

List:

Season:

Team:

SEASON RANKINGS

U11 Girls

60m

■ Chloe McAlear	10.07	Indoor League	Glasgow	21/02/2010
■ Hannah Nolan	11.00	Indoor League	Glasgow	21/02/2010
■ Stephanie Rooney	11.03	Indoor League	Glasgow	13/12/2009

80m

■ Robyn Fairley	13.0	Central & South League	Linwood	27/06/2010
■ Ellie Hyslop	14.15	Central & South League	Grangemouth	25/04/2010
■ Eilidh White	16.2	Central & South League	Linwood	27/06/2010

100m

■ Chloe McAlear	15.38	Club Championships	Grangemouth	19/09/2010
■ Tia Henry	15.4	Forth Valley Div 1	Grangemouth	28/04/2010
■ Robyn Fairley	15.83	Club Championships	Grangemouth	19/09/2010
■ Ellie Hyslop	16.61	Club Championships	Grangemouth	19/09/2010
■ Hannah Nolan	18.8	Forth Valley Div 1	Edinburgh	16/06/2010

150m

■ Chloe McAlear	24.0	Central & South League	Dumfries	23/05/2010
■ Tia Henry	24.0	Central & South League	Dumfries	23/05/2010

200m

■ Chloe McAlear	32.37	Club Championships	Grangemouth	19/09/2010
■ Robyn Fairley	33.34	Club Championships	Grangemouth	19/09/2010
■ Tia Henry	34.60	Club Championships	Grangemouth	19/09/2010
■ Ellie Hyslop	35.4	Forth Valley Div 1	Grangemouth	20/05/2010
■ Sarah Calvert	35.76	Club Championships	Grangemouth	19/09/2010
■ Stephanie Rooney	36.15	Lothian & Borders Open	Edinburgh	11/04/2010

600m

■ Chloe McAlear	2:22.0	Indoor League	Glasgow	13/12/2009
■ Stephanie Rooney	2:43.2	Indoor League	Glasgow	21/02/2010

800m

■ Sarah Calvert	2:59.28	Forth Valley Div 1	Grangemouth	07/08/2010
■ Chloe McAlear	3:01.9	Forth Valley Div 1	Grangemouth	20/05/2010
■ Robyn Fairley	3:09.1	Forth Valley Div 1	Edinburgh	16/06/2010
■ Ellie Hyslop	3:19.3	Forth Valley Div 1	Grangemouth	28/04/2010
■ Hannah Nolan	3:19.4	Forth Valley Div 1	Grangemouth	20/05/2010
■ Tia Henry	3:24.53	Central & South League	Grangemouth	25/04/2010

High Jump

■ Stephanie Rooney	0.90m	Forth Valley Div 1	Grangemouth	20/05/2010
■ Tia Henry	0.90m	Forth Valley Div 1	Grangemouth	20/05/2010
■ Robyn Fairley	0.90m	Forth Valley Select	Grangemouth	04/09/2010

Long Jump

■ Chloe McAlear	3.25m	Forth Valley Div 1	Grangemouth	07/08/2010
■ Sarah Calvert	3.08m	Club Championships	Grangemouth	19/09/2010
■ Ellie Hyslop	3.02m	Club Championships	Grangemouth	19/09/2010
■ Tia Henry	2.94m	Club Championships	Grangemouth	19/09/2010
■ Stephanie Rooney	2.73m	Lothian & Borders Open	Edinburgh	11/04/2010
■ Eilidh White	2.11m	Central & South League	Linwood	27/06/2010

Shot Putt (2.72kg)

■ Robyn Fairley	5.03m	Forth Valley Select	Grangemouth	04/09/2010
■ Tia Henry	3.46m	Forth Valley Div 1	Grangemouth	07/08/2010
■ Stephanie Rooney	2.68m	Forth Valley Div 1	Edinburgh	16/06/2010

Standing Long Jump

■ Chloe McAlear	1.76m	Indoor League	Glasgow	21/02/2010
■ Hannah Nolan	1.22m	Indoor League	Glasgow	21/02/2010
■ Stephanie Rooney	1.12m	Indoor League	Glasgow	13/12/2009

2.6 Mile

■ Carrie McFarlane	29:51	Nottingham Mini Marathon	Nottingham	12/09/2010
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U11 Boys

60m

■ Ewan Ballantyne	9.73	Indoor League	Glasgow	21/02/2010
■ Frank Speirs	10.41	Indoor League	Glasgow	21/02/2010
■ Arron Black	11.56	Club Championships	Grangemouth	19/09/2010

80m

■ Ewan Ballantyne	12.4	Central & South League	Linwood	27/06/2010
■ Frank Speirs	14.2	Central & South League	Linwood	27/06/2010

100m

■ Ewan Ballantyne	15.0	Forth Valley Div 1	Edinburgh	16/06/2010
■ Danny McKenna	16.61	Club Championships	Grangemouth	19/09/2010
■ Frank Speirs	17.7	Forth Valley Div 1	Grangemouth	28/04/2010

150m

■ Ewan Ballantyne	24.6	Central & South League	Dumfries	23/05/2010
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200m

■ Ewan Ballantyne	32.06	Forth Valley Select	Grangemouth	04/09/2010
■ Danny McKenna	36.03	Club Championships	Grangemouth	19/09/2010
■ Frank Speirs	37.6	Forth Valley Div 1	Grangemouth	20/05/2010

600m

■ Ewan Ballantyne	2:16.5	Indoor League	Glasgow	13/12/2009
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800m

■ Ewan Ballantyne	2:52.5	Forth Valley Div 1	Edinburgh	16/06/2010
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High Jump

■ Ewan Ballantyne	1.00m	Forth Valley Div 1	Grangemouth	20/05/2010
■ Frank Speirs	0.90m	Forth Valley Div 1	Grangemouth	20/05/2010

Long Jump

■ Ewan Ballantyne	3.92m	Central & South League	Linwood	27/06/2010
■ Frank Speirs	3.08m	Forth Valley Div 1	Grangemouth	28/04/2010

Shot Putt (2.72kg)

■ Frank Speirs	5.63m	Forth Valley Div 1	Edinburgh	16/06/2010
■ Danny McKenna	5.11m	Forth Valley Div 1	Grangemouth	07/08/2010
■ Ewan Ballantyne	4.21m	Forth Valley Div 1	Edinburgh	16/06/2010

Standing Long Jump

■ Ewan Ballantyne	1.70m	Indoor League	Glasgow	13/12/2009
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■ Frank Speirs	1.62m	Indoor League	Glasgow	21/02/2010
■ Arron Black	1.46m	Club Championships	Grangemouth	19/09/2010

U13 Girls

60m

■ Louisa Marshall	9.84	Indoor League	Glasgow	21/02/2010
■ Chloe French	9.85	Indoor League	Glasgow	13/12/2009
■ Lara McQue	10.66	Indoor League	Glasgow	21/02/2010

100m

■ Morna Horn	15.0	Central & South League	Linwood	27/06/2010
■ Megan Laing	15.30	Lothian & Borders Open	Edinburgh	09/05/2010
■ Rebecca Kirsop	15.57	Club Championships	Grangemouth	19/09/2010
■ Louisa Marshall	15.64	Forth Valley Div 1	Grangemouth	07/08/2010
■ Chloe French	15.69	Club Championships	Grangemouth	19/09/2010
■ Emma Laidlaw	15.73	Club Championships	Grangemouth	19/09/2010
■ Taygan Henry	15.75	Forth Valley Div 1	Grangemouth	07/08/2010
■ Katie Marshall	16.67	Grangemouth Open Graded	Grangemouth	05/05/2010
■ Caitlin Reddington	16.9	Forth Valley Div 1	Grangemouth	28/04/2010
■ Lara McQue	17.32	Lothian & Borders Open	Edinburgh	11/04/2010

200m

■ Morna Horn	31.80	Club Championships	Grangemouth	19/09/2010
■ Gemma Hummerstone	31.9	Forth Valley Div 1	Grangemouth	20/05/2010
■ Taygan Henry	31.98	Forth Valley Div 1	Grangemouth	07/08/2010
■ Rebecca Kirsop	32.19	Club Championships	Grangemouth	19/09/2010
■ Chloe French	32.5	Indoor League	Glasgow	21/02/2010
■ Louisa Marshall	32.71	Forth Valley Div 1	Grangemouth	07/08/2010
■ Katie Marshall	34.40	Club Championships	Grangemouth	19/09/2010
■ Leah Stewart	37.23	Club Championships	Grangemouth	19/09/2010
■ Lara McQue	37.6	Indoor League	Glasgow	21/02/2010

800m

■ Megan Laing	2:40.8	Forth Valley Div 1	Grangemouth	28/04/2010
■ Taygan Henry	2:45.85	Club Championships	Grangemouth	19/09/2010
■ Gemma Hummerstone	2:56.5	Indoor League	Glasgow	21/02/2010
■ Katie Marshall	2:58.48	Club Championships	Grangemouth	19/09/2010
■ Chloe French	3:09.6	Forth Valley Div 1	Edinburgh	16/06/2010
■ Louisa Marshall	3:10.5	Central & South League	Linwood	27/06/2010

1500m

■ Katie Marshall	6:05.08	Forth Valley Div 1	Grangemouth	07/08/2010
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60m Hurdles (U13G)

■ Gemma Hummerstone	11.53	Indoor League	Glasgow	21/02/2010
■ Leah Stewart	13.83	Indoor League	Glasgow	21/02/2010
■ Latasha Kirimbai	14.60	Indoor League	Glasgow	13/12/2009

70m Hurdles (U13G)

■ Taygan Henry	14.6	Central & South League	Dumfries	23/05/2010
■ Morna Horn	17.1	Central & South League	Dumfries	23/05/2010

High Jump

■ Megan Laing	1.20m	Linwood Open Graded	Linwood	07/08/2010
■ Emma Laidlaw	1.20m	Club Championships	Grangemouth	19/09/2010
■ Taygan Henry	1.15m	Central & South League	Dumfries	23/05/2010
■ Leah Stewart	1.10m	Club Championships	Grangemouth	19/09/2010
■ Morna Horn	1.05m	Central & South League	Grangemouth	25/04/2010
■ Louisa Marshall	1.05m	Forth Valley Div 1	Grangemouth	07/08/2010
■ Chloe French	1.00m	Forth Valley Div 1	Grangemouth	28/04/2010

Long Jump

■ Megan Laing	3.89m	Fife Schools Champs	Dunfermline	02/06/2010
■ Emma Laidlaw	3.19m	Club Championships	Grangemouth	19/09/2010
■ Louisa Marshall	3.17m	Club Championships	Grangemouth	19/09/2010
■ Chloe French	3.08m	Indoor League	Glasgow	21/02/2010
■ Taygan Henry	2.89m	Central & South League	Linwood	27/06/2010
■ Katie Marshall	2.84m	Club Championships	Grangemouth	19/09/2010
■ Rebecca Kirsop	2.81m	Club Championships	Grangemouth	19/09/2010
■ Morna Horn	2.79m	Forth Valley Div 1	Edinburgh	16/06/2010
■ Lara McQue	2.45m	Central & South League	Grangemouth	25/04/2010

Shot Putt (2.72kg)

■ Megan Laing	6.70m	Tayside & Fife Champs	Perth	19/09/2010
■ Leah Stewart	6.08m	Club Championships	Grangemouth	19/09/2010
■ Katie Marshall	5.85m	Central & South League	Dumfries	23/05/2010
■ Latasha Kirimbai	5.59m	Indoor League	Glasgow	13/12/2009
■ Morna Horn	5.50m	Club Championships	Grangemouth	19/09/2010
■ Chloe French	4.14m	Forth Valley Div 1	Grangemouth	20/05/2010
■ Gemma Hummerstone	3.98m	Indoor League	Glasgow	13/12/2009
■ Louisa Marshall	3.45m	Forth Valley Div 1	Grangemouth	20/05/2010

Javelin (400g)

■ Megan Laing	13.09m	Border Harriers Open	Carlisle	22/08/2010
■ Louisa Marshall	6.22m	Central & South League	Linwood	27/06/2010
■ Katie Marshall	5.05m	Central & South League	Linwood	27/06/2010

Discus (0.75kg)

■ Megan Laing	26.43m	Border Harriers Open	Carlisle	22/08/2010
■ Katie Marshall	10.15m	Central & South League	Dumfries	23/05/2010

1.75K

■ Louisa Marshall	8:16	Linlithgow Fun Run	Linlithgow	26/09/2010
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U13 Boys

60m

■ Ben Fulton	9.99	Indoor League	Glasgow	13/12/2009
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100m

■ Aidan McCusker	15.08	Club Championships	Grangemouth	19/09/2010
■ Conor Reid	15.42	Forth Valley Div 1	Grangemouth	07/08/2010
■ Elliot Stanton	15.9	Central & South League	Linwood	27/06/2010
■ Aaron Crane	15.95	Club Championships	Grangemouth	19/09/2010
■ Ben Fulton	16.0	Forth Valley Div 1	Edinburgh	16/06/2010
■ Fraser McLean	16.5	Forth Valley Div 1	Grangemouth	28/04/2010
■ Alastair White	16.8	Forth Valley Div 1	Grangemouth	28/04/2010
■ Kieron Horrocks	18.77	Club Championships	Grangemouth	19/09/2010
■ Connor Leckie	21.91	Club Championships	Grangemouth	19/09/2010

200m

■ Aidan McCusker	30.80	Club Championships	Grangemouth	19/09/2010
■ Conor Reid	31.9	Forth Valley Div 1	Grangemouth	07/08/2010
■ Ben Fulton	32.6	Central & South League	Dumfries	23/05/2010
■ Fraser McLean	32.95	Club Championships	Grangemouth	19/09/2010
■ Elliot Stanton	33.4	Indoor League	Glasgow	13/12/2009
■ Callum Stevenson	34.21	Club Championships	Grangemouth	19/09/2010
■ Alastair White	34.57	Club Championships	Grangemouth	19/09/2010
■ Kieron Horrocks	39.6	Central & South League	Dumfries	23/05/2010

800m

■ Aidan McCusker	2:56.97	WL Schools Champs	Grangemouth	09/06/2010
■ Conor Reid	3:00.35	Central & South League	Grangemouth	25/04/2010

■ Fraser McLean	3:01.06	Club Championships	Grangemouth	19/09/2010
■ Elliot Stanton	3:06.7	Forth Valley Div 1	Grangemouth	28/04/2010
■ Callum Stevenson	3:11.50	Club Championships	Grangemouth	19/09/2010
■ Ben Fulton	3:19.6	Forth Valley Div 1	Edinburgh	16/06/2010

1500m

■ Callum Stevenson	6:14.36	Forth Valley Div 1	Grangemouth	07/08/2010
■ Fraser McLean	6:18.77	Forth Valley Div 1	Grangemouth	07/08/2010

60m Hurdles (U13B)

■ Kieron Horrocks	14.86	Indoor League	Glasgow	13/12/2009
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75m Hurdles (U13B)

■ Conor Reid	15.6	Central & South League	Dumfries	23/05/2010
■ Kieron Horrocks	20.0	Central & South League	Dumfries	23/05/2010

High Jump

■ Aidan McCusker	1.35m	Club Championships	Grangemouth	19/09/2010
■ Aaron Crane	1.20m	Club Championships	Grangemouth	19/09/2010
■ Elliot Stanton	1.15m	Central & South League	Linwood	27/06/2010
■ Conor Reid	1.05m	Central & South League	Dumfries	23/05/2010
■ Callum Stevenson	1.05m	Club Championships	Grangemouth	19/09/2010
■ Ben Fulton	1.00m	Forth Valley Div 1	Grangemouth	28/04/2010

Long Jump

■ Aidan McCusker	3.86m	WL Schools Champs	Grangemouth	09/06/2010
■ Elliot Stanton	3.69m	Central & South League	Grangemouth	25/04/2010
■ Alastair White	3.26m	Club Championships	Grangemouth	19/09/2010
■ Fraser McLean	3.18m	Forth Valley Div 1	Edinburgh	16/06/2010
■ Aaron Crane	3.17m	Club Championships	Grangemouth	19/09/2010
■ Ben Fulton	3.07m	Forth Valley Div 1	Grangemouth	07/08/2010
■ Kieron Horrocks	2.58m	Club Championships	Grangemouth	19/09/2010
■ Connor Leckie	1.88m	Club Championships	Grangemouth	19/09/2010

Shot Putt (3.25kg)

■ Fraser McLean	6.09m	Club Championships	Grangemouth	19/09/2010
■ Alastair White	5.75m	Central & South League	Linwood	27/06/2010
■ Conor Reid	5.10m	Forth Valley Div 1	Grangemouth	20/05/2010
■ Ben Fulton	3.15m	Central & South League	Linwood	27/06/2010

Javelin (400g)

■ Kieron Horrocks	13.42m	Club Championships	Grangemouth	19/09/2010
■ Fraser McLean	13.24m	Forth Valley Div 1	Grangemouth	07/08/2010
■ Callum Stevenson	8.42m	Forth Valley Div 1	Grangemouth	07/08/2010
■ Connor Leckie	8.22m	Club Championships	Grangemouth	19/09/2010
■ Alastair White	6.28m	Central & South League	Linwood	27/06/2010

Discus (1kg)

■ Ben Fulton	7.23m	Central & South League	Dumfries	23/05/2010
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1.75K

■ Fraser McLean	8:22	Linlithgow Fun Run	Linlithgow	26/09/2010
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U15 Girls

60m

■ Ella McFarlane	8.95	U15 Indoor Champs	Glasgow	13/02/2010
■ Megan Brown	9.18	Indoor League	Glasgow	13/12/2009
■ Mhairi Horn	9.45	Indoor League	Glasgow	21/02/2010
■ Caitlin Smith	9.50	Indoor League	Glasgow	13/12/2009

100m

■ Megan Brown	14.00	Club Championships	Grangemouth	19/09/2010
■ Nikisha Wright	14.24	Club Championships	Grangemouth	19/09/2010

■ Isla Bruce	14.40	Club Championships	Grangemouth	19/09/2010
■ Ella McFarlane	14.41	Club Championships	Grangemouth	19/09/2010
■ Olivia Singleton	14.70	Club Championships	Grangemouth	19/09/2010
■ Mhairi Horn	14.89	Club Championships	Grangemouth	19/09/2010
■ Caitlin Smith	15.01	Forth Valley Div 1	Grangemouth	07/08/2010
■ Hayley Donaldson	15.5	Central & South League	Linwood	27/06/2010
■ Sarah Fortune	15.93	WL Schools Champs	Grangemouth	09/06/2010

200m

■ Megan Brown	28.56	Club Championships	Grangemouth	19/09/2010
■ Ella McFarlane	29.2	Forth Valley Div 1	Grangemouth	20/05/2010
■ Nikisha Wright	29.75	Club Championships	Grangemouth	19/09/2010
■ Olivia Singleton	30.83	Forth Valley Div 1	Grangemouth	07/08/2010
■ Caitlin Smith	31.1	Central & South League	Dumfries	23/05/2010
■ Anna McPhillips	31.17	Forth Valley Div 1	Grangemouth	07/08/2010
■ Hayley Donaldson	32.1	Indoor League	Glasgow	21/02/2010

300m

■ Ella McFarlane	47.8	Forth Valley Div 1	Edinburgh	16/06/2010
■ Hayley Donaldson	51.0	Forth Valley Div 1	Edinburgh	16/06/2010
■ Megan Brown	51.9	Indoor League	Glasgow	13/12/2009
■ Caitlin Smith	55.4	Indoor League	Glasgow	13/12/2009

800m

■ Ella McFarlane	2:59.5	Central & South League	Linwood	27/06/2010
■ Anna McPhillips	3:31.8	Central & South League	Linwood	27/06/2010

60m Hurdles (U15G)

■ Mhairi Horn	12.96	Indoor League	Glasgow	13/12/2009
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75m Hurdles (U15G)

■ Ella McFarlane	15.5	Central & South League	Dumfries	23/05/2010
■ Isla Bruce	16.38	Forth Valley Div 1	Grangemouth	07/08/2010

High Jump

■ Nikisha Wright	1.35m	Forth Valley Div 1	Edinburgh	16/06/2010
■ Ella McFarlane	1.20m	Forth Valley Div 1	Edinburgh	16/06/2010
■ Caitlin Smith	1.15m	Central & South League	Dumfries	23/05/2010
■ Isla Bruce	1.15m	Club Championships	Grangemouth	19/09/2010
■ Mhairi Horn	1.05m	Indoor League	Glasgow	13/12/2009
■ Hayley Donaldson	1.05m	Central & South League	Grangemouth	25/04/2010

Long Jump

■ Ella McFarlane	4.32m	Central & South League	Linwood	27/06/2010
■ Nikisha Wright	4.16m	Club Championships	Grangemouth	19/09/2010
■ Megan Brown	3.60m	Club Championships	Grangemouth	19/09/2010
■ Isla Bruce	3.50m	WL Schools Champs	Grangemouth	09/06/2010
■ Hayley Donaldson	3.49m	Central & South League	Linwood	27/06/2010
■ Mhairi Horn	3.31m	Forth Valley Div 1	Grangemouth	20/05/2010
■ Caitlin Smith	3.30m	Club Championships	Grangemouth	19/09/2010
■ Sarah Fortune	2.83m	WL Schools Champs	Grangemouth	09/06/2010

Shot Putt (3.25kg)

■ Isla Bruce	6.10m	Forth Valley Div 1	Grangemouth	28/04/2010
■ Hayley Donaldson	5.72m	Forth Valley Div 1	Grangemouth	28/04/2010
■ Mhairi Horn	5.29m	Indoor League	Glasgow	13/12/2009
■ Megan Brown	5.09m	Central & South League	Dumfries	23/05/2010
■ Caitlin Smith	4.26m	Indoor League	Glasgow	21/02/2010

Javelin (600g)

■ Mhairi Horn	14.73m	Forth Valley Div 1	Grangemouth	20/05/2010
■ Hayley Donaldson	11.05m	Forth Valley Div 1	Grangemouth	20/05/2010

■ Anna McPhillips	8.40m	Central & South League	Linwood	27/06/2010
Discus (1kg)				
■ Mhairi Horn	12.83m	Forth Valley Div 1	Grangemouth	07/08/2010
■ Caitlin Smith	8.65m	Forth Valley Div 1	Grangemouth	07/08/2010
2.6 Mile				
■ Ella McFarlane	19:17	Nottingham Mini Marathon	Nottingham	12/09/2010
<u>U15 Boys</u>				
60m				
■ Robbie Nairn	8.37	Indoor League	Glasgow	13/12/2009
100m				
■ Robbie Nairn	13.39	Club Championships	Grangemouth	19/09/2010
■ Calum Gregory	13.9	Forth Valley Div 1	Edinburgh	16/06/2010
■ Jake Thomas	14.3	Forth Valley Div 1	Edinburgh	16/06/2010
■ Calum McLean	15.35	Club Championships	Grangemouth	19/09/2010
200m				
■ Jake Thomas	28.53	Forth Valley Div 1	Grangemouth	07/08/2010
■ Calum Gregory	29.2	Central & South League	Dumfries	23/05/2010
■ Matthew Hummerstone	30.8	Forth Valley Div 1	Grangemouth	20/05/2010
400m				
■ Jake Thomas	59.2	Forth Valley Div 1	Edinburgh	16/06/2010
■ Calum Gregory	68.5	Central & South League	Linwood	27/06/2010
800m				
■ Jake Thomas	2:08.6	Shettleston Harriers Open	Glasgow	31/08/2010
■ Calum Gregory	2:39.7	Forth Valley Div 1	Grangemouth	20/05/2010
■ Calum McLean	2:56.71	Club Championships	Grangemouth	19/09/2010
1500m				
■ Jake Thomas	4:41.9	Forth Valley Div 1	Grangemouth	28/04/2010
■ Calum McLean	6:18.9	Forth Valley Div 1	Grangemouth	28/04/2010
1 Mile				
■ Jake Thomas	4:56.41	Forth Valley Div 1	Grangemouth	07/08/2010
60m Hurdles (U15B)				
■ Calum Gregory	12.49	Indoor League	Glasgow	13/12/2009
■ Matthew Hummerstone	13.55	Indoor League	Glasgow	21/02/2010
80m Hurdles (U15B)				
■ Calum Gregory	16.1	Central & South League	Dumfries	23/05/2010
High Jump				
■ Jake Thomas	1.40m	Forth Valley Div 1	Edinburgh	16/06/2010
■ Harrison Box	1.25m	Indoor League	Glasgow	13/12/2009
■ Calum Gregory	1.20m	Forth Valley Div 1	Edinburgh	16/06/2010
Long Jump				
■ Robbie Nairn	4.49m	Closed Indoor Champs	Glasgow	16/01/2010
■ Calum McLean	3.86m	Club Championships	Grangemouth	19/09/2010
■ Calum Gregory	3.76m	Club Championships	Grangemouth	19/09/2010
■ Matthew Hummerstone	2.99m	Forth Valley Div 1	Grangemouth	20/05/2010
Triple Jump				
■ Jake Thomas	8.69m	Forth Valley Div 1	Grangemouth	07/08/2010
■ Calum Gregory	8.60m	Forth Valley Select	Grangemouth	04/09/2010
■ Calum McLean	6.49m	Indoor League	Glasgow	21/02/2010
Shot Putt (4kg)				
■ Robbie Nairn	9.46m	Forth Valley Div 1	Grangemouth	07/08/2010

■ Jake Thomas	6.61m	Central & South League	Dumfries	23/05/2010
■ Calum McLean	5.68m	Forth Valley Div 1	Grangemouth	07/08/2010
■ Calum Gregory	4.65m	Forth Valley Div 1	Grangemouth	28/04/2010

Javelin (600g)

■ Robbie Nairn	20.61m	Central & South League	Grangemouth	25/04/2010
■ Matthew Hummerstone	16.81m	Forth Valley Div 1	Grangemouth	20/05/2010
■ Calum Gregory	11.53m	Forth Valley Div 1	Grangemouth	20/05/2010

Discus (1.25kg)

■ Robbie Nairn	21.85m	Central & South League	Grangemouth	25/04/2010
■ Calum McLean	12.80m	Central & South League	Grangemouth	25/04/2010

1.75K

■ Jake Thomas	6:24	Linlithgow Fun Run	Linlithgow	26/09/2010
■ Calum McLean	8:10	Linlithgow Fun Run	Linlithgow	26/09/2010

U17 Women

60m

■ Shona Herron	8.56	Indoor League	Glasgow	14/03/2010
■ Rebecca Calder	9.00	Indoor League	Glasgow	13/12/2009

100m

■ Eileen Hulse	13.7	Central & South League	Linwood	27/06/2010
■ Vicky Dalziel	13.81	Club Championships	Grangemouth	19/09/2010
■ Shona Herron	13.96	U15/U17 Champs	Glasgow	14/08/2010
■ Rebecca Calder	14.60	Central & South League	Grangemouth	25/04/2010
■ Katie McKain	15.34	Club Championships	Grangemouth	19/09/2010

200m

■ Shona Herron	28.88	Club Championships	Grangemouth	19/09/2010
■ Eileen Hulse	29.0	Central & South League	Dumfries	23/05/2010
■ Vicky Dalziel	30.0	Indoor League	Glasgow	13/12/2009
■ Rebecca Calder	30.6	Indoor League	Glasgow	21/02/2010

300m

■ Vicky Dalziel	43.71	Scottish Women's League	Edinburgh	20/06/2010
■ Eileen Hulse	47.19	Central & South League	Grangemouth	25/04/2010

800m

■ Eileen Hulse	2:48.4	Indoor League	Glasgow	21/02/2010
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60m Hurdles (U17W)

■ Vicky Dalziel	10.11	Indoor League	Glasgow	13/12/2009
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80m Hurdles (U17W)

■ Vicky Dalziel	13.6	Central & South League	Linwood	27/06/2010
■ Shona Herron	15.7	Central & South League	Linwood	27/06/2010

High Jump

■ Shona Herron	1.50m	Indoor League	Glasgow	14/03/2010
■ Vicky Dalziel	1.35m	Central & South League	Grangemouth	25/04/2010
■ Eileen Hulse	1.25m	Central & South League	Dumfries	23/05/2010
■ Katie McKain	1.25m	Club Championships	Grangemouth	19/09/2010

Long Jump

■ Shona Herron	4.62m	Central & South League	Linwood	27/06/2010
■ Vicky Dalziel	4.60m	Club Championships	Grangemouth	19/09/2010
■ Eileen Hulse	4.57m	Central & South League	Linwood	27/06/2010
■ Katie McKain	3.85m	Club Championships	Grangemouth	19/09/2010
■ Rebecca Calder	3.73m	Central & South League	Grangemouth	25/04/2010

Triple Jump

■ Eileen Hulse	9.25m	Central & South League	Dumfries	23/05/2010
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Shot Putt (4kg)

■ Vicky Dalziel	9.87m	Schools T&F Championships	Grangemouth	11/06/2010
■ Eileen Hulse	5.82m	Central & South League	Linwood	27/06/2010

Javelin (600g)

■ Eileen Hulse	17.80m	Club Championships	Grangemouth	19/09/2010
■ Vicky Dalziel	15.50m	Central & South League	Grangemouth	25/04/2010
■ Katie McKain	13.07m	Club Championships	Grangemouth	19/09/2010
■ Rebecca Calder	10.85m	Central & South League	Grangemouth	25/04/2010

Discus (1kg)

■ Vicky Dalziel	22.78m	Central & South League	Linwood	27/06/2010
■ Shona Herron	18.51m	Central & South League	Linwood	27/06/2010

U17 Men

60m

■ Scott Henderson	7.53	U17/U20 Indoor Champs	Glasgow	14/02/2010
■ Shawn Wright	7.91	Indoor League	Glasgow	21/02/2010

100m

■ Scott Henderson	12.05	Schools T&F Championships	Grangemouth	11/06/2010
■ Duncan McPherson	12.30	Club Championships	Grangemouth	19/09/2010
■ Shawn Wright	12.46	Club Championships	Grangemouth	19/09/2010
■ Daniel Fulton	12.92	Forth Valley Select	Grangemouth	04/09/2010

200m

■ Scott Henderson	24.3	Central & South League	Dumfries	23/05/2010
■ Duncan McPherson	24.76	Club Championships	Grangemouth	19/09/2010
■ Shawn Wright	25.00	Club Championships	Grangemouth	19/09/2010

400m

■ Daniel Fulton	55.3	Central & South League	Linwood	27/06/2010
■ Shawn Wright	57.36	Central & South League	Grangemouth	25/04/2010
■ Steven Sneddon	59.7	Indoor League	Glasgow	13/12/2009
■ Ruaridh McCusker	62.19	Club Championships	Grangemouth	19/09/2010

800m

■ Daniel Fulton	2:10.2	Indoor League	Glasgow	21/02/2010
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1500m

■ Daniel Fulton	4:55.2	Central & South League	Dumfries	23/05/2010
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60m Hurdles (U17M)

■ Shawn Wright	11.28	Indoor League	Glasgow	13/12/2009
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100m Hurdles (U17M)

■ Ruaridh McCusker	19.9	Central & South League	Linwood	27/06/2010
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High Jump

■ Shawn Wright	1.60m	Indoor League	Glasgow	14/03/2010
■ Duncan McPherson	1.60m	Club Championships	Grangemouth	19/09/2010
■ Ruaridh McCusker	1.50m	Central & South League	Linwood	27/06/2010
■ Scott Henderson	1.30m	Central & South League	Linwood	27/06/2010

Long Jump

■ Scott Henderson	5.79m	Schools T&F Championships	Grangemouth	11/06/2010
■ Shawn Wright	5.18m	Indoor League	Glasgow	14/03/2010
■ Craig Wallace	3.60m	Central & South League	Linwood	27/06/2010

Triple Jump

■ Scott Henderson	11.40m	Central & South League	Dumfries	23/05/2010
■ Shawn Wright	11.35m	Central & South League	Dumfries	23/05/2010

Shot Putt (5kg)

■ Ruaridh McCusker	7.76m	Forth Valley Select	Grangemouth	04/09/2010
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■ Chris Box	7.10m	Indoor League	Glasgow	13/12/2009
■ Stephen Watson	7.07m	Central & South League	Dumfries	23/05/2010
■ Daniel Fulton	6.97m	Central & South League	Dumfries	23/05/2010
■ Scott Henderson	6.32m	Club Championships	Grangemouth	19/09/2010

Javelin (700g)

■ Ruaridh McCusker	27.58m	Club Championships	Grangemouth	19/09/2010
■ Shawn Wright	25.39m	Central & South League	Dumfries	23/05/2010
■ Stephen Watson	23.54m	Central & South League	Dumfries	23/05/2010

Discus (1.5kg)

■ Scott Henderson	16.93m	Central & South League	Grangemouth	25/04/2010
■ Ruaridh McCusker	16.84m	Central & South League	Linwood	27/06/2010
■ Stephen Watson	12.38m	Central & South League	Grangemouth	25/04/2010

6 Mile

■ Daniel Fulton	40:00	Rigg Race	Edinburgh	24/05/2010
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U20 Women

100m

■ Sharon Grierson	15.4	Central & South League	Linwood	27/06/2010
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200m

■ Amanda Campbell	26.48	National Junior League	Edinburgh	23/05/2010
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400m

■ Amanda Campbell	58.6	National Junior League	Manchester	25/04/2010
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800m

■ Amanda Campbell	2:10.50	Linwood Open Graded	Linwood	07/08/2010
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1500m

■ Amanda Campbell	4:52.47	East Kilbride Open Graded	East Kilbride	25/08/2010
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1500m Steeplechase

■ Amanda Campbell	5:22.86	National Junior League	Gateshead	27/06/2010
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Triple Jump

■ Amanda Campbell	7.99m	National Junior League	Gateshead	27/06/2010
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Javelin (600g)

■ Amanda Campbell	6.61m	National Junior League	Edinburgh	23/05/2010
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Discus (1kg)

■ Sharon Grierson	14.64m	Central & South League	Linwood	27/06/2010
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5K

■ Amanda Campbell	19:13	Parkrun	Edinburgh	05/06/2010
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Senior Women

100m

■ Yvonne Crilly	14.9	Central & South League	Linwood	27/06/2010
■ Robyn McDowall	15.16	Club Championships	Grangemouth	19/09/2010
■ Claire Reynolds	16.87	Club Championships	Grangemouth	19/09/2010

200m

■ Sarah Rosie	28.8	Indoor League	Glasgow	21/02/2010
■ Robyn McDowall	31.91	Club Championships	Grangemouth	19/09/2010

400m

■ Robyn McDowall	68.04	Central & South League	Grangemouth	25/04/2010
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800m

■ Robyn McDowall	2:36.75	SUA Freshers Indoor	Glasgow	28/10/2009
■ Yvonne Crilly	2:41.5	Central & South League	Linwood	27/06/2010

■ Claire Reynolds	3:11.9	Central & South League	Linwood	27/06/2010
3000m				
■ Robyn McDowall	12:51.6	Central & South League	Linwood	27/06/2010
High Jump				
■ Claire Reynolds	1.10m	Central & South League	Linwood	27/06/2010
Long Jump				
■ Claire Reynolds	3.32m	Central & South League	Dumfries	23/05/2010
Triple Jump				
■ Claire Reynolds	7.22m	Central & South League	Linwood	27/06/2010
Shot Putt (4kg)				
■ Claire Reynolds	7.47m	Grangemouth Open Graded	Grangemouth	01/09/2010
■ Sarah Rosie	6.88m	Indoor League	Glasgow	21/02/2010
■ Robyn McDowall	5.75m	Linwood Open Graded	Linwood	30/06/2010
Javelin (600g)				
■ Claire Reynolds	21.76m	Grangemouth Open Graded	Grangemouth	01/09/2010
Discus (1kg)				
■ Claire Reynolds	20.36m	Central & South League	Linwood	27/06/2010
5K				
■ Louise Crilly	19:35	Parkrun	Edinburgh	13/02/2010
■ Yvonne Crilly	19:48	Parkrun	Edinburgh	14/08/2010
■ Sue McDowall	24:06	Parkrun	Edinburgh	05/06/2010
■ Jacqui Sneddon	28:22	Parkrun	Edinburgh	15/05/2010
10K				
■ Tina Miller	52:05	Strathaven 10K	Strathaven	01/11/2009
Half Marathon				
■ Tina Miller	1:58:05	Great Eastern Run	Cambridgeshire	11/10/2009
<u>Senior Men</u>				
100m				
■ Alistair Dalglish	12.20	Scottish Athletics League	Wishaw	08/08/2010
■ Andy Pollock	13.1	Central & South League	Linwood	27/06/2010
■ Danny Nicoll	13.51	Central & South League	Grangemouth	25/04/2010
■ John McOmish	14.99	Central & South League	Grangemouth	25/04/2010
200m				
■ Alistair Dalglish	24.1	Central & South League	Dumfries	23/05/2010
■ Ian Hardacre	26.7	Central & South League	Dumfries	23/05/2010
■ Stephen Marshall	30.5	Central & South League	Dumfries	23/05/2010
400m				
■ Alistair Dalglish	54.46	Scottish Athletics League	Grangemouth	20/06/2010
■ Andy Pollock	58.6	Central & South League	Linwood	27/06/2010
■ Danny Nicoll	59.81	Central & South League	Grangemouth	25/04/2010
800m				
■ Alistair Dalglish	2:24.4	Central & South League	Linwood	27/06/2010
■ Danny Nicoll	2:25.09	Central & South League	Grangemouth	25/04/2010
1500m				
■ Ian Hardacre	5:12.7	Central & South League	Dumfries	23/05/2010
■ Alistair Dalglish	5:18.2	Central & South League	Dumfries	23/05/2010
3000m				
■ Ian Hardacre	11:15.53	Central & South League	Grangemouth	25/04/2010
High Jump				
■ Alistair Dalglish	1.45m	Central & South League	Linwood	27/06/2010

■ Ian Hardacre	1.30m	Central & South League	Dumfries	23/05/2010
■ Danny Nicoll	1.30m	Central & South League	Linwood	27/06/2010
Long Jump				
■ Danny Nicoll	5.19m	Scottish Athletics League	Grangemouth	20/06/2010
■ Andy Pollock	5.06m	Central & South League	Linwood	27/06/2010
■ Ian Hardacre	4.78m	Central & South League	Dumfries	23/05/2010
■ John McOmish	3.67m	Central & South League	Dumfries	23/05/2010
Triple Jump				
■ Danny Nicoll	11.43m	Scottish Athletics League	Aberdeen	18/04/2010
■ John McOmish	8.35m	Central & South League	Grangemouth	25/04/2010
Shot Putt (7.26kg)				
■ John McOmish	8.49m	BUCS Championships	Bedford	01/05/2010
■ Alistair Dalgleish	6.93m	Central & South League	Linwood	27/06/2010
■ Ian Hardacre	5.64m	Central & South League	Grangemouth	25/04/2010
Javelin (800g)				
■ John McOmish	26.88m	SUA Championships	Dunfermline	24/04/2010
■ Alistair Dalgleish	18.27m	Central & South League	Linwood	27/06/2010
Discus (2kg)				
■ John McOmish	23.70m	Scottish Athletics League	Aberdeen	18/04/2010
■ Alistair Dalgleish	11.13m	Central & South League	Dumfries	23/05/2010
Hammer (7.26kg)				
■ John McOmish	21.23m	SUA Championships	Dunfermline	24/04/2010
5K				
■ Andy Sneddon	24:15	Parkrun	Edinburgh	17/10/2009