amanda Nicolson	Stornoway Running & AC	14.32	<b>CBP</b>
2	Leonie Davidson	Elgin AAC	14.51	
3	Keira MacLeod	Inverness Harriers AAC	14.84	
4	Claire Johnson	Shetland AAC	15.33	
5	Hannah Blackburn	Nairn AAAC	15.42	
6	Rebecca Denoon	Ross County AC	15.87	
7	Rebecca Ingram	Aberdeen AAC	15.90	

### U13 Girls 100m (Heat 3)

ws +1.2

1	Abbie MacKay	Stornoway Running & AC	14.85	
2	Ava Williams	Shetland AAC	15.13	
3	Maya Stewart-Rizza	Inverness Harriers AAC	15.45	
4	Catlin Munro	Shetland AAC	15.57	
5	Mairi MacIntosh	North Uist AAC	15.81	
6	Mia MacKintosh	Nairn AAAC	16.91	
7	Mary Ann Wescott	Nairn AAAC	17.36	<b>PB</b>

### U13 Girls 100m (Heat 4)

ws +1.3

1	Holly King	Shetland AAC	14.53	
2	Joanna MacDonald	Ross County AC	14.74	
3	Catriona Dobie	Inverness Harriers AAC	14.93	
4	Christy Graham	Stornoway Running & AC	15.56	<b>PB</b>
5	Molly Morgan	Shetland AAC	15.57	
6	Katlyn MacLellan	North Uist AAC	16.39	

### U13 Girls 200m (Final)

ws +1.8

1	Fiona Cameron	Nairn AAAC	29.29	
2	Saffron Cummings	Aberdeen AAC	29.42	<b>PB</b>
3	Leonie Davidson	Elgin AAC	29.73	
4	Keira MacLeod	Inverness Harriers AAC	30.64	
5	Peigi MacKellar	Stornoway Running & AC	30.66	
6	Abigael MacGregor	Ross County AC	30.68	
7	Joanna MacDonald	Ross County AC	30.70	
8	Holly King	Shetland AAC	31.22	

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## U13 Girls 200m (Heat 1)

ws +2.7

1	Fiona Cameron	Nairn AAAC	28.87	
2	Saffron Cummings	Aberdeen AAC	29.12	<b>PB</b>
3	Keira MacLeod	Inverness Harriers AAC	30.35	<b>PB</b>
4	Abigael MacGregor	Ross County AC	31.18	
5	Rebecca Matheson	Elgin AAC	33.02	
6	Mairi MacIntosh	North Uist AAC	34.60	
7	Alex Paul	Caithness AAC	35.46	

## U13 Girls 200m (Heat 2)

ws +1.7

1	Leonie Davidson	Elgin AAC	29.43	
2	Holly King	Shetland AAC	30.08	
3	Peigi MacKellar	Stornoway Running & AC	30.47	
4	Maya Stewart-Rizza	Inverness Harriers AAC	31.96	
5	Catriona Holland	Ross County AC	33.80	
6	Rhiannon Kirk	Caithness AAC	34.51	

## U13 Girls 200m (Heat 3)

ws +1.4

1	Joanna MacDonald	Ross County AC	30.48	
2	Catlin Munro	Shetland AAC	32.19	
3	Jane MacInnes	Stornoway Running & AC	32.68	<b>PB</b>
4	Christa Hutt	Inverness Harriers AAC	32.78	
5	Mia MacKintosh	Nairn AAAC	34.14	<b>PB</b>
6	Katlyn MacLellan	North Uist AAC	35.15	

## U13 Girls 70m Hurdles (Final)

ws +1.7

1	Amanda Nicolson	Stornoway Running & AC	14.06	
2	Abbie MacKay	Stornoway Running & AC	14.78	
3	Abby Ferguson	Inverness Harriers AAC	14.95	
4	Rebecca Ingram	Aberdeen AAC	15.56	
5	Chloe MacDonald	Lochaber AC	16.11	
6	Dionne Milne	Moray Road Runners	17.42	

## U13 Girls 800m (Final)

1	Gillian Gordon	Inverness Harriers AAC	2:30.12	<b>PB</b>
2	Peigi MacKellar	Stornoway Running & AC	2:33.55	<b>PB</b>
3	Stephanie Andrew	East Sutherland AC	2:42.59	<b>PB</b>
4	Rachel McMillan	Nairn AAAC	2:44.40	
5	Abby Ferguson	Inverness Harriers AAC	2:47.36	<b>PB</b>
6	Hannah Blackburn	Nairn AAAC	2:47.61	
7	Catriona Holland	Ross County AC	2:54.41	<b>PB</b>
8	Rebelta Bryan	East Sutherland AC	2:55.82	<b>PB</b>

## U13 Girls 800m (Heat 1)

1	Stephanie Andrew	East Sutherland AC	2:46.53	<b>PB</b>
2	Abby Ferguson	Inverness Harriers AAC	2:49.26	
3	Rachel McMillan	Nairn AAAC	2:52.35	
4	Catriona Holland	Ross County AC	2:53.55	<b>PB</b>
5	Catriona Dobie	Inverness Harriers AAC	2:55.14	
6	Cara Steven	Shetland AAC	2:56.09	
7	Rhiannon Kirk	Caithness AAC	2:56.78	
8	Jane MacInnes	Stornoway Running & AC	2:57.16	<b>PB</b>
9	Chloe MacDonald	Lochaber AC	3:00.63	

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## U13 Girls 800m (Heat 2)

1	Peigi MacKellar	Stornoway Running & AC	2:42.78
2	Gillian Gordon	Inverness Harriers AAC	2:44.51
3	Hannah Blackburn	Nairn AAAC	2:50.46
4	Rebelta Bryan	East Sutherland AC	2:53.67
5	Sarah MacDonald	East Sutherland AC	2:59.69
6	Christa Hutt	Inverness Harriers AAC	3:02.09
7	Molly Todd	Ross County AC	3:04.84
8	Mary Ann Wescott	Nairn AAAC	3:14.49
9	Christy Graham	Stornoway Running & AC	3:17.88

## U13 Girls Discus

1	Dionne Milne	Moray Road Runners	28.08	<b>PB</b>	<b>CBP</b>
2	Mary Flockhart	Inverness Harriers AAC	19.05	<b>PB</b>	
3	Rachel McMillan	Nairn AAAC	16.90		
4	Laura MacPherson	Inverness Harriers AAC	14.49	<b>PB</b>	
5	Amelia Lane	North Uist AAC	12.09		

## U13 Girls High Jump

1	Alison Horne	Inverness Harriers AAC	1.33	<b>PB</b>	<b>CBP</b>
2	Molly Morgan	Shetland AAC	1.20		
3	Bryony Laurenson	Shetland AAC	1.10		

## U13 Girls Javelin

1	Claire Johnson	Shetland AAC	24.11		
2	Alison Horne	Inverness Harriers AAC	18.89		
3	Mary Flockhart	Inverness Harriers AAC	17.93	<b>PB</b>	
4	Joanna MacDonald	Ross County AC	17.34	<b>PB</b>	
5	Laura MacPherson	Inverness Harriers AAC	10.90		
6	Rebecca Denoon	Ross County AC	10.35		
7	Chloe MacDonald	Lochaber AC	8.98		

## U13 Girls Long Jump

1	Holly King	Shetland AAC	3.99		
2	Saffron Cummings	Aberdeen AAC	3.97	<b>PB</b>	
3	Leonie Davidson	Elgin AAC	3.97		
4	Gillian Gordon	Inverness Harriers AAC	3.89		
5	Amanda Nicolson	Stornoway Running & AC	3.50	<b>PB</b>	
6	Fiona Cameron	Nairn AAAC	3.35		
7	Hannah Blackburn	Nairn AAAC	3.33		
8	Mairi MacIntosh	North Uist AAC	3.26		
9	Abbie MacKay	Stornoway Running & AC	3.25		
10	Catriona Holland	Ross County AC	3.22	<b>PB</b>	
11	Rebecca Denoon	Ross County AC	3.19		
12	Rachel McMillan	Nairn AAAC	3.04		
13	Mary Ann Wescott	Nairn AAAC	3.00	<b>PB</b>	
14	Cara Steven	Shetland AAC	3.00		
15	Ava Williams	Shetland AAC	2.95		
16	Katlyn MacLellan	North Uist AAC	2.92		
17	Catlin Munro	Shetland AAC	2.89		
18	Christy Graham	Stornoway Running & AC	2.87	<b>PB</b>	
19	Catriona Dobie	Inverness Harriers AAC	2.84		
20	Christa Hutt	Inverness Harriers AAC	2.83		
21	Keira MacLeod	Inverness Harriers AAC	2.73		
22	Mia MacKintosh	Nairn AAAC	2.60		
23	Rhiannon Kirk	Caithness AAC	2.60		
24	Alex Paul	Caithness AAC	2.55		

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## U13 Girls Shot Putt

1	Dionne Milne	Moray Road Runners	7.31	
2	Alison Horne	Inverness Harriers AAC	6.98	<b>PB</b>
3	Mary Flockhart	Inverness Harriers AAC	6.47	<b>PB</b>
4	Abigael MacGregor	Ross County AC	6.32	
5	Amelia Lane	North Uist AAC	5.11	

# Highland, Islands & Grampian Regional Championships 2010

## U15 Girls

### U15 Girls 100m (Final)

**ws -1.3**

1	Lindsay Young	Banchory & Stonehaven AC	13.51	<b>PB</b>
2	Katie Snedden	Inverness Harriers AAC	13.65	
3	Jenny MacTaggart	Stornoway Running & AC	13.82	<b>PB</b>
4	Susie Gall	Banchory & Stonehaven AC	13.85	
5	Kelly Gammack	Elgin AAC	13.99	
6	Natalie MacDonald	Inverness Harriers AAC	14.04	<b>PB</b>
7	Jodie MacKay	Stornoway Running & AC	14.11	
8	Lucy Forsyth	Inverness Harriers AAC	14.22	

### U15 Girls 100m (Heat 1)

**ws +0.6**

1	Jenny MacTaggart	Stornoway Running & AC	13.80	<b>PB</b>
2	Susie Gall	Banchory & Stonehaven AC	13.90	
3	Eilidh Moynihan	Lochaber AC	15.07	
4	Chloe Morrison	Elgin AAC	15.48	<b>PB</b>
5	Carly Grant	Inverness Harriers AAC	15.96	<b>PB</b>
6	Molly Donegan	Moray Road Runners	16.10	
7	Catrin Evans	North Uist AAC	16.94	

### U15 Girls 100m (Heat 2)

**ws +1.7**

1	Jodie MacKay	Stornoway Running & AC	13.91	
2	Lucy Forsyth	Inverness Harriers AAC	13.94	
3	Amy Ramsay	Stornoway Running & AC	14.58	<b>PB</b>
4	Lara Dalgarno	Moray Road Runners	15.12	<b>PB</b>

### U15 Girls 100m (Heat 3)

**ws +1.4**

1	Lindsay Young	Banchory & Stonehaven AC	13.50	<b>PB</b>
2	Natalie MacDonald	Inverness Harriers AAC	13.82	<b>PB</b>
3	Kelly Gammack	Elgin AAC	13.94	
4	Georgia MacLennan	Stornoway Running & AC	15.12	<b>PB</b>
5	Aimee Coulshed	Ross County AC	15.43	
6	Anna Marie Beaton	North Uist AAC	15.69	

### U15 Girls 100m (Heat 4)

**ws +1.8**

1	Katie Snedden	Inverness Harriers AAC	13.55	
2	Kirsty Laurenson	Shetland AAC	14.61	
3	Anita Evans	Inverness Harriers AAC	14.72	<b>PB</b>
4	Ives MacIntyre	Nairn AAAC	14.76	
5	Kara Hanlon	Stornoway Running & AC	15.25	
6	Sarah Campbell	North Uist AAC	15.38	

### U15 Girls 1500m (Final)

1	Isla MacKay	Lochaber AC	5:31.76
2	Arianne Ross	Inverness Harriers AAC	5:32.86
3	Eilidh MacRae	East Sutherland AC	5:37.61
4	Erin MacKay	East Sutherland AC	5:53.63
5	Indigo Philip-McDade	Elgin AAC	5:54.11
6	Lauren Lafferty	Caithness AAC	7:04.58

### U15 Girls 200m (Final)

**ws +0.7**

1	Lindsay Young	Banchory & Stonehaven AC	27.56	<b>PB</b>
2	Katie Snedden	Inverness Harriers AAC	27.85	<b>PB</b>
3	Sarah Henderson	Caithness AAC	28.23	<b>PB</b>
4	Susie Gall	Banchory & Stonehaven AC	28.45	
5	Natalie MacDonald	Inverness Harriers AAC	28.64	<b>PB</b>
6	Hannah MacLeod	Caithness AAC	30.63	<b>PB</b>

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## U15 Girls 200m (Heat 1)

ws +2.0

1	Lindsay Young	Banchory & Stonehaven AC	27.66	<b>PB</b>
2	Sarah Henderson	Caithness AAC	27.88	<b>PB</b>
3	Jenny MacTaggart	Stornoway Running & AC	27.92	<b>PB</b>
4	Natalie MacDonald	Inverness Harriers AAC	28.63	<b>PB</b>
5	Chloe Morrison	Elgin AAC	32.38	<b>PB</b>
6	Sarah Campbell	North Uist AAC	33.35	

## U15 Girls 200m (Heat 2)

ws +1.4

1	Katie Snedden	Inverness Harriers AAC	27.87	<b>PB</b>
2	Susie Gall	Banchory & Stonehaven AC	28.53	
3	Amy Ramsay	Stornoway Running & AC	29.96	
4	Lara Dalgarno	Moray Road Runners	31.43	<b>PB</b>
5	Georgia MacLennan	Stornoway Running & AC	31.79	
6	Karen Finnie	Stornoway Running & AC	34.50	
7	Catrin Evans	North Uist AAC	37.26	

## U15 Girls 200m (Heat 3)

ws 2.4

1	Kelly Gammack	Elgin AAC	28.59	
2	Jodie MacKay	Stornoway Running & AC	28.88	
3	Shannon Sutherland	Nairn AAAC	30.56	

## U15 Girls 200m (Heat 4)

ws +2.7

1	Hannah MacLeod	Caithness AAC	29.80	<b>PB</b>
2	Kirsty Laurenson	Shetland AAC	30.80	
3	Alison MacInnes	Stornoway Running & AC	31.18	
4	Kara Hanlon	Stornoway Running & AC	31.53	<b>PB</b>

## U15 Girls 75m Hurdles (Final)

ws +2.4

1	Anna Nelson	Inverness Harriers AAC	12.65	<b>PB</b>
2	Jennie Will	Inverness Harriers AAC	13.39	
3	Carly Grant	Inverness Harriers AAC	15.93	
4	Eilidh Moynihan	Lochaber AC	16.63	

## U15 Girls 800m (Final)

1	Heather Campbell	Inverness Harriers AAC	2:31.27	<b>PB</b>
2	Sarah Henderson	Caithness AAC	2:40.07	
3	Hannah MacLeod	Caithness AAC	2:46.06	<b>PB</b>
4	Isobel MacLeod	Caithness AAC	2:46.59	<b>PB</b>
5	Alison MacInnes	Stornoway Running & AC	2:47.53	<b>PB</b>
6	Georgia MacLennan	Stornoway Running & AC	3:00.40	
7	Arran Goodfellow	Moray Road Runners	3:01.34	
8	Anna Marie Beaton	North Uist AAC	3:06.65	

## U15 Girls Discus

1	Emma Bowie	Moray Road Runners	18.47	
2	Karen Horne	Inverness Harriers AAC	17.76	
3	Anita Evans	Inverness Harriers AAC	17.69	
4	Shannon Sutherland	Nairn AAAC	16.68	
5	Martha Garbe	Caithness AAC	13.89	

## U15 Girls Hammer

1	Anita Evans	Inverness Harriers AAC	24.63	
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## U15 Girls High Jump

1	Anna Nelson	Inverness Harriers AAC	1.40	
2	Sarah Henderson	Caithness AAC	1.35	<b>PB</b>
3	Jennie Will	Inverness Harriers AAC	1.35	
4	Shannon Sutherland	Nairn AAAC	1.30	
5	Martha Garbe	Caithness AAC	1.30	<b>PB</b>

## U15 Girls Javelin

1	Shannon Eyers	Caithness AAC	28.72	<b>PB</b>
2	Karen Horne	Inverness Harriers AAC	21.84	
3	Jennie Will	Inverness Harriers AAC	11.35	

## U15 Girls Long Jump

1	Lindsay Young	Banchory & Stonehaven AC	4.44	<b>PB</b>
2	Lucy Forsyth	Inverness Harriers AAC	4.41	
3	Anna Nelson	Inverness Harriers AAC	4.41	
4	Jodie MacKay	Stornoway Running & AC	4.36	<b>PB</b>
5	Jenny MacTaggart	Stornoway Running & AC	4.24	<b>PB</b>
6	Susie Gall	Banchory & Stonehaven AC	4.15	
7	Kelly Gammack	Elgin AAC	4.00	
8	Isobel MacLeod	Caithness AAC	3.90	
9	Bethany Sutherland	East Sutherland AC	3.83	
10	Ives MacIntyre	Nairn AAAC	3.67	
11	Sarah Campbell	North Uist AAC	3.64	
12	Amy Ramsay	Stornoway Running & AC	3.59	
13	Anna Marie Beaton	North Uist AAC	3.47	
14	Aimee Strachan	Shetland AAC	3.46	
15	Eilidh Moynihan	Lochaber AC	3.45	
16	Carly Grant	Inverness Harriers AAC	3.44	
17	Kara Hanlon	Stornoway Running & AC	3.43	
18	Hannah MacLeod	Caithness AAC	3.34	
19	Molly Donegan	Moray Road Runners	3.34	
20	Kirsty Laurenson	Shetland AAC	2.92	
21	Chloe Morrison	Elgin AAC	2.90	

## U15 Girls Shot Putt

1	Bethany Sutherland	East Sutherland AC	8.06	<b>PB</b>
2	Shannon Eyers	Caithness AAC	7.67	<b>PB</b>
3	Lara Dalgarno	Moray Road Runners	7.54	<b>PB</b>
4	Emma Bowie	Moray Road Runners	7.50	
5	Karen Finnie	Stornoway Running & AC	7.29	<b>PB</b>
6	Ciara Kelly	Shetland AAC	6.68	
7	Aimee Strachan	Shetland AAC	6.19	
8	Catrin Evans	North Uist AAC	6.06	
9	Martha Garbe	Caithness AAC	4.94	
10	Lauren Lafferty	Caithness AAC	4.23	

# Highland, Islands & Grampian Regional Championships 2010

## U17 Women

### U17 Women 100m (Final)

ws +1.8

1	Lisa Humphreys	Aberdeen AAC	13.16	<b>PB</b>
2	Alicia MacSween	Stornoway Running & AC	14.02	
3	Hannah MacLeod	Stornoway Running & AC	14.15	
4	Elaine Murdoch	Inverness Harriers AAC	14.58	
5	Eilidh Boyle	North Uist AAC	14.82	
6	Mairi Graham	Stornoway Running & AC	15.37	<b>PB</b>
7	Lauren Nicolson	North Uist AAC	15.65	

### U17 Women 100m (Heat 1)

ws +0.5

1	Lisa Humphreys	Aberdeen AAC	13.50	
2	Eilidh Boyle	North Uist AAC	15.08	
3	Mairi Graham	Stornoway Running & AC	15.54	
4	Kristina MacKenzie	Stornoway Running & AC	15.76	

### U17 Women 100m (Heat 2)

ws + 1.6

1	Megan Smith	Shetland AAC	13.38	
2	Alicia MacSween	Stornoway Running & AC	13.90	
3	Hannah MacLeod	Stornoway Running & AC	14.22	
4	Elaine Murdoch	Inverness Harriers AAC	14.48	
5	Lauren Nicolson	North Uist AAC	15.12	
6	Kate Henderson	Caithness AAC	15.61	

### U17 Women 1500m (Final)

1	Bethany Wilson	Moray Road Runners	5:27.55	
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### U17 Women 1500m Steeple Chase (Final)

1	Mhairi Carmen MacLennan	Inverness Harriers AAC	5:59.49	
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### U17 Women 200m (Final)

1	Megan Smith	Shetland AAC	27.6	
2	Alicia MacSween	Stornoway Running & AC	28.8	
3	Hannah MacLeod	Stornoway Running & AC	28.8	
4	Elaine Murdoch	Inverness Harriers AAC	29.4	
5	Eilidh Boyle	North Uist AAC	30.7	
6	Lauren Nicolson	North Uist AAC	32.1	

### U17 Women 300m (Final)

ws +0.9

1	Jade Currie	East Sutherland AC	47.02	
2	<del>Kristina MacKenzie</del>	Stornoway Running & AC	47.27	<b>PB</b>
3	<del>Rebecca Munro</del>	Stornoway Running & AC	51.09	

### U17 Women 300m Hurdles (Final)

ws +1.9

1	Lisa Humphreys	Aberdeen AAC	48.83	<b>PB</b>
2	Paula Gass	Inverness Harriers AAC	51.28	
3	Alice Gordon	Inverness Harriers AAC	59.45	

### U17 Women 800m (Final)

1	Lauren Odie	Shetland AAC	2:29.98	
2	Rebecca Munro	Stornoway Running & AC	2:31.14	
3	Nikki MacDonald	East Sutherland AC	2:37.15	<b>PB</b>
4	Alice Gordon	Inverness Harriers AAC	2:50.98	

# Highland, Islands & Grampian Regional Championships 2010

## U17 Women 80m Hurdles (Final)

ws +3.1

1	Charis Mair	Inverness Harriers AAC	12.09	<b>CBP</b>
2	Kate Henderson	Caithness AAC	19.61	

## U17 Women Discus

1	Natasha Morris	Caithness AAC	32.92	<b>PB</b>
2	Kirsty Auckland	Banchory & Stonehaven AC	20.28	<b>PB</b>
3	Kelly Bodley	Ellon AC	19.44	

## U17 Women Hammer

1	Kelly Bodley	Ellon AC	36.85	
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## U17 Women High Jump

1	Charis Mair	Inverness Harriers AAC	1.50	
2	Paula Gass	Inverness Harriers AAC	1.50	

## U17 Women Javelin

1	Paula Gass	Inverness Harriers AAC	35.81	<b>PB</b>	<b>CBP</b>
2	Alice Gordon	Inverness Harriers AAC	22.83		

## U17 Women Long Jump

1	Charis Mair	Inverness Harriers AAC	4.75	
2	Lisa Humphreys	Aberdeen AAC	4.72	
3	Elaine Murdoch	Inverness Harriers AAC	4.43	
4	Kirsty Auckland	Banchory & Stonehaven AC	4.36	
5	Hannah MacLeod	Stornoway Running & AC	4.28	
6	Alicia MacSween	Stornoway Running & AC	3.94	
7	Megan Smith	Shetland AAC	3.88	
8	Mairi Graham	Stornoway Running & AC	3.48	

## U17 Women Shot Putt

1	Natasha Morris	Caithness AAC	9.16	<b>PB</b>
2	Kate Henderson	Caithness AAC	5.48	

## U17 Women Triple Jump

1	Natasha Morris	Caithness AAC	8.96	
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# Highland, Islands & Grampian Regional Championships 2010

## U20 Women

<b>U20 Women 100m (Final)</b>		<b>ws +2.8</b>		
1	Eilidh Paterson	Shetland AAC	13.86	
<b>U20 Women 100m Hurdles (Final)</b>		<b>ws +0.5</b>		
1	Eleanor Workman	Banchory & Stonehaven AC	17.66	
<b>U20 Women 1500m (Final)</b>				
1	Rhona Auckland	Banchory & Stonehaven AC	4:44.18	<b>CBP</b>
2	Eleanor Duncan	Forres Harriers	4:59.06	
<b>U20 Women 400m (Final)</b>				
1	Cara Fraser	East Sutherland AC	70.51	<b>PB</b>
<b>U20 Women 800m (Final)</b>				
1	Gemma Cormack	Moray Road Runners	2:13.08	<b>CBP</b>
<b>U20 Women Discus</b>				
1	Kerri Cameron	Nairn AAAC	28.55	
<b>U20 Women Hammer</b>				
1	Kerri Cameron	Nairn AAAC	36.60	<b>PB</b>
<b>U20 Women Javelin</b>				
1	Eleanor Workman	Banchory & Stonehaven AC	33.41	
<b>U20 Women Long Jump</b>				
1	Eilidh Paterson	Shetland AAC	4.63	
<b>U20 Women Shot Putt</b>				
0	Cara Fraser	East Sutherland AC	5.84	
1	Kerri Cameron	Nairn AAAC	8.90	<b>PB</b>
3	Eleanor Workman	Banchory & Stonehaven AC	8.22	
<b>U20 Women Triple Jump</b>				
1	Eilidh Paterson	Shetland AAC	10.32	<b>CBP</b>
2	Natalie Coghill	Inverness Harriers AAC	10.05	<b>PB</b>

# Highland, Islands & Grampian Regional Championships 2010

## Senior Women

### Senior Women 100m (Final)

ws +2.8

0	Alison Wylie	Aberdeen AAC	12.57	
0	Catriona Pennet	Aberdeen AAC	12.65	
0	Susan Tengtenga	Aberdeen AAC	12.53	
0	Faye Richardson	Shetland AAC	12.85	
0	Margaret MacRae	Orkney Athletic Club	12.56	<b>PB</b>
0	Kathleen Madigan	Aberdeen AAC	13.09	<b>PB</b>

### Senior Women 100m Hurdles (Final)

ws +0.5

1	Catriona Pennet	Aberdeen AAC	14.58	<b>PB</b>
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### Senior Women 200m (Final)

1	Kathryn Evans	Edinburgh AC	25.3	
2	Margaret MacRae	Orkney Athletic Club	No Time	
3	Alison Wylie	Aberdeen AAC	No Time	
4	Susan Tengtenga	Aberdeen AAC	No Time	
5	Marie Dobson	Aberdeen AAC	27.3	
6	Kathleen Madigan	Aberdeen AAC	27.3	

### Senior Women 400m (Final)

1	Kathryn Evans	Edinburgh AC	56.56	
2	Margaret MacRae	Orkney Athletic Club	57.21	<b>PB</b>
3	Marie Dobson	Aberdeen AAC	62.51	
4	Laura Mahady	Aberdeen AAC	66.05	

### Senior Women 800m (Final)

1	Sheila Gollan	Inverness Harriers AAC	2:25.08	
2	Ally Bain	Orkney Athletic Club	2:26.00	

### Senior Women Discus

1	Michelle Durbridge (Guest)	Arbroath & District AC	34.48	
2	Julie Wyatt	Ross County AC	30.27	<b>PB</b>

### Senior Women Hammer

1	Kathleen Madigan	Aberdeen AAC	23.81	
2	Susan Sutherland	Nairn AAAC	19.53	
3	Sharon McCruden	Nairn AAAC	19.47	

### Senior Women High Jump

1	Rachael MacKenzie	Inverness Harriers AAC	1.71	<b>CBP</b>
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### Senior Women Shot Putt

1	Michelle Durbridge (Guest)	Arbroath & District AC	11.73	
2	Julie Wyatt	Ross County AC	9.10	<b>PB</b>
3	Sharon McCruden	Nairn AAAC	7.79	
4	Kathleen Madigan	Aberdeen AAC	7.76	
5	Susan Sutherland	Nairn AAAC	6.70	<b>PB</b>

### Senior Women Triple Jump

1	Rachael MacKenzie	Inverness Harriers AAC	10.84	<b>PB</b>
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# Highland, Islands & Grampian Regional Championships 2010

## U11 Boys

### U11 Boys 75m (Group 1)

ws +1.5

1	Ewan Ogilvie	Ross County AC	11.75	
2	Bobby Laurenson	Shetland AAC	12.86	
3	Ross Budge	Stornoway Running & AC	12.89	
4	Fraser Marr	Moray Road Runners	13.07	
5	Seumas MacKay	Shetland AAC	13.09	
6	Finlay Fett-Worsfold	Elgin AAC	13.67	<b>PB</b>

### U11 Boys 75m (Group 2)

ws +1.7

1	Bradley Yates	Aberdeen AAC	11.09	<b>PB</b>
2	Gregor McCarthy	Ross County AC	12.63	
3	Keiran Glaser	Shetland AAC	12.79	
4	Eoghann Gollan	East Sutherland AC	12.81	
5	John Fergus Dickson	Nairn AAAC	13.02	
6	Stuart Kirk	Caithness AAC	13.09	

### U11 Boys Long Jump

1	Ewan Ogilvie	Ross County AC	3.11	<b>PB</b>
2	Seumas MacKay	Shetland AAC	2.93	
3	Ross Budge	Stornoway Running & AC	2.85	
4	John Fergus Dickson	Nairn AAAC	2.84	
5	Finlay Clarke	Ross County AC	2.83	
6	Stuart Kirk	Caithness AAC	2.70	
7	Fraser Marr	Moray Road Runners	2.68	
8	Keiran Glaser	Shetland AAC	2.64	
9	Bobby Laurenson	Shetland AAC	2.61	
10	Eoghann Gollan	East Sutherland AC	2.60	
11	Finlay Fett-Worsfold	Elgin AAC	2.60	
12	Aaron Grant	Nairn AAAC	2.50	
13	Gregor McCarthy	Ross County AC	2.49	

### U11 Boys Shot Putt

1	Bradley Yates	Aberdeen AAC	5.96	
2	Ewan Ogilvie	Ross County AC	5.89	<b>PB</b>
3	Gregor McCarthy	Ross County AC	5.00	
4	Ross Budge	Stornoway Running & AC	4.84	
5	Keiran Glaser	Shetland AAC	4.69	
6	Aaron Grant	Nairn AAAC	4.41	
7	Stuart Kirk	Caithness AAC	4.28	
8	John Fergus Dickson	Nairn AAAC	4.14	
9	Finlay Fett-Worsfold	Elgin AAC	3.78	<b>PB</b>
10	Seumas MacKay	Shetland AAC	3.76	
11	Bobby Laurenson	Shetland AAC	2.52	

# Highland, Islands & Grampian Regional Championships 2010

## U13 Boys

### U13 Boys 100m (Final)

**ws +1.2**

1	Lewis Dinsdale	Inverness Harriers AAC	13.38	<b>PB</b>
2	Danny Ogilvie	Ross County AC	14.19	<b>PB</b>
3	Fergus MacIvor	Orkney Athletic Club	14.22	
4	Craig MacKie	Aberdeen AAC	14.73	
5	Matthew McKessick	Aberdeen AAC	15.27	
6	Sandy Scott	Nairn AAAC	15.37	

### U13 Boys 100m (Heat 1)

**ws +1.1**

1	Lewis Dinsdale	Inverness Harriers AAC	13.52	
2	Craig MacKie	Aberdeen AAC	14.96	
3	Douglas Muncaster	North Uist AAC	15.57	
4	Ryan MacSween	Stornoway Running & AC	15.74	
5	Lewis Sutherland	Caithness AAC	17.42	

### U13 Boys 100m (Heat 2)

**ws +2.1**

1	Fergus MacIvor	Orkney Athletic Club	14.25	
2	Danny Ogilvie	Ross County AC	14.32	<b>PB</b>
3	Aidan Jarmson	Shetland AAC	14.34	
4	Reuben Green	Inverness Harriers AAC	14.97	<b>PB</b>
5	Matthew McKessick	Aberdeen AAC	15.22	
6	Connor MacLean	Stornoway Running & AC	15.32	
7	Neil Urquhart	Inverness Harriers AAC	15.50	

### U13 Boys 100m (Heat 3)

**ws +1.1**

1	Sandy Scott	Nairn AAAC	15.50	
2	Daniel Connor Lamont	Inverness Harriers AAC	15.98	
3	Callum MacRitchie	North Uist AAC	16.14	
4	Findlay Donegan	Elgin AAC	16.22	

### U13 Boys 200m (Final)

**ws +2.8**

1	Lewis Dinsdale	Inverness Harriers AAC	27.21	
2	Ewan McMillan	Banchory & Stonehaven AC	29.42	<b>PB</b>
3	Fergus MacIvor	Orkney Athletic Club	29.43	<b>PB</b>
4	Craig MacKie	Aberdeen AAC	29.77	<b>PB</b>
5	Paul Morrison	North Uist AAC	30.76	<b>PB</b>
6	Matthew McKessick	Aberdeen AAC	31.03	
7	Rory Footitt	Nairn AAAC	32.84	
8	Daniel Connor Lamont	Inverness Harriers AAC	33.76	

### U13 Boys 200m (Heat 1)

**ws +3.1**

1 =	Ewan McMillan	Banchory & Stonehaven AC	29.83	
2 =	Craig MacKie	Aberdeen AAC	30.35	
3 =	Paul Morrison	North Uist AAC	31.25	
4	Rory Footitt	Nairn AAAC	32.67	
5	Daniel Connor Lamont	Inverness Harriers AAC	33.56	
6	Hamish Sim	Moray Road Runners	34.54	

### U13 Boys 200m (Heat 2)

**ws +2.7**

1	Lewis Dinsdale	Inverness Harriers AAC	27.00	<b>PB</b>
2	Matthew McKessick	Aberdeen AAC	31.50	
3	Kieran Gibson	Nairn AAAC	34.16	<b>PB</b>
4	Craig Erskine	North Uist AAC	34.75	
5	Findlay Donegan	Elgin AAC	34.77	

# Highland, Islands & Grampian Regional Championships 2010

## U13 Boys 200m (Heat 3)

ws +2.5

1	Fergus MacIvor	Orkney Athletic Club	30.19
2	Finlay Summers	Stornoway Running & AC	36.32

## U13 Boys 75m Hurdles (Final)

ws +2.5

1	Reuben Green	Inverness Harriers AAC	15.31	<b>PB</b>
2	Danny Ogilvie	Ross County AC	15.33	
3	Michael MacMillan	Stornoway Running & AC	17.12	
4	Logan Mathieson	Ross County AC	17.78	
5	Struan J Tweedie	Inverness Harriers AAC	22.08	

## U13 Boys 800m (Final)

1	Lewis Holmes	East Sutherland AC	2:23.97	<b>PB</b>
2	Ewan McMillan	Banchory & Stonehaven AC	2:24.38	<b>PB</b>
3	Craig MacKie	Aberdeen AAC	2:36.46	<b>PB</b>
4	Connor MacLean	Stornoway Running & AC	2:41.50	<b>PB</b>
5	Paul Morrison	North Uist AAC	2:43.12	<b>PB</b>
6	Shane Odie	Shetland AAC	2:45.00	
7	Michael MacMillan	Stornoway Running & AC	2:46.72	
8	Struan J Tweedie	Inverness Harriers AAC	2:48.55	

## U13 Boys 800m (Heat 1)

1	Ewan McMillan	Banchory & Stonehaven AC	2:31.31	
2	Connor MacLean	Stornoway Running & AC	2:42.36	<b>PB</b>
3	Struan J Tweedie	Inverness Harriers AAC	2:46.65	<b>PB</b>
4	Matthew McKessick	Aberdeen AAC	2:50.37	
5	Mark O'Brien	Caithness AAC	2:52.84	<b>PB</b>
6	Finlay Todd	Ross County AC	2:54.06	<b>PB</b>
7	Kieran Gibson	Nairn AAAC	2:55.54	<b>PB</b>
8	Callum MacRitchie	North Uist AAC	3:01.78	

## U13 Boys 800m (Heat 2)

1	Lewis Holmes	East Sutherland AC	2:33.51	
2	Craig MacKie	Aberdeen AAC	2:37.48	<b>PB</b>
3	Michael MacMillan	Stornoway Running & AC	2:40.55	
4	Shane Odie	Shetland AAC	2:41.47	
5	Paul Morrison	North Uist AAC	2:43.07	<b>PB</b>
6	Ruairidh Gollan	East Sutherland AC	2:52.37	
7	Rory Footitt	Nairn AAAC	2:56.60	
8	Matthew Keenan	Aberdeen AAC	2:57.66	<b>PB</b>
9	Craig Erskine	North Uist AAC	3:00.55	
10	Hamish Sim	Moray Road Runners	3:03.98	

## U13 Boys Discus

1	James Hawes	Caithness AAC	21.28
2	Shaun Gunn	Caithness AAC	18.70
3	Hamish Kerr	Ross County AC	14.58
4	Struan J Tweedie	Inverness Harriers AAC	11.56

## U13 Boys High Jump

1	Hamish Kerr	Ross County AC	1.20
2	Matthew Keenan	Aberdeen AAC	1.15
3	Daniel Connor Lamont	Inverness Harriers AAC	1.15
4	Mark O'Brien	Caithness AAC	1.05

# Highland, Islands & Grampian Regional Championships 2010

## U13 Boys Javelin

1	Ian MacKay	Caithness AAC	28.43	<b>PB</b>
2	James Hawes	Caithness AAC	25.98	<b>PB</b>
3	Aidan Jarmson	Shetland AAC	21.40	
4	Connor MacLean	Stornoway Running & AC	19.71	<b>PB</b>
5	Hamish Kerr	Ross County AC	19.05	
6	Ryan MacSween	Stornoway Running & AC	18.66	<b>PB</b>
7	Logan Mathieson	Ross County AC	17.41	<b>PB</b>
8	James MacGregor	Ross County AC	16.75	<b>PB</b>

## U13 Boys Long Jump

1	Ian MacKay	Caithness AAC	4.35	<b>PB</b>
2	Reuben Green	Inverness Harriers AAC	3.93	<b>PB</b>
3	Fergus MacIvor	Orkney Athletic Club	3.63	<b>PB</b>
4	Findlay Donegan	Elgin AAC	3.40	
5	Douglas Muncaster	North Uist AAC	3.40	
6	Sandy Scott	Nairn AAAC	3.28	
7	Matthew Keenan	Aberdeen AAC	3.22	
8	Paul Morrison	North Uist AAC	3.12	
9	Callum MacRitchie	North Uist AAC	3.10	
10	Rory Footitt	Nairn AAAC	3.09	
11	Craig Erskine	North Uist AAC	3.08	
12	Scott Lafferty	Caithness AAC	2.93	
13	Shane Odie	Shetland AAC	2.91	
14	Kieran Gibson	Nairn AAAC	2.90	
15	Lewis Sutherland	Caithness AAC	2.16	

## U13 Boys Shot Putt

1	James Hawes	Caithness AAC	8.75	<b>PB</b>
2	Shaun Gunn	Caithness AAC	8.27	
3	Danny Ogilvie	Ross County AC	6.96	
4	Finlay Summers	Stornoway Running & AC	6.33	<b>PB</b>
5	Douglas Muncaster	North Uist AAC	5.88	
6	Sandy Scott	Nairn AAAC	5.34	
7	Scott Lafferty	Caithness AAC	5.01	<b>PB</b>
8	Logan Mathieson	Ross County AC	4.95	
9	James MacGregor	Ross County AC	4.93	

# Highland, Islands & Grampian Regional Championships 2010

## U15 Boys

### U15 Boys 100m (Final)

ws +2.1

1	Liam MacAdie	Caithness AAC	12.40	<b>PB</b>
2	Christopher Brown	Inverness Harriers AAC	12.50	<b>PB</b>
3	D Seosamh O'Drisceoll	Stornoway Running & AC	13.21	<b>PB</b>
4	Thomas Morris-Luxton	East Sutherland AC	13.47	<b>PB</b>
5	Sam Maver	Shetland AAC	14.05	
6	Callum Alexander	Moray Road Runners	14.44	
7	Ruairidh Muncaster	North Uist AAC	14.83	
8	Fazel Froughi	North Uist AAC	16.50	

### U15 Boys 1500m (Final)

1	Lewis Sim	Moray Road Runners	5:22.50	
2	Sean Currie	East Sutherland AC	5:49.38	

### U15 Boys 200m (Final)

ws +2.1

1	Christopher Brown	Inverness Harriers AAC	25.48	<b>PB</b>
2	Liam MacAdie	Caithness AAC	26.46	<b>PB</b>
3	D Seosamh O'Drisceoll	Stornoway Running & AC	27.27	<b>PB</b>
4	Thomas Morris-Luxton	East Sutherland AC	27.61	
5	Chris Mollison	Inverness Harriers AAC	28.05	
6	Harry Barton	Inverness Harriers AAC	28.24	
7	Ben Mitchell	Moray Road Runners	28.75	
8	Ruairidh Muncaster	North Uist AAC	29.61	

### U15 Boys 200m (Heat 1)

ws 2.7

1	Liam MacAdie	Caithness AAC	25.90	<b>PB</b>
2	Christopher Brown	Inverness Harriers AAC	26.26	<b>PB</b>
3	Chris Mollison	Inverness Harriers AAC	28.55	
4	Ruairidh Muncaster	North Uist AAC	29.53	
5	Micheil Russell Smith	Stornoway Running & AC	29.88	<b>PB</b>
6	Fazel Froughi	North Uist AAC	34.70	

### U15 Boys 200m (Heat 2)

ws 0.5

1	D Seosamh O'Drisceoll	Stornoway Running & AC	27.47	<b>PB</b>
2	Thomas Morris-Luxton	East Sutherland AC	27.56	
3	Harry Barton	Inverness Harriers AAC	28.26	
4	Ben Mitchell	Moray Road Runners	28.66	
5	Callum Alexander	Moray Road Runners	30.08	
6	Laurence Donkers	North Uist AAC	36.00	

### U15 Boys 400m (Final)

1	Christopher Brown	Inverness Harriers AAC	62.90	
2	Harry Barton	Inverness Harriers AAC	65.42	<b>PB</b>
3	Michael J Laing	Moray Road Runners	76.15	

### U15 Boys 800m (Final)

1	Fraser Scott	Forres Harriers	2:18.73	<b>PB</b>
2	Campbell MacDonald	Stornoway Running & AC	2:21.38	<b>PB</b>
3	Ross Gollan	East Sutherland AC	2:22.27	
4	Eoin Leask	Shetland AAC	2:25.99	
5	Gavin MacDonald	Moray Road Runners	2:28.37	
6	Alasdair Coupar	East Sutherland AC	2:35.38	<b>PB</b>
7	Micheil Russell Smith	Stornoway Running & AC	2:37.98	<b>PB</b>
8	Dean Britton	Caithness AAC	2:39.29	<b>PB</b>

# Highland, Islands & Grampian Regional Championships 2010

## U15 Boys 80m Hurdles (Final)

ws +1.3

1	Ryan Hewitson	Aberdeen AAC	13.63	
2	Connel MacDonald	Inverness Harriers AAC	13.71	<b>PB</b>
3	Ben Mitchell	Moray Road Runners	15.19	
4	Ruairidh Muncaster	North Uist AAC	16.42	
5	Jack Christie	Moray Road Runners	18.79	

## U15 Boys Discus

1	Dean Britton	Caithness AAC	19.71	<b>PB</b>
2	Iain Ferguson Carr	North Uist AAC	12.87	

## U15 Boys High Jump

1	Connel MacDonald	Inverness Harriers AAC	1.58	
2	Ryan Hewitson	Aberdeen AAC	1.40	
3	Chris Mollison	Inverness Harriers AAC	1.40	<b>PB</b>
4	Campbell MacDonald	Stornoway Running & AC	1.35	
5	Ben Mitchell	Moray Road Runners	1.20	

## U15 Boys Javelin

1	Sam Maver	Shetland AAC	26.36	
2	Iain Ferguson Carr	North Uist AAC	23.72	
3	Callum Alexander	Moray Road Runners	20.26	<b>PB</b>
4	Jack Christie	Moray Road Runners	17.43	

## U15 Boys Long Jump

1	Sam Maver	Shetland AAC	4.45	
2	Chris Mollison	Inverness Harriers AAC	4.35	
3	Campbell MacDonald	Stornoway Running & AC	4.30	<b>PB</b>
4	Micheil Russell Smith	Stornoway Running & AC	3.83	
5	Lewis Sim	Moray Road Runners	3.75	
6	Laurence Donkers	North Uist AAC	3.62	
7	Michael J Laing	Moray Road Runners	3.42	
8	Jack Christie	Moray Road Runners	3.32	
9	Robert Henshaw	Nairn AAAC	3.20	
10	Fazel Froughi	North Uist AAC	2.96	

## U15 Boys Shot Putt

1	Thomas Morris-Luxton	East Sutherland AC	9.84	<b>PB</b>
2	Liam MacAdie	Caithness AAC	9.12	<b>PB</b>
3	Iain Ferguson Carr	North Uist AAC	6.56	

## U15 Boys Triple Jump

1	Connel MacDonald	Inverness Harriers AAC	10.09	
2	Laurence Donkers	North Uist AAC	8.23	
3	Robert Henshaw	Nairn AAAC	7.57	<b>PB</b>

# Highland, Islands & Grampian Regional Championships 2010

## U17 Men

### U17 Men 100m (Final)

**ws +1.8**

1	Alasdair Summers	Stornoway Running & AC	11.64	
2	David Smith	Inverness Harriers AAC	11.81	<b>PB</b>
3	Craig Cameron	Inverness Harriers AAC	12.49	
4	Andrew Nicolson	Caithness AAC	12.73	<b>PB</b>
5	Ross Fraser	Inverness Harriers AAC	12.85	<b>PB</b>

### U17 Men 1500m (Final)

1	Scott Dixon	Inverness Harriers AAC	4:36.97	<b>PB</b>
2	Finlay Murray	East Sutherland AC	4:57.44	<b>PB</b>
3	Duncan MacKellar	Stornoway Running & AC	5:03.55	
4	Andrew Nicolson	Caithness AAC	5:05.62	<b>PB</b>
5	Graham Black	North Uist AAC	5:09.85	

### U17 Men 1500m Steeple Chase (Final)

1	James Wilson	Moray Road Runners	5:27.84	<b>PB</b>
2	Moray Googfellow	Moray Road Runners	6:04.88	

### U17 Men 200m (Final)

**ws +3.2**

1	Alasdair Summers	Stornoway Running & AC	23.68	<b>PB</b>
2	David Smith	Inverness Harriers AAC	24.25	<b>PB</b>

### U17 Men 400m (Final)

1	Ben Nelson	Inverness Harriers AAC	54.81	<b>PB</b>
2	Alfie Bainbridge	North Uist AAC	60.71	

### U17 Men 400m Hurdles (Final)

**ws +1.2**

1	Ross Fraser	Inverness Harriers AAC	68.10	
2	Stuart Michael	Inverness Harriers AAC	69.40	
3	Glenn Murray	East Sutherland AC	73.01	

### U17 Men 800m (Final)

1	Moray Googfellow	Moray Road Runners	2:23.27	
2	Ewan Campbell	North Uist AAC	2:26.69	

### U17 Men Discus

1	Glenn Murray	East Sutherland AC	32.99	<b>PB</b>
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### U17 Men High Jump

1	Ian Coghill	Inverness Harriers AAC	1.74	
2	Ewan Campbell	North Uist AAC	1.55	
3	Stuart Michael	Inverness Harriers AAC	1.45	

### U17 Men Javelin

1	Glenn Murray	East Sutherland AC	38.72	<b>PB</b>
2	Kristoffer Thomason	Shetland AAC	32.09	
3	Craig Cameron	Inverness Harriers AAC	28.02	<b>PB</b>

### U17 Men Long Jump

1	Craig Cameron	Inverness Harriers AAC	5.24	
2	Ross Fraser	Inverness Harriers AAC	4.72	
3	Alfie Bainbridge	North Uist AAC	4.55	
4	Graham Black	North Uist AAC	4.18	
5	James Wilson	Moray Road Runners	4.12	<b>PB</b>

# Highland, Islands & Grampian Regional Championships 2010

## U17 Men Shot Putt

1	Kristoffer Thomason	Shetland AAC	9.43
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## U17 Men Triple Jump

1	Ian Coghill	Inverness Harriers AAC	11.72
2	Stuart Michael	Inverness Harriers AAC	10.69
3	Finlay Murray	East Sutherland AC	10.08 <b>PB</b>
4	Graham Black	North Uist AAC	9.02

# Highland, Islands & Grampian Regional Championships 2010

## U20 Men

### U20 Men 100m (Final)

**ws +0.9**

1	Stuart Laing	Inverness Harriers AAC	11.36
2	Sam Freck	Inverness Harriers AAC	11.49
3	Gordon Mowat	Orkney Athletic Club	11.82
4	James Flett	Orkney Athletic Club	12.07

### U20 Men 1500m (Final)

1	Ross Fulton	Aberdeen AAC	4:21.91
2	Lewis Coffin	Aberdeen AAC	4:53.91

### U20 Men 200m (Final)

**ws +1.3**

1	James MacPhail	Inverness Harriers AAC	22.37	<b>PB</b>	<b>CBP</b>
2	Stuart Laing	Inverness Harriers AAC	22.89		
3	Sam Freck	Inverness Harriers AAC	23.02	<b>PB</b>	
4	Andrew Raeburn	Caithness AAC	23.35		
5	Sam Lyon	Aberdeen AAC	23.67	<b>PB</b>	
6	William Smy	Banchory & Stonehaven AC	23.77		
7	Gordon Mowat	Orkney Athletic Club	24.03		
8	James Flett	Orkney Athletic Club	24.42		

### U20 Men 400m (Final)

1	James MacPhail	Inverness Harriers AAC	49.62
2	Andrew Raeburn	Caithness AAC	51.87
3	William Smy	Banchory & Stonehaven AC	53.65
4	Adam Hobson	Inverness Harriers AAC	54.82

### U20 Men 400m Hurdles (Final)

**ws +1.2**

1	Jonathan Mann	Aberdeen AAC	59.06
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### U20 Men 5000m (Final)

1	Calum Bruce MacLeod	Inverness Harriers AAC	17:01.09
2	Andrew Preacher	Shetland AAC	21:18.28

### U20 Men 800m (Final)

1	Cameron Strachan	Aberdeen AAC	1:58.36
2	Stewart Chalmers	Edinburgh AC	1:58.82

### U20 Men Discus

1	Sam O'Kane	Caithness AAC	37.40
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### U20 Men Hammer

1	Sam O'Kane	Caithness AAC	41.71	<b>PB</b>
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### U20 Men High Jump

1	Adam Hobson	Inverness Harriers AAC	1.60
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### U20 Men Long Jump

1	Andrew Raeburn	Caithness AAC	6.12
2	Sam Lyon	Aberdeen AAC	6.05
3	Sean Maver	Shetland AAC	5.33
4	Sam O'Kane	Caithness AAC	4.92

### U20 Men Shot Putt

1	Sam O'Kane	Caithness AAC	12.37	<b>PB</b>
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# Highland, Islands & Grampian Regional Championships 2010

## U20 Men Triple Jump

1	Sam Lyon	Aberdeen AAC	13.13
2	Sean Maver	Shetland AAC	12.30

# Highland, Islands & Grampian Regional Championships 2010

## Senior Men

<b>Senior Men 100m (Final)</b>				<b>ws +3.1</b>	
1	Ian Garioch	Moray Road Runners	10.94	<b>CBP</b>	
2	Alastair Beaton	Inverness Harriers AAC	11.16		
3	Nigel Thomson	Orkney Athletic Club	11.78		
4	Jamie Miller	Inverness Harriers AAC	12.00		
5	Derek Glasgow	Inverness Harriers AAC	12.97		
<b>Senior Men 110m Hurdles (Final)</b>				<b>ws +2.8</b>	
1	Kevin Morice	Moray Road Runners	20.28		
2	Derek Glasgow	Inverness Harriers AAC	20.30	<b>PB</b>	
3	Ken Pokorniecki	Ross County AC	24.15		
<b>Senior Men 1500m (Final)</b>					
1	James Joy	Aberdeen AAC	4:03.60		
2	Iain Townsend	North Uist AAC	4:23.27		
<b>Senior Men 200m (Final)</b>				<b>ws +3.4</b>	
1	Ian Garioch	Moray Road Runners	21.99		
2	Alastair Beaton	Inverness Harriers AAC	22.63		
3	Peter Mutch	Aberdeen AAC	23.49		
4	Nigel Thomson	Orkney Athletic Club	24.07		
<b>Senior Men 3000m Steeple Chase (Final)</b>					
1	David Munro	Ronhill Cambuslang	10:47.96		
2	Kevin Morice	Moray Road Runners	12:45.84		
<b>Senior Men 400m (Final)</b>					
1	Ian Garioch	Moray Road Runners	49.66		
2	Thomas Newton	Aberdeen AAC	52.24	<b>PB</b>	
3	Andrew Ferguson	Banchory & Stonehaven AC	53.81		
4	Peter Mutch	Aberdeen AAC	55.69		
<b>Senior Men 400m Hurdles (Final)</b>				<b>ws +1.2</b>	
1	Peter Mutch	Aberdeen AAC	63.19		
2	Kevin Morice	Moray Road Runners	72.07		
<b>Senior Men Discus</b>					
1	Scot Thompson	Aberdeen AAC	50.26		
2	Malcolm Cleghorn	Ross County AC	33.84		
3	Gary Sweeny	Moray Road Runners	30.81		
4	David Ogilvie	Ross County AC	29.67		
5	Eddie McKenzie	Aberdeen AAC	28.35		
<b>Senior Men Hammer</b>					
1	Karl Robertson	Shetland AAC	40.49		
2	David Ogilvie	Ross County AC	31.98		
<b>Senior Men High Jump</b>					
1	Eddie McKenzie	Aberdeen AAC	1.40		
<b>Senior Men Javelin</b>					
1	Scot Thompson	Aberdeen AAC	53.09	<b>PB</b>	
2	Eddie McKenzie	Aberdeen AAC	37.39		
3	Gary Sweeny	Moray Road Runners	33.96		

# Highland, Islands & Grampian Regional Championships 2010

## Senior Men Long Jump

1	Jamie Miller	Inverness Harriers AAC	5.06
2	Derek Glasgow	Inverness Harriers AAC	4.93

## Senior Men Pole Vault

1	Derek Glasgow	Inverness Harriers AAC	2.80	<b>PB</b>
2	Eddie McKenzie	Aberdeen AAC	2.60	
3	Ken Pokorniecki	Ross County AC	2.30	

## Senior Men Shot Putt

1	Scot Thompson	Aberdeen AAC	15.51
2	Malcolm Cleghorn	Ross County AC	11.92
3	David Ogilvie	Ross County AC	11.87
4	Gary Sweeny	Moray Road Runners	11.57
5	Eddie McKenzie	Aberdeen AAC	10.41