

2012 SENIOR WOMEN'S & TOP PERFORMANCES
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	Bethanie	Finlayson	U20	12.13 (+1.5)	9/9/12	NJAL	Derby
	Louise	Dickson	SW	12.13 (+4.1)	12/5/12	E.Dist.	Meadowbank
	Lisa	Ferguson	SW	12.20 (+2.4)	26/8/12	Inter Counties	Bedford
	Stacey	Downie	SW	12.26 (+2.8)	15/4/87	Invit. Event	Amsterdam
	Gillian	Cooke	SW	12.67 (nws)	22/4/12	SWAL	Meadowbank
	Carly	Sharp	SW	12.67 (-0.2)	30/5/12	Police Champs	Inverness
	Jenny	Dunn	SW	12.93 (-0.5)	14/4/12	SWAL	Grangemouth
	Charlotte	Robison	U17	12.97 (+2.4)	12/5/12	E.Dist.	Meadowbank
	Caitlin	Froude	U23	12.97 (+1.3)	9/6/12	UKWAL	Birmingham
Demi	Yorke	U17	12.88 (+2.1)	12/5/12	E.Dist.	Meadowbank	
200m	Bethanie	Finlayson	U20	24.30 (+1.4)	9/9/12	NJAL	Derby
	Stacey	Downie	SW	24.75 (+3.7)	30/6/12	UKWAL	Eton
	Heidi	Biberbach-Laidlaw	U17	25.84 (nws)	6/6/12	Edin.Schools	Meadowbank
	Carly	Sharp	SW	25.98 (-0.9)	30/5/12	Police Champs	Inverness
400m	Lynsey	Sharp	U23	54.74	18/7/12	Welsh Int.	Cardiff
	Kathryn	Evans	SW	55.75	22/4/12	SWAL	Meadowbank
	Emily	Dudgeon	U20	56.14	12/8/12	NJAL	Meadowbank
	Stacey	Downie	SW	56.74	28/7/12	UKWAL	Swansea
	Lauren	Peppers	SW	57.2	12/5/12	E.Dist	Meadowbank
	Avril	Jackson	SW	58.19	8/4/12	Loth. Trials	Meadowbank
	Rosie	Wilson	U17	58.78	9/9/12	NJAL	Derby
	Erin	Boddie	U17	59.17	9/9/12	NJAL	Derby
	Mhairi	MacDonald	SW	59.6	12/5/12	E.Dist	Meadowbank
Caitlin	Froude	U23	59.88	3/6/12	Scot. Champs	Scotstoun	
800m	Lynsey	Sharp	U23	2.00.52	29/6/12	Euro. Champs	Helsinki
	Emily	Dudgeon	U20	2.02.32	11/7/12	World Jun. Champs	Barcelona
	Kathryn	Evans	SW	2.08.05	20/5/12	Lough. Inter,	Loughborough
	Emily	Stewart	U23	2.11.02	28/7/12	UKWAL	Swansea
	Kirsten	Peters	U20	2.13.37	9/9/12	NJAL	Derby
	Hannah	Cameron	U17	2.15.05	29/6/12	BMC	Scotstoun
	Ashleigh	Kennedy	SW	2.17.34	22/8/12	Open Graded	Livingston
	Olivia	O'Hare	U20	2.18.23	9/6/12	Open Graded	Grangemouth
	Lauren	Peppers	SW	2.19.69	20/5/12	SWAL	Meadowbank
	Louisa	Stewart	U20	2.20.18	1/8/12	Open Graded	Grangemouth
	Emily	Stewart	U23	4.16.91	7/7/12	BMC	Stretford
	Laura	Dunn	U23	4.31.30	3/8/12	BMC	Scotstoun
	Louisa	Stewart	U20	4.33.66	29/5/12	BMC	Stretford
	Emily	Dudgeon	U20	4.36.17	9/9/12	NJAL	Derby
	Rachel	Dunn	U20	4.47.37	24/6/12	NJAL	Gateshead
	Alex	Hunter	U17	4.51.67	3/8/12	BMC	Scotstoun
	Olivia	O'Hare	U20	4.53.45	8/6/12	Scot. Schools	Grangemouth
	Emily	Strathdee	U17	4.56.67	2/9/12	YAL	Manchester
	Rona	MacNiven	SW	4.56.70	31/3/12	NSW Champs	Sydney
	Rosanna	Stewart	U17	4.59.91	25/8/12	U18 Champs	Grangemouth
3000m	Emily	Stewart	U23	9.05.44	7/8/12	BMC	Stretford
	Louisa	Stewart	U20	9.55.18	9/6/12	Scot. Schools	Grangemouth
	Rachel	Dunn	U20	10.32.29	9/6/12	Scot. Schools	Grangemouth
	Rona	MacNiven	SW	10.40.04	3/3/12	Open Graded	Waratah
	Sue	Ridley	SW	10.40.54	22/4/12	SWAL	Meadowbank
	Vicky	Frew	SW	10.49.20	14/7/12	SWAL	Woking
	Alex	Hunter	U17	10.54.57	9/6/12	Scot. Schools	Grangemouth
	Rosanna	Stewart	U17	10.57.32	9/6/12	Scot. Schools	Grangemouth
5000m	Emily	Stewart	U23	16.16.42	1/6/12	Invitation	France

10000m	Freya	Murray	SW	33.16.13	3/6/12	European Cup	Spain
2Km S/Chase	Emily	Stewart	U23	6.37.49	5/5/12	British Univ.	Olympic Park
	Lauren	Stoddart	U23	7.35.97	28/7/12	UKWAL	Swansea
3Km S/Chase	Emily	Stewart	U23	9.53.47	14/7/12	Diamond League	Crystal Palace
1/2 Marathon	Jennifer	MacLean	V35	77.16	27/5/12	Edin. 1/2 Marathon	Edinburgh
	Issy	Menzies	SW	81.44	25/3/12	1/2 Marathon	Fleet
Marathon	Freya	Murray	SW	2.28.10	22/4/12	Marathon	London
	Kim	Threadgall	SW	3.03.39	22/4/12	Marathon	London
100m Hurd	Catriona	Pennet	SW	14.25 (+2.3)	25/8/12	Inter Counties	Bedford
	Emma	Lowry	U23	16.09 (+1.7)	9/6/12	UKWAL	Birmingham
	Avril	Jackson	SW	16.15 (+0.9)	9/6/12	UKWAL	Birmingham
400m Hurd	Avril	Jackson	SW	63.14	20/5/12	SWAL	Meadowbank
	Fiona	Trew	U23	65.67	30/6/12	UKWAL	Eton
	Kirsty	McKean	U17	67.06	12/8/12	NJAL	Meadowbank
	Emma	Lowry	U23	67.24	16/5/12	Lough. Inter,	Loughborough
	Isla	McKenzie	U20	67.46	22/7/12	NJAL	Wakefield
	Lauren	Stoddart	U23	68.51	5/8/12	SWAL	Meadowbank
High Jump	Emma	Nuttall	U23	1.86	16/6/12	UK U23 Chmps	Bedford
	Jayne	Nisbet	SW	1.80	10/6/12	Internat. Games	Bedford
	Emma	Lowry	U23	1.74	16/6/12	UK U23 Chmps	Bedford
Pole Vault	Kirsty	Maguire	SW	3.20	28/7/12	UKWAL	Swansea
Long Jump	Lisa	Ferguson	SW	6.24	24/6/12	UKWAL	Birmingham
	Sarah	Warnock	U23	5.99	16/6/12	UK U23 Chmps	Birmingham
	Gillian	Cooke	SW	5.83	13/5/12	East Dist	Meadowbank
	Faye	Nicholson	U20	5.76	12/8/12	NJAL	Meadowbank
	Charlotte	Robison	U17	5.30	20/5/12	SWAL	Meadowbank
Triple Jump	Gillian	Cooke	SW	11.95	22/4/12	SWAL	Meadowbank
	Sarah	Warnock	U23	11.47	28/7/12	UKWAL	Swansea
	Faye	Nicholson	U20	11.28	26/8/12	U20 Champs	Grangemouth
	Rachel	Dinsdale	U20	10.30	22/7/12	NJAL	Wakefield
Shot	Julia	Siart	SW	13.79	30/6/12	UKWAL	Eton
	Hannah	Evenden	U23	13.54	17/6/12	U23 Champs	Bedford
	Emma	Lowry	U23	10.68	13/6/12	UNIV. Match	Loughborough
	Paula	Gass	U20	9.67	6/6/12	N.Scot. Schools	Inverness
	Christtel	Ramirez	SW	9.58	14/4/12	Scot. Univ.	Meadowbank
Discus	Hannah	Evenden	U23	44.23	26/8/12	Inter Counties	Bedford
	Julia	Siart	SW	37.23	22/4/12	SWAL	Meadowbank
	Kimberley	Reed	U20	37.47	22/7/12	NJAL	Wakefield
	Julie	Wyatt	SW	35.04	3/6/12	Scot. Champs	Scotstoun
	Nikki	Falconer	SW	32.21	28/7/12	UKWAL	Swansea
	Emma	Bowie	U17	31.84	12/8/12	NJAL	Meadowbank
Hammer	Paula	Gass	U20	30.62	22/7/12	NJAL	Wakefield
	Susan	McKelvie	SW	64.65	18/8/12	Invitation	Belgium
	Hannah	Evenden	U23	57.16	7/4/12	Open Graded	Wakefield
	Julia	Siart	SW	56.76	2/6/12	Scot. Champs	Scotstoun
	Kimberley	Reed	U20	56.41	21/7/12	Open Graded	Livingston
	Emma	Bowie	U17	48.67	6/7/12	N.Scot. Schools	Inverness
	Kelly	Bodley	U20	42.26	12/8/12	NJAL	Meadowbank
Nikki	Falconer	SW	39.03	2/6/12	Scot. Champs	Scotstoun	

Javelin

Paula	Gass	U20	41.23	6/6/12	N.Scot. Schools	Inverness
Nikki	Falconer	SW	35.87	22/4/12	SWAL	Meadowbank
Susan	McKelvie	SW	28.57	30/6/12	UKWAL	Eton