

GIFFNOCK NORTH AC - FEMALE - OUTDOOR CLUB RECORDS

Last updated - 04/09/21

[Any errors or omissions please email, g.dunn@giffnocknorth.co.uk](mailto:g.dunn@giffnocknorth.co.uk)

UNDER 11 GIRLS

EVENT	ATHLETE	PERFORMANCE	DATE	VENUE
60m	Rosie Mckay	9.23	10/04/13	Run, Jump, Throw Event, Linwood
80m	Laura Egan	11.3	2000	
100m	Karen Prytz	14.9	1998	
	Rosie Mckay	14.9	29/05/13	Open Graded, Linwood
150m	Alyson Bell	21.3	29/06/14	CSSAL, Grangemouth
200m	Rosie McKay	30.3	21/08/13	Open Graded, Linwood
600m	Sarah McNulty	1.52.3	01/09/19	CSSAL, Grangemouth
	Annabel Balantyne	1.53.9	19/08/12	CSSAL, Scotstoun, Glasgow
800m	Danielle Kelly	2.40.10	08/09/10	Open Graded, Linwood
1500m	Erin Ward	5.34.0	02/09/15	Open Graded, Grangemouth
	Isla Ward	5.37.2	20/08/14	Open Graded, Linwood
4x100m	E.Anderson, N.McLeod, L.Crawford, H.Russell	60.6	2001	
3x800m	N.Manson, S.Brew, G.Stewart	9.38.8	23/04/04	Renfrewshire Track Relay Champs, Linwood
High Jump	Emily MacDonald	1.15	27/06/12	Open Graded, Linwood
Long Jump	Leilani Spelman Ikedashi	4.04	25/08/19	Giffnock North Club Championships, Kilmarnock
	Leilani Spelman Ikedashi	3.97	02/06/19	CSSAL, Scotstoun, Glasgow
Standing L. Jump	Anna Jenkins	2.26	18/06/14	Glasgow Primary School Champs. Scotstoun, Glasgow
Shot Putt	Karen Prytz	5.99	1998	
Javelin	Karen Prytz	12.27	1998	
Quad Event	Emily MacDonald	1277	23/09/12	Tayside Open Combined Events, Perth

UNDER 13 GIRLS

EVENT	ATHLETE	PERFORMANCE	DATE	VENUE
70m H	Emma Brown	11.64	02/07/06	YAL Scottish Final, Grangemouth
75m	Emma Brown	9.9	07/05/06	Young Athletes League, Wishaw
100m	Emma Brown	13.06	26/08/06	u13 Scottish Championships, Scotstoun
150m	Alyson Bell	19.30	22/05/16	YDL Scotland, Kilmarnock
	Eve Denholm	20.24	10/08/14	YDL Final, Kilmarnock
200m	Alyson Bell	26.71	14/05/16	West District Championships, Kilmarnock
	Sophie Haldane	27.31	08/06/12	Scottish Schools, Grangemouth
300m	Orla Lang	46.00	14/09/14	GNAAC, Club Championships, Hutchesons School, Glasgow
600m	Kate Richardson	1.45.70	04/06/15	Scottish Schools Pentathlon Championships, Grangemouth
	Nikki Manson	1.48.10	02/06/07	Scottish Schools Triathlon, Grangemouth
800m	Erin Wallace	2.22.36	29/06/12	Glasgow Milers Meet, Scotstoun, Glasgow
1000m	Helen Sweeney	3.23.2	2001	
1200m	Erin Wallace	3.50.18	02/09/12	UK YAL Auxillary Final, Manchester
1500m	Kate Richardson	4.54.83	24/07/15	GAA Miler Meet, Hutchesons Grammar, Glasgow
	Erin Wallace	4.58.83	03/08/12	Glasgow Milers Meet, Scotstoun, Glasgow
4 x 100m	L.Sturgeon, A.Bell, M.R. Cairns, N.Smith	53.82	13/08/16	Scottish Junior Relay Championships, Grangemouth
	L.Sturgeon, A.Bell, I.Denholm, N.Smith	54.05	19/06/16	Scottish YDL, Grangemouth
3 x 800m	N.Manson, P.Marshall,S.Fairfield	7.35.06	17/06/07	Scottish Relay Championships, Meadowbank
Long Jump	Sophie Haldane	4.81	19/08/12	CSSAL, Scotstoun, Glasgow
High Jump	Cara Slater	1.50	25/08/19	Giffnock North AC Club Championships, Kilmarnock
	Cara Weir	1.47	11/08/19	Scottish Championships, Grangemouth
Shot Putt	Jennifer Dallas	10.29	20/08/16	Scottish Championships Grangemouth
	Jennifer Dallas	9.27	19/06/16	Scottish YDL, Grangemouth
Javelin	Nikki Manson	26.47	05/08/07	Club Champonships , East Kilbride
Discus	Jennifer Dallas	18.48	14/05/16	Scottish West District Championships, Kilmarnock
	Shona Holland	18.26	1997	
Pentathlon	Nikki Manson	2325 pts	14/07/07	Scottish Combined Events, Grangemouth

UNDER 15 GIRLS

EVENT	ATHLETE	PERFORMANCE	DATE	VENUE
60m	Angelica Mayer	7.87	29/06/19	Världsungdomsspelen, Gothenburg, Sweden
	Niamh Smith	8.59	02/07/17	Världsungdomsspelen, Gothenburg, Sweden
75m H	Emma Brown	11.34	14/06/08	Scottish Schools , Grangemouth CBP
	Emma Brown	11.34	06/09/08	UK YAL Auxillary Final, Manchester CBP
80m	Alyson Bell	9.98	02/07/17	Världsungdomsspelen, Gothenburg, Sweden
80m H	Lara Sturgeon	13.04	02/07/17	Världsungdomsspelen, Gothenburg, Sweden
100m	Alyson Bell	12.24	24/06/18	SWAL, Scotstoun (Team West)
	Alyson Bell	12.31 w.a.	18/06/17	YDL, Grangemouth
150m	Emily Watson	20.87	23/05/20	National Open Graded, Meadowhill SC, Tranent
	Ruth Joss	21.74	2002	
200m	Alyson Bell	25.24	24/06/18	SWAL, Scotstoun (Team West)
	Alyson Bell	25.48	21/05/17	YDL, Kilmarnock
300m	Alyson Bell	40.35	02/07/17	Världsungdomsspelen, Gothenburg, Sweden
	Eve Denholme	42.06	11/06/16	Scottish Schools Championships, Grangemouth
300m H	Fiona McTaggart	51.01	2002	
400m	Nichole McLeod	64.9	15/06/05	Open Graded, Dam Park, Ayr
600m	Nichole McLeod	1.43.64	09/04/05	Open Graded, Scotstoun, Glasgow
800m	Erin Wallace	2.13.33	24/05/14	West District Championships, Kilmarnock
1000m	Lauren Baird	3.04.97	2002	
1500m	Erin Wallace	4.33.06	31/08/14	AAA, Bedford
2000m	Jill Carswell	6.55.34	02/07/17	Världsungdomsspelen, Gothenburg, Sweden
3000m	Valencia Wright	10.03.14	21/08/18	Open Graded, Crown Point, Glasgow
	Heather Barnes	10.04.00	03/06/16	BMC / GAA Miler Meet, Hutchesons School, Glasgow
4 x 100m	E.Brown, R.Wallace, K.McKnight, E.Dowd	50.8	12/08/07	Scottish Relay Championships, Scotstoun
4 x 300m	Nicole Proudfoot, Rosie McKay, Eva Blues, Alyson Bell	2.51.76	22/04/17	Scottish Relay Championships, Grangemouth
	Amy Donaghy, Megan Kane, Sarah Inglis, Sophie Haldane	2.56.28	01/06/14	YDL, Kilmarnock
3 x 800m	Danielle Kelly, Nikki Miller, Erin Wallace	7.00.08	15/06/14	Scottish Relay Championships, Pitreavie
Long Jump	Emma Brown	5.43	12/07/08	International Childrens Games, Kezar Stadium, San Francisco USA
Triple Jump	Amy Barrows	10.35		Grangemouth
High Jump	Vicki Allan	1.66	2000	
Pole Vault	Isla Fotheringham	2.61	01/09/19	England Athletics u15 Championships, Bedford.

	Isla Fotheringham		2.60	07/06/19	Scottish Schools Championships, Grangemouth
Shot Putt 2kg	Jennifer Dallas		11.53	02/07/2017	Världsungdomsspelen, Gothenburg, Sweden
Shot Putt 3kg	Jennifer Dallas		10.79	19/08/18	Scottish u15 Championships, Aberdeen
	Jennifer Dallas		10.56	12/05/18	West District Championships, Kilmarnock
Javelin 400g	Jennifer Dallas		19.68	30/06/17	Världsungdomsspelen, Gothenburg, Sweden
Javelin 500g	Evie Bartl		30.45	13/07/14	Scottish Womens League, Meadowbank, Edin. - Team West
Discus	Iris Williams		26.18	29/09/17	Shettleston Open Graded, Crownpoint, Glasgow
	Evie Bartl		24.07	25/08/13	Womens League, Scotstoun, Team West
Hammer	Imogen Maher		26.04	04/08/19	YDL Final, Grangemouth
	Iris Williams		25.94	09/09/17	S.A.Throws Grand Prix, Livingston
Pentathlon	Nikki Manson		2903 pts	19/07/09	Scottish Pentathlon Championships, Pitreavie
Pent. Schools	Nikki Manson		2930 pts	06/06/09	Scottish Schools, Grangemouth

UNDER 17 GIRLS

EVENT	ATHLETE	PERFORMANCE	DATE	VENUE
60m	Alyson Bell	7.75	22/08/20	National Open Graded, Meadowhill SC, Tranent
80m	Brooke Moran	10.80	29/06/19	Världsungdomsspelen, Gothenburg, Sweden
	Freya Cowan	10.86	02/07/17	Världsungdomsspelen, Gothenburg, Sweden
80m H	Emma Brown	11.48	23/08/10	AAA, Bedford
100m	Alyson Bell	11.90	29/06/19	Världsungdomsspelen, Gothenburg, Sweden
	Jenna Wrisberg	11.95	23/08/14	Scottish Age Group Championships, Aberdeen
150m	Alyson Bell	18.39	23/08/20	National Open Graded, Meadowhill SC, Tranent
	Fiona McTaggart	20.35	21/04/04	Open Graded, Scotstoun, Glasgow
200m	Alyson Bell	24.54	30/06/19	Världsungdomsspelen, Gothenburg, Sweden
	Alyson Bell	24.56	08/06/19	Scottish Schools Cham[pionships, Grangemouth
300m	Katie Foss	40.63	26/08/18	Scottish Women's League, Grangemouth
	Katie Foss	40.69	04/07/18	Open Graded, Grangemouth
300m H	Rachel Callan	44.04	17/08/19	Scottish u17 Championships, Grangemouth
	Pamela McNichol (2nd Claim)	45.00	20/04/14	Scottish Womens League, Aberdeen, Team West
400m	Katie Foss	57.26	18/08/18	Scottish u20 Championships, Aberdeen
	Sophie Haldane	58.73	22/07/16	GAA Sprint Gala, Crownpoint, Glasgow
400m H	Rachel Callan	64.58	10/08/19	Scottish Age Group Championships, Grangemouth
	Lauren Hollinshead	69.00	10/10/06	Carlisle Open Graded
600m	Nicole McLeod	1.45.7	12/04/06	Open Graded, Scotstoun, Glasgow
800m	Erin Wallace	2.07.74	05/06/15	GAA Mile Meet, Hutchesons' Grammar School, Glasgow
	Sarah Eunson	2.12.15	23/05/15	West District Championships, Ayreshire Arena, Kilmarnock
1500m	Erin Wallace	4.20.63	28/05/16	BMC Meeting, Watford
	Erin Wallace	4.30.80	18/07/15	Schools International, Grangemouth
Mile	Erin Wallace	4.47.29	18/08/16	Manchester International, Sports City, Manchester
1500m S/C	Helen Chong	5.14.48	31/08/18	UK School Games, Loughborough
	Maddie Murray	5.18.30	14/06/09	National Junior League
2000m	Heather Barnes	6.38.70	02/07/17	Världsungdomsspelen, Gothenburg, Sweden
2000m S/C	Nicole McLeod	8.02.35	11/04/07	Open Graded, Scotstoun, Glasgow
3000m	Erin Wallace	9.42.60	14/05/16	BMC Grand Prix, Sport City, Manchester
5000m	Lynn McKenna	19.11.23	29/07/16	Scottish 5k Championships, Crownpoint, Glasgow
4 x 100m	Caroline MacConnell, Alyson Bell, Rachel Callan & Katie Foss	48.67	15/09/19	Scottish Relay Championships, Pitreavie

	Katherine Blues, Jenna Wrisberg, Iona Menzies & Rachel Alexander		49.77	15/06/14	Scottish Relay Championships, Pitreavie
4 x 200m	M.Hughes,G.Connelly, E.Dorrian, K.Milne		1.55.1	2002	
4 x 300m	Katie Foss, Rachel Callan, Caroline MacConnell & Alyson Bell		2.46.77	15/09/19	Scottish Relay Championships, Pitreavie - CBP
	Rhea Campbell, Rochelle Moukala, Freya Menzies, Megan Busby		2.47.69	22/04/17	Scottish Relay Championships, Grangemouth - CBP
3 x 800m	D.Kelly, E.Wallace & S. Eunson		7.01.77	12/07/15	Scottish Relay Championships, Grangemouth
	C.McAuley, R.McDowell, C.Lockie		7.07.55	17/06/07	Scottish Relay Championships, Meadowbank
Long Jump	Rachel Alexander		5.70	20/06/14	Scottish Schools Championships, Hampden Park, Glasgow
Triple Jump	Rachel Alexander		10.83	13/08/16	Scottish Championships, Grangemouth
	Rachel Alexander		10.77	20/06/14	Scottish Schools Championships, Hampden Park, Glasgow
High Jump	Nikki Manson		1.7	14/08/10	Scottish u17 Championships, Scotstoun, Glasgow
Pole Vault	Eilidh Dorrian		3.30	2002	
Shot Putt	Jennifer Dallas		10.84	17/08/19	Scottish u17 Championships, Grangemouth
	Jennifer Dallas		10.60	11/05/19	West District Championships, Ayreshire Arena, Kilmarnock
Javelin	Nikki Manson		34.84	03/09/11	Sainsburys UK School Games, Sheffield
Discus	Iris Williams		24.46	08/09/18	Scottish Athletics Throws Grand Prix, Livingston
	Iris Williams		23.45	28/08/18	Open Graded, Shettleston
Hammer	Iris Williams		35.17	18/08/19	Scottish u17 Championships, Grangemouth
	Kirsty Holland		34.66	1996	
S.A. Pentathlon	Amanda Larcombe		2780 pts	2002	
Schools Pentathlon	Nicole Proudfoot (2nd Claim)		3164 pts	03/06/18	Scottish Schools Pentathlon Championships, Grangemouth
Heptathlon	Amanda Larcombe		3601 pts	2002	

UNDER 20 WOMEN

[Under construction - Please report any errors or omissions to Graham Dunn](#)

EVENT	ATHLETE		PERFORMANCE	DATE	VENUE
60m					
100m	Jenna Wrisberg		11.66 w.a.	19/08/17	Scottish Age Group Championships, Scotstoun, Glasgow
	Jenna Wrisberg		11.77	26/08/17	Scottish Championships, Grangemouth
100m H	Emma Brown		14.55	03/04/11	Lothian & Borders Open, Meadowbank, Edinburgh
150m					
200m	Alyson Bell		23.96	28/08/21	Scottish u20 Championships, Aberdeen

	Jenna Wrisberg		24.79	29/05/16	Youth development League u17/u20, North Premier East, Gateshead
200m H	Kelly Rodmell		31.27	2003	Double Decathlon
300m	Freya Menzies		41.82	30/05/2018	GAA Sprint Gala, Scotstoun, Glasgow
400m					
400m H	Rachel Callan		61.75	15/08/21	Scottish Senior Championships, Grangemouth
	Rachel Callan		62.21	20/06/21	England Athletics u20 Championships, Bedford
600m	Lauren Baird		1.35.43	11/04/07	Open Graded, Scotstoun, Glasgow
800m	Erin Wallace		2.06.34	10/07/19	BMC, Watford
	Erin Wallace		2.07.74	05/06/15	GAA Mile Meet, Hutchesons' Grammar School, Glasgow
1000m					
1500m	Erin Wallace		4.18.94	25/05/19	BMC Grand Prix, Watford
Mile	Erin Wallace		4.44.00	14/08/19	Manchester International
1500m S/C	Maddie Murray		5.18.30	14/06/09	National Junior League
2000m S/C	Nichole McLeod		8.23.26	12/05/07	West District Championships, Scotstoun
3000m	Erin Wallace		9.34.66	21/05/17	Loughborough International
3000m S/C	Kelly Rodmell		12.35.8	2003	Double Decathlon
5000m	Rhona Mowat		18.39.96	28/08/18	Open Graded, Shettleston, Glasgow
	Sarah Phee		19.04.54	14/05/06	Scottish u20 Closed Championships, Meadowbank
10,000m	Kelly Rodmell		45.58.6	2003	Double Decathlon
4 x 100m	Eve Denholme, Alyson Bell, Caroline MacConnell, Freya Cowan		48.01	11/09/21	Scottish Relay Championships, Linwood
	Erin Campbell, Niamh Grahame, Holly Shearer, Rhea Campbell		50.46	08/07/18	Scottish Relay Championships, Grangemouth
4 x 400m	F.McTaggart, K.Rodmell, E.Dorrian, C.Brodie		4.08.4	2003	
3 x 800m					
Long Jump	Rachel Alexander		6.10	17/05/2015	Loughborough International, Paula Radcliffe Stadium, Loughborough
	Emma Brown		5.34	10/07/2011	NJAL, Northern Premier Division, Sport City, Manchester
Triple Jump	Rachel Callan	u20	11.38 w.a.	15/08/21	Scottish Senior Championships, Grangemouth
	Rachel Callan	u20	11.36	24/07/21	Scottish Athletics Jumps Grand Prix, Kilmarnock
	Rachel Alexander		10.83	13/08/16	Scottish Senior Championships, Grangemouth
High Jump	Nikki Manson		1.77	10/08/13	Scottish Senior Championships, Scotstoun, Glasgow
Pole Vault	Eilidh Dorrian		3.50	03/08/03	British League, Grangemouth
Shot Putt	Nikki Manson		9.52	13/04/13	Scottish University Championships, Grangemouth
Discus	Kirsty Holland	u20 ?	25.4	1997	
Javelin	Nikki Manson (600g)		35.70	12/05/12	West District Championships, Ayr

Hammer	Kirsty Holland	u20 ?	36.48	1997	
Heptathlon	Amanda Larcombe		3891 pts	30/05/04	Scottish Combined Events Championships, Pitreavie
Double Decathlon	Kelly Rodmell		11,090 pts	2004	

SENIOR WOMEN

EVENT	ATHLETE		PERFORMANCE	DATE	VENUE
60m	Jenna Wrisberg	u23	7.80	22/08/20	National Open Graded, Meadowhill SC, Tranent
100m	Jenna Wrisberg	u20	11.66 w.a.	19/08/17	Scottish Age Group Championships, Scotstoun, Glasgow
	Jenna Wrisberg		11.70	24/06/18	SWAL, Scotstoun (Team West)
100m H	Erin Campbell	u23	14.37	15/08/21	Scottish Senior Championships, Grangemouth
	Emma Brown	u20	14.55	03/04/11	Lothian & Borders Open, Meadowbank, Edinburgh
150m	Jenna Wrisberg	u23	18.30	23/08/20	National Open Graded, Meadowhill SC, Tranent
200m	Alyson Bell		23.96	28/08/21	Scottish u20 Championships, Aberdeen
	Jenna Wrisberg		24.32	24/06/2018	SWAL, Scotstoun (Team West)
200m H	Kelly Rodmell		31.27	2003	Double Decathlon
300m	Freya Menzies	u20	41.82	30/05/2018	GAA Sprint Gala, Scotstoun, Glasgow
400m	Niamh Grahame		56.80	12/05/17	West District Championships, Kilmarnock
	Niamh Grahame		56.88	23/04/17	Scottish University Championships, Grangemouth
400m H	Rachel Callan	u20	61.75	15/08/21	Scottish Senior Championships, Grangemouth
	Rachel Callan	u20	62.21	20/06/21	England Athletics u20 Championships, Bedford
600m	Lauren Baird	u20	1.35.43	11/04/07	Open Graded, Scotstoun, Glasgow
800m	Erin Wallace	u23	2.02.93	16/06/21	BMC, Lee Valley
	Erin Wallace	u20	2.06.34	10/07/19	BMC, Watford
1000m	Helen Stevenson		2.55.7	05/06/05	Norwich Union International, Scotstoun, Glasgow
1500m	Erin Wallace	u23	4.07.46	03/09/21	Open Graded, Livingston
	Erin Wallace	u23	4.08.10	12/06/21	BMC Grand Prix, Watford
Mile	Erin Wallace	u20	4.44.00	14/08/19	Manchester International
1500m S/C	Maddie Murray	u17	5.18.30	14/06/09	National Junior League
2000m S/C	Nichole McLeod	u17	8.23.26	12/05/07	West District Championships, Scotstoun
3000m	Erin Wallace	u20	9.34.66	21/05/17	Loughborough International
	Shona Hughes		9.57.28	2002	
3000m S/C	Kelly Rodmell		12.35.8	2003	Double Decathlon
5000m	Shona Hughes		17.46.0	1999	
	Rhona Mowat	u20	18.39.96	28/08/18	Open Graded, Shettleston, Glasgow
10,000m	Sarah Phee	u20	19.04.54	14/05/06	Scottish u20 Closed Championships, Meadowbank
	Kelly Rodmell		45.58.6	2003	Double Decathlon
4 x 100m	Eve Denholme, Alyson Bell, Caroline MacConnell, Freya Cowan		48.01	11/09/21	Scottish Relay Championships, Linwood
	Erin Campbell, Niamh Grahame, Holly Shearer, Rhea Campbell		50.46	08/07/18	Scottish Relay Championships, Grangemouth

4 x 400m	F.McTaggart, K.Rodmell, E.Dorrian, C.Brodie		4.08.4	2003	
3 x 800m	H.Stevenson, S.Stevenson, D.Galbraith		7.27.4	2002	
Long Jump	Rachel Alexander		6.10	17/05/2015	Loughborough International, Paula Radcliffe Stadium, Loughborough
	Emma Brown (u20)		5.34	10/07/2011	NJAL, Northern Premier Division, Sport City, Manchester
Triple Jump	Rachel Callan	u20	11.38 w.a.	15/08/21	Scottish Senior Cahmpionships, Grangemouth
	Rachel Callan	u20	11.36	24/07/21	Scottish Athletics Jumps Grand Prix, Kilmarnock
	Rachel Alexander		11.11	16/06/19	Scottish Womens League, Scotstoun, Glasgow
	Rachel Alexander		10.83	13/08/16	Scottish Senior Championships, Grangemouth
High Jump	Nikki Manson		1.90	31/05/21	BIGish Jumps & Throws Fest, Bedford
	Nikki Manson		1.87	30/07/18	British Athletics Championships, Birmingham
Pole Vault	Caroline Adams	u23	4.05	10/08/13	Scottish Championships, Scotstoun, Glasgow
Shot Putt	Nikki Manson		9.75	31/05/15	University International, Belfast
	Annabel Martindale		9.57	2003	
Discus	Kirsty Holland		25.4	1997	
Javelin	Nikki Manson (600g)		41.54	11/05/19	West District Championships, Kilmarnock
	Nikki Manson (600g)		41.33	08/04/17	Spec Towns Invitational, Athens GA, USA
Hammer	Kirsty Holland		36.48	1997	
Heptathlon	Amanda Larcombe		3891 pts	30/05/04	Scottish Combined Events Championships, Pitreavie
Double Decathlon	Kelly Rodmell		11,090 pts	2004	

VETERAN WOMEN

EVENT	ATHLETE		PERFORMANCE	DATE	VENUE
100m	Lorraine Wrisberg		13.6	2001	
150m	Anne Williamson		22.7	09/04/05	Open Graded, Scotstoun, Glasgow
200m	Lorraine Wrisberg		28.3	23/06/05	
300m	Angela Kelly	W50	51.2	06/07/15	Monkton Stadium, Jarrow
	Anne Williamson		52.18	09/04/05	Open Graded, Scotstoun, Glasgow
400m	Anne Williamson		70.60	30/08/05	Open Graded, Scotstoun, Glasgow
800m	Doleen Galbraith		2.29.7	2002	
1500m	Doleen Galbraith		5.11.0	2002	
3000m	Shona Hughes		10.36.6	07/08/05	Grangemouth
5000m	Yvonne McNairn	W35	17.47.62	14/08/21	Scottish Senior Championships, Grangemouth
High Jump	Lorraine Wrisberg		1.30	2001	
Long Jump	Caroline Munro	W40	3.37	25/08/19	GNAC Club Championships, Kilmarnock
	Angela Kelly		3.33	11/09/11	GNAAC, Club Championships, Hutcheson's Grammar, Glasgow
Shot Putt	Nicola Verrechia		7.05	21/09/08	GNAAC, Club Championships, East Kilbride
Javelin	Alison Simpson		20.15	29/06/14	CSSAL, Grangemouth
Discus	Caroline Munro	W40	15.03	25/08/19	GNAC Club Championships, Kilmarnock
	Alison Simpson		14.69	31/08/14	CSSAL, Kilmarnock
4x800m	Mary McCutcheon, Allie Chong, Sheila Lewis, Jill Smylie		11.18.50	18/07/18	Open Graded, Livingston