SCOTTISH ATHLETICS INDOOR LEAGUE

Session A.M.
Event STANDINGS AFTER 3rd ROUNDS
Date 12th JANUARY 2020
Venue Emirates Arena, Glasgow

Posn	U11 Boys	Points
1	Giffnock North AC A	3.039
2	Giffnock North AC B	8.069
3	Ayr Seaforth AAC A	8.081
4	Motherwell AC A	17.126
5	Helensburgh AAC A	19.143
6	Victoria Park City of Glasgow AC A	23.163
7	Harmeny A	25.171
8	Cumbernauld AAC A	25.183
9	Livingston & District AAC A	25.205
10	Whitemoss AAC A	27.182
11	Harmeny B	31.214
12	Shettleston Harriers A	39.247
13	Kirkintilloch Olympians A	40.282
14	Shettleston Harriers B	41.267
15	Whitemoss AAC B	41.273
16	Cumbernauld AAC B	44.292
17	Victoria Park City of Glasgow AC B	46.332
18	Team East Lothian B	50.363
19	Team East Lothian A	52.352
20	Clydesdale Harriers A	53.381
21	Stewartry AC A	54.396

Posn	U13 Boys	Points
1	Giffnock North AC A	3.067
2	Giffnock North AC B	6.125
3	Victoria Park City of Glasgow AC A	11.167
4	Victoria Park City of Glasgow AC B	15.189
5	Cumbernauld AAC A	19.193
6	Ayr Seaforth AAC A	20.229
7	Shettleston Harriers A	25.262
8	Team East Lothian A	27.264
9	Harmeny A	28.250
10	Livingston & District AAC A	31.294
11	Harmeny B	32.278
12	Stewartry AC A	38.314
13	Greenock GlenPark 'A'	39.313
14	Helensburgh AAC B	41.332
15	Shettleston Harriers B	46.333
16	Whitemoss AAC A	47.335
17	Whitemoss AAC B	47.340
18	Ayr Seaforth AAC B	53.369
19	Livingston & District AAC B	54.360
20	Clydesdale Harriers A	57.379
21	Helensburgh AAC A	58.384
22	Cumbernauld AAC B	60.389
23	Clydesdale Harriers B	67.420
24	Motherwell AC A	73.514
25	Kirkintilloch Olympians A	73.531

Posn	U15 Boys	Points
1	Giffnock North AC A	4.091
2	Team East Lothian A	7.114
3	Giffnock North AC B	11.162
4	Ayr Seaforth AAC A	11.165
5	Clydesdale Harriers A	14.187
6	Victoria Park City of Glasgow AC A	20.206
7	Helensburgh AAC A	22.223
8	Cumbernauld AAC A	22.230
9	Shettleston Harriers A	28.266
10	Cumbernauld AAC B	31.273
11	Harmeny A	37.317
12	Motherwell AC A	37.323
13	Helensburgh AAC B	40.335
14	Ayr Seaforth AAC B	42.347
15	Livingston & District AAC A	44.357
16	Victoria Park City of Glasgow AC B	45.367
17	Team East Lothian B	48.389
18	Kirkintilloch Olympians A	56.463
19	Shettleston Harriers B	57.476
20	Whitemoss AAC A	59.497
21	Kirkintilloch Olympians B	60.512
22	Stewartry AC A	62.515

Posn	U17 Men	Points
1	Giffnock North AC A	5.083
2	Victoria Park City of Glasgow AC A	6.092
3	Cumbernauld AAC A	7.098
4	Victoria Park City of Glasgow AC B	14.186
5	Team East Lothian A	14.188
6	Livingston & District AAC A	19.217
7	Ayr Seaforth AAC A	23.250
8	Motherwell AC A	25.259
9	Helensburgh AAC A	27.269
10	Giffnock North AC B	31.311
11	Livingston & District AAC B	32.306
12	Harmeny A	38.383
13	Clydesdale Harriers A	39.382
14	Cumbernauld AAC B	39.385
15	Whitemoss AAC A	42.398
16	Shettleston Harriers A	45.416
17	Kirkintilloch Olympians A	51.480
17	Shettleston Harriers B	51.480
17	Stewartry AC A	51.480

Posn	U20 Men	Points
1	Giffnock North AC A	5.093
2	Cumbernauld AAC A	5.114
3	Team East Lothian A	9.172
4	Victoria Park City of Glasgow AC A	13.179
5	Livingston & District AAC A	19.256
6	Clydesdale Harriers A	20.225
7	Victoria Park City of Glasgow AC B	23.286
8	Motherwell AC A	24.296
9	Livingston & District AAC B	25.293
10	Cumbernauld AAC B	31.311
11	Ayr Seaforth AAC A	34.363
12	Giffnock North AC B	35.369
13	Shettleston Harriers A	36.368
14	Harmeny A	39.364
15	Whitemoss AAC A	40.365
16	Kirkintilloch Olympians A	45.408

This years	Numbers	SAIL Teams AM		U11B	# Events	Penalties	Points	Rank
1	101	Ayr Seaforth AAC A	Ayr S A	30	6		30	3
2	102	Ayr Seaforth AAC B	Ayr S B					
3	103	Clydesdale Harriers A	C'dale A	29	2	88	117	18
4	104	Clydesdale Harriers B	C'dale B					
5	105	Cumbernauld AAC A	C'nauld A	19	4	44	63	9
6	106	Cumbernauld AAC B	C'nauld B	39	4	44	83	13
7	107	Team East Lothian A	Tm E Loth A			132	132	19
8	108	Team East Lothian B	Tm E Loth B			132	132	19
9	109	Giffnock North AC A	Giff N A	10	6		10	1
10	110	Giffnock North AC B	Giff N B	20	6		20	2
11	111	Harmeny A	Harm A	29	4	44	73	11
12	112	Harmeny B	Harm B	57	5	22	79	12
13	113	Helensburgh AAC A	Helen A	45	6		45	5
14	114	Helensburgh AAC B	Helen B					
15	115	Kirkintilloch Olympians A	Kirk O A	47	5	22	69	10
16	116	Kirkintilloch Olympians B	Kirk O B					
17	117	Livingston & District AAC A	Living A	35	6		35	4
18	118	Livingston & District AAC B	Living B					
19	119	Motherwell AC A	Moth A	52	6		52	7
20	120	Motherwell BC B	Moth B					
21	121	Shettleston Harriers A	Shett A	57	4	44	101	17
22	122	Shettleston Harriers B	Shett B	66	5	22	88	15
23	123	Stewartry AC A	Stew A			132	132	19
24	124	Stewartry AC B	Stew B					
25	125	Victoria Park City of Glasgow AC A	VPCG A	17	4	44	61	8
26	126	Victoria Park City of Glasgow AC B	VPCG B	40	4	44	84	14
27	127	Whitemoss AAC A	W'moss A	46	6		46	6
28	128	Whitemoss AAC B	W'moss B	34	3	66	100	16
		Total Teams		21				

		Penalty Score		22	6		

Posn	U11 Boys	Points
1	Giffnock North AC A	10
2	Giffnock North AC B	20
3	Ayr Seaforth AAC A	30
4	Livingston & District AAC A	35
5	Helensburgh AAC A	45
6	Whitemoss AAC A	46
7	Motherwell AC A	52
8	Victoria Park City of Glasgow AC A	61
9	Cumbernauld AAC A	63
10	Kirkintilloch Olympians A	69
11	Harmeny A	73
12	Harmeny B	79
13	Cumbernauld AAC B	83
14	Victoria Park City of Glasgow AC B	84
15	Shettleston Harriers B	88
16	Whitemoss AAC B	100
17	Shettleston Harriers A	101
18	Clydesdale Harriers A	117
19	Team East Lothian A	132
19	Team East Lothian B	132
19	Stewartry AC A	132

Posn	U11 Boys	Points
1	Giffnock North AC A	3.039
2	Giffnock North AC B	8.069
3	Ayr Seaforth AAC A	8.081
4	Motherwell AC A	17.126
5	Helensburgh AAC A	19.143
6	Victoria Park City of Glasgow AC A	23.163
7	Harmeny A	25.171
8	Cumbernauld AAC A	25.183
9	Livingston & District AAC A	25.205
10	Whitemoss AAC A	27.182
11	Harmeny B	31.214
12	Shettleston Harriers A	39.247
13	Kirkintilloch Olympians A	40.282
14	Shettleston Harriers B	41.267
15	Whitemoss AAC B	41.273
16	Cumbernauld AAC B	44.292
17	Victoria Park City of Glasgow AC B	46.332
18	Team East Lothian B	50.363
19	Team East Lothian A	52.352
20	Clydesdale Harriers A	53.381
21	Stewartry AC A	54.396

This years	Numbers	SAIL Teams AM		U13B	# Events	Penalties	Points	Rank
1	101	Ayr Seaforth AAC A	Ayr S A	42	6	26	68	6
2	102	Ayr Seaforth AAC B	Ayr S B	77	6	26	103	10
3	103	Clydesdale Harriers A	C'dale A	83	5	52	135	20
4	104	Clydesdale Harriers B	C'dale B	117	6	26	143	22
5	105	Cumbernauld AAC A	C'nauld A	41	7		41	2
6	106	Cumbernauld AAC B	C'nauld B	96	5	52	148	23
7	107	Team East Lothian A	Tm E Loth A	58	5	52	110	13
8	108	Team East Lothian B	Tm E Loth B					
9	109	Giffnock North AC A	Giff N A	22	7		22	1
10	110	Giffnock North AC B	Giff N B	41	7		41	2
11	111	Harmeny A	Harm A	44	6	26	70	7
12	112	Harmeny B	Harm B	59	5	52	111	14
13	113	Helensburgh AAC A	Helen A	89	5	52	141	21
14	114	Helensburgh AAC B	Helen B	102	6	26	128	18
15	115	Kirkintilloch Olympians A	Kirk O A	43	2	130	173	24
16	116	Kirkintilloch Olympians B	Kirk O B					
17	117	Livingston & District AAC A	Living A	77	6	26	103	10
18	118	Livingston & District AAC B	Living B	65	5	52	117	16
19	119	Motherwell AC A	Moth A			182	182	25
20	120	Motherwell BC B	Moth B					
21	121	Shettleston Harriers A	Shett A	11	4	78	89	8
22	122	Shettleston Harriers B	Shett B	36	4	78	114	15
23	123	Stewartry AC A	Stew A	38	5	52	90	9
24	124	Stewartry AC B	Stew B					
25	125	Victoria Park City of Glasgow AC A	VPCG A	57	7		57	5
26	126	Victoria Park City of Glasgow AC B	VPCG B	53	7		53	4
27	127	Whitemoss AAC A	W'moss A	65	5	52	117	16
28	128	Whitemoss AAC B	W'moss B	53	5	52	105	12
29	129	Greenock GlenPark 'A'	GGPark A	76	5	52	128	18
		Total Teams		25				

Penalty Score		26	7			

Posn	U13 Boys	Points
1	Giffnock North AC A	22
2	Cumbernauld AAC A	41
2	Giffnock North AC B	41
4	Victoria Park City of Glasgow AC B	53
5	Victoria Park City of Glasgow AC A	57
6	Ayr Seaforth AAC A	68
7	Harmeny A	70
8	Shettleston Harriers A	89
9	Stewartry AC A	90
10	Ayr Seaforth AAC B	103
10	Livingston & District AAC A	103
12	Whitemoss AAC B	105
13	Team East Lothian A	110
14	Harmeny B	111
15	Shettleston Harriers B	114
16	Livingston & District AAC B	117
16	Whitemoss AAC A	117
18	Helensburgh AAC B	128
18	Greenock GlenPark 'A'	128
20	Clydesdale Harriers A	135
21	Helensburgh AAC A	141
22	Clydesdale Harriers B	143
23	Cumbernauld AAC B	148
24	Kirkintilloch Olympians A	173
25	Motherwell AC A	182

Posn	U13 Boys	Points
1	Giffnock North AC A	3.067
2	Giffnock North AC B	6.125
3	Victoria Park City of Glasgow AC A	11.167
4	Victoria Park City of Glasgow AC B	15.189
5	Cumbernauld AAC A	19.193
6	Ayr Seaforth AAC A	20.229
7	Shettleston Harriers A	25.262
8	Team East Lothian A	27.264
9	Harmeny A	28.250
10	Livingston & District AAC A	31.294
11	Harmeny B	32.278
12	Stewartry AC A	38.314
13	Greenock GlenPark 'A'	39.313
14	Helensburgh AAC B	41.332
15	Shettleston Harriers B	46.333
16	Whitemoss AAC A	47.335
17	Whitemoss AAC B	47.340
18	Ayr Seaforth AAC B	53.369
19	Livingston & District AAC B	54.360
20	Clydesdale Harriers A	57.379
21	Helensburgh AAC A	58.384
22	Cumbernauld AAC B	60.389
23	Clydesdale Harriers B	67.420
24	Motherwell AC A	73.514
25	Kirkintilloch Olympians A	73.531

This years	Numbers	SAIL Teams AM		U15B	# Events	Penalties	Points	Rank
1	101	Ayr Seaforth AAC A	Ayr S A	23	7	23	46	3
2	102	Ayr Seaforth AAC B	Ayr S B	22	3	115	137	16
3	103	Clydesdale Harriers A	C'dale A	20	6	46	66	6
4	104	Clydesdale Harriers B	C'dale B					
5	105	Cumbernauld AAC A	C'nauld A	85	8		85	8
6	106	Cumbernauld AAC B	C'nauld B	95	8		95	9
7	107	Team East Lothian A	Tm E Loth A	28	8		28	2
8	108	Team East Lothian B	Tm E Loth B	71	6	46	117	13
9	109	Giffnock North AC A	Giff N A	24	8		24	1
10	110	Giffnock North AC B	Giff N B	50	8		50	4
11	111	Harmeny A	Harm A	55	5	69	124	15
12	112	Harmeny B	Harm B					
13	113	Helensburgh AAC A	Helen A	65	8		65	5
14	114	Helensburgh AAC B	Helen B	76	7	23	99	10
15	115	Kirkintilloch Olympians A	Kirk O A	50	4	92	142	18
16	116	Kirkintilloch Olympians B	Kirk O B	6	1	161	167	20
17	117	Livingston & District AAC A	Living A	74	6	46	120	14
18	118	Livingston & District AAC B	Living B					
19	119	Motherwell AC A	Moth A	66	6	46	112	12
20	120	Motherwell BC B	Moth B					
21	121	Shettleston Harriers A	Shett A	11	4	92	103	11
22	122	Shettleston Harriers B	Shett B	25	3	115	140	17
23	123	Stewartry AC A	Stew A	39	2	138	177	22
24	124	Stewartry AC B	Stew B					
25	125	Victoria Park City of Glasgow AC A	VPCG A	69	8		69	7
26	126	Victoria Park City of Glasgow AC B	VPCG B	30	2	138	168	21
27	127	Whitemoss AAC A	W'moss A	43	3	115	158	19
28	128	Whitemoss AAC B	W'moss B					
		Total Teams		22				

		Penalty Score		23	8		

Posn	U15 Boys	Points
1	Giffnock North AC A	24
2	Team East Lothian A	28
3	Ayr Seaforth AAC A	46
4	Giffnock North AC B	50
5	Helensburgh AAC A	65
6	Clydesdale Harriers A	66
7	Victoria Park City of Glasgow AC A	69
8	Cumbernauld AAC A	85
9	Cumbernauld AAC B	95
10	Helensburgh AAC B	99
11	Shettleston Harriers A	103
12	Motherwell AC A	112
13	Team East Lothian B	117
14	Livingston & District AAC A	120
15	Harmeny A	124
16	Ayr Seaforth AAC B	137
17	Shettleston Harriers B	140
18	Kirkintilloch Olympians A	142
19	Whitemoss AAC A	158
20	Kirkintilloch Olympians B	167
21	Victoria Park City of Glasgow AC B	168
22	Stewartry AC A	177

Posn	U15 Boys	Points
1	Giffnock North AC A	4.091
2	Team East Lothian A	7.114
3	Giffnock North AC B	11.162
4	Ayr Seaforth AAC A	11.165
5	Clydesdale Harriers A	14.187
6	Victoria Park City of Glasgow AC A	20.206
7	Helensburgh AAC A	22.223
8	Cumbernauld AAC A	22.230
9	Shettleston Harriers A	28.266
10	Cumbernauld AAC B	31.273
11	Harmeny A	37.317
12	Motherwell AC A	37.323
13	Helensburgh AAC B	40.335
14	Ayr Seaforth AAC B	42.347
15	Livingston & District AAC A	44.357
16	Victoria Park City of Glasgow AC B	45.367
17	Team East Lothian B	48.389
18	Kirkintilloch Olympians A	56.463
19	Shettleston Harriers B	57.476
20	Whitemoss AAC A	59.497
21	Kirkintilloch Olympians B	60.512
22	Stewartry AC A	62.515

This years	Numbers	SAIL Teams AM		U17M	# Events	Penalties	Points	Rank
1	101	Ayr Seaforth AAC A	Ayr S A	27	4	80	107	10
2	102	Ayr Seaforth AAC B	Ayr S B					
3	103	Clydesdale Harriers A	C'dale A	17	2	120	137	14
4	104	Clydesdale Harriers B	C'dale B					
5	105	Cumbernauld AAC A	C'nauld A	34	8		34	2
6	106	Cumbernauld AAC B	C'nauld B	13	2	120	133	12
7	107	Team East Lothian A	Tm E Loth A	38	7	20	58	4
8	108	Team East Lothian B	Tm E Loth B					
9	109	Giffnock North AC A	Giff N A	36	8		36	3
10	110	Giffnock North AC B	Giff N B	7	1	140	147	16
11	111	Harmeny A	Harm A	15	2	120	135	13
12	112	Harmeny B	Harm B					
13	113	Helensburgh AAC A	Helen A	43	6	40	83	9
14	114	Helensburgh AAC B	Helen B					
15	115	Kirkintilloch Olympians A	Kirk O A			160	160	17
16	116	Kirkintilloch Olympians B	Kirk O B					
17	117	Livingston & District AAC A	Living A	47	7	20	67	6
18	118	Livingston & District AAC B	Living B	50	7	20	70	8
19	119	Motherwell AC A	Moth A	49	7	20	69	7
20	120	Motherwell BC B	Moth B					
21	121	Shettleston Harriers A	Shett A	2	1	140	142	15
22	122	Shettleston Harriers B	Shett B			160	160	17
23	123	Stewartry AC A	Stew A			160	160	17
24	124	Stewartry AC B	Stew B					
25	125	Victoria Park City of Glasgow AC A	VPCG A	16	8		16	1
26	126	Victoria Park City of Glasgow AC B	VPCG B	58	8		58	4
27	127	Whitemoss AAC A	W'moss A	8	2	120	128	11
28	128	Whitemoss AAC B	W'moss B					
		Total Teams		19				

Penalty Score		20	8	

Posn	U17 Men	Points
1	Victoria Park City of Glasgow AC A	16
2	Cumbernauld AAC A	34
3	Giffnock North AC A	36
4	Team East Lothian A	58
4	Victoria Park City of Glasgow AC B	58
6	Livingston & District AAC A	67
7	Motherwell AC A	69
8	Livingston & District AAC B	70
9	Helensburgh AAC A	83
10	Ayr Seaforth AAC A	107
11	Whitemoss AAC A	128
12	Cumbernauld AAC B	133
13	Harmeny A	135
14	Clydesdale Harriers A	137
15	Shettleston Harriers A	142
16	Giffnock North AC B	147
17	Kirkintilloch Olympians A	160
17	Shettleston Harriers B	160
17	Stewartry AC A	160

Posn	U17 Men	Points
1	Giffnock North AC A	5.083
2	Victoria Park City of Glasgow AC A	6.092
3	Cumbernauld AAC A	7.098
4	Victoria Park City of Glasgow AC B	14.186
5	Team East Lothian A	14.188
6	Livingston & District AAC A	19.217
7	Ayr Seaforth AAC A	23.250
8	Motherwell AC A	25.259
9	Helensburgh AAC A	27.269
10	Giffnock North AC B	31.311
11	Livingston & District AAC B	32.306
12	Harmeny A	38.383
13	Clydesdale Harriers A	39.382
14	Cumbernauld AAC B	39.385
15	Whitemoss AAC A	42.398
16	Shettleston Harriers A	45.416
17	Kirkintilloch Olympians A	51.480
17	Shettleston Harriers B	51.480
17	Stewartry AC A	51.480

This years	Numbers	SAIL Teams AM		U20M	# Events	Penalties	Points	Rank
1	101	Ayr Seaforth AAC A	Ayr S A	4	1	119	123	12
2	102	Ayr Seaforth AAC B	Ayr S B					
3	103	Clydesdale Harriers A	C'dale A	39	7	17	56	4
4	104	Clydesdale Harriers B	C'dale B					
5	105	Cumbernauld AAC A	C'nauld A	29	7	17	46	2
6	106	Cumbernauld AAC B	C'nauld B	17	4	68	85	7
7	107	Team East Lothian A	Tm E Loth A	20	6	34	54	3
8	108	Team East Lothian B	Tm E Loth B					
9	109	Giffnock North AC A	Giff N A	25	8		25	1
10	110	Giffnock North AC B	Giff N B	11	1	119	130	14
11	111	Harmeny A	Harm A			136	136	15
12	112	Harmeny B	Harm B					
13	113	Helensburgh AAC A	Helen A					
14	114	Helensburgh AAC B	Helen B					
15	115	Kirkintilloch Olympians A	Kirk O A			136	136	15
16	116	Kirkintilloch Olympians B	Kirk O B					
17	117	Livingston & District AAC A	Living A	13	3	85	98	8
18	118	Livingston & District AAC B	Living B	8	2	102	110	10
19	119	Motherwell AC A	Moth A	20	3	85	105	9
20	120	Motherwell BC B	Moth B					
21	121	Shettleston Harriers A	Shett A	14	2	102	116	11
22	122	Shettleston Harriers B	Shett B					
23	123	Stewartry AC A	Stew A					
24	124	Stewartry AC B	Stew B					
25	125	Victoria Park City of Glasgow AC A	VPCG A	15	5	51	66	5
26	126	Victoria Park City of Glasgow AC B	VPCG B	13	4	68	81	6
27	127	Whitemoss AAC A	W'moss A	6	1	119	125	13
28	128	Whitemoss AAC B	W'moss B					
		Total Teams		16				

		Penalty Score		17	8		

Posn	U20 Men	Points
1	Giffnock North AC A	25
2	Cumbernauld AAC A	46
3	Team East Lothian A	54
4	Clydesdale Harriers A	56
5	Victoria Park City of Glasgow AC A	66
6	Victoria Park City of Glasgow AC B	81
7	Cumbernauld AAC B	85
8	Livingston & District AAC A	98
9	Motherwell AC A	105
10	Livingston & District AAC B	110
11	Shettleston Harriers A	116
12	Ayr Seaforth AAC A	123
13	Whitemoss AAC A	125
14	Giffnock North AC B	130
15	Harmeny A	136
15	Kirkintilloch Olympians A	136

Posn	U20 Men	Points
1	Giffnock North AC A	5.093
2	Cumbernauld AAC A	5.114
3	Team East Lothian A	9.172
4	Victoria Park City of Glasgow AC A	13.179
5	Livingston & District AAC A	19.256
6	Clydesdale Harriers A	20.225
7	Victoria Park City of Glasgow AC B	23.286
8	Motherwell AC A	24.296
9	Livingston & District AAC B	25.293
10	Cumbernauld AAC B	31.311
11	Ayr Seaforth AAC A	34.363
12	Giffnock North AC B	35.369
13	Shettleston Harriers A	36.368
14	Harmeny A	39.364
15	Whitemoss AAC A	40.365
16	Kirkintilloch Olympians A	45.408