

CUP WINNERS

CUP	WINNER	2nd	3rd	4th
Junior Relay Quaich	Westray	Stronsay	Sanday	N/A
Junior Football	Westray/Sanday		Stronsay	N/A
Junior Netball	Stronsay	Westray	Sanday	N/A
Schools Cup	Stronsay (51)	Westray (45)	Sanday (18)	N/A
Senior Relay Quaich	Stronsay	Sanday		
Senior Football	Stronsay	Westray	P. Westray	
Senior Netball	Sanday	Westray	Stronsay	
Tug of War Shield	Stronsay	P. Westray	Westray	Sanday
Challenge Cup	Westray (57)	Stronsay (41)	Sanday (25)	P. Westray (24)
Millennium Cup	Westray (102)	Stronsay (92)	Sanday (43)	



CHAMPIONS

Girl	Millie Dennison	Stronsay	11 points
Boys	Zachary Hall	Stronsay	13 points
Womens	Grace Muir	Sanday	11 points
Mens	Connor Harcus	Westray	15 points

BEST ADULT

(Points)

CUP FOR MOST POINTS FROM A

Stronsay Competitor	Zachary Hall (13 Points)
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NORTH ISLES SPORTS

RESULTS

WESTRAY

SATURDAY 15 JUNE 2024

TEAM EVENTS

SCHOOLS SECTION

School Relay	Island	Time	Record
1st	Westray	0.58.80	55.00 (2008)
2nd	Stronsay	1.00.35	
3rd	Sanday	1.03.15	

School Netball	Island	Points
1st	Stronsay	6
2nd	Westray	4
3rd	Sanday	2

School Football	Island	Points
1st =	Sanday	5
1st =	Westray	5
3rd	Stronsay	2

SENIOR SECTION

Senior Relay	Island	Time	Record
1st	Stronsay	1.02.87	54.00 (2007)
2nd	Sanday	1.04.25	
3rd	Papay & Westray disqualified – outside allocated lane and competitor interference		

Senior Netball	Island	Points
1st	Sanday	6
2nd	Westray	4
3rd	Stronsay	2

Senior Football	Island	Points
1st	Stonsay	6
2nd	Westray	4
3rd	Papa Westray	2

MENS SECTION

100 metres			Time (secs)	Record
1st	Connor Harcus - Westray		12.19	11.09 (1984)
2nd	Erland Risbrider - Westray		12.94	
3rd	Aiden Hourston - Papay		13.33	

200 metres			Time (secs)	Record
1st	Connor Harcus - Westray		24.69	24.40 (2008)
2nd	Erland Risbrider - Westray		27.19	
3rd	Ruari Towrie - Sanday		31.70	

400 metres			Time (mins)	Record
1st	Connor Harcus - Westray		1.05.24	0.55.54 (2008)
2nd	Erland Risbrider - Westray		1.06.22	
3rd	Rueban Schofield - Sanday		1.07.35	

1500 metres			Time (mins)	Record
1st	Tim Ross – Papa Westray		5.34.07	4.51.15 (2010)
2nd	Howard McQuaid - Stronsay		5.53.44	
3rd	Solan Dodman – Papa Westray		6.02.63	

High Jump (Indoor)			Height	Record
1st	Connor Harcus - Westray		1.70m	1.77m (2013)
2nd	Fraser Mcphail – Sanday		1.55m	
3rd	Jack Summers - Westray		1.45m	

Long Jump			Distance	Record
1st	Connor Harcus - Westray		5.975m	6.08m (1995)
2nd	Erland Risbrider - Westray		4.715m	
3rd	Aiden Stout - Stronsay		4.325m	

Shot Putt			Distance	Record
1st	Christopher Rendall - Westray		10.37m	12.16m (1985)
2nd	Craig Stout - Stronsay		9.30m	
3rd	Douglas Hourston - Papay		8.33m	

WOMENS SECTION

100 metres			Time (secs)	Record
1st	Millie Dennison - Stronsay		14.20	13.06 (2004)
2nd	Grace Muir - Sanday		15.57	
3rd	Ivy McEwan – Westray		15.82	

200 metres			Time (secs)	Record
1st	Grace Muir - Sanday		33.84	28.50 (1994)
2nd	Ivy McEwan – Westray		34.57	
3rd	Bronwen Bourne - Stronsay		37.90	

400 metres			Time (mins)	Record
1st	Erynn Stevenson - Stronsay		1.17.80	1.11.54 (2007)
2nd	Ivy McEwan – Westray		1.22.95	
3rd	Grace Muir - Sanday		1.25.41	

1500 metres			Time (mins)	Record
1st	Elsie Hutchison - Westray		5.54.69	5.44.10 (1996)
2nd	Erynn Stevenson - Stronsay		7.38.31	
3rd	Theresa Sandison - Westray		7.45.15	

High Jump (Indoor)			Height	Record
1st	Grace Muir - Sanday		1.24m	1.42m (2004)
2nd	Ivy McEwan - Westray		1.22m	
3rd	Theresa Sandison - Westray		1.10m	

Long Jump			Distance	Record
1st	Jess Poulter - Westray		3.603m	4.47m (1987)
2nd	Grace Muir – Sanday		3.475m	
3rd	Heather Woolbridge – N Ronaldsay		3.20m	

Shot Putt			Distance	Record
1st	Meghan McEwen - Westray		8.19m	10.89m (2009)
2nd	Violet McEwen – Westray		7.54m	
3rd	Erynn Stevenson – Stronsay		7.41m	

SCHOOL BOYS SECTION

100 metres			Time (secs)	Record
1st	Harry Seatter – Westray		13.12	11.69 (2022)
2nd	Zachary Hall - Stronsay		13.73	
3rd	Jack Seatter – Westray		13.81	

200 metres			Time (secs)	Record
1st	Zachary Hall - Stronsay		29.71	25.72 (2008)
2nd	Melvin Holland - Stronsay		30.36	
3rd=	Tristen Hoque + William Lennie - Sanday		30.57	

400 metres			Time (secs)	Record
1st	Zachary Hall - Stronsay		1.07.40	1.00.82 (2000)
2nd	Caleb McEwan – Westray		1.09.00	
3rd	Melvin Holland - Stronsay		1.09.23	

High Jump (Indoor)			Height	Record
1st	William Lennie – Sanday		1.45m	1.67m (2022)
2nd	Zachary Hall - Stronsay		1.45m	
3rd	Jack Seatter - Westray		1.40m	

Long Jump			Distance	Record
1st	Zachary Hall – Stronsay		4.170m	5.62m (2022)
2nd	Caleb McEwan – Westray		3.845m	
3rd	William Lennie - Sanday		3.775m	

Shot Put			Distance	Record
1st	Wilbur Bremner – Stronsay		10.33m	12.32 (1999)
2nd	Callum Paterson – Westray		9.53m	
3rd	William Lennie – Sanday		8.34m	

SCHOOL GIRLS SECTION

100 metres			Time (secs)	Record
1st	Courtney Rendall – Westray		13.76	12.74 (2010)
2nd	Millie Dennison – Stronsay		14.03	
3rd	Lizzie Harcus - Westray		14.61	

200 metres			Time (secs)	Record
1st	Millie Dennison – Stronsay		31.44	30.23 (2008)
2nd	Courtney Rendall – Westray		32.07	
3rd	Lizzie Harcus - Westray		32.82	

400 metres			Time (secs)	Record
1st	Elsie Hutchison – Westray		1.13.92	1.12.00 (2000)
2nd	Dorothy Bremner – Stronsay		1.14.53	
3rd	Courtney Rendall - Westray		1.20.57	

High Jump (Indoor)			Height	Record
1st	Millie Dennison – Stronsay (on Countback)		1.32m	1.43m (1996)
2nd	Lizzie Harcus - Westray		1.32m	
3rd	Dorothy Bremner - Stronsay		1.24m	

Long Jump			Distance	Record
1st	Lizzie Harcus - Westray		3.99	4.50m (2010)
2nd	Courtney Rendall - Westray		3.905	
3rd	Millie Dennison - Stronsay		3.370	

Shot Put			Distance	Record
1st	Scarlett Hoque - Sanday		8.88m	9.57m (2011)
2nd	Millie Dennison – Stronsay		8.79m	
3rd	Lizzie Harcus - Westray		8.39m	