

North District - Championship Best Performances

Senior Men

Event	Name	Perf'	Club	Year
100m	Ian Garioch	10.94	Moray Road Runners	2010
200m	Grant Burnett	21.81	Inverness Harriers AAC	2005
400m	Grant Burnett	48.44	Inverness Harriers AAC	2005
800m	Stephen MacKay	1:53.09	Inverness Harriers AAC	2016
1500m	John Bowman	3:52.4	Inverness Harriers AAC	1989
3000m	Alan Reid	8:46.3	Peterhead AAC	1994
5000m	Bruce Chinnick	14:21.7	Forres Harriers	1990
100mH	Kevin Morice	19.17	Moray Road Runners	2005
400mH	David Barnetson	54.3	City of Edinburgh	1996
3000m Steeple Chase	Tony Golabek	11:16.09	Forres Harriers	2015
High Jump	David Barnetson	2.17	Inverness Harriers AAC	1992
Long Jump	Mel Fowler	7.03	Inverness Harriers AAC	1989
Triple Jump	Mel Fowler	14.03	Inverness Harriers AAC	1995
Pole Vault	Derek Glasgow	2.70	Inverness Harriers AAC	2011
Shot Putt (7.26kg)	Scot Thompson	15.51	Aberdeen AAC	2010
Discus (2.00kg)	George Evans	50.43	Shaftesbury Barnet Harriers	2017
Hammer (7.26kg)	David Allan	59.84	Inverness Harriers AAC	1994
Javelin (800g)	Scot Thompson	53.09	Aberdeen AAC	2010

Under 20 Men

Event	Name	Perf'	Club	Year
100m	Neil Munro	11.0	Inverness Harriers AAC	1987
200m	James MacPhail	22.37	Inverness Harriers AAC	2010
400m	Neil Gray	49.31	Orkney AC	2004
800m	Mark Mitchell	1:55.7	Forres Harriers	2005
1500m	Finlay Todd	4:05.59	Ross County AC	2017
2000m Steeple Chase	Fraser Scott	8:00.72	Forres Harriers	2015
3000m	Donald MacAulay	9:16.3	Nairn & District AAC	2002
5000m	Connor MacLean	15:44.2	Stornoway Running & AC	2016
110mH	David Cotter	15.1	Nairn & District AAC	1994
400mH	James MacPhail	58.15	Inverness Harriers AAC	2009
High Jump	David Barnetson	2.10	Inverness Harriers AAC	1990
Long Jump	Andrew McFarlane	6.85	Ross County AC	2018
Triple Jump	Stephen MacKenzie	13.57	Inverness Harriers AAC	2018
Pole Vault	Daniel McFarlane	3.66	Ross County AC	2017
Shot Putt (6.00kg)	Scot Thompson	15.09	Nairn & District AAC	1998
Discus (1.75kg)	Russell Devine	49.12	Inverness Harriers AAC	1986
Hammer (6.00kg)	Graeme Allan	55.84	Elgin AAC	1998
Javelin (800g)	Paddy Dunne	52.18	Inverness Harriers AAC	2018

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Under 17 Men

Event	Name	Perf'	Club	Year
100m	Scot Fraser	11.0	Inverness Harriers AAC	1993
200m	Andrew Stoker	22.94	Moray Road Runners	2017
400m	Neil Gray	49.87	Orkney AC	2003
800m	Seumas MacKay	1:57.27	Shetland AAC	2017
1500m	Mark Mitchell	4:12.24	Forres Harriers	2004
1500m Steeple Chase	Andrew Johnstone	5:24.43	Inverness Harriers AAC	2014
3000m	Craig Poole	9:02.0	BP Black Isle	1999
100mH	David Cotter	14.0	Nairn & District AAC	1993
400mH	Brian MacPhail	59.01	Inverness Harriers AAC	1998
High Jump	David Barnetson	1.95	Inverness Harriers AAC	1988
	Angus Davren	1.95	Inverness Harriers AAC	2018
Long Jump	B White	6.56	Golspie High School	1987
Triple Jump	Sakchai Makao	13.38	Shetland AAC	1999
Pole Vault	Andrew McFarlane	3.87	Unattached	2016
Shot Putt (5.00kg)	Russell Devine	16.01	Inverness Harriers AAC	1984
Discus (1.5kg)	George Evans	46.54	Inverness Harriers AAC	2014
Hammer (5.00kg)	Fraser Campbell	52.89	Elgin AAC	2002
Javelin (700g)	John Mitchell	54.54	Inverness Harriers AAC	1997

Under 15 Boys

Event	Name	Perf'	Club	Year
100m	Kyle Wilkinson	11.70	Elgin AAC	2018
200m	Arran Buchanan	24.10	Inverness Harriers AAC	2017
300m	Seumas MacKay	40.27	Shetland AAC	2015
400m	Ingram Murray	52.8	Inverness Harriers AAC	1988
800m	Mark Mitchell	2:03.18	Forres Harriers	2002
1500m	Mark Mitchell	4:24.42	Forres Harriers	2002
80mH	David Cotter	11.7	Nairn & District AAC	1992
High Jump	David Barnetson	1.75	Inverness Harriers AAC	1986
Long Jump	S Milne	6.15	Orkney AC	1990
Triple Jump	Jonathan Kerr	11.62	Shetland AAC	1998
Pole Vault	Andrew McFarlane	3.50	Inverness Harriers AAC	2014
Shot Putt (4.00kg)	George Evans	15.54	Inverness Harriers AAC	2013
Discus (1.25kg)	George Evans	47.72	Inverness Harriers AAC	2013
Hammer (4.00kg)	Matt MacFarlane	45.17	Inverness Harriers AAC	2016
Javelin (600g)	Paul Annal	41.72	Alness	1992

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Under 13 Boys

Event	Name	Perf'	Club	Year
100m	Timothy Black	12.8	Inverness Harriers AAC	1989
200m	Stuart Sutherland	26.03	Inverness Harriers AAC	1990
800m	Stuart Sutherland	2:19.1	Inverness Harriers AAC	1990
1500m	Lachlan Buchanan	4:51.92	Inverness Harriers AAC	2018
75mH	Ian Ramsay	13.2	Inverness Harriers AAC	1996
High Jump	Andrew McFarlane	1.53	Inverness Harriers AAC	2013
Long Jump	S Milne	4.92	Orkney AC	1988
Shot Putt (3.00kg)	Angus Morrison	8.34	Stornoway Running & AC	2018
Shot Putt (3.25kg)	David Olivera	9.64	Elgin AAC	1992
Discus (1.00kg)	Alex Geddes	31.85	Inverness Harriers AAC	2013
Javelin (400g)	Andrew McFarlane	38.07	Inverness Harriers AAC	2013

North District - Championship Best Performances

Senior Women

Event	Name	Perf'	Club	Year
100m	Eleanor Briggs	12.34	Inverness Harriers AAC	2017
200m	Kathryn Evans	24.81	Elgin AAC	2005
400m	Kathryn Evans	55.16	Elgin AAC	2005
800m	Kathryn Evans	2:13.42	Edinburgh AC	2015
1500m	Sheila Gollan	4:44.6	Inverness Harriers AAC	1994
3000m	Sheila Gollan	9:57.0	Inverness Harriers AAC	1993
5000m	Sarah Johnson	19:54.3	Nairn & District AAC	2011
100mH	Moira MacBeath	15.9	Inverness Harriers AAC	1994
400mH	Anna Nelson	64.32	Inverness Harriers AAC	2015
High Jump	Rachael MacKenzie	1.75	Inverness Harriers AAC	2014
Long Jump	Kathryn MacKay	4.84	Caithness AAC	2003
Triple Jump	Rachael MacKenzie	10.63	Inverness Harriers AAC	2013
Pole Vault	Anna Watson	2.20	Inverness Harriers AAC	1998
Shot Putt (4.00kg)	Helen Cromarty	12.41	Orkney AC	2007
Discus (1.00kg)	Kirsty Law	54.61	Sale Harriers	2014
Hammer (4.00kg)	Emma Bowie	46.55	Elgin AAC	2017
Javelin (600g)	Paula Gass	43.46	Edinburgh AC	2015

Under 20 Women

Event	Name	Perf'	Club	Year
100m	Kathryn Evans	12.11	Elgin AAC	2001
200m	Kathryn Evans	25.05	Elgin AAC	2001
400m	Kathryn Evans	56.92	Elgin AAC	2003
800m	Gemma Cormack	2:13.08	Moray Road Runners	2010
1500m	Rhona Auckland	4:44.18	Banchory & Stonehaven AC	2010
2000m Steeple Chase	Mhairi MacLennan	8:05.87	Inverness Harriers AAC	2013
3000m	Mhairi Spence	11:12.90	Unattached	2002
5000m	Anna MacFadyen	17:13.56	Forres Harriers	2017
100mH	Ellie Stone	15.59	Inverness Harriers AAC	2018
400mH	Anna Nelson	63.56	Inverness Harriers AAC	2014
High Jump	Rachael MacKenzie	1.65	Inverness Harriers AAC	2006
Long Jump	Siohian Kingham	5.27	Elgin AAC	2016
Triple Jump	Siohian Kingham	11.03	Elgin AAC	2016
Pole Vault	Anna Watson	2.70	Inverness Harriers AAC	1999
Shot Putt (4.00kg)	Laura Chalmers	10.83	Elgin AAC	2004
Discus (1.00kg)	Dionne Milne	43.25	Moray Road Runners	2016
Hammer (4.00kg)	Laura Chalmers	48.32	Elgin AAC	2005
Javelin (600g)	Paula Gass	40.83	Edinburgh AC	2013

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Under 17 Women

Event	Name	Perf'	Club	Year
100m	Faye Richardson	12.4	Shetland AAC	2005
200m	Katie Dinwoodie	25.84	Shetland AAC	2018
300m	Jade MacLaren	41.4	Inverness Harriers AAC	2005
800m	Gemma Cormack	2:12.65	Moray Road Runners	2007
1500m	Rachel Jones	4:43.81	Forres Harriers	2002
3000m	Emily Andrew	10:19.00	Inverness Harriers AAC	2017
80mH	Charis Mair	12.09	Inverness Harriers AAC	2010
300mH	Angela Shearer	47.26	Aberdeen AAC	2001
High Jump	Rachael MacKenzie	1.65	Inverness Harriers AAC	2004
Long Jump	Vicky O'Brien	5.22	Inverness Harriers AAC	1998
Triple Jump	Sophie Moar	10.53	Shetland AAC	2014
Pole Vault	Anna Watson	2.20	Inverness Harriers AAC	1998
Shot Putt (3.00kg)	Frances Miller	11.56	Elgin AAC	2001
Discus (1.00kg)	Dionne Milne	38.92	Moray Road Runners	2014
Hammer (3.00kg)	Emma Bowie	49.30	Moray Road Runners	2013
Javelin (500g)	Mary Flockhart	37.97	Inverness Harriers AAC	2015

Under 15 Girls

Event	Name	Perf'	Club	Year
100m	Tamsin Fowlie	12.64	Elgin AAC	2018
200m	Katie Dinwoodie	25.98	Shetland AAC	2017
300m	Katie Dinwoodie	42.68	Shetland AAC	2017
800m	Isla Ross	2:19.9	Minolta Black Isle	1995
1500m	Claire Wilson	4:50.94	Shetland AAC	2000
75mH	Charis Mair	11.89	Inverness Harriers AAC	2008
High Jump	Charis Mair	1.56	Inverness Harriers AAC	2008
Long Jump	Charis Mair	4.93	Inverness Harriers AAC	2008
Triple Jump	Mairi Darroch	9.54	Inverness Harriers AAC	2017
Shot Putt (3.00kg)	Frances Miller	10.79	Elgin AAC	1999
Discus (1.00kg)	Kirsty Law	28.61	Inverness Harriers AAC	2001
Hammer (3.00kg)	Laura Chalmers	38.76	Elgin AAC	2000
Javelin (500g)	Hannah Kingham	29.61	Elgin AAC	2017

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Under 13 Girls

Event	Name	Perf'	Club	Year
100m	Lesley Clarkson	13.0	Inverness Harriers AAC	1994
200m	Tamsin Fowlie	27.76	Moray Road Runners	2017
800m	Briony Swanson	2:25.18	Inverness Harriers AAC	2002
1500m	Anya Morrison	5:13.63	East Sutherland AC	2017
70mH	Rachael Davidson	12.4	Inverness Harriers AAC	1999
High Jump	Amy Davis	1.50	Orkney AC	2013
Long Jump	Stroma Fraser	4.72	Inverness Harriers AAC	2018
Shot Putt (2.72kg)	Claire Stewart	8.94	Elgin AAC	1996
Discus (0.75kg)	Dionne Milne	28.08	Moray Road Runners	2010
Javelin (400g)	Fiona Flockhart	26.15	Inverness Harriers AAC	2014