



## Springburn Harriers - Sprint & Hurdles Records



MALE						
Event	Age Group	Athlete	Performance	Date	Venue	Notes/ Competition
60m (indoor)	U11	Lucas McDonald	9.10	16/01/2022	Emirates	SAIL
60m (indoor)	U13	<b>Wai Sun Tong</b>	<b>7.92</b>	19/02/2023	Emirates	<b>GOLD - Champs Rec</b> - Scottish Indoor U13 Champs
60m (indoor)	U15	<b>Douglas Knox</b>	<b>7.67</b>	18/02/2023	Emirates	<b>Silver</b> - Scottish Indoor U15 Champs
60m (indoor)	U17	Rowan Spence	7.97	17/10/2021	Emirates	SAIL
60m (indoor)	U20	Darren Reilly	7.74	17/10/2021	Emirates	SAIL
60m (indoor)	SEN	<b>Dean Park</b>	<b>8.86</b>	17/12/2022	Emirates	GAA Yuletide Open
60m (indoor)	V60	Robert Phin	8.5	05/03/2017	Emirates	Master Champs
60m (indoor)	V65	<b>Robert Phin</b>	<b>9.69</b>	12/02/2023	Emirates	Scottish Indoor Master Champs
100m (outdoor)	U11	Lucas McDonald	14.2*	03/04/2022	Grangemouth	*Hand Timed - Central AC Open Graded
100m (outdoor)	U13	Jack McCallum	14.00	3/9/2016	Wishaw	
100m (outdoor)	U15	Caleb Wellington	12.71	21/8/2016	Grangemouth	
100m (outdoor)	U17	Darren Reilly	12.53	8/6/2021	Livingston	
100m (outdoor)	U17	Rowan Spence	12.0*	6/5/2022	Linwood	**Hand-Timed/ NWI - CSSAL Div 3 Match 2
100m (outdoor)	U20	Josh Ashburn	12.50	5/5/2019	Wishaw	
100m (outdoor)	SEN	Dean Park	13.58	30/04/2023	Kilmarknock	CSSAL M1 Div2
100m (outdoor)	SEN	Dean Park	13.5*	08/05/2022	Crownpoint	*Hand Timed - CSSAL
100m (outdoor)	V35	Paul Wilson	14.76	2/6/2019	East Kilbride	CSSAL Div 3
100m (outdoor)	V40	<b>Thomas O'Brien</b>	<b>14.82</b>	23/06/2023	Craigswood	<i>Livingston Open Graded</i>
100m (outdoor)	V45	Anthony McGale	13.45	9/8/2017	Scotstoun	
100m (outdoor)	V55	John McLaughlin	14.62	04/09/2010	Sportcity	
100m (outdoor)	V60	Robert Phin	13.54	01/07/2017	Grangemouth	Master Champs
200m (outdoor)	U11	Lucas McDonald	30.10	03/04/2022	Grangemouth	**Hand Time*Central AC Open Graded
200m (outdoor)	U13	Ben Watchorn	29.49	2/9/2017	East Kilbride	
200m (outdoor)	U15	Douglas Knox	26.14	27/08/2022	Grangemouth	Scottish Outdoor Champs
200m (outdoor)	U17	Jaime Williamson	24.67	29/5/2013	Aichach, GER	
200m (outdoor)	U17	Ethan McLernon	27.58	1/9/2018	Wishaw	
200m (outdoor)	U20	Jaime Williamson	24.42	31/5/2014	Germany	
200m (outdoor)	SEN	Dean Park	29.00	03/07/2022	Kilmarknock	CSSAL Div 3 Round 3
200m (outdoor)	V40	Thomas O'Brien	31.60	03/07/2022	Kilmarnock	CSSAL Div 3 Match 3
200m (out) windy	V60	Robert Phin	28.71w	01/07/2017	Grangemouth	Master Champs (windy)
200m (outdoor)	V65	Alan Hill	44.45	30/6/2019	Grangemouth	
200m (indoor)	U11	<b>Eli Crawford</b>	<b>37.55</b>	17/12/2022	Emirates	GAA Yuletide Open
200m (indoor)	U13	<b>Wai Sun Tong</b>	<b>27.00s</b>	19/02/2023	Emirates	<b>GOLD - 8th All time</b> - Scottish Indoor U13 Champs
200m (indoor)	U15	<b>Douglas Knox</b>	<b>25.96</b>	10/12/2022	Emirates	SAIL R2
200m (indoor)	U17	Rowan Spence	24.82	09/02/2022	Emirates	U17 Indoor Champs
200m (indoor)	U20	Darren Reilly	25.08	16/01/2022	Emirates	SAIL (also ran 24.98 but result lost)
200m (indoor)	SEN	<b>Dean Park</b>	<b>28.51</b>	17/12/2022	Emirates	GAA Yuletide Open
200m (indoor)	V60	Robert Phin	29.49	3/5/2017	Emirates	Master Champs
300m (indoor)	U15	<b>Umberto Minchella</b>	<b>45.05</b>	05/03/2023	Emirates	SAIL Final (Team SILVER)
400m (outdoor)	U15	Darren Reilly	63.49	1/9/2019	Kilmarnock	
400m (outdoor)	U17	Jaime Williamson	52.41	29/6/2013	Regensburg, GER	
400m (outdoor)	U20	John G Cherry	48.70	1970		
400m (outdoor)	SEN	Dean Park	66.84	4/10/2022	Kilmarknock	Ayr Harriers Open Graded
400m (outdoor)	V40	Paul Wilson	63.55	11/09/2022	Crownpoint	Lanarkshire AAA Champs - BRONZE
400m (indoor)	U15	Lewis Apperson-McHugh	63.86	27/1/2019	Emirates	
400m (indoor)	U17	<b>Rowan Spence</b>	<b>54.27</b>	04/02/2023	Emirates	Scottish U17 Indoor Champs

400m (indoor)	U20	Harry Lomand	66.91	6/1/2018	Emirates	
60m Hurdles	U13	<b>Wai Shun Tong</b>	<b>9.99</b>	21/01/2023	Emirates	National Indoor Open
60m Hurdles	U15	<b>Douglas Knox</b>	<b>9.22</b>	18/02/2023	Emirates	<b>GOLD</b> - Scottish Indoor U15 Champs
75m Hurdles	U13	<b>Wai Shun Tong</b>	<b>12.49</b>	13/05/2023	Kilmarnock	<b>GOLD</b> - West District Champs
80m Hurdles	U15	<b>Douglas Knox</b>	<b>12.75</b>	13/05/2023	Kilmarnock	<b>GOLD</b> - West District Champs
80m Hurdles	U15	<b>Douglas Knox</b>	<b>12.16*</b>	03/06/2023	Grangemouth	*NWI - SSAA Pentathlon Champs
4x100m	U11	Manuel Fajonyomi	62.06	18/06/2022	Kilmarnock	SUPERTEAMS
		Magnus Sosu				
		Thomas Souter				
		Lucas McDonald				
4x100m	U15	Callum McHugh	57.87	22/4/2017	Grangemouth	National Relays u13's with 1 u15
		Ben Watchorn				
		Jack McCallum *(u15)				
		Bobby McSkimming				
4x100m (Mixed)	U11	Manuel Fajonyomi	62.7*	08/05/2022	Crownpoint	** Hand Timed - CSSAL
		Ruby Sillitoe				
		Brooke Dawson				
		Lucas McDonald				
4x100m (Mixed)	U13	Lucas McDonald	57.37	30/04/2023	Kilmarnock	CSSAL M1 Div 2 -
		Ella O'Brien				
		Ella-Rose Templeton				
		Wai Shun Tong				
4x100m (Mixed)	U15	Caleb Keefe	56.3*	08/05/2022	Crownpoint	** Hand Timed - CSSAL
		Millie Newall				
		Emilia Murray				
		Douglas Knox				
4x100m (Mixed)	U17	Hannah Maison	53.7*	05/06/2022	Linwood	**Hand-Timed/ NWI - CSSAL Div 3 Match 2
		Katie Lennon				
		Rowan Spence				
		Adam Knox				
4x100m (mixed)	SEN/ Master	Ben Emordy (u20)	58.5*	05/06/2022	Linwood	**Hand-Timed/ NWI - CSSAL Div 3 Match 2
		Matt Stanley (V35)				
		Gemma MacMillan (SEN)				
		Nicola Farmer (u20)				
4x200m (indoor)	U11	Umberto Minchella	2.21.76	10/02/2019	Emirates	SUPERteams
		Zack Ashburn				
		Joe Crawford				
		Evan Kelly				
4x200m (indoor)	U13	Matthew Murray	1.55.47	11/02/2023	Emirates	<b>GOLD: U13 Relay Champs (5th All Time U13 indoors)</b>
		Lucas McDonald				
		Drew Dawson				
		Wai Shun Tong				



FEMALE						
Event	Age Group	Athlete	Performance	Date	Venue	Notes/ Competition
60m (indoor)	U11	Ruby Sillitoe	9.99	12/12/2021	Emirates	SAIL
60m (indoor)*	U13	Emilia Murray	9.02	6/2/2020	Emirates	*Schools
60m (indoor)	U15	Chloe MacDonald	8.56	1/12/18	Emirates	
60m (indoor)	U17	<b>Ellie MacCalman</b>	<b>8.49</b>	27/11/2022	Emirates	SAIL R1
60m (indoor)	U20	Hannah Brannan	9.70	16/01/2022	Emirates	SAIL *Po10 = Nicola Farmer

60m (indoor)	SEN	<b>Lucy Rae (u23)</b>	<b>8.23</b>	11/02/2023	Emirates	Scottish Student Indoor Champs
60m (indoor)	V45	Deborah Roe	9.85	17/2/2019	Emirates	
60m (indoor)	V50	Deborah Roe (V50)	9.43	18/12/2021	Emirates	GAA Yule Tide
60m (indoor)*	V50	Deborah Roe (V50)	9.1	16/03/2022	Pitreavie	**Hand Timed - Dunfermline OG
100m (outdoor)	U11	Skye Smith	15.88	27/8/2019	Crownpoint	
100m (outdoor)	U13	Anna Kelly	14.31	9/3/2021	Livingston	Livingston OG
100m (outdoor)	U15	Jennifer Aniobi	13.55	2/9/2017	East Kilbride	
100m (outdoor)	U17	Lucy Rae	13.17	12/5/2018	Kilmarnock	
100m (outdoor)	U20	Nicola Farmer	13.2*	05/06/2022	Linwood	**Hand-Timed/ NWI - CSSAL Div3 - R2
100m (outdoor)	SEN	<b>Lucy Rae (u23)</b>	<b>13.27</b>	05/05/2023	Dunfermline	<i>Pitreavie Speed Meet (+2.0w) - TBC</i>
100m (outdoor)	V40	<b>Lynne McIntyre</b>	<b>15.53</b>	20/05/2023	Linwood	CSSAL M2 Div 2 (TBC)
100m (outdoor)	V45	Geraldine Gallagher	15.57	9/2/2017	East Kilbride	Lanarkshire AAA
100m (outdoor)	V50	Deborah Roe	14.56	02/09/2022	Livingston	Livingston Open (-0.7w)
100m (outdoor)	V60	<b>Barbara Knox</b>	<b>20.98</b>	20/05/2023	Linwood	CSSAL M2 Div 2 (TBC)
100m (outdoor)	V70	Jeanette Craig	19.50	18/07/2021	Nuneaton	England Masters AA
200m (outdoor)	U11	Skye Smith	33.48	27/8/2019	Crownpoint	
200m (outdoor)	U11	Willow Smith	33.3**	03/04/2022	Grangemouth	**Hand Timed - Central AC Open Graded
200m (outdoor)	U13	Nicola Farmer	30.60	3/9/2016	Wishaw	
200m (outdoor)	U15	Nicola Farmer	28.46	1/9/2018	Wishaw	
200m (outdoor)	U17	Lucy Rae	27.72	2/9/2017	East Kilbride	GAA Sprint Meet
200m (outdoor)	U20	Nicola Farmer	27.49	11/06/2022	Grangemouth	*NWI* Scottish Schools Champs - U20 - 6th
200m (outdoor)*	U20	Nicola Farmer	27.17 *	31/07/2021	Scotstoun	*Windy (3.0w)
200m (outdoor)	SEN	Lucy Rae (u23)	29.38	11/09/2022	Crownpoint	Lanarkshire AAA Champs
200m (outdoor)	V45	Deborah Roe (v45)	33.80	9/8/2019	East Kilbride	Shettleston H OG
200m (outdoor)	V50	Deborah Roe (V50)	30.78	9/8/2021	Crownpoint	
200m (outdoor)*	V50	<i>Deborah Roe (V50)</i>	<i>30.4*</i>	27/04/2022	Pitreavie	*Hand Timed - Dunfermline OG
200m (outdoor)	V55	Barbara Knox	45.51	03/07/2022	Kilmarnock	CSSAL Div 3 Match 3
200m (indoor)	U11	<b>Sophia Strang</b>	<b>38.65</b>	17/12/2022	Emirates	GAA Yuletide Open
200m (indoor)	U13	<b>Ella O'Brien</b>	<b>31.22</b>	19/02/2023	Emirates	Scottish Indoor U13 Champs
200m (indoor)	U15	<b>Poppy Wood</b>	<b>29.33</b>	18/02/2022	Emirates	Scottish Indoor U15 Champs
200m (indoor)	U17	<b>Ellie MacCalman</b>	<b>28.23</b>	01/02/2023	Emirates	Scottish Schools Indoor Champs (Bearsden Ac)
200m (indoor)	U20	Nicola Farmer	27.91	17/10/2021	Emirates	
200m(indoor)	SEN	Emma Ryan	28.98	28/1/2018	Emirates	
200m (indoor)	V45	Deborah Roe	33.59	2/2/2020	Emirates	
200m (indoor)	V50	<b>Deborah Roe</b>	<b>31.58</b>	17/12/2022	Emirates	GAA Yuletide Open
300m (outdoor)	U15	<b>Poppy Wood</b>	<b>46.52</b>	23/06/2023	Craigswood, Liv	Livingston Open Graded
300m (outdoor)	U17	Nicola Farmer	43.15	2/6/2019	East Kilbride	
300m (indoor)	U15	<b>Skye Smith</b>	<b>45.94</b>	21/01/2023	Emirates	National Indoor Open
300m (indoor)	U17	Nicola Farmer	44.55	1/12/2019	Emirates	
400m (outdoor)	U17	Nicola Farmer	63.26	24/7/2019	Scotstoun	GAA Sprint Meet
400m (outdoor)	U20	Nicola Farmer	61.68	07/07/2021	Scotstoun	
400m (outdoor)	SEN	Gemma Welsh	81.25	27/9/2017	wishaw	Kilmarnock OG
400m (outdoor)	V45	Caroline Brownlie	78.72	12/6/2018	Kilmarnock	
400m (outdoor)	V60	<b>Barbara Knox</b>	<b>96.20</b>	20/05/2023	Linwood	CSSAL M2 Div 2 (TBC)
400m (indoor)	U20	Nicola Farmer	62.19	12/12/2021	Emirates	SAIL
60m Hurdles	U13	<b>Beth Mould</b>	<b>11.17</b>	19/02/2023	Emirates	Scottish Indoor U13 Champs
60m Hurdles	U15	Millie Newall	10.76	18/12/2021	Emirates	GAA Yule Tide
60m Hurdles*	U15	Charis Crawford	10.7*	16/03/2022	Pitreavie	**Hand Timed - Dunfermline OG
60m Hurdles	U17	<b>Charis Crawford</b>	<b>10.27</b>	04/02/2023	Emirates	U17 Scottish Indoor Champs
70m Hurdles	U13	<b>Ella O'Brien</b>	<b>13.54</b>	26/05/2023	Craigswood	Livingston OG
75m Hurdles	U15	Millie Newall	13.38	10/07/2022	Dundee	Scottish Combined Events Champs
80m Hurdles	U17	<b>Charis Crawford</b>	<b>13.80</b>	03/06/2023	Grangemouth	SSAA Pentathlon Champs (w -1.3)

80m Hurdles	SEN	Jean Muir (sen)	???	1958	Scottish Champs	Bronze Medal
100m Hurdles	SEN	Lucy Rae (u23)	22.86	03/07/2022	Kilmarnock	CSSAL Div3 Match 3
300m Hurdles	U17	<b>Ruby Lennon</b>	<b>56.58</b>	14/05/2023	Kilmarnock	West District Champs (5th)
400m Hurdles	SEN	Fiona Gentles	72.58	4/6/2011	Hendon	
4x100m	U11	<b>Kitty Penamn</b>	<b>70.9</b>	22/04/2023	Greenfaulds HS (Cumbernauld)	LAAA Relay Champs ( <b>Bronze Medal</b> )
		<b>Molly O'Brien</b>				
		<b>Isla Docherty</b>				
		<b>Eva Thomson</b>				
4x100m	U13	<b>Ruby Sillitoe</b>	<b>60.0</b>	22/04/2023	Greenfaulds HS (Cumbernauld)	LAAA Relay Champs
		<b>Ella O'Brien</b>				
		<b>Beth Mould</b>				
		<b>Jessica Bell</b>				
4x100m	U15	<b>Abbie Scott</b>	<b>55.70</b>	25/06/2023	Scotstoun	National Relays
		<b>Bianca Badoo</b>				
		<b>Emily Tollett</b>				
		<b>Poppy Wood</b>				
4x100m	U17	<b>Katie Lennon</b>	<b>56.96</b>	25/06/2023	Scotstoun	National Relays
		<b>Emma Reid</b>				
		<b>Ruby Lennon</b>				
		<b>Abigail Maclaine</b>				
4x100m	SEN	Team Unkown	74.24	30/6/2019	Grangemouth	
4x200m	U11	Brooke Dawson	2.17.61	06/03/2022	Emirates	SAIL Relays Indoors Gold Medalists
		Beth Wells				
		Willow Smith				
		Ruby Sillitoe				
4x200m	U13	<b>Ella O'Brien</b>	<b>2.05.18</b>	05/03/2023	Emirates	SAIL Finals Time in Heat (Q)
		<b>Ella-Rose Templeman</b>				
		<b>Willow Smith</b>				
		<b>Beth Mould</b>				
4x200m	U15	<b>Abbie Scott</b>	<b>1.59.99</b>	05/03/2023	Emirates	SAIL Relays (heat)
		<b>Olivia Kay</b>				
		<b>Marissa Murray</b>				
		<b>Poppy Wood</b>				
4x200m	U17	<b>Abigail Maclaine</b>	<b>1.55.55</b>	05/03/2023	Emirates	SAIL Relays (Heat - 9th Overall)
		<b>Kirsty MacInnes</b>				
		<b>Emilia Murray</b>				
		<b>Emma Reid</b>				