

Track & Field Championship Best Performances

(Championships held annually since 1999 as SportTayside Championships)

UNDER 11 GIRLS

	<i>Name</i>	<i>Club</i>	<i>Year</i>	<i>Performance</i>
100m	Emma Dawson	PSH	2004	14.7
800m	Emma Dawson	PSH	2004	2.47.0
Long Jump	Emma Dawson	PSH	2004	3.94m
Shot Putt	Megan McFarlane	CAC	2004	6.07m
Discus	Ruby Hird	ADAC	2002	12.88m
Javelin	Gwen Wakeling	MDAC	2002	16.42m

UNDER 13 GIRLS

100m	Kirsten Galbraith	PIT	2007	13.4
200m	Rebecca Law	PIT	2006	28.5
800m	Iona Brodie	DHH	2002	2.32.6
1500m	Eilish McColgan	DHH	2003	5.02.6
70m Hurdles	Emma Dawson	PSH	2006	11.5
Long Jump	Kirsten Galbraith	PIT	2007	4.60m
High Jump	Emma Dawson	PSH	2006	1.45m
Shot Putt	Debbie Berrie	DHH	2001	8.14m
Discus	Lesley Rowan	MDAC	2000	21.63m
Javelin	Paula Murray	MDAC	2002	23.11m

UNDER 15 GIRLS

100m	Jackie Scott	DHH	1999	12.9
	Nicola Campbell	DHH	2003	12.9
	Nicola Campbell	DHH	2004	12.9
200m	Nicola Campbell	DHH	2004	26.5
800m	Fiona Bracegirdle	Fife	2006	2.25.7
1500m	Laura Muir	D&WF	2007	4.57.4
75m Hurdles	Megan Frail	PIT	2006	11.8
Long Jump	Shirley Harrow	ADAC	1999	4.95m
High Jump	Louise Calder	ADAC	2007	1.50m
Triple Jump	Cheryl Shepherd	ADAC	1999	9.91m
Shot Putt	Megan McFarlane	MDAC	2007	9.59m
Discus	Sarah Elliot	ADAC	2000	25.79m
Javelin	Susan Pedgrift	ADAC	2003	25.13m
Hammer	Helen McIntosh	MDAC	2003	24.96m
	<i>Myra Perkins*</i>	<i>FVH</i>	<i>2006</i>	<i>41.44m</i>

A commemorative award will be presented to any athlete who breaks a Championship Best Performance at the 2006 SportTayside & Fife Track & Field Championships on 17th September 2006.

Track & Field Championship Best Performances

UNDER 17 WOMEN

100m	Nicola Campbell	DHH	2005	12.8
200m	Nicola Campbell	DHH	2005	26.3
300m	Maria Thomas	DHH	2004	42.7
800m	Carly Hall	DHH	2004	2.33.4
1500m	Laura Brown	DHH	2004	5.13.2
80m Hurdles	Jemma Scott	ADAC	1999	12.2
300m Hurdles	Jemma Scott	ADAC	1999	45.7
Long Jump	Jemma Scott	ADAC	1999	5.13m
High Jump	Jemma Scott	ADAC	1999	1.60m
Triple Jump	Laura Simpson	DHH	2007	10.66m
Shot Putt	Lisa Glover	FIFE	2006	10.30m
Discus	Michelle Durbidge	ADAC	2006	27.18m
Javelin	Lisa Glover	FIFE	2006	38.52m
Hammer	Paula Murray	MDAC	2006	24.10m

UNDER 20 WOMEN

100m	Maria Thomas	DHH	2005	13.0
200m	Maria Thomas	DHH	2005	27.1
400m	Lucy Crookson	PIT	2007	64.7
800m	Rebecca Wallace	DHH	2006	2.26.5
1500m	Lynsey Murray	DHH	2004	5.26.1
100m Hurdles	Hailey Bell	MDAC	2003	16.4
400m Hurdles	Lucy Crookson	PIT	2007	71.6
Long Jump	Gayle Lindsay	PSH	2006	4.76m
High Jump	Susan Young	DHH	2002	1.50m
Triple Jump	Nicola Bell	ADAC	2007	9.80m
Shot Putt	Michelle Durbidge	ADAC	2007	10.03m
Discus	Michelle Durbidge	ADAC	2007	26.82m
Javelin	Lisa Glover	FIFE	2007	45.09m
Hammer	Paula Murray	MDAC	2007	27.46m

SENIOR WOMEN

100m	Susan Young	DHH	2001	13.2
200m	Kirsty Scott	DHH	2002	30.8
400m	Susan Young	DHH	1999	60.8
800m	Lauren Candlish	PIT	2006	2.25.0
1500m	Fiona Lampkin	MDAC	2003	5.05.0
100m Hurdles	Kerry Mann	DHH	2004	15.5
400m Hurdles	Carolyn Smith	DHH	1999	65.9
Long Jump	Kerry Mann	DHH	2004	4.90m
High Jump	Susan Young	DHH	2002	1.50m
Triple Jump	Fiona Lampkin	MDAC	2000	9.88m
Shot Putt	Michelle MacIntosh	DHH	2004	7.29m
Discus	Michelle MacIntosh	DHH	2004	22.95m
Javelin	Jo McGilchrist	ADAC	2003	30.64m
Hammer	Lorna Jane Rogers	DHH	2004	27.82m

* Guest athlete