

## Competitors

	<b>Number</b>	<b>Name</b>	<b>Club</b>	
<b>Seniors</b>	1	Roy Walker	Junior A	Ayrshire Flyers
	14	Ian Cavin	Master	Dundee
	170	Scott Anderson	Senior	Dundee
	48	Greg Ireland	Senior	Dundee
	12	Murray Cochrane	Junior A	Dundee
	169	Alan Bowstead	Master	Forth Valley
	17	Alan Dobbie	Master	Forth Valley
	28	Billy McArthur	Master	Forth Valley
	144	Lawrence Burns	Senior	Forth Valley
	124	Crawford Gillies	Senior	Forth Valley
	211	Claire Pirie	Senior	Forth Valley
55	Shannon Scott	Junior A	Nottingham	
<b>Juniors</b>	221	Megan Murray	Junior C	Ayrshire Flyers
	138	Penny Smith	Junior C	Ayrshire Flyers
	23	Fiona Thomson	Junior C	Ayrshire Flyers
	152	Rebecca Hull	Junior D	Ayrshire Flyers
<b>Novice</b>		Joshua Davidson	Ayrshire Flyers	
		Rachel Davidson	Ayrshire Flyers	
		Rebecca Davidson	Ayrshire Flyers	
		Emma Thomson	Ayrshire Flyers	

# Competition Format

## Senior/Junior

1000m 1st & Fastest 2nd to A Final, Other 2nds & 2 Fastest 3rd to B Final, rest to C Final

500m 1st & Fastest 2nd to A Final, Other 2nds & 2 Fastest 3rd to B Final, rest to C Final

## Junior D/Junior C

All Sessions Points awarded on placing  
Penalty will give last place points  
Lane positions are random for all sessions.  
Overall champion tied after Superfinal, the Superfinal result takes precedent

## Novice

All Sessions Points awarded on placing  
Penalty will give last place points  
Lane positions are random for all sessions.

## Note

**Championship points from all 3 finals (Session 2, Session 4 & Superfinals) count towards the overall Senior Championship**

Lane draws for heats will be random

Lane draws for finals will be based on previous round times

Lane draw for Superfinals will be based on current championship points position

Session 3 seeding for Seniors will be based on the results of Session 2

Pen in any final will get last place points from that final

Individuals with Pen in 2 sessions will be excluded from the SuperFinals

Senior Superfinal - tied for 6th place will be based on 1000m final finishing position

Overall champion tied after Superfinal, the Superfinal result takes precedent

## Session 1

### Junior D/Junior C - Points awarded on placing

Heat 1		Junior D/Junior C		1000m
Start	No.	Name	Finish	Time
1	152	Rebecca Hull	1	2.35.77
2	23	Fiona Thomson	DNS	
3	221	Megan Murray	2	2.36.73
4	138	Penny Smith	3	2.42.20

### Seniors - 1st & Fastest 2nd to A Final, Other 2nds & 2 Fastest 3rd to B Final, rest to C Final

Heat 2		Junior/Senior		1000m
Start	No.	Name	Finish	Time
3	12	Murray Cochrane	1	1.41.05
4	48	Greg Ireland	2	1.45.23
2	17	Alan Dobbie	3	1.46.17
1	124	Crawford Gillies	DNF	

Heat 3		Junior/Senior		1000m
Start	No.	Name	Finish	Time
1	1	Roy Walker	1	1.45.92
2	170	Scott Anderson	2	1.49.02
4	211	Claire Pirie	3	1.54.59
3	144	Lawrence Burns	4	2.11.51

Heat 4		Junior/Senior		1000m
Start	No.	Name	Finish	Time
2	55	Shannon Scott	2	1.47.06
4	14	Ian Cavin	1	1.46.64
1	28	Billy McArthur	4	2.12.91F
3	169	Alan Bowstead	3	1.58.72

### Novices - Points awarded on placing

Race 1		Novice		111m
Start	No.	Name	Finish	Time
4	Dk B	Joshua Davidson	1	18.18
3	Red	Rachel Davidson	2	21.94
2	Lt B	Rebecca Davidson	3	26.22
1	Gr	Emma Thomson	4	27.02

## Session 2

**Final Junior D/Junior C 333m**

Start	No.	Name	Finish	Time
1	23	Fiona Thomson	DNS	
2	221	Megan Murray	2	46.87
3	138	Penny Smith	3	50.75
4	152	Rebecca Hull	1	43.52

**Final C Junior/Senior 1000m**

Start	No.	Name	Finish	Time
1	169	Alan Bowstead	3	22.09.88
2	144	Lawrence Burns	2	2.08.16
3	28	Billy McArthur	1	2.07.42
4	124	Crawford Gillies	4	2.58.22

**Final B Junior/Senior 1000m**

Start	No.	Name	Finish	Time
1	17	Alan Dobbie	2	1.46.19
2	55	Shannon Scott	1	1.45.89
3	170	Scott Anderson	DNS	
4	211	Claire Pirie	3	1.49.52

**Final A Junior/Senior 1000m**

Start	No.	Name	Finish	Time
1	12	Murray Cochrane	1	1.37.15
2	48	Greg Ireland	3	1.43.35
3	1	Roy Walker	2	1.43.27
4	14	Ian Cavin	4	1.48.04

**Race 2 Novice 222m**

Start	No.	Name	Finish	Time
1	Red	Rachel Davidson	2	41.44
2	Lt B	Rebecca Davidson	3	50.74
3	Gr	Emma Thomson	4	51.29
4	Dk B	Joshua Davidson	1	39.12

## Session 3

### Junior D / Junior C - Points awarded on placing

Heat 5		Junior D/Junior C		500m
Start	No.	Name	Finish	Time
1	221	Megan Murray	2	1.11.43
2	138	Penny Smith	3	1.16.29
3	152	Rebecca Hull	1	1.05.74
4	23	Fiona Thomson	DNS	

### Seniors - 1st & Fastest 2nd to A Final, 2nd & Fastest 3rd to B Final, Rest C Final

Heat 6		Junior/Senior		500m
Start	No.	Name	Finish	Time
2	12	Murray Cochrane	1	45.57
3	17	Alan Dobbie	2	51.53
1	211	Claire Pirie	3	52.03

Heat 7		Junior/Senior		500m
Start	No.	Name	Finish	Time
1	1	Roy Walker	2	51.47
2	55	Shannon Scott	1	51.22
3	28	Billy McArthur	3	1.05.85
4	124	Crawford Gillies	DNF	

Heat 8		Junior/Senior		500m
Start	No.	Name	Finish	Time
2	48	Greg Ireland	2	49.49
3	14	Ian Cavin	1	49.37
4	144	Lawrence Burns	4	1.04.83
1	169	Alan Bowstead	3	1.02.99

### Novices

Race 3		Novice		333m
Start	No.	Name	Finish	Time
1	L	Rebecca Davidson	3	1.18.87
2	G	Emma Thomson	4	1.19.45
3	D	Joshua Davidson	1	54.16
4	R	Rachel Davidson	2	1.01.54

## Session 4

Final C		Junior/Senior		500m
Start	No.	Name	Finish	Time
1	144	Lawrence Burns	2	1.16.76F
2	28	Billy McArthur	1	1.04.09
3	124	Crawford Gillies	PEN	

Final B		Junior/Senior		500m
Start	No.	Name	Finish	Time
1	1	Roy Walker	1	50.68
2	17	Alan Dobbie	2	50.73
3	211	Claire Pirie	3	52.25
4	169	Alan Bowstead	4	1.02.92

Final A		Junior/Senior		500m
Start	No.	Name	Finish	Time
1	12	Murray Cochrane	1	46.63
2	14	Ian Cavin	2	49.11
3	48	Greg Ireland	4	50.18
4	55	Shannon Scott	3	49.85

Final A		Junior D/Junior C		222m
Start	No.	Name	Finish	Time
1	138	Penny Smith	3	35.13
2	152	Rebecca Hull	1	29.69
3	23	Fiona Thomson	DNS	
4	221	Megan Murray	2	31.25

Race 4		Novice		222m
Start	No.	Name	Finish	Time
1	G	Emma Thomson	4	50.84
2	D	Joshua Davidson	1	33.53
3	R	Rachel Davidson	2	41.87
4	L	Rebecca Davidson	3	50.18

## Session 5



Super Final		Novice		111m
Start	No.	Name	Finish	Time
1	D	Joshua Davidson	1	17.58
2	R	Rachel Davidson	2	21.69
3	L	Rebecca Davidson	3	25.10
4	G	Emma Thomson	4	25.47

Super Final		Junior D/Junior C		777m
Start	No.	Name	Finish	Time
1	152	Rebecca Hull	1	1.48.61
2	221	Megan Murray	2	1.52.99
3	138	Penny Smith	3	2.10.98F

### Novice Competition

1	Joshua Davidson
2	Rachel Davidson
3	Rebecca Davidson

### Scottish Junior D&C Champion 2012-13

1	152	Rebecca Hull
2	221	Megan Murray
3	138	Penny Smith

Super Final		Junior/Senior		1500m
Start	No.	Name	Finish	Time
1	12	Murray Cochrane	1	2.38.78
2	14	Ian Cavin	5	2.51.56
3	1	Roy Walker	2	2.45.59
4	48	Greg Ireland	6	3.16.55F
5	55	Shannon Scott	4	2.50.27
6	17	Alan Dobbie	3	2.45.66

### Scottish Senior Champion 2012-13

1	12	Murray Cochrane
2	1	Roy Walker
3	14	Ian Cavin

### Scottish 3000m Relay Championship

Start	Team	Finish	Time
1	<b>Dundee</b> I Cavin, S Anderson, M Cochrane, G Ireland	1	4.40.51
2	<b>Forth Valley</b> C Pirie, A Bowstead, B McArthur, L Burns	2	5.38.61