



October 2023



Female Track (Outdoor) Records

Sprints

Event	Age Group	Athlete	Date	Venue	Time
<b>100m</b>	<b>Club Record (U15)</b>	<b>Sophie Thomas</b>	<b>27 August 2022</b>	<b>Grangemouth Stadium</b>	<b>12.10s</b>
	U13	Shayna Asamoah	21 July 2019	Grangemouth Stadium	13.27s
	U15	Sophie Thomas	27 August 2022	Grangemouth Stadium	12.10s
	U17	Shayna Asamoah	13 August 2022	Aberdeen Sports Village	12.23s
	U20	Rachel Cunningham	30 April 2007	Grangemouth Stadium	12.80s
	U23	Victoria Stephen	14 April 2012	Grangemouth Stadium	14.16s
	V40	Sandra Mitusch	20 May 2006	Glasgow, Scotstoun Stadium	13.98s
	V45	Wendy Nicol	01 May 2011	Wishaw Sports Centre	14.80s
	V50	Wendy Nicol	19 August 2012	Wishaw Sports Centre	15.47s
	Senior	Victoria Stephen	18 May 2014	Meadowbank Stadium	13.38s
<b>150m</b>	<b>Club Record (U13)</b>	<b>Aaliyah Adebisi</b>	<b>19 May 2019</b>	<b>Ayrshire Arena, Kilmarnock</b>	<b>20.36s</b>
	U13	Aaliyah Adebisi	19 May 2019	Ayrshire Arena, Kilmarnock	20.36s
	U15	Darcie Black	23 August 2020	Meadowmill, East Lothian	20.57s
	U17	Samantha Barr	03 May 2017	Grangemouth Stadium	22.19s
<b>200m</b>	<b>Club Record (U15)</b>	<b>Jade Hutchison</b>	<b>28 August 2016</b>	<b>Bedford Athletics Stadium</b>	<b>24.64s</b>
	U13	Kelli Suttie	03 September 2011	Grangemouth Stadium	27.71s
	U15	Jade Hutchison	28 August 2016	Bedford Athletics Stadium	24.64s
	U17	Shayna Asamoah	14 August 2022	Aberdeen Sports Village	25.26s
	U20	Victoria Stephen	15 June 2008	Grangemouth Stadium	26.31s
	U23	Jessie Concannon	13 May 2016	Grangemouth Stadium	27.21s
	V35	Hazel Porter	30 June 2019	Grangemouth Stadium	31.01s
	V40	Sandra Mitusch	20 May 2006	Glasgow, Scotstoun Stadium	28.88s
	V45	Sandra Mitusch	15 July 2007	Grangemouth Stadium	30.33s
	V50	Wendy Nicol	12 May 2013	Grangemouth Stadium	28.28s
	Senior	Victoria Stephen	18 May 2014	Grangemouth Stadium	26.31s
<b>300m</b>	<b>Club Record (U15)</b>	<b>Jade Hutchison</b>	<b>07 September 2016</b>	<b>Grangemouth Stadium</b>	<b>40.18s</b>
	U13	Kirsty Moncur	14 September 2013	Grangemouth Stadium	49.50s
	U15	Jade Hutchison	07 September 2016	Grangemouth Stadium	40.18s
	U17	Shayna Asamoah	15 April 2023	Grangemouth Stadium	41.43s
<b>400m</b>	<b>Club Record (U23)</b>	<b>Jessie Concannon</b>	<b>28 August 2016</b>	<b>Kilmarnock</b>	<b>60.20s</b>
	U17	Daisy Cumming	21 July 2019	Grangemouth Stadium	62.13s
	U20	Victoria Stephen	27 April 2008	Grangemouth Stadium	62.30s
	U23	Jessie Concannon	28 August 2016	Kilmarnock	60.20s
	Senior	Victoria Stephen	30 August 2015	Grangemouth Stadium	61.14s

Hurdles

Event	Age Group	Athlete	Date	Venue	Time
<b>70mH</b>	U13	Mya McMahon	12 May 2018	Grangemouth Stadium	11.38s
<b>75mH</b>	U15	Isla Steel	01 July 2017	Grangemouth Stadium	11.85s
<b>80mH</b>	U17	Darcie Black	15 August 2021	Grangemouth Stadium	11.93s
<b>100mH</b>	U18	Darcie Black	22 April 2023	Loughborough	14.82s
<b>100mH</b>	U20	Darcie Black	15 April 2023	Grangemouth Stadium	15.53s
<b>300mH</b>	U17	Kirstin Penman	13 August 2022	Aberdeen Sports Village	49.20s

Middle Distance					
Event	Age Group	Athlete	Date	Venue	Time (mins)
<b>800m</b>	<b>Club Record (U17)</b>	<b>Daisy Cumming</b>	<b>01 June 2018</b>	<b>Scotstoun Stadium</b>	<b>2.15.59</b>
	U13	Megan Kyle	03 September 2017	Pitreavie Stadium	2.28.55
	U15	Daisy Cumming	03 September 2017	Pitreavie Stadium	2.18.82
	U17	Daisy Cumming	01 June 2018	Scotstoun Stadium	2.15.59
	U20	Minnie Brocklesby	17 April 2019	Livingston	2.43.08
	V35	Hazel Porter	27 May 2018	Ayrshire Athletics Centre	2.49.20
	V40	Angela Sharp	25 April 2010	Grangemouth Stadium	3.02.67
	V45	Wendy Nicol	10 June 2012	Dumfries	2.38.33
	V50	Bernadette Harris	25 April 2010	Grangemouth Stadium	3.17.65
	Senior	Hazel Ballantine	27 August 2000	Coatbridge	2.19.70
<b>1200m</b>	<b>Club Record (U13)</b>	<b>Megan Kyle</b>	<b>23 May 2018</b>	<b>Livingston</b>	<b>4.01.24</b>
	U13	Megan Kyle	23 May 2018	Livingston	4.01.24
<b>1500m</b>	<b>Club Record (U17)</b>	<b>Daisy Cumming</b>	<b>13 May 2018</b>	<b>Grangemouth Stadium</b>	<b>4.38.94</b>
	U13	Poppy Warner	01 September 2023	Livingston	5.10.00
	U15	Daisy Cumming	06 September 2017	Pitreavie Stadium	4.44.06
	U17	Daisy Cumming	13 May 2018	Grangemouth Stadium	4.38.94
	U20	Lucy Johnston	22 May 2019	Livingston	5.24.60
	V35	Hazel Porter	30 June 2019	Grangemouth Stadium	5.48.98
	V45	Wendy Nicol	19 August 2012	Wishaw Sports Centre	6.57.10
<b>1 Mile</b>	<b>Club Record (U13)</b>	<b>Megan Kyle</b>	<b>13 June 2018</b>	<b>Stirling</b>	<b>5.38.01</b>
	U13	Megan Kyle	13 June 2018	Stirling	5.38.01
	U15	Megan Dawson	03 August 2013	Grangemouth Stadium	6.33.60

Long Distance					
Event	Age Group	Athlete	Date	Venue	Time (mins)
<b>3000m</b>	<b>Club Record (U17)</b>	<b>Katie Lancaster</b>	<b>31 May 2019</b>	<b>Scotstoun Glasgow</b>	<b>12.13.59</b>
	U17	Katie Lancaster	31 May 2019	Scotstoun Glasgow	12.13.59
	U20	Minnie Brocklesby	31 May 2019	Scotstoun Glasgow	12.35.72
	V35	Carla Thomas	01 September 2019	Kilmarnock	13.42.49
<b>5000m</b>	<b>Club Record (U17)</b>	<b>Katie Lancaster</b>	<b>03 May 2019</b>	<b>Edinburgh</b>	<b>20.28</b>
	U13	Rachel Barnett	30 July 2021	Dunfermline	22.26
	U15	Lucy Johnston	28 June 2015	Woodmill, Dunfermline	21.44
	U17	Katie Lancaster	03 May 2019	Edinburgh	20.28
	U20	Minnie Brocklesby	03 May 2019	Edinburgh	21.32
<b>10000m</b>	<b>Club Record (U17)</b>	<b>Minnie Brocklesby</b>	<b>23 September 2018</b>	<b>Edinburgh</b>	<b>46.28</b>
	U17	Minnie Brocklesby	23 September 2018	Edinburgh	46.28

Relays					
Event	Age Group	Athlete	Date	Venue	Time
4 x 100m	Club record (U17)	Kirstin Penman, Sophie Thomas, Amy Jenkinson, Shayna Asamoah	25 June 2023	Scotstoun, Glasgow	50.01s
	U13	Shayna Asamoah, Sophie Thomas, Kirstin Penman, Aaliyah Adebesei	15 September 2019	Pitreavie , Dunfermline	54.69s
	U15	Sarah Kane, Sophie Thomas, Amy Jenkinson, Shayna Asamoah	11 September 2021	Kilbrachan, Linwood	50.86s
	U17	Shayna Asamoah, Sophie Thomas, Kirstin Penman, Amy Jenkinson	25 June 2023	Scotstoun, Glasgow	50.01s
4 x 300m	U15	Shayna Asamoah, Sophie Thomas, Ellie Candlish, Kirstin Penman	11 September 2021	Kilbrachan, Linwood	3.01.28m
	U17	Shayna Asamoah, Darcie Black, Ellie Candlish, Kirstin Penman	10 September 2022	Grangemouth Stadium	2.55.00m
3 x 800m	U13	Poppy Warner, Caitlin Chalmers, Briony Argo	10 September 2022	Grangemouth Stadium	08.46.63m
	U15	Ruby Candlish, Evie Sharp, Emily Fullerton	11 September 2021	Kilbrachan, Linwood	08.08.06m

Combined Events					
Event	Record	Athlete	Date	Venue	Total
Pentathlon	Club Record (U17)	Darcie Black	04 June 2022	Grangemouth Stadium	2,945 pts
	U13	Mya McMahon	14 July 2018	Grangemouth Stadium	2,722 pts
	U15	Isla Steel	01 July 2017	Grangemouth Stadium	2,742 pts
	U17	Darcie Black	04 June 2022	Grangemouth Stadium	2,945 pts
	U20	Victoria Stephen	31 May 2007	Pitreavie Stadium	2,537 pts
Heptathlon	Club Record (U17)	Darcie Black	11 July 2021	Kilmarnock Athletics Arena	3,993pts
	U17	Darcie Black	11 July 2021	Kilmarnock Athletics Arena	3,993pts



**October 2023**  
**Female Track (Indoor) Records**



**Sprints**

Event	Age Group	Athlete	Date	Venue	Time
<b>60m</b>	<b>Club Record (U17)</b>	<b>Sophie Thomas</b>	<b>31 January 2023</b>	<b>Glasgow, Emirates Arena</b>	<b>7.80s</b>
	U13	Sophie Thomas	29 February 2020	Glasgow, Emirates Arena	8.56s
	U15	Sophie Thomas	10 February 2022	Glasgow, Emirates Arena	7.94s
	U17	Sophie Thomas	31 January 2023	Glasgow, Emirates Arena	7.80s
	U20	Darcie Black	05 March 2023	Glasgow, Emirates Arena	8.12s
	V40	Sandra Mitusch	19 February 2006	Glasgow, Kelvin Hall	8.60s
	V45	Sandra Mitusch	16 February 2008	Glasgow, Kelvin Hall	8.86s
	V50	Wendy Nicol	02 March 2014	Glasgow, Emirates Arena	9.23s
	Senior	Victoria Stephen	19 Jan 2013	Glasgow, Emirates Arena	8.79s
<b>100m</b>	<b>Club Record (U15)</b>	<b>Aislynn Crichton</b>	<b>03 March 2016</b>	<b>Motherwell, Ravenscraig</b>	<b>13.89s</b>
	U15	Aislynn Crichton	03 March 2016	Motherwell, Ravenscraig	13.89s
<b>200m</b>	<b>Club Record (U17)</b>	<b>Sophie Thomas</b>	<b>04 February 2023</b>	<b>Glasgow, Emirates Arena</b>	<b>25.39s</b>
	Senior	Jodi Heyes	19 January 2013	Glasgow, Emirates Arena	28.38s
	U13	Murron Kane	05 March 2023	Glasgow, Emirates Arena	28.17s
	U15	Jade Hutchison	06 March 2016	Glasgow, Emirates Arena	25.42s
	U17	Sophie Thomas	04 February 2023	Glasgow, Emirates Arena	25.39s
	U20	Darcie Black	04 February 2023	Glasgow, Emirates Arena	26.62s
	V45	Sandra Mitusch	16 February 2008	Glasgow, Kelvin Hall	29.93s
	Senior	Jodi Heyes	19 January 2013	Glasgow, Emirates Arena	28.38s
<b>300m</b>	<b>Club Record (U17)</b>	<b>Shayna Asamoah</b>	<b>31 January 2023</b>	<b>Glasgow, Emirates Arena</b>	<b>40.98s</b>
	U15	Sophie Thomas	16 January 2022	Glasgow, Emirates Arena	43.50s
	U17	Shayna Asamoah	31 January 2023	Glasgow, Emirates Arena	40.98s
<b>400m</b>	<b>Club Record (Senior)</b>	<b>Victoria Stephen</b>	<b>26 February 2012</b>	<b>Sheffield</b>	<b>65.82s</b>
	U20	Jennifer Ritchie	05 March 2016	Glasgow, Emirates Arena	66.61s
	U23	Victoria Stephen	05 February 2011	Glasgow, Kelvin Hall	67.86s
	Senior	Victoria Stephen	26 February 2012	Sheffield	65.82s

**Hurdles**

Event	Age Group	Athlete	Date	Venue	Time
<b>60mH</b>	<b>Club Record (U18)</b>	<b>Darcie Black</b>	<b>04 February 2023</b>	<b>Glasgow, Emirates Arena</b>	<b>9.00s</b>
	U13	Mya McMahon	10 March 2018	Glasgow, Emirates Arena	9.73s
	U15	Darcie Black	18 January 2020	Glasgow, Emirates Arena	9.53s
	U17	Darcie Black	10 February 2022	Glasgow, Emirates Arena	9.06s
	U18	Darcie Black	04 February 2023	Glasgow, Emirates Arena	9.00s
	U20	Darcie Black	09 February 2023	Glasgow, Emirates Arena	9.12s

**Middle Distance**

Event	Age Group	Athlete	Date	Venue	Time (mins)
<b>800m</b>	<b>Club Record (U17)</b>	<b>Daisy Cumming</b>	<b>26 January 2019</b>	<b>Glasgow, Emirates Arena</b>	<b>2.17.08</b>
	U13	Megan Kyle	28 October 2017	Glasgow, Emirates Arena	2.29.99
	U15	Daisy Cumming	28 January 2018	Glasgow, Emirates Arena	2.18.91
	U17	Daisy Cumming	26 January 2019	Glasgow, Emirates Arena	2.17.08
	U20	Minnie Brocklesby	12 January 2020	Glasgow, Emirates Arena	2.44.68
	Senior	Hazel Ballantine	27 January 2000	Glasgow, Kelvin Hall	2.21.00
<b>1500m</b>	<b>Club Record (U17)</b>	<b>Daisy Cumming</b>	<b>02 February 2019</b>	<b>Glasgow, Emirates Arena</b>	<b>4.44.49</b>
	U13	Rachel Barnett	01 February 2020	Glasgow, Emirates Arena	5.46.58
	U15	Lucy Gibb	31 January 2023	Glasgow, Emirates Arena	5.36.13
	U17	Daisy Cumming	02 February 2019	Glasgow, Emirates Arena	4.44.49
	U20	Lucy Johnston	02 February 2019	Glasgow, Emirates Arena	5.13.67
	Senior	Hazel Ballantine	15 January 2000	Glasgow, Kelvin Hall	5.02.70

Relays					
Event	Age Group	Athlete	Date	Venue	Time (mins)
4 x 200m	Club Record (U17)	Kirstin Penman, Amy Jenkinson Sophie Thomas Shayna Asamoah	12 February 2023	Glasgow, Emirates Arena	1.44.02
	U13	Shayna Asamoah, Sophie Thomas, Kirstin Penman, Aaliyah Adebesei	16 March 2019	Glasgow, Emirates Arena	1.55.47
	U15	Darcie Black, Hayley Penman, Rachel Robertson, Rebecca Grieve	16 March 2019	Glasgow, Emirates Arena	1.50.65
	U17	Kirstin Penman, Amy Jenkinson Sophie Thomas Shayna Asamoah	12 February 2023	Glasgow, Emirates Arena	1.44.02

Combined Events					
Event	Record	Athlete	Date	Venue	Total
Pentathlon	Club Record (U17)	Darcie Black	30 January 2022	Glasgow, Emirates Arena	3,055 pts
	U13	Mya McMahon	03 February 2018	Glasgow, Emirates Arena	2,817 pts
	U15	Mya McMahon	17 February 2019	Glasgow, Emirates Arena	2,842 pts
	U17	Darcie Black	30 January 2022	Glasgow, Emirates Arena	3,055 pts