

2013 SENIOR WOMEN'S & TOP PERFORMANCES (As at 8/6/13)

ANY AMMENDMENTS TO BILL WALKER at ziska400@gmail.com

<u>Event</u>	<u>Forename</u>	<u>Surname</u>	<u>Age Gp</u>	<u>Performance</u>	<u>Date</u>	<u>Event</u>	<u>Venue</u>
100m	Kathryn	Christie	U20	11.86 (+2.9)	15/6/13	AAA U20 Champs	Bedford
	Stacey	Downie	SW	12.20 (+2.9)	5/5/13	BUCS	Bedford
	Beth	Finlayson	U20	12.24(NWS)	30/6/13	UKYDAL	Meadowbank
	Samantha	Coleby	SW	12.41(+1.7)	25/5/13	Gateshead Games	Gateshead
	Carly	Sharp	SW	12.48(NWS)	3/7/13	Police Champs	Cheltenham
	Louise	Dickson	SW	12.58(+1.7)	25/8/13	SWAL	Scotstoun
	Carly	Sharp	SW	12.7s(NWS)	3/7/13	Police Champs	Cheltenham
	Ellie	McGinty	U17	12.73(NWS)	23/6/13	YDL	Grangemoth
	Charlotte	Robison	U17	12.8s(NWS)	25/5/13	East Dist	Meadowbank
	Brighde	Chaimbeul	U17	12.8s(NWS)	28/7/13	UKYDAL	Preston
	Sarah	Malone	U15	12.85 (NWS)	17/4/13	Open Graded	Craigswood
	Katie	Browne	U15	12.9(-1.9)	24/5/13	East Dist	Meadowbank
	Catriona	Pennet	SW	12.91(+2.7)	24/5/13	East Dist	Meadowbank
	200m	Kathryn	Christie	U20	24.20(+1.7)	6/7/13	UKWAL
Samantha		Coleby	U23	25.08(+1.3)	25/5/13	NE Cty Champs	Gateshead
Stacey		Downie	SW	24.54 (-0.8)	6/5/13	BUCS	Bedford
Beth		Finlayson	U20	24.60(+6.4)	11/8/13	Scot. Sen. Champs	Scotstoun
Samantha		Coleby	SW	25.08	25/5/13	NE Counties	Gateshead
Louise		Dickson	SW	25.81(-0.2)	25/8/13	SWAL	Scotstoun
Katie		Purves	U17	26.03(-1.3)	2/6/13	YADL	Manchester
Charlotte		Robison	U17	26.07(-1.7)	2/6/13	YADL	Manchester
Isis		Moody	U17	26.21(+4.3)	21/4/13	SWAL	Meadowbank
Avril		Jackson	SW	26.39(-0.8)	29/6/13	Open Meeting	Switzerland
Catriona		Pennet	SW	26.31(+0.7)	19/5/13	SWAL	Aberdeen
400m	Samantha	Coleby	SW	54.80.	26/5/13	NE Counties	Gateshead
	Kathryn	Evans	SW	56.28	25/5/13	North Dist.	Inverness
	Lauren	Peppers	SW	57.25	31/7/13	Deaflympics	Sofia, BUL
	Avril	Jackson	SW	57.36	16/7/13	Invit	WittenFrauenfeld, SWI
	Stacey	Downie	SW	57.62	3/8/13	UKWAL	Bromley
	Rosie	Wilson	U17	58.03	5/7/13	Open Graded	Meadowbank
	Kathryn	Christie	U20	58.10.	21/7/13	Open Graded	Meadowbank
	Hannah	Cameron	U17	58.17	24/5/13	East Dist	Meadowbank
	Kirsten	Peters	U20	58.85	7/4/13	Loth. Trials	Meadowbank
	Erin	Boddie	U17	59.18	2/6/13	YADL	Sport City
	800m	Lynsey	Sharp	SW	2.02.63	20/4/13	SAC Relays
Emily		Dudgeon	U23	2.03.09	17/7/13	Morton Games	Dublin
Kathryn		Evans	SW	2.08.60	1/6/13	BMC Grand Prix	Sport City
Madelaine		Murray	U23	2.11.71	25/8/13	SWAL	Scotstoun
Ashleigh		Kennedy	SW	2.13.53	8/6/13	UKWAL	Meadowbank
Kirsten		Peters	U20	2.14.38	7/8/13	Open Graded	Grangemouth
Laura		Dunn	SW	2.14.60	7/4/13	Loth. Trials	Meadowbank
Rosie		Wilson	U17	2.14.62	24/5/13	Open Graded	Grangemouth
Hannah		Cameron	U17	2.14.72	24/5/13	East Dist	Meadowbank
Lauren		Peppers	SW	2.19.9	10/7/13	NE AL	Jarrow
Erin		Boddie	U17	2.20.44	24/5/13	East Dist	Meadowbank
1500m	Emily	Stewart	U23	4.19.82	16/7/13	Trafford GP	Stretford
	Madeleine	Murray	U23	4.26.11	3/8/13	UKWAL	Bromley
	Olivia	O'Hare	U20	4.30.73	27/4/13	Arkansas Int.	USA
	Laura	Dunn	SW	4.31.01	25/8/13	SWAL	Scotstoun
	Kathryn	Evans	SW	4.37.72	21/6/13	BMC	Glasgow
	Phoebe	Crosthwaite	U17	4.49.31	7/6/13	Scot. Schools	Grangemouth

	Zoe	Bates	U15	4.52.54	25/8/13	SWAL	Scotstoun
	Louisa	Stewart	U20	4.56.16	30/6/13	UKDAL	Edinburgh
	Esme	Stewart	U15	4.58.16	5/5/13	YDL	Grangemouth
	Hannah	Cameron	U17	4.58.16	21/6/13	BMC	Glasgow
	Rachel	Dunn	U20	4.58.71	7/4/13	Loth. Trials	Meadowbank
	Hilary	Lewin	U15	4.59.26	19/5/13	SWAL 2	Aberdeen
3000m	Emily	Stewart	U23	9.16.31	3/8/13	UKWAL	Bromley
	Laura	Dunn	SW	9.47.02	21/4/13	SWAL 1	Meadowbank
	Louisa	Stewart	U20	10.23.84	30/6/13	UKYDAL	Meadowbank
	Rachael	Dunn	U20	10.43.61	3/8/13	UKWAL	Bromley
	Heather	Langham	SW	10.46.09	25/8/13	SWAL	Scotstoun
	Sue	Ridley	V45	10.46.41	8/6/13	UKWAL	Meadowbank
	Rossana	Stewart	U20	11.19.89	2/6/13	YADL	Sport City
	Cath	Ferry	V40	11.24.86	16/6/13	Scot. Masters	Grangemouth
5000m	Emily	Stewart	U23	16.05.30	20/7/13	BMC Grand Prix	Oxford
	Lauren	Stoddart	SW	19.20.0.	19/5/13	SWAL 2	Aberdeen
10000m	Susan	Benson	SW	34.21	10/3/13	Trafford 10K	Trafford
	Freya	Murray-Ross	SW	34.59	24/2/13	San Juan	USA
	Izzy	Menzies	SW	36.55	24/2/13	Winchester 10	Winchester
	Janet	Dunbar	V40	38.32	6/4/13	Dunbar 10	Dunbar
	Victoria	Baillie	V35	39.16	24/3/13	Garrioch 10	Inverurie
	Susan	Ridley	V45	39.27	12/5/13	Gala 10	Tweedbank
2Km S/Chase	Emily	Stewart	U23	6.36.45	6/5/13	BUCS	Bedford
	Lauren	Stoddart	U23	7.20.6	24/5/13	East Dist	Meadowbank
3Km S/Chase	Emily	Stewart	U23	9.51.42	27/7/13	Invitation	Ninove, BELG
	Sarah	Benson	SW	10.18.02	27/7/13	Invitation	Ninove, BELG
	Lauren	Stoddart	U23	11.20.48	13/4/13	SUAC	Grangemouth
1/2 Marathon	Freya	Murray_Ross	SW	74.54	17/3/13	New York	New York
	Jennifer	MacLean	V35	77.51	25/3/12	Alloa	Alloa
	Issy	Menzies	SW	79.55	7/4/13	Pollenca	Spain
Marathon	Issy	Menzies	SW	2.42.24	28/4/13	G. Manchester	Manchester
	Catriona	Probert	SW	2.58.46	21/4/13	Marathon	London
	Jessica	Wilson-Young	V40	3.03.08	21/4/13	Marathon	London
100m Hurd	Rebecca	Liddell	U23	13.65(+0.9)	16/6/13	U23 Champs	Bedford
	Catriona	Pennet	SW	14.51 (+3.5)	24/5/13	East Dist	Meadowbank
	Katie	Purves	U17	14.97(-0.3)	2/6/13	YADL	Birmingham
	Samantha	Coleby	U23	14.73(+0.2)	25/8/13	Gateshead Games	Gateshead
	Avril	Jackson	SW	15.63(0.0)	6/7/13	UKWAL	Manchester
	Yasmin	Milne	U20	15.7(NWS)	30/7/13	YADL	Preston
400m Hurd	Samantha	Coleby	SW	58.92	8/6/13	UKWAL	Meadowbank
	Katie	Purves	U17	60.73	8/9/13	YADL	Birmingham
	Avril	Jackson	SW	61.47	26/7/13	Invitation	Switzerland
	Katie	Purves	U17	65.68	24/5/13	East Dist	Meadowbank
	Fiona	Trew	U23	66.02	19/5/13	SWAL 2	Aberdeen
	Lauren	Stoddart	SW	66.17	13/4/13	Scot. Univ.	Grangemouth
	Rosie	Wilson	U17	66.34	30/7/13	Celtic Games	Colwyn Games
	Kirsty	McKean	U20	68.83	28/4/13	YADL	Liverpool
	Kirsty	Naismith	U17	69.91	30/7/13	YADL	Meadowbank

High Jump	Emma	Nuttall	U23	1.87	13/7/13	Brit. Champs	Birmingham
	Jayne	Nisbet	SW	1.85	8/6/13	UKWAL	Meadowbank
	Emma	Lowry	U23	1.70	15/6/13	AAA u23 Champs	Bedford
	Carly	Sharp	SW	1.65	3/7/13	Police Champs	Cheltenham
	Sarah	Lowry	U17	1.57	5/6/13	Edin. Schools	Meadowbank
	Ellie	McGinty	U17	1.55	21/4/13	SWAL 1	Meadowbank
	Jade	Carlyle	U15	1.55	5/5/13	SWAL 2	Aberdeen
	Paula	Gass	U20	1.55	1/6/13	Univ. Int.	Dublin
	Sarah	Warnock	U23	1.55	3/8/13	UKWAL	Bromley
Pole Vault	Kirsty	Maguire	SW	3.75	10/8/13	Scot. Champs	Scotstoun
	Hannah	Lawler	U20	3.35	24/5/13	East Dist	Meadowbank
	Hattie	McDiarmid	U17	2.40	7/7/13	Scot. Schools	Grangemouth
Long Jump	Sarah	Warnock	U23	6.29(+2.6)	24/8/13	Inter Counties	Bedford
	Lisa	Ferguson	SW	6.13(+3.6)	3/8/13	UKWAL	Bromley
	Gillian	Cooke	SW	5.94(3.0)	8/6/13	UKWAL	Meadowbank
	Faye	Nicholson	U23	5.80	1/6/13	SWAL	Scotstoun
	Emma	Pringle	U23	5.64(+2.2)	24/8/13	Inter Cty Champs	Bedford
	Charlotte	Robison	U17	5.41	7/6/13	Scot. Schools	Grangemouth
	Rachel	Robertson		5.39(+0.7)	8/9/13	YADL	Birmingham
	Liz	Wells	U17	5.21	24/5/13	East Dist	Meadowbank
	Kerry	Morris	U20	5.11	21/4/13	SWAL 1	Meadowbank
Triple Jump	Ellie	McGinty	U17	5.06	1/6/13	Sch. Pentathlon	Grangemouth
	Emma	Pringle	U23	13.01	26/5/13	NE Cty Champs	Gateshead
	Sarah	Warnock	U23	11.74(+4.1)	8/6/13	UKWAL	Meadowbank
	Gillian	Cooke	SW	11.27	6/7/13	UKWAL	Manchester
	Faye	Nicholson	U20	11.01(+0.9)	24/5/13	East Dist	Meadowbank
	Rachel	Dinsdale	U20	11.00	25/8/13	SWAL	Scotstoun
	Rachel	Robertson	U20	10.75	8/9/13	YADL	Birmingham
	Paula	Gass	U20	10.56	25/5/13	North Dist.	Inverness
	Kirsty	McKean	U20	10.07	21/4/13	SWAL 1	Meadowbank
Shot	Emma	Pringle	U23	13.01	26/5/13	NE Cty Champs	Gateshead
	Kirsty	Yates	U23	15.66	1/6/13	AAA Comb. Champs	Bedford
	Hannah	Evenden	U23	13.63	16/6/13	AAA u23 Champs	Bedford
	Paula	Gass	U20	10.88	1/6/13	Univ Intl	Dublin
	Emma	Lowry	U23	10.11	6/5/13	BUCS	Bedford
	Morayo	Benson	U17	9.56	7/6/13	Scot. Schools	Grangemouth
Discus	Christtel	Ramirez	SW	9.31	13/4/13	Scot. Univ.	Grangemouth
	Hannah	Evenden	U23	45.33	23/6/13	North Champs	Sports City
	Kimberley	Reed	U20	35.03	28/7/13	YADL	Preston
	Caitlin	Watt	U23	31.28	1/6/13	Open Graded	Meadowbank
	Emma	Bowie	U17	28.65	30/6/13	YADL	Meadowbank
	Kirsten	Turnbull	U20	27.84	24.5.13	East Dist	Meadowbank
Hammer	Paula	Gass	U20	27.33	21/4/13	SWAL 1	Meadowbank
	Susan	McKelvie	SW	62.65	2/7/13	Cork City Sports	Cork
	Kimberley	Reed	U20	59.69	8/9/13	YADL	Birmingham
	Hannah	Evenden	U23	54.33	25/5/13	Yorks Cty Champs	Cudworth
	Emma	Bowie	U17	52.31	12/6/13	North Schools	Inverness
	Kelly	Bodley	U20	41.69	8/9/13	YADL	Birmingham
Javelin	Sarah	Broadhurst	U20	31.34	18/8/13	Age Group Champs	Aberdeen
	Paula	Gass	U20	40.83	25/5/13	North Dist.	Inverness
	Samantha	Coleby	SW	32.27	3/8/13	UKWAL	Bromley
	Ellie	McGinty	U17	31.65	7/6/13	Scot. Schools	Grangemouth

Kirsty	Buglass	SW	29.50	7/4/13	Loth. Trials	Meadowbank
Morayo	Benson	U17	28.06	8/9/13	YADL	Birmingham
Gillian	Cooke	SW	27.07	6/7/13	UKWAL	Sport City