



Competition Guide 2024

We believe that testing yourself in competition is important to development and helps our coaches to measure progress and identify specific needs. All members are now expected to put themselves forward to compete for the club throughout the year and renewal for our 6.30pm sessions will only be offered for 2024/25 membership to those that have. With this in mind, we think it only fair to give you as much information as possible before you decide which events you'd like to take part in - we recognise it can be confusing! Therefore we have created this guide to help!



Winter Age Groups

Most competitions are run in the age categories U11, U13, U15, U17, U20, Seniors and Masters. Superteams is slightly different as that competition is for U12s.

Winter is complicated in so much that the indoor season is based on 2025 age groups (i.e. based on your age as at 31st August 2025), whereas cross country and road are a continuation of the 2024 season.

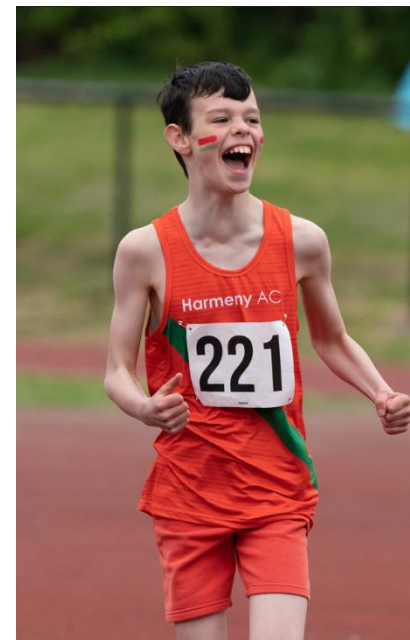
Indoor:

- **Under 11:** 01/09/14 & 9 years old on the day of the event
- **Under 12 (Superteams Only):** 9,10 or 11 on day (probably, TBC)
- **Under 13:** 01/09/12 – 31/08/14
- **Under 15:** 01/09/10 – 31/08/12
- **Under 17:** 01/09/08 – 31/08/10
- **Under 20:** 01/09/05 – 31/08/08

Cross Country/Road

- **Under 11:** 01/09/13 – 31/08/15
- **Under 13:** 01/09/11 – 31/08/13
- **Under 15:** 01/09/09 – 31/08/11
- **Under 17:** 01/09/07 – 31/08/09
- **Under 20:** 01/01/04 – 31/08/07

The age group of all of our junior members is listed at the bottom of this guide.



Scottish Athletics (SAL) Numbers

Every junior (Under21) who has paid their annual membership fee will be automatically made members of Scottish Athletics by the club. You will receive an email from Scottish Athletics to confirm this and the club will also add their SAL number to your LoveAdmin record which you can then



access by logging on. This number (in the form SA99999) is often needed for individual entries, especially to Scottish Athletics events, and sometimes yields a discount on entry fees. Logon to LoveAdmin here to find yours: <https://app.loveadmin.com/sign-in>

Club Kit

Anyone taking part in Club Events **must** buy a red and green Harmeny vest.

Vests can be purchased via your LoveAdmin account and our training kit can now be purchased directly from Football Nation and either collected or delivered to an address of your choice. <https://www.thefootballnation.co.uk/harmeny-athletic-club-shop>

We also recommend purchasing a pair of all-purpose athletics spikes – these can be picked up cheaply in Decathlon or on-line (SportShoes.com offer Harmeny 10% discount). These can be used for both track and cross country events (sometimes longer spikes are screwed in for the mud of cross country).

We also encourage members to recycle their spikes by handing on to others and we usually have a 'stall' of 2nd hand spikes at SuperSaturday and Club Championships.

Events

Club Events

The club provide many competitive opportunities. We take part in the East District Cross Country league and also the Scottish Athletics Indoor League (SAIL) and these are organised by a club-appointed team manager. We also compete, as a club, in the U12 Superteams as well as the national and district cross country champs and relay champs. Again, a team manager for the club will be in touch about entries for all of these.

Open Graded Meetings (OGM)

Open Graded are a fantastic way of getting additional competitive opportunities but there tends to be fewer of these during the winter. The format is that you enter yourself into the events you'd like to do, provide a personal best time/distance/height and you will be placed into a heat or pool with athletes of a very similar standard as yourself (if you don't have a PB yet, speak to your coach who can give you an idea of what this would be). The attraction is that you get an appropriate level of competition and are often dragged to a new PB!

There will be OGMs at Grangemouth and possibly Meadowbank throughout. Again, coaches and officials will remind you all of these events as they are announced and they are usually advertised on our closed Facebook group.

FIXTURE LIST Winter 2024-25

Club & Championship Events							
Date	Competition	Venue	Type	Age Groups	How to Enter	Standard	Link
5 th Oct	East District XC Relay Champs	Livingston	Cross Country	U13 Up	Via Club Team Management	**	
19 th Oct	National XC Relay Champs	Cumbernauld	Cross Country	U13 Up	Via Club Team Management	***	
26 th Oct	East District League (1)	Kirkcaldy (Beveridge Park)	Cross Country	U11 Up	Turn up on Day	*	
27 th Oct	Scottish Athletics Indoor League	Emirates, Glasgow	Track & Field	U11 to U20	Via Club Team Management	**	
2 nd Nov	National XC Short Course Champs	Kirkcaldy (High School)	Cross Country	U15 Up	Via Club Team Management	***	
16 th Nov	East District League (2)	Dundee	Cross Country	U11 Up	Turn up on Day	*	
30 th Nov	East District XC Champs	Stirling Uni	Cross Country	U13 Up	Via Club Team Management	**	
8 th Dec	Scottish Athletics Indoor League	Emirates, Glasgow	Track & Field	U11 to U20	Via Club Team Management	**	
11 th Jan	Inter District XC Champs	Glasgow	Cross Country	U13 Up	By invitation from District	****	
12 th Jan	Scottish Athletics Indoor League	Emirates, Glasgow	Track & Field	U11 to U20	Via Club Team Management	**	
18 th Jan	East District League (3)	Bathgate	Cross Country	U11 Up	Turn up on Day	*	
25 th Jan	Senior & U17 National Indoor Champs	Emirates, Glasgow	Track & Field	U17 & Senior	Via Scottish Athletics	****	Link
26 th Jan	Indoor Superteams	Emirates, Glasgow	Track & Field	U12	Via Club Team Management	**	
2 nd Feb	Indoor Relay Champs	Emirates, Glasgow	Track & Field	U13 Up	Via Club Team Management	***	
8 th & 9 th Feb	Indoor Combined Events	Emirates, Glasgow	Track & Field	U13 Up	Via Club Team Management	****	
22 nd Feb	Scottish National XC Champs	Falkirk	Cross Country	U13 Up	Via Club Team Management	****	
1 st & 2 nd Mar	U15 (Sat), U13 (Sun), U20 National Indoor Champs	Emirates, Glasgow	Track & Field	U13, U15 & U20	Via Scottish Athletics	****	
16 th March	Young Athletes Road Races	East Fortune (E Lothian)	Road Race	U13 Up	Via Club Team Management	***	

Most fixtures can be found on the SAL Events Calendar here too: [ClubServe \(sportserve.net\)](https://sportserve.net)

Age groups

First	Surname	XC/Road	Indoor
Aadhi	Kalia	U11	u13
Aadhithya	Aravindan	U11	u13
Abigail	Williams	U13	u13
Adam	Akintewe	U13	u15
Adam	Cameron	U13	u15
Adam	Head	U15	u17
Ailie	Lyndon	U17	u17
Alasdair	Forrest	U15	u15
Alasdair	Wallace	U20	u20
Alba	Robson	U11	u11
Aldyn	Morrison	U11	u11
Alec	Miller	U20	u20
Alex	Columbine-Green	U17	u17
Alexa	Holden	U15	u15
Alexander	Sweetman	U11	u15
Alexandra	Waterston-Law	U17	u17
Alice	Watson	U9	u11
Alistair	Isdale	U11	u11
Amber	Cunningham	U15	u17
Amelie	McKay	U15	u15
Andrea	Scott	U11	u13
Andrew	Simpson	U11	u11
Andrew	Watson	U13	u15
Angus	Mitchell	U15	u15
Angus	Murray	U11	u11
Angus	Robertson	U11	u13

Anna	Matheson	U17	u17
Anna	McBirnie	U13	u13
Anthony	Szewczyk	U13	u13
Anya	Macdonald	U15	u15
Archibald (Archie)	Lynch	U20	u20
Archie	Irwin	U20	senior
Aria	MacFarlane	U13	u15
Ariana Joy	Akintewe	U11	u11
Austin	Denny	U15	u15
Autumn	Tas	U13	u13
Ava	Whyte	U13	u13
Aya	Burt	U9	u11
Aydin	Agh-Atabay	U15	u15
Aysa	Kealy	U15	u17
Baboucarr	Jobe	U17	u20
Ben	Johnston	U20	u20
Ben	McDonald	U17	u20
Ben	Paterson	U15	u17
Ben	Silver	U11	u13
Benjamin	Reddish	U11	u13
Benjamin	Shields	U17	u17
Bethanie	Lynes	U11	u11
Blake	Burchill	U13	u13
Brodie	Shields	U17	u17
Cadha	McLuskey	U13	u13
Cailean	Alexander	U13	u13
Cameron	Caves	U20	u20
Carter	Burchill	U11	u13

Carys	Melton	U15	u17
Cerys	Kenny	U11	u11
Christopher	Watt	U13	u13
Cilleán	Morrison	U13	u15
Coben	Walker	U13	u15
Dair	Alexander	U17	u20
Dan	McGuire	U17	u20
Daniel	Chambers	U13	u15
Daniel	Mcintyre	U17	u17
Darcey	Hill	U15	u15
David	Cimpean	U9	u11
David	Currie	U15	u15
Douglas	Veitch	U13	u15
Eddie	MacDoka	U11	u11
Eilidh	Burns	U11	u11
Eilidh	Little	U11	u11
Eilidh	Scobbie	U20	u20
Elizabeth	Sweetman	U15	u15
Ella	Jones	U17	u20
Ella	Reid	U11	u13
Elléra	MacFarlane	U9	u11
Elliott	Quesnell	U15	u15
Eloise	Leslie	U11	u13
Emilie	Paul	U17	u17
Emily	Brodie	U11	u13
Emily	Illingworth	U9	u11
Emily	Mcguire	U15	u15
Erin	Laird	U15	u17

Erin	Scott	U11	u11
Ernest	Skvorcov	U11	u13
Esther	Taylor	U20	u20
Ethan	Lorimer	U20	u20
Euan	Laird	U20	u20
Euan	Morrison	U11	u13
Evan	Louca	U15	u17
Eve	Bogie	U15	u15
Evie	Burt	U11	u13
Ewan	Mitchell	U17	u20
Fergus	Ross	U17	u17
Finlay	Johnstone	U15	u15
Finlay	Ross	U20	u20
Frances	Kirton	U13	u15
francesca	earl	U15	u17
Fraser	Holman	Senior	senior
Fred	Currie	U15	u15
Freddie	Kennedy	U11	u11
Freya	Gilliland	U11	u13
Freya	Ness	U13	u13
Georgia	Bruce	U17	u17
Grace	Munro	U15	u15
Halszka	Musialowicz	U17	u20
Hamish	Roberts	U13	u13
Harry	Howl	U15	u15
Harry	Leiper	U13	u15
Harry	MacDoka	U11	u11
Heidi	Little	U13	u15

Henry	Young	U13	u13
Holly	Finlayson	U15	u15
Iona	Kealy	U17	u20
Isabella	Pearson	U13	u15
Isla	Lindsay	U20	u20
Ivy	Loudon	U15	u15
Jacob	Marshall	U15	u17
Jai	Jogi	U11	u13
James	Anderson	U15	u17
James	Burnett	U20	u20
James	Wotherspoon	U17	u20
Jamie	Downes	U11	u13
Jemma	Murray	U17	u20
Jennifer	Shout	U11	u13
John	Gray	U15	u17
Josh	Lee	U15	u15
Joshua	Evans	U11	u11
Kate	Riches	U15	u15
Kieran	Hardie	U17	u20
Laila	McKay	U17	u17
Lara	Brechin	U17	u20
Laura	McErlean	U11	u13
Lawrie	Mossman	U11	u13
Leah	Buchan	U17	u17
Leo	Loudon	U11	u11
Lillie	Paul	U13	u15
Lily	Hardingham	U15	u17
Lina	Hamidouchi	U20	u20

Lois	Hills	U15	u15
Lorcan	Morrison	U15	u17
Lorchlan	O'Sullivan	U11	u11
Louisa	Daubney	U13	u15
Luciana	Starkey	U13	u13
Luke	Brodie	U13	u13
Marie	Buchan	U13	u15
Matthew	Bogie	U11	u13
Matthew	earl	U11	u13
Matthew	Holden	U17	u20
Matthew	Tait	U20	u20
Max	Jellema	U11	u11
Maya	Brown	U15	u17
Maya	Buchan	U15	u15
Meda Maria	Reivyitis	U17	u20
Mia	Baxter	Senior	senior
Mia	Whyte	U11	u11
Mila	Hernandez	U11	u11
Mila	McGuigan	U11	u11
Murray	Irvine	U11	u11
Naela	MAMIAGA BOLEKA	U11	u11
Nancy	Corrie	U17	u17
Naomi	Leathes	U15	u15
Natalie	Pilcher	U13	u15
Natsai	Nyabadza	U17	u20
Nicholas	Sim	U17	u17
Oisin	O'Sullivan	U15	u15
Olivia	Lee	U17	u17

Olivia	Ogoyi	U9	u11
Olivia Faith	Muir	U17	u17
Ollie	Howl	U17	u17
Oran	Brown	U17	u17
Orla	Starkey	U11	u11
Oscar	McHaffie	U13	u13
Oscar	Picken	U13	u13
Oscar	Scheidig	U9	u11
Phoebe	Price	U11	u11
Rachel	Caves	U15	u17
Rebecca	Hardie	U15	u15
Reeva	Grant	U11	u13
Robert	Downes	U11	u13
Rohan	Bullock	U13	u13
Rory	Beattie	U15	u15
Rory	Fowler	U11	u13
Rosie	Napier	U13	u13
Ross	Laidlaw	U11	u13
Ruairi	Marr	U15	u15
Ruairidh	Ranyard	U13	u13
Ruaridh	Gilliand	U9	u11
Ruby	McClay	U15	u17
Sam	Beattie	U17	u20
Sam	Johnston	U15	u17
Sam	Oliver	U13	u15
Samuel	Head	U13	u13
Sandra	Osinska	U9	u11
Sandy	Cameron	U13	u15

Scarlett Hope	Poletyllo	U9	u11
Seb	Jellema	U13	u15
Skye	Marshall	U17	u20
Spencer	Martin	U13	u15
Sriram	Thiagu	U17	u20
Tamilore	Oshode	U11	u13
Tendai	Nyabadza	U20	senior
Tessa	Golding	U13	u15
Tsz Yau (Evana)	Chan	U20	u20
Tsz Yuet (Karis)	Chan	U15	u15
Violet	Ankrah	U13	u13
Vivienne	Grant	U9	u11
Willow	Morrison	U11	u11
Yuen Shan	Lam	U13	u15
Zak	Carson	U13	u13
Zoe	Coull	U11	u13
Zoe	Forrester	U15	u15
Zoe	McNair	U17	u17

Start your own athletics journey

Harmeny AC

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🏠 harmenyac.org

scottishathletics  affiliated club

