

SENIOR MEN

| Event | Name | Club | Performance | Venue | Date |
|--------------------|-----------------|-----------------|-------------|-------------|-------------|
| 100m | Steven Illand | Stirling Uni | 11.43 | Grangemouth | 11 May 2019 |
| 200m | Cameron Tindle | Tweed Leader JT | 22.43 | Grangemouth | 12 May 2019 |
| 400m | Mark McLachlan | Stirling Uni | 49.89 | Grangemouth | 11 May 2019 |
| 800m | Greg Louden | Lasswade AAC | 2:01.32 | Kilmarnock | 12 May 2019 |
| 1500m | Steven Murray | Aberdeen AAC | 4:06.05 | Kilmarnock | 12 May 2019 |
| 3000SC | Andrew Ferguson | Aberdeen AAC | 11:01.96 | Kilmarnock | 12 May 2019 |
| 110H | | | | | |
| 400H | | | | | |
| Long Jump | Peter Muirhead | Central AC | 7.29 | Grangemouth | 11 May 2019 |
| Triple Jump | | | | | |
| High Jump | | | | | |
| Pole Vault | Ron Todd | Central AC | 3.20 | Grangemouth | 11 May 2019 |
| Shot Put | | | | | |
| Discus | | | | | |
| Javelin | Chris Smith | Arbroath DAC | 53.03 | Kilmarnock | 11 May 2019 |
| Hammer | Ciaran Wright | Falkirk VH | 65.98 | Kilmarnock | 11 May 2019 |

UNDER 20 MEN

| Event | Name | Club | Performance | Venue | Date |
|--------------------|-------------------|-------------------|-------------|-------------|-------------|
| 100m | Struan Linton | Aberdeen AAC | 11.21 | Grangemouth | 11 May 2019 |
| 200m | Max Leslie | Edinburgh AC | 22.80 | Grangemouth | 12 May 2019 |
| 400m | James McIntosh | Aberdeen AAC | 51.42 | Grangemouth | 11 May 2019 |
| 800m | Adam Scott | Fife AC | 2:03.25 | Kilmarnock | 12 May 2019 |
| 1500m | Adam Scott | Fife AC | 4:03.07 | Kilmarnock | 12 May 2019 |
| 3000SC | Magnus Tait | Lasswade AAC | 9:32.97 | Kilmarnock | 12 May 2019 |
| 110H | | | | | |
| 400H | Cameron Smith | Team East Lothian | 60.14 | Grangemouth | 12 May 2019 |
| Long Jump | Stephen MacKenzie | Pitreavie AAC | 7.44 | Grangemouth | 11 May 2019 |
| Triple Jump | Bera Ajala | Edinburgh AC | 14.94 | Grangemouth | 12 May 2019 |
| High Jump | Ryan Woods | Pitreavie AAC | 2.01 | Grangemouth | 11 May 2019 |
| Pole Vault | Joel McFarlane | Arbroath DAC | 3.90 | Grangemouth | 11 May 2019 |
| Shot Put | | | | | |
| Discus | Scott Brindley | North Ayrshire | 30.11 | Kilmarnock | 11 May 2019 |
| Javelin | | | | | |
| Hammer | | | | | |

SENIOR WOMEN

| Event | Name | Club | Performance | Venue | Date |
|--------------------|-----------------|------------------|-------------|-------------|-------------|
| 100m | Andrea Goodman | Dundee HH | 11.95 | Grangemouth | 11 May 2019 |
| 200m | Roisin Harrison | Aberdeen AAC | 24.05 | Grangemouth | 12 May 2019 |
| 400m | Stacey Downie | Edinburgh AC | 55.91 | Grangemouth | 11 May 2019 |
| 800m | | | | | |
| 1500m | Hannah Addison | Corstorphine AAC | 4:55.14 | Kilmarnock | 12 May 2019 |
| 3000SC | | | | | |
| 100H | Cationa Pennet | Edinburgh AC | 15.00 | Grangemouth | 11 May 2019 |
| 400H | | | | | |
| Long Jump | Alexandra Burns | Edinburgh AC | 5.47 | Grangemouth | 11 May 2019 |
| Triple Jump | | | | | |
| High Jump | | | | | |
| Pole Vault | Gillian Cooke | Edinburgh AC | 3.00 | Grangemouth | 11 May 2019 |
| Shot Put | | | | | |
| Discus | | | | | |
| Javelin | | | | | |
| Hammer | Natalie Robbins | Edinburgh AC | 55.29 | Kilmarnock | 12 May 2019 |

UNDER 20 WOMEN

| Event | Name | Club | Performance | Venue | Date |
|--------------------|-------------------|-----------------|-------------|-------------|-------------|
| 100m | Jade Hutchison | Pitreavie AAC | 12.40 | Grangemouth | 11 May 2019 |
| 200m | Jade Hutchison | Pitreavie AAC | 24.96 | Grangemouth | 12 May 2019 |
| 400m | Lois Garland | Perth Strathtay | 61.01 | Grangemouth | 11 May 2019 |
| 800m | | | | | |
| 1500m | Lauren McCulloch | Central AC | 4:50.32 | Kilmarnock | 12 May 2019 |
| 3000SC | Sarah Tait | Lasswade AAC | 11:08.46 | Kilmarnock | 12 May 2019 |
| 100H | Catriona Pennet | Edinburgh AC | 15.00 | Grangemouth | 11 May 2019 |
| 400H | | | | | |
| Long Jump | Lauren Tenn-Mills | Falkirk VH | 5.51 | Grangemouth | 11 May 2019 |
| Triple Jump | | | | | |
| High Jump | Claire McGarvey | Banchory SAC | 1.74 | Grangemouth | 11 May 2019 |
| Pole Vault | | | | | |
| Shot Put | Shona Crossan | Edinburgh AC | 10.22 | Kilmarnock | 11 May 2019 |
| Discus | Shona Crossan | Edinburgh AC | 33.70 | Kilmarnock | 11 May 2019 |
| Javelin | Ellen Ranklin | Dunfermline TFC | 25.07 | Kilmarnock | 11 May 2019 |
| Hammer | | | | | |

SENIOR MEN

| Event | Name | Club | Performance | Venue | Date |
|--------------------|------------------|--------------------|-------------|-----------|-------------|
| 100m | Derek Glasgow | Inverness H | 13.74 | Inverness | 11 May 2019 |
| 200m | | | | | |
| 400m | | | | | |
| 800m | Finlay Murray | East Sutherland AC | 1:58.39 | Inverness | 11 May 2019 |
| 1500m | Finlay MacLennan | Inverness H | 4:27.66 | Inverness | 10 May 2019 |
| 5000m | Ewan Davidson | Moray RR | 15:42.10 | Inverness | 11 May 2019 |
| 110H | Kevin Morice | Moray RR | 25.39 | Inverness | 11 May 2019 |
| 400H | Kevin Morice | Moray RR | 82.24 | Inverness | 11 May 2019 |
| Long Jump | | | | | |
| Triple Jump | | | | | |
| High Jump | Sean Walterson | Shetland AAC | 6.32 | Inverness | 11 May 2019 |
| Pole Vault | Derek Glasgow | Inverness H | 2.60 | Inverness | 10 May 2019 |
| Shot Put | Gary Sweeney | Moray RR | 11.72 | Inverness | 11 May 2019 |
| Discus | Gary Sweeney | Moray RR | 34.77 | Inverness | 11 May 2019 |
| Javelin | | | | | |
| Hammer | | | | | |

UNDER 20 MEN

| Event | Name | Club | Performance | Venue | Date |
|--------------------|------------------|---------------|-------------|-----------|-------------|
| 100m | Scott MacIver | Stornoway RAC | 11.53 | Inverness | 11 May 2019 |
| 200m | Scott MacIver | Stornoway RAC | 23.71 | Inverness | 10 May 2019 |
| 400m | | | | | |
| 800m | Luke Davidson | Inverness H | 1:59.00 | Inverness | 11 May 2019 |
| 1500m | Luke Davidson | Inverness H | 4:10.09 | Inverness | 10 May 2019 |
| 5000m | | | | | |
| 110H | | | | | |
| 400H | | | | | |
| Long Jump | Stuart Bain | Shetland AAC | 5.87 | Inverness | 11 May 2019 |
| Triple Jump | | | | | |
| High Jump | | | | | |
| Pole Vault | | | | | |
| Shot Put | Alexander MacKay | Inverness H | 12.00 | Inverness | 11 May 2019 |
| Discus | Andrew Bowsher | Inverness H | 38.29 | Inverness | 11 May 2019 |
| Javelin | | | | | |
| Hammer | Matt MacFarlane | Inverness H | 48.77 | Inverness | 10 May 2019 |

SENIOR WOMEN

| Event | Name | Club | Performance | Venue | Date |
|--------------------|-------------------|-----------------|-------------|-------------|-------------|
| 100m | Katie Dinwoodie | Shetland AAC | 12.15 | Grangemouth | 11 May 2019 |
| 200m | Katie Dinwoodie | Shetland AAC | 25.15 | Grangemouth | 12 May 2019 |
| 400m | | | | | |
| 800m | Erika Budge | Orkney AC | 2:23.38 | Inverness | 11 May 2019 |
| 1500m | Julie Wilson | Inverness H | 5:37.73 | Inverness | 10 May 2019 |
| 5000m | | | | | |
| 100H | | | | | |
| 400H | Eve Carrington | Stornoway RAC | 73.84 | Inverness | 11 May 2019 |
| Long Jump | Grace Angus | Aberdeen AAC | 4.83 | Inverness | 11 May 2019 |
| Triple Jump | Heather MacKinnon | South Uist E AC | 10.64 | Inverness | 11 May 2019 |
| High Jump | Lucy Holden | Shetland AAC | 1.52 | Grangemouth | 11 May 2019 |
| Pole Vault | | | | | |
| Shot Put | Eve Carrington | Stornoway RAC | 9.96 | Inverness | 11 May 2019 |
| Discus | Dionne Milne | Moray RR | 36.87 | Inverness | 11 May 2019 |
| Javelin | Paula Gass | Inverness H | 40.19 | Inverness | 11 May 2019 |
| Hammer | Elaine Park | Shetland AAC | 35.22 | Inverness | 11 May 2019 |

UNDER 20 WOMEN

| Event | Name | Club | Performance | Venue | Date |
|--------------------|----------------|---------------|-------------|-----------|-------------|
| 100m | Emma Pedrana | Inverness H | 12.55 | Inverness | 11 May 2019 |
| 200m | Emma Pedrana | Inverness H | 26.22 | Inverness | 10 May 2019 |
| 400m | Tegan Spence | Orkney AC | 60.99 | Inverness | 11 May 2019 |
| 800m | Tegan Spence | Orkney AC | 2:23.25 | Inverness | 11 May 2019 |
| 1500m | Sophie Young | Inverness H | 5:22.20 | Inverness | 10 May 2019 |
| 5000m | Megan Keith | Inverness H | 17:32.34 | Inverness | 11 May 2019 |
| 100H | Mairi Weir | Elgin AAC | 18.44 | Inverness | 11 May 2019 |
| 400H | Mairi Weir | Elgin AAC | 73.98 | Inverness | 11 May 2019 |
| Long Jump | Sian MacDonald | Stornoway RAC | 4.54 | Inverness | 11 May 2019 |
| Triple Jump | Mary MacLeod | Stornoway RAC | 10.49 | Inverness | 10 May 2019 |
| High Jump | Amy Davis | Orkney AC | 1.51 | Inverness | 11 May 2019 |
| Pole Vault | | | | | |
| Shot Put | Beth Grant | Moray RR | 7.75 | Inverness | 11 May 2019 |
| Discus | | | | | |
| Javelin | | | | | |
| Hammer | Heather Welsh | Nairn AAAC | 35.27 | Inverness | 10 May 2019 |

SENIOR MEN

| Event | Name | Club | Performance | Venue | Date |
|--------------------|------------------|----------------|-------------|-------------|-------------|
| 100m | Kade Thomas | Kilbarchan AAC | 10.86 | Grangemouth | 11 May 2019 |
| 200m | Krishawn Aiken | Kilbarchan AAC | 22.06 | Grangemouth | 12 May 2019 |
| 400m | Mark Holliman | North Ayrshire | 51.38 | Grangemouth | 11 May 2019 |
| 800m | Fraser Armstrong | Bellahouston | 2:20.10 | Kilmarnock | 12 May 2019 |
| 1500m | Jamie MacKinnon | Cambuslang H | 4:03.86 | Kilmarnock | 12 May 2019 |
| 3000SC | Michael Deeson | Shettleston H | 9:20.28 | Kilmarnock | 12 May 2019 |
| 110H | | | | | |
| 400H | | | | | |
| Long Jump | | | | | |
| Triple Jump | | | | | |
| High Jump | Lewis McGuire | VP Glasgow AC | 2.06 | Grangemouth | 11 May 2019 |
| Pole Vault | | | | | |
| Shot Put | | | | | |
| Discus | Andrew Peck | VP Glasgow AC | 40.32 | Kilmarnock | 11 May 2019 |
| Javelin | Andrew Murphy | Kilbarchan AAC | 50.62 | Kilmarnock | 11 May 2019 |
| Hammer | Chirs Bennett | Shettleston H | 69.23 | Kilmarnock | 11 May 2019 |

UNDER 20 MEN

| Event | Name | Club | Performance | Venue | Date |
|--------------------|-----------------|-------------------|-------------|-------------|-------------|
| 100m | Jamie Stevenson | VP Glasgow AC | 11.19 | Grangemouth | 11 May 2019 |
| 200m | Jamie Stevenson | VP Glasgow AC | 23.22 | Grangemouth | 12 May 2019 |
| 400m | Scott Hannaway | Greenock Glenpark | 50.33 | Grangemouth | 11 May 2019 |
| 800m | Andrew MacAngus | Kilbarchan AAC | 2:03.98 | Kilmarnock | 11 May 2019 |
| 1500m | Ben Shaw | Giffnock North AC | 4:09.94 | Kilmarnock | 12 May 2019 |
| 3000SC | | | | | |
| 110H | | | | | |
| 400H | | | | | |
| Long Jump | | | | | |
| Triple Jump | Miraji Ahmed | Glasgow SOS | 14.38 | Grangemouth | 12 May 2019 |
| High Jump | Sam Young | Giffnock North AC | 1.86 | Grangemouth | 11 May 2019 |
| Pole Vault | | | | | |
| Shot Put | Scott Brindley | North Ayrshire AC | 10.56 | Kilmarnock | 11 May 2019 |
| Discus | Scott Brindley | North Ayrshire AC | 30.11 | Kilmarnock | 11 May 2019 |
| Javelin | David Lees | Giffnock North AC | 49.84 | Kilmarnock | 11 May 2019 |
| Hammer | | | | | |

SENIOR WOMEN

| Event | Name | Club | Performance | Venue | Date |
|--------------------|--------------------|-------------------|-------------|-------------|-------------|
| 100m | Chloe Lambert | VP Glasgow AC | 11.93 | Grangemouth | 11 May 2019 |
| 200m | Chloe Lambert | VP Glasgow AC | 24.40 | Grangemouth | 12 May 2019 |
| 400m | Philippa Millage | VP Glasgow AC | 56.99 | Grangemouth | 11 May 2019 |
| 800m | | | | | |
| 1500m | Nynke Mulholland | Inverclyde AC | 4:43.10 | Kilmarnock | 12 May 2019 |
| 3000SC | Alicia Paton | Cumbernauld AAC | 11:47.83 | Kilmarnock | 12 May 2019 |
| 100H | Erin Campbell | Giffnock North AC | 15.26 | Grangemouth | 11 May 2019 |
| 400H | | | | | |
| Long Jump | Rachel Alexander | Giffnock North AC | 5.85 | Grangemouth | 11 May 2019 |
| Triple Jump | | | | | |
| High Jump | Anna Forbes | VP Glasgow AC | 1.62 | Grangemouth | 11 May 2019 |
| Pole Vault | | | | | |
| Shot Put | Mhairi Porterfield | VP Glasgow AC | 13.59 | Kilmarnock | 11 May 2019 |
| Discus | Claire Cameron | VP Glasgow AC | 25.84 | Kilmarnock | 11 May 2019 |
| Javelin | Nikki Manson | Giffnock North AC | 41.54 | Kilmarnock | 11 May 2019 |
| Hammer | Rachel Hunter | North Ayrshire AC | 62.42 | Kilmarnock | 12 May 2019 |

UNDER 20 WOMEN

| Event | Name | Club | Performance | Venue | Date |
|--------------------|---------------------|-------------------|-------------|-------------|-------------|
| 100m | Lauren Greig | VP Glasgow AC | 12.55 | Grangemouth | 11 May 2019 |
| 200m | Holly Shearer | Giffnock North AC | 26.23 | Grangemouth | 12 May 2019 |
| 400m | Freya Menzies | Giffnock North AC | 60.42 | Grangemouth | 11 May 2019 |
| 800m | Libby Sutherland | Kilbarchan AAC | 2:39.24 | Kilmarnock | 11 May 2019 |
| 1500m | Libby Sutherland | Kilbarchan AAC | 5:15.81 | Kilmarnock | 12 May 2019 |
| 3000SC | | | | | |
| 100H | Beth Tobin | Cumbernauld AAC | 16.11 | Grangemouth | 11 May 2019 |
| 400H | | | | | |
| Long Jump | Anna Cameron | VP Glasgow AC | 5.06 | Grangemouth | 11 May 2019 |
| Triple Jump | Neve McGuire | Glasgow SOS | 10.86 | Grangemouth | 12 May 2019 |
| High Jump | Christie McSkimming | Whitemoss AC | 1.47 | Grangemouth | 11 May 2019 |
| Pole Vault | | | | | |
| Shot Put | | | | | |
| Discus | Alice Baxendale | VP Glasgow AC | 39.32 | Kilmarnock | 11 May 2019 |
| Javelin | Phoebe Lewis | North Ayrshire AC | 29.80 | Kilmarnock | 11 May 2019 |
| Hammer | Heather Fawcett | Kilbarchan AAC | 49.01 | Kilmarnock | 12 May 2019 |

2019 Pilot Format Change to the Senior and Under 20 District Championships

No Medals Awarded in Senior or Under 20 Events

Open Graded Format introduced with Sprints / Jumps held at Grangemouth and Endurance throws at Kilmarnock

Full programme of Open events in Inverness with 5000m replacing 3000m Steeplechase

Senior and Under 20 Athletes can enter the venue of their choice.

All events up to and including 800m timetabled and seeded as 2 rounds - first round seeded as per championships with athletes qualifying to A, B finals etc

Hurdles athletes given choice if they wish to participate in both rounds, all others required under rule 142.4

Best Performances regardless of venue identified and listed in Roll of Honour

Amendments for 2020

One round only for 400mH, 400m and 800m events.

Option for athletes to indicate at time of entry whether they wish to enter 1 or 2 rounds.

All races seeded as Timed Finals rather than per championship seeding.

Potential Introduction of Combined Events Pentathlon for Senior / U20 Athletes