

Event F1		Standing Long Jump		Male		LD			
1	100	Graeme McNeill	Milldale				1.97		
2	897	Stephen Quigley	Forth Valley Flyers				1.86		
3	881	Ryan Flynn	Forth Valley Flyers				1.80		
4	515	Steven Van Beek	Red Star AC				1.56		
5	892	Jon Paul McGregor	Forth Valley Flyers				1.45		
6	095	Rory Wilson	Milldale				1.17		
7	512	Billy Goodall	Red Star AC				1.07		
8	097	Irving Bell	Milldale				0.58		
9	116	Ross Darroch	Milldale				0.49		
10	126	David Stewart	Milldale				0.44		
1	094	John Mathieson	Milldale				1.08		
2	886	Conor Whannell	Forth Valley Flyers				0.64		
Event F2		Shot Putt		Female		LD/PD		3/4Kg	
1	830	Freya Howgate	Perth Strathtay Harriers	F37	3Kg				6.83
1	100	Diane Gillan	Unattached	LD	3Kg				4.59
2	971	Chloe Sliman-Millett	Forth Valley Flyers	LD	3Kg				4.47
1	877	Caitlyn Ross	Forth Valley Flyers	F20	4Kg				7.97
2	381	Laura Kinder	Red Star AC	F20	4Kg				5.84
3	587	Carol Hughes	Red Star AC	LD	4Kg				5.54
4	560	Geraldine Fitzsimmons	Red Star AC	LD	4Kg				5.29
Event F3		Seated Discus		Male/Female				1Kg	
1	876	Lizzie Jackson	Forth Valley Flyers	F					7.64
1	875	Matthew Craig	Forth Valley Flyers	F57					15.37
2	383	Graeme Condie	Red Star AC	F32					13.59
Event F4		Softball		Male		LD		A/B	
1	862	William Gordon	Abercorn					B	13.47
2	863	Kyle Martin	Abercorn					B	13.05
3	892	Jon Paul McGregor	Forth Valley Flyers					B	8.92
1	094	John Mathieson	Milldale			PD			16.81
2	886	Conor Whannell	Forth Valley Flyers			PD			11.91
1	505	David Adie	Red Star AC					A	24.89
2	515	Steven Van Beek	Red Star AC					A	24.61
3	100	Graeme McNeil	Milldale					A	22.30
4	377	Joe McNee	Red Star AC					A	20.96
5	095	Rory Wilson	Milldale					A	19.45
6	007	David Lapping	Victoria Park					A	18.99
7	881	Ryan Flynn	Forth Valley Flyers					A	16.98
8	386	Calum McMahan	Red Star AC					A	15.90
9	1022	Jordan Cryans	Red Star AC					A	15.56
10	512	Billy Goodall	Red Star AC					A	14.17

Event F5		Standing Long Jump		Female		LD/PD			
1	096	Sarah Coutts	Milldale	LD			1.40		
2	888	Erin Quigley	Forth Valley Flyers	LD			1.18		
3	098	Toni Napolitano	Milldale	LD			0.52		
4	885	Ellen Wotherspoon	Forth Valley Flyers	LD			0.33		
5	099	Amanda Wilson	Milldale	LD			0.31		
1	342	Lisa Davis	Red Star AC	PD			1.01		
Event F6		Shot Putt		Male		LD		Various	
1	884	Gavin Miller	Forth Valley Flyers			5Kg		9.15	
2	995	Hamish Couper	Victoria Park AC			5Kg		7.56	
3	047	Rodrigo McEwan	Victoria Park AC			5Kg		6.01	
4	011	Alistair Larter	Victoria Park AC			5Kg		5.95	
5	873	David Frew	Forth Valley Flyers			5Kg		5.14	
6	890	Paul Wotherspoon	Forth Valley Flyers			5Kg		5.13	
7	893	Kenneth Holderness	Forth Valley Flyers			5Kg		4.76	
1	992	James Muir	Forth Valley Flyers				7.26Kg		7.70
2	895	Liam Nolan	Forth Valley Flyers	T20			7.26Kg		7.60
3	846	Alexander Thomson	Red Star AC	T20			7.26Kg		6.94
1	896	Mark Lumsden	Forth Valley Flyers				6Kg		8.12
Event F7		Javelin		Female		LD/PD		600g	
1	830	Freya Howgate	Perth Strathtay Harriers	F37					17.84
1	877	Caitlyn Ross	Forth Valley Flyers	F20	LD				13.99
2	381	Laura Kinder	Red Star AC	F20	LD				12.57
3	587	Carol Hughes	Red Star AC		LD				12.50
4	560	Geraldine Fitzsimmons	Red star AC		LD				11.17
5	971	Chloe Sliman-Millett	Forth Valley Flyers		LD				7.12
Event F8		Softball		Male		LD/PD			
1	869	Liam Anderson	Abercorn	LD					9.62
2	097	Irving Bell	Milldale	LD					9.32
3	116	Ross Darroch	Milldale	LD					8.56
4	126	David Stewart	Milldale	LD					8.48
1	540	Oskar O'Malley	Red Star AC	LD					6.30
1	135	Finlay Menzies	Livingston AC	PD					12.04
2	815	Joshua Kitchen	Pitreavie RR	PD					11.62
3	808	Cameron Urquhart	Pitreavie RR	PD					4.16
4	090	Michael Johnston	Victoria Park AC	PD					1.21
Event F9		Seated Club		Male/Female					
	383	Graeme Condie	Red Star AC	F32					22.06

Event F10		Long Jump			LD/PD			
1	445	Robbie Savage	Red Star AC	Guest		1.98		
1	891	Lewis Clow	Aberdeen AAC	F37		4.73		
2	788	Sam Altken	Ayr Seaforth	F35		2.13		
3	831	Cameron Wilson	Perth SH	PD		2.05		
1	894	Lewis McDermid	Forth Valley Flyers	LD		4.05		
2	850	David Keegan	Abercorn	LD		3.70		
3	883	Adam Miller	Forth Valley Flyers	LD		3.26		
4	856	Kyle Mitchell	Abercorn	LD		3.15		
Event F11		Shot Putt		Male		LD/PD	3/4Kg	
1	847	Cameron Adam	Dunfermline Track & Field	F37	3Kg		5.00	
2	798	Finlay Davidson	Fife	F40	3Kg		2.92	
1	844	David Noble	Perth Strathtay Harriers	LD	4Kg		6.89	
2	505	David Adie	Red Star AC	LD	4Kg		6.21	
3	386	Calum McMahon	Red Star AC	LD	4Kg		5.74	
4	377	Joe McNee	Red Star AC	LD	4Kg		5.64	
5	878	Lewis Kellett	Forth Valley Flyers	LD	4Kg		5.33	
6	883	Adam Miller	Forth Valley Flyers	LD	4Kg		4.95	
7	897	Stephen Quigley	Forth Valley Flyers	LD	4Kg		4.22	
Event F12		Softball		Female		LD	A/B	
1	099	Amanda Wilson	Milldale		B		4.72	
2	885	Ellen Wotherspoon	Forth Valley Flyers		B		4.31	
1	554	Mary Fitzsimmons	Red Star AC		A		15.10	
2	273	Moira Brown	Red Star AC		A		13.57	
3	096	Sarah Coutts	Milldale		A		13.50	
4	888	Erin Quigley	Forth Valley Flyers		A		13.24	
5	853	Karis Butcher	Abercorn		A		12.30	
6	098	Toni Napolitano	Milldale		A		11.34	
Event F13		Long Jump		Male/Female		LD/PD		A/B
1	075	Callum Paterson	Victoria Park AC	M	B		4.12	
2	994	Fraser Brash	Red Star/ Victoria Park AC	M	B		3.17	
3	887	Paul Wotherspoon	Forth Valley Flyers	M	B		2.23	
1	846	Alexander Thomson	Red Star AC	T20	A		5.13	
2	025	Andrew Larter	Victoria Park AC	M	A		5.11	
3	790	Matthew Power	Livingston AC	T20	A		4.95	
4		Liam Nolan	Forth Valley Flyers	T20	A		4.36	
5	076	Gavin Roberts	Victoria Park AC	M	A		3.42	
1	100	Diane Gillan	Unattached	F			3.17	
2	325	Linzi Finnigan	Red Star AC	F			2.60	
3	273	Moira Brown	Red Star AC	F			1.87	

Event F14		Seated Shot Putt	Male/Female			
1	875	Matthew Craig	Forth Valley Flyers	F57		4.99
1	876	Lizzie Jackson	Forth Valley Flyers	F		3.92
Event F15		Javelin	Male	LD		Various
1	992	James Muir	Forth Valley Flyers		800	38.09
2	846	Alexander Thomson	Red Star AC	F20	800	22.89
3	076	Gavin Roberts	Victoria Park AC		800	17.03
4	896	Mark Lumsden	Forth Valley Flyers		800	16.79
5	790	Matthew Power	Livingston AC	F20	800	15.57
1	894	Lewis McDermid	Forth Valley Flyers		700	21.66
2	884	Gavin Miller	Forth Valley Flyers		700	18.73
3		David Frew	Forth Valley Flyers		700	13.06
4	879	Alan Frew	Forth Valley Flyers		700	8.16
1	025	Andrew Larter	Victoria Park AC		600	18.79
2	844	David Noble	Perth Strathtay Harriers		600	16.07
3	505	David Adie	Red Star AC		600	13.75
4	995	Hamish Couper	Victoria Park AC		600	13.21
5	883	Adam Miller	Forth Valley Flyers		600	13.04
6	377	Joe McNee	Red Star AC		600	8.97
7	878	Lewis Kellett	Forth Valley Flyers		600	5.65
Event F16		Discus	Male/Female	LD/PD		Various
1	798	Finlay Davidson	Fife	F40	1Kg	6.48
1	844	David Noble	Perth Strathtay Harriers	M LD	1Kg	15.97
1	995	Hamish Couper	Victoria Park AC	M LD	1.5Kg	10.08
1	895	Liam Nolan	Forth Valley Flyers	F20	2Kg	22.17
1	830	Freya Howgate	Perth Strathtay Harriers	F37	1Kg	15.22
2	803	Skye Davidson	Fife	F PD	1Kg	5.02
1	877	Caitlyn Ross	Forth Valley Flyers	F20	1Kg	18.71
2	381	Laura Kinder	Red Star AC	F20	1Kg	15.39
3	560	Geraldine Fitzsimmons	Red star AC	F LD	1Kg	11.90
Event F17		Softball	Female	PD		
1	342	Lisa Davis	Red Star AC			15.51
2	558	Lydia Woldeeslassie	Shettleston Harriers			8.01
3	803	Skye Davidson	Fife			8.00
4	818	Kerys Ballard	Pitreavie RR			4.85
5	841	Wiktorija Mucha	Perth Strathtay Harriers			4.58
6	804	Neva Thomson	Pitreavie RR			3.14
7	987	Lauren Innes	Pitreavie RR			2.66
	898	Sarah Rehman	Forth Valley Flyers		Bean Bag	1.22

Event F18		Seated Javelin	Male/Female		600g
1	875	Matthew Craig	Forth Valley Flyers	F57	15.37
1	876	Lizzie Jackson	Forth Valley Flyers		7.27