

5/3/16 - National U20 Indoor Championships

60m Hurdles

Katie Patullo - Heat - 9.00, Final - 8.99 (1st)

200m

Andrea Goodman - Heat - 25.55, Semi - 25.30, Final - 25.08 (2nd)

Michael Tarnawsky - Heat - 23.59, Semi - 23.41

Katie Patullo - Heat - 27.18

800m

James Donald - Heat - 1:58.56, Final - 2:01.21 (6th)

5/3/16 - Camperdown Parkrun

1 - Johnny McBain - 18:21

6 - Craig Ross - 20:26

11 - Colin McNally - 21:03

60 - Steve Cromar - 26:23

82 - Alan Vigrow - 28:04

157 - Charlie Love - 36:26

5/3/16 - Springburn Harriers Jack Crawford 10k (163 finishers)

108th - Angus Donald : 48:38

122nd - Joyce Donald - 51:22

6/3/16 - National U15 Indoor Championships

60m

Jamie Reid - Heat 7.90, Semi 7.88, Final 7.99 (5th)

Rachel Broadfoot - Heat 8.27, Semi 8.21, Final 8.20 (4th)

Amy Hughes - Heat 9.09

60m Hurdles

Rachel Broadfoot - 9.57, Semi 9.50, Final 9.43 (2nd)

Blair Scott - Heat 10.54

200m

Amy Hughes - Heat 29.51

300m

Amy Hughes - Heat 48.27

800m

Ryan Donald - Heat 2:30.32

Blair Scott - Heat 2:33.81

Long Jump

Rachel Broadfoot - 4.77m

6/3/16 - National U20 Indoor Championships

60m

Michael Tarnawsky - Heat 7.33, Semi 7.30, Final 7.35 (7th)

Andrea Goodman - Heat 7.95, Semi 7.98, Final 7.90 (5th)

Anna Ferguson - Heat 8.19, Semi 8.20

1500m

James Donald - Heat 4:09.59, Final 4:07.24 (4th)



12/3/16 - Cupar 5 (176 runners)

30th - Scott Dyer - 29:48
49th - Portia Brown - 31:09
67th - Phil Forte - 33:12
133rd - Nicola Tully - 39:24
140th - Alex Davidson - 39:53
143rd - Joyce Donald - 40:45
161st - Alan Vigrow - 44:54

13/3/16 - Barcelona Marathon (16,885 runners)

248th - Gary Bruce - 2:49:36

13/3/16 - Inverness Half Marathon (1668 runners)

34th - Billy Gibson - 1:19:40
65th - Peter Flick - 1:25:34
90th - Kenny Liddell - 1:27:55
101st - Raymond Tully - 1:28:57
600th - Angus Donald - 1:52:40

19/3/16 - Pitreavie Sprints Open Graded

60m

Michael Tarnawsky - 7.43 and 7.46
Mike Tarnawsky - 7.75 and 7.71
Lewis Wallace - 7.85 and 7.93
Rachel Broadfoot - 8.21
Olivia Goodman - 8.58 and 8.63
Blair Scott - 9.28

60m Hurdles

Rachel Broadfoot - 9.76
Blair Scott - 10.76

20/3/16 - Errol 6k Fun Run

8th - Ben MacDermid - 24:20
10th - Scott Vigrow - 24:42
18th - Danielle MacDermid - 26:30
54th - Alan Vigrow - 30:50
88th - Kirsty Benn - 39:11
89th - Campbell Benn - 39:11

20/3/16 - Alloa Half Marathon (2299 runners)

43rd - Gareth Irons - 1:19:24
45th - Chris Walsh - 1:19:25
108th - Scott Dyer - 1:23:49
129th - Munro Stewart - 1:24:47
229th - Louise Beveridge - 1:29:27
285th - Ian McNulty - 1:31:40
361st - Jennifer Learmonth - 1:33:50
480th - Phil Forte - 1:36:35
551st - Gemma Dolan - 1:38:40
1370th - Joyce Donald - 1:56:15
1371st - Angus Donald - 1:56:15

29/3/16 - Ravenscraig Park 2 mile race (77 runners)

18th – Ryan Donald – 11:57 (2nd MU17)
27th – Scott Vigrow – 12:48 (2nd MU13)
43rd – Jack Donald – 13:49 (3rd MU13)
51st – Angus Donald – 14:51
59th – Joyce Donald – 15:43 (2nd FV40)
60th – Alan Vigrow – 15:48

30/3/16 - Ravenscraig Indoor Open Graded

60m

Michael Tarnawsky - 7.34
Mike Tarnawsky - 8.02
Shaney McCabe - 8.28

100m

Michael Tarnawsky - 11.46
Mike Tarnawsky - 12.32

Long Jump

Michael Tarnawsky - 5.52m
Mike Tarnawsky - 5.34m
Shaney McCabe - 4.21m

Shot Putt

Shaney McCabe - 6.90m