



Harmeny AC believe that testing yourself in competition is important to an athlete's development and helps our coaches to measure progress and identify specific needs. It also helps cement an athlete's relationship with the sport which we hope will lead to them staying with us for years to come.

All members are now expected to put themselves forward to compete for the club throughout the year and places at our 6.30pm sessions on Mondays and Thursdays will only be retained by those that have competed 8 times each year. 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!

## Competition Guide 2025



### Summer Age Groups

Most competitions are run in the age categories U9, U11, U13, U15, U17, U20, Seniors and Masters. Superteams is slightly different as that competition is for U12s. The age groups are based on your age as at 31<sup>st</sup> August i.e. if you are 9 or 10 years of age on 31<sup>st</sup> August you will be in the U11 age group, 11 or 12 U13 etc etc

- **Under 9:** 7 or 8 years old
- **Under 11:** Born Between 1st Sept 2004 – 31 Aug 2016 (& at least 9yrs old on day of event)
- **Under 12 (Superteams Only):** Born in 2014, 2015 or 2016
- **Under 13:** Born 1 Sept 2012 – 31 Aug 2014
- **Under 15:** Born 1 Sept 2010 - 31 Aug 2012
- **Under 17:** Born 1 Sept 2008 - 31 Aug 2010
- **Under 20:** Born 31 Dec 2005 – 31 Aug 2008
- **Senior:** Born before 1 Sept 2004

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 and you should receive an email from SAL with details. The club will then add their SAL number to their LoveAdmin record which you can then access by logging on <https://app.loveadmin.com/sign-in>. 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.

### Club Kit

Anyone taking part in Club Events **must** buy a red and green Harmeny vest or crop top. These can be purchased via your LoveAdmin account.

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 15% discount). We also encourage members to recycle their spikes by handing on to others and we usually have a 'stall' of 2<sup>nd</sup> hand spikes at Super Saturday and Club Championships.



## Events

### **Club Events**

The club provide many competitive opportunities. We are in 4 summer leagues and these are organised by a club-appointed team manager. We also compete, as a club, in the U12 Superteams and National Relay championships and we organise 2 events at Saughton – SuperSaturday in March (which this year will also involved a 'friendly' match with Corstorphine AAC) and Club Championships in September. Entry for all of the events will be by responding to emails from coaches or team mangers.

### **Scottish Athletics (SAL) Events**

SAL organise District and National championship events for which you need to enter yourselves via their membership portal at [Link](#) . Once you're set up with your log in details and password, it's straightforward. However, I would suggest setting these up in advance of entry deadlines, following these instructions..... <https://www.scottishathletics.org.uk/events/event-entries/> If you have issues, email [membership@scottishathletics.org.uk](mailto:membership@scottishathletics.org.uk) with your name and membership number. You will normally be reminded of these events via emails and Facebook posts from coaches and club officials.

### **Open Graded Meetings (OGM)**

Open Graded are a fantastic way of getting additional competitive opportunities. 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 are a host of clubs who organise their own OGM events. The most popular by far with Harmeny members is the Livingston AC Open Graded Meetings which take place on a Friday evening, once a month during the summer. There will be other OGMs at Grangemouth and hopefully Meadowbank throughout. Again, coaches and officials will remind you all of these events as they are announced.



Name of Competition	Events at Competition	Standard of Competition
<b>Super Saturday &amp; Club Championships</b>	100m, 800m, shot putt, long jump for all. Javelin, high jump for older athletes.	Recommended for all as this is a good introduction to competitive athletics.
<b>U12 Superteams</b>	Each athlete will do 75m sprint, long jump, turbo javelin, and 4x100m relay with their team mates.	Fun & friendly event where officials will help the athletes and rules aren't too strictly applied.
<b>Forth Valley League (FVL)</b> (Team Manager David Alexander)	All Track & Field – Under 11,13,15	Opportunities for all – known as a development league as the ethos is to help develop both athletes and officials..
<b>Youth Development League (YDL)</b> (Team Manager Stephen Buchan)	All Track & Field – Under 13,15	Attracts good athletes from across Scotland. This year, Harmeny will invite their athletes to take part in this rather than it being open to all.
<b>Central &amp; Southern Scotland Athletics League (CSSAL)</b> (Team Manager Steven Burchill)	All Track & Field – All Age Groups	Great event for all age groups to enjoy together – our first year in this league and hoping it will help build a great club spirit.
<b>Scottish National League</b> (Team Manager Craig Stewart)	All Track & Field – U17, U20 , Seniors	Attracts good athletes from across Scotland, no limits to the number of entrants so run in a similar way to open graded events.
<b>National Relay Champs</b>	4x100m, 3x300m, 3x400m, 3x800m + Medley relays	Best teams from across Scotland
<b>District &amp; National Championships</b>	All events included.	National events attract the best from around Scotland, East district is open to athletes from East of Scotland, including Harmeny.

If you'd prefer to take part in off-track events, there are options such as:

- Hill Running [Scottish Hill Runners :: Juniors](#) (a number of Harmeny athletes have taken part in this in recent years)
- Highland Games - not all games have running events, so you need to check each individually. <https://www.rshga.org/calendar>
- Road Races – many and varied can be found here: [ClubServe](#)

**Most fixtures can be found on the SAL Events Calendar here too: [ClubServe \(sportserve.net\)](#). Many venues TBC due to Grangemouth decision pending.**



## FIXTURE LIST Summer 2025

Date	Competition	Venue	Age Groups	How to Enter	Link
29 <sup>th</sup> March	Super Saturday/Match Vs CAAC	Saughton	ALL	Via Email/Poll	TBC
EASTER HOLIDAYS 29 <sup>th</sup> March to 16 <sup>th</sup> April					
6 <sup>th</sup> April	Central Scotland Athletics League Match 1	Linwood (Paisley)	U11 Up incl Masters	Via Club Team Management	TBC
13 <sup>th</sup> April	National Athletics League Match 1	Kilmarnock	U17, U20, Senior	Via Club Team Management	TBC
26 April	SAL National Open	Linwood (Paisley)	U20/Senior	Individual	TBC
27 April	Forth Valley League Match 1	Grangemouth	U11, U13, U15	Via Club Team Management	TBC
4 <sup>th</sup> May	Youth Development League Match 1	Grangemouth	U13 U15	Via Club Team Management	TBC
9-11 May	East District Championships & Open	Grangemouth	U13/15/17	Individual	TBC
18 <sup>th</sup> May	National Athletics League Match 2	Aberdeen	U17, U20, Senior	Via Club Team Management	TBC
24 <sup>th</sup> May	Superteams REGIONAL HEAT	Meadowbank	U12	Via Club Team Management	TBC
25 <sup>th</sup> May	Youth Development League Match 2	Ayr	U13 U15	Via Club Team Management	TBC
1 <sup>st</sup> June	Central Scotland Athletics League Match 2	Grangemouth	U11 Up incl Masters	Via Club Team Management	TBC
8 <sup>th</sup> June	National Athletics League Match 3	Grangemouth	U17, U20, Snr	Via Club Team Management	TBC
13/14 <sup>th</sup> June	Scottish Schools Secondary Champs	Grangemouth	Secondary	Via School – closes xx/05	TBC
15 <sup>th</sup> June	Forth Valley League Match 2	Grangemouth	U11, U13, U15	Via Club Team Management	TBC
21 <sup>st</sup> June	Superteams FINAL	Dundee	U12	Via Club Team Management	TBC
22 <sup>nd</sup> June	National Relay Championships	Dundee	U13 Up	Via Club Team Management	TBC
SUMMER HOLIDAYS START 27 <sup>th</sup> June					
29 <sup>th</sup> June	Youth Development League Match 3	Grangemouth	U13 U15	Via Club Team Management	TBC
5/6 July	Combined Events Champs	Ayr	U13 Up	Individual	TBC
27 <sup>th</sup> July	National Athletics League Match 4	Grangemouth	U17, U20, Senior	Via Club Team Management	TBC
9 <sup>th</sup> August	Forth Valley League Match 3	Grangemouth	U11, U13, U15	Via Club Team Management	TBC
10 <sup>th</sup> August	Central Scotland Athletics League Match 3	Crownpoint (Glasgow)	U11 Up incl Masters	Via Club Team Management	TBC
SUMMER HOLIDAYS END					
16 <sup>th</sup> August	National U15/20 Champs	Aberdeen	U15/U20	Individual	TBC
17 <sup>th</sup> August	National U13/20 Champs	Aberdeen	U13/U20	Individual	TBC
23/24 August	National U17 and Senior Champs	Grangemouth	U17/Senior	Individual	TBC
6 <sup>th</sup> Sept	Club Championships	Saughton	ALL	Via Email/Poll	TBC

## OPEN GRADED FIXTURE LIST Summer 2025 – TBC When Released

## AGE GROUPS

OluwaBukunmi(Elizabeth)	Adetunji	U15
Aydin	Agh-Atabay	U15
Adam	Akintewe	U15
Ariana Joy	Akintewe	U11
Cailean	Alexander	U13
Dair	Alexander	U20
Matthew	Allan-Brown	U13
Rachel	Allison	U11
Sofia	Allison	U13
James	Anderson	U17
Hunter	Barron	U9
Rory	Beattie	U15
Sam	Beattie	U20
Lara	Brechin	U20
Iona	Bremner	U17
Jessica	Broadwood	U13
Emily	Brodie	U13
Luke	Brodie	U13
Oran	Brown	U17
Georgia	Bruce	U17
Abi	Brunton	U13
Ailsa	Bryce	U11
Leah	Buchan	U17
Marie	Buchan	U15
Maya	Buchan	U15
Rohan	Bullock	U13
Blake	Burchill	U13



Carter	Burchill	U13
James	Burnett	U20
Aya	Burt	U11
Evie	Burt	U13
Sandy	Cameron	U15
Zak	Carson	U13
Cameron	Caves	U20
Rachel	Caves	U17
Daniel	Chambers	U15
Tsz Yau (Evana)	Chan	U20
Tsz Yuet (Karis)	Chan	U15
Alex	Columbine-Green	U17
Danny	Convery	U17
Robbie	Convery	U13
Nancy	Corrie	U17
Isabella	Corrigan	U11
Zoe	Coull	U13
Amber	Cunningham	U17
Carly	Currie	U13
David	Currie	U15
Fred	Currie	U15
Henry	Daubney	U11
Louisa	Daubney	U15
Austin	Denny	U15
Jamie	Downes	U13
Robert	Downes	U13
francesca	earl	U17
Matthew	earl	U13

Ema	Faltyskova	U15
Holly	Finlayson	U15
Alasdair	Forrest	U15
Zoe	Forrester	U15
Ruaridh	Gilliand	U11
Freya	Gilliland	U13
Tessa	Golding	U15
Reeva	Grant	U13
Vivienne	Grant	U11
Charlotte	Gray	U11
John	Gray	U17
Lina	Hamidouchi	U20
Kieran	Hardie	U20
Rebecca	Hardie	U15
Lily	Hardingham	U17
Cora	Jones Harris	U13
Jasper	Hay	U11
Adam	Head	U17
Samuel	Head	U13
Mila	Hernandez	U11
Charlotte	Hill	U13
Darcey	Hill	U15
Alexa	Holden	U15
Matthew	Holden	U20
Fraser	Holman	Senior
Harry	Howl	U15
Ollie	Howl	U17
Lilly	Hulse	U13

Emily	Illingworth	U11
Murray	Irvine	U11
Archie	Irwin	Senior
Max	Jellema	U11
Seb	Jellema	U15
Baboucarr	Jobe	U20
Jai	Jogi	U13
Sam	Johnston	U17
Ella	Jones	U20
Jacob	Kalinowski	U13
Aysa	Kealy	U17
Iona	Kealy	U20
Flynn	Kirton	U11
Frances	Kirton	U15
Isaac	Kitchen	U13
Ross	Laidlaw	U13
Euan	Laird	U20
Wang Shan (Aldo)	Lam	U11
Yuen Shan (Toby)	Lam	U15
Naomi	Leathes	U15
Josh	Lee	U15
Olivia	Lee	U17
Tibby	Leitch	U13
Finn	Lendrum	U11
Eloise	Leslie	U13
Eilidh	Little	U11
Heidi	Little	U15
Ruby	Logan	U9

Ethan	Lorimer	U20
Evan	Louca	U17
Ivy	Loudon	U15
Leo	Loudon	U11
Ailie	Lyndon	U17
Eddie	MacDoka	U11
Harry	MacDoka	U11
Anyia	Macdonald	U15
Aria	MacFarlane	U15
Elléra	MacFarlane	U11
Naela	MAMIAGA BOLEKA	U11
Ava	Manson	U17
Matilda	Marmo	U13
Jacob	Marshall	U17
Skye	Marshall	U20
Anna	Matheson	U17
Ellie	Matthews	U13
Martha	Mayer	U11
Flora	Mayer	U11
Anna	McBirnie	U13
Aibhe	McCarthy	U13
Ruby	McClay	U17
Mila	McGuigan	U11
Dan	McGuire	U20
Emily	Mcguire	U15
Oscar	McHaffie	U13
Daniel	Mcintyre	U17
Amelie	McKay	U15

Stanley	McKerrow	U13
Cadha	McLuskey	U13
Zoe	McNair	U17
Fynlay	McVay	U13
Carys	Melton	U17
Alec	Miller	U20
Angus	Mitchell	U15
Ewan	Mitchell	U20
Aldyn	Morrison	U11
Cilleán	Morrison	U15
Euan	Morrison	U13
Lorcan	Morrison	U17
Willow	Morrison	U11
Lawrie	Mossman	U13
Conor	Muckley	U15
Grace	Muggridge	U11
James	Muggridge	U11
Olivia Faith	Muir	U17
Angus	Murray	U11
Jemma	Murray	U20
Halszka	Musialowicz	U20
Rosie	Napier	U13
Freya	Ness	U13
Orla	Ness	U11
Hugo	Norman	U13
Natsai	Nyabadza	U20
Tendai	Nyabadza	Senior
Olivia	Ogoyi	U11



Sam	Oliver	U15
Tamilore	Oshode	U13
Sandra	Osinska	U11
Peace	Owuigwe	U15
Lochlan	O'Sullivan	U11
Oisin	O'Sullivan	U15
Ben	Paterson	U17
Isobel	Paterson	U13
Emilie	Paul	U17
Lillie	Paul	U15
Isabella	Pearson	U15
Natalie	Pilcher	U15
Scarlett Hope	Poletyllo	U11
Phoebe	Price	U11
Ellie	Pye	U13
Francesca	Queen	U11
Elliott	Quesnell	U15
Alice	Quinn	U13
Lena	Ramachandran	U13
Benjamin	Reddish	U13
Ella	Reid	U13
Archie	Reilly	U13
Meda Maria	Reivytis	U20
Kate	Riches	U15
Angus	Robertson	U13
Daniel	Robertson	U15
Alfie	Ross	U15
Fergus	Ross	U17

Finlay	Ross	Senior
Will	Roxburgh	U13
Millie	Sales	U9
Oscar	Scheidig	U11
Andrea	Scott	U13
Erin	Scott	U11
Ben	Silver	U13
Jamie	Silver	U9
Nicholas	Sim	U17
Ernest	Skvorcov	U13
Elle	Scougall	U13
Luciana	Starkey	U13
Orla	Starkey	U11
Alexander	Sweetman	U11
Elizabeth	Sweetman	U15
Adam	Szczypiorski	U20
Anthony	Szewczyk	U13
Annie	Tait	U15
Matthew	Tait	Senior
Autumn	Tas	U13
Matthew	Thompson	U11
Jacob	Tildesley	U11
Douglas	Veitch	U15
Coben	Walker	U15
Emily	Walker	U13
Struan	Walker	U13
Alasdair	Wallace	Senior
Alexandra	Waterston-Law	U17

Alice	Watson	U11
Andrew	Watson	U15
Christopher	Watt	U13
Stewart	Watt	U9
Ava	Whyte	U13
Mia	Whyte	U11
Arlo	Wignal	U13
Sophie	Williamson	U17
James	Wotherspoon	U20
Henry	Young	U13

Start your own athletics journey

**CONTACT US:**  
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 [harmenyac.org](http://harmenyac.org)

scottishathletics  affiliated club

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