

# Whitemoss AAC

## 2007 Outdoor Performance to 14/11/07

### Under 17 Women

#### 100m

Lynsey Ferguson	<b>13.44</b>	SWAL Match 1	22-Apr
Dawn Robertson	13.48	CSSAL Div 1 Match 1	29-Apr
Lorraine Boyd	<b>13.9</b>	Nithsdale AC OGM	15-Apr
Rachel Barlas	<b>14.2</b>	Lanarkshire AAA	15-May
Laura McCord	<b>14.8</b>	Lanarkshire AAA	15-May
Rachel Beveridge	<b>15.02</b>	CSSAL Div 1 Match 1	29-Apr

#### 200m

Lynsey Ferguson	27.75	CSSAL Div 1 Match 2	20-May
Carolann Muir	<b>28.90</b>	CSSAL Div 1 Match 2	20-May
Lorraine Boyd	<b>29.6</b>	Ayrshire Harriers OGM	13-Jun

#### 300m

Lynsey Ferguson	44.6	SWAL Match 3	26-Aug
Carolann Muir	46.72	CSSAL Div 1 Match 1	29-Apr
Laura McCord	<b>47.8</b>	Nithsdale AC OGM	15-Apr
Lorraine Boyd	<b>48.55</b>	Glasgow City Council OGM	11-Apr

#### 800m

Rachel Barlas	2.34.5	Lanarkshire AAA	15-May
Laura McCord	2.37.0	Nithsdale AC OGM	15-Apr
Lorraine Boyd	3.04.54	CSSAL Div 1 Match 1	29-Apr

#### 1500m

Laura McCord	5.16.7	Lanarkshire AAA	15-May
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#### 3000m

Laura McCord	11.04.98	Glasgow City Council OGM	11-Apr
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#### 80mH

Lorraine Boyd	<b>14.68</b>	CSSAL Div 1 Match 2	20-May	CR
Penny Mitchell	<b>15.90</b>	CSSAL Div 1 Match 2	20-May	

#### 300mH

Lorraine Boyd	<b>54.96</b>	SWAL Match 1	22-Apr	CR
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Performance in bold indicates PB

(If you notice any errors or omissions please contact stato35@hotmail.co.uk)

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### High Jump

Lynsey Ferguson	1.50	CSSAL Div 1 Match 1	29-Apr
Lorraine Boyd	<b>1.30</b>	Lanarkshire AAA	15-May
Penny Mitchell	1.20	CSSAL Div 1 Match 1	29-Apr

### Long Jump

Lorraine Boyd	<b>4.17</b>	Linwood OGM	27-Jun
Laura McCord	<b>3.96</b>	Nithsdale AC OGM	15-Apr
Lynsey Ferguson	3.74	CSSAL Div 1 Match 1	29-Apr
Rachel Barlas	<b>3.43</b>	CSSAL Div 1 Match 3	5-Aug

### Triple Jump

Lorraine Boyd	<b>8.69</b>	SWAL Match 2	24-Jun
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### Shot Putt

Penny Mitchell	6.57	CSSAL Div 1 Match 2	20-May
Lorraine Boyd	<b>6.23</b>	CSSAL Div 1 Match 3	5-Aug
Dawn Robertson	5.93	CSSAL Div 1 Match 2	20-May

### Javelin

Penny Mitchell	<b>20.57</b>	CSSAL Div 1 Match 1	29-Apr
Lorraine Boyd	<b>18.66</b>	Linwood OGM	22-Aug

### Discus

Penny Mitchell	<b>16.05</b>	SWAL Match 1	22-Apr
Lorraine Boyd	<b>15.9</b>	Ayrshire Harriers OGM	13-Jun
Carolann Muir	12.91	CSSAL Div 1 Match 2	20-May

Performance in bold indicates PB

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