

Shettleston Harriers' Club Track and Field Rankings 2024

Perf		Name	AG	G	Venue	Date
<u>60m</u>						
7.33	i	Emmanuel Nyamekye	SM	M	Pitreavie	27-Jan-24
7.55	i	Tanatorn Longjamnong	SM	M	Ayr	21-Jan-24
7.81	i	Arif Chapiti	SM	M	Ayr	20-Jan-24
6.89	i	Gkontouin Imante	U20	M	Aberdeen	03-Feb-24
7.31	i	Jonathan Hooper	U17	M	Ayr	20-Jan-24
7.45	i	Callum Thomson	U17	M	Grangemouth	17-Feb-24
7.98	i	Abraham Lanahan	U15	M	Grangemouth	17-Feb-24
8.00	i	Joseph Lanahan	U13	M	Grangemouth	17-Feb-24
8.95	i	Molly Brown	U13	F	Grangemouth	30-Mar-24
9.21	i	Zoe Roberts	U13	F	Ayr	20-Jan-24
9.32	i	Arianna Obiora	U13	F	Ayr	20-Jan-24
9.70	i	Heidi Addison	U13	F	Emirates Arena Glas	17-Mar-24
11.8	i	Amirah Sajjad	U13	F	Emirates Arena Glas	17-Mar-24
10.2	i	Indie Connelly	U11	F	Emirates Arena Glas	17-Mar-24
10.8	i	Wendy Addison	U11	F	Emirates Arena Glas	17-Mar-24
<u>75m</u>						
12.14	3.2	Naod Woldeeslassie	U13	M	Ayr	22-Jun-24
13.1	#	Rory Plunkett	U13	M	Hunterhill, Bishopbriggs	02-Jun-24
10.70	5.2	Molly Brown	U13	F	Ayr	22-Jun-24
11.0	#	Arianna Obiora	U13	F	Hunterhill, Bishopbriggs	02-Jun-24
13.0	#	Miley Caldwell	U13	F	Hunterhill, Bishopbriggs	02-Jun-24
11.7	#	Louis Millican	U11	M	Hunterhill, Bishopbriggs	02-Jun-24
12.6	#	Rio Biddlecombe	U11	M	Hunterhill, Bishopbriggs	02-Jun-24
13.0	#	Joseph Paterson	U11	M	Hunterhill, Bishopbriggs	02-Jun-24
13.1	#	Henoch Woldeclassie	U11	M	Hunterhill, Bishopbriggs	02-Jun-24
13.3	0.3	Rio Biddlecombe	U11	M	Crownpoint	25-Aug-24
12.7	#	Indie Connelly	U11	F	Hunterhill, Bishopbriggs	02-Jun-24
12.77	#	Wendy Addison	U11	F	Ayr	22-Jun-24
<u>80m</u>						
12.36	#	Louis Millican	U11	M	Crownpoint	08-Sep-24
14.06	-0.7	Johnson Kabete	U11	M	Grangemouth	27-Apr-24
14.65	-1.6	Henoch Woldeclassie	U11	M	Grangemouth	27-Apr-24
13.31	1.4	Indie Connelly	U11	F	Crownpoint	25-Aug-24
13.20	#	Wendy Addison	U11	F	Crownpoint	08-Sep-24
<u>100m</u>						
11.27	0.9	Tanatorn Longjamnong	SM	M	Crownpoint	27-Aug-24
11.37	2.7	Gavin Bodrell	SM	M	Crownpoint	03-Aug-24
11.46	1.9	Emmanuel Nyamekye	SM	M	Grangemouth	30-Jun-24
11.84	2.0	Arif Chapiti	SM	M	Crownpoint	27-Aug-24
12.55	1.9	Clive Ke	SM	M	Grangemouth	30-Jun-24
13.53	4.1	Ellie Stone	SW	F	Crownpoint	25-Aug-24
15.11	4.1	Emma Baird	SW	F	Crownpoint	25-Aug-24
15.14	0.5	Emma McKinnon	SW	F	Crownpoint	25-May-24
12.85	2.0	Carson Graham	O40	M	Crownpoint	27-Aug-24
13.55	1.7	Ben Addison	O40	M	Crownpoint	25-Aug-24
17.28	-2.1	Richard Miller	O40	M	Grangemouth	27-Apr-24

15.30	1.9	Charlene McCallum	O35	F	Crownpoint	25-Aug-24
21.23	1.9	Elaine Mackay	O40	F	Crownpoint	25-Aug-24
10.80	1.3	Gkontouin Imante	U20	M	Mannheim, GER	22-Jun-24
11.37	0.9	Maynard Conteh	U20	M	Crownpoint	27-Aug-24
11.05	#	Jonathan Hooper	U17	M	Kilmarnock	11-May-24
11.65	4.4	Callum Thomson	U17	M	Kilmarnock	11-May-24
13.49	2.4	Ava Millican	U17	F	Grangemouth	13-Apr-24
14.55	2.6	Alicja Taborek	U17	F	Grangemouth	05-May-24
14.78	2.5	Estelle Giraud	U17	F	Crownpoint	25-Aug-24
15.09	#	Toni Kelly	U17	F	Crownpoint	08-Sep-24
18.65	-1.1	Lidya Woldeselassie	U17	F	Sportcity, Manchester	24-Aug-24
12.52	0.6	Abraham Lanahan	U15	M	Crownpoint	03-Sep-24
15.43	#	Nathan Monaghan	U15	M	Crownpoint	08-Sep-24
13.85	4.3	Leia Connelly	U15	F	Crownpoint	25-Aug-24
13.90	0.9	Helena Hughes	U15	F	Crownpoint	27-Aug-24
14.08	0.9	Kimberly Meikleham	U15	F	Crownpoint	27-Aug-24
14.79	0.9	Esme Guinea	U15	F	Crownpoint	27-Aug-24
14.89	-0.7	Emma Boyd	U15	F	Grangemouth	27-Apr-24
14.98	#	Natasha Nlumbile	U15	F	Crownpoint	08-Sep-24
15.05	0.9	Alexia Rigg	U15	F	Crownpoint	27-Aug-24
15.39	#	Ailsa Mallon	U15	F	Crownpoint	08-Sep-24
12.22	2.0	Joseph Lanahan	U13	M	Crownpoint	27-Aug-24
14.19	#	Ciaran Curley	U13	M	Crownpoint	03-Sep-24
15.64	0.9	Naod Woldeslassie	U13	M	Crownpoint	27-Aug-24
16.04	1.0	Thierry Giraud	U13	M	Crownpoint	25-May-24
16.34	1.0	Tristan Giraud	U13	M	Crownpoint	25-May-24
13.74	2.7	Arianna Obiora	U13	F	Crownpoint	03-Aug-24
13.90	#	Zoe Roberts	U13	F	Grangemouth	01-Jun-24
13.94	2.1	Molly Brown	U13	F	Crownpoint	08-Sep-24
14.99	1.7	Charlotte Reilly	U13	F	Crownpoint	27-Aug-24
15.99	0.2	Heidi Addison	U13	F	Crownpoint	03-Sep-24
16.16	1.1	Amelia Rose McGurn	U13	F	Grangemouth	11-Aug-24
16.47	-0.4	Ava Prentice	U13	F	Crownpoint	28-Apr-24
17.63	0.0	Miley Caldwell	U13	F	Linwood	07-May-24
19.80	-0.1	Amirah Sajjad	U13	F	Crownpoint	28-Apr-24
15.05	0.9	Louis Millican	U11	M	Crownpoint	27-Aug-24
15.47	0.9	Daniel McNair	U11	M	Crownpoint	27-Aug-24
16.44	0.9	Henoch Woldeselassie	U11	M	Crownpoint	27-Aug-24
17.46	#	Ruaridh Johnson	U11	M	Crownpoint	03-Sep-24
17.54	-0.1	Johnson Kabete	U11	M	Crownpoint	28-Apr-24
17.78	0.0	Rio Biddlecombe	U11	M	Linwood	07-May-24
17.95	0.9	Oliver Allen	U11	M	Crownpoint	27-Aug-24
16.40	1.7	Indie Connelly	U11	F	Crownpoint	27-Aug-24
16.50	#	Wendy Addison	U11	F	Crownpoint	03-Sep-24
<u>150m</u>						
18.74	-2.1	Arif Chapiti	SM	M	Crownpoint	28-Apr-24
16.58	0.0	Gkontouin Imante	U20	M	Crownpoint	28-Apr-24
17.10	-2.3	Jonathan Hooper	U17	M	Crownpoint	28-Apr-24
19.31	-2.3	Annie McLean	U17	F	Crownpoint	28-Apr-24
19.07	#	Abraham Lanahan	U15	M	Crownpoint	28-Apr-24
24.59	-2.2	Natasha Nlumbile	U15	F	Crownpoint	28-Apr-24
19.49	-2.2	Joseph Lanahan	U13	M	Crownpoint	28-Apr-24
25.58	-2.3	Ava Prentice	U13	F	Crownpoint	28-Apr-24

23.28	#	Louis Millican	U11	M	Grangemouth	09-Jun-24
26.37	#	Henoch Woldelessie	U11	M	Grangemouth	09-Jun-24
25.67	#	Wendy Addison	U11	F	Grangemouth	09-Jun-24
25.73	#	Indie Connelly	U11	F	Grangemouth	09-Jun-24

200m

23.83	#	Tantorn Longiamnong	SM	M	Grangemouth	09-Jun-24
23.92	#	Emmanuel Nyamekye	SM	M	Grangemouth	09-Jun-24
25.02	1.4	Sam Lesley	SM	M	Crownpoint	27-Aug-24
26.52	1.9	Clive Ke	SM	M	Grangemouth	05-May-24
31.89	#	Emma McKinnon	SW	F	Crownpoint	08-Sep-24
27.64	#	Ben Addison	O35	M	Grangemouth	09-Jun-24
26.63	#	Carson Graham	O40	M	Grangemouth	09-Jun-24
46.45	#	Elaine Mackay	O40	F	Grangemouth	09-Jun-24
21.94	4.2	Gkontouin Imante	U20	M	Grangemouth	07-Jun-24
23.01	i	Lucky Fadun	U20	M	Sheffield	25-Feb-24
23.12	4.0	Maynard Conteh	U20	M	Grangemouth	07-Jun-24
24.93	1.4	Adam Clifford	U20	M	Crownpoint	27-Aug-24
31.40	#	Tammy Adelabu	U20	F	Grangemouth	09-Jun-24
21.89	4.3	Jonathan Hooper	U17	M	Grangemouth	07-Jun-24
25.15	1	Annie Mclean	U17	F	Kilmarnock	12-May-24
26.68	#	Ava Millican	U17	F	Grangemouth	09-Jun-24
30.61	1.8	Estelle Giraud	U17	F	Grangemouth	18-Aug-24
31.48	#	Alicja Taborek	U17	F	Grangemouth	09-Jun-24
41.32	1	Lidya Woldelessie	U17	F	Crownpoint	03-Sep-24
25.37	#	Abraham Lanahan	U15	M	Kilmarnock	12-May-24
31.17	#	Lucas Millican	U15	M	Grangemouth	09-Jun-24
28.57	#	Helena Hughes	U15	F	Grangemouth	09-Jun-24
29.94	1.0	Kimberly Meikleham	U15	F	Crownpoint	03-Sep-24
30.64	#	Natasha Nlumbile	U15	F	Crownpoint	08-Sep-24
30.70	#	Emma Locke	U15	F	Crownpoint	08-Sep-24
30.89	2.2	Esme Guinea	U15	F	Crownpoint	03-Sep-24
31.95	1.0	Alexia Rigg	U15	F	Crownpoint	03-Sep-24
25.63	1.5	Joseph Lanahan	U13	M	Grangemouth	11-Aug-24
30.01	0.1	Ciaran Curley	U13	M	Crownpoint	27-Aug-24
32.24	#	Naod Woldelessie	U13	M	Crownpoint	08-Sep-24
33.31	0.9	Thierry Giraud	U13	M	Crownpoint	25-May-24
34.19	0.9	Tristan Giraud	U13	M	Crownpoint	25-May-24
27.68	1.4	Zoe Roberts	U13	F	Kilmarnock	12-May-24
28.95	#	Molly Brown	U13	F	Crownpoint	08-Sep-24
29.09	2.7	Arianna Obiora	U13	F	Grangemouth	09-Jun-24
31.35	0.5	Charlotte Reilly	U13	F	Crownpoint	03-Sep-24
32.10	i	Heidi Addison	U13	F	Emirates Arena Glas	17-Mar-24
34.91	#	Miley Caldwell	U13	F	Crownpoint	08-Sep-24
35.70	-1.5	Amelia Rose McGurn	U13	F	Grangemouth	11-Aug-24
41.50	i	Amirah Sajjad	U13	F	Emirates Arena Glas	17-Mar-24
31.93	1.0	Louis Millican	U11	M	Crownpoint	03-Sep-24
35.55	0.5	Henoch Woldelessie	U11	M	Crownpoint	03-Sep-24
37.46	1.2	Ruaridh Johnson	U11	M	Crownpoint	27-Aug-24
34.57	#	Indie Connelly	U11	F	Crownpoint	03-Sep-24
38.30	i	Wendy Addison	U11	F	Emirates Arena Glas	17-Mar-24

300m

39.70		Anne McLean	U17	F	Kilmarnock	11-May-24
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41.78	Ava Millican	U17	F	Kilmarmock	11-May-24
45.53	Katie Woods	U17	F	Grangemouth	30-Jun-24
48.13	Imogen Millar	U17	F	Crownpoint	08-Sep-24
50.54	Kate Monaghan	U17	F	Crownpoint	08-Sep-24
41.31	Abraham Lanahan	U15	M	Grangemouth	07-Jun-24

400m

54.78	Andrew Taylor	SM	M	Crownpoint	25-Aug-24
56.53	Cameron Wallace	SM	M	Crownpoint	03-Sep-24
72.88	Emma Baird	SW	F	Crownpoint	25-Aug-24
73.54	Emma McKinnon	SW	F	Grangemouth	20-Jun-24
73.93	Jethro Lennox	O40	M	Crownpoint	25-Aug-24
55.87	Matthew Fox	U17	M	Grangemouth	27-Apr-24
59.56	Haris Adzajlic	U17	M	Crownpoint	08-Sep-24

600m

1.49.74	Joseph Lanahan	U13	M	Grangemouth	01-Jun-24
1.44.26	Zoe Roberts	U13	F	Grangemouth	01-Jun-24
1.56.06	Louis Millican	U11	M	Crownpoint	25-Aug-24
2.01.13	Rio Biddlecombe	U11	M	Livingston	24-May-24
2.11.58	Henoch Woldeselassie	U11	M	Crownpoint	08-Sep-24
2.19.51	Oliver Allan	U11	M	Crownpoint	08-Sep-24
2.20.86	Joseph Paterson	U11	M	Grangemouth	09-Jun-24
2.03.88	Rowan Lennox	U11	F	Crownpoint	08-Sep-24
2.20.40	Indie Connelly	U11	F	Crownpoint	25-Aug-24
2.30.39	Wendy Addison	U11	F	Grangemouth	09-Jun-24
2.49.98	Orla Hayes	U11	F	Grangemouth	09-Jun-24

800m

1.57.79	Sam Lesley	SM	M	Livingston	02-Aug-24
1.58.41	Andrew Taylor	SM	M	Crownpoint	08-Sep-24
2.01.40	Philip Neilson	SM	M	Grangemouth	24-Jul-24
2.05.14	Cameron Wallace	SM	M	Crownpoint	27-Aug-24
2.21.60	Malwina Ollik	SW	F	Kilmarnock	11-May-24
2.36.26	Suzi Blake	SW	F	Grangemouth	27-Apr-24
2.36.80	Elena Heger	SW	F	Grangemouth	27-Apr-24
2.53.54	Emma McKinnon	SW	F	Grangemouth	30-Jun-24
3.06.74	Ellie Stone	SW	F	Crownpoint	25-Aug-24
3.07.44	Merzich N Yad	SW	F	Crownpoint	25-Aug-24
2.22.03	Stephen Clark	O40	M	Crownpoint	08-Sep-24
2.23.98	Jethro Lennox	O40	M	Grangemouth	27-Apr-24
2.40.40	Ian McAnally	O40	M	Crownpoint	27-Aug-24
3.03.22	Richard Miller	O40	M	Grangemouth	27-Apr-24
2.30.04	Charlene McCallum	O35	F	Crownpoint	25-Aug-24
3.50.21	Elaine Mackay	O40	F	Crownpoint	25-Aug-24
2.00.75	Adam Clifford	U20	M	Grangemouth	30-Jun-24
2.23.98	Joseph Reilly	U20	M	Grangemouth	27-Apr-24
2.04.39	Matthew Fox	U17	M	Livingston	24-May-24
2.24.93	Katie Woods	U17	F	Grangemouth	27-Apr-24
2.44.50	Imogen Millar	U17	F	Crownpoint	27-Aug-24
2.45.60	Kate Monaghan	U17	F	Livingston	24-May-24
2.46.04	Emma Leiper	U17	F	Kilmarnock	11-May-24
2.23.03	Abraham Lanahan	U15	M	Jarrow	21-Sep-24

2.37.42	Lucas Millican	U15	M	Kilmarnock	11-May-24
2.33.56	Mairi Stephen	U15	F	Crownpoint	08-Sep-24
2.40.39	Emma Locke	U15	F	Crownpoint	08-Sep-24
2.46.95	Daisy Gildea	U15	F	Crownpoint	25-Aug-24
3.04.69	Leia Connelly	U15	F	Grangemouth	27-Apr-24
2.31.04	Euan Grant-Pantrey	U13	M	Crownpoint	08-Sep-24
2.36.59	Joseph Lanahan	U13	M	Dundee	14-Jul-24
2.39.21	Ciaran Curley	U13	M	Grangemouth	11-Aug-24
2.49.55	Thierry Giraud	U13	M	Crownpoint	08-Sep-24
2.51.48	Tristan Giraud	U13	M	Crownpoint	08-Sep-24
2.49.50	Naod Woldeeslassie	U13	M	Grangemouth	11-Aug-24
2.24.09	Zoe Roberts	U13	F	Stratford	26-May-24
2.43.87	Eilidh Stephen	U13	F	Crownpoint	08-Sep-24
2.28.30	Charlotte Reilly	U13	F	Crownpoint	27-Aug-24
2.54.26	Molly Brown	U13	F	Livingston	24-May-24
2.44.40	Louis Millican	U11	M	Crownpoint	27-Aug-24
2.54.30	Rio Biddlecombe	U11	M	Crownpoint	27-Aug-24
3.06.84	Joseph Paterson	U11	M	Crownpoint	27-Aug-24
3.10.23	Ruaridh Johnson	U11	M	Crownpoint	27-Aug-24
3.14.23	Oliver Allen	U11	M	Crownpoint	27-Aug-24
2.57.64	Rowan Lennox	U11	F	Crownpoint	27-Aug-24

1200m

4.00.61	Zoe Roberts	U13	F	Grangemouth	09-Jun-24
4.31.03	Charlotte Reilly	U13	F	Grangemouth	09-Jun-24

1500m

3.54.19	Jamie Burns	SM	M	Crownpoint	03-Sep-24
4.01.42	Philip Neilson	SM	M	Grangemouth	30-Jun-24
4.02.66	Sam Lesley	SM	M	Livingston	06-Sep-24
4.08.92	Andrew Taylor	SM	M	Crownpoint	03-Sep-24
4.11.08	Lachlan Oates	SM	M	Aberdeen	28-Jul-24
4.19.62	Joe Barton	SM	M	Crownpoint	26-Jul-24
4.21.70	Cameron Wallace	SM	M	Crownpoint	03-Sep-24
4.22.86	Calum Butterworth	SM	M	Grangemouth	30-Jun-24
4.34.30	Aoife Carr	SW	F	Belfast	11-May-24
4.28.53	David Iain Houston	O35	M	Belfast	29-Jun-24
5.09.03	Duncan McCauley	O45	M	Grangemouth	09-Jun-24
6.19.48	Graeme Brown	O55	M	Grangemouth	09-Jun-24
4.58.17	Charlene McCallum	O40	F	Grangemouth	09-Jun-24
6.55.98	Elaine Mackay	O40	F	Grangemouth	09-Jun-24
4.16.89	Adam Clifford	U20	M	Crownpoint	26-Jul-24
4.58.60	Joseph Reilly	U20	M	Grangemouth	11-Aug-24
4.20.91	Matthew Fox	U17	M	Kilmarnock	12-May-24
5.01.30	Katie Woods	U17	F	Grangemouth	05-May-24
5.52.23	Kate Monaghan	U17	F	Grangemouth	09-Jun-24
5.34.59	Ryan McCallum	U15	M	Grangemouth	09-Jun-24
5.36.27	Lucas Millican	U15	M	Linwood	07-May-24
5.24.57	Daisy Gildea	U15	F	Linwood	07-May-24
5.48.08	Emma Locke	U15	F	Grangemouth	09-Jun-24
5:41.88	Ciaran Curley	U13	M	Crownpoint	03-Sep-24
5:43.27	Naod Woldeeslassie	U13	M	Crownpoint	03-Sep-24

5.43.57	Thierry Giraud	U13	M	Grangemouth	09-Jun-24
5.55.34	Tristan Giraud	U13	M	Crownpoint	03-Sep-24
5.10.27	Zoe Roberts	U13	F	Grangemouth	24-Mar-24
5.54.60	Charlotte Reilly	U13	F	Crownpoint	03-Sep-24
6.44.76	Miley Caldwell	U13	F	Linwood	07-May-24
5:30.63	Rio Biddlecombe	U11	M	Crownpoint	03-Sep-24
5:50.02	Joseph Paterson	U11	M	Crownpoint	03-Sep-24
5:59.70	Henoch Woldeselassie	U11	M	Crownpoint	03-Sep-24
6:11.17	Ruaridh Johnson	U11	M	Crownpoint	03-Sep-24
5.40.16	Rowan Lennox	U11	F	Crownpoint	03-Sep-24

1 Mile

4.12.06	i	Jamie Burns	SM	M	Brookings SthDak, USA	20-Jan-24
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3000m

8.17.67	i	Jamie Burns	SM	M	Seattle WA, USA	26-Jan-24
8.19.38		Taha Ghafari	SM	M	Crownpoint	27-Aug-24
8.38.74		Philip Neilson	SM	M	Crownpoint	31-May-24
8.55.79		Sam Lesley	SM	M	Crownpoint	31-May-24
9.56.80		Gerard Pelegri	SM	M	Crownpoint	27-Aug-24
10.52.02		James Furlong	SM	M	Crownpoint	08-Sep-24
10.38.53		Suzi Blake	SW	F	Grangemouth	27-Apr-24
9.08.93		Alasdair Scott	O40	M	Crownpoint	31-May-24
9.56.36		Paul Sorrie	O40	M	Crownpoint	27-Aug-24
10.01.50		Jethro Lennox	O40	M	Crownpoint	25-Aug-24
10.03.66		Michael Paxton	O40	M	Crownpoint	25-Aug-24
10.33.68		Charlene McCallum	O35	F	Grangemouth	27-Apr-24
10.34.69		Avril Mason	O50	F	Crownpoint	31-May-24
9.54.42		Matthew Fox	U17	M	Linwood	07-Apr-24
10.45.94		Katie Woods	U17	F	Grangemouth	07-Jun-24

5000m

14:08.08		Jamie Burns	SM	M	Azusa CA, USA	12-Apr-24
15:06.10		Taha Ghafari	SM	M	Crownpoint	03-Sep-24
17:07.78		Gerard Pelegri	SM	M	Crownpoint	03-Sep-24
15:30.20		Ben Johnson	O35	M	Ellesmere Port	17-Aug-24
17:23.00		Daniel Lowe	O35	M	Crownpoint	03-Sep-24
18:42.82		William Bradley	O35	M	Crownpoint	26-Jul-24
17:16.70		Paul Sorrie	O40	M	Crownpoint	03-Sep-24
18.40.34		Avril Mason	O50	F	Crownpoint	26-Jul-24

10000m

30.07.67		Jamie Burns	SM	M	Hayward,CA,USA	30-Mar-24
31:50.11		Philip Neilson	SM	M	Parliament Hill, London	18-May-24
32:00.44		Fred Davies	SM	M	Parliament Hill, London	18-May-24
35:31.83		Cameron Wallace	SM	M	Crownpoint	26-Apr-24
34:23.51		Fionnuala Ross	SW	F	Crownpoint	26-Apr-24
40:46.36		Gemma Griffiths	SW	F	Crownpoint	26-Apr-24
30.46.40		Daniel Bradford	O35	M	Crownpoint	26-Apr-24
39:15.27		William Bradley	O35	M	Crownpoint	26-Apr-24

60m Hurdles

10.62	i	Carson Graham	O45	M	Ayr	20-Jan-24
11.84	i	Murray Graham	U15	M	Aberdeen	03-Feb-24
11.76	i	Zoe Roberts	U13	F	Ayr	20-Jan-24

60m Hurdles (Plastic)

10.7	i	Molly Brown	U13	F	Emirates Arena Glas	17-Mar-24
11.2	i	Heidi Addison	U13	F	Emirates Arena Glas	17-Mar-24
14.3	i	Amirah Sajjad	U13	F	Emirates Arena Glas	17-Mar-24
12.3	i	Wendy Addison	U11	F	Emirates Arena Glas	17-Mar-24
12.7	i	Indie Connelly	U11	F	Emirates Arena Glas	17-Mar-24

70m Hurdles

13.91	0.0	Molly Brown	U13	F	Kilmarnock	11-May-24
15.64	#	Heidi Addison	U13	F	Grangemouth	09-Jun-24

75m Hurdles

14.29	#	Leia Connelly	U15	F	Grangemouth	09-Jun-24
14.46	#	Helena Hughes	U15	F	Grangemouth	09-Jun-24
12.59	1.3	Joseph Lanahan	U13	M	Dundee	14-Jul-24
13.38	-1.3	Ciaran Curley	U13	M	Grangemouth	11-Aug-24

80m Hurdles

15.90	#	Katie Woods	U17	F	Grangemouth	09-Jun-24
17.11	#	Estelle Giraud	U17	F	Grangemouth	09-Jun-24
14.12	-0.4	Abraham Lanahan	U15	M	Dundee	13-Jul-24

400m Hurdles

74.69		Carson Graham	O45	M	Corby	07-Sep-24
78.32		Emma Baird	SW	F	Crownpoint	03-Aug-24

1500m Steeplechase

5.12.79		Katie Woods	U17	F	Grangemouth	01-Jun-24
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2000m Steeplechase

7.59.76		Tara Walker	SW	F	Grangemouth	30-Jun-24
7.58.37		Katie Woods	U17	F	Grangemouth	13-Apr-24

4 x 100m

51.94		Senior Men&Women			Crownpoint	25-Aug-24
56.36		U15 Boys&Girls			Crownpoint	25-Aug-24
56.52		U13 Boys& Girls			Grangemouth	27-Apr-24
		Joseph Lanahan, Naod Woldeselassie, Molly Brown, Zoe Roberts				
63.04		U12 Boys&Girls			Ayr	22-Jun-24
		Naod Woldeselassie, Wendy Addison, Louis Millican, Molly Brown				
68.32		U11 Boys&Girls			Grangemouth	27-Apr-24
		Henoch Woldeselassie, Louis Millican, Indie Connelly, Wendy Addison				

4x 200m**4 x 300m****3 x 800m**

6.11.78		Senior Men			Ayr	23-Jun-24
		Sam Lesley, Adam Clifford, Andrew Taylor				

Medlay Relay (600m/200m/600m/200m)

5.08.87		U13 Girls			Ayr	23-Jun-24
		Charlotte Reilly, Molly Brown, Heidi Addison, Arianna Obiora				

Long Jump

6.52	0.7	Tantorn Longiamnong	SM	M	Grangemouth	30-Jun-24
6.48	2.0	Amit Kumar	SM	M	Aberdeen	28-Jul-24
5.47	0.9	Arif Chapti	SM	M	Crownpoint	27-Aug-24

4.81	i	Morgan Findlay	SW	F	Pitreavie	27-Jan-24
4.20	#	Tammy Adelabu	U20	F	Crownpoint	08-Sep-24
5.57	-1	Carson Graham	O45	M	Corby	07-Sep-24
6.73	i	Jonathan Hooper	U17	M	Sheffield	11-Feb-24
4.47	#	Estelle Giraud	U17	F	Crownpoint	08-Sep-24
4.18	#	Alicja Taborek	U17	F	Crownpoint	08-Sep-24
2.62	#	Lidya Woldeselassie	U17	F	Crownpoint	08-Sep-24
5.89	1.1	Abraham Lanahan	U15	M	Crownpoint	03-Sep-24
3.72	i	Murray Graham	U15	M	Aberdeen	04-Feb-24
3.62	#	Lucas Millican	U15	M	Grangemouth	27-Apr-24
4.34	1.6	Esme Guinea	U15	F	Crownpoint	27-Aug-24
4.03	0.7	Alexia Riggs	U15	F	Crownpoint	27-Aug-24
3.32	#	Evie McFadden	U15	F	Crownpoint	08-Sep-24
3.21	#	Leia Connelly	U15	F	Crownpoint	25-Aug-24
5.62	0.9	Joseph Lanahan	U13	M	Crownpoint	27-Aug-24
4.55	#	Ciaran Curley	U13	M	Crownpoint	27-Aug-24
3.78	#	Naod Woldeselassie	U13	M	Ayr	22-Jun-24
2.73	#	Rory Plunkett	U13	M	Hunterhill, Bishopbriggs	02-Jun-24
4.48	1.8	Zoe Roberts	U13	F	Crownpoint	27-Aug-24
3.96	3.9	Arianna Obiora	U13	F	Crownpoint	27-Aug-24
3.65	#	Heidi Addison	U13	F	Emirates Arena Glas	17-Mar-24
3.63	#	Molly Brown	U13	F	Crownpoint	25-Aug-24
2.30	i	Amirah Sajjad	U13	F	Emirates Arena Glas	17-Mar-24
3.54	#	Louis Millican	U11	M	Ayr	22-Jun-24
3.36	#	Henoch Woldelessie	U11	M	Crownpoint	27-Aug-24
2.76	#	Rio Biddlecombe	U11	M	Crownpoint	27-Aug-24
2.61	#	Oliver Allen	U11	M	Crownpoint	27-Aug-24
2.60	#	Joseph Paterson	U11	M	Hunterhill, Bishopbriggs	02-Jun-24
3.42	#	Wendy Addison	U11	F	Ayr	22-Jun-24
3.34	i	Indie Connelly	U11	F	Emirates Arena Glas	17-Mar-24
2.79	#	Rowan Lennox	U11	F	Crownpoint	25-Aug-24

Triple Jump

15.06	1.0	Aidan Quinn	SM	M	Long Beach, CA (USA)	13-Apr-24
13.05	i	Amit Kumar	SM	M	Aberdeen	04-Feb-24
12.15	1.7	Tanatorn Longjamnong	SM	M	Crownpoint	03-Aug-24
10.61	i	Morgan Findlay	SW	F	Sheffield	23-Feb-24
9.96	#	Carson Graham	O45	M	Corby	07-Sep-24
8.29	1.3	Tammy Adelabu	U20	F	Crownpoint	03-Aug-24
12.78	2.2	Abraham Lanahan	U15	M	Grangemouth	10-Aug-24

High Jump

1.97	i	Amit Kumar	SM	M	Tollcross Glasgow	05-Jan-24
1.52	i	Carson Graham	O45	M	Tollcross Glasgow	08-Feb-24
1.40		Maynard Conteh	U20	M	Grangemouth	27-Apr-24
1.38	i	Estelle Giraud	U17	F	Ayr	19-Jan-24
1.70		Abraham Lanahan	U15	M	Grangemouth	09-Jun-24
1.37	i	Murray Graham	U15	M	Tollcross Glasgow	08-Feb-24
1.61	i	Joseph Lanahan	U13	M	Tollcross Glasgow	08-Feb-24
1.11		Molly Brown	U13	F	Dundee	13-Jul-24

Pole Vault

2.75	i	Carson Graham	O45	M	Tollcross Glasgow	05-Jan-24
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Shot (7.26kg)

14.31	i	Angus McInroy	SM	M	Gragemouth	18-Feb-24
9.12		Tantorn Longiamnong	SM	M	Grangemouth	09-Jun-24
8.36		Carson Graham	O40	M	Crownpoint	27-Aug-24

Shot Putt (4kg)

13.92	i	Teddy Tchoudja	SW	F	Birmingham	18-Feb-24
8.76		Ellie Stone	SW	F	Crownpoint	25-Aug-24
6.56		Jodie Waite	SW	F	Crownpoint	03-Sep-24
10.18	i	Abraham Lanahan	U15	M	Pitreavie	26-Jan-24

Shot Putt (3kg)

8.36		Estelle Giraud	U17	F	Kilmarnock	20-Jul-24
5.67		Chloe Fox	U17	F	Crownpoint	25-Aug-24
5.12		Ailsa Mallon	U15	F	Grangemouth	27-Apr-24
4.98		Esme Guinea	U15	F	Grangemouth	27-Apr-24
10.64		Joseph Lanahan	U13	M	Crownpoint	27-Aug-24
5.48		Thierry Giraud	U13	M	Crownpoint	27-Aug-24
5.07		Ethan Hooper	U13	M	Crownpoint	03-Sep-24
4.92		Tristan Giraud	U13	M	Grangemouth	09-Jun-24

Shot Putt (2.72kg)

5.97	i	Molly Brown	U13	F	Emirates Arena Glas	17-Mar-24
5.38		Zoe Roberts	U13	F	Grangemouth	01-Jun-24
4.99		Heidi Addison	U13	F	Crownpoint	27-Aug-24
4.14		Amirah Sajjad	U13	F	Grangemouth	09-Jun-24
6.26	i	Indie Connelly	U11	F	Emirates Arena Glas	17-Mar-24
4.47	i	Wendy Addison	U11	F	Emirates Arena Glas	17-Mar-24

Discus (2k)

47.04		Angus McInroy	SM	M	Crownpoint	24-Feb-24
16.45		Carson Murray	O40	M	Crownpoint	25-Aug-24
11.29		Maynard Conteh	U20	M	Crownpoint	25-Aug-24

Discus 1.5kg

16.16		Matthew Fox	U17	M	Crownpoint	25-Aug-24
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Discus (1.25k)

25.64		Abraham Lanahan	U15	M	Kilmarnock	20-Jul-24
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Discus (1K)

18.24		Shirley Addison	O40	F	Grangemouth	09-Jun-24
10.09		Elaine Mackay	O40	F	Grangemouth	09-Jun-24
17.78		Lidya Woldeeslassie	U17	F	Grangemouth	18-Aug-24
12.24		Estelle Giraud	U17	F	Grangemouth	09-Jun-24
20.99		Hannah Black	U15	F	Kilmarnock	12-May-24
17.58		Alena Habte	U15	F	Grangemouth	28-Oct-23
31.00		Joseph Lanahan	U13	M	Kilmarnock	20-Jul-24
15.28		Tristan Giraud	U13	M	Grangemouth	11-Aug-24
13.27		Thierry Giraud	U13	M	Grangemouth	11-Aug-24

Javelin (800g)

24.83		Carson Graham	O40	M	Grangemouth	27-Apr-24
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Javelin (600g)

18.11		Ellie Stone	SW	F	Grangemouth	27-Apr-24
27.48		Abraham Lanahan	U15	M	Grangemouth	28-Oct-23
18.56		Lucas Millican	U15	M	Kilmarnock	12-May-24

13.00	Nathan Monaghan	U15	M	Crownpoint	08-Sep-24
<u>Javelin (500g)</u>					
28.44	Chloe Fox	U17	F	Crownpoint	08-Sep-24
16.03	Estelle Giraud	U17	F	Kilmarnock	20-Jul-24
12.97	Lidya Woldeeslassie	U17	F	Crownpoint	24-Feb-24
28.77	Hannah Black	U15	F	Kilmarnock	12-May-24
19.61	Louise Clifford	U15	F	Crownpoint	24-Feb-24
16.77	Alena Habte	U15	F	Grangemouth	28-Oct-23
8.83	Esme Guinea	U15	F	Grangemouth	27-Apr-24
7.98	Ailsa Mallon	U15	F	Grangemouth	27-Apr-24
<u>Javelin (400g)</u>					
28.51	Joseph Lanahan	U13	M	Kilmarnock	20-Jul-24
19.37	Ethan Hooper	U13	M	Crownpoint	03-Sep-24
17.52	Thierry Giraud	U13	M	Crownpoint	03-Sep-24
14.44	Tristan Giraud	U13	M	Kilmarnock	20-Jul-24
8.29	Zoe Roberts	U13	F	Grangemouth	09-Jun-24
7.87	Heidi Addison	U13	F	Grangemouth	09-Jun-24
<u>Turbo Javelin</u>					
12.56	Naod Woldeeslassie	U13	M	Hunterhill, Bishopbriggs	02-Jun-24
9.10	Rory Plunkett	U13	M	Hunterhill, Bishopbriggs	02-Jun-24
10.63	Arianna Obiora	U13	F	Hunterhill, Bishopbriggs	02-Jun-24
9.07	Molly Brown	U13	F	Hunterhill, Bishopbriggs	02-Jun-24
5.38	Miley Caldwell	U13	F	Hunterhill, Bishopbriggs	02-Jun-24
13.50	Louis Millican	U11	M	Hunterhill, Bishopbriggs	02-Jun-24
9.57	Rio Biddlecombe	U11	M	Hunterhill, Bishopbriggs	02-Jun-24
9.20	Henoch Woldeeslassie	U11	M	Hunterhill, Bishopbriggs	02-Jun-24
7.63	Joseph Paterson	U11	M	Hunterhill, Bishopbriggs	02-Jun-24
8.02	Wendy Addison	U11	F	Hunterhill, Bishopbriggs	02-Jun-24
6.35	Indie Connelly	U11	F	Hunterhill, Bishopbriggs	02-Jun-24
<u>Hammer (7.26k)</u>					
59.99	Chris Bennett	SM	M	Grangemouth	18-Aug-24
20.12	Carson Graham	O45	M	Corby	07-Sep-24
<u>Hammer (4k)</u>					
26.25	Abraham Lanahan	U15	M	Crownpoint	24-Feb-24
<u>Hammer(3K)</u>					
17.89	Hannah Black	U15	F	Kilmarnock	12-May-24
21.83	Joseph Lanahan	U13	M	Crownpoint	24-Feb-24
<u>Pentathlon</u>					
2423pts	Abraham Lanahan	U15	M	Grangemouth	01-Jun-24
	200m 25.38, 800m 2.27.42, 80mH 14.26, LJ 5.78 +0.2, SP 9.88				
2376pts	Abraham Lanahan	U15	M	Jarrow	21-Sep-24
	80mH 14.30 +0.0, HJ 1.67, LJ 5.53 +1.4, SP 9.92, 800m 2.23.03				
2148pts	Joseph Lanahan	U13	M	Jarrow	21-Sep-24
	800m 2.38.90, 75mH 12.59+1.3, HJ 1.55, LJ 5.57 +1.7, SP 9.54				
2375pts	Joseph Lanahan	U13	M	Grangemouth	01-Jun-24
	100m 12.98, 600m 1.49.74, LJ 3.48 -0.1, Shot 9.69				
2355pts	Zoe Roberts	U13	F	Grangemouth	01-Jun-24
	100m 13.90, 600m 1.44.26, LJ 4.47 +0.0, Shot 5.38				
1161pts	Molly Brown	U13	F	Dundee	14-Jul-24
	800m 2.56.40, 70mH 19.27 -1.0, HJ 1.11, LJ 3.59 0.0, SP 5.15				