

## North District Championship Best Performances

Group	Event	Athlete	Club	Year	CPB
U13 Boys	100m (Final)	<b>Timothy Black</b>	Inverness Harriers AAC	1989	12.8
	1500m (Final)	<b>Lachlan Buchanan</b>	Inverness Harriers AAC	2018	4:51.92
	200m (Final)	<b>Stuart Sutherland</b>	Inverness Harriers AAC	1990	26.03
	75m Hurdles (Final)	<b>Ian Ramsay</b>	Inverness Harriers AAC	1996	13.2
	800m (Final)	<b>Stuart Sutherland</b>	Inverness Harriers AAC	1990	2:19.1
	Discus (1.00kg)	<b>Alex Geddes</b>	Inverness Harriers AAC	2013	31.85
	High Jump	<b>Andrew McFarlane</b>	Inverness Harriers AAC	2013	1.53
	Javelin (400g)	<b>Andrew McFarlane</b>	Inverness Harriers AAC	2013	38.07
	Long Jump	<b>S Milne</b>	Orkney AC	1988	4.92
	Shot Put (3.00kg)	<b>David Olivera</b>	Elgin AAC	1992	9.64

U13 Girls	100m (Final)	<b>Lesley Clarkson</b>	Inverness Harriers AAC	1994	13.0
	1500m (Final)	<b>Anya Morrison</b>	East Sutherland AC	2017	5:13.63
	200m (Final)	<b>Tamsin Fowlie</b>	Moray Road Runners	2017	27.76
	70m Hurdles (Final)	<b>Rachael Davidson</b>	Inverness Harriers AAC	1999	12.4
	800m (Final)	<b>Briony Swanson</b>	Inverness Harriers AAC	2002	2:25.18
	Discus (0.75kg)	<b>Dionne Milne</b>	Moray Road Runners	2010	28.08
	High Jump	<b>Amy Davis</b>	Orkney AC	2013	1.50
	Javelin (400g)	<b>Fiona Flockhart</b>	Inverness Harriers AAC	2014	26.15
	Long Jump	<b>Stroma Fraser</b>	Inverness Harriers AAC	2018	4.72
	Shot Put (2.72kg)	<b>Claire Stewart</b>	Elgin AAC	1996	8.94

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U15 Boys	100m (Final)	<b>Kyle Wilkinson</b>	Elgin AAC	2018	11.70
	1500m (Final)	<b>Mark Mitchell</b>	Forres Harriers	2002	4:24.42
	200m (Final)	<b>Arran Buchanan</b>	Inverness Harriers AAC	2017	24.10
	300m (Final)	<b>Seumas MacKay</b>	Shetland AAC	2015	40.27
	400m (Final)	<b>Ingram Murray</b>	Inverness Harriers AAC	1988	52.8
	800m (Final)	<b>Mark Mitchell</b>	Forres Harriers	2002	2:03.18
	80m Hurdles (Final)	<b>David Cotter</b>	Nairn & District AAC	1992	11.7
	Discus (1.25kg)	<b>George Evans</b>	Inverness Harriers AAC	2013	47.72
	Hammer (4.00kg)	<b>Matt MacFarlane</b>	Inverness Harriers AAC	2016	45.17
	High Jump	<b>David Barnetson</b>	Inverness Harriers AAC	1986	1.75
	Javelin (600g)	<b>Paul Annal</b>	Alness	1992	41.72
	Long Jump	<b>S Milne</b>	Orkney AC	1990	6.15
	Pole Vault	<b>Andrew McFarlane</b>	Inverness Harriers AAC	2014	3.50
	Shot Put (4.00kg)	<b>George Evans</b>	Inverness Harriers AAC	2013	15.54
	Triple Jump	<b>Jonathan Kerr</b>	Shetland AAC	1998	11.62

U15 Girls	100m (Final)	<b>Tamsin Fowlie</b>	Elgin AAC	2018	12.64
	1500m (Final)	<b>Abbie Stewart</b>	Stornoway Running & AC	2022	4:50.26
	200m (Final)	<b>Katie Dinwoodie</b>	Shetland AAC	2017	25.98
	300m (Final)	<b>Tamsin Fowlie</b>	Elgin AAC	2019	42.12
	75m Hurdles (Final)	<b>Charis Mair</b>	Inverness Harriers AAC	2008	11.89
	800m (Final)	<b>Isla Ross</b>	Minolta Black Isle	1995	2:19.9
	Discus (1.00kg)	<b>Kirsty Law</b>	Inverness Harriers AAC	2001	28.61
	Hammer (3.00kg)	<b>Peace Igbiduru</b>	Inverness Harriers AAC	2022	41.17
	High Jump	<b>Charis Mair</b>	Inverness Harriers AAC	2008	1.56
	Javelin (500g)	<b>Hannah Kingham</b>	Elgin AAC	2017	29.61
	Long Jump	<b>Holly Whittaker</b>	Elgin AAC	2022	5.11
	Shot Put (3.00kg)	<b>Frances Miller</b>	Elgin AAC	1999	10.79
	Triple Jump	<b>Mairi Darroch</b>	Inverness Harriers AAC	2017	9.54

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Group	Event	Athlete	Club	Year	CPB
U17 Men	100m (Final)	<b>Scot Fraser</b>	Inverness Harriers AAC	1993	11.0
	100m Hurdles (Final)	<b>David Cotter</b>	Nairn & District AAC	1973	14.0
	1500m (Final)	<b>Lachlan Buchanan</b>	Inverness Harriers AAC	2022	4:09.81
	1500m Steeple Chase (Final)	<b>Andrew Johnstone</b>	Inverness Harriers AAC	2014	5:24.43
	200m (Final)	<b>Andrew Stoker</b>	Moray Road Runners	2017	22.94
	3000m (Final)	<b>Craig Poole</b>	BP Black Isle	1999	9:02.0
	400m (Final)	<b>Neil Gray</b>	Orkney AC	2003	49.87
	400m Hurdles (Final)	<b>Brian MacPhail</b>	Inverness Harriers AAC	1998	59.01
	800m (Final)	<b>Seumas MacKay</b>	Shetland AAC	2017	1:57.27
	Discus (1.5kg)	<b>George Evans</b>	Inverness Harriers AAC	2014	46.54
	Hammer (5.00kg)	<b>Fraser Campbell</b>	Elgin AAC	2002	52.89
	High Jump	<b>D Barnetson / Angus Davren</b>	Inverness Harriers AAC	2018	1.95
	Javelin (700g)	<b>John Mitchell</b>	Inverness Harriers AAC	1997	54.54
	Long Jump	<b>B White</b>	Golspie High School	1987	6.56
	Pole Vault	<b>Andrew McFarlane</b>	Unattached	2016	3.87
	Shot Put (5.00kg)	<b>Russell Devine</b>	Inverness Harriers AAC	1984	16.01
	Triple Jump	<b>Sakchai Makao</b>	Shetland AAC	1999	13.38

U17 Women	100m (Final)	<b>Faye Richardson</b>	Shetland AAC	2005	12.4
	1500m (Final)	<b>Rachel Jones</b>	Forres Harriers	2002	4:43.81
	200m (Final)	<b>Katie Dinwoodie</b>	Shetland AAC	2018	25.84
	3000m (Final)	<b>Emily Andrew</b>	Inverness Harriers AAC	2017	10:19.00
	300m (Final)	<b>Jade MacLaren</b>	Inverness Harriers AAC	2005	41.4
	300m Hurdles (Final)	<b>Emma Barclay</b>	Elgin AAC	2019	46.69
	800m (Final)	<b>Gemma Cormack</b>	Moray Road Runners	2007	2:12.65
	80m Hurdles (Final)	<b>Charis Mair</b>	Inverness Harriers AAC	2010	12.09
	Discus (1.00kg)	<b>Dionne Milne</b>	Moray Road Runners	2014	38.92
	Hammer (3.00kg)	<b>Emma Bowie</b>	Moray Road Runners	2013	49.30
	High Jump	<b>Rachael MacKenzie</b>	Inverness Harriers AAC	2004	1.65
	Javelin (500g)	<b>Mary Flockhart</b>	Inverness Harriers AAC	2015	37.97
	Long Jump	<b>Vicky O'Brien</b>	Inverness Harriers AAC	1998	5.22
	Pole Vault	<b>Anna Watson</b>	Inverness Harriers AAC	1998	2.20
	Shot Put (3.00kg)	<b>Frances Miller</b>	Elgin AAC	2001	11.56
	Triple Jump	<b>Sophie Moar</b>	Shetland AAC	2014	10.53