



OVERALL MALE					
Event	Athlete	Performance	Date	Venue	Notes/ Competition
60m (indoor)	Douglas Knox (U15)	7.67	18/02/2023	Emirates	Silver - Scottish Indoor U15 Champs
60m (out)	Craig Alexander (u11)	9.89	1/9/2018	Wishaw	
75m	Lucas McDonald (U13)	10.60	24/06/2023	Scotstoun	SUPERTeams (TBC)
80m	Lucas McDonald (U11)	11.3*	05/06/2022	Linwood	** Hand Timed/ NWI - CSSAL Div 3 M2
100m (outdoor)	Josh Ashburn (u20)	12.50	5/5/2019	Wishaw	
100m (outdoor)	Rowan Spence (u17)	12.0*	6/5/2022	Linwood	**Hand-Timed/ NWI - CSSAL Div 3 Match 2
100m (indoor)	Jack McCallum (u15)	14.23	18/2/2017	Motherwell	
100 Yards	John Young (SEN)	10.00	1960		
100 Yards	David McKean (SEN)	10.00	1968		
150m	Fraser Murray (u11)	23.53	30/06/2019	Grangemouth	CSSAL
200m (indoor)	Rowan Spence (u17)	24.82	09/02/2022	Emirates	U17 Indoor Champs
200m (outdoor)	Jaime Williamson (u-20)	24.42	31/5/2014	Germany	
220 Yards	David McKean (SEN)	21.90	1968		
400m (indoor)	Rowan Spence (u17)	54.27	04/02/2023	Emirates	Scottish U17 Indoor Champs
400m (outdoor)	John Cherry (U20)	48.70	1970		
440 Yards	David McKean	49.30	1965		
600m (outdoor)	Finn Smith (U15)	1.40.82	6/14/2023	Riverside, Ayr	Ayrshire Open Graded
600m (indoor)	Albert McLellan (Sen)	1:23.50	1972		Scot Champs - Bronze
800m (outdoor)	Graham Williamson (Sen)	1:45.60	12/6/83	Loughborough	
800m (indoor)	Jack McCabe (u23)	2:03.84	28/1/2018	Emirates	
880 Yards	Duncan Middleton (Sen)	1:48.60	1967		Scottish Record (Last ever at 880y)
1000m	Graham Williamson (Sen)	2:16.82	17/7/1984	Edinburgh	
1200m	Graham Williamson (U20)	2:52.40+	16/8/1979	Poland	During 1500m
1500m (out)	Graham Williamson (Sen)	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 (Sen)	3:50.64	13/7/1982	Cork	
2000m (out)	Graham Williamson (Sen)	4:58.38	29/8/1983	Crystal Palace	
2 Mile	Michael J Bradley (Sen)	8:50.00	1970		
2 Mile (indoor)	Michael J Bradley (Sen)	8:40.2	1970		
3 Miles	Eddie Knox (Sen)	13:48.40	1966		
3000m (out)	Graham Williamson (U20)	8:00.70	29/7/1978	Edinburgh	
3000m (in)	Graham Crawford (Sen)	8:28.36	1987		Scot Champs - Bronze
5000m	Paul Evans (Sen)	13:41.33	1991		
10,000m	Paul Evans (Sen)	28:56.69	1991		
3000SC	Thomas O'Reilly (Sen)	9:12.20	1959		Scot Champs - Gold
60m Hurdles	Douglas Knox (U15)	9.22	18/02/2023	Emirates	GOLD - Scottish Indoor U15 Champs
75m Hurdles	Wai Shun Tong (U13)	12.49	13/05/2023	Kilmarnock	GOLD - West District Champs
80m Hurdles	Douglas Knox (U15)	12.75	13/05/2023	Kilmarnock	GOLD - West District Champs
80m Hurdles	Douglas Knox (U15)	12.16*	03/06/2023	Grangemouth	*NWISSAA Pentathlon Champs
High Jump (in)	Douglas Knox (U15)	1.61	21/01/2023	Emirates	National Indoor Open
High Jump (out)	David Cairns (Sen)	1.96	1963		Scot Champs - Silver
Long Jump(out)	Robin Souter (u20)	6.55	1966		Scot Champs - Gold
Long Jump (in)	Douglas Knox (U15)	6.26	05/03/2023	Emirates	#2 Scotland All Time - Team Silver - SAIL Final
Triple Jump(out)	Kenneth Taylor (Sen)	13.18	1976		
Triple Jump(out)	Kenneth Taylor (Sen)	13.36w	1975		
Pole Vault (indoor)	Robin Lumby (U17)	2.50	31/01/2023	Emirates	SILVER - Scottish Schools Indoor Champs (U17s)
Pole Vault (out)	Robin Lumby (U17)	2.70	09/06/2023	Grangemouth	Scottish Schools Champs (U17) - 4th
Shot Put 7.26kg	David Gormley (V35)	8.61	1/9/2019	Kilmarnock	
Shot Put 6kg (out)	Gary Beggan (V50)	8.41m	26/05/2023	Craigswood	Livingston Open Graded
Shot Put 5kg (i)	Adam Knox (U17)	9.24	11/27/2022	Emirates	SAIL R1
SP 4k (in)	Douglas Knox (u15)	10.79	28/01/2023	Emirates	Combined Ev Indoor Champs



Shot Put 4kg (out)	Kenneth Mather (u15)	13.95	1978		Scot Champs - Gold
Shot Put 3kg (out)	Jamie Lowrie (U13)	8.65	28/08/2022	Grangemouth	Scottish Outdoors U13 Champs (5th)
Javelin (400)	Jamie Lowrie (U13)	22.30	28/08/2022	Grangemouth	Scottish Outdoors U13 Champs (7th)
Javelin (600g)	Joe Crawford (U15)	32.06	10/06/2023	Grangemouth	Scottish Schools Champs (4th)
Javelin (700)	Adam Knox (U17)	28.42	24/06/2022	Livingston	Livingston Open
Javelin (800g)	LT Montgomery (Sen)	47.80	1932		Scot Champs - Silver
Discus (2kg)	LT Montgomery (Sen)	35.84	1934		Scot Champs - Bronze
Discus 1.25kg	Jamie Lowrie (U13)	24.93	14/05/2023	Kilmarnock	Bronze - West District Champs
Hammer	David Muirhead (Sen)	35.10	1975		
Pentathlon (Indoor)	Douglas Knox (U15)	2676	28/01/2023	Emirates	*GOLD*Combined Ev Indoor Champs (8th AT)
Pentathlon (Out)	Douglas Knox (u15)	2906	03/06/2023	Grangemouth	SSAA Pentathlon Champs (LJ,80H,200, SP, 800)
Marathon	Paul Evans	2:12.53	1991	Italian Marathon	
4x200m	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				
4x100m	Callum McHugh	57.87	22/4/2017	Grangemouth	National Relays (u13)
	Ben Watchorn				
	Jack McCallum *(u15)				
	Bobby McSkimming				
4x100m (mixed)	Hannah Maison	53.7*	05/06/2022	Linwood	**Hand-Timed/ NWI - CSSAL Div 3 Match 2 U17 Team
	Katie Lennon				
	Rowan Spence				
3x800m	Adam Knox	8:55.97	22/4/2017	Grangemouth	U17's
	Connor Emordy				
	Kieran Ballard				
	Ben Emordy				
Mile Medley Relay (200/600/200/600)	Alfie Laing	4.40.37	25/06/2023	Scotstoun	National Relay Champs (U13)
	Tommy Souter				
	Lucas McDonald				
	Gregor McNaught				



OVERALL FEMALE					
Event	Athlete	Performance	Date	Venue	Notes/ Competition
60m (indoor)	Lucy Rae (u23)	8.23	11/02/2023	Emirates	Scottish Student Indoor Champs
60m (outdoor)	Emilia Murray (u11)	9.60	1/9/2018	Wishaw	
75m	Jessica Bell U13	10.90	24/06/2023	Scotstoun	<i>SUPER</i> Teams (TBC)
80m	Ruby Sillitoe (u11)	12.28	02/09/2022	Livingston	Livingston Open (+0.2w)
100m (outdoor)	Lucy Rae (u-17)	13.17	12/5/2018	Kilmarnock	
100m(indoor)	Annabel Paul (u15)	13.86	18/2/2017	Motherwell	
150m	Ruby Sillitoe (u11)	23.90	22/07/2022	Livingston	Livingston Open Graded
200m (indoor)	Nicola Farmer (u20)	27.91	17/10/2021	Emirates	
200m (outdoor)	Lucy Rae (u-17)	27.72	2/9/2017	East Kilbride	
200m (out) *Windy	Nicola Farmer (u20)	27.17w	31/07/2021	Scotstoun	(3.0w) - GAA Sprint Meet
200m (out) *NWI	Nicola Farmer (u20)	27.49	11/06/2022	Grangemouth	*NWI* Scottish Schools Champs - U20 - 6th
300m (outdoor)	Nicola Farmer (u-17)	43.15	2/6/2019	East Kilbride	
300m (indoor)	Nicola Farmer (u-17)	44.55	1/12/2019	Emirates	
400m (outdoor)	Nicola Farmer (u20)	61.68	07/07/2021	Scotstoun	GAA Sprint Meet
400m (indoor)	Nicola Farmer (u20)	62.19	12/12/2021	Emirates	SAIL
600m (out)	Skye Smith (U15)	1.41.33	14/06/2023	Riverside, Ayr	Ayrshire Open Graded
800m (outdoor)	Skye Smith (U15)	2.22.68	13/05/2023	Kilmarnock	West District Champs (4th)
800m (in)	Skye Smith (U15)	2.25.40	18/01/2022	Emirates	Scottish Indoor U15 Champs

880 yards	Molly Ferguson (Sen)	2:23.90	1958	Scot Champs	Gold
1500m (outdoor)	Danielle Brown (u20)	4:35.58	31/8/2008	Dunfermline	
1500m (indoor)	Rachel Giffen (u17)	5:10.92	5/2/2020	Emirates	
Mile (outdoor)	Doreen Fulton (sen)	5:22.2	1961	Scottish Champs	gold
3000m (outdoor)	Marlene Gemmell (Sen)	10:03.10	1995		(possibly Strathkelvin)
5000m	Michelle Sandison (V35)	17:29.72	28/7/2017	Glasgow	
10,000m	Michelle Sandison (V35)	36:14.70	31/8/2019	Carlruke	
60mH (in)	Charis Crawford (U17)	10.27	04/02/2023	Emirates	U17 Scottish Indoor Champs
70mH	Ella O'Brien (U13)	13.54	26/05/2023	Craigswood	Livingston OG
75m Hurdles	Millie Newall (u15)	13.38	10/07/22	Dundee	Scottish Combined Events Champs
80mH	Jean Muir (sen)	???	1958		Scottish Champs - Bronze
80mH	Charis Crawford (u17)	13.80	03/06/2023	Grangemouth	SSAA Pentathlon Champs (w -1.3)
100m H	Lucy Rae (u23)	22.86	03/07/2022	Kilmarnock	CSSAL Div3 Match 3
300mH	Ruby Lennon (U17)	56.58	14/05/2023	Kilmarnock	West District Champs (5th)
400mH	Fiona Gentles (sen)	72.58	4/6/2011	Hendon	
2000SC	Fiona Gentles (sen)	7:35.33	16/4/2011	Grangemouth	
High Jump (indoor)	Charis Crawford (U17)	1.46	21/01/2023	Emirates	National Indoor Open
High Jump(outdoor)	Charis Crawford (u15)	1.45	04/06/2022	Grangemouth	Scottish Schools Pentathlon Champs
Pole Vault (indoor)	Charis Crawford (U17)	3.00m	10/03/2023	Emirates	Jump Glasgow
Pole Vault (outdoor)	Charis Crawford (U17)	3.19m	13/05/2023	Kilmarnock	GOLD - West District Champs
Long Jump(outdoor)	C Cowie (Sen)	4.91	1959		W DistrictsChamps
Long Jump (indoor)	Charis Crawford (U17)	4.58	29/01/2023	Emirates	Scottish Indoor Combined Event Champs
Triple Jump (indoor)	Katie Lennon (U17)	8.13	12/12/2021	Emirates	SAIL
Triple Jump (outdoor)	Katie Lennon (U17)	8.25	10/06/2023	Grangemouth	Scottish Schools Champs (U17) (1.2w)
Shot Put 4kg	Deborah Roe (v45)	7.07	29/5/2019	Crownpoint	
Shot Put 2.72 (out)	Beth Mould (U13)	7.33	13/05/2023	Kilmarnock	Bronze - West Districts Champs
Shot Put 2.72kg (in)	Beth Mould (U13)	7.66	19/02/2023	Emirates	Scottish Indoor U13 Champs
Shot Put 3kg (outdoor)	Millie Newall (u15)	8.98	27/08/2022	Grangemouth	Scottish Outdoor Champs - (7th)
Shot Put 3kg (indoor)	Charis Crawford (U17)	8.53	10/12/2022	Emirates	SAIL R2
Discus 0.75kg	Jessica Taylor (u13)	17.36	24/07/2021	Livingston	SAL Throws
Discus 1Kg	Jessica Taylor (U15)	18.17	15/05/2022	Kilmarnock	West District Champs (5th)
Javelin 400g	Beth Mould (U13)	13.17	20/05/2023	Linwood	CSSAL Div 2 M2 (TBC)
Javelin 500g	Emily Tollett (U15)	20.23	23/06/2023	Craigswood	Livingston Open Graded
Javelin 600g	Gemma Welsh (Sen)	14.88	5/5/2019	Wishaw	
IndoorPentathlon	Charis Crawford (U17)	2498	1/29/2023	Emirates	Scottish Indoor Combined Event Champs
Outdoor Pentathlon	Millie Newall (u15)	2300	10/07/2022	Dundee	Scottish Combined Events Champs
4x200m	<i>Abigail MacLaine</i>	1.55.55	05/03/2023	Emirates	SAIL Relays (Heat - 9th Overall)
	<i>Kirsty MacInnes</i>				
	<i>Emilia Murray</i>				
	<i>Emma Reid</i>				
4x100m	Abbie Scott	55.70	25/06/2023	Scotstoun	National Relays
	Bianca Badoo				
	Emily Tollett				
	Poppy Wood				
3x800	Skye Smith (U15)	8.03.86	25/06/2023	Scotstoun	National Relays
	Abigail MacLaine				
	Ruby Lennon				
Medley Relay (200/600/200/600)	Ella O'Brien	5.04.70	25/06/2023	Scotstoun	National Relay Champs
	Brooke Dawson				
	Ruby Sillitoe				
	Willow Smith				