

GIFFNOCK NORTH AC - FEMALE - INDOOR CLUB TRACK & FIELD RECORDS

Last updated 23/02/20

Any errors, omissions or updates - Please email graham.dunn@sky.com**UNDER 11 GIRLS**

EVENT	ATHLETE	PERFORMANCE	DATE	EVENT / VENUE
60m	Alyson Bell	8.79	29/11/2014	Open Graded, Ravenscraig, Motherwell
	Shaunagh McCuaig	9.38	2003/4	
200m	Shaunagh McCuaig	32.16	10/12/03	Open Graded - Kelvin Hall, Glasgow
600m	Nikki Manson	1.54.29	19/03/05	Scottish Athletics Indoor League Final, Kelvin Hall, Glasgow. League Record,
800m	Nichole McLeod	2.51.3	2000/1	
4x200m	L.Spelman Ikedashi, S.McNulty, M.Johnston, I. Annand	2.06.77	16/03/19	SAIL Final, Emirates Arena, Glasgow (SAIL Record)
	E.Williams, L.Murphy, M.MacKenzie, L.McPherson	2.09.26	17/03/18	SAIL Final, Emirates Arena, Glasgow (SAIL Record)
Long Jump	Clare Fitzsimons	2.86	2002/3	
Standing L.J.	Leilani Spelman Ikedashi	2.02	01/12/18	S.A.I.L Match 1, Emirates Arena
	Sophie Haldane	2.00	14/03/10	S.A.I.L.Final Kelvin Hall Glasgow
Shot Putt	Ruth Wallace	4.79	2002/3	

UNDER 13 GIRLS

EVENT	ATHLETE	PERFORMANCE	DATE	EVENT / VENUE
60m	Alyson Bell	8.11	06/03/16	Scottish u13 Championships, Emirates Arena, Glasgow SCOTTISH RECORD
	Alyson Bell	8.27	03/02/16	Scottish Schools Championships, Emirates Arena, Glasgow
	Sophie Haldane	8.46	04/03/12	Scottish u14 Championships - Kelvin Hall, Glasgow
60m Hurdles	Emma Brown	9.73	19/02/06	Scottish u13 Pentathlon Championships, Kelvin Hall, Glasgow
100m	Orla Lang	16.12	30/01/13	Ravenscraig Open Graded
200m	Alyson Bell	27.26	06/03/16	Scottish u13 Championships, Emirates Arena, Glasgow SCOTTISH RECORD
	Alyson Bell	27.3	31/01/16	SAIL - Emirates Arena, Glasgow
600m	Nikki Manson	1.54.81	30/12/06	Open Graded - Kelvin Hall, Glasgow
800m	Erin Wallace	2.22.28	04/03/12	Scottish u14 Championships - Kelvin Hall, Glasgow - Scottish Record
1500m	Freya Campbell	5.02.33	29/02/20	Scottish Championships, Emirates Arena, Glasgow
	Freya Campbell	5.04.21	15/01/20	Scottish Open Championships, Emirates Arena, Glasgow
4 x 200m	A. Bell, N. Smith, M.R. Cairns L. Sturgeon	1.51.98	20/03/16	sail Final & Relays, Emirates Arena, Glasgow, Scottish Record - UK Age Group Best Performance
	A. Bell, N. Smith, M.R. Cairns L. Sturgeon	1.53.66	13/02/16	Scottish Relay Championships, Emirates Arena, Glasgow, Scottish Record - UK Age Group Best Performance
Long Jump	Alyson Bell	4.74	20/03/16	SAIL Final - Emirates Arena, Glasgow SAIL RECORD
	Alyson Bell	4.53	31/01/16	SAIL - Emirates Arena, Glasgow
High Jump	Vicki Allan	1.45	1997/8	
Shot Putt	Jennifer Dallas	9.65	10/01/16	SAIL - Emirates Arena, Glasgow SAIL RECORD
	Jennifer Dallas	7.72	06/12/15	SAIL - Emirates Arena, Glasgow
Pentathlon	Emma Brown	2356 pts	19/02/06	Scottish u13 Pentathlon Championships, Kelvin Hall, Glasgow - CBP - UK Age Group Best Performance

UNDER 15 GIRLS

EVENT	ATHLETE	PERFORMANCE	DATE	EVENT / VENUE
60m	Angelica Mayer	7.79	22/02/20	England Athletics u15 Championships, Sheffield
	Alyson Bell	7.82	11/03/18	Scottish Age Group Championships, Emirates Arena, Glasgow
60m Hurdles	Emma Brown	9.15	24/02/08	AAA u15 Championships, Birmingham
200m	Angelica Mayer	25.31	05/02/20	Scottish Schools Championships, Emirates Arena, Glasgow
	Alyson Bell	25.45	25/02/18	England Athletics Championships, Sheffield
300m	Paula Houston	42.5	02/12/07	SAIL - Match 1- Kelvin Hall
600m	Laura Taylor	1.46.50	27/12/03	Open Graded - Kelvin Hall, Glasgow
800m	Erin Wallace	2.19.40	16/02/14	Scottish Championships, Emirates Arena, Glasgow
1500m	Erin Wallace	4.37.02	18/01/14	Scottish Open, Emirates Arena, Glasgow
2000m	Laura Taylor	7.48.49	27/12/03	Open Graded - Kelvin Hall, Glasgow
3000m	Kate Richardson	10.35.46	04/01/17	GAA Miler Meet & Scottish Championships
4 x 200m	Niamh Smith, Rosie Mackay, Rachel Callan, Alyson Bell	1.46.62	04/03/17	Scottish Relay Championships, Emirates Arena, Glasgow SCOTTISH RECORD
	K.McKnight, R.Wallace, E.Brown, P.Houston	1.46.99	20/01/07	British Record
Long Jump	Nicole Proudfoot	5.30	26/03/17	SAIL Final, Emirates Arena, Glasgow
High Jump	Emma Brown	5.03	16/03/08	SAIL Finals, Kelvin Hall, Glasgow
	Emma Barbour	1.65	10/01/16	SAIL, Emirates Arens, Glasgow SAIL RECORD
	Nikki Manson	1.64	15/03/09	SAIL Final, kelvin Hall, Glasgow SAIL Record
Pole Vault	Isla Fotheringham	2.47	06/02/19	Scottish Schools Indoor Championships, Emirates Arena, Glasgow
	Isla Fotheringham	2.47	06/02/19	Scottish Schools Indoor Championships, Emirates Arena, Glasgow
Shot Putt	Jennifer Dallas	10.28	29/10/17	SAIL Match 1, Emirates Arena, Glasgow
	Jennifer Dallas	10.12	12/02/17	Scottish Age Group Championships, Emirates Arena, Glasgow
Pentathlon	Nikki Manson	3085 pts	07/03/09	AAA Combined Events, Sheffield
Pentathlon u16 Schools	Nikki Manson	2896 pts	05/12/09	Scottish Schools Int.Pentathlon, Kelvin Hall Glasgow

UNDER 17 GIRLS

EVENT	ATHLETE	PERFORMANCE	DATE	EVENT / VENUE
60m	Alyson Bell	7.57	22/02/20	England Athletics u17 Indoor Championships, Sheffield RECORD
	Alyson Bell	7.59	26/01/20	Scottish u17 Indoor Championships, Emirates Arena, Glasgow
60m Hurdles	Emma Brown	8.83	27/02/10	AAA, Birmingham
200m	Alyson Bell	24.76	23/02/20	England Athletics u17 Indoor Championships, Sheffield
	Alyson Bell	24.78	05/02/20	Scottish Schools Indoor Championships, Emirates Arena, Glasgow
300m	Katie Foss	40.76	26/01/19	n
	Sophie Haldane	41.18	31/01/16	SAIL, Emirates Arena, Glasgow
400m	Lisa Gavienas	60.19	16/02/14	Scottish Championships, Emirates Arena, Glasgow
600m	Lauren Baird	1.41.40	2002/3	
800m	Erin Wallace	2.06.59	30/01/16	Scottish Championships, Emirates Arena, Glasgow. BRITISH RECORD
	Sarah Eunson	2.10.28	01/02/15	Scottish Championships, Emirates Arena, Glasgow. NAITIVE RECORD
1500m	Erin Wallace	4.25.75	16/01/16	Scottish Open Championships, Emirates Arena, Glasgow Scottish Best Performance (Mixed Race)
	Sarah Eunson	4.40.90	17/01/15	Scottish Open Championships, Emirates Arena, Glasgow
2000m	Sarah Phee	7.17.00	27/12/03	Open Graded - Kelvin Hall, Glasgow
3000m	Erin Wallace	9.36.07	03/01/16	Scottish 3k Championships, Emirates Arena, Glasgow, SCOTTISH NAITIVE RECORD (TBR)
	Erin Wallace	9.55.55	03/01/15	Scottish 3k Championships, Emirates Arena, Glasgow
4 x 200m	Alyson Bell, Katie Foss, Rachel Callan, Caroline MacConnell	1.43.20	01/03/19	Scottish Athletics Indoor Relay Championships, Emirates Arena, Glasgow Scottish Record ?
	Amy Donaghy, Sophie Haldane, Rochelle Moukala & Freya Menzies	1.43.94	20/03/16	SAIL Final & Relays, Emirates Arena, Glasgow SAIL & Scottish Record
Long Jump	Rachel Alexander	5.93	01/02/15	Scottish Open, Emirates Arena, Glasgow
	Rachel Alexander	5.73	18/01/14	Scottish Championships, Emirates Arena, Glasgow
Triple Jump	Rachel Alexander	10.78	16/02/14	Scottish Championships, Emirates Arena, Glasgow
High Jump	Emma Barbour	1.70	19/02/17	SAIL, Emirates Arena, Glasgow
	Nikki Manson	1.68	04/02/10	Scottish Schools, Kelvin Hall, Glasgow
Pole Vault	Eilidh Dorrian	3.10	2001/2	
Shot Putt	Jennifer Dallas	11.63	06/02/19	Scottish Schools Championships, Emirates Arena, Glasgow
Pentathlon	Nikki Manson	2793 pts	24/01/10	Scottish u17 Combined Events, Kelvin Hall, Glasgow

UNDER 20 WOMEN

EVENT	ATHLETE	PERFORMANCE	DATE	EVENT / VENUE
60m	Jenna Wrisberg	7.50	05/03/16	Scottish u20 Championships, Emirates Arena, Glasgow SCOTTISH RECORD
	Jenna Wrisberg	7.62	13/02/16	England Athletics Championships (AAA), Sheffield
60m Hurdles	Emma Brown	8.93	06/03/11	Scottish u20 Indoor Championships, Kelvin Hall, Glasgow
200m	Rachel Alexander	25.34	20/12/14	Open Graded, Emirates Arena, Glasgow
300m	Sophie Haldane	41.43	01/02/17	Scottish Schools Championships, Emirates Arena, Glasgow
	Katie McKnight	42.5	04/02/10	Scottish Schools, Kelvin Hall, Glasgow
	Roisin Howat	42.5	04/02/10	Scottish Schools, Kelvin Hall, Glasgow
400m	Niamh Grahame	57.26	29/01/17	Scottish Senior Championships, Emirates Arena, Glasgow
	Niamh Grahame	57.72	06/03/16	Scottish u20 Championships, Emirates Arena, Glasgow
600m	Sarah Eunson	1.38.81	04/01/17	GAA Miler Meet, Emirates Arena, Glasgow
800m	Erin Wallace	2.06.84	29/01/17	Scottish Senior Championships, Emirates Arena, Glasgow
	Catriona Lockie	2.17.61	15/02/09	Scottish u20 Champs, Kelvin Hall, Glasgow
1500m	Erin Wallace	4.25.04	01/02/17	Scottish Schools Championships, Emirates Arena, Glasgow
	Laura Prentice	5.00.17	02/03/13	Scottish Age Group Championships, Emirates Arena, Glasgow
2000m	Jane Dobson	7.37.27	2002/3	
3000m	Erin Wallace	9.33.02	04/01/17	GAA Miler Meet & Scottish Championships
	Claire McAuley	10.30.1	01/03/08	Scottish Senior Championships, Kelvin Hall, Glasgow
4 x 200m	E.Denholm, K.Foss, L.Keisler, R.Callan	1.42.43	02/02/20	Scottish Indoor Relay Championships, Emirates Arena, Glasgow SCOTTISH RECORD
	I. Menzies, N. Grahame, S. Eunson & P. Houston	1.45.96	13/02/16	Scottish Relay Championships, Emirates Arena, Glasgow
Long Jump	Rachel Alexander	5.97	28/02/15	English Athletics Championships, Sheffield
	Rachel Alexander	5.62	17/01/15	Scottish Open Championships, Emirates Arena, Glasgow
Triple Jump	Rachel Alexander	10.66	04/01/15	SAIL, Emirates Arena, Glasgow
	Emma Dowd	10.19	21/02/10	SAIL, Kelvin Hall, Glasgow
High Jump	Nikki Manson	1.71	18/11/12	SAIL Kelvin Hall, Glasgow - SAIL Record
Pole Vault	Eilidh Dorrian	3.20	2002/3	
Shot Putt	Amanda Larcombe	9.76	31/01/04	Scottish Pentathlon Champs - Kelvin Hall, Glasgow
Pentathlon	Amanda Larcombe	2934 pts	31/01/04	Scottish Pentathlon Champs - Kelvin Hall, Glasgow

SENIOR WOMEN

EVENT	ATHLETE		PERFORMANCE	DATE	EVENT / VENUE
60m	Jenna Wrisberg		7.55	10/02/18	Scottish University Championships, Emirates Arena, Glasgow CBP
	Jenna Wrisberg		7.64	30/01/16	Scottish Senior Championships, Emirates Arena, Glasgow
60m Hurdles	Erin Campbell		8.72	26/01/20	Scottish Senior Championships, Emirates Arena, Glasgow
	Emma Brown	u20	8.93	06/03/11	Scottish u20 Indoor Championships, Kelvin Hall, Glasgow
200m	Leanne Wade		26.32	2002/3	
300m	Leanne Wade		43.69	2002/3	
400m	Niamh Grahame		56.37	04/02/17	Scottish University Championships, Emirates Arena, Glasgow
	Niamh Grahame		57.26	29/01/17	Scottish Senior Championships, Emirates Arena, Glasgow
800m	Erin Wallace	u23	2.05.68	01/02/20	Invitational Race, Emirates Arena Glasgow
	Erin Wallace	u20	2.06.84	29/01/17	Scottish Senior Championships, Emirates Arena, Glasgow
1500m	Erin Wallace	u23	4.14.29	13/02/21	Bryggen Sports Invitational, Sport City, Manchester
	Erin Wallace		4.24.83	26/01/20	Scottish Senior Indoor Championships, Emirates Arena, Glasgow
3000m	Claire McAuley		10.30.1	01/03/08	Scottish Senior Championships, Kelvin Hall, Glasgow
4x200m	Paula Houston, Niamh Grahame, Amy Donaghy, Sophie Haldane		1.41.70	04/03/17	Scottish Relay Championships, Emirates Arena, Glasgow
	J.Wrisberg, C.Palmer, N.Grahame, R.Alexander		1.46.49	15/03/15	Scottish Relay Championships, Emirates Arena, Glasgow
Long Jump	Rachel Alexander	u23	5.97	09/02/20	Scottish Universities Championships, Emirates Arena, Glasgow
	Rachel Alexander		5.93	01/02/15	Scottish National Senior Championships
Triple Jump	Rachel Alexander		11.22	12/01/19	Scottish Indoor Open Championships, Emirates Arena, Glasgow
	Emma Dowd		9.74	17/01/10	Inter Regional, Kelvin Hall, Glasgow
High Jump	Nikki Manson		1.93	08/02/20	Hustopec Skeskakani Indoor, Hustopece, CZE SCOTTISH RECORD
	Nikki Manson		1.92	26/01/20	Scottish Senior Indoor Championships , Emirates Arena, Glasgow SCOTTISH RECORD
Shot Putt	Nikki Manson		9.65	09/12/17	North Lanarkshire Open Graded, Motherwell
	Amanda Larcombe		9.53	18/01/04	West District Champs. - Kelvin Hall, Glasgow
Pole Vault	Caroline Adams		3.91	06/03/14	Kyottila Cup, Gothenburg, Sweden
	Caroline Adams		3.85	01/02/14	Goteborgs Inomhus, Gothenburg, Sweden
Pentathlon	Lauren Hendry		1862 pts	04/02/18	Scottish Combined Events Championships, Emirates Arena, Glasgow

VETERAN WOMEN

EVENT	ATHLETE		PERFORMANCE	DATE	EVENT / VENUE
60m	Lorraine Wrisberg	w35	8.73	2001/2	
	Lorraine Wrisberg	w40	8.67	12/02/05	Scottish Masters Indoor Championships Kelvin Hall, Glasgow
	Angela Kelly	w45	8.76	18/02/06	Scottish Masters Championships, Kelvin Hall, Glasgow
	Angela Kelly	w50	9.27	31/01/15	Scottish Masters Indoor Championships Emitrates Arena, Glasgow
	Angela Kelly	w55	9.69	04/02/18	Scottish Masters Indoor Championships Emitrates Arena, Glasgow
200m	Lorraine Wrisberg	w40	29.32	12/02/05	Scottish Masters Indoor Championships Kelvin Hall, Glasgow
	Angela Kelly	w45	28.6	03/06/11	World Indoor Masters Championships - Lintz, Austria
	Angela Kelly	w50	31.49	31/01/15	Scottish Masters Indoor Championships Emitrates Arena, Glasgow
400m	Anne Williamson	w40	71.44	18/02/06	Scottish Masters Championships, Kelvin Hall, Glasgow
3000m	Doleen Galbraith	w40	10.44.06	2001/2	British Vets F40 Champion
3000m	Doleen Galbraith	w45	11.00.2	18/02/06	Scottish Masters Championships, Kelvin Hall, Glasgow