

## Competing Certificates

Adam MacLellan	Iona MacLennan
Alex Ellen	James Fraser
Alexander Mackay	Joshua MacDonald
Alistair Young	Katie Waters
Alister Mackay	Kirsten Leeper
Amilia Astil-Brown	Kyle Ross
Andrew MacFarlane	Kyle Sutherland
Angus Matheson	Lara Vance
Angus Rollo	Lewis Urquhart
Brogan Quigley	Lilly-Belle Kelt
Brooke McLeay	Logan Mathieson
Brooklyn Dunn	Loran Mathieson
Callum Wilson	Mara Duffy
Calum Duffy	Michael MacDonald
Chloe MacLeod	Morag Hickey
Daniel Porter	Morag Lynch
Danny MaPake	Niamh Carson
Douglas MacLennan	Noah Carson
Eilidh Johnson	Rhianna Macrae
Ellie Mackintosh	Rhiannon Ebrahim
Elsa Fearn	Ruaridh Ellen
Emily Bell	Ryan Sutherland
Emma Cameron	Sam Coull
Eoghan Chisholm	Sean Kelt
Femke Waite	Struan Ellan
Finlay Rollo	Will Fraser
Hamish Hickey	Zak Fearn
Hannah MacDonald	

U11 Boy	Best Throw	Douglas Maclellan	Shot Putt 5.26m
U11 Boy	Best Endurance	Sam Coull	600m 1m 59.47s
U11 Boy	Best Sprint	Zak Fearn	200m 30.99s
U11 Boy	Best Jump	Ryan Sutherland	Long Jump 3.79m
U11 Girl	Best Throw	Femke Waite	Shot Putt 4.22m
U11 Girl	Best Endurance	Mara Duffy	800m 3m.07.3s
U11 Girl	Best Sprint	Brooklyn Dunn	75m 11.7s
U11 Girl	Best Jump	Brooklyn Dunn	Long Jump 3.23m
U13 Boy	Best Throw	Alistair Mackay	Javelin 22.45m
U13 Boy	Best Endurance	Ruaridh Ellen	800m 2m 40.58
U13 Boy	Best Sprint	Alistair Mackay	100m 14.42
U13 Boy	Best Jump	Alistair Mackay	Long Jump 4.32m
U13 Girl	Best Throw	Kirsten Leeper	Discus 13.0m
U13 Girl	Best Endurance	Katie Waters	800m 2.56.31s
U13 Girl	Best Sprint	Ellie MacKintosh	200m 31.35s
U13 Girl	Best Jump	Katie Waters	High Jump 1.10m
U15 Boy	Best Throw	Alexander Mackay	Javelin 30.17m
U15 Boy	Best Endurance	Danny McPake	800m 2,17.57
U15 Boy	Best Sprint	Alexander Mackay	80mH 11.91 sec
U15 Boy	Best Jump	Finlay Rollo	Long Jump 5.22m
U15 Girl	Best Sprint	Emma Cameron	100m 14.14s
U15 Girl	Best Jump	Elsa Fearn	High Jump 1.30m
U17 Man	Best Throw	Andrew Macfarlane	59.10 Javelin
U17 Man	Best Endurance	Hamish Hickey	1500m 5.09.26
U17 Man	Best Sprint	Hamish Hickey	100m 13.51
U17 Man	Best Jump	Hamish Hickey	Triple Jump 8.77m
U17 Woman	Best Throw	Eilidh Johnson	Shot Putt 7.31m
U17 Woman	Best Sprint	Rhianna Macrae	200m 34.0s
U17 Woman	Best Jump	Eilidh Johnson	High Jump 1.20m
Senior Man	Best Throw	David Ogilvie	Discus 32.43 m
Senior Man	Best Endurance	Eoin Coull	1500m 5.02.41
Senior Man	Best Sprint	Gordon Mowatt	100m 11.54s
Senior Man	Best Jump	Fraser Macdonald	Triple Jump 10.86
Senior Woman	Best Throw	Loran Mathieson	Shot Putt 5.26m
Senior Woman	Best Endurance	Erika Marwick	800m 2m31.53s
Senior Woman	Best Sprint	Erika Marwick	400m 62.3s
Senior Woman	Best Jump	Loran Mathieson	Long Jump 3.10m

U11B	RCAC Cross Country Champion	Sam Coull
U11B	RCAC Cross Country Runner-Up	Ryan Sutherland
U11B	RCAC Track n Field Champion	Ryan Sutherland
U11B	RCAC Track n Field Runner-Up	Sam Coull
U11G	RCAC Cross Country Champion	Brooklyn Dunn
U11G	RCAC Cross Country Runner-Up	Rhiannon Ebrihem
U11G	RCAC Track n Field Champion	Morag Lynch
U11G	RCAC Track n Field Runner-Up	Brooklyn Dunn
U13B	RCAC Cross Country Champion	Ruaridh Ellen
U13B	RCAC Cross Country Runner-Up	Brogan Quigley
U13B	RCAC Track n Field Champion	Alister Mackay
U13B	RCAC Track n Field Runner-Up	Ruairidh Ellen
U13G	RCAC Cross Country Champion	Lilly-Belle Kelt
U13G	RCAC Cross Country Runner-Up	Hannah MacDonald
U13G	RCAC Track n Field Champion	Katie Waters
U13G	RCAC Track n Field Runner-Up	Kirsten Leeper
U15B	RCAC Cross Country Champion	Callum Wilson
U15B	RCAC Cross Country Runner-Up	Sean Kelt
U15B	RCAC Track n Field Champion	Alexander Mackay
U15B	RCAC Track n Field Runner-Up	Finlay Rollo
U15G	RCAC Track n Field Champion	Elsa Fearn
U15G	RCAC Track n Field Runner-Up	Emma Cameron
U17M	RCAC Cross Country Champion	Hamish Hickey
U17M	RCAC Cross Country Runner-Up	Michael MacDonald
U17M	RCAC Track n Field Champion	Andrew Mcfarlane
U17M	RCAC Track n Field Runner-Up	Hamish Hickey
U17W	RCAC Cross Country Champion	Lara Vance
U17W	RCAC Track n Field Champion	Eilidh Johnson
U17W	RCAC Track n Field Runner-Up	Rhianna Macrae
Senior M	RCAC Cross Country Champion	Eoin Coull
Senior M	RCAC Cross Country Runner-Up	Adam MacLellan
Senior M	RCAC Track n Field Champion	Fraser MacDonald
Senior M	RCAC Track n Field Runner-Up	Logan Mathieson
Senior W	RCAC Cross Country Champion	Jo Ellen
Senior W	RCAC Track n Field Champion	Erika Marwick
Senior W	RCAC Track n Field Runner-Up	Loran Mathieson

RCAC Coach Endeavour Award	Sam Coull
RCAC Best Newcomer 2016	Brooklyn Dunn
RCAC Best Newcomer 2016 Runner-Up	Femke Waite
RCAC Best Newcomer 2016 Highly Commended	Struan Ellen
RCAC Most Improved Male Athlete 2016	Hamish Hickey
RCAC Most Improved Male Athlete 2016 Runner-Up	Alister MacKay
RCAC Most Improved Athlete Female 2016	Morag Lynch
RCAC Most Improved Athlete Female 2016 Runner-Up	Elsa Fearn
RCAC Coach's Award 2016 - Male	Ruaridh Ellen
RCAC Coach's Award 2016 - Male Runner-Up	Kyle Sutherland
RCAC Coach's Award 2016 - Male Highly Commended	Ryan Sutherland
RCAC Coach's Award 2016 - Female	Lara Vance
RCAC Coach's Award 2016 - Female Runner-Up	Kirsten Leeper
RCAC Coach's Award 2016 - Female Highly Commended	Ellie MacKintosh
RCAC Club Champion – Female	Mara Duffy
RCAC Club Champion – Female Runner-Up	Katie Waters
RCAC Club Champion – Male	Alexander MacKay
RCAC Club Champion – Male Runner-Up	Alister MacKay
RCAC Sports Personality Of The Year 2016 - Secret Ballot	Hamish Hickey