

Club Review 2022-23





GB Vests

Gillian Cooke W40 Masters World Championships, Poland

Stacey Downie W35 Masters World Championships, Poland

Paul Forbes M65 Masters World Championships, Poland

Alice Goodall, U23 Euro Cross, Turin

Josh Kerr, World Championships, Hungary

Sharyn Ramage W60 Masters World Championships, Poland

Eloise Walker, U23 Euro Cross, Turin, U23 European Championships, Espoo
Finland



Scottish Vest

Bera Ajala, *Triple Jump, Loughborough International*

Omar Bajo, *400m , 4x400m Relay, Scottish Schools International, Grangemouth, 400m, 4x400m mixed relay U20 Welsh International, Cardiff*

Rory Brogan *100m , 200m, 4x100m Relay, Scottish Schools International, Grangemouth, 4x100m U20 Welsh International, Cardiff*

Michael Cameron, *3000m SC Loughborough International*

Emily Craig, *400mH, 4x400m, Loughborough International*

Pipa Carcas, *British Cross Country trial, Liverpool*

Karen Dobbie, *Masters Cross Country, Dublin*

Cameron Forbes, *U20 High Jump Wesh International, cardiff*

Alice Goodall, *British Cross Country trial, Liverpool*

Elsa MacGregor, *Scottish Schools SIAB International Cross Country, Liverpool*

Sarah Malone, *4x400m, Loughborough International, 4x100m Geneva International*

Clementine Pim, *Javelin, Scottish Schools International, Grangemouth*

Sue Ridley, *Masters Cross Country, Dublin*

Orlaith Shepherd, *Scottish Schools SIAB International Cross Country, Liverpool*

Jessica Taylor, *Scottish Schools SIAB International Cross Country, Liverpool, U18 Mountain Cup, Annecy France.*

Eloise Walker, *British Cross Country trial, Liverpool*

Kirsty Walker, *British Cross Country trial, Liverpool*

Julie Wilson, *Masters Cross Country, Dublin*

Amanda Woodrow, *Anglo-Celtic Plate, Craigavon, Northern Ireland*



East District

Pippa Carcas U20 Inter District Cross Country

Isla Duncan U13 Inter District Cross Country

Alice Goodall Senior Inter District Cross Country

Joanna Hirst U15 Inter District Cross Country

Reuben Lees U13 Inter District Cross Country

Harry McKay U15 Inter District Cross Country

Daska MacDonald U15 Inter District Cross Country

Elsa McGregor U15 Inter Counties Cross Country Championships

Patrick Pim U13 Inter District Cross Country

Freya Price U17 Inter District Cross Country

Orlaith Shepherd U17 Inter District Cross Country, U17 Inter Counties Cross Country

Lukas Sonnevile U13 Inter District Cross Country

Jessica Taylor U15 Inter District Cross Country, U15 Inter Counties Cross Country



World record

Paul Forbes M65 800m 2:13.74 Pescara, Italy

British Record

Paul Forbes M65 800m 2:13.74 Pescara, Italy

Paul Forbes M65 1 mile 5:08.38, Stirling University



Scottish National Records

Josh Kerr 3000m (Indoor) 7:33.47

Sarah Malone 4x100m 44.56, Geneva International

Alisha Rees 60m (Indoor) 7.27

Paul Forbes M65 800m 2:13.74 Pescara, Italy



Club Records

(Outdoor)

Omar Bajo (U17) 400m 48.11

Amanda Woodrow 100k 8.39.04

Gavin Cooney, Nathan Brown, Sam Brown, 3x800m 5:50.09

Club Records

(Indoor)

Josh Kerr 3000m (Indoor) 7:33.47

Alisha Rees 60m. 7.27

Awards

Scottish Athletics



Scottish Athletics

Josh Kerr, Athlete of the Year

Paul Forbes, Masters Athlete of the Year

Edinburgh AC, Track and Field Club of the Year

Joyce Rammell, Honorary Life Membership

Scottish Sports Awards

Josh Kerr, Male Athlete of the Year

Athletics Weekly

Josh Kerr, Male Athlete of the Year, Performance Athlete of the Year

Paul Forbes, Performance Athlete of the Year

Outdoors

World Championships

Josh Kerr 1st 1500m 3:29.38

European Championships

Eloise Walker 5th 5000m (U23) 15:55.57

European Masters Championships

Stacey Downie 2nd 100m (W35) 12.36

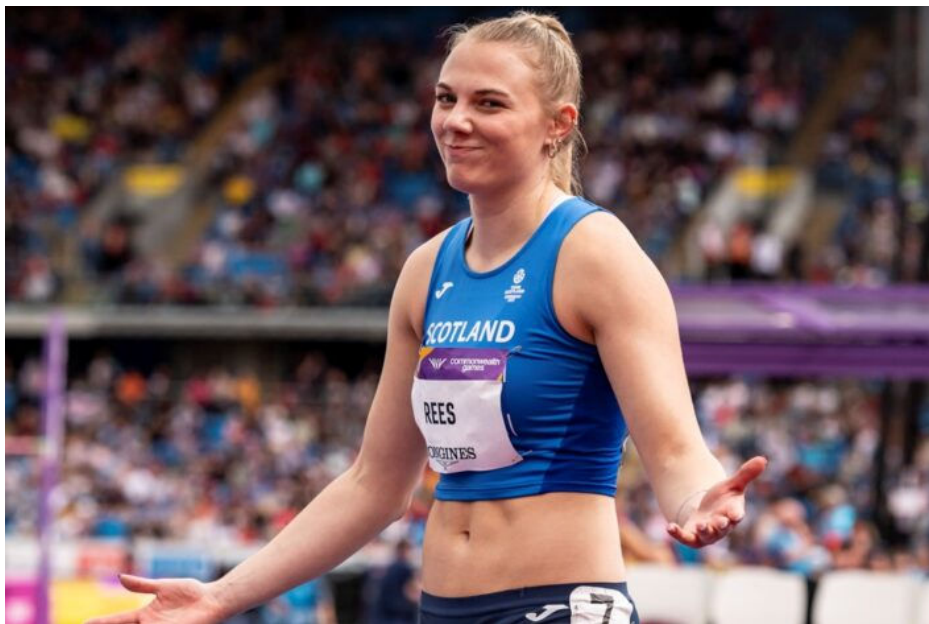
Stacey Downie 2nd 200m (W35) 25.25

Paul Forbes 1st 800m (M65) 2:13.74

Paul Forbes 1st 1500m (M65) 4:44.40

Sharyn Ramage 8th 1500m (W60) 6:11.39

UK Championships



Henry Clarkson 6th Triple Jump 15.40m

Emily Craig 4th Hurdles Heat 1:02.09

Josh Kerr 5th 800m Final 1:46.35

Sarah Malone 7th 100m Semi Final 12.00

Alisha Reese 2nd 100m Semi Final 11.51

(Alisha took a bad fall in the Final and DNF)

Eloise Walker 5th 1500m Final 4:17.37

Kirsty Walker 15th 5000m Final 16:57.41

Welsh U20 International



Omar Bajo 2nd 400m 48.11, 1st 4x400m Mixed Relay 3:31.00 (Scottish best Performance)

Rory Brogan (U17) 1st 4x100m 40.69 (Scottish Record), 6th 100m 11.29 (Guest)

Cameron Forbes 1st High jump, 2.30m

Schools International

Omar Bajo 3rd 400m 48.64, 4th 4x400m Relay

Rory Brogan 5th 100m 11.26, 4th 200m 22.60, 4th 4x100m Relay

Clementine Pim 5th Javelin 32.14m

Scottish Championships:



Our medal winners

Senior Men

Michael Cameron 1st 3000m SC 9:28.49, 9th 1500m 4:12.21

Henry Clarkson 1st Triple Jump 15.36m

Graham Condie (F32 Seated) 1st Mixed Other Club 21.99, 2nd Discus 13.71m

Cameron Forbes 2nd High Jump 2.06m

Bradley Francis 2nd 400mH 52.93, 7th 200m Final 22.77

Max Leslie 2nd 400m 48.60

Andrew McFarlane 1st Pole Vault 4.50m

U20

Rory Brogan 3rd 100m 10.87, 4th 200m Final 21.83

U17 Men

Omar Bajo 1st 400m 48.99, 1st 200m 21.70

Rory Brogan 1st 100m 10.97, 3rd 200m 22.10

Jacob McKinlay 3rd Shot Put 13.06m, 5th Discus 37.46m

U15

Callum Roger 1st High Jump 1.74m, 9th 100m Heats 12.37

Senior Women

Beth Ansell 3rd 800m 2:08.70

Emily Craig 1st 400mH 60.73, 5th Final 400m 58.79

Kathryn Christie 400m 57.01

Sarah Malone 2nd 100m 11.86, 2nd 200m 24.49

Izzy McHattie 3rd Javelin 41.26m

Lauren Stoddart 1st 1500m SC 5:05.41

Our other competing Athletes

Senior Men

Sam Brown 7th Final 800m 2:02.65

Simon Klyse 7th Javelin 39.63m

Gavin Cooney 800m Heats 1:59.12

Colm Hackett 100m Heats 13.44, 400m Heats 61.39

Tim Hely 6th Final 3000m 10:58.47

Noah Howlett 10th 5000m Final 15:12.27

Mateo Hughes 100m Heats 11.53, 6th 200m Final 22.74

Mark MacDermot 12th Final 1500m 4:12.21

Sam MacNeil 5th Final 3000m SC 10:54.84

Alexander Poustie Williamson 200m Heats 23.18

Ewan Purves 12th Semi Finals 51.93

U20

Mateo Hughes 9th 100m Heats 11.27, 6th 200m Final 22.29

Ewan Purves 100m Heats 11.66, 200m Heats 23.20

U15

Danny Convery 1500m Heats 5:00.63

Lennox Kunath 5th Shot Put Final, 10.51m

Andrew Leighton 800m Heats 2:27.59

Donald Ross 5th 80mH Final 12.30

U13

Rory Logg 5th Shot Put Final 6.15m, 8th 800m Final 2:40.04, 11th High Jump 1.17m

Senior Women

Carolyn Cameron 10th 1500m Final 4:45.26

Lucy Davison 5th Long Jump 5.29m

Eilidh De Klerk 200m Heats 26.35

Stacey Downie 100m Heats 12.44, 8th 200m Final 25.67

Merce Sanchez Oller 9th 1500m Final 4:42.92

Kirsty Walker 8th 1500m Final 4:33.55

Margot Wyroll 800m Heats 2:19.98, 8th 1500m Final 4:42.34

U20

Sophie Widdowson 8th 100m Final 12.73, 7th 200m Final 25.77

U17 Women

Jedidah Ajala Semi Final 100m 13.01, 200m Semi Final 27.26

Kate MacPhail 800m Heats 2:38.87

Jessica Taylor 8th 1500m Final 4:53.28

U13

Jess Knox 12th 100m Semi Final 14.14

Scottish 10 K Championships

1st Ewan Cameron (M40)

Scottish Masters Championships



Men

Paul Forbes M65 1st 1500m 4:47.07

William Gentleman M80 1st Discus 14.52m, 1st Hammer 27.50m

Scott MacLeod M35 2nd 5000m 16:06.29

Richard Michael Clark M45 3rd 400m 67.88, 3rd 800m 2:34.03

Lewis Orr M50 18th 400m 61.25, 4th 800m 2:16.36, 5th 5000m 18:37.34

Women

Gillian Cooke F40 1st Javelin 23.10m, 1st Pole Vault 3.00m, 3rd Shot Put 8.01m

Karen Dobbie F55 1st 1500m 5:33.08, 1st 1500m 20:57.80

Cath Ferry F50 2nd 1500m 5:50.96

Sharyn Ramage F60 1st 800m 3:00.23, 1st 1500m 6:13.66, 1st 1500m 23:37.57

Lauren Stoddart (Senior) 1st 2000m SC 7:13.00

Scottish Relay Championships



Senior Women

800m

2nd Merce Sanchez Oller, Margot Julia Wyrwol, Kirsty Walker 7:01.71

Senior Men

800m

3rd Gavin Cooney, Nathan Brown, Sam Brown 5:50.09

U17 Women

4x100m

5th Adora Sotannde, Jedidah Ajala, Eve Chalmers, Sarah Burns 51.67

4x300m

7th Megan MacKay, Alannah MacAulay Orr, Eve Chalmers, Sarah Burns
2:58.46

English U23 Championships

Eloise Walker 1st 5000m 15:51.63

Bera Ajala 2nd Triple Jump 15.69m

Joe Ewing 3rd 1500m 3:44.94

English U17 Championships

Megan McKay 4th in Heat 2:16.68

English U15 Championships

Calum Roger 3rd High Jump 1.70m

Northern Ireland Masters Championships

Paul Forbes (M65) 1st 800m 2:15.99, 1st 400m 1:02.91

District Championships



Medal Winners

Senior Men

Simon Klys 1st Javelin

U17 Men

Omar Bajo 1st 400m

Patrick Burns 3rd *00m

Rory Brogan 1st 100m

U15 Boys

Matt Dryden 1st 200m

Harry MacKay 2nd 800m

Callum Roger 1st High Jump

Donald Ross 1st 80mH, 2nd High Jump

Under 13 Boys

Jayden Chun 2nd 100m

Rory Logg 2nd Shot Put

Senior Women

Carolyn Cameron 2nd 1500m

Gillian Cooke 3rd Pole Vault

Emily Craig 4th 400mH

Lucy Davison 2nd Long Jump (West District)

Sarah Malone 2nd 100m (West District)

Merce Sanchez Oller 1st 1500m

Under 17 Women

Sarah Burns 1st Long Jump, 2nd 100m

Kyna Forbes 1st High jump, 1st Triple Jump

Shope Jimoh 1st Shot Put

Megan Mckay 2nd 800m

Orlaith Shepherd 3rd 1500m

U15 Girls

Ava Bell 1st Triple Jump

U13 Girls

Rinnah Ajala 3rd 100m

Jessica Knox 1st 100m, 1st 200m

Clara Mansell 3rd Javelin

Our other competing athletes

Senior U20 Men

Francisco Camacho 10th 800m, 10th 1500m

Michael Clark 24th 800m

Peter Graham 14th 1500m

Lewis Orr 23rd 800m

U17 men

Jamie Duncan 6th Shot Put, 9th 400m, 9th 800m

U15 Boys

Danny Convey 5th 1500m

Andrew Leighton 9th 800m

U13 Boys

Jayden Chun 5th 100m

Rory Logg 5th 200m, 8th 800m Final

Senior, U20 Women

Eilidh De Klerk 4th 200m

Joda Kovovworho 5th 100m Final, 200m (West District)

Anise Macaulay Orr 8th 800m

Eve MacCallum 4th Pole Vault

Sophie Widdowson 4th 100m, 200m (West District)

Under 17 Women

Jedidah Ajala 4th 100m Final

Anna Cruden 10th 800m

Daska MacDonald 6th 1500m

U15 Girls

Isla Duncan 5th 75mH, 10th 800m

Joanna Hirst 4th 800m Final

Ellie O'Connor 4th 300m

Freya Phillip 6th High Jump

Catriona Scott 7th 800m

Annabelle Van der Mere 9th 800m

U13 Girls

Isla Battistini 5th 100m Final

Clara Mansell 11th 100m Semi Final

Diamond League

Lausanne

Josh Kerr 3rd 1500m 3:29.64

Zurich

Josh Kerr 2nd 1500m 3:30.51

Xiamen

Eloise Walker 12th 3000m 8:48.15

Copenhagen International

Eloise Walker 2nd 3000m 8:52.51

Lynsey Sharp 3rd 800m 2:03.59

Geneva International

Sarah Malone 4x100m 44.56 (Scottish Record)

Portland Running Festival

Jake Kerr 1st 800m 1:46.82

5th Avenue Mile New York

Josh Kerr 1st 3:48.12

GAA Miler Meet 1

800m

Senior Men

Sam Brown 1:5.53 (4th fastest)

Nathan Brown 1:56.05

Gavin Cooney 1:56.66

U20 Women

Anise Macaulay Orr 2:18.44

Katie Johnson 2:20.32

U17 Women

Megan McKay 2:17.56 3000m

Senior Women

Merce Sanchez Oller 10:03.98

Carly Cameron 10:37.41

U17 Men

Dylan Daunt 9:47.79

GAA Miler Meet 1**Senior Men**

1500m

Gavin Cooney 4:06.18

Paul Forbes 4:39.15 (0.10s away from a World M65 Record)

5000m

Noah Howlett 14:54.08

Callum Reid 16:07.47

Senior Women

1500m

Beth Ansell 4:23.60

Merce Sanchez Oller 4:40.49

Margot Wyroll 4:43.53

British Masters

Brian Howie 3rd 1 mile

Leagues

National Athletics League (Glasgow Jaguars)



Match 1 4th place

Match 2 3rd place

Match 3 3rd place

Final league position 5th

Scottish National Athletics League

Match 1 2nd place

Match 2 2nd place

Match 3 2nd place

We finished 2nd Place in the League

It was a victory for the U17 women so well done to them.

The U20 women finished in 3rd place and the Senior Women in 2nd place.

For the U17 men it was a 3rd place finish, 11th for the U20 men and 2nd place finishes for both the Senior Men and Women.

Scottish National League Records

U17

Omar Bajo 200m 21.88, 400m 49.59

Kyna Forbes Triple Jump 10.42m

U20

Sophie Widdowson 100m 12.42

Senior Women

Sarah Malone 200m 24.48

Holly McArthur 100mH 14.96

Emily Craig 400mH 61.3

Senior Men

Max Leslie 400m 48.62

Gavin Cooney 800m 1.56.03

Bradley Francis 400mH 56.25

Andrew McFarlane Pole Vault 4.60m, Javelin 54.82m

4x100M

EAC 43.54

YDL League Div 1

Match 1, 3rd place

Match 2, 3rd place

Match 3 3rd place

Scottish Final 3rd place

Forth valley League Div 1



Match 1 , 2nd place

Match 2 , 1st place

Match 3 1st and League Champions

Monument Mile

Carly Cameron 5:13.39

Richard Michael Clark 5:41.02

Iain Craven 5:30.65

Cath Ferry 6:16.27

Paul Forbes 5:08.38

Peter Graham 4:56.75

Scott Gillen 5:31.92

Andrew Latham 5:43.91

John Lenehan 4:30.73

Jesse Mungo Cumings 4:46.62

Lewis Orr 5:15.10

Sharyn Ramage 6:33.58

Ollie Stevenson U13 5:55.85

Karel Vesely 5:17.87

Iain Whitaker 4:30.19

Indoors

World Masters Championships

Gillian Cooke 1st W40 Pole vault 2.80m

Stacey Downie 2nd W35 400m, 58.66 , 2nd W35 200m 25.31

Paul Forbes 1st M65 800m 2:22.84, 1st M65 1500m 4:43.43

Sharyn Ramage 1st team W60 8Km Cross Country, 7th W60 800m 2:57.18

UK Championships

Alisha Rees 3rd 60m 7.30

Eloise Walker 3rd 3000m 9:00.53

Scottish Indoor Championships



Medal winners:

Beth Ansell 2nd Senior 800m 2:09.25

Rory Brogan 1st U17 60m 7.11, 1st 200m 22.40

Max Leslie 2nd Senior 400m 49.29

Sarah Malone 2nd Senior 60m 7.53

Lana Mapara 3rd U13 60m 8.65

Eve MacCallum 3rd Senior Pole vault 3.14m

Donald Ross 3rd U15 60mH 9.59

Eloise Walker 1st Senior 3000m 8:56.778

Senior Men

Sam Brown 1500m Heats 4:00.23

Francisco Camacho 800m Heats 2:04.31

Ryan McMichan 60m Heats 7.64

Sam McNeil 800m Heats 2:07.22

Senior Women

Carolyn Cameron 4th 1500m Final 4:53.27

Eilidh De Klerk 200m Semi Final 26.72

Anise Macaulay Orr 6th 800m Final 2:18.27

U20 Men

Rory Brogan 5th Final 60m 7.16, 4th Final 200m 22.32

Mateo Hughes 11th Semi Final 60m 7.33, 7th Semi Final 200m 22.92

Ryan McMichan 20th Heats 60m 7.69

U20 Women

Kyna Forbes 4th Triple Jump 10.26m

Anise Macaulay Orr 4th Final 400m 60.51

Peace Oriabure Okaka, 12th Heats 60m 8.21

Under 17 Men

Omar Bajo 200m Semi 22.98

Under 17 Women

Sarah Burns 6th 200m Final 27.16

Kyna Forbes 7th High Jump Final 1.48m

Megan McKay 5th 800m Final 2:17.07

U15 Boys

Matt Dryden 4th Final 200m 24.99

Callum Roger 14th Semi Finals 60m 8.37, 8th High Jump 1.63m

Donald Ross 11th High Jump 1.43m

U15 Girls

Joanna Hirst 10th Heats 800m 2:29.80, High Jump 12th 1.33m

U13 Girls

Riinnah Ajala 5th Final 60m 8.73, 13th Semi Final 200m 30.44

Jessica Knox 5th Final 200m 29.53

Lana Mapara 11th Semi Final 200m 29.95, 4th High Jump 1.33m

Masters Men

800m

PeterGraham 1st M35 2:11.45

Lewis Orr 2nd M50 2:16.50

Richard Clark 3rd M45 2:34.05

1500m

Paul Forbes 1st M65 4:45.28

Richard Clark 5th M45 5:35.60

3000m

Peter Graham 4th 3000m (M35) 10:26.76

Lewis Orr 4th 3000m (M50) 10:44.14

Masters Female

800m

Sharyn Ramage 2nd W60 2:53,70

1500m

Sue Ridley 5th and 1st W55 5:43.90

Sharyn Ramage 6th and 2st W60 6:00.73

3000m

Sharyn Ramage 2nd (V60) 12:49.86

Sue Ridley 1st V55 11:56.30

Pole Vault

Gillian Cook 1st W40 2.81m

Long Jump

Gillian Cook 1st W40 4.66m

Scottish Indoor Combined Events

U13 Girls Pentathlon

Lana Mapara 5th : 60mH 11.48, HJ 1.37m, Shot 4.8m, LJ 4.36m, 1530 points

U15 Boys Pentathlon

Donald Ross 4th : 60mH 9.92, HJ 1.54m, Shot 8.06m, LJ 4.73m, 800m 2:46.06, 1834 points

National Indoor Relay Championships



U13 Girls Final 4x200m, 1st Jessica Knox, Imogen Muir, Lana Mapara, Rinnah Ajala 1:58.75

U13 Girls Heats 4x200m Jessica Knox, Isla Battistini, Imogen Muir, Rinnah Ajala, 1:57.24 fastest qualifiers

U15 Boys 4x200m 4th Lennox Kunath, Matt Dryden, Alessandro MacDonald, Archie Smart 1:47.74

England Athletics Combined Events

Callum Newby 11th, 4983 points

4J National Indoor Open

Top three finishers

Beth Ansell 1st 1500m 4:25.80

Rory Brogan 1st 60m 7.26, 1st 200m 22.72

Sarah Burns 2nd Long Jump 5.17m

Emily Craig 1st 400m 58.08

Lucy Davidson 1st Long Jump 5.47m

Max Leslie 3rd 400m 49.97

Eve MacCallum 2nd Pole Vault 2.98m

Anise Macaully Orr 1st 400m 58.49

Lana Mapara 1st 60m 8.70, 3rd 200m 29.56

Kirsten Mullen 3rd Pole Vault 2.98m

Senior Men

Francisco Camacho 1500m 4:35.35

Jesse Cummings 800m 2:10.81

Jonathon Mok Sen 60m 7.38

Sam MacNeil 800m 2:06.74

Masters Men

Lewis Orr V50 1500m 4:46.95

Under 17 Men

Rory Brogan 1st 60m 7.26 1st 200m 22.72

Under 15 Boys

Daniel Convery 1500m 4.46

Senior Women

Beth Ansell 1st 1500m 4:25.80

Victoria Barthelmess 1500m 4:35.27

Carolyn Cameron 1500m 4:46.40

Emily Craig 1st 400m 58.08

Eilidh De Klerk 200m 26.32

Eve MacCallum 2nd Pole Vault
Kirsten Mullen 3rd Pole Vault 2.98m

Under 20 Women

Katie Johnson 800m 2;14.03
Anise Macaully Orr 1st 400m 58.49, 800m 2:12.79

U17 Women

Sarah Burns 2nd Long Jump 5.17m
Kyna Forbes Triple Jump, 10.09m
Megan Mckay 2:18.93

Under 15 Girls

Stella Crawford High Jump 1.34m

Under 13 Girls

Lana Mapara 1st 60m 8.70, 3rd 200m 29.56

Scottish Indoor League

Match 1

U11 Boys 5th
U13 Boys 2nd
U15 Boys 1st
U17 Men 9th
U20 Men 11th

U11 Girls 12th
U13 Girls 2nd
U15 Girls 9th
U17 Women 6th
U20 Women 6th

Match 2

did not go because of heavy snow

Match 3

U11 Boys 4th

U13 Boys 4th

U15 Boys 1st

U17 Men 5th

U20 Men 9th

U11 Girls 1st

U13 Girls 3rd

U15 Girls 5th

U17 Women 5th

U20 Women 10th

Final (Relays)

U13 Girls

1st Jess Knox, Imogen Muir, Lana Mapara, Rinnah Ajala

U17 Women

3rd Sarah Burns , Alannah Macaulay Orr, Eve Chalmers, Jedidah Ajala

U11 Girls

4th Safiya Wosu, Minnie Mackie, Katie McNab, Zoe O'Connor

U15 Boys

4th Allassandro MacDonald, Donald Ross, Lennox Kunath, Callum Roger

U13 Boys

Qualified for the Final, but had to withdraw due to injury,
Freddie Stevenson, Jayden Chun, Rory Logg, Arlo Parkin

Edinburgh Ac Jumps fest

U11 Girls Long Jump

Esme Wells 3.27m
Maggie Skene 2.77m
Charlotte Greenshields 2.72m
Flora Scott 2.61m

U11 Boys Long Jump

Darius Hamil 2.92m
Nikihil Prasad 2.55m

U13 Girls Long Jump

Clara Mansell 3.42m

U13 Boys Long Jump

Murray Kirkhope 3.80m
Murdo Reid 3.68m
Dylan Turton 3.49m

U15 Boys Long Jump

Fergus Wilson 3.63m
Michael Craig 3.38m

U17 Women Long Jump

Sarah Burns 4.91m
Kyna Forbes 4.69m
Adora Sotannde 4.36m

U17 Men Long Jump

Fergus Pim 5.95m

U20 men Long Jump

Mateo Hughes 5.66m
Charles Macleod 5.41m

Senior Women Long Jump

Kara Bunney 4.39m

U17 Triple Jump

Kyna Forbes 10.18m

Fergus Pim 11.99m

U11 High Jump

Maggie Skeen 0.9m

Darius Hamil 1.0m

U13 High Jump

Emily Widdowson 1.20m

Rory Long 1.15m

Murdo Reid 1.15m

U15 High Jump

Freya Phillip 1.38m

Fergus Wilson 1.30m

Dylan Turton 1.15m

U17 High Jump

Fergus Pim 1.70m

Kyna Forbes 1.45m

U20 High Jump

James Craig 1.30m

Road Races

UK 5K

2nd Eloise Walker 15.34

Anglo-Celtic Plate

Amanda Woodrow 1st Team , Scottish Ladies

Scottish Marathon



Mens Team 2nd : Ian McDonald, Sage Pierce Higgs, John Lenehan

Womens Team 2nd: Maria Stirling, Izzy Ellwood, Jun Fu

Masters V50 1st: Tom Gavin

Scottish Half Marathon

Iain Whitaker 2nd M40

Team Prize: John Lenehan, Callum Reid, Myles Bax

Tom Scott 10 mile National Championship

Silver Team Medal : Sarah Brown, Hazel MacCormick, Janet Dunbar.

Bronze medal in the FV50 for Janet Brown

Senior Men

Noah Howlett 15th

Callum Reid 21st

William Stanley 24th

Max Meres 31st

John Lenehan 39th

Iain MacDonald 40th

Laurence Liu 60th

Sean Eng 64th

David Cross 72nd , 4th MV50

Owen Williams 92nd , 21st MV40

Kevin Hamilton 94th

John Hancock 103rd

Paul Butler 107th

James Scott 156th , 10th MV60

Iain Craven 157th , 39th MV40

Gavin Philip 158th , 20th MV50

Senior Women

Sarah Brown 5th

Hazel MacCormick 17th , 6th FV35

Janet Dunbar 28th , 3rd FV50

Danielle Reid 32nd

Karen Dobbie 52nd , 9th FV50

Rebecca Avraam-Meres 84th

Scottish 10K Road Race Championships

Senior Men

Max Meres 26th

Neil Jack 36th

Tom Leeman 83rd

Laurence Liu 91st

John Mowbray 104th

Senior Women

Kirsty Walker 2nd and 35th

Masters Men V40

Neil Renault 2nd and 26th

Masters Women V40

Hazel MacCormick 4th and 110th

Masters Men V50

Michael Fullerton 9th and 80th

Gavin Phillip 20th and 164th

Masters Men V60

Jim Scott 6th and 174th

Scottish 5K Road Race Championship

Men

6th Team: Noah Howlett, Ewan Cameron, Samuel Leitch,

24th Noah Howlett

51st Ewan Cameron (3rd V40)

53rd Samuel Leitch

79th Nathan Brown

80th Scott Macleod

97th Gavin Cooney

100th Max meres

124th Neil Jack

174th Tim Hely (8th V50)

184th Sean Eng

187th Michael Fullerton (9th V50)

194th Mark Thornton-Smith (21st V40)
199th Laurence Liu
204th Jesse Cumings
206th John Hancock
215th Gordon Pryde (25th V40)
218th David Cross (14th V50)
233rd Owain Williams (34th V40)
235th Iain Craven (35th V40)
236th Peter Graham
237th John Mowbray
240th Euan Marshall
257th Callum Stephen
258th Daniel Rivera (19th V50)
283rd Lewis Orr (26th V50)
293rd Andrew Latham (30th v50)
296th Malcolm Parry (32nd V50)
308th Gavin Phillip (36th V50)
333rd Chris Creegan (10th V60)
344th James Scott (12th V60)
345th Richard Clark (68th V40)

Women

5th Team: Merce Sanchez Oller, Margot Wyrwoll, Elaine Eadie
19th Merce Sanchez Oller
35th Margot Wyrwoll
40th Elaine Eadie
43rd Hazel MacCormick (5th V40)
45th Isla Scott-Pearce
96th Emily Ramsey (5th V50)
100th Karen Dobbie (7th V50)
104th Leanne Calder (17th V40)
119th Sharyn Ramage (5th V60)
125th Rebecca Avraam-Meres

Scottish Junior Road race

Team Placings

U13 Boys 2nd

U15 Girls 3rd

U15 Boys 8th

U13 Girls

Venus Tarsia 41st

Juno Taylor 46th

U13 Boys

Lukas Sonneville 8th

Reuben Lees 14th

Patrick Pim 19th

Andrew Leighton 30th

Ollie Stevenson 30th

U15 Girls

Kate MacPhail 11th

Megan Mckay 14th

Dashka MacDonald 19th

U15 Boys

Edward Roberts 28th

Josh Daunt 39th

Danny Convery 42nd

U17 Women

11th Orlaith Shepherd

U17 Men

Patrick Barnes 18th

National Road Relays



Senior Men

9th 2:27:47 Kevin Hamilton, Noah Howlett, John Mowbray, Samuel Leitch, Mark Thornton-Smith, Stuart Johnston

Also running but not a full team:

James Weir, John Hancock, Iain Craven, Terry Roberts, Richard Clark.

Men 50+

4th 1:48:15 Daniel Rivera, Michael Fullerton, Andrew Latham, David Cross

9th 2:10:19 Eric Stevenson, Gavin Phillip, Brian Howie, Lewis Orr

Senior Women

3rd 1:47.35 Kirsty Walker, Chloe Malcolm, Margot Julia Wyrwoll, Merce Sanchez

9th 2:02:36 Carolyn Cameron, Elaine Davies, Sarah Patterson, Jennifer MacLean

Women 50+

1st 1:20:49 Karen Dobbie, Janet Dunbar, Julie Wilson

Scottish National Dulathlon

Anna Peat 1st

Dani P. Rivera 2nd

Sean Calder 3rd

East District Half Marathon

Janet Dunbar 62nd Overall 1st F50 1:33.38

Emma Laverie 147th Overall 11th F40 1:44.47

Neil Renault 4th Overall 2nd M40 1:16.26

Eric Stevenson 203rd Overall 2nd M70 1:54.03

Round the Houses 10k and East District 10k and British Masters 10k

W55

1st Julie Wilson , Sue Ridley, Karen Dobbie

2nd Sharyn Ramage, Anne Duncan, Shona Adam

2nd Julie Wilson

3rd Sue Ridley

Richmond Park Marathon, London

Jayne Nisbet 1st 3:07.33

Musselburgh 10K

Male

1st , Iain Whitaker,

1st Local Male, Iain MacDonald

1st M50 Michael Fullerton

First men's team;

IainWhitaker, Iain MacDonald, Callum Reid

Female

1st F50, Janet Dunbar

1st Local Lady, Victoria Baillie

First female team;

Janet Dunbar, Dani Reid, Vicki Baillie

Stirling 10K

Male

Seniors

7th John Lenehan

18th Euan Duernerger

19th Mark MacDermont

22nd Callum Reid

26th Max Meres

29th Iain MacDonald

77th Terry Roberts

M40

4th Neil Renault

5th Stuart Johnson

19th Gordon Pryde

22nd Iain Craven

M50

1st Tim Hely

9th Dave Cross

15th Andrew Latham

2nd Male team

John Lenehan, Neil Renault, Euan Duernerger, Mark MacDermont

Female

Senior

7th Doireann Hughes

14th Fiona Davies

28th Daniel Reid

F40

2nd Hazel MacCormick

F50

6th Elaine Davies

25th Shona Adam

1st Female Team

Doireann Hughes, Fiona Davies, Daniel Reid, Hazel MacCormick

Bert Farmer Paarlouf

1st Anise MacAulay Orr & Victoria Bathelmess

2nd Kev Hamilton & Andrej Kujikis

3rd Merce Sanches & Daniel Rivara

EAC McDonald Handicap 5K

1st James Doran in a remarkable 18:43 (24:58 handicap time) with a buggy.

2nd Cath Ferry 21:40 (25:40)

3rd Linn Denholm 20:19 (25:49)

Fastest Male: Pierre Bouffandeau 17:02 (27:02)

Fastest Female (and family champ!): Anise Macauley-Orr 18:34 (26:04)

Robertson 5K Handicap

Handicap Finishing Times (personal time shown in brackets)

Davie McLean 42.58 (42.58)

Aaron Devereaux 43.41 (42.11)

Jamie Weir 46.19 (37.19)

Kirsten Duncan 47.09 (33.54)

Mike Barton 47.14 (38.14)

Emily Ramsay 47.18 (34.03)

Eric Stevenson 47.22 (38.22)

Wendy Malkin 47.23 (36.43)

Cath Ferry 47.28 (35.58)

Martin Ferguson 47.30 (32.20)

Alec Wood 47.55 (37.15)

Calum Phillip 48.19 (25.09)

Terry Roberts 48.21 (30.21)

Neil Jack 48.28 (28.28)

Calum Templeton 48.33 (32.03)

Izzy Joiner 48.41 (38.01)

Will Griffiths 48.46 (28.46)

Josh Taylor 48.55 (32.55)

George Avram 48.57 (36.17)

Kathleen Dempsey 49.00 (35.00)

John Lenehan 49.08 (26.28)
Gordon Pryde 49.09 (29.39)
Paul Butler 49.16 (30.01)
Ailie McGowan 49.17 (31.17)
Hazel McCormack 49.18 (30.43)
Laurence Liu 49.32 (29.32)
Leanne Calde 49.39 (35.39)
Max Meres 49.54 (27.40)
Neil Ward 49.57 (39.17)
Elaine Davies 50.08 (37.48)
Iain Craven 50.28 (30.43)
Karel Vesely 50.37 (34.07)
Shane Donnellan 50.38 (32.03)
Janet Dunbar 50.42 (33.42)

Tilli 10K

Stuart Johnson 3rd 40-44 Master and top Male finisher 20th
Sharyn Ramage 1st 60-64 Master
Top female finisher Kathleen Dempsey 21st Senior Female

EAC Road Race Grand Prix

Females

1st Doireann Hughes 405 points
2nd Hazel MacCormick 402 points
3rd Janet Dunbar 333 points

1st V40 Hazel MacCormick 402 points
1st V50 Janet Dunbar 333 points

Males

1st Ewan Cameron 472 points
2nd Noah Howlett 471 points
3rd John Lenehan 467 points

1st V40 Ewan Cameron 472 points
1st V50 Michael Fullerton
1st V60 Eric Stevenson

Cross Country and Hill Races



European Cross Country Championships



13th Alice Goodall , U23 Euro Cross, Turin

11th Eloise Walker, U23 Euro Cross, Turin

European Junior Mountain Running Championships

10th Team, Jessica Taylor 23rd

European Masters 8K Cross Country

2nd (W60) Team GB Sharyn Ramage

Masters International Open Cross Country

1st M55 Team: Sue Ridley 7th, Julie Wilson 8th, 10th Karen Dobbie

National XC Championships

Our top finishers

Senior Men

9th Team

Michael Cameron 37th, Noah Howlett 55th, Samuel Leitch 73rd, Callum Reid 92nd, Myles Bax 98th, Scott Macleod 114th

Senior Women



2nd Team

Sarah Brown 8th, Rose Penfold 20th, Elaine Eadie 35th, Margot Julia Wyrwoll 41st, Fiona Davies 45th, Doireann Hughes 47th

U20 Women

Anise Macaulay Orr 15th

U17 Women

Orlaith Shepherd 6th, Freya Price 24th

U15 Boys

8th Team

Dylan Daunt 20th, Harry MacKay 35th, Josh Daunt 52nd, Edward Roberts 83rd

U15 Girls

2nd Team

Jessica Taylor 5th, Elsa McGregor 6th, Dashka MacDonald 24th, Kate MacPhail 26th

U13 Boys

2nd Team

Reuben Lees 6th, Lukas Sonnevile 19th, Andrew Leighton 34th, Patrick Pim 35th

U13 Girls

10th Team

Isla Duncan 74th, Juno Neal 80th, Juno Taylor 105th, Venus Tarsia 116th

National Short Course Championships

U15 Girls

3rd Jessica Taylor

3rd Team: Jessica Taylor, (3rd) Megan Mackay (16th), Daska MacDonald (32nd)

Senior Women

2nd Kirsty Walker

2nd Team: Kirsty Walker (2nd), Beth Ansell (8th), Pipa Carcas (24th), Sarah Brown (25th)

National Masters Cross Country Championships

Scottish Masters Cross Country Championship

Our Medal Winners:

V50 Ladies

1st Team Janet Dunbar, Sue Ridley, Karen Dobbie

V40 Men

1st Team: Ewan Cameron, Iain Whitaker, Stuart Johnston, Mark Thornton-Smith

Janet Dunbar - silver W50

Sue Ridley - silver - W55

Karen Dobbie - bronze - F55

Ewan Cameron - bronze - M40

W40/45

4th Team

Hazel MacCormick 5th, Isobel Joiner 24th, Jennifer Maclean 6th

W50

Janet Dunbar 2nd

Elaine Davis 16th

W55

Sue Ridley 2nd

Karen Dobbie 3rd

Shona Adam 21st

W60

Sharyn Ramage 7th

Anna Duncan 8th

M40

Ewan Cameron 3rd

Iain Whitaker 5th

Stuart Johnston 6th

Mark Thornton-Smith 26th

Gordon Pryde 35th

Iain Craven 44th

M45

Argy Rizos 30th

M50 5th Team

Tim Hely 14th

Malcolm Parry 23rd

Lewis Orr 26th

Dave Clements 38th

Paul McBrien 41st

Aaron Devereaux 53rd

M55

David Cross 12th

Daniel Rivera 13th

Gavin Phillip 17th

Andrew Latham 20th

M60

Chris Creegan 17th

M65

Alex MacEwan 17th

M70

Eric Stevenson 6th

Brian Howie 7th

National XC Relay Championships

2nd Women V50 Sue Ridley, Karen Dobbie, Julie Wilson

British Cross Country Trial Liverpool

Senior Women

13th Alice Goodall

15th Eloise Walker

50th Kirsty Walker

Junior Women

20th Pipa Carcas

U17 Women

15th Orlaith Shepherd

U15 Girls

13th Elsa McGregor

16th Jessica Taylor

National Junior Hill Race Championships



1st Emi Daunt (U13)

2nd Josh Daunt (U15)

Scottish Schools SIAB International

1st Orlaith Shepherd, Inter Relay team

18th Elsa MacGregor, Inter Age Group Race

26th Jessica Taylor, Inter Age Group Race

Inter Counties XC Loughborough

U17 Women

11th team

37th Orliath Shepherd

U15 Girls

5th Team

22nd Elsa McGregor

32nd Jessica Taylor

East District XC Championships



Orlaith Shepherd 1st U15

Jessica Taylor 3rd U13

Hazel MacCormick 3rd Master

U13 Girls 7th Team

Isla Duncan 16th

Juno Neal 24th

Venus Tarsia 43rd

U15 Girls 2nd Team

Jessica Taylor 3rd

Megan McKay 13th

Joanna Hirst 15th

U17 Womens 1st Team

Orlaith Shepherd 1st

Freya Price 11th

Anna Cruden 12th

U20 Women

Anise Macaully Orr 9th

Masters Women 2nd Team

Hazel MacCormick 3rd

Jenny MacLean 5th

Karen Dobbie 8th

Senior Women 2nd Team

Fiona Davies 10th

Elaine Eddie 15th

Hazel MacCormick 17th

Jenny MacLean 24th

U13 Boys 2nd Team



Reuben Lees 4th

Lukas Sonnevile 6th

Patrick Pim 10th

U15 Boys 6th Team

Harry MacKay 12th

Josh Daunt 25th

Danny Convery 53rd

Masters Men 8th Team

Iain Whitaker 6th

Daniel Rivera 32nd

Malcom Parry 47th

Senior Men 5th Team

Noah Howlett 17th

John Lenehan 28th

Myles Bax 42nd

Scott Macleod 45th
Max Meres 59th
Iain Whitaker 61st

Inter District XC Championships

Under 13 Girls

Isla Duncan 27th

Under 13 Boys

Reuben Lees 6th

Lukas Sonnevile 9th

Josh Taylor 11th

Patrick Pim 17th

Under 15 Girls

Jessica Taylor 16th

Joanna Hirst 42nd

Daska MacDonald 44th

U15 Boys

Harry McKay 15th

U17 Women

Orlaith Shepherd 9th

Freya Price 38th

Senior Women

Alice Goodall201 4th

U 20 Women

Pippa Carcas 4th

Senior Men

Myles Bax (M35) 5th (Open Cross Country Challenge)

East Team Results

U13 Girls 1st

U15 Girls 1st

U17 Women 2nd

U20/Senior Women 1st

U13 Boys 2nd

U15 Boys 2nd

U17 Men 1st

U20/ Senior Men 1st

East District XC Relay Championships

Young Males

2nd Lukas Sonnevile, Dylan Daunt, William Clayton

Veteran Females

3rd Susan Ridley, Karen Dobbie, Isobel Joiner

Young Females

3rd Isla Duncan, Jessica Taylor, Orlaith Shepherd

British XC Challenge

5th Senior Women Eloise Walker, Milton Keynes

East District XC League Hawick

U11 Boys

5th Team

3rd Rory Logg

U13 Boys

1st Team

1st Reuben Lees

2nd Lukas Somerville

6th Andrew Leighton

U15 Boys

2nd Team

3rd Harry Mackay

18th Tom Brydie

21st Jamie Duncan

U20/ Senior Men

2nd Team

12th Nathan Brown

13th Myles Bax

16th Max Meres

Masters

9th Team

26th Lewis Orr (V)

32nd Gavin Phillip (V)

42nd Max Carcas (V)

U11 Girls

1st Team

1st Serena Lees

9th Julia Sutherland

11th Masie Hunter

U13 Girls

4th team

9th Isla Duncan

11th Stella Crawford

26th Katy MacDonald

U15/U17 Girls

1st Team

1st Orlaith Shepherd (U17)

2nd Jessica Taylor

12th Freya Pryce (17)

U20-Senior Women

4th Team

3rd Sarah Brown

6th Elaine Eadie

19th Karen Dobbie (V)

Masters

26th Anne Duncan (V)

27th Rebecca Avraam-Meres

East District XC League Dundee

Aggregate League standings after 2 league meetings

Edinburgh AC Female Teams 1st

Edinburgh AC Male Teams 2nd

U11 Boys

5th Team

Rory Logg 8th

Simon Boyadjian 22nd

Darius Hamil 31st

U13 Boys

1st Team

Reuben lees 1st

Lukas Sonnerville 6th

Andrew Leighton 17th

U15 Boys

3rd Team

Harry Mackay 5th

Josh Daunt 18th

Dylan Daunt 39th

U20-Senior Men

4th Team

Nathan Brown 24th

Gavin Cooney 30th

Myles Bax 32nd

Max Meres 33rd

PeterThomson 48th

Iain MacDonald 52nd

Masters Men

9th Team

Iain Craven 18th

Dave Cross 34th

Dani Rivera 35th

U11 Girls

1st Team

Serena Lees 1st

Emi Daunt 4th

Katie McNab 9th

U13 Girls

6th Team

Isla Duncan 13th

Stella Crawford 20th

Juno Taylor 28th

U15-U17 Girls

1st team

Jessica Taylor 1st

Orlaith Shepherd 2nd

Jo Jo Hirst 18th

U20-Senior Women

1st Team

Kirsty Walker 1st

Elaine Eadie 6th

Lauren Stoddart 7th

Hazel MacCormick (V) 8th

MastersWomen

2nd Team

Hazel MacCormick 2nd

Karen Dobbie 10th

Lucy MacDonald 20th

East District XC League Bathgate

U11 Boys,

6th Team

Rory Log 4th

Simon Boyadjian 15th

U13 Boys.

2nd Team

Reuben Lees 3rd

Lukas Sonnerville 4th

Patrick Pim 20th

U15 Boys.

3rd Team

Harry MacKay 9th

Danny Convery 12th

Josh Daunt 16th

Senior Men,

7th Team

Max Meres 24th

Peter Thomson 45th

Tom Leeman 55th

John Mowbray 62nd

Iain MacDonald 63rd

Scott Gillen 107th

Male Masters,

15th Team

Dave Cross 55th

Gavin Phillip 60th

Andy Latham 62nd

U11 Girls,

1st Team

Serena Lees 2nd

Emi Daunt 3rd
Katie McNab 4th

U13 Girls,

6th Team

Isla Duncan 14th

Juno Neal 20th

Venus Tarsia 34th

U15 Girls-U17 Women,

1st Team

Orlaith Shepherd (U17) 1st

Elsie McGregor 2nd

Jessica Taylor 12th

Senior/ U20 Women,

1st Team

Victoria Barthelmess 3rd

Rose Penfold 5th

Anise Macaulay Orr (J) 9th

Hazel MacCormick (V) 12th

Female Masters

1st Team

Hazel MacCormick 2nd

Jenny MacLean 5th

Janet Dunbar 7th

East XC League Final League Positions

the Women and Girls combined age groups were overall winners of the League

U11 Boys 4th

U13 Boys 1st

U15 Boys 2nd

Senior/U20 Men 3rd

Masters Men 6th

U11 Girls 1st

U13 Girls 3rd

U15 Girls – U17 Women 1st

Senior/U20 Women 1st

Masters Women 2nd

Borders Cross Country Series

Emi Daunt 3rd 10-11

Josh Daunt 1st 12-13

Dylan Daunt 3rd 14-15

Jess Taylor - 1st 14-15 and 1st Junior Female

Edinburgh AC Cross Country Grand Prix

Female

1st Lauren Stoddart: 69 Points

2nd Kirsty Walker: 67 Points

3rd Victoria Barthelmess: 66 Points

Men

1st Noah Howlett: 150 Points

2nd Nathan Brown: 125 Points

3rd Samuel Leitch: 115 Points

V40

Jenny MacLean and Iain Whitaker

V50:

Karen Dobbie & David Cross

V60:

Sharyn Ramage and Chris Cregan

V70:

Eric Stevenson

Total Athletes:

44 Females and 68 Males

Shout out to Lewis Orr, Gavin Phillip, Eric Stevenson and Karen Dobbie who all ran 9 races!

Lomond's Junior Hill Race

1st U17, Jessica Taylor