

Linwood Open Graded Meeting 5th May 2026

ON-X Sports Centre, Brediland Road, Linwood, Renfrewshire, PA3 3RA

EVENT	RACE / POOL	POSITION	FIRST NAME	SURNAME	CLUB	AGE GROUP & GENDER	PERFORMANCE	WIND SPEED	WEIGHT	CLASSIFICATION
1 mile	0-1-1	1	Alistair	Street	Kilbarchan AAC	Under 18 Male	04:16.59			
1 mile	0-1-1	2	Tendai	Nyabadza	Harmeny AC	Senior Male	04:18.67			
1 mile	0-1-1	3	Alasdair	Nugent	Giffnock North AC	Under 20 Male	04:22.15			
1 mile	0-1-1	4	Ruaridh	Miller	Kilbarchan AAC	Under 20 Male	04:22.66			
1 mile	0-1-1	5	Jack	Heathwood	Kilbarchan AAC	Senior Male	04:28.56			
1 mile	0-1-1	6	Ben	Kinninmonth	Fife Athletic Club	Senior Male	04:37.94			
1 mile	0-1-1	7	Max	Deery	Giffnock North AAC	Under 18 Male	04:39.61			
1 mile	0-1-1	8	Ryan	Fitzpatrick	Kilbarchan AAC	Under 20 Male	05:01.37			
1 mile	0-1-1	9	Sorley	Gemmell	Garscube Harriers	Under 16 Male	05:13.89			
1 mile	0-1-1	10	Eoghan	Connelly	Motherwell AC	Under 16 Male	05:15.58			
1 mile	0-1-1	11	Louis	Reid	Inverclyde Athletics Cl	Under 14 Male	05:19.98			
1 mile	0-1-2	1	Lewis	Stevenson	Kilbarchan AAC	Under 20 Male	04:52.94			
1 mile	0-1-2	2	Callum	Cooke	Kilmarnock Harrier &	Under 16 Male	04:54.95			
1 mile	0-1-2	3	Finn	Fowler	Kilbarchan AAC	Senior Male	05:09.21			
1 mile	0-1-2	4	Fraser	Williams	Kilbarchan AAC	Senior Male	05:10.91			
1 mile	0-1-2	5	Luke	Geddes	Motherwell AC	Under 16 Male	05:12.31			
1 mile	0-1-2	6	Chris	Upton	Cambuslang Harriers	Veteran Male	05:12.72			
1 mile	0-1-2	7	Caitlin	Reilly	Motherwell AC	Under 18 Female	05:13.22			
1 mile	0-1-2	8	Ryan	Waldron	Kilbarchan AAC	Veteran Male	05:25.35			
1 mile	0-1-2	9	Lucy	Tonner	Giffnock North AC	Under 16 Female	05:29.03			
1 mile	0-1-2	10	Abigail	Good	Ayr Seaforth Athletic C	Under 14 Female	05:29.48			
1 mile	0-1-2	11	Michael	Whittle	Kilbarchan AAC	Veteran Male	05:30.11			
1 mile	0-1-2	12	Anna Elizabeth	Ross	Victoria Park City of G	Under 18 Female	05:33.92			
1 mile	0-1-2	13	Willow	Challis	Ayr Seaforth Athletic C	Under 18 Female	05:41.61			
1 mile	0-1-3	1	Rachael Niamh	Hill	Giffnock North AC	Under 20 Female	05:34.22			
1 mile	0-1-3	2	Lily	Shaw	Stirling University	Senior Female	05:42.46			
1 mile	0-1-3	3	Kira	Mitchell	Kilbarchan AAC	Under 14 Female	05:46.89			
1 mile	0-1-3	4	Saffi	Dalling	Kilbarchan AAC	Under 16 Female	05:51.45			
1 mile	0-1-3	5	Allyssa	Bennet	Law & District AAC	Under 14 Female	05:52.13			
1 mile	0-1-3	6	Martha	Steel	Motherwell AC	Under 16 Female	05:54.79			
1 mile	0-1-3	7	Nathaniel	Gaston	Kilbarchan AAC	Under 16 Male	06:04.79			
1 mile	0-1-3	8	Daisy	de Lange	Kilbarchan AAC	Under 16 Female	06:05.54			
1 mile	0-1-3	9	Neive	Mack	Kilbarchan AAC	Under 16 Female	06:08.44			

1 mile	0-1-3	10	Lotty	Martin	Giffnock North AC	Under 16 Female	06:09.59	
1 mile	0-1-3	11	Aimee	Agnew	Giffnock North	Under 16 Female	06:15.18	
1 mile	0-1-3	12	Cristina	Niciu	Kilbarchan AAC	Veteran Female	06:22.54	
1 mile	0-1-3	13	Hannah	Reid	Giffnock North AC	Under 16 Female	06:24.02	
1 mile	0-1-3	14	Heather	Gillespie	Kilbarchan AAC	Under 14 Female	07:02.77	
100m	0-2-1	1	Oliver	Innes-Dolan	Law & District AAC	Under 12 Male	14.49	3.1
100m	0-2-1	2	Joseph	Coffield	Kilbarchan AAC	Under 14 Male	14.88	3.1
100m	0-2-1	3	Rosie	Costello	Kilbarchan AAC	Under 14 Female	15.07	3.1
100m	0-2-1	4	Austin	O'Brien	Kilbarchan AAC	Under 12 Male	15.27	3.1
100m	0-2-1	5	Jude	Sangha	Kilbarchan AAC	Under 14 Female	15.45	3.1
100m	0-2-1	6	James	Bennet	Law & District AAC	Under 14 Male	15.90	3.1
100m	0-2-1	7	Zoe	Rankin	Kilbarchan AAC	Under 14 Female	16.46	3.1
100m	0-2-2	1	Scott	Tindle	Tweed Leader Track	Senior Male	10.96	1.2
100m	0-2-2	2	Daniel	Bruce	Kilbarchan AAC	Under 20 Male	11.27	1.2
100m	0-2-2	3	Oran	McShane	Kilbarchan AAC	Under 20 Male	11.50	1.2
100m	0-2-2	4	Nicky	Cowan	Kilbarchan AAC	Senior Male	11.62	1.2
100m	0-2-2	5	Harrison	Brand	East Kilbride Athletic C	Under 14 Male	11.64	1.2
100m	0-2-2	6	Declan	Reid	Giffnock North AC	Senior Male	11.96	1.2
100m	0-2-2	7	Samuel	Embuka	Kilbarchan AAC	Under 14 Male	13.99	1.2
100m	0-2-3	1	Aidan	Cunning	Giffnock North AC	Senior Male	12.12	3.7
100m	0-2-3	2	Donald	MacInnes	Giffnock North AC	Under 16 Male	12.45	3.7
100m	0-2-3	3	Arianna	Obiora	Shettleston Harriers	Under 16 Female	12.90	3.7
100m	0-2-3	4	Eve	Mcmanus	Giffnock North AC	Under 14 Female	13.17	3.7
100m	0-2-3	5	Emily	Good	Ayr Seaforth Athletic C	Under 14 Female	13.71	3.7
100m	0-2-4	1	Lexi	McConnell	Kilbarchan AAC	Under 18 Female	13.42	1.2
100m	0-2-4	2	Sandy	Bruce	Kilbarchan AAC	Under 16 Male	13.58	1.2
100m	0-2-4	3	Rosie	Stein	Kilbarchan AAC	Under 14 Female	13.64	1.2
100m	0-2-4	4	Nicole	Reid	Ayr Seaforth Athletic C	Under 16 Female	13.71	1.2
100m	0-2-4	5	Emma	Higgins	Airdrie Harriers	Veteran Female	13.95	1.2
100m	0-2-5	1	Kirsty	Oliver	Motherwell AC	Veteran Female	13.95	2.9
100m	0-2-5	2	Eilish	Inglis	Kilbarchan AAC	Under 16 Female	13.98	2.9
100m	0-2-5	3	Emma	Murray	Ayr Seaforth Athletic C	Under 16 Female	14.31	2.9
100m	0-2-5	4	Skye	McGourty	Kilbarchan AAC	Under 18 Female	14.49	2.9
100m	0-2-5	5	Allyssa	Bennet	Law & District AAC	Under 14 Female	14.66	2.9
100m	0-2-5	6	Kira	Mitchell	Kilbarchan AAC	Under 14 Female	14.83	2.9
100m	0-2-6	1	Nico	Stewart	Ayr Seaforth Athletic C	Under 16 Male	14.14	2.7
100m	0-2-6	2	Ruth	Thomson	Kilbarchan AAC	Under 18 Female	14.66	2.7
100m	0-2-6	3	Lana	McGrory	Kilbarchan AAC	Under 14 Female	15.23	2.7

100m	0-2-6	4	Monika	Pencheva	Kilbarchan AAC	Under 14 Female	15.58	2.7		
100m	0-2-6	5	Heather	Gillespie	Kilbarchan AAC	Under 14 Female	17.33	2.7		
300m	0-3-1	1	Stephen	Johnston	Kilbarchan AAC	Senior Male	35.48			
300m	0-3-1	2	Daniel	Bruce	Kilbarchan AAC	Under 20 Male	35.76			
300m	0-3-1	3	Harris	Morrison	Greenock Glenpark Ha	Senior Male	37.57			
300m	0-3-1	4	Corey	Donaldson	Victoria Park City Of G	Under 20 Male	38.43			
300m	0-3-1	5	Josh	Deegan	Greenock Glenpark Ha	Under 18 Male	39.44			
300m	0-3-2	1	Sam	McGowan	Shettleston Harriers	Under 18 Male	40.52			
300m	0-3-2	2	Isla	Thomson	Victoria Park City Of G	Under 16 Female	41.23			
300m	0-3-2	3	Zoe	Roberts	Shettleston Harriers /	Under 16 Female	41.60			
300m	0-3-2	4	Finlay	Mitchell	Kilbarchan AAC	Under 18 Male	41.63			
300m	0-3-2	5	Stuart	Mcgowan	Giffnock North AC	Veteran Male	41.81			
300m	0-3-2	6	Peter	Minting	Helensburgh AAC	Veteran Male	43.07			
300m	0-3-2	7	Piper	Jackson	Ayr Seaforth Athletic C	Under 16 Female	44.68			
300m	0-3-2	8	Louisa	Collum	Motherwell AC	Under 16 Female	46.05			
300m	0-3-3	1	Eden	Duff	Kilbarchan AAC	Senior Male	42.88			
300m	0-3-3	2	Ana	Muldoon	Motherwell Athletics C	Under 16 Female	46.18			
300m	0-3-3	3	Isla	Murray	Kilbarchan AAC	Under 16 Female	46.26			
300m	0-3-3	4	Emily	Devine	Motherwell AC	Under 16 Female	46.88			
300m	0-3-3	5	Ruth	Thomson	Kilbarchan AAC	Under 18 Female	48.99			
300m	0-3-3	6	Skye	McGourty	Kilbarchan AAC	Under 18 Female	50.51			
300m	0-3-3	7	Megan	Cowan	Kilbarchan AAC	Under 16 Female	56.19			
3000m	0-4-1	1	Louie	Muir	Giffnock North AC	Under 18 Male	08:49.50			
3000m	0-4-1	2	Harrison	MacMillan	Falkirk Victoria Harrie	Under 18 Male	08:50.78			
3000m	0-4-1	3	Ewan	McV Kerral	Kilbarchan AAC	Senior Male	08:51.95			
3000m	0-4-1	4	Rhuairdh	Laing	Victoria Park City Of G	Under 18 Male	09:21.25			
3000m	0-4-1	5	Donald	MacInnes	Giffnock North AC	Under 16 Male	09:36.01			
3000m	0-4-1	6	Stuart	Kerr	Kilbarchan AAC	Senior Male	09:50.04			
3000m	0-4-1	7	Fraser	Williams	Kilbarchan AAC	Senior Male	10:19.29			
3000m	0-4-2	1	Lucas	Watt	Kilbarchan AAC	Under 18 Male	09:47.87			
3000m	0-4-2	2	Ruben	Stewart	Garscube Harriers	Under 16 Male	09:55.88			
3000m	0-4-2	3	Angus	Farley	Kilbarchan AAC	Under 16 Male	10:40.67			
3000m	0-4-2	4	Skye	Williams	Kilbarchan AAC	Under 14 Female	11:11.80			
3000m	0-4-2	5	Emily	Watt	Kilbarchan AAC	Under 16 Female	12:06.53			
3000m	0-4-2	6	Lorna	MacInnes	No club listed	Veteran Female	12:21.24			
Hammer		1	Iasonas	Dimitroulakis	Kilbarchan AAC	U14B	35.95m		3kg	
Hammer		1	Monika	Pencheva	Kilbarchan AAC	U14G	28.79m		2kg	
Hammer		1	Ethan	Gordon	Kilmarnock Harriers A	U16B	48.61m		4kg	

Hammer		2	Brandon	McLemon	Kilmarnock Harriers A	U16B	23.72m		4kg	
Hammer		1	Alexandros	Dimitroulakis	Kilbarchan AAC	U18B	40.63m		5kg	
Hammer		1	Aimee	Thomson	Kilmarnock Harriers	U18G	40.25m		3kg	
Hammer		2	Andrea	Pencheva	Kilbarchan AAC	U18G	35.65m		3kg	
Hammer		1	Laura Marie	Kinder	Kilbarchan AAC	WV40 T20	28.86m		4kg	T20