

# BANCHORY STONEHAVEN ATHLETICS CLUB



Season 2021



## Age Group Definitions & Dates

Under 11	Boys & Girls	Aged 9 & 10
Under 13	Boys & Girls	Aged 11 & 12
Under 15	Boys & Girls	Aged 13 & 14
Under 17	Men/Women	Aged 15 & 16
Under 20	Men/Women	Aged 17/18/19

All ages are as at 1st September to 31 August except Under 20 group which is 1st January to 31st December

For Cross Country the Age Groups remain the same category as during the previous Track & Field season

## Club Trophy Winners 2021

### CROSS COUNTRY TROPHY

**Millie McClelland-Brooks**

Best Male or Female athlete showing particular promise in any cross country event

Due to Covid-19 restrictions in 2020 there was no meaningful outdoor Track and Field competition available to the majority of our athletes, so in the interests of fairness the Trustees did not award any annual Trophies for this year except for the 2019/20 Cross Country Trophy which was awarded to Millie McClelland-Brooks.

## Note from Club President

From the 30th July 2020 BSAC became a Scottish Charity Incorporated Organization (SCIO).



We are now a fully-fledged charity with the benefits and protection that charity status gives us.

As a SCIO the club will have more access to be able to apply for funding to help develop our facilities both in Banchory and Stonehaven.

The board is now run by 11 Trustees, but as a club we are always looking for people to volunteer by sharing their skills and helping us with future projects.

## BSAC Club Champions

	U17 & Senior Women	U17 & Senior Men
1978	Susan Rogerson	Stephen Milne
1979	Tessa Lothian	Kevin Young
1980	Tessa Lothian	Kevin Young
1981	Claire Darragh	Ian Christie
1982	Claire Darragh	Miles Davies
1983	Donna Dey	Andrew Graham
1984	Lisa Herrington	Stephen Thomson
1985	Lisa Herrington	Chris Glendinning
1986	Lisa Herrington	Graeme Cook
1987	Lisa Herrington	Graeme Cook
1988	Lisa Herrington	Alan Mason
1989	Shona Watt	Andrew Brigg & Jonathan Greenwood
1990	Shona Watt	Alexander Dawes
1991	Jennifer Reid	Dinkar Sabnis Jr
1992	Jennifer Reid	Alexander Dawes
1993	Jennifer Reid	Iain Ballantyne
1994	Jennifer Reid	Niall Young
1995	Elinor Light	Iain Ballantyne
1996	Elinor Light	David Paterson
1997	Elinor Light	David Paterson
1998	Louise Kochalski	Fraser Davidson
1999	Louise Kochalski	Fraser Davidson
2000	Alison Culshaw	Fraser Davidson
2001	Premala Fawcett	Fraser Davidson
2002	Catherine Smy	Fraser Davidson
2003	Emma Cloggie	Ross Gray
2004	Emma Cloggie	Ross Gray
2005	Catherine Smy	Ross Gray
2006	Louise Carnegie	Andrew J Ferguson
2007	Megan Albon	Andrew J Ferguson
2008	Caroline Rodger	William Smy
2009	Caroline Rodger	William Smy
2010	Kathryn Christie	Benjamin Rees
2011	Kathryn Christie	Stuart Ferguson
2012	Kathryn Christie	Stewart Clark
2013	Madeline Furnival	Daniel Rees
2014	Madeline Furnival	Daniel Rees
2015	Eve Sealy	Innes Grant
2016	Frances Sealy	Innes Grant
2017	Frances Sealy	Innes Grant
2018	Shannon Brown	Innes Grant
2019	Emma Swanson	Kane Noble
2020	No Competitions (Covid-19)	

## BSAC Club Champions

	U15 Girls (started 1995)	U15 Boys (started 1995)
1995	Anna Cashmore	Barry Chalmers
1996	Julia Truscott	Chris Ferguson
1997	Julia Truscott	Jamie Reid
1998	Helen Gunn	Steven McIntosh
1999	Rachel Spencer	Neil Fowler
2000	Nicola Stephen	Cameron Gray
2001	Emma Cloggie & Catherine Smy	Ross Gray
2002	Emma Cloggie	Ross Gray
2003	Iona Ingram	Shaun Hunter
2004	Sarah Thompson	Shaun Hunter
2005	Sarah Thompson	Angus Lovell
2006	Megan Albon	William Smy
2007	Jessica Hay	Stewart Clark
2008	Kathryn Christie	James Duguid
2009	Kathryn Christie	Michael Ferguson
2010	Lindsey Young	Daniel Rees
2011	Madeline Furnival	Daniel Rees
2012	Madeline Furnival	Rohan Hutcheon
2013	Rosa Hare	Rory Stewart
2014	Frances Sealy	Innes Grant
2015	Frances Sealy	Craig Strachan
2016	Louise Carmichael	Ralph Silcock
2017	Shannon Brown	Ralph Silcock
2018	Cara Davie	Kane Noble
2019	Cara Davie	Adam McKeown
2020	No Competitions (Covid-19)	



## BSAC Club Champions

	U13 Girls	U13 Boys
1978	Helen Rogerson	James McGregor
1979	Shona Philip	Stewart Blades
1980	Shona Philip	John Lawerence
1981	Shona Ballantyne	Graeme Cook
1982	Maree Adams	Graeme Cook
1983	Lisa Herrington	Chris Will
1984	Jackie Young	Alan Manson
1985	Vicky Thow	Christian Thynne
1986	Morven Lowe	Dinkar Sabnis Jr
1987	Vicky Bannerman	Scott Burnett & John Cook
1988	Jennifer Reid	John Cook
1989	Jennifer Reid	Neil Strang
1990	Jennifer Reid	Iain Banks
1991	Jennifer Evan & Elinor Light	James Light
1992	Elinor Light	Richard Singer
1993	Lousia Rouse	Daniel Watson
1994	Jenna Christie	Christopher Ferguson
1995	Meganne Paul	Daniel Baker
1996	Shareen Reid	Steven McIntosh
1997	Shareen Reid	Edward Gunn
1998	Rachel Spencer	Jan-Michael Kochalski
1999	Daisy Higginson	Campbell Lawson
2000	Stephanie Brodie	Ross Gray
2001	Alwyn McKenna	Shaun Hunter
2002	Sian Parker	Andrew J Ferguson
2003	Sarah Thompson	Michael Fawcett
2004	Eleanor Workman	Michael Fawcett
2005	Laura Jane Fyfe	Stewart Clark
2006	Kathryn Christie	Jamie Andrew
2007	Kathryn Christie	Michael Ferguson
2008	Lindsey Young	Sean Leith
2009	Kelsey Stewart	Daniel Rees
2010	Eve Sealy	Matthew Duguid
2011	Polly Christie	Angus Forbes
2012	Rosa Hare	Angus Forbes
2013	Frances Sealy	Luke Graham
2014	Eva Snedden	Joshua Benton
2015	Izzy Thomson	Ralph Silcock
2016	Izzy Thomson	Callum Lechateiller
2017	Cara Davie	Jacob Taylor
2018	Millie McClelland-Brooks	Cameron Scott
2019	Charlotte D'Arcy	Luc MacLeod
2020	No Competitions (Covid-19)	

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## BSAC Club Champions

	U11 Girls	U11 Boys
1978	Shona Ballantyne	Roderick McClean
1979	Shona Ballantyne	Graeme Cook
1980	Lesley Sanderson	Graeme Cook + Stuart Gibson
1981	Lisa Herrington + Morag Thow	John Murray
1982	Jackie Young	Martin Girvan
1983	Kirstee Bruce	Alexander Dawes
1984	Sarah Bruce	Dinkar Sabnis Jr
1985	Joanna Dawes	John Cook
1986	Shona Watt	Steven Jerrit
1987	Jennifer Reid	Iain Banks
1988	Jennifer Reid	Iain Banks
1989	Tina MacIntosh	Grant McGillvary
1990	Elinor Light	Fergus Bisset
1991	Erika Sinclair	Fergus Bisset
1992	Jenna Christie	Jamie Wade
1993	Ruth Sinclair	Keith Gray
1994	Shareen Reid	Steven McIntosh
1995	Shareen Reid	Alan Bryce
1996	Zoe Davidson	Cameron Gray
1997	Daisy Higginson	Ross Gray
1998	Kylie Davidson	Ross Gray
1999	Alwyn McKenna	Calum Tilley
2000	Katherine Stephen	Calum Tilley
2001	Sarah Thompson	William Smy
2002	Melissa Muir	Michael Fawcett
2003	Eleanor Workman	William Tubby
2004	Kathryn Christie	Jack Hunter
2005	Kathryn Christie	Hamish Tubby
2006	Lindsey Young	Micha George
2007	Katy Meaden	Daniel Rees
2008	Alisha Rees	Matthew Duguid
2009	Alisha Rees	Angus Forbes
2010	Anna Pyper	Angus Forbes
2011	Anna Pyper	Joseph Wright
2012	Louise Carmichael	Craig Strachan
2013	Kate Hare	Laurence Petty
2014	Izzy Thomson	Laurence Petty
2015	Cara Davie	Jacob Taylor
2016	Rowan Beaton	James Donald
2017	Charlotte D'Arcy	Luc Macleod
2018	Lucy McLean	Luc MacLeod
2019	Hannah Cameron	Ethan Nicolson
2020	No Competitions (Covid-19)	

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## BSAC Annual Awards

Throws		Jumps	
1979	Ian Christie		
1980	Roderick MacLean		
1981	Ian Christie	1981	Morag Thow
1982	Roderick MacLean	1982	Ian Sirrell & Morag Thow
1983	Morag Thow	1983	Lisa Herrington & Morag Thow
1984	Neil Rogerson	1984	Murray Wildgoose
1985	Vicky Thow	1985	Lisa Herrington
1986	Neil Rogerson	1986	Dinkar Sabnis
1987	Suneela Sabnis	1987	Alan Mason
1988	Shona Watt	1988	Dinkar Sabnis
1989	No Award	1989	Adrian Welsh
1990	Jennifer Reid & Shona Watt	1990	Dinkar Sabnis
1991	Shona Watt	1991	James Light
1992	Jennifer Reid & Shona Watt	1992	Ben Anderson
1993	Shona Watt	1993	Craig McCulloch
1994	Jennifer Reid	1994	No Award
1995	Keith Gray	1995	No Award
1996	Meganne Paul	1996	No Award
1997	Edward Gunn	1997	Shareen Reid
1998	John Fyvie	1998	Steven McIntosh
1999	John Fyvie	1999	Daisy Higginson
2000	John Fyvie	2000	Zoe Davidson & Rachel Spencer
2001	John Fyvie	2001	Rachel Spencer
2002	Ross Gray	2002	Catherine Smy
2003	Eleanor Workman	2003	Catherine Smy
2004	Kylie Davidson	2004	Shaun Hunter
2005	Eleanor Workman	2005	Angus Lovell
2006	Eleanor Workman	2006	William Smy
2007	Eleanor Workman	2007	Eleanor Workman
2008	Eleanor Workman	2008	Eleanor Workman
2009	Eleanor Workman	2009	Eleanor Workman
2010	Kate Samuel	2010	Stewart Clark
2011	Kate Samuel	2011	Matthew Duguid
2012	No Award	2012	Daniel Rees
2013	Rory Stewart	2013	Daniel Rees
2014	Rory Stewart	2014	Madeline Furnival
2015	Rory Stewart	2015	Frances Sealy
2016	Rory Stewart	2016	Claire McGarvey
2017	Cameron Cowie	2017	Claire McGarvey
2018	Rosie Meyer	2018	Ralph Silcock
2019	Abbie Crawford	2019	Ella Creamer
2020	No Award (Covid-19)	2020	No Award (Covid-19)

## BSAC Annual Awards

Sprints		Endurance	
1995	Richard Singer	1995	David Paterson
1996	Steven McIntosh	1996	Duncan McCombie
1997	Alan Bryce	1997	David Paterson
1998	David Paterson	1998	Briony Curtis
1999	Ross Gray	1999	Briony Curtis
2000	Ross Gray	2000	Briony Curtis
2001	Rachel Spencer	2001	Emma Cloggie
2002	Ross Gray	2002	Emma Cloggie
2003	Emma Cloggie	2003	Emma Cloggie
2004	Ross Gray	2004	Emma Cloggie
2005	Emma Cloggie	2005	Emma Cloggie
2006	Emma Cloggie	2006	Emma Cloggie
2007	Kathryn Christie	2007	Stewart Clark & Michael Ferguson
2008	Kathryn Christie	2008	Sean Leith
2009	Kathryn Christie	2009	Michael Ferguson & Kelsey Stewart
2010	Kathryn Christie	2010	Rhona Auckland
2011	Kathryn Christie	2011	Michael Ferguson
2012	Kathryn Christie	2012	Rhona Auckland
2013	Alisha Rees	2013	Rhona Auckland
2014	Alisha Rees	2014	Rhona Auckland
2015	Alisha Rees	2015	Emma Swanson & Izzy Thomson
2016	Alisha Rees	2016	Emma Swanson
2017	Maddy Silcock	2017	Emma Swanson
2018	Craig Strachan	2018	Emma Swanson
2019	Cara Davie	2019	Millie McClelland-Brooks
2020	No Award (Covid-19)	2020	No Award (Covid-19)



## BSAC Annual Awards

Cross Country		Multi Events	
1995	Ruth Baker		
1996	Catriona Curtis		
1997	Briony Curtis		
1998	Nicola Stephen		
1999	Briony Curtis		
2000	Briony Curtis	2000	Rachel Spencer
2001	Briony Curtis	2001	Rachel Spencer
2002	Briony Curtis	2002	Ross Gray
2003	Emma Cloggie	2003	Catherine Smy
2004	No Award	2004	Ross Gray
2005	Robbie Simpson	2005	Eleanor Workman
2006	Robbie Simpson	2006	Eleanor Workman
2007	Robbie Simpson	2007	Eleanor Workman
2008	Michael Ferguson	2008	Eleanor Workman
2009	Rhona Auckland	2009	Eleanor Workman
2010	Rhona Auckland	2010	Eleanor Workman
2011	Rhona Auckland	2011	Daniel Rees
2012	Rhona Auckland	2012	Daniel Rees + Stewart Clark
2013	Rhona Auckland	2013	Matthew Duguid
2014	Rhona Auckland	2014	Daniel Rees
2015	Clare Stewart	2015	Daniel Rees
2016	Clare Stewart	2016	Craig Strachan
2017	Clare Stewart	2017	Ralph Silcock
2018	Clare Stewart	2018	Cara Davie
2019	Millie McClelland-Brooks	2019	Luc MacLeod
2020	Millie McClelland-Brooks	2020	No Award (Covid-19)



## BSAC Annual Awards

Ballantyne Cup for Clubmanship			
	Female		Male
1986	Catherine Cooke	1986	
1987	Fiona Day	1987	
1988	Morven Lowe	1988	
1989	Joanna Dawes	1989	
1990	Debbie Anderson	1990	
1991	Fiona Murdoch	1991	
1992	Susan Smith	1992	
1993	Ruth Baker	1993	
1994	Ruth Baker	1994	
1995	Katy Dawes	1995	
1996	Eleanor Lowe	1996	
1997	Catriona Curtis	1997	
1998	Polly Higginson	1998	Mick Curtis
1999	Catriona Curtis	1999	Ian Gray
2000	Jackie Spencer	2000	Sandy Davidson
2001	Kylie Davidson	2001	Alexander Leighton
2002	Zoe Davidson	2002	Willy Russell
2003	Jane Cloggie	2003	Sandy Reid
2004	Lorna Hunter	2004	Andrew J Ferguson
2005	Jane Cloggie	2005	Neil Fyvie
2006	Jane Cloggie	2006	Andrew Ferguson
2007	Eleanor Lowe	2007	Neil Fyvie
2008	Rhona Auckland	2008	William Smy
2009	Caroline Rodger	2009	Ian Gray
2010	Pam Auckland	2010	
2011	Anna Pyper	2011	Carl Fuhrmann
2012	Alisha Rees	2012	Craig Strachan
2013	Kelsey Stewart	2013	Innes Grant
2014	Eve Sealy	2014	Craig Strachan
2015	Jennie Glass	2015	
2016	Pam Auckland	2016	Carl Fuhrmann
2017	Frances Sealy	2017	Frances Sealy
2018	Claire McGarvey	2018	Tom Leeson
2019	Rosie Meyer	2019	Kane Noble & Kirk Hutchison
2020	No Award (Covid-19)	2020	No Award (Covid-19)

## BSAC Annual Awards

Gordon Lowe Memorial Cup		Veterans	
<b>800m/1500m</b>			
2005	Emma Cloggie & Andrew J Ferguson	1983	W Russell & R Sly
2006	Robbie Simpson	1984	W Russell & R Sly
2007	Stewart Clark & Michael Ferguson	1985	K Dawes & D Greenwood
2008	Kelsey Stewart	1986	No Award
2009	Kelsey Stewart	1987	Katy Dawes
2010	Rhona Auckland	1988	Katy Dawes
2011	Anna Pyper	1989	Katy Dawes
2012	Frances Sealy	1990	Katy Dawes
2013	Michael Ferguson	1991	Ian McGillivray & Willy Russell
2014	Ewan McMillan	1992	Ian McGillivray
2015	Charlie Beeson	1993	No Award
2016	Emma Swanson	1994	Ian Gray
2017	Emma Swanson	1995	Mick Curtis
2018	Kane Noble	1996	Ian Gray
2019	Luc MacLeod & Millie McClelland-Brooks	1997	Heather Brodie
2020	No Award (Covid-19)	1998	Heather Brodie



photo: Hayley Cameron



1999	Tim Tubby
2000	Tim Tubby
2001	Premala Fawcett
2002	No Award
2003	No Award
2004	Jane Cloggie
2005	No Award
2006	No Award
2007	Tom Leeson
2008	Tom Leeson
2009	Tom Leeson
2010	Tom Leeson
2011	Pam Auckland
2012	Alan Sealy
2013	Tom Leeson
2014	Tom Leeson
2015	John McKeown
2016	No Award
2017	No Award
2018	Andrew D Ferguson
2019	Tom Leeson
2020	No Award (Covid-19)

## BSAC Annual Awards

Female		Outstanding Performance or Achievement		Male	
1978	Susan Rogerson	1978	James McGregor		
1979	No Award	1979	No Award		
1980	Donna Dey	1980	David Watt		
1981	Shona Ballantyne	1981	Miles David		
1982	Catherine Cooke	1982	Kenneth Stewart		
1983	Lisa Herrington	1983	Ian Christie		
1984	Morag Thow	1984	Stephen Thomson		
1985	Lisa Herrington	1985	Alexander Dawes		
1986	Lisa Herrington	1986	Murray Wildgoose		
1987	Lisa Herrington	1987	Graeme Cook		
1988	Katy Dawes	1988	Adrian Welch		
1989	Jennifer Reid	1989	Adrian Welch		
1990	Jennifer Reid	1990	Dinkar Sabnis		
1991	Jennifer Reid	1991	Dinkar Sabnis		
1992	Jennifer Reid	1992	Richard Singer		
1993	Elinor Light	1993	Richard Singer		
1994	Jennifer Reid	1994	No Award		
1995	Catrina Curtis	1995	Richard Singer		
1996	No Award	1996	No Award		
1997	No Award	1997	No Award		
1998	Briony Curtis & Nicola Stephen	1998	David Paterson		
1999	Rachel Spencer	1999	John Fyvie		
2000	Briony Curtis & Rachel Spencer	2000	John Fyvie		
2001	Emma Cloggie	2001	John Fyvie		
2002	Emma Cloggie	2002	Ross Gray		
2003	Catherine Smy	2003	Ross Gray		
2004	Eleanor Workman	2004	Ross Gray		
2005	Emma Cloggie	2005	Andrew J Ferguson		
2006	Emma Cloggie	2006	Andrew J Ferguson		
2007	Eleanor Workman	2007	Robbie Simpson		
2008	Emma Cloggie	2008	Robbie Simpson		
2009	Kathryn Christie	2009	Michael Ferguson		
2010	Rhona Auckland & Kathryn Christie	2010	Ewan McMillan		
2011	Kathryn Christie	2011	Michael Ferguson		
2012	Kathryn Christie	2012	Michael Ferguson		
2013	Rhona Auckland	2013	Michael Ferguson		
2014	Kathryn Christie	2014	Michael Ferguson		
2015	Alisha Rees	2015	Michael Ferguson		
2016	Alisha Rees	2016	Craig Strachan		
2017	Alisha Rees	2017	Craig Strachan		
2018	Maddy Silcock	2018	Craig Strachan		
2019	Claire McCarvey	2019	Craig Strachan		
2020	No Award (Covid-19)	2020	No Award (Covid-19)		

## Club Records at 31 December 2020

(i)= Indoor record, only noted when better than outdoor record or where no outdoor record exists.

### U11 Boys

Event	Name	Record	Year
60m	Steven McIntosh	8.9	1994
75m	Craig Strachan	11.15	2012
80m	Craig Strachan	11.6	2012
100m	Alexander Dawes	13.6	1983
150m	Craig Strachan	22.01	2012
200m	Luc MacLeod	30.09	2018
400m	Daniel Watson	68.8	1991
600m	Ethan Nicholson	1:53.7	2019
800m	Martin Girvan	2:33.0	1982
1500m	Martin Girvan	5:18.0	1982
High Jump	Craig Strachan	1.31	2012
Long Jump	Dinkar Sabnis Jr	4.37	1984
Triple Jump	Dinkar Sabnis Jr	8.83	1984
Javelin	Cameron Hay	28.70	1982
Discus	Grant McGillvray	21.66	1989
Shot	John Rennie	7.83	1982



## Club Records at 31 December 2020 continued

### U13 Boys

Event	Name	Record	Year
60m (i) =	Steven McIntosh & Alan Bryce	8.6	1996
100m =	James McGregor & Richard Singer	13.0	1978
150m	Luc MacLeod	20.58	2020
200m	Craig McCulloch	27.0	1994
400m	Richard Singer	61.1	1992
800m	Luc MacLeod	2:20.02	2020
1200m	Matthew Brown	4:21.4	2017
1500m	Ewan McMillan	4:52.94	2010
60m H (i)	Luc MacLeod	9:87	2020
75m H	Luc MacLeod	12:84	2020
High Jump	Craig McCulloch	1.53	1994
Long Jump	Dinkar Sabnis Jr	4.99	1986
Triple Jump	James Light	10.38	1991
Javelin	Michael Fawcett	30.76	2004
Discus	Ross Gray	24.74	2000
Shot 3.25kg	Roderick McLean	10.79	1980
Shot 3kg	Luc MacLeod	7.61	2019
Pentathlon	Luc MacLeod	1666	2020

### U15 Boys

Event	Name	Record	Year
60m (i)	Craig Strachan	7.49	2016
100m	Craig Strachan	11.45	2016
200m	Craig Strachan	23.22	2016
300m	Jack McKeown	42.3	2018
400m	Richard Singer	53.61	1993
800m	Michael Ferguson	2:07.9	2009
1500m	Michael Ferguson	4:19.82	2009
60m H (i)	Craig Strachan	9.02	2016
80m H	Craig Strachan	11.78	2016
3000m	Robbie Simpson	9:58.4	2006
High Jump	William Smy	1.70	2006
Long Jump	Craig Strachan	5.93m	2016
Triple Jump	Ross Gray	11.50	2002
Javelin	Rory Stewart	42.27	2013
Discus	Ross Gray	31.64	2002
Shot	Roderick McLean	13.14	1982
Hammer	John Fyvie	39.45	1998
Pentathlon	Craig Strachan	2650	2016



## Club Records at 31 December 2020 continued

### U17 Men

Event	Name	Record	Year
60m (i)	Craig Strachan	7.3	2018
100m	Craig Strachan	11.0	2018
200m	Craig Strachan	22.01	2018
400m	Richard Singer	50.0	1995
800m	Michael Ferguson	1:59.05	2011
1500m	David Paterson	4:10.4	1995
1500m S/C	Stuart Gray	5:00.2	1995
60m H (i)	Richard Singer	8.56	1995
100m H	Richard Singer	13.9	1995
400m H	Richard Singer	55.37	1995
3000m	Ewan McMillan	9:25.2	2014
High Jump	William Smy	1.80	2008
Long Jump	William Smy	6.24	2008
Long Jump (i)	Dinkar Sabnis Jr	6.43	1990
Triple Jump	Stewart Clark	12.94	2009
Pole Vault	Ralph Silcock	2.90	2018
Pole Vault (i)	Hamish Leeson	2.60	2013
Javelin	Rory Stewart	47.15	2015
Discus	John Fyvie	35.01	2000
Shot	Neil Rogerson	12.00	1985
Hammer	John Fyvie	47.21	2000
Heptathlon	Ralph Silcock	3681	2018
Octathlon	Dinkar Sabnis Jr	3859	1990



## Club Records at 31 December 2020 continued

### U20 & Senior Men

Event	Name	Record	Year
60m (i)	Alexander Dawes	7.3	1993
100m =	Alexander Dawes	11.3	1993
100m =	Graeme Cook	11.3	1987
200m (i)	Craig Strachan	22.57	2019
200m	Graeme Cook	22.8	1987
400m	Michael Ferguson	49.45	2013
800m	Michael Ferguson	1:51.78	2016
1500m	Michael Ferguson	3:45.27	2016
2000m S/C	Ben Anderson	6:47.8	1993
3000 m S/C	Andrew J Ferguson	10:26.7	2015
3000m Track	Michael Ferguson	8:22.66	2018
3000m (i)	Michael Ferguson	8:15.60	2020
5000m Track	Michael Ferguson	14:24.53	2020
5000m Road	Michael Ferguson	14:30	2019 New
10000m Track	Andrew J Ferguson	34:49.34	2017
10000m Road	Andrew J Ferguson	33.57	2017
Half Marathon	Ben Taylor	86.30	2017
60m H (i)	Daniel Rees	8.92	2016
110m H	Daniel Rees	15.53	2015
400m H	Daniel Rees	54.49	2016
High Jump =	Dinkar Sabnis Jr	1.85	1991
High Jump =	William Smy	1.85	2009
Long Jump	Fraser Davidson	6.44	2005
Long Jump (i)	Stewart Clark	6.45	2009
Triple Jump	Dinkar Sabnis Jr	14.09	1991
Pole Vault	Daniel Rees	3.50	2015
Javelin SM	Tom Leeson	42.94	2013
Javelin U20	Rory Stewart	43.83	2016
Discus SM 2kg	Ian Christie	35.34	1983
Discus U20 1.75kg	Cameron Cowie	36.19	2017
Shot SM 7.26kg	Ian Christie	12.68	1979
Shot U20 6kg	John Fyvie	11.57	2002
Hammer SM 7.26kg	Neil Fyvie	36.89	1999
Hammer U20 6kg	John Fyvie	45.36	2001
Heptathlon (i)	Tom Leeson	5148	2009
Decathlon U20	Daniel Rees	5852	2015

## Club Records at 31 December 2020 continued

### U11 Girls

Event	Name	Record	Year
60m	Kathryn Christie	9.1	2004
75m	Alisha Rees	10.65	2009
80m	Louise Carmichael	12.2	2012
100m =	Lisa Herrington	14.0	1981
100m =	Jennifer Reid	14.0	1988
150m	Alisha Rees	21.31	2009
200m	Alisha Rees	29.78	2009
400m	Lisa Herrington	72.1	1981
600m	Anna Pyper	1:56.6	2011
800m	Kathryn Christie	2:40.3	2005
High Jump	Ellie Workman	1.40	2003
Long Jump	Jennifer Reid	4.08	1988
Triple Jump	Zoe Davidson	8.36	1996
Javelin	Ellie Workman	18.45	2003
Discus	Shareen Reid	17.76	1995
Shot	Sarah Thompson	6.39	2001

### U13 Girls

Event	Name	Record	Year
60m (i)	Alisha Rees	8.53	2014
75m	Kelsey Stewart	10.54	2009
80m =	Frances Sealy	12.0	2012
80m =	Louise Carmichael	12.0	2013
100m =	Catherine Cooke	13.1	1982
100m =	Lisa Herrington	13.1	1983
150m =	Kelsey Stewart	20.6	2009
150m =	Alisha Rees	20.6	2011
200m	Alisha Rees	27.18	2011
400m	Rachel Spencer	66.1	1998
600m	Frances Sealy	1:55.9	2012
800m	Kelsey Stewart	2:22.1	2009
1200m	Millie McClelland-Brooks	4:02.13	2019
1500m	Millie McClelland-Brooks	5:03.53	2019
60m H (i)	Shareen Reid	10.87	1997
70m H	Ella Creamer	11.94	2017

## Club Records at 31 December 2020 continued

### U13 Girls continued

Event	Name	Record	Year
High Jump	Ellie Workman	1.48	2004
Long Jump	Louise Carmichael	4.72	2014
Triple Jump	Daisy Higginson	9.29	1999
Javelin 400g	Ellie Workman	28.47	2005
Discus	Jennifer Reid	23.50	1990
Shot	Jennifer Reid	8.27	1990
Pentathlon	Ellie Workman	2269	2005

### U15 Girls

Event	Name	Record	Year
60m (i)	Alisha Rees	8.0	2012
100m	Alisha Rees	11.92	2013
200m	Alisha Rees	24.64	2013
300m	Cara Davie	43.51	2019
400m	Emma Cloggie	59.6	2002
800m (i)	Emma Cloggie	2:17.6	2002
800m	Emma Cloggie	2:18.51	2002
1500m	Emma Swanson	4:57.01	2017
1500m (i)	Millie McClelland-Brooks	4:55.20	2020
60m H (i)	Georgia Summers	9.62	2013
75m H	Cara Davie	11.85	2019
300m H	Ella Creamer	50.61	2019 New
High Jump (i)	Ellie Workman	1.68	2007
High Jump	Ellie Workman	1.64	2007
Long Jump	Rachel Spencer	5.18	2000
Triple Jump	Ella Creamer	10.23	2019
Pole Vault (i)	Rosie Meyer	2.41	2020
Javelin 600g	Ellie Workman	28.35	2007
Javelin 500g	Rosie Meyer	28.25	2020
Discus	Daisy Higginson	26.74	2001
Shot 3.25kg	Ellie Workman	10.02	2007
Shot 3kg	Cara Davie	9.17	2019
Hammer 3kg	Abbie Crawford	16.68	2019 New
Pentathlon (i)	Ellie Workman	3191	2007
Pentathlon	Ellie Workman	3047	2007

New weights introduced in 2014 for U15 Girls Javelin and Shot

## Club Records at 31 December 2020 continued

### U17 Women

Event	Name	Record	Year
60m (i)	Alisha Rees	7.61	2015
100m	Alisha Rees	11.55	2014
200m	Alisha Rees	23.61	2015
300m	Kelsey Stewart	38.66	2013
400m	Kelsey Stewart	55.1	2013
800m	Kelsey Stewart	2:13.29	2013
1500m	Briony Curtis	4:47.77	2000
1500m SC	Emma Swanson	6:24.9	2019
60m H(i)	Ella Creamer	9:27	2020
80m H	Ellie Workman	12.42	2008
300m H	Jennifer Reid	48.1	1994
3000m Track	Briony Curtis	10:25.26	2000
5000m Road	Rhona Auckland	19.01	2009
High Jump (i)	Ellie Workman	1.71	2009
High Jump =	Catherine Smy	1.70	2003
High Jump =	Claire McGarvey	1.70	2017
Long Jump	Ellie Workman	5.47	2009
Triple Jump	Catherine Smy	11.13	2002
Pole Vault	Frances Sealy	2.10	2017
Javelin 600g	Kylie Davidson	25.61	2004
Javelin 500g	Abbie Crawford	25.64	2020
Discus	Daisy Higginson	25.53	2002
Shot 4kg	Jennifer Reid	9.86	1994
Shot 3kg	Mhairi Welsh	9.18	2016
Hammer 4kg	Kylie Davison	22.70	2004
Hammer 3kg	Kate Samuel	21.05	2014
Pentathlon (i)	Ellie Workman	3337	2009
Pentathlon	Ellie Workman	3059	2009
Heptathlon	Ellie Workman	4309	2009

New weights introduced in 2014 for U17 Girls Javelin, Shot and Hammer

## Club Records at 31 December 2020 continued

### U20 & Senior Women

Event	Name	Record	Year
60m (i)	Alisha Rees	7.32	2020
100m	Alisha Rees	11.41	2019
200m	Alisha Rees	23.12	2017
400m	Kelsey Stewart	53.63	2017
800m	Kelsey Stewart	2:06.41	2018
1500m	Rhona Auckland	4:31.96	2014
1500m S/C U20	Eve Sealy	6:11.21	2016
3000m S/C	Eve Sealy	13:35.58	2016
3000m Track	Rhona Auckland	9:18.3	2015
5000m Track	Rhona Auckland	15:27.6	2015
5000m Road	Rhona Auckland	15.54	2014
10,000m Track	Rhona Auckland	32:22.79	2015
10,000m Road	Rhona Auckland	33.03	2014
Half Marathon Road	Rhona Auckland	1:26.44	2019
60m H(i)	Ellie Workman	9.61	2010
100m H	Ellie Workman	16.75	2010
400m H	Eve Sealy	78.9	2015
High Jump	Claire McGarvey	1.74	2019
Long Jump	Catherine Smy	5.31	2004
Triple Jump (i)	Zoe Davidson	10.91	2003
Triple Jump =	Zoe Davidson	10.61	2003
Triple Jump =	Catherine Smy	10.61	2004
Javelin	Donna Dey	33.58	1996
Discus	Katy Dawes	27.74	1990
Shot 4kg	Ellie Workman	9.33	2010
Hammer	Kylie Davison	23.90	2005
Heptathlon	Ellie Workman	3824	2010



### RAM Athletics League

Four matches a year over spring/summer plus a final in Autumn if the age group teams qualifies.

Reasonably full range of events with two athletes per event from U11 to Senior.

### Youth Development League

Three matches a year over spring/summer plus a final in Autumn if the club qualifies.

Reasonably full range of events with two athletes per event from U13 to U17.

### Open Graded Meetings

Athletes can turn up and enter these on the day. OGMs provide a great opportunity to gain competition experience or set a new personal best.

**Aberdeen Amateur Athletic Club (AAAC)** host OGMs throughout the year at **Aberdeen Sports Village**, details posted on our own ([www.bsac.club](http://www.bsac.club)) and AAAC web site. **Grangemouth Stadium** normally hold OGMs on the first Wednesday of every month from May to September and indoors from December to March.

Other OGMs throughout Scotland can be found at [www.scottishathletics.org.uk/events](http://www.scottishathletics.org.uk/events)

### Scottish Championships

These are the main focus for more competitive athletes. It is the responsibility of athletes to enter themselves for these events. Entries generally close 2-3 weeks before the event. Check Scottish Athletics website for details.

#### Scottish Senior Championships

Outdoor varies between June & August, indoor February.

#### Scottish Age Group Championships

U13/15/17/20, outdoor mid-late August, indoor early March.

#### Scottish Combined Events Championships

U13 to Seniors, outdoor date varies, indoor February.

#### Scottish (East) District Championships

Outdoor only in mid May.

#### Scottish Indoor Open Event

January, more an open graded than a championship but worth doing.

### Scottish Schools Championships (SSAA)

The Scottish Schools Athletics Association organises the following championships:

**Scottish Schools Indoor Championships** a 2-day event held on a Wednesday & Thursday in February.

**Scottish Schools Pentathlon & Relay Championships** 1st Saturday in June.

**Scottish Schools Championships** 2nd Friday and Saturday in June.

See the Scottish Schools website [www.ssaa.co.uk](http://www.ssaa.co.uk) for information on these.

Entry is via your school so speak to your PE department. The championships have qualifying standards.

### Cross Country

Season is October - March. These are often mass participation events with perhaps 50 runners in each age group and often over 200 in senior races.

East District Cross Country Relays	U13 - Seniors
National Cross Country Relays	U13 - Seniors/Vets
East District Cross Country League	U13 - Seniors/Vets
East District Cross Country Championships	U13 - Seniors/Vets
Inter District Cross Country Championships	Selection by District Committee

Please note that to take part in regional and national events you MUST be a paid member of Banchory Stonehaven Athletics Club and have a Scottish Athletics membership number (this is detailed on the membership form)

### Covid-19 Pandemic

Please check [www.scottishathletics.org.uk/events](http://www.scottishathletics.org.uk/events) for all events in Scotland including open graded events.

### Competition Entries and Information

Information and entry details for all BSAC Club, YDL and RAM Athletics League events will be emailed to members before the event.

YDL events are for Age Groups U13 and U15

YDL Scottish National League events are U17 and U20 (composite team with Aberdeen and other clubs)

RAM League events for Age Groups U11, U13, U15, U17 and Seniors

### Useful websites

[www.scottishathletics.org.uk/events](http://www.scottishathletics.org.uk/events)  
[www.grampianathleticsleague.synthasite.com](http://www.grampianathleticsleague.synthasite.com)  
[www.ukydl.org.uk](http://www.ukydl.org.uk)  
[www.thepowerof10.info](http://www.thepowerof10.info)  
[www.ssa.co.uk](http://www.ssa.co.uk)

All dates are subject to change or cancellation

Sat 1 May	RAM League Match 1 – Aberdeen Sports Village
Sun 2 May	Scottish National League Match 1 (U17/U20) Venue TBC
Sun 30 May	Scottish National League Match 2 (U17/U20) Venue TBC
Sun 6 June	RAM League Match 2 – Aberdeen Sports Village
Sun 20 June	YDL Match 3 (U13/U15) Venue TBC
Sun 27 June	Scottish National League Match 3 (U17/U20) Venue TBC
Sun 4 July	RAM League Match 3 – Aberdeen Sports Village
Sun 25 July	Scottish National League Match 4 (U17/U20) Venue TBC
Sun 1 August	YDL League Match 4 (U13/U15) Venue TBC
Tues 31 August	Club Championships - Alexander Park
Sat 4 September	Club Championships – Alexander Park
Sun 5 September	Club Championships – Alexander Park
Sat 9 October	BSAC Prize Giving and Ceilidh – Venue TBC

## Club Coaches

### Banchory

<b>William Russell</b>	Level 4	Performance Coach 100/200/Relays
	Level 3	Sprints and Middle Distance
	Level 2	Endurance, Jumps, Speed & Throws
<b>Alan Sealy</b>	Level 2	Endurance
<b>Tom Leeson</b>	Level 2	Performance Coach - Jumps

<b>Simon Hare</b>	Athletics Coach
<b>Hugh McGarvey</b>	Athletics Coach
<b>Derek Beaton</b>	Athletics Coach
<b>Dennis D'Arcy</b>	Coaching Assistant
<b>Robert MacLeod</b>	Coaching Assistant

### Stonehaven:

<b>Andrew Ferguson</b>	Level 2	Endurance
<b>Ian Steel</b>	Level 3	Endurance
	Level 2	Sprints, Jumps & Throws
<b>Ally Steel</b>	Level 3	Endurance
<b>Clare Creamer</b>	Coaching Assistant	
<b>Hayley Cameron</b>	Coaching Assistant	
<b>Neil Swanson</b>	Coaching Assistant	
<b>Elaine Crawford</b>	Coaching Assistant	

### UK Athletics Graded Officials:

<b>Pam Auckland</b>	Level 4 Field Official
<b>Bob Auckland</b>	Level 1 Field Official
<b>Andrew Ferguson</b>	Level 1 Timekeeper
<b>Jane Cloggie</b>	Level 2 Timekeeper

### Assistant Officials:

<b>Andrew J Ferguson</b>	<b>Angela Elliott</b>
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## BSAC Board of Trustees

### Trustees

<b>President</b>	Hugh McGarvey	
<b>Secretary/Press</b>	Angela Elliott	
<b>Treasurer/Records &amp; Standards</b>	Jane Cloggie	
<b>Membership Secretary &amp; YDL Boys Team Co-Manager</b>	Annabelle Couthier	
<b>Welfare Officer &amp; YDL Girls Team Manager</b>	Allie Darragh	
	Iain Ballantyne	Elaine Crawford
	Dennis D'Arcy	Andrew Ferguson
	Caroline Scott	

### Non Trustee Volunteers

<b>Officials Co-ordinator</b>	Pam Auckland
<b>Kit Sales</b>	Laura James
<b>Social Media</b>	Daniel Rees
<b>Cross Country Co-ordinator</b>	Alan Sealy
<b>YDL Boys Team Co-Manager</b>	Rob MacLeod
<b>Girls RAM League Manager</b>	Elaine Crawford
<b>Boys RAM League Manager</b>	Annabelle Couthier/Rob MacLeod
<b>Covid-19 Co-ordinators</b>	Rob MacLeod (Banchory) Andrew Ferguson (Stonehaven)

## Club Standards: Male

	Men	U20	U17	U15	U13	U11
<b>60m</b>	7.3	7.5	7.7	8.7	8.8	9.5
<b>75m</b>					10.9	11.7
<b>80m</b>					11.6	12.1
<b>100m</b>	11.5	11.7	12.0	12.7	14.2	15.0
<b>150m</b>					21.1	23.0
<b>200m</b>	23.4	23.8	24.5	26.25	29.75	32.5
<b>300m</b>				44.0		
<b>400m</b>	53.0	54.0	55.5	59.0	68.5	75.0
<b>600m</b>						1:56.0
<b>800m</b>	2:04.0	2:06.0	2:10.0	2:22.0	2:38.0	2:49.0
<b>1200m</b>					4:05.0	4:30.0
<b>1500m</b>	4:20.0	4:25.0	4:35.0	4:55.0	5:25.0	
<b>3000m track</b>	9:30.0	9:40.0	10:00.0	10:30.0		
<b>5000m track</b>	16:45.0	17:00.0				
<b>10,000m track</b>	36:00.0					
<b>60m H indoor</b>	9.3	9.3	9.3	9.6	11.0	
<b>Sprint H</b>	18.0	18.5	16.0	14.0	16.0	
<b>400m H</b>	63.0	64.0	65.0			
<b>3000m S/C</b>	11.00					
<b>2000m S/C</b>		7:30.0				
<b>1500m S/C</b>			5:10.0			
<b>High Jump</b>	1.73	1.70	1.65	1.50	1.25	1.15
<b>Long Jump</b>	5.80	5.70	5.40	4.80	4.00	3.65
<b>Triple Jump</b>	11.80	11.50	11.00	10.00	9.00	
<b>Pole Vault</b>	3.00	2.80	2.65	2.20	2.00	
<b>Javelin</b>	37.00	35.00	35.00	30.00	18.00	16.00
<b>Discus</b>	28.00	25.00	25.00	23.00	14.00	12.00
<b>Shot</b>	10.00	10.00	10.00	9.50	6.50	5.50
<b>Hammer</b>	26.00	25.00	24.00	23.00		
<b>Pentathlon</b>				1600	1200	
<b>Heptathlon (i)</b>	2500	2500	2500			
<b>Octathlon</b>			3500			
<b>Decathlon</b>	3000	3000				

## Club Standards: Female

	Women	U20	U17	U15	U13	U11
<b>60m</b>	8.1	8.3	8.5	9.0	9.3	9.8
<b>75m</b>					11.5	12.1
<b>80m</b>					12.2	12.7
<b>100m</b>	13.0	13.1	13.3	13.7	14.8	15.4
<b>150m</b>					23.0	23.5
<b>200m</b>	27.0	27.2	27.5	28.5	31.5	34.0
<b>300m</b>			45.5	47.0		
<b>400m</b>	64.0	65.0	66.0	67.5	73.0	78.0
<b>600m</b>					1:55.0	2:01.0
<b>800m</b>	2:27.0	2:27.0	2:30.0	2:35.0	2:45.0	2:59.0
<b>1200m</b>					4:20.0	4:50.0
<b>1500m</b>	5:05.0	5:07.0	5:15.0	5:25.0	5:50.0	
<b>3000m track</b>	11:30.0	11:45.0	12:00.0	12:30.0		
<b>5000m track</b>	20:00.0	20:00.0				
<b>10,000m track</b>	43:00.0					
<b>60m H Indoor</b>	10.3	10.3	10.3	10.5	11.0	
<b>Sprint H</b>	18.0	18.0	13.7	14.1	14.0	
<b>300m H</b>			52.0			
<b>400m H</b>	74.0	75.0				
<b>3000m S/C</b>	14:00.0					
<b>2000m S/C</b>	9:00.0					
<b>1500m S/C</b>		7:00.0	7:00.0			
<b>High Jump</b>	1.50	1.50	1.45	1.36	1.20	1.10
<b>Long Jump</b>	4.75	4.65	4.60	4.30	3.80	3.50
<b>Triple Jump</b>	9.50	9.25	9.00	8.50	8.30	
<b>Pole Vault</b>	2.30	2.30	2.30	2.00	2.00	
<b>Javelin</b>	25.00	25.00	25.00	20.00	13.00	11.00
<b>Discus</b>	25.00	23.00	21.00	18.00	13.00	10.00
<b>Shot</b>	8.30	7.60	8.50	7.40	6.00	5.00
<b>Hammer</b>	25.00	23.00	22.00	21.00		
<b>Pentathlon</b>	2200	2200	2000	1750	1500	
<b>Heptathlon</b>	2500	2400	2300			







[www.bsac.club](http://www.bsac.club)

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[www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)