

## HELMSDALE RESULTS – 19/8/17

### HEAVY EVENTS

16lb Shot Putt – 1) Lorne Colthart, 46' 4"	2) Thor Gylfason, 39' 8"	3) David Ogilvie, 34' 2"
22lb Shot Putt – 1) Lorne Colthart, 36' 8"	2) Thor Gylfason, 33' 10"	3) David Ogilvie, 29' 5"
16lb Hammer – 1) Lorne Colthart, 126' 10"	2) Thor Gylfason, 109' 8"	3) David Ogilvie, 84' 6"
22lb Hammer – 1) Lorne Colthart, 96' 0"	2) Thor Gylfason, 85' 10"	3) David Ogilvie, 73' 4"
28lb for Distance – 1) Lorne Colthart, 70' 8"	2) Thor Gylfason, 63' 3"	3) David Ogilvie, 45' 6"
56lb for Distance – 1) Lorne Colthart, 34' 7"	2) Thor Gylfason, 31' 6"	3) David Ogilvie, 21' 10"
56 lb WoB – 1) Lorne Colthart, 13' 6"	2) Thor Gylfason, 13' 0"	3eq) David Ogilvie, 11' 0"
		3eq) Harry Zagorski, 11' 0"
Caber – 1) Lorne Colthart	2) Thor Gylfason	3) David Ogilvie

### TRACK & FIELD

100m - 1) Tony Daffurn 11.0 NGR	2) Andrew MacGillivray	3) Fraser MacDonald
200m – 1) Tony Daffurn 23.90 NGR	2eq) Fraser MacDonald	2eq) Andrew MacGillivray
400m – 1) Tony Daffurn 57.3	2) Ewen Bradley	3) Andrew MacGillivray
800m – 1) Ewen Bradley 2.23.0	2) Eaghann Gollan	3) Andrew MacGillivray
1500m – 1) Ross Gollan 4.37.2	2) Eaghann Gollan	3) John Yells
Long Jump – 1) Tony Daffurn, 20' 6.5" NGR	2) Angus Mohun	3) Ewen Bradley
Triple Jump – 1) Tony Daffurn, 43' 5" NGR	2) Ewen Bradley	3) Angus Mohun
High Jump – 1eq) Tony Daffurn, 1.65 m	1eq) Andrew MacGillivray	3) Ewen Bradley

### OPEN CYCLING

800m – 1) Charles Fletcher	2) Cameron Earnshaw	3) Ian Sargent
1500m – 1) Charles Fletcher	2) Cameron Earnshaw	3) Ian Sargent
One Lap Timed – 1) Charles Fletcher	2) Cameron Earnshaw	3) Mark Munro
De'il – Charles Fletcher	2) Cameron Earnshaw	3) Ian Sargent

### JUNIOR CYCLING

800m – 1) Angus Henry	2) Reubans Thomson	3) Heidi Thomson
1500m - 1) Angus Henry	2) Reubans Thomson	3) Heidi Thomson
One Lap Timed – 1) Angus Henry	2) Reubans Thomson	3) Heidi Thomson

