



Shetland Records

As at 31st October 2023

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Women

Event	Record	Athlete	Venue	Date
60m	8.01i	Faye Richardson (U17)	Glasgow	05.02.06
100m	12.16	Faye Richardson (U20)	Kirkwall	01.09.07
	12.16	Katie Dinwoodie	Guernsey	10.07.23
200m	24.64	Katie Dinwoodie (U17)	Gibraltar	11.07.19
400m	57.67	Emma Leask	Jersey	30.06.15
800m	2:08.00	Emma Leask	Oxford	18.07.15
1,500m	4:32.24	Claire Wilson	Manchester	21.05.05
One mile	5:24.7	Aimee Smith (U15)	Lerwick	10.09.17
3,000m	9:58.55	Katie Bristow	Glasgow	05.06.15
5,000m	17:16.38	Michelle Sandison	Glasgow	23.06.01
10,000m	36:04.93	Katie Bristow	Glasgow	17.04.15
100m hurdles	16.77	Caron Leckie (U15)	Gotland, SWE.	27.06.99
400m hurdles	1:07.56	Caron Leckie (U15)	Gotland, SWE.	30.06.99
3,000m steeplechase	11:16.74	Claire Wilson	Jersey	30.06.15
5km	17:18	Michelle Sandison (W35)	Edinburgh	04.05.18
5 miles	28:40	Michelle Sandison (W35)	Glasgow	16.02.19
10km	35:47	Michelle Sandison (W35)	Clydebank	28.05.15
10 miles	1:01:24	Michelle Sandison (W40)	Motherwell	02.04.23
Half marathon	1:19:14	Priscilla Welch (W35)	Aberdeen	13.03.83
Marathon	2:39:29	Priscilla Welch (W35)	London	17.04.83
50km	4:08:52+	Charlotte Black (W40)	Perth	27.03.16
100km	8:47:57	Charlotte Black (W40)	Perth	27.03.16
Long Jump	5.41	Sophie Moar (U20)	Lerwick	19.04.15
Triple Jump	11.07	Julie Ramsay (U17)	Gotland, SWE.	27.06.99
High Jump	1.67	Lucy Holden (U20)	Kirkwall	02.06.18
Pole Vault	1.90	Mhia Mouat (U15)	Aberdeen	24.08.14
Javelin (600g)	42.42	Emma Gray (U20)	Lerwick	10.07.05
Shot Put (4kg)	10.46	Leigh Nicolson (U20)	Lerwick	31.03.19
Discus (1kg)	31.67	Kirsty Laurenson	Lerwick	18.07.21
Hammer (4kg)	43.14	Natasha Tulloch (U20)	Lerwick	30.05.21
Heptathlon				
4x100m Relay	48.82	Loni Wiseman (U20), Katie Dinwoodie (U17), Kara Sharp (U17), Faye Cox.	Gibraltar	12.07.19
4x200m Relay	1:59.4	Kazia Smith (U15), Helen Powell (U15), Julie Ramsay (U15), Emily Tait (U15).	Arbroath	24.08.97
4x400m Relay	3:55.85	Cara Steven (U20), Faye Cox, Molly Morgan, Emma Leask.	Gotland, SWE.	30.06.17

Shetland Records

As at 31st October 2023

Men

Event	Record	Athlete	Venue	Date
60m	7.12i	Karl Robertson (U20)	Glasgow	17.02.02
100m	11.18	Karl Robertson	Rhodes, GRE.	05.07.07
200m	22.65	Bobby Laurenson	Lerwick	18.06.23
400m	48.87i	Seumas Mackay (U20)	Glasgow	08.02.18
800m	1:48.51	Seumas Mackay	Stretford	23.08.22
1,500m	3:53.79	Seumas Mackay	Guernsey	11.07.23
One mile	4:41.92	Leon Johnson (M40)	Stirling	13.06.18
3,000m	8:59.0	Ian Williamson	Aberdeen	26.07.98
5,000m	15:16.55	Ian Williamson	Grangemouth	23.08.98
10,000m	31:41.92	Ian Williamson	Jersey	03.07.97
110m hurdles	15.15	Benjamin Kerr	Stoke	09.09.07
400m hurdles	59.23	Joe Nicolson (U20)	Edinburgh	20.06.97
2,000m steeplechase	7:05.61	Murray Todd (U20)	Aberdeen	20.08.23
3,000m steeplechase	11:05.42	Peter Stemp	Gibraltar	19.07.95
5km	15:27	Ian Williamson	Lisburn	22.10.00
5 miles	25:06	Ian Williamson	Haddington	05.06.99
10km	31:08	Ian Williamson	Motherwell	06.03.99
10 miles	52:22	Ian Williamson	Motherwell	11.04.99
Half marathon	1:08:35	Ian Williamson	Glasgow	20.08.00
Marathon	2:32:27	Leon Johnson (M40)	London	28.04.19
50km				
100km				
Long Jump	6.88	Sean Walterson	Gibraltar	10.07.19
Triple Jump	14.15	Sakchai Makao (U20)	Douglas, IoM.	13.07.01
High Jump	2.05	Benjamin Kerr	Stoke	08.09.07
Pole Vault	3.90i	Benjamin Kerr (U20)	Sheffield	16.01.05
Javelin (800g)	54.86	Jonathan Kerr	Lerwick	15.07.05
Shot Put (7.26kg)	12.98	Connor McDonald	Lerwick	25.03.18
Discus (2kg)	34.80	Malcolm MacLeod (M45)	Lerwick	25.03.18
Hammer (7.26kg)	47.96	Maurice Williamson	Jersey	28.06.15
Decathlon	6,103	Benjamin Kerr	Glasgow	21.05.06
4x100m Relay	44.47	Stuart Bain (U17), Caelen Rivett (U20), Kieran Fraser (U20), Tom Jamieson.	Gotland, SWE.	27.06.17
4x200m Relay	1:39.4	Ian Williamson, Drewie Clark (U17), Neil Duncan, Joe Nicolson (U20).	Arbroath	24.08.97
4x400m Relay	3:29.03	Andrew Preacher, Gordon Linklater, Neil Duncan, Joe Nicolson (U17).	Gibraltar	21.07.95

Shetland Records set in 2023

Event	Record	Athlete	Venue	Date
10 miles	1:01:24	Michelle Sandison (W40)	Motherwell	02.04.23
200m	22.65	Bobby Laurenson	Lerwick	18.06.23
100m	12.16	Katie Dinwoodie	Guernsey	10.07.23
1,500m	3:53.79	Seumas Mackay	Guernsey	11.07.23
2,000m steeplechase	7:05.61	Murray Todd (U20)	Aberdeen	20.08.23