



Springburn Harriers - Combined Events

Performances during Pentathlon/Heptathlon



MALE							
Age	Event	Athlete	Performance	Date	Venue	Notes/ Competition	Scores
U13	IndoorPentathlon	Zach White	854	29/01/2022	Emirates	Combined Ev Indoor Champs	HJ (1.19), 60H (12.21), SP (6.11), LJ (3.94), 800 (3.08.84)
U15	IndoorPentathlon	Douglas Knox	2676	28/01/2023	Emirates	Combined Ev Indoor Champs- GOLD	HJ (1.60), 60H (9.53), SP (10.79), LJ (5.90), 800 (2.17.92)
U13	Pentathlon (Outdoor)	Joe Crawford	906	10/07/2021	Kilmarnock	Combined Event Champs	HJ (1.29), 75H (16.5), SP (6.10), LJ (3.32), 800 (2.57.71)
U15	Pentathlon (Outdoor)	Douglas Knox	2906	03/06/2023	Grangemouth	SSAA Pentathlon Champs (200 not HJ) *4th All Time	LJ (5.60), 80H (12.13), SP (11.62), 200 (24.68), 800 (2.16.92)
U13	60m Hurdles (indoor)	Zach White	12.21	29/01/2022	Emirates	Combined Ev Indoor Champs	
U15	60m Hurdles (indoor)	Douglas Knox	9.53	28/01/2023	Emirates	Combined Ev Indoor Champs	
U13	75m Hurdles (outdoor)	Joe Crawford	16.50	10/07/2021	Kilmarnock	Combined Event Champs	
U15	80m Hurdles (outdoor)	Douglas Knox	12.13*	03/06/2023	Grangemouth	SSAA Pentathlon Champs (200 not HJ) *4th All Time	*NWI
U13	Long Jump (indoor)	Zach White	3.94	29/01/2022	Emirates	Combined Ev Indoor Champs	
U15	Long Jump (indoor)	Douglas Knox	5.90	28/01/2023	Emirates	Combined Ev Indoor Champs	Champs Best Performance (10th all time indoors)
U13	Long Jump (outdoor)	Joe Crawford	3.32	10/07/2021	Kilmarnock	Combined Event Champs	
U15	Long Jump (outdoor)	Douglas Knox	5.60	03/06/2023	Grangemouth	SSAA Pentathlon Champs (200 not HJ) *4th All Time	
U13	High Jump (indoor)	Zach White	1.19	29/01/2022	Emirates	Combined Ev Indoor Champs	
U15	High Jump (indoor)	Douglas Knox	1.60	28/01/2023	Emirates	Combined Ev Indoor Champs	
U13	High Jump (outdoor)	Joe Crawford	1.29	10/07/2021	Kilmarnock	Combined Event Champs	
U13	Shot Put (indoor)	Zach White	6.11	1/29/2022	Emirates	Combined Ev Indoor Champs	
U15	Shot Put (indoor)	Douglas Knox	10.79	28/01/2023	Emirates	Combined Ev Indoor Champs	
U13	Shot Put (Outdoor)	Joe Crawford	6.10	10/07/2021	Kilmarnock	Combined Event Champs	
U15	Shot Put (Outdoor)	Douglas Knox	11.62	03/06/2023	Grangemouth	SSAA Pentathlon Champs (200 not HJ) *4th All Time	
U15	200m (outdoor)	Douglas Knox	24.68	03/06/2023	Grangemouth	SSAA Pentathlon Champs (200 not HJ) *4th All Time	w -1.6
U13	800m (indoor)	Joe Crawford	2.56.93	01/02/2020	Emirates	Combined Ev Indoor Champs	
U15	800m (indoor)	Douglas Knox	2.17.92	28/01/2023	Emirates	Combined Ev Indoor Champs	
U13	800m (outdoor)	Joe Crawford	2.57.71	10/07/2021	Kilmarnock	Combined Event Champs	
U15	800m (outdoor)	Douglas Knox	2.16.92	03/06/2023	Grangemouth	SSAA Pentathlon Champs (200 not HJ) *4th All Time	

FEMALE							
Age	Event	Athlete	Performance	Date	Venue	Notes/ Competition	Scores
U13	Indoor Pentathlon	Beth Mould	1507	28/01/2023	Emirates	Combined Ev Indoor Champs	HJ (1.19), 60H (12.92), SP (7.06), LJ (3.38), 800 (2:53.68)
U15	Indoor Pentathlon	Millie Newall	2035	30/01/2022	Emirates	Combined Ev Indoor Champs	HJ (1.29), 60H (11.14), SP (7.63), LJ (3.71), 800 (2.46.27)
U17	Indoor Pentathlon	Charis Crawford	2498	29/01/2023	Emirates	Scottish Indoor Combined Event Champs	HJ (1.45), 60H (10.56), SP (8.25), LJ (4.58), (2.50.61)
U15	Outdoor Pentathlon	Millie Newall	2300	10/07/2022	Dundee	Scottish Combined Events Champs	HJ (1.44), 75H (13.38), SP (8.05), LJ (4.10), 800 (2.48.53)
U17	Outdoor Pentathlon	Charis Crawford	2236	03/06/2023	Grangemouth	SSAA Pentathlon Champs	HJ (1.30), 80H (13.80), LJ (4.42), SP (8.97), 800 (2.59.64)
U13	60m Hurdles (indoor)	Beth Mould	12.92	28/01/2023	Emirates	Combined Ev Indoor Champs	
U15	60m Hurdles (indoor)	Charis Crawford	10.85	29/01/2022	Emirates	Combined Ev Indoor Champs	
U17	60m Hurdles (indoor)	Charis Crawford	10.56	29/01/2023	Emirates	Scottish Indoor Combined Event Champs	
U15	75m Hurdles (outdoor)	Millie Newall	13.38	10/07/2022	Dundee	Scottish Combined Events Champs	
U17	80m Hurdles (Outdoor)	Charis Crawford	13.80	03/06/2023	Grangemouth	SSAA Pentathlon Champs	(w-1.3)
U13	Long Jump (indoor)	Charis Crawford	3.51	01/02/2020	Emirates	Combined Ev Indoor Champs	
U15	Long Jump (indoor)	Charis Crawford	3.87	29/01/2022	Emirates	Combined Ev Indoor Champs	
U17	Long Jump (indoor)	Charis Crawford	4.58	29/01/2023	Emirates	Scottish Indoor Combined Event Champs	
U15	Long Jump (outdoor)	Millie Newall	4.10	10/07/2022	Dundee	Scottish Combined Events Champs	
U17	Long Jump (outdoor)	Charis Crawford	4.42	03/06/2023	Grangemouth	SSAA Pentathlon Champs	
U13	High Jump (indoor)	Beth Mould	1.19	28/01/2023	Emirates	Combined Ev Indoor Champs	
U15	High Jump (indoor)	Charis Crawford	1.38	29/01/2022	Emirates	Combined Ev Indoor Champs	
U17	High Jump (indoor)	Charis Crawford	1.45	29/01/2023	Emirates	Scottish Indoor Combined Event Champs	
U15	High Jump (outdoor)	Charis Crawford	1.45	04/06/2022	Grangemouth	Scottish Schools Pentathlon Champs	
U17	High Jump (outdoor)	Charis Crawford	1.30	03/06/2023	Grangemouth	Scottish Schools Pentathlon Champs	
U13	Shot Put (indoor)	Beth Mould	7.06	28/01/2023	Emirates	Combined Ev Indoor Champs	
U15	Shot Put (indoor)	Millie Newall	7.63	29/01/2022	Emirates	Combined Ev Indoor Champs	
U17	Shot Put (indoor)	Charis Crawford	8.25	29/01/2023	Emirates	Scottish Indoor Combined Event Champs	
U15	Shot Put (Outdoor)	Millie Newall	8.39	04/06/2022	Grangemouth	Scottish Schools Pentathlon Champs	
U17	Shot Put (Outdoor)	Charis Crawford	8.97	03/06/2023	Grangemouth	Scottish Schools Pentathlon Champs	
U13	800m (indoor)	Beth Mould	2.53.68	28/01/2023	Emirates	Combined Ev Indoor Champs	
U15	800m (indoor)	Millie Newall	2.46.27	29/01/2022	Emirates	Combined Ev Indoor Champs	
U17	800m (indoor)	Charis Crawford	2.50.61	29/01/2023	Emirates	Scottish Indoor Combined Event Champs	
U15	800m (outdoor)	Millie Newall	2.48.50	11/07/2021	Kilmarnock	Combined Event Champs	
U17	800m (outdoor)	Charis Crawford	2.59.64	03/06/2023	Grangemouth	Combined Event Champs	