## Scottish 'Power of 10' Rankings

		201	10	2009					
U13 G	irls								
				100m	15 <sup>th</sup>	14.2	Nikisha Wright		
					47 <sup>th</sup>	14.71	Ella McFarlane		
				200m	31 <sup>st</sup>	29.9	Nikisha Wright		
					34 <sup>th</sup>	30.0	Ella McFarlane		
					68 <sup>th</sup>	30.9	Caitlin Smith		
					72 <sup>nd</sup>	31.0	Megan Brown		
800m	29 <sup>th</sup>	2:40.8	Megan Laing						
				70mH	17 <sup>th</sup>	13.5	Nikisha Wright		
					22 <sup>nd</sup>	13.9	Ella McFarlane		
HJ	51 <sup>st</sup>	1.20m	Megan Laing	HJ	4 <sup>th</sup>	1.40m	Nikisha Wright		
	51 <sup>st</sup>	1.20m	Emma Laidlaw						
LJ	51 <sup>st</sup>	3.86m	Megan Laing	LJ	57 <sup>th</sup>	3.81m	Nikisha Wright		
SP	34 <sup>th</sup>	6.70m	Megan Laing	SP	28 <sup>th</sup>	6.47m	Yasmin Eddie		
	56 <sup>th</sup>	6.08m	Leah Stewart						
DT	2 <sup>nd</sup>	26.43m	Megan Laing	DT	4 <sup>th</sup>	21.20m	Megan Laing		
					16 <sup>th</sup>	14.93m	Yasmin Eddie		
JT	41 <sup>st</sup>	13.09m	Megan Laing						
U15 G	irls								
				100m	43 <sup>rd</sup>	13.7	Eileen Hulse		
				200m	25 <sup>th</sup>	28.0	Rhiannon Armstrong		
				300m	21 <sup>st</sup>	46.1	Rhiannon Armstrong		
LJ	46 <sup>th</sup>	4.32m	Ella McFarlane	000			aa		
			ziia iiioi ariane	HJ	20 <sup>th</sup>	1.40m	Rhiannon Armstrong		
				SP	41 <sup>st</sup>	7.48m	Rhiannon Armstrong		
							g		
1117 W	/omen								
300m	23 <sup>rd</sup>	43.71	Vicky Dalziel	300m	31 <sup>st</sup>	44.4	Vicky Dalziel		
80mH	20 <sup>th</sup>	13.6	Vicky Dalziel Vicky Dalziel	80mH	13 <sup>th</sup>	13.0	Vicky Dalziel Vicky Dalziel		
LJ	25 <sup>th</sup>	4.62m	Eileen Hulse	GOITHT	13	13.0	Vicky Baiziei		
LJ	25 <sup>th</sup>	4.62m	Shona Herron						
	27th	4.60m	Vicky Dalziel						
TJ	17 <sup>th</sup>	9.25m	Eileen Hulse						
HJ	13 <sup>th</sup>	1.50m	Shona Herrron						
SP	3 <sup>rd</sup>	9.87m	Vicky Dalziel	SP	6 <sup>th</sup>	9.37m	Vicky Dalziel		
DT	15 <sup>th</sup>	22.78m	Vicky Dalziel Vicky Dalziel	31		7.37111	VICKY Daiziei		
וט	13	22.70111	VICKY Daiziei						
U20 W	/omen								
200m	5 <sup>th</sup>	26.48	Amanda Campbell						
400m	5 <sup>th</sup>	58.6	Amanda Campbell	400m	2 <sup>nd</sup>	58.65	Amanda Campbell		
800m	4 <sup>th</sup>	2:10.50	Amanda Campbell	800m	7 <sup>th</sup>	2:13.53	Amanda Campbell		
1500m	15 <sup>th</sup>	4:52.47	Amanda Campbell	0001		_, .0.00			
			and campbon	3000m	13 <sup>th</sup>	11:30.59	Amanda Campbell		
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200m   35 <sup>th</sup>   26.48   Amanda Campbell   400m   19 <sup>th</sup>   58.65   Amanda Campbell   800m   15 <sup>th</sup>   2:10.50   Amanda Campbell   800m   24 <sup>th</sup>   2:13.53   Amanda Campbell   800m   24 <sup>th</sup>   12.43   Scoble Nairn   200m   24 <sup>th</sup>   25.43   Scoble Nairn   200m   24 <sup>th</sup>   25.48   Scott Henderson   200m   27 <sup>th</sup>   25.33   Shawn Wright   200m   27 <sup>th</sup>   25.33   Shawn Wright   200m   27 <sup>th</sup>   25.48   Scott Henderson   200m   29 <sup>th</sup>   2:08.6   Jake Thomas   2:08.6   Jake
800m   15 <sup>th</sup>   2:10.50   Amanda Campbell   800m   24 <sup>th</sup>   2:13.53   Amanda Campbell   1500m   52 <sup>nd</sup>   4:52.47   Amanda Campbell   HJ   38 <sup>th</sup>   1.50m   Shona Herron   SP   28 <sup>th</sup>   9.87m   Vicky Dalziel   SP   26 <sup>th</sup>   9.37m   Vicky Dalziel   U13 Boys
1500m 52 <sup>nd</sup> 4:52.47 Amanda Campbell HJ 38 <sup>th</sup> 1.50m Shona Herron SP 28 <sup>th</sup> 9.87m Vicky Dalziel  U13 Boys  100m 8 <sup>th</sup> 13.37 Robbie Nairn 200m 21 <sup>st</sup> 28.9 Robbie Nairn 1500m 16 <sup>th</sup> 5:03.77 Jake Thomas  75mH 31 <sup>st</sup> 15.6 Conor Reid HJ 15 <sup>th</sup> 1.35m Aidan McCusker  HJ 35 <sup>th</sup> 1.25m Callum McDonald LJ 7 <sup>th</sup> 4.52m Robbie Nairn SP 4 <sup>th</sup> 9.76m Robbie Nairn DT 10 <sup>th</sup> 18.85m Robbie Nairn DT 10 <sup>th</sup> 12.4 Scott Henderson 35 <sup>th</sup> 12.5 Shawn Wright 200m 27 <sup>th</sup> 25.3 Shawn Wright 31 <sup>st</sup> 25.48 Scott Henderson 400m 36 <sup>th</sup> 59.2 Jake Thomas
HJ   38th   1.50m   Shona Herron   SP   28th   9.87m   Vicky Dalziel   SP   26th   9.37m   Vicky Dalziel
HJ   38th   1.50m   Shona Herron   SP   28th   9.87m   Vicky Dalziel   SP   26th   9.37m   Vicky Dalziel
U13 Boys    100m 8 <sup>th</sup> 13.37 Robbie Nairn 200m 21 <sup>st</sup> 28.9 Robbie Nairn 1500m 16 <sup>th</sup> 5:03.77 Jake Thomas    75mH 31 <sup>st</sup> 15.6 Conor Reid   HJ 35 <sup>th</sup> 1.25m Callum McDonald   LJ 7 <sup>th</sup> 4.52m Robbie Nairn     SP 4 <sup>th</sup> 9.76m Robbie Nairn     DT 10 <sup>th</sup> 18.85m Robbie Nairn     DT 10 <sup>th</sup> 18.85m Robbie Nairn     DT 10 <sup>th</sup> 20.99m Robbie Nairn     JT 16 <sup>th</sup> 20.99m Robbie Nairn     DT 10 <sup>th</sup> 12.5 Shawn Wright     200m 27 <sup>th</sup> 25.3 Shawn Wright     31 <sup>st</sup> 25.48 Scott Henderson     400m 36 <sup>th</sup> 59.2 Jake Thomas     800m 8 <sup>th</sup> 2:08.6 Jake Thomas
100m 8 <sup>th</sup> 13.37 Robbie Nairn   200m 21 <sup>st</sup> 28.9 Robbie Nairn   1500m 16 <sup>th</sup> 5:03.77 Jake Thomas   1500m 16 <sup>th</sup> 5:03.77
100m 8 <sup>th</sup> 13.37 Robbie Nairn   200m 21 <sup>st</sup> 28.9 Robbie Nairn   1500m 16 <sup>th</sup> 5:03.77 Jake Thomas   1500m 16 <sup>th</sup> 5:03.77
200m   21st   28.9   Robbie Nairn   1500m   16th   5:03.77   Jake Thomas   1000m   24th   1.25m   Robbie Nairn   100m   10th   18.85m   Robbie Nairn   100m   16th   20.99m   Robbie Nairn   100m   24th   12.4   Scott Henderson   1500m   1500
1500m   16 <sup>th</sup>   5:03.77   Jake Thomas
T5mH
HJ 35 <sup>th</sup> 1.25m Callum McDonald LJ 7 <sup>th</sup> 4.52m Robbie Nairn SP 4 <sup>th</sup> 9.76m Robbie Nairn DT 10 <sup>th</sup> 18.85m Robbie Nairn JT 16 <sup>th</sup> 20.99m Robbie Nairn  U15 Boys  100m 24 <sup>th</sup> 12.4 Scott Henderson 35 <sup>th</sup> 12.5 Shawn Wright 200m 27 <sup>th</sup> 25.3 Shawn Wright 31 <sup>st</sup> 25.48 Scott Henderson 400m 36 <sup>th</sup> 59.2 Jake Thomas 800m 8 <sup>th</sup> 2:08.6 Jake Thomas
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DT 10 <sup>th</sup> 18.85m Robbie Nairn JT 16 <sup>th</sup> 20.99m Robbie Nairn  U15 Boys  100m 24 <sup>th</sup> 12.4 Scott Henderson 35 <sup>th</sup> 12.5 Shawn Wright 200m 27 <sup>th</sup> 25.3 Shawn Wright 31 <sup>st</sup> 25.48 Scott Henderson 400m 36 <sup>th</sup> 59.2 Jake Thomas 800m 8 <sup>th</sup> 2:08.6 Jake Thomas
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U15 Boys    100m   24 <sup>th</sup>   12.4   Scott Henderson   35 <sup>th</sup>   12.5   Shawn Wright   200m   27 <sup>th</sup>   25.3   Shawn Wright   31 <sup>st</sup>   25.48   Scott Henderson   400m   36 <sup>th</sup>   59.2   Jake Thomas   800m   8 <sup>th</sup>   2:08.6   Jake Thomas
100m   24 <sup>th</sup>   12.4   Scott Henderson   35 <sup>th</sup>   12.5   Shawn Wright   200m   27 <sup>th</sup>   25.3   Shawn Wright   31 <sup>st</sup>   25.48   Scott Henderson   36 <sup>th</sup>   59.2   Jake Thomas   800m   8 <sup>th</sup>   2:08.6   Jake Thomas   31 <sup>st</sup>   25.48   Scott Henderson   36 <sup>th</sup>   31 <sup>st</sup>   31 <sup>st</sup>
100m   24 <sup>th</sup>   12.4   Scott Henderson   35 <sup>th</sup>   12.5   Shawn Wright   200m   27 <sup>th</sup>   25.3   Shawn Wright   31 <sup>st</sup>   25.48   Scott Henderson   36 <sup>th</sup>   59.2   Jake Thomas   800m   8 <sup>th</sup>   2:08.6   Jake Thomas   31 <sup>st</sup>   25.48   Scott Henderson   36 <sup>th</sup>   31 <sup>st</sup>   31 <sup>st</sup>
35 <sup>th</sup>   12.5   Shawn Wright   200m   27 <sup>th</sup>   25.3   Shawn Wright   31 <sup>st</sup>   25.48   Scott Henderson   400m   36 <sup>th</sup>   59.2   Jake Thomas   800m   8 <sup>th</sup>   2:08.6   Jake Thomas
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400m 36 <sup>th</sup> 59.2 Jake Thomas 800m 8 <sup>th</sup> 2:08.6 Jake Thomas
800m 8 <sup>th</sup> 2:08.6 Jake Thomas
1500m 29 <sup>th</sup> 4:41.9 Jake Thomas
HJ 26 <sup>th</sup> 1.50m Shawn Wright
LJ 17 <sup>th</sup> 5.27m Scott Henderson
21 <sup>st</sup> 5.20m Shawn Wright
TJ 15 <sup>th</sup> 10.25m Scott Henderson
U17 Men
200m 37 <sup>th</sup> 24.3 Scott Henderson
400m 50 <sup>th</sup> 55.3 Daniel Fulton
LJ 14 <sup>th</sup> 5.79m Scott Henderson
TJ 15 <sup>th</sup> 11.40m Scott Henderson
16 <sup>th</sup> 11.35m Shawn Wright
Overall Men
200m 64 <sup>th</sup> 23.28 Alistair Dalgleish
400m 68 <sup>th</sup> 52.02 Alistair Dalgleish

	Male						Female					
	U13B	U15B	U17M	U20M	ОМ		U13G	U15G	U17W	U20W	ow	
2009	8	8	0	0	2	18	13	5	3	3	3	27
2010	2	3	5	0	0	10	8	1	9	4	6	28