



Springburn Harriers - Throws Records



MALE

Age Group	Event	Athlete	Performance	Date	Venue	Notes/ Competition
U11	Shot Put 2.72kg (indoor)	Umberto Minchella	4.70	10/02/2019	Emirates	SUPERteams
U13	Shot Put 3kg (indoor)	Jamie Lowrie	6.61	06/03/2022	Emirates	SAIL FINAL
U15	Shot Put 4kg (indoor)	Douglas Knox	10.79	28/01/2023	Emirates	Combined Ev Indoor Champs
U17	Shot Put 5kg (indoor)	Adam Knox	9.24	11/27/2022	Emirates	SAIL R1
U20	Shot Put 6kg (indoor)	Darren Reilly	7.67	16/01/2022	Emirates	SAIL (Also 8.12m but result lost)
U11	Shot Put 3kg (outdoor)	Eli Crawford	2.90	03/04/2022	Grangemouth	Central AC Open Graded
U11	Shot Put 2.72kg (outdoor)	Eli Crawford	5.16	26/05/2023	Craigswood	Livingston OG
U13	Shot Put 3kg (outdoor)	Jamie Lowrie	7.60	24/06/2022	Livingston	Livingston Open
U13	SP 3.25kg (outdoor)	Darren Reilly	6.27	2/9/2017	East Kilbride	
U15	Shot Put 4kg (outdoor)	Kenneth Mather	13.95	1978	Scot Champs	Gold
U17	Shot Put 5kg (outdoor)	Darren Reilly	8.79	9/8/2021	Crownpoint	Shettleston OG
U20	Shot Put 7.26kg (outdoor)	Harry Lomand	4.00	09/09/2018	Grangemouth	
SEN	Shot Put 7.26kg (outdoor)	Stephen Emordy (u23)	5.78	05/06/2022	Linwood	CSSAL Div 3 Round 2
SEN	Shot Put 7.26kg (outdoor)	Kieran Ballard (U23)	6.22m	20/05/2023	Linwood	CSSAL Div 2 Round 2 (TBC)
V35	Shot Put 7.26kg (outdoor)	David Gormley	8.61	1/9/2019	Kilmarnock	CSSAL Div 3
V50	Shot Put 6kg (outdoor)	Gary Beggan	8.41m	26/05/2023	Craigswood	Livingston Open Graded
U11	Javelin 400g	Eli Crawford	8.31	03/04/2022	Grangemouth	Central AC Open Graded
U13	Javelin 400g	Jamie Lowrie	22.30	28/08/2022	Grangemouth	Scottish Outdoors U13 Champs (7th)
U15	Javelin 600g	Joe Crawford	32.06	10/06/2023	Grangemouth	Scottish Schools Champs (4th)
U17	Javelin 700g	Adam Knox	28.42	24/06/2022	Livingston	Livingston Open
SEN	Javelin 800g	LT Montgomery	47.80	1932		Scot Champs
V35	Javelin 800g	Matt Stanley	20.93	08/05/2022	Crownpoint	CSSAL Div 3
V40	Javelin 800g	Thomas O'Brien	19.43	30/04/2023	Kilmarnock	CSSAL Match 1
V50	Javelin 700g	Gary Beggan	23.77	23/06/2023	Craigswood	Livingston Open Graded
U13	Discus 1kg	Jamie Lowrie	24.07	28/08/2022	Grangemouth	Scottish Outdoors U13 Champs (2nd)
U15	Discus 1.25kg	Jamie Lowrie	24.93	14/05/2023	Kilmarnock	Bronze - West District Champs
U17	Discus 1.5kg	Adam Knox	26.34	03/07/2022	Kilmarnock	CSSAL - Div 3 Match 3
SEN	Discus 2kg	LT Montgomery	35.84	1934		Scot Champs
V35	Discus 2kg	Matt Stanley	14.90	03/04/2022	Grangemouth	Central AC Open Graded
V40	Discus 2kg	Thomas O'Brien	17.19	03/07/2022	Kilmarnock	CSSAL Div 3 R3
SEN	Hammer	David Muirhead	35.10	1975		

FEMALE

Age Group	Event	Athlete	Performance	Date	Venue	Notes/ Competition
U11	Shot Put 2.72kg (indoor)	Marissa Murray	4.37	10/02/2019	Emirates	SUPERteams
U13	Shot Put 2.72kg (indoor)	Beth Mould	7.66	19/02/2023	Emirates	Scottish Indoor U13 Champs
U15	Shot Put 3kg (indoor)	Jessica Taylor	7.72	15/01/2023	Emirates	SAIL R3
U17	Shot Put 3kg (indoor)	Charis Crawford	8.53	10/12/2022	Emirates	SAIL R2
U20	Shot Put 4kg (indoor)	Chloe Emordy	5.97	16/01/2022	Emirates	SAIL (shows as Nicola on Power of 10)
SEN	Shot Put 4kg (indoor)	Gemma Walsh	6.24	4/12/2019	Grangemouth	
U11	Shot Put 2.72kg (outdoor)	Isla Docherty	4.22	23/06/2023	Craigswood	Livingston Open Graded
U13	Shot Put 2.72kg (outdoor)	Beth Mould	7.33	13/05/2023	Kilmarnock	Bronze - West Districts Champs
U15	Shot Put 3kg (outdoor)	Millie Newall	8.98	27/08/2022	Grangemouth	Scottish Outdoor Champs - (7th)

U17	Shot Put 3kg (outdoor)	Charis Crawford	8.97	03/06/2023	Grangemouth	Scottish Schools Pentathlon Champs
SEN	Shot Put 4kg (outdoor)	Leesa Rushton	6.86	27/05/2018	Kilmarnock	
SEN	Shot Put 4kg (outdoor)	Gemma Walsh	6.86	8/9/2019	East Kilbride	
V45	Shot Put 4kg (outdoor)	Deborah Roe	7.07	29/5/2019	Crownpoint	
V50	Shot Put 4kg (outdoor)	Deborah Roe	5.86	11/09/2022	Crownpoint	Lanarkshire AAA Champs (GOLD)
V55	Shot Put 4kg (outdoor)	Barbara Knox	4.68	11/09/2022	Crownpoint	Lanarkshire AAA Champs (Silver)
U13	Discus 0.75kg	Jessica Taylor	17.36	24/07/2021	Livingston	SAL Throws
U15	Discus 1kg	Jessica Taylor	18.17	15/05/2022	Kilmarnock	West District Champs (5th)
U17	Discus 1kg	Charis Crawford	16.53	20/05/2023	Linwood	CSSAL - Div 2 - Match 2 (TBC)
U20	Discus 1kg	Nicola Farmer	17.81	20/05/2023	Linwood	CSSAL Div 2 - Match 2 (TBC)
SEN	Discus 1Kg	Lynsey Currie	8.32	1/9/2019	Kilmarnock	
V45	Discus 1Kg	Caroline Brownlie	12.03	9/9/2018	Grangemouth	CSSAL Div 3
V55	Discus 1Kg	Barbara Knox	12.62	1/9/2019	Kilmarnock	
U13	Javelin (400)	Beth Mould	13.17	20/05/2023	Linwood	CSSAL Div 2 M2 (TBC)
U15	Javelin (500)	Emily Tollett	20.23	23/06/2023	Craigswood, Liv	Livingston Open Graded
U17	Javelin 500	Katie Lennon	12.11	6/5/2022	Linwood	CSSAL - Div 3 - Match 2
U17	Javelin 500	Charis Crawford	20.19	5/20/2023	Linwood	CSSAL - Div 2 - Match 2 (TBC)
U20	Javelin 600	Chloe Emordy	13.45	30/04/2023	Kilmarnock	CSSAL M1 Div 2
SEN	Javelin 600	Gemma Walsh	14.88	5/5/2019	Wishaw	
V45	Javelin 600	Deborah Roe	8.22	30/6/2019	Grangemouth	
V50	Javelin 600	Deborah Roe	9.81	08/05/2022	Crownpoint	CSSAL
V55	Javelin 600	Barbara Knox	10.46	11/09/2022	Crownpoint	Lanarkshire AAA Champs (GOLD)