

# ABERDEEN AMATEUR ATHLETIC CLUB

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## THE 2010 YEAR BOOK

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INCLUDING CLUB RECORDS  
AND OTHER ITEMS  
OF INTEREST

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No. 21

2010

Free to AAAC Members

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- Club Records for all age groups
- Club Indoor Records for all age groups
- Highlights of the Club's 2008-2009 & 2009 seasons
- Club All-time lists of Senior Scottish Champions
- All the Club's major games representatives
- Club All-time Top 20 lists - Senior events
- Club All-time Top 10 lists - U20, U17 & U15 events
- Club All-time Top 10 lists – Veteran men & women
- Club All-time Indoor Rankings - Senior events
- 2009 Top 5 Rankings for all age groups



The AAAC Yearbook 2010 is edited and compiled by Denis Shepherd.  
Contributions & assistance from Mark Davidson.

## ABERDEEN AAC - MAJOR GAMES REPRESENTATIVES

### Commonwealth Games

1962	Alastair Wood	Marathon
1982	Graham Laing	Marathon
1986	Martin Johnston	400m, 4 x 400m
1986	Fraser Clyne	Marathon
1986	Dawn Kitchen	400m
1990	Mark Davidson	400H, 4x100m, 4x400m
1990	Duncan Mathieson	Dec, 4x400m
1994	Duncan Mathieson	LJ, 4x100m

### World Cup

1985	Fraser Clyne	Marathon
1985	Jack Maitland	Hill
1987	Fraser Clyne	Marathon
1989	Fraser Clyne	Marathon
1989	Ian Matheson	Hill
1992	Fraser Clyne	Hill
1995	Sonia Armitage	Hill
1996	Sonia Armitage	Hill
1997	Tracey Brindley	Hill
1998	Sonia Armitage	Hill
1998	Tracey Brindley	Hill
1999	Sonia Armitage	Hill
2001	Sonia Armitage	Hill
2001	Clare Miller	Hill

### European Championships

1962	Alastair Wood	Marathon
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### Paralympic Games

2008	Neil Fachie	100m, 200m
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### World Cross-Country Championships

1980	Sonia McLaren
1981	Fraser Clyne
1982	Fraser Clyne
1982	Kathryn Meams
1983	Fraser Clyne
1983	Kathryn Meams
1984	Fraser Clyne
1984	Kathryn Meams
1985	Lynda Bain
1986	Fraser Clyne

### World Student Games

1991	Mark Davidson	400H
1991	Duncan Mathieson	Decathlon

### European Cup

1983	Graham Laing	Marathon
1987	Jim Doig	Marathon
1996	Tracey Brindley	Hill
1996	Sonia Armitage	Hill
1997	Tracey Brindley	Hill
1998	Sonia Armitage	Hill
1998	Tracey Brindley	Hill
1999	Tracey Brindley	Hill
2001	Sonia Armitage	Hill
2001	Clare Miller	Hill

## SCOTTISH SENIOR CHAMPIONS

### SAL (formerly SAAA) Men's Champions

1961	Steve Taylor	3 miles
1961	John Waters	Javelin
1962	Steve Taylor	3 miles
1962	Alastair Wood	Marathon
1964	Alastair Wood	Marathon
1965	Alastair Wood	Marathon
1967	Bill Ewing	Steeplechase
1968	Alastair Wood	Marathon
1970	Steve Taylor	10 miles
1972	Alastair Wood	Marathon
1979	Graham Laing	10000m
1980	Graham Laing	Marathon
1981	Colin Youngson	Marathon
1982	Colin Youngson	Marathon
1983	Peter Wilson	Marathon

1984	George Reynolds	Marathon
1988	Fraser Clyne	Road
1989	Fraser Clyne	Road
1990	Fraser Clyne	Road
1990	Mark Davidson	400H
1990	Duncan Mathieson	Long Jump
1992	Donald Ritchie	100Km Road
1992	Mark Davidson	400H
1992	Fraser Clyne	Marathon
1993	Fraser Clyne	Marathon
1994	Fraser Clyne	Marathon
1995	Mark Davidson	400H
1995	Duncan Mathieson	Long Jump
1995	Duncan Mathieson	Decathlon
1996	Barry Middleton	400H
1996	Fraser Clyne	Marathon
1997	Barry Middleton	400H
1997	Duncan Mathieson	Decathlon
1999	Barry Middleton	400H
1999	Chris Smith	3000m Steeplechase
2004	Robert Miller	Decathlon

### SAL (formerly SAAA) Men's Indoor Champions

1988-89	Mark Davidson	400m
1989-90	Paul Allan	Heptathlon
1990-91	Mark Davidson	400m
1990-91	Duncan Mathieson	Long Jump
2003-04	Robert Miller	Long Jump

### SAL (formerly SWAAA) Women's Champions

1955	Pat Bellamy	High Jump
1956	Pat Bellamy	High Jump
1956	Alice Robertson	100 yards
1956	Alice Robertson	220 yards
1959	Gwen Summers	Javelin
1960	Gwen Summers	Javelin
1962	Gwen Watt	Javelin
1985	K Madigan, J Edon, D Kitchen, C Sheehan	Medley
1986	Dawn Kitchen	400m
1990	Shona Simpson	Heptathlon
1991	Helen Cowe	Shot
1992	Helen Cowe	Shot
1992	Helen Cowe	Discus
1992	Linda Davidson	Long Jump
1993	Linda Davidson	Triple Jump
1994	Debbie Kilner	10km Road
1995	Helen Cowe	Discus
1995	Linda Davidson	Long Jump
1996	Susan Hendry	800m
1996	Sonia Armitage	Hill Running
1997	Sarah Still	Heptathlon
1999	Sarah Still	Long Jump
2006	Nicola Gauld	1500m
2007	Nicola Gauld	1500m

### SAL Women's Indoor Champions

1999-2000	Sarah Still	Long Jump
2003-2004	Nicola Gauld	1500m

### SAL (formerly SWCCU) Cross-country Champions

1959	Agnes Paterson	
1985	L Bain, S McLaren, J Robertson	Road Relays
1996	Debbie Kilner	

## WORLD CHAMPIONS, 2008-2009

### Veteran Women (Over-50)

Laura Mahady	Indoor 800m, 4x100m, 4x400m
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**SCOTTISH CHAMPIONS, 2008-2009**

**Veteran Men (Over 70):**

Hugo Fletcher Indoor 800m

**Veteran Men (Over 60):**

Trevor Madigan 100m, 200m  
Indoor 200  
Colin Youngson Indoor 1500m, 3000m  
Bob Masson PV, DT, JT  
Indoor PV

**Veteran Men (Over 45):**

Kenny Lyon PV, JT

**Veteran Men (Over 40):**

Edward McKenzie SP, JT

**Veteran Men (Over 35):**

Fintan McCabe 400m, SP, JT

**Under-20 Men**

William Smy 400m

**Under-17 Men**

Sam Lyon Closed TJ

**Veteran Women (Over 50):**

Laura Mahady 400m, 800m  
Indoor 400m, 800m

**Veteran Women (Over-45):**

Sonia Armitage 800m, 1500m  
Indoor 800m  
Janet Lyon PV, LJ  
Shona McKinnon Indoor HJ, TJ

**Veteran Women (Over 35):**

Kathleen Madigan 100m, 200m  
Indoor 60m, 200m, SP  
Indoor LJ, TJ  
Fiona Davidson

**Under-23 Women**

Sylvia Kamya 100H  
Kirsten Young LJ

**Under-17 Women:**

Ellie Workman Closed HJ, JT  
Indoor Pent

## Helen Murphy

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## QUICK QUIZ

Test your knowledge of athletics and particularly Aberdeen AAC with the following quick quiz. Again it's multi-choice so at least you have a slim chance of getting full marks even if you don't know any of the answers!

- 1 In what year was the young athletes' section incorporated into the main AAAC committee?  
**A** 1955                      **B** 1965                      **C** 1975                      **D** 1985
- 2 Who has won East District cross-country medals in every age-group?  
**A** Sonia Armitage              **B** Debbie Kilner              **C** Graham Laing              **D** Chris Smith
- 3 Who has been on the AAAC committee as both men's team manager and ladies' secretary?  
**A** Trevor Madigan              **B** Miller Mathieson              **C** Denis Shepherd              **D** Hunter Watson
- 4 Apart from Scot Thompson in the senior shot, who was AAAC's only other male A winner at the 2009 Petrofac League finals in Aberdeen?  
**A** Lewis Coffin              **B** Myles Edwards              **C** James Joy              **D** Ben Renton
- 5 AAAC's under-13 girls won three events at the aforementioned Petrofac final. Which event did they NOT win?  
**A** 100m                      **B** 200m                      **C** 800m                      **D** Javelin
- 6 In what position did AAAC feature in the SATS Scottish club of the year table for 2008?  
**A** 14th                      **B** 19th                      **C** 24th                      **D** 29th
- 7 What colour are the lines between which you must take the baton in a 4x100m relay?  
**A** Black                      **B** Blue                      **C** Green                      **D** Yellow
- 8 Which AAAC member won Scottish Schools 800m titles in two different age-groups in 2008 and 2009?  
**A** Ellie Buchan              **B** James Joy              **C** Kate Murdoch              **D** Cameron Strachan
- 9 How many stations are there in the Aberdeen Sports Village fitness suite?  
**A** 50                      **B** 100                      **C** 150                      **D** 200
- 10 Which of these past and present AAAC members has NOT appeared as a guest performer at Aberdeen Folk Club?  
**A** Danny Couper              **B** Ernie Dunster              **C** Denis Shepherd              **D** Richard Ward

Answers on Page 34

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## CROSS-COUNTRY, 2008-2009

### International & Representative Matches

#### Great Britain & Ireland Masters Cross-country International Swansea, November 15<sup>th</sup>, 2008

##### **Women 45-50 (6km)**

Sonia Armitage: 5<sup>th</sup> (1st Scot), 26:10 (winner: Jane Clark, England, 24:26)

#### Scottish Inter District

##### Holyrood Park, Edinburgh, January 10th, 2009

##### **Under-17 women (3.6km)**

Kerry Prise: 8<sup>th</sup>, 15:12; Ellie Buchan: 11<sup>th</sup>, 15:23; Rachel Armitage: 18<sup>th</sup>, 16:14 (winner: Sarah Kelly, Dundee Hawkhill Harriers, 14:40). East team 1<sup>st</sup>.

##### **Under-15 boys (2.4km)**

Craig Wallace: 24<sup>th</sup>, 9:34 (winner: Craig Wellcoat, Law & District, 8:00). East team 2<sup>nd</sup>.

##### **Under-15 girls (2.4km)**

Kate Murdoch: 21<sup>st</sup>, 10:23 (winner: Halina Rees, Fife AC, 9:22). East team 1<sup>st</sup>.

##### **Under-13 boys (2.4km)**

Alec Young: 12<sup>th</sup>, 9:45; Liam Rae: 18<sup>th</sup>, 10:06 (winner: Jake Kerr, Edinburgh AC, 9:07). East team 1<sup>st</sup>.

##### **Under-13 Girls (2.4km):**

Eilidh Prise: 2<sup>nd</sup>, 10:05 (winner: Kathryn Gillespie, Central AC, 9:52). East team 1<sup>st</sup>.

#### Inter-counties Championships & World Trials

##### Nottingham, March 7th, 2009

##### **Under-17 Women (km):**

Ellie Buchan: 51<sup>st</sup>, 20:25 (winner: Lauren Proctor, Yorkshire, 17:53)

#### SIAB Schools International

##### Faenol, North Wales, March 28<sup>th</sup>, 2009

##### **Under-15 girls (3.5km)**

Eilidh Prise: 28<sup>th</sup>, 15:02 (winner: Jessica Judd, England, 13:22)

### Scottish Medallists

#### National Championships

##### Falkirk, February 21st, 2009

##### **Under-13 Girls (3.2km)**

Eilidh Prise: 3<sup>rd</sup>, 13:38 (winner: Florie McLeish, Preston Harriers, 13:14)

### District Medallists

#### East District Relay Championships

##### Prestonpans, October 10<sup>th</sup>, 2008

##### **Young females (3x2.5km)**

Eilidh Prise, Kate Murdoch, Ellie Buchan: 2<sup>nd</sup>, 32:01 (winners: Dundee Hawkhill Harriers, 31:48)

#### East District Championships

##### Cupar, December 6<sup>th</sup>, 2008

##### **Under-20 Men (10km):**

Mark Haskett: 3<sup>rd</sup>, 37:47 (winner: Scott McDonald, Central AC, 35:32)  
Mark Haskett, Ross Fulton (4<sup>th</sup>), Cameron Strachan (8<sup>th</sup>): 1<sup>st</sup> team, 15pt (won by 20pt from St Andrews University)

##### **Under-20 Women (6.4km):**

Siobhan Prise: 2<sup>nd</sup>, 30:57 (winner: Sarah Inglis, Lothian RC, 28:27)

##### **Under-17 Women (4.4km):**

Ellie Buchan (4<sup>th</sup>), Kerry Prise (5<sup>th</sup>), Rachel Armitage (8<sup>th</sup>): 1<sup>st</sup> team, 17pt (won by 12pt from Edinburgh AC)

##### **Under-13 Girls (3.2km):**

Eilidh Prise: 1<sup>st</sup>, 14:39 (won by 21sec from Kathryn Gillespie, Central AC)

### Club Championships

#### Winners - Balgownie, March 1<sup>st</sup>, 2009 & points winners for the season

**Senior Men:** B Hukins (won both)

**Veteran:** Keith Charlton, Frank Boyne

**Under-20:** Ross Fulton (both)

**Under-17:** No entries or points award

**Under-15:** No entries, Craig Wallace

**Under-13:** Alec Young (both)

**Under-11:** Harry Kilner, no points award

**Senior Women:** Natalie Riley, no points award

**Veteran:** Veronique Oldham, Sonia Armitage

**Under-20:** Paula Davies, no points award

**Under-17:** Rachel Armitage (both)

**Under-15:** Kate Murdoch (both)

**Under-13:** Aimee McDonald, no points award

**Under-11:** Lucy McLeod (both)

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## CROSS-COUNTRY, 2009-2010

### International & Representative Matches

#### Great Britain & Ireland Masters Cross-country International Birmingham, November 14<sup>th</sup>, 2009

##### **Women 45-50 (6km)**

Sonia Armitage: 9<sup>th</sup> (1st Scot), 26:43 (winner: Niamh O'Sullivan, Ireland, 24:29)

### Scottish Medallists

#### National Relay Championships

##### Cumbernauld, October 24<sup>th</sup>, 2009

##### **Veteran Women (3x2.5 miles):**

Sonia Armitage, Rhona Buchan, Veronique Oldham: 1<sup>st</sup>, 51:06 (won by 24 sec from Central AC)

#### Scottish Masters' Championships

##### Forres, February 6<sup>th</sup>, 2010

##### **Women (5km):**

Veronique Oldham: 3<sup>rd</sup> (1<sup>st</sup> W40), 24:18; Rhona Buchan: 7<sup>th</sup> (2<sup>nd</sup> W40), 24:47 (winner: Jennifer MacLean, Edinburgh AC, 22:39)  
Veronique Oldham, Rhona Buchan, Laura Mahady (19<sup>th</sup>): 3<sup>rd</sup> team, 29pt (winners: Helensburgh AAC, 25)

### District Medallists

#### East District Championships

##### Livingston, December 5<sup>th</sup>, 2009

##### **Senior Men (9.6km):**

Chris Smith: 2<sup>nd</sup>, 32:39 (winner: Alastair Hay, Central AC, 31:54)  
Chris Smith, Mark Haskett (16<sup>th</sup>), Ben Hukins (21<sup>st</sup>), James Joy (35<sup>th</sup>), Cameron Strachan (38<sup>th</sup>), Darren Shinnie (52<sup>nd</sup>): 3<sup>rd</sup> team, 164pt (winners: Central AC, 45)

James Joy (6<sup>th</sup>), Cameron Strachan (7<sup>th</sup>), Rory Leslie (12<sup>th</sup>): 2<sup>nd</sup> Under-20 team, 25pt (winners: Central AC, 20)

##### **Under-17 women (4.4km)**

Ellie Buchan (8<sup>th</sup>), Kerry Prise (10<sup>th</sup>), Katie Bain (17<sup>th</sup>): 2<sup>nd</sup> team, 35pt (winners: Edinburgh AC, 20)

##### **Under-15 girls (4.4km)**

Eilidh Prise: 3<sup>rd</sup>, 17:36 (winner: Emma Dunnett, Edinburgh AC, 16:46)

#### Scottish Inter District

##### Holyrood Park, Edinburgh, January 9th, 2010

##### **Senior men (9km)**

Mark Haskett (Scottish Universities): 37<sup>th</sup>, 33:36 (winner: Joseph Ebuya, Kenya, 28:41). Scottish Universities team 1<sup>st</sup>.

##### **Under-17 women (3.9km)**

Ellie Buchan: 11<sup>th</sup>, 17:55 (winner: Rhona Auckland, Banchory Stonehaven AC/East, 17:07). East team 1st.

##### **Under-15 girls (2.6km)**

Eilidh Prise: 6<sup>th</sup>, 11:45 (winner: Rachel Dunn, Edinburgh AC/East, 11:09). East team 1<sup>st</sup>.

## ROAD RUNNING, 2009

## Scottish Medallists

### Scottish Junior Championships East Kilbride, March 22nd, 2009

#### Under-20 Men (7.5km)

Mark Haskett (5<sup>th</sup>), Ross Fulton (8<sup>th</sup>), James Joy (16<sup>th</sup>): 2<sup>nd</sup> team, 29pt  
(winners: Central AC, 8)

### Club Champions

#### Half-Marathon Championships, Dyce, August 2nd, 2009

**Men and over-40:** Neil Manson 87:08

**Over-50:** Graham Stubbins 94:04

**Women:** Pamela Tosh 86:35

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## HILL RUNNING, 2009

### International & Representative Matches

#### British & Irish Junior Fell-Running Championships & International Sedbergh, Cumbria, October 4th, 2009

#### U16 Girls (2.7 miles, 950ft ascent):

Rachel Armitage: 8th, 37:11 (winner: Catriona Buchanan, Scotland, 30:54)

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## INDOOR TRACK & FIELD, 2008-2009

### International & Representative Matches

#### Schools International Pentathlon Kelvin Hall, December 13<sup>th</sup>, 2008

#### Under-18 girls:

Ellie Workman: 2<sup>nd</sup> (3240)

### Scottish Medallists

#### DM Hall Senior Championships Kelvin Hall, February 1<sup>st</sup>, 2009

#### Women:

Catriona Pennet: 3<sup>rd</sup>, 60H (9.10)

#### Bank of Scotland Junior Championships Kelvin Hall, February 14<sup>th</sup> – 15<sup>th</sup>, 2009

#### Under-17 women:

Ellie Buchan: 2<sup>nd</sup>, 1500m (4:51.35)

#### DM Hall Veteran Championships Kelvin Hall, February 21<sup>st</sup>, 2009

#### Men Over-35:

Stanley Walker: 2<sup>nd</sup>, 60m (7.52); 2<sup>nd</sup>, 200m (24.71)  
John McKEown: 3<sup>rd</sup>, 200m (25.26); 2<sup>nd</sup>, 400m (59.11)

#### Men Over-60:

Trevor Madigan: 2<sup>nd</sup>, 60m (8.71); 1<sup>st</sup>, 200m (28.53)  
Colin Youngson: 1<sup>st</sup>, 1500m (5:33.03); 1<sup>st</sup>, 3000m (10:22.56)  
Bob Masson: 1<sup>st</sup>, PV (2.65m)

#### Men Over-70:

Hugo Fletcher: 1<sup>st</sup>, 800m (3:58.10); 2<sup>nd</sup>, 1500m (25.05)

#### Women Over-35:

Kathleen Madigan: 1<sup>st</sup>, 60m (8.37); 1<sup>st</sup>, 200m (28.50); 2<sup>nd</sup>, LJ (4.14m);  
1<sup>st</sup>, SP (8.23m)  
Fiona Davidson: 2<sup>nd</sup>, 60m (8.46); 1<sup>st</sup>, LJ (4.67m); 1<sup>st</sup>, TJ (10.19m)

#### Women Over-45:

Sonia Armitage: 1<sup>st</sup>, 800m (2:28.32)  
Shona MacKinnon: 1<sup>st</sup>, HJ (1.30m); 2<sup>nd</sup>, LJ (4.02m); 1<sup>st</sup>, TJ (8.35m)  
Janet Lyon: 3<sup>rd</sup>, LJ (3.98m)

#### Women Over-50:

Laura Mahady: 1<sup>st</sup>, 400m (65.03); 1<sup>st</sup>, 800m (2:30.40)

### DM Hall Combined Events Championships Kelvin Hall, February 21<sup>st</sup>-22nd, 2009

#### Veteran men (age-graded):

Bob Masson: 2<sup>nd</sup>, Hept (4304)

Kenny Lyon: 3<sup>rd</sup>, Hept (3776)

#### Veteran women (age-graded)

Shona McKinnon: 2<sup>nd</sup>, Pent (2527)

#### Under-17 women:

Ellie Workman: 1<sup>st</sup>, Pent (3337)

### District Medallists

#### DM Hall East Championships Kelvin Hall, Jan 17th-18<sup>th</sup>, 2009

#### Under-17 Men:

Stewart Clark: 3<sup>rd</sup>, 800m (2:10.4); 1<sup>st</sup>, TJ (12.32m)

#### Under-17 women:

Lisa Humphreys: 3<sup>rd</sup>, 60H (9.76)

#### Under-15 girls

Kate Murdoch: 1<sup>st</sup>, 800m (2:26.99)

## INDOOR TRACK & FIELD, 2009-2010

### International & Representative Matches

#### Scottish Inter-Regional Match Kelvin Hall, Jan 17<sup>th</sup>, 2010

#### Senior Men:

Ian Garioch: 2<sup>nd</sup>, 200m (22.74)

Scot Thompson: 1<sup>st</sup>, SP (15.66m)

#### Senior Women:

Aileen Connolly: 1<sup>st</sup>, 60m (8.21); 2<sup>nd</sup>, 200m (26.97)

Sonia Armitage: 3<sup>rd</sup>, 1500m (5:02.43)

Catriona Pennet: 2<sup>nd</sup>, 60H (9.36)

Ellie Workman: 3<sup>rd</sup>, HJ (1.65m)

Sylvia Kamyra: 3<sup>rd</sup>, TJ (10.87m)

### Scottish Medallists

#### Scottish Combined Events Championships Kelvin Hall, January 23<sup>rd</sup>-24<sup>th</sup>, 2010

#### Under-20 Men:

Sam Lyon: 3<sup>rd</sup>, Hept (4,045pt)

#### DM H all Senior Championships Kelvin Hall, February 6<sup>th</sup>, 2010

#### Men:

Ian Garioch: 2<sup>nd</sup>, 400m (48.84)

Scot Thompson: 1<sup>st</sup>, SP (16.09m)

#### Women:

Sonia Armitage: 1<sup>st</sup>, 1500m (5:00.50)

Catriona Pennet: 2<sup>nd</sup>, 60H (9.07)

## TRACK & FIELD, 2009

### International & Representative Matches

#### Scottish Inter-Regional Match Wishaw, May 10<sup>th</sup>, 2009

#### Senior Men:

Scot Thompson: 1<sup>st</sup>, SP (15.45m); 1<sup>st</sup>, DT (51.46m); 2<sup>nd</sup>, JT (48.37m)

#### Senior Women:

Catriona Pennet: 1<sup>st</sup>, 100H (15.02)

Sylvia Kamyra: 3<sup>rd</sup>, TJ (10.75m)

### World Medallists

#### World Masters Championships Lahti, Finland, July 28<sup>th</sup> to August 8<sup>th</sup>, 2009

**Women Over 50:**

Laura Mahady: 1<sup>st</sup>, 800m (2:19.50); 2<sup>nd</sup>, 400m (61.05); 3<sup>rd</sup>, 1500m (4:50.73); 1<sup>st</sup>, 4x100m (54.25, leg 3); 1<sup>st</sup>, 4x400m (4:10.80, leg 1)

**British Medallists****British Masters Championships  
Birmingham, July 4<sup>th</sup>-5<sup>th</sup> 2009****Women Over 50:**

Laura Mahady: 1<sup>st</sup>, 400m (62.40); 1<sup>st</sup>, 800m (2:22.09)

**England Athletics Combined Events  
Birmingham, August 15<sup>th</sup>-16<sup>th</sup>, 2009****Under-17 women:**

Ellie Workman: 3<sup>rd</sup>, Hept (4390)

**British Masters Decathlon Championships  
Oxford, September 12<sup>th</sup>-13<sup>th</sup>, 2009****Men Over 40**

Edward McKenzie: 2<sup>nd</sup> (4284)

**Scottish Medallists****Scottish Closed Championships  
Wishaw, May 9<sup>th</sup>, 2009****Under-17 men:**

Sam Lyon: 1<sup>st</sup>, TJ (12.15m)  
Stewart Clark: 3<sup>rd</sup>, TJ (12.00m)

**Under-17 women:**

Ellie Buchan: 2<sup>nd</sup>, 800m (2:17.65)  
Ellie Workman: 1<sup>st</sup>, HJ (1.65m); 1<sup>st</sup>, JT (33.94m)

**Scottish Masters Championships  
Pitreavie, June 14<sup>th</sup>, 2009****Men Over-35:**

Stanley Walker: 2<sup>nd</sup>, 100m (11.77); 2<sup>nd</sup>, 200m (24.02)  
John McKeown: 3<sup>rd</sup>, 200m (25.87)  
Fintan McCabe: 1<sup>st</sup>, 400m (53.97); 1<sup>st</sup>, SP (11.45m); 2<sup>nd</sup>, DT (34.13m); 1<sup>st</sup>, JT (40.05m)

**Men Over-40:**

Edward McKenzie: 1<sup>st</sup>, SP (10.85m); 2<sup>nd</sup>, DT (31.37m); 2<sup>nd</sup>, HT (29.24m); 1<sup>st</sup>, JT (35.37m).

**Men Over-45**

Kenny Lyon: 1<sup>st</sup>, PV (2.85m); 2<sup>nd</sup>, LJ (5.01m); 1<sup>st</sup>, JT (33.37m)

**Men Over-60:**

Trevor Madigan: 1<sup>st</sup>, 100m (13.98); 1<sup>st</sup>, 200m (29.37); 2<sup>nd</sup>, SP (9.47m)  
Alan Fulton: 2<sup>nd</sup>, 400m (67.73); 3<sup>rd</sup>, 800m (2:41.81)  
Bob Masson: 1<sup>st</sup>, PV (2.85m); 1<sup>st</sup>, DT (41.64m); 1<sup>st</sup>, JT (35.16m)

**Women Over 35:**

Kathleen Madigan: 1<sup>st</sup>, 100m (13.48); 1<sup>st</sup>, 200m (27.76)

**Women Over-45:**

Janet Lyon: 2<sup>nd</sup>, 200m (31.00); 1<sup>st</sup>, PV (2.40m); 1<sup>st</sup>, LJ (4.04m)  
Sonia Armitage: 1<sup>st</sup>, 800m (2:23.30); 1<sup>st</sup>, 1500m (4:59.00)

**Women Over-50:**

Laura Mahady: 1<sup>st</sup>, 400m (62.97); 1<sup>st</sup>, 800m (2:21.75)

**Scottish Combined Events Championships  
Pitreavie, July 18<sup>th</sup>-19<sup>th</sup>, 2009****Senior Men:**

Kevin Morice: 3<sup>rd</sup>, Dec (3241)

**Bank of Scotland Under-23 & Under-20 Championships  
Grangemouth, August 9<sup>th</sup>, 2009****Under-23 Men:**

Ian Garioch: 2<sup>nd</sup>, 400m (48.85)

**Under-20 Men:**

William Smy: 1<sup>st</sup>, 400m (51.59)

**Under-23 Women:**

Sylvia Kamyra: 1<sup>st</sup>, 100H (15.02); 2<sup>nd</sup>, 400H (62.91)  
Kirsten Young: 1<sup>st</sup>, LJ (5.03m)

**Under-20 women:**

Ellie Workman: 3<sup>rd</sup>, HJ (1.60m); 3<sup>rd</sup>, JT (34.46m)

**Bank of Scotland Under-17 & Under-15 Championships  
Grangemouth, August 15<sup>th</sup>-16<sup>th</sup>, 2009****Under-17 Women:**

Yasmin Milne: 3<sup>rd</sup>, 80H (12.04)

**Under-15 girls:**

Kate Murdoch: 2<sup>nd</sup>, 800m (2:22.67)

**Club Champions****Senior Men:**

Peter Mutch (sprints)  
James McGregor (middle distance)  
Kenny Lyon (jumps)  
Edward McKenzie (throws).

**Under-20:**

James Joy (track)  
Tom Brodie (field)

**Under-17:**

Sam Lyon (track)  
Sam Lyon (field)

**Veteran:** Mark Davidson

**Veteran Over 40:** Mark Davidson

**Veteran Over 50:** Bob Masson

**Overall age-graded:** Mark Davidson

**Boys**

**Under-15:** William Yates

**Under-13:** Christopher Legge

**Under-11:** Ben Renton

**Senior Women:**

Marie Dobson (sprints)  
Natalie Riley (middle distance)  
Janet Lyon (jumps)  
Kathleen Madigan (throws)

**Under-20:**

No awards

**Under-17:**

Yasmin Milne (track)  
Lisa Humphreys (field)

**Veteran:** Laura Mahady

**Veteran Over 45:** Laura Mahady

**Overall age-graded:** Laura Mahady

**Girls**

**Under-15:** Kate Murdoch

**Under-13:** Sam Williams

**Under-11:** Poppy Clayton-Littler

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# AAAC would like to thank *Friends of Aberdeen AAC*

for providing trophies for all the Club Track and Cross-Country Championships

## ABERDEEN AAC'S CLUB PERFORMANCES IN 2009

### Scottish Men's League (Div.1)

1	Edinburgh AC	28
2	Central AC	21
3	Arbroath & District AC (1031.5)	19
4	Shettleston Harriers (957)	19
5	Pitreavie AAC	18
<b>6</b>	<b>Aberdeen AAC (1030.5)</b>	<b>17</b>
7	Victoria Park City of Glasgow (978)	17
8	Whitemoss AAC	5

### Scottish Women's League

1	Edinburgh AC	24
2	Fife & Tayside	20
3	Pitreavie AAC	19
4	Team West	11.5
5	Lothian	11
6	Forth Valley	9
7	Victoria Park City of Glasgow	7.5
<b>8</b>	<b>Aberdeen AAC Select</b>	<b>7</b>

### Young Athletes' League NE Section (Boys and girls combined)

1	HIPPO	23
2	Inverness Harriers	22
<b>3</b>	<b>Aberdeen AAC</b>	<b>18</b>
4	Arbroath & District AC	15
5	Banchory Stonehaven AC	12
6	Fife AC (545)	7
7	Montrose & District AC (543.5)	7
8	Dundee Hawkhill Harriers	4

### Young Athletes' League Final (Boys and girls combined)

Aberdeen AAC did not qualify

### Petrofac League (East Section) - Men

<b>1</b>	<b>Aberdeen AAC</b>	<b>30</b>
2	Arbroath & District AC	27
3	Perth Strathtay Harriers	25
4	Banchory Stonehaven AC	22
5	Montrose & District AC	16
6	Brechin High AC	11
6	Dundee Hawkhill Harriers	7
7	Ellon AAC	6

### Petrofac League (East Section) - Women

<b>1</b>	<b>Aberdeen AAC</b>	<b>30</b>
2	Banchory Stonehaven AC	29
3	Arbroath & District AC	22
4	Perth Strathtay Harriers	20
5	Montrose & District AC	17
6	Dundee Hawkhill Harriers	14
7	Ellon AAC	8
8	Brechin High AC	4

### Petrofac League – Final

#### **Aberdeen AAC placings:**

Senior Men:	2nd
<b>Senior Women:</b>	<b>1st</b>
U17 Men:	2nd
<b>U17 Women:</b>	<b>1<sup>st</sup>=</b>
U15 Boys:	2 <sup>nd</sup> =
U15 Girls:	2nd
U13 Boys:	6th
<b>U13 Girls:</b>	<b>1st</b>
U11 Boys:	2 <sup>nd</sup> =
U11 Girls:	3rd

### North-East Under-11 League (Boys and girls combined)

1	Inverness	23.5
2	HIPPO	20.5
<b>3</b>	<b>Aberdeen AAC</b>	<b>16</b>
4	Banchory Stonehaven AC	14
5	Arbroath & District AC	13
6	Fife AC	11
7	Montrose & District AC	9
8	Dundee Hawkhill Harriers	2

### East District Cross-Country League 2008-2009

<b>Senior/Junior Men</b>		
1	Central AC	157
2	Edinburgh AC	360
3	Fife AC	801
<b>11</b>	<b>Aberdeen AAC</b>	<b>1689</b>

Figures in brackets denote aggregate match points, where clubs can not be split on League points.

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# CLUB RECORDS AS AT 01/01/2010

## SENIOR MEN

60	7.0	S Walker/M Davidson/B Middleton	87/94/97
100	10.50	Mark Davidson	89
200	21.07	Mark Davidson	89
300	34.4	Martin Johnston	85
400	46.9	Mark Davidson	89
800	1:49.3	Ewan Calvert	94
1500	3:44.67	Alan Wales	06
3000	8:14.6	Fraser Clyne	81
5000	14:18.90	Ian Matheson	89
10000	29:23	F Clyne / G Laing	83
110H	14.9	Duncan Mathieson	89
400H	50.79	Mark Davidson	89
2000SC	5:37.8	Bill Ewing	67
3000SC	8:47.8	Bill Ewing	68
½ Mar	61:34	Graham Laing	83
Mar	2:11:50	Fraser Clyne	84
HJ	2.07	Duncan Mathieson	90/97
LJ	7.62	Duncan Mathieson	95
TJ	14.55	William Stark	95
PV	4.20	Duncan Mathieson	90
SP	16.29	Gordon Smith	94
<b>DT</b>	<b>52.05</b>	<b>Scot Thompson</b>	<b>09</b>
JT	58.75	Peter Fraser	98
HT	53.18	Bruce Shepherd	96
Dec.	7535	Duncan Mathieson	90
4x100	42.1	D Mathieson, King, Drummond, M Davidson	88
4x200	1:35.3	Fachie, McCabe, Mutch, J Joy	08
4x400	3:19.3	P Davidson, Middleton, D Mathieson, Al-Kowarri	97

## UNDER-20 MEN

60	7.1	Barry Middleton	94
100	10.8	C Paterson / S Walker	72/88
200	21.6	Martin Johnston	83
300	35.4	Ahmed Al-Kowarri	96
400	48.17	Mark Davidson	87
800	1:51.86	Ewan Calvert	92
1500	3:50.34	Alan Wales	02
3000	8:34.65	Darren Shinnie	04
5000	14:46.0	Ian Matheson	83
10000	30:49.0	Ian Matheson	83
110H	14.93	Duncan Mathieson	88
400H	53.53	Barry Middleton	94
2000SC	6:02.66	Stephen Wright	89
3000SC	9:12.0	Stephen Wright	90
HJ	2.00	Duncan Mathieson	87
LJ	7.21	Duncan Mathieson	88
TJ	14.55	William Stark	95
PV	3.60	Kenneth Lyon	79
SP	14.24	Paul Allan	89
DT	42.26	Paul Allan	89
JT	57.48	Peter Fraser	96
HT	48.83	Matthew Maitland	02
Dec.	6652	Duncan Mathieson	88
4x100	44.7	Cruickshank, Walker, Mackland, King	87
4x200	2:07.6	Young, Crighton, Irvine, Walton	09
4x400	3:28.2	Cruickshank, Walker, Mackland, King	87

## UNDER-17 MEN

60	7.3	Ahmed Al-Kowarri	95
100	11.1	Alexander Carnie	88
200	22.6	Mark Davidson	85
300	36.0	Ahmed Al-Kowarri	95
400	49.21	Ahmed Al-Kowarri	95
800	1:54.8	Colin Donald	84
1500	4:01.1	Ross Arbuckle	78
3000	8:42.4	Ross Arbuckle	78
100H	13.9	Richard Singer	95
400H	55.37	Richard Singer	95
1500SC	4:25.0	Frank Boyne	82
HJ	1.98	Keith Oag	94
LJ	6.82	Derek Elmslie	77
TJ	13.82	William Stark	93

PV	3.15	Fraser Benzie	99
SP	13.27	Kevin Lutton	01
DT	41.46	Peter Fraser	94
JT	58.36	Peter Fraser	94
HT	45.50	David Robinson	78
Oct.	4327	Stephen Miller	02
Pent.	5238	Stephen Miller	02
4x100	45.92	Milne, Rankin, Oxley, Maslen	01
4x200	1:36.0	Gray, Rankin, Oxley, Maslen	01
4x400	3:31.32	Wales, Forbes, Gray, Watt	01

## UNDER-15 BOYS

100	11.5	Alexander Carnie	86
200	23.1	Alexander Carnie	86
400	52.5	Colin Donald	82
800	2:00.77	Steven Rusling	02
1500	4:21.2	Steven Rusling	02
3000	9:34.4	Alex Thoires	03
80H	12.0	William Stark	91
HJ	1.75	Kevin Lutton	99
LJ	5.82	William Stark	91
TJ	12.10	William Stark	91
PV	2.61	Sam Lyon	07
SP	11.89	Kevin Lutton	99
DT	33.91	Kevin Lutton	99
JT	50.70	Keith Simpson	96
HT	32.38	George Petrie	77
Pent.	2202	Stuart Mathieson	95
4x100	49.3	Legge, Lemon, Braun, S Mathieson	95
4x200	2:07.6	Young, Crighton, Irvine, Walton	09
4x400	3:57.1	Masson, Graham, K McCallum, Al-Kowarri	93

## UNDER-13 BOYS

60	8.5	Christopher Maslen	97
100	13.04	Stuart Mathieson	93
200	26.0	Mark Davidson	81
400	59.4	Andrew Keelan	86
800	2:22.09	Stuart Forbes	97
1500	4:49.8	Mark Kennedy	98
75H	12.9	William Stark	89
HJ	1.52	Duncan Mathieson	81
LJ	4.83	William Stark	89
TJ	10.13	Douglas Cumming	93
SP	10.27	Adam Crighton	08
DT	26.42	Kevin Lutton	97
JT	36.42	Kevin Lutton	97
Pent.	1802	David Braun	93
4x100	54.7	Forbes, Flett, B Benzie, Maslen	97
4x200	1:56.7	Forbes, Flett, B Benzie, Maslen	97
4x400	4:35.8	Rose, Watt, Maitland, Sullivan	94

## UNDER-11 BOYS

60	9.0	Ruari Neil	01
100	13.8	Bruce Benzie	95
200	29.2	Andrew Keelan	84
800	2:34.1	Steven Bruce	87
HJ	1.35	Duncan Mathieson	79
LJ	4.40	Duncan Mathieson	79
TJ	9.21	Duncan Mathieson	79
SP	7.92	Gregor Coull	06
JT	24.84	Bruce Benzie	95
4x100	60.8	Maitland, Sullivan, R Smith, C Mathieson	93
4x200	2:09.6	Maitland, C Mathieson, R Smith, Sullivan	93

## VETERAN MEN (Over 35) (as from 2005)

<b>60</b>	<b>7.4</b>	<b>Stanley Walker</b>	<b>09</b>
100	11.6	Stanley Walker	08
<b>200</b>	<b>23.4</b>	<b>Stanley Walker</b>	<b>09</b>
<b>300</b>	<b>37.85</b>	<b>Stanley Walker</b>	<b>09</b>
<b>400</b>	<b>53.97</b>	<b>Fintan McCabe</b>	<b>09</b>
800	2:15.2	Ian Morrice	05
1500	4:29.8	David Duguid	05
3000	10:13.2	Keith Charlton	05
5000	16:53.94	Frank Boyne	07

10000	38:42.3	Dave Armitage	07	60	7.8	Trevor Madigan	95
110H	19.66	Edward McKenzie	06	100	12.5	Trevor Madigan	94
400H	67.2	Kenny Lyon	05	200	25.7	Trevor Madigan	94
3000SC	10:11.2	Frank Boyne	05	300	42.4	Alan Fulton	00
HJ	1.60	Fintan McCabe	08	400	57.6	Alan Fulton	00
PV	3.25	Kenny Lyon	06	800	2:13.1	John Ballentine	93
LJ	6.05	Fintan McCabe	07	1500	4:24.3	John Ballentine	93
TJ	11.55	Kenny Lyon	05	3000	9:29.0	John Ballentine	92
SP	12.45	Fintan McCabe	08	5000	16:30.1	John Ballentine	92
DT	36.15	Fintan McCabe	08	10000	34:06.7	John Ballentine	92
<b>JT</b>	<b>43.95</b>	<b>Fintan McCabe</b>	<b>09</b>	100H	18.6	Robert Masson	98/00
HT	32.20	Edward McKenzie	08	400H	77.1	Bill Lonsdale	02
WT	10.35	Edward McKenzie	06	½ Mar	76:45	Roderick MacFarquhar	93
Pent	1986	Edward McKenzie	06	Mar	2:31:48	Alastair Wood	83
Dec.	4053	Edward McKenzie	05	HJ	1.65	Bill Lonsdale	03
Wt Pent	2190	Edward McKenzie	06	PV	3.45	Robert Masson	99
4x200	1:40.06	Astell, McKeown, McCabe, Walker	08	LJ	5.35	Trevor Madigan	91
				TJ	10.75	Bill Lonsdale	03
				SP	11.34	Robert Masson	97
				DT	38.09	Robert Masson	98
				JT	39.70	Robert Masson	99
				HT	34.35	Robert Masson	98
				Dec	6251	Robert Masson	99

**VETERAN MEN (Over 40)**

60	7.8	T Madigan / G Middleton	95
100	11.7	Riley/Mackenzie/Walker	79/90/09
200	24.1	Robin Riley	79
<b>300</b>	<b>37.85</b>	<b>Stanley Walker</b>	<b>09</b>
400	53.0	Denis Shepherd	93
800	2:01.0	Denis Shepherd	93
1500	4:08.0	Hunter Watson	77
3000	8:50.9	Colin Youngson	90
5000	14:58	Alistair Wood	75
10000	30:35.2	Alistair Wood	75
100H	16.4	Denis Shepherd	92
<b>110H (sen)</b>	<b>20.2</b>	<b>Edward McKenzie</b>	<b>08</b>
400H	59.0	Denis Shepherd	93
<b>3000SC</b>	<b>10:25.99</b>	<b>Frank Boyne</b>	<b>09</b>
½ Mar	67:13	David Clark	85
Mar	2:18:07	David Clark	84
HJ	1.67	Denis Shepherd	92
LJ	5.95	Kenny Lyon	01
TJ	12.21	Trevor Madigan	85
PV	3.65	Kenny Lyon	01
<b>SP</b>	<b>13.01</b>	<b>Edward McKenzie</b>	<b>09</b>
<b>SP (sen)</b>	<b>11.33</b>	<b>Edward McKenzie</b>	<b>09</b>
DT	39.86	Robert Masson	92
<b>DT (sen)</b>	<b>33.89</b>	<b>Edward McKenzie</b>	<b>09</b>
<b>HT</b>	<b>36.95</b>	<b>Edward McKenzie</b>	<b>09</b>
<b>HT (sen)</b>	<b>33.57</b>	<b>Edward McKenzie</b>	<b>09</b>
JT	43.88	Robert Masson	89
<b>JT (sen)</b>	<b>40.15</b>	<b>Edward McKenzie</b>	<b>09</b>
WT	9.60	Edward McKenzie	07
Dec.	5647	Kenny Lyon	01
<b>Wt Pent</b>	<b>2260</b>	<b>Edward McKenzie</b>	<b>09</b>
4x100	47.4	Clarkson, Gordon, Madigan, Stirling	89

**VETERAN MEN (Over 45)**

60	7.8	T Madigan / G Middleton	95
100	12.2	Malcolm Clarkson	89
200	24.6	Frank Gauld	00
300	40.7	Frank Gauld	00
400	54.8	Frank Gauld	00
800	2:06.1	Alan Fulton	95
1500	4:18.7	Colin Youngson	93
3000	9:29.0	John Ballentine	92
5000	15:42.7	Colin Youngson	93
10000	32:45.10	Colin Youngson	93
400H	77.1	Bill Lonsdale	02
½ Mar	70:50	Bill Adams	94
Mar	2:30:40	Donald Ritchie	91
HJ	1.65	Bill Lonsdale	03
LJ	5.52	Kenny Lyon	06
TJ	11.32	Trevor Madigan	90
PV	3.45	Robert Masson	99
SP	11.48	Robert Masson	93
<b>SP (sen)</b>	<b>8.60</b>	<b>Kenny Lyon</b>	<b>08</b>
DT	39.86	Robert Masson	92
HT	34.35	Robert Masson	98
JT	40.64	Robert Masson	95
<b>JT (sen)</b>	<b>33.22</b>	<b>Kenny Lyon</b>	<b>08</b>
Pent	2805	Kenny Lyon	06
Dec.	3658	Robert Masson	95

**VETERAN MEN (Over 50)**

**VETERAN MEN (Over 55)**

60	8.5	Trevor Madigan	01
100	12.9	Trevor Madigan	00
200	27.1	Trevor Madigan	00
300	44.4	Trevor Madigan	00
400	61.21	Allan Stirling	01
800	2:27.20	Alan Fulton	05
1500	4:56.0	Bill Scullion	02
3000	10:21.5	Colin Youngson	04
5000	17:18.0	Colin Youngson	03
10000	36:59.4	John Ballentine	97
100H	19.1	Robert Masson	04
½ Mar	82:42	Bill Scullion	04
Mar	2:57:41	Bill Scullion	00
HJ	1.50	Robert Masson	02
PV	3.20	Robert Masson	03
LJ	5.02	Trevor Madigan	06
TJ	9.79	Trevor Madigan	06
SP	10.84	Robert Masson	04
DT	35.83	Robert Masson	02
JT	40.53	Robert Masson	02
HT	31.73	Trevor Madigan	04
DEC	6006	Robert Masson	04

**VETERAN MEN (Over 60)**

60	8.6	Trevor Madigan	06
100	13.4	Trevor Madigan	05
200	27.8	Trevor Madigan	05
300	46.8	Trevor Madigan	08
400	67.1	Hugo Fletcher	94
800	2:37.5	E Dunster / H Fletcher	90/95
1500	5:23.5	Ernie Dunster	90
3000	11:46.0	Ernie Dunster	90
5000	19:03.22	Colin Youngson	08
10000	41:14.0	Ernie Dunster	90
100H	19.85	Bob Masson	07
300H	53.09	Bob Masson	08
½ Mar	1:26:36	Colin Youngson	08
Mar	3:14:19	Ronnie Wilson	03
HJ	1.41	Trevor Madigan	06/07
PV	2.90	Bob Masson	07/09
LJ	5.02	Trevor Madigan	06
TJ	9.79	Trevor Madigan	06
<b>SP</b>	<b>11.64</b>	<b>Bob Masson</b>	<b>09</b>
DT	40.15	Bob Masson	07
JT	37.37	Bob Masson	08
HT	31.73	Trevor Madigan	04
Dec	6490	Bob Masson	07

**VETERAN MEN (Over 65)**

60	10.4	Hugo Fletcher	02
<b>100</b>	<b>13.8</b>	<b>Trevor Madigan</b>	<b>09</b>
200	32.1	Hugo Fletcher	99
300	54.0	Hugo Fletcher	02
400	71.7	Hugo Fletcher	99
800	2:50.8	Hugo Fletcher	99
1500	6:00.7	Ernie Dunster	95

Mar.	3:31:16	James Youngson	81
<b>LJ</b>	<b>4.29</b>	<b>Trevor Madigan</b>	<b>09</b>
<b>TJ</b>	<b>8.95</b>	<b>Trevor Madigan</b>	<b>09</b>
<b>SP</b>	<b>9.26</b>	<b>Trevor Madigan</b>	<b>09</b>
DT	20.79	Miller Mathieson	04
<b>HT</b>	<b>24.35</b>	<b>Trevor Madigan</b>	<b>09</b>
JT	13.69	Ian Morrison	02

**VETERAN MEN (Over 70)**

60	11.2	Hugo Fletcher	06
100	17.6	Hugo Fletcher	05
200	35.5	Hugo Fletcher	05
300	63.4	Hugo Fletcher	06
400	80.0	Hugo Fletcher	05
800	3:12.5	Hugo Fletcher	04
1500	6:45.8	George Cruickshank	05
5000	23:57.5	George Cruickshank	05
LJ	2.30	Miller Mathieson	08
<b>SP</b>	<b>6.49</b>	<b>Miller Mathieson</b>	<b>09</b>
DT	18.21	Miller Mathieson	08
HT	19.08	Ian Morrison	05
JT	9.19	Hugo Fletcher	06

**VETERAN MEN (Over 75)**

<b>100</b>	<b>25.3</b>	<b>Hugo Fletcher</b>	<b>09</b>
<b>200</b>	<b>55.2</b>	<b>Hugo Fletcher</b>	<b>09</b>
<b>400</b>	<b>97.3</b>	<b>Hugo Fletcher</b>	<b>09</b>
<b>800</b>	<b>3:34.8</b>	<b>George Cruickshank</b>	<b>09</b>
<b>1500</b>	<b>7:15.3</b>	<b>George Cruickshank</b>	<b>09</b>
<b>Mar</b>	<b>4:32:14</b>	<b>George Cruickshank</b>	<b>09</b>
	(ct 4:31:31)		
<b>SP</b>	<b>4.78</b>	<b>Hugo Fletcher</b>	<b>09</b>
<b>DT</b>	<b>13.05</b>	<b>Hugo Fletcher</b>	<b>09</b>
<b>HT</b>	<b>10.50</b>	<b>Hugo Fletcher</b>	<b>09</b>
<b>JT</b>	<b>7.78</b>	<b>Hugo Fletcher</b>	<b>09</b>

**SENIOR WOMEN**

60	7.5	Dawn Kitchen	85
100	11.8	Dawn Flockhart/Sarah Still	94/99
200	23.9	Dawn Flockhart	96
300	38.9	Dawn Flockhart	96
400	53.99	Dawn Kitchen	85
800	2:05.11	Nicola Gauld	06
1500	4:11.80	Nicola Gauld	08
3000	9:04.21	Nicola Gauld	08
5000	16:44.63	Tracey Brindley	98
10000	36:22.7	Debbie Kilner	95
100H	13.97	Catriona Pennet	04
<b>400H</b>	<b>61.80</b>	<b>Sylvia Kamyra</b>	<b>09</b>
½ Mar	73:22	Lynda Bain	85
Mar	2:33:38	Lynda Bain	85
<b>HJ</b>	<b>1.69</b>	<b>Ellie Workman</b>	<b>09</b>
LJ	5.95	Linda Davidson	92
TJ	12.06	Fiona Watt	96
PV	2.81	Janet Lyon	04
SP	14.24	Helen Cowe	93
DT	48.64	Helen Cowe	94
JT	38.28	Linda Low	96
HT	43.79	Jacqui Loney	03
Pent.	2691	Lyndsay Peddie	83
Hept.	5014	Sarah Still	00
4x100	48.4	Madigan, Edon, Leslie, Vaughan	86
4x200	1:51.0	Humphreys, Dawson, Stirling, Milne	09
4x400	3:50.0	Windass, Hendry, Watt, Flockhart	96
Medley	4:07.7	Madigan, Edon, Kitchen, Sheehan	85

**UNDER-20 WOMEN**

60	7.8	K Madigan/S Still	86/93
100	11.9	Louise Paterson	91
200	24.7	Louise Paterson	90
300	40.21	Louise Paterson	91
400	55.96	Susan Hendry	94
800	2:10.67	Emma Cloggie	06
1500	4:30.92	Kate Rice	90
3000	9:54.5	Kate Rice	90
100H	14.36	Catriona Pennet	02
400H	63.20	Rebecca Dougall	99
<b>HJ</b>	<b>1.69</b>	<b>Ellie Workman</b>	<b>09</b>
LJ	5.74	Sarah Still	94

TJ	11.48	Kirsten Young	04
PV	2.25	Wendy Pennet	00
SP	10.29	Sarah Lyon	99
DT	32.30	Marian Simpson	95
HT	39.58	Marian Simpson	96
<b>JT</b>	<b>35.98</b>	<b>Ellie Workman</b>	<b>09</b>
Hept.	4643	Sarah Still	94
4x100	50.3	D Burr, Paterson, S Still, Gunn	91
4x400	4:06.6	L Still, Keenan, Hendry, H Pirie	94

**UNDER-17 WOMEN**

60	7.8	Kathleen Madigan	86
100	11.9	Louise Paterson	91
200	24.7	Louise Paterson	90
300	40.21	Louise Paterson	91
400	57.24	Louise Paterson	90
800	2:13.36	Dawn Simpson	88
1500	4:32.7	Kathryn Shepherd	74
3000	10:35.0	Claire Becker	92
80H	11.7	Catriona Pennet	00
100H	15.5	Lyndsay Peddie	83
300H	44.14	Sylvia Kamyra	05
400H	66.0	Bridie McGlashan	86
<b>HJ</b>	<b>1.69</b>	<b>Ellie Workman</b>	<b>09</b>
LJ	5.71	Kirsten Young	05
TJ	11.48	Kirsten Young	04
SP	11.85	Helen Cowe	83
DT	38.08	Helen Cowe	83
HT	31.58	Marian Simpson	94
<b>JT</b>	<b>35.98</b>	<b>Ellie Workman</b>	<b>09</b>
Pent.	2896	Catriona Pennet	00
<b>Hept.</b>	<b>4390</b>	<b>Ellie Workman</b>	<b>09</b>
4x100	50.3	D Burr, Paterson, S Still, Gunn,	91
4x200	1:49.3	Barlow, Shearer, C Pennet, L Johnston	00
Medley	4:31.5	Keenan, C Fraser, N Fraser, Clarkson	94

**UNDER-15 GIRLS**

100	12.37	Lesley-Ann Mearns	05
200	25.05	Lesley-Ann Mearns	05
800	2:13.36	Dawn Simpson	88
1500	4:43.6	Carolyn Sheehan	84
75H	11.24	Sandra Gunn	90
HJ	1.58	Ann Watt	81
LJ	5.38	Deidre Auld	77
SP	12.18	Helen Cowe	81
DT	31.92	Helen Cowe	81
JT	30.32	Emily Dougall	92
Pent.	2754	Catriona Pennet	98
4x100	51.1	Kelly, Beveridge, Grant, Bruce	82
4x200	1:58.4	Murdoch, Williams, MacDonald, Somers	09
3x800	7:12.6	Cherry, McInnes, Sheehan	84

**UNDER-13 GIRLS**

60	8.6	Lisa Burr	98
75	10.4	Lesley-Ann Mearns	03
100	12.8	Michelle Bruce	81
150	20.1	Lesley-Ann Mearns	03
200	26.3	Michelle Bruce	81
800	2:19.0	M Cherry / D Simpson	83/86
1200	4:03.88	Kate Murdoch	07
1500	4:54.7	Dawn Simpson	86
70H	11.21	Sandra Gunn	88
HJ	1.40	L Still / G Hair	90/94
LJ	5.01	Sarah Still	88
SP	9.53	Laura Crockford	94
DT	26.54	Laura Crockford	94
JT	24.08	Gillian Wilson	88
Pent.	2335	Catriona Pennet	96
4x100	53.7	Carle, Stephen, Mathieson, Bole	77
4x200	1:58.7	H Mathieson, Rossiter, S Mathieson, Shearer	97
3x800	7:57.8	L Still, Simpson, Clarkson	90

**UNDER-11 GIRLS**

60	9.3	Hannah Mathieson	96
100	14.1	Bruce / Madigan / Gunn	79/80/86
200	30.0	Mathieson / Marshall / Pirie	76/82/90
800	2:34.8	Dawn Simpson	84

HJ	1.26	Sophie Anderson	08
LJ	4.22	Lesley-Ann Mearns	01
SP	6.46	Sophie Anderson	08
JT	15.01	Meghan Maslen	99
4x100	60.3	Stewart, Wilson, Still, Gunn	86
4x200	2:10.3	Henderson, Wilson, Still, Gunn	86

**VETERAN WOMEN (OVER 35)**

60	8.1	J Lyon/K Madigan	97/07
100	12.82	Kathleen Madigan	07
200	26.5	Janet Lyon	97
300	44.03	Kathleen Madigan	08
<b>400</b>	<b>61.05</b>	<b>Laura Mahady</b>	<b>09</b>
800	2:19.3	Sonia Armitage	04
1500	4:39.12	Sonia Armitage	96
3000	9:51.9	Heather Wisley	90
5000	17:48.80	Sonia Armitage	99
10000	37:18.2	Heather Wisley	89
80H	14.6	Janet Lyon	04
100H	17.6	Janet Lyon	04
400H	73.0	Janet Lyon	00
½ Mar	82:09	Ulli Simpson	90
Mar	3:00:32	Margaret Stafford	90
HJ	1.40	Fiona Davidson	08
PV	2.81	Janet Lyon	04
LJ	4.87	Fiona Davidson	08
TJ	10.54	Fiona Davidson	08
SP	8.82	Linda Michie	06
DT	23.94	Anne Lindsay	88
JT	28.40	Barbara MacDonald	96
<b>HT</b>	<b>25.46</b>	<b>Kathleen Madigan</b>	<b>09</b>
Hept	2751	Shona McKinnon	02

**VETERAN WOMEN (OVER 40)**

60	8.5	Janet Lyon	02/03/05
100	13.2	Janet Lyon	04
200	26.9	Janet Lyon	04
300	45.8	Janet Lyon	05
<b>400</b>	<b>61.05</b>	<b>Laura Mahady</b>	<b>09</b>
800	2:19.3	Sonia Armitage	04
1500	4:45.36	Sonia Armitage	07
3000	10:25.4	Sonia Armitage	02
5000	18:15.3	Sonia Armitage	03
10000	38:18.5	Sonia Armitage	02
80H	14.6	Janet Lyon	04
100H	17.6	Janet Lyon	04
400H	75.5	Joyce Hogg	90
½ Mar	1:29:01	Ulli Simpson	96*

Mar	3:24:22	Olive Fraser	89
HJ	1.33	Shona McKinnon	04
PV	2.81	Janet Lyon	04
LJ	4.45	Janet Lyon	04
TJ	8.86	Shona McKinnon	04
SP	7.76	Joyce Hogg	88
DT	22.34	Ann Imrie	97
JT	28.40	Barbara MacDonald	96
HT	20.94	Joyce Hogg	94

**VETERAN WOMEN (OVER 45)**

60	8.7	Ann Imrie	95
100	13.6	Ann Imrie	95
200	28.2	Ann Imrie	94
300	47.1	Laura Mahady	03
<b>400</b>	<b>61.05</b>	<b>Laura Mahady</b>	<b>09</b>
<b>800</b>	<b>2:19.50</b>	<b>Laura Mahady</b>	<b>09</b>
1500	4:45.36	Sonia Armitage	07
3000	10:37.65	Sonia Armitage	07
5000	19:02.1	Laura Mahady	08
10000	42:20.6	Kathryn Mearns	03
80H	16.6	Ann Imrie	99
100H	21.4	Ann Imrie	94
½ Mar	1:36:38	Maureen MacInnes	06
Mar	3:32:33	Betty May	91
<b>HJ</b>	<b>1.30</b>	<b>Shona McKinnon</b>	<b>09</b>
PV	2.60	Janet Lyon	07/08
<b>LJ</b>	<b>4.28</b>	<b>Janet Lyon</b>	<b>08</b>
<b>TJ</b>	<b>8.27</b>	<b>Shona McKinnon</b>	<b>09</b>
SP	6.79	Janet Lyon	08
DT	22.34	Ann Imrie	97
HT	20.26	Joyce Hogg	97
<b>JT</b>	<b>17.98</b>	<b>Shona McKinnon</b>	<b>09</b>

**VETERAN WOMEN (OVER 50)**

100	14.5	Ann Imrie	00
<b>400</b>	<b>61.05</b>	<b>Laura Mahady</b>	<b>09</b>
<b>800</b>	<b>2:19.50</b>	<b>Laura Mahady</b>	<b>09</b>
<b>1500</b>	<b>4:50.73</b>	<b>Laura Mahady</b>	<b>09</b>
3000	11:02.41	Laura Mahady	08
5000	19:02.1	Laura Mahady	08
<b>10000</b>	<b>49:33.1</b>	<b>Ann Clark</b>	<b>09</b>
80H	15.8	Ann Imrie	00
<b>LJ</b>	<b>3.46</b>	<b>Laura Mahady</b>	<b>09</b>
<b>SP</b>	<b>5.72</b>	<b>Laura Mahady</b>	<b>09</b>
DT	20.69	Ann Imrie	00

**INDOOR RECORDS AS AT 01/01/2010**

**SENIOR MEN**

60	6.99	Barry Middleton	96
200	21.90	Mark Davidson	90
400	47.44	Barry Middleton	97
800	1:56.75	Frank Boyne	93
1000	2:30.94	Mark Kennedy	04
1500	4:01.57	David Stephen	87
3000	8:27.22	Alan Wales	06
60H	8.32	Duncan Mathieson	97
HJ	1.99	Duncan Mathieson	89
PV	4.00	Duncan Mathieson	97
LJ	7.14	Duncan Mathieson	91
TJ	13.97	William Stark	94
<b>SP</b>	<b>15.47</b>	<b>Scot Thompson</b>	<b>09</b>
DT	31.62	Edward Mckenzie	07
Hept.	5275	Duncan Mathieson	97
4X200	1:41.2	Mackenzie, Madigan, Stirling, Clarkson	90

**UNDER-20 MEN**

60	7.25	Ronald Smith	99
200	23.2	Barry Middleton	93
400	49.30	Barry Middleton	94
800	1:57.31	Adam Watt	02

1000	2:30.94	Mark Kennedy	04
1500	4:02.6	Mark Kennedy	04
3000	10:17.42	James Chalmers	94
60H	8.50	Robert Miller	03
HJ	1.92	Keith Oag	95
PV	3.50	Fraser Benzie	02
LJ	6.72	Robert Miller	03
TJ	13.97	William Stark	94
SP	13.46	Paul Allan	89
Hept.	4529	Robert Miller	03

**UNDER-17 MEN**

60	7.39	Scott Rankin	02
200	24.07	Ahmed Al-Kowarri	94
400	51.1	Ahmed Al-Kowarri	94
800	1:59.34	Steven Rusling	04
1000	2:52.75	Barry Middleton	91
1500	4:15.27	Adam Watt	01
60H	8.50	Richard Singer	95
HJ	1.90	Kevin Lutton	01
PV	2.40	Richard Singer	95
LJ	6.36	William Stark	93
TJ	12.67	William Stark	93

SP	12.48	Kevin Lutton	01
Hept.	4094	Richard Singer	95
Pent	3045	Richard Singer	95

#### UNDER-15 BOYS

60	7.78	Stuart Mathieson	95
200	24.97	Stuart Mathieson	95
400	59.55	Jamie Thomson	04
800	2:13.02	Myles Edwards	03
1000	3:09.68	William Stark	91
1500	4:36.10	Steven Rusling	02
60H	9.92	Stephen Miller	00
HJ	1.68	Kevin Lutton	99
LJ	5.54	William Stark	91
SP	10.24	Kevin Lutton	99
Pent	2484	William Stark	91

#### UNDER-13 BOYS

60	8.57	Scott Rankin	98
200	29.47	Ruairi Neil	03
800	2:27.69	Mark Kennedy	98
60H	11.08	Bruce Benzie	97
HJ	1.35	Kevin Lutton	97
LJ	4.32	Craig Mathieson	95
SP	9.00	Kevin Lutton	97
Pent	1188	Bruce Benzie	97

#### VETERAN MEN (OVER 35) (as from 2005)

<b>60</b>	<b>7.52</b>	<b>Stanley Walker</b>	<b>09</b>
<b>200</b>	<b>24.71</b>	<b>Stanley Walker</b>	<b>09</b>
400	62.95	Alan Fulton	05
800	2:35.00	Alan Fulton	07
1000	3:16.17	Bill Lonsdale	06
1500	4:34.71	Frank Boyne	08
3000	10:07.39	Frank Boyne	08
60H	10.61	Edward McKenzie	06
HJ	1.57	Bill Lonsdale	06
<b>PV</b>	<b>3.02</b>	<b>Bob Masson</b>	<b>09</b>
LJ	5.44	Kenny Lyon	07
TJ	10.04	Bill Lonsdale	06
SP	12.18	Fintan McCabe	08
DT	31.62	Edward McKenzie	07
Weight	8.57	Edward McKenzie	07
Pent	2162	Edward McKenzie	07

#### VETERAN MEN (OVER 40)

60	7.6	Alan MacKenzie	89
200	25.45	Denis Shepherd	93
400	54.60	Denis Shepherd	93
800	2:07.45	Denis Shepherd	93
1000	3:16.27	Kenny Lyon	03
1500	4:17.4	Colin Youngson	92
3000	8:58.7	Colin Youngson	89
60H	10.55	Edward McKenzie	07
HJ	1.68	Denis Shepherd	93
LJ	5.62	Trevor Madigan	87
TJ	11.64	Kenny Lyon	01
PV	3.60	Robert Masson	89
<b>SP</b>	<b>10.46</b>	<b>Edward McKenzie</b>	<b>09</b>
<b>SP (sen)</b>	<b>10.46</b>	<b>Edward McKenzie</b>	<b>09</b>
DT	31.62	Edward McKenzie	07
Weight	8.57	Edward McKenzie	07
Pent	2046	Edward McKenzie	07
Hept	3851	Kenny Lyon	03
4X200	1:41.2	Mackenzie, Madigan, Stirling, Clarkson	90

#### VETERAN MEN (OVER 45)

60	7.86	Allan Stirling	97
200	26.11	Frank Gauld	00
400	56.33	Frank Gauld	00
800	2:11.97	Alan Fulton	96
1000	3:20.43	Bill Lonsdale	03
1500	4:23.23	John Ballentine	94
3000	9:12.4	Roderick MacFarquhar	89
60H	10.98	Kenny Lyon	08
HJ	1.65	Bill Lonsdale	03
LJ	5.43	Trevor Madigan	90
TJ	11.14	Trevor Madigan	90
PV	3.45	Robert Masson	98
SP	9.44	Robert Masson	93

<b>SP (sen)</b>	<b>8.61</b>	<b>Kenny Lyon</b>	<b>09</b>
Hept	3896	Kenny Lyon	08

#### VETERAN MEN (OVER 50)

60	7.86	Allan Stirling	97
200	26.61	Trevor Madigan	95
400	57.74	Allan Stirling	99
800	2:12.9	John Ballentine	93
1000	3:16.47	Bill Lonsdale	06
1500	4:23.23	John Ballentine	94
3000	9:29.15	John Ballentine	94
60H	11.20	Robert Masson	99/00
HJ	1.65	Bill Lonsdale	03
LJ	5.24	Trevor Madigan	95
TJ	11.14	Trevor Madigan	95
PV	3.45	Robert Masson	98
SP	9.75	Robert Masson	99
Pent	2978	Bill Lonsdale	06
Hept	4403	Robert Masson	99

#### VETERAN MEN (OVER 55)

60	8.38	Trevor Madigan	06
200	28.46	Trevor Madigan	06
400	61.05	Alan Fulton	04
800	2:24.00	Bill Scullion	04
1000	3:29.45	Bill Lonsdale	07
1500	5:07.65	Colin Youngson	04
3000	9:56.91	Colin Youngson	03
60H	12.27	Bill Lonsdale	07
HJ	1.46	Bill Lonsdale	07
PV	3.21	Robert Masson	03
LJ	4.48	Bill Lonsdale	07
TJ	9.93	Trevor Madigan	06
SP	8.24	Trevor Madigan	06
Pent	2947	Bill Lonsdale	07

#### VETERAN MEN (OVER 60)

60	8.38	Trevor Madigan	06
200	28.46	Trevor Madigan	06
400	69.07	Hugo Fletcher	95
800	2:44.3	Ernie Dunster	90
<b>1000</b>	<b>3:42.60</b>	<b>Robert Masson</b>	<b>09</b>
1500	5:23.96	Colin Youngson	08
<b>3000</b>	<b>10:22.56</b>	<b>Colin Youngson</b>	<b>09</b>
<b>60H</b>	<b>11.9</b>	<b>Robert Masson</b>	<b>09</b>
HJ	1.39	Trevor Madigan	06
<b>PV</b>	<b>3.02</b>	<b>Bob Masson</b>	<b>09</b>
LJ	4.45	Trevor Madigan	06
TJ	9.93	Trevor Madigan	06
<b>SP</b>	<b>9.97</b>	<b>Robert Masson</b>	<b>09</b>
<b>Hept</b>	<b>4304</b>	<b>Robert Masson</b>	<b>09</b>

#### VETERAN MEN (OVER 65)

<b>60</b>	<b>9.2</b>	<b>Trevor Madigan</b>	<b>09</b>
200	33.06	Hugo Fletcher	00
400	73.31	Hugo Fletcher	00
800	3:09.0	Hugo Fletcher	00
1500	7:04.26	Hugo Fletcher	02
<b>LJ</b>	<b>4.02</b>	<b>Trevor Madigan</b>	<b>09</b>
TJ	3.43	Hugo Fletcher	03
<b>SP</b>	<b>8.81</b>	<b>Trevor Madigan</b>	<b>09</b>

#### VETERAN MEN (OVER 70)

60	10.93	Hugo Fletcher	05
200	36.59	Hugo Fletcher	05
400	80.72	Hugo Fletcher	05
800	3:52.23	Hugo Fletcher	08
<b>1500</b>	<b>8:25.05</b>	<b>Hugo Fletcher</b>	<b>09</b>
SP	5.24	Hugo Fletcher	06

#### SENIOR WOMEN

60	7.78	Dawn Flockhart	95
200	24.86	Dawn Flockhart	95
400	55.27	Emma Cloggie	06
800	2:11.47	Nicola Gauld	04
1500	4:26.20	Nicola Gauld	06
3000	10:44.37	Janet Fraser	89
60H	8.79	Catrina Pennet	04
<b>HJ</b>	<b>1.71</b>	<b>Ellie Workman</b>	<b>09</b>
LJ	5.88	Linda Davidson	93
TJ	11.18	Linda Davidson	92

PV	2.60	Janet Lyon	00
SP	13.89	Helen Cowe	93
Pent.	3778	Sarah Still	00

**UNDER-20 WOMEN**

60	7.83	Lesley-Ann Mearns	05
200	25.51	Lesley-Ann Mearns	05
400	55.27	Emma Cloggie	06
800	2:14.32	Emma Cloggie	05
1500	4:46.81	Ellie Buchan	08
60H	9.03	Catriona Pennet	01
<b>HJ</b>	<b>1.71</b>	<b>Ellie Workman</b>	<b>09</b>
<b>PV</b>	<b>2.50</b>	<b>Sam Somers</b>	<b>09</b>
LJ	5.36	Kirsten Young	05
TJ	11.00	Kirsten Young	05
SP	8.99	Sarah Lyon	99
Pent.	3212	Sarah Still	94

**UNDER-17 WOMEN**

60	7.83	Lesley-Ann Mearns	05
200	25.51	Lesley-Ann Mearns	05
300	41.70	Emma Cloggie	04
800	2:17.60	Emma Cloggie	02
1500	4:46.81	Ellie Buchan	08
3000	12:23.44	Chantelle Clark	06
60H	9.02	Catriona Pennet	99
<b>HJ</b>	<b>1.71</b>	<b>Ellie Workman</b>	<b>09</b>
<b>PV</b>	<b>2.50</b>	<b>Sam Somers</b>	<b>09</b>
LJ	5.36	Kirsten Young	05
TJ	11.00	Kirsten Young	05
SP	8.99	Sarah Lyon	99
<b>Pent.</b>	<b>3337</b>	<b>Ellie Workman</b>	<b>09</b>

**UNDER-15 GIRLS**

60	7.83	Lesley-Ann Mearns	05
200	25.51	Lesley-Ann Mearns	05
800	2:17.60	Emma Cloggie	02
1500	4:57.90	Hannah Smith	94
60H	9.30	Hannah Mathieson	00
HJ	1.45	S Robertson/C Pennet/K Miles	91/98/99
LJ	5.02	Donna Quirie	91
SP	8.68	Catriona Pennet	98
Pent.	2794	Jennifer Reid	92

**UNDER-13 GIRLS**

60	8.56	Lesley-Ann Mearns	03
200	28.66	Lesley-Ann Mearns	03
800	2:34.77	Laura Henderson	94

60H	10.00	Catriona Pennet	96
HJ	1.43	Theresa Richards	91
LJ	4.48	Sandra Gunn	88
SP	7.31	Catriona Pennet	96
Pent.	2030	Catriona Pennet	96

**VETERAN WOMEN (OVER 35)**

60	8.19	Kathleen Madigan	05
200	27.41	Kathleen Madigan	06
400	66.7	Heather Wisley	90
800	2:22.77	Sonia Armitage	06
1500	4:45.85	Sonia Armitage	06
3000	11:19.1	Laura Mahady	06
60H	10.80	Janet Lyon	01
HJ	1.36	Shona McKinnon	03
PV	2.70	Janet Lyon	02/04
<b>LJ</b>	<b>4.74</b>	<b>Fiona Davidson</b>	<b>09</b>
TJ	10.19	Fiona Davidson	08
SP	8.25	Kathleen Madigan	05
Pent.	2380	Shona McKinnon	02

**VETERAN WOMEN (OVER 40)**

<b>60</b>	<b>8.4</b>	<b>Kathleen Madigan</b>	<b>09</b>
200	27.96	Janet Lyon	04
400	66.9	Joyce Hogg	89
800	2:22.77	Sonia Armitage	06
1500	4:45.85	Sonia Armitage	06
3000	11:19.1	Laura Mahady	06
60H	10.90	Janet Lyon	02
<b>HJ</b>	<b>1.32</b>	<b>Shona McKinnon</b>	<b>09</b>
PV	2.70	Janet Lyon	02/04
LJ	4.25	J Hogg/J Lyon	89/05
TJ	8.71	Shona McKinnon	08
<b>SP</b>	<b>8.12</b>	<b>Kathleen Madigan</b>	<b>09</b>
Pent	2286	Shona McKinnon	04

**VETERAN WOMEN (OVER 45)**

60	8.87	Ann Imrie	95
200	29.29	Ann Imrie	95
400	72.25	Ann Imrie	95
800	2:22.77	Sonia Armitage	06
1500	4:45.85	Sonia Armitage	06
3000	11:19.1	Laura Mahady	06
PV	2.30	Janet Lyon	08
<b>HJ</b>	<b>1.32</b>	<b>Shona McKinnon</b>	<b>09</b>
<b>LJ</b>	<b>3.80</b>	<b>Shona McKinnon</b>	<b>09</b>

DUTHIE WARD
SOLICITORS

*Alastair Duthie  
or Lindsay Duthie for:*

- Property Sales
- Property Purchases
- Mortgages
- Leases
- Wills & Executries

*Richard Ward  
or Anne Cassidy for:*

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## ALL TIME TOP 20s - SENIOR EVENTS

### MEN 60m

7.0	MARK DAVIDSON	CA Stadium	03.04.94
7.0	Murray King	Balgownie	02.09.88
7.0	Barry Middleton	CA Stadium	06.04.97
7.0	Stan Walker	Grangemouth	29.03.87
7.1	Martin Johnston	Balgownie	06.06.84
7.1	Duncan Mathieson	Balgownie	02.09.88
7.1	Donald Ross	CA Stadium	03.04.94
7.1	Ray Smith	Balgownie	02.07.85
7.2	Ahmed Al-Kowarri	CA Stadium	07.04.02
7.2	Paul Davidson	CA Stadium	03.04.94
7.2	Bob Drummond	CA Stadium	04.04.93
7.2	Neil Fachie	CA Stadium	02.04.06
7.2	Kenny Lyon	Balgownie	02.09.88
<b>7.2</b>	<b>Lee Williamson</b>	<b>CA Stadium</b>	<b>05.04.09</b>
7.3	Ray Elrick	CA Stadium	02.04.95
7.3	Ian Garioch	CA Stadium	12.05.08
7.3	Craig Loney	CA Stadium	07.04.02
7.3	Alasdhair Love	CA Stadium	02.04.95
7.3	Stuart Mathieson	CA Stadium	05.04.98
7.3	Kevin Morice	CA Stadium	11.07.00

### MEN 100m

10.50	MARK DAVIDSON	Crown Point	12.08.89
10.7	Martin Johnston	Grangemouth	27.04.85
10.8	Murray King	CA Stadium	25.06.89
10.8	Stanley Malone	Balgownie	11.09.77
10.8	Campbell Paterson	Balgownie	06.05.72
10.8	Stanley Walker	Pitreavie	14.05.88
10.9	Michael Catto	Balgownie	20.04.80
10.9	Richard Chessor	Meadowbank	27.04.03
10.9	Brian Gordon	Balgownie	17.05.72
10.9	Alan Mackenzie	Meadowbank	09.06.73
10.91	Barry Middleton	Meadowbank	05.06.96
10.92	Paul Allan	Stadthagen	23.06.90
10.94	Ian Garioch	Inverness	12.04.08
11.0	Duncan Mathieson	Iceland	01.07.90
11.0	David Oliver	Balgownie	27.04.76
11.0	Don Oliver	Arboretum	15.05.74
11.1	Donald Ross	CA Stadium	24.07.94
11.1	Alexander Carnie	Grangemouth	22.06.88
11.1	Robert Drummond	Inverness	08.04.90
11.1	Ray Elrick	CA Stadium	26.07.98
11.1	Neil Fachie	CA Stadium	20.06.04
11.1	David Fairley	Balgownie	26.08.84
11.1	Ray Smith	Balgownie	07.05.86

### MEN 200m

21.07	MARK DAVIDSON	Crown Point	12.08.89
21.4	Martin Johnston	Crown Point	19.07.86
21.6	Murray King	Linksfield	06.09.88
21.8	Barry Middleton	CA Stadium	28.07.96
21.9	Brian Gordon	Balgownie	01.07.73
22.0	Ian Garioch	Inverness	25.05.08
22.1	David Oliver	Balgownie	18.08.76
22.2	Ahmed Al-Kowarri	CA Stadium	28.08.02
22.3	Paul Allan	CA Stadium	05.09.90
22.3	Campbell Paterson	Meadowbank	17.07.71
22.3	Duncan Mathieson	CA Stadium	07.04.91
22.34	Stanley Walker	Meadowbank	10.07.88
22.35	Richard Chessor	Meadowbank	27.04.03
22.4	Paul Davidson	CA Stadium	23.07.95
22.4	John Dixon	Freiburg	12.07.66
22.5	Ray Smith	Livingston	24.05.86
22.6	Alexander Carnie	Grangemouth	17.06.89
<b>22.6</b>	<b>Bruce Gibb</b>	<b>Perth</b>	<b>07.06.09</b>
22.7	D Elmslie/D Ross/D Sabnis/ R Elrick		77/94/95/99

### MEN 300m

34.4	MARTIN JOHNSTON	Grangemouth	10.03.85
34.8	Barry Middleton	CA Stadium	06.04.97
35.1	Mark Davidson	CA Stadium	05.04.92
35.4	Ahmed Al-Kowarri	CA Stadium	07.04.96
<b>35.5</b>	<b>Ronald Smith</b>	<b>London (Par Hill)</b>	<b>12.04.09</b>
35.9	Paul Davidson	CA Stadium	06.04.97
36.3	Ray Elrick	CA Stadium	05.04.98
36.3	Murray King	CA Stadium	07.04.96
36.6	Richard Gray	CA Stadium	06.04.03

36.6	Stuart Mathieson	CA Stadium	10.08.97
37.1	Alasdhair Love	CA Stadium	18.07.93
37.1	Colin Wilson	CA Stadium	26.07.92
37.4	David Braun	CA Stadium	05.04.98
37.4	Neil Fachie	CA Stadium	04.04.04
37.4	Tim Roads	CA Stadium	12.05.08
37.6	Adam Watt	CA Stadium	07.04.02
37.7	Robert Miller	CA Stadium	10.08.00
37.8	David Oliver	Balgownie	14.12.81
<b>37.85</b>	<b>Stanley Walker</b>	<b>Inverness</b>	<b>27.06.09</b>
37.9	Kevin Morice	CA Stadium	10.08.00

### MEN 400m

46.9	MARK DAVIDSON	E Kilbride	29.07.89
46.97	Martin Johnston	Meadowbank	25.05.85
48.1	Barry Middleton	Scotstoun	16.07.00
<b>47.96</b>	<b>Ian Garioch</b>	<b>Meadowbank</b>	<b>12.07.09</b>
48.8	John Dixon	Glasgow	15.06.66
48.8	Brian Gordon	Meadowbank	11.06.72
48.99	Ahmed Al-Kowarri	Carmarthen	16.07.96
49.1	Murray King	Crown Point	15.08.93
49.20	Duncan Mathieson	Stadthagen	23.06.90
49.32	Paul Allan	Middlesbrough	31.08.91
49.58	Paul Davidson	Meadowbank	16.06.96
49.8	David Oliver	Coatbridge	29.08.76
<b>50.08</b>	<b>Bruce Gibb</b>	<b>Newham</b>	<b>22.08.09</b>
50.1	Thomas Blackie	Grangemouth	16.06.85
50.3	Steven Ledingham	Balgownie	02.07.85
50.50	Richard Singer	Meadowbank	23.06.95
50.58	David Braun	Meadowbank	01.08.99
50.7	Kenny Lyon	Crown Point	18.06.89
50.8	Alan Mackenzie	Glenrothes	30.06.74
50.8	Jim Treasurer	Meadowbank	07.05.72

### MEN 800m

1:49.3	EWAN CALVERT	Stretford	23.08.94
1:52.4	Michael Murray	Inverness	19.08.84
1:52.91	Alan Wales	Loughborough	18.05.05
1:53.00	Thomas Blackie	Meadowbank	22.06.85
1:53.4	Frank Boyne	CA Stadium	18.07.93
1:53.46	Adam Watt	Manchester	31.05.03
1:53.5	Ross Arbuckle	Pitreavie	27.05.79
1:54.24	Ray Creswell	Meadowbank	05.06.88
1:54.3	Brian Gordon	Meadowbank	23.06.73
1:54.7	David Stephen	Balgownie	28.07.84
1:54.8	Colin Donald	Crawley	21.07.84
<b>1:54.90</b>	<b>Mark Haskett</b>	<b>Linwood</b>	<b>29.07.09</b>
1:54.9	Michael Turner	Cosford	05.07.89
1:54.9	Lewis Walker	Meadowbank	08.05.77
1:54.91	Stuart Forbes	Manchester	31.05.03
1:55.04	Mark Kennedy	Manchester	21.05.05
1:55.1	Robert Mitchell	Coatbridge	28.06.81
1:55.12	Myles Edwards	Stretford	09.09.08
1:55.2*	Steve Taylor	Linksfield	22.05.63
<b>1:55.45</b>	<b>James Joy</b>	<b>Trafford</b>	<b>27.06.09</b>

\*Converted from half mile time

### MEN 1500m

3:44.67	ALAN WALES	Manchester	15.07.06
3:48.95	Frank Boyne	Solihull	21.08.94
3:49.7*	Bill Ewing	Pitreavie	29.06.66
3:50.0	Ray Creswell	Crown Point	31.08.88
3:50.58	Michael Murray	Meadowbank	01.07.84
3:51.8	Michael Turner	Cosford	14.06.89
3:52.6*	Steve Taylor	New Meadowbank	22.06.62
3:53.3	Robert Mitchell	Cwmbran	04.07.81
3:53.9	Stephen Wright	Gateshead	01.07.92
3:53.95	David Stephen	Meadowbank	22.06.85
3:54.32	Ben Hukins	Scotstoun	28.07.00
3:54.7*	Mel Edwards	Chiswick	25.07.64
3:55.1	Fraser Clyne	Coatbridge	28.06.81
3:55.8	Ross Arbuckle	Meadowbank	26.08.79
3:55.9	Colin McClean	Grangemouth	14.05.86
<b>3:56.28</b>	<b>Mark Haskett</b>	<b>Pitreavie</b>	<b>20.06.09</b>
3:56.39	Ewan Calvert	Meadowbank	30.05.92
3:56.8	Darren Shinnie	Wishaw	25.07.04
3:58.0	Alan Reid II	Crownpoint	17.06.90
3:58.18	Chris Smith	Scotstoun	03.09.00

\*Converted from mile time

**MEN 3000m**

8:14.6	FRASER CLYNE	Grangemouth	28.05.81
8:18.8	Graham Laing	Brisbane	25.09.82
8:19.5	Mel Edwards	Twickenham	25.08.68
8:23.07	Stephen Wright	Gateshead	15.07.92
8:24.82	Ray Creswell	Meadowbank	12.07.89
8:26.1	Gary Zeuner	Gateshead	15.07.87
8:28.3	Frank Boyne	CA Stadium	18.07.93
8:31.2	Alan Reid II	Inverness	01.07.90
8:33.2	Michael Turner	Sutton Coldfield	24.06.89
8:34.4	Ian Matheson	Elgin	08.06.86
8:34.6	Ben Hukins	CA Stadium	13.08.00
8:34.65	Darren Shinnie	Cardiff	17.07.04
8:35.9	Simon Axon	Inverness	05.07.87
8:36.69	Iain Donnan	Scotstoun	30.08.03
8:39.1	David Duguid	CA Stadium	23.07.89
8:42.3	Robert Mitchell	Balgownie	17.06.80
8:42.4	Ross Arbuckle	Meadowbank	19.08.78
8:45.19	William Duncan	Sheffield	16.08.03
8:45.8	Alan Wales	CA Stadium	21.05.03
8:46.0	Simon Wynn	CA Stadium	21.07.91

**MEN 5000m**

14:18.90	IAN MATHESON	Crown Point	22.07.89
14:19.62	Fraser Clyne	Meadowbank	20.06.81
14:20.5	Graham Laing	Meadowbank	30.05.81
14:20.58	Chris Hall	Birmingham	22.05.88
14:22.5	Mel Edwards	Crystal Palace	20.08.68
13:46:0*	Steve Taylor	Pitreavie	08.06.66
14:26.6	Bruce Chinnick	Inverness	23.05.87
14:28.77	Alan Reid II	Grangemouth	26.08.89
14:30.8	Bill Ewing	Grangemouth	31.05.69
14:32.5	Graham Milne	Melbourne	11.03.75
14:33.4	Stephen Wright	Coatbridge	18.08.91
14:42.5	Gary Zeuner	Crown Point	13.06.87
14:45.73	Ray Creswell	Meadowbank	05.08.90
14:47.9	Peter Wilson	Balgownie	24.05.83
14:48.0	Donald Ritchie	Grangemouth	31.05.69
14:48.0	Alastair Wood	Meadowbank	07.05.82
14:48.9	George Harper	Meadowbank	28.08.83
14:49.33	Iain Donnan	Meadowbank	16.05.04
14:50.1	Ian Johnstone	Coatbridge	14.08.77
14:53.3	Darren Shinnie	Bedford	22.07.06

\*3-mile race (shorter distance)

**MEN 10,000m**

29:23	FRASER CLYNE	Balgownie	06.05.83
29:23	GRAHAM LAING	Balgownie	06.05.83
28:27.0*	Mel Edwards	Grangemouth	23.06.67
30:18.6	Steve Taylor	Meadowbank	25.06.71
30:26.62	Chris Hall	Haringey	20.08.88
30:25.4	Alastair Wood	Grangemouth	27.06.69
30:28.0	Peter Wilson	Balgownie	24.05.83
30:34.0	Jim Doig	CA Stadium	08.05.90
30:41.9	Ian Matheson	Grangemouth	16.06.85
30:54	Donald Ritchie	Meadowbank	21.08.71
30:56.0	Chris Armstrong	Wishaw	17.05.87
30:56.0	Craig Ross	Balgownie	06.04.83
30:58.2	Graham Milne	Balgownie	24.04.84
31:04.8	David Duguid	CA Stadium	04.05.89
31:09.1	Colin Farquharson	Balgownie	04.06.85
31:11.4	Michael Murray	CA Stadium	04.05.89
31:15.5	Charles McIntyre	Balgownie	04.06.85
31:22.7	Ray Creswell	Meadowbank	03.07.92
31:38.3	Alan Reid II	Inverness	19.09.87
31:39.2	Colin Youngson	Crown Point	15.07.90

\*6-mile race (shorter distance)

**MEN HALF MARATHON**

61:34	GRAHAM LAING	The Hague	19.03.83
62:54	Fraser Clyne	Morpeth	01.01.85
64:25	Simon Axon	Gateshead	08.06.86
65:02	Chris Hall	Arbroath	28.06.87
65:38	Bruce Chinnick	Kinloss	02.05.87
66:11	Peter Wilson	Fraserburgh	14.10.84
66:29	Colin Youngson	Inverness	22.03.87
66:38	Alan Reid II	Inverness	15.03.92
66:41	Kevin Best	Peterhead	18.08.85
66:53	George Reynolds	Linksfield	31.08.86
66:57	Graham Milne	Fraserburgh	14.10.84
67:13	David Clark	Linksfield	07.07.85

67:27	Charles McIntyre	Buckie	30.06.85
67:39	Michael McCulloch	Inverness	23.03.85
67:42	Donald Ritchie	London	19.04.83
68:00	Pat McErlean	Ayr	08.09.85
68:36	David Duguid	Linksfield	27.08.89
68:42	Craig Ross	Blairgowrie	20.08.83
68:48	Jim Doig	Inverness	18.03.90
69:06	Colin Farquharson	Dyce	07.04.85

**MEN MARATHON**

2:11:50	FRASER CLYNE	Sacramento	02.12.84
2:13:45	Alastair Wood	Inverness	09.07.66
2:13:59	Graham Laing	London	29.03.81
2:16:06	David Clark	London	17.04.83
2:17:07	Rab Heron	N.Berwick	12.05.73
2:17:33	Colin Youngson	Maasluis	02.04.83
2:17:58	Jim Doig	London	22.04.90
2:18:25	Mel Edwards	Harlow	21.10.67
2:18:43	Joseph Clare	Inverness	06.07.68
2:19:28	Steve Taylor	Maxol	13.06.71
2:19:35	Donald Ritchie	London	17.04.83
2:19:53	Simon Axon	London	20.04.86
2:20:05	Peter Wilson	London	17.04.83
2:20:41	George Reynolds	London	17.04.83
2:21:27	Graham Milne	London	17.04.83
2:21:27	Kevin Best	Malmo	06.09.85
2:22:24	Craig Ross	Barcelona	13.03.83
2:23:07	John Lamont	London	17.04.83
2:23:28	Jack Maitland	Cumbria	00.10.83
2:23:40	Pat McErlean	Glasgow	22.09.85

**MEN 3000m STEEPLECHASE**

8:47.8	BILL EWING	Grangemouth	08.06.68
9:05.87	Gary Zeuner	Meadowbank	20.06.87
9:06.3	Frank Boyne	Crown Point	15.08.93
9:08.1	Fraser Clyne	Meadowbank	07.07.79
9:08.11	Stephen Wright	Crown Point	06.07.91
9:13.9	David Duguid	Balgownie	02.09.87
9:14.46	Ray Creswell	Crown Point	22.07.89
9:20.8	Chris Armstrong	Cosford	16.06.87
9:28.6	Ian Matheson	Ayr	19.06.88
9:30.6	Michael Turner	Meadowbank	28.07.85
9:33.19	Philip Stankler	Meadowbank	06.07.86
9:33.9	Alan Reid II	Inverness	16.05.93
9:36.5	Robin Sutherland	Coatbridge	17.05.92
9:40.79	Chris Smith	Scotstoun	26.06.99
9:41.0	Ian Johnstone	Balgownie	08.05.77
9:42.6	Michael Murray	Balgownie	03.06.86
9:47.2	Graham Laing	Balgownie	11.09.77
9:48.1	Mark Caird	Crown Point	26.05.91
9:48.3	Raph Murray	Meadowbank	30.05.81
9:50.42	Derek Ball	Meadowbank	04.07.92

**MEN 110m HURDLES**

14.9	DUNCAN MATHIESON	CA Stadium	12.06.90
15.38	Paul Allan	Stadthagen	24.06.90
15.4	Murray King	Inverness	24.08.86
15.51	Mark Davidson	C A Stadium	09.07.89
15.6	Andrew Grant	Grangemouth	28.04.02
15.63	Tom Leeson	Ayr	21.07.96
15.65	Robert Miller	Hexham	18.07.04
15.7	Ivan Van Cleef	Meadowbank	29.04.01
16.2	Steven Ledingham	Pitreavie	12.05.85
16.4	David Polson	Balgownie	17.04.83
16.6	Michael Catto	Balgownie	17.05.80
16.6	Mark Dobbie	Kilkenny	27.08.95
16.6	Allan Kenny	Coatbridge	16.05.76
16.8	Dinkar Sabnis	Cardiff	30.08.92
16.9	Martin Hoile	Balgownie	13.04.80
17.0	Jonathan Gregory	Dundee	22.08.99
17.0	David Low	Coatbridge	12.05.92
17.0	Keith Oag	Inverness	20.08.95
17.2	Kenny Lyon	Inverness	15.05.88
17.24	Stephen Miller	Meadowbank	27.04.03

**MEN 400m HURDLES**

50.79	MARK DAVIDSON	Sittard	17.06.89
51.18	Barry Middleton	Birmingham	16.06.96
53.70	Steve Ledingham	Meadowbank	25.05.85
54.98	Andrew Grant	Scotstoun	14.08.04
55.1	Robert Miller	Dundee	11.07.04



56.1	Paul Allan	CA Stadium	29.06.89
56.50	Ronald Smith	Grangemouth	11.07.99
56.6	Alasdhair Love	Ayr	18.07.95
56.8	Murray King	Crown Point	07.06.86
57.1	Denis Shepherd	Balgownie	09.09.79
58.0	Richard Singer	CA Stadium	06.06.96
58.3	Kenny Lyon	Balgownie	31.08.80
58.4	Brian Turnbull	Balgownie	10.09.78
58.44	Edward McKenzie	Meadowbank	19.08.84
58.9	Frank Boyne	Balgownie	13.08.85
58.99	Simon Brame	Meadowbank	23.07.83
59.0	David Stewart	Oxford	20.05.89
59.1	Michael Catto	Balgownie	30.06.81
59.6	Allan Kenny	Glenrothes	06.07.75
59.8	Stephen Miller	Coatbridge	08.06.03

#### MEN HIGH JUMP

2.07	DUNCAN MATHIESON	Stadthagen	23.06.90
2.00	David Polson	Meadowbank	19.07.81
2.00	Dinkar Sabnis	Grangemouth	29.08.93
1.98	Keith Oag	Dublin	13.08.94
1.95	Paul Allan	CA Stadium	08.09.91
1.95	Ian Bailey	Meadowbank	29.06.86
1.95	Miller Mathieson	Coatbridge	22.07.84
1.91	Kevin Lutton	CA Stadium	09.05.01
1.90	William Stark	Scotstoun	16.05.99
1.88	George Stewart	Meadowbank	11.06.72
1.85	Andrew Grant	Meadowbank	13.05.01
1.85	Craig Noble	CA Stadium	07.06.92
<b>1.85</b>	<b>William Smy</b>	<b>Dundee</b>	<b>02.08.09</b>
1.84	Michael Corrie	Balgownie	22.06.75
1.83	James Shand	Aberdeen	02.06.62
1.83	Michael Spink	CA Stadium	20.05.93
1.80	K Lyon/G Petrie/ M Catto/M Kennedy/ I Lind/S Wright/T Leeson/R Miller/ P Sutherland	79/79/80/82/89/92/96/03/04	

#### MEN POLE VAULT

4.20	DUNCAN MATHIESON	London	07.07.90
4.00	Paul Allan	Meadowbank	14.07.93
3.91	Douglas McAllister	Meadowbank	27.08.78
3.90	Tom Leeson	Ayr	21.07.96
3.75	Kenny Lyon	Meadowbank	06.07.86
3.70	Robert Masson	Meadowbank	07.09.80
3.50	Mark Dobbie	CA Stadium	16.07.95
3.50	Frank Fenton	Balgownie	26.04.79
3.40	Fraser Benzie	Grangemouth	25.06.00
3.40	Michael Kennedy	Balgownie	28.04.84
3.35	Derek Beaton	Meadowbank	09.08.92
3.35	Miller Mathieson	Balgownie	02.04.84
3.30	Dinkar Sabnis	Cardiff	30.08.92
3.23	Paul Torry	Sheffield	02.09.01
3.10	Jonathan Gregory	CA Stadium	01.06.99
3.10	Robert Miller	Hexham	18.07.04
3.10	William Stark	Grenoble	19.09.93
3.05	Mark Petchey	Scotstoun	02.09.84
3.00	Mark Davidson	Stoke	26.07.87
3.00	Edward McKenzie	Balgownie	11.06.86
3.00	George Stewart	Balgownie	01.07.73

#### MEN LONG JUMP

7.62	DUNCAN MATHIESON	West London	30.07.95
7.07	William Stark	Pitreavie	08.07.95
7.06	Dinkar Sabnis	CA Stadium	22.08.93
6.98	Paul Allan	Prague	26.05.90
6.91	Charles Smith	Linksfield	10.06.63
6.87	Robert Miller	CA Stadium	18.05.03
6.83	Murray King	Balgownie	15.06.88
6.82	Derek Elmslie	Heriot-Watt	07.05.77
6.78	James Laird	Linksfield	03.05.62
6.73	Kenny Lyon	Balgownie	14.06.80
6.73	David Polson	Balgownie	17.05.83
6.73	John Waters	Linksfield	19.06.61
6.69	Tom Leeson	Antrim	31.08.96
6.67	Michael Catto	Balgownie	02.08.80
6.66	Michael Ashford	Meadowbank	29.06.74
6.65	Mark Dobbie	Meadowbank	15.05.94
6.63	Simon Sawhney	CA Stadium	20.05.07
6.62	David Fairley	Meadowbank	19.08.84
6.58	Mark Davidson	Inverness	12.04.87
6.55	James Shand	Linksfield	10.05.62

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**MEN TRIPLE JUMP**

14.55	WILLIAM STARK	Crown Point	11.06.95
14.43	Stanley Malone	Grangemouth	12.05.79
14.42	Duncan Mathieson	Birmingham	15.07.90
14.09	Dinkar Sabnis	Banchory	29.08.91
13.68	Paul Allan	CA Stadium	14.06.89
13.58	Kenny Lyon	Meadowbank	06.07.86
13.57	James Laird	Dundee	17.09.60
13.52	Miller Mathieson	Meadowbank	19.08.84
13.43	John Waters	Linksfield	19.06.61
13.23	James Shand	Linksfield	02.06.62
<b>13.13</b>	<b>Sam Lyon</b>	<b>Grangemouth</b>	<b>12.06.09</b>
13.12	David Polson	Inverness	24.07.82
13.10	Paul McAndrew	CA Stadium	02.06.96
13.06	Michael Spink	CA Stadium	26.07.92
12.98	David Fairley	Coatbridge	22.07.84
<b>12.94</b>	<b>Stewart Clark</b>	<b>Perth</b>	<b>07.06.09</b>
12.84	Robert Miller	CA Stadium	01.05.02
12.83	Ian Bailey	Meadowbank	29.06.86
12.75	Steven Ledingham	Balgownie	11.09.83
12.75	David Parham	Meadowbank	03.07.77

**MEN SHOT**

16.29	GORDON SMITH	Banchory	01.05.94
<b>16.28</b>	<b>Scot Thompson</b>	<b>Newham</b>	<b>22.08.09</b>
14.42	Paul Allan	Crown Point	15.08.93
14.21	Bruce Shepherd	Inverness	05.04.92
13.79	James Laird	Dundee	23.04.67
13.55	Duncan Mathieson	Linwood	19.07.97
13.45	Craig Anderson	CA Stadium	19.04.98
13.42	Bruce MacKay	Newtonmore	04.08.76
13.12	Tekis Lekkas	Inverness	02.08.98
12.90	Peter Venters	Grangemouth	11.07.82
12.45	Fintan McCabe	Grangemouth	13.07.08
12.09	Tom Leeson	Ayr	20.07.96
11.82	Edward McKenzie	Inverness	13.05.01
11.82	David Minty	Inverness	12.09.92
11.58	Jack Davidson	Balgownie	17.06.80
11.58	Craig Loney	Inverness	11.05.02
11.35	Ian Christie	Meadowbank	17.06.84
11.19	Michael Spink	Crown Point	11.06.95
11.06	Robert Miller	CA Stadium	18.04.04
10.96	Douglas McAllister	Coatbridge	14.05.78

**MEN DISCUS**

<b>52.05</b>	<b>SCOT THOMPSON</b>	<b>Manchester</b>	<b>04.07.09</b>
43.66	Paul Allan	Dundee	22.08.93
42.76	Bruce Shepherd	CA Stadium	13.06.91
42.17	Tekas Lekkas	Inverness	02.08.98
40.90	Bruce MacKay	Meadowbank	22.06.74
40.46	Duncan Mathieson	Crown Point	11.06.95
40.00	Peter Venters	Balgownie	03.06.84
36.96	David Minty	Inverness	12.09.92
36.64	James Laird	Linksfield	17.05.67
36.15	Fintan McCabe	Inverness	12.04.08
35.98	Tom Leeson	CA Stadium	21.05.95
35.20	John McCorquodale	Birmingham	19.06.77
35.12	Douglas McAllister	Coatbridge	14.08.77
34.78	Edward McKenzie	Inverness	11.09.94
33.95	Robert Miller	Inverness	12.09.04
33.92	Robert Masson	Inverness	13.06.92
33.70	Ian Christie	Meadowbank	17.06.84
33.66	Peter Fraser	Greenock	26.04.98
33.61	Fraser Benzie	CA Stadium	15.07.01
33.38	Craig Loney	Dundee	28.05.02

**MEN HAMMER**

53.18	BRUCE SHEPHERD	Inverness	13.07.96
<b>42.42</b>	<b>Scot Thompson</b>	<b>Wishaw</b>	<b>10.05.09</b>
41.87	Barry Dobbie	CA Stadium	18.04.99
41.68	Peter Venters	Balgownie	29.05.83
41.48	Craig Loney	Inverness	11.05.03
41.38	David Minty	East Kilbride	26.04.92
41.22	Graham Applegate	Meadowbank	06.05.73
40.31	Matthew Maitland	Scotstoun	14.07.02
39.38	Paul Allan	Crown Point	18.06.89
39.01	Peter Fraser	CA Stadium	18.04.99
37.04	Bruce MacKay	Grangemouth	02.05.70
35.64	David Robinson	Coatbridge	22.07.79
<b>33.57</b>	<b>Edward McKenzie</b>	<b>Inverness</b>	<b>09.05.09</b>
30.98	Bob Ingram	Dundee	25.08.85

30.58	Michael Spink	Crown Point	11.06.95
30.40	Robert Masson	CA Stadium	28.07.96
30.06	Ian Christie	Meadowbank	17.06.84
29.12	Paul Henderson	CA Stadium	20.05.07
29.08	Douglas McAllister	St Andrews	26.04.80
27.90	Kevin Morice	CA Stadium	24.05.07

**MEN JAVELIN**

OLD:			
56.02	JOHN WATERS	Linksfield	15.05.61
54.64	Kenneth McKenzie	Linksfield	23.05.71
52.98	Roger Benton	Meadowbank	29.06.86
52.42	John Wiseman	Scotstoun	14.06.75
49.40	James Laird	Linksfield	03.05.62
NEW:			
58.75	PETER FRASER	Greenock	26.04.98
57.70	Ben Jump	Meadowbank	02.08.92
57.14	Robert Miller	Walthamstow	18.08.02
55.90	Duncan Mathieson	Stadthagen	24.06.90
<b>55.29</b>	<b>Scot Thompson</b>	<b>Inverness</b>	<b>19.09.09</b>
52.96	Paul Allan	Hendon	25.08.91
52.86	Tom Leeson	CA Stadium	28.04.96
49.62	Michael Spink	CA Stadium	02.04.95
49.26	Keith Simpson	Scotstoun	12.06.98
47.98	Edward McKenzie	CA Stadium	11.05.91
45.92	Kenny Lyon	CA Stadium	02.04.89
45.88	Mark Dobbie	Pitreavie	02.06.96
44.46	Frank Fenton	Meadowbank	28.08.88
44.22	Fraser Benzie	Inverness	17.09.00
<b>43.95</b>	<b>Fintan McCabe</b>	<b>CA Stadium</b>	<b>28.05.09</b>

**MEN DECATHLON (TOP 19)**

OLD:			
5694	KENNY LYON	Balgownie	02/03.08.80 (11.50; 6.57; 9.04; 1.77; 53.0; 17.9; 24.26; 3.20; 39.36; 4:33.9)
5474	Douglas McAllister	Balgownie	21/22.08.76 (11.02; 6.02; 9.90; 1.57; 55.0; 17.6; 31.16; 3.75; 31.90; 5:18.7)
5188	Robert Masson	Grangemouth	11/12.07.81
5124	Michael Catto	Glenrothes	12/13.06.80
5028	Allan Kenny	Scotstoun	19/20.07.75
4727	Steven Ledingham	Grangemouth	04/05.08.84
4640	David Oliver	Balgownie	30/31.07.77
4529	Edward McKenzie	Coatbridge	17/18.05.86
3960	Ray Smith	Balgownie	02/03.08.80
3563	Denis Shepherd	Balgownie	30/31.07.77
NEW:			
7535	DUNCAN MATHIESON	Stadthagen	23/24.06.90 (11.06; 7.27; 12.94; 2.07; 49.20; 15.03; 36.54; 4.10; 55.90; 4:42.64)
7240	Paul Allan	Hendon	24/25.08.91 (11.28; 6.92; 13.82; 1.94; 49.99; 16.03; 43.52; 3.70; 52.96; 4:31.9)
6371	Tom Leeson	Antrim	31.08/01.09.96 (11.65; 6.69; 11.57; 1.79; 52.86; 15.56; 35.40; 3.80; 52.12; 5:12.97)
6058	Robert Miller	Hexham	17/18.07.04
5915	Mark Davidson	Stoke	25/26.06.87
5397	Paul Torry	Bedford	14/15.07.01
5264	Kenny Lyon	CA Stadium	22/23.06.91
5203	Dinkar Sabnis	Cardiff	29/30.08.92
5164	Mark Dobbie	Kilkenny	26/27.08.95
4053	Edward McKenzie	Rotherham	17/18.09.05
3711	Kevin Morice	Grangemouth	14/15.07.07

**MEN 4x100m RELAY (TOP 10)**

42.1	MATHIESON, KING, DRUMMOND, DAVIDSON	Meadowbank	14.08.88
42.21	Mathieson, King, Walker, Davidson	Meadowbank	28.05.88
43.0	Mathieson, Stark, P Davidson, M Davidson	Crownpoint	11.06.95
43.3	Mathieson, Reaper, Davidson, King	Meadowbank	17.08.86
43.3	Mathieson, King, Allan, Davidson	Crown Point	17.07.88
43.3	Mathieson, Allan, Drummond, Davidson	Crown Point	17.06.90
43.4	Drummond, Davidson, Lyon, Allan	Ayr	21.05.89
43.4	Lyon, King, Davidson, Sabnis	CA Stadium	28.04.91
43.4	D M1thieson, Middleton, Drummond, Elrick	Grangemouth	03.08.97
43.48	Mathieson, Davidson	Meadowbank	24.04.94



**WOMEN 1500m**

4:11.80	NICOLA GAULD	Twickenham	04.06.08
4:17.4	Kathryn Mearns	Grangemouth	18.07.82
4:30.92	Kate Rice	Copeland	08.08.90
4:35.00	Sonia McLaren	Phoenix, USA	06.04.85
4:38.5	Debbie Kilner	CA Stadium	09.09.95
4:41.9	Lynda Bain	Inverness	22.05.88
4:41.9	Clare Miller	CA Stadium	04.08.02
4:42.2	Carolyn Sheehan	Balgownie	20.08.86
4:43.5	Ellie Buchan	Dundee	27.04.08
4:44.95	Tracey Brindley	Meadowbank	09.05.97
4:45.6	Lynsey Still	CA Stadium	09.09.95
4:46.6	Allison Diamond	Grangemouth	05.06.82
4:47.3	Sue Lanham	CA Stadium	22.08.91
4:47.4	Heather Wisley	Inverness	24.06.90
4:49.4	Susan Harkins	CA Stadium	03.05.91
4:49.6	Trisha Ronney	Grangemouth	08.05.83
4:49.9	Dawn Simpson	Wishaw	07.08.88
4:50.0	Anna Kyle	Inverness	08.09.96
4:50.4	Susan Hendry	CA Stadium	29.08.00
<b>4:50.73</b>	<b>Laura Mahady</b>	<b>Lahti (Finland)</b>	<b>02.08.09</b>

**WOMEN 3000m**

9:04.21	NICOLA GAULD	Watford	14.06.08
9:16.4	Kathryn Mearns	Grangemouth	10.07.82
9:50.9	Sonia McLaren	Bellingham, US	16.04.83
9:51.0	Lynda Bain	Dundee	26.06.88
9:51.9	Heather Wisley	Coatbridge	20.05.90
9:53.2	Tracey Brindley	Crown Point	27.04.97
9:54.5	Kate Rice	Grangemouth	02.09.90
9:58.8	Debbie Kilner	CA Stadium	01.06.95
10:13.65	Clare Miller	Meadowbank	28.04.02
10:15.51	Susan Lamb	Meadowbank	10.09.95
10:18.8	Sue Lanham	CA Stadium	22.07.90
10:21.1	Janet Fraser	Wishaw	07.08.88
10:22.2	Janine Robertson	Grangemouth	01.09.85
10:26.0	Helen Grant	Coatbridge	27.08.95
10:31.0	Jillian Grams	Coatbridge	31.05.92
10:34.23	Charlotte Forbes	Derby	14.08.05
10:35.0	Claire Becker	CA Stadium	26.07.92
10:39.2	Ellie Buchan	CA Stadium	30.04.08
10:42.8	Carolyn Sheehan	Balgownie	15.05.85
10:42.8	Hazel Gaskell	CA Stadium	18.07.93

**WOMEN 5000m (TOP 17)**

16:44.63	TRACEY BRINDLEY	Birmingham	26.07.98
16:51.1	Lynda Bain	CA Stadium	04.07.89
17:09.8	Debbie Kilner	CA Stadium	29.06.95
17:09.94	Clare Miller	Meadowbank	12.05.02
17:48.80	Sonia Armitage	Chester-le-Street	31.07.99
18:04.2	Helen Grant	CA Stadium	29.06.95
18:06.07	Charlotte Forbes	Oxford	20.05.06
18:49.7	Rhona Buchan	CA Stadium	29.08.07
19:02.1	Laura Mahady	CA Stadium	28.05.08
19:07.8	Kathryn Mearns	CA Stadium	14.08.97
<b>19:18.1</b>	<b>Carly Hall</b>	<b>CA Stadium</b>	<b>01.07.09</b>
20:15.9	Margaret Stafford	CA Stadium	04.06.91
21:57.9	Bing Kerr	CA Stadium	07.07.89
22:49.2	Alison Henderson	CA Stadium	12.08.99
<b>22:52.3</b>	<b>Anne Cullen</b>	<b>CA Stadium</b>	<b>01.07.09</b>
22:54.4	Sally Ross	CA Stadium	13.08.98
23:16.0	Janice Gordon	CA Stadium	31.07.02

**WOMEN 10000m (TOP 15)**

36:22.7	DEBBIE KILNER	CA Stadium	02.05.95
37:18.2	Heather Wisley	CA Stadium	04.05.89
37:36.3	Helen Grant	CA Stadium	02.05.95
37:55.0	Sue Lanham	CA Stadium	05.05.92
38:18.5	Sonia Armitage	CA Stadium	04.07.02
38:30.0	Jillian Grams	CA Stadium	05.05.92
<b>38:57.7</b>	<b>Pamela Tosh</b>	<b>CA Stadium</b>	<b>22.06.09</b>
40:36.1	Susan Lamb	CA Stadium	03.05.94
42:20.6	Kathryn Mearns	CA Stadium	03.07.03
<b>46:29.3</b>	<b>Trish McLauchlan</b>	<b>CA Stadium</b>	<b>22.06.09</b>
<b>46:43.0</b>	<b>Maureen MacInnes</b>	<b>CA Stadium</b>	<b>22.06.09</b>
<b>47:03.5</b>	<b>Jane MacKay</b>	<b>CA Stadium</b>	<b>22.06.09</b>
48:40.8	Janice Gordon	CA Stadium	04.07.02
48:42.8	Nancy MacKinnon	CA Stadium	04.07.02
<b>49:33.1</b>	<b>Ann Clark</b>	<b>CA Stadium</b>	<b>22.06.09</b>

**WOMEN HALF MARATHON**

1:13:22	LYNDA BAIN	Aberdeen	07.07.85
1:16.47	Tracey Brindley	Inverness	09.03.97
1:18:17	Debbie Kilner	Newcastle	17.09.95
1:22:09	Ulli Simpson	Aberdeen	26.08.90
1:22.36	Sonia McLaren	Aberdeen	07.07.85
1:23:27	Janine Robertson	Inverness	22.03.87
1:23:40	Ginnie Pollard	Aberdeen	28.08.93
1:24:07	Margaret Stafford	Dyce	27.03.88
1:24:01	Helen Grant	Peterhead	24.09.95
<b>1:24:34</b>	<b>Pamela Tosh</b>	<b>Elgin</b>	<b>13.09.09</b>
1:24:53	Susan Lamb	Dyce	27.03.88
1:24:57	Clare Miller	Inverness	08.03.98
1:25:49	Valerie Allan	Elgin	07.08.88
1:25:51	Heather Wisley	Aberdeen	28.08.88
1:27:48	Diana Jermieson	Rannoch	25.06.89
1:28:50	Angela Hepburn	Elgin	04.09.05
1:29:35	Jackie Nuttall	Dyce	27.03.88
1:30:01	Morag Taggart	Inverdee	13.03.83
1:30:58	Nancy MacKinnon	Peterhead	17.06.90
1:31:11	Kath Butler	Fraserburgh	13.10.85

**WOMEN MARATHON**

2:33:38	LYNDA BAIN	London	21.04.85
3:00:32	Margaret Stafford	London	22.04.90
3:01:57	Janine Robertson	Aberdeen	15.09.85
<b>3:02:15</b>	<b>Pamela Tosh</b>	<b>Inverness</b>	<b>04.10.09</b>
3:03:49	Morag Taggart	Aberdeen	19.09.82
3:15:52	Diana Jermieson	Aberdeen	28.05.89
3:17:27	Maggie Oliver	Rannoch	28.06.87
<b>3:19:02</b>	<b>Angela Heppurn</b>	<b>Edinburgh</b>	<b>31.05.09</b>
3:21:16	Margaret Buchan	Aberdeen	19.09.82
3:24:22	Olive Fraser	London	23.04.89
3:25:29	Margaret McDonald	Elgin	10.08.86
3:25:41	Jackie Nuttall	Aberdeen	16.09.84
3:27:42	Leona Hart	Dundee	28.04.85
3:28:21	Linda Trahan	Elgin	07.08.88
3:28:43	Joan Molloy	Fortrose	29.10.88
3:30:15	Ulli Simpson	Aberdeen	16.09.84
3:32:29	Lillian MacDonald	Aberdeen	15.09.85
3:32:33	Betty May	London	21.04.91
3:37:09	Maureen McInnes	Amsterdam	15.10.06
3:38:38	Isabel McDonald	Dublin	26.10.98

**WOMEN 100m HURDLES**

13.97	CATRIONA PENNET	Bedford	26.06.04
14.37	Gail Murchie	Grangemouth	15.05.93
14.61	Sarah Still	CA Stadium	07.08.99
<b>14.8</b>	<b>Sylvia Kamy</b>	<b>Dundee</b>	<b>02.08.09</b>
15.7	Deirdre Auld	Balgownie	17.06.79
16.0	Valerie Tyrie	Balgownie	06.09.81
16.1	Bridie McGlashan	Meadowbank	26.04.87
16.1	Lyndsay Peddie	Grangemouth	20.08.83
16.2	Lea Masson	Balgownie	09.04.78
16.24	Rebecca Dougall	Grangemouth	11.07.99
16.3	Wendy Pennet	CA Stadium	05.04.98
16.5	Fiona Watt	Manchester	17.08.96
16.6	Nicola Kemp	Dundee	18.08.96
17.0	Janet Lyon	CA Stadium	15.06.95
17.2	Donna Quirie	CA Stadium	16.06.94
17.2	Joan Reid	Meadowbank	16.04.83
17.2	Shona Simpson	Grangemouth	02.09.90
17.5	Laura Henderson	CA Stadium	24.05.00
18.5	Heather Pirie	CA Stadium	02.04.95
18.8	Pamela Forbes	Dundee	16.05.82

**WOMEN 400m HURDLES**

<b>61.80</b>	<b>SYLVIA KAMYA</b>	<b>CA Stadium</b>	<b>30.08.09</b>
62.34	Catriona Pennet	Manchester	31.07.04
63.20	Rebecca Dougall	Grangemouth	12.06.99
65.3	Valerie Tyrie	Grangemouth	13.06.82
65.48	Angela Shearer	Caen	29.05.02
66.51	Marie Dobson	Meadowbank	13.05.01
66.7	Fiona Davidson	Coatbridge	03.08.97
66.9	Janet Edon	Meadowbank	14.05.88
67.7	Gail Murchie	Pitaveie	14.06.92
67.9	Lynsey Still	CA Stadium	07.05.95
70.0	Roslyn Duncan	Coatbridge	02.09.84
70.2	Laura Henderson	CA Stadium	05.08.01
70.4	Joan Reid	Balgownie	08.06.82
70.7	Trisha Ronney	Wishaw	06.09.87

71.25	Linda Davidson	Meadowbank	03.09.89	10.29	Sarah Lyon	Tullamore	04.07.99
71.3	Shirley Antoine	Balgownie	08.06.82	10.10	Jacqui Loney	Inverness	13.07.02
71.3	Wendy Pennet	Scotstoun	30.04.00	9.97	Linda Low	Inverness	11.05.97
71.4	Jenny Bole	Balgownie	01.07.80	9.93	Marie Fraser	Pitreavie	20.04.80
71.4	Heather Pirie	CA Stadium	30.05.95	9.90	Fiona Pirie	Coatbridge	13.09.92
71.5	Katy Philip	Grangemouth	15.05.94	9.86	Jennifer Reid	Banchory	04.09.94

#### WOMEN HIGH JUMP

<b>1.69</b>	<b>ELLIE WORKMAN</b>	<b>Birmingham</b>	<b>15.08.09</b>	9.81	Sarah Still	Sheffield	01.09.01
1.68	Sarah Still	CA Stadium	07.08.99	9.73	Marian Simpson	CA Stadium	28.07.96
1.66	Lyndsay Peddie	Balgownie	30.07.83	9.60	Shirley Gray	Balgownie	18.06.78
1.65	Beth Philip	CA Stadium	07.07.91	9.50	Wendy Brown	Balgownie	17.06.75
1.61	Shirley Gray	Balgownie	19.06.77	9.48	Rhona MacLennan	Coatbridge	04.05.86
1.60	Nicola Gauld	Scotstoun	30.04.00	9.43	Gail Murchie	Meadowbank	12.06.88
1.60	Heather Pirie	Coatbridge	13.09.92	9.38	Lyndsay Peddie	Balgownie	13.05.86
1.60	Donna Quirie	CA Stadium	30.06.93	9.31	Anita Smith	Balgownie	12.06.83
1.59	Deborah Johnston	Balgownie	27.02.85	9.19	Laura Crockford	Crown Point	27.04.97
1.58	Anne Watt	Balgownie	06.09.81	8.88	Angela Smith	Coatbridge	29.08.98
1.57	Suzie Robertson	Grangemouth	01.06.91	8.84	Pamela Bruce	Balgownie	10.09.78
1.56	Linda Davidson	CA Stadium	17.05.95	8.84	Linda Davidson	CA Stadium	25.07.99
1.56	Kimberley Miles	CA Stadium	02.07.00	8.84	Michelle Mackintosh	CA Stadium	18.06.03
1.55	Diane Burr	Coatbridge	21.05.95	<b>WOMEN DISCUS</b>			
1.55	Rosslyn Duncan	Banchory	13.05.84	48.64	HELEN COWE	Bedford	17.09.94
1.55	Joan Reid	Coatbridge	08.06.80	38.39	Jacqui Loney	CA Stadium	29.08.02
1.54	Pat Bellamy	Nairn	14.08.54	32.30	Marian Simpson	Meadowbank	17.06.95
1.53	Shona Simpson	Inverness	17.09.88	30.66	Fiona Pirie	Banchory	02.05.93
1.52	Vivienne Reynolds	Nairn	17.08.62	30.38	Marie Fraser	Pitreavie	20.04.80
1.51	Lea Masson/Jennifer Reid		77/93	29.28	Pamela Bruce	Pitreavie	20.04.80
				27.80	Cheryl McHardy	CA Stadium	31.08.00
				27.41	Angela Smith	CA Stadium	02.09.99
				26.75	Kathy Rapley	Barry	14.07.98
				26.52	Lesley Fowler	CA Stadium	29.08.96
				26.20	Pamela Morrison	CA Stadium	31.08.89
				26.02	Jennifer Reid	Banchory	04.09.94
				25.74	Gertrude Krenzien	Grangemouth	22.04.79
				25.68	Lesley Munro	Inverness	10.04.88
				25.57	Michelle Mackintosh	Grangemouth	12.04.03
				25.34	Lorraine Dearie	Glenrothes	14.09.86
				25.28	Julie Forbes	Meadowbank	10.05.87
				24.78	Gillian Tindall	Glenrothes	02.09.79
				24.76	Jackie Gordon	Balgownie	22.08.76
				24.42	Lyndsay Peddie	Balgownie	30.07.83

#### WOMEN POLE VAULT (TOP 4)

2.81	JANET LYON	CA Stadium	14.05.04
2.25	Wendy Pennet	Dundee	28.05.00
2.05	Heather Pirie	CA Stadium	04.08.94
2.00	Fiona Watt	CA Stadium	31.08.96

#### WOMEN LONG JUMP

5.95	LINDA DAVIDSON	Meadowbank	03.07.92
5.85	Sarah Still	CA Stadium	25.07.99
5.71	Lea Masson	Balgownie	08.04.79
5.71	Kirsten Young	CA Stadium	26.06.05
5.56	Deirdre Auld	Balgownie	13.04.80
5.53	Donna Quirie	CA Stadium	18.07.93
5.52	Lyndsay Peddie	Balgownie	11.09.83
5.48	Marie Fraser	Meadowbank	21.06.80
<b>5.47</b>	<b>Ellie Workman</b>	<b>Grangemouth</b>	<b>13.06.09</b>
5.40	Cheryl McHardy	CA Stadium	26.07.98
5.38	Laura Beveridge	Antrim	06.08.83
5.30	Nicola Kemp	Peterhead	06.06.93
5.25	Aileen Connelly	Inverness	12.09.04
5.24	Diane Burr	Grangemouth	15.05.94
5.22	Jenny Bole	Balgownie	13.04.80
<b>5.21</b>	<b>Yasmin Milne</b>	<b>Grangemouth</b>	<b>13.06.09</b>
5.19	Shona Simpson	Inverness	10.04.88
5.15	Bridie McGlashan	Balgownie	05.04.87
5.15	Claire Middleton	Greenock	04.06.95
5.13	J Lynch/ F Auld/C Pennet		76/77/03

#### WOMEN TRIPLE JUMP

12.06	FIONA WATT	Meadowbank	02.06.96
11.81	Linda Davidson	Grangemouth	10.07.93
11.48	Kirsten Young	Birmingham	15.08.04
11.44	Donna Quirie	Birmingham	08.08.93
<b>11.27</b>	<b>Sylvia Kamyra</b>	<b>CA Stadium</b>	<b>30.08.09</b>
11.07	Dawn Flockhart	Grangemouth	10.07.93
11.03	Cheryl McHardy	Sheffield	16.08.98
10.68	Nicola Gauld	CA Stadium	05.07.98
10.43	Nicola Kemp	Inverness	12.06.97
10.24	Zoe Davidson	Dundee	25.04.04
10.11	Jennifer Reid	Banchory	27.08.94
10.02	Heather Pirie	Grangemouth	15.05.94
9.87	Wendy Pennet	Dundee	12.04.98
9.83	Emma Cloggie	Banchory	31.08.02
9.77	Nikki Corsie	Meadowbank	20.06.98
9.65	Kimberley Miles	CA Stadium	30.07.00
9.63	Diane Burr	Inverness	11.06.95
9.57	Rebecca Dougall	Coatbridge	30.05.99
9.54	Shonah Richard	Dundee	03.08.03
9.44	Laura Henderson	CA Stadium	28.04.99

#### WOMEN SHOT

14.24	HELEN COWE	Coatbridge	23.05.93
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10.29	Sarah Lyon	Tullamore	04.07.99
10.10	Jacqui Loney	Inverness	13.07.02
9.97	Linda Low	Inverness	11.05.97
9.93	Marie Fraser	Pitreavie	20.04.80
9.90	Fiona Pirie	Coatbridge	13.09.92
9.86	Jennifer Reid	Banchory	04.09.94
9.81	Sarah Still	Sheffield	01.09.01
9.73	Marian Simpson	CA Stadium	28.07.96
9.60	Shirley Gray	Balgownie	18.06.78
9.50	Wendy Brown	Balgownie	17.06.75
9.48	Rhona MacLennan	Coatbridge	04.05.86
9.43	Gail Murchie	Meadowbank	12.06.88
9.38	Lyndsay Peddie	Balgownie	13.05.86
9.31	Anita Smith	Balgownie	12.06.83
9.19	Laura Crockford	Crown Point	27.04.97
8.88	Angela Smith	Coatbridge	29.08.98
8.84	Pamela Bruce	Balgownie	10.09.78
8.84	Linda Davidson	CA Stadium	25.07.99
8.84	Michelle Mackintosh	CA Stadium	18.06.03

#### WOMEN DISCUS

48.64	HELEN COWE	Bedford	17.09.94
38.39	Jacqui Loney	CA Stadium	29.08.02
32.30	Marian Simpson	Meadowbank	17.06.95
30.66	Fiona Pirie	Banchory	02.05.93
30.38	Marie Fraser	Pitreavie	20.04.80
29.28	Pamela Bruce	Pitreavie	20.04.80
27.80	Cheryl McHardy	CA Stadium	31.08.00
27.41	Angela Smith	CA Stadium	02.09.99
26.75	Kathy Rapley	Barry	14.07.98
26.52	Lesley Fowler	CA Stadium	29.08.96
26.20	Pamela Morrison	CA Stadium	31.08.89
26.02	Jennifer Reid	Banchory	04.09.94
25.74	Gertrude Krenzien	Grangemouth	22.04.79
25.68	Lesley Munro	Inverness	10.04.88
25.57	Michelle Mackintosh	Grangemouth	12.04.03
25.34	Lorraine Dearie	Glenrothes	14.09.86
25.28	Julie Forbes	Meadowbank	10.05.87
24.78	Gillian Tindall	Glenrothes	02.09.79
24.76	Jackie Gordon	Balgownie	22.08.76
24.42	Lyndsay Peddie	Balgownie	30.07.83

#### WOMEN HAMMER

43.79	JACQUI LONEY	Coatbridge	27.07.03
43.52	Helen Cowe	CA Stadium	06.07.93
39.58	Marian Simpson	CA Stadium	26.09.96
37.60	Linda Low	Inverness	11.05.97
29.18	Fiona Pirie	Elgin	03.07.93
25.87	Catrin Dickson	Grangemouth	09.06.06
<b>25.46</b>	<b>Kathleen Madigan</b>	<b>Inverness</b>	<b>19.09.09</b>
23.16	Katherine Masson	CA Stadium	16.06.95
22.70	Kylie Davidson	Grangemouth	11.06.04
21.24	Laura Hepburn	Inverness	16.09.07
21.22	Angela Smith	CA Stadium	30.07.00
21.06	Lesley Fowler	Coatbridge	26.05.96
20.94	Joyce Hogg	CA Stadium	16.06.94
20.55	Fiona Davidson	CA Stadium	24.05.07
20.30	Zoe Davidson	Dundee	10.07.05
19.87	Sarah Lyon	Coatbridge	30.05.99
19.51	Mollie Hepburn	Inverness	16.09.07
19.27	Anne Angersbach	CA Stadium	02.09.04
19.24	Cheryl McHardy	Elgin	21.09.97
17.76	Emma Noble	CA Stadium	07.09.06

#### WOMEN JAVELIN

38.70	LYNDSAY PEDDIE	Inverness	26.04.87
37.46	Gwen Summers	Linkfield	01.06.60
30.26	Pamela Bruce	Balgownie	21.07.79
30.12	Anita Smith	Pitreavie	24.04.83
29.64	Shirley Antoine	Pitreavie	24.04.83
NEW			
38.28	LINDA LOW	Inverness	12.05.96
<b>35.98</b>	<b>Ellie Workman</b>	<b>Perth</b>	<b>26.04.09</b>
35.78	Emily Dougall	CA Stadium	29.05.94
33.09	Kimberley Miles	Sheffield	02.09.01
31.26	Lesley Fowler	CA Stadium	07.05.95
30.66	Marian Simpson	Coatbridge	23.05.93
30.32	Gillian Wilson	Meadowbank	18.08.91
29.28	Kathy Rapley	CA Stadium	04.08.02
28.74	Gail Murchie	CA Stadium	22.08.91

28.46	Laura Hepburn	CA Stadium	30.08.09	48.9	S Still, Windass,	CA Stadium	09.06.96
28.40	Barbara MacDonald	CA Stadium	07.04.96		L Davidson, Flockhart		
27.42	Vicky Clark	Grangemouth	16.05.93	49.0	L Davidson, Leys,	CA Stadium	18.07.93
27.38	Sarah Still	Stoke	30.07.00		Lyon, Flockhart		
27.24	Wilma Boyington	Pitreavie	14.06.92	49.3	Gauld, Leys,	Scotstoun	25.04.99
27.22	Laura Crockford	Meadowbank	12.05.96		L Davidson, S Still		
<b>WOMEN HEPTATHLON (TOP 9)</b>							
5014	SARAH STILL	Waterford	02/03.09.00	49.33	Murchie, Leys,	Meadowbank	06.09.92
	(14.73, 1.66, 9.45, 24.48, 5.68, 20.86, 2:18.59)				Quirie, Davidson		
3802	Gail Murchie	CA Stadium	19/20.09.92	49.5	L Davidson, Walker,	CA Stadium	12.06.94
	(15.3; 1.42; 8.59; 26.2; 4.94; 24.94; 2:59.0)				Kemp, S Still		
3783	Lyndsay Peddie	Grangemouth	20.08.83	49.6	Butler, Leys, Murchie,	Inverness	13.06.93
	(16.1; 1.60; 8.65; 28.0; 5.14; 30.18; 3:14.4)				S Still		
3623	Shona Simpson	Grangemouth	02/03.06.90	49.6	Quirie, Leys,	Pitreavie	14.06.92
3318	Nicola Kemp	CA Stadium	08/09.06.93		Murchie, Davidson		
3231	Joan Reid	Grangemouth	19/20.06.82	49.6	Kemp, S Still,	Crown Point	28.04.96
3126	Wendy Pennet	CA Stadium	07/08.08.99		Middleton, Flockhart		
3096	Kimberley Miles	Grangemouth	24/25.08.02	<b>WOMEN 4x400m (TOP 10)</b>			
2904	Valerie Tyrie	Balgownie	18/19.05.82	3:50.0	WINDASS, HENDRY,	Coatbridge	04.08.96
					WATT, FLOCKHART		
<b>WOMEN PENTATHLON (TOP 10)</b>							
2691	LYNDSAY PEDDIE	Grangemouth	20.08.83	3:57.5	Windass, L Davidson,	CA Stadium	09.06.96
	(16.1; 1.60; 8.65; 5.14; 3:14.4)				Hendry, Flockhart		
2539	Rebecca Dougall	Grangemouth	13.06.98	3:57.5	Dobson, Pennet,	Grangemouth	25.07.04
2511	Sylvia Kamy	Grangemouth	03.06.06		Connelly, Gauld		
2456	Joan Reid	Balgownie	10.08.80	4:00.06	Michalska, Fraser,	Meadowbank	05.09.93
2196	Valerie Tyrie	Balgownie	18/19.05.82		L Still, Hendry		
2095	Shona Simpson	Balgownie	26.08.86	4:00.5	Dobson, Gauld,	Grangemouth	11.06.00
2071	Shirley Antoine	Balgownie	15.08.81		S Still, Hendry		
1658	Shona McKinnon	Scotstoun	07.07.02	4:02.2	Hendry, Murchie,	Coatbridge	12.09.93
1487	Lindsey Campbell	Balgownie	15.08.81		L Davidson, Michalska		
(1962 Tables)				<b>4:02.30</b>	<b>Wylie, Dobson,</b>	<b>CA Stadium</b>	<b>06.09.09</b>
2298	Teresa Anderson	Meadowbank	27/28.08.76		<b>C Pennet, Kamy</b>		
<b>WOMEN 4x100m (TOP 10)</b>							
48.4	MADIGAN, EDON	Meadowbank	17.08.86	4:04.9	Bowers, C Middleton,	Coatbridge	27.08.00
	LESLIE, VAUGHAN				Gauld, Hendry		
48.9	Vaughan, Madigan,	Meadowbank	16.08.87	4:05.4	Gauld, L Davidson,	Coatbridge	21.05.00
	Leslie, Edon				W Pennet, Hendry		
				4:05.8	Bowers, Gauld,	Coatbridge	16.07.00
					S Still, Hendry		

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## ALL TIME TOP 10s – U-20 EVENTS

(U-20 Women events recorded from 1985, when the age-group was introduced in Scotland)

### U-20 MEN 100m

10.8	CAMPBELL PATERSON	Balgownie	06.05.72
10.8	STAN WALKER	Pitreavie	14.05.88
10.9	Martin Johnston	Balgownie	14.08.83
10.94	Ian Garioch	Inverness	12.04.08
11.0	Murray King	Inverness	13.04.86
11.04	Mark Davidson	Stoke	25.07.87
11.1	Alexander Carnie	Grangemouth	22.06.88
11.1y	Kevin Carter	Grangemouth	00.04.67
11.1	David Fairley	Balgownie	26.08.84
11.14	Duncan Mathieson	Lorca	18.06.88

y = 100 yards time plus 0.9s

### U-20 MEN 200m

21.6	MARTIN JOHNSTON	Balgownie	30.07.83
21.7	Mark Davidson	Meadowbank	30.05.87
22.0	Ian Garioch	Inverness	25.05.08
22.0	Murray King	Livingston	24.05.86
22.3	Campbell Paterson	Meadowbank	17.07.71
22.34	Stan Walker	Meadowbank	10.07.88
22.4	Ahmed Al-Kowarri	CA Stadium	02.06.96
22.6	Paul Allan	Linksfield	06.09.88
22.6	Alexander Carnie	Grangemouth	17.06.89
22.7	Derek Elmslie	Meadowbank	03.09.77

### U-20 MEN 400m

48.17	MARK DAVIDSON	Meadowbank	20.06.87
48.53	Ian Garioch	Grangemouth	15.06.08
48.6	Martin Johnston	Grangemouth	17.08.83
48.99	Ahmed Al-Kowarri	Carmarthen	16.07.96
49.40	Barry Middleton	Meadowbank	15.05.94
50.01	Duncan Mathieson	Lorca	18.06.88
50.1	Thomas Blackie	Grangemouth	16.06.85
50.2	Paul Allan	Inverness	30.08.87
50.3	Murray King	Inverness	30.08.87
50.50	Richard Singer	Meadowbank	23.06.95

### U-20 MEN 800m

1:51.86	EWAN CALVERT	Corby	25.05.92
1:52.99	Alan Wales	Solihull	22.05.05
1:53.00	Thomas Blackie	Meadowbank	22.06.85
1:53.46	Adam Watt	Manchester	31.05.03
1:53.5	Ross Arbuckle	Pitreavie	27.05.79
1:54.13	Frank Boyne	Meadowbank	19.08.84
1:54.8	Colin Donald	Crawley	21.07.84
1:54.9	Lewis Walker	Meadowbank	08.05.77
1:54.91	Stuart Forbes	Manchester	31.05.03
1:55.04	Mark Kennedy	Manchester	21.05.05

### U-20 MEN 1500m

3:50.34	ALAN WALES	Namur	31.08.02
3:55.8	Ross Arbuckle	Meadowbank	26.08.79
3:56.0	Frank Boyne	Dundee	26.08.84
3:56.39	Ewan Calvert	Meadowbank	30.05.92
3:56.8	Darren Shinnie	Wishaw	25.07.04
3:58.4	Ray Creswell	Grangemouth	11.07.82
<b>3:58.74</b>	<b>James Joy</b>	<b>Grangemouth</b>	<b>12.06.09</b>
3:59.10	Mark Kennedy	Meadowbank	15.05.04
3:59.2	Stephen Wright	Crown Point	17.06.90
4:00.1	Colin McClean	Coatbridge	22.07.84

### U-20 MEN 3000m

8:34.65	DARREN SHINNIE	Cardiff	17.07.04
8:36.69	Iain Donnan	Scotstoun	30.08.03
8:36.9	Stephen Wright	CA Stadium	22.07.90
8:42.4	Ross Arbuckle	Meadowbank	19.08.78
8:45.19	William Duncan	Sheffield	16.08.03
8:45.8	Alan Wales	CA Stadium	21.05.03
8:46.4	Ian Matheson	Balgownie	30.07.83
8:50.0	Colin McClean	Balgownie	28.07.84
8:52.1	Adam Watt	CA Stadium	21.05.03
8:54.7	Frank Boyne	Balgownie	28.07.84

### U-20 MEN 5000m

14:46.0	IAN MATHESON	Meadowbank	28.08.83
14:49.33	Iain Donnan	Meadowbank	16.05.04
14:53.0	Graham Laing	Meadowbank	28.06.75

14:53.3	Darren Shinnie	Bedford	22.07.06
15:00.30	Stephen Wright	Meadowbank	05.08.90
15:14.5	Joe Freel	Crown Point	31.05.86
15:16.0	Colin McKay	Glenrothes	16.04.78
15:26.10	Neil Martin	Meadowbank	23.07.83
15:42.1	Calum Davidson	Balgownie	26.06.88
15:46.65	Mark Kennedy	Meadowbank	11.05.03

### U-20 MEN 10000m

30:49.0	IAN MATHESON	San Francisco	07.05.83
32:02.7	Stephen Wright	CA Stadium	08.05.90
33:11.0	Frank Boyne	Balgownie	24.04.84
33:17.2	Joe Freel	Balgownie	27.05.86
33:23.9	David Duguid	Balgownie	04.06.85
33:50.2	Ross Milne	CA Stadium	02.05.96
34:15.0	Andrew Moffat	Balgownie	24.04.84
35:42.2	Eric Jenkins	Balgownie	01.05.79
35:42.7	Stewart Mason	CA Stadium	01.05.97
35:47.5	David Stephen	Balgownie	30.04.81

### U-20 MEN 2000m STEEPLECHASE

6:02.66	STEPHEN WRIGHT	Meadowbank	01.07.89
6:09.81	Frank Boyne	Meadowbank	06.09.81
6:10.8	Chris Smith	Ayr	18.07.95
6:18.97	Simon Walker	Carmarthen	16.07.96
6:19.0	Lewis Walker	Balgownie	25.05.75
6:21.4	Ewan Calvert	Grangemouth	26.08.90
6:23.53	David Duguid	Meadowbank	08.06.85
6:28.2	Kevin Byrne	Balgownie	19.06.84
6:30.0	Mark Caird	Meadowbank	08.09.85
6:31.65	Andrew Clark	Grangemouth	24.08.03

### U-20 MEN 3000m STEEPLECHASE

9:12.0	STEPHEN WRIGHT	Luton	08.09.90
9:30.7	Ian Matheson	Meadowbank	23.07.83
9:46.9	Frank Boyne	Balgownie	19.06.84
9:47.2	Graham Laing	Meadowbank	03.08.75
9:51.0	David Duguid	Balgownie	19.06.84
9:56.8	Ray Creswell	Balgownie	08.06.82
9:57.5	Mark Caird	Crown Point	31.08.86
10:06.3	Gary Riddell	CA Stadium	15.09.88
10:09.0	Robin Sutherland	Grangemouth	26.08.90
10:17.0	Neil Martin	Meadowbank	29.08.82

### U-20 MEN 110m HURDLES

14.93	DUNCAN MATHIESON	Meadowbank	10.07.88
14.97	Robert Miller	Derby	07.09.03
15.3	Mark Davidson	Meadowbank	30.05.87
15.3	Murray King	Meadowbank	30.05.87
15.5	Steven Ledingham	Pitreavie	19.06.82
15.60	Paul Allan	Crown Point	09.07.89
15.77	Mark Dobbie	Linwood	16.07.94
15.9	Andrew Grant	CA Stadium	09.09.01
15.9	Stephen Miller	CA Stadium	06.04.03
16.06	William Stark	Grenoble	19.09.93

### U-20 MEN 400m HURDLES

53.53	BARRY MIDDLETON	Meadowbank	14.08.94
54.8	Mark Davidson	Crown Point	13.06.87
55.20	Robert Miller	Loughborough	08.06.03
55.9	Steven Ledingham	Meadowbank	17.06.83
56.1	Paul Allan	CA Stadium	29.06.89
56.50	Ronald Smith	Grangemouth	11.07.99
56.6	Alasdair Love	Ayr	18.07.95
56.8	Murray King	Crown Point	07.06.86
57.6	Andrew Grant	CA Stadium	05.08.01
58.0	Richard Singer	CA Stadium	06.06.96

### U-20 MEN HIGH JUMP

2.00	DUNCAN MATHIESON	Dundee	21.06.87
1.98	Keith Oag	Dublin	13.08.94
1.91	Ian Bailey	Pitreavie	16.06.84
1.91	Kevin Lutton	CA Stadium	09.05.01
1.91	Miller Mathieson jun	Balgownie	28.08.83
1.90	Paul Allan	Crown Point	22.07.89
1.90	Dinkar Sabnis	Meadowbank	09.05.92
1.88	George Stewart	Meadowbank	11.06.72
1.85	C Noble/A Grant/W Smy		92/01/09

### U-20 MEN POLE VAULT

3.60	KENNY LYON	Oxford	15.06.79
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3.50	Mark Dobbie	CA Stadium	16.07.95
3.50	Frank Fenton	Balgownie	26.04.79
3.50	Duncan Mathieson	Lorca	19.06.88
3.40	Fraser Benzie	Grangemouth	25.06.00
3.35	Paul Allan	CA Stadium	25.06.89
3.35	Derek Beaton	Meadowbank	09.08.92
3.30	Michael Kennedy	Fettes College	18.07.81
3.30	Douglas McAllister	Meadowbank	24.08.75
3.30	Dinkar Sabnis	Cardiff	30.08.92

#### U-20 MEN LONG JUMP

7.21	DUNCAN MATHIESON	Balgownie	15.06.88
7.07	William Stark	Pitreavie	08.07.95
7.01	Dinkar Sabnis	Ayr	27.06.92
6.87	Robert Miller	CA Stadium	18.05.03
6.82	Derek Elmslie	Heriot-Watt	07.05.77
6.79	Murray King	Balgownie	29.06.87
6.78	James Laird	Linksfield	03.05.62
6.66	Mike Ashford	Meadowbank	29.06.74
6.65	Mark Dobbie	Meadowbank	15.05.94
6.62	David Fairley	Meadowbank	19.08.84

#### U-20 MEN TRIPLE JUMP

14.55	WILLIAM STARK	Crown Point	11.06.95
14.09	Dinkar Sabnis	Banchory	29.08.91
13.68	Paul Allan	CA Stadium	14.06.89
13.45	James Laird	Linksfield	03.05.62
13.34	Kenny Lyon	Grangemouth	23.06.79
<b>13.13</b>	<b>Sam Lypn</b>	<b>Grangemouth</b>	<b>12.06.09</b>
13.10	Paul McAndrew	CA Stadium	02.06.96
13.06	Michael Spink	CA Stadium	13.06.92
13.05	Duncan Mathieson	Balgownie	17.08.87
12.98	David Fairley	Coatbridge	22.07.84

#### U-20 MEN SHOT

14.24	PAUL ALLAN	Dumfries	15.07.89
13.46	Gordon Smith	Grangemouth	13.05.87
13.25	David Minty	Grangemouth	13.05.92
13.13	Peter Venters	Meadowbank	28.05.77
12.46	Duncan Mathieson	Lorca	19.06.88
11.60	Mark Dobbie	Middlesbrough	30.09.95
11.56	Andrew McCallum	Grangemouth	17.06.95
11.27	Douglas McAllister	Scotstoun	19.07.75
11.25	Matthew Maitland	CA Stadium	09.06.02
11.19	Fraser Benzie	Inverness	19.08.01

#### U-20 MEN DISCUS

42.26	PAUL ALLAN	CA Stadium	09.07.89
37.42	David Minty	Inverness	14.09.91
36.76	Peter Venters	Grangemouth	11.06.77
36.22	Duncan Mathieson	Gateshead	22.05.88
36.16	Fraser Benzie	Grangemouth	10.06.01
35.88	James Laird	Linksfield	25.06.62
35.54	Mark Dobbie	CA Stadium	16.07.95
34.38	Douglas McAllister	Pitreavie	15.06.74
34.36	Andrew McCallum	Inverness	07.08.94
34.18	Peter Fraser	Inverness	13.08.95

#### U-20 MEN HAMMER

48.83	MATTHEW MAITLAND	Grangemouth	26.05.02
47.00	David Minty	Meadowbank	01.06.91
41.87	Barry Dobbie	CA Stadium	18.04.99
39.38	Paul Allan	Crown Point	18.06.89
38.58	Peter Fraser	CA Stadium	28.05.96
35.84	David Robinson	Coatbridge	22.07.79
34.40	Paul Henderson	CA Stadium	07.09.06
32.50	Michael Spink	CA Stadium	16.06.94
28.86	Andrew McCallum	CA Stadium	16.06.94
26.07	Derek Giulianotti	Balgownie	30.06.81

#### U-20 MEN JAVELIN

57.48	PETER FRASER	CA Stadium	28.04.96
57.14	Robert Miller	Walthamstow	18.08.02
49.26	Keith Simpson	Scotstoun	14.06.98
48.10	Duncan Mathieson	Wrexham	22.08.88
47.00	Michael Spink	CA Stadium	15.09.94
45.88	Mark Dobbie	Pitreavie	02.06.96
44.22	Fraser Benzie	Inverness	17.09.00
43.48	Stephen Miller	Meadowbank	10.05.03
43.29	Paul Henderson	Dundee	06.08.06
42.96	Tom Brodie	Perth	07.06.09

#### U-20 MEN DECATHLON

6652	DUNCAN MATHIESON	Lorca	19.06.88
6560	Paul Allan	CA Stadium	30.07.89
5915	Mark Davidson	Stoke	26.07.87
5632	Mark Dobbie	CA Stadium	16.07.95
5397	Paul Torry	Bedford	15.07.01
5324	Miller Mathieson jun	Grangemouth	20.06.82
5308	Kenny Lyon	Oxford	15.06.79
5275	Robert Miller	Bedford	15.07.01
5203	Dinkar Sabnis	Cardiff	30.08.92
5201	Keith Oag	CA Stadium	16.07.95

#### U-20 WOMEN 100m

11.9	LOUISE PATERSON	CA Stadium	09.06.91
12.1	Katrina Leys	Crown Point	16.08.92
12.2	Hayley Bowers	Peterhead	24.05.98
12.2	Kathleen Madigan	Dundee	25.07.87
12.37	Lesley-Ann Mearns	Birmingham	13.08.05
12.5	Corrie Butler	Inverness	08.04.90
12.5	Sandra Gunn	CA Stadium	05.05.91
12.5	Fiona Lumsden	CA Stadium	09.06.91
12.5	Catriona Pennet	CA Stadium	05.09.99
12.6	N Imrie (93), D Quirie (93), S Still (94), C McHardy (98), M Smith (98), A Shearer (02), K Young (04)		

#### U-20 WOMEN 200m

24.7	LOUISE PATERSON	Crown Point	16.06.90
25.05	Lesley-Ann Mearns	Birmingham	14.08.05
25.1	Katrina Leys	Coatbridge	13.09.92
25.1	Kathleen Madigan	Coatbridge	04.05.86
25.26	Sarah Still	Linwood	16.07.94
25.4	Susan Hendry	CA Stadium	12.06.94
25.4	Nicola Imrie	Crown Point	20.06.92
25.59	Lorna Johnston	Grangemouth	17.06.00
25.6	Sandra Gunn	CA Stadium	26.07.92
25.8	C Pennet (02), K Young (04)		

#### U-20 WOMEN 400m

55.96	SUSAN HENDRY	Bedford	02.07.94
56.20	Emma Cloggie	Grangemouth	10.06.05
57.2	Bridie McGlashan	Meadowbank	26.04.87
57.24	Louise Paterson	Waterford	11.08.90
57.4	Lorna Johnston	CA Stadium	13.09.00
57.77	Carmen Collins	Meadowbank	17.05.92
58.35	Nicola Gauld	Scotstoun	29.04.01
58.86	Jaclyn Anderson	Meadowbank	04.09.94
59.76	Marie Dobson	Meadowbank	13.05.01
59.9	S Still (93), C Pennet (02)		

#### U-20 WOMEN 800m

2:10.67	EMMA CLOGGIE	Solihull	24.06.06
2:12.64	Susan Hendry	Meadowbank	24.06.95
2:13.36	Dawn Simpson	Ayr	13.08.88
<b>2:14.44</b>	<b>Ellie Buchan</b>	<b>Trafford</b>	<b>27.06.09</b>
2:14.8	Carolyn Sheehan	Coatbridge	07.09.86
2:16.09	Lynsey Still	Pitreavie	08.07.95
2:16.8	Jaclyn Anderson	CA Stadium	18.07.93
2:18.2	Lisa Davidson	Coatbridge	20.05.90
2:18.9	Anna Kyle	CA Stadium	25.06.96
<b>2:19.7</b>	<b>Kate Murdoch</b>	<b>Meadowbank</b>	<b>31.05.09</b>

#### U-20 WOMEN 1500m

4:30.92	KATE RICE	Copeland	08.08.90
4:42.2	Carolyn Sheehan	Balgownie	20.08.86
4:43.5	Ellie Buchan	Dundee	27.04.08
4:45.6	Lynsey Still	CA Stadium	09.09.95
4:49.9	Dawn Simpson	Wishaw	07.08.88
4:50.0	Anna Kyle	Inverness	08.09.96
4:52.5	Vicky Clark	Inverness	04.07.93
4:52.8	Caroline Clarkson	Coatbridge	26.05.91
4:53.30	Christie Noble	Meadowbank	13.05.06
4:54.9	Jaclyn Anderson	Coatbridge	12.09.93

#### U-20 WOMEN 3000m

9:54.5	KATE RICE	Grangemouth	02.09.90
10:31.0	Jillian Grams	Coatbridge	31.05.92
10:34.23	Charlotte Forbes	Derby	14.08.05
10:35.0	Claire Becker	CA Stadium	26.07.92
10:39.2	Ellie Buchan	CA Stadium	30.04.08
10:42.8	Carolyn Sheehan	Balgownie	15.05.85
10:43.9	Suzie Reid	CA Stadium	23.07.89



10:45.7	Anna Kyle	Meadowbank	25.08.96	10.24	Zoe Davidson	Dundee	25.04.04
10:46.7	Christie Noble	CA Stadium	20.06.07	10.11	Jennifer Reid	Banchory	27.08.94
10:47.3	Vicky Clark	CA Stadium	18.07.93	10.02	Heather Pirie	Grangemouth	15.05.94
				9.87	Wendy Pennet	Dundee	12.04.98

#### U-20 WOMEN 100m HURDLES

14.36	CATRIONA PENNET	Derby	08.09.02
15.40	Sylvia Kamyra	Grangemouth	15.06.08
15.65	Sarah Still	Linwood	16.07.94
16.1	Bridie McGlashan	Meadowbank	26.04.87
16.1	Gail Murchie	CA Stadium	12.06.90
16.24	Rebecca Dougall	Grangemouth	11.07.99
16.3	Wendy Pennet	CA Stadium	05.04.98
16.5	Lyndsay Peddie	Inverness	02.06.85
17.1	Nicola Kemp	CA Stadium	08.06.93
17.2	Donna Quirie	CA Stadium	16.06.94

#### U-20 WOMEN 400m HURDLES

63.20	REBECCA DOUGALL	Grangemouth	12.06.99
63.76	Sylvia Kamyra	Grangemouth	09.06.07
65.48	Angela Shearer	Caen (France)	29.05.02
65.90	Catrina Pennet	Derby	08.09.02
66.0	Bridie McGlashan	Balgownie	19.08.86
66.51	Marie Dobson	Meadowbank	13.05.01
67.9	Lynsey Still	CA Stadium	07.05.95
70.2	Laura Henderson	CA Stadium	05.08.01
71.25	Linda Davidson	Meadowbank	03.09.89
71.3	Wendy Pennet	Scotstoun	30.04.00

#### U-20 WOMEN HIGH JUMP

<b>1.69</b>	<b>ELLIE WORKMAN</b>	<b>Birmingham</b>	<b>15.08.09</b>
1.65	Beth Philip	CA Stadium	07.07.91
1.65	Sarah Still	Linwood	16.07.94
1.60	Nicola Gauld	Scotstoun	30.04.00
1.60	Heather Pirie	Coatbridge	13.09.92
1.60	Donna Quirie	CA Stadium	30.06.93
1.59	Deborah Johnston	Balgownie	27.02.85
1.57	Suzie Robertson	Grangemouth	01.06.91
1.56	Kimberley Miles	CA Stadium	02.07.00
1.55	Diane Burr	Coatbridge	21.05.95

#### U-20 WOMEN POLE VAULT (Top 2)

2.25	WENDY PENNET	Dundee	28.05.00
2.05	Heather Pirie	CA Stadium	04.08.94

#### U-20 WOMEN LONG JUMP

5.74	SARAH STILL	CA Stadium	12.06.94
5.71	Kirsten Young	CA Stadium	26.06.05
5.59	Linda Davidson	Crown Point	29.05.88
5.53	Donna Quirie	Grangemouth	27.06.93
<b>5.47</b>	<b>Ellie Workman</b>	<b>Grangemouth</b>	<b>13.06.09</b>
5.40	Cheryl McHardy	CA Stadium	26.07.98
5.30	Nicola Kemp	Peterhead	06.06.93
5.24	Diane Burr	Grangemouth	15.05.94
<b>5.21</b>	<b>Yasmin Milne</b>	<b>Grangemouth</b>	<b>13.06.09</b>
5.15	B McGlashan/C Middleton		87/95

#### U-20 WOMEN TRIPLE JUMP

11.48	KIRSTEN YOUNG	Birmingham	15.08.04
11.44	Donna Quirie	Birmingham	08.08.93
11.03	Cheryl McHardy	Sheffield	16.08.98
10.68	Nicola Gauld	CA Stadium	05.07.98
10.67	Sylvia Kamyra	Dundee	22.06.08
10.38	Nicola Kemp	Coatbridge	21.05.95

#### U-20 WOMEN SHOT

10.29	SARAH LYON	Tullamore	04.07.99
9.86	Jennifer Reid	Banchory	04.09.94
9.73	Marian Simpson	CA Stadium	28.07.96
9.64	Fiona Pirie	Newtonmore	03.08.91
9.48	Rhona MacLennan	Coatbridge	04.05.86
9.43	Gail Murchie	Meadowbank	12.06.88
9.43	Sarah Still	Linwood	16.07.94
9.19	Laura Crockford	Crown Point	27.04.97
8.98	Lyndsay Peddie	Balgownie	21.05.85
<b>8.95</b>	<b>Ellie Workman</b>	<b>CA Stadium</b>	<b>30.08.09</b>

#### U-20 WOMEN DISCUS

32.30	MARIAN SIMPSON	Meadowbank	17.06.95
27.41	Angela Smith	CA Stadium	02.09.99
27.34	Cheryl McHardy	Coatbridge	03.08.97
26.75	Kathy Rapley	Barry	14.07.98
26.58	Fiona Pirie	CA Stadium	21.07.91
26.52	Lesley Fowler	CA Stadium	29.08.96
26.02	Jennifer Reid	Banchory	04.09.94
25.57	Michelle Mackintosh	Grangemouth	12.04.03
25.44	Pamela Morrison	Grangemouth	02.09.85
25.34	Lorraine Dearie	Glenrothes	14.09.86

#### U-20 WOMEN HAMMER

39.58	MARIAN SIMPSON	CA Stadium	26.09.96
25.87	Catrin Dickson	Grangemouth	09.06.06
23.16	Katherine Masson	CA Stadium	16.06.95
22.70	Kylie Davidson	Grangemouth	11.06.04
21.24	Laura Hepburn	Inverness	16.09.07
21.22	Angela Smith	CA Stadium	30.07.00
21.06	Lesley Fowler	Coatbridge	26.05.96
20.16	Fiona Pirie	Inverness	14.09.91
19.87	Sarah Lyon	Coatbridge	30.05.99
19.51	Mollie Hepburn	Inverness	16.09.07

#### U-20 WOMEN JAVELIN

(Recorded from 1991, when the new specification javelin was introduced at club level)

<b>35.98</b>	<b>ELLIE WORKMAN</b>	<b>Perth</b>	<b>26.04.09</b>
35.78	Emily Dougall	CA Stadium	29.05.94
33.09	Kimberley Miles	Sheffield	02.09.01
31.26	Lesley Fowler	CA Stadium	07.05.95
30.66	Marian Simpson	Coatbridge	23.05.93
30.32	Gillian Wilson	Meadowbank	18.08.91
28.50	Kathy Rapley	CA Stadium	25.05.97
<b>28.46</b>	<b>Laura Hepburn</b>	<b>CA Stadium</b>	<b>30.08.09</b>
27.42	Vicky Clark	Grangemouth	16.05.93
27.22	Laura Crockford	Meadowbank	12.05.96

#### U-20 WOMEN HEPTATHLON (Top 6)

4643	SARAH STILL	Linwood	17.07.94
3318	Nicola Kemp	CA Stadium	09.06.93
3126	Wendy Pennet	CA Stadium	08.08.99
3096	Kimberley Miles	Grangemouth	25.08.02
3013	Rebecca Mortimer	CA Stadium	29.05.05
2957	Heather Pirie	CA Stadium	09.06.93

### ALL TIME TOP 10s – U-17 EVENTS

#### U-17 MEN 100m

11.1	ALEXANDER CARNIE	Grangemouth	22.06.88
11.2	Ahmed Al-Kowarri	CA Stadium	23.07.95
11.3	Derek Giulianotti	Glenrothes	24.08.80
11.3	Mark Davidson	Dundee	25.08.85
11.3	Steve Mathers	Inverness	03.07.88
11.4	Martin Johnston	Balgownie	17.08.80
11.4	Richard Singer	CA Stadium	07.06.95
11.4	Patrick Slater	Dundee	28.06.81
11.4	Graham Thomson	CA Stadium	01.09.02
11.47	William Stark	Bourgoin-Jallieu	18.09.93

#### U-17 MEN 200m

22.6	MARK DAVIDSON	Glenrothes	23.06.85
22.7	Derek Elmslie	Meadowbank	03.09.77
22.7	Alexander Carnie	Inverness	03.07.88
22.9	William Stark	Dundee	22.08.93
23.0	Ahmed Al-Kowarri	Crown Point	06.08.95
23.1	Richard Singer	Grangemouth	10.06.95
23.16	Steve Mathers	Meadowbank	10.07.88
23.2	Colin Wilson	Crown Point	10.08.91
23.2	Richard Gray	CA Stadium	28.08.02
23.3	Scott Wilson	Balgownie	27.06.82

#### U-17 MEN 400m

49.21	AHMED AL-KOWARRI	Pitaveie	08.07.95
50.5	Mark Davidson	Dublin	20.07.85
50.50	Richard Singer	Meadowbank	23.06.95

51.1	Colin Wilson	Grangemouth	15.06.91
51.3	Richard Gray	CA Stadium	11.09.02
51.42	Stuart Mathieson	Birmingham	16.08.97
<b>52.0</b>	<b>Sam Lyon</b>	<b>Dundee</b>	<b>28.06.09</b>
52.1	Mark Andrew	Livingston	10.08.86
52.1	Colin Donald	Dundee	01.05.83
52.3	S Wilson (81), D Mathieson (85), R Gray (02), S Rusling (04)		

#### U-17 MEN 800m

1:54.8	COLIN DONALD	Crawley	21.07.84
1:55.6	Thomas Blackie	Balgownie	26.06.84
1:56.11	Steven Rusling	Sheffield	17.08.03
1:56.4	Adam Watt	CA Stadium	05.08.01
1:56.6	Ross Arbuckle	Meadowbank	27.05.78
1:56.6	Lewis Walker	Kirkby	27.07.75
1:56.7	Alan Wales	CA Stadium	05.08.01
1:57.8	Frank Boyne	Grangemouth	21.08.82
1:58.03	Mark Haskett	Dumfries	19.06.05
1:59.02	Ewan Calvert	Grangemouth	16.06.90

#### U-17 MEN 1500m

4:01.1	ROSS ARBUCKLE	Meadowbank	28.05.78
4:04.11	Alan Wales	Cardiff	04.07.03
4:04.3	Adam Watt	Grangemouth	17.06.01
4:05.2	Gary Riddell	Inverness	24.08.86
4:05.9	David Stephen	Glenrothes	24.08.80
4:06.34	Mark Kennedy	Scotstoun	20.07.02
4:06.5	Frank Boyne	Glenrothes	06.06.82
4:07.6	Lewis Walker	Grangemouth	31.08.75
4:08.22	Darren Shinnie	Grangemouth	24.08.03
4:08.5	Robert Mitchell	Meadowbank	28.05.77

#### U-17 MEN 3000m

8:42.4	ROSS ARBUCKLE	Meadowbank	19.08.78
8:45.19	William Duncan	Sheffield	16.08.03
8:46.12	Darren Shinnie	Sheffield	16.08.03
8:55.57	Adam Watt	Meadowbank	13.05.01
8:56.09	Alan Wales	Grangemouth	10.06.01
8:57.2	David Stephen	Balgownie	24.06.80
9:05.25	James Joy	Grangemouth	09.06.07
9:06.05	Alex Thoirs	Grangemouth	11.06.05
9:08.9	Mark Kennedy	Grangemouth	15.06.02
9:09.8	Robert Mitchell	Balgownie	11.05.77

#### U-17 MEN 1500m STEEPLECHASE

4:25.0	FRANK BOYNE	Pitreavie	19.06.82
4:27.80	Alex Thoirs	Tullamore	16.07.05
4:27.8	Adam Watt	Grangemouth	15.06.01
4:30.6	William Duncan	Scotstoun	10.08.03
4:32.2	Simon Walker	CA Stadium	24.06.95
4:32.47	Andrew Clark	Grangemouth	25.08.02
4:33.73	Steven Rusling	Grangemouth	29.08.04
4:37.4	Stuart Forbes	Grangemouth	15.06.01
4:39.00	Darren Shinnie	Grangemouth	13.06.03
4:39.68	Alan Wales	Blackpool	15.07.00

#### U-17 MEN 100m HURDLES

13.9	RICHARD SINGER	Grangemouth	17.06.95
14.08	William Stark	Grangemouth	29.08.93
14.3	John Oxley	CA Stadium	09.09.01
14.4	Steven Ledingham	Scotstoun	20.06.81
14.4	David Stewart	Inverness	24.08.86
14.42	Mark Dobbie	Grangemouth	15.05.93
14.54	Stephen Miller	Hexham	19.05.02
14.7	Duncan Mathieson	Balgownie	25.06.85
15.0	Chris Jessiman	Inverness	20.05.89
15.1	Mark Davidson	Balgownie	22.04.84

#### U-17 MEN 400m HURDLES

55.37	RICHARD SINGER	Colwyn Bay	15.07.95
57.38	Richard Gray	Tullamore	03.08.02
57.8	Alasdair Love	CA Stadium	01.06.93
58.0	Mark Davidson	Dundee	25.08.85
58.6	Steven Ledingham	Balgownie	07.06.81
58.6	Barry Middleton	Grangemouth	15.06.91
59.11	Paul Torry	Carmarthen	17.07.99
59.2	Paul Allan	Balgownie	19.08.86
59.27	Robert Miller	Grangemouth	17.08.00
<b>59.30</b>	<b>Jonathan Mann</b>	<b>Grangemouth</b>	<b>13.06.09</b>

#### U-17 MEN HIGH JUMP

1.98	KEITH OAG	Dublin	13.08.94
1.97	Duncan Mathieson	Dublin	20.07.85
1.91	Kevin Lutton	CA Stadium	09.05.01
1.85	Craig Noble	CA Stadium	07.06.92
1.83	Miller Mathieson	Balgownie	01.08.81
1.81	William Stark	Linwood	24.07.93
1.80	Ian Lind	CA Stadium	02.09.89
1.80	George Petrie	Balgownie	03.06.79
1.80	Peter Sutherland	CA Stadium	08.08.04
1.80	William Smy	Banchory	17.08.08

#### U-17 MEN POLE VAULT

3.20	MILLER MATHIESON	Balgownie	24.06.81
3.15	Fraser Benzie	CA Stadium	11.09.99
3.10	William Stark	Bourgoin-Jallieu	19.09.93
3.05	Kenny Lyon	Balgownie	26.07.77
2.95	Duncan Mathieson	Dundee	25.08.85
2.85	Mark Petchey	Balgownie	14.06.83
2.80	Paul Allan	Balgownie	02.09.86
2.80	Bruce Benzie	Grangemouth	16.06.01
2.80	Sam Lyon	Grangemouth	20.04.08
2.80	Roderick Manson	Balgownie	09.06.83
2.80	Frank Fenton	Balgownie	12.06.77
2.80	Chris Jones	CA Stadium	25.06.89

#### U-17 MEN LONG JUMP

6.82	DEREK ELMSLIE	Heriot-Watt	22.05.77
6.62	William Stark	Dublin	17.07.93
6.60	Duncan Mathieson	Balgownie	13.08.85
6.24	Mark Dobbie	Bourgoin-Jallieu	18.09.93
6.24	William Smy	Banchory	17.08.08
<b>6.18</b>	<b>Stewart Clark</b>	<b>Dundee</b>	<b>02.08.09</b>
6.14	Peter Sutherland	Dundee	06.06.04
6.12	Dinkar Sabnis	Inverness	08.04.90
<b>6.10</b>	<b>Sam Lyon</b>	<b>CA Stadium</b>	<b>10.06.09</b>
6.09	Robert Miller	Ellon	23.09.00

#### U-17 MEN TRIPLE JUMP

13.82	WILLIAM STARK	Grangemouth	29.08.93
<b>13.13</b>	<b>Sam Lyon</b>	<b>Grangemouth</b>	<b>12.06.09</b>
<b>12.94</b>	<b>Stewart Clark</b>	<b>Perth</b>	<b>07.06.09</b>
12.74	Dinkar Sabnis	Grangemouth	26.08.90
12.70	Derek Elmslie	Madowbank	03.09.77
12.61	Steven Ledingham	Balgownie	16.08.81
12.61	Duncan Mathieson	Glenrothes	23.06.85
12.60	David Parham	Balgownie	23.05.76
12.55	Mark Dobbie	Grangemouth	29.08.93
12.46	Paul McAndrew	Dundee	30.04.95

#### U-17 MEN SHOT

13.27	KEVIN LUTTON	CA Stadium	05.08.01
12.78	Duncan Mathieson	Balgownie	28.05.85
12.66	Derek Giulianotti	Balgownie	14.09.80
12.37	William Stark	Dundee	11.09.93
12.32	Andrew McCallum	Dundee	11.09.93
12.16	Peter Fraser	Grangemouth	28.08.94
12.06	David Robinson	Balgownie	16.08.78
11.88	David Minty	Peterhead	23.04.89
11.87	Neil Gillanders	Dundee	25.08.85
11.47	Paul Allan	Crown Point	07.09.86

#### U-17 MEN DISCUS

41.46	PETER FRASER	CA Stadium	16.07.94
36.60	Andrew McCallum	Grangemouth	23.06.93
35.38	David Minty	Inverness	09.04.89
34.92	Fraser Benzie	CA Stadium	02.09.99
32.76	David Robinson	Balgownie	09.04.78
32.74	Richard Singer	Inverness	28.05.95
32.50	Craig Anderson	Balgownie	20.09.87
32.42	Kevin Lutton	CA Stadium	22.04.01
32.40	Edward McKenzie	Balgownie	17.06.82
31.90	Paul Torry	Stoke	22.08.99

#### U-17 MEN HAMMER

45.50	DAVID ROBINSON	Balgownie	21.06.78
44.80	Keith Simpson	CA Stadium	22.06.97
43.56	Barry Dobbie	CA Stadium	26.09.96
40.16	David Minty	Inverness	02.07.89
30.78	George Petrie	Balgownie	16.09.78
38.80	David Gagel	Balgownie	01.07.80

36.04	Peter Fraser	Meadowbank	15.05.94
35.45	Matthew Maitland	Elgin	19.09.99
33.84	Craig Anderson	Inverness	30.08.87
31.26	Derek Giulianotti	Balgownie	14.09.80

#### U-17 MEN JAVELIN

58.36	PETER FRASER	Birmingham	30.07.94
51.41	Kevin Lutton	Tullamore	21.07.01
51.05	Keith Simpson	Meadowbank	19.06.98
47.28	Robert Miller	Grangemouth	25.06.00
43.63	Bruce Benzie	Grangemouth	10.06.01
43.42	Andrew McCallum	CA Stadium	23.09.93
43.24	Stephen Miller	CA Stadium	04.08.02
<b>42.16</b>	<b>Tom Brodie</b>	<b>Dundee</b>	<b>27.04.08</b>
41.44	Paul Henderson	CA Stadium	20.05.04
41.24	Mark Dobbie	Bourgojn-Jalliey	18.09.93

#### U-17 MEN OCTATHLON

4518	WILLIAM STARK	Linwood	25.07.93
4388	Paul Torry	Ayr	19.06.99
4327	Stephen Miller	Grangemouth	25.08.02
4260	Robert Miller	Grangemouth	03.09.00
4057	Andrew McCallum	Linwood	25.07.93
3582	Chris Jones	CA Stadium	09.07.89
3356	Fraser Benzie	CA Stadium	08.08.99
3287	Jamie Thomson	Scotsotun	21.05.06
3181	Ronald Smith	CA Stadium	15.07.95
2906	Chris Fowler	Dumfries	19.07.92

#### U-17 MEN DECATHLON

5238	STEPHEN MILLER	Stoke	29.09.02
5227	Duncan Mathieson	Balgownie	15.05.85
4690	Miller Mathieson	Balgownie	24.06.81
4216	Steven Ledingham	Balgownie	26.07.81
4191	Edward McKenzie	Balgownie	10.08.83

\*The above Octathlon and Decathlon scores were those produced at the time and do not allow for changes in implements or scoring systems.

#### U-17 WOMEN 100m

11.9	LOUISE PATERSON	CA Stadium	09.06.91
12.2	Fiona Auld	Balgownie	22.08.76
12.2	Hayley Bowers	Peterhead	24.05.98
12.2	Katrina Leys	Crown Point	16.06.90
12.3	Kathleen Madigan	Livingston	17.05.86
12.37	Lesley-Ann Mearns	Birmingham	13.08.05
12.4	Michelle Bruce	Pitreavie	05.09.82
12.4	Debra Carle	Balgownie	17.06.80
12.5	J Bole (78), R Duncan (83), C Butler (90), S Gunn (91), F Lumsden (91), C Pennet (99)		

#### U-17 WOMEN 200m

24.7	LOUISE PATERSON	Crown Point	16.06.90
25.05	Lesley-Ann Mearns	Birmingham	14.08.05
25.1	Kathleen Madigan	Coatbridge	04.05.86
25.4	Nicola Imrie	Crown Point	20.06.92
25.5	Katrina Leys	Coatbridge	28.05.89
25.5	Michelle Bruce	Grangemouth	13.06.82
25.59	Lorna Johnston	Grangemouth	17.06.00
25.6	Sandra Gunn	CA Stadium	26.07.92
25.7	Debra Carle	Balgownie	07.09.80
25.8	Kirsten Young	CA Stadium	01.09.04

#### U-17 WOMEN 300m

40.21	LOUISE PATERSON	Crystal Palace	17.08.91
40.9	Lorna Johnston	Grangemouth	16.06.00
41.21	Rebecca Mortimer	Grangemouth	20.08.05
41.3	Morag Keenan	Meadowbank	19.06.93
41.4	Emma Cloggie	CA Stadium	18.04.04
41.5	Nicola Gauld	Coatbridge	17.05.98
42.0	Hayley Bowers	CA Stadium	26.05.99
42.1	Jaclyn Anderson	CA Stadium	24.08.94
42.3	Susan Hendry	CA Stadium	05.04.92
42.3	Angela Shearer	Dundee	08.07.01

#### U-17 WOMEN 400m

57.24	LOUISE PATERSON	Waterford	11.08.90
57.4	Lorna Johnston	CA Stadium	13.09.00
57.7	Dawn Kitchen	Meadowbank	17.06.78
58.5	Bridie McGlashan	Glenrothes	14.09.86

58.6	Debra Carle	Balgownie	11.08.81
58.86	Jaclyn Anderson	Meadowbank	04.09.94
58.9	Emma Cloggie	CA Stadium	18.08.04
59.0	Susan Hendry	CA Stadium	16.06.92
59.5	Nicola Gauld	CA Stadium	19.04.98
59.6	Faith Webster	Balgownie	29.07.84

#### U-17 WOMEN 800m

2:13.36	DAWN SIMPSON	Ayr	13.08.88
2:14.3	Carolyn Sheehan	Inverness	19.08.84
<b>2:14.44</b>	<b>Ellie Buchan</b>	<b>Trafford</b>	<b>27.06.09</b>
2:15.36	Emma Cloggie	Solihull	06.08.03
2:16.8	Jaclyn Anderson	CA Stadium	18.07.93
2:17.1	Lynsey Still	Inverness	05.06.94
2:18.2	Lisa Davidson	Coatbridge	20.05.90
2:18.9	Anna Kyle	CA Stadium	25.06.96
2:19.0	Michelle Cherry	Antrim	06.08.83
2:19.3	Faith Webster	Scotstoun	16.06.84

#### U-17 WOMEN 1500m

4:32.7	KATHRYN SHEPHERD	Crystal Palace	19.07.74
4:34.8	Kate Rice	Carmarthen	05.08.89
4:42.2	Carolyn Sheehan	Balgownie	20.08.86
4:43.5	Ellie Buchan	Dundee	27.04.08
4:46.6	Allison Diamond	Grangemouth	05.06.82
4:49.6	Trisha Ronney	Grangemouth	08.05.83
4:49.9	Dawn Simpson	Wishaw	07.08.88
4:50.0	Anna Kyle	Inverness	08.09.96
4:52.0	Michelle Cherry	Coatbridge	17.06.84
4:52.5	Vicky Clark	Inverness	04.07.93

#### U-17 WOMEN 3000m

10:35.0	CLAIRE BECKER	CA Stadium	26.07.92
10:39.2	Ellie Buchan	CA Stadium	30.04.08
10:42.8	Carolyn Sheehan	Balgownie	15.05.85
10:43.9	Suzie Reid	CA Stadium	23.07.89
10:45.3	Jillian Grams	CA Stadium	22.07.90
10:45.7	Anna Kyle	Meadowbank	25.08.96
10:46.7	Christie Noble	CA Stadium	20.06.07
10:47.3	Vicky Clark	CA Stadium	18.07.93
10:51.4	Lisa Davidson	Grangemouth	01.08.90
10:52.0	Sonia McLaren	Glenrothes	11.04.76

#### U-17 WOMEN 100m HURDLES

15.5*	LYNDSAY PEDDIE	Balgownie	12.06.83
15.6*	Jenny Bole	Grangemouth	14.06.81
15.7	Deirdre Auld	Balgownie	17.06.79
16.9	Bridie McGlashan	Inverness	24.08.86
17.2*	Laura Beveridge	Pitreavie	24.04.83
18.8	Pamela Forbes	Dundee	16.05.82
19.4	Rebecca Rice	Inverness	24.08.86
19.5	Lyndsey Campbell	Balgownie	30.06.81
19.9	Shirley Antoine	Balgownie	15.08.81
*2'6" hurdles			

#### U-17 WOMEN 80m HURDLES

11.7	CATRIONA PENNET	Grangemouth	11.06.00
11.9	Gail Murchie	Grangemouth	10.07.88
12.0	Katy Philip	Grangemouth	23.06.93
<b>12.04</b>	<b>Yasmin Milne</b>	<b>Grangemouth</b>	<b>16.08.09</b>
12.1	Bridie McGlashan	Livingston	17.05.86
12.2	Pamela Gray	Coatbridge	21.05.95
<b>12.2</b>	<b>Lisa Humphries</b>	<b>Perth</b>	<b>07.06.09</b>
12.2	Lyndsay Peddie	Balgownie	06.09.81
12.21	Wendy Pennet	Scotstoun	27.07.97
12.3	Jenny Bole	Pitreavie	03.05.80

#### U-17 WOMEN 300m HURDLES

44.14	SYLVIA KAMYA	Carmarthen	06.08.05
44.73	Angela Shearer	CA Stadium	27.05.01
45.7	Catriona Pennet	CA Stadium	02.07.00
46.28	Rebecca Mortimer	Grangemouth	26.08.06
46.34	Rebecca Dougall	Scotstoun	27.07.97
46.9	Wendy Pennet	CA Stadium	06.06.96
47.1	Nicola Gauld	Dundee	28.06.98
47.2	Sandra Gunn	CA Stadium	07.07.91
47.8	Morag Keenan	CA Stadium	01.06.93
<b>48.0</b>	<b>Yasmin Milne</b>	<b>CA Stadium</b>	<b>02.09.09</b>

#### U-17 WOMEN 400m HURDLES

66.0	BRIDIE MCGLASHAN	Balgownie	19.08.86
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69.4	Linda Falconer	Balgownie	11.09.77	9.19	Laura Crockford	Crown Point	27.04.97
71.0	Katy Philip	Ayr	06.09.92				
71.3	Shirley Antoine	Balgownie	08.06.82				
71.3	Trisha Ronney	Balgownie	08.06.83				
72.58	Rhona MacLennan	Meadowbank	28.04.85				
71.4	Jenny Bole	Balgownie	01.07.80				
71.4	Rosslyn Duncan	Balgownie	08.06.83				
71.7	Lyndsay Green	Coatbridge	26.05.96				
71.9	Deborah Johnston	Balgownie	08.06.83				

#### U-17 WOMEN HIGH JUMP

<b>1.69</b>	<b>ELLIE WORKMAN</b>	<b>Birmingham</b>	<b>15.08.09</b>
1.66	LYNDSAY PEDDIE	Balgownie	30.07.83
1.61	Shirley Gray	Balgownie	19.06.77
1.61	Beth Philip	CA Stadium	11.09.89
1.60	Donna Quirie	CA Stadium	30.06.93
1.58	Heather Pirie	Coatbridge	08.08.91
1.58	Anne Watt	Balgownie	06.09.81
1.57	Suzie Robertson	Grangemouth	01.06.91
1.56	Nicola Gauld	Grangemouth	13.06.98
1.56	Kimberley Miles	CA Stadium	02.07.00

#### U-17 WOMEN LONG JUMP

5.71	KIRSTEN YOUNG	CA Stadium	26.06.05
5.64	Lea Masson	Balgownie	18.09.77
5.53	Donna Quirie	Grangemouth	27.06.93
5.53	Sarah Still	Crown Point	20.06.92
5.52	Deidre Auld	Balgownie	09.09.79
5.52	Lyndsay Peddie	Balgownie	11.09.83
<b>5.47</b>	<b>Ellie Workman</b>	<b>Grangemouth</b>	<b>13.06.09</b>
5.40	Cheryl McHardy	CA Stadium	26.07.98
5.38	Laura Beveridge	Antrim	06.08.83
5.27	Linda Davidson	Dundee	22.06.86

#### U-17 WOMEN TRIPLE JUMP

11.48	KIRSTEN YOUNG	Birmingham	15.08.04
11.44	Donna Quirie	Birmingham	08.08.93
11.03	Cheryl McHardy	Sheffield	16.08.98
10.68	Nicola Gauld	CA Stadium	05.07.98
10.40	Sylvia Kamyra	Dundee	05.06.05
10.11	Jennifer Reid	Banchory	27.08.94
9.83	Emma Cloggie	Banchory	31.08.02
9.77	Nikki Corsie	Meadowbank	20.06.98
9.65	Kimberley Miles	CA Stadium	30.07.00
9.54	Shonah Richard	Dundee	03.08.03

#### U-17 WOMEN SHOT

11.85	HELEN COWE	Elgin	16.07.83
10.29	Sarah Lyon	Tullamore	04.07.99
9.86	Jennifer Reid	Banchory	04.09.94
9.60	Shirley Gray	Balgownie	18.06.78
9.54	Marian Simpson	Coatbridge	28.08.94
9.48	Rhona MacLennan	Coatbridge	04.05.86
9.43	Gail Murchie	Meadowbank	12.06.88
9.31	Anita Smith	Balgownie	12.06.83
9.28	Lyndsay Peddie	Balgownie	01.06.83

38.08	HELEN COWE	Grangemouth	09.07.83
32.16	Marian Simpson	CA Stadium	02.06.94
29.28	Pamela Bruce	Pitreevie	20.04.80
27.34	Cheryl McHardy	Coatbridge	03.08.97
26.02	Jennifer Reid	Banchory	04.09.94
25.88	Lesley Fowler	Arbroath	20.08.95
25.60	Angela Smith	CA Stadium	04.09.97
25.34	Lorraine Dearie	Glenrothes	14.05.86
24.78	Gillian Tindall	Glenrothes	02.09.79
24.76	Jackie Gordon	Balgownie	22.08.76

#### U-17 WOMEN HAMMER

31.58	MARIAN SIMPSON	Birmingham	30.07.94
25.72	Catrin Dickson	CA Stadium	08.09.05
23.16	Katherine Masson	CA Stadium	04.09.95
22.70	Kylie Davidson	Grangemouth	11.06.04
19.87	Sarah Lyon	Coatbridge	30.05.99
19.68	Angela Smith	CA Stadium	28.05.98
19.51	Mollie Hepburn	Inverness	16.09.07
19.24	Cheryl McHardy	Elgin	21.09.97
17.71	Sylvia Kamyra	Dundee	05.06.05
17.60	Lesley Fowler	CA Stadium	29.05.95

#### U-17 WOMEN JAVELIN

<b>35.98</b>	<b>ELLIE WORKMAN</b>	<b>Perth</b>	<b>26.04.09</b>
35.78	EMILY DOUGALL	CA Stadium	29.05.94
33.09	Kimberley Miles	Sheffield	02.09.01
31.26	Lesley Fowler	CA Stadium	02.05.95
30.66	Marian Simpson	Coatbridge	23.05.93
30.32	Gillian Wilson	Meadowbank	18.08.91
28.50	Kathy Rapley	Coatbridge	25.05.97
27.42	Vicky Clark	Grangemouth	15.05.93
27.22	Laura Crockford	Meadowbank	12.05.96
26.26	Rebecca Dougall	Linwood	20.07.97

#### U-17 WOMEN HEPTATHLON

<b>4390</b>	<b>ELLIE WORKMAN</b>	<b>Birmingham</b>	<b>16.08.09</b>
<b>(12.88, 1.69, 8.60, 27.55, 5.13, 32.49, 2:36.87)</b>			
4192	Lyndsay Peddie	Wishaw	05.06.83
<b>(16.2, 1.55, 8.97, 27.9, 5.04, 29.94, 3:03.8)</b>			
3931	Louise Paterson	Stoke	08.07.90
3872	Kimberley Miles	Sheffield	02.09.01
3872	Donna Quirie	Linwood	25.07.93
3813	Jennifer Reid	Linwood	25.07.93
3786	Rebecca Dougall	Linwood	20.07.97
3688	Sarah Still	CA Stadium	20.09.92
3515	Wendy Pernet	Linwood	20.07.97
3341	Shirley Antoine	Balgownie	19.05.82

The above Heptathlon scores were those produced at the time and do not allow for changes in implements or scoring systems.

### ALL TIME TOP 10s – U-15 EVENTS

#### U-15 BOYS 100m

11.5	Alexander Carnie	Crown Point	07.09.86
11.6	Ahmed Al-Kowarri	Crown Point	07.08.93
11.7	Paul Manson	Balgownie	20.08.78
11.8	Stuart Mathieson	Inverness	28.05.95
11.9	Graham Thomson	CA Stadium	09.09.01
11.9	Andrew Keelan	Inverness	03.07.88
11.92	Christopher Maslen	Grangemouth	12.06.99
12.0	Richard Singer	Peterhead	06.06.93
12.1	A Cameron (75), F Morton (75), M Butler (82), W Stark (91)		

#### U-15 BOYS 200m

23.1	Alexander Carnie	Crown Point	07.09.86
23.5	Ahmed Al-Kowarri	Grangemouth	23.06.93
24.2	Mark Davidson	Balgownie	30.07.83
24.32	Stuart Mathieson	Pitreevie	09.07.95
24.45	William Stark	CA Stadium	22.06.91

24.5	Paul Manson	Coatbridge	02.09.78
24.6	Richard Singer	CA Stadium	18.07.93
24.7	Colin Wilson	CA Stadium	10.06.89
24.8	F Morton (75), BReaper (81), M Butler (82), A Keelan (88)		

#### U-15 BOYS 400m

52.5	Colin Donald	Grangemouth	26.06.82
52.7	Ahmed Al-Kowarri	Crown Point	07.08.93
53.1	Stuart Mathieson	Grangemouth	17.06.95
53.61	Richard Singer	Grangemouth	11.07.93
54.2	Andrew Keelan	Grangemouth	18.06.88
54.93	Colin Wilson	Grangemouth	27.08.89
55.1	Steven Rusling	CA Stadium	04.08.02
55.50	Mark Davidson	Scotstoun	11.06.83
56.0	Richard Murdoch	CA Stadium	13.09.06
56.48	Richard Gray	Inverness	09.07.00

#### U-15 BOYS 800m

2:00.77	Steven Rusling	Birmingham	11.08.02
2:01.8	Colin Donald	Grangemouth	26.06.82

2:07.1	Michael Anderson	Inverness	09.09.90	11.66	Ian Lind	Glenrothes	11.09.88
2:07.2	Euan Cameron	Grangemouth	18.06.77	11.48	Alan Cameron	Balgownie	22.06.75
2:08.22	Mark Haskett	Grangemouth	06.07.03	11.33	David Parham	Meadowbank	21.09.75
2:09.0	Ewan Calvert	Pitreevie	31.07.88	11.32	Christopher Jessiman	Glenrothes	13.09.87
2:09.2	Colin Wilson	Crown Point	30.07.89	11.28	Paul Allan	Glenrothes	09.09.84
2:10.4	Richard Singer	Grangemouth	14.08.93	11.09	Jamie Stewart	CA Stadium	24.07.94
2:10.6	Simon Marwick	CA Stadium	28.07.96	10.84	Bryan Begg	Balgownie	22.06.75
2:10.11	Stuart Forbes	Pitreevie	08.05.99	10.84	Steven Stark		1993

#### U-15 BOYS 1500m

4:21.2	Steven Rusling	CA Stadium	04.08.02
4:24.50	Alan Wales	Grangemouth	10.07.99
4:26.0	Frank Boyne	Glenrothes	24.08.80
4:26.37	Mark Kennedy	Inverness	09.07.00
4:26.51	Alex Thoires	Grangemouth	06.07.03
4:27.6	Kevin Smart	Meadowbank	28.05.77
4:28.6	David Stephen	Glenrothes	16.04.78
4:28.7	Geoff Main	Crown Point	07.08.88
4:29.9	Mark Haskett	Grangemouth	14.06.03
4:30.8	Gary Riddell	Dundee	26.08.84

#### U-15 BOYS 3000m

9:34.4	Alex Thoires	Dundee	29.06.03
9:39.2	Steven Rusling	Grangemouth	17.08.02
9:43.8	Mark Kennedy	CA Stadium	23.07.00
10:00.2	Alan Wales	Dundee	27.06.99
10:00.7	Mark Haskett	CA Stadium	21.05.03
10:02.5	James Joy	CA Stadium	26.06.05
10:14.2	Robin Sutherland	Balgownie	07.05.86
10:14.4	Stuart Forbes	CA Stadium	03.05.98
10:19.7	Simon Walker	CA Stadium	20.06.93
10:25.9	Richard Crighton	Dundee	29.06.03

#### U-15 BOYS 80m HURDLES

12.00	William Stark	Grangemouth	25.08.91
12.1	Derek Elmslie	Balgownie	22.06.75
12.3	Finlay Morton	Meadowbank	21.09.75
12.4	Mark Davidson	Dundee	26.06.83
12.4	Ian Lind	Crown Point	07.08.88
12.5	Chris Jessiman	Inverness	30.08.87
12.5	Christopher Maslen	CA Stadium	12.09.99
12.6	Paul Manson	Glenrothes	23.04.78
12.6	John Oxley	CA Stadium	12.09.99
12.7	C Wilson (89), A Al-Kowarri (93)		

#### U-15 BOYS HIGH JUMP

1.75	Kevin Lutton	CA Stadium	05.09.99
1.73	Duncan Mathieson	Balgownie	30.07.83
1.71	William Stark	CA Stadium	24.08.91
1.70	George Petrie	Balgownie	03.09.77
1.65	Michael Johnston	Coatbridge	05.09.76
1.65	Andrew Keelan	Pitreevie	31.07.88
1.65	Miller Mathieson	Balgownie	09.09.79
1.63	Ian Lind	Linkfield	21.08.88
1.64	Steven Stark	CA Stadium	28.08.93
1.63	Stewart Bruce	Pitreevie	28.07.91

#### U-15 BOYS POLE VAULT (Top 7)

2.61	Sam Lyon	CA Stadium	20.05.07
2.60	Miller Mathieson	Scotstoun	16.06.79
2.25	Duncan Mathieson	Balgownie	25.07.82
2.10	Jamie Thomson	Meadowbank	15.05.04
2.00	Thomas Joy	Scotstoun	14.05.05
2.00	David Stewart	Balgownie	08.09.84
1.95	Bruce Benzie	CA Stadium	12.09.98

#### U-15 BOYS LONG JUMP

5.82	William Stark	CA Stadium	04.07.91
5.71	Derek Elmslie	Pitreevie	29.06.75
5.70	Richard Singer	CA Stadium	22.08.93
5.55	Christopher Maslen	CA Stadium	29.06.99
5.47	Ahmed Al-Kowarri	Dundee	15.04.93
5.47	Miller Mathieson	Meadowbank	08.09.79
5.47	Wilson Moir	Meadowbank	03.09.77
5.37	Alexander Carnie		1986
5.34	Stuart Mathieson	CA Stadium	07.05.95
5.31	Bryan Begg	Dundee	13.04.75

#### U-15 BOYS TRIPLE JUMP

12.10	William Stark	Crown Point	10.08.91
11.75	Wilson Moir	Saughton	22.05.77

#### U-15 BOYS SHOT

11.89	Kevin Lutton	Dundee	27.06.99
11.78	Derek Elmslie	Balgownie	22.06.75
<b>11.70</b>	<b>Adam Crighton</b>	<b>Grangemouth</b>	<b>13.06.09</b>
11.30	Geoffrey Burton	Balgownie	12.08.78
11.17	Edward McKenzie	Balgownie	01.08.81
11.11	David Gagel	Balgownie	20.08.78
10.94	Peter Fraser		1992
10.72	Neil Gillanders	Balgownie	11.09.83
10.66	William Stark	CA Stadium	07.04.91
10.20	Scott Lennox	Crown Point	07.08.93

#### U-15 BOYS DISCUS

33.91	Kevin Lutton	Elgin	19.09.99
33.64	Edward McKenzie	Glenrothes	22.08.81
32.16	Peter Fraser	CA Stadium	03.05.92
30.80	Stuart Scoble	Scotstoun	04.09.83
29.28	Keith Simpson	CA Stadium	07.05.95
28.18	Fraser Benzie	Dundee	06.07.97
27.88	Andrew McCallum	CA Stadium	29.09.91
<b>27.78</b>	<b>Adam Crighton</b>	<b>Inverness</b>	<b>24.05.09</b>
<b>27.76</b>	<b>Richard Phonburn</b>	<b>Grangemouth</b>	<b>13.06.09</b>
26.24	John Petchey	Pitreevie	20.08.83

#### U-15 BOYS HAMMER (Top 7)

32.38	George Petrie	Balgownie	21.08.77
31.90	David Gagel	Balgownie	16.09.78
26.43	Kevin Lutton	CA Stadium	27.05.99
25.76	Barry Dobbie	CA Stadium	16.06.94
20.04	Keith Simpson	CA Stadium	29.05.95
16.60	Gareth Orme	CA Stadium	29.05.95
13.82	Fraser Benzie	CA Stadium	26.09.96

#### U-15 BOYS JAVELIN

50.70	Keith Simpson	Inverness	08.09.96
48.22	Peter Fraser	Grangemouth	30.08.92
42.88	Kevin Lutton	Elgin	19.09.99
39.52	Tom Brodie	Dundee	02.07.06
37.70	Bruce Benzie	Grangemouth	12.06.99
37.94	Jamie Thomson	Grangemouth	16.06.04
36.66	Ahmed Al-Kowarri	CA Stadium	20.06.93
35.49	Stephen Miller	CA Stadium	23.07.00
33.69	Sam Lyon	CA Stadium	21.06.07
32.86	Thomas Joy	CA Stadium	04.09.05

#### U-15 BOYS PENTATHLON (Top 4)

2202	Stuart Mathieson	CA Stadium	15.07.95
1720	Jamie Thomson	Pitreevie	28.05.04
1641	Stephen Miller	Grangemouth	02.09.00
1456	Thomas Joy	CA Stadium	28.05.05

\*The above Pentathlon scores were those produced at the time and do not allow for changes in implements or scoring systems.

#### U-15 GIRLS 100m

12.37	Lesley-Ann Mearns	Birmingham	13.08.05
12.4	Michelle Bruce	Grangemouth	13.06.82
12.5	Jenny Bole	Balgownie	12.08.78
12.5	Fiona Lumsden	CA Stadium	09.06.91
12.5	Kathleen Madigan	Pitreevie	05.05.84
12.5	Louise Paterson	Grangemouth	22.06.89
12.7	Angela Shearer	CA Stadium	05.09.99
12.7	Kim Smith	Balgownie	07.09.80
12.7	Shelda Stalker	Balgownie	06.09.81
12.8	Masson (76), Butler (88), Steel (89), Hair (95), Mathieson (99)		

#### U-15 GIRLS 200m

25.05	Lesley-Ann Mearns	Birmingham	14.08.05
25.5	Michelle Bruce	Grangemouth	13.06.82
25.89	Louise Paterson	Grangemouth	01.07.89
26.3	Sandra Gunn	Coatbridge	20.05.90
26.3	Kathleen Madigan	Pitreevie	05.05.84
26.51	Angela Shearer	Sheffield	14.08.99

26.63	Gemma Hair	Greenock	04.06.95	5.27	Sarah Still	Dundee	09.09.90
26.7	Emma Cloggie	Dundee	23.06.02	5.12	Laura Beveridge	Balgownie	21.06.81
26.7	Karen Cussell	Balgownie	10.09.78	5.11	Jenny Bole	Balgownie	10.09.78
26.7	Katrina Leys	Wishaw	06.09.87	5.10	Lyndsay Peddie	Meadowbank	13.06.81
26.7	Fiona Lumsden	Coatbridge	29.04.90	5.07	Linda Davidson	Balgownie	12.06.83
26.7	Jennifer Reid	Crown Point	20.06.92	5.01	Jennifer Lynch	Balgownie	23.08.75
				5.01	Donna Quirie	Waterford	11.08.90
				4.97	Claire Middleton	Pitreavie	14.06.92

#### U-15 GIRLS 800m

2:13.36	Dawn Simpson	Ayr	13.08.88
2:14.3	Carolyn Sheehan	Inverness	19.08.84
2:16.02	Ellie Buchan	Grangemouth	19.08.07
2:16.8	Jaclyn Anderson	CA Stadium	18.07.93
2:18.51	Emma Cloggie	Grangemouth	22.06.02
2:19.0	Michelle Cherry	Antrim	06.08.83
<b>2:19.7</b>	<b>Kate Murdoch</b>	<b>Neadowbank</b>	<b>31.05.09</b>
2:20.50	Jennifer MacLean	Meadowbank	17.06.95
2:20.66	Christie Noble	Scotstoun	24.04.05
2:21.3	Beccy Adron	Scotstoun	19.06.82

#### U-15 GIRLS 1500m

4:43.5	Carolyn Sheehan	Crawley	21.07.84
4:43.9	Ellie Buchan	CA Stadium	05.09.07
4:46.6	Allison Diamond	Grangemouth	05.06.82
4:49.9	Dawn Simpson	Wishaw	07.08.88
4:52.0	Michelle Cherry	Coatbridge	17.06.84
4:52.8	Caroline Clarkson	Coatbridge	26.05.91
4:54.9	Jaclyn Anderson	Coatbridge	12.09.93
4:55.3	Christie Noble	CA Stadium	31.08.05
4:56.22	Jennifer MacLean	Meadowbank	10.09.95
4:58.25	Kate Murdoch	Grangemouth	14.06.08

#### U-15 GIRLS 75m HURDLES

11.24	Sandra Gunn	Grangemouth	23.06.90
11.62	Catriona Pennet	Inverness	13.09.98
11.7	Jenny Bole	Balgownie	17.06.79
11.70	Hannah Mathieson	Inverness	09.07.00
11.7	Lyndsay Peddie	Balgownie	07.09.80
11.8	Gemma Hair	Coatbridge	21.05.95
11.8	Amanda Lochhead	Grangemouth	12.07.80
11.80	Yasmin Milne	Grangemouth	14.06.08
11.8	Katy Philip	Crown Point	15.06.91
11.88	Angela Shearer	Meadowbank	29.08.99

#### U-15 GIRLS HIGH JUMP

1.58	Anne Watt	Balgownie	06.09.81
1.57	Suzie Robertson	Grangemouth	01.06.91
1.50	Kimberley Miles	CA Stadium	12.09.99
<b>1.50</b>	<b>Kate Murdoch</b>	<b>CA Stadium</b>	<b>30.08.09</b>
1.50	Lyndsay Peddie	Balgownie	06.09.81
1.49	Kate Rice	Grangemouth	14.06.85
1.48	Nicola Gauld	Meadowbank	12.05.96
1.48	Katrina Leys	Wishaw	07.08.88
1.48	Wendy Pennet	Coatbridge	27.08.95
1.46	Debra Johnston	Balgownie	16.08.81

#### U-15 GIRLS LONG JUMP

5.38	Deirdre Auld	Meadowbank	18.06.77
5.33	Kirsten Young	CA Stadium	20.04.03

#### U-15 GIRLS SHOT

12.18	Helen Cowe	Swansea	08.08.81
10.29	Rhona MacLennan	Coatbridge	02.09.84
10.13	Marian Simpson	Coatbridge	31.05.92
10.00	Sarah Lyon	Inverness	13.09.98
9.88	Gail Murchie	Livingston	17.05.86
9.61	Jennifer Reid	Crown Point	16.08.92
9.60	Lyndsay Peddie	Balgownie	15.08.81
9.49	Pamela Bruce	Pitreavie	06.05.78
9.37	Laura Crockford	Meadowbank	12.05.96
9.18	Jillian Thomson	Coatbridge	12.09.93

#### U-15 GIRLS DISCUS

31.92	Helen Cowe	Balgownie	16.08.81
28.06	Pamela Bruce	Balgownie	03.09.78
26.10	Marian Simpson	Coatbridge	13.09.92
25.82	Cheryl McHardy	Pitreavie	17.08.96
25.34	Lorraine Dearie	Glenrothes	14.09.86
24.78	Gillian Tindall	Glenrothes	02.09.79
24.36	Lesley Fowler	Dundee	22.08.93
24.34	Angela Smith	CA Stadium	09.06.96
23.08	Kathy Rapley	Grangemouth	14.05.95
23.02	Emma Coutts	Pitreavie	17.08.97

#### U-15 GIRLS JAVELIN (from 1991)

30.32	Emily Dougall	Grangemouth	24.06.92
28.74	Marian Simpson	Meadowbank	17.05.92
27.22	Laura Crockford	Meadowbank	12.05.96
26.82	Kathy Rapley	CA Stadium	03.09.95
25.73	Jade Christie	CA Stadium	25.07.99
24.72	Lesley Fowler	Meadowbank	05.09.93
23.84	Jennifer Reid	CA Stadium	31.05.92
23.60	Angela Shearer	CA Stadium	05.09.99
23.46	Emma Coutts	Crown Point	27.04.97
23.22	Vicky Clark	CA Stadium	24.08.91

#### U-15 GIRLS PENTATHLON

2859	Lyndsay Peddie	Balgownie	15.08.81
2856	Jennifer Lynch	Grangemouth	09.08.75
2842	Deirdre Auld	Pitreavie	14.05.77
2754	Catriona Pennet	Scotstoun	03.05.98
2675	Amanda Lochhead	Grangemouth	24.08.80
2642	Shelda Stalker	Pitreavie	27.06.81
2640	Linda Davidson	Wishaw	05.06.83
2627	Rhona MacLennan	Wishaw	05.06.83
2620	Lea Masson	Meadowbank	28.08.76
2560	Jennifer Reid	Grangemouth	13.06.92

\*The above Pentathlon scores were those produced at the time and do not allow for changes in implements or scoring systems.

## ALL TIME TOP 10s – VETERAN EVENTS

#### VETERAN MEN 100m

11.7	ALAN MACKENZIE	Nairn	18.08.90
11.7	TREVOR MADIGAN	Balgownie	31.08.85
11.7	ROBIN RILLEY		1979
<b>11.7</b>	<b>STANLEY WALKER</b>	<b>CA Stadium</b>	<b>13.09.09</b>
11.9	Chris Coulter	Balgownie	05.09.87
12.0	Forbes Bruce	Balgownie	08.08.81
12.0	Brian Gordon	Linkfield	03.09.88
12.0	Malcolm Clarkson	Balgownie	05.09.87
12.0	Mark Davidson	CA Stadium	26.08.09
12.1	A Stirling/D Shepherd		87/92

#### VETERAN MEN 200m

24.1	ROBIN RILLEY	Balgownie	09.09.79
<b>24.12</b>	<b>Stanley Walker</b>	<b>CA Stadium</b>	<b>06.09.09</b>
24.6	Frank Gauld	CA Stadium	10.06.00
24.6	Denis Shepherd	CA Stadium	26.08.92
24.7	Malcolm Clarkson	Linkfield	06.09.88

24.7	Allan Stirling	Crown Point	28.06.87
24.8	Brian Gordon	Grangemouth	27.08.88
25.0	Trevor Madigan	Coatbridge	14.07.85
25.2	Alan Fulton	CA Stadium	22.08.91
25.3	C Coulter/K Lyon		87/01

#### VETERAN MEN 400m

53.0	DENIS SHEPHERD	CA Stadium	29.06.93
54.8	Alan Fulton	CA Stadium	18.06.91
54.8	Frank Gauld	CA Stadium	10.06.00
55.2	Allan Stirling	Malmö (SWE)	28.07.86
56.0	Mike Simpson	CA Stadium	27.05.97
56.2	Roderick MacFarquhar	Balgownie	11.08.82
56.40	Kenny Lyon	Sheffield	08.09.01
56.6	Jim Burr	CA Stadium	13.09.95
56.8	Bill Scullion	CA Stadium	16.06.93
57.3	Dave Walker	CA Stadium	29.06.93

#### VETERAN MEN 800m

2:01.0	DENIS SHEPHERD	Dundee	22.08.93
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2:01.1	Hunter Watson	Coatbridge	30.05.76
2:02.72	Roderick MacFarquhar	Strasbourg	15.07.82
2:06.1	Alan Fulton	Inverness	10.06.95
2:08.1	Frank Gauld	Dundee	28.05.00
2:08.8	Ken Hogg	Dundee	18.06.89
2:10.3	Dave Armitage	CA Stadium	24.08.91
2:10.7	Jim Burr	CA Stadium	27.08.94
2:11.2	Bill Scullion	CA Stadium	28.08.93
2:13.1	John Ballentine	CA Stadium	28.08.93
2:13.1	Frank Smith	CA Stadium	22.07.01

#### VETERAN MEN 1500m

4:08.0	HUNTER WATSON	Coatbridge	12.06.77
4:11.2	Roderick MacFarquhar	Balgownie	10.08.83
4:15.3	Mike Simpson	CA Stadium	03.09.97
4:18.7	Colin Youngson	CA Stadium	26.08.93
4:20.7	Ken Hogg	Linksfield	06.09.88
4:23.4	John Ballentine	Linwood	25.07.93
4:25.3	Charlie Haskett	CA Stadium	24.08.00
4:27.5	Dave Armitage	CA Stadium	26.08.93
4:28.4	Bill Scullion	CA Stadium	26.08.93
4:28.9	Graham Milne	Peterhead	13.05.90

#### VETERAN MEN 3000m

8:50.9	COLIN YOUNGSON	CA Stadium	22.07.90
8:56.6	Roderick MacFarquhar	Balgownie	30.07.83
9:18.6	Mike Simpson	CA Stadium	03.06.97
9:21.9	Steve Taylor	Forres	07.07.79
9:24.0	Charlie Haskett	CA Stadium	06.06.01
9:29.0	John Ballentine	CA Stadium	26.07.92
9:30.6	Mel Edwards	CA Stadium	23.07.89
9:32.3	Davy Grubb	CA Stadium	23.07.89
9:35.0	Alastair Wood	Balgownie	14.05.81
9:39.2	Ian Fraser	CA Stadium	22.07.90

#### VETERAN MEN 5000m

14:57.0	ALISTAIR WOOD	Meadowbank	12.07.75
15:24.8	Colin Youngson	Grangemouth	29.06.91
15:28.0	Roderick MacFarquhar	Balgownie	24.05.83
15:48.0	Graham Milne	Balgownie	29.06.88
15:54.6	George Sim	Inverness	18.05.92
15:57.2	Mike Simpson	CA Stadium	14.08.97
16:14.2	Mel Edwards	Balgownie	15.05.85
16:23.26	John Ballentine	Jarrow	17.07.93
16:30.4	Davy Grubb	CA Stadium	04.07.89
16:46.7	Dave Armitage	CA Stadium	02.06.94

#### VETERAN MEN 10000m

30:33.4	ALISTAIR WOOD	Meadowbank	06.05.73
31:39.2	Colin Youngson	Crown Point	15.07.90
32:29.0	Roderick MacFarquhar	Balgownie	06.04.83
32:42.0	Donald Ritchie	Inverness	08.09.84
33:09.6	Mike Simpson	C A Stadium	01.05.97
33:11.37	Bill Adams	Finland	24.06.91
34:06.7	John Ballentine	Coatbridge	11.07.92
34:17.6	Graham Milne	Grangemouth	03.09.88
34:40.8	Mel Edwards	CA Stadium	04.05.89
34:51.4	Ken Hogg	CA Stadium	08.05.90

#### VETERAN MEN 3000m STEEPLECHASE (Top 3)

<b>10:25.99</b>	<b>FRANK BOYNE</b>	<b>Meadowbank</b>	<b>19.04.09</b>
10:31.7	Dave Armitage	Grangemouth	04.09.91
11:50.4	Gordon Ramsay	CA Stadium	30.06.94

#### VETERAN MEN 100m HURDLES (Top 6)

16.4	DENIS SHEPHERD	CA Stadium	30.06.92
17.0	Angel Alicea	CA Stadium	04.04.93
17.1	Kenny Lyon	CA Stadium	08.06.05
17.2	Robert Masson	Balgownie	09.09.87
17.5	Trevor Madigan	Balgownie	06.04.86
21.3	Bill Lonsdale	CA Stadium	11.06.03

#### VETERAN MEN 400m HURDLES (Top 7)

59.0	DENIS SHEPHERD	CA Stadium	01.06.93
66.2	Allan Stirling	Balgownie	09.09.87
66.9	Kenny Lyon	CA Stadium	28.06.01
67.4	Dave Walker	CA Stadium	01.06.93
68.8	Trevor Madigan	Balgownie	19.08.86
<b>72.4*</b>	<b>Edward McKenzie</b>	<b>Inverness</b>	<b>12.05.07</b>
77.1	Bill Lonsdale	CA Stadium	27.06.02

\* 3' hurdles

#### VETERAN MEN HALF-MARATHON

67:13	DAVID CLARK	Aberdeen	07.07.85
67:13	Colin Youngson	Glasgow	11.09.88
68:52	Fraser Clyne	Liverpool	25.08.96
69:24	Donald Ritchie	Inverness	23.03.85
69:27	George Sim	Dyce	14.07.91
70:19	Roderick MacFarquhar	Peterhead	26.08.84
70:22	Graham Milne	Peterhead	19.06.88
70:50	Bill Adams	Mariehamm (Finland)	29.06.91
72:27	Ken Hogg	Dyce	27.03.88
73:26	Ben Preece	Inverness	20.03.88

#### VETERAN MEN MARATHON

2:18:01	DAVID CLARK	Florence (Italy)	02.12.84
2:21:14	Alistair Wood	Edinburgh	28.06.75
2:21:26	Donald Ritchie	London	21.04.85
2:28:25	Fraser Clyne	Greenock	15.09.96
2:28:38	Colin Youngson	Linksfield	22.05.88
2:32:57	George Sim	Dundee	12.05.91
2:33:39	Roderick MacFarquhar	Aberdeen	16.09.84
2:36:15	Ben Preece	London	23.04.89
2:34:53	Bill Adams	London	21.04.91
2:39:06	Jim Morrison	London	09.05.82

#### VETERAN MEN HIGH JUMP (TOP 9)

1.67	DENIS SHEPHERD	Inverness	12.09.92
1.65	Bill Lonsdale	CA Stadium	21.05.03
1.65	Trevor Madigan	Balgownie	01.07.87
1.65	Robert Masson	Balgownie	01.07.87
1.55	Kenny Lyon	CA Stadium	12.05.04
1.42	Edward McKenzie	Riccione (ITA)	04.09.07
1.40	Malcolm Clarkson	CA Stadium	07.06.89
1.30	Ken Peddie	Balgownie	15.05.84
1.20	Alan Johnston	Balgownie	23.06.81

#### VETERAN MEN POLE VAULT (Top 5)

3.65	KENNY LYON	CA Stadium	01.09.01
3.60	Robert Masson	Balgownie	08.07.87
2.40	Edward Mckenzie	Ljubljana (SLOV)	24.07.08
2.25	Trevor Madigan	Balgownie	06.04.86
1.90	Ian Morrison	Balgownie	10.08.82

#### VETERAN MEN LONG JUMP

5.95	KENNY LYON	CA Stadium	01.04.01
5.76	Robert Masson	Balgownie	20.09.87
5.75	Trevor Madigan	Balgownie	05.09.87
5.55	Miller Mathieson	Balgownie	05.08.79
5.55	Forbes Bruce	Balgownie	05.08.79
5.49	Malcolm Clarkson	Balgownie	05.09.87
5.48	Chris Coulter	Balgownie	05.09.87
5.46	Denis Shepherd	CA Stadium	02.09.92
5.22	Frank Gauld	CA Stadium	26.08.98
<b>5.21</b>	<b>Mark Davidson</b>	<b>CA Stadium</b>	<b>26.08.09</b>

#### VETERAN MEN TRIPLE JUMP

12.21	TREVOR MADIGAN	Balgownie	27.07.85
11.84	Kenny Lyon	CA Stadium	11.05.03
11.30	Frank Gauld	CA Stadium	30.07.00
11.20	Chris Coulter	Balgownie	17.08.87
11.03	Robert Masson	CA Stadium	11.05.93
10.75	Bill Lonsdale	Derby	07.06.03
10.44	Malcolm Clarkson	Grangemouth	19.06.88
10.43	Alan Young	CA Stadium	28.05.05
4.14	Hugo Fletcher	CA Stadium	01.05.02

#### VETERAN MEN SHOT

<b>13.01</b>	<b>EDWARD MCKENZIE</b>	<b>CA Stadium</b>	<b>27.08.09</b>
12.32	Robert Masson	CA Stadium	26.08.89
11.68	Forbes Bruce	Balgownie	08.08.81
<b>11.65</b>	<b>Mark Davidson</b>	<b>CA Stadium</b>	<b>27.08.09</b>
11.16	Kenny Lyon	CA Stadium	30.08.07
11.00	Trevor Madigan	CA Stadium	15.05.91
10.75	Jim Burr	CA Stadium	02.09.93
10.71	Frank Gauld	CA Stadium	25.08.99
10.62	John Leys	CA Stadium	15.05.91
10.41	Malcolm Clarkson	CA Stadium	15.05.91
10.17	Alan Bews	Balgownie	18.05.87

\* Senior men's implements

**VETERAN MEN DISCUS**

39.86	ROBERT MASSON	CA Stadium	03.09.92
<b>33.89*</b>	<b>Edward Mckenzie</b>	<b>CA Stadium</b>	<b>25.06.09</b>
32.49	Kenny Lyon	CA Stadium	26.08.04
32.20	Forbes Bruce	Balgownie	03.08.82
32.17	Colin Harris	CA Stadium	28.05.05
30.52	Paddy Grant	CA Stadium	02.09.99
30.15	Frank Gauld	CA Stadium	24.08.00
28.30	Ian Maitland	Dundee	11.09.93
27.94	Malcolm Clarkson	CA Stadium	25.08.90
25.90	Bill Lonsdale	Grangemouth	25.08.02

\* Senior men's implements

**VETERAN MEN HAMMER**

<b>36.95*</b>	<b>EDWARD MCKENZIE</b>	<b>CA Stadium</b>	<b>03.09.09</b>
34.35	Robert Masson	CA Stadium	19.04.98
31.73	Trevor Madigan	CA Stadium	16.09.04
30.98*	Bob Ingram	Dundee	25.08.85
27.86	Alistair Simpson	CA Stadium	29.05.97
27.06	Alan Bews	CA Stadium	22.05.91
25.86	Forbes Bruce	Balgownie	30.06.82
23.64	Allan Stirling	Balgownie	19.08.86
23.42	Jim Campbell	CA Stadium	22.05.91
22.26	John Leys	Balgownie	02.07.85

\* Senior men's implements

**VETERAN MEN JAVELIN**

43.88*	ROBERT MASSON	CA Stadium	02.04.89
41.65*	Edward McKenzie	Grangemouth	14.07.07
39.55*	Kenny Lyon	Sheffield	08.09.01
36.28*	Andy Dougall	CA Stadium	07.04.91
32.84*	Ian Maitland	CA Stadium	04.04.93
32.60*	Douglas Cooper	CA Stadium	07.04.91
31.38*	Dave Walker	Inverness	13.06.92
30.06*	Angel Alicea	CA Stadium	04.04.93
29.96	Bill Lonsdale	Grangemouth	25.08.02
29.32	Trevor Madigan	CA Stadium	18.05.00

\* Senior men's implements

**VETERAN MEN DECATHLON**

4738	TREVOR MADIGAN	Balgownie	30.04.86
3658	Bob Masson	CA Stadium	16.07.95

**Age-graded**

6251	Robert Masson	Gateshead	30.07.99
5647	Kenny Lyon	Sheffield	09.09.01
4506	Bill Lonsdale	Grangemouth	25.08.02
4400	Edward McKenzie	Ljubljana (SLOV)	25.07.08

The above Decathlon scores were those produced at the time and do not allow for changes in implements or scoring systems.

**VETERAN WOMEN 100m**

12.7	KATHLEEN MADIGAN	CA Stadium	23.08.06
12.9	Janet Lyon	CA Stadium	22.06.97
13.54	Fiona Davidson	Pitreavie	21.06.08
13.6	Ann Imrie	CA Stadium	23.08.95
13.9	Heather Wisley	Grangemouth	27.08.88
14.2	Linda Michie	CA Stadium	24.08.05
14.3	Shona McKinnon	CA Stadium	10.06.00
14.4	Joyce Hogg	Grangemouth	27.08.88
<b>14.4</b>	<b>Laura Mahady</b>	<b>CA Stadium</b>	<b>26.08.09</b>
14.4	Tracy Wilson	CA Stadium	28.08.93

**VETERAN WOMEN 200m**

26.5	JANET LYON	Coatbridge	08.06.97
26.7	Kathleen Madigan	Dundee	10.04.05
28.2	Ann Imrie	CA Stadium	24.08.94
<b>28.7</b>	<b>Laura Mahady</b>	<b>CA Stadium</b>	<b>19.08.09</b>
29.4	Joyce Hogg	Linksfield	06.09.88
30.0	Linda Michie	CA Stadium	30.08.06
30.2	Shona McKinnon	CA Stadium	28.08.02
30.6	Tracey Wilson	CA Stadium	03.04.94
33.2	Brigitte Mulsant	CA Stadium	30.08.89
33.8	Heather Young	Dundee	23.06.02

**VETERAN WOMEN 400m (Top 9)**

<b>61.05</b>	<b>LAURA MAHADY</b>	<b>Lahti (FIN)</b>	<b>07.08.09</b>
63.16	Kathleen Madigan	Tullamore (IRL)	09.08.08
63.6	Janet Lyon	Dundee	15.04.01
63.79	Sonia Armitage	Grangemouth	21.06.03
64.4	Heather Wisley	Grangemouth	27.08.88

66.1	Joyce Hogg	Linksfield	21.08.88
67.1	Nancy MacKinnon	CA Stadium	10.05.89
68.4	Kathryn Mearns	CA Stadium	24.05.00
70.1	Ann Imrie	CA Stadium	14.09.94
72.5	Annette Orme	CA Stadium	16.06.92

**VETERAN WOMEN 800m**

2:19.3	SONIA ARMITAGE	CA Stadium	08.08.04
2:20.6	Heather Wisley	Inverness	13.05.90
2:24.4	Nancy MacKinnon	CA Stadium	10.09.88
<b>2:24.5</b>	<b>Laura Mahady</b>	<b>Perth</b>	<b>21.09.08</b>
2:26.4	Kathryn Mearns	CA Stadium	07.09.97
2:33.6	Joyce Hogg	Grangemouth	03.09.88
2:35.1	Hazel Gaskell	CA Stadium	02.09.93
2:39.1	Annette Orme	CA Stadium	24.08.95
2:51.3	Janet Lyon	CA Stadium	24.08.00
2:51.4	Barbara Pidgeon	CA Stadium	08.09.94

**VETERAN WOMEN 1500m**

4:39.12	SONIA ARMITAGE	Meadowbank	02.06.96
4:47.4	Heather Wisley	Inverness	24.06.90
4:57.1	Kathryn Mearns	Peterhead	24.08.97
5:00.4	Rhona Buchan	CA Stadium	05.09.07
5:01.7	Lynda Bain	CA Stadium	05.05.91
5:03.7	Laura Mahady	CA Stadium	05.09.07
5:07.4	Nancy MacKinnon	CA Stadium	06.09.88
5:20.7	Annette Orme	Dundee	04.06.95
5:21.8	Joyce Hogg	CA Stadium	06.09.88
5:44.8	Carole Hawthorn	Balgownie	14.08.84

**VETERAN WOMEN 3000m**

9:51.9	HEATHER WISLEY	Coatbridge	20.05.90
10:03.1	Sonia Armitage	Coatbridge	29.08.98
10:26.2	Lynda Bain	CA Stadium	09.06.91
10:42.8	Hazel Gaskell	CA Stadium	18.07.93
10:48.2	Nancy MacKinnon	CA Stadium	23.07.89
11:00.2	Laura Mahady	CA Stadium	21.05.03
11:00.4	Rhona Buchan	Dundee	09.07.06
11:19.0	Kathryn Mearns	CA Stadium	21.05.03
11:20.5	Helen Brown	Balgownie	29.06.88
11:22.09	Diana Jermieson	Meadowbank	10.06.90

**VETERAN WOMEN 5000m**

17:48.80	SONIA ARMITAGE	Chester-le-Street	31.07.99
18:49.7	Rhona Buchan	CA Stadium	29.08.07
19:02.1	Laura Mahady	CA Stadium	28.05.08
19:07.8	Kathryn Mearns	CA Stadium	14.08.97
19:41.1	Lynda Bain	CA Stadium	24.09.91
20:15.9	Margaret Stafford	CA Stadium	24.09.91
21:57.9	Bing Kerr	CA Stadium	04.07.89
22:49.2	Alison Henderson	CA Stadium	12.08.99
<b>22:52.3</b>	<b>Anne Cullen</b>	<b>CA Stadium</b>	<b>01.07.09</b>
23:16.0	Janice Gordon	CA Stadium	31.07.02

**VETERAN WOMEN 10000m (Top 9)**

37:18.2	HEATHER WISLEY	CA Stadium	04.05.89
38:18.5	Sonia Armitage	CA Stadium	04.07.02
42:20.6	Kathryn Mearns	CA Stadium	03.07.03
<b>46:29.3</b>	<b>Trish McLauchlan</b>	<b>CA Stadium</b>	<b>22.06.09</b>
<b>46:43.0</b>	<b>Maureen MacInnes</b>	<b>CA Stadium</b>	<b>22.06.09</b>
<b>47:03.5</b>	<b>Jane MacKay</b>	<b>CA Stadium</b>	<b>22.06.09</b>
48:40.8	Janice Gordon	CA Stadium	04.07.02
48:42.8	Nancy MacKinnon	CA Stadium	04.07.02
<b>49:33.1</b>	<b>Ann Clark</b>	<b>CA Stadium</b>	<b>22.06.09</b>

**VETERAN WOMEN HALF MARATHON**

82:09	ULLI SIMPSON	CA Stadium	26.08.90
84:05	Lynda Bain	Linksfield	29.08.93
85:42	Hazel Gaskell	Linksfield	29.08.93
85:51	Heather Wisley	Linksfield	28.08.88
87:48	Diana Jermieson	Rannoch	25.06.89
88:50	Angela Hepburn	Elgin	04.09.05
89:35	Jackie Nuttall	Dyce	27.03.88
89:43	Margaret Stafford	Inverdee	29.03.92
90:58	Nancy MacKinnon	Peterhead	17.06.90
92:02	Helen Brown	Linksfield	28.08.88

**VETERAN WOMEN MARATHON**

3:00:32	MARGARET STAFFORD	London	22.04.90
3:15:52	Diana Jermieson	Beach	28.05.89
<b>3:19:02</b>	<b>Angela Heppurn</b>	<b>Edinburgh</b>	<b>31.05.09</b>



3:24:22	Olive Fraser	London	23.04.89	8.45	Kathleen Madigan	Newtonmore	05.08.06
3:27:42	Leona Hart	Dundee	28.04.85	8.17	Shona McKinnon	Drumadrochit	26.08.00
3:32:33	Betty May	London	21.04.91	7.76	Joyce Hogg	Cwmbran	23.07.88
3:37:09	Maureen McInnes	Amsterdam	15.10.06	7.66	Fiona Davidson	CA Stadium	04.06.08
3:42:53	Bing Kerr	London	23.04.89	7.47	Janet Lyon	CA Stadium	28.08.97
3:54:48	Carol Hawthorn	Aberdeen	16.09.84	7.44	Anne Lindsay	Grangemouth	27.08.88
3:54:57	Margaret Beveridge	Elgin	06.08.89	7.14	Margaret Lyon	CA Stadium	26.07.98
				7.14	Heather Young	Coatbridge	25.07.04
				7.13	Sheena Pirie	CA Stadium	16.05.91

#### VETERAN WOMEN 80m HURDLES (Top 4)

14.6	JANET LYON	CA Stadium	04.04.04
15.8	Ann Imrie	CA Stadium	02.04.00
16.0	Joyce Hogg	CA Stadium	07.04.91
16.4	Shona McKinnon	CA Stadium	16.04.04

#### VETERAN WOMEN 400m HURDLES (Top 2)

73.0	JANET LYON	CA Stadium	27.06.00
75.5	Joyce Hogg	Coatbridge	24.06.90

#### VETERAN WOMEN HIGH JUMP (Top 3)

1.40	FIONA DAVIDSON	Grangemouth	18.05.08
1.35	Janet Lyon	Meadowbank	31.08.97
1.35	Shona McKinnon	Pitreavie	13.07.02
1.30	Joyce Hogg	CA Stadium	06.06.89

#### VETERAN WOMEN POLE VAULT (Top 1)

2.81	JANET LYON	CA Stadium	14.05.04
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#### VETERAN WOMEN LONG JUMP

4.87	FIONA DAVIDSON	Pitreavie	21.06.08
4.74	Linda Michie	CA Stadium	05.07.06
4.49	Shona McKinnon	CA Stadium	10.06.00
4.45	Janet Lyon	CA Stadium	04.04.04
4.36	Joyce Hogg	Cwmbran	24.07.88
4.23	Kathleen Madigan	CA Stadium	28.05.05
4.05	Heather Young	CA Stadium	21.08.02
3.99	Ann Imrie	CA Stadium	23.08.95
3.73	Irene Dougall	CA Stadium	02.09.92
3.54	Annette Orme	CA Stadium	23.08.95

#### VETERAN WOMEN TRIPLE JUMP (Top 5)

10.54	FIONA DAVIDSON	Pitreavie	21.06.08
9.25	Shona McKinnon	Pitreavie	19.05.01
8.69	Linda Michie	Dundee	10.07.05
8.46	Joyce Hogg	Crown Point	15.07.90
7.38	Heather Young	Grangemouth	21.06.03

#### VETERAN WOMEN SHOT

8.82	LINDA MICHIE	CA Stadium	05.07.06
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#### VETERAN WOMEN DISCUS

23.94	ANNE LINDSAY	Grangemouth	19.06.88
22.34	Ann Imrie	CA Stadium	10.08.97
20.94	Dorothy Davidson	Balgownie	24.02.85
19.52	Shona McKinnon	CA Stadium	24.07.00
<b>19.34</b>	<b>Kathleen Madigan</b>	<b>CA Stadium</b>	<b>25.09.09</b>
19.30	Joyce Hogg	CA Stadium	21.06.89
19.26	Linda Michie	CA Stadium	31.08.06
18.18	Fiona Davidson	CA Stadium	28.08.08
18.09	Margaret Lyon	CA Stadium	05.07.98
17.68	Nancy Mackinnon	Dundee	18.06.89

#### VETERAN WOMEN HAMMER (Top 4)

<b>25.46</b>	<b>KATHLEEN MADIGAN</b>	<b>Inverness</b>	<b>19.09.09</b>
20.94	Joyce Hogg	CA Stadium	16.06.94
14.61	Linda Michie	CA Stadium	07.09.06
14.05	Heather Young	Coatbridge	25.07.04

#### VETERAN WOMEN JAVELIN (Top 7)

(Recorded from 1991, when the new specification javelin was introduced at club level)

28.40	BARBARA MACDONALD	CA Stadium	07.04.96
23.68	Shona McKinnon	Pitreavie	13.07.02
<b>21.48</b>	<b>Kathleen Madigan</b>	<b>Perth</b>	<b>07.06.09</b>
20.09	Linda Michie	CA Stadium	22.06.06
17.94	Joyce Hogg	CA Stadium	22.08.91
14.08	Helen Wilson	Dundee	18.06.89
13.03	Margaret Lyon	CA Stadium	04.04.99

#### VETERAN WOMEN HEPTATHLON (Top 1)

2600	SHONA MCKINNON	Grangemouth	25.08.02
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#### VETERAN WOMEN PENTATHLON (Top 2)

2750	SHONA MCKINNON	Pitreavie	31.05.03
2450	Joyce Hogg	Coatbridge	09.09.89

The above Pentathlon scores were those produced at the time and do not allow for changes in implements or scoring systems

### ALL TIME INDOOR RANKINGS (SENIOR EVENTS)

#### MEN 60m (Top 20)

6.99	BARRY MIDDLETON	Kelvin Hall	13.01.96
7.0	Mark Davidson	Kelvin Hall	04.01.89
7.0	Murray King	Kelvin Hall	26.01.91
7.06	Duncan Mathieson	Kelvin Hall	15.02.97
7.1	Richard Chessor	Kelvin Hall	23.04.03
7.21	Neil Fachie	Kelvin Hall	30.11.05
7.25	Ronald Smith	Kelvin Hall	31.01.99
7.3	Ian Garioch	Kelvin Hall	29.10.08
7.30	Donald Ross	Kelvin Hall	23.01.94
7.3	Dinkar Sabnis	Kelvin Hall	27.10.91
7.33	Richard Singer	Kelvin Hall	03.02.96
7.37	Ray Elrick	Kelvin Hall	17.01.98
7.38	Paul Allan	Kelvin Hall	25.02.89
7.39	Scott Rankin	Kelvin Hall	17.02.02
7.4	John McKeown	Kelvin Hall	27.10.93
7.40	William Stark	Kelvin Hall	07.03.93
7.42	Mark Dobbie	Kelvin Hall	04.03.95
7.42	Robert Miller	Kelvin Hall	25.01.03
7.43	Kenny Lyon	Kelvin Hall	25.02.89
7.44	Stan Walker	Kelvin Hall	07.12.91

#### MEN 200m (Top 20)

21.90	MARK DAVIDSON	Kelvin Hall	17.02.90
22.07	Barry Middleton	Kelvin Hall	19.01.97
22.60	Murray King	Kelvin Hall	15.01.89
23.1	Richard Chessor	Kelvin Hall	23.04.03

23.1	Ian Garioch	Kelvin Hall	29.10.08
23.20	Ahmed Al-Kowarri	Kelvin Hall	13.01.96
23.31	Ronald Smith	Kelvin Hall	31.01.99
23.47	Donald Ross	Kelvin Hall	23.01.94
23.5	Alexander Carnie	Kelvin Hall	30.10.88
23.74	Bob Drummond	Kelvin Hall	07.12.91
23.78	Steve Mathers	Kelvin Hall	29.01.89
23.89	Richard Singer	Kelvin Hall	03.02.96
23.92	Ray Elrick	Kelvin Hall	17.01.98
24.00	Stan Walker	Kelvin Hall	07.12.91
24.01	Kevin Morice	Kelvin Hall	07.12.02
24.08	Neil Fachie	Kelvin Hall	03.11.04
24.15	Duncan Light	Kelvin Hall	16.01.00
24.17	Paul Davidson	Kelvin Hall	19.01.92
24.33	Robert Miller	Kelvin Hall	09.12.00
24.48	Mark Dobbie	Kelvin Hall	06.02.94

#### MEN 400m (Top 20)

47.44	BARRY MIDDLETON	Birmingham	25.01.97
47.65	Mark Davidson	Athens	11.02.89
50.25	Duncan Mathieson	Kelvin Hall	25.02.89
50.32	Paul Davidson	Kelvin Hall	15.01.95
50.88	Ahmed Al-Kowarri	Kelvin Hall	15.02.04
50.93	Murray King	Kelvin Hall	11.12.88
51.07	Paul Allan	Kelvin Hall	25.02.89
<b>51.49</b>	<b>Ronald Smith</b>	<b>Kelvin Hall</b>	<b>28.02.09</b>
52.19	Kenny Lyon	Kelvin Hall	25.02.89
52.40	Andrew Grant	Kelvin Hall	12.03.05
52.45	Steve Ledingham	Kelvin Hall	26.01.91
52.64	Steve Mathers	Kelvin Hall	18.02.90

53.1	Richard Singer	Kelvin Hall	10.02.94	3.00	Chris Jones	Kelvin Hall	18.02.90
53.2	Kevin Morice	Kelvin Hall	06.11.02				
53.65	Richard Gray	Kelvin Hall	12.01.02				
53.82	Alasdhair Love	Kelvin Hall	21.02.93				
54.13	Robert Miller	Kelvin Hall	13.01.01				
54.2	Paul Torry	Kelvin Hall	28.01.99				
54.4	Stewart Mason	Kelvin Hall	18.11.98				
54.60	Denis Shepherd	Kelvin Hall	13.03.93				
<b>MEN 800m (Top 10)</b>							
1:56.75	FRANK BOYNE	Kelvin Hall	07.02.93				
1:57.31	Adam Watt	Kelvin Hall	17.02.02				
<b>1:57.73</b>	<b>Myles Edwards</b>	<b>Kelvin Hall</b>	<b>01.02.09</b>				
1:57.8	Mark Davidson	Kelvin Hall	25.02.89				
1:57.9	Ewan Calvert	Kelvin Hall	12.02.92				
1:59.34	Steven Rusling	Kelvin Hall	18.01.04				
2:00.07	Stewart Mason	Kelvin Hall	30.01.99				
2:01.13	David Stephen	Ingliston	31.01.87				
2:01.31	Alasdhair Love	Kelvin Hall	15.01.95				
2:01.56	Robert Thornhill	Kelvin Hall	06.11.02				
<b>MEN 1000m (Top 10)</b>							
2:30.94	MARK KENNEDY	Kelvin Hall	06.03.04				
2:45.79	Paul Allan	Kelvin Hall	04.02.90				
2:48.50	Barry Middleton	Kelvin Hall	15.02.92				
2:50.28	Paul Torry	Kelvin Hall	12.03.00				
2:52.24	Robert Miller	Kelvin Hall	26:01.03				
2:54.6	Kenny Lyon	Kelvin Hall	26.02.89				
2:55.06	Stephen Miller	Kelvin Hall	26.01.03				
2:55.1	Duncan Mathieson	Kelvin Hall	26.02.89				
2:56.02	Mark Dobbie	Kelvin Hall	19.02.95				
3:00.57	Richard Singer	Kelvin Hall	05.03.95				
<b>MEN 1500m (Top 10)</b>							
4:01.57	DAVID STEPHEN	Ingliston	01.02.87				
4:02.6	Mark Kennedy	Kelvin Hall	12.02.04				
4:04.40	Adam Watt	Kelvin Hall	02.03.03				
4:05.8	Alan Wales	Kelvin Hall	31.01.02				
4:07.3	Willie Duncan	Kelvin Hall	12.02.04				
4:10.44	Michael Anderson	Kelvin Hall	21.02.93				
4:12.1	Robin Sutherland	Kelvin Hall	13.02.91				
4:17.4	Stewart Mason	Kelvin Hall	24.11.99				
4:17.4	Colin Youngson	Kelvin Hall	07.03.92				
4:20.90	Richard Wainford	Kelvin Hall	07.12.02				
<b>MEN 3000m (TOP 5)</b>							
8:27.22	ALAN WALES	Sheffield	26.02.06				
8:31.63	Ben Hukins	Cardiff	11.03.00				
8:32.88	Ray Creswell	Kelvin Hall	14.01.89				
8:48.70	Chris Smith	Kelvin Hall	12.03.98				
8:52.83	Frank Boyne	Kelvin Hall	15.01.94				
<b>MEN 60m HURDLES (TOP 5)</b>							
8.32	DUNCAN MATHIESON	Kelvin Hall	16.02.97				
8.60	Tom Leeson	Kelvin Hall	16.02.97				
8.71	Robert Miller	Kelvin Hall	15.02.04				
8.8	Paul Allan	Kelvin Hall	14.02.90				
9.17	Andrew Grant	Kelvin Hall	27.01.01				
<b>MEN HIGH JUMP (Top 10)</b>							
1.99	DUNCAN MATHIESON	Kelvin Hall	25.02.89				
1.92	Keith Oag	Kelvin Hall	04.03.95				
1.90	Andrew Grant	Kelvin Hall	26.01.02				
1.90	Kevin Lutton	Kelvin Hall	24.02.01				
1.86	Paul Allan	Kelvin Hall	03.02.90				
1.85	Ian Lind	Kelvin Hall	03.02.90				
1.85	Craig Noble	Kelvin Hall	05.02.93				
1.82	Tom Leeson	Kelvin Hall	16.02.97				
1.80	Dinkar Sabnis	Kelvin Hall	02.12.90				
1.80	Michael Spink	Kelvin Hall	24.01.93				
<b>MEN POLE VAULT (Top 10)</b>							
4.00	DUNCAN MATHIESON	Kelvin Hall	16.02.97				
3.80	Tom Leeson	Kelvin Hall	16.02.97				
3.70	Kenny Lyon	Kelvin Hall	26.02.89				
3.60	Robert Masson	Kelvin Hall	26.03.89				
3.50	Fraser Benzie	Kelvin hall	26.01.02				
3.50	Douglas McAllister	Perth	20.03.76				
3.40	Mark Dobbie	Kelvin Hall	18.02.96				
3.20	Paul Allan	Kelvin Hall	26.02.89				
3.10	Robert Miller	Kelvin Hall	26.01.03				
<b>MEN LONG JUMP (Top 10)</b>							
7.14	DUNCAN MATHIESON	Kelvin Hall	26.01.91				
7.07	Dinkar Sabnis	Kelvin Hall	23.01.94				
6.93	William Stark	Kelvin Hall	16.01.00				
6.72	Robert Miller	Kelvin Hall	02.03.03				
6.62	Mark Dobbie	Kelvin Hall	17.02.96				
6.42	Tom Leeson	Kelvin Hall	15.02.97				
6.34	Paul Allan	Kelvin Hall	03.02.90				
6.29	Kenny Lyon	Kelvin Hall	25.02.89				
6.25	Keith Oag	Kelvin Hall	17.02.96				
6.21	Michael Spink	Kelvin Hall	10.02.94				
<b>MEN TRIPLE JUMP (Top 10)</b>							
13.97	WILLIAM STARK	Kelvin Hall	23.01.94				
13.77	Dinkar Sabnis	Kelvin Hall	14.03.92				
13.52	Paul Allan	Kelvin Hall	14.02.90				
12.76	Robert Miller	Kelvin Hall	02.03.03				
12.40	Paul McAndrew	Kelvin Hall	03.02.96				
12.39	Michael Spink	Kelvin Hall	21.02.93				
<b>12.32</b>	<b>Stewart Clark</b>	<b>Kelvin Hall</b>	<b>17.01.09</b>				
12.13	Donald Prentice	Kelvin Hall	03.02.96				
12.13	Chris Rhodes	Kelvin Hall	06.02.94				
12.03	Andrew McCallum	Kelvin Hall	25.10.95				
<b>MEN SHOT (Top 10)</b>							
14.10	PAUL ALLAN	Kelvin Hall	10.03.93				
13.62	Duncan Mathieson	Kelvin Hall	15.02.97				
13.23	Donald Clerk	Perth	20.03.76				
12.88	Bruce McKay	Perth	20.03.76				
12.70	Bruce Shepherd	Kelvin Hall	26.01.92				
12.63	Gordon Smith	Kelvin Hall	16.01.88				
12.18	Fintan McCabe	Kelvin Hall	16.02.08				
12.06	Tom Leeson	Kelvin Hall	15.02.97				
11.64	Andrew McCallum	Kelvin Hall	15.01.94				
11.06	Craig Loney	Kelvin Hall	10.12.03				
<b>MEN HEPTATHLON (TOP 5)</b>							
5275	DUNCAN MATHIESON	Kelvin Hall	16.02.97				
(7.06; 7.06; 13.62; 1.94; 8.32; 4.00; 3:05.43)							
4629	Paul Allan	Kelvin Hall	04.02.90				
(7.5; 12.79; 1.86; 6.34; 8.95; 3.20; 2:45.79)							
4592	Tom Leeson	Kelvin Hall	16.02.97				
(7.45; 6.42; 12.06; 1.82; 8.60; 3.80; 3:14.17)							
3946	Paul Torry	Kelvin Hall	10.02.02				
3794	Mark Dobbie	Kelvin Hall	16.02.97				
<b>WOMEN 60m (Top 20)</b>							
7.74	DAWN KITCHEN	Meadowbank	19.01.86				
7.78	Dawn Flockhart	Kelvin Hall	15.01.95				
7.79	Aileen Connelly	Kelvin Hall	14.01.06				
7.83	Katrina Leys	Birmingham	21.02.93				
7.83	Lesley-Ann Mearns	Kelvin Hall	17.02.05				
7.84	Gail Murchie	Kelvin Hall	24.01.93				
7.92	Kirsten Young	Kelvin Hall	06.02.05				
7.95	Corrie Butler	Kelvin Hall	24.02.91				
7.95	Louise Paterson	Kelvin Hall	21.02.92				
7.96	Kathleen Madigan	Meadowbank	15.02.87				
7.96	Sarah Still	Kelvin Hall	24.01.99				
8.02	Sandra Gunn	Kelvin Hall	24.02.91				
8.12	Alison Wylie	Kelvin Hall	05.02.06				
8.13	Hayley Bowers	Kelvin Hall	28.01.99				
8.17	Pamela Gray	Kelvin Hall	04.02.95				
8.19	Catrina Pennet	Kelvin Hall	07.12.02				
8.19	Angela Shearer	Kelvin Hall	27.01.00				
8.2	Fiona Lumsden	Kelvin Hall	14.12.91				
8.21	Linda Davidson	Kelvin Hall	07.02.93				
8.23	Nicola Kemp	Kelvin Hall	06.02.94				
<b>WOMEN 200m (Top 20)</b>							
24.86	DAWN FLOCKHART	Kelvin Hall	22.01.95				
25.34	Aileen Connelly	Cardiff	05.02.06				
25.51	Lesley-Ann Mearns	Kelvin Hall	17.02.05				
25.57	Katrina Leys	Kelvin Hall	24.01.99				
25.6	Louise Paterson	Kelvin Hall	14.03.92				
26.63	Rebecca Mortimer	Kelvin Hall	15.01.06				
26.64	Sandra Gum	Kelvin Hall	01.03.92				
26.64	Sarah Still	Kelvin Hall	21.02.93				
<b>27.1</b>	<b>Emma Cloggie</b>	<b>Kelvin Hall</b>	<b>18.01.09</b>				

27.1	Susan Hendry	Kelvin Hall	25.10.95	1.66	Sarah Still	Kelvin Hall	18.02.01
27.23	Lorna Johnston	Kelvin Hall	10.01.99	1.60	Beth Philip	Kelvin Hall	27.10.91
27.30	Kirsten Young	Kelvin Hall	17.02.05	1.60	Heather Pirie	Kelvin Hall	06.02.94
27.41	Kathleen Madigan	Cardiff	05.03.06	1.55	Nicola Gauld	Kelvin Hall	30.01.97
27.60	Suzanne Middleton	Kelvin Hall	23.01.00	1.55	Kimberley Miles	Kelvin Hall	08.12.01
27.63	Katy Philip	Kelvin Hall	21.02.93	1.52	Linda Davidson	Kelvin Hall	25.02.89
27.74	Janet Lyon	Kelvin Hall	12.02.05	1.50	Wendy Pennet	Kelvin Hall	13.01.96
27.78	Gemma Hair	Kelvin Hall	04.02.96	1.50	Shona Simpson	Kelvin Hall	04.12.88
27.98	Donna Quirie	Kelvin Hall	24.02.91	1.47	D Quirie/C Middleton/C Pennet		93/94/00
28.04	Corrie Butler	Kelvin Hall	26.01.92				
28.0	L Skingley/M Dobson/E Workman		07/08/09				
<b>WOMEN 400m (Top 10)</b>							
55.27	EMMA CLOGGIE	Birmingham	05.03.06	<b>WOMEN POLE VAULT (TOP 1)</b>			
56.24	Susan Hendry	Birmingham	19.02.95	2.70	JANET LYON	Kelvin Hall	09.02.02
58.54	Nicola Gauld	Kelvin Hall	26.01.02	<b>WOMEN LONG JUMP (Top 10)</b>			
59.06	Aileen Connelly	Kelvin Hall	12.03.05	5.88	LINDA DAVIDSON	Birmingham	21.02.93
59.15	Fiona Davidson	Kelvin Hall	09.01.99	5.82	Sarah Still	Kelvin Hall	12.03.00
59.80	Lorna Johnston	Kelvin Hall	13.01.01	5.36	Kirsten Young	Kelvin Hall	06.02.05
62.74	Marie Dobson	Kelvin Hall	01.03.08	5.21	Donna Quirie	Kelvin Hall	21.02.93
63.9	Trisha Ronney	Kelvin Hall	28.02.88	<b>5.21</b>	<b>Ellie Workman</b>	<b>Kelvin Hall</b>	<b>22.02.09</b>
64.82	Rebecca Duggall	Kelvin Hall	17.01.98	5.13	Nicola Kemp	Kelvin Hall	21.02.93
<b>65.03</b>	<b>Laura Mahady</b>	<b>Kelvin Hall</b>	<b>21.02.09</b>	5.00	Catriona Pennet	Kelvin Hall	15.01.00
<b>WOMEN 800m (Top 10)</b>							
2:11.47	NICOLA GAULD	Kelvin Hall	18.01.04	4.98	Diane Burr	Kelvin Hall	27.10.93
2:13.15	Susan Hendry	Kelvin Hall	15.12.96	4.96	Claire Middleton	Kelvin Hall	01.03.92
2:14.32	Emma Cloggie	Birmingham	20.02.05	4.95	Nikki Corsie	Kelvin Hall	27.01.01
2:18.28	Lynsey Still	Kelvin Hall	03.02.96	<b>WOMEN TRIPLE JUMP (TOP 8)</b>			
2:19.10	Ellie Buchan	Kelvin Hall	07.02.08	11.18	LINDA DAVIDSON	Kelvin Hall	26.01.92
2:22.20	Sarah Still	Kelvin Hall	18.02.01	11.03	Fiona Davidson	Kelvin Hall	16.01.05
2:22.77	Sonia Armitage	Linz, Austria	17.03.06	11.00	Kirsten Young	Birmingham	26.02.05
2:23.16	Christie Noble	Kelvin Hall	17.02.05	<b>10.53</b>	<b>Sylvia Kamy</b>	<b>Kelvin Hall</b>	<b>28.02.09</b>
2:24.8	Heather Wisley	Kelvin Hall	25.03.90	10.44	Donna Quirie	Kelvin Hall	06.02.94
2:25.26	Caroline Clarkson	Kelvin Hall	21.02.93	10.26	Nicola Gauld	Kelvin Hall	15.11.00
<b>WOMEN 1500m (TOP 5)</b>							
4:26.20	NICOLA GAULD	Cardiff	05.02.06	10.15	Heather Pirie	Kelvin Hall	22.01.95
4:45.85	Sonia Armitage	Linz, Austria	20.03.06	9.98	Nicola Kemp	Kelvin Hall	06.02.94
4:46.81	Ellie Buchan	Cardiff	03.02.08	<b>WOMEN SHOT (Top 10)</b>			
4:51.1	Heather Wisley	Kelvin Hall	25.03.90	13.89	HELEN COWE	Kelvin Hall	27.02.93
4:57.90	Hannah Smith	Kelvin Hall	15.01.94	9.71	Sarah Still	Kelvin Hall	18.02.01
<b>WOMEN 3000m (TOP 3)</b>							
10:44.37	JANET FRASER	Kelvin Hall	14.01.89	9.31	Gail Murchie	Kelvin Hall	06.03.93
11:23.81	Laura Mahady	Kelvin Hall	12.02.05	9.20	Fiona Pirie	Kelvin Hall	24.01.93
12:23.44	Chantelle Clark	Kelvin Hall	15.01.06	8.99	Sarah Lyon	Kelvin Hall	31.01.99
<b>WOMEN 60m HURDLES (TOP 6)</b>							
8.79	CATRIONA PENNET	Kelvin Hall	15.02.04	<b>8.96</b>	<b>Ellie Workman</b>	<b>Kelvin Hall</b>	<b>22.02.09</b>
8.84	Sarah Still	Kelvin Hall	12.03.00	8.90	Kimberley Miles	Kelvin Hall	31.01.02
8.92	Catriona Pennet	Kelvin Hall	08.02.03	8.68	Catriona Pennet	Kelvin Hall	11.12.99
8.94	Gail Murchie	Kelvin Hall	07.02.93	8.39	Michelle Mackintosh	Kelvin Hall	02.03.03
<b>9.47</b>	<b>Sylvia Kamy</b>	<b>Kelvin Hall</b>	<b>28.02.09</b>	8.25	Kathleen Madigan	Kelvin Hall	12.02.05
9.90	Nicola Kemp	Kelvin Hall	15.02.98	<b>WOMEN PENTATHLON (TOP 7)</b>			
<b>WOMEN HIGH JUMP (Top 10)</b>							
1.71	ELLIE WORKMAN	Kelvin Hall	05.02.09	3778	SARAH STILL	Kelvin Hall	13.03.00
					(5.82; 8.84; 1.62; 9.52; 2:23.11)		
				2866	Gail Murchie	Kelvin Hall	06.03.93
					(8.96; 1.45; 9.31; 4.70; 2:54.42)		
				2745	Heather Pirie	Kelvin Hall	19.02.95
					(10.62; 1.59; 7.93; 4.81; 2:44.95)		
				2583	Kimberley Miles	Kelvin Hall	10.02.02
				2465	Nicola Gauld	Kelvin Hall	14.02.99
				2427	Nicola Kemp	Kelvin Hall	16.02.97
				1988	Shona McKinnon	Kelvin Hall	10.02.02

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Quiz answers: 1 - C; 2 - D; 3 - C; 4 - D; 5 - C; 6 - A; 7 - D; 8 - C; 9 - C; 10 - B



**Triple Jump**

10.79 Kenny Lyon (M45)  
 8.95 Trevor Madigan (M65)  
 8.56 Bob Mason (M60)

**Shot (7.26 Kg)**

11.33 Edward McKenzie  
 8.61i (8.49) Kenny Lyon(M45)

**Shot (5 Kg)**

13.01 Edward McKenzie  
 11.65 Mark Davidson  
 10.39 Kenny Lyon (M45)  
 9.97i (9.92) Bob Masson (M60)  
 9.47 Trevor Madigan (M60)

**Shot (4 Kg)**

6.49 Miller Mathieson (M70)  
 4.783 Hugo Fletcher (M75)

**Discus (2 Kg)**

33.89 Edward McKenzie  
 28.05 Bob Masson (M60)  
 24.59 Kenny Lyon (M45)

**Discus (1kg)**

41.64 Bob Masson (M60)  
 28.03 Trevor Madigan (M60)  
 18.16 Miller Mathieson (M70)  
 13.05 Hugo Fletcher (M75)

**Hammer (7.26 Kg)**

33.57 Edward McKenzie

**Hammer (5Kg)**

36.95 Edward McKenzie  
 29.10 Bob Masson (M60)  
 24.35 Trevor Madigan (M65)

**Hammer (4Kg)**

10.50 Hugo Fletcher (M75)

**Javelin (800g)**

40.15 Edward McKenzie  
 33.05 Kenny Lyon (M45)  
 30.90 Bob Masson (M60)

**Javelin (600g)**

35.60 Bob Masson (M60)  
 20.91 Trevor Madigan (M60)

**Javelin (500g)**

7.78 Hugo Fletcher (M75)

**Decathlon (M460)**

\*4284 Edward McKenzie

**Weight Pentathlon**

2260 Edward McKenzie

**Heptathlon (indoor)**

\*4304 Bob Masson (M60)  
 \*3776 Kenny Lyon (M45)

\*age-graded

**UNDER-20 MEN****60m**

7.8 Tom Brodie

**100m**

12.0 William Smy  
 12.1 Sam Kelway  
 12.2 Tai Jericevich  
 12.6 Andrew Ferguson  
 13.6 Tom Brodie

**200m**

23.3 William Smy  
 23.8 Sam Kelway  
 24.1 Andrew Ferguson  
 25.3 Cameron Strachan

**400m**

51.59 William Smy  
 53.5 Sam Kelway  
 53.8 James Joy  
 54.2 Cameron Strachan  
 55.0 Thomas Newton

**800m**

1:55.45 James Joyr  
 1:59.61 Cameron Strachan  
 2:03.73 Rory Leslie  
 2:08.2 Ross Fulton  
 2:12.59 Tai Jericevich

**1500m**

3:58.74 James Joy  
 4:03.25 Cameron Strachan  
 4:20.8 Ross Fulton  
 4:22.19 Rory Leslie  
 5:14.6 William Smy

**3000m**

9:03.93 James Joy  
 9:22.8 Ross Fulton  
 9:49.9 Rory Leslie  
 11:05.7 Tom Brodie

**5000m**

16:02.89 Ross Fulton  
 16:13.66 Cameron Strachan

**110m Hurdles (3'6")**

19.70 Tom Brodie

**110m Hurdles(3'3")**

18.8 Tom Brodie

**High Jump**

1.85 William Smy  
 1.65 Tom Brodie  
 1.50 Rory Leslie

**Long Jump**

6.13 William Smy  
 5.27 Tom Brodie  
 4.35 Rory Leslie

**Triple Jump**

11.81 William Smy  
 10.20 Tom Brodie

**Shot (7.26kg)**

7.39 Tom Brodie

**Shot (5kg)**

9.81 William Smy  
 7.96 Tom Brodie

**Discus (2kg)**

25.07 William Smy  
 21.75 Tom Brodie

**Javelin**

42.96 Tom Brodie  
 41.30 Thomas Joy  
 31.48 William Smy

**UNDER-17 MEN****60m**

7.86i (7.9) Callum Smith

**100m**

11.8 Stewart Clark  
 11.8 Sam Lyon  
 12.0 Ryan Legge  
 12.1 Jonathan Mann  
 12.5 Simon Tierney

**200m**

23.7 Stewart Clark  
 23.7 Sam Lyon  
 24.4 Jonathan Mann  
 24.8 Ryan Legge  
 25.8 Gareth Lake

**400m**

52.0 Sam Lyon  
 53.5 Stewart Clark  
 55.9 Jonathan Mann  
 57.0 Jeremy O'Neil  
 58.1 Ryan Legge

**800m**

2:10.3 Stewart Clark  
 2:10.5 Jonathan Mann  
 2:14.8 Simon Tierney  
 2:14.99 Lewis Coffin  
 2:16.2 Jeremy O'Neil

**1500m**

4:50.9 Jeremy O'Neil  
 4:51.7 Lewis Coffin  
 4:52.8 Simon Tierney  
 5:40.0 Stewart Clark

**5000m**

22:40.8 Chris Stoddart

**1500m Steeplechase**

5:23.1 Jeremy O'Neil  
 5:29.4 Simon Tierney

**100m Hurdles**

15.2 Sam Lyon  
 16.5 Jeremy O'Neil  
 19.7 Simon Tierney

**400m Hurdles**

59.30 Jonathan Mann  
 61.3 Sam Lyon  
 66.4 Jeremy O'Neil  
 70.1 Simon Tierney  
 72.0 Seb Wilson

**High Jump**

1.73 Stewart Clark  
 1.70 Sam Lyon  
 1.55 Jeremy O'Neil  
 1.50 Ryan Legge

**Pole Vault**

3.00i (2.80) Sam Lyon

**Long Jump**

6.18 Stewart Clark  
 6.10 Sam Lyon  
 5.25 Ryan Legge  
 4.62 Gareth Lake

**Triple Jump**

13.13 Sam Lyon  
 12.94 Stewart Clark  
 10.43 Jeremy O'Neil

**Shot**

10.00 Ryan Legge  
 8.71 Jonathan Mann  
 8.39 Sam Lyon  
 6.07 Jeremy O'Neil

<b>Discus</b>		<b>Triple Jump</b>		<b>Javelin</b>	
19.71	Sam Lyon	9.62	Alec Young	10.05	Christopher Tierney
		8.52	Adam Crighton		
<b>Hammer</b>		<b>Shot</b>		<b>UNDER-11 BOYS</b>	
19.24	Stewart Clark	11.70	Adam Crighton	<b>75m</b>	
<b>Javelin</b>		7.97	Hamish McIntyre	11.6	Ben Renton
39.35	Sam Lyon	7.64	David Mann	11.98	Nathan Smith
28.59	Ryan Legge	6.16	David Okorie	12.7	Scott MacGregor
19.66	Jeremy O'Neil	6.02	Gavin Irvine	13.6	Daniel Sleane
18.37	Gareth Lake			14.24	Ethan Gardner
16.81	Stewart Clark				
<b>UNDER-15 BOYS</b>		<b>Discus</b>		<b>100m</b>	
<b>60m</b>		27.78	Adam Crighton	14.6	Ben Renton
8.02i	William Yates	27.76	Richard Phonburn	15.2	Bradley Yates
		22.12	Cian O'Donnell	15.3	Harry Kilner
		11.12	Liam Rae	15.54	Natha Smith
				16.0	Robert Cowans
<b>100m</b>		<b>Javelin</b>		<b>200m</b>	
12.3	James MacLean	31.16	Cian O'Donnell	30.7	Ben Renton
12.9	William Yates	30.47	David Mann	32.5	Harry Kilner
13.1	David Mann	26.24	Adam Crighton	32.9	Natha Smith
13.1	Cian O'Donnell	25.50	William Yates	34.3	Scott MacGregor
13.4	Gavin Irvine	18.16	Alec Young	37.0	Ethan Gardner
<b>200m</b>		<b>UNDER-13 BOYS</b>		<b>800m</b>	
25.6i	William Yates	<b>100m</b>		2:37.5	Ben Renton
26.7	Cian O'Donnell	14.0	Christopher Legge	3:02.4	Nathan Smith
26.91	Richard Phonburn	14.8	Fionn O'Donnell	3:03.7	Harry Kilner
27.4	David Mann	15.0	Jamie Dickson	3:07.1	Ethan Gardner
27.5	Gavin Irvinel	15.4	Charlie Allardes	3:15.1	Kieran Strachan
		15.8	Andrew Davidson		
				<b>High Jump</b>	
<b>400m</b>		<b>200m</b>		1.15	Nathan Smith
60.1	Gareth Lake	29.4	Christopher Legge	1.10	Scott MacGregor
63.6	Hamish McIntyre	31.5	Fionn O'Donnell		
63.7	David Mann	32.1	Jamie Dickson	<b>Long Jump</b>	
63.7	Alec Young	33.5	Peter Dijkhuizen	3.75	Ben Renton
64.4	William Yates	36.7	Christopher Tierney	3.70	Nathan Smith
				3.49	Harry Kilner
<b>800m</b>		<b>800m</b>		3.39	Scott MacGregor
2:24.3	Alec Youngt	2:40.8	Christopher Legge	3.06	Ethan Gardner
2:26.4	Hamish McIntyre	2:44.16	Charlie Allardes		
2:23.4	David Okorie	2:44.3	Alistair Lowe	<b>Shot</b>	
2:37.7	William Yates	2:45.4	Jamie Dickson	6.21	Bradley Yates
2:38.6	Liam Rae	2:50.6	A Davidson/P Dijkhuizen	4.98	Ben Renton
				4.83	Nathan Smith
<b>1500m</b>		<b>1500m</b>		4.56	Robert Cowans
4:52.87	Alec Young	5:33.4	Charlie Allardes	4.44	Daniel Skeane
5:15.8	Liam Rae	6:17.4	Christopher Tierney		
5:23.9	Hamish McIntyre			<b>Discus</b>	
5:45.4	Robert Walton			9.59	Ethan Gardner
				8.10	Ben Renton
<b>3000m</b>		<b>75m Hurdles</b>		<b>Javelin</b>	
11:28.36	Liam Rae	15.5	Christopher Legge	11.29	Ethan Gardner
		17.1	Peter Dijkhuizen	7.55	Nathan Smith
		18.6	Wayne Gill	6.81	Scott MacGregor
<b>80m Hurdles</b>		<b>High Jump</b>			
12.93	Richard Phonburn	1.28	Christopher Legge	<b>SENIOR WOMEN</b>	
14.17	William Yates	1.10	Fionn O'Donnell	<b>60m</b>	
14.7	Darren Malin	1.15	Robert Walton	7.9	Susan Tengtenga
14.9	Hamish McIntyre			8.2	Sylvia Kamyia
14.94	David Mann	<b>Long Jump</b>		8.2	Catriona Pennet
		4.33	Christopher Legge	8.34i	Kathleen Madigan (W35)
<b>High Jump</b>		3.79	Jamie Dickson	8.5	M Dobson/L Harris
1.45	Hamish McIntyre	3.71	Alistair Lowe		
1.43	William Yates	3.67	Fionn O'Donnell	<b>100m</b>	
1.40	Alec Young	3.59	Charlie Allardes	12.80	Susan Tengtenga
1.35	Adam Crighton			13.0	Marie Dobson
1.35	Gavin Irvine	<b>Shot</b>		13.07	Alison Wylie
1.35	Cian O'Donnell	6.73	Christopher Legge	13.3	Kathleen Madigan (W35)
		6.19	Jamie Dickson	13.4	L Harris/S Kamyia
<b>Pole Vault</b>		5.47	Charlie Allardes		
2.40i	David Mann	5.38	Alistair Lowe	<b>150m</b>	
		5.37	Fionn O'Donnell	19.99	Kathleen Madigan (W35)
<b>Long Jump</b>		<b>Discus</b>			
4.75	William Yates	12.00	Alistair Lowe		
4.74	Alec Young	10.83	Fionn O'Donnell		
4.60	Cian O'Donnell	8.50	Christopher Tierney		
4.15	David Mann				
3.80	Hamish McIntyre				

<b>200m</b>		<b>Shot</b>		<b>Triple Jump</b>	
26.1	Susan Tengatenga	8.40	Kathleen Madigan (W35)	8.35i (8.27)	Shona MacKinnon (W45)
26.2	Alison Wylie	7.97	Catriona Pennet		
26.5	Sylvia Kamyra	7.87	Claire Middleton	<b>Shot</b>	
26.8	Emma Cloggie	7.55	Sylvia Kamyra	8.40	Kathleen Madigan
26.9	Catriona Pennet	7.38	Nicola Piirre	6.76i	Shona MacKinnon (W45)
				6.62i	Janet Lyon (W45)
				5.72	Laura Mahady (W50)
<b>300m</b>		<b>Discus</b>		<b>Discus</b>	
43.2	Marie Dobson	19.82	Marie Dobson	19.34	Kathleen Madigan
44.5	Catriona Pennet	19.34	Kathleen Madigan (W35)		
46.2	Lauren Harris	19.05	Emma Cloggie	<b>Hammer</b>	
50.6	Natalie Riley	17.67	Claire Middleton	25.46	Kathleen Madigan
		13.60	Natalie Riley		
<b>400m</b>		<b>Hammer</b>		<b>Javelin</b>	
58.7	Emma Cloggie	25.46	Kathleen Madigan (W35)	21.48	Kathleen Madigan
59.3	Sylvia Kamyra			17.98	Shona MacKinnon (W45)
61.05	Laura Mahady (W50)	<b>Javelin</b>			
61.2	Catriona Pennet	21.48	Kathleen Madigan (W35)		
61.4	Alison Wylie	19.91	Marie Dobson	<b>UNDER-20 WOMEN</b>	
		19.85	Emma Cloggie	<b>60m</b>	
<b>800m</b>		17.98	Shona MacKinnon (W45)	9.1	Gabriella Wilson
2:16.22	Carly Hall	<b>VETERAN WOMEN (W35 unless stated)</b>		<b>400m</b>	
2:19.50	Laura Mahady (W50)	<b>60m</b>		64.2	Rachel Armitage
2:21.94	Emma Cloggie	8.34i	Kathleen Madigan		
2:23.30	Sonia Armitage (W45)	<b>100m</b>		<b>800m</b>	
2:29.9	Marie Dobson	13.3	Kathleen Madigan	2:31.2	Christie Noble
		14.4	Laura Mahady (W50)	2:32.73	Hilary Armitage
<b>1500m</b>		<b>150m</b>		<b>1500m</b>	
4:50.73	Laura Mahady (W50)	19.99	Kathleen Madigan	5:04.2	Rachel Armitage
4:51.97	Carly Hall	<b>200m</b>		<b>High Jump</b>	
4:59.00	Sonia Armitage (W45)	27.4	Kathleen Madigan	1.40	Hilary Armitage
5:27.2	Natalie Riley	28.7	Laura Mahady (W50)	<b>Long Jump</b>	
5:41.1	Emma Cloggie	31.00	Janet Lyon (W45)	4.22	Gabriella Wilson
		<b>400m</b>		<b>Shot</b>	
<b>3000m</b>		61.05	Laura Mahady (W50)	6.19	Laura Hepburn
10:42.7	Sonia Armitage (W45)	<b>800m</b>		<b>Discus</b>	
10:49.7	Carly Hall	2:19.50	Laura Mahady (W50)	16.68	Laura Hepburn
11:13.2	Laura Mahady (W50)	2:23.30	Sonia Armitage (W45)	<b>Hammer</b>	
11:32.7	Natalie Riley	3:10.41i	Shona MacKinnon (W45)	16.46	Mollie Hepburn
		<b>1500m</b>		<b>Javelin</b>	
<b>5,000m</b>		4:50:73	Laura Mahady (W50)	28.46	Laura Hepburn
19:18.1	Carly Hall	4:59.00	Sonia Armitage (W45)		
22:52.3	Anne Cullen (W35)	<b>Mile</b>		<b>UNDER-17 WOMEN</b>	
		5:26.06	Laura Mahady (W50)	<b>60m</b>	
<b>10,000m</b>		5:26.42	Sonia Armitage (W45)	8.56i	Lisa Humphries
38:57.7	Pamela Tosh	<b>3000m</b>		<b>100m</b>	
46:29.3	Trish McLauchlan (W45)	10:42.7	Sonia Armitage (W45)	12.9	Yasmin Milne
46:43.0	Maureen MacInnes (W45)	11:13.2	Laura Mahady (W50)	13.3	Lisa Humphries
47:03.5	Jane MacKay (W40)	<b>5,000m</b>		13.7	Ellie Buchan
49:33.1	Ann Clark (W55)	22:52.3	Anne Cullen	13.7	Sarah Stirling
		<b>10,000m</b>		14.4	Caitlin Dawson
<b>100m Hurdles</b>		46:29.3	Trish McLauchlan (W45)	<b>200m</b>	
14.8	Sylvia Kamyra	46:43.0	Maureen MacInnes (W45)	26.8	Lisa Humphries
1196	Shona MacKinnon (W45)	47:03.5	Jane MacKay (W40)	26.9	Yasmin Milne
		49:33.1	Ann Clark (W55)	27.55	Ellie Workman
<b>400m Hurdles</b>		<b>High Jump</b>		28.1	Caitlin Dawson
61.80	Sylvia Kamyra	1.32i (1.30)	Shona MacKinnon (W45)	28.3	Sarah Stirling
68.14	Marie Dobson	<b>Pole Vault</b>		<b>300m</b>	
68.62	Catriona Pennet	2.50i (2.40)	Janet Lyon (W45)	43.16	Ellie Buchan
		<b>Long Jump</b>		43.33	Caitlin Dawson
<b>High Jump</b>		1.32i (1.30)	Shona MacKinnon (W45)	51.3	Hannah MacKay
1.48	Catriona Pennet	<b>Pole Vault</b>		<b>400m</b>	
1.40	Marie Dobson	2.50i (2.40)	Janet Lyon (W45)	63.7	Yasmin Milne
1.32i (1.30)	Shona MacKinnon (W45)	<b>Long Jump</b>			
		4.04	Janet Lyon (W45)		
<b>Pole Vault</b>		4.02i	Shona MacKinnon (W45)		
2.50i (2.40)	Janet Lyon (W45)	3.46	Laura Mahady (W50)		
		<b>Triple Jump</b>			
<b>Long Jump</b>		11.27	Sylvia Kamyra		
5.27	Kirsten Young	8.35i (8.27)	Shona MacKinnon (W45)		
4.84	Catriona Pennet				
4.58	Susan Tengatenga				
4.39	Emma Cloggie				
4.19	Nicola Pirie				

<b>800m</b>		<b>400m</b>		<b>800m</b>	
2:14.44	Ellie Buchan	64.1	Kate Murdoch	2:37.0	Anna McErlean
2:28.23	Sarah Stirling			2:39.90	Aimee MacDonald
2:35.0	Caitlin Dawson	<b>800m</b>		2:47.1	Sam Williams
2:35.43i	Yasmin Milne	2:19.7	Kate Murdoch	2:51.9	Lucy McLeod
2:36.87	Ellie Workman	2:29.04	Eilidh Prise	3:01.5	Lyndsey Davidson
		2:41.4	Abbie Buchan		
<b>1500m</b>		2:42.76	Morven Sneddon	<b>1200m</b>	
4:51.35 (4:57.9)	Ellie Buchan	2:43.8	Emma Caldow	4:24.1	Anna McErlean
5:03.56	Rachel Armitage			4:41.2	Lucy McLeod
		<b>1500m</b>		<b>70m Hurdles</b>	
<b>80m Hurdles</b>		5:05.2	Eilidh Prise	13.1	Sam Williams
12.04	Yasmin Milne	5:06.40	Kate Murdoch	13.32	Sophie Anderson
12.2	Lisa Humphries	5:37.4	Abbie Buchan	16.5	Rachel Palmer
12.68	Ellie Workman	5:48.81	Morven Sneddon		
		<b>75m Hurdles</b>		<b>High Jump</b>	
<b>300m Hurdles</b>		13.39	Brooklyn Sheehan	1.34	Anna McErlean
48.0	Yasmin Milne	15.63	Morven MacGregor	1.29	Sam Williams
49.1	Lisa Humphries	15.9	Eilidh Prise	1.28	Sophie Anderson
5013	Caitlin Dawson			1.00	Rachel Palmer
		<b>High Jump</b>		0.95	Lucy McLeod
<b>High Jump</b>		1.50	Kate Murdoch	<b>Long Jump</b>	
1.71i (1.69)	Ellie Workman	1.34	Brooklyn Sheehan	4.11	Sam Williams
1.40	Yasmin Milne	1.38	Emma Caldow	4.03	Sophie Anderson
1.35	Lisa Humphries	1.25	Morven Sneddon	3.99	Anna McErlean
1.30	Paula Close	1.20	A Buchan/R Miller	3.92	Saffron Cummings
		<b>Pole Vault</b>		3.69	Aimee MacDonald
<b>Long Jump</b>		2.30i	Sam Somers	<b>Shot</b>	
5.47	Ellie Workman	1.60i	Brooklyn Sheehan	6.57	Sophie Anderson
4.21	Yasmin Milne			6.04	Holly Clayton-Littler
4.92	Lisa Humphries	<b>Long Jump</b>		5.99	Anna McErlean
4.43	Hannah MacKay	4.77	Abbie Buchan	5.33	Sam Williams
4.39	Paula Close	4.63	Emma Caldow	5.14	Lauren Caldow
		4.59	Kate Murdoch	<b>Discus</b>	
<b>Shot</b>		4.18	Morven Sneddon	14.49	Sophie Anderson
8.96i (8.95)	Ellie Workman	3.92	Connie Massie	12.74	Sam Williams
6.57	Hannah MacKay			<b>Javelin</b>	
6.24	Ellie Buchan	<b>Shot</b>		20.69	Sophie Anderson
6.14i (5.69)	Yasmin Milne	7.45	Sam Somers	13.68	Sam Williams
6.01	Lisa Humphries	7.35	Kate Murdoch	7.93	Rachel Palmer
		6.62	Brooklyn Sheehan	<b>UNDER-11 GIRLS</b>	
<b>Discus</b>		6.41	Morven Sneddon	<b>75m</b>	
17.31	Lisa Humphries	5.52	Eilidh Prise	12.7	Kirsty Willia
6.44	Sarah Stirling			13.0	Kate MacKay
		<b>Javelin</b>		14.0	Beth Longmuir
<b>Javelin</b>		16.60	Kate Murdoch	<b>100m</b>	
35.98	Ellie Workman	13.15	Emma Caldow	16.0	Kirstyanne Halliday
18.68	Becky Butler	8.95	Eilidh Prise	16.1	Poppy Clayton-Littler
12.04	Ellie Buchan			16.5	Rebecca Eggeling
11.98	Lisa Humphries	<b>UNDER-13 GIRLS</b>		16.5	Lola McHardy
8.96	Paula Close	<b>75m</b>		16.8	Beth Longmuir
		10.8	Sam Williams	<b>200m</b>	
<b>Heptathlon</b>		11.1	Aimee MacDonald	33.3	Kirstyanne Halliday
4390	Ellie Workman	11.74	Sophie Anderson	34.6	Kirsty Williams
		<b>100m</b>		36.0	Sarah Nicol
<b>Pentathlon</b>		13.8	Sam Williams	37.6	Alana O'Donnell
3059	Ellie Workman	14.0	Aimee MacDonald	37.9	Kate MacKay
		14.4	Saffron Cummings	<b>800m</b>	
<b>UNDER-15 GIRLS</b>		14.6	Sophie Anderson	3:02.6	Poppy Clayton-Littler
<b>100m</b>		14.9	Anna McErlean	3:04.5	Kirsty Williams
13.2	Sam Somers	<b>150m</b>		3:09.1	Rebecca Eggeling
13.4	Emma Caldow	21.7	Aimee MacDonald	3:10.7	Kirstyanne Halliday
13.9	Kate Murdoch	22.5	Sam Williams	3:24.5	Kate MacKay
14.00	Abbie Buchan			<b>High Jump</b>	
14.2	Brooklyn Sheehan	<b>200m</b>		1.26	Sophie Anderson
		29.1	Aimee MacDonald		
<b>200m</b>		30.5	Sam Williams		
27.3	Sam Somers	32.2	Sophie Anderson		
28.1	Emma Caldow	32.4	Lucy McLeod		
28.2	Morven Sneddon	32.8	Rachel Palmer		
28.3	Kate Murdoch				
29.0	Abbie Buchan				
<b>300m</b>					
46.2	Kate Murdoch				
48.0i	Abbie Buchan				



**Long Jump**

3.31 Poppy Clayton-Littler  
 3.11 Kirstyanne Halliday  
 2.97 Lola McHardy  
 2.95 Kirsty Williams  
 2.94 Beth Longmuir

**Shot**

4.79 Poppy Clayton-Littler  
 4.77 Alana O'Donnell  
 4.46 Beth Longmuir  
 4.11 Kirsty Williams  
 3.89 Lola McHardy

**Javelin**

10.38 Poppy Clayton-Littler  
 7.34 Kirsty Williams

**TEAMWORK**<sup>⊕</sup>

**ENTHUSIASM**<sup>⊕</sup>

**COMMITMENT**<sup>⊕</sup>

**INVOLVEMENT**<sup>⊕</sup>

AUDIT  
 • ACCOUNTING  
 • TAXATION  
 • CORPORATE FINANCE

MANAGEMENT INFORMATION SOLUTIONS  
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**ADDING VALUE THROUGH THE PLUS FACTOR**

**A<sup>2</sup>+B<sup>Ⓡ</sup>**

**ANDERSON ANDERSON & BROWN LLP**

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***AAAC would like to thank the following list of contributors for their support in helping to produce the year book.***

**2k-AB Limited**

**Aberdeen Physiotherapy**

**Aberdeen Sports Village**

**Anderson Anderson & Brown LLP**

**Duthie Ward Solicitors**

**Helen Murphy, Chartered Physiotherapist**

**SPEAR Sports Injury Clinic**

## 2010 TRACK AND FIELD SEASON DATES

### **Chris Anderson Stadium – Major Events**

Club Trials	April 4
Scottish Men's League	April 18
Petrofac League East Section	April 25
Primary Schools Championships (P5-P7)	June 5
Scottish Young Athletes' League NE Section	July 4
Club Championships	Sept 12

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### **Scottish Championships – Dates and Venues**

Closed Under-17 and Under-15	May 15-16	Wishaw
Under-23 and Under-20	June 13	Grangemouth
Masters	July 10-11	Pitreavie
Combined events	July 10-11	Pitreavie
Seniors	July 17-18	Pitreavie
Under-17 and Under-15	August 14-15	Scotstoun

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### **Other Major Events – Dates and Venues**

Scottish Schools Combined Events	June 5	Grangemouth
Scottish Schools Championships	June 11-12	Grangemouth

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### **Leagues – Dates and Venues**

Scottish Men's League	April 18	Aberdeen
	June 20	Grangemouth
	August 8	Wishaw
	August 29	Grangemouth

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Scottish Women's League	April 18	Grangemouth
	June 20	Meadowbank
	August 29	Dundee

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Young Athletes' League North-east Section	May 2	Dundee
	May 30	Inverness
	July 4	Aberdeen

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Scottish Young Athletes' League Final	August 1	TBC
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Petrofac League East Section	April 25	Aberdeen
	May 23	Dundee
	June 27	Perth
	August 22	Dundee

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Petrofac League Finals	September 5	Inverness
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# CONSTITUTION OF ABERDEEN AMATEUR ATHLETIC CLUB

1. The Club shall be called ABERDEEN AMATEUR ATHLETIC CLUB.
2. The purposes of the club are to provide facilities for and promote the amateur sports of athletics in the City of Aberdeen and the surrounding area and community participation in the same.
3.
  - (i) Membership of the club shall be open to anyone interested in the sport on application regardless of sex, age, disability, ethnicity, nationality, sexual orientation, religion or other beliefs. However, limitation of membership according to available facilities is allowable on a non-discriminatory basis.
  - (ii) The club may have different classes of membership and subscription on a non-discriminatory and fair basis. The Club will keep subscriptions at levels that will not pose a significant obstacle to people participating.
  - (iii) The club committee may refuse membership, or remove it, only for good cause such as conduct or character likely to bring the Club or sport into disrepute. Appeal against refusal or removal may be made by means of the complaints procedure set out in clause 18.
4.
  - (i) The committee may enrol honorary members into the club.
  - (ii) Honorary membership shall be for one year, but it may be renewed.
  - (iii) Honorary members shall not be eligible to represent the club in competition, but shall otherwise have the same privileges as other members.
5.
  - (i) Life membership shall be granted to members of the club by the membership at an AGM. Nominations shall be made in writing by a member of the club to the committee at a committee meeting preceding the AGM.
  - (ii) Certain criteria must be satisfied before the committee put forward a nomination to the AGM. Criteria will include *inter alia* membership of the club for a minimum total period of 25 years, an outstanding performance at any time whilst representing the club or their country internationally, representation at an international level at a major championship, or generally providing an outstanding contribution towards the club over a significant period of time. Satisfaction of any such criteria will be at the discretion of the committee.
  - (iii) A life member shall have the same privileges as ordinary members but need not pay a subscription.
6.
  - (i) The office-bearers of the club shall consist of a president, vice-president, secretary, assistant secretary, treasurer, ladies' secretary, cross country secretary, ladies' cross country secretary, minutes secretary, men's track and field team manager, road running manager, men's athletics captain, ladies' athletics captain, men's cross country captain, ladies' cross country captain and coaching co-ordinator. These, together with five other members, shall form the committee of the club.
  - (ii) A committee shall be elected at each annual general meeting of the club. Only club members are eligible to serve on the committee.
  - (iii) The committee may fill any vacancy which occurs within it.
  - (iv) Five members shall form a quorum at committee meetings.
  - (v) The committee shall normally meet once every month or at any time on the requisition of the president, secretary or any three members of the committee.
  - (vi) The minimum period of notice of a meeting shall be 48 hours.
7.
  - (i) The committee may appoint sub - committees.
  - (ii) Non-members of the committee may be co-opted to these sub-committees.
  - (iii) Conveners of sub - committees shall report to meetings of the full committee.
  - (iv) The quorum at a sub - committee meeting shall consist of not less than one half of the members of the sub - committee.
8.
  - (i) An annual general meeting shall be held between 1<sup>st</sup> October and 15<sup>th</sup> November each year.
  - (ii) Items for inclusion on the agenda must be received by the Secretary in writing not later than the preceding 31st August.
9. The business at an annual general meeting shall include:
  - (i) Minutes.
  - (ii) Secretary's report.
  - (iii) Treasurer's report and audited financial statement.
  - (iv) Amendments to the constitution.
  - (v) Election, by ballot, of a committee.
  - (vi) Determination of the subscriptions for the following year.
  - (vii) Other business of which due notice has been given.
  - (viii) Any other competent business. (Decisions on business brought up under this heading shall be made by the committee).
10. Special general meetings may be called at any time by the committee or upon a written request signed by at least twelve members.
11. Each annual or special general meeting shall be called by a notice sent to members at least seven days before the date of the meeting. The notice shall enumerate the items of business.
12.
  - (i) Members under fourteen years of age shall not be eligible to vote at any general meeting of the club.
  - (ii) Twenty members aged fourteen or over shall constitute a quorum at any general meeting.
13. At any general meeting, committee or sub – committee meeting the person presiding shall, in the event of equality of voting, have a casting vote in addition to his normal vote.
14. The financial year of the club shall end on 30th September.
15. The club shall be affiliated to Scottish Athletics Limited.
16. The club colours shall be a white vest with two red hoops surmounted by a motif.
17.
  - (i) Subscriptions shall be payable on 1st January each year.
  - (ii) Any member who is more than four months in arrears with his or her subscription shall be deemed to have resigned from the club.
18.
  - (i) At the first committee meeting after the AGM, a disciplinary pool of at least five members of the club shall be agreed.
  - (ii) Any club member, or other relevant person, may ask the committee to investigate the conduct of another club member, which he/she considers is or may be injurious to the interests of the club. Such a request must be in writing and shall be addressed to either the secretary or the president of the club.
  - (iii) Upon receipt of a written complaint, the secretary or president as appropriate will arrange, as soon as possible, a meeting of at least two members of the disciplinary pool who will consider the complaint and decide on its merits. There will only be three possibilities:
    - the complaint is not serious enough to merit further action;
    - it is inappropriate for the club to investigate the complaint;
    - the complaint merits further action by the club.In all circumstances an outline of the complaint will be made known at the next committee meeting for ratification of the decision, after which the complainant(s) will be informed.
  - (iv) If it has been decided that the complaint merits further action, then the secretary or president will convene a hearing of a disciplinary panel, comprising at least three members of those agreed by the committee, failing which other club members. No person will form part of any disciplinary panel if he / she were in any way involved in the incident(s) complained of, or is related in any way to the complainant or person complained against.
  - (v) The disciplinary panel will make such arrangements as it alone considers necessary to hear the complaint, including making such further enquiries as it sees fit.
  - (vi) The secretary or president will write to the member complained against giving details of the allegations and inviting the member to attend a disciplinary hearing, by sending a letter by registered post to the last known address of the member, or by hand if appropriate. This letter will be sent at least 10 calendar days prior to the date of the proposed hearing. The disciplinary panel shall allow the person against whom the allegations have been made the right to be present and to be accompanied and/or represented.
  - (vii) Should the disciplinary panel consider the hearing to be inconclusive, or should it require further information, then it will have the right to arrange a second hearing, following the procedure in (vi) above.
  - (viii) Within 14 days of the hearing the disciplinary panel will notify the member involved of its decision. It shall have the right to dismiss the complaint, suspend or expel the member, or impose such other penalty as it sees fit.
  - (ix) A member who has been found guilty of misconduct by the disciplinary panel may, within 30 days of receipt of a letter intimating that finding and any consequent penalty, appeal against the finding and/or the penalty. Such appeal(s) shall be in writing to the secretary or president and shall lay out the grounds for the appeal(s).
  - (x) Any appeal(s) will be considered by the committee at its next meeting after receipt of the appeal(s). The members of the disciplinary panel may speak at such a meeting, but may not vote on the appeal(s).
  - (xi) The decision of the committee on the appeal(s) shall be final.
19.
  - (i) The property and funds of the club cannot be used for the direct or indirect private benefit of members other than as reasonably allowed by this constitution and all surplus income or profits are reinvested in the club.
  - (ii) The club may provide sporting and related social facilities, sporting equipment, coaching, courses, insurance cover, medical treatment, away-match expenses, post match refreshments and other ordinary benefits of Community Amateur Sports Clubs as provided for in the Finance Act 2002.
  - (iii) The club may also in connection with the sports purposes of the club:
    - (a) sell and supply food, drink and related sports clothing and equipment;
    - (b) employ members (though not for playing) and remunerate them for providing goods and services, on fair terms set by the committee without the person concerned being present;
    - (c) pay for reasonable hospitality for visiting teams and guests;
    - (d) indemnify the committee and members acting properly in the course of the running of the club against any liability incurred in the proper running of the club (but only to the extent of its assets).
  - (iv) The committee will have due regard to the law on disability discrimination and child protection.
20.
  - (i) The members may vote to wind up the club if not less than three quarters of those present and voting support that proposal at a properly convened annual or special general meeting.
  - (ii) The committee will then be responsible for the orderly winding up of the club's affairs.
  - (iii) After settling all liabilities of the club, the committee shall dispose of the net assets remaining to one or more of the following:
    - (a) to another club with similar sports purposes which is a registered charity and/or
    - (b) to another club with similar sports purposes which is a registered CASC and/or
    - (c) to the sport's governing body for use by them for related community sports.
21. Any member wishing to resign from the club should inform the secretary in writing.
22.
  - (i) No alteration to this constitution shall be made except at a general meeting by a vote of at least two - thirds of the members present and eligible to vote.
  - (ii) Notice of any motion to alter this constitution shall be made in writing to the secretary at least four weeks before the meeting at which it is to be considered.
  - (iii) The secretary shall include such a motion in the notice calling the meeting.
23. Where there is any conflict between any of the above clauses, clauses 2, 3, 19 and 20 ("key clauses") will take priority. Interpretation of all the clauses must be consistent with the statutory requirements for CASCs (which means Community Amateur Sports Clubs as first provided for by the Finance Act 2002).

## COMMITTEE – 2009/2010

President	Miller Mathieson	01358 722863
Vice President	Bob Masson	01224 822349
Secretary	Alan Fulton	01224 723689
Treasurer	Terry Kerr	01224 681320
Assistant Secretary	Fiona Davidson	01224 310488
Minutes Secretary	Alan Fulton	01224 723689
Coaching Co-coordinator	Joyce Hogg	01224 703434
Ladies' T & F Manager	Maggie Hepburn	01771 623496
Men's T&F Manager	Alasdhair Love	079211 29804
Ladies' CC Manager	Sonia Armitage	01467 651532
Men's CC Manager	Ian Joy	01224 708878
Ladies' Captain	Marie Dobson	07900 851618
Men's Captain	Stan Walker	01224 704915
Ladies' CC Captain	Rachel Armitage	01467 651532
Men's CC Captain	James Joy	01224 708878
Road Running Manager	Ben Hukins	01224 897097
Committee Members	Mark Davidson	01224 310488
	Edward McKenzie	01464 871430
	John McKeown	01330 811326
	Brett McIntyre	01224 208131
	Lnda Michie	01224 783949
Club Child Protection Officer	Edward McKenzie	01464 871430

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## HONORARY LIFE MEMBERS

Mel Edwards  
Trevor Madigan  
Alison Mathieson  
Miller Mathieson  
Ian Morrison  
Denis Shepherd  
Sheila Smart  
Hunter Watson

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## EQUIPMENT

On production of your membership card,  
The Running Shop,  
17 South Mount Street, Aberdeen,  
Offers 10% discount to club members on items over £10.

A discount is also offered by  
Run 4 It,  
21 Holburn Street,  
Aberdeen

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## TROPHY WINNERS – 2009 MEN

Anderson Shield – Sprints	Peter Mutch
Middle Distance Shield	James MacGregor
Bond Cup – Jumps	Kenny Lyon
Throws Cup	Edward McKenzie
AI Kindregan – 800 metres	James Joy
Simon Wynn – 1500 metres	James Joy
Overall Veteran Cup	Mark Davidson
Veteran Over-40 Cup	Mark Davidson
Veteran O-50 Shield	Bob Masson
Veteran age-graded Cup	Mark Davidson
Geoff Burton – U-17 Men's Throws	Sam Lyon
Junior Men's Merit Cup	James Joy
King Trophy – U-17 Merit	Sam Lyon
City of Aberdeen – U-15 Merit	James MacLean
Angus Cup – U-13 Merit	Christopher Legge
U-11 Merit Shield	Ben Renton
Douglas Smart Memorial Shield	
Novice Javelin Thrower	Cian O'Donnell
Dinesh Lutchman Trophy	James MacLean
Cross Country Points Championship	Ben Hukins
Watt Trophy (CC Champ race)	Ben Hukins
Half Marathon	Neil Manson
Alex King Trophy (over-40 half-m)	Neil Manson
James Youngson Trophy (over-50 h-m)	Graham Stubbins

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## TROPHY WINNERS – 2009 WOMEN

Sprints Shield	Marie Dobson
Middle Distance Shield	Natalie Riley
Jumps Shield	Janet Lyon
Throws Trophy	Kathleen Madigan
Ron Kitchen Shield – 400 metres	Marie Dobson
Joy L Edwards – High Jump	Shona McKinnon
Veteran O-35	Laura Mahady
Veteran O-45	Laura Mahady
Veteran age-graded Cup	Laura Mahady
Ladies' Merit Cup	Sylvia Kamyra/Laura Mahady
U-20 Merit Cup	Rachel Armitage
U-17 Merit Cup	Ellie Workman
Bank of Scotland U-15 Merit Cup	Kate Murdoch
U-13 Merit Cup	Anna McErlean
Founders' Cup – U-11 Merit	Kirstyanne Halliday
John Leys Memorial Trophy	Natalie Riley
Miller Mathieson Quaich	Sam Somers
Jackie Dunster Trophy	Aimee MacDonald
Cross Country Points Championship	No entries
Watt Trophy (CC Champ race)	Natalie Riley
Half Marathon	Pamela Tosh

Hunter Construction Trophy – best team performance  
Petrofac League women's 4x400m team (Alison Wylie,  
Marie Dobson, Catriona Pennet, Sylvia Kamyra)