LAW & DISTRICT AAC

CLUB RANKINGS

THROWS - FEMALE

2005 to 18th February 2025

Rankings are taken from www.thepowerof10.info

If you notice any errors, please email Darran Muir (muirdarran@yahoo.com)

LAW & DISTRICT AAC

Shot Putt

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18th FEBRUARY 2025

Shot Putt

Female

Rank	Name	Distance	Age Group	Venue	Date
1	Jade Gray	11.59	U20	Grangemouth	18-Feb-24
2	Shannon Gough	9.95	U20	Crownpoint	08-Sep-21
3	Linzi Mclaren	8.86	U20	Emirates Arena	06-Dec-15
4	Tiana Greenshields	8.8	U20	Falkirk	16-Dec-23
5	Kirstie McLeod	8.69	U23	Emirates Arena	08-Feb-14
6	Emily McNicol	8.27	U20	Grangemouth	11-Aug-18
7	Shannon Waldron	8.04	U23	Grangemouth	20-May-23
8	Julie Short	8.02		Kilmarnock	17-May-15
9	Emily Meek	7.46	U20	Grangemouth	05-Jun-11
10	Helen Johnston	6.59		Kilmarnock	08-May-22
11	Cara Jay Murdoch	6.57		Kilmarnock	05-Jun-22
12	Hannah Kulke	6.54	U20	Crownpoint	27-Apr-24
13	Pamela Newell	6.19	U20	East Kilbride	30-Jun-19
14	Reagan Binnie	6.15		East Kilbride	30-Jun-19
15	Susan Jackson	6.01		Edinburgh	10-Aug-14
16	Pamela O'Connor	5.94		Linwood	25-Apr-10
17	Hazel Foss	5.85	V35	Wishaw	28-Jun-15
18	Karen Gillon	5.83	V50	Kilmarnock	08-May-22
19	Roxanne Yue	5.69		Kilmarnock	29-May-16
20	Emma Gilchrist	5.61	U20	Emirates Arena	27-Nov-22
21	Margaret Newell	5.44	U20	Kilmarnock	26-Jun-16
22	Nicola Donnelly	5.3	V35	Kilmarnock	29-May-16
23	Hilary McGrath	5.21	V45	Wishaw	29-Apr-12
24	Olivia Quinn	5.1	U20	Wishaw	28-Jun-15
25	Aileen Currie	4.94	V40	Edinburgh	10-Aug-14
26	Sharon Struthers	4.63		Edinburgh	10-Aug-14
27	Hannah Stark	3.55	U20	Edinburgh	10-Aug-14

4k

Rank	Name	Distance	Age Group	Venue	Date
1	Jade Gray	10.47	U17	Emirates Arena	10-Dec-22
2	Shannon Gough	9.66	U17	Scotstoun	16-Jun-19
3	Anya Towers	8.96	U17	Grangemouth	16-Dec-12
4	Pamela McNicol	8.34	U17	Emirates Arena	05-Jan-14
5	Linzi Mclaren	8.25	U17	Dumfries	14-Dec-13
6	Emily McNicol	8.19	U17	Dumfries	08-Jan-12
7	Alice McGrath	6.75	U17	Glasgow (S)	20-Feb-11
8	Aimee Gray	6.17	U17	Glasgow	03-Jul-11
9	Aileen Campbell	5	U17	Glasgow	23-May-10
10	Sarah Barrie	4.57	U17	Linwood	29-Jun-14
11	Samantha Stevenson	4.24	U17	Grangemouth	23-May-10
12	Victoria Price	4.06	U17	Grangemouth	29-Jun-14

3k

Rank	Name	Distance	Age Group	Venue	Date
1	Jade Gray	13.37	U17	Emirates Arena	22-Jan-22
2	Vivian Duruh	12.57	U17	Emirates Arena	06-Feb-19
3	Hayley Berry	12.41	U17	Grangemouth	21-Jul-18
4	Shannon Gough	11.54	U17	Emirates Arena	05-Feb-20
5=	Tiana Greenshields	9.66	U17	Crownpoint	10-Sep-23
5=	Pamela McNicol	9.66	U17	Grangemouth	01-Jun-14
7	Dion Ingram	9.62	U17	Livingston	07-Aug-16
8	Lucy McCormack	9.44	U17	Meadowmill	22-Aug-20
9	Anna Bondar	9.23	U17	Ayr	19-Jan-24

LAW & DISTRICT AAC

Shot Putt

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18th FEBRUARY 2025

Shot Putt

Female

10	Linzi Mclaren	9.04	U17	Wishaw	09-May-15
11	Emily McNicol	8.91	U17	East Kilbride	29-Aug-15
12	Jade Keisler	8.78	U17	Livingston	23-Jul-16
13	Johann Gillon	8.48	U17	Grangemouth	25-May-24
14	Elle Henderson	7.17	U17	Emirates Arena	31-Jan-16
15=	Lauren McNair	7.05	U17	Emirates Arena	10-Dec-22
15=	Annie Barr	7.05	U17	Emirates Arena	28-Oct-17
17	Amy McAdam	6.89	U17	Emirates Arena	10-Jan-16
18	Morgan Hillier	6.87	U17	Wishaw	28-Jun-15
19	Jessica Inglis	6.74	U17	Grangemouth	20-May-23
20	Susannah Kay	6.66	U17	Glasgow	03-Jul-22
21	Eva Corns	6.52	U17	Ayr	09-Jun-24
22	Rachel Donnelly	6.34	U17	Scotstoun	01-Jul-18
23	Emma Gilchrist	6.02	U17	Glasgow	03-Jul-22
24	Hannah Cussick	6	U17	Edinburgh	10-Aug-14
25	Claire Cartledge	5.95	U17	Grangemouth	31-Aug-14
26	Olivia Quinn	5.91	U17	Grangemouth	31-Aug-14
27	Kim Laird	5.82	U17	Edinburgh	10-Aug-14
28	Jill Hamilton	5.72	U17	Dumfries	26-Apr-15
29	Brooke Murdoch	5.7	U17	Crownpoint	08-Sep-21
30	Pamela Newell	5.62	U17	Emirates Arena	08-Jan-17
31	Christina Eadie	5.54	U17	Grangemouth	10-Jun-16
32	Jennifer Futty	5.34	U17	Edinburgh	10-Aug-14
33	Kirsten Cherrie	5.24	U17	East Kilbride	04-May-14

3K

Rank	Name	Distance	Age Group	Venue	Date
1	Vivian Duruh	12.8	U15	Grangemouth	04-Aug-18
2	Hayley Berry	11.17	U15	Grangemouth	10-Jun-17
3	Shannon Gough	11.06	U15	Aberdeen	19-Aug-18
4	Jade Gray	10.55	U15	Grangemouth	12-Feb-20
5	Anna Bondar	9.68	U15	Aberdeen	19-Aug-23
6	Jade Keisler	9.15	U15	East Kilbride	29-Aug-15
7	Dion Ingram	8.96	U15	Grangemouth	11-Jul-15
8	Dawn Russell	8.73	U15	Scotstoun	23-Jun-19
9	Skye Davidson	8.37	U15	Inverness	17-Sep-23
10	Leah Keisler	8.22	U15	Livingston	23-Jul-16
11	Shannon Waldron	8.19	U15	Grangemouth	28-Aug-16
12	Johann Gillon	8.13	U15	Grangemouth	20-May-23
13	Christina Eadie	8.04	U15	Grangemouth	23-Aug-15
14	Skye Davidson	8.02	U15	Emirates Arena	21-Jan-23
15	Rachel Hunter	7.85	U15	Jarrow	24-Sep-16
16	Erin Gough	7.69	U15	Emirates Arena	09-Feb-22
17	Eva Gray	7.39	U15	Grangemouth	07-May-22
18	Miya Waldron	7.07	U15	East Kilbride	30-Jun-19
19	Lucy Mccormack	6.82	U15	Grangemouth	25-Jun-17
20	Rachel Hunter	6.77	U15	Emirates Arena	15-Mar-15
21	Aleshia O'Connor	6.75	U15	Livingston	10-Apr-22
22	Rosie Watson	6.59	U15	Livingston	28-Jul-19
23	Amy McAdam	6.49	U15	Emirates Arena	14-Dec-14
24	Molly Kennedy	6.3	U15	Emirates Arena	05-Jan-19
25	Lauren McNair	6.26	U15	Kilmarnock	05-Jun-22
26	Amy Watkins	6.22	U15	Edinburgh	10-Aug-14
27	Niah Welsh	6.1	U15	Crownpoint	18-Aug-15
28	Lorna Jackson	5.9	U15	Kilmarnock	10-Apr-16

LAW & DISTRICT AAC

Shot Putt

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18th FEBRUARY 2025

Shot Putt

Female

29	Niav Douglas	5.77	U15	Grangemouth	25-Jun-17
30	Jessica Robson	5.6	U15	Kilmarnock	26-Jun-16
31	Sarah Chambers	5.59	U15	Scotstoun	02-Jul-23
32=	Rachel Donnelly	5.52	U15	Kilmarnock	26-Jun-16
32=	Lucy Shannon	5.52	U15	Edinburgh	10-Aug-14
34	Fiona Currie	5.43	U15	Crownpoint	20-Aug-19
35	Abigail Gillespie	5.27	U15	Edinburgh	10-Aug-14
36	Eva Fitzpatrick	5.12	U15	Emirates Arena	08-Jan-17
37	Helen Futty	5.05	U15	Edinburgh	10-Aug-14
38	Laila McRae	5.03	U15	Emirates Arena	27-Jan-19
39	Pamela Newell	4.99	U15	Edinburgh	10-Aug-14
40	Ruth Currie	4.98	U15	Edinburgh	10-Aug-14
41	Mirran Struthers	4.9	U15	Edinburgh	10-Aug-14
42	Jill Hamilton	4.86	U15	Edinburgh	10-Aug-14
43	Nicole Stirrat	4.79	U15	Edinburgh	10-Aug-14
44	Claire Cowan	4.47	U15	Edinburgh	10-Aug-14
45	Elizabeth Kay	4.44	U15	East Kilbride	30-Jun-19
46	Niamh Anderson	4.05	U15	Edinburgh	10-Aug-14
47	India Wood	3.99	U15	Ayr	23-Jul-23

3.25k

Rank	Name	Distance	Age Group	Venue	Date
1	Kirstie McLeod	9.48	U15	Carlisle	10-Sep-06
2	Anya Towers	8.64	U15	Glasgow	11-Dec-11
3	Roxanne Motaghian	8.58	U15	Ravenscraig	15-Feb-12
4	Pamela McNicol	8.23	U15	Grangemouth	02-Jun-12
5	Roisin McClelland	7.96	U15	Grangemouth	18-Feb-24
6	Christina Murray	7.9	U15	Glasgow	20-Mar-11
7	Chelcie Dalziel	7.8	U15	Wishaw	20-Sep-08
8	Charlotte Steele	7.72	U15	Kilmarnock	29-Jun-13
9	Emily McNicol	7.33	U15	Grangemouth	14-Jul-13
10	Alice McGrath	7.28	U15	Grangemouth	23-May-10
11	Heather Baird	7.17	U15	Gateshead	18-Mar-12
12	Kristen Cowe	6.94	U15	Livingston	21-Jul-12
13	Samara Pliego	6.87	U15	Grangemouth	02-Jun-13
14	Chloe Gardiner	6.43	U15	Emirates Arena	08-Dec-24
15	Linzi Mclaren	6.38	U15	Kilmarnock	23-Jun-13
16	Jade Keisler	6.28	U15	Dumfries	29-Jun-14
17	Dion Ingram	6.1	U15	Emirates Arena	05-Jan-14
18	Sarah Chambers	6.05	U15	Scotstoun	25-Aug-24
19	Jade Keisler	5.94	U15	Motherwell	07-Dec-13
20	Aileen Campbell	5.75	U15	Grangemouth	05-Jun-11
21	Amy McAdam	5.44	U15	Emirates Arena	23-Feb-14
22	Julie Dobbin	5.38	U15	Grangemouth	07-Jun-08
23	Hannah Cussick	5.37	U15	Glasgow	13-Nov-11
24	Ruth Currie	4.44	U15	Emirates Arena	05-Jan-14
25	Pamela Newell	4.24	U15	Dumfries	29-Jun-14
26	Kirsten Cherrie	3.98	U15	Glasgow	08-Jan-12
27	Margaret Newell	3.49	U15	Grangemouth	23-May-10

Rank	Name	Distance	Age Group	Venue	Date
1	Vivian Duruh	10.87	U13	Grangemouth	20-Aug-16
2	Hayley Berry	10.85	U13	Livingston	05-Sep-15
3	Roxanne Motaghian	8.2	U13	East Kilbride	25-Aug-10
4	Christina Murray	8.15	U13	Glasgow	24-Aug-10

LAW & DISTRICT AAC

Shot Putt

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18th FEBRUARY 2025

Shot Putt

Female

5	Roisin McClelland	8.06	U13	Kilmarnock	22-Jul-23
6	Leah Keisler	7.89	U13	Livingston	05-Sep-15
7	Erin Gough	7.77	U13	Crownpoint	08-Sep-21
8	Charlotte Steele	7.53	U13	Wishaw	01-Sep-12
9	Shannon Waldron	7.27	U13	Wishaw	06-Sep-14
10	Pamela McNicol	7.25	U13	Glasgow	14-Aug-10
11=	Anya Towers	7.07	U13	Grangemouth	23-May-10
11=	Katie Foss	7.07	U13	Livingston	05-Sep-15
13	Anna Bondar	7.05	U13	Grangemouth	29-May-21
14	Alice Fingland	6.8	U13	Wishaw	02-Jul-06
15	Johann Gillon	6.79	U13	Wishaw	05-Jun-21
16	Rachel Hunter	6.75	U13	Grangemouth	06-Jul-14
17	Emma Brannan	6.56	U13	Linwood	04-Aug-13
18	Heather Baird	6.3	U13	Glasgow	24-Aug-10
19	Molly Kennedy	6.25	U13	Livingston	18-Jul-18
20	Lauren Allen	6.21	U13	Wishaw	09-May-15
21	Natasha Dalziel	6.2	U13	Wishaw	20-Sep-08
	Chloe Gardiner	6.02	U13	Grangemouth	16-Jun-24
22	Jade Keisler	6.01	U13	Wishaw	24-Aug-13
23	Reagan Binnie	5.88	U13	Glasgow	20-Feb-11
24	Emily McNicol	5.85	U13	Glasgow	23-Aug-11
25	Ashleigh Anderson	5.83	U13	Wishaw	20-Sep-08
26	Fiona Currie	5.82	U13	East Kilbride	02-Sep-17
27	Sophie Shannon	5.72	U13	Edinburgh	10-Aug-14
28	Hannah Cussick	5.64	U13	Dunfermline	10-Jul-10
29	Megan Gray	5.63	U13	Linwood	06-Aug-06
30	Laura Watson	5.56	U13	East Kilbride	30-Jun-19
31	Rachel Donnelly	5.54	U13	Wishaw	09-May-15
32	Natalie Bogle	5.48	U13	Wishaw	05-May-13
33	Evie McNally	5.45	U13	Emirates Arena	16-Jan-22
34	Lucy Carr	5.44	U13	Livingston	05-Aug-18
35	Zara Higgins	5.4	U13	Edinburgh	10-Aug-14
36=	Zoe Douglas	5.37	U13	Livingston	05-Aug-18
36=	Rosie Watson	5.37	U13	Kilmarnock	06-Aug-17
38	Laila McRae	5.35	U13	Scotstoun	01-Jul-18
39	Chloe Gardiner	5.32	U13	Aberdeen	20-Aug-23
39=	Amy McAdam	5.32	U13	Emirates Arena	13-Jan-13
	Anna Boss	5.26	U13	Ayr	09-Jun-24
41	Amy Watkins	5.22	U13	Glasgow	08-Jan-12
42	Chloe Cartledge	5.2	U13	Wishaw	06-Sep-14
43	Kara Forman	5.16	U13	Wishaw	09-May-15
44	Cara Murphy	5.13	U13	Grangemouth	31-Jul-22
45	Kristen Cowe	5.08	U13	Dumfries	29-Aug-10
46=	Caitlin Thomson	5.06	U13	Edinburgh	10-Aug-14
46=	Orla Fitzpatrick	5.06	U13	Emirates Arena	27-Oct-19
48	Niav Douglas	4.97	U13	Emirates Arena	31-Jan-16
49	Rachel Watson	4.91	U13	East Kilbride	30-Jun-19
50	Emma Orr	4.9	U13	Edinburgh	10-Aug-14
51	Niah Welsh	4.86	U13	Edinburgh	10-Aug-14
52	Mirran Struthers	4.84	U13	Wishaw	17-Jun-12
53	Ruth Currie	4.82	U13	Emirates Arena	03-Jan-13
54	Naomi Fleming	4.79	U13	Kilmarnock	24-Apr-16
55	Melissa Currie	4.78	U13	Grangemouth	01-Sep-19
56	Eilidh Austin	4.65	U13	Emirates Arena	31-Jan-16
57	Eilidh Boyle	4.62	U13	Ayr	23-Jul-23
58	Kathleen Ramage	4.61	U13	Edinburgh	10-Aug-14

LAW & DISTRICT AAC

Shot Putt

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18th FEBRUARY 2025

Shot Putt

Female

59=	Keira Higgins	4.6	U13	Wishaw	19-Sep-15
59=	Rachel Donnachie	4.6	U13	Edinburgh	10-Aug-14
61	Rachel Phillips	4.51	U13	Grangemouth	13-Jul-13
62	Jessica Foss	4.47	U13	Emirates Arena	19-Feb-17
63	Emma Preston	4.45	U13	Grangemouth	20-May-23
64	Hannah Todd	4.42	U13	Grangemouth	15-Jul-18
65	Susannah Kay	4.41	U13	Emirates Arena	01-Dec-18
66	Pamela Newell	4.39	U13	Dundee	22-Sep-13
67	Kirsten Cherrie	4.36	U13	Grangemouth	20-Aug-11
68	Ciara Scullion	4.34	U13	Edinburgh	10-Aug-14
69	Claire Cartledge	4.25	U13	Glasgow	13-Dec-09
70=	Jessica Inglis	4.24	U13	Livingston	05-Aug-18
70=	Jemma Marriott	4.24	U13	Perth	23-Sep-12
72	Jessica Robson	4.19	U13	Emirates Arena	01-Feb-14
73	Victoria Waddell	4.11	U13	Wishaw	01-Sep-12
74	Abbie Boyle	4.08	U13	Ayr	09-Jun-24
75=	Alexandria Aitchison	3.96	U13	Emirates Arena	01-Feb-14
75=	Molly Baxter	3.91	U13	Scotstoun	26-Jun-22
77	Erin Snow	3.91	U13	Edinburgh	10-Aug-14
78	Abbey McCormack	3.84	U13	Grangemouth	28-Aug-16
79	Devyn Smith	3.68	U13	Kilmarnock	05-Jun-22
80	Halle Keisler	3.66	U13	Livingston	03-Sep-16
81	Lucy Cairns	3.58	U13	Glasgow	12-Feb-11
82	Ella Cowan	3.53	U13	Edinburgh	10-Aug-14
83	Kirsty Currie	3.48	U13	Emirates Arena	01-Dec-19
84	Evie Glen	3.31	U13	Edinburgh	10-Aug-14
85	Megan Deans	3.16	U13	Glasgow	16-Dec-12
86	Hayley Lemon	3.11	U13	Grangemouth	13-Jul-13
87	May Venerus	3.1	U13	Edinburgh	10-Aug-14
88	Georgia Fleming	2.8	U13	Wishaw	19-Sep-15
89	Kirsty Currie	2.42	U13	Crownpoint	20-Aug-19

Rank	Name	Distance	Age Group	Venue	Date
1	Eilidh Austin	4.95	U11	Wishaw	19-Sep-15
2	Ellie Gregory	4.81	U11	Emirates Arena	01-Feb-14
3	Favor Duruh	4.6	U11	Wishaw	19-Sep-15
4	Hayley Crawford	4.48	U11	Wishaw	19-Sep-15
5	Jemma Marriott	4.43	U11	Dundee	25-Sep-11
6	Johann Gillon	4.38	U11	Wishaw	05-May-19
7	Jessica Foss	4.35	U11	Dunfermline	04-Sep-16
8	Olivia Godfrey	4.31	U11	Wishaw	19-Sep-15
9	Abbey McCormack	4.27	U11	Wishaw	19-Sep-15
10	Shannon Gough	4.1	U11	Grangemouth	05-Jul-14
11	Naomi Fleming	4.05	U11	Grangemouth	05-Jul-14
12	Jessica Robson	3.99	U11	Grangemouth	13-Jul-13
13	Isabelle Simpson	3.95	U11	Wishaw	19-Sep-15
14	Allyssa Bennet	3.92	U11	Livingston	23-Jun-22
15	Erin Gough	3.89	U11	Crownpoint	20-Aug-19
16	Rachel Donnelly	3.86	U11	Grangemouth	13-Jul-13
17	Kodi Thompson	3.83	U11	Wishaw	19-Sep-15
18	Miya Waldron	3.8	U11	Wishaw	19-Sep-15
19	Molly Kennedy	3.8	U11	Wishaw	19-Sep-15
20	Lucy Cairns	3.79	U11	Dunfermline	10-Jul-10
21	Aleshia O'Connor	3.77	U11	Livingston	23-May-18
22	Jessica Donnelly	3.74	U11	Livingston	20-Jun-18

LAW & DISTRICT AAC

Shot Putt

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18th FEBRUARY 2025

Shot Putt

Female

23	Niamh Hillier	3.64	U11	Wishaw	19-Sep-15
24	Halle Keisler	3.56	U11	Livingston	15-Jul-15
25	Iona Syme	3.54	U11	Wishaw	19-Sep-15
26	Kara Forman	3.48	U11	Grangemouth	13-Jul-13
27	Sarah Lyon	3.47	U11	Wishaw	19-Sep-15
28	Zoe Douglas	3.39	U11	Wishaw	19-Sep-15
29	Isla Donnelly	3.19	U11	Livingston	20-Jun-18
30	Emma Muir	3.14	U11	Wishaw	19-Sep-15
31=	Anna Venerus	3.01	U11	Wishaw	19-Sep-15
31=	Olivia Welsh	2.95	U11	Wishaw	19-Sep-15
33	Olivia Inglis	2.95	U11	Crownpoint	20-Aug-19
34	Jenny Craig	2.91	U11	Wishaw	19-Sep-15
35	Ellie McAdam	2.86	U11	Emirates Arena	01-Feb-14
36	Zara Smith	2.8	U11	Wishaw	19-Sep-15
37	Cara Rafferty	2.75	U11	Wishaw	19-Sep-15
38	Carlina McCarthy	2.69	U11	Wishaw	19-Sep-15
39	Mollie Nicholson	2.66	U11	Wishaw	19-Sep-15
40	Elizabeth Kay	2.65	U11	Wishaw	19-Sep-15
41	Dara Kennedy	2.61	U11	Wishaw	19-Sep-15
42	Abbie White	2.57	U11	Emirates Arena	01-Feb-14

LAW & DISTRICT AAC

Discus

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18th FEBRUARY 2025

Discus

Female

Rank	Name	Distance	Age Group	Venue	Date
1	Shannon Gough	28.68	U20	Livingston	24-Jul-21
2	Kirstie McLeod	26.36	U20	Glasgow (S)	31-Jul-11
3	Leah Keisler	22.88	U23	Ayr	23-Jul-23
4	Shannon Waldron	19.01	U23	Ayr	23-Jul-23
5	Julie Short	16.04		Grangemouth	28-Aug-16
6	Sophie Evans	15.53	U20	Glasgow	03-Jul-22
7	Hannah Kulke	14.47	U20	Scotstoun	25-Aug-24
8	Pamela Newell	14.09	U20	Kilmarnock	09-Sep-18
9	Pamela O'Connor	14		Kilmarnock	06-Aug-17
10	Margaret Newell	13.32	U23	Grangemouth	01-Sep-19
11	Alison Cameron	11.88	U23	Grangemouth	27-Jun-10

Rank	Name	Distance	Age Group	Venue	Date
1	Hayley Berry	35.05	U17	Scotstoun	24-Jun-18
2	Shannon Gough	31.06	U17	Grangemouth	17-Aug-19
3	Vivian Duruh	30.9	U17	East Kilbride	30-Jun-19
4	Johann Gillon	28.41	U17	Grangemouth	18-Aug-24
5	Eva Gray	26.84	U17	Grangemouth	07-Jun-24
6	Kirstie McLeod	26.19	U17	Grangemouth	25-May-08
7	Jade Gray	25.65	U17	Inverness	16-Apr-22
8	Jade Keisler	22.49	U17	Aberdeen	08-May-16
9	Linzi Mclaren	19.48	U17	Dumfries	26-Apr-15
10	Eva Corns	18.38	U17	Scotstoun	25-Aug-24
11	Aimee Gray	17.89	U17	Grangemouth	15-May-11
12	Alayna McCann	14.18	U17	Ayr	23-Jul-23
13	Pamela Newell	13.75	U17	Grangemouth	25-Jun-17
14	Neve Elliott	13.04	U17	Ayr	23-Jul-23
15	Alice McGrath	11.57	U17	Grangemouth	05-Jun-11
16	Margaret Newell	11.28	U17	Wishaw	17-Jun-12
17	Emily McNicol	10.46	U17	Wishaw	28-Jun-15
18	Naomi McLaughlin	10.35	U17	Glasgow	03-Jul-22
19	Hannah Cussick	10.28	U17	Grangemouth	31-Aug-14

Rank	Name	Distance	Age Group	Venue	Date
1	Hayley Berry	32.01	U15	Bedford	27-Aug-17
2	Charlotte Steele	30.73	U15	Dunfermline	07-Sep-14
3	Shannon Gough	28.77	U15	Grangemouth	09-Jun-18
4	Johann Gillon	28.41	U15	Carlisle	30-Aug-23
5	Vivian Duruh	27.95	U15	Grangemouth	29-Jul-18
6	Eva Gray	26.84	U15	Aberdeen	19-Aug-23
7	Anna Bondar	23.66	U15	Inverness	25-Sep-22
8	Jade Keisler	21.56	U15	Grangemouth	23-Aug-15
9	Skye Davidson	19.66	U15	Grangemouth	21-May-23
10	Kristen Cowe	19.12	U15	Wishaw	06-May-12
11	Leah Keisler	18.08	U15	Grangemouth	28-Aug-16
12	Kirstie McLeod	16.03	U15	Wishaw	02-Jul-06
13	Pamela McNicol	15.66	U15	Wishaw	17-Jun-12
14	Jade Gray	14.92	U15	Grangemouth	01-Sep-19
15	Shannon Waldron	14.9	U15	Grangemouth	02-Aug-15
16	Heather Baird	14.34	U15	Scotstoun	19-Aug-12
17	Sarah Chambers	14.26	U15	Scotstoun	25-Aug-24
18	Sophie Evans	13.94	U15	Grangemouth	01-Sep-19
19	Amy Watkins	13.43	U15	Linwood	04-Aug-13

LAW & DISTRICT AAC

Discus

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18th FEBRUARY 2025

Discus

Female

20	Erin McGurk	12.74	U15	Ayr	23-Jul-23
21=	Laura McArdle	12.24	U15	Linwood	25-Apr-10
21=	Roisin McClelland	12.24	U15	Scotstoun	25-Aug-24
23	Christina Murray	12.18	U15	Grangemouth	15-May-11
24	Samara Pliego	12.12	U15	Grangemouth	02-Jun-13
25	Pamela Newell	10.93	U15	Kilmarnock	08-Jun-14
26	Aileen Campbell	10.13	U15	Grangemouth	15-May-11
27	Claire Cartledge	10.04	U15	Linwood	04-Aug-13
28	Margaret Newell	8.03	U15	Glasgow (S)	03-Jul-11

Rank	Name	Distance	Age Group	Venue	Date
1	Hayley Berry	28.18	U13	Livingston	25-Jul-15
2	Leah Keisler	24.17	U13	Livingston	05-Sep-15
3	Johann Gillon	23.76	U13	Grangemouth	29-Aug-21
4	Katie Foss	23.3	U13	Livingston	05-Sep-15
5	Charlotte Steele	21.47	U13	Grangemouth	25-Aug-12
6	Erin Gough	20.3	U13	Grangemouth	29-Aug-21
7	Kristen Cowe	15.88	U13	Grangemouth	23-May-10
8	Roxanne Motaghian	14.94	U13	Linwood	07-Aug-10
9	Pamela McNicol	14.4	U13	Grangemouth	23-May-10

LAW & DISTRICT AAC

Hammer

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18th FEBRUARY 2025

Hammer

Female

4k

Rank	Name	Distance	Age Group	Venue	Date
1	Shannon Waldron	42.81	U23	Inverness	16-Apr-22
2	Helen Johnson	40.15	V35	Dundee	05-Jun-22
3	Kristen Cowe	36.69	U17	Livingston	20-Jul-13
4	Kirstie McLeod	30.41	U23	Grangemouth	07-Aug-13

3k

Rank	Name	Distance	Age Group	Venue	Date
1	Shannon Waldron	52.9	U17	Grangemouth	28-Aug-17
2	Dawn Russell	47.79	U17	Meadowmill	30-Aug-20
3	Johann Gillon	45.29	U17	Glasgow	27-Aug-24
4	Kristen Cowe	42.11	U17	Livingston	20-Jul-13
5	Miya Waldron	37.7	U17	Grangemouth	29-May-21
6	Jade Keisler	35.99	U17	Livingston	23-Jul-16
7	Jade Gray	28.82	U17	Grangemouth	29-May-21
8	Eva Corns	23.17	U17	Kilmarnock	12-May-24
9	Elizabeth Kay	21.67	U17	Wishaw	05-Jun-21

3K

Rank	Name	Distance	Age Group	Venue	Date
1	Dawn Russell	48.17	U15	Grangemouth	10-Aug-19
2	Johann Gillon	45.05	U15	Carlisle	30-Aug-23
3	Shannon Waldron	44.61	U15	Grangemouth	21-Aug-16
4	Kristen Cowe	39.66	U15	Livingston	15-Sep-12
5	Samara Pliego	32.49	U15	Livingston	20-Jul-13
6	Miya Waldron	31.6	U15	Linwood	10-Oct-20
7	Jade Keisler	30.87	U15	Livingston	06-Jun-15
8	Roisin McClelland	23.99	U15	Carlisle	01-Jun-24

3K

Rank	Name	Distance	Age Group	Venue	Date
1	Johann Gillon	28.63	U13	Linwood	17-Oct-21

LAW & DISTRICT AAC

Javelin

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18th FEBRUARY 2025

Javelin

Female

600

Rank	Name	Distance	Age Group	Venue	Date
1	Miya Waldron	35.28	U20	Inverness	30/04/2023
2	Emily Meek	34.11	U20	Wishaw	16-May-10
3	Charlotte Steel	33.21		Crownpoint	08-Sep-21
4	Pamela McNicol	21.25	U20	Wishaw	28-Jun-15
5	Helen Johnston	17.89	V35	Crownpoint	30-Apr-23
6	Emily McNicol	16.95	U20	Grangemouth	25-Jun-17
7	Kirstie McLeod	14.98	U20	Wishaw	01-May-11
8	Karen Gillon	14.24	V50	Kilmarnock	08-May-22
9	Shannon Waldron	13.64	U23	Grangemouth	20-May-23
10	Hilary McGrath	13.49	V45	Wishaw	29-Apr-12
11	Linzi Mclaren	13.48	U20	Kilmarnock	28-May-17
12	Olivia Quinn	13.03	U20	Wishaw	19-Sep-15
13	Hazel Foss	12.86	V35	Wishaw	28-Jun-15
14	Danielle McCafferty	12.62	U20	Kilmarnock	28-May-17
15	Pamela Newell	12.47	U20	East Kilbride	30-Jun-19
16	Julie Short	11.25		Dumfries	29-Jun-14
17	Margaret Newell	10.7	U20	Wishaw	19-Sep-15
18	Pamela O'Connor	10.55		Grangemouth	25-Jun-17
19	Nicola Donnelly	7.08	V35	Kilmarnock	29-May-16
20	Roxanne Yue	6.74		Kilmarnock	17-May-15
21	Hannah Kulke	5.19	U20	Ayr	09-Jun-24

500

Rank	Name	Distance	Age Group	Venue	Date
1	Dawn Russell	40.67	U17	Meadowmill	23-Aug-20
2	Skye Davidson	37.85	U17	Grangemouth	25-May-24
3	Miya Waldron	34.1	U17	East Kilbride	11-Sep-22
4	Emily McNicol	26.42	U17	Bedford	09-Aug-15
5	Pamela McNicol	24.65	U17	Kilmarnock	08-Jun-14
6	Jade Gray	22.72	U17	Kilmarnock	05-Jun-22
7	Shannon Gough	22.55	U17	Scotstoun	02-Jun-19
8	Jade Keisler	21.57	U17	Kilmarnock	29-May-16
9	Lucy Mccormack	20.24	U17	Meadowmill	23-Aug-20
10	Eva Corns	16.68	U17	Grangemouth	17-Aug-24
11	Erin McGurk	16.61	U17	Crownpoint	27-Apr-24
12	Jessica Inglis	15.04	U17	Grangemouth	20-May-23
13	Rachel Donnelly	13.59	U17	Grangemouth	27-May-18
14	Linzi Mclaren	13.09	U17	Wishaw	19-Sep-15
15	Lauren McNair	12.8	U17	Grangemouth	20-May-23
16	Helen Futty	12.74	U17	Kilmarnock	28-May-17
17	Tehilla Ikechukwu Okonkwo	12.7	U17	Crownpoint	30-Apr-23
18	Shannon Waldron	12.46	U17	Sheffield	30-Apr-17
19	Claire Cartledge	12.35	U17	Wishaw	19-Sep-15
20	Elizabeth Kay	12.23	U17	Wishaw	01-May-21
21	Morgan Hillier	11.55	U17	Wishaw	19-Sep-15
22	Emma Gilchrist	11.1	U17	Kilmarnock	08-May-22
23	Elle Henderson	10.43	U17	Grangemouth	28-Aug-16
24	Holly Irving	8.14	U17	Wishaw	19-Sep-15
25	Danielle McCafferty	8.07	U17	Wishaw	19-Sep-15
26	Eve MacDonald	7.77	U17	Wishaw	19-Sep-15
27	Shiona McClafferty	6.95	U17	Wishaw	19-Sep-15

LAW & DISTRICT AAC

Javelin

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18th FEBRUARY 2025

Javelin

Female

600

600

Rank	Name	Distance	Age Group	Venue	Date
1	Skye Davidson	33.8	U17	Grangemouth	10-Aug-24
2	Emily Meek	29.71	U17	Wishaw	09-May-09
3	Anissa Mouffok	28.45	U17	Carlisle	10-Sep-06
4	Miya Waldron	27.83	U17	Livingston	22-Apr-22
5	Anya Towers	18.64	U17	Wishaw	12-May-13
6	Pamela McNicol	17.79	U17	Wishaw	12-May-13
7	Aimee Gray	13.89	U17	Wishaw	24-Apr-11
8	Alice McGrath	12.52	U17	Glasgow (S)	03-Jul-11
9	Aileen Campbell	10.3	U17	Scotstoun	19-Aug-12
10	Victoria Price	9.59	U17	Linwood	25-Apr-10
11	Margaret Newell	9.43	U17	Grangemouth	27-May-12
12	Sarah Barrie	9.27	U17	Linwood	04-Aug-13

500

Rank	Name	Distance	Age Group	Venue	Date
1	Dawn Russell	40.48	U15	Bedford	31-Aug-19
2	Charlotte Steele	32.53	U15	Grangemouth	31-Aug-14
3	Vivian Duruh	30.48	U15	Scotstoun	17-Jun-18
4	Skye Davidson	29.12	U15	Inverness	17-Sep-23
5	Hayley Berry	28.85	U15	Livingston	04-Jun-16
	Roisin McClelland	28.23	U15	Grangemouth	07-Jun-24
6	Miya Waldron	27.62	U15	East Kilbride	08-Sep-19
7	Jade Gray	23.46	U15	Linwood	10-Oct-20
8	Shannon Gough	22.92	U15	Craigswood	19-May-18
9	Jade Keisler	22.52	U15	East Kilbride	29-Aug-15
10	Johann Gillon	22.02	U15	Scotstoun	26-Jun-22
11	Roisin McClelland	21.81	U15	Grangemouth	25-May-24
12	Leah Keisler	18.59	U15	Kilmarnock	23-Apr-17
13	Anna Bondar	16.68	U15	Grangemouth	31-Jul-22
14	Shannon Waldron	16.37	U15	Wishaw	09-May-15
15	Rachel Hunter	15.68	U15	Wishaw	19-Sep-15
16	Rachel Donnelly	15.33	U15	Grangemouth	25-Jun-17
17	Dion Ingram	15.15	U15	Wishaw	19-Sep-15
18	Lucy Mccormack	14.77	U15	Grangemouth	27-May-18
19	Rachel Phillips	14.43	U15	Wishaw	19-Sep-15
20	Nina Fyfe	14.25	U15	Grangemouth	01-Sep-19
21	Amy McAdam	14.19	U15	Kilmarnock	17-May-15
22	Katie Foss	13.98	U15	Kilmarnock	26-Jun-16
23	Ciara Scullion	13.28	U15	Wishaw	19-Sep-15
24	Caitlin Thomson	13.17	U15	Wishaw	19-Sep-15
25	Lucia McKenna	11.95	U15	Crownpoint	30-Apr-23
26	Pamela Newell	11.36	U15	Wishaw	19-Sep-15
27	Rachel Williamson	11.21	U15	Kilmarnock	08-May-22
28	Zara Higgins	10.73	U15	Wishaw	19-Sep-15
29	Natalie Brownlie	10.68	U15	East Kilbride	30-Jun-19
30	Eilidh Boyle	10.44	U15	Grangemouth	16-Jun-24
31	Rachel Donnachie	10.1	U15	Wishaw	19-Sep-15
32	Olivia Davidson	9.83	U15	Ayr	09-Jun-24
33=	Lauren McNair	9.6	U15	Kilmarnock	05-Jun-22
33=	Lauren Allen	9.6	U15	Grangemouth	25-Jun-17
33=	Elizabeth Kay	9.6	U15	Livingston	19-Jun-19

LAW & DISTRICT AAC

Javelin

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18th FEBRUARY 2025

Javelin

Female

600

36	Megan Grew	9.54	U15	Wishaw	19-Sep-15
37	Mirran Struthers	8.82	U15	Wishaw	19-Sep-15
38	Niah Welsh	8.67	U15	Wishaw	19-Sep-15
39	Sarah Chambers	8.56	U15	Scotstoun	02-Jul-23
40	Holly Wilson	8.46	U15	Livingston	24-Jun-22
41	Erin Snow	8.3	U15	Wishaw	19-Sep-15
42	Elizabeth Kay	7.68	U15	Scotstoun	02-Jun-19
43	Niamh Anderson	5.8	U15	Wishaw	19-Sep-15

600

Rank	Name	Distance	Age Group	Venue	Date
1	Charlotte Steele	25.4	U15	Wishaw	24-Aug-13
2	Anissa Mouffok	25.17	U15	Grangemouth	21-Aug-05
3	Emily Meek	21.23	U15	Linwood	08-Jul-07
4	Abby Currie	19.56	U15	Wishaw	15-Sep-07
5	Jade Keisler	19.44	U15	Wishaw	28-Jun-15
6	Kristen Cowe	19.36	U15	Grangemouth	27-May-12
8	Pamela McNicol	18.55	U15	East Kilbride	27-Aug-11
9	Anya Towers	16.47	U15	Grangemouth	05-Jun-11
10	Samara Pliego	14.95	U15	Kilmarnock	29-Jun-13
11	Shannon Waldron	14.52	U15	Wishaw	28-Jun-15
12	Christina Murray	13.63	U15	Dumfries	17-Apr-11
13	Roxanne Motaghian	12.81	U15	Wishaw	24-Apr-11
14	Chelsea Waddell	9.17	U15	Wishaw	29-Apr-12

Rank	Name	Distance	Age Group	Venue	Date
1	Hayley Berry	29.62	U13	Wishaw	19-Sep-15
2	Vivian Duruh	28.49	U13	Grangemouth	22-May-16
3	Dawn Russell	25.95	U13	East Kilbride	02-Sep-17
4	Roisin McClelland	23.89	U13	Kilmarnock	22-Jul-23
5	Charlotte Steele	23.79	U13	Wishaw	01-Sep-12
6	Miya Waldron	23.58	U13	Aberdeen	18-Aug-18
7	Johann Gillon	22.15	U13	Grangemouth	29-Aug-21
8	Katie Foss	20.65	U13	Wishaw	19-Sep-15
9	Leah Keisler	18.95	U13	Livingston	25-Jul-15
10	Pamela McNicol	17.73	U13	Grangemouth	21-Jul-10
11	Kristen Cowe	16.75	U13	Linwood	07-Aug-10
12	Ruth Hynd	16.64	U13	East Kilbride	08-Sep-19
13	Erin Gough	16.33	U13	Crownpoint	08-Sep-21
14	Natasha Dalziel	15.76	U13	Dunfermline	07-Sep-08
15	Megan Gray	15.73	U13	Linwood	06-Aug-06
16	Heather Baird	15.58	U13	Grangemouth	27-Jun-10
17	Alice Fingland	15.35	U13	Grangemouth	23-Jul-06
18	Rachel Donnelly	14.67	U13	Wishaw	19-Sep-15
19	Devon Mcfarlane	14.17	U13	Wishaw	19-Sep-15
20	Christina Murray	14.16	U13	East Kilbride	28-Aug-10
21	Nadene Traynor	13.88	U13	Wishaw	02-Aug-09
22	Shannon Gough	13.69	U13	Livingston	04-Jun-16
23	Lauren Allen	13.48	U13	Wishaw	09-May-15
24	Roxanne Motaghian	13.47	U13	Grangemouth	21-Jul-10
25	Emily McNicol	12.99	U13	East Kilbride	27-Aug-11
26	Molly Kennedy	12.94	U13	Kilmarnock	09-Sep-18

LAW & DISTRICT AAC

Javelin

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18th FEBRUARY 2025

Javelin

Female

600

27	Reagan Binnie	12.77	U13	Wishaw	01-May-11
28	Lauren Sweeting	12.61	U13	Linwood	24-Jul-22
29	Amy McAdam	12.52	U13	Scotstoun	19-Aug-12
30	Amy Watkins	12.44	U13	Wishaw	29-Apr-12
31	Jade Keisler	12.38	U13	Wishaw	24-Aug-13
32	Kara Forman	12.21	U13	East Kilbride	29-Aug-15
33	Laila McRae	12.07	U13	Grangemouth	27-May-18
34	Anna Bondar	11.96	U13	Grangemouth	29-May-21
35	Jessica Inglis	11.71	U13	East Kilbride	08-Sep-19
36	Alexandria Phillips	11.36	U13	Wishaw	19-Sep-15
	Anna Boss	11.09	U13	Ayr	19-May-24
37	Keri Gillan	11.05	U13	East Kilbride	29-Aug-15
38	May Venerus	10.59	U13	Wishaw	19-Sep-15
39	Abbey McCormack	10.55	U13	Grangemouth	28-Aug-16
40	Niav Douglas	10.13	U13	Wishaw	19-Sep-15
41	Pamela Newell	10.1	U13	Linwood	04-Aug-13
42	Olivia Inglis	10.02	U13	Grangemouth	22-May-22
43	Jessica Robson	9.93	U13	Wishaw	19-Sep-15
44	Hannah Cussick	9.46	U13	Glasgow (S)	03-Jul-11
45	Rosie Watson	9.32	U13	Kilmarnock	06-Aug-17
46	Eva Fitzpatrick	9.25	U13	Wishaw	19-Sep-15
47	Hayley Lemon	9.13	U13	Wishaw	24-Aug-13
48	Eilidh Boyle	9.11	U13	Grangemouth	20-May-23
49	Diana Feenan	8.87	U13	Wishaw	19-Sep-15
50	Victoria Waddell	8.52	U13	Wishaw	29-Apr-12
51	Chloe Cartledge	8.4	U13	Wishaw	06-Sep-14
52	Molly Baxter	7.65	U13	Scotstoun	26-Jun-22
53	Sarah Chambers	7.44	U13	Scotstoun	26-Jun-22
54	Melissa Currie	7.4	U13	Grangemouth	01-Sep-19
55	Jamie Lee Ramage	7.3	U13	Wishaw	19-Sep-15
56	Lucy Mccormack	7.11	U13	Kilmarnock	29-May-16
57	Susannah Kay	6.61	U13	Scotstoun	02-Jun-19
58	Abbie White	6.49	U13	Wishaw	19-Sep-15
59	Beverley Mackin	6.45	U13	Wishaw	19-Sep-15
60	Victoria Lyon	6.44	U13	Wishaw	19-Sep-15
61	Cara Wands	6.22	U13	Wishaw	19-Sep-15
62	Helena Wotherspoon	6.1	U13	Ayr	09-Jun-24
63	Niamh Jeffrey	5.93	U13	Wishaw	19-Sep-15
64	Devyn Smith	5.51	U13	Grangemouth	31-Jul-22
65	Rachel Stevenson	5	U13	Grangemouth	01-Sep-19
66	Mirran Struthers	4.78	U13	Grangemouth	02-Jun-13
67	Dayna Littlejohn	4.55	U13	Wishaw	19-Sep-15
68	Neve Fitzpatrick	4.29	U13	Crownpoint	10-Sep-23
69	Milly Johnston	4.21	U13	Crownpoint	30-Apr-23
70	Naomi Fleming	3.4	U13	Wishaw	19-Sep-15