LAW & DISTRICT AAC

CLUB RANKINGS

HURDLES - FEMALE

2005 to 18th February 2025

Rankings are taken from www.thepowerof10.info

If you notice any errors, please email Darran Muir (muirdarran@yahoo.com)

LAW & DISTRICT AAC

70 metres Hurdles

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18TH FEBRURY 2025

70 metres hurdles

Female

Rank	Name	Time	Age Group	Venue	Date
1	Rachel Hunter	11.8	U13	Dumfries	29-Jun-14
2	Zoe Douglas	12.13	U13	Livingston	05-Aug-18
3	Leah Keisler	12.18	U13	Grangemouth	12-Jul-15
4	Lucy Carr	12.34	U13	Grangemouth	06-May-18
5	Alice Fingland	12.44	U13	Grangemouth	26-Aug-06
6	Emily McNicol	12.77	U13	Linwood	29-Jun-11
7	Pamela McNicol	12.77	U13	Grangemouth	21-Jul-10
8	Lily McManus	12.8	U13	Grangemouth	03-Apr-22
9	Hannah Cussick	12.93	U13	Linwood	29-Jun-11
10	Eilidh Cameron	12.95	U13	Kilmarnock	05-Jun-22
11	Carys Kennedy	13.69	U13	Grangemouth	09-Jun-24
12	Niah Welsh	13.9	U13	Dumfries	29-Jun-14
13	Mackenzie McHolm	13.93	U13	Grangemouth	23-Jul-22
14	Rachel Phillips	13.94	U13	Grangemouth	01-Jun-14
15	Reagan Binnie	14.2	U13	Grangemouth	05-Jun-11
16	Katie Foss	14.28	U13	Wishaw	28-Jun-15
17	Heather Baird	14.3	U13	Dumfries	29-Aug-10
18	Amy Watkins	14.31	U13	Wishaw	24-Apr-11
19	Fiona Currie	14.41	U13	Grangemouth	15-Jul-18
20	Niav Douglas	14.51	U13	Kilmarnock	26-Jun-16
21	Hayley Crawford	14.55	U13	Grangemouth	29-Jul-17
22	Laila McRae	15.13	U13	Grangemouth	15-Jul-18
23	Hannah Todd	15.16	U13	Grangemouth	15-Jul-18
24	Eilidh Boyle	15.45	U13	Grangemouth	20-May-23
25	Sarah Chambers	15.53	U13	Grangemouth	31-Jul-22
26	Ruth Currie	15.6	U13	Wishaw	06-May-12
27	Lucy Mccormack	16.03	U13	Kilmarnock	26-Jun-16
28	Rachel Donnelly	16.13	U13	Grangemouth	01-Jun-14
29	Jessica Inglis	16.18	U13	Livingston	05-Aug-18
30	Nieve Fitzpatrick	16.24	U13	Ayr	09-Jun-24
31	Pamela Newell	16.4	U13	Kilmarnock	29-Jun-13
32	Emma Preston	16.42	U13	Grangemouth	20-May-23
33	Molly Kennedy	16.45	U13	Livingston	05-Aug-18
34	Lauren Allen	17.51	U13	East Kilbride	04-May-14

LAW & DISTRICT AAC

75 metres Hurdles

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18TH FEBRURY 2025

75 metres hurdles

Female

Rank	Name	Time	Age Group	Venue	Date
1	Pamela McNicol	12.16	U15	Wishaw	17-Jun-12
2	Rachel Hunter	12.18	U15	Livingston	07-Aug-16
3	Neve Murray	12.21	U15	Grangemouth	10-Jun-23
4	Dion Ingram	12.82	U15	Hexham	26-Jul-15
5	Emily McNicol	13.02	U15	Grangemouth	01-Jun-13
6	Aleshia O'Connor	13.05	U15	Scotstoun	26-Jun-22
7	Ashleigh Farr	13.28	U15	Kilmarnock	13-May-17
8	Hannah Cussick	13.3	U15	Wishaw	06-May-12
9	Heather Baird	13.4	U15	Wishaw	26-Jun-11
10	Alice Fingland	13.55	U15	Grangemouth	19-Aug-07
11	Lucy Mccormack	13.58	U15	Scotstoun	01-Jul-18
12	Julie Dobbin	13.94	U15	Perth	14-Sep-08
13	Leah Keisler	14.15	U15	Kilmarnock	26-Jun-16
14	Rosie Watson	14.26	U15	Livingston	28-Jul-19
15	Niah Welsh	14.5	U15	Wishaw	28-Jun-15
16	Abby Currie	15.4	U15	Tamworth	28-Aug-06
17	Eilidh Boyle	16	U15	Ayr	24-Jun-24
18	Pamela Newell	17.2	U15	Dumfries	29-Jun-14
19	Nadene Traynor	17.5	U15	Grangemouth	23-May-10
20	Margaret Newell	19	U15	Grangemouth	05-Jun-11

LAW & DISTRICT AAC

80 metres Hurdles

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18TH FEBRURY 2025

80 metres hurdles

Female

Rank	Name	Time	Age Group	Venue	Date
1	Pamela McNicol	11.82	U17	Hampden Park	20-Jun-14
2	Emily McNicol	12.63	U17	Grangemouth	14-Jun-14
3	Dion Ingram	12.88	U17	Crownpoint	27-Jul-16
4	Bethany Lang	13.05	U17	Grangemouth	21-Aug-22
5	Hannah Cussick	13.43	U17	Grangemouth	01-Jun-14
6	Linzi Mclaren	13.69	U17	Dumfries	26-Apr-15
7	Emma Grant	14.18	U17	Livingston	10-Apr-22
8	Lucy Mccormack	14.68	U17	Aberdeen	14-Apr-19
9	Danielle McCafferty	14.78	U17	Wishaw	28-Jun-15
10	Sherelle Graham	15.39	U17	Grangemouth	15-May-11
11	Sarah Barrie	16.1	U17	Grangemouth	02-Jun-13
12	Rebecca Warren	17.8	U17	Grangemouth	05-Jun-11

LAW & DISTRICT AAC

110 metres Hurdles

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18TH FEBRURY 2025

110 metres hurdles

Female

Rank	Name	Time	Age Group	Venue	Date
1	Pamela McNicol	16.86	U20	Wishaw	28-Jun-15

LAW & DISTRICT AAC

300 metres Hurdles

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18TH FEBRURY 2025

300 metres hurdles

Female

Rank	Name	Time	Age Group	Venue	Date
1	Leah Keisler	43.46	U17	Bedford	01-Sep-19
2	Pamela McNicol	44.26	U17	Sportcity	05-Sep-14
3	Julie Dobbin	46.67	U17	Wishaw	15-May-10
4	Emily McNicol	47.68	U17	Hampden Park	21-Jun-14
5	Dion Ingram	47.93	U17	Scotstoun	12-Jun-16
6	Ashleigh Farr	48.23	U17	Kilmarnock	13-May-18
7	Lucy Corns	50.3	U17	Grangemouth	08-Jun-24
8	Emma Bhatti	50.5	U17	Wishaw	02-Aug-09
9	Fiona Parkin	50.89	U17	Edinburgh	11-May-08
10	Skye Davidson	50.99	U17	Grangemouth	12-Aug-23
11	Rachel Donnelly	51.78	U17	Grangemouth	09-Jun-18
12	Sherelle Graham	52.53	U17	Wishaw	24-Apr-11
13	Emma Grant	52.88	U17	Livingston	10-Apr-22

LAW & DISTRICT AAC

400 metres Hurdles

FEMALE RANKINGS PER AGE GROUP - 1ST JANUARY 2005 to 18TH FEBRURY 2025

400 metres hurdles

Female

Rank	Name	Time	Age Group	Venue	Date
1	Leah Keisler	61.12	U20	Grangemouth	27-Aug-22
2	Emily McNicol	63.23	U23	Grangemouth	21-Jul-19
3	Julie Dobbin	64.88	U20	Glasgow (S)	17-Jul-11
4	Pamela McNicol	68.5	U20	Grangemouth	29-Mar-15
5	Fiona Parkin	73.66	U20	Grangemouth	13-Jun-09