

Springburn Harriers Club Records

U-11 Boys

Event	Athlete	Performance	Date	Venue	Notes/ Competition
60m (indoor)	Lucas McDonald	9.10	16/01/2022	Emirates	SAIL
60m (out)	Craig Alexander	9.89	1/9/2018	Wishaw	
75m	Lucas McDonald	12.30	18/06/2022	Kilmarnock	SUPERTEAMS
75m	Harry Macaulay	11.96	23/04/2023	Kilmarnock	SUPERTEAMS (TBC)
80m	Lucas McDonald	11.39	11/09/2022	Crownpoint	Lanarkshire AAA Champs (GOLD)
80m	Lucas McDonald	11.3*	05/06/2022	Linwood	** Hand Timed/ NWI - CSSAL Div 3 M2
100m (out)	Lucas McDonald	14.2	03/04/2022	Grangemouth	**Hand Time*Central AC Open Graded
150m	Fraser Murray	23.53	30/06/2019	Grangemouth	CSSAL
200m (out)	Lucas McDonald	30.1	03/04/2022	Grangemouth	**Hand Time*Central AC Open Graded
200m (out) *Windy	Manuel Fajonyomi	33.41 (+2.6w)	25/06/2021	Dunfermline	
200m (indoor)	Eli Crawford	37.55	17/12/2022	Emirates	GAA Yuletide Open
600m (in)	Angus Fraser Moodie	2:01.97	05/01/2019	Emirates	
600m(out)	Jamie Burns	1.55.42	03/09/2021	Livingston	Livingston OG
600m(out)	Thomas Souter	1.55.7*	05/06/2022	Linwood	** Hand Timed/ NWI - CSSAL Div 3 M2
800m (out)	Gregor McNaught	2.32.15	08/09/2021	Crownpoint	Shettleston H OG
Standing LJ	Thomas Souter	1.81	06/03/2022	Emirates	SAIL Final
LJ (outdoor)	Thomas Souter	3.68	11/09/2022	Crownpoint	Lanarkshire AAA Champs (GOLD)
Long Jump (in)	Eli Crawford	3.15	16/03/2022	Pitreavie	Dunfermline OG
High Jump (out)	Eli Crawford	1.02	26/05/2023	Craigswood	Livingston OG
Javelin	Eli Crawford	8.31	03/04/2022	Grangemouth	Central AC Open Graded
Shot Put (IN) (2.7kg)	Thomas Souter	4.79	23/01/2022	Emirates	SUPERteams
Shot Put (out) 2.72kg	Eli Crawford	5.16	26/05/2023	Craigswood	Livingston OG
Shot Put (out) 3kg	Eli Crawford	2.90	03/04/2022	Grangemouth	Central AC Open Graded
4x100m	Manuel Fajonyomi	62.06	18/06/2022	Kilmarnock	SUPERTEAMS
	Magnus Sosu				
	Thomas Souter				
	Lucas McDonald				
4x100m (Mixed)	Manuel Fajonyomi	62.7*	08/05/2022	Crownpoint	** Hand Timed - CSSAL *CSSAL League Record*
	Ruby Sillitoe				
	Brooke Dawson				
	Lucas McDonald				
4x200m	Umberto Minchella	2.21.76	10/02/2019	Emirates	SUPERteams
	Zack Ashburn				
	Joe Crawford				
	Evan Kelly				

U-11 Girls

Event	Athlete	Performance	Date	Venue	Notes/ Competition
60m (indoor)	Ruby Sillitoe	9.99	12/12/2021	Emirates	SAIL
60m (outdoor)	Emilia Murray	9.60	1/9/2018	Wishaw	
75m	Skye Smith	12.00	15/6/2019	Scotstoun	
80m	Ruby Sillitoe	12.28	02/09/2022	Livingston	Livingston Open (+0.2w)
100m (out)	Skye Smith	15.88	27/8/2019	Crownpoint	
100m* (out)	Skye Smith	15.49w	3/7/2019	Grangemouth	Wind 3.2
100m (indoor)	Millie Newall	18.09	11/11/2017	Motherwell	




150m	Ruby Sillitoe	23.90	22/07/2022	Livingston	Livingston Open Graded
200m (indoor)	Sophia Strang	38.65	17/12/2022	Emirates	GAA Yuletide Open
200m (outdoor)	Skye Smith	33.48	27/8/2019	Crownpoint	
200m (outdoor)	Willow Smith	33.3**	03/04/2022	Grangemouth	**Hand Timed - Central AC Open Graded
600m (out)	Willow Smith	1.55.95	11/09/2022	Crownpoint	Lanarkshire AAA Champs (SILVER)
600m (indoor)	Willow Smith	2.03.42	16/01/2022	Emirates	SAIL
800m (outdoor)	Willow Smith	2.41.48	30/08/2022	Crownpoint	Shettleston Open
1500m (outdoor)	Willow Smith	5.32.8	06/09/2022	Crownpoint	Shettleston Open
Long Jump (out)	Beth Mould	3.82	9/4/2021	Meadowmill	East Lothian OG
Long Jump (in)	Millie Newall	2.68	11/11/2017	Motherwell	
Long Jump (in)	Sophia Strang*	3.10	22/01/2023	Emirates	SUPERteams* (unofficial Board)
Stand Long Jump	Willow Smith	1.66	12/12/2021	Emirates	SAIL
Shot Put (Out) 2.72k	Isla Docherty	4.22	23/06/2023	Craigswood	Livingston Open Graded
Shot Put (in)2.72kg	Marissa Murray	4.37	10/02/2019	Emirates	SUPERteams (Weight?)
4x100m	Kitty Penman	70.9	22/04/2023	Greenfaulds HS	LAAA Relay Champs (Bronze Medal)
	Molly O'Brien				
	Isla Docherty				
	Eva Thomson				
4x200m	Brooke Dawson	2.17.61	06/03/2022	Emirates	SAIL Relays Indoors
	Beth Wells			Gold Medalists	
	Willow Smith				
	Ruby Sillitoe				



U-13 Boys

Event	Athlete	Performance	Date	Venue	Notes/ Competition
60m (indoor)	Wai Shun Tong	7.92	19/02/2023	Emirates	GOLD - Champs Rec - Scottish Indoor U13 Champs
75m (outdoor)	Stephen Nixon	12.72	15/6/2019	Scotstoun	u12 Superteams
75m (outdoor)	Lucas McDonald	10.60	24/06/2023	Scotstoun	SUPERTeams (TBC)
100m (in)	Jack McCallum	14.64	30/03/2016	Motherwell	
100m (out)	Wai Shun Tong	12.66	30/04/2023	Kilmarnock	CSSAL M1 Div 2 -
200m(out)	Ben Watchorn	29.49	2/9/2017	East Kilbride	
200m (indoor)	Wai Shun Tong	27.00s	19/02/2023	Emirates	GOLD - 8th All time - Scottish Indoor U13 Champs
800m (out)	Gregor McNaught	2.21.36	26/05/2023	Craigswood	Livingston Open Graded
800m (in)	Gregor McNaught	2.20.65	19/02/2023	Emirates	Silver - 10th All time - Scottish Indoor U13 Champs
1500m (out)	Gregor McNaught	4.47.02	09/05/2023	Linwood	Kilbarchan Open Graded (TBC)
1500m (indoor)	Sam Robertson	5.38.42	19/02/2023	Emirates	Scottish Indoor U13 Champs
60mH	Wai Shun Tong	9.99	21/01/2023	Emirates	National Indoor Open
75mH	Wai Shun Tong	12.49	13/05/2023	Kilmarnock	GOLD - West District Champs
High Jump (out)	Joe Crawford (PEN)	1.29	7/10/2021	Kilmarnock	Combined Ev Champs
High Jump (indoor)	Robin Lumby	1.25	27/10/2019	Emirates	
High Jump (indoor)	Tommy Souter	1.25	15/01/2023	Emirates	SAIL R3
Long Jump(out)	Zach White	3.78	14/05/2022	Kilmarnock	West District Champs (6th)
Long Jump(out)	Magnus Sosu	3.79*	23/04/2023	Kilmarnock	*Unofficial Board - SUPERTeams (TBC)
Long Jump (in)	Zach White	4.29	12/12/2021	Emirates	SAIL
Shot Put 3K (out)	Jamie Lowrie	8.65	28/08/2022	Grangemouth	Scottish Outdoors U13 Champs (5th)
Shot Put 3K (in)	Jamie Lowrie	6.61	06/03/2022	Emirates	SAIL FINAL
SP 3.25K	Darren Reilly	6.27	2/9/2017	East Kilbride	
Discus (1kg)	Jamie Lowrie	24.07	28/08/2022	Grangemouth	Scottish Outdoors U13 Champs (2nd)
Javelin (400)	Jamie Lowrie	22.30	28/08/2022	Grangemouth	Scottish Outdoors U13 Champs (7th)

 1893	Pentathlon (Out)	Joe Crawford	906	7/10/2021	Kilmarnock	Combined Ev Champs
	Indoor Pentathlon	Zach White	854	1/29/2022	Emirates	Combined Ev Indoor Champs
	4x100m (Boys)	Fraser Muir	57.87	6/3/2023	Grangemouth	SSAA Primary Schools Relay (For Lenzie Meadow)
		Gregor McNaught				
		Tommy Souter				
		Drew Dawson				
	4x100m (Mixed)	Lucas McDonald	57.37	30/04/2023	Kilmarnock	CSSAL M1 Div 2 -
		Ella O'Brien				
		Ella-Rose Templeton				
		Wai Shun Tong				
4x200m (indoor)	Matthew Murray	1.55.47	11/02/2023	Emirates	GOLD: U13 Relay Champs (5th All Time U13 indoors)	
	Lucas McDonald					
	Drew Dawson					
	Wai Shun Tong					
Medley Relay (200/600/200/600)	Alfie Laing	4.40.37	25/06/2023	Scotstoun	National Relay Champs	
	Tommy Souter					
	Lucas McDonald					
	Gregor McNaught					

U-13 Girls

Event	Athlete	Performance	Date	Venue	Notes/ Competition
60m (indoor)*	Emilia Murray	9.02	6/2/2020	Emirates	SSAA Indoor Champs
75m	Jessica Bell	10.90	24/06/2023	Scotstoun	SUPERteams (TBC)
80m	Kaitlyn Moy	13.41	1/9/2019	Kilmarnock	
100m (out)	Anna Kelly	14.31	03/09/2021	Livingston	Livingston OG
100m (out) *Windy	Anna Kelly	(+3.5w) 14.17	7/7/2021	Scotstoun	GAA Sprint Gala
200m(out)	Nicola Farmer	30.60	3/9/2016	Wishaw	
200m (indoor)	Ella O'Brien	31.22	19/02/2023	Emirates	Scottish Indoor U13 Champs
600m (out)	Willow Smith	1.55.07	14/06/2023	Riverside, Ayr	Ayrshire Open Graded
800m (out)	Skye Smith	2.36.63	08/09/2021	Crownpoint	Shettleston H OG
800m (in)	Brooke Dawson	2.42.26	10/12/2022	Emirates	SAIL R2
1200m (out)	Katie Lennon	4:36.75	30/6/2019	Grangemouth	
1500m (out)	Willow Smith	5.21.99	14/05/2023	Kilmarnock	Silver - West Districts Champs
1500m (in)	Willow Smith	5.21.54	19/02/2023	Emirates	Bronze - Scottish Indoor U13 Champs
60mH	Beth Mould	11.17	19/02/2023	Emirates	Scottish Indoor U13 Champs
70mH	Ella O'Brien	13.54	26/05/2023	Craigswood	Livingston OG
High Jump (in)	Millie Newall	1.20	12/1/2020	Emirates	
High Jump (in)	Ella O'Brien	1.20	15/01/2023	Emirates	SAIL R3
High Jump (out)	Ella O'Brien	1.29	26/05/2023	Craigswood	Livingston OG
Long Jump(out)	Ruby Sillitoe	3.87	23/06/2023	Craigswood	Livingston OG
Long Jump (out)**	Beth Mould	3.87	18/06/2022	Kilmarnock	**Not Official Board - SUPERteams
Long Jump (in)	Beth Mould	3.72	12/12/2021	Emirates	SAIL
Long Jump (in)	Ruby Sillitoe*	3.86	1/22/2023	Emirates	**Not Official Board - SUPERteams
Shot Put 2.72 (out)	Beth Mould	7.33	13/05/2023	Kilmarnock	Bronze - West Districts Champs
Shot Put 2.72kg (in)	Beth Mould	7.66	19/02/2023	Emirates	GOLD - Scottish Indoor U13 Champs
Discus 0.75kg	Jessica Taylor	17.36	24/07/2021	Livingston	SAL Throws

	Javelin (400)	Beth Mould	13.17	20/05/2023	Linwood	CSSAL Div 2 M2 (TBC)
	IndoorPentathlon	Beth Mould	1507	28/01/2023	Emirates	Combined Ev Indoor Champs
	4x200m	Ella O'Brien	2.05.18	05/03/2023	Emirates	SAIL Finals Time in Heat (Q)
		Ella-Rose Templeman				
		Willow Smith				
		Beth Mould				
	4x100m	Ruby Sillitoe	60.0	22/04/2023	Greenfaulds HS (Cumbernauld)	LAAA Relay Champs
		Ella O'Brien				
		Beth Mould				
		Jessica Bell				
	Medley Relay (200/600/200/600)	Brooke Dawson	5.04.70	25/06/2023	Scotstoun	National Relay Champs
		Ruby Sillitoe				
		Willow Smith				

U-15 Boys

Event	Athlete	Performance	Date	Venue	Notes/ Competition
60m (indoor)	Douglas Knox	7.67	18/02/2023	Emirates	Silver - Scottish Indoor U15 Champs
100m (out)	Caleb Wellington	12.71	21/8/2016	Grangemouth	
100m (in)	Jack McCallum	14.23	18/2/2017	Motherwell	
200m (out)	Douglas Knox	24.68	03/06/2023	Grangemouth	SSAA Pentathlon Champs (w -1.6)
200m (indoor)	Douglas Knox	25.96	10/12/2022	Emirates	SAIL R2
300m (outdoor)	Lewis Apperson-McHugh	44.34	11/5/2019	Kilmarnock	
300m (indoor)	Umberto Minchella	45.05	05/03/2023	Emirates	SAIL Final (Team SILVER)
400m (indoor)	Lewis Apperson-McHugh	63.86	27/11/2019	Emirates	
400m (outdoor)	Darren Reilly	63.49	1/9/2019	Kilmarnock	
600m (outdoor)	Finn Smith	1.40.82	14/06/2023	Riverside, Ayr	Ayrshire Open Graded
800m (out)	Stuart McPherson	2:03.30	1978	Scot Champs	Gold
800m (in)	Douglas Knox	2.17.92	28/01/2023	Emirates	Combined Ev Indoor Champs
1500m (out)	Stuart McPherson	4:16.00	1978	Scot Champs	Gold
1500m (indoor)	Angus Fraser-Moodie	4.34.99	01/02/2023	Emirates	Scottish Schools Indoor Champs (Lenzie Academy)
3000m (out)	Angus Fraser-Moodie	9.47.79	30/08/2022	Crownpoint	Shettleston OG
60m Hurdles	Douglas Knox	9.22	18/02/2023	Emirates	GOLD - Scottish Indoor U15 Champs
80m Hurdles	Douglas Knox	12.75	13/05/2023	Kilmarnock	GOLD - West District Champs
80m Hurdles	Douglas Knox	12.16*	03/06/2023	Grangemouth	*NWI - SSAA Pentathlon Champs
High Jump (in)	Douglas Knox	1.61	21/01/2023	Emirates	National Indoor Open
High Jump (out)	Douglas Knox	1.64	02/09/2022	Livingston	Livingston Open (craigswood)
Long Jump(out)	Douglas Knox	6.05	10/06/2023	Grangemouth	GOLD - Scottish Schools Champs (+1.2w)
Long Jump(out)*	Douglas Knox	5.98*	14/05/2023	Kilmarnock	GOLD - West District Champs (+2.7windy)
Long Jump (in)	Douglas Knox	6.26	05/03/2023	Emirates	#2 Scotland All Time - Team Silver - SAIL Final
Pole Vault (in)	Robin Lumby	1.97	08/10/2021	Emirates	Reach for the Sky
Pole Vault (out)	Robin Lumby	2.54	20/08/2022	Greenock	Sky High Pole Vault
Shot Put 4kg	Kenneth Mather	13.95	1978	Scot Champs	Gold
SP 4k (in)	Douglas Knox	10.79	28/01/2023	Emirates	Combined Ev Indoor Champs
Discus 1.25kg	Jamie Lowrie	24.93	14/05/2023	Kilmarnock	Bronze - West District Champs
Javelin (600g)	Joe Crawford	32.06	10/06/2023	Grangemouth	Scottish Schools Champs (4th)
Pentathlon (Out)	Douglas Knox	2906	03/06/2023	Grangemouth	* GOLD + 4th AT - SSAA Pentathlon Champs (LJ,80H,200, SP, 800)
Pentathlon (Indoor)	Douglas Knox	2676	28/01/2023	Emirates	* GOLD* Combined Ev Indoor Champs (8th AT)



3x800m	Connor Emordy	8:55.97	22/4/2017	Grangemouth	
	Kieran Ballard				
	Ben Emordy				
4x100m (Mixed)	Caleb Keefe	56.3*	08/05/2022	Crownpoint	** Hand Timed - CSSAL
	Millie Newall				
	Emilia Murray				
	Douglas Knox				
4x100m	Callum McHugh	57.87	22/4/2017	Grangemouth	National Relays
	Ben Watchorn				
	Jack McCallum *(u15)				1 u15 in team
	Bobby McSkimming				

U-15 Girls



Event	Athlete	Performance	Date	Venue	Notes/ Competition
60m (indoor)	Chloe MacDonald	8.56	1/12/18	Emirates	
100m (out)	Jennifer Aniobi	13.55	2/9/2017	East Kilbride	
100m(in)	Annabel Paul	13.86	18/2/2017	Motherwell	
200m(out)	Nicola Farmer	28.46	1/9/2018	Wishaw	
200m (out) *Windy	Annabel Paul	28.24w	12/5/2017	Kilmarnock	wind 3.0
200m (indoor)	Poppy Wood	29.33	18/02/2022	Emirates	Scottish Indoor U15 Champs
300m (outdoor)	Poppy Wood	46.52	23/06/2023	Craigswood, Liv	Livingston Open Graded
300m (indoor)	Skye Smith	45.94	21/01/2023	Emirates	National Indoor Open
600m (out)	Skye Smith	1.41.33	14/06/2023	Riverside, Ayr	Ayrshire Open Graded
800m (out)	Skye Smith	2.22.68	13/05/2023	Kilmarnock	West District Champs (4th)
800m (in)	Skye Smith	2.25.40	18/02/2022	Emirates	Scottish Indoor U15 Champs
1500m (out)	Skye Smith	5.05.01	23/06/2023	Craigswood, Liv	Livingston Open Graded
1500m (indoor)	Skye Smith	5.15.31	19/02/2022	Emirates	U15 Indoor Champs
3000m (out)	Skye Smith	11.40.03	03/06/2022	Crownpoint	GMC Miler Meet
60m Hurdles	Millie Newall	10.76	18/12/2021	Emirates	GAA Yule Tide
60m Hurdles **	Charis Crawford	10.70**	16/03/2022	Pitreavie	**Hand Timed - Dunfermline OG
75m Hurdles	Millie Newall	13.38	10/07/22	Dundee	Scottish Combined Events Champs
High Jump (in)	Charis Crawford	1.40	10/02/2022	Emirates	Scottish Schools Indoor Champs
High Jump(out)	Charis Crawford	1.45	04/06/2022	Grangemouth	Scottish Schools Pentathlon Champs
Long Jump (in)	Charis Crawford	4.10	12/12/2021	Emirates	SAIL
Long Jump (out)	Chloe MacDonald	4.23	1/9/2018	Wishaw	
Pole Vault (in)	Charis Crawford	2.48	19/02/2022	Emirates	U15 Indoor Champs
Pole Vault (out)	Charis Crawford	2.81	27/08/2022	Grangemouth	Scottish Outdoor Champs - GOLD - CR
Shot Put 3kg (i)	Jessica Taylor	7.72	15/01/2023	Emirates	SAIL R3
Shot Put 3kg (out)	Millie Newall	8.98	27/08/2022	Grangemouth	Scottish Outdoor Champs - (7th)
Discus 1Kg	Jessica Taylor	18.17	15/05/2022	Kilmarnock	West District Champs (5th)
Javelin (500)	Emily Tollett	20.23	23/06/2023	Craigswood, Liv	Livingston Open Graded
Indoor Pentathlon	Millie Newall	2035	30/01/2022	Emirates	<i>Combined Ev Indoor Champs</i>
Outdoor Pentathlon	Millie Newall	2300	10/07/2022	Dundee	Scottish Combined Events Champs
4x200m	Abbie Scott	1.59.99	05/03/2023	Emirates	SAIL Relays
	Olivia Kay				
	Marissa Murray				
	Poppy Wood				



1893



1893

 1893	3x800m	Mhairi McBride	8:18.82	22/4/2017	Grangemouth	National Relays	 1893	
		Kaitlin McKay						
		Ellie Doherty						
	4x100m	Abbie Scott	55.70					
Bianca Badoo		25/06/2023		Scotstoun	National Relays			
Emily Tollett								
		Poppy Wood						

U-17 Men

Event	Athlete	Performance	Date	Venue	Notes/ Competition
60m (indoor)	Rowan Spence	7.97	17/10/2021	Emirates	SAIL
100m (out)	Darren Reilly	12.53	8/6/2021	Livingston	
100m (out)	Rowan Spence	12.0*	05/06/2022	Linwood	**Hand-Timed/ NWI - CSSAL Div 3 Match 2
100m (in)	Stephen Emordy	15.12	18/2/2017	Motherwell	
200m (indoor)	Rowan Spence	24.82	09/02/2022	Emirates	U17 Indoor Champs
200m (outdoor)	Jamie Williamson	24.67	29/5/2013	Aichach, GER	
400m (outdoor)	Jamie Williamson	52.41	29/6/2013	Regensburg, GER	
400m (indoor)	Rowan Spence	54.27	04/02/2023	Emirates	Scottish U17 Indoor Champs
800m (out)	Graham Williamson	1:54.90	1977		Gold - Scot Youth Champs
800m (in)	Fergus Reid	2:04.11	26/1/2020	Emirates	
880 Yards	G Jarvie	2:02.3	1966		Ranked 5th Youth in Scotland
1500m (out)	Graham Williamson	3:54.40	1977		Gold - Scot Youth Champs
Mile	Eddie Knox	4:19.70	1964		Gold - Scot Youth Champs
3000m (out)	Graham Williamson	8:25.20	1977		Gold - Scot Youth Champs
3000m (in)	Fergus Reid	9:37.89	3/1/2020	Glasgow	
1000m SC	'Nickie' Souter	3:06.9	19/05/1965		Ranked 1st Youth in Scotland
Pole Vault (in)	Robin Lumby	2.50	31/01/2023	Emirates	SILVER - Scottish Schools Indoor Champs (U17s)
Pole Vault (out)	Robin Lumby	2.70	09/06/2023	Grangemouth	Scottish Schools Champs (U17) - 4th
High Jump (out)	Robin Souter	1.78	1964		Gold - Scot Youth Champs
High Jump (in)	Robin Lumby	1.50m	27/11/2022	Emirates	SAIL R1
Long Jump (in)	Stephen Emordy	3.93	27/1/2018	Emirates	
Long Jump (out)	Kenneth Taylor	6.51	1974		Gold - Scot Youth Champs
Triple Jump (out)	A Johnstone	12.82	1965		Gold - Scot Youth Champs
Shot Put 5kg (i)	Adam Knox	9.24	11/27/2022	Emirates	SAIL R1
Shot Put 5kg (out)	Darren Reilly	8.79	9/8/2021	Crownpoint	Shettleston OG
Discus 1.5kg	Adam Knox	26.34	03/07/2022	Kilmarnock	CSSAL - Div 3 Match 3
Javelin 700g	Adam Knox	28.42	24/06/2022	Livingston	Livingston Open
4x100m (mixed)	Hannah Maison				
	Katie Lennon	53.7*	05/06/2022	Linwood	**Hand-Timed/ NWI - CSSAL Div 3 Match 2
	Rowan Spence				
	Adam Knox				

U-17 Women

Event	Athlete	Performance	Date	Venue	Notes/ Competition
60m (indoor)	Ellie MacCalman	8.49	27/11/2022	Emirates	SAIL R1
100m (out)	Lucy Rae	13.17	12/5/2018	Kilmarnock	

	200m (indoor)	Ellie MacCalman	28.23	01/02/2023	Emirates	Scottish Schools Indoor Champs (Bearsden Ac)
	200m (outdoor)	Lucy Rae	27.72	2/9/2017	East Kilbride	
	300m (outdoor)	Nicola Farmer	43.15	2/6/2019	East Kilbride	
	300m (indoor)	Nicola Farmer	44.55	1/12/2019	Emirates	
	400m (out)	Nicola Farmer	63.26	24/7/2019	Scotstoun	
	800m (out)	Nicola Farmer	2:29.59	2/6/2019	East Kilbride	
	800m (in)	Nicola Farmer	2:34.44	1/12/2018	Emirates	
	1500m (out)	Nicola Farmer	5:29.61	26/7/2019	Scotstoun	
	1500m (in)	Rachel Giffen	5:10.92	5/2/2020	Emirates	
	60mH (in)	Charis Crawford	10.27	04/02/2023	Emirates	U17 Scottish Indoor Champs
	80mH	Charis Crawford	13.80	03/06/2023	Grangemouth	SSAA Pentathlon Champs (w -1.3)
	300mH	Ruby Lennon	56.58	14/05/2023	Kilmarnock	West District Champs (5th)
	High Jump(in)	Charis Crawford	1.46	21/01/2023	Emirates	National Indoor Open
	High jump (out)	Charis Crawford	1.35	4/30/2023	Kilmarnock	CSSAL M1 Div 2
	Pole Vault (indoor)	Charis Crawford	3.00m	10/03/2023	Emirates	Jump Glasgow
	Pole Vault (outdoor)	Charis Crawford	3.19m	13/05/2023	Kilmarnock	GOLD - West District Champs
	Long Jump (out)	Emma Reid	4.55	23/06/2023	Craigswood	Livingston Open Graded
	Long Jump (in)	Charis Crawford	4.58	29/01/2023	Emirates	Scottish Indoor Combined Event Champs
	Triple Jump (in)	Katie Lennon	8.13	12/12/2021	Emirates	SAIL
	Triple Jump (out)	Katie Lennon	8.25	10/06/2023	Grangemouth	Scottish Schools Champs (U17) (1.2w)
	Triple Jump (out)	Katie Lennon	8.35*	14/05/2023	Kilmarnock	Windy (+2.5w) - Bronze - West District Champs
	Shot Put 3kg (out)	Charis Crawford	8.97	03/06/2023	Grangemouth	Scottish Schools Pentathlon Champs
	Shot Put 3kg(in)	Charis Crawford	8.53	10/12/2022	Emirates	SAIL R2
	Discus (1kg)	Charis Crawford	16.53	20/05/2023	Linwood	CSSAL - Div 2 - Match 2 (TBC)
	Javelin 500g	Katie Lennon	12.11	6/5/2022	Linwood	CSSAL - Div 3 - Match 2
	Javelin 500g	Charis Crawford	20.19	5/20/2023	Linwood	CSSAL - Div 2 - Match 2 (TBC)
	Outdoor Pentathlon	Charis Crawford	2236	03/06/2023	Grangemouth	SSAA Pentathlon Champs
	Pentathlon (Indoor)	Charis Crawford	2498	29/01/2023	Emirates	Scottish Indoor Combined Event Champs
	4x100m	Katie Lennon	56.96	25/06/2023	Scotstoun	National Relays
		Emma Reid				
		Ruby Lennon				
		Abigail MacLaine				
	4x200m	Abigail MacLaine	1.55.55	05/03/2023	Emirates	SAIL Relays (Heat - 9th Overall)
		Kirsty MacInnes				
		Emilia Murray				
		Emma Reid				
	3x800	Skye Smith (U15)	8.03.86	25/06/2023	Scotstoun	National Relays
		Abigail MacLaine				
		Ruby Lennon				
U-20 MEN						
	Event	Athlete	Performance	Date	Venue	Notes/ Competition
	60m (Indoor)	Darren Reilly	7.74	17/10/2021	Emirates	SAIL
	100m (outdoor)	Josh Ashburn	12.50	5/5/2019	Wishaw	
	200m (indoor)	Darren Reilly	25.08	16/01/2022	Emirates	SAIL (also ran 24.98 but result lost)
	200m (outdoor)	Jaime Williamson	24.42	31/5/2014	Germany	
	400m (in)	Harry Lamond	66.91	6/1/2018	Emirates	
	400m (out)	John G Cherry	48.70	1970		

440yds	John G Cherry	50.20	1968		
800m (in)	Thomas Callaghan	2:09.53	8/2/2018	Emirates	
800m (out)	Graham Williamson	1:47.53	1/8/1979	Wolverhampton	
1200m + (out)	Graham Williamson	2:52.40	16/8/1979	Poland	Euro Junior Champs (1500m) GOLD
1500m (out)	Graham Williamson	3:36.60	17/7/1979	Oslo	
1500m (in)	Thomas Callaghan	4:48.06	11/3/2018	Emirates	
1 Mile	Graham Williamson	3:53.15	17/07/1979	Oslo	
3000m (out)	Graham Williamson	8:00.70	29/7/1978	Edinburgh	
2 Miles	Eddie Knox	8.58.6	1964		5th in Scotland as a 17 year old
3 Miles	Eddie Knox	13.48.4	1966		8th in Scotland as 19 year old
5000m (out)	Stephen Begen	14:32	1985		
High Jump (out)	David Cairns	1.89	1959		
Long Jump (out)	Robin Souter	6.55	1966		Ranked 5th Junior Male (21 feet 6")
Long Jump (in)	Darren Reilly	4.40	16/01/2022	Emirates	SAIL
Shot Put 7.26k (out)	Harry Lomand	4.00	09/09/2018	Grangemouth	
Shot Put 6K (in)	Darren Reilly	7.67	16/01/2022	Emirates	SAIL (Also 8.12m but result lost)
Marathon	Jonathan Graham	3:35.22	25/04/2010	London	





U-20 WOMEN

Event	Athlete	Performance	Date	Venue	Notes/ Competition
60m (in)	Hannah Brannan	9.70	16/01/2022	Emirates	SAIL *Po10 = Nicola Farmer
100m (out)	Nicola Farmer	13.2*	05/06/2022	Linwood	**Hand-Timed/ NWI - CSSAL Div3 - R2
200m (out)	Nicola Farmer	27.49	11/06/2022	Grangemouth	*NWI* Scottish Schools Champs - U20 - 6th
200m (out) *Wind	Nicola Farmer	27.17 *(3.0w)	31/07/2021	Scotstoun	GAA Sprint Meet
200m (indoor)	Nicola Farmer	27.91	17/10/2021	Emirates	SAIL
400m (indoor)	Nicola Farmer	62.19	12/12/2021	Emirates	SAIL
400m (out)	Nicola Farmer	1.01.68	07/07/2021	Scotstoun	GAA Sprint Meet
800m (out)	Danielle Brown	2:25.40	19/08/2008	Glasgow	
880 Yards (out)	Molly Fergusson	2.26.4	1956	TBC	
1500m (outdoor)	Danielle Brown	4:35.58	31/08/2008	Dunfermline	
3000m (outdoor)	Rachel Giffen	10.34.17	09/06/2023	Grangemouth	GOLD - Scottish Schools Champs
5000m (outdoor)	Rachel Giffen	19.38.47	29/07/2022	Scotstoun	GAA Milers Meet
Long Jump (indoor)	Nicola Farmer	3.97	16/01/2022	Emirates	SAIL
Long Jump (outdoor)	Nicola Farmer	3.97	20/05/2023	Linwood	CSSAL Div 2 - Match 2 (TBC)
Javelin (outdoor)	Chloe Emordy	13.45	30/04/2023	Kilmarnock	CSSAL M1 Div 2
Discus (1kg)	Nicola Farmer	17.81	20/05/2023	Linwood	CSSAL Div 2 - Match 2 (TBC)
Shot Put (indoor)	Chloe Emordy	5.97	16/01/2022	Emirates	SAIL
Shot Put (Outdoor)	Chloe Emordy	5.37	03/07/2022	Kilmarnock	CSSAL Div 3 - Match 3



SENIOR MEN

Event	Athlete	Performance	Date	Venue	Notes/ Competition
60m (indoor)	Dean Park	8.86	17/12/2022	Emirates	GAA Yuletide Open
100 Yards	John Young	10.00	1960		
100 Yards	David McKean	10.00	1968		
100m (out)	Dean Park	13.58	30/04/2023	Kilmarnock	CSSAL M1 Div2
100m (out)	Dean Park	13.5*	08/05/2022	Crownpoint	*Hand Timed - CSSAL
200m (out)	Dean Park	29.00	03/07/2022	Kilmarnock	CSSAL Div 3 Round 3
200m (indoor)	Dean Park	28.51	17/12/2022	Emirates	GAA Yuletide Open
220 Yards	David McKean	21.90	1968		
400m (out)	Dean Park	66.84	4/10/2022	Kilmarnock	Ayr Harriers Open Graded

	440 Yards	David McKean	49.30	1965		
	600m (indoor)	Albert McLellan (1:23.50	1972	Scot Champs	
	800m (out)	Graham Williamson	1:45.60	12/6/83	Loughborough	
	800m (in)	Jack McCabe (u23)	2:03.84	28/1/2018	Emirates	
	880 Yards	Duncan Middleton	1:48.60	1967		
	1000m	Graham Williamson	2:16.82	17/7/1984	Edinburgh	
	1500m (out)	Graham Williamson	3:34.01	28/06/1983	Oslo	
	1500m (in)	Graham Williamson (u23)	3:38.28	10/02/1982	Cosford	GB v BEL v NED
	Mile	Graham Williamson	3:50.64	13/7/1982	Cork	
	2000m (out)	Graham Williamson	4:58.38	29/8/1983	Crystal Palace	
	2 Mile	Michael J Bradley	8:50.00	1970		
	2 Mile (indoor)	Michael J Bradley	8:40.2	1970		
	3 Miles	Eddie Knox	13.54.0	1967		
	3000m (out)	Graham Williamson	8:07.80	09/09/1983	Crystal Palace	
	3000m (in)	David Donnet (u23)	8:21.56	12/02/1989	Glasgow	
	5000m	Paul Evans	13:41.33	1991		
	10,000m	Paul Evans	28:56.69	1991		
	3000SC	Thomas O'Reilly	9:12.20	1959		Scot Champs
	High Jump (out)	David Cairns	1.96	1963		Scot Champs
	Long Jump(out)	David Gormley	5.10	02/06/2019	East Kilbride	CSSAL Div 3
Triple Jump(out)	Kenneth Taylor	13.18	1976			
Triple Jump(out)	Kenneth Taylor	13.36w	1975			
Shot Put (out)	Stephen Emordy (u23)	5.78	05/06/2022	Linwood	CSSAL Div 3 Round 2	
Shot Put 7.26kg (out)	Kieran Ballard (U23)	6.22m	20/05/2023	Linwood	CSSAL Div 2 Round 2 (TBC)	
Javelin	LT Montgomery	47.80	1932		Scot Champs	
Discus	LT Montgomery	35.84	1934		Scot Champs	
Hammer	David Muirhead	35.10	1975			
Marathon	Paul Evans	2:12.53	1991	Italian Marathon		
4x100m (mixed)	Ben Emordy (u20) Matt Stanley (V35) Gemma MacMillan (SEN) Nicola Farmer (u20)	58.5*	05/06/2022	Linwood	**Hand-Timed/ NWI - CSSAL Div 3 Match 2	
SENIOR WOMEN						
	Event	Athlete	Performance	Date	Venue	Notes/ Competition
	60m (indoor)	Lucy Rae (u23)	8.23	11/02/2023	Emirates	Scottish Student Indoor Champs
	100m (out)	Lucy Rae (u23)	13.27	05/05/2023	Dunfermline	<i>Pitreavie Speed Meet (+2.0w) - TBC</i>
	100m (out)	Lucy Rae (u23)	13.32w	11/04/2023	Linwood	Windy (+4.9) Linwood Open Graded
	100 yds	C Cowie	11.5	1959		
	200m(indoor)	Emma Ryan	28.98	28/1/2018	Emirates	
	200m (out)	Lucy Rae (u23)	29.38	11/09/2022	Crownpoint	Lanarkshire AAA Champs
	400m (out)	Gemma Welsh	81.25	27/9/2017	wishaw	
	440 yds	Molly Ferguson	63.50	1961		
	800m (out)	Danielle Brown (u23)	2:27.05	22/5/2011	Edinburgh	
	880y	Molly Ferguson	2:23.90	1958	Scot Champs	
	1500m (out)	Danielle Brown (u23)	4:44.48	13/6/2010	Grangemouth	
	1500m (out)	Lesley Bell (SEN)	4.53.7	23/05/2007	Grangemouth	Scottish Civil Service Champs
	Mile	Doreen Fulton (sen)	5:22.2	1961	Scottish Champs	
	3000m (out)	Marlene Gemmell	10:03.10	1995		
						

	5000m	Michelle Sandison (SEN)	18:01.67	2/7/2015	Jersey	
	10,000m	Michelle Sandison (SEN)	37:18.02	5/9/2015	Stretford	
	80mH	Jean Muir (sen)	???	1958	Scottish Champs	
	100m H	Lucy Rae (u23)	22.86	03/07/2022	Kilmarnock	CSSAL Div3 Match 3
	400mH	Fiona Gentles (sen)	72.58	4/6/2011	Hendon	
	2000SC	Fiona Gentles (sen)	7:35.33	16/4/2011	Grangemouth	
	High Jump (indoor)	Lucy Rae (u23)	1.40	07/03/2023	Grangemouth	Grangemouth Open Graded
	High Jump (outdoor)	Lucy Rae (u23)	1.45	30/04/2023	Kilmarnock	CSSAL Div 2 Match 1
	Long Jump(out)	C Cowie	4.91	1959	W DistrictsChamps	
	Long Jump (indoor)	Lucy Rae (u23)	4.08	11/02/2023	Emirates	Scottish Student Indoor Champs
	Shot Put 4kg	Leesa Rushton	6.86	27/5/2018	Kilmarnock	
	Shot Put 4kg	Gemma Welsh (Sen)	6.86	8/9/2019	East Kilbride	
	Shot Put 4k (indoor)	Gemma Welsh (Sen)	6.24	4/12/2019	Grangemouth	
	Discus 1Kg	Lynsey Currie	8.32	1/9/2019	Kilmarnock	
	Javelin 600	Gemma Welsh (Sen)	14.88	5/5/2019	Wishaw	
		Team included;		30/6/2019	Grangemouth	(CSSAL)
		Gemma Welsh	74.24			
		Deborah Roe				
	4x100m					
	Marathon	Laura Cameron	3.53.43	23/04/2023	London	



1893



1893

V35 MALE

Event	Athlete	Performance	Date	Venue	Notes/ Competition
100m (out)	Paul Wilson	14.76	2/6/2019	East Kilbride	CSSAL Div 3
800m (out)	Paul Wilson	2.31.81	9/4/2021	Meadowmill	East Lothian OG
800m (indoor)	Matt Stanley	2.36.39	12/02/2023	Emirates	Scottish Masters Indoor Champs
1500m (out)	Andy Norris	4:44.97	30/06/2019	Grangemouth	
1500m (in)	Andy Norris	4:41.44	17/2/2019	Emirates	
1 Mile (out)	Damian McAuley	5.09	20/06/2005	Hunterhill	*Hand-timed* Springburn 5-day event Track Mile
3000m (out)	Andy Norris	10:02.96	2/6/2019	East Kilbride	
3000m (in)	Andy Norris	10:10.92	3/1/2020	Emirates	BMC
5000m	Andy Norris	17:49.44	26/7/2019	Scotstoun	
10,000m	Andy Norris	36.53.20	31/08/2019	Carluke	
10,000m	Andy Norris	36.26	16/10/2022	Cumbernauld	Andy Forbes Memorial 10,000m (TBC)
3000SC	Tommy O'Reilly	9:44.00	1970		
Long Jump(out)	David Gormley	5.01	1/9/2019	Kilmarnock	CSSAL Div 3
Shot Put 7.26kg	David Gormley	8.61	1/9/2019	Kilmarnock	CSSAL Div 3
Discus (2kg)	Matt Stanley	14.90	03/04/2022	Grangemouth	Central AC Open Graded
Javelin	Matt Stanley	20.93	08/05/2022	Crownpoint	CSSAL Div 3
Marathon	Alistair Macfarlane	2:19.56	April 1984	Dundee	



1893



1893

V35 FEMALE

Event	Athlete	Performance	Date	Venue	Notes/ Competition
3000m (out)	Michelle Sandison	10:10.73	2/9/2017	East Kilbride	
5000m	Michelle Sandison	17:29.72	28/7/2017	Glasgow	
10,000m	Michelle Sandison	36:14.70	31/8/2019	Carluke	
Marathon	Clare Gemmell	3:11.27	26/04/2009	London	

Marathon Morag Campbell ** 3:10.44 2000 ? **Unclear if SH or Kilbarchan at time

V40 MALE

Event	Athlete	Performance	Date	Venue	Notes/ Competition
100m (out)	Thomas O'Brien	14.82	23/06/2023	Craigswood	Livingston Open Graded
200m (out)	Thomas O'Brien	31.60	03/07/2022	Kilmarnock	CSSAL Div 3 Match 3
400m (out)	Paul Wilson	63.55	11/09/2022	Crownpoint	Lanarkshire AAA Champs - BRONZE
800m (out)	Paul Wilson	2.25.15	30/08/2022	Crownpoint	Shettleston H OG
1500m	Alex McIndoe	4.13.2	14/09/1997	Wishaw	CSSAL (League Record)
3000m	Andrew Johnston	9.52.46	08/09/2021	Crownpoint	Shettleston H OG
5000m	Andrew Johnston	16.55.82	24/07/2021	Kilmarnock	SAL Masters 5000m Track Champs
10,000m	Jim Cooper	35:13:00	17/10/2004		
High Jump	Graham Souter	1.45m	30/04/2023	Kilmarnock	CSSAL Match 1
Discus (2kg)	Thomas O'Brien	17.19	03/07/2022	Kilmarnock	CSSAL Div 3 R3
Javelin	Thomas O'Brien	19.43	30/04/2023	Kilmarnock	CSSAL Match 1
Marathon	Damian McAuley	2:40.29	23/04/2006	London	

V40 FEMALE

Event	Athlete	Performance	Date	Venue	Notes/ Competition
100m (out)	Lynne McIntyre	15.53	20/05/2023	Linwood	CSSAL M2 Div 2 (TBC)
800m (out)	Christine Hadfield	3:00.70	1/9/2019	Kilmarnock	
1500m (out)	Michelle Sandison	5:04.49	23/05/2021	Lerwick	
3000m (out)	Michelle Sandison	10.40.92	30/05/2021	Lerwick	
5000m (out)	Michelle Sandison	18.25.45	10/07/2022	Dundee	Masters Champs - Gold
Marathon	Marlene Hunter (Gemmell)	3.04.22	31/04.2013	London	

V45 MALE

Event	Athlete	Performance	Date	Venue	Notes/ Competition
100m (out)	Anthony McGale	13.17w	9/8/2017	Scotstoun	(wind 4.2)
100m(out)	Anthony McGale	13.45	9/8/2017	Scotstoun	
1500m (out)	Anthony McGale	5:05.82	1/9/2018	Wishaw	
3000m (out)	Andrew Callan	10:36.99	2/6/2019	East Kilbride	
10,000m	Anthony McGale	41:28.65	14/10/2018	Cumbernauld	
Marathon	Damian McAuley	2.53.08	14/10/2012	Toronto, CAN	

V45 FEMALE

Event	Athlete	Performance	Date	Venue	Notes/ Competition
60m (indoor)	Deborah Roe	9.85	17/2/2019	Emirates	
100m (out)	Geraldine Gallagher	15.57	9/2/2017	East Kilbride	Lanarkshire AAA
100m (in)	Geraldine Gallagher	16.05	28/11/2017	Motherwell	North Lanarkshire OG
200m(out)	Deborah Roe	33.80	9/8/2019	East Kilbride	
200m (in)	Deborah Roe	33.59	2/2/2020	Emirates	
400m (out)	Caroline Brownlie	78.72	12/6/2018	Kilmarnock	Kilmarnock OG
800m (out)	Ruth Fraser-Moodie	2.41.85	20/05/2023	Linwood	CSSAL M2 Div 2 (TBC)
1500m (in)	Lynne Marr*	5.51.29	2/21/2009	Emirates	Scottish Masters (Unclear if still SH at event)
Mile (Out)	Barbara Knox	6.14	20/06/2005	Hunterhill	Springburn 5-day event Track Mile
3000m (out)	Ruth Fraser-Moodie	11.14.16	30/08/2022	Crownpoint	Shettleston OG



	3000m (indoor)	Lynne Marr*	12.45.37	2/21/2009	Kelvin Hall	Scottish Masters
	10,000m	Barbara Knox	43:44.2	20/10/2013	Coatbridge	
	Long Jump(out)	Caroline Brownlie	3.00	9/9/2018	Grangemouth	CSSAL Div 3
	Shot Put 4kg	Deborah Roe	7.07	29/5/2019	Crownpoint	
	Discus 1Kg	Caroline Brownlie	12.03	9/9/2018	Grangemouth	CSSAL Div 3
	Javelin 600	Deborah Roe	8.22	30/6/2019	Grangemouth	
	Marathon	Christine Hadfield	3.51.07	03/10/2021	London	
	V50 MALE					
	Event	Athlete	Performance	Date	Venue	Notes/ Competition
	Shot Put 6kg (out)	Gary Beggan	8.41m	26/05/2023	Craigswood	Livingston Open Graded
	Javelin (700)	Gary Beggan	23.77	23/06/2023	Craigswood	Livingston Open Graded
	Marathon	Colin McLean	2.54.37	26/05/2015	London	
	V50 FEMALE					
	Event	Athlete	Performance	Date	Venue	Notes/ Competition
	60m (indoor)	Deborah Roe	9.43	18/12/2021	Emirates	GAA Yule Tide
	60m (indoor)	Deborah Roe	9.10**	16/3/22	Pitreavie	**Hand Timed - Dunfermline OG
	100m (indoor)	Geraldine Gallagher	16.05	28/11/2017	Motherwell	
	100m (out)	Deborah Roe	14.56	02/09/2022	Livingston	Livingston Open (-0.7w)
	200m(out)	Deborah Roe	30.78	9/8/2021	Crownpoint	Shettleston H OG
	200m(out)	Deborah Roe	30.4*	27/04/2022	Pitreavie	**Hand Timed - Dunfermline OG
	200m (in)	Deborah Roe	31.58	17/12/2022	Emirates	GAA Yuletide Open
	800m (out)	Lynne Marr*	3.18.02	15/06/2014	Pitreavie	Masters Champs (*SH at time??)
	1500m (out)	Jill Coleman	7:03.00	30/06/2019	Grangemouth	
	1500m (out)	Lynne Marr*	6.21.53	26/06/2013	Grangemouth	Masters Champs (*SH at time??)
	3000m	Carole Craig	12.05.16	01/09/2018	Wishaw	
	5000m	Barbara Knox	23:50.11	27/7/2018	Wishaw	
	10,000m	Barbara Knox	43.44.2	20/10/2013	Coatbridge	
	Shot Put 4kg (out)	Deborah Roe	5.86	11/09/2022	Crownpoint	Lanarkshire AAA Champs (GOLD)
	Javelin	Deborah Roe	9.81	08/05/2022	Crownpoint	CSSAL
	Marathon	Carole Craig	3.43.24	28/04/2019	London	
	V55 MALE					
	Event	Athlete	Performance	Date	Venue	Notes/ Competition
	100m (out)	John McLaughlin	14.62	04/09/2010	Sportcity	
	800m (out)	John McLaughlin	2:41.60	6/2/10	Belfast	N.I Age Group Champs
	1500m (out)	John McLaughlin	5:16.07	4/9/2010	Sportcity	
	5000m	Brian Leitch	20.41.54	06/09/2022	Crownpoint	Shettleston Open Graded
	10,000m	Alan Hill	44:52.4	21/10/2012	Coatbridge	
	Marathon	Colin Watson	3.20.49	29/04/2018	Stirling	
	V55 FEMALE					
	Event	Athlete	Performance	Date	Venue	Notes/ Competition
	100m (out)	Barbara Knox	20.85	1/9/2019	Kilmarnock	
	200m (out)	Barbara Knox	45.51	7/3/2022	Kilmarnock	CSSAL Div 3 Match 3
	800m (out)	Barbara Knox	3:21.66	1/9/2019	Kilmarnock	



1893



1893



1893



1893

1500m (out)	Barbara Knox	6:34.42	30/06/2019	Grangemouth	
3000m (out)	Barbara Knox	13:27.24	1/9/2018	Wishaw	
5000m	Barbara Knox	23:50.11	27/7/2018	Scotstoun	
Long Jump(out)	Barbara Knox	2.17	9/9/2018	Grangemouth	
Shot Put 4kg	Barbara Knox	4.68	11/09/2022	Crownpoint	Lanarkshire AAA Champs (Silver)
Discus 1Kg	Barbara Knox	12.62	1/9/2019	Kilmarnock	
Javelin (600g)	Barbara Knox	10.46	11/09/2022	Crownpoint	Lanarkshire AAA Champs (GOLD)

V60 MALE

Event	Athlete	Performance	Date	Venue	Notes/ Competition
60m (indoor)	Robert Phin	8.50	05/03/2017	Emirates	Master Champs
100m (out)	Robert Phin	13.54	01/07/2017	Grangemouth	Master Champs
200m (indoor)	Robert Phin	29.49	3/5/2017	Emirates	Master Champs
200m (out)* windy	Robert Phin	28.71w	01/07/2017	Grangemouth	Master Champs
5000m	Alan Hill	21:25.18	16/6/2013	Grangemouth	
10,000m	Alan Hill	43:58.10	21/10/2012	Coatbridge	

V60 FEMALE

Event	Athlete	Performance	Date	Venue	Notes/ Competition
100m (outdoor)	Barbara Knox	20.98	20/05/2023	Linwood	CSSAL M2 Div 2 (TBC)
400m (outdoor)	Barbara Knox	96.20	20/05/2023	Linwood	CSSAL M2 Div 2 (TBC)
800m (outdoor)	Barbara Knox	3.25.63	20/05/2023	Linwood	CSSAL M2 Div 2 (TBC)
3000m (outdoor)	Barbara Knox	14.08.46	30/04/2023	Kilmarnock	CSSAL M1 Div 2
Marathon	Jeanette Craig	4.14.06	31/05/2015	Edinburgh	

V65 MALE

Event	Athlete	Performance	Date	Venue	Notes/ Competition
60m (indoor)	Robert Phin	9.69	12/02/2023	Emirates	Scottish Indoor Master Champs
200m (out)	Alan Hill	44.45	30/6/2019	Grangemouth	
3000m (out)	Alan Hill	13:04.71	1/9/2018	Wishaw	
5000m	Alan Hill	22:36.38	27/7/2018	Scotstoun	
10,000m	Alan Hill	46:30.19	16/10/2016	Grangemouth	
Marathon	Alan Hill	3.46.30	28/08/2016	Glasgow	

V65 FEMALE

Event	Athlete	Performance	Date	Venue	Notes/ Competition
Marathon	Jeanette Craig	4.14.06	31/05/2016	Edinburgh	

V70 MALE

Event	Athlete	Performance	Date	Venue	Notes/ Competition
800m (out)	Tommy O'Reilly	2.51.10	13/06/2004	Dumfries	Masters Champs
800m (indoor)	Tommy O'Reilly	3.03.33	10/02/2007	Kelvin Hall	
1500m (out)	Tommy O'Reilly	6.11.55	13/06/2004	Dumfries	Masters Champs
1500m (in)	Tommy O'Reilly	5:58.94	18/2/2006	Glasgow	
5000m	Alan Hill (V70)	23.15.00	24/07/2021	Kilmarnock	
10,000m	Tommy O'Reilly	45:45:00	16/10/2005	Coatbridge	



V70 FEMALE						
Event	Athlete	Performance	Date	Venue	Notes/ Competition	
100m (out)	Jeanette Craig	19.50	18/07/2021	Nuneaton	England Masters AA	
800m (out)	Jeanette Craig	3.22.5	18/07/2021	Nuneaton	England Masters - *Scottish Age Record	
5000m	Jeanette Craig	22.58.99	24/07/2021	Kilmarnock	*Scottish Age Record	
V75 MALE						
Event	Athlete	Performance	Date	Venue	Notes/ Competition	
800m (indoor)	James Parker	3.34.62	24/01/2010	Kelvin Hall	Scottish Masters	
1500m (indoor)	James Parker	7.36.03	24/01/2010	Kelvin Hall	Scottish Masters	
10,000m	George Inglis	62:37.06	16/10/2016	Grangemouth		
Marathon	George Inglis	5.52.33	29/04/2018	Stirling		
V75 FEMALE						
Event	Athlete	Performance	Date	Venue	Notes/ Competition	

