

Numbers Sheet Name

Numbers Table Name

Track Sheets

Table 1

Powerof10

Table 1

Results

Table 1

Field

Table 1

Athlete List

Table 1

Timetable

Table 1

Excel Worksheet Name

[Track Sheets](#)

[Powerof10](#)

[Results](#)

[Field](#)

[Athlete List](#)

[Timetable](#)

Table 1

Name	String	Event	Age group	Club	Number	Lane	Place
Keira McGroarty	NC	70mH	U13G	IHAAC	138	1	8
Eilidh Boyd	NC	70mH	U13G	Team North	112	2	4
Thea Still	A	70mH	U13G	IHAAC	136	3	5
Holly Whittaker	A	70mH	U13G	Team North	110	4	1
Gemma Forgie	B	70mH	U13G	Team North	111	5	2
Georgia Antliff	B	70mH	U13G	IHAAC	137	6	6
Hannah McManus	NC	70mH	U13G	IHAAC	139	7	3
Aoibhe Doorley	NC	70mH	U13G	IHAAC	140	8	7
Murray Taylor	A	75mH	U13B	IHAAC	135	2	3
Lexi Grant	A	75mH	U15G	Team North	125	3	1
Kate McLuckie	B	75mH	U15G	Team North	126	4	2
						1	
						2	
Holly Whittaker	A	100m	U13G	Team North	110	3	1
Lucy Beastall	A	100m	U13G	IHAAC	141	4	2
Gemma Forgie	B	100m	U13G	Team North	111	5	3
Georgia Antliff	B	100m	U13G	IHAAC	137	6	4
						7	
						8	
		100m	U13G			1	
Ruby Ferguson	NC	100m	U13G	Team North	113	2	1
Thea Still	NC	100m	U13G	IHAAC	136	3	5
Keira McGroarty	NC	100m	U13G	IHAAC	138	4	2
Eilidh Boyd	NC	100m	U13G	Team North	112	5	4
Rosie Conroy	NC	100m	U13G	IHAAC	142	6	3
Ailsa McAra	NC	100m	U13G	IHAAC	143	7	6
		100m	U13G			8	
		100m	U13B			1	
		100m	U13B			2	
Archie Smith	A	100m	U13B	Team North	116	3	2
Lucas Davidson	A	100m	U13B	IHAAC	150	4	1
Filip Smedra	B	100m	U13B	IHAAC	149	5	4
Callum Duffy	B	100m	U13B	Team North	117	6	5
Daniel Finnigan	NC	100m	U13B	IHAAC	151	7	3
		100m	U13B			8	
		100m	U13B			1	
Euan Taylor	NC	100m	U13B	IHAAC	152	2	3
Rowin Schiller	NC	100m	U13B	Team North	118	3	5
Jamie MacGreur	NC	100m	U13B	Team North	119	4	2

Fraser Imlack	NC	100m	U13B	IHAAC	153	5	1
Marcus Walmsley	NC	100m	U13B	IHAAC	155	6	4
		100m	U13B			7	
		100m	U13B			8	
Erin Grant	NC	100m	U15G	Team North	120	1	7
Georgia Grant	NC	100m	U15G	Team North	121	2	6
Lexi Grant	A	100m	U15G	Team North	125	3	2
Keira Whittingham	A	100m	U15G	IHAAC	156	4	1
Ava Cruickshank	B	100m	U15G	Team North	123	5	3
Lucy Adamson	B	100m	U15G	IHAAC	157	6	5
Iris Whitton	NC	100m	U15G	Team North	127	7	4
Tia Coy	NC	100m	U15G	Team North	122	8	8
						1	
						2	
Andrew Lumsden	A	100m	U15B	Team North	130	3	2
Travis Macpherson	A	100m	U15B	IHAAC	166	4	3
Alexander Hendry	B	100m	U15B	Team North	131	5	1
Rory Black	B	100m	U15B	IHAAC	165	6	4
		100m	U15B			7	
		100m	U15B			8	
Aoibhe Doorley	NC	800m	U13G	IHAAC	140	1	4
Rosie Conroy	NC	800m	U13G	IHAAC	142	2	3
Lexi MacLean	A	800m	U13G	IHAAC	144	3	2
Isla Burns	B	800m	U13G	IHAAC	145	4	1
Louisa Laird	NC	800m	U13G	IHAAC	129	5	5
		800m	U13G			6	
		800m	U13G			7	
		800m	U13G			8	
Finlay McLuckie	A	800m	U13B	Team North	114	1	2
Callum Duffy	B	800m	U13B	Team North	117	2	1
Rowin Schiller	NC	800m	U13B	Team North	118	3	4
Jamie MacGreur	NC	800m	U13B	Team North	119	4	8
Ewan Ross	NC	800m	U13B	Team North	115	5	10
Rory Donaldson	NC	800m	U13B	IHAAC	148	6	5
Fraser Imlack	A	800m	U13B	IHAAC	153	7	3
Jack Henderson	B	800m	U13B	IHAAC	154	8	6
Marcus Walmsley	NC	800m	U13B	IHAAC	155	9	9
Conor Perrins	NC	800m	U13B	IHAAC	173	10	7
Caitlyn Heggie		800m	U15G	Team North	128	1	DNS
Evie Collins	A	800m	U15G	Team North	124	2	2

Freya Allan	A	800m	U15G	IHAAC	174	3	1
		800m	U15G			4	
		800m	U15G			5	
		800m	U15G			6	
		800m	U15G			7	
		800m	U15G			8	
Andrew Baird	A	800m	U15B	Team North	132	1	1
George Ross	B	800m	U15B	Team North	133	2	3
Travis Macpherson	A	800m	U15B	IHAAC	166	3	2
Ben Macleod	B	800m	U15B	IHAAC	164	4	4
		800m	U15B			5	
		800m	U15B			6	
		800m	U15B			7	
		800m	U15B			8	
Georgia Antliff	NC	200m	U13G	IHAAC	137	1	6
Lexi MacLean	NC	200m	U13G	IHAAC	144	2	1
Hannah McManus	B	200m	U13G	IHAAC	139	3	5
Ruby Ferguson	A	200m	U13G	Team North	113	4	2
Louisa Laird	A	200m	U13G	IHAAC	129	5	7
Olivia Cooper	NC	200m	U13G	IHAAC	146	6	4
Lucy Beastall	NC	200m	U13G	IHAAC	141	7	3
		200m	U13G	IHAAC		8	
		200m	U13B			1	
Jack Henderson	NC	200m	U13B	IHAAC	154	2	2
Marcus Walmsley	A	200m	U13B	IHAAC	155	3	5
Conor Perrins	B	200m	U13B	IHAAC	173	4	4
Filip Smedra	NC	200m	U13B	IHAAC	149	5	3
Archie Smith	A	200m	U13B	Team North	150	6	1
		200m	U13B			7	
		200m	U13B			8	
Georgia Grant	NC	200m	U15G	Team North	121	1	6
Islay Rutter	NC	200m	U15G	IHAAC	159	2	7
Ava Cruickshank	A	200m	U15G	Team North	123	3	4
Keira Whittingham	A	200m	U15G	IHAAC	156	4	1
Lexi Grant	B	200m	U15G	Team North	125	5	3
Lucy Adamson	B	200m	U15G	IHAAC	157	6	2
Iris Whitton	NC	200m	U15G	Team North	127	7	5
Erin Grant	NC	200m	U15G	Team North	120	8	DNS
		200m	U15B			1	
Rory Black	NC	200m	U15B	IHAAC	165	2	5

Andrew Lumsden	A	200m	U15B	Team North	130	3	4
Blair McAra	A	200m	U15B	IHAAC	167	4	2
Alexander Hendry	B	200m	U15B	Team North	131	5	1
Jacob Adjei	B	200m	U15B	IHAAC	168	6	3
Ben Macleod	NC	200m	U15B	IHAAC	164	7	6
		200m	U15B			8	
		300m	U15G			1	
		300m	U15G			2	
Evie Collins	A	300m	U15G	Team North	124	3	3
Keira Whittingham	B	300m	U15G	IHAAC	156	4	1
Emily Beale	A	300m	U15G	IHAAC	158	5	2
		300m	U15G			6	
		300m	U15G			7	
		300m	U15G			8	
		300m	U15B			1	
		300m	U15B			2	
Andrew Baird	A	300m	U15B	Team North	132	3	1
George Ross	B	300m	U15B	Team North	133	4	2
		300m	U15B			5	
		300m	U15B			6	
		300m	U15B			7	
		300m	U15B			8	

Performance
17.83
16.07
16.18
11.83
14.69
17.06
15.61
17.63
16.05
13.68
13.99
13.66
15.68
15.91
16.56
15.90
16.98
16.10
16.79
16.63
17.95
14.00
13.16
15.63
16.59
14.78
15.74
16.26
15.45

14.77
15.99
15.94
15.07
14.17
13.60
14.31
14.65
14.52
17.81
13.81
14.13
13.40
14.38
2:55.06
2:52.58
2:45.21
2:41.25
3:02.43
2:31.79
2:31.47
2:43.52
2:57.21
3:12.94
2:47.26
2:43.36
2:48.09
3:04.40
2:54.71
3:01.03

2:41.09
2:20.54
2:34.91
2:24.22
2:36.16
34.77
31.88
34.59
32.73
37.71
34.10
33.34
31.99
36.59
34.90
32.34
28.88
31.25
31.99
30.44
28.43
30.18
29.78
30.64
29.62

28.45
28.15
27.70
28.44
30.64
54.37
47.51
51.76
46.69
50.27

Table 1

Name	String	Event	Age group	Club	Number	Place	Performance
Gemma Forgie	A	Long Jump	U13G	Team North	111	1	3.66
Lucy Beasall	A	Long Jump	U13G	IHAAC	141	2	3.04
Ailsa McAra	B	Long Jump	U13G	IHAAC	143	3	2.39
Murdo English	B	Long Jump	U13B	IHAAC	147	2	3.51
Filip Smedra	A	Long Jump	U13B	IHAAC	149	1	3.83
Jamie MacGruer	NC	Long Jump	U13B	Team North	119	3	3.09
Erin Grant	NC	Long Jump	U15G	Team North	120	4	3.4
Georgia Grant	A	Long Jump	U15G	Team North	121	1	3.86
Evie Collins	B	Long Jump	U15G	Team North	124	6	3.11
Kate McLuckie	NC	Long Jump	U15G	Team North	126	3	3.7
Islay Rutter	A	Long Jump	U15G	IHAAC	159	2	3.75
Eve Mitchell	B	Long Jump	U15G	IHAAC	160	5	3.22
George Ross	NC	Long Jump	U15B	Team North	132	3	3.72
Andrew Baird	B	Long Jump	U15B	Team North	133	1	4.04
Blair McAra	A	Long Jump	U15B	IHAAC	167	2	3.93
Lexi MacLean	B	Shot Putt	U13G	IHAAC	144	2	5.08
Louisa Laird	NC	Shot Putt	U13G	IHAAC	129	3	3.33
Olivia Cooper	A	Shot Putt	U13G	IHAAC	146	1	5.72
Finlay McLuckie	A	Shot Putt	U13B	Team North	114	1	6.41
Ewan Ross	B	Shot Putt	U13B	Team North	115	5	4.45
Murray Taylor	A	Shot Putt	U13B	IHAAC	135	3	5.56
Lucas Davidson	B	Shot Putt	U13B	IHAAC	150	2	5.86
Daniel Finnigan	NC	Shot Putt	U13B	IHAAC	151	4	5.39
Tia Coy	B	Shot Putt	U15G	Team North	122	3	6.47
Iris Whitton	A	Shot Putt	U15G	Team North	127	2	6.79
Kate McLuckie	NC	Shot Putt	U15G	Team North	126	4	5.94
Femke Waite	A	Shot Putt	U15G	IHAAC	161	1	8.11
Peace Igbiduru	B	Shot Putt	U15G	IHAAC	162	DNS	
Rory Stainsby	A	Shot Putt	U15B	IHAAC	170	1	9.29
Aaron Cheyne	B	Shot Putt	U15B	IHAAC	171	2	7.71
Harry Proctor	NC	Shot Putt	U15B	IHAAC	172	DNS	
Holly Whittaker	A	High Jump	U13G	Team North	110	-	NH
Hannah McManus	B	High Jump	U13G	IHAAC	139	2	1.15
Isla Burns	A	High Jump	U13G	IHAAC	145	2	1.25
Archie Smith	A	High Jump	U13B	Team North	116	2	1.25
Alasdair Macpherson	B	High Jump	U13B	Team North	134	4	1.2
Murdo English	A	High Jump	U13B	IHAAC	147	3	1.25
Rory Donaldson	B	High Jump	U13B	IHAAC	148	5	1.15
Ava Cruickshank	A	High Jump	U15G	Team North	123	-	NH
Andrew Lumsden	A	High Jump	U15B	Team North	130	1	1.37
Olivia Cooper	A	Javelin	U13G	IHAAC	146	1	10.83
Alasdair Macpherson	A	Javelin	U13B	Team North	134	1	17.08
Ewan Ross	B	Javelin	U13B	Team North	115	3	8.15
Murray Taylor	A	Javelin	U13B	IHAAC	135	2	15.11
Tia Coy	A	Javelin	U15G	Team North	122	3	9.5
Femke Waite	B	Javelin	U15G	IHAAC	161	2	19.8
Leona Fernandez	A	Javelin	U15G	IHAAC	163	1	25.53
Jacob Adjei	B	Javelin	U15B	IHAAC	168	2	15.98
Findlay Taylor	A	Javelin	U15B	IHAAC	169	1	21.97
Femke Waite	A	Discus	U15G	IHAAC	161	1	22.21
Rory Stainsby	A	Discus	U15B	IHAAC	170	1	27.44
Aaron Cheyne	B	Discus	U15B	IHAAC	171	2	19.31
Peace Igbiduru	B	Hammer	U15G	IHAAC	162	DNS	
Leona Fernandez	A	Hammer	U15G	IHAAC	163	1	33.49
Rory Stainsby	A	Hammer	U15B	IHAAC	170	1	34.62
Aaron Cheyne	B	Hammer	U15B	IHAAC	171	2	23.73
Ruairidh Stirling	NC	Hammer	U15B	IHAAC	172	3	6.48

Table 1

Time	Event	Age Group		Time	Event	Age Group
11am	70mH	U13G		11am	Shot Putt	U13B/G
11.15am	75mH	U13B/U15G			Long Jump	U15B/G
11.30am	100m	U13G (2 Heats)		12pm	Shot Putt	U15G/B
11.40am	100m	U13B (2 Heats)			Long Jump	U13G/B
11.45am	100m	U15G (1 Heat)				
11.50am	100m	U15B (1 Heat)		1.30pm	HJ	U13/15/B&G
					Hammer	U15B/G
12pm	800m	U13G (1 Heat)				
	800m	U13B (1 Heat)		2pm	Discus	U13/15/B&G
	800m	U15G (1 Heat)				
	800m	U15B (1 Heat)		3pm	Javelin	U13/15/B&G
12.30pm	200m	U15G (1 Heat)				
		U15B (1 Heat)				
		U13G (1 Heat)				
		U13B (1 Heat)				
1pm	300m	U15G (1 Heat)				
	300m	U15B (1 Heat)				