

Helmsdale 20/08/16

16lb Shot			22lb Shot			16lb Hammer			22lb Hammer		
Lorne Colthart	51' 6"	1st	Lorne Colthart	41' 0"	1st	Lorne Colthart	126' 6"	1st	Lorne Colthart	112' 0"	1
Jamie Gunn	42' 5"	2nd	Jamie Gunn	35' 11"	2nd	John MacLeod	109' 6"	2nd	John MacLeod	84' 10"	2
John MacLeod	42' 1"	3rd	John MacLeod	35' 8"	3rd	Shaun Gunn	100' 0"	3rd	Shaun Gunn	82' 10"	3
	36' 5"	4th	Shaun Gunn	30' 7"	4th	David Ogilvie	82' 4"	4th	David Ogilvie	67' 4"	4
	34' 4"	5th	David Ogilvie	27' 8"	5th	Jamie Gunn	80' 0"	5th	Jamie Gunn	65' 0"	5

28lb for Distance			56lb for Distance			56lb WoB			Caber	
Lorne Colthart	77' 9"	1st	Lorne Colthart	39' 6"	1st	Lorne Colthart	14' 6"	1st	Lorne Colthart	1st
Jamie Gunn	72' 0"	2nd	Jamie Gunn	35' 0"	2nd	Jamie Gunn	14' 0"	2nd	Jamie Gunn	2nd
John MacLeod	69' 0"	3rd	John MacLeod	32' 3"	3rd	John MacLeod	13' 0"	3rd	John MacLeod	3rd
Shaun Gunn	53' 7"	4th	Shaun Gunn	22' 3"	4th	Shaun Gunn	11' 0"	4th eq.	David Ogilvie	4th
David Ogilvie	45' 2"	5th	David Ogilvie	20' 11"	5th	David Ogilvie	11' 0"	4th eq.	Shaun Gunn	5th

Long Jump			Triple Jump			High Jump		
Angus Mohun	17' 2.5"	1st	Angus Mohun	37' 6"	1st	Andrew MacGillivray	1.55m	1st
Michael MacGillivray	16' 7.5"	2nd	Michael MacGillivray	34' 5"	2nd	Angus Mohun	1.50m	2nd
Ian MacGillivray	16' 5"	3rd	Ian MacGillivray	33' 4.5"	3rd	Scott MacDonald		3rd

100m		200m		400m		800m		1500m	
Sandy Wilson	1st	Sandy Wilson	1st	Ian MacGillivray	1st	Ian MacGillivray	1st	Matthew Sutherland	1st
Ian MacGillivray	2nd	Ian MacGillivray	2nd	Angus Mohun	2nd	Matthew Sutherland	2nd	John Yells	2nd
Scott MacDonald	3rd	Angus Mohun	3rd	Scott MacDonald	3rd	Andrew MacGillivray	3rd	Ian MacGillivray	3rd

Half Mile Cycle		1500m Cycle		Two Mile Cycle		D'eil Tak Hindmost	
Charles Fletcher	1st	Charles Fletcher	1st	Charles Fletcher	1st	Charles Fletcher	1st
Ian Sargent	2nd	Ian Sargent	2nd	Cameron Earnshaw	2nd	Cameron Earnshaw	2nd
Colin Henshaw	3rd	Alec Marwick	3rd	Alec Marwick	3rd	Alec Marwick	3rd

Junior Half Mile Cycle		Junior 1 Mile Cycle	
Cameron Earnshaw	1st	Kyle Cartmell	1st
Kyle Cartmell	2nd	Cameron Earnshaw	2nd