

HELMSDALE HIGHLAND GAMES 17/08/19 – OPEN HEAVY RESULTS

16lb Shot

- 1<sup>st</sup> – Jamie Gunn, Halkirk, 47' 11"
- 2<sup>nd</sup> – Murray Gunn, Halkirk, 37' 1"
- 3<sup>rd</sup> – Harry Zagorski, Alness, 34' 10"
- 4<sup>th</sup> – Duncan MacKay, Helmsdale, 26' 8"

22lb Shot

- 1<sup>st</sup> – Jamie Gunn, Halkirk, 39' 9"
- 2<sup>nd</sup> – Murray Gunn, Halkirk, 30' 5"
- 3<sup>rd</sup> – Harry Zagorski, Alness, 28' 7"
- 4<sup>th</sup> – Duncan MacKay, Helmsdale, 22' 1"

16lb Hammer

- 1<sup>st</sup> – Jamie Gunn, Halkirk, 119' 1"
- 2<sup>nd</sup> – Murray Gunn, Halkirk, 94' 11"
- 3<sup>rd</sup> – Harry Zagorski, Alness, 90' 7"
- 4<sup>th</sup> – Duncan MacKay, Helmsdale, 76' 10"

22lb Hammer

- 1<sup>st</sup> – Jamie Gunn, Halkirk, 90' 2"
- 2<sup>nd</sup> – Murray Gunn, Halkirk, 81' 2"
- 3<sup>rd</sup> – Harry Zagorski, Alness, 75' 4"
- 4<sup>th</sup> – Duncan MacKay, Helmsdale, 61' 9"

28lb WFD

- 1<sup>st</sup> – Jamie Gunn, Halkirk, 67' 7"
- 2<sup>nd</sup> – Murray Gunn, Halkirk, 60' 2"
- 3<sup>rd</sup> – Harry Zagorski, Alness, 56' 8"
- 4<sup>th</sup> – Duncan MacKay, Helmsdale, 31' 3"

56lb WFD

- 1<sup>st</sup> – Jamie Gunn, Halkirk, 31' 7"
- 2<sup>nd</sup> – Murray Gunn, Halkirk, 27' 7"
- 3<sup>rd</sup> – Harry Zagorski, Alness, 21' 11"
- 4<sup>th</sup> – Duncan MacKay, Helmsdale, 15' 9"

56lb WOB

- 1<sup>st</sup> – Jamie Gunn, Halkirk, 15' 0"
- 3<sup>rd</sup> – Harry Zagorski, Alness, 12' 0"
- 2<sup>nd</sup> – Murray Gunn, Halkirk, 11' 0"
- 4<sup>th</sup> eq. – Duncan MacKay, Helmsdale & Alan Marshall, Helmsdale, 10' 0"

Caber

- 1<sup>st</sup> – Jamie Gunn, Halkirk
- 2<sup>nd</sup> – Murray Gunn, Halkirk
- 3<sup>rd</sup> – Harry Zagorski, Alness,
- 4<sup>th</sup> – Duncan MacKay, Helmsdale

SHGA Scottish Hill Race Championship

- 1<sup>st</sup> – James Espie, Dinnet

HELMSDALE HIGHLAND GAMES 17/8/19 - MALE T&F RESULTS

100m

1<sup>st</sup> – Stuart Clark, Stonehaven

2<sup>nd</sup> – Fraser MacDonald, Dingwall

3<sup>rd</sup> – Ruaridh Munro, Dingwall

200m

1<sup>st</sup> – Stewart Clark, Stonehaven

2<sup>nd</sup> – Fraser MacDonald, Dingwall

3<sup>rd</sup> – Ewen Bradley, Skye

400m

1<sup>st</sup> – Ewen Bradley, Skye

2<sup>nd</sup> – Ruaridh Munro, Dingwall

3<sup>rd</sup> – Stewart Clark, Stonehaven

800m

1<sup>st</sup> – Ewen Bradley, Skye

2<sup>nd</sup> – Donald Bradley, Skye

3<sup>rd</sup> – Ruaridh Munro, Dingwall

1500m

1<sup>st</sup> – James Espie, Dinnet

2<sup>nd</sup> – Joseph Frame, Thurso

3<sup>rd</sup> eq. Fraser MacDonald, Dingwall & Stewart Clark, Stonehaven

Long Jump

1<sup>st</sup> – Ewen Bradley, Skye, 19' 6"

2<sup>nd</sup> – Stewart Clark, Stonehaven

3<sup>rd</sup> – Fraser MacDonald, Dingwall

Triple Jump

1<sup>st</sup> – Stewart Clark, Stonehaven, 39' 11"

2<sup>nd</sup> – Ewen Bradley, Skye

3<sup>rd</sup> – Ruaridh Munro, Dingwall

High Jump

1<sup>st</sup> – Ruaridh Munro, Dingwall, 1.63m

2<sup>nd</sup> eq. Stewart Clark, Stonehaven & Fraser MacDonald, Dingwall, 1.58m

HELMSDALE HIGHLAND GAMES 17/8/19 – CYCLING RESULTS

SENIOR 800m

- 1<sup>st</sup> – Cameron Earnshaw, Thurso
- 2<sup>nd</sup> – Charles Fletcher, Grantown on Spey
- 3<sup>rd</sup> – Kyle Cartmell, Duffus

SENIOR Mile

- 1<sup>st</sup> – Charles Fletcher, Grantown on Spey
- 2<sup>nd</sup> – Kyle Cartmell, Duffus
- 3<sup>rd</sup> - Kevin Belton, Elgin

SENIOR One Lap Timed (225m)

- 1<sup>st</sup> – Charles Fletcher, Grantown on Spey 23.12s
- 2<sup>nd</sup> – Cameron Earnshaw, Thurso, 23.30s
- 3<sup>rd</sup> - Kyle Cartmell, Duffus, 24.78s

SENIOR De'il

- 1<sup>st</sup> – Charles Fletcher, Grantown on Spey
- 2<sup>nd</sup> - Kyle Cartmell, Duffus
- 3<sup>rd</sup> – Kevin Belton, Elgin

JUNIOR 800m

- 1<sup>st</sup> - Reubens Thomson, Aberdeen
- 2<sup>nd</sup> – Victor Atkinson, Muir of Ord
- 3<sup>rd</sup> – Magnus Atkinson, Muir of Ord

JUNIOR One Lap Timed (225m)

- 1<sup>st</sup> – Reubens Thomson, Aberdeen, 24.40s
- 2<sup>nd</sup> – Victor Atkinson, Muir of Ord, 29.41s
- 3<sup>rd</sup> – Magnus Atkinson, Muir pf Ord, 34.78s