

LAW AND DISTRICT AAC
WOMENS ALL TIME RANKINGS
(SINCE 1st APRIL 1995)

100m

12.47	K Canning	U15	02-Jun-96
12.50	A Bennett	U17	19-May-97
12.80	C McKenna		11-Jul-04
13.1	M Smith		23-Apr-95
13.1	E McCall	U17	27-Jun-04
13.4	K A McQuade	U17	26-Apr-98
13.3	E Tannahill	U15	28-Jun-98
13.5	L McNamara	U17	28-Jun-98
13.5	E McCall		17-Aug-03
13.58	P Totten	U17	13-Jul-97

200m

24.9	K Canning	U15	15-Sep-96
25.75	A Bennett	U17	13-Jul-97
26.6	C McKenna		06-Jun-04
27.0	E McCall	U17	06-Jun-04
27.1	L Haig	U20	06-Jun-04
27.2	M Smith		23-Apr-95
27.3	T Gardiner	U15	20-Apr-97
27.4	L Rankin	U17	10-Aug-97
27.4	L Fisher	U15	23-Jun-02
27.8	A Smith		30-Jul-00

400m

58.0	H McKay		18-Apr-04
58.9	L Haig	U20	29-Aug-04
62.48	N Christie	U20	15-May-04
63.3	M Love	U20	11-Jul-04
63.37	A Smith		11-May-02
63.8	E Mccall		17-Aug-03
67.1	H Russell		30-May-98
67.2	K Canning	U15	10-Sep-95
67.4	L Weldon	U17	04-May-97
68.0	L Rankine		24-May-98

800m

2.24:12	L Haig		23-Apr-03
2.25:0	N Christie	U17	05-May-02
2.30:1	L Fisher	U15	19-May-02
2.30:9	M Love	U20	18-Apr-04
2.31:91	K Miller	U17	10-Jun-01
2.33:2	R Canning	U15	25-Aug-01
2.34:2	K Docherty	U15	14-Apr-96
2.35:4	C Stewart	U15	02-May-04
2.38:12	D Hamilton	U13	08-May-99
2.41:0	F Little		23-Apr-96

1500m

5.12:0	L Haig		18-May-03
5.17:3	L Fisher	U15	23-Jun-02
5.19:2	K Docherty	U15	17-Sep-95
5.20:1	N Christie	U17	30-Jun-02
5.26:47	A Ross	U17	11-May-02
5.27:2	K Millar	U15	12-Sep-99
5.29:3	L Gray	U15	10-Sep-00
5.35:2	M Love	U20	06-Jun-04
5.37:1	J Sneddon	U15	09-Jun-96
5.37:2	L Canning	U17	23-Apr-95

3000m

11.28:6	M Love	U20	06-Jun-04
11.35:2	D Thomson		15-Sep-96
12.08:5	N Christie	U20	16-May-04
12.11:2	F Little		14-Apr-96
12.22:5	N Dasilva		10-Sep-00
12.33:4	C A Quigly		13-Apr-97
12.34:8	K Laird		26-Apr-98
13.12:6	L Stark		20-May-01
13.13:9	C Docherty		13-Apr-97
13.44:0	S Bradshaw		14-Sep-97

100mH

17.7	L Rankine		24-May-98
19.3	K Canning	U17	15-Jun-97
21.4	K Dickie		09-Jun-96
21.5	A Smith		20-May-01
21.9	M Black		06-Jun-99
25.1	J Overend		20-May-01

400mH

73.0	L Rankin	U17	10-Aug-97
74.8	K Canning	U17	10-Sep-97
81.0	A Smith		22-Apr-01
85.6	C Tedman		15-Jun-97
90.8	K Stevenson		08-Sep-98
95.2	M Black		25-Apr-99

4x100m

52.4	Under 17s		01-Jun-97
52.6	Under 15s		15-Sep-96
53.4	Under 15s		28-Apr-96
53.5	Under 17s		04-May-97
53.9	Sen Women		06-Jun-04
54.2	Under 15s		17-Sep-95
54.4	Under 15s		03-Sep-95
54.4	Under 15s		14-Apr-96
54.4	Under 15s		20-Apr-97
54.5	Under 15s		13-Aug-95

4x400m

4.12:9	Sen Women		06-Jun-04
4.23:6	Sen Women		15-Jun-97
4.25:7	Sen Women		27-Apr-97
4.38:1	Sen Women		03-Sep-95
4.42:7	Sen Women		31-Aug-97
4.44:8	Sen Women		15-Sep-96
4.46:2	Sen Women		20-May-01
4.46:5	Sen Women		13-Apr-97
4.48:1	Sen Womem		28-Apr-96
4.48:3	Sen Women		18-Apr-99

Long Jump

4.99i	L Weldon	U15	01-Feb-97
4.96	L Murdoch		29-Aug-99
4.95	L Weldon	U17	01-Jun-97
4.88	E Tannahill	U17	02-May-99
4.73	M Clyde	U15	28-Jun-03
4.69	A Bennett	U17	29-Aug-98
4.51	L McKenna	U13	04-Sep-04
4.48	L Gray	U17	08-Sep-02
4.44	C Morrow	U15	07-May-00
4.39	L Rankine		19-Apr-98
4.39	K Canning	U17	27-Apr-97

Triple Jump

9.87	L Weldon	U17	08-Sep-98
9.65	L Murdoch		15-Aug-99
8.91	M Black	U17	10-Aug-97
8.83	L Rankine		08-Sep-98
8.36	J Overend		30-Jul-00
8.34	L Haig	U20	11-Jul-04
8.05	A Smith		30-Jul-00
7.53	K Dickie		23-Apr-95

High Jump

1.56	E Tannahill	U17	06-Jun-99
1.55	L Rankin	U17	10-May-97
1.50	L Weldon	U17	27-Apr-97
1.45	L Fisher	U17	02-May-04
1.44	M Black	U15	15-Sep-96
1.40	J McNeil	U17	28-Jun-03
1.40	E Burns	U15	28-Aug-04
1.38	E Tanahill	U15	14-Sep-97
1.35	K Patrick		28-Apr-96
1.35	E Burns	U13	30-Aug-03

Discus

29.62	G Foote		20-May-01
19.25	S Dickson		04-May-97
18.26	J Overend		20-May-01
16.22	S Clarkson	U17	10-Sep-95
16.19	C McKenna		11-Jul-04
15.81	H Russell		23-Jun-02
15.16	A Bennett		27-Apr-97
14.33	M Robertson		29-Aug-98
13.94	K Dickie		05-May-96
13.70	S Silcock		23-Apr-95

Shot Putt

7.58	J Overend		20-Apr-03
7.51	G Foote		20-May-01
6.50	H Russell		08-Sep-98
6.48	N McGhee		13-Apr-97
6.45	C A Quigly		23-Jun-02
6.30	A Smith		14-Apr-02
6.24	M Robertson		29-Aug-98
6.12	N Christie	U20	18-Apr-04
5.95	L Jackson		07-May-95
5.80	K Dickie		13-Aug-95

Hammer

15.64	J Martin		06-Jun-99
15.22	S Silcock		23-Apr-95
14.78	H Russell		29-Aug-99
12.60	S Bradshaw		31-Aug-97
9.69	M Love	U20	11-Jul-04
9.63	K Stephenson		24-May-98
8.57	B Tannahill		31-May-98