

Weekend Round Up, 23- 25th June:

Livingston Open, Calderglen Trail race, Superteams, National Relay Champs

Livingston (Friday 23/6)

60 entries for Junior Diamonds with some amazing performances. 36 PB's is astronomic. Full results at foot of report, but some highlights:

8 Club Records!!

6 new UK rankings

36 PB's (+ the Club Records)

Highlights

💎 Emily Tollett: U15G Javelin - 20.23m (Club record 🏆 & UK Ranking 📌)

💎 Ruby Sillitoe: U13G Long Jump - 3.87m (Club record 🏆 & UK Ranking 📌)

💎 Abbie Scott: U15G 100m - 13.67s (1sec PB & UK Ranking 📌)

💎 Isla Docherty: U11G Shot Put - 4.22m (Club record 🏆)

💎 Poppy Wood: U15G 300m - 46.52 (Club record 🏆 & UK Ranking 📌)

+ Abbie Scott also broke previous record with 48.13

💎 Skye Smith: U15G 1500m - 5:05.01 (Club record 🏆 & UK Ranking 📌)

💎 Emma Reid: U17W Long Jump - 4.55m (Club record 🏆 / 5cm off ranking)

💎 Beth Wells: U13G 1500m - 5:49.06 (PB+UK Ranking 📌)

💎 Finn Smith: U15B 1500m - 4:49.79 (PB+UK Ranking 📌)

💎 Tom O'Brien: M40 100m - 14.82 (Club record 🏆)

💎 Gary Beggan: M50 Javelin - 23.77m (Club record 🏆)

Trail Race: Friday 23rd June (Calderglen)

Gregor McNaught, Louisa & Thomas Fraser-Moodie tackled the trails at Calderglen country park.

Gregor won the 3k race, not only beating all other u13's but also older athletes from u15 group.

Thomas picked up a win in the U11's 1k race & sister Louisa had a confident race with a top 10 finish in U12 3km.

Superteams: Saturday 24th June (Scotstoun)

Amazing effort by our two teams to finish 5th & 8th Overall in the finals.

Our Team-A 4x100 was also the fastest time of the day (58.2s)

Whilst very much a fun team event, some cracking individual marks too;

Jessica Bell recorded the fastest female 75m overall (10.90 - Club Record), with Ruby Sillitoe (11.20) also top 5 girls. Lucas McDonald was 3rd fastest boy overall for 75m (10.60 - Club Record). Willow Smith also made 5th highest female overall score (251 pts for 75m, LJ & Turbo Javelin)

National Relay Champs: Sunday 25th June (Scotstoun)

To finish a very busy weekend, we had a mixture of ages & relays in the rain & shine. Hats off to both Willow Smith & Ruby Sillitoe who were competing at 3rd event in 3 days. Also, Abigail MacLaine did 2 races Friday, then 2 relays Sunday, getting PB's in all 4!

Results:

5 relay races = 5 Club Records.

U15G 4x100m = 55.70s ⚡

(Abbie Scott, Bianca Badoo, Emily Tollett, Poppy Wood)

U17W 4x100m = 56.96s ⚡

(Katie Lennon, Emma Reid, Ruby Lennon, Abigail MacLaine)

U17W 3x800m = 8:03.86 ⚡

(Skye Smith-U15, Abigail MacLaine, Ruby Lennon)

U13G Mile Medley (2/6/2/600) = 5:04.70 ⚡

(Ella O'Brien, Brooke Dawson, Ruby Sillitoe, Willow Smith)

U13G Mile Medley (2/6/2/600) = 5:24.74 ⚡

(Lori Kelly, Ella-Rose Templeman, Ava Gillespie, Jessica Bell)

U13B Mile Medley (2/6/2/600) = 4:40.37 - 4th overall/ 3rd club ⚡

(Alfie Laing, Tommy Souter, Lucas McDonald, Gregor McNaught)

💎 U15G 4x100 was an outright female record. (Only u17 mixed gone faster)

🔹 U17W 3x800 is an outright club record, faster than any males.

15 club records broken across 3 days.

Livingston Open - Friday 23rd June				
Athlete	Event	Age	Performance	Info
Chris Coulter	80m	U11	12.78	PB
Eva Thomson	80m	U11	13.96	PB
Harry Macaulay	80m	U11	12.67	PB
Molly O'Brien	80m	U11	13.83	PB
Nairne Campbell	80m	U11	13.52	PB
Sophia Strang	80m	U11	13.00s	PB
Emily Tollett	Javelin	U15	20.23	CLUB RECORD
Jamie Lowrie	Javelin	U15	24.51	
Jessica Taylor	Javelin	U15	12.71	
Alyssa Ho	Long Jump	U13	3.00m	PB
Ruby Sillitoe	Long Jump	U13	3.87	CLUB RECORD
Beth Wells	Long Jump	U13	3.67	PB
Abbie Scott	100m	U15	13.67	PB
Abigail MacLaine	100m	U17	13.66w	PB
Alyssa Ho	100m	U13	15.02w	PB
Brodie Hillhouse	100m	U15	14.26	PB
Emilia Murray	100m	U17	14.21	PB
Emily Tollett	100m	U15	14.95	
Emma Reid	100m	U17	14.45	PB
Jessica Thomson	100m	U15	14.84w	PB
Maisie Thomson	100m	U15	16.49	PB
Marissa Murray	100m	U15	14.85	PB
Matthew Murray	100m	U13	15.14	PB
Poppy Wood	100m	U15	13.8	PB
Ruby Sillitoe	100m	U13	14.81	PB
Tom O'Brien	100m	V40	14.82	CLUB RECORD
Beth Wells	High Jump	U13	1.10m	PB
Gary Beggan	Javelin	V50	23.77m	CLUB RECORD
Eva Thomson	Long Jump	U11	2.51	
Isla Docherty	Long Jump	U11	2.53	PB
Molly O'Brien	Long Jump	U11	2.65	
Nairne Campbell	Long Jump	U11	2.79	PB
Alyssa Ho	Shot Put	U13	5.48	PB
Beth Mould	Shot Put	U13	7.32	
Eva Thomson	Shot Put	U11	4.05	PB
Isla Docherty	Shot Put	U11	4.22	CLUB RECORD
Abbie Scott	300m	U15	48.13	PB
Abigail MacLaine	300m	U17	44.17	PB
Poppy Wood	300m	U15	46.52	CLUB RECORD
Brodie Hillhouse	Long Jump	U15	3.28	PB
Poppy Wood	Long Jump	U15	3.89	PB
Maisie Thomson	Long Jump		2.74	PB
Harry Macaulay	600m	U11	2.04.19	PB
Molly O'Brien	600m	U11	2.25.34	PB
Nairne Campbell	600m	U11	2.16.32	PB
Sophia Strang	600m	U11	2.08.51	
Beth Mould	High Jump	U13	1.15m	
Tom O'Brien	High Jump	V40	NM	
Emily Tollett	Shot Put	U15	8.03	PB
Gary Beggan	Shot Put	V50	7.98	
Jamie Lowrie	Shot Put	U15	9.37	
Jessica Taylor	Shot Put	U15	7.02	
Beth Wells	1500m	U13	5.49.06	PB
Finn Smith	1500m	U15	4.49.79	PB
Willow Smith	1500m	U13	5.34.43	
Skye Smith	1500m	U15	5.05.01	CLUB RECORD
Ruby Lennon	1500m	U17	6.41.55	
Tom O'Brien	1500m	V40	5.45.73	PB
Emma Reid	Long Jump	U17	4.55m	CLUB RECORD

Links to full results.....

Livingston

<https://www.thepowerof10.info/results/results.aspx?meetingid=540330>

Superteams