

Edinburgh Athletic Club
Registered Charity No. SC041013



**Trustees Annual Report
&
Financial Statement**

For Year 1st October 2018 to 30th September 2019

Contents of Trustees Report and Financial Statements

For the Year Ending 30th September 2019

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Annual Report of Trustees

For the Year Ending 30th September 2019

The trustees have the pleasure in presenting their annual report and financial statement for the period 1st October, 2018 to 30th September 2019.

References and Administrative Information

Charity Name

Edinburgh Athletic Club (Edinburgh AC) (EAC)

Charity Number

SC041013

Registered Contact Address: -

2 Baberton Mains Way,
Edinburgh
EH14 3HF

Current Trustees: -

Barry Craighead (Honorary President)
Moira Maguire (President)
William Walker
Alex MacEwen
Yvonne Jones (Vice President)
Brian Nisbet (Treasurer)

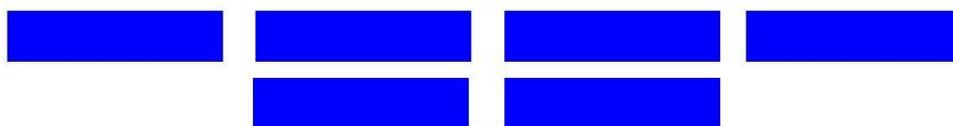
Structure, Governance and Management

For the period relevant to this report the club legal status remains as an Unincorporated Scottish Charity with the Constitution being the governing document. However, during the current period our application to change our legal entity status to become a Scottish Charitable Incorporated Organisation (SCIO) has been approved by the Office of the Scottish Charity Regulator (OSCR). All that requires to happen now is to arrange for the transfer of our financial assets to the new entity and complete the wind-up process.



EDINBURGH ATHLETIC CLUB GOVERNANCE STRUCTURE

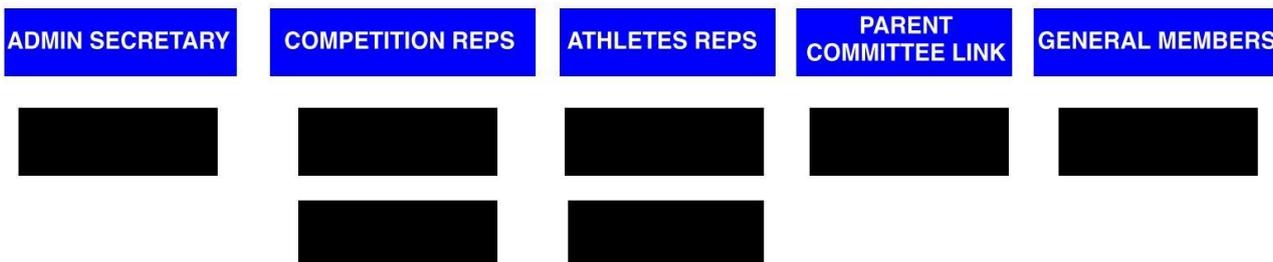
BOARD OF TRUSTEES



MANAGEMENT COMMITTEE / SUB GROUP LEADERS



OTHER SUPPORTING ROLES



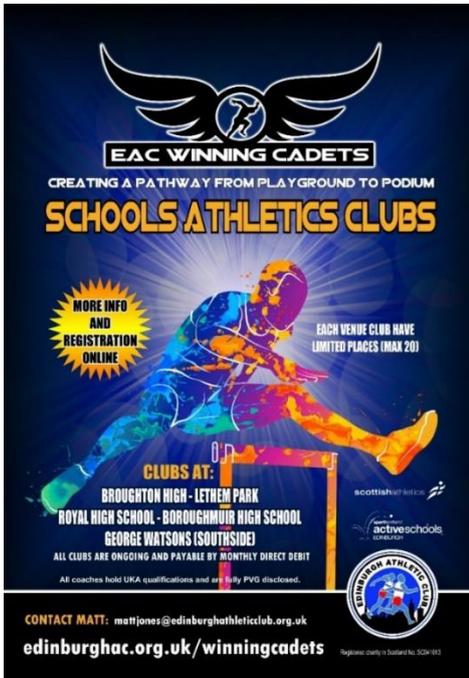
Appointment of Trustees

Trustees are elected annually at the club's Annual General Meeting and are required to sign a Declaration Form stating they are not debarred from holding such a position. They are appointed for one year but are eligible for re-election. The minimum number of Trustees is six and the maximum is twelve. We currently have six Trustee on our register and are actively seeking to secure an additional two.

Management

The board of Trustees meet regularly to review the strategic development and financial wellbeing of the club. They also attend the regular Management Committee meetings which consist of the Sub-Group leaders who are mandated to carry out 'hands on' leadership and management of the individual sub-groups. Each Sub-Group has clearly defined roles and these along with other Supporting Roles ensure that all areas of the club have representation in the management of the club.

Objective and Activities



The club operates as a non-profit distributing charity whose principal objective is to promote interest in, and the advancement of public participation in the sport of Athletics. This is facilitated by providing coaching, facilities and opportunities for anyone in the community aged nine years or upwards to participate in athletics.

The club offers coaching and training in all disciplines of athletics to over two hundred and sixty children aged nine to seventeen and over three hundred adults. Until the closure for re-development Meadowbank Stadium was the main club base with 'club' training nights being Tuesday and Thursday evenings. Since the closure of Meadowbank, a number of venues across the city of Edinburgh are utilised to maintain the focus on the provision of opportunities to participate in athletics. We are now well into our second year away from Meadowbank and it continues to be challenging to maintain club cohesion.

To extend its reach into the wider community, the club in collaboration with 'Active Schools' now runs a 'Run, Jump & Throw' programme called "EAC Winning Cadets" with weekly after school sessions in five additional location across the city. These are Broughton HS, Boroughmuir HS, Royal HS, Southside and Lethem Park. To help the programme develop the club created a new sessional membership category to encourage children to come along and try without requiring commitment to an annual membership fee. This has proven to be very successful with approximately sixty children participating in the programme. We are currently working on plans to extend the programme to additional schools.

Key to the club's strategy is the provision of opportunities for all to compete in all disciplines of athletics, including track and field, cross country, road and hill racing at a local level through to national and international level.

All the club's training and competition opportunities are made possible by the continued enthusiasm, commitment and dedication of over seventy volunteer club members. They deliver the coaching, provide club management, team management and event officials ably supported by willing parent helpers.

Achievements & Performance



The rewards for all this dedication and hard work has led to 2019 being another very successful year with the club being shortlisted for the following awards at the Scottish Athletics annual awards ceremony: -

- 'Track & Field Club of the Year
- 'Off-Track Club of the Year'

The club was also shortlisted at the prestigious Team Scotland Awards:

- School & Community Hub of the Year

Individual athletes of all ages have competed very successfully to become medal winners, locally, nationally and internationally.

A measure of the club's standing is the fact that a third of the Scottish athletes selected for Team GB at the World Athletic Championships in Doha 2019 were from Edinburgh Athletic Club.

See Appendix 1 'Roll of Honour' for the full list of achievements. See website >>>[Here](#)

The club takes great pride in it's '*From School To Podium*' philosophy and continues to provide the opportunity and pathway for all ages to achieve their goals in athletics at whatever level that should be.

What's Next?

- Explore the possibilities of setting up a 'Jog Scotland' group within our club to encourage wider community participation in running for the benefit of their health and wellbeing.
- Prepare for the re-opening of the Meadowbank facilities and explore the opportunities to establish a new clubhouse as our 'home'.
- We need to insure we deliver the mission statement adopted for our recent AGM of '*Bringing The Club Together*'

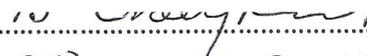
Reserves

The club is showing a deficit over income expenditure of £5,286. However, the trustees are of the view that club is well funded with a healthy bank balance of £160,635.

The additional venue hire costs associated with the closure of Meadowbank being a major contributory factor. Consequently, at the Annual General Meeting the club subscription fees for 2019 / 20 membership period will rise by 5% to address the deficit.

The club will need to continue to maximise income wherever possible and manage expenditure prudently.

Approved and signed by the Trustees

Name: Barry Craighead 
Date: 2ND DEC 2019

Name: Moira Maguire 
Date: 2/12/19

Name: William Walker 
Date: 2/12/19

Name: Alex MacEwen 
Date: 2.12.19

Name: Yvonne Jones 
Date: 2/12/19

Name: Brian Nisbet 
Date: 2nd December, 2019

**Independent Examiner's Report to the Trustees of
Edinburgh Athletic Club**

I report on the accounts for the year ended 30th September 2019 set out on pages fifteen to twenty.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of the independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

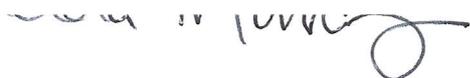
Independent examiner's statement

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
 - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Amanda JM Murray

ACMA
CGMA

Date: 20th November 2019

Statement of Financial Activities
For the Year Ended 30th September 2019
Receipts and Payments Accounts

	Unrestricted Funds £	Restricted Funds £	Total 2019 £	Total 2018 £
RECEIPTS				
Donations	46,207	-	46,207	30,379
Gross Trading Receipts	3,513	-	3,513	4,321
Income from investments	83	-	83	166
Gross receipts from other charitable activities	29,777	-	29,777	32,760
Total receipts	79,581	-	79,581	67,626
PAYMENTS				
Gross trading payments	5,729	-	5,729	6,978
Payments relating directly to charitable activities	78,774	364	79,138	72,917
Total payments	84,503	364	84,867	79,895
Surplus/(deficit) for the year	(4,922)	(364)	(5,286)	(12,269)

STATEMENT OF BALANCES

	Unrestricted Funds £	Restricted Funds £	Total 2019 £	Total 2018 £
Cash and bank balances at start of year	160,814	5,107	165,921	178,190
Surplus/(Deficit) shown in receipts and payments account	(4,922)	(364)	(5,286)	(12,269)
Cash and bank balances at end of year	155,892	4,743	160,635	165,921

The Edinburgh Athletic Club has no other Investments, Assets or Liabilities.

The financial statements were approved by the Board of Trustees on **25th November 2019** and were signed on its behalf by:

 2 | 12 | 19

Trustee

**Notes to the Financial Statements
For the Year Ended 30th September 2019**

1. NATURE AND PURPOSE OF FUNDS

All funds are used to further the Club's charitable purposes: the promotion of interest and participation in athletics.

2. GRANTS

Grants totalling £6,502 were received during the year ended 30th September 2019 from Sports Scotland and YDL Athletics.

3. TRUSTEES' REMUNERATION AND EXPENSES

There were no trustees' remuneration or other benefits for the year ended 30th September 2019 nor for the year ended 30th September 2018.

There were no trustees' expenses paid for the year ended 30th September 2019 nor for the year ended 30th September 2018.

4. TRANSACTIONS WITH TRUSTEES AND CONNECTED PERSONS

There were no transactions between Trustees and connected persons.

5. INDEPENDENT EXAMINER'S REMUNERATION

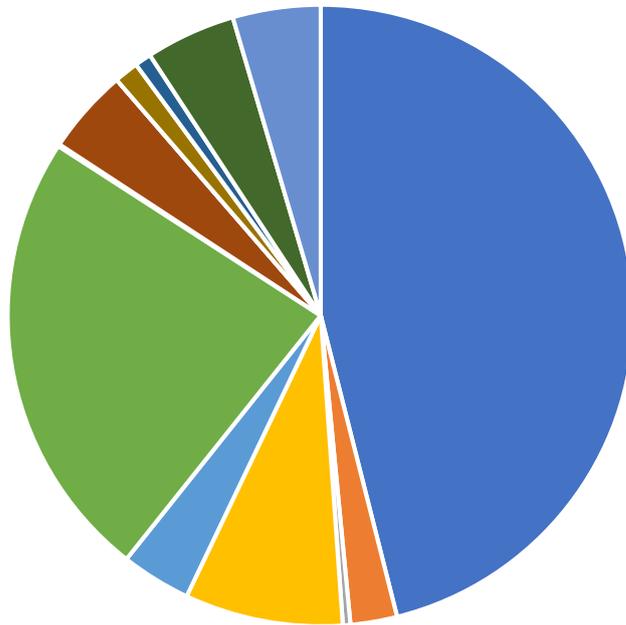
	30.09.2019	30.09.2018
	£	£
Fee	Nil	Nil

Detailed Statement of Financial Activities

For the Year Ended 30th September 2019

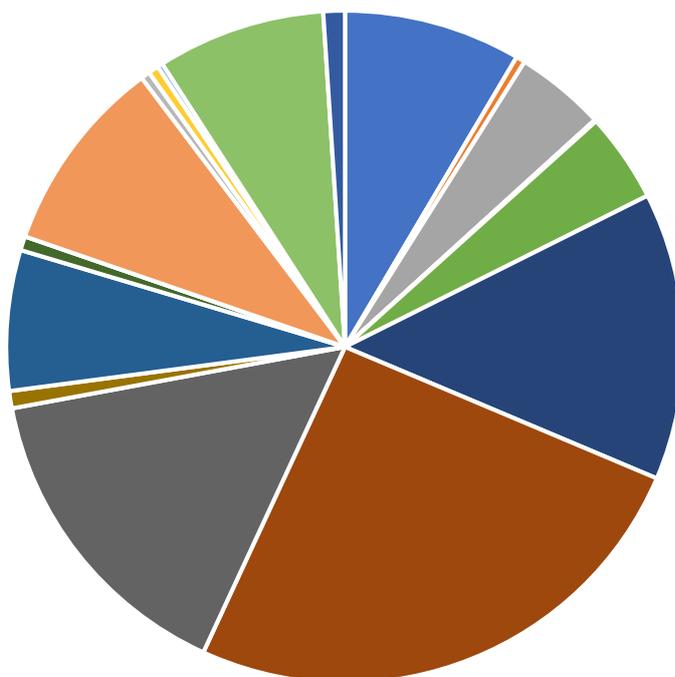
	Unrestricted Funds £	Restricted Funds £	Total 2019 £	Total 2018 £
INCOMING RESOURCES				
Donations				
Subscriptions	36,667	-	36,667	21,280
Other Donations	2,227	-	2,227	2,315
Meadowbank Relocation Contributions	-	-	-	3,252
Grants	6,502	-	6,502	8,702
Income from Investments other than land and buildings				
Bank Interest	83	-	83	166
Gift Aid	3,705	-	3,705	3,533
Gross Trading Receipts				
Sale of Vests etc	3,513	-	3,513	4,321
Gross Receipts from other charitable activities				
EAC Winning Cadets	-	-	-	3,541
200 Club	1,000	-	1,000	1,000
Lothian and Borders Trials	2,875	-	2,875	3,178
Travel	18,721	-	18,721	16,035
Miscellaneous	680	-	680	304
Training Venue Hire Contributions	3,608	-	3,608	-
Total Incoming Resources	79,581	-	79,581	67,626
RESOURCES EXPENDED				
Gross Trading Payments				
Purchase of Vests	5,729	-	5,729	6,978
Payments relating directly to charitable activities				
Affiliation and contest fees	11,204	-	11,204	14,870
Meadowbank Relocation Costs	-	-	-	11,010
Lothian and Borders Trials	418	-	418	486
Printing, stationery, postage, telephone	69	-	69	55
Travel	3,641	-	3,641	3,488
YDL/YAL	33,348	-	33,348	20,979
UKWL	12,904	-	12,904	17,077
Audit	-	-	-	286
Medals and engraving	575	-	575	629
EAC Winning Cadets	-	-	-	912
Equipment/Web Costs	704	-	704	634
Miscellaneous	873	-	873	2,380
Tilly Loss Fund Utilised	-	-	-	111
Just giving fees	216	-	216	-
Meggetland Project	-	364	364	-
School Together Programme	8,000	-	8,000	-
Training Venue Hire Costs	6,823	-	6,823	-
Total Resources Expended	84,503	364	84,867	79,895

Income 2018-19

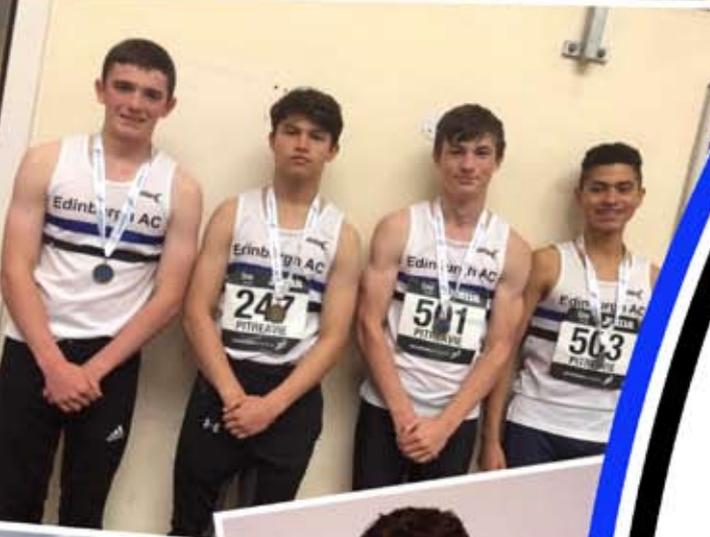


- Membership Subscriptions
- Fund Raising
- Donations
- Grants
- Events / Races / OGM's / Trials
- Athletes / Coaches / Officials Contribution
- Bank / Inv Interest
- Vests / Hoodies / Kit etc.,
- EAC Winning Cadets
- 200 Club Donation Income
- Miscellaneous
- Just Giving / Gift Aid
- Training Venue Hire Contributions

Expenditure 2018-19



- League / Affiliation Fees
- Track & Field Comp Entry Fees
- Endurance Comp Entry Fees
- Print & Stationary
- Postage and Telephone
- SWAL / SMAL / SAIL Travel Costs
- (LAG) YDL Travel Costs
- (UAG) YDL Travel Costs
- UKWAL Travel Costs
- Equipment / Web Costs
- Vests / Hoodies / Kit etc.,
- Medals & Engraving
- Tilly Loss Trust Monies Utilised
- School Together Programme
- Meggetland Project
- Lothian Trials/Open Graded/Road races
- Just Giving Fees
- Training Venue Hire Costs
- Miscellaneous



EDINBURGH ATHLETIC CLUB

ROLL OF HONOUR 2019

GB Vests

Howard Bell Combined Events International Cardiff Switzerland
Pippa Carcas European Mountain Running Championships
Beth Dobbin World Championships Doha
Josh Kerr World Championships Doha
Emma Nuttall European Team Championships Poland
Chris O'Hare European Indoor Championships Glasgow
Michael Olsen U23 European Championships Sweden
Alisha Rees U23 European Championships Sweden, 4 x 100m European Team Championships Poland
Lynsey Sharp World Championships Doha
Eloise Walker World Cross Country Championships Denmark, European U20 Championships Sweden
Jake Wightman World Championships Doha



Scottish Vests

Bera Ajala U20 Triple Jump Wales International
Zoe Bates U23 Celtic XC Belfast
Rebecca Burns Home Countries International XC Belfast
Freddie Carcas U23 Celtic XC Belfast
Pippa Carcas U17 London Mini Marathon, U17 Schools International Swansea, U17 British Mountain Running Championships Wales
Gillian Cooke Inter Area Masters Coventry
Scott Connal U20 Wales International, Home Countries CE International
Fabian Despinoy U17 Schools International Swansea
Karen Dobbie British Masters XC
Stacey Downie 400m Loughborough International, 200m, 400m, 4 x 100m Manchester International
Joe Ewing Junior Relay Team Great Stirling XC, U17 London Mini Marathon
Paul Forbes 800m Inter Area Coventry
Imran Hossain U17 Javelin Schools International Swansea
Katie Johnson Schools International XC Dublin, U15 London Mini Marathon, U17 Schools International Swansea
Anise Macaulay Orr Schools International XC Dublin
Jennifer MacLean British Masters XC
Courtney MacGuire Pole Vault Loughborough International, Manchester International
Holly McArthur Home Countries CE International, Long Jump Manchester International
Cal McLennan Home Countries CE International
Sarah Malone 4 x 100m Loughborough International, Manchester International
Hugh Morrow Schools International XC Dublin
Emma Nuttall High Jump Loughborough International
Ellie O'Hara Loughborough International, U17 Schools International Swansea
Michael Olsen 4 x 100m Belfast International
Alisha Rees Loughborough International, Belfast International
Sue Ridley British Masters XC
Sorcha Shepherd Schools International XC Dublin
Cameron Tindle 4 x 100m Loughborough International, Belfast International
Robert Turner Anglo Celtic Plate 100K
Eloise Walker U23 Celtic XC Belfast, 3K Armagh Road Race, Loughborough International, 3000m Manchester International
Sarah Warnock Long Jump Loughborough International
Lauren Wilson 10K Road Championships



National Records

Scott Connal U20 Heptathlon 5637
Gillian Cooke W35 Indoor Long Jump 5.21m
Beth Dobbin 200m 22.50
Katie Johnson U15 300m 42.51
Katie Johnson U15 800m 2:10.90
Katie Johnson U15 Indoor 1500m 4:36.81
Josh Kerr Indoor 1500m 3:35.72
Ellie O'Hara U17 Triple Jump 12.58m
Ellie O'Hara U17 Indoor Long Jump 5.89m
Ellie O'Hara U17 Indoor Triple Jump 12.11m
Alisha Rees 4 x 100m Scottish Team 45.30
Jake Wightman 1500m 3:31.87
Jake Wightman 1 Mile 3:52.02
U15B Indoor 4 x 200m 1:38.83 Mateo Hughes, Oliver Finlayson, Alastair Holmes, Tom Kelly



Club Records

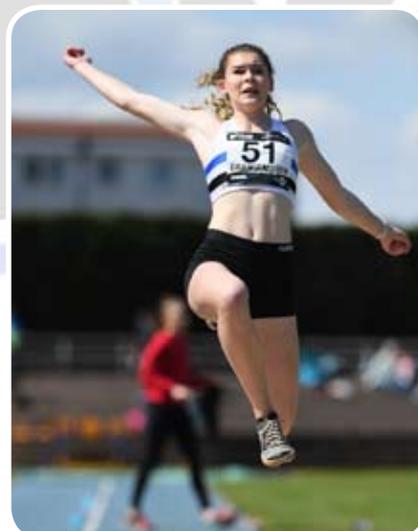
Indoor

Pippa Carcas U17 1500m 4:37.31
Gillian Cook W35 Long Jump 5.21m
Scott Connal U20 Heptathlon 5637
Katie Johnson U15 300m 42.51
Katie Johnson U15 800m 2:10.90
Katie Johnson U15 1500m 4:36.81
Rose Jones U13 High Jump 1.53m
Josh Kerr 1500m 3:35.72
Ellie O'Hara U17 Long Jump 5.89m
Ellie O'Hara U17 Triple Jump 12.11m
Ruby Renton U15 60mH 9.40
Mollie Reville U15 Long Jump 5.42m
Callum Simpson U20 High Jump 2.02m
U15B 4 x 200m 1:38.83 Mateo Hughes, Oliver Finlayson, Alastair Holmes, Tom Kelly
U15 Girls 4x200m 1:47.70 Alice Ball, Marissa Maclean, Ruby Renton, Anna Widdowson



Outdoor

Bera Ajala U20 Triple Jump 14.94m, 15.00m(w)
Beth Dobbin 200m 22.50
Scott Connal U20 Decathlon 7057
Scott Connal U20 110mH 14.46, 14.16(w)
Katie Johnson U15 300m 41.93
Katie Johnson U15 800m 2:09.63
Rose Jones U13 High Jump 1.58m
Josh Kerr 5000m 13:28.66
Courtney MacGuire Pole Vault 4.18m
Ellie O'Hara U17 Long Jump 6.07m
Ellie O'Hara U17 Triple Jump 12.58m
Fergus Pim U13 Javelin 35.05m
Molly Reville U15 Long Jump 5.51m
Jake Wightman 1500m 3:31.87
Jake Wightman 1 Mile 3:52.02
Molly Reville, Marissa Maclean, Anise Macaulay Orr, Katie Johnson 4 x 300m Relay 2:52.37



Loughborough Athletics Academy of Sporting Excellence

Max Leslie
Callum Newby
Keira Waddell



Outdoor Championships

World Championships

Beth Dobbin 6th 200m Semi-Final 23.11
Josh Kerr 6th 1500m Final 3:32.52
Lynsey Sharp 4th 800m Heats 2:03.57
Jake Wightman 5th 1500m Final 3:31.87

European Masters

Dougie Graham 3rd Pole Vault 4.20 M40
Catriona Pennet 2nd 100m H 15.10 W35
Gillian Cooke 8th Pole Vault 3.05 W35
also 4th Long Jump 5.18

Europe v United States

Beth Dobbin 2nd 200m

British Road Mile Championship

Chris O'Hare 1st 4:01

Inter Area Masters Championships

Gillian Cooke W35 1st Long Jump, Triple Jump, Pole Vault 4x100m relay and 2nd Javelin
Paul Forbes M60 1st 400m, 1st 800m

British Championships

Hannah Cameron 5th 800m 2:08.11
Emily Craig 5th 400mH 62.59
Beth Dobbin 2nd 200m Final 23.13
Stacey Downie 4th 200m Heats 24.30, 4th 400m 54.78
Josh Kerr 2nd 1500m 3:48.51
Sarah Malone 9th 100m Heats 12.36
Courtney MacGuire 4th Pole Vault 4.10m
Emma Nuttall 5th High Jump 1.76m
Chris O'Hare 6th 1500m 3:50.24
Michael Olsen 8th 100m Semi Final 10.67
Katie Purves 5th 100m Semi Final 12.28, 4th 100mH 13.98
Alisha Rees 8th 100m Final 11.71
Lynsey Sharp 2nd 800m 2:02.79
Eloise Walker 9th 1500m Heats 4:23.92
Sarah Warnock 6th Long Jump 6.42m (w), 6.39m
Jake Wightman 3rd 1500m 3:48.96



SIAB Swansea

U17 Ellie O'Hara 2nd Long Jump, Triple Jump

British Masters Championships

Gillian Cooke W35 1st Long Jump, 3rd 100m

Scottish Masters Championships

Richard Clark M40 3rd 400m

Gillian Cooke W35 1st Long Jump, 2nd Shot, 3rd 100m

Cath Ferry W45 3rd 1500m

Bill Gentleman M75 1st Discus, Hammer and Shot

Stuart Johnston 1st M40 5000m, 2nd M40 10,000m

Dougie Graham 1st Pole Vault

Gary Leek M55 1st 100m, 1st 200m

Paul Forbes M60 1st 400m, 1st 800m

Robert Forbes M40 1st Triple Jump

Lewis Orr M45 3rd 800m

Catriona Pennet W35 1st 200m

Sue Ridley W50 1st 1500m



Scottish Championships

U13 Boys

Patrick Barnes 3rd 800m

Cameron Gettinby 2nd 100m, 2nd 200m

Harry Nussey 2nd 75mH

U13 Girls

Sarah Burns 1st 200m

Kyna Forbes 1st High Jump

U15 Boys

Ross Dewar 2nd 1500m

U15 Girls

Katie Johnson 1st 800m

Anise Macaulay-Orr 2nd 800m

Molly Reville 1st Long Jump, 2nd 75mH

U17 Men

Fabian Despinoy 1st 800m

Rob Henderson 2nd Long Jump

Calum Holmes 3rd 100m, 3rd 200m

Imran Hossain 3rd Javelin

Isaac Johnston 3rd High Jump

Kasper Lemvig-Allan 3rd Shot Put, 3rd Discus

U17 Women

Katie Johnson (U15) 1st 1500m

Ellie O'Hara 1st Triple Jump, 1st Long Jump

Emma Solley 3rd Javelin

U20 Men

Joe Ewing 1st 800m

Calum Henderson 2nd Long Jump

Callum Newby 2nd Pole Vault



U20 Women

Rosie Elizabeth Brown 3rd Pole vault
Ellie O'Hara (U17) 1st Triple Jump, 1st Long Jump
Katie Reville 2nd 200m
Emme Solley (U17) 3rd Javelin
Keira Waddell 2nd Javelin
Eloise Walker 1st 3000m

Senior Men

Michael Cameron 3rd 3000m Steeplechase
Max Leslie 3rd 200m
Michael Olsen 1st 100m

Senior Women

Rosie Elizabeth Brown 3rd Pole Vault
Gillian Cook 2nd Pole Vault
Hannah Cameron 3rd 800m
Emma Canning 3rd High Jump, 3rd Long Jump, 3rd 100mH
Gillian Cooke 2nd Pole Vault
Emily Craig 2nd 400mH
Stacey Downie 1st 400m, 3rd 200m
Holly McArthur 2nd Long Jump, 2nd 100mH
Emma Nuttall 2nd High Jump
Mhairi Patience 1st 400mH
Katie Purves 1st 100mH, 2nd 100m
Natalie Robbins 3rd Hammer
Lauren Stoddart 1st 3000m Steeplechase
Keira Waddell 3rd Javelin
Sarah Warnock 1st Long Jump
Kirsty Yates 2nd Shot Put



Scottish Relay Championships

U15 Boys

1st 4 x 100m Benjamin Roger, Mateo Hughes, Oliver Finlayson, Tom Kelly
1st 4 x 300m Benjamin Roger, Mateo Hughes, Oliver Finlayson, Tom Kelly

Senior Women

1st 4 x 100m Katie Purves, Emma Pedrana, Stacey Downie, Katie Reville

English Championships

Senior

Stacey Downie 3rd 400m

U23

Emily Craig 3rd 400mH
Holly McArthur 2nd Long Jump
Alisha Rees 2nd 200m

U20

Bera Ajala 3rd Triple Jump

U17

Ellie O'Hara 2nd Long Jump, 2nd Triple Jump

U15

Katie Johnson 2nd 800m



East District Championships

U13

Patrick Barnes 2nd 800m

Sarah Burns 3rd 100m

Kyna Forbes 2nd High Jump, 3rd 70mH

Cameron Gettinby 1st Long Jump, 1st 100m, 1st 200m

Rose Jones 1st High Jump, 2nd Long Jump

Innes McDonald 3rd 1500m

U15

Magnus Brown 2nd Javelin

Ross Dewar 2nd 1500m

Niamh Edgar 3rd 300m

Oliver Finlayson 2nd 300m, 3rd 100m

Mateo Hughes 2nd 200m

Katie Johnson 3rd 300m

Ruby Renton 1st 75mH

Molly Reville 1st Long Jump, 2nd 75mH

Sorcha Shepherd 3rd 1500m

U17

Pippa Carcas 2nd 1500m

Cameron Forbes 2nd 100mH

Jessica Forest 2nd Discus

Lachlan Gray 1st Pole Vault

Imran Hossain 2nd Javelin, 2nd Triple Jump

Kasper Lemvig-Allan 1st Discus, 1st Shot Put

Eilidh MacIntyre 3rd 80mH, 3rd 300mH

Hugh Morrow 3rd 1500m

Ellie O'Hara 1st 100m, 1st Long Jump, 1st Triple Jump

Cerys Scott-Hobbs 1st Pole Vault

Samuel Toluwaleyi 1st 200m

Leagues

UK Womens League Premier Division 5th

Scottish Athletics League (Men) Division 1, 2nd

Scottish Womens Athletic League 4th

Northern Premier YDL Upper Age Group 2nd

UK YDL Final Upper Age Group 4th

UK YDL Final Lower Age Group 6th

Scottish YDL Lower Age Group 1st

East of Scotland XC League, 1st Female Team

Indoors

England Multi Event Championships

Howard Bell 1st U23

GB Championships

Chris O'Hare 1st 3000m

World Masters Championships

Gillian Cooke W35 2nd Long Jump

British Masters Championships

Gillian Cooke W35 1st Pole Vault, 1st Long Jump

Gary Leek M55 3rd 60m



Scottish Championships

Seniors

Rosie Elizabeth Browne 3rd Pole Vault
Alexandra Burns 3rd Triple Jump
Gillian Cooke 2nd Pole Vault
Shona Crossan 2nd Shot Put
Emma Nuttall 1st High Jump
Michael Olsen 1st 60m
Catriona Pennet 3rd 60mH
Sandy Wilson 2nd 200m
Sarah Warnock 2nd Long Jump
Senior Men 1st 4 x 200m
Max Leslie, Bera Ajala, Stuart Drummond, Rohan Green

U20

Sam Brown 1st 800m
Scott Connal 1st Heptathlon
Scott Connal 1st 60mH
Shona Crossan 1st Shot Put
Lucy Davidson 2nd Shot Put
Joe Ewing 3rd 800m
Callum Henderson 3rd Long Jump
Max Leslie 1st 200m
Ellie O'Hara (U17) 1st Long Jump
Ellie O'Hara (U17) 1st Triple Jump
Callum Simpson 1st High Jump

U17

Fabian Despinoy 1st 800m
Calum Holmes 1st 60m, 2nd 200m
Katie Johnson 1st 1500m (U15)
Kasper Lemvig-Allan 3rd Shot Put
Ellie O'Hara 1st Triple Jump
Ellie O'Hara 1st Long Jump

U15

Katie Johnson 1st 800m
Ruby Renton 1st 60mH
Molly Reville 1st Long Jump
Ross Dewar 1st 1500m

U13

Rose Jones 1st High Jump
Rose Jones 2nd Pentathlon
Kyna Forbes 3rd High Jump
Harry Nussey 2nd 60mH

Masters

Richard Clark 3rd M40 400m
Gillian Cooke 1st W35 60m, 1st Long Jump
Gary Leek 2nd M55 60m, 3rd 200m
Lewis Orr 3rd M45 800m
Catriona Pennet 1st W35 60mH, 2nd 60m
Susan Ridley 1st W50 1500m



National Indoor Relay Championships

Senior Men Gold

Gold, Max Leslie, Bera Ajala, Stuart Drummond, Rohan Green

U17 Men Bronze,

Alex Poustie-Williamson, Imran Hossain, Ben O'Neill, Samuel Okpaje

U15 Boys Gold,

Mateo Hughes, Oliver Finlayson, Alastair Holmes, Thomas Russell

U13 Boys Gold,

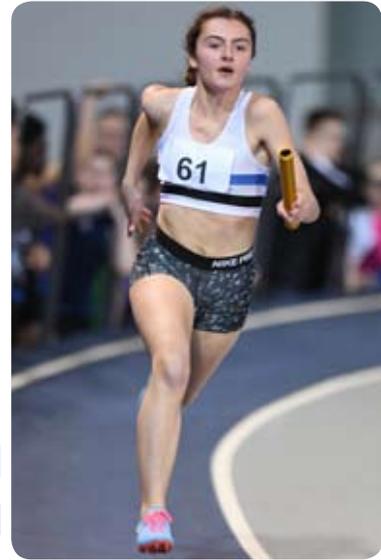
Patrick Barnes, Harry Nussey, Arran Batchelor, Cameron Gettingby

U17 Women Bronze,

Esther Watson, Niamh Edgar, Susanne Anderson, Skye Waugh

U15 Girls Silver,

Ruby Renton, Alice Ball, Anna Widdowson, Marissa MacLean



England AA Championships

Fabian Despinoy 3rd U17 800m

Katie Johnson 1st U15 800m

Ellie O'Hara 1st Triple Jump, 3rd U17 Long Jump

BUCS Championships

Alisha Rees 2nd 60m

Millrose Mile (New York)

Josh Kerr 4th 3:53.64 (2nd on the all time list)



Scottish Indoor League

U20M Gold

U17M Bronze

U15B Bronze

U13B Gold

U15G Silver

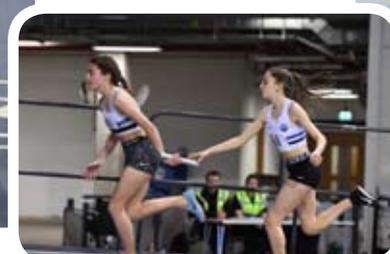
Relays

U15B Gold

U13B Gold

U17G Bronze

U15G Silver



Road Races

Scottish 10K Road Race

1st Team Lauren Wilson, Chloe Cox and Hazel MacCormick
2nd W40 Jacqueline Rainger (Scottish Masters Champion)
3rd M40 Leon Johnson



National Road Relays

1st W40 Lyndsey Fraser, Jacqueline Rainger, Emma Laverie, Jennifer MacLean
2nd M40 Michael Fullerton, Leon Johnson, Richard Meade, Stuart Johnston, Adam Rouse, Bryan Mackie
3rd W50 Shona Adam, Karen Dobbie, Sharyn Ramage

Other Road Races

Pippa Carcas U17 London Mini Marathon Team Gold
Adam Craig 1st The Great Scottish Run 10K
Michael Christoforou 3rd Inverness Half Marathon
Katie Johnson U15 London Mini Marathon Team Gold
Robert Turner 2nd British, 1st Scot, 1st Master, Scottish Team 2nd at the Anglo Celtic Plate 100K
Eloise Walker 1st U20 and Scotland Team Gold, 3K Armagh Road Race.
2nd Male Team Robert Turner, Sean Calder, Richard Mead and Neil Renault, SVH Relays



Tom Scott 10 mile National Championship

Stuart Johnston 3rd V40
Michael Christoforou, Stuart Johnston, Callum Reid 2nd Team.
James Scott 3rd V60
Karen Dobbie 2nd Female V50



Scottish 5K Road Race Championships

Stuart Johnston Gold Male V40
Jenny MacLean Silver Women V40
Janet Dunbar Silver Women V50
Karen Dobbie Bronze Women V50



Scottish Young Athletes Road Races

Joe Ewing U17 3rd
Katie Johnson U15 2nd
U17W 2nd Pippa Carcas, Elizabeth McCall, Lucia Montgomery
U13B 3rd Patrick Barnes, Alexander Millar, Fergus Pim

Scottish Mid Trail Championships

Women Team Gold Hazel Maccormick, Rebecca Frake, Elaine Eadie, Sue Ridley
1st V50 Sue Ridley, 2nd V50 Karen Dobbie



Cross Country

Celtic & Home Countries International XC Belfast

Zoe Bates U23 Team Gold

Rebecca Burns Team Bronze

Freddie Carcas U23 Bronze and Team Silver

Eloise Walker U23 Silver and Team Gold



British Trials for European Mountain Championships

Pippa Carcas 3rd Junior

National XC Championships

Freddie Carcas 1st U20 Men

Eloise Walker 1st U20 Women



Short Course XC Championships

Senior Men: 2nd Michael Christoforou, Freddie Carcas, Joe Arthur, John Lenehan

Senior Women: 3rd Rebecca Burns, Zoe Bates, Lauren Stoddart, Hannah Cameron

U20 Men: Freddie Carcas 2nd

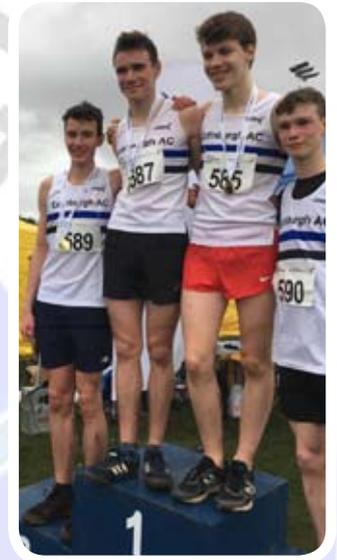
U17 Men: 1st Joe Ewing, Hugh Morrow, Tom Ireland

U17 Women: Alice Goodall 2nd

U15 Boys: 2nd Ross Dewar, Muir Gillespie, Leo Dickson

U15 Girls: Katie Johnson 3rd

U15 Girls: Katie Johnson, Anise Macaulay Orr, Sorcha Shepherd



Scottish Masters XC

V50+ Women 1st Team Sue Ridley 2nd, Jill Morrow 3rd, Karen Dobbie 4th

East District XC Championships

U15 Girls

Katie Johnson 2nd

2nd Team Katie Johnson, Anise Macaulay Orr, Rose Newman

U15 Boys

Ross Dewar 3rd

2nd Team Ross Dewar, Leo Dickson, Cameron Welsh

U17 Women

Alice Goodall 2nd

1st Team Alice Goodall, Pippa Carcas, Beartrice Winkler

U17 Men

Hugh Morrow 3rd

2nd Team Hugh Morrow, Joe Ewing, Tom Ireland

U20 Women

Zoe Bates 2nd

Senior Women

2nd Team Lauren Wilson, Chloe Cox, Isla Scott-Pearce, Nikki Gibson

Senior Men

Michael Christoforou 2nd



East District XC Relay Championships

Young Females, 2nd Connie Roxburgh, Katie Johnson, Alison Goddall

Young Males 1st Ruaridh Woodland-Broome, Ross Dewar, Joe Ewing

Women 2nd Rebecca Burns, Katie Bain, Zoe Bates

Women Vets 2nd Sue Ridley, Karen Dobbie, Jacqueline Rainger



Great Stirling XC

U15 Katie Johnson 2nd and Silver East District Team

U17 Pippa Carcas 3rd and Gold East District Team

U20 Eloise Walker 1st (5th Senior Race) and Gold with the East District Team

Senior Women Lauren Wilson 13th and Gold with the East District Team



Scottish Schools XC

U15 Katie Johnson 2nd

U15 Sorcha Shepherd

Inter Counties XC Loughbororough

U15 Team Bronze (Scotland East) Katie Johnson, Rose Newman, Sorcha Shepherd

U20 Team Gold (Scotland East) Eloise Walker



TRACK & FIELD RANKINGS 2019



UNDER 11 BOYS TRACK

100	Jacob	Gammie	U11	15.0	24 August 2019	Grangemouth
100	Matthew	Wild	U11	15.2	24 August 2019	Grangemouth
100	Callum	Roger	U11	15.29	3 July 2019	Grangemouth
100	Archie	Smart	U11	15.3	22 June 2019	Grangemouth
100	Elias	Anderson Fryer	U11	15.51	1 September 2019	Pitreavie
100	Connor	Corscadden	U11	15.73	31 March 2009	Meadowmill
100	Bruce	Pietras	U11	15.85	31 March 2009	Meadowmill
100	Tom	Bogie	U11	16.64	31 March 2009	Meadowmill
100	Michael	Craig	U11	16.81	31 March 2009	Meadowmill
100	Aaron	McGowan	U11	17.54	31 March 2009	Meadowmill
100	Jacques	Barry	U11	17.75	31 March 2009	Meadowmill
100	Rory	Bullock	U11	17.75	31 March 2009	Meadowmill
100	Rodrigo	Spear-Rodr	U11	18.13	31 March 2009	Meadowmill
100	Frankie	Vere	U11	18.17	31 March 2009	Meadowmill
150	Callum	Roger	U11	23.79	03 July 2019	Grangemouth
200	Connor	Corscadden	U11	31.1	24 August 2019	Grangemouth
200	Jacob	Gammie	U11	31.4	24 August 2019	Grangemouth
200	Callum	Roger	U11	32.5	22 June 2019	Grangemouth
200	Max	Nussey	U11	33.3	18 May 2019	Livingston
200	Bruce	Pietras	U11	33.4	24 August 2019	Grangemouth
200	Michael	Craig	U11	35.3	24 August 2019	Grangemouth
200	Fraser	Tulloch	U11	36.87	31 March 2009	Meadowmill
200	Rory	Bullock	U11	39.00	31 March 2009	Meadowmill
600	Patrick	Pim	U11	2.07.88	19 June 2019	Livingston
800	Reuben	Lees	U11	2.45.3	22 June 2019	Grangemouth
800	Thomas	Bogie	U11	2.48.0	22 June 2019	Grangemouth
800	Archie	Smart	U11	2.51.2	22 June 2019	Grangemouth
800	Josh	Daunt	U11	2.51.8	18 May 2019	Livingston
800	Bruce	Pietras	U11	3.06.7	18 May 2019	Livingston
800	Anthony	Skelly	U11	3.08.5	22 June 2019	Grangemouth
800	Rodrigo	Spear-Rodr	U11	3.11.18	31 March 2009	Meadowmill
800	Jacques	Barry	U11	3.22.02	31 March 2009	Meadowmill
800	Rory	Bullock	U11	3.22.61	31 March 2009	Meadowmill
800	Frankie	Vere	U11	3.26.59	31 March 2009	Meadowmill

UNDER 13 BOYS TRACK

100	Cameron	Gettinby	U13	12.92	11 August 2019	Grangemouth
100	Daniel	Kelly	U13	14.02	04 August 2019	Grangemouth
100	Patrick	Barnes	U13	14.4	24 August 2019	Grangemouth
100	Sidarth	Pillay	U13	14.43	7 September 2019	Sportcity
100	Arran	Batchelor	U13	14.83	31 March 2009	Meadowmill
100	Aidan	Morrice	U13	14.9	18 May 2019	Livingston
100	Harry	Nussey	U13	14.9	24 August 2019	Grangemouth
100	Fergus	Pim	U13	14.99	19 June 2019	Livingston
100	Nicolas	Robertson	U13	15.16	11 May 2019	Grangemouth
100	Ruaridh	Black	U13	15.26	31 March 2009	Meadowmill
100	Dominic	Colligan	U13	15.36	31 March 2009	Meadowmill
100	Fraser	Davidson	U13	15.43	31 March 2009	Meadowmill

100	Sam	Ross	U13	15.73	31 March 2009	Meadowmill
100	Louis	Bisset	U13	15.76	4 September 2019	Grangemouth
100	Murray	Gillespie	U13	15.86	31 March 2009	Meadowmill
100	Milo	Robinson	U13	15.97	31 March 2009	Meadowmill
100	Campbell	Fairgrieve	U13	15.98	31 March 2009	Meadowmill
100	Kieran	Finlayson	U13	16.0	22 June 2019	Grangemouth
100	Lachie	Steen	U13	16.06	31 March 2009	Meadowmill
100	Patrick	Byrne	U13	16.10	31 March 2009	Meadowmill
100	Rory	Bell	U13	16.43	31 March 2009	Meadowmill
100	Callum	Johnstone	U13	16.53	31 March 2009	Meadowmill
100	Patryk	Les	U13	16.65	31 March 2009	Meadowmill
100	Samuel	McWilliam	U13	16.90	31 March 2009	Meadowmill
100	Elliott	Schiltz	U13	17.23	31 March 2009	Meadowmill
200	Cameron	Gettinby	U13	26.32	12 May 2019	Grangemouth
200	Daniel	Kelly	U13	28.33	23 June 2019	Scotstoun
200	Patrick	Barnes	U13	28.65	19 May 2019	Grangemouth
200	Sidarth	Pillay	U13	29.68	27 April 2019	Grangemouth
200	Arran	Batchelor	U13	30.6	22 June 2019	Grangemouth
200	Lachlan	Kunath	U13	30.91	31 March 2009	Meadowmill
200	Aidan	Morrice	U13	31.55	31 March 2009	Meadowmill
200	Claude	Winkler	U13	31.90	31 March 2009	Meadowmill
200	Kieran	Finlayson	U13	32.20	31 March 2009	Meadowmill
200	Ben	Turtle	U13	32.79	31 March 2009	Meadowmill
200	Patrick	Byrne	U13	32.91	31 March 2009	Meadowmill
200	David	Grant	U13	33.1	18 May 2019	Livingston
200	Nicolas	Robertson	U13	33.4	18 May 2019	Livingston
200	Dominic	Colligan	U13	33.43	31 March 2009	Meadowmill
200	Patryk	Les	U13	33.79	31 March 2009	Meadowmill
800	Patrick	Barnes	U13	2.18.63	11 August 2019	Grangemouth
800	Fergus	Pim	U13	2.26.31	19 May 2019	Grangemouth
800	Lachlan	Kunath	U13	2.32.0	22 June 2019	Grangemouth
800	Innes	McDonald	U13	2.33.52	17 April 2019	Livingston
800	Campbell	Fairgrieve	U13	2.36.1	22 June 2019	Grangemouth
800	Ben	Turtle	U13	2.41.11	23 June 2019	Scotstoun
800	Jamie	Duncan	U13	2.42.39	23 June 2019	Scotstoun
800	Finlay	Thomson	U13	2.45.1	18 May 2019	Livingston
800	Arran	Batchelor	U13	2.47.65	17 April 2019	Livingston
800	Dylan	Daunt	U13	2.50.93	31 March 2009	Meadowmill
800	Patrick	Byrne	U13	2.51.07	31 March 2009	Meadowmill
800	Grant	Daly	U13	2.52.4	18 May 2019	Livingston
800	Murray	Gillespie	U13	2.57.07	31 March 2009	Meadowmill
800	Dominic	Colligan	U13	2.58.23	31 March 2009	Meadowmill
800	Nicolas	Robertson	U13	3.10.27	27 April 2019	Grangemouth
800	Connor	Welsh	U13	3.14.51	31 March 2009	Meadowmill
1500	Patrick	Barnes	U13	4.56.0	11 August 2019	Grangemouth
1500	Innes	McDonald	U13	4.59.67	12 May 2019	Grangemouth
1500	Lachlan	Kunath	U13	5.04.74	19 May 2019	Grangemouth
1500	Dylan	Daunt	U13	5.08.22	7 September 2019	Sportcity
1500	Campbell	Fairgrieve	U13	5.17.33	3 July 2019	Grangemouth
1500	Jamie	Duncan	U13	5.21.15	4 August 2019	Grangemouth
1500	Logan	Le Pelley	U13	5.27.20	23 June 2019	Scotstoun
1500	Ben	Turtle	U13	5.34.8	24 August 2019	Grangemouth
1500	Patrick	Byrne	U13	5.53.34	22 May 2019	Livingston

3x800	Patrick Barnes, Campbell Fairgrieve, Ben Turtle	U13	7.49.36	15 September 2019	Pitreavie
4x100	Sidharth Pillay, Patrick Barnes, Arran Batchelor, Cameron Gettinby	U13	54.81	07 September 2019	Sportcity
75H	Harry Nussey	U13	13.55	07 September 2019	Sportcity
75H	Arran Batchelor	U13	15.61	4 August 2019	Grangemouth
75H	Ruaridh Black	U13	17.68	11 May 2019	Grangemouth

UNDER 15 BOYS TRACK

100	Tom Kelly	U15	11.75	27 April 2019	Grangemouth
100	Oliver Finlayson	U15	11.85	19 May 2019	Grangemouth
100	Benjamin Roger	U15	11.93	3 July 2019	Grangemouth
100	Mateo Hughes	U15	12.07	11 May 2019	Grangemouth
100	Alastair Holmes	U15	12.09	7-8 June 2019	Grangemouth
100	Thomas Russell	U15	12.72	7-8 June 2019	Grangemouth
100	Alan Rouf	U15	12.88	7-8 June 2019	Grangemouth
100	Andrew Paton	U15	13.52	31 March 2009	Meadowmill
100	Vharish Rajakumar	U15	14.15	31 March 2009	Meadowmill
100	Sam Bartlett	U15	15.6	22 June 2019	Grangemouth
150	Benjamin Roger	U15	18.52	4 September 2019	Grangemouth
200	Tom Kelly	U15	23.43	07 September 2019	Sportcity
200	Benjamin Roger	U15	23.8	22 June 2019	Grangemouth
200	Mateo Hughes	U15	24.39	28 June 2019	Meadowmill
200	Alastair Holmes	U15	24.5	22 June 2019	Grangemouth
200	Oliver Finlayson	U15	24.83	31 March 2009	Meadowmill
200	Thomas Russell	U15	25.65	31 March 2009	Meadowmill
200	Alan Rouf	U15	26.42	7-8 June 2019	Grangemouth
200	Zachary Uduehi	U15	27.70	7-8 June 2019	Grangemouth
200	Ruaridh Woodland-Broome	U15	28.26	17 July 2019	Livingston
300	Mateo Hughes	U15	38.60	7-8 June 2019	Grangemouth
300	Oliver Finlayson	U15	38.62	7-8 June 2019	Grangemouth
300	Benjamin Roger	U15	38.62	10 August 2019	Grangemouth
300	Ross Dewar	U15	41.96	19 May 2019	Grangemouth
300	Ruaridh Woodland-Broome	U15	45.1	24 August 2019	Grangemouth
800	Ross Dewar	U15	2.07.87	31 May 2019	Scotstoun
800	Ruaridh Woodland-Broome	U15	2.20.91	7-8 June 2019	Grangemouth
800	Finlay McWilliam	U15	2.23.01	7 September 2019	Sportcity
800	Robert Newman	U15	2.27.56	7 September 2019	Sportcity
800	Alasdair McCorquodale	U15	2.31.2	22 June 2019	Grangemouth
800	Max Lapeyre	U15	2.31.7	18 May 2019	Livingston
800	Wilbur Mansell	U15	2.42.89	31 March 2009	Meadowmill
800	Sam Bartlett	U15	2.50.6	22 June 2019	Grangemouth
1500	Ross Dewar	U15	4.17.49	10 August 2019	Grangemouth
1500	Finlay McWilliam	U15	4.54.83	23 June 2019	Scotstoun
1500	Alasdair McCorquodale	U15	5.01.77	19 May 2019	Grangemouth
1500	Robert Newman	U15	5.02.7	24 August 2019	Grangemouth
1500	Aidan Bradley	U15	5.09.9	24 August 2019	Grangemouth
1500	Alexander Millar	U15	5.37.4	24 August 2019	Grangemouth
1500	Wilbur Mansell	U15	5.49.49	31 March 2009	Meadowmill
1500	William Clayton	U15	5.50.11	17 July 2019	Livingston

3x800	Ross Dewar, Ruaridh Woodland-Broome, Alasdair McCorquodale		U15	7.09.28	15 September 2019	Pitreavie
4x100	Benjamin Roger, Alastair Holmes, Oliver Finlayson, Tom Kelly		U15	46.12	23 June 2019	Scotstoun
4x300	Benjamin Roger, Oliver Finlayson, Mateo Hughes, Tom Kelly		U15	2.38.34	23 June 2019	Scotstoun
80H	Joshua	Rankin	U15	12.40	07 September 2019	Sportcity
80H	Magnus	Brown	U15	13.71	04 August 2019	Grangemouth
80H	Thomas	Russell	U15	14.44	04 August 2019	Grangemouth
80H	Vharish	Rajakumar	U15	14.57	07 September 2019	Sportcity

UNDER 17 MEN TRACK

100	Calum	Holmes	U17	11.14	17 August 2019	Grangemouth
100	Toluwaleyi Samuel	Okpage	U17	11.39	30 June 2019	Stretford
100	Amaan	Raza	U17	11.52	31 August 2019	Grangemouth
100	Alex	Poustie-Williamson	U17	11.53	8 September 2019	Sportcity
100	Ewan	Purves	U17	11.81	26 May 2019	Carlisle
100	Imran	Hossain	U17	12.16	19 May 2019	Grangemouth
100	Cameron	Forbes	U17	12.17	11 May 2019	Grangemouth
100	Max	Mayer	U17	12.42	31 March 2009	Meadowmill
100	Rob	Henderson	U17	12.69	31 March 2009	Meadowmill
100	Bradley	Francis	U17	12.79	30 June 2019	Stretford
100	Daniel	Lavery	U17	12.97	31 March 2009	Meadowmill
200	Calum	Holmes	U17	22.46	18 August 2019	Grangemouth
200	Toluwaleyi Samuel	Okpage	U17	22.98	4 August 2019	Grangemouth
200	Alex	Poustie-Williamson	U17	23.09	31 March 2009	Meadowmill
200	Amaan	Raza	U17	23.40	30 June 2019	Stretford
200	Ewan	Purves	U17	23.94	22 May 2019	Livingston
200	Cameron	Forbes	U17	25.17	31 March 2009	Meadowmill
200	Benjamin	O'Neill	U17	25.72	31 March 2009	Meadowmill
200	Imran	Hossain	U17	25.80	27 April 2019	Grangemouth
200	Daniel	Lavery	U17	26.71	5 June 2019	Grangemouth
200	Bradley	Francis	U17	26.89	31 March 2009	Meadowmill
400	Fabian	Despinoy	U17	51.99	8 September 2019	Sportcity
400	Ewan	Purves	U17	53.15	11 May 2019	Grangemouth
400	Alex	Poustie-Williamson	U17	55.75	21 August 2019	Livingston
400	Leo	Dickson	U17	55.87	8 September 2019	Sportcity
400	Rob	Henderson	U17	59.72	6 July 2019	Coventry
400	Bradley	Francis	U17	60.18	31 March 2009	Meadowmill
800	Fabian	Despinoy	U17	1.56.92	16 June 2019	Grangemouth
800	Ewan	Purves	U17	2.04.32	17 August 2019	Grangemouth
800	Leo	Dickson	U17	2.09.30	7-8 June 2019	Grangemouth
800	Muir	Gillespie	U17	2.09.99	11 May 2019	Grangemouth
800	Finlay	Balloch	U17	2.13.70	7-8 June 2019	Grangemouth
800	Jay	Stewart	U17	2.28.06	17 August 2019	Grangemouth
1500	Fabian	Despinoy	U17	3.57.53	26 July 2019	Scotstoun
1500	Hugh	Morrow	U17	4.08.41	8 September 2019	Sportcity
1500	Connor	Daly	U17	4.38.38	31 March 2009	Meadowmill
1500	Muir	Gillespie	U17	4.44.31	7 September 2019	Sportcity
1500	Finlay	Balloch	U17	4.47.84	5 May 2019	Carlisle
1500	Jay	Stewart	U17	5.04.94	31 March 2009	Meadowmill

1500	Muir	Gillespie	U17	4.44.31	7 September 2019	Sportcity
1500	Finlay	Balloch	U17	4.47.84	5 May 2019	Carlisle
1500	Jay	Stewart	U17	5.04.94	31 March 2009	Meadowmill
3000	Hugh	Morrow	U17	09.33.99	30 June 2019	Stretford
3000	Connor	Daly	U17	10.28.94	26 May 2019	Carlisle
100H	Cameron	Forbes	U17	14.30	26 May 2019	Carlisle
100H	Benjamin	O'Neill	U17	15.57	26 May 2019	Carlisle
1500SC	Connor	Thompson	U17	5.24.35	7 September 2019	Sportcity
400H	Bradley	Francis	U17	60.73	8 September 2019	Sportcity
400H	Isaac	Johnston	U17	65.85	26 May 2019	Carlisle
4x100	Toluwaleyi Samuel Okpage, Imran Hossain		U17	45.00	30 June 2019	Stretford
4x400	Alex Poustie-William, Amaan Raza Ewan Purves, Amaan Raza, Leo Dickson, Callum Holmes		U17	3.35.12	15 September 2019	Pitreavie

UNDER 20 MEN TRACK

100	Scott	Connal	U20	10.67	25 May 2019	Bedford
100	Max	Leslie	U20	11.13	24 July 2019	Scotstoun
100	Calum	Newby	U20	11.39	13 July 2019	Grangemouth
100	Stuart	Drummond	U20	11.74	7-8 June 2019	Grangemouth
100	Berachiah	Ajala	U20	11.76	7-8 June 2019	Grangemouth
100	Josh	Grant	U20	11.80	30 June 2019	Stretford
200	Max	Leslie	U20	22.34	12 May 2019	Grangemouth
200	Stuart	Drummond	U20	23.13	10 August 2019	Grangemouth
200	Berachiah	Ajala	U20	23.41	04 May 2019	Grangemouth
200	Josh	Grant	U20	23.90	30 June 2019	Stretford
200	Kieran	Twaddle	U20	24.02	5 May 2019	Carlisle
300	Max	Leslie	U20	34.99	29 May 2019	Crownpoint
400	Max	Leslie	U20	49.62	24 July 2019	Scotstoun
400	Scott	Connal	U20	50.39	8-9 June 2019	Arona (ESP)
400	Stuart	Drummond	U20	51.38	8 September 2019	Sportcity
400	Kieran	Twaddle	U20	52.45	26 May 2019	Carlisle
800	Sam	Brown	U20	1.53.41	25 May 2019	Manchester
800	Joe	Ewing	U20	1.53.71	25 May 2019	Manchester
800	Luca	Librizzi	U20	2.05.31	28 July 2019	Aberdeen
1500	Joe	Ewing	U20	3.50.96	26 July 2019	Scotstoun
1500	Sam	Brown	U20	4.04.57	03 July 2019	Birmingham
1500	Tom	Ireland	U20	4.11.10	31 March 2009	Meadowmill
1500	Luca	Librizzi	U20	4.27.61	26 July 2019	Scotstoun
1500	Scott	Connal	U20	4.50.02	8-9 June 2019	Arona (ESP)
110H	Scott	Connal	U20	14.16	26 May 2019	Bedford
110H	Calum	Newby	U20	15.57	11 May 2019	Grangemouth
1600 (Mile)	Joe	Ewing	U20	4.14.8	16 June 2019	Boston (US)
400H	Josh	Grant	U20	63.86	30 June 2019	Stretford

SENIOR/MASTERS MEN TRACK

100	Michael	Olsen	Sen	10.31	16 June 2019	London
100	Cameron	Tindle	Sen	11.01	28 June 2019	Scotstoun
100	Rohan	Green	Sen	11.26	20 April 2019	Grangemouth
100	Cal	McLennan	Sen	11.32	25 May 2019	Bedford
100	Connor	Collins	Sen	11.90	4 May 2019	Grangemouth

100	Stephen	Leek	V35	12.23	13 July 2019	Grangemouth
100	Ross	Edmonds	Sen	12.27	21 July 2019	Aberdeen
100	David	Heberle	Sen	12.35	28 June 2019	Meadowmill
100	Gary	Leek	V55	12.5	1 September 2019	Grangemouth
100	Stefan	Tasoren	Sen	12.52	31 March 2009	Meadowmill
100	George	Karabassis	Sen	12.89	28 June 2019	Meadowmill
100	Keith	Ridley	V65	14.30	19 June 2019	Livingston
150	Gary	Leek	V55	19.69	4 September 2019	Grangemouth
150	Keith	Ridley	V65	20.66	03 July 2019	Grangemouth
200	Cameron	Tindle	Sen	21.58	20 April 2019	Grangemouth
200	Michael	Olsen	Sen	21.67	05 June 2019	Coventry
200	Rohan	Green	Sen	23.05	4 May 2019	Grangemouth
200	Ross	Edmonds	Sen	23.28	20 April 2019	Grangemouth
200	Connor	Collins	Sen	24.58	28 June 2019	Meadowmill
200	Mark	MacDermot	Sen	25.68	31 March 2009	Meadowmill
200	Richard	Clark	V40	26.34	31 August 2019	Grangemouth
200	Gary	Leek	V55	26.51	13 July 2019	Grangemouth
200	Keith	Ridley	V65	29.00	05 June 2019	Grangemouth
300	Connor	Collins	Sen	38.55	28 June 2019	Meadowmill
400	Cal	McLennan	Sen	49.79	18 August 2019	Grangemouth
400	Ross	Edmonds	Sen	50.86	18 August 2019	Grangemouth
400	Fraser	White	Sen	53.13	21 July 2019	Aberdeen
400	Connor	Collins	Sen	53.41	20 April 2019	Grangemouth
400	Mark	MacDermot	Sen	54.39	31 March 2009	Meadowmill
400	Angus	Johnstone	Sen	56.04	4 May 2019	Grangemouth
400	Richard	Clark	V40	57.80	13 July 2019	Grangemouth
400	Paul	Forbes	V60	59.89	13 July 2019	Grangemouth
400	Lewis	Orr	V45	60.27	13 July 2019	Grangemouth
400	Keith	Ridley	V65	70.89	19 June 2019	Livingston
800	Jake	Wightman	Sen	1.45.08	12 July 2019	Monaco
800	Josh	Kerr	Sen	1.45.35	09 July 2019	Azusa (USA)
800	Peter	Cameron	Sen	1.57.45	14 August 2019	Eltham
800	Ross	Edmonds	Sen	2.01.62	5 June 2019	Grangemouth
800	Paul	Ireland	Sen	2.01.93	16 June 2019	Grangemouth
800	Michael	Cameron	Sen	2.02.4	13 April 2019	Peterborough
800	Martainn	Ramsay	Sen	2.02.47	16 June 2019	Grangemouth
800	Mark	MacDermot	Sen	2.04.99	4 May 2019	Grangemouth
800	Cal	McLennan	Sen	2.11.42	14 April 2019	Kilmarnock
800	Lewis	Orr	V45	2.14.89	13 July 2019	Grangemouth
800	Paul	Forbes	V60	2.17.72	13 July 2019	Grangemouth
800	Richard	Clark	V40	2.26.42	5 June 2019	Grangemouth
1500	Jake	Wightman	Sen	3.31.87	06 October 2019	Doha (QAT)
1500	Josh	Kerr	Sen	3.32.52	06 October 2019	Doha (QAT)
1500	Chris	O'Hare	Sen	3.36.57	09 July 2019	Azusa (USA)
1500	Joe	Arthur	Sen	3.53.10	08 May 2019	Birmingham
1500	Freddie	Carcas	Sen	3.53.35	08 May 2019	Birmingham
1500	Peter	Cameron	Sen	3.55.61	15 June 2019	Watford
1500	Michael	Cameron	Sen	4.02.57	29 May 2019	Watford
1500	Alex	Carcas	Sen	4.04.43	21 July 2019	Aberdeen
1500	Martainn	Ramsay	Sen	4.06.75	17 August 2019	Grangemouth
1500	Cal	McLennan	Sen	4.23.63	04 August 2019	Manchester
1500	Mark	MacDermot	Sen	4.27.24	4 May 2019	Grangemouth
1500	Paul	Ireland	Sen	4.31.74	16 June 2019	Grangemouth
1500	Lewis	Orr	V45	4.50.62	17 July 2019	Livingston

3000	Freddie	Carcas	Sen	08.23.01	19 May 2019	Loughborough
3000	Joe	Arthur	Sen	08.23.84	19 May 2019	Loughborough
3000	Peter	Cameron	Sen	08.27.99	02 August 2019	Birmingham
3000	Alex	Carcas	Sen	08.33.96	31 May 2019	Scotstoun
3000	Michael	Christoforou	Sen	08.35.76	31 May 2019	Scotstoun
3000	Michael	Cameron	Sen	08.42.32	4 September 2019	Watford
3000	Mark	Nixon	V35	09.14.8	24 July 2019	Southampton
3000	Stuart	Johnston	Sen	09.21.59	31 May 2019	Scotstoun
3000	Iain	Craven	V40	10.25.09	17 April 2019	Aberdeen
3000	Matthew	Davies	Sen	10.25.21	31 August 2019	Meadowmill
3000	Lewis	Orr	V45	11.01.89	7 August 2019	Grangemouth
3000	Gavin	Phillip	V50	11.41.78	7 August 2019	Grangemouth
5000	Josh	Kerr	Sen	13.28.66	16 May 2019	Los Angeles (US)
5000	Chris	O'Hare	Sen	13.33.99	16 May 2019	Los Angeles (US)
5000	Freddie	Carcas	Sen	14.31.37	25 May 2019	Manchester
5000	Joe	Arthur	Sen	14.34.47	25 May 2019	Manchester
5000	Michael	Christoforou	Sen	14.46.97	27 August 2019	Crownpoint
5000	Alex	Carcas	Sen	14.53.88	26 July 2019	Scotstoun
5000	Peter	Cameron	Sen	14.57.77	07 August 2019	London
5000	Michael	Cameron	Sen	15.22.84	27 July 2019	Nottingham
5000	Neil	Renault	V35	15.36.4	31 August 2019	Grangemouth
5000	Callum	Reid	Sen	15.36.73	4 May 2019	Grangemouth
5000	Stuart	Johnston	V40	15.54.01	26 May 2019	Aberdeen
5000	Leon	Johnson	V40	15.57.9	31 August 2019	Grangemouth
5000	Dean	Cooper-Cunningham	Sen	16.17.38	16 May 2019	Bagsvaerd (DEN)
5000	Iain	Macdonald	Sen	16.19.62	27 August 2019	Crownpoint
5000	Mark	MacDermot	Sen	17.09.38	4 May 2019	Grangemouth
5000	Iain	Craven	V40	18.16.31	26 July 2019	Scotstoun
10000	Michael	Christoforou	Sen	30.08.89	06 July 2019	London
10000	Neil	Renault	V35	31.52.55	06 July 2019	London
10000	Iain	Whitaker	V35	32.34.53	16 June 2019	Grangemouth
10000	Stuart	Johnston	V40	32.56.44	19 April 2019	Crownpoint
10000	Iain	Craven	V40	37.12.97	19 April 2019	Crownpoint
110H	Cal	McLennan	Sen	16.43	04 August 2019	Manchester
110H	Mark	MacDermot	Sen	22.49	21 July 2019	Aberdeen
1600 (Mile)	Jake	Wightman	Sen	3.52.02	20 July 2019	London
1600 (Mile)	Chris	O'Hare	Sen	3.53.35	20 July 2019	London
1600 (Mile)	Josh	Kerr	Sen	3.53.88	20 July 2019	London
1600 (Mile)	Peter	Cameron	Sen	4.19.02	13 July 2019	Oxford
1600 (Mile)	Iain	Craven	V40	5.14.0	24 May 2019	Stirling
3000SC	Michael	Cameron	Sen	09.24.69	17 August 2019	Grangemouth
3000SC	Mark	MacDermot	Sen	10.58.52	16 June 2019	Grangemouth
3x800	Paul Ireland, Martainn Ramsay, Mark MacDermot		Sen	6.24.42	15 September 2019	Pitreavie
400H	Mark	MacDermot	Sen	63.04	16 June 2019	Grangemouth
400H	Findlay	Donegan	Sen	65.95	4 May 2019	Grangemouth
4x100	Connor Collins, Amaan Raza, Bera Ajala, Max Leslie		Sen	44.8	16 June 2019	Grangemouth
4x400	Ross Edmonds, Fabian Despinoy, Connor Collins, Max Leslie		Sen	3.25.70	16 June 2019	Grangemouth

RED ENTRIES DENOTE A NEW CLUB RECORD

UNDER 11 BOYS FIELD

high jump	Callum	Roger	U11	1.25	24 August 2019	Grangemouth
high jump	Elias	Anderson Fryer	U11	1.20	24 August 2019	Grangemouth
high jump	Bruce	Pietras	U11	1.00	24 August 2019	Grangemouth
high jump	Michael	Craig	U11	0.90	24 August 2019	Grangemouth
long jump	Elias	Anderson Fryer	U11	3.74	1 September 2019	Pitreavie
long jump	Bruce	Pietras	U11	3.18	18 May 2019	Livingston
long jump	Jacob	Gammie	U11	3.13	31 March 2009	Meadowmill
long jump	Archie	Smart	U11	3.05	18 May 2019	Livingston
long jump	Patrick	Pim	U11	3.02	19 June 2019	Livingston
long jump	Gregor	Wallace	U11	3.02	31 March 2009	Meadowmill
long jump	Connor	Corscadden	U11	2.92	18 May 2019	Livingston
long jump	Aaron	McGowan	U11	2.47	31 March 2009	Meadowmill
long jump	Fraser	Tulloch	U11	2.39	31 March 2009	Meadowmill
shot 2	Connor	Corscadden	U11	4.80	22 June 2019	Grangemouth
shot 2	Bruce	Pietras	U11	4.27	1 September 2019	Pitreavie
shot 2	Thomas	Bogie	U11	4.07	22 June 2019	Grangemouth
shot 2	Archie	Smart	U11	3.92	22 June 2019	Grangemouth

UNDER 13 BOYS FIELD

discus 1	Ruaridh	Black	U13	16.14	11 August 2019	Grangemouth
discus 1.25	Aaron	Lee	U13	16.58	24 August 2019	Grangemouth
high jump	Ruaridh	Black	U13	1.35	07 September 2019	Sportcity
high jump	Patrick	Barnes	U13	1.30	19 May 2019	Grangemouth
high jump	Sidarth	Pillay	U13	1.25	23 June 2019	Scotstoun
high jump	Aidan	Morrice	U13	1.20	18 May 2019	Livingston
high jump	Harry	Nussey	U13	1.20	23 June 2019	Scotstoun
high jump	David	Grant	U13	1.00	18 May 2019	Livingston
high jump	Nicolas	Robertson	U13	1.00	18 May 2019	Livingston
javelin 400	Fergus	Pim	U13	35.02	19 May 2019	Grangemouth
javelin 400	Aaron	Lee	U13	25.47	22 June 2019	Grangemouth
javelin 400	Arran	Batchelor	U13	22.97	31 March 2009	Meadowmill
javelin 400	Ruaridh	Black	U13	18.94	31 March 2009	Meadowmill
javelin 400	Aidan	Morrice	U13	8.53	31 March 2009	Meadowmill
long jump	Cameron	Gettinby	U13	4.90	11 May 2019	Grangemouth
long jump	Fergus	Pim	U13	4.57	4 August 2019	Grangemouth
long jump	Ruaridh	Black	U13	4.01	11 May 2019	Grangemouth
long jump	Arran	Batchelor	U13	3.96	23 June 2019	Scotstoun
long jump	Campbell	Fairgrieve	U13	3.79	3 July 2019	Grangemouth
long jump	Milo	Robinson	U13	3.74	31 March 2009	Meadowmill
long jump	Lachlan	Kunath	U13	3.73	22 June 2019	Grangemouth
long jump	Aidan	Morrice	U13	3.71	31 August 2019	Meadowmill
long jump	Nicolas	Robertson	U13	3.45	11 May 2019	Grangemouth
long jump	Ben	Turtle	U13	3.28	31 March 2009	Meadowmill
long jump	Rory	Bell	U13	3.27	31 March 2009	Meadowmill
long jump	Elliott	Schiltz	U13	3.16	31 March 2009	Meadowmill
long jump	Lachie	Steen	U13	3.14	31 March 2009	Meadowmill
long jump	Sam	Ross	U13	3.02	31 March 2009	Meadowmill
long jump	Fraser	Davidson	U13	2.91	31 March 2009	Meadowmill
long jump	Calum	Johnstone	U13	2.75	31 March 2009	Meadowmill
long jump	Kieran	Finlayson	U13	2.68	22 June 2019	Grangemouth

shot 3	Ruaridh	Black	U13	6.89	04 August 2019	Grangemouth
shot 3	Harry	Nussey	U13	6.85	07 September 2019	Sportcity
shot 3	Patrick	Barnes	U13	6.85	24 August 2019	Grangemouth
shot 3	Ben	Turtle	U13	5.95	24 August 2019	Grangemouth
shot 3	Max	Davies	U13	5.95	27 April 2019	Grangemouth
shot 3	Nicolas	Robertson	U13	5.64	27 April 2019	Grangemouth
shot 3	Innes	McDonald	U13	5.01	19 May 2019	Grangemouth
shot 3	Aidan	Morrice	U13	4.76	5 May 2019	Meadowmill

UNDER 15 BOYS FIELD

discus 1.25	Alastair	Holmes	U15	26.08	07 September 2019	Sportcity
discus 1.25	Magnus	Brown	U15	25.13	23 June 2019	Scotstoun
discus 1.25	Murray	Fraser	U15	19.98	24 August 2019	Grangemouth
discus 1.25	Ruaridh	Woodland-Broome	U15	17.71	24 August 2019	Grangemouth
discus 1.25	Andrew	Paton	U15	15.72	07 September 2019	Sportcity
hammer 4	Joshua	Rankin	U15	31.67	07 September 2019	Sportcity
hammer 4	Murray	Fraser	U15	18.97	04 August 2019	Grangemouth
hammer 4	Alastair	Holmes	U15	15.56	07 September 2019	Sportcity
high jump	Cole	Mapara	U15	1.68	04 August 2019	Grangemouth
high jump	Joshua	Rankin	U15	1.65	07 September 2019	Sportcity
high jump	Oliver	Odqvist	U15	1.60	22 June 2019	Grangemouth
high jump	Sam	Bartlett	U15	1.40	22 June 2019	Grangemouth
javelin 600	Magnus	Brown	U15	33.17	19 May 2019	Grangemouth
javelin 600	Murray	Fraser	U15	28.19	10 August 2019	Grangemouth
javelin 600	Thomas	Russell	U15	22.84	31 March 2009	Meadowmill
javelin 600	James	Craig	U15	8.17	18 May 2019	Livingston
javelin 600	Ross	Dewar	U15	4.42	07 September 2019	Sportcity
long jump	Mateo	Hughes	U15	5.52	07 September 2019	Sportcity
long jump	Benjamin	Roger	U15	5.45	3 July 2019	Grangemouth
long jump	Alastair	Holmes	U15	5.28	23 June 2019	Scotstoun
long jump	Cole	Mapara	U15	5.05	7-8 June 2019	Grangemouth
long jump	Oliver	Odqvist	U15	4.67	19 May 2019	Grangemouth
long jump	Murray	Fraser	U15	4.41	3 July 2019	Grangemouth
pole vault	Oliver	Odqvist	U15	2.10	07 September 2019	Sportcity
shot 3	Andrew	Paton	U15	8.69	7-8 June 2019	Grangemouth
shot 4	Magnus	Brown	U15	8.68	23 June 2019	Scotstoun
shot 4	Joshua	Rankin	U15	8.12	27 April 2019	Grangemouth
shot 4	Andrew	Paton	U15	8.01	19 May 2019	Grangemouth
shot 4	Murray	Fraser	U15	7.48	19 June 2019	Livingston
shot 4	Thomas	Russell	U15	6.53	4 August 2019	Grangemouth
shot 4	Alasdair	McCorquodale	U15	5.76	19 May 2019	Grangemouth
shot 4	James	Craig	U15	4.01	18 May 2019	Livingston

UNDER 17 MEN FIELD

discus 1.5	Kasper	Lemvig-Allan	U17	38.37	7-8 June 2019	Grangemouth
discus 1.5	Craig	Paton	U17	26.11	30 June 2019	Stretford
discus 1.5	Benjamin	O'Neill	U17	21.03	31 March 2009	Meadowmill
hammer 5	Craig	Paton	U17	30.47	7-8 June 2019	Grangemouth
hammer 5	Kasper	Lemvig-Allan	U17	22.35	8 September 2019	Sportcity
hammer 5	Imran	Hossain	U17	19.60	05 May 2019	Carlisle
hammer 5	Rob	Henderson	U17	17.89	05 May 2019	Carlisle

hammer 6	Kasper	Lemvig-Allan	U17	20.55	26 May 2019	Carlisle
high jump	Isaac	Johnston	U17	1.85	31 March 2009	Meadowmill
high jump	Cameron	Forbes	U17	1.75	8 September 2019	Sportcity
high jump	Rob	Henderson	U17	1.55	30 June 2019	Stretford
high jump	Daniel	Lavery	U17	1.50	05 May 2019	Carlisle
javelin 700	Imran	Hossain	U17	46.97	30 June 2019	Stretford
long jump	Rob	Henderson	U17	6.49	18 August 2019	Grangemouth
long jump	Imran	Hossain	U17	5.48	27 April 2019	Grangemouth
long jump	Benjamin	O'Neill	U17	5.35	23 June 2019	Scotstoun
long jump	Cameron	Forbes	U17	4.97	27 April 2019	Grangemouth
pole vault	Lachlan	Gray	U17	3.50	07 September 2019	Sportcity
shot 5	Kasper	Lemvig-Allan	U17	12.40	7-8 June 2019	Grangemouth
shot 5	Isaac	Johnston	U17	10.70	05 May 2019	Carlisle
shot 5	Craig	Paton	U17	8.86	26 May 2019	Carlisle
triple jump	Isaac	Johnston	U17	11.85	7-8 June 2019	Grangemouth
triple jump	Imran	Hossain	U17	10.98	12 May 2019	Grangemouth

UNDER 20 MEN FIELD

decathlon	Scott	Connal	U20	7057	25-26 May 2019	Bedford
discus 1.75	Elliot	Armstrong	U20	37.31	30 June 2019	Stretford
discus 1.75	Scott	Connal	U20	37.14	8-9 June 2019	Arona (ESP)
discus 1.75	Callum	Newby	U20	32.63	14 July 2019	Grangemouth
discus 2	Callum	Newby	U20	31.05	16 June 2019	Grangemouth
discus 2	Elliot	Armstrong	U20	29.66	04 May 2019	Bedford
hammer 6	Elliot	Armstrong	U20	26.99	30 June 2019	Stretford
hammer 7.26	Elliot	Armstrong	U20	18.48	31 August 2019	Grangemouth
high jump	Calum	Newby	U20	1.90	31 August 2019	Grangemouth
high jump	Callum	Simpson	U20	1.90	7-8 June 2019	Grangemouth
high jump	Scott	Connal	U20	1.87	25 May 2019	Bedford
high jump	Josh	Grant	U20	1.60	8 September 2019	Sportcity
javelin 800	Scott	Connal	U20	42.60	26 May 2019	Bedford
javelin 800	Callum	Newby	U20	37.36	16 June 2019	Grangemouth
javelin 800	Elliot	Armstrong	U20	32.54	8 September 2019	Sportcity
long jump	Calum	Henderson	U20	7.41	28 July 2019	Pitreavie
long jump	Scott	Connal	U20	7.14	25 May 2019	Bedford
long jump	Calum	Newby	U20	6.86	13 July 2019	Grangemouth
long jump	Berachiah	Ajala	U20	6.80	28 July 2019	Pitreavie
long jump	Stuart	Drummond	U20	6.78	07 June 2019	Grangemouth
pole vault	Calum	Newby	U20	4.40	8 September 2019	Sportcity
pole vault	Scott	Connal	U20	4.20	8-9 June 2019	Arona (ESP)
shot 6	Scott	Connal	U20	13.16	25 May 2019	Bedford
shot 6	Calum	Newby	U20	12.72	7-8 June 2019	Grangemouth
shot 6	Elliot	Armstrong	U20	11.67	26 May 2019	Carlisle
shot 7.26	Elliot	Armstrong	U20	9.93	31 August 2019	Grangemouth
triple jump	Berachiah	Ajala	U20	15.00	24 July 2019	Swansea
triple jump	Calum	Henderson	U20	12.71	30 June 2019	Stretford
triple jump	Stuart	Drummond	U20	11.44	30 June 2019	Stretford

SENIOR/MASTERS MEN FIELD

decathlon	Cal	McLennan	Sen	6575	3-4 August 2019	Manchester
discus 1	Bill	Gentleman	V75	20.90	13 July 2019	Grangemouth
discus 2	Cal	McLennan	Sen	38.75	14 July 2019	Grangemouth
discus 2	Stephen	Leek	V35	25.09	09 March 2019	Lee Valley
discus 2	Richard	Clark	V40	20.16	4 May 2019	Grangemouth
discus 2	Connor	Collins	Sen	14.58	21 July 2019	Aberdeen
hammer 4	Bill	Gentleman	V75	33.36	22 June 2019	Jarrow
high jump	Cal	McLennan	Sen	1.87	24 August 2019	Cudworth
high jump	Findlay	Donegan	Sen	1.60	4 May 2019	Grangemouth
javelin 500	Bill	Gentleman	V75	10.10	22 June 2019	Jarrow
javelin 800	Cal	McLennan	Sen	44.92	25 August 2019	Cudworth
javelin 800	Stephen	Leek	V35	41.81	13 July 2019	Grangemouth
javelin 800	Richard	Clark	V40	15.36	4 May 2019	Grangemouth
long jump	Cal	McLennan	Sen	6.58	24 August 2019	Cudworth
long jump	Stephen	Leek	V35	5.88	13 July 2019	Grangemouth
long jump	Findlay	Donegan	Sen	5.57	21 July 2019	Aberdeen
long jump	Connor	Collins	Sen	4.90	21 July 2019	Aberdeen
pole vault	Howard	Bell	Sen	3.80	09 June 2019	Hendon
pole vault	Cal	McLennan	Sen	3.77	04 August 2019	Manchester



UNDER 11 GIRLS TRACK

100	Connie	Sanderson	U11	15.0	24 August 2019	Grangemouth
100	Lauren	Russ	U11	15.5	24 August 2019	Grangemouth
100	Lucy	Scott	U11	15.6	22 June 2019	Grangemouth
100	Gracie	Mitchinson	U11	15.8	22 June 2019	Grangemouth
100	Joanna	Hirst	U11	15.9	18 May 2019	Livingston
100	Libby	Harrison	U11	16.06	31 March 2009	Meadowmill
100	Mia	Parkin	U11	16.2	24 August 2019	Grangemouth
100	Annabelle	Van der Merwe	U11	16.94	31 March 2009	Meadowmill
100	Stella	Sommerville	U11	19.43	31 March 2009	Meadowmill
150	Klara	Mason	U11	26.2	28 June 2019	Meadowmill
200	Connie	Sanderson	U11	31.60	31 March 2009	Meadowmill
200	Joanna	Hirst	U11	32.86	31 March 2009	Meadowmill
200	Annabelle	Van der Merwe	U11	33.30	22 June 2019	Grangemouth
200	Libby	Harrison	U11	34.1	18 May 2019	Livingston
200	Mia	Parkin	U11	34.7	24 August 2019	Grangemouth
200	Lucy	Scott	U11	35.0	18 May 2019	Livingston
200	Klara	Mason	U11	36.6	24 August 2019	Grangemouth
600	Joanna	Hirst	U11	1.58.96	21 August 2019	Livingston
600	Klara	Mason	U11	2.07.36	28 June 2019	Meadowmill
800	Joanna	Hirst	U11	2.44.4	18 May 2019	Livingston
800	Lauren	Russ	U11	2.52.7	24 August 2019	Grangemouth
800	Annabelle	Van der Merwe	U11	2.55.5	22 June 2019	Grangemouth
800	Connie	Sanderson	U11	2.57.5	18 May 2019	Livingston
800	Klara	Mason	U11	2.57.5	22 June 2019	Grangemouth
800	Libby	Harrison	U11	3.12.99	31 March 2009	Meadowmill
800	Lilyah	Somalya	U11	3.36.5	22 June 2019	Grangemouth

UNDER 13 GIRLS TRACK

75	Sarah	Burns	U13	10.39	8 September 2019	Sportcity
75	Ashley	Wicks	U13	10.78	4 August 2019	Grangemouth
75	Charlotte	Smart	U13	11.10	7 September 2019	Sportcity
75	Marianna	MacLean	U13	11.53	27 April 2019	Grangemouth
100	Sarah	Burns	U13	13.68	21 July 2019	Grangemouth
100	Jedidah	Ajala	U13	14.0	24 August 2019	Grangemouth
100	Chloe	Lam	U13	14.08	21 August 2019	Livingston
100	Charlotte	Smart	U13	14.52	21 July 2019	Grangemouth
100	Marianna	MacLean	U13	14.56	31 March 2009	Meadowmill
100	Rose	Jones	U13	14.69	31 March 2009	Meadowmill
100	Rosie	Foster	U13	14.80	11 May 2019	Grangemouth
100	Charlotte	Robertson	U13	14.96	16 June 2019	Scotstoun
100	Kyna	Forbes	U13	14.97	3 July 2019	Grangemouth
100	Fleur	Stewart	U13	15.53	31 March 2009	Meadowmill
100	Ava	McComb	U13	15.64	31 March 2009	Meadowmill
100	Maya	Mahaso	U13	15.80	31 March 2009	Meadowmill
100	Emily	Young	U13	15.89	31 March 2009	Meadowmill
100	Maisie	McEwan	U13	16.21	31 March 2009	Meadowmill
100	Freya	Ballantine	U13	16.43	31 March 2009	Meadowmill
100	Mairi	Cochrane	U13	17.04	31 March 2009	Meadowmill
100	Rosie	Zisman	U13	17.11	31 March 2009	Meadowmill
100	Athena	Sintoris	U13	18.39	31 March 2009	Meadowmill

150	Sarah	Burns	U13	20.51	4 August 2019	Grangemouth
150	Jedidah	Ajala	U13	21.02	19 May 2019	Grangemouth
150	Chloe	Lam	U13	21.60	27 April 2019	Grangemouth
200	Sarah	Burns	U13	27.70	11 August 2019	Grangemouth
200	Chloe	Lam	U13	28.8	22 June 2019	Grangemouth
200	Jedidah	Ajala	U13	29.20	16 June 2019	Scotstoun
200	Katie	Reid	U13	29.4	22 June 2019	Grangemouth
200	Charlotte	Smart	U13	29.64	12 May 2019	Grangemouth
200	Emily	Morris	U13	30.0	24 August 2019	Grangemouth
200	Rose	Jones	U13	30.08	12 May 2019	Grangemouth
200	Marianna	MacLean	U13	30.80	31 March 2009	Meadowmill
200	Fleur	Stewart	U13	31.0	24 August 2019	Grangemouth
200	Audrey	Wanless	U13	31.21	31 March 2009	Meadowmill
200	Ava	McComb	U13	33.41	31 March 2009	Meadowmill
200	Jessica	Taylor	U13	33.55	31 March 2009	Meadowmill
200	Maya	Mahaso	U13	33.58	31 March 2009	Meadowmill
200	Dashka	MacDonald	U13	33.88	31 March 2009	Meadowmill
800	Megan	McKay	U13	2.31.67	7 September 2019	Sportcity
800	Jessica	Taylor	U13	2.35.29	7 September 2019	Sportcity
800	Grace	Croall	U13	2.39.7	18 May 2019	Livingston
800	Dashka	MacDonald	U13	2.40.8	22 June 2019	Grangemouth
800	Orlaith	Shepherd	U13	2.44.08	21 July 2019	Grangemouth
800	Freya	Pryce	U13	2.44.10	21 August 2019	Livingston
800	Anna	Cruden	U13	2.45.0	18 May 2019	Livingston
800	Allana	Macaulay Orr	U13	2.48.45	21 July 2019	Grangemouth
800	Kate	MacPhail	U13	2.49.2	22 June 2019	Grangemouth
800	Megan	Gallacher	U13	2.53.5	18 May 2019	Livingston
800	Skye	Valentine	U13	2.59.88	21 August 2019	Livingston
800	Rosie	Zisman	U13	3.20.54	31 March 2009	Meadowmill
1200	Dashka	MacDonald	U13	4.07.90	7 September 2019	Sportcity
1200	Orlaith	Shepherd	U13	4.09.84	27 April 2019	Grangemouth
1200	Anna	Cruden	U13	4.12.99	7 September 2019	Sportcity
1500	Megan	McKay	U13	5.32.66	1 September 2019	Pitreavie
1500	Orlaith	Shepherd	U13	5.38.77	11 August 2019	Grangemouth
1500	Dashka	MacDonald	U13	5.39.35	12 May 2019	Grangemouth
1500	Grace	Croall	U13	5.42.0	24 August 2019	Grangemouth
1500	Ellie	Lorimer	U13	6.02.2	24 August 2019	Grangemouth
1500	Valentine	Skye	U13	6.02.66	1 September 2019	Pitreavie
3x800	Dashka MacDonald, Grace Croall, Megan McKay		U13	8.10.32	15 September 2019	Pitreavie
4x100	Sarah Burns, Charlotte Smart, Jedidah Ajala, Rose Jones		U13	54.79	19 May 2019	Grangemouth
70H	Rose	Jones	U13	12.66	7 September 2019	Sportcity
70H	Kyna	Forbes	U13	12.90	16 June 2019	Scotstoun
70H	Rosie	Foster	U13	13.50	23 June 2019	Scotstoun
70H	Fleur	Stewart	U13	15.18	19 May 2019	Grangemouth
70H	Audrey	Wanless	U13	15.67	31 March 2009	Meadowmill

UNDER 15 GIRLS TRACK

100	Molly	Reville	U15	12.93	21 July 2019	Grangemouth
100	Anna	Widdowson	U15	13.38	31 March 2009	Meadowmill
100	Marissa	Maclean	U15	13.45	04 August 2019	Grangemouth
100	Elise	Macara	U15	13.54	7-8 June 2019	Grangemouth

100	Isla	Stewart	U15	13.85	19 May 2019	Grangemouth
100	Ruby	Renton	U15	13.85	31 March 2009	Meadowmill
100	Megan	Barnes	U15	14.0	22 June 2019	Grangemouth
100	Sophie	Holmes	U15	14.09	31 March 2009	Meadowmill
100	Anise	Macaulay Orr	U15	14.75	14 April 2019	Aberdeen
100	Lily	Arrundale	U15	14.85	31 March 2009	Meadowmill
100	Katie	Garland	U15	15.01	31 March 2009	Meadowmill
100	Esther	Bolton	U15	16.52	31 March 2009	Meadowmill
200	Marissa	Maclean	U15	27.07	07 September 2019	Sportcity
200	Anna	Widdowson	U15	27.49	16 June 2019	Scotstoun
200	Katie	Johnson	U15	27.54	12 May 2019	Grangemouth
200	Sophie	Holmes	U15	27.7	22 June 2019	Grangemouth
200	Alice	Ball	U15	27.94	7-8 June 2019	Grangemouth
200	Isla	Stewart	U15	28.2	22 June 2019	Grangemouth
200	Elise	Macara	U15	28.22	19 May 2019	Grangemouth
200	Ruby	Renton	U15	28.27	12 May 2019	Grangemouth
200	Molly	Reville	U15	28.4	14 April 2019	Carlisle
200	Carly	Smith	U15	28.81	17 July 2019	Livingston
200	Jessica	Lorimer	U15	28.96	22 May 2019	Livingston
200	Anise	Macaulay Orr	U15	29.24	14 April 2019	Aberdeen
200	Megan	Barnes	U15	29.28	21 July 2019	Grangemouth
200	Katie	Garland	U15	30.69	31 March 2009	Meadowmill
200	Jeannie	Mardon	U15	31.30	31 March 2009	Meadowmill
300	Katie	Johnson	U15	41.93	11 May 2019	Grangemouth
300	Anise	Macaulay Orr	U15	43.04	21 August 2019	Livingston
300	Marissa	Maclean	U15	43.1	24 August 2019	Grangemouth
300	Jessica	Lorimer	U15	45.10	31 March 2009	Meadowmill
300	Connie	Roxburgh	U15	45.38	31 March 2009	Meadowmill
300	Carly	Smith	U15	45.77	31 March 2009	Meadowmill
300	Sophie	Holmes	U15	46.4	24 August 2019	Grangemouth
300	Megan	Barnes	U15	46.9	24 August 2019	Grangemouth
800	Katie	Johnson	U15	2.09.63	01 September 2019	Bedford
800	Anise	Macaulay Orr	U15	2.16.42	16 June 2019	Scotstoun
800	Carly	Smith	U15	2.21.56	7-8 June 2019	Grangemouth
800	Tallulah	McMorris	U15	2.29.5	22 June 2019	Grangemouth
800	Connie	Roxburgh	U15	2.33.24	7-8 June 2019	Grangemouth
800	Jessica	Lorimer	U15	2.34.89	1 September 2019	Pitreavie
800	Molly	Kidd	U15	2.35.3	18 May 2019	Livingston
800	Alexandra	Sutton	U15	2.51.50	10 August 2019	Grangemouth
1500	Katie	Johnson	U15	4.33.81	26 July 2019	Scotstoun
1500	Sorcha	Shepherd	U15	4.53.63	12 May 2019	Grangemouth
1500	Carly	Smith	U15	4.54.50	19 May 2019	Grangemouth
1500	Anise	Macaulay Orr	U15	4.59.82	17 July 2019	Livingston
1500	Tallulah	McMorris	U15	5.10.2	24 August 2019	Grangemouth
1500	Molly	Kidd	U15	5.10.20	7-8 June 2019	Grangemouth
1500	Jessica	Lorimer	U15	5.56.1	24 August 2019	Grangemouth
1500	Keira	Mooney	U15	5.58.1	24 August 2019	Grangemouth
1600 (Mile)	Katie	Johnson	U15	5.02.3	24 May 2019	Stirling
4x100	Anna Widdowson, Molly Reville, Elise Macara, Marissa Maclean		U15	51.69	7 September 2019	Sportcity
4x300	Molly Reville, Anise Macaulay Orr, Marissa Maclean, Katie Johnson		U15	2.52.37	7 September 2019	Sportcity
75H	Molly	Reville	U15	11.54	21 July 2019	Grangemouth
75H	Ruby	Renton	U15	11.71	11 May 2019	Grangemouth
75H	Carly	Smith	U15	13.00	07 September 2019	Sportcity

75H	Jeannie	Mardon	U15	15.86	7 September 2019	Sportcity
75H	Molly	Kidd	U15	16.45	07 August 2019	Grangemouth
75H	Daisy	Pryor	U15	16.73	23 June 2019	Scotstoun

UNDER 17 WOMEN TRACK

100	Ellie	O'hara	U17	12.23	3 July 2019	Grangemouth
100	Christabel	Antwi	U17	13.07	26 May 2019	Carlisle
100	Lulu	MacLeold	U17	13.19	31 March 2009	Meadowmill
100	Esther	Watson	U17	13.29	16 June 2019	Scotstoun
100	Susanne	Anderson	U17	13.37	31 March 2009	Meadowmill
100	Eilidh	MacIntyre	U17	13.45	19 May 2019	Grangemouth
100	Skye	Waugh	U17	13.66	31 March 2009	Meadowmill
100	Lily	Murchison	U17	13.81	04 August 2019	Grangemouth
100	Anna	Swan	U17	13.97	31 March 2009	Meadowmill
100	Abby	Divers	U17	14.56	31 March 2009	Meadowmill
100	Mariem	NDiaye	U17	14.59	16 June 2019	Scotstoun
100	Ariuna	Walker	U17	14.94	27 April 2019	Grangemouth
150	Ellie	O'hara	U17	18.83	3 July 2019	Grangemouth
200	Lulu	MacLeod	U17	27.18	26 May 2019	Carlisle
200	Susanne	Anderson	U17	27.46	16 June 2019	Scotstoun
200	Luly	MacDonald	U17	27.62	19 May 2019	Grangemouth
200	Niamh	Edgar	U17	27.84	14 April 2019	Aberdeen
200	Eilidh	MacIntyre	U17	27.90	16 June 2019	Scotstoun
200	Skye	Waugh	U17	27.95	31 March 2009	Meadowmill
200	Lily	Murchison	U17	28.13	05 May 2019	Carlisle
200	Esther	Watson	U17	28.61	7-8 June 2019	Grangemouth
200	Maddie	Wilson	U17	28.62	27 April 2019	Grangemouth
200	Mariem	NDiaye	U17	30.61	19 May 2019	Grangemouth
300	Niamh	Edgar	U17	42.73	11 May 2019	Grangemouth
300	Hannah	Little	U17	43.60	5 May 2019	Carlisle
300	Maddie	Wilson	U17	44.63	31 March 2009	Meadowmill
300	Susanne	Anderson	U17	44.63	16 June 2019	Scotstoun
400	Hannah	Little	U17	62.46	11 August 2019	Grangemouth
800	Pippa	Carcas	U17	2.16.41	16 June 2019	Scotstoun
800	Hannah	Little	U17	2.19.47	7-8 June 2019	Grangemouth
800	Emma	Johnson	U17	2.40.59	31 March 2009	Meadowmill
800	Chloe	Petrie	U17	2.44.80	19 May 2019	Grangemouth
800	Cerys	Scott Hobbs	U17	2.47.59	8 September 2019	Sportcity
800	Courtney	Calder	U17	2.59.92	27 April 2019	Grangemouth
1500	Pippa	Carcas	U17	4.46.37	12 May 2019	Grangemouth
1500	Rose	Newman	U17	5.01.08	7-8 June 2019	Grangemouth
1500	Jessica	Alexander	U17	5.31.89	19 May 2019	Grangemouth
1500	Cerys	Scott Hobbs	U17	5.57.70	30 June 2019	Stretford
3000	Pippa	Carcas	U17	10.18.97	7-8 June 2019	Grangemouth
3000	Rose	Newman	u17	11.15.60	31 May 2019	Scotstoun
300H	Eilidh	MacIntyre	U17	46.10	08 September 2019	Sportcity
300H	Maddie	Wilson	U17	52.09	16 June 2019	Scotstoun
4x100		Team A	U17	52.51	16 June 2019	Scotstoun
80H	Eilidh	MacIntyre	U17	12.10	30 June 2019	Stretford
80H	Lulu	MacLeod	U17	13.13	19 May 2019	Grangemouth
80H	Jessica	Forrest	U17	13.98	14 April 2019	Aberdeen
80H	Maddie	Wilson	U17	15.65	16 June 2019	Scotstoun

UNDER 20 WOMEN TRACK

100	Katie	Reville	U20	12.61	21 July 2019	Grangemouth
100	Bethany	McAndrew	U20	13.07	30 June 2019	Stretford
200	Katie	Reville	U20	25.44	10 August 2019	Grangemouth
200	Isla	Innes	U20	26.47	7-8 June 2019	Grangemouth
200	Abigail	Davison	U20	26.52	26 May 2019	Carlisle
400	Isla	Innes	U20	61.19	7-8 June 2019	Grangemouth
400	Carolyn	Cameron	U20	65.96	21 August 2019	Livingston
400	Lucia	Montgomery	U20	67.00	30 June 2019	Stretford
400	Alice	Robertson	U20	70.23	18 August 2019	Grangemouth
800	Eloise	Walker	U20	2.13.44	18 August 2019	Grangemouth
800	Ishbel	Strathdee	U20	2.22.90	19 June 2019	Livingston
800	Carolyn	Cameron	U20	2.25.9	25 May 2019	Antrim
800	Lucia	Montgomery	U20	2.34.74	16 June 2019	Scotstoun
1500	Eloise	Walker	U20	4.23.92	25 May 2019	Manchester
1500	Beatrice	Winkler	U20	5.07.98	31 March 2009	Meadowmill
1500	Lucia	Montgomery	U20	5.15.62	8 September 2019	Sportcity
3000	Eloise	Walker	U20	09.21.96	29 June 2019	Stretford
3000	Carolyn	Cameron	U20	11.24.22	07 August 2019	Grangemouth
3000	Ishbel	Strathdee	U20	11.27.08	26 May 2019	Carlisle
100H	Bethany	McAndrew	U20	14.36	06 May 2019	Bedford
100H	Ishbel	Strathdee	U20	20.20	26 May 2019	Carlisle
100H	Josie	McDonald	U20	21.83	26 May 2019	Carlisle
1500SC	Beatrice	Winkler	U20	5.43.19	8 September 2019	Sportcity
1500SC	Lucia	Montgomery	U20	5.56.88	8 September 2019	Sportcity
400H	Josie	McDonald	U20	72.66	26 May 2019	Carlisle
400H	Ishbel	Strathdee	U20	76.51	26 May 2019	Carlisle
4x100	Susanne Anderson, Katie Reville, Eilidh McIntyre, Ellie O'Hara		U20	50.45	8 September 2019	Sportcity

SENIOR/MASTERS WOMEN TRACK

100	Alisha	Rees	Sen	11.41	24 July 2019	Scotstoun
100	Beth	Dobbin	Sen	11.51	03 August 2019	Birmingham
100	Katie	Purves	Sen	11.95	17 August 2019	Grangemouth
100	Stacey	Downie	Sen	11.97	16 June 2019	Scotstoun
100	Sarah	Malone	Sen	12.04	24 July 2019	Scotstoun
100	Holly	McArthur	Sen	12.58	29 May 2019	Crownpoint
100	Olivia	Walker	Sen	12.6	16 June 2019	Birmingham
100	Mhairi	Patience	Sen	13.05	28 June 2019	Scotstoun
100	Gillian	Cooke	V35	13.30	10 August 2019	Birmingham
100	Laura	Robertson	Sen	13.76	21 August 2019	Livingston
100	Eilidh	Thores	Sen	14.61	3 July 2019	Grangemouth
100	Elaine	Forbes	V45	14.66	3 July 2019	Grangemouth
150	Beth	Dobbin	Sen	17.49	7 September 2019	Stockton
150	Stacey	Downie	Sen	18.30	1 May 2019	Grangemouth
150	Kathryn	Christie	Sen	18.62	4 September 2019	Grangemouth
200	Beth	Dobbin	Sen	22.50	20 July 2019	London
200	Alisha	Rees	Sen	23.52	3 July 2019	London
200	Stacey	Downie	Sen	24.30	12 May 2019	Grangemouth
200	Sarah	Malone	Sen	24.81	20 April 2019	Grangemouth
200	Holly	McArthur	Sen	24.86	03 August 2019	Manchester

200	Katie	Purves	Sen	24.89	21 July 2019	Grangemouth
200	Kirsten	McAslan	Sen	25.68	6 July 2019	Eton
200	Avril	Jackson	Sen	25.85	2 June 2019	Zurich (SUI)
200	Emma	Canning	Sen	26.16	11 May 2019	Montpellier
200	Mhairi	Patience	Sen	26.37	28 June 2019	Scotstoun
200	Catriona	Pennet	V35	27.25	13 July 2019	Grangemouth
300	Mhairi	Patience	Sen	39.90	29 May 2019	Crownpoint
400	Stacey	Downie	Sen	54.37	9 June 2019	Leigh
400	Avril	Jackson	Sen	56.29	6 July 2019	Eton
400	Hannah	Cameron	Sen	57.54	14 April 2019	Aberdeen
400	Emily	Craig	Sen	57.95	25 May 2019	Antrim
400	Alison	Broadhurst	Sen	68.26	31 March 2009	Meadowmill
800	Lynsey	Sharp	Sen	1.58.61	20 July 2019	London
800	Hannah	Cameron	Sen	2.06.82	11 June 2019	Kilmarnock
800	Holly	McArthur	Sen	2.16.78	8-9 June 2019	Arona (ESP)
800	Emily	Strathdee	Sen	2.17.26	20 May 2019	Chester-le-Street
800	Emma	Canning	Sen	2.18.05	04 August 2019	Manchester
800	Lauren	Stoddart	Sen	2.18.55	3 August 2019	Birmingham
800	Lydia	Blythe	Sen	2.27.61	3 August 2019	Basingstoke
800	Alison	Broadhurst	Sen	2.39.95	31 March 2009	Meadowmill
1500	Hannah	Cameron	Sen	4.34.28	7 April 2019	Aberdeen
1500	Zoe	Bates	Sen	4.35.53	10 August 2019	Manchester
1500	Emily	Dudgeon	Sen	4.36.65	05 June 2019	Wormwood
1500	Emily	Strathdee	Sen	4.44.57	3 June 2019	Chester-le-Street
1500	Lauren	Stoddart	Sen	4.46.56	21 July 2019	Grangemouth
1500	Isla	Scott-Pearce	Sen	4.58.84	3 August 2019	Birmingham
1500	Lydia	Blythe	Sen	5.08.16	18 August 2019	Grangemouth
1500	Elaine	Eadie	Sen	5.16.36	16 June 2019	Scotstoun
1500	Jayne	Nisbet	Sen	5.22.92	6 July 2019	Eton
1500	Catherine	Ferry	V45	5.28.83	13 July 2019	Grangemouth
1500	Susan	Ridley	V50	5.39.68	13 July 2019	Grangemouth
1500	Karen	Dobbie	V50	5.46.01	16 June 2019	Scotstoun
1500	Sharyn	Ramage	V55	6.28.29	30 June 2019	Grangemouth
3000	Emily	Strathdee	Sen	10.24.68	9 June 2019	Leigh
3000	Isla	Scott-Pearce	Sen	10.27.46	3 August 2019	Birmingham
3000	Elaine	Eadie	Sen	10.31.41	21 July 2019	Grangemouth
3000	Lauren	Stoddart	Sen	10.53.45	9 June 2019	Leigh
3000	Jayne	Nisbet	Sen	11.08.56	6 July 2019	Eton
3000	Karen	Dobbie	V50	11.54.83	16 June 2019	Scotstoun
5000	Isla	Scott-Pearce	Sen	18.16.26	26 July 2019	Scotstoun
100H	Katie	Purves	Sen	13.74	18 August 2019	Grangemouth
100H	Holly	McArthur	Sen	13.77	03 August 2019	Manchester
100H	Olivia	Walker	Sen	14.15	9 June 2019	Leigh
100H	Emma	Canning	Sen	14.42	03 August 2019	Manchester
100H	Catriona	Pennet	V35	14.99	13 July 2019	Grangemouth
100H	Laura	Robertson	Sen	17.14	5 May 2019	Bedford
1600 (Mile)	Lydia	Blythe	Sen	5.28.46	13 July 2019	Oxford
1600 (Mile)	Jacqueline	Rainger	V40	5.47.6	24 May 2019	Stirling
1600 (Mile)	Karen	Dobbie	V50	6.03.5	24 May 2019	Stirling
2000SC	Lauren	Stoddart	Sen	6.54.30	3 August 2019	Birmingham
3000SC	Lauren	Stoddart	Sen	10.48.65	14 August 2019	Manchester
400H	Kirsten	McAslan	Sen	57.45	6 July 2019	Eton
400H	Mhairi	Patience	Sen	59.51	9 June 2019	Leigh
400H	Emily	Craig	Sen	60.28	23 June 2019	Bedford
400H	Avril	Jackson	Sen	60.57	3 August 2019	Birmingham

400H	Lauren	Stoddart	Sen	69.70	21 July 2019	Grangemouth
4x100	Olivia Walker, Sarah Malone, Stacey Downie, Sarah Warnock		Sen	47.53	9 June 2019	Leigh
4x400	Hannah Cameron, Mhairi Patience, Stacey Downie, Kirsten McAslan		Sen	3.41.97	6 July 2019	Eton

UNDER 11 GIRLS FIELD

high jump	Joanna	Hirst	U11	1.20	31 March 2009	Meadowmill
high jump	Mia	Parkin	U11	1.05	24 August 2019	Grangemouth
high jump	Lucy	Scott	U11	1.00	24 August 2019	Grangemouth
long jump	Joanna	Hirst	U11	3.41	18 May 2019	Livingston
long jump	Connie	Sanderson	U11	3.15	18 May 2019	Livingston
long jump	Gracie	Mitchinson	U11	3.00	18 May 2019	Livingston
long jump	Lucy	Scott	U11	2.69	18 May 2019	Livingston
long jump	Stella	Sommerville	U11	2.13	31 March 2009	Meadowmill
long jump	Annabelle	Van der Merwe	U11	2.12	31 March 2009	Meadowmill
shot 2	Annabelle	Van der Merwe	U11	4.76	22 June 2019	Grangemouth
shot 2	Libby	Harrison	U11	3.88	22 June 2019	Grangemouth
shot 2	Gracie	Mitchinson	U11	3.77	22 June 2019	Grangemouth
shot 2	Lucy	Scott	U11	2.41	22 June 2019	Grangemouth

UNDER 13 GIRLS FIELD

discus 0.75	Jedidah	Ajala	U13	9.40	24 August 2019	Grangemouth
high jump	Rose	Jones	U13	1.58	7 September 2019	Sportcity
high jump	Kyna	Forbes	U13	1.51	21 July 2019	Grangemouth
high jump	Rosie	Foster	U13	1.31	12 May 2019	Grangemouth
high jump	Anna	Cruden	U13	1.25	18 May 2019	Livingston
high jump	Eve	Chalmers	U13	1.25	18 May 2019	Livingston
high jump	Dashka	MacDonald	U13	1.15	31 March 2009	Meadowmill
high jump	Maisie	McEwan	U13	1.05	18 May 2019	Livingston
javelin 400	Alannah	Macaulay Orr	U13	16.34	19 May 2019	Grangemouth
javelin 400	Rosie	Foster	U13	14.19	4 August 2019	Grangemouth
javelin 400	Nimi	Fakunle	U13	10.38	23 June 2019	Scotstoun
javelin 400	Eve	Chalmers	U13	10.23	18 May 2019	Livingston
javelin 500	Nimi	Fakunle	U13	11.81	27 April 2019	Grangemouth
long jump	Rose	Jones	U13	4.52	11 May 2019	Grangemouth
long jump	Sarah	Burns	U13	4.39	7 September 2019	Sportcity
long jump	Kyna	Forbes	U13	4.06	16 June 2019	Scotstoun
long jump	Rosie	Foster	U13	3.98	28 July 2019	Pitreavie
long jump	Marianna	MacLean	U13	3.93	14 April 2019	Aberdeen
long jump	Katie	Reid	U13	3.78	22 June 2019	Grangemouth
long jump	Eve	Chalmers	U13	3.75	22 June 2019	Grangemouth
long jump	Rory	Bell	U13	3.27	31 March 2009	Meadowmill
long jump	Rosie	Zisman	U13	3.24	31 March 2009	Meadowmill
long jump	Fleur	Stewart	U13	3.13	31 March 2009	Meadowmill
long jump	Maisie	McEwan	U13	3.02	31 March 2009	Meadowmill
long jump	Maya	Mahaso	U13	3.02	31 March 2009	Meadowmill
long jump	Mairi	Cochrane	U13	2.85	31 March 2009	Meadowmill
long jump	Emily	Young	U13	2.76	31 March 2009	Meadowmill
long jump	Ava	McComb	U13	2.75	31 March 2009	Meadowmill
long jump	Freya	Ballantine	U13	2.61	31 March 2009	Meadowmill

long jump	Athena	Sintoris	U13	2.44	31 March 2009	Meadowmill
shot 2.72	Nimi	Fakunle	U13	7.18	16 June 2019	Scotstoun
shot 2.72	Fleur	Stewart	U13	5.44	24 August 2019	Grangemouth
shot 2.72	Jedidah	Ajala	U13	5.33	24 August 2019	Grangemouth
shot 2.72	Orlaith	Shepherd	U13	4.91	23 June 2019	Scotstoun
shot 2.72	Dashka	MacDonald	U13	4.03	27 April 2019	Grangemouth

UNDER 15 GIRLS FIELD

discus 1	Lauren	Birrell	U15	21.89	7 September 2019	Sportcity
discus 1	Megan	Barnes	U15	20.25	7 September 2019	Sportcity
discus 1	Isla	Stewart	U15	17.34	24 August 2019	Grangemouth
discus 1	Lilian	Arrundale	U15	15.13	23 June 2019	Scotstoun
discus 1	Katie	Garland	U15	13.98	23 June 2019	Scotstoun
discus 1	Elise	Macara	U15	11.88	27 April 2019	Grangemouth
hammer 3	Megan	Barnes	U15	24.97	4 August 2019	Grangemouth
hammer 3	Lilian	Arrundale	U15	15.93	7 September 2019	Sportcity
high jump	Isla	Stewart	U15	1.50	7-8 June 2019	Grangemouth
high jump	Molly	Reville	U15	1.50	16 June 2019	Scotstoun
high jump	Ruby	Renton	U15	1.40	31 March 2009	Meadowmill
high jump	Carly	Smith	U15	1.36	28 July 2019	Livingston
high jump	Jeannie	Mardon	U15	1.23	19 June 2019	Livingston
high jump	Sophie	Holmes	U15	1.20	22 June 2019	Grangemouth
javelin 500	Isabelle	Murray	U15	26.32	7-8 June 2019	Grangemouth
javelin 500	Lilian	Arrundale	U15	25.05	7-8 June 2019	Grangemouth
javelin 500	Jeannie	Mardon	U15	22.56	19 May 2019	Grangemouth
javelin 500	Jessica	Lorimer	U15	4.93	27 April 2019	Grangemouth
long jump	Molly	Reville	U15	5.51	10 August 2019	Grangemouth
long jump	Elise	Macara	U15	4.55	19 May 2019	Grangemouth
long jump	Anna	Widdowson	U15	4.45	19 June 2019	Livingston
long jump	Marissa	Maclean	U15	4.40	14 April 2019	Aberdeen
long jump	Carly	Smith	U15	4.33	28 July 2019	Livingston
long jump	Jeannie	Mardon	U15	4.02	24 August 2019	Grangemouth
long jump	Lily	Arrundale	U15	3.94	31 March 2009	Meadowmill
long jump	Katie	Garland	U15	3.82	24 August 2019	Grangemouth
long jump	Sophie	Holmes	U15	3.76	31 March 2009	Meadowmill
pentathlon	Carly	Smith	U15	2297	28 July 2019	Livingston
pole vault	Alex	Sutton	U15	1.80	07 August 2019	Grangemouth
shot 3	Lauren	Birrell	U15	7.84	24 August 2019	Livingston
shot 3	Carly	Smith	U15	7.20	28 July 2019	Livingston
shot 3	Elise	Macara	U15	7.12	4 August 2019	Grangemouth
shot 3	Lilian	Arrundale	U15	6.77	18 May 2019	Livingston
shot 3	Anise	Macaulay Orr	U15	6.29	16 June 2019	Scotstoun
shot 3	Anna	Widdowson	U15	6.16	23 June 2019	Scotstoun
shot 3	Sorcha	Shepherd	U15	5.33	14 April 2019	Aberdeen

UNDER 17 WOMEN FIELD

discus 1	Emma	Solley	U17	28.81	26 May 2019	Carlisle
discus 1	Jessica	Forrest	U17	27.95	11 May 2019	Grangemouth
discus 1	Mariem	NDiaye	U17	17.91	5 May 2019	Carlisle
hammer 3	Jessica	Forrest	U17	39.95	5 May 2019	Carlisle
hammer 3	Mariem	NDiaye	U17	32.62	7-8 June 2019	Grangemouth

hammer 3	Susanne	Anderson	U17	27.26	31 March 2009	Meadowmill
hammer 4	Susanne	Anderson	U17	25.10	16 June 2019	Scotstoun
high jump	Ellie	O'hara	U17	1.65	28 June 2019	Scotstoun
high jump	Jessica	Forrest	U17	1.55	31 March 2009	Meadowmill
high jump	Skye	Waugh	U17	1.50	31 March 2009	Meadowmill
high jump	Esther	Watson	U17	1.45	05 May 2019	Carlisle
javelin 500	Emma	Solley	U17	34.64	26 May 2019	Carlisle
javelin 500	Jessica	Forrest	U17	27.57	1 September 2019	Pitreavie
javelin 500	Jessica	Alexander	U17	27.56	16 June 2019	Scotstoun
javelin 500	Mariem	NDiaye	U17	12.48	16 June 2019	Scotstoun
javelin 500	Anna	Swan	U17	9.35	05 May 2019	Carlisle
javelin 600	Emma	Solley	U17	33.66	10 August 2019	Grangemouth
javelin 600	Maddie	Wilson	U17	16.52	14 April 2019	Aberdeen
long jump	Ellie	O'hara	U17	6.07	18 August 2019	Grangemouth
long jump	Esther	Watson	U17	5.30	16 June 2019	Scotstoun
long jump	Anna	Swan	U17	4.48	26 May 2019	Carlisle
long jump	Mariem	NDiaye	U17	4.09	19 May 2019	Grangemouth
long jump	Aruina	Walker	U17	3.68	4 August 2019	Grangemouth
pole vault	Cerys	Scott Hobbs	U17	2.70	05 May 2019	Carlisle
shot 3	Emma	Solley	U17	10.32	30 June 2019	Stretford
shot 3	Jessica	Forrest	U17	8.96	7 September 2019	Sportcity
shot 3	Mariem	NDiaye	U17	8.06	14 April 2019	Aberdeen
shot 3	Susanne	Anderson	U17	6.59	31 March 2009	Meadowmill
shot 4	Mariem	NDiaye	U17	6.74	7 September 2019	Sportcity
triple jump	Ellie	O'hara	U17	12.58	22 June 2019	Bedford
triple jump	Esther	Watson	U17	9.58	05 May 2019	Carlisle
triple jump	Anna	Swan	U17	9.53	12 May 2019	Grangemouth

UNDER 20 WOMEN FIELD

discus 1	Shona	Crossan	U20	35.64	20 April 2019	Grangemouth
discus 1	Fiyin	Fakunle	U20	32.31	30 June 2019	Stretford
hammer 4	Fiyin	Fakunle	U20	14.93	9 June 2019	Leigh
high jump	Lily	Nicholson	U20	1.55	31 March 2009	Meadowmill
high jump	Amy	Chambers	U20	1.51	20 April 2019	Grangemouth
high jump	Bethany	McAndrew	U20	1.35	26 May 2019	Carlisle
javelin 600	Keira	Waddell	U20	38.27	18 August 2019	Grangemouth
javelin 600	Alexandra	Vallance	U20	34.58	18 August 2019	Grangemouth
javelin 600	Shona	Crossan	U20	21.60	9 June 2019	Leigh
long jump	Bethany	McAndrew	U20	5.41	18 August 2019	Grangemouth
long jump	Lucy	Davison	U20	5.30	11 May 2019	Grangemouth
long jump	Josie	McDonald	U20	4.55	5 May 2019	Carlisle
pole vault	Rosie	Browne	U20	2.95	16 June 2019	Scotstoun
shot 4	Shona	Crossan	U20	11.17	9 June 2019	Leigh
shot 4	Lucy	Davison	U20	9.17	26 May 2019	Carlisle
shot 4	Fiyin	Fakunle	U20	8.44	7-8 June 2019	Grangemouth
shot 4	Bethany	McAndrew	U20	7.92	06 April 2019	Dunfermline
shot 4	Alexandra	Vallance	U20	7.46	14 April 2019	Aberdeen
shot 4	Keira	Waddell	U20	5.73	05 May 2019	Carlisle
triple jump	Josie	McDonald	U20	9.28	5 May 2019	Carlisle

SENIOR/MASTERS WOMEN FIELD

discus 1	Natalie	Robbins	Sen	21.00	14 April 2019	Aberdeen
discus 1	Alexandra	Burns	Sen	16.48	06 July 2019	Eton
hammer 4	Natalie	Robbins	Sen	58.15	14 April 2019	Aberdeen
hammer 4	Emma	Lowry	Sen	32.68	6 July 2019	Eton
heptathlon	Holly	McArthur	Sen	5485	3-4 August 2019	Manchester
heptathlon	Emma	Canning	Sen	5061	3-4 August 2019	Manchester
high jump	Emma	Nuttall	Sen	1.83	27 May 2019	Bedford
high jump	Emma	Canning	Sen	1.72	25 May 2019	Bedford
high jump	Holly	McArthur	Sen	1.60	8-9 June 2019	Arona (ESP)
high jump	Zuza	Woznicka	Sen	1.50	16 June 2019	Scotstoun
javelin 600	Paula	Gass	Sen	40.19	11 May 2019	Inverness
javelin 600	Holly	McArthur	Sen	37.29	14 July 2019	Grangemouth
javelin 600	Mhairi	Patience	Sen	28.00	06 July 2019	Eton
javelin 600	Emma	Canning	Sen	27.74	16 June 2019	Laval (FRA)
javelin 600	Gillian	Cooke	V35	25.61	6 July 2019	Coventry
javelin 600	Catriona	Pennet	V35	21.44	21 July 2019	Grangemouth
javelin 600	Emily	Craig	Sen	20.23	21 July 2019	Grangemouth
javelin 600	Emma	Lowry	Sen	14.27	06 July 2019	Eton
javelin 600	Laura	Robertson	Sen	11.26	20 April 2019	Grangemouth
long jump	Sarah	Warnock	Sen	6.42	25 August 2019	Birmingham
long jump	Holly	McArthur	Sen	6.09	22 June 2019	Bedford
long jump	Emma	Canning	Sen	5.86	12 May 2019	Montpellier
long jump	Alexandra	Burns	Sen	5.59	4 May 2019	Bedford
long jump	Katie	Purves	Sen	5.57	20 April 2019	Grangemouth
long jump	Gillian	Cooke	V35	5.35	11 May 2019	Grangemouth
pole vault	Courtney	MacGuire	Sen	4.18	3 August 2019	Birmingham
pole vault	Anna	Gordon	Sen	3.90	23 June 2019	Bedford
pole vault	Gillian	Cooke	V35	3.22	21 July 2019	Grangemouth
shot 4	Kirsty	Yates	Sen	13.63	2 June 2019	Eton
shot 4	Holly	McArthur	Sen	11.93	30 June 2019	East Kilbride
shot 4	Emma	Lowry	Sen	10.00	3 August 2019	Birmingham
shot 4	Gillian	Cooke	V35	9.72	21 July 2019	Grangemouth
shot 4	Natalie	Robbins	Sen	9.71	14 April 2019	Aberdeen
shot 4	Emma	Canning	Sen	9.24	11 May 2019	Montpellier
shot 4	Catriona	Pennet	V35	7.93	16 June 2019	Scotstoun
triple jump	Alexandra	Burns	Sen	11.20	20 April 2019	Grangemouth
triple jump	Gillian	Cooke	V35	10.72	3 August 2019	Birmingham
triple jump	Emma	Lowry	Sen	9.34	3 August 2019	Birmingham





**CROSS COUNTRY
GRAND PRIX
RANKINGS
2018/2019**



MENS RANKINGS

RANKING	NAME	POINTS	No. OF RACES	AGE CAT
1	John Lenehan	151	8	Sen
2	Michael Christoforou	147	6	Sen
3	Iain MacDonald	134	7	Sen
4	Richard Meade	118	7	V40
5	Mark MacDermot	114	8	Sen
6	Iain Whitaker	82	4	Sen
7	Olger Pedersen	80	5	Sen
8	Alex Carcus	69	4	U20
9	Kevin Hamilton	67	5	Sen
10	Andy Latham	66	7	V50
11	Iain Craven	64	5	Sen
12	Sean Calder	64	4	Sen
13	Lewis Orr	60	6	V40
14	Keith Dunlop	55	5	Sen
15	Nicholas Wolverson	53	3	Sen
16	Fionn McDonald	51	4	Sen
17	Harry Putnam	47	2	Sen
18	M Davies	42	3	Sen
19	Malcolm Parry	41	5	V40
20	Tom Leeman	41	4	Sen
21	Callum Reid	40	2	Sen
22	Daniel Bryant	39	2	Sen
23	Sean Eng	38	3	Sen
24	Leon Johnson	38	2	V40
25	Dave Clements	35	6	V40
26	Steven Watters	32	2	Sen
27	Eric Stevenson	30	9	V60
28	Michael Fullerton	30	4	V40
29	Robin Kyle	29	2	Sen
30	Paul Stirling	28	2	Sen
31	Will Gardner	27	1	Sen
32	Garry Robertson	26	4	V50
33	Kevin Graham	26	5	Sen



RANKING	NAME	POINTS	No. OF RACES	AGE CAT
34	Gavin Phillip	26	4	V50
35	Peter Cameron	26	1	Sen
36	Freddie Carcus	24	1	U20
37	Michael Nixon	24	1	Sen
38	Michael Cameron	24	1	U20
39	Neil Renault	23	1	Sen
40	Joe Arthur	23	1	U20
41	Dan Rivera	22	2	V40
42	Max Carcas	21	5	V40
43	Mark Thornton Smith	19	1	Sen
44	Dougie Gowan	19	3	V40
45	David Steel	19	8	V50
46	Sam Brown	19	1	U20
47	Malcom Fraser	18	1	Sen
48	Bryan Mackie	16	1	Sen
49	Angus Thomson	15	1	Sen
50	Patrick Fenn	14	4	V40
51	Lewis Renton	14	1	Sen
52	Chris Ponton	14	1	Sen
53	Dermot Bailie	13	1	Sen
54	Matthew Newnham	13	4	V50
55	Alex MacEwan	12	6	V60
56	Scott Henderson	10	1	V40
57	Owain Williams	9	1	Sen
58	Brian Howie	7	4	V60
59	Michael Barton	7	1	V40
60	Willie Gallagher	5	3	V60
61	Xavier Despinoy	4	1	Sen
62	David Cross	4	1	V50
63	Seumas Thomson	3	1	Sen
64	Nairn McWilliams	3	1	Sen
65	Walter McCaskey	2	2	V60
66	Argy Rizos	1	1	V40



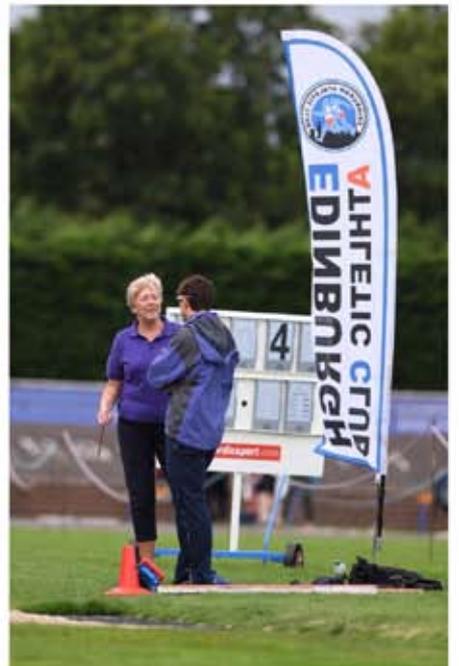
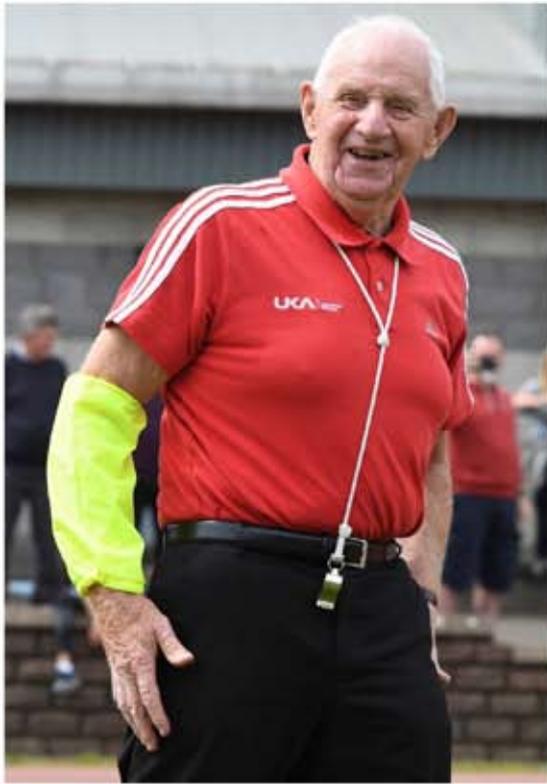
WOMENS RANKINGS

RANKING	NAME	POINTS	No. OF RACES	AGE CAT
1	Lauren Wilson	50	5	Sen
2	Jocelyn Moar	41	5	Sen
3	Susan Ridley	40	7	V50
4	Zoe Bates	35	4	U20
5	Isla Scott-Pearce	34	4	Sen
6	Elaine Eadie	33	5	Sen
7	Jennifer McLean	32	3	V40
8	Nikki Gibson	29	4	Sen
9	Chloe Cox	29	4	Sen
10	Katie Bain	28	3	Sen
11	Hannah Cameron	26	3	U20
12	Rebecca Burns	25	2	Sen
13	Karen Dobbie	23	6	V50
14	Maria Boland	20	4	Sen
15	Kathleen Dempsey	19	5	Sen
16	Emily Strathdee	17	2	Sen
17	Emma Laverie	14	4	Sen
18	Hazel MacCormick	13	1	Sen
19	Shona Adam	11	6	V50
20	Lauren Stoddart	10	1	Sen
21	Sarah Scott	9	4	Sen
22	Cath Ferry	8	2	V40
23	Amanda Woodrow	7	1	Sen
24	Jacqueline Ranger	6	1	V40
25	Sinead Gallacher	6	5	Sen
26	Lucy Marshall	6	2	V40
27	Amy Vincent	5	1	Sen
28	Jill Morrow	5	1	V50
29	Elaine Davies	5	3	V40
30	Kate Lindsay	3	1	Sen
31	Anne Duncan	2	2	V50



IT'S OFFICIAL!

A SELECTION OF OUR MANY CLUB OFFICIALS WHO MAKE IT HAPPEN



WE COULDN'T DO IT
WITHOUT YOU





Photo Credit: @ Bobby Gavin

JAKE WIGHTMAN

**WINNER OF THE FPSG SCOTTISH ATHLETICS AWARDS 2019
GEORGE DALLAS MEMORIAL TROPHY**

ROLL OF HONOUR 2019

Layout and design by GARY LEEK (Communications)

DEREK COGLE - Compiling of performances for Roll of Honour

XAVIER DESPINOY - Compiling of Club Rankings

**Photos Credits include: Bobby Gavin, Gary Leek, Gettys Images, John Scott,
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**Special thanks to all the Coaches, Team Managers, Officials, Management Committee,
Trustees, all the families and supporters**



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