

# 2009 North District Championships

## U13 Girls

### U13 Girls 100m (Final)

1	Kelly Gammack	Elgin AAC	14.06	<b>PB</b>
2	Katie Robertson	Edinburgh AC	14.52	
3	Shannon Sutherland	Nairn AAAC	15.40	
4	Hannah MacLeod	Caithness AAC	15.45	
5	Abbie MacKay	Stornoway Running & AC	15.47	
6	Leonie Davidson	Elgin AAC	15.57	
7	Jenny McTaggart	Stornoway Running & AC	15.78	
8	Sarah Campbell	North Uist AAC	16.20	

### U13 Girls 100m (Heat 1)

1	Kelly Gammack	Elgin AAC	14.14	
2	Katie Robertson	Edinburgh AC	14.47	
3	Shannon Sutherland	Nairn AAAC	15.24	
4	Jenny McTaggart	Stornoway Running & AC	15.30	
5	Hannah MacLeod	Caithness AAC	15.30	
6	Gillian Gordon	Inverness Harriers AAC	15.94	
7	Claire Johnston	Shetland AAC	15.96	
8	Lillie Flett	Orkney Athletic Club	16.54	

### U13 Girls 100m (Heat 2)

1	Abbie MacKay	Stornoway Running & AC	15.13	
2	Leonie Davidson	Elgin AAC	15.21	
3	Sarah Campbell	North Uist AAC	15.59	
4	Georgia MacLennan	Stornoway Running & AC	15.68	
5	Lara Dalgarno	Moray Road Runners	15.71	<b>PB</b>
6	Holly King	Shetland AAC	15.73	
7	Bea Watson	Orkney Athletic Club	16.79	

### U13 Girls 200m (Final)

1	Kelly Gammack	Elgin AAC	29.11	<b>PB</b>
2	Emma Ball	Inverness Harriers AAC	31.01	
3	Dionne Milne	Moray Road Runners	31.63	
4	Carel Ross	Inverness Harriers AAC	31.64	<b>PB</b>
5	Jenny McTaggart	Stornoway Running & AC	31.82	
6	Peigi MacKellar	Stornoway Running & AC	32.56	
7	Fiona Cameron	Nairn AAAC	32.58	
8	Leonie Davidson	Elgin AAC	33.31	

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## U13 Girls 200m (Heat 1)

1	Emma Ball	Inverness Harriers AAC	31.09	
2	Fiona Cameron	Nairn AAAC	32.09	
3	Leonie Davidson	Elgin AAC	32.47	
4	Abbie MacKay	Stornoway Running & AC	33.26	
5	Sarah MacPhail	Orkney Athletic Club	33.46	<b>PB</b>
6	Georgia MacLennan	Stornoway Running & AC	33.67	
7	Sarah Campbell	North Uist AAC	34.41	

## U13 Girls 200m (Heat 2)

1	Dionne Milne	Moray Road Runners	31.48	
2	Jenny McTaggart	Stornoway Running & AC	31.59	
3	Peigi MacKellar	Stornoway Running & AC	32.00	
4	Bethany Sutherland	East Sutherland AC	33.00	
5	Laura MacPherson	Inverness Harriers AAC	33.63	<b>PB</b>
6	Jane MacInnes	Stornoway Running & AC	34.54	

## U13 Girls 200m (Heat 3)

1	Kelly Gammack	Elgin AAC	28.98	<b>PB</b>
2	Carel Ross	Inverness Harriers AAC	32.55	<b>PB</b>
3	Chloe Thompson	Stornoway Running & AC	33.22	<b>PB</b>
4	Lara Dalgarno	Moray Road Runners	34.36	
5	Hayley Duncan	Orkney Athletic Club	34.57	
6	Carly Grant	Inverness Harriers AAC	35.50	<b>PB</b>

## U13 Girls 70m Hurdles (Final)

1	Katie Robertson	Edinburgh AC	13.18	
2	Laura MacPherson	Inverness Harriers AAC	15.45	
3	Carly Grant	Inverness Harriers AAC	15.48	<b>PB</b>
4	Alison Horne	Inverness Harriers AAC	15.61	

## U13 Girls 800m (Final)

1	Gillian Gordon	Inverness Harriers AAC	2.43.66	
2	Heather Campbell	Inverness Harriers AAC	2.44.02	
3	Chloe Thompson	Stornoway Running & AC	2.45.15	
4	Peigi MacKellar	Stornoway Running & AC	2.45.22	
5	Sarah MacPhail	Orkney Athletic Club	2.51.64	
6	Emma Ball	Inverness Harriers AAC	2.53.24	
7	Carel Ross	Inverness Harriers AAC	2.53.32	
8	Hannah MacLeod	Gaithness AAC	2.53.70	
9	Eilidh MacRae	East Sutherland AC	2.54.64	
10	Ellen Clyde	Orkney Athletic Club	2.55.10	
11	Dionne Milne	Moray Road Runners	2.56.93	
12	Stephanie Andrew	East Sutherland AC	2.56.98	
13	Hayley Duncan	Orkney Athletic Club	2.57.49	
14	Jane MacInnes	Stornoway Running & AC	3.09.50	
15	Rebecca Laing	Moray Road Runners	3.11.73	

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## U13 Girls Discus

1	Emma Bowie	Moray Road Runners	15.99	<b>PB</b>
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## U13 Girls High Jump

1	Katie Robertson	Edinburgh AC	1.40	
2	Shannon Sutherland	Nairn AAAC	1.30	
3	Emma Ball	Inverness Harriers AAC	1.20	<b>PB</b>
4	Sarah MacPhail	Orkney Athletic Club	1.15	
5 =	Lillie Flett	Orkney Athletic Club	1.05	
5 =	Ellen Clyde	Orkney Athletic Club	1.05	

## U13 Girls Javelin

1	Thora Cant	Orkney Athletic Club	23.88	<b>PB</b>
2	Claire Johnston	Shetland AAC	19.09	
3	Alison Horne	Inverness Harriers AAC	17.20	<b>PB</b>
4	Emma Bowie	Moray Road Runners	14.07	
5	Laura MacPherson	Inverness Harriers AAC	11.14	<b>PB</b>

## U13 Girls Long Jump

1	Kelly Gammack	Elgin AAC	3.59	
2	Abbie MacKay	Stornoway Running & AC	3.59	
3	Bethany Sutherland	East Sutherland AC	3.58	
4	Gillian Gordon	Inverness Harriers AAC	3.51	<b>PB</b>
5	Sarah Campbell	North Uist AAC	3.45	
6	Leonie Davidson	Elgin AAC	3.30	<b>PB</b>
7	Jenny McTaggart	Stornoway Running & AC	3.24	
8	Fiona Cameron	Nairn AAAC	3.24	
9	Shannon Sutherland	Nairn AAAC	3.06	
10	Thora Cant	Orkney Athletic Club	3.04	
11	Holly King	Shetland AAC	3.01	
12	Georgia MacLennan	Stornoway Running & AC	2.86	<b>PB</b>
13	Carly Grant	Inverness Harriers AAC	2.86	
14	Carel Ross	Inverness Harriers AAC	2.85	
15	Hayley Duncan	Orkney Athletic Club	2.66	

## U13 Girls Shot Putt

1	Dionne Milne	Moray Road Runners	6.80	<b>PB</b>
2	Lara Dalgarno	Moray Road Runners	6.26	
3	Alison Horne	Inverness Harriers AAC	5.55	
4	Claire Johnston	Shetland AAC	5.13	
5	Bea Watson	Orkney Athletic Club	4.50	

# 2009 North District Championships

## U15 Girls

### U15 Girls 100m (Final)

1	Jade Currie	East Sutherland AC	13.68	<b>PB</b>
2	Mary MacLellan	East Sutherland AC	13.84	
3	Jodie MacKay	Stornoway Running & AC	14.01	
4	Hannah MacLeod	Stornoway Running & AC	14.13	
5	Natalie MacDonald	Inverness Harriers AAC	14.34	
6	Evie Peace	Orkney Athletic Club	14.35	<b>PB</b>
7	Elaine Murdoch	Inverness Harriers AAC	14.43	
8	Amy Ramsay	Stornoway Running & AC	14.79	

### U15 Girls 100m (Heat 1)

1	Mary MacLellan	East Sutherland AC	14.03	
2	Evie Peace	Orkney Athletic Club	15.06	
3	Kirsty Laurenson	Shetland AAC	15.50	
4	Molly Donegan	Moray Road Runners	15.67	<b>PB</b>
5	Mairi Graham	Stornoway Running & AC	16.08	

### U15 Girls 100m (Heat 2)

1	Hannah MacLeod	Stornoway Running & AC	14.47	
2	Eilidh Boyle	North Uist AAC	15.30	
3	Robyn MacPherson	Inverness Harriers AAC	15.48	
4	Joanne Pirie	Orkney Athletic Club	15.68	
5	Karen Horne	Inverness Harriers AAC	15.69	<b>PB</b>
6	Kate Henderson	Caithness AAC	16.31	

### U15 Girls 100m (Heat 3)

1	Jade Currie	East Sutherland AC	14.36	
2	Elaine Murdoch	Inverness Harriers AAC	14.61	
3	Lauren Nicolson	North Uist AAC	15.60	
4	Jessica Anderson	Shetland AAC	15.70	

### U15 Girls 100m (Heat 4)

1	Jodie MacKay	Stornoway Running & AC	14.22	
2	Natalie MacDonald	Inverness Harriers AAC	14.89	
3	Amy Ramsay	Stornoway Running & AC	15.20	
4	Sarah Murphy	Ellon AC	15.50	
5	Hannah Rogan	Forres Harriers	15.66	
6	Freya Lowe	Inverness Harriers AAC	15.78	

### U15 Girls 1500m (Final)

1	Rhian MacKay	Orkney Athletic Club	5.17.46	
2	Jade Currie	East Sutherland AC	5.19.82	
3	Bethany Wilson	Moray Road Runners	5.20.77	
4	Mhairi MacLennan	Inverness Harriers AAC	5.29.01	
5	Mairi MacRae	Lochaber AC	5.29.37	

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## U15 Girls 200m (Final)

1	Mary MacLellan	East Sutherland AC	28.72	
2	Jodie MacKay	Stornoway Running & AC	29.16	
3	Rebecca Munro	Stornoway Running & AC	29.50	
4	Hannah MacLeod	Stornoway Running & AC	29.53	
5	Natalie MacDonald	Inverness Harriers AAC	30.09	<b>PB</b>
6	Jennie Will	Inverness Harriers AAC	30.17	
7	Elaine Murdoch	Inverness Harriers AAC	30.33	
8	Amy Ramsay	Stornoway Running & AC	31.43	

## U15 Girls 200m (Heat 1)

1	Jodie MacKay	Stornoway Running & AC	29.23	
2	Hannah MacLeod	Stornoway Running & AC	29.90	
3	Elaine Murdoch	Inverness Harriers AAC	30.22	
4	Evie Peace	Orkney Athletic Club	32.02	<b>PB</b>
5	Freya Lowe	Inverness Harriers AAC	32.32	
6	Alison MacInnes	Stornoway Running & AC	32.65	
7	Lauren Nicolson	North Uist AAC	33.09	

## U15 Girls 200m (Heat 2)

1	Rebecca Munro	Stornoway Running & AC	29.68	
2	Natalie MacDonald	Inverness Harriers AAC	30.50	<b>PB</b>
3	Siobhan Robertson	Moray Road Runners	31.36	
4	Joanne Pirie	Orkney Athletic Club	32.71	<b>PB</b>
5	Isla MacKay	Lochaber AC	32.90	<b>PB</b>
6	Molly Donegan	Moray Road Runners	33.18	<b>PB</b>

## U15 Girls 200m (Heat 3)

1	Mary MacLellan	East Sutherland AC	29.35	
2	Jennie Will	Inverness Harriers AAC	30.45	
3	Amy Ramsay	Stornoway Running & AC	31.19	
4	Mairi MacRae	Lochaber AC	31.72	
5	Eilidh Boyle	North Uist AAC	32.14	
6	Mairi Graham	Stornoway Running & AC	32.53	<b>PB</b>
7	Robyn MacPherson	Inverness Harriers AAC	32.53	

## U15 Girls 75m Hurdles (Final)

1	Shannon Evers	Caithness AAC	13.58	<b>PB</b>
2	Jennie Will	Inverness Harriers AAC	13.62	
3	Jade Currie	East Sutherland AC	14.40	<b>PB</b>
4	Kate Henderson	Caithness AAC	17.02	<b>PB</b>

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## U15 Girls 800m (Final)

1	Lauren Odie	Shetland AAC	2.32.15	
2	Corrin Miller	Inverness Harriers AAC	2.33.60	
3	Rebecca Munro	Stornoway Running & AC	2.34.81	
4	Nikki MacDonald	East Sutherland AC	2.40.24	
5	Isla MacKay	Lochaber AC	2.46.33	<b>PB</b>
6	Sarah Henderson	Caithness AAC	2.49.16	
7	Alice Gordon	Inverness Harriers AAC	2.53.55	
8	Erin MacKay	East Sutherland AC	2.56.85	
9	Alison MacInnes	Stornoway Running & AC	3.00.07	
10	Isobel MacLeod	Caithness AAC	3.05.43	
11	Kirsty Shand	Moray Road Runners	3.10.12	

## U15 Girls Discus

1	Shannon Evers	Caithness AAC	21.14	<b>PB</b>
2	Louise Milne	Ellon AC	19.10	<b>PB</b>
3	Karen Horne	Inverness Harriers AAC	18.13	
4	Rachel Robertson	Edinburgh AC	17.82	

## U15 Girls High Jump

1	Hannah Rogan	Forres Harriers	1.25	<b>PB</b>
2	Sarah Henderson	Caithness AAC	1.20	

## U15 Girls Javelin

1	Shannon Evers	Caithness AAC	25.60	<b>PB</b>
2	Alice Gordon	Inverness Harriers AAC	20.77	<b>PB</b>
3	Karen Horne	Inverness Harriers AAC	18.13	<b>PB</b>

## U15 Girls Long Jump

1	Elaine Murdoch	Inverness Harriers AAC	4.26	<b>PB</b>
2	Jodie MacKay	Stornoway Running & AC	4.23	
3	Hannah MacLeod	Stornoway Running & AC	4.09	
4	Sarah Murphy	Ellon AC	3.90	
5	Louise Milne	Ellon AC	3.83	<b>PB</b>
6	Siobhan Robertson	Moray Road Runners	3.81	
7	Kirsty Laurenson	Shetland AAC	3.69	
8	Molly Donegan	Moray Road Runners	3.64	
9	Isobel MacLeod	Caithness AAC	3.53	
10	Evie Peace	Orkney Athletic Club	3.42	
11	Hannah Rogan	Forres Harriers	3.39	
12	Amy Ramsay	Stornoway Running & AC	3.24	
13	Eilidh Boyle	North Uist AAC	3.22	

## U15 Girls Shot Putt

1	Louise Milne	Ellon AC	7.86	
2	Siobhan Robertson	Moray Road Runners	6.77	
3	Jessica Anderson	Shetland AAC	6.19	

# 2009 North District Championships

## U17 Women

### U17 Women 100m (Final)

1	Eilidh MacLennan	Inverness Harriers AAC	13.57	
2	Morna Brown	Orkney Athletic Club	14.39	

### U17 Women 1500m (Final)

1	Ailis Murray	Stornoway Running & AC	5.08.66	<b>PB</b>
2	Holly Maclver	Stornoway Running & AC	5.31.95	
3	Jane Maclver	Stornoway Running & AC	5.33.87	

### U17 Women 200m (Final)

1	Morna Brown	Orkney Athletic Club	30.02	
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### U17 Women 300m (Final)

1	Paula Gass	Inverness Harriers AAC	45.69	
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### U17 Women 800m (Final)

1	Ailis Murray	Stornoway Running & AC	2.23.62	<b>PB</b>
2	Holly Maclver	Stornoway Running & AC	2.29.11	
3	Jane Maclver	Stornoway Running & AC	2.31.08	

### U17 Women 80m Hurdles (Final)

1	Charis Mair	Inverness Harriers AAC	12.44	
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### U17 Women Discus

1	Kerri Cameron	Nairn AAAC	30.20	<b>PB</b>
2	Natasha Morris	Caithness AAC	27.24	
3	Kelly Bodley	Ellon AC	18.96	

### U17 Women Hammer

1	Kelly Bodley	Ellon AC	32.20	
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### U17 Women High Jump

1	Charis Mair	Inverness Harriers AAC	1.55	
2	Morna Brown	Orkney Athletic Club	1.50	
3	Paula Gass	Inverness Harriers AAC	1.45	

### U17 Women Javelin

1	Paula Gass	Inverness Harriers AAC	32.59	
2	Natasha Morris	Caithness AAC	23.32	

### U17 Women Long Jump

1	Charis Mair	Inverness Harriers AAC	4.70	
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## U17 Women Shot Putt

1	Erica Downie	Orkney Athletic Club	8.27
2	Natasha Morris	Caithness AAC	8.10
3	Kerri Cameron	Nairn AAAC	7.89
4	Kelly Bodley	Ellon AC	7.28



# 2009 North District Championships

## U20 Women

### U20 Women 100m (Final)

1	Faye Richardson	Shetland AAC	12.75
2	Sarah Smith	Inverness Harriers AAC	12.94
3	Eilidh Peterson	Shetland AAC	13.81
4	Katie Munro	Inverness Harriers AAC	14.07
5	Michelle Bodley	Ellon AC	15.14

### U20 Women 1500m (Final)

1	Eleanor Duncan	Forres Harriers	5.02.69	<b>CBP</b>
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### U20 Women 200m (Final)

1	Sarah Smith	Inverness Harriers AAC	26.45
2	Faye Richardson	Shetland AAC	26.56
3	Katie Munro	Inverness Harriers AAC	29.10
4	Jenny Richardson	Shetland AAC	29.82
5	Michelle Bodley	Ellon AC	31.31

### U20 Women 800m (Final)

1	Jenny Richardson	Shetland AAC	2.38.98
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### U20 Women Hammer

1	Serena Walker	Elgin AAC	35.74
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### U20 Women Javelin

1	Claire Wilson	Orkney Athletic Club	28.26
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### U20 Women Long Jump

1	Eilidh Peterson	Shetland AAC	4.86
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### U20 Women Shot Putt

1	Claire Wilson	Orkney Athletic Club	11.03
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### U20 Women Triple Jump

0	Eilidh Peterson	Shetland AAC	10.03	
0	Natalie Coghill	Inverness Harriers AAC	9.61	<b>PB</b>

# 2009 North District Championships

## Senior Women

### Senior Women 100m (Final)

1	Margaret MacRae	Orkney Athletic Club	12.96	<b>PB</b>
2	Rachael MacKenzie	Inverness Harriers AAC	13.47	

### Senior Women 200m (Final)

1	Margaret MacRae	Orkney Athletic Club	26.74	
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### Senior Women 400m (Final)

1	Margaret MacRae	Orkney Athletic Club	57.70	<b>PB</b>
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### Senior Women 800m (Final)

1	Kathryn Evans	Edinburgh AC	2.15.28	
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### Senior Women Discus

1	Tracy Tamijmarane	Unattached	30.75	
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### Senior Women Hammer

1	Laura Chalmers	Elgin AAC	52.19	<b>PB</b>
2	Elaine Park	Shetland AAC	35.17	
3	Tracy Tamijmarane	Unattached	33.62	

### Senior Women High Jump

1	Rachael MacKenzie	Inverness Harriers AAC	1.70	<b>CBP</b>
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### Senior Women Long Jump

1	Rachael MacKenzie	Inverness Harriers AAC	4.70	<b>PB</b>
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### Senior Women Shot Putt

1	Tracy Tamijmarane	Unattached	10.01	
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# 2009 North District Championships

## U13 Boys

### U13 Boys 100m (Final)

1	Michael MacLean	Nairn AAAC	13.92	
2	Alex Stevenson	Orkney Athletic Club	14.96	
3	Fergus MacIvor	Orkney Athletic Club	15.38	<b>PB</b>
4	Lee Rendall	Orkney Athletic Club	15.92	
5	Findlay Donegan	Moray Road Runners	15.94	<b>PB</b>

### U13 Boys 100m (Heat 1)

1	Connor MacLean	Stornoway Running & AC	15.81	
2	Fergus MacIvor	Orkney Athletic Club	16.26	
3	Findlay Donegan	Moray Road Runners	16.70	<b>PB</b>
4	Laurence Donkers	North Uist AAC	16.73	

### U13 Boys 100m (Heat 2)

1	Michael MacLean	Nairn AAAC	14.31	
2	Alex Stevenson	Orkney Athletic Club	15.39	
3	Mark MacDonald	Stornoway Running & AC	15.83	
4	Lee Rendall	Orkney Athletic Club	15.92	

### U13 Boys 200m (Final)

1	Thomas Morris-Luxton	East Sutherland AC	28.74	
2	Benjamin Mitchell	Moray Road Runners	29.33	<b>PB</b>
3	Gavin MacDonald	Moray Road Runners	29.89	<b>PB</b>
4	Ross Gollan	East Sutherland AC	29.91	
5	Fergus MacIvor	Orkney Athletic Club	31.99	
6	Connor MacLean	Stornoway Running & AC	32.24	
7	Lee Rendall	Orkney Athletic Club	33.31	<b>PB</b>

### U13 Boys 200m (Heat 1)

1	Thomas Morris-Luxton	East Sutherland AC	29.16	
2	Gavin MacDonald	Moray Road Runners	31.35	<b>PB</b>
3	Ross Allison	Stornoway Running & AC	33.07	
4	Andrew Davis	Orkney Athletic Club	33.60	
5	Jordan Brown	Inverness Harriers AAC	33.91	
6	Lewis Sim	Moray Road Runners	35.67	
7	Laurence Donkers	North Uist AAC	36.64	

### U13 Boys 200m (Heat 2)

1	Benjamin Mitchell	Moray Road Runners	30.56	
2	Ross Gollan	East Sutherland AC	31.05	
3	Craig Erskin	North Uist AAC	36.40	
4	Findlay Donegan	Moray Road Runners	36.45	<b>PB</b>
5	Robert Angus Scott	Stornoway Running & AC	37.30	

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### U13 Boys 200m (Heat 3)

1	Connor MacLean	Stornoway Running & AC	31.94	
2	Fergus MacIvor	Orkney Athletic Club	32.67	
3	Lee Rendall	Orkney Athletic Club	33.04	<b>PB</b>
4	Mark MacDonald	Stornoway Running & AC	33.19	
5	Fazel Froughi	North Uist AAC	35.95	

### U13 Boys 75m Hurdles (Final)

1	Connel MacDonald	Inverness Harriers AAC	13.49	<b>PB</b>
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### U13 Boys 800m (Final)

1	Ross Gollan	East Sutherland AC	2.26.33	<b>PB</b>
2	Gavin MacDonald	Moray Road Runners	2.27.51	<b>PB</b>
3	Lewis Holmes	East Sutherland AC	2.33.22	
4	Thomas Morris-Luxton	East Sutherland AC	2.36.13	
5	Ross Allison	Stornoway Running & AC	2.36.89	<b>PB</b>
6	Kenneth MacSween	Stornoway Running & AC	2.44.15	<b>PB</b>
7	Ruairidh Gollan	East Sutherland AC	2.45.98	
8	Jordan Brown	Inverness Harriers AAC	2.51.60	
9	Andrew Davis	Orkney Athletic Club	2.53.43	<b>PB</b>
10	Sean Currie	East Sutherland AC	2.53.53	
11	Robert Angus Scott	Stornoway Running & AC	2.54.88	<b>PB</b>
12	Lewis Sim	Moray Road Runners	2.55.41	
13	Fazel Froughi	North Uist AAC	3.10.14	
14	Craig Erskin	North Uist AAC	3.11.66	

### U13 Boys Discus

1	Connel MacDonald	Inverness Harriers AAC	25.95	<b>PB</b>	<b>CBP</b>
2	Thomas Morris-Luxton	East Sutherland AC	23.53		
3	Jack Mitchell	Moray Road Runners	13.33		

### U13 Boys High Jump

1	Connel MacDonald	Inverness Harriers AAC	1.48	
2	Michael MacLean	Nairn AAAC	1.30	<b>PB</b>
3	Sean Currie	East Sutherland AC	1.20	
4	Alex Stevenson	Orkney Athletic Club	1.15	

### U13 Boys Javelin

1	Michael MacLean	Nairn AAAC	24.78	
2	Alex Stevenson	Orkney Athletic Club	23.64	<b>PB</b>
3	Iain Ferguson	North Uist AAC	20.77	
4	Benjamin Mitchell	Moray Road Runners	18.50	
5	Jack Mitchell	Moray Road Runners	15.41	
6	Kenneth MacSween	Stornoway Running & AC	13.39	

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### U13 Boys Long Jump

1	Laurence Donkers	North Uist AAC	3.56	
2	Connor MacLean	Stornoway Running & AC	3.51	<b>PB</b>
3	Findlay Donegan	Moray Road Runners	3.47	
4	Ross Allison	Stornoway Running & AC	3.46	
5	Lewis Sim	Moray Road Runners	3.23	
6	Sean Currie	East Sutherland AC	3.17	
7	Fazel Froughi	North Uist AAC	2.88	
8	Robert Angus Scott	Stornoway Running & AC	2.86	
9	Craig Erskin	North Uist AAC	2.83	

### U13 Boys Shot Putt

1	Iain Ferguson	North Uist AAC	6.45	
2	Mark MacDonald	Stornoway Running & AC	4.55	

# 2009 North District Championships

## U15 Boys

### U15 Boys 100m (Final)

1	Alasdair Summers	Stornoway Running & AC	11.99
2	David Smith	Inverness Harriers AAC	12.58
3	Tom Jamieson	Shetland AAC	13.16
4	Carl MacPhee	North Uist AAC	13.25
5	Magnus Blair	Orkney Athletic Club	13.73
6	Liam McAdie	Caithness AAC	13.76
7	Sam Maver	Shetland AAC	14.95
8	James Wilson	Moray Road Runners	15.25

### U15 Boys 1500m (Final)

1	Patrick Urquhart	Inverness Harriers AAC	4.51.41	<b>PB</b>
2	Duncan McKellar	Stornoway Running & AC	5.19.45	
3	David Grindell	Inverness Harriers AAC	5.33.21	
4	Niall Ross	Inverness Harriers AAC	5.34.47	
5	James Wilson	Moray Road Runners	5.43.72	
6	Jack Christie	Moray Road Runners	5.55.04	

### U15 Boys 200m (Final)

1	Alasdair Summers	Stornoway Running & AC	24.66	
2	Calum Green	Inverness Harriers AAC	25.40	<b>PB</b>
3	David Smith	Inverness Harriers AAC	25.78	<b>PB</b>
4	Carl MacPhee	North Uist AAC	27.43	
5	Liam McAdie	Caithness AAC	28.52	
6	Magnus Blair	Orkney Athletic Club	33.88	

### U15 Boys 400m (Final)

1	Calum Green	Inverness Harriers AAC	56.07	<b>PB</b>
2	Ewen Campbell	North Uist AAC	66.94	
3	Harry Barton	Inverness Harriers AAC	67.60	

### U15 Boys 800m (Final)

1	Ewen Campbell	North Uist AAC	2.41.47	
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### U15 Boys 80m Hurdles (Final)

1	Harry Barton	Inverness Harriers AAC	16.82	
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### U15 Boys High Jump

1	Ewen Campbell	North Uist AAC	1.35	
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### U15 Boys Javelin

1	Rory Goodlad	Shetland AAC	29.34	
2	Sam Maver	Shetland AAC	24.84	
3	Jason Riise	Shetland AAC	19.43	
4	Jack Christie	Moray Road Runners	15.30	

# 2009 North District Championships

## U15 Boys Long Jump

1	Carl MacPhee	North Uist AAC	4.55
2	Rory Goodlad	Shetland AAC	4.54
3	Sam Maver	Shetland AAC	3.97
4	David Grindell	Inverness Harriers AAC	3.89
5	James Wilson	Moray Road Runners	3.72
6	Jack Christie	Moray Road Runners	3.63
7	Jason Riise	Shetland AAC	3.51

## U15 Boys Shot Putt

1	Rorie Stewart	Caithness AAC	6.29
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## U15 Boys Triple Jump

1	Tom Jamieson	Shetland AAC	10.70
2	Graham Black	North Uist AAC	8.57
3	Rorie Stewart	Caithness AAC	7.41 <b>PB</b>

# 2009 North District Championships

## U17 Men

### U17 Men 100m (Final)

1	Sam Freck	Inverness Harriers AAC	12.00	
2	Jamie Firth	Orkney Athletic Club	12.45	<b>PB</b>
3	Craig Cameron	Inverness Harriers AAC	12.78	
4	Andrew Rodgers	Orkney Athletic Club	12.85	
5	Eoghan MacNamara	Inverness Harriers AAC	12.91	<b>PB</b>
6	Adam Horne	Inverness Harriers AAC	13.54	
7	Ross Fraser	Inverness Harriers AAC	14.38	

### U17 Men 100m Hurdles (Final)

1	Ross Fraser	Inverness Harriers AAC	21.37	
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### U17 Men 1500m (Final)

1	Donald Shand	Moray Road Runners	4.38.70	
2	Robert Jones	Stornoway Running & AC	4.42.42	<b>PB</b>

### U17 Men 200m (Final)

1	Sam Freck	Inverness Harriers AAC	24.53	
2	Rory MacLure	North Uist AAC	24.59	
3	Adam Hobson	Inverness Harriers AAC	24.95	<b>PB</b>
4	Jamie Firth	Orkney Athletic Club	25.34	
5	Eoghan MacNamara	Inverness Harriers AAC	26.49	
6	Adam Horne	Inverness Harriers AAC	29.33	
7	Moray Goodfellow	Moray Road Runners	29.82	<b>PB</b>

### U17 Men 400m (Final)

1	Adam Hobson	Inverness Harriers AAC	54.51	<b>PB</b>
2	Scott Bowie	Moray Road Runners	58.51	

### U17 Men 800m (Final)

1	Rory MacLure	North Uist AAC	2.08.10	<b>PB</b>
2	Robert Jones	Stornoway Running & AC	2.12.85	<b>PB</b>
3	Moray Goodfellow	Moray Road Runners	2.27.44	

### U17 Men Discus

1	Callum Shand	Moray Road Runners	26.89	
2	Glen Murray	East Sutherland AC	25.60	

### U17 Men High Jump

1	Ian Coghill	Inverness Harriers AAC	1.75	
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### U17 Men Javelin

1	Graham Nicoll	Nairn AAAC	37.94	<b>PB</b>
2	Callum Shand	Moray Road Runners	33.02	
3	Calum Robertson	Stornoway Running & AC	26.28	



# 2009 North District Championships

## U17 Men Long Jump

1	Craig Cameron	Inverness Harriers AAC	5.67	
2	Ian Coghill	Inverness Harriers AAC	5.52	<b>PB</b>
3	Eoghan MacNamara	Inverness Harriers AAC	5.37	<b>PB</b>
4	Sean Maver	Shetland AAC	5.25	
5	Ross Fraser	Inverness Harriers AAC	4.15	
6	Adam Horne	Inverness Harriers AAC	3.91	

## U17 Men Shot Putt

1	Graham Nicoll	Nairn AAAC	9.80	
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## U17 Men Triple Jump

1	Sean Maver	Shetland AAC	12.34	
2	Ian Coghill	Inverness Harriers AAC	11.93	<b>PB</b>
3	Craig Cameron	Inverness Harriers AAC	11.33	

# 2009 North District Championships

## U20 Men

### U20 Men 100m (Final)

1	Stuart Laing	Inverness Harriers AAC	11.62
2	Stewart Johnson	North Uist AAC	11.64
3	Gareth Robertson	Shetland AAC	11.80
4	Gordon Mowat	Orkney Athletic Club	11.84
5	Ruaraidh Stewart	Stornoway Running & AC	11.89
6	Pat Sattaphol	Stornoway Running & AC	11.96
7	James Flett	Orkney Athletic Club	12.03
8	Scott Lawson	Shetland AAC	12.34

### U20 Men 100m (Heat 1)

1	Stewart Johnson	North Uist AAC	11.76
2	Gareth Robertson	Shetland AAC	11.94
3	Gordon Mowat	Orkney Athletic Club	11.97
4	Ruaraidh Stewart	Stornoway Running & AC	11.99
5	Andrew Jubb	North Uist AAC	12.75

### U20 Men 100m (Heat 2)

1	Stuart Laing	Inverness Harriers AAC	12.30
2	James Flett	Orkney Athletic Club	12.47
3	Pat Sattaphol	Stornoway Running & AC	12.51
4	Scott Lawson	Shetland AAC	12.69

### U20 Men 1500m (Final)

1	Callum Stevenson	Orkney Athletic Club	4.53.63
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### U20 Men 200m (Final)

1	James MacPhail	Inverness Harriers AAC	23.18	<b>PB</b>
2	Stewart Johnson	North Uist AAC	23.50	
3	Gareth Robertson	Shetland AAC	23.86	
4	James Flett	Orkney Athletic Club	24.20	
5	Pat Sattaphol	Stornoway Running & AC	24.65	
6	Ruaraidh Stewart	Stornoway Running & AC	24.86	
7	Scott Lawson	Shetland AAC	25.25	
8	Andrew Jubb	North Uist AAC	26.46	

### U20 Men 400m (Final)

1	Donald Ferguson	Inverness Harriers AAC	52.57
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### U20 Men 400m Hurdles

1	James MacPhail	Inverness Harriers AAC	58.15	<b>CBP</b>
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### U20 Men 5000m (Final)

1	Iain Townsend	North Uist AAC	17.21.83
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## 2009 North District Championships

### U20 Men 800m (Final)

1	Donald Ferguson	Inverness Harriers AAC	2.03.39	
2	Thomas Newton	Orkney Athletic Club	2.06.06	
3	Iain Townsend	North Uist AAC	2.09.36	<b>PB</b>
4	Mark Cursiter	Orkney Athletic Club	2.10.84	<b>PB</b>

### U20 Men High Jump

1	Martin Nicoll	Nairn AAAC	1.65	
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### U20 Men Javelin

1	Calvin Cooper	Orkney Athletic Club	40.48	<b>PB</b>
2	Scott Jeromson	Shetland AAC	35.64	

### U20 Men Long Jump

1	Andrew Jubb	North Uist AAC	4.74	
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### U20 Men Triple Jump

1	Stewart Johnson	North Uist AAC	11.42	<b>PB</b> <b>CBP</b>
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# 2009 North District Championships

## Senior Men

### Senior Men 100m (Final)

1	Alastair Beaton	Inverness Harriers AAC	11.47
2	Lee Williamson	Shetland AAC	11.61
3	Karl Robertson	Shetland AAC	12.09
4	Nigel Thomson	Orkney Athletic Club	12.14
5	David Miller	Orkney Athletic Club	12.71

### Senior Men 110m Hurdles (Final)

1	Kevin Morice	Moray Road Runners	20.79
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### Senior Men 1500m (Final)

1	Simon Garland	Moray Road Runners	4.43.30
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### Senior Men 200m (Final)

1	Alastair Beaton	Inverness Harriers AAC	23.62
2	Lee Williamson	Shetland AAC	24.12
3	Nigel Thomson	Orkney Athletic Club	24.96

### Senior Men 400m (Final)

1	Nigel Thomson	Orkney Athletic Club	78.71
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### Senior Men 400m Hurdles (Final)

1	Morris Dillon	Inverness Harriers AAC	58.67
2	Gary Sweeney	Moray Road Runners	65.11
3	Kevin Morice	Moray Road Runners	65.13

### Senior Men Discus

1	Gary Sweeney	Moray Road Runners	34.42
2	Malcolm Cleghorn	Ross County AC	33.03
3	David Ogilvie	Ross County AC	29.69
4	Edward McKenzie	Aberdeen AAC	29.16
5	Craig Harris	Ross County AC	28.71

### Senior Men Hammer

1	Karl Robertson	Shetland AAC	42.90	
2	Malcolm Cleghorn	Ross County AC	36.07	
3	David Ogilvie	Ross County AC	33.88	
4	Edward McKenzie	Aberdeen AAC	33.57	<b>PB</b>
5	Kevin Morice	Moray Road Runners	23.99	
6	Craig Harris	Ross County AC	23.25	

### Senior Men High Jump

1	Kevin Morice	Moray Road Runners	1.45
2	Edward McKenzie	Aberdeen AAC	1.30

# 2009 North District Championships

## Senior Men Javelin

1	Gary Sweeney	Moray Road Runners	35.82
2	Edward McKenzie	Aberdeen AAC	33.43
3	Craig Harris	Ross County AC	29.72

## Senior Men Long Jump

1	Edward McKenzie	Aberdeen AAC	4.18
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## Senior Men Shot Putt

1	Gary Sweeney	Moray Road Runners	12.27	<b>PB</b>
2	Malcolm Cleghorn	Ross County AC	12.04	
3	David Ogilvie	Ross County AC	11.00	
4	Edward McKenzie	Aberdeen AAC	10.44	
5	Karl Robertson	Shetland AAC	9.78	
6	Craig Harris	Ross County AC	9.50	