
ABERDEEN AA C

No. 21

2011

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THE 2011 YEAR BOOK

Club Records for all age groups

Club Indoor Records for all age groups

Highlights of the Club's 2009-2010 & 2010 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

2010 Top 5 Rankings for all age groups

ABERDEEN AMATEUR ATHLETIC CLUB

www.aberdeenaac.com

The AAAC Yearbook 2011 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, 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
2010	Scot Thompson	Shot

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
2009-10	Scot Thompson	Shot

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
2009-2010	Sonia Armitage	1500m

SAL (formerly SWCCU) Cross-country Champions

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

BRITISH CHAMPIONS, 2009-10

Veteran Women (Over 50)

Laura Mahady	400m, 800m
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FRONT COVER

Zoey Clark, 2010 Scottish under-17 300m champion and 2011 indoor under-17 300m champion

SCOTTISH CHAMPIONS, 2009-10

Veteran Men (Over 75):

Hugo Fletcher Indoor 60m, 400m

Veteran Men (Over 65):

Trevor Madigan Indoor 60m, HJ, LJ, TJ

Veteran Men (Over 60):

Alan Fulton Indoor 400m, 800m
Colin Youngson 5,000m
Bob Masson Indoor 3,000m
PV, SP, DT, HT, JT
Indoor PV

Veteran Men (Over 45):

Alan Young LJ
Kenny Lyon Indoor PV

Veteran Men (Over 40):

James MacGregor HJ

Veteran Men (Over-35):

John McKeown 400m

Under-23 Men

James Joy 800m

Veteran Women (Over 50):

Laura Mahady 400m, 800m

Veteran Women (Over-45):

Sonia Armitage Indoor 800m
Shona McKinnon Indoor TJ

Veteran Women (Over 35):

Fiona Davidson LJ, TJ
Indoor 60, LJ, TJ, SP

Veteran Women (Over 40):

Kathleen Madigan Indoor 60m, 200m, LJ, SP

Under-23 Women

Alison Wylie 100

Under-20 Women

Ellie Workman Javelin

Under-17 Women:

Zoey Clark 300m
Yasmin Milne Closed 80H



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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 Where were the 2010-11 East District cross-country championships originally to be held?
A Balgownie **B** Caird Park, Dundee **C** Tullos **D** Westfield Park
- 2 Who had two "A" wins for AAAC at the 2010 Petrofac League finals in Inverness?
A Sophie Anderson **B** Zoey Clark **C** Saffron Cummings **D** Lisa Humphreys
- 3 Which is the only event the AAAC under-11 boys did not win at the 2010 Petrofac League finals in Inverness?
A 100m **B** 800m **C** High jump **D** Relay
- 4 Who was the first AAAC athlete to gain selection for Britain in an indoor international?
A Paul Allan **B** Helen Cowe **C** Mark Davidson **D** Susan Hendry
- 5 Recent Scottish veteran 100m champion Kathleen Madigan won a medal for AAAC in which girls' event south of the border in 1982?
A AAA 4x100m **B** English road relays **C** UK cross-country champs **D** AAA long jump
- 6 Legendary Scottish "heavy" athlete Bill Anderson presented the annual AAAC awards at which venue?
A Balgownie **B** College of Education **C** Harlaw Academy **D** Linksfield Academy
- 7 What colour is the starting line in your lane if you are to break after the first bend?
A White **B** White/blue **C** White/green **D** Yellow
- 8 Who became only the fifth ever AAAC member of any age to win a Scottish cross-country title at Irvine in 1991?
A Ewan Calvert **B** Caroline Clarkson **C** Chris Smith **D** Hannah Smith
- 9 Edward McKenzie, the new AAAC secretary, has won which senior men's club trophy several times?
A Jumps **B** Middle distance **C** Sprints **D** Throws
- 10 Which member was profiled in the very first *Aberdeen Athlete*, the club magazine, in 1979?
A Graham Laing **B** Miller Mathieson **C** Edwin Reid **D** Hunter Watson

Answers on Page 39

CROSS-COUNTRY, 2009-2010

International & Representative Matches

Great Britain & Ireland Masters International Birmingham, November 14th, 2009

Women 45-50 (6km)

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

Scottish Inter District

Holyrood Park, Edinburgh, January 9th, 2010

Senior men (9km)

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

Under-17 women (3.9km)

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

Under-15 girls (2.6km)

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

McCain World Trials and UK Inter-counties Championships Birmingham, March 13th, 2010

Senior men (12km)

Mark Haskett: 105th, 39:09 (winner: Mo Farah, Newham & Essex Beagles, 34:41)

Under-17 Women (5km)

Rhona Auckland: 10th, 19:41 (winner: Kate Holt, Staffs, 19:00)

Under-15 girls (4km)

Eilidh Prise: 25th, 16:14 (winner: Jessica Judd, Essex, 14:52)

SIAB Schools International

Truro, Cornwall, March 27th, 2010

Under-15 girls (3.5km)

Eilidh Prise: 14th, 14:34 (winner: Loren Bleaken, England, 13:21)

Scottish Medallists

National Relay Championships

Cumbernauld, October 24th, 2009

Veteran Women (3x2.5 miles):

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

National Championships

Falkirk, February 20th, 2010

Under-17 Women (4.8km)

Ellie Buchan (5th), Kerry Prise (14th), Kate Fowlie: (31st): 2nd team, 50pt (winners: VP Glasgow 37)

Scottish Masters' Championships

Forres, February 6th, 2010

Women (5km):

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

District Medallists

East District Championships

Livingston, December 5th, 2009

Senior Men (9.6km):

Chris Smith: 2nd, 32:39 (winner: Alastair Hay, Central AC, 31:54)
Chris Smith, Mark Haskett (16th), Ben Hukins (21st), James Joy (35th), Cameron Strachan (38th), Darren Shinnie (52nd): 3rd team, 164pt (winners: Central AC, 45)
James Joy (6th), Cameron Strachan (7th), Rory Leslie (12th): 2nd Under-20 team, 25pt (winners: Central AC, 20)

Under-17 women (4.4km)

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

Under-15 girls (4.4km)

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

Club Champions

Winners - Balgownie, March 1st, 2010 & points winners for the season

Senior Men: Neil Manson, points C Capener

Veteran: Neil Manson, no points award

Under-20: James Joy (won both)

Under-17: No entries or points award

Under-15: No entries or points award

Under-13: C McLaughlin, Jamie Dickson

Under-11: Ben Renton (won both)

Senior Women: Veronique Oldham, no points award

Veteran: Veronique Oldham, Rhona Buchan

Under-20: No entries or points award

Under-17: Ellie Buchan (won both)

Under-15: Stephanie Little, Eilidh Prise

Under-13: Lucy McLeod, Becky Cheyne

Under-11: Katie MacDonald, Rebecca Eggeling

CROSS-COUNTRY, 2010-2011

International & Representative Matches

Great Britain & Ireland Masters International

Dublin, November 13th, 2010

Women 50 (6km)

Laura Mahady: 69th (11th over-50), 26:20 (winner: Claire Martin, England (over-35), 22:07)

Scottish Inter District and BUPA Great Edinburgh International

Holyrood Park, Edinburgh, January 8th, 2010

Senior men (8km)

Ben Hukins: (East): 45th, 29:01; Mark Haskett (East): 49th, 29:12 (winner: Mo Farah, GBR, 25:41). East team 1st.

Under-17 men (3.7km)

Sam Burgess: 6th, 12:46 (winner: Grant Muir, Giffnock North/West, 12:04). East team 2nd.

Under-15 girls (2.5km)

Eilidh Prise: 10th, 109:15 (winner: Kathryn Gilespie, Central AC/East, 9:23). East team 1st.

District Medallists

East District Championships

Livingston, January 15th, 2011

Under-17 Men (6.4km):

Sam Burgess: 1st, 23:20 (won by 18sec from Jake Wightman, Edinburgh AC)

ROAD RUNNING, 2009

Scottish Medallists

Scottish Junior Championships East Kilbride, March 23rd, 2010

Under-17 women (5km)

Rhona Auckland: 3rd, 18:22 (winner: Halina Rees, Fife AC, 18:01)

Under-15 girls (3.7 km)

Eilidh Prise: 2nd, 13:16 (winner: Emma Dunnett, Edinburgh AC, 12:41)

Club Champions

Half-Marathon Championships, Dyce, August 1st, 2010

Men and over-40: Neil Manson 84:45

Over-50: Stephen Cassells 94:34

Women: Angela Hepburn 93:34

INDOOR TRACK & FIELD, 2009-2010

International & Representative Matches

Scottish Inter-Regional Match Kelvin Hall, January 17th, 2010

Men

Ian Garioch: 2nd, 200m (22.74)

Scot Thompson: 1st, SP (15.66m)

Women

Aileen Laing: 1st, 60m (8.21); 2nd, 200m (26.97)

Sonia Armitage: 3rd, 1500m (5:02.43)

Catriona Pennet: 2nd, 60H (9.36)

Ellie Workman: 3rd, HJ (1.65m)

Sylvia Kamyra: 3rd, TJ (10.87m)

Scottish Medallists

Scottish Veteran Championships Kelvin Hall, January 23rd, 2010

Men Over-35:

John McKeown: 3rd, 60m (7.98); 3rd, 200m (25.23)

Men Over 40

Stanley Walker: 3rd, 60m (7.67); 2nd, 200m (25.65)

Men Over 45

Kenny Lyon: 1st, PV (2.80m)

Alan Young: 2nd, LJ (4.96m)

Men Over-60:

Alan Fulton: 1st, 400m (66.29); 1st, 800m (2:50.09)

Colin Youngson: 1st, 3000m (11:20.3)

Bob Masson: 1st, PV (2.90m)

Men Over 65

Trevor Madigan: 1st, 60m (8.76); 1st, HJ (1.40m); 1st, LJ (3.96m); 1st, TJ (8.99m); 3rd, SP (8.53m)

Men Over-75:

Hugo Fletcher: 1st, 60m (13.47); 2nd, 200m (46.00); 1st, 400m (1:40.86)

Women Over-35:

Fiona Davidson: 1st, 60m (8.36); 1st, LJ (4.73m); 1st, TJ (10.29m); 1st, SP (7.54m)

Women Over 40

Kathleen Madigan: 1st, 60m (8.35); 1st, 200m (28.24); 1st, LJ (4.14m); 1st, SP (8.40m)

Women Over-45:

Sonia Armitage: 1st, 800m (2:26.13); 1st, 1500m (5:05.05)

Shona MacKinnon: 1st, TJ (8.09m)

Scottish Combined Events Championships Kelvin Hall, January 23rd-24th, 2010

Under-20 men :

Sam Lyon: 3rd, Hept (4045)

DM H all Senior Championships Kelvin Hall, February 6th, 2010

Men;

Ian Garioch: 2nd, 400m (48.84)

Scot Thompson: 1st, SP (16.09m)

Women:

Sonia Armitage: 1st, 1500m (5:00.50)

Catriona Pennet: 2nd, 60H (9.07)

Bank of Scotland Junior Championships Kelvin Hall, February 14th, 2010

Under-20 Men

Sam Lyon: 3rd, LJ (6.37m); 3rd, TJ (12.87m)

Under-20 Women

Ellie Workman: 3rd, HJ (1.70m)

Under-17 Women

Yasmin Milne: 2nd, 60H (8.89)

Sam Somers: 2nd, PV (2.40m)

TRACK & FIELD, 2010

International & Representative Matches

Scottish Inter-Regional Match Wishaw, May 16th, 2010

Senior Men:

Ian Garioch: 3rd, 200m (22.28); 3rd, 400m (48.68)

Scot Thompson: 1st, SP (15.96m); 2nd, DT (51.18m); 2nd, JT (53.10m)

Senior Women:

Catriona Pennet: 1st, 100H (14.70)

Marie Dobson: 1stB, 400H (67.83)

European Medallists

European Masters' Championships Nyiregyhaza, Hungary, 24th July, 2010

Kathleen Madigan: 2nd, 1st leg in GB over-40 4x100m team (53.35)

British Medallists

British Masters Championships Cardiff, July 3rd-4th 2010

Women Over 50:

Laura Mahady: 1st, 400m (63.52); 1st, 800m (2:23.63)

Scottish Medallists

Scottish 10,000m Championships Wishaw, May 16th, 2010

Men

Ben Hukins: 3rd (31:44.34)

Scottish Junior Closed Championships Wishaw, May 15th, 2010

Under-15 boys:

Ryan Hewitson: 2nd, HJ (1.65m)

Under-17 women:

Yasmin Milne: 1st, 80H (11.85)

Bank of Scotland Under-23 & Under-20 Championships Grangemouth, June 13th, 2010

Under-23 Men:

Ian Garioch: 2nd, 200m (22.37); 2nd, 400m (48.59)

James Joy: 1st, 800m (1:54.80)

Mark Haskett: 3rd, 1,500m (3:58.99)

Under-20 Men:

Cameron Strachan: 2nd, 800m (1:58.39)

Jonathan Mann: 3rd, 400H (57.84)

Sam Lyon: 2nd, TJ (13.55m)

Under-23 Women:

Alison Wylie: 1st, 100m (12.98); 2nd, 200m (26.29)

Under-20 women:

Ellie Workman: 1st, JT (30.67m)

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Scottish Masters Championships

Pitreavie, July 11th, 2010

Men Over-35:

John McKeown: 2nd, 100m (12.74); 2nd, 200m (26.89); 1st, 400m (60.54)

Men Over-40:

Mike Astell: 3rd, 100m (12.90); 2nd, 200m (27.46)

James MacGregor: 1st, HJ 1.55m

Men Over-45

Alan Young: 3rd, 100m (13.16); 1st, LJ (4.93m)

Men Over-60:

Colin Youngson: 1st, 5,000m (20:23.76)

Bob Masson: 1st, PV (2.40m); 1st, SP (9.36m); 1st, DT (35.96m); 1st, HT (30.52m); 1st, JT (34.67m)

Men Over-75:

Hugo Fletcher: 3rd, 100m (20.76); 3rd, 200m (48.83); 2nd, 400m (1:44.18)

Women Over 35:

Fiona Davidson: 1st, LJ (4.75m); 1st, TJ (11.05m. Scottish record)

Women Over-50:

Laura Mahady: 1st, 400m (70.23); 1st, 800m (2:39.51)

Scottish Combined Events Championships

Pitreavie, July 10th-11th, 2010

Under-20 Women:

Ellie Workman: 1st, Hept (3,824pt)

Scottish Senior Championships

Pitreavie, July 17th-18th, 2010

Men:

Ian Garioch: 3rd, 400m (47.96)

Scot Thompson: 1st, SP (15.71m); 2nd, DT (51.11m)

Women:

Alison Wylie: 3rd, 100m (13.12)

Nicola Gauld: 3rd, 1,500m (4:22.75)

Catriona Pennet: 2nd, 100H (15.21)

Scottish 3,000m Championships

Pitreavie, July 11th, 2010

Under-20 Women

Rhona Auckland: 2nd (10:53.22)

Bank of Scotland Under-17 & Under-15 Championships

Scotstoun, August 14th-15th, 2010

Under-15 Boys:

Adam Crighton: 3rd, SP (11.57m); 3rd, DT (26.83m)

Under-17 Women:

Zoey Clark: 2nd, 200m (25.10); 1st, 300m (40.27)

Yasmin Milne: 2nd, 80H (11.83)

Lisa Humphreys: 2nd, 300H (46.48)

Sam Somers: 2nd, PV (2.50m)

Club Champions

Senior Men:

Peter Mutch (sprints)

James Joy (middle distance)

Bob Masson (jumps)

Scot Thompson (throws).

Under-20:

Jonathan Mann (track)

Sam Lyon (field)

Under-17:

Jeremy O'Neill (track)

No award (field)

Veteran: Fintan McCabe

Veteran Over 40: Mark Davidson

Veteran Over 50: Bob Masson

Overall age-graded: Bob Masson

Boys

Under-15: Kieran Gauld

Under-13: Alasdair Lowe

Under-11: Harry Kilner

Senior Women:

Marie Dobson (sprints)

Natalie Riley (middle distance)

Fiona Davidson (jumps)

Kathleen Madigan (throws)

Under-20:

No award (track)

Ellie Workman (field)

Under-17:

Yasmin Milne (track)

Lisa Humphreys (field)

Veteran: Fiona Davidson

Veteran Over 45: Shona McKinnon

Overall age-graded: Fiona Davidson

Girls

Under-15: Anna McErlean

Under-13: Saffron Cummings

Under-11: Abby Riddell



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ABERDEEN AAC'S CLUB PERFORMANCES IN 2010

Scottish Men's League (Div.1)

1	Central AC	32
2	Aberdeen AAC	26
3	Edinburgh AC	24
4	Lasswade AAC	20
5	Arbroath & District AC	16
6	Pitreavie AAC	13
7	Shettleston Harriers	8
8	Ayr Seaforth	5

Scottish Women's League

1	Edinburgh AC	24
2	Fife & Tayside	18
3	Forth Valley	15
4	Pitreavie AAC (1104.5)	14
5	Team West (901)	14
6	Aberdeen AAC Select	9
7	Victoria Park City of Glasgow	8
8	Lothian	6

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

1	Inverness Harriers	24
1	HIPPO	21
3	Aberdeen AAC	18
4	Arbroath & District AC	15
5	Montrose & District AC	11.5
6	Fife AC	7.5
7	Dundee Hawkhill Harriers	6
8	Banchory Stonehaven AC	5

Young Athletes' League Final (Boys and girls combined)

Aberdeen AAC did not qualify

Petrofac League (East Section) - Men

1	Aberdeen AAC	32
2	Arbroath & District AC	28
3	Banchory Stonehaven AC	22
4	Montrose & District AC	19
5	Perth Strathtay Harriers	18
6	Brechin High AC	13
7	Dundee Hawkhill Harriers	7
8	Ellon AAC	5

Petrofac League (East Section) - Women

1	Aberdeen AAC	32
2	Banchory Stonehaven AC	28
3	Arbroath & District AC	22
4	Dundee Hawkhill Harriers	18
5	Montrose & District AC	15
6	Ellon AAC	13
7	Perth Strathtay Harriers	12
8	Brechin High AC	4

Petrofac League – Final

Aberdeen AAC placings:

Senior Men:	1st
Senior Women:	2nd
U17 Men:	1st
U17 Women:	3rd
U15 Boys:	2 nd
U15 Girls:	3rd
U13 Boys:	7th
U13 Girls:	2nd
U11 Boys:	1st
U11 Girls:	3rd

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

1	HIPPO	22
2	Inverness	20.5
3	Aberdeen AAC	17.5
4	Arbroath & District AC	13
5	Banchory Stonehaven AC	12
6	Fife AC	10
7	Montrose & District AC	6
8	Dundee Hawkhill Harriers	3

East District Cross-Country League 2009-2010

All males

1	Edinburgh AC	783
2	Central AC	1128
3	Corstorphine AAC	1321
14	Aberdeen AAC	5475

Senior/Junior Men

1	Hunters Bog Trotters	246
2	Central AC	282
3	Corstorphine AAC	389
16	Aberdeen AAC	2273

All females

1	Edinburgh AC	227
2	Central AC	777
3	Falkirk Victoria Harriers	971
27	Aberdeen AAC	3797

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

CLUB RECORDS AS AT 01/01/2011

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
PV	4.20	Duncan Mathieson	90
LJ	7.62	Duncan Mathieson	95
TJ	14.55	William Stark	95
SP	16.29	Gordon Smith	94
DT	53.66	Scot Thompson	10
JT	58.75	Peter Fraser	98
HT	62.73	Padraig White	10
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

TEAMWORK [⊕]



AUDIT

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ACCOUNTING

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TAXATION

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CORPORATE FINANCE

ENTHUSIASM [⊕]



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A + B [®]

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COMMITMENT [⊕]



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MANAGEMENT INFORMATION SOLUTIONS

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ACCOUNTING OUTSOURCING

INVOLVEMENT [⊕]



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)

60	7.4	Stanley Walker	09
100	11.6	Stanley Walker	08
200	23.4	Stanley Walker	09
300	37.85	Stanley Walker	09
400	53.97	Fintan McCabe	09
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

110H	19.66	Edward McKenzie	06
400H	67.2	Kenny Lyon	05
3000SC	10:11.2	Frank Boyne	05
HJ	1.60	Fintan McCabe	08
PV	3.25	Kenny Lyon	06
LJ	6.05	Fintan McCabe	07
TJ	11.55	Kenny Lyon	05
SP	12.45	Fintan McCabe	08
DT	36.15	Fintan McCabe	08
JT	43.95	Fintan McCabe	09
HT	32.20	Edward McKenzie	08
WT	10.35	Edward McKenzie	06
Pent	1986	Edward McKenzie	06
Dec.	4053	Edward McKenzie	05
Wt Pent	2190	Edward McKenzie	06
4x200	1:40.06	Astell, McKeown, McCabe, Walker	08

VETERAN MEN (Over 40)

60	7.8	T Madigan / G Middleton / S Walker	95/95/10
100	11.7	Riley/Mackenzie/Walker	79/90/09
200	24.1	Robin Riley	79
300	37.85	Stanley Walker	09
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
110H (sen)	20.2	Edward McKenzie	08
400H	59.0	Denis Shepherd	93
400H (sen)	72.3	Kenny Lyon	10
3000SC	10:25.99	Frank Boyne	09
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
SP	13.04	Darren Chapman	10
SP (sen)	13.04	Darren Chapman	10
DT	39.86	Robert Masson	92
DT (sen)	33.89	Edward McKenzie	09
HT	36.95	Edward McKenzie	09
HT (sen)	33.57	Edward McKenzie	09
JT	43.88	Robert Masson	89
JT (sen)	40.15	Edward McKenzie	09
WT	9.66	Edward McKenzie	10
Dec.	5647	Kenny Lyon	01
Wt Pent	2260	Edward McKenzie	09
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	72.3	Kenny Lyon	10
400H (sen)	72.3	Kenny Lyon	10
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
SP (sen)	8.60	Kenny Lyon	08
DT	39.86	Robert Masson	92
DT (sen)	26.36	Robert Masson	10
HT	34.35	Robert Masson	98
JT	40.64	Robert Masson	95
JT (sen)	33.22	Kenny Lyon	08
Pent	2805	Kenny Lyon	06
Dec.	3658	Robert Masson	95

VETERAN MEN (Over 50)

60	7.8	Trevor Madigan	95
100	12.5	Trevor Madigan	94
200	25.7	Trevor Madigan	94
300	42.4	Alan Fulton	00
400	57.6	Alan Fulton	00
800	2:13.1	John Ballentine	93
1500	4:24.3	John Ballentine	93
3000	9:29.0	John Ballentine	92
5000	16:30.1	John Ballentine	92
10000	34:06.7	John Ballentine	92
100H	18.6	Robert Masson	98/00
400H	77.1	Bill Lonsdale	02
½ Mar	76:45	Roderick MacFarquhar	93
Mar	2:31:48	Alastair Wood	83
HJ	1.65	Bill Lonsdale	03
PV	3.45	Robert Masson	99
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 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	32.40	Robert Masson	10
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	66.8	Alan Fulton	10
800	2:37.5	E Dunster / H Fletcher	90/95
1500	5:23.5	Ernie Dunster	90
3000	11:36.7	Colin Youngson	10
5000	19:03.22	Colin Youngson	08
10000	41:14.0	Ernie Dunster	90
100H	19.85	Robert Masson	07
300H	53.09	Robert 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	3.00	Robert Masson	10
LJ	5.02	Trevor Madigan	06
TJ	9.79	Trevor Madigan	06
SP	10.15	Robert Masson	07
DT	41.64	Robert Masson	09
JT	37.37	Robert Masson	08
HT	32.40	Robert Masson	10
Dec	6490	Robert Masson	07

VETERAN MEN (Over 65)

60	9.0	Trevor Madigan	10
100	13.8	Trevor Madigan	09
200	29.9	Trevor Madigan	10
300	51.4	Trevor Madigan	10
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
HJ	1.30	Trevor Madigan	10
LJ	4.30	Trevor Madigan	10
TJ	8.95	Trevor Madigan	09
SP	9.26	Trevor Madigan	09
DT	27.22	Trevor Madigan	10
HT	26.40	Trevor Madigan	10
JT	24.04	Trevor Madigan	10

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
SP	6.49	Miller Mathieson	09
DT	18.21	Miller Mathieson	08
HT	19.08	Ian Morrison	05
JT	10.16	Hugo Fletcher	10

VETERAN MEN (Over 75)

60	13.1	Hugo Fletcher	10
100	20.2	Hugo Fletcher	10
200	44.1	Hugo Fletcher	10
300	74.4	Hugo Fletcher	10
400	97.3	Hugo Fletcher	09
800	3:34.8	George Cruickshank	09
1500	7:15.3	George Cruickshank	09
Mar	4:32:14	George Cruickshank	09
(chip time 4:31:31)			
SP	5.01	Hugo Fletcher	10
DT	13.05	Hugo Fletcher	09
HT	12.60	Hugo Fletcher	10
JT	10.16	Hugo Fletcher	10

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	Catrina Pennet	04
400H	61.80	Sylvia Kamy	09
½ Mar	73:22	Lynda Bain	85
Mar	2:33:38	Lynda Bain	85
HJ	1.69	Ellie Workman	09
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
HJ	1.69	Ellie Workman	09
LJ	5.74	Sarah Still	94
TJ	11.48	Kirsten Young	04
PV	2.70	Sam Somers	10
SP	10.29	Sarah Lyon	99
DT	32.30	Marian Simpson	95
HT	39.58	Marian Simpson	96
JT	35.98	Ellie Workman	09
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	39.44	Zoey Clark	10
400	57.2	Zoey Clark	10
800	2:13.36	Dawn Simpson	88
1500	4:32.7	Kathryn Shepherd	74
3000	10:35.0	Claire Becker	92
80H	11.48	Yasmin Milne	10
100H	15.5	Lyndsay Peddie	83
300H	44.14	Sylvia Kamyra	05
400H	66.0	Bridie McGlashan	86
HJ	1.69	Ellie Workman	09
PV	2.70	Sam Somers	10
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
JT	35.98	Ellie Workman	09
Pent.	2896	Catriona Pennet	00
Hept.	4390	Ellie Workman	09
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	26.31	Sophie Anderson	10
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
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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
400	61.05	Laura Mahady	09
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	11.07	Fiona Davidson	10
SP	8.82	Linda Michie	06
DT	23.94	Anne Lindsay	88
JT	28.40	Barbara MacDonald	96
HT	26.04	Kathleen Madigan	10
Hept	2751	Shona McKinnon	02

VETERAN WOMEN (OVER 40)

60	8.3	Kathleen Madigan	10
100	13.09	Kathleen Madigan	10
200	26.9	Janet Lyon	04
300	44.6	Kathleen Madigan	10
400	61.05	Laura Mahady	09
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	8.23	Kathleen Madigan	10
DT	22.34	Ann Imrie	97
JT	28.40	Barbara MacDonald	96
HT	26.04	Kathleen Madigan	10

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
400	61.05	Laura Mahady	09
800	2:19.50	Laura Mahady	09
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
HJ	1.30	Shona McKinnon	09
PV	2.60	Janet Lyon	07/08
LJ	4.28	Janet Lyon	08
TJ	8.27	Shona McKinnon	09
SP	6.79	Janet Lyon	08

DT	22.34	Ann Imrie	97	5000	19:02.1	Laura Mahady	08
HT	20.26	Joyce Hogg	97	10000	49:33.1	Ann Clark	09
JT	19.36	Shona McKinnon	10	80H	15.8	Ann Imrie	00
				LJ	3.46	Laura Mahady	09
				SP	5.72	Laura Mahady	09
				DT	20.69	Ann Imrie	00
VETERAN WOMEN (OVER 50)							
100	14.5	Ann Imrie	00	VETERAN WOMEN (OVER 55)			
200	28.7	Laura Mahady	09	5000	24:19.9	Ann Clark	10
400	61.05	Laura Mahady	09	10000	50:37.5	Ann Clark	10
800	2:19.50	Laura Mahady	09				
1500	4:50.73	Laura Mahady	09				
3000	11:02.41	Laura Mahady	08				



INDOOR RECORDS AS AT 01/01/2010

SENIOR MEN				3000	10:17.42	James Chalmers	94
60	6.99	Barry Middleton	96	60H	8.50	Robert Miller	03
200	21.90	Mark Davidson	90	HJ	1.92	Keith Oag	95
400	47.44	Barry Middleton	97	PV	3.50	Fraser Benzie	02
800	1:56.64	Myles Edwards	10	LJ	6.72	Robert Miller	03
1000	2:30.94	Mark Kennedy	04	TJ	13.97	William Stark	94
1500	4:01.57	David Stephen	87	SP	13.46	Paul Allan	89
3000	8:27.22	Alan Wales	06	Hept.	4529	Robert Miller	03
60H	8.32	Duncan Mathieson	97	UNDER-17 MEN			
HJ	1.99	Duncan Mathieson	89	60	7.39	Scott Rankin	02
PV	4.00	Duncan Mathieson	97	200	24.07	Ahmed Al-Kowarri	94
LJ	7.14	Duncan Mathieson	91	400	51.1	Ahmed Al-Kowarri	94
TJ	13.97	William Stark	94	800	1:59.34	Steven Rusing	04
SP	16.98	Scot Thompson	10	1000	2:52.75	Barry Middleton	91
DT	31.62	Edward Mckenzie	07	1500	4:15.27	Adam Watt	01
Hept.	5275	Duncan Mathieson	97	60H	8.50	Richard Singer	95
4X200	1:41.2	Mackenzie, Madigan, Stirling, Clarkson	90	HJ	1.90	Kevin Lutton	01
UNDER-20 MEN				PV	2.40	Richard Singer	95
60	7.25	Ronald Smith	99	LJ	6.36	William Stark	93
200	23.2	Barry Middleton	93	TJ	12.67	William Stark	93
400	49.30	Barry Middleton	94	SP	12.48	Kevin Lutton	01
800	1:57.31	Adam Watt	02	Hept.	4094	Richard Singer	95
1000	2:30.94	Mark Kennedy	04	Pent	3045	Richard Singer	95
1500	4:02.6	Mark Kennedy	04				

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)

60	7.52	Stanley Walker	09
200	24.71	Stanley Walker	09
400	57.36	John McKeown	10
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
PV	3.02	Robert Masson	09
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 / Stanley Walker	89/10
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	10.1	Darren Chapman	10
HJ	1.68	Denis Shepherd	93
LJ	5.62	Trevor Madigan	87
TJ	11.64	Kenny Lyon	01
PV	3.60	Robert Masson	89
SP	12.27	Darren Chapman	10
SP (sen)	12.27	Darren Chapman	10
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
SP (sen)	8.61	Kenny Lyon	09
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	66.29	Alan Fulton	10
800	2:44.3	Ernie Dunster	90
1000	3:42.60	Robert Masson	09
1500	5:23.96	Colin Youngson	08
3000	11:14.58	Colin Youngson	08
60H	11.7	Robert Masson	10
HJ	1.40	Trevor Madigan	10
PV	3.02	Robert Masson	09
LJ	4.45	Trevor Madigan	06
TJ	9.93	Trevor Madigan	06
SP	9.97	Robert Masson	09
Hept	4304	Robert Masson	09

VETERAN MEN (OVER 65)

60	8.76	Trevor Madigan	10
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
HJ	1.40	Trevor Madigan	10
LJ	4.02	Trevor Madigan	09
TJ	8.99	Trevor Madigan	10
SP	8.93	Trevor Madigan	10

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
1500	8:25.05	Hugo Fletcher	09
SP	5.24	Hugo Fletcher	06

VETERAN MEN (OVER 75)

60	13.0	Hugo Fletcher	10
200	46.00	Hugo Fletcher	10
400	1:40.86	Hugo Fletcher	10

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	Catriona Pennet	04	800	2:34.77	Laura Henderson	94
HJ	1.71	Ellie Workman	09	60H	10.00	Catriona Pennet	96
LJ	5.88	Linda Davidson	93	HJ	1.43	Theresa Richards	91
TJ	11.18	Linda Davidson	92	LJ	4.48	Sandra Gunn	88
PV	2.75	Laura Kutt	10	SP	7.58	Sophie Anderson	10
SP	13.89	Helen Cowe	93	Pent.	2030	Catriona Pennet	96
Pent.	3778	Sarah Still	00				
UNDER-20 WOMEN							
60	7.83	Lesley-Ann Mearns	05	60	8.19	Kathleen Madigan	05
200	25.51	Lesley-Ann Mearns	05	200	27.41	Kathleen Madigan	06
400	55.27	Emma Cloggie	06	400	66.7	Heather Wisley	90
800	2:14.32	Emma Cloggie	05	800	2:22.77	Sonia Armitage	06
1500	4:46.81	Ellie Buchan	08	1500	4:45.85	Sonia Armitage	06
60H	9.03	Catriona Pennet	01	3000	11:19.1	Laura Mahady	06
HJ	1.71	Ellie Workman	09	60H	10.80	Janet Lyon	01
PV	2.50	Sam Somers	09	HJ	1.36	Shona McKinnon	03
LJ	5.36	Kirsten Young	05	PV	2.70	Janet Lyon	02/04
TJ	11.00	Kirsten Young	05	LJ	4.74	Fiona Davidson	09
SP	8.99	Sarah Lyon	99	TJ	10.29	Fiona Davidson	10
Pent.	3212	Sarah Still	94	SP	8.42	Kathleen Madigan	10
				Pent.	2380	Shona McKinnon	02
UNDER-17 WOMEN							
60	7.83	Lesley-Ann Mearns	05	VETERAN WOMEN (OVER 40)			
200	25.51	Lesley-Ann Mearns	05	60	8.35	Kathleen Madigan	10
300	41.70	Emma Cloggie	04	200	27.96	Janet Lyon	04
800	2:17.60	Emma Cloggie	02	400	66.9	Joyce Hogg	89
1500	4:46.81	Ellie Buchan	08	800	2:22.77	Sonia Armitage	06
3000	12:23.44	Chantelle Clark	06	1500	4:45.85	Sonia Armitage	06
60H	8.83	Yasmin Milne	10	3000	11:19.1	Laura Mahady	06
HJ	1.71	Ellie Workman	09	60H	10.90	Janet Lyon	02
PV	2.50	Sam Somers	09	HJ	1.32	Shona McKinnon	09
LJ	5.36	Kirsten Young	05	PV	2.70	Janet Lyon	02/04
TJ	11.00	Kirsten Young	05	LJ	4.25	J Hogg/J Lyon	89/05
SP	8.99	Sarah Lyon	99	TJ	8.71	Shona McKinnon	08
Pent.	3337	Ellie Workman	09	SP	8.42	Kathleen Madigan	10
				Pent	2286	Shona McKinnon	04
UNDER-15 GIRLS							
60	7.83	Lesley-Ann Mearns	05	VETERAN WOMEN (OVER 45)			
200	25.51	Lesley-Ann Mearns	05	60	8.87	Ann Imrie	95
800	2:17.60	Emma Cloggie	02	200	29.29	Ann Imrie	95
1500	4:57.90	Hannah Smith	94	400	72.25	Ann Imrie	95
60H	9.30	Hannah Mathieson	00	800	2:22.77	Sonia Armitage	06
HJ	1.45	S Robertson/C Pennet/K Miles	91/98/99	1500	4:45.85	Sonia Armitage	06
LJ	5.02	Donna Quirie	91	3000	11:19.1	Laura Mahady	06
SP	8.68	Catriona Pennet	98	HJ	1.32	Shona McKinnon	09
Pent.	2794	Jennifer Reid	92	PV	2.30	Janet Lyon	08
				LJ	3.80	Shona McKinnon	09
UNDER-13 GIRLS							
60	8.56	Lesley-Ann Mearns	03	TJ	8.09	Shona McKinnon	10
200	28.66	Lesley-Ann Mearns	03				



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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	STANLEY 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
7.2	Lee Williamson	CA Stadium	05.04.09
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
21.99	Ian Garioch	Inverness	08.05.10
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
22.6	Bruce Gibb	Perth	07.06.09
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
35.5	Ronald Smith	London (Par Hill)	12.04.09
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	Thomas Newton	CA Stadium	04.04.10
37.8	David Oliver	Balgownie	14.12.81
37.85	Stanley Walker	Inverness	27.06.09

MEN 400m

46.9	MARK DAVIDSON	E Kilbride	29.07.89
46.97	Martin Johnston	Meadowbank	25.05.85
47.49	Ian Garioch	Wishaw	08.08.10
48.1	Barry Middleton	Scotstoun	16.07.00
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
50.08	Bruce Gibb	Newham	22.08.09
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
1:53.51	James Joy	Solihull	10.07.10
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
1:54.82	Mark Haskett	Grangemouth	20.06.10
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
1:55.01	Myles Edwards	Trafford	13.07.10
1:55.04	Mark Kennedy	Manchester	21.05.05
1:55.1	Robert Mitchell	Coatbridge	28.06.81
1:55.57	Cameorn Strachan	Wishaw	16.05.10

*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
3:56.28	Mark Haskett	Pitreavie	20.06.09
3:56.39	Ewan Calvert	Meadowbank	30.05.92
3:56.8	Darren Shinnie	Wishaw	25.07.04
3:57.08	Myles Edwards	Grangemouth	01.09.10
3:58.0	Alan Reid II	Crownpoint	17.06.90

*Converted from mile time

MEN 3000m

8:14.6	FRASER CLYNE
8:18.8	Graham Laing
8:19.5	Mel Edwards
8:23.07	Stephen Wright
8:24.82	Ray Creswell
8:26.1	Gary Zeuner
8:28.3	Frank Boyne
8:31.2	Alan Reid II
8:33.2	Michael Turner
8:34.4	Ian Matheson
8:34.6	Ben Hukins
8:34.65	Darren Shinnie
8:35.9	Simon Axon
8:36.69	Iain Donnan
8:39.1	David Duguid
8:42.3	Robert Mitchell
8:42.4	Ross Arbuckle
8:45.19	William Duncan
8:45.8	Alan Wales
8:46.0	Simon Wynn

Grangemouth	28.05.81
Brisbane	25.09.82
Twickenham	25.08.68
Gateshead	15.07.92
Meadowbank	12.07.89
Gateshead	15.07.87
CA Stadium	18.07.93
Inverness	01.07.90
Sutton Coldfield	24.06.89
Elgin	08.06.86
CA Stadium	13.08.00
Cardiff	17.07.04
Inverness	05.07.87
Scotstoun	30.08.03
CA Stadium	23.07.89
Balgownie	17.06.80
Meadowbank	19.08.78
Sheffield	16.08.03
CA Stadium	21.05.03
CA Stadium	21.07.91

MEN 10,000m

29:23	FRASER CLYNE
29:23	GRAHAM LAING
28:27.0*	Mel Edwards
30:18.6	Steve Taylor
30:26.62	Chris Hall
30:25.4	Alastair Wood
30:28.0	Peter Wilson
30:34.0	Jim Doig
30:41.9	Ian Matheson
30:54	Donald Ritchie
30:56.0	Chris Armstrong
30:56.0	Craig Ross
30:58.2	Graham Milne
31:04.8	David Duguid
31:09.1	Colin Farquharson
31:11.4	Michael Murray
31:15.5	Charles McIntyre
31:22.7	Ray Creswell
31:38.3	Alan Reid II
31:39.2	Colin Youngson

*6-mile race (shorter distance)

Balgownie	06.05.83
Balgownie	06.05.83
Grangemouth	23.06.67
Meadowbank	25.06.71
Haringey	20.08.88
Grangemouth	27.06.69
Balgownie	24.05.83
CA Stadium	08.05.90
Grangemouth	16.06.85
Meadowbank	21.08.71
Wishaw	17.05.87
Balgownie	06.04.83
Balgownie	24.04.84
CA Stadium	04.05.89
Balgownie	04.06.85
CA Stadium	04.05.89
Balgownie	04.06.85
Meadowbank	03.07.92
Inverness	19.09.87
Crown Point	15.07.90

MEN 5000m

14:18.90	IAN MATHESON
14:19.62	Fraser Clyne
14:20.5	Graham Laing
14:20.58	Chris Hall
14:22.5	Mel Edwards
13:46:0*	Steve Taylor
14:26.6	Bruce Chinnick
14:28.77	Alan Reid II
14:30.8	Bill Ewing
14:32.5	Graham Milne
14:33.4	Stephen Wright
14:42.5	Gary Zeuner
14:45.73	Ray Creswell
14:47.9	Peter Wilson
14:48.0	Donald Ritchie
14:48.0	Alastair Wood
14:48.9	George Harper
14:49.33	Iain Donnan
14:50.1	Ian Johnstone
14:53.3	Darren Shinnie

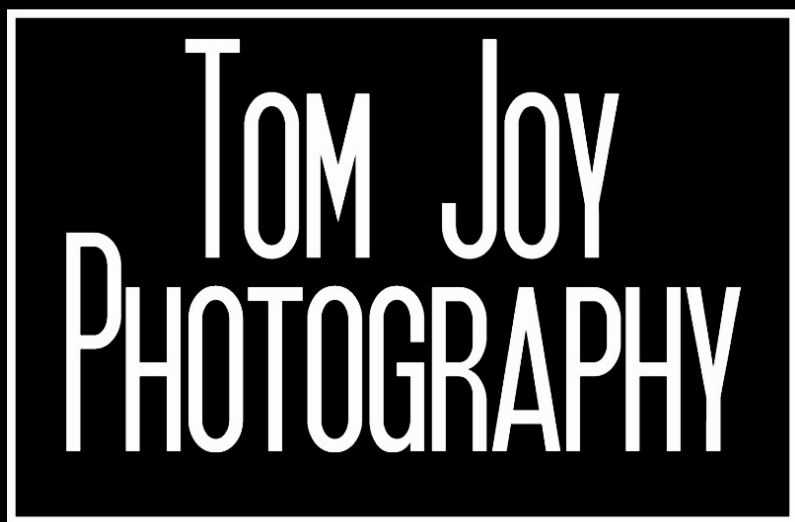
*3-mile race (shorter distance)

Crown Point	22.07.89
Meadowbank	20.06.81
Meadowbank	30.05.81
Birmingham	22.05.88
Crystal Palace	20.08.68
Pitreavie	08.06.66
Inverness	23.05.87
Grangemouth	26.08.89
Grangemouth	31.05.69
Melbourne	11.03.75
Coatbridge	18.08.91
Crown Point	13.06.87
Meadowbank	05.08.90
Balgownie	24.05.83
Grangemouth	31.05.69
Meadowbank	07.05.82
Meadowbank	28.08.83
Meadowbank	16.05.04
Coatbridge	14.08.77
Bedford	22.07.06

MEN HALF MARATHON

61:34	GRAHAM LAING
62:54	Fraser Clyne
64:25	Simon Axon
65:02	Chris Hall
65:38	Bruce Chinnick
66:11	Peter Wilson
66:29	Colin Youngson
66:38	Alan Reid II
66:41	Kevin Best
66:53	George Reynolds
66:57	Graham Milne
67:13	David Clark
67:27	Charles McIntyre
67:39	Michael McCulloch
67:42	Donald Ritchie
68:00	Pat McErlean
68:36	David Duguid
68:42	Craig Ross
68:48	Jim Doig
69:06	Colin Farquharson

The Hague	19.03.83
Morpeth	01.01.85
Gateshead	08.06.86
Arbroath	28.06.87
Kinloss	02.05.87
Fraserburgh	14.10.84
Inverness	22.03.87
Inverness	15.03.92
Peterhead	18.08.85
Linkfield	31.08.86
Fraserburgh	14.10.84
Linkfield	07.07.85
Buckie	30.06.85
Inverness	23.03.85
London	19.04.83
Ayr	08.09.85
Linkfield	27.08.89
Blairgowrie	20.08.83
Inverness	18.03.90
Dyce	07.04.85



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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
57.37	Jonathan Mann	Wishaw	16.05.10
57.82	Sam Lyon	Grangemouth	12.06.10
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

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
1.85	William Smy	Dundee	02.08.09
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
3.40	Sam Lyon	Grangemouth	20.06.10
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	G Stewart / E McKenzie / M Davidson		73/86/87

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	Linksfeld	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	Linksfeld	03.05.62
6.73	Kenny Lyon	Balgownie	14.06.80
6.73	David Polson	Balgownie	17.05.83
6.73	John Waters	Linksfeld	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	Linksfeld	10.05.62

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
13.84	Sam Lyon	Grangemouth	20.06.10
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	Linksfeld	19.06.61
13.23	James Shand	Linksfeld	02.06.62
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
12.94	Stewart Clark	Perth	07.06.09
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
16.28	Scot Thompson	Newham	22.08.09
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
13.04	Darren Chapman	CA Stadium	18.04.10
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
11.80	Pdraig White	Pitreavie	24.04.10
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

MEN DISCUS

53.66	SCOT THOMPSON	Barnet Cothall	05.06.10
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	Linksfeld	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

62.73	PADRAIG WHITE	Pitreavie	24.04.10
53.18	Bruce Shepherd	Inverness	13.07.96
49.44	Scot Thompson	CS Stadium	19.08.10
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
33.57	Edward McKenzie	Inverness	09.05.09
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

MEN JAVELIN

OLD:			
56.02	JOHN WATERS	Linksfeld	15.05.61
54.64	Kenneth McKenzie	Linksfeld	23.05.71
52.98	Roger Benton	Meadowbank	29.06.86
52.42	John Wiseman	Scotstoun	14.06.75
49.40	James Laird	Linksfeld	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
55.45	Scot Thompson	Hendon	04.09.10
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	14.06.98
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
43.95	Fintan McCabe	CA Stadium	28.05.09

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, Ross, King	Meadowbank	24.04.94

MEN 4x400m RELAY (TOP 10)

3:19.3	P DAVIDSON, MATHIESON, MIDDLETON, AL-KOWARRI	Grangemouth	03.08.97
3:19.5	P Davidson, Singer, Middleton, M Davidson	Meadowbank	06.08.95

3:21.0	Walker, M Davidson King, Allan	Dundee	26.06.88	25.3	Suzanne Middleton	CA Stadium	25.07.99
3:22.9	Al-Kowarri, Middleton, P Davidson, M Davidson	CA Stadium	28.04.96	25.4	Nicola Imrie	Crown Point	20.06.92
3:22.94	King, Smith, Mathieson, M.Davidson	Meadowbank	23.08.87	25.4	Susan Hendry	CA Stadium	12.06.94
3:23.6	Ledingham, Murray, Creswell, Johnston	Meadowbank	21.08.83	25.5	Fiona Auld	Balgownie	18.06.78
3:24.5	Ledingham, Morrice, Lyon, M.Davidson	Crown Point	12.08.89	25.5	Michelle Bruce	Grangemouth	13.06.82
3:24.9	Morrice, Stephen, Kean, M.Davidson	Wishaw	17.05.87	25.59	Lorna Johnston	Grangemouth	17.06.00
3:25.03	P Davidson, G Smith Calvert, Middleton	Meadowbank	24.04.94	25.6	Carmen Michalska	Meadowbank	05.09.93
3:25.9	Love, G Smith, Riddell, Middleton	CA Stadium	21.05.95	25.6	Linda Davidson	CA Stadium	26.08.92
				25.6	Sandra Gunn	CA Stadium	26.07.92
				25.6	Gwen Vaughan	Coatbridge	31.08.86
WOMEN 60m							
7.5	DAWN KITCHEN	Balgownie	02.07.85	WOMEN 300m			
7.7	Katrina Leys	CA Stadium	04.04.93	38.9	DAWN FLOCKHART	CA Stadium	07.04.96
7.7	Sarah Still	CA Stadium	01.04.01	39.44	Zoey Clark	Inverness	05.09.10
7.8	Dawn Flockart	CA Stadium	02.04.95	40.21	Louise Paterson	Crystal Palace	17.08.91
7.8	Kathleen Madigan	Balgownie	28.05.86	40.5	Susan Hendry	CA Stadium	10.08.00
7.9	Aileen Connelly	CA Stadium	03.04.05	40.6	Helen Windass	CA Stadium	05.06.97
7.9	Linda Davidson	CA Stadium	03.04.94	40.7	Nicola Gauld	CA Stadium	07.04.02
7.9	Catrina Pennet	CA Stadium	06.04.03	40.9	Lorna Johnston	Grangemouth	16.06.00
7.9	Kim Smith	Grangemouth	29.03.87	41.0	Katrina Leys	CA Stadium	04.04.93
7.9	Susan Tengtanga	CA Stadium	05.04.09	41.1	Aileen Connelly	CA Stadium	03.04.05
7.9	Fiona Watt	CA Stadium	06.04.97	41.21	Rebecca Mortimer	Grangemouth	20.08.05
8.0	Gail Murchie	CA Stadium	03.04.94	41.3	Morag Keenan	Meadowbank	19.06.93
8.0	Louise Paterson	CA Stadium	05.04.92	41.4	Emma Cloggie	CA Stadium	18.04.04
8.0	Donna Quirie	CA Stadium	03.04.94	41.9	Sarah Still	CA Stadium	04.04.93
8.0	Angela Shearer	CA Stadium	07.04.02	42.0	Hayley Bowers	CA Stadium	26.05.99
8.0	Helen Windass	CA Stadium	06.04.97	42.1	Jaclyn Anderson	CA Stadium	12.06.94
8.0	Alison Wylie	CA Stadium	04.04.10	42.1	Catrina Pennet	CA Stadium	06.04.03
8.1	Zoey Clark	CA Stadium	04.04.10	42.3	Angela Sheraer	Dundee	08.07.01
8.1	Nicola Kemp	CA Stadium	02.04.95	42.4	Sylvia Kamyra	CA Stadium	16.08.06
8.1	Janet Lyon	CA Stadium	06.04.97	42.6	Bridie McGlashan	Grangemouth	29.03.87
8.1	Suzanne Middleton	CA Stadium	11.07.00	42.6	Alison Wylie	CA Stadium	04.04.10
8.1	Kirsten Young	CA Stadium	03.04.05	WOMEN 400m			
WOMEN 100m							
11.8	DAWN FLOCKHART	CA Stadium	12.06.94	53.99	DAWN KITCHEN	Meadowbank	23.07.85
11.8	SARAH STILL	CA Stadium	05.09.99	54.4	Dawn Flockhart	Birmingham	19.08.95
11.9	Louise Paterson	CA Stadium	09.06.91	55.69	Susan Hendry	Solihull	05.08.00
12.1	Katrina Leys	Crown Point	16.08.92	56.20	Emma Cloggie	Grangemouth	10.06.05
12.1	Kim Smith	Inverness	19.04.87	56.7	Helen Windass	Scotstoun	26.04.98
12.12	Aileen Connelly	Belfast	10.06.06	56.80	Aileen Connelly	Scotstoun	14.05.05
12.2	Fiona Auld	Balgownie	22.08.76	57.0	Nicola Gauld	CA Stadium	21.04.02
12.2	Hayley Bowers	Peterhead	24.05.98	57.2	Zoey Clark	CA Stadium	15.09.10
12.2	Dawn Kitchen	Dundee	25.08.85	57.2	Bridie McGlashan	Meadowbank	26.04.87
12.2	Kathleen Madigan	Dundee	25.07.87	57.24	Louise Paterson	Waterford	11.08.90
12.28	Gwen Vaughan	Meadowbank	14.06.86	57.4	Lorna Johnston	CA Stadium	13.09.00
12.37	Lesley-Ann Mearns	Birmingham	13.08.05	57.77	Carmen Collins	Meadowbank	17.05.92
12.4	Michelle Bruce	Grangemouth	13.06.83	58.6	Debra Carle	Balgownie	11.08.81
12.4	Debra Carle	Balgownie	17.06.80	58.86	Jaclyn Anderson	Meadowbank	04.09.94
12.4	Zoey Clark	Dundee	22.08.10	59.3	Sylvia Kamyra	Dundee	28.06.09
12.4	Fiona Davidson	Inverness	15.06.97	59.4	Linda Davidson	Coatbridge	13.09.92
12.5	Jenny Bole	Balgownie	20.08.78	59.6	Faith Webster	Balgownie	29.07.84
12.5	Corrie Butler	Inverness	08.04.90	59.76	Marie Dobson	Meadowbank	13.05.01
12.5	Linda Davidson	CA Stadium	29.08.92	59.9	Catrina Pennet	CA Stadium	29.05.02
12.5	Rosslyn Duncan	Balgownie	14.08.83	59.9	Sarah Still	Peterhead	06.06.93
12.5	Sandra Gunn	CA Stadium	05.05.91	WOMEN 800m			
12.5	Fiona Lumsden	CA Stadium	09.06.91	2:05.11	NICOLA GAULD	Birmingham	01.07.06
12.5	Gail Murchie	CA Stadium	26.07.92	2:07.7	Susan Hendry	Scotstoun	29.07.00
12.5	Catrina Pennet	CA Stadium	05.09.99	2:10.67	Emma Cloggie	Solihull	24.06.06
12.5	Lesley Reid	Linksfield	22.08.76	2:13.36	Dawn Simpson	Ayr	13.08.88
12.5	Joan Simpson	Linksfield	21.06.71	2:14.3	Carolyn Sheehan	Inverness	19.08.84
WOMEN 200m							
23.9	DAWN FLOCKHART	CA Stadium	09.06.96	2:14.44	Ellie Buchan	Trafford	27.06.09
24.4	Dawn Kitchen	Coatbridge	07.09.86	2:16.09	Lynsey Still	Pitreavie	08.07.95
24.4	Sarah Still	CA Stadium	01.09.99	2:16.22	Carly Hall	Pitreavie	20.06.09
24.7	Louise Paterson	Crown Point	16.06.90	2:16.4	Sonia McLaren	Vancouver	02.07.82
24.89	Zoey Clark	Scotstoun	29.08.10	2:16.6	Kathryn Mearns	Balgownie	15.08.82
24.94	Aileen Connelly	Grangemouth	07.08.05	2:16.8	Jaclyn Anderson	CA Stadium	18.07.93
25.0	Katrina Leys	Coatbridge	02.08.98	2:17.63	Christie Noble	Watford	11.08.10
25.0	Kim Smith	Coatbridge	02.09.84	2:18.12	Sarah Still	Stoke	30.07.00
25.05	Lesley-Ann Mearns	Birmingham	14.08.05	2:18.2	Lisa Davidson	Coatbridge	20.05.90
25.1	Kathleen Madigan	Coatbridge	04.05.86	2:18.7	Linda Falconer	Dublin	11.04.81
25.2	Helen Windass	Coatbridge	17.05.98	2:18.9	Anna Kyle	CA Stadium	25.06.96
				2:19.0	Michelle Cherry	Antrim	06.08.83
				2:19.0	Dawn Kitchen	Elgin	16.09.80
				2:19.05	Eilidh Prise	Scotstoun	29.08.10
				2:19.3	Faith Webster	Scotstoun	16.06.84
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				

71.3	Wendy Pennet	Scotstoun	30.04.00	10.10	Jacqui Loney	Inverness	13.07.02
71.4	Jenny Bole	Balgownie	01.07.80	9.97	Linda Low	Inverness	11.05.97
71.4	Heather Pirie	CA Stadium	30.05.95	9.93	Marie Fraser	Pitreavie	20.04.80
71.5	Katy Philip	Grangemouth	15.05.94	9.90	Fiona Pirie	Coatbridge	13.09.92
WOMEN HIGH JUMP							
1.69	ELLIE WORKMAN	Birmingham	15.08.09	9.86	Jennifer Reid	Banchory	04.09.94
1.68	Sarah Still	CA Stadium	07.08.99	9.81	Sarah Still	Sheffield	01.09.01
1.66	Lyndsay Peddie	Balgownie	30.07.83	9.73	Marian Simpson	CA Stadium	28.07.96
1.65	Beth Philip	CA Stadium	07.07.91	9.60	Shirley Gray	Balgownie	18.06.78
1.61	Shirley Gray	Balgownie	19.06.77	9.50	Wendy Brown	Balgownie	17.06.75
1.60	Nicola Gauld	Scotstoun	30.04.00	9.48	Rhona MacLennan	Coatbridge	04.05.86
1.60	Heather Pirie	Coatbridge	13.09.92	9.43	Gail Murchie	Meadowbank	12.06.88
1.60	Donna Quirie	CA Stadium	30.06.93	9.38	Lyndsay Peddie	Balgownie	13.05.86
1.59	Deborah Johnston	Balgownie	27.02.85	9.33	Ellie Workman	Pitreavie	11.07.10
1.58	Anne Watt	Balgownie	06.09.81	9.31	Anita Smith	Balgownie	12.06.83
1.57	Suzie Robertson	Grangemouth	01.06.91	9.19	Laura Crockford	Crown Point	27.04.97
1.56	Linda Davidson	CA Stadium	17.05.95	8.88	Angela Smith	Coatbridge	29.08.98
1.56	Kimberley Miles	CA Stadium	02.07.00	8.84	Pamela Bruce	Balgownie	10.09.78
1.55	Diane Burr	Coatbridge	21.05.95	8.84	Linda Davidson	CA Stadium	25.07.99
1.55	Rosslyn Duncan	Banchory	13.05.84	WOMEN DISCUS			
1.55	Joan Reid	Coatbridge	08.06.80	48.64	HELEN COWE	Bedford	17.09.94
1.54	Pat Bellamy	Nairn	14.08.54	38.39	Jacqui Loney	CA Stadium	29.08.02
1.53	Catrina Pennet	CA Stadium	25.04.10	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
WOMEN POLE VAULT (TOP 5)							
2.81	JANET LYON	CA Stadium	14.05.04	29.28	Pamela Bruce	Pitreavie	20.04.80
2.70	Sam Somers	Grangemouth	12.06.10	27.80	Cheryl McHardy	CA Stadium	31.08.00
2.25	Wendy Pennet	Dundee	28.05.00	27.41	Angela Smith	CA Stadium	02.09.99
2.05	Heather Pirie	CA Stadium	04.08.94	26.75	Kathy Rapley	Barry	14.07.98
2.00	Fiona Watt	CA Stadium	31.08.96	26.52	Lesley Fowler	CA Stadium	29.08.96
WOMEN LONG JUMP							
5.95	LINDA DAVIDSON	Meadowbank	03.07.92	26.20	Pamela Morrison	CA Stadium	31.08.89
5.85	Sarah Still	CA Stadium	25.07.99	26.02	Jennifer Reid	Banchory	04.09.94
5.71	Lea Masson	Balgownie	08.04.79	25.74	Gertrude Krenzien	Grangemouth	22.04.79
5.71	Kirsten Young	CA Stadium	26.06.05	25.68	Lesley Munro	Inverness	10.04.88
5.56	Deirdre Auld	Balgownie	13.04.80	25.57	Michelle Mackintosh	Grangemouth	12.04.03
5.53	Donna Quirie	CA Stadium	18.07.93	25.34	Lorraine Dearie	Glenrothes	14.09.86
5.52	Lyndsay Peddie	Balgownie	11.09.83	25.28	Julie Forbes	Meadowbank	10.05.87
5.48	Marie Fraser	Meadowbank	21.06.80	24.78	Gillian Tindall	Glenrothes	02.09.79
5.47	Ellie Workman	Grangemouth	13.06.09	24.76	Jackie Gordon	Balgownie	22.08.76
5.40	Cheryl McHardy	CA Stadium	26.07.98	24.42	Lyndsay Peddie	Balgownie	30.07.83
5.38	Laura Beveridge	Antrim	06.08.83	WOMEN HAMMER			
5.30	Nicola Kemp	Peterhead	06.06.93	43.79	JACQUI LONEY	Coatbridge	27.07.03
5.25	Aileen Connelly	Inverness	12.09.04	43.52	Helen Cowe	CA Stadium	06.07.93
5.24	Diane Burr	Grangemouth	15.05.94	39.58	Marian Simpson	CA Stadium	26.09.96
5.22	Jenny Bole	Balgownie	13.04.80	37.60	Linda Low	Inverness	11.05.97
5.21	Yasmin Milne	Grangemouth	13.06.09	29.18	Fiona Pirie	Elgin	03.07.93
5.19	Shona Simpson	Inverness	10.04.88	26.04	Kathleen Madigan	Inverness	19.09.10
5.15	Bridie McGlashan	Balgownie	05.04.87	25.87	Catrin Dickson	Grangemouth	09.06.06
5.15	Claire Middleton	Greenock	04.06.95	23.16	Katherine Masson	CA Stadium	16.06.95
5.13	J Lynch/ F Auld/C Pennet		76/77/03	22.70	Kylie Davidson	Grangemouth	11.06.04
WOMEN TRIPLE JUMP							
12.06	FIONA WATT	Meadowbank	02.06.96	22.23	Fiona Davidson	CA Stadium	19.08.10
11.81	Linda Davidson	Grangemouth	10.07.93	21.24	Laura Hepburn	Inverness	16.09.07
11.48	Kirsten Young	Birmingham	15.08.04	21.22	Angela Smith	CA Stadium	21.07.00
11.44	Donna Quirie	Birmingham	08.08.93	21.06	Lesley Fowler	Coatbridge	26.05.96
11.27	Sylvia Kamyra	CA Stadium	30.08.09	20.94	Joyce Hogg	CA Stadium	16.06.94
11.07	Dawn Flockhart	Grangemouth	10.07.93	20.30	Zoe Davidson	Dundee	10.07.05
11.03	Cheryl McHardy	Sheffield	16.08.98	19.87	Sarah Lyon	Coatbridge	30.05.99
10.68	Nicola Gauld	CA Stadium	05.07.98	19.51	Mollie Hepburn	Inverness	16.09.07
10.43	Nicola Kemp	Inverness	12.06.97	19.27	Anne Angersbach	CA Stadium	02.09.04
10.24	Zoe Davidson	Dundee	25.04.04	19.24	Cheryl McHardy	Elgin	21.09.97
10.11	Jennifer Reid	Banchory	27.08.94	17.76	Emma Noble	CA Stadium	07.09.06
10.02	Heather Pirie	Grangemouth	15.05.94	WOMEN JAVELIN			
9.87	Wendy Pennet	Dundee	12.04.98	OLD			
9.83	Emma Cloggie	Banchory	31.08.02	38.70	LYNDSAY PEDDIE	Inverness	26.04.87
9.77	Nikki Corsie	Meadowbank	20.06.98	37.46	Gwen Summers	Linkfield	01.06.60
9.65	Kimberley Miles	CA Stadium	30.07.00	30.26	Pamela Bruce	Balgownie	21.07.79
9.63	Diane Burr	Inverness	11.06.95	30.12	Anita Smith	Pitreavie	24.04.83
9.57	Rebecca Dougall	Coatbridge	30.05.99	29.64	Shirley Antoine	Pitreavie	24.04.83
9.54	Shonah Richard	Dundee	03.08.03	NEW			
9.44	Laura Henderson	CA Stadium	28.04.99	38.28	LINDA LOW	Inverness	12.05.96
WOMEN SHOT							
14.24	HELEN COWE	Coatbridge	23.05.93	35.98	Ellie Workman	Perth	26.04.09
10.29	Sarah Lyon	Tullamore	04.07.99	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

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
3:58.74	James Joy	Grangemouth	12.06.09
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
15:44.49	Cameron Strachan	Grangemouth	29.08.10

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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
57.37	Jonathan Mann	Wishaw	16.05.10
57.6	Andrew Grant	CA Stadium	05.08.01

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
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
3.40	Sam Lyon	Grangemouth	20.06.10
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	Linksfeld	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
13.84	Sam Lyon	Grangemouth	20.06.10
13.68	Paul Allan	CA Stadium	14.06.89
13.45	James Laird	Linksfeld	03.05.62
13.34	Kenny Lyon	Grangemouth	23.06.79
13.13	Sam Lypn	Grangemouth	12.06.09
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

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	Linksfeld	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
43.47	Tom Brodie	CA Stadium	20.05.10
43.29	Paul Henderson	Dundee	06.08.06

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

12.4	Zoey Clark	Dundee	22.08.10	65.48	Angela Shearer	Caen (France)	29.05.02
12.5	Corrie Butler	Inverness	08.04.90	65.90	Catriona Pennet	Derby	08.09.02
12.5	Sandra Gunn	CA Stadium	05.05.91	66.0	Bridie McGlashan	Balgownie	19.08.86
12.5	Fiona Lumsden	CA Stadium	09.06.91	66.51	Marie Dobson	Meadowbank	13.05.01
12.5	Catriona Pennet	CA Stadium	05.09.99	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 200m							
24.7	LOUISE PATERSON	Crown Point	16.06.90				
24.89	Zoey Clark	Scotstoun	29.08.10	U-20 WOMEN HIGH JUMP			
25.05	Lesley-Ann Mearns	Birmingham	14.08.05	1.69	ELLIE WORKMAN	Birmingham	15.08.09
25.1	Katrina Leys	Coatbridge	13.09.92	1.65	Beth Philip	CA Stadium	07.07.91
25.1	Kathleen Madigan	Coatbridge	04.05.86	1.65	Sarah Still	Linwood	16.07.94
25.26	Sarah Still	Linwood	16.07.94	1.60	Nicola Gauld	Scotstoun	30.04.00
25.4	Susan Hendry	CA Stadium	12.06.94	1.60	Heather Pirie	Coatbridge	13.09.92
25.4	Nicola Imrie	Crown Point	20.06.92	1.60	Donna Quirie	CA Stadium	30.06.93
25.59	Lorna Johnston	Grangemouth	17.06.00	1.59	Deborah Johnston	Balgownie	27.02.85
25.6	Sandra Gunn	CA Stadium	26.07.92	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 400m							
55.96	SUSAN HENDRY	Bedford	02.07.94	U-20 WOMEN POLE VAULT (Top 3)			
56.20	Emma Cloggie	Grangemouth	10.06.05	2.70	SAM SOMERS	Grangemouth	11.06.10
57.2	Zoey Clark	CA Stadium	15.09.10	2.25	Wendy Pennet	Dundee	28.05.00
57.2	Bridie McGlashan	Meadowbank	26.04.87	2.05	Heather Pirie	CA Stadium	04.08.94
57.24	Louise Paterson	Waterford	11.08.90	U-20 WOMEN LONG JUMP			
57.4	Lorna Johnston	CA Stadium	13.09.00	5.74	SARAH STILL	CA Stadium	12.06.94
57.77	Carmen Collins	Meadowbank	17.05.92	5.71	Kirsten Young	CA Stadium	26.06.05
58.35	Nicola Gauld	Scotstoun	29.04.01	5.59	Linda Davidson	Crown Point	29.05.88
58.86	Jaclyn Anderson	Meadowbank	04.09.94	5.53	Donna Quirie	Grangemouth	27.06.93
59.76	Marie Dobson	Meadowbank	13.05.01	5.47	Ellie Workman	Grangemouth	13.06.09
				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
				5.21	Yasmin Milne	Grangemouth	13.06.09
				5.15	B McGlashan/C Middleton		87/95
U-20 WOMEN 800m							
2:10.67	EMMA CLOGGIE	Solihull	24.06.06	U-20 WOMEN TRIPLE JUMP			
2:12.64	Susan Hendry	Meadowbank	24.06.95	11.48	KIRSTEN YOUNG	Birmingham	15.08.04
2:13.36	Dawn Simpson	Ayr	13.08.88	11.44	Donna Quirie	Birmingham	08.08.93
2:14.44	Ellie Buchan	Trafford	27.06.09	11.03	Cheryl McHardy	Sheffield	16.08.98
2:14.8	Carolyn Sheehan	Coatbridge	07.09.86	10.68	Nicola Gauld	CA Stadium	05.07.98
2:16.09	Lynsey Still	Pitreavie	08.07.95	10.67	Sylvia Kamy	Dundee	22.06.08
2:16.8	Jaclyn Anderson	CA Stadium	18.07.93	10.38	Nicola Kemp	Coatbridge	21.05.95
2:18.2	Lisa Davidson	Coatbridge	20.05.90	10.24	Zoe Davidson	Dundee	25.04.04
2:18.9	Anna Kyle	CA Stadium	25.06.96	10.11	Jennifer Reid	Banchory	27.08.94
2:19.05	Eilidh Prise	Scotstoun	29.08.10	10.02	Heather Pirie	Grangemouth	15.05.94
				9.87	Wendy Pennet	Dundee	12.04.98
U-20 WOMEN 1500m							
4:30.92	KATE RICE	Copeland	08.08.90	U-20 WOMEN SHOT			
4:42.2	Carolyn Sheehan	Balgownie	20.08.86	10.29	SARAH LYON	Tullamore	04.07.99
4:42.96	Rhona Auckland	Meadowbank	20.06.10	9.86	Jennifer Reid	Banchory	04.09.94
4:43.5	Ellie Buchan	Dundee	27.04.08	9.73	Marian Simpson	CA Stadium	28.07.96
4:45.6	Lynsey Still	CA Stadium	09.09.95	9.64	Fiona Pirie	Newtonmore	03.08.91
4:49.69	Eilidh Prise	Inverness	05.06.10	9.48	Rhona MacLennan	Coatbridge	04.05.86
4:49.9	Dawn Simpson	Wishaw	07.08.88	9.43	Gail Murchie	Meadowbank	12.06.88
4:50.0	Anna Kyle	Inverness	08.09.96	9.43	Sarah Still	Linwood	16.07.94
4:52.5	Vicky Clark	Inverness	04.07.93	9.33	Ellie Workman	Pitreavie	11.07.10
4:52.8	Caroline Clarkson	Coatbridge	26.05.91	9.19	Laura Crockford	Crown Point	27.04.97
				8.98	Lyndsay Peddie	Balgownie	21.05.85
U-20 WOMEN 3000m							
9:54.5	KATE RICE	Grangemouth	02.09.90	U-20 WOMEN DISCUS			
10:05.4	Rhona Auckland	CA Stadium	31.05.10	32.30	MARIAN SIMPSON	Meadowbank	17.06.95
10:31.0	Jillian Grams	Coatbridge	31.05.92	27.41	Angela Smith	CA Stadium	02.09.99
10:34.23	Charlotte Forbes	Derby	14.08.05	27.34	Cheryl McHardy	Coatbridge	03.08.97
10:35.0	Claire Becker	CA Stadium	26.07.92	26.75	Kathy Rapley	Barry	14.07.98
10:38.9	Ellie Buchan	CA Stadium	31.05.10	26.58	Fiona Pirie	CA Stadium	21.07.91
10:42.8	Carolyn Sheehan	Balgownie	15.05.85	26.52	Lesley Fowler	CA Stadium	29.08.96
10:43.9	Suzie Reid	CA Stadium	23.07.89	26.02	Jennifer Reid	Banchory	04.09.94
10:45.7	Anna Kyle	Meadowbank	25.08.96	25.57	Michelle Mackintosh	Grangemouth	12.04.03
10:46.7	Christie Noble	CA Stadium	20.06.07	25.44	Pamela Morrison	Grangemouth	02.09.85
				25.34	Lorraine Dearie	Glenrothes	14.09.86
U-20 WOMEN 100m HURDLES							
14.36	CATRIONA PENNET	Derby	08.09.02	U-20 WOMEN HAMMER			
15.40	Sylvia Kamy	Grangemouth	15.06.08	39.58	MARIAN SIMPSON	CA Stadium	26.09.96
15.65	Sarah Still	Linwood	16.07.94	25.87	Catrin Dickson	Grangemouth	09.06.06
16.1	Bridie McGlashan	Meadowbank	26.04.87	23.16	Katherine Masson	CA Stadium	16.06.95
16.1	Gail Murchie	CA Stadium	12.06.90	22.70	Kylie Davidson	Grangemouth	11.06.04
16.24	Rebecca Dougall	Grangemouth	11.07.99	21.24	Laura Hepburn	Inverness	16.09.07
16.3	Wendy Pennet	CA Stadium	05.04.98	21.22	Angela Smith	CA Stadium	30.07.00
16.5	Lyndsay Peddie	Inverness	02.06.85				
16.75	Ellie Workman	Pitreavie	10.07.10				
17.1	Nicola Kemp	CA Stadium	08.06.93				
U-20 WOMEN 400m HURDLES							
63.20	REBECCA DOUGALL	Grangemouth	12.06.99				
63.76	Sylvia Kamy	Grangemouth	09.06.07				

21.06	Lesley Fowler	Coatbridge	26.05.96	28.50	Kathy Rapley	CA Stadium	25.05.97
20.16	Fiona Pirie	Inverness	14.09.91	28.46	Laura Hepburn	CA Stadium	30.08.09
19.87	Sarah Lyon	Coatbridge	30.05.99	27.42	Vicky Clark	Grangemouth	16.05.93
19.51	Mollie Hepburn	Inverness	16.09.07	27.22	Laura Crockford	Meadowbank	12.05.96

U-20 WOMEN JAVELIN

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

35.98	ELLIE WORKMAN	Perth	26.04.09
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

U-20 WOMEN HEPTATHLON (Top 7)

4643	SARAH STILL	Linwood	17.07.94
3824	Ellie Workman	Pitreavie	11.07.10
3318	Nicola Kemp	CA Stadium	09.06.93
3126	Wendy Pernet	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	Pitreavie	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
52.0	Sam Lyon	Dundee	28.06.09
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 Thoires	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 Thoires	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	Alasdhair 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
59.30	Jonathan Mann	Grangemouth	13.06.09

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

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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
6.18	Stewart Clark	Dundee	02.08.09
6.14	Peter Sutherland	Dundee	06.06.04
6.12	Dinkar Sabnis	Inverness	08.04.90
6.10	Sam Lyon	CA Stadium	10.06.09
6.09	Robert Miller	Ellon	23.09.00

U-17 MEN TRIPLE JUMP

13.82	WILLIAM STARK	Grangemouth	29.08.93
13.13	Sam Lyon	Grangemouth	12.06.09
12.94	Stewart Clark	Perth	07.06.09
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
12.59	Ryan Legge	Inverness	05.09.10
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

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
42.16	Tom Brodie	Dundee	27.04.08
41.44	Paul Henderson	CA Stadium	20.05.04
41.24	Mark Dobbie	Bourgoin-Jallieu	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	Scotstoun	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	Pitreevie	05.09.82
12.4	Debra Carle	Balgownie	17.06.80
12.4	Zoey Clark	Dundee	22.08.10
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
24.89	Zoey Clark	Scotstoun	29.08.10
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	Debbra Carle	Balgownie	07.09.80

U-17 WOMEN 300m

39.44	ZOEY CLARK	Inverness	05.09.10
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 (92), Angela Shearer (01)		

U-17 WOMEN 400m

57.2	ZOEY CLARK	CA Stadium	15.09.10
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	Debbra 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

U-17 WOMEN 800m

2:13.36	DAWN SIMPSON	Ayr	13.08.88
2:14.3	Carolyn Sheehan	Inverness	19.08.84
2:14.44	Ellie Buchan	Trafford	27.06.09
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
2:19.05	Eilidh Prise	Scotstoun	29.08.10

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
4:49.69	Eilidh Prise	Inverness	05.09.10
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

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	Pitreevie	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

11.48	YASMIN MILNE	Grangemouth	11.06.10
11.7	Catriona Pennet	Grangemouth	11.06.00
11.9	Gail Murchie	Grangemouth	10.07.88
12.0	Katy Philip	Grangemouth	23.06.93
12.1	Lisa Humphries	CA Stadium	30.06.10
12.1	Bridie McGlashan	Livingston	17.05.86
12.2	Pamela Gray	Coatbridge	21.05.95
12.2	Lyndsay Peddie	Balgownie	06.09.81
12.21	Wendy Pennet	Scotstoun	27.07.97
12.3	Jenny Bole	Pitreevie	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
46.48	Lisa Humphreys	Scotstoun	14.08.10
46.7	Yasmin Milne	CA Stadium	16.06.10
46.9	Wendy Pennet	CA Stadium	06.06.96

47.1	Nicola Gauld	Dundee	28.06.98	9.43	Gail Murchie	Meadowbank	12.06.88
47.2	Sandra Gunn	CA Stadium	07.07.91	9.31	Anita Smith	Balgownie	12.06.83
				9.28	Lyndsay Peddie	Balgownie	01.06.83
				9.19	Laura Crockford	Crown Point	27.04.97
U-17 WOMEN 400m HURDLES							
66.0	BRIDIE MCGLASHAN	Balgownie	19.08.86	U-17 WOMEN DISCUS			
69.4	Linda Falconer	Balgownie	11.09.77	38.08	HELEN COWE	Grangemouth	09.07.83
71.0	Katy Philip	Ayr	06.09.92	32.16	Marian Simpson	CA Stadium	02.06.94
71.3	Shirley Antoine	Balgownie	08.06.82	29.28	Pamela Bruce	Pitreavie	20.04.80
71.3	Trisha Ronney	Balgownie	08.06.83	27.34	Cheryl McHardy	Coatbridge	03.08.97
72.58	Rhona MacLennan	Meadowbank	28.04.85	26.02	Jennifer Reid	Banchory	04.09.94
71.4	Jenny Bole	Balgownie	01.07.80	25.88	Lesley Fowler	Arbroath	20.08.95
71.4	Rosslyn Duncan	Balgownie	08.06.83	25.60	Angela Smith	CA Stadium	04.09.97
71.7	Lyndsay Green	Coatbridge	26.05.96	25.34	Lorraine Dearie	Glenrothes	14.05.86
71.9	Deborah Johnston	Balgownie	08.06.83	24.78	Gillian Tindall	Glenrothes	02.09.79
				24.76	Jackie Gordon	Balgownie	22.08.76
U-17 WOMEN HIGH JUMP							
1.69	ELLIE WORKMAN	Birmingham	15.08.09	U-17 WOMEN HAMMER			
1.66	LYNDSAY PEDDIE	Balgownie	30.07.83	31.58	MARIAN SIMPSON	Birmingham	30.07.94
1.61	Shirley Gray	Balgownie	19.06.77	25.72	Catrín Dickson	CA Stadium	08.09.05
1.61	Beth Philip	CA Stadium	11.09.89	23.16	Katherine Masson	CA Stadium	04.09.95
1.60	Donna Quirie	CA Stadium	30.06.93	22.70	Kylie Davidson	Grangemouth	11.06.04
1.58	Heather Pirie	Coatbridge	08.08.91	19.87	Sarah Lyon	Coatbridge	30.05.99
1.58	Anne Watt	Balgownie	06.09.81	19.68	Angela Smith	CA Stadium	28.05.98
1.57	Suzie Robertson	Grangemouth	01.06.91	19.51	Mollie Hepburn	Inverness	16.09.07
1.56	Nicola Gauld	Grangemouth	13.06.98	19.24	Cheryl McHardy	Elgin	21.09.97
1.56	Kimberley Miles	CA Stadium	02.07.00	17.71	Sylvia Kamyá	Dundee	05.06.05
				17.60	Lesley Fowler	CA Stadium	29.05.95
U-17 WOMEN LONG JUMP							
5.71	KIRSTEN YOUNG	CA Stadium	26.06.05	U-17 WOMEN JAVELIN			
5.64	Lea Masson	Balgownie	18.09.77	35.98	ELLIE WORKMAN	Perth	26.04.09
5.53	Donna Quirie	Grangemouth	27.06.93	35.78	EMILY DOUGALL	CA Stadium	29.05.94
5.53	Sarah Still	Crown Point	20.06.92	33.09	Kimberley Miles	Sheffield	02.09.01
5.52	Deidre Auld	Balgownie	09.09.79	31.26	Lesley Fowler	CA Stadium	02.05.95
5.52	Lyndsay Peddie	Balgownie	11.09.83	30.66	Marian Simpson	Coatbridge	23.05.93
5.47	Ellie Workman	Grangemouth	13.06.09	30.32	Gillian Wilson	Meadowbank	18.08.91
5.40	Cheryl McHardy	CA Stadium	26.07.98	28.50	Kathy Rapley	Coatbridge	25.05.97
5.38	Laura Beveridge	Antrim	06.08.83	27.42	Vicky Clark	Grangemouth	15.05.93
5.27	Linda Davidson	Dundee	22.06.86	27.22	Laura Crockford	Meadowbank	12.05.96
				26.26	Rebecca Dougall	Linwood	20.07.97
U-17 WOMEN TRIPLE JUMP							
11.48	KIRSTEN YOUNG	Birmingham	15.08.04	U-17 WOMEN HEPTATHLON			
11.44	Donna Quirie	Birmingham	08.08.93	4390	ELLIE WORKMAN	Birmingham	16.08.09
11.03	Cheryl McHardy	Sheffield	16.08.98	(12.88, 1.69, 8.60, 27.55, 5.13, 32.49, 2:36.87)			
10.68	Nicola Gauld	CA Stadium	05.07.98	4192	Lyndsay Peddie	Wishaw	05.06.83
10.40	Sylvia Kamyá	Dundee	05.06.05	(16.2, 1.55, 8.97, 27.9, 5.04, 29.94, 3:03.8)			
10.11	Jennifer Reid	Banchory	27.08.94	3931	Louise Paterson	Stoke	08.07.90
9.83	Emma Cloggie	Banchory	31.08.02	3872	Kimberley Miles	Sheffield	02.09.01
9.77	Nikki Corsie	Meadowbank	20.06.98	3872	Donna Quirie	Linwood	25.07.93
9.65	Kimberley Miles	CA Stadium	30.07.00	3813	Jennifer Reid	Linwood	25.07.93
9.54	Shonah Richard	Dundee	03.08.03	3786	Rebecca Dougall	Linwood	20.07.97
				3688	Sarah Still	CA Stadium	20.09.92
U-17 WOMEN SHOT							
11.85	HELEN COWE	Elgin	16.07.83	3515	Wendy Pennet	Linwood	20.07.97
10.29	Sarah Lyon	Tullamore	04.07.99	3341	Shirley Antoine	Balgownie	19.05.82
9.86	Jennifer Reid	Banchory	04.09.94	The above Heptathlon scores were those produced at the time and do not allow for changes in implements or scoring systems.			
9.60	Shirley Gray	Balgownie	18.06.78				
9.54	Marian Simpson	Coatbridge	28.08.94				
9.48	Rhona MacLennan	Coatbridge	04.05.86				

ALL TIME TOP 10s – U-15 EVENTS

U-15 BOYS 100m

11.5	Alexander Carnie	Crown Point	07.09.86	24.32	Stuart Mathieson	Pitreavie	09.07.95
11.6	Ahmed Al-Kowarri	Crown Point	07.08.93	24.45	William Stark	CA Stadium	22.06.91
11.7	Paul Manson	Balgownie	20.08.78	24.5	Paul Manson	Coatbridge	02.09.78
11.8	Stuart Mathieson	Inverness	28.05.95	24.6	Richard Singer	CA Stadium	18.07.93
11.9	Graham Thomson	CA Stadium	09.09.01	24.7	Colin Wilson	CA Stadium	10.06.89
11.9	Andrew Keelan	Inverness	03.07.88	24.8	F Morton (75), BReaper (81), M Butler (82), A Keelan (88)		
11.92	Christopher Maslen	Grangemouth	12.06.99	U-15 BOYS 400m			
12.0	Richard Singer	Peterhead	06.06.93	52.5	Colin Donald	Grangemouth	26.06.82
12.1	A Cameron (75), F Morton (75), M Butler (82), W Stark (91)			52.7	Ahmed Al-Kowarri	Crown Point	07.08.93

U-15 BOYS 200m

23.1	Alexander Carnie	Crown Point	07.09.86	53.1	Stuart Mathieson	Grangemouth	17.06.95
23.5	Ahmed Al-Kowarri	Grangemouth	23.06.93	53.61	Richard Singer	Grangemouth	11.07.93
24.2	Mark Davidson	Balgownie	30.07.83	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
55.1	Steven Rusling	CA Stadium	04.08.02	55.50	Mark Davidson	Scotstoun	11.06.83
55.50	Mark Davidson	Scotstoun	11.06.83	56.0	Richard Murdoch	CA Stadium	13.09.06
56.0	Richard Murdoch	CA Stadium	13.09.06	56.48	Richard Gray	Inverness	09.07.00
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
2:07.2	Euan Cameron	Grangemouth	18.06.77
2:08.22	Mark Haskett	Grangemouth	06.07.03
2:09.0	Ewan Calvert	Pitreevie	31.07.88
2:09.2	Colin Wilson	Crown Point	30.07.89
2:10.4	Richard Singer	Grangemouth	14.08.93
2:10.6	Simon Marwick	CA Stadium	28.07.96
2:10.11	Stuart Forbes	Pitreevie	08.05.99

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 Crichton	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	Linksfield	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
11.66	Ian Lind	Glenrothes	11.09.88
11.48	Alan Cameron	Balgownie	22.06.75
11.33	David Parham	Meadowbank	21.09.75
11.32	Christopher Jessiman	Glenrothes	13.09.87
11.28	Paul Allan	Glenrothes	09.09.84
11.09	Jamie Stewart	CA Stadium	24.07.94
10.84	Bryan Begg	Balgownie	22.06.75
10.84	Steven Stark		1993

U-15 BOYS SHOT

11.89	Kevin Lutton	Dundee	27.06.99
11.78	Derek Elmslie	Balgownie	22.06.75
11.70	Adam Crichton	Grangemouth	13.06.09
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
27.78	Adam Crichton	Inverness	24.05.09
27.76	Richard Phonburn	Grangemouth	13.06.09
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

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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
26.7	Emma Cloggie	Dundee	23.06.02
26.7	Karen Cussell	Balgownie	10.09.78
26.7	Katrina Leys	Wishaw	06.09.87
26.7	Fiona Lumsden	Coatbridge	29.04.90
26.7	Jennifer Reid	Crown Point	20.06.92

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
2:19.05	Eilidh Prise	Scotstoun	29.08.10
2:19.7	Kate Murdoch	Neadowbank	31.05.09
2:20.50	Jennifer MacLean	Meadowbank	17.06.95
2:20.66	Christie Noble	Scotstoun	24.04.05

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
4:49.69	Eidh Prise	Inverness	05.09.10
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	Emma Caldwell	Scotstoun	29.08.10
1.50	Kimberley Miles	CA Stadium	12.09.99
1.50	Kate Murdoch	CA Stadium	30.08.09
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

U-15 GIRLS LONG JUMP

5.38	Deirdre Auld	Meadowbank	18.06.77
5.33	Kirsten Young	CA Stadium	20.04.03
5.27	Sarah Still	Dundee	09.09.90
5.12	Laura Beveridge	Balgownie	21.06.81
5.11	Jenny Bole	Balgownie	10.09.78
5.10	Lyndsay Peddie	Balgownie	13.06.81
5.07	Linda Davidson	Balgownie	12.06.83
5.01	Jennifer Lynch	Balgownie	23.08.75
5.01	Donna Quirie	Waterford	11.08.90
4.97	Claire Middleton	Pitreevie	14.06.92

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	Pitreevie	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	Pitreevie	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	Pitreevie	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	Pitreevie	14.05.77
2754	Catriona Pennet	Scotstoun	03.05.98
2675	Amanda Lochhead	Grangemouth	24.08.80
2642	Shelda Stalker	Pitreevie	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

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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	Not known	1979
11.7	STANLEY WALKER	CA Stadium	13.09.09
11.9	Chris Coulter	Balgownie	05.09.87
12.0	Forbes Bruce	Balgownie	08.08.81
12.0	Brian Gordon	Linksfield	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
24.12	Stanley Walker	CA Stadium	06.09.09

24.6	Frank Gauld	CA Stadium	10.06.00
24.6	Denis Shepherd	CA Stadium	26.08.92
24.7	Malcolm Clarkson	Linksfield	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	2:06.1	Alan Fulton	Inverness	10.06.95
56.8	Bill Scullion	CA Stadium	16.06.93	2:08.1	Frank Gauld	Dundee	28.05.00
57.3	Dave Walker	CA Stadium	29.06.93	2:08.8	Ken Hogg	Dundee	18.06.89
VETERAN MEN 800m				2:10.3	Dave Armitage	CA Stadium	24.08.91
2:01.0	DENIS SHEPHERD	Dundee	22.08.93	2:10.7	Jim Burr	CA Stadium	27.08.94
2:01.1	Hunter Watson	Coatbridge	30.05.76	2:11.2	Bill Scullion	CA Stadium	28.08.93
2:02.72	Roderick MacFarquhar	Strasbourg	15.07.82	2:13.1	John Ballentine	CA Stadium	28.08.93
VETERAN MEN 1500m				2:13.1	Frank Smith	CA Stadium	22.07.01
4:08.0	HUNTER WATSON	Coatbridge	12.06.77	VETERAN MEN HALF-MARATHON			
4:11.2	Roderick MacFarquhar	Balgownie	10.08.83	67:13	DAVID CLARK	Aberdeen	07.07.85
4:15.3	Mike Simpson	CA Stadium	03.09.97	67:13	Colin Youngson	Glasgow	11.09.88
4:18.7	Colin Youngson	CA Stadium	26.08.93	68:52	Fraser Clyne	Liverpool	25.08.96
4:20.7	Ken Hogg	Linksfield	06.09.88	69:24	Donald Ritchie	Inverness	23.03.85
4:23.4	John Ballentine	Linwood	25.07.93	69:27	George Sim	Dyce	14.07.91
4:25.3	Charlie Haskett	CA Stadium	24.08.00	70:19	Roderick MacFarquhar	Peterhead	26.08.84
4:27.5	Dave Armitage	CA Stadium	26.08.93	70:22	Graham Milne	Peterhead	19.06.88
4:28.4	Bill Scullion	CA Stadium	26.08.93	70:50	Bill Adams	Mariehamm (Finland)	29.06.91
4:28.9	Graham Milne	Peterhead	13.05.90	72:27	Ken Hogg	Dyce	27.03.88
VETERAN MEN 3000m				73:26	Ben Preece	Inverness	20.03.88
8:50.9	COLIN YOUNGSON	CA Stadium	22.07.90	VETERAN MEN MARATHON			
8:56.6	Roderick MacFarquhar	Balgownie	30.07.83	2:18:01	DAVID CLARK	Florence (Italy)	02.12.84
9:18.6	Mike Simpson	CA Stadium	03.06.97	2:21:14	Alistair Wood	Edinburgh	28.06.75
9:21.9	Steve Taylor	Forres	07.07.79	2:21:26	Donald Ritchie	London	21.04.85
9:24.0	Charlie Haskett	CA Stadium	06.06.01	2:28:25	Fraser Clyne	Greenock	15.09.96
9:29.0	John Ballentine	CA Stadium	26.07.92	2:28:38	Colin Youngson	Linksfield	22.05.88
9:30.6	Mel Edwards	CA Stadium	23.07.89	2:32:57	George Sim	Dundee	12.05.91
9:32.3	Davy Grubb	CA Stadium	23.07.89	2:33:39	Roderick MacFarquhar	Aberdeen	16.09.84
9:35.0	Alastair Wood	Balgownie	14.05.81	2:36:15	Ben Preece	London	23.04.89
9:39.2	Ian Fraser	CA Stadium	22.07.90	2:34:53	Bill Adams	London	21.04.91
VETERAN MEN 5000m				2:39:06	Jim Morrison	London	09.05.82
14:57.0	ALISTAIR WOOD	Meadowbank	12.07.75	VETERAN MEN HIGH JUMP			
15:24.8	Colin Youngson	Grangemouth	29.06.91	1.67	DENIS SHEPHERD	Inverness	12.09.92
15:28.0	Roderick MacFarquhar	Balgownie	24.05.83	1.65	Bill Lonsdale	CA Stadium	21.05.03
15:48.0	Graham Milne	Balgownie	29.06.88	1.65	Trevor Madigan	Balgownie	01.07.87
15:54.6	George Sim	Inverness	18.05.92	1.65	Robert Masson	Balgownie	01.07.87
15:57.2	Mike Simpson	CA Stadium	14.08.97	1.55	Kenny Lyon	CA Stadium	12.05.04
16:14.2	Mel Edwards	Balgownie	15.05.85	1.55	James MacGregor	Pitreavie	11.07.10
16:23.26	John Ballentine	Jarrow	17.07.93	1.42	Edward McKenzie	Riccione (ITA)	04.09.07
16:27.51	Frank Boyne	Grangemouth	29.08.10	1.40	Malcolm Clarkson	CA Stadium	07.06.89
16:30.4	Davy Grubb	CA Stadium	04.07.89	1.30	Ken Peddie	Balgownie	15.05.84
VETERAN MEN 10000m				1.20	Alan Johnston	Balgownie	23.06.81
30:33.4	ALISTAIR WOOD	Meadowbank	06.05.73	VETERAN MEN POLE VAULT (Top 5)			
31:39.2	Colin Youngson	Crown Point	15.07.90	3.65	KENNY LYON	CA Stadium	01.09.01
32:29.0	Roderick MacFarquhar	Balgownie	06.04.83	3.60	Robert Masson	Balgownie	08.07.87
32:42.0	Donald Ritchie	Inverness	08.09.84	2.70	Edward Mckenzie	CA Stadium	21.08.10
33:09.6	Mike Simpson	CA Stadium	01.05.97	2.25	Trevor Madigan	Balgownie	06.04.86
33:11.37	Bill Adams	Finland	24.06.91	1.90	Ian Morrison	Balgownie	10.08.82
34:06.7	John Ballentine	Coatbridge	11.07.92	VETERAN MEN LONG JUMP			
34:17.6	Graham Milne	Grangemouth	03.09.88	5.95	KENNY LYON	CA Stadium	01.04.01
34:40.8	Mel Edwards	CA Stadium	04.05.89	5.76	Robert Masson	Balgownie	20.09.87
34:51.4	Ken Hogg	CA Stadium	08.05.90	5.75	Trevor Madigan	Balgownie	05.09.87
VETERAN MEN 3000m STEEPLECHASE (Top 3)				5.55	Miller Mathieson	Balgownie	05.08.79
10:25.99	FRANK BOYNE	Meadowbank	19.04.09	5.55	Forbes Bruce	Balgownie	05.08.79
10:31.7	Dave Armitage	Grangemouth	04.09.91	5.49	Malcolm Clarkson	Balgownie	05.09.87
11:50.4	Gordon Ramsay	CA Stadium	30.06.94	5.48	Chris Coulter	Balgownie	05.09.87
VETERAN MEN 100m HURDLES (Top 6)				5.46	Denis Shepherd	CA Stadium	02.09.92
16.4	DENIS SHEPHERD	CA Stadium	30.06.92	5.22	Frank Gauld	CA Stadium	26.08.98
17.0	Angel Alicea	CA Stadium	04.04.93	5.21	Mark Davidson	CA Stadium	26.08.09
17.1	Kenny Lyon	CA Stadium	08.06.05	VETERAN MEN TRIPLE JUMP (Top 9)			
17.2	Robert Masson	Balgownie	09.09.87	12.21	TREVOR MADIGAN	Balgownie	27.07.85
17.5	Trevor Madigan	Balgownie	06.04.86	11.84	Kenny Lyon	CA Stadium	11.05.03
21.3	Bill Lonsdale	CA Stadium	11.06.03	11.30	Frank Gauld	CA Stadium	30.07.00
VETERAN MEN 400m HURDLES (Top 7)				11.20	Chris Coulter	Balgownie	17.08.87
59.0	DENIS SHEPHERD	CA Stadium	01.06.93	11.03	Robert Masson	CA Stadium	11.05.93
66.2	Allan Stirling	Balgownie	09.09.87	10.75	Bill Lonsdale	Derby	07.06.03
66.9	Kenny Lyon	CA Stadium	28.06.01	10.44	Malcolm Clarkson	Grangemouth	19.06.88
67.4	Dave Walker	CA Stadium	01.06.93	10.43	Alan Young	CA Stadium	28.05.05
68.8	Trevor Madigan	Balgownie	19.08.86	4.14	Hugo Fletcher	CA Stadium	01.05.02
72.4*	Edward McKenzie	Inverness	12.05.07	VETERAN MEN SHOT			
77.1	Bill Lonsdale	CA Stadium	27.06.02	13.04*	DARREN CHAPMAN	CA Stadium	18.04.10
* 3' hurdles				13.01	Edward McKenzie	CA Stadium	27.08.09
				12.32	Robert Masson	CA Stadium	26.08.89
				11.68	Forbes Bruce	Balgownie	08.08.81
				11.65	Mark Davidson	CA Stadium	27.08.09
				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

* Senior men's implements

VETERAN MEN DISCUS

39.86	ROBERT MASSON	CA Stadium	03.09.92
33.89*	Edward Mckenzie	CA Stadium	25.06.09
33.34*	Darren Chapman	CA Stadium	24.06.10
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

* Senior men's implements

VETERAN MEN HAMMER

36.95*	EDWARD MCKENZIE	CA Stadium	03.09.09
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
27.41*	Darren Chapman	CA Stadium	19.08.10
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

* 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 (Top 5)

4738	TREVOR MADIGAN	Balgownie	30.04.86
3658	Robert 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
14.4	Laura Mahady	CA Stadium	26.08.09
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
28.7	Laura Mahady	CA Stadium	19.08.09
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

61.05	LAURA MAHADY	Lahti (FIN)	07.08.09
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
2:19.50	Laura Mahady	Lahti (FIN)	12.08.09
2:20.6	Heather Wisley	Inverness	13.05.90
2:24.4	Nancy MacKinnon	CA Stadium	10.09.88
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
4:50.73	Laura Mahady	Lahti(FIN)	06.08.09
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
5:07.4	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
22:08.9	Jane MacKay	CA Stadium	10.05.10
22:10.3	Trish McLauchlan	CA Stadium	10.05.10
22:49.2	Alison Henderson	CA Stadium	12.08.99

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
46:29.3	Trish McLauchlan	CA Stadium	22.06.09
46:43.0	Maureen MacInnes	CA Stadium	22.06.09
47:03.5	Jane MacKay	CA Stadium	22.06.09
48:40.8	Janice Gordon	CA Stadium	04.07.02
48:42.8	Nancy MacKinnon	CA Stadium	04.07.02
49:33.1	Ann Clark	CA Stadium	22.06.09

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
3:18:57	Angela Hepburn	Fort William	18.04.10
3:24:22	Olive Fraser	London	23.04.89
3:27:32	Nicola Smith	Inverness	02.10.10
3:27:42	Leona Hart	Dundee	28.04.85
3:32:33	Betty May	London	21.04.91
3:37:09	Maureen McInnes	Amsterdam	15.10.06
3:42:53	Bing Kerr	London	23.04.89
3:54:48	Carol Hawthorn	Aberdeen	16.09.84

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 4)

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)

11.07	FIONA DAVIDSON	Pitreavie	18.07.10
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
8.45	Kathleen Madigan	Newtonmore	05.08.06
8.17	Shona McKinnon	Drumadrochit	26.08.00
7.76	Joyce Hogg	Cwmbran	23.07.88
7.66	Fiona Davidson	CA Stadium	04.06.08
7.47	Janet Lyon	CA Stadium	28.08.97
7.44	Anne Lindsay	Grangemouth	27.08.88
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 DISCUS

23.94	ANNE LINDSAY	Grangemouth	19.06.88
22.34	Ann Imrie	CA Stadium	10.08.97
21.35	Fiona Davidson	CA Stadium	25.08.10
20.94	Dorothy Davidson	Balgownie	24.02.85
19.52	Shona McKinnon	CA Stadium	24.07.00
19.34	Kathleen Madigan	CA Stadium	25.09.09

19.30	Joyce Hogg	CA Stadium	21.06.89
19.26	Linda Michie	CA Stadium	31.08.06
18.09	Margaret Lyon	CA Stadium	05.07.98
17.68	Nancy Mackinnon	Dundee	18.06.89

23.68	Shona McKinnon	Pitreavie	13.07.02
21.48	Kathleen Madigan	Perth	07.06.09
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 HAMMER (Top 5)

26.04	KATHLEEN MADIGAN	Inverness	19.09.10
22.23	Fiona Davidson	CA Stadium	19.08.10
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 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

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
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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
7.1	Ian Garioch	Aberdeen SV	12.12.09
7.21	Neil Fachie	Kelvin Hall	30.11.05
7.25	Ronald Smith	Kelvin Hall	31.01.99
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
7.4	Lee Williamson	Aberdeen SV	12.12.09
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

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
22.71	Ian Garioch	Kelvin Hall	28.10.09
23.1	Richard Chessor	Kelvin Hall	23.04.03
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
23.72	Bruce Gibb	Kelvin Hall	06.02.10
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

MEN 400m (Top 20)

47.44	BARRY MIDDLETON	Birmingham	25.01.97
47.65	Mark Davidson	Athens	11.02.89
48.84	Ian Garioch	Kelvin Hall	06.02.10
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
51.49	Ronald Smith	Kelvin Hall	28.02.09
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
53.2	Kevin Morice	Kelvin Hall	06.11.02
53.25	Bruce Gibb	Kelvin Hall	06.02.10
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

MEN 800m (Top 10)

1:56.64	MYLES EDWARDS	Sheffield	15.03.10
1:56.75	Frank Boyne	Kelvin Hall	07.02.93
1:57.31	Adam Watt	Kelvin Hall	17.02.02
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

MEN 1000m (Top 10)

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

MEN 1500m (Top 10)

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
4:12.87	Cameron Strachan	Kelvin Hall	28.10.09
4:17.4	Stewart Mason	Kelvin Hall	24.11.99
4:17.4	Colin Youngson	Kelvin Hall	07.03.92

MEN 3000m (TOP 5)

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

MEN 60m HURDLES (TOP 5)

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

MEN HIGH JUMP (Top 10)

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	8.13	Hayley Bowers	Kelvin Hall	28.01.99
1.86	Paul Allan	Kelvin Hall	03.02.90	8.17	Pamela Gray	Kelvin Hall	04.02.95
1.85	Ian Lind	Kelvin Hall	03.02.90	8.19	Catriona Pennet	Kelvin Hall	07.12.02
1.85	Craig Noble	Kelvin Hall	05.02.93	8.19	Angela Shearer	Kelvin Hall	27.01.00
1.82	Tom Leeson	Kelvin Hall	16.02.97	8.2	Fiona Lumsden	Kelvin Hall	14.12.91
1.80	Dinkar Sabnis	Kelvin Hall	02.12.90	8.20	Sam Somers	Kelvin Hall	14.02.10
1.80	Michael Spink	Kelvin Hall	24.01.93				

MEN POLE VAULT (Top 10)

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	Sam Lyon	Aberdeen SV	12.12.09
3.10	Robert Miller	Kelvin Hall	26.01.03

MEN LONG JUMP (Top 10)

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
6.45	Stewart Clark	Aberdee SV	12.12.09
6.42	Tom Leeson	Kelvin Hall	15.02.97
6.37	Sam Lyon	Kelvin Hall	04.02.10
6.34	Paul Allan	Kelvin Hall	03.02.90
6.29	Kenny Lyon	Kelvin Hall	25.02.89

MEN TRIPLE JUMP (Top 10)

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
12.87	Sam Lyon	Kelvin Hall	14.02.10
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
12.32	Stewart Clark	Kelvin Hall	17.01.09
12.13	Donald Prentice	Kelvin Hall	03.02.96
12.13	Chris Rhodes	Kelvin Hall	06.02.94

MEN SHOT (Top 10)

16.98	SCOT THOMPSON	Cardiff	21.02.10
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
12.27	Darren Chapman	Aberdeen SV	21.03.10
12.18	Fintan McCabe	Kelvin Hall	16.02.08
12.06	Tom Leeson	Kelvin Hall	15.02.97

MEN HEPTATHLON (TOP 5)

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

WOMEN 60m

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
7.9	Susan Tengtenga	Aberdeen SV	12.12.09
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
8.04	Alison Wylie	Kelvin Hall	20.02.10

WOMEN 200m (Top 20)

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
26.68	Alison Wylie	Kelvin Hall	20.02.10
26.96	Susan Tengtenga	Kelvin Hall	20.02.10
27.1	Emma Cloggie	Kelvin Hall	18.01.09
27.1	Susan Hendry	Kelvin Hall	25.10.95
27.23	Lorna Johnston	Kelvin Hall	10.01.99
27.30	Kirsten Young	Kelvin Hall	17.02.05
27.41	Kathleen Madigan	Cardiff	05.03.06
27.60	Suzanne Middleton	Kelvin Hall	23.01.00
27.63	Katy Philip	Kelvin Hall	21.02.93
27.74	Janet Lyon	Kelvin Hall	12.02.05
27.78	Gemma Hair	Kelvin Hall	04.02.96
27.98	Donna Quirie	Kelvin Hall	24.02.91

WOMEN 400m (Top 10)

55.27	EMMA CLOGGIE	Birmingham	05.03.06
56.24	Susan Hendry	Birmingham	19.02.95
58.54	Nicola Gauld	Kelvin Hall	26.01.02
59.06	Aileen Connelly	Kelvin Hall	12.03.05
59.15	Fiona Davidson	Kelvin Hall	09.01.99
59.80	Lorna Johnston	Kelvin Hall	13.01.01
62.74	Marie Dobson	Kelvin Hall	21.03.08
63.9	Trisha Ronney	Kelvin Hall	28.02.88
64.82	Rebecca Dougall	Kelvin Hall	17.01.98
65.03	Laura Mahady	Kelvin Hall	21.02.09

WOMEN 800m (Top 10)

2:11.47	NICOLA GAULD	Kelvin Hall	18.01.04
2:13.15	Susan Hendry	Kelvin Hall	15.12.96
2:14.32	Emma Cloggie	Birmingham	20.02.05
2:16.58	Ellie Buchan	Kelvin Hall	04.02.10
2:18.28	Lynsey Still	Kelvin Hall	03.02.96
2:22.20	Sarah Still	Kelvin Hall	18.02.01
2:22.77	Sonia Armitage	Linz, Austria	17.03.06
2:23.16	Christie Noble	Kelvin Hall	17.02.05
2:24.8	Heather Wisley	Kelvin Hall	25.03.90
2:25.26	Caroline Clarkson	Kelvin Hall	21.02.93

WOMEN 1500m (TOP 5)

4:26.20	NICOLA GAULD	Cardiff	05.02.06
4:45.85	Sonia Armitage	Linz, Austria	20.03.06
4:46.81	Ellie Buchan	Cardiff	03.02.08
4:51.1	Heather Wisley	Kelvin Hall	25.03.90
4:57.90	Hannah Smith	Kelvin Hall	15.01.94

WOMEN 3000m (TOP 3)

10:44.37	JANET FRASER	Kelvin Hall	14.01.89
11:23.81	Laura Mahady	Kelvin Hall	12.02.05
12:23.44	Chantelle Clark	Kelvin Hall	15.01.06

WOMEN 60m HURDLES (TOP 7)

8.79	CATRIONA PENNET	Kelvin Hall	15.02.04
8.84	Sarah Still	Kelvin Hall	12.03.00
8.92	Catriona Pennet	Kelvin Hall	08.02.03
8.94	Gail Murchie	Kelvin Hall	07.02.93
9.47	Sylvia Kamyra	Kelvin Hall	28.02.09
9.61	Ellie Workman	Kelvin Hall	14.02.10
9.90	Nicola Kemp	Kelvin Hall	15.02.98

WOMEN HIGH JUMP (Top 10)

1.71	ELLIE WORKMAN	Kelvin Hall	05.02.09
1.66	Sarah Still	Kelvin Hall	18.02.01
1.60	Beth Philip	Kelvin Hall	27.10.91
1.60	Heather Pirie	Kelvin Hall	06.02.94
1.55	Nicola Gauld	Kelvin Hall	30.01.97
1.55	Kimberley Miles	Kelvin Hall	08.12.01

1.52	Linda Davidson	Kelvin Hall	25.02.89	10.15	Heather Pirie	Kelvin Hall	22.01.95
1.50	Wendy Pennet	Kelvin Hall	13.01.96	9.98	Nicola Kemp	Kelvin Hall	06.02.94
1.50	Shona Simpson	Kelvin Hall	04.12.88	9.59	Emma Cloggie	Kelvin Hall	02.03.03
1.47	D Quirie/C Middleton/C Pennet		93/94/00	9.51	Nikki Corsie	Kelvin Hall	15.11.00

WOMEN POLE VAULT (TOP 3)

2.75	LAURA KUTT	Kelvin Hall	20.10.10
2.70	Janet Lyon	Kelvin Hall	09.02.02
2.50	Sam Somers	Aberdeen SV	12.12.09

WOMEN LONG JUMP (Top 10)

5.88	LINDA DAVIDSON	Birmingham	21.02.93
5.82	Sarah Still	Kelvin Hall	12.03.00
5.36	Kirsten Young	Kelvin Hall	06.02.05
5.21	Donna Quirie	Kelvin Hall	21.02.93
5.21	Ellie Workman	Kelvin Hall	22.02.09
5.13	Nicola Kemp	Kelvin Hall	21.02.93
5.00	Catriona Pennet	Kelvin Hall	15.01.00
4.98	Diane Burr	Kelvin Hall	27.10.93
4.96	Claire Middleton	Kelvin Hall	01.03.92
4.95	Nikki Corsie	Kelvin Hall	27.01.01

WOMEN TRIPLE JUMP (Top 10)

11.18	LINDA DAVIDSON	Kelvin Hall	26.01.92
11.03	Fiona Davidson	Kelvin Hall	16.01.05
11.00	Kirsten Young	Birmingham	26.02.05
10.87	Sylvia Kamyra	Kelvin Hall	17.01.10
10.44	Donna Quirie	Kelvin Hall	06.02.94
10.26	Nicola Gauld	Kelvin Hall	15.11.00

WOMEN SHOT (Top 10)

13.89	HELEN COWE	Kelvin Hall	27.02.93
9.71	Sarah Still	Kelvin Hall	18.02.01
9.31	Gail Murchie	Kelvin Hall	06.03.93
9.20	Fiona Pirie	Kelvin Hall	24.01.93
8.99	Sarah Lyon	Kelvin Hall	31.01.99
8.96	Ellie Workman	Kelvin Hall	22.02.09
8.90	Kimberley Miles	Kelvin Hall	31.01.02
8.68	Catriona Pennet	Kelvin Hall	11.12.99
8.42	Kathleen Madigan	Aberdeen SV	21.03.10
8.39	Michelle Mackintosh	Kelvin Hall	02.03.03

WOMEN PENTATHLON (TOP 7)

3778	SARAH STILL (5.82; 8.84; 1.62; 9.52; 2:23.11)	Kelvin Hall	13.03.00
2866	Gail Murchie (8.96; 1.45; 9.31; 4.70; 2:54.42)	Kelvin Hall	06.03.93
2745	Heather Pirie (10.62; 1.59; 7.93; 4.81; 2:44.95)	Kelvin Hall	19.02.95
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



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

2010 TOP 5 CLUB RANKINGS

Covering the athletics year ended 30 September 2010

SENIOR MEN

60m

7.1i	Ian Garioch
7.4	Lee Williamson
7.6i	Stan Walker (M40)
7.64i	Scot Thompson
7.7	D Chapman (M40)/T Helyer

100m

10.94	Ian Garioch
11.56	Peter Mutch
12.0	James Joy
12.10	Stan Walker (M40)
12.3	Andrew Ferguson

200m

21.99	Ian Garioch
23.15	Bruce Gibb
23.26	Thomas Helyer
23.4	Thomas Newton
23.49	Peter Mutch

300m

37.8	Thomas Newton
38.3	Peter Mutch
38.4	James Joy
38.9	Andrew Ferguson
41.9	Stan Walker (M40)

400m

47.49	Ian Garioch
51.1	Thomas Newton
51.48	Thomas Helyer
51.54	Myles Edward
51.6	Bruce Gibb

800m

1:53.51	James Joy
1:54.82	Mark Haskett
1:55.01	Myles Edwards
2:05.12	Andrew Ferguson
2:07.5	Thomas Helyer

1500m

3:57.08	Myles Edwards
3:58.53	Mark Haskett
4:03.60	James Joy
4:40.3	David Munro
4:44.5	Alasdhair Love

3000m

8:49.8	James Joy
8:53.9	Ben Hukins
9:56.3	Chris Roy
10:01.4	Andrew Ferguson
10:17.0	Charlie Haskett M50)

5000m

16:27.51	Frank Boyne (M40)
17:18.69	Darren Shinnie
17:48.7	Andrew Ferguson
20:23.76	Colin Youngson
23:36.5	Hugh Rose

10000m

31:44.34	Ben Hukins
37:29.7	Neil Manson (M40)
37:34.1	Chris Forrall
41:30.6	Colin Youngson (M60)

3000m Steeplechase

10:14.66	David Munro
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110m Hurdles

20.68	Alasdhair Love
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400m Hurdles

61.3	Alasdhair Love
63.1	Peter Mutch
72.3	Kenny Lyon (M50)

High Jump

1.55	James MacGregor (M40)
1.50	Peter Mutch
1.45i (1.42)	Edward McKenzie (M40)
1.40	Thomas Helyer
1.40i	Trevor Madigan (M65)

Pole Vault

3.00i (2.80)	Kenny Lyon (M45)
3.00	Bob Masson (M60)
2.70	Darren Chapman (M40)
2.70	Edward McKenzie (M40)

Long Jump

6.22i	Ian Garioch
5.66	Alasdhair Love
5.28	Fintan McCabe (M35)
4.96	Alan Young (M45)
4.95i	Kenny Lyon (M45)

Triple Jump

11.46	Fintan McCabe (M35)
11.34	David Munro
8.99i	Trevor Madigan (M65)
8.82	Bob Masson (M60)

Shot

16.98i (16.20)	Scot Thompson
13.04	Darren Chapman (M40)
11.97	Fintan McCabe (M35)
11.80	Padriag White
11.16	Edward McKenzie (M40)

Discus

53.66	Scot Thompson
33.45	Fintan McCabe (M35)
33.34	Darren Chapman (M40)
31.06	Edward McKenzie (M40)
30.91	Padraig White

Hammer

62.73	Padraig White
49.44	Scot Thompson
31.83	Edward McKenzie (M40)
27.41	Darren Chapman (M40)
24.46	Bob Masson (M60)

Javelin

55.45	Scot Thompson
40.86	Fintan McCabe (M35)
37.45	Edward McKenzie (M40)
31.65	Bob Masson (M60)
32.17	Kenny Lyon (M45)

VETERAN MEN (M40 unless stated)

60m

7.6i (7.8)	Stan Walker
7.7i	Darren Chapman
8.1	Mike Astell
8.18i	Alan Young (M45)
8.3	Kenny Lyon (M45)

100m

12.10.	Stan Walker
12.35	Mike Astell
13.0	Alan Young (M45)
13.1	Mark Davidson
13.29	Edward McKenzie

200m

24.9	Stan Walker
25.71	Mike Astell

27.73	Edward McKenzie
29.9	Trevor Madigan (M65)
44.1	Hugo Fletcher (M75)

300m

41.9	Stan Walker
43.9	Kenny Lyon (M45)
46.8	Barry Reaper
51.4	Trevor Madigan (M65)
74.4	Hugo Fletcher (M70)

400m

64.52	Edward McKenzie
66.29i (66.8)	Alan Fulton (M60)
98.9	Hugo Fletcher (M75)

800m

2:50.09i	Alan Fulton (M60)
4:08.8	Hugo Fletcher (M70)

1500m

4:57.5	James MacGregor
5:07.7	Tom Litterick (M45)
5:26.5	Mark Davidson
5:49.7	Alan Fulton (M60)
6:16.4	Bob Masson (M60)

3000m

10:17.0	Charlie Haskett (M50)
11:10.7	Roddy McLeod
11:36.7	Colin Youngson (M60)
12:51.4	Alan Fulton (M60)

5000m

16:27.51	Frank Boyne
20:23.76	Colin Youngson (M60)

10,000m

37:29.7	Neil Manson
41:30.6	Colin Youngson (M60)

110m Hurdles (3'3")

20.71	Edward McKenzie
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300m Hurdles (2'6")

56.1	Bob Masson (M60)
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400m Hurdles (3')

72.3	Kenny Lyon (M45)
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High Jump

1.55	James MacGregor
1.45i (1.42)	Edward McKenzie
1.40i (1.30)	Trevor Madigan (M65)
1.35	Bob Masson (M60)

Pole Vault

3.00i (2.80)	Kenny Lyon (M45)
3.00	Bob Masson (M60)
2.70i	Darren Chapman
2.70	Edward McKenzie

Long Jump

4.96i (4.93)	Alan Young (M45)
4.95i	Kenny Lyon (M45)
4.90	Darren Chapman
4.84	Mark Davidson
4.73	Edward McKenzie

Triple Jump

8.99i	Trevor Madigan (M65)
8.82	Bob Mason (M60)

Shot (7.26 Kg)

13.04	Darren Chapman
11.16	Edward McKenzie
8.60	Kenny Lyon (M45)
7.95	Bob Masson (M60)

Shot (5 Kg)
 9.93i (9.74) Bob Masson (M60)
 8.93i (8.39) Trevor Madigan (M65)

Shot (4 Kg)
 5.01 Hugo Fletcher (M75)

Discus (2 Kg)
 33.34 Darren Chapman
 31.06 Edward McKenzie
 26.38 Bob Masson (M60)
 25.30 Kenny Lyon (M45)

Discus (1.5kg)
 31.65 Bob Masson (M60)
 14.61 Alan Fulton (M60)

Discus (1kg)
 39.95 Bob Masson (M60)
 27.22 Trevor Madigan (M65)
 11.87 Hugo Fletcher (M75)

Hammer (7.26 Kg)
 31.83 Edward McKenzie
 27.41 Darren Chapman
 24.46 Bob Masson (M60)

Hammer (5Kg)
 32.40 Bob Masson (M60)
 26.40 Trevor Madigan (M65)

Hammer (4Kg)
 12.60 Hugo Fletcher (M75)

Javelin (800g)
 37.45 Edward McKenzie
 32.17 Kenny Lyon (M45)
 31.65 Bob Masson (M60)
 26.94 Darren Chapman

Javelin (600g)
 34.92 Bob Masson (M60)
 24.04 Trevor Madigan (M60)

Javelin (500g)
 10.16 Hugo Fletcher (M75)

Decathlon (M460)
 4003 Edward McKenzie

Weight Pentathlon
 2033 Edward McKenzie

*age-graded

UNDER-20 MEN

60m
 7.5i (7.6) Sam Lyon
 7.6i Stewart Clark
 7.8 Tom Brodie
 7.8i Michael Thompson

100m
 11.7 Sam Lyon
 11.8 Jonathan Mann
 11.97 Michael Thompson
 12.2 Stewart Clark
 12.2 Kamil Janicki

200m
 23.6 Sam Lyon
 23.6 William Smy
 23.9 Cameron Strachan
 24.16 Jonathan Mann
 25.3 Stewart Clark

300m
 37.9 Sam Lyon
 38.4 Cameron Strachan
 42.8 Lewis Coffin

400m
 52.2 Sam Lyon
 52.3 Cameron Strachan
 52.8 Jonathan Mann
 53.65 William Smy
 58.1 David Smith

800m
 1:55.57 Cameron Strachan
 2:05.9 Jonathan Mann
 2:07.4 Ross Fulton
 2:09.51 Rory Leslie
 2:10.23 Lewis Coffin

1500m
 4:02.80 Cameron Strachan
 4:20.0 Ross Fulton
 4:30.51 Rory Leslie
 4:46.9 Lewis Coffin

3000m
 9:08.7 Cameron Strachan
 9:20.9 Ross Fulton

5000m
 15:44.49 Cameron Strachan
 15:47.61 Ross Fulton
 17:44.8 Rory Leslie

110m Hurdles (3'6")
 18.39 Sam Lyon

110m Hurdles (3'3")
 18.4 Tom Brodie

400m Hurdles
 57.37 Jonathan Mann
 57.82 Sam Lyon

High Jump
 1.77i (1.75) Sam Lyon
 1.70 Stewart Clark
 1.60i Tom Brodie
 1.40 Rory Leslie

Pole Vault
 3.45i (3.40) Sam Lyon

Long Jump
 6.45i (6.21) Stewart Clark
 6.37i (6.32) Sam Lyon
 5.80 Tom Brodie

Triple Jump
 13.84 Sam Lyon
 12.62 Stewart Clark
 11.52i Tom Brodie

Shot (7.26kg)
 7.99 Tom Brodie

Shot (6.25k)
 9.30 Jonathan Mann
 9.22i (9.12) Sam Lyon
 8.88i Tom Brodie

Discus (2kg)
 19.81 Sam Lyon

Discus (1.5kg)
 20.88 Sam Lyon

Hammer (6.25kg)
 17.86 Sam Lyon

Javelin
 43.47 Tom Brodie
 39.90 Sam Lyon

UNDER-17 MEN

60m
 7.7i Ryan Legge
 7.76i Craig Cameron
 7.9i Gareth Lake
 8.1i James MacLean
 8.1i Jeremy O'Neil

100m
 11.9 Craig Cameron
 11.9 Ryan Legge
 12.2 Gareth Lake
 12.36 David Mann
 12.4 J O'Neil/W Yates

200m
 24.0 Ryan Legge
 24.9 Craig Cameron
 25.0 Gareth Lake
 25.0 Jeremy O'Neil
 25.8 William Legge

400m
 53.6 Michael Ferguson
 54.1 Gareth Lake
 54.77 Ryan Legge
 54.8 Jeremy O'Neil
 57.1 Hamish McIntyre

800m
 2:01.79 Michael Ferguson
 2:13.5 Gareth Lake
 2:16.00 Hamish McIntyre
 2:37.00 Drew Copeland

1500m
 4:16.49 Michael Ferguson
 5:16.66 Jeremy O'Neil
 5:21.14 David Mann
 5:40.9 Ciaran O'Donnell

3000m
 9:31.0 Michael Ferguson

100m Hurdles
 15.27 Jeremy O'Neil
 16.93 David Mann
 17.2 Craig Cameron
 19.8 Hamish McIntyre

400m Hurdles
 60.3 Jeremy O'Neil
 62.0 David Mann

High Jump
 1.65i (1.60) Jeremy O'Neil
 1.60 Ryan Legge
 1.57i (1.55) Hamish McIntyre
 1.35 Michael Ferguson

Pole Vault
 2.90i David Mann
 2.70 Ryan Legge
 2.40i Jeremy O'Neil
 2.30 Craig Cameron

Long Jump
 5.81 Craig Cameron
 5.73 Jeremy O'Neil
 5.17 Gareth Lake
 4.96i James MacLean
 4.91 Ryan Legge

Triple Jump
 12.05 Gareth Lake
 11.84 Craig Cameron
 11.16 Jeremy O'Neil
 10.51 Hamish McIntyre
 10.19 Michael Ferguson

Shot
 12.59 Ryan Legge
 7.87i Hamish McIntyre
 7.84 Gareth Lake
 7.70 David Mann
 6.99 Michael Ferguson

Discus
 25.68 Ryan Legge
 17.55 Michael Ferguson
 17.40 Craig Cameron

Hammer
 23.52 Ryan Legge
 20.75 Craig Cameron

Javelin
 32.36 Ryan Legge
 31.97 Craig Cameron
 30.41 Ciaran O'Donnell

UNDER-15 BOYS

60m
 8.3i Kieran Gauld
 8.5i Gavin Irvine
 8.8i David Irvine
 8.9i Ryan Hewitson
 8.9i Ben Mitchell

100m
 12.63 Kieran Gauld
 13.12 Gavin Irvine
 13.4 Oliver Hay
 13.47 Christopher Legge
 13.5 Steven Murray

200m
 25.8 David O'Korie
 26.4 Kieran Gauld
 27.0 Gavin Irvine
 28.1 Christopher Legge
 28.2 D Irvine/S Murray

400m
 58.2 David Irvine
 58.87 Oliver Hay
 60.1 Kieran Gauld
 60.1 David O'Korie
 60.6 Gavin Irvine

800m
 2:21.2 Oliver Hay
 2:29.0 Steven Murray
 2:36.8 Alec Young
 2:36.9 Jamie Dickson
 2:38.8 Matthew Kilner

1500m
 4:47.05 Oliver Hay
 5:18.6 Steven Murray
 5:33.6 Jamie Dickson
 5:36.49 Robert Walton

3000m
 12:04.0 Chris Somers
 12:09.5 Robert Walton
 12:38.2 Jamie Dickson

80m Hurdles
 13.12 Ryan Hewitson
 13.8 Kieran Gauld
 16.74 Steven Murray
 17.1 Christopher Legge
 17.7 Robert Walton

High Jump
 1.70 Ryan Hewitson
 1.43 Christopher Legge
 1.40i Kieran Gauld
 1.35 Gavin Irvine

1.15 Jamie Dickson
Long Jump
 5.14 Kieran Gauld
 4.49 David Irvine
 4.37i (4.34) Christopher Legge
 4.30 Oliver Hay
 4.29 Alec Young

Triple Jump
 9.75 Kieran Gauld
 9.06 Jonathan Tawse

Shot
 10.86 Adam Crighton
 9.32 Kieran Gauld
 7.32 Gavin Irvine
 7.20 Christopher Legge
 7.17 Oliver Hay

Discus
 26.83 Adam Crighton
 19.89 Kieran Gauld

Javelin
 25.43 Christopher Legge
 22.16 Jonathan Tawse
 21.02 Kieran Gauld
 15.89 Gavin Irvine
 12.09 Robert Walton

UNDER-13 BOYS

60m
 9.4i Ben Renton
 9.6i Craig Mackie
 9.9i Rory Cunningham
 9.9i Matthew Keenan
 10.9i Alex Brown

100m
 14.5 Craig Mackie
 14.7 Lewis Khan
 14.7 Alistair Lowe
 14.8 C Allardes//M McKEssick/B Renton

200m
 29.77 Craig Mackie
 30.4 Ben Renton
 31.03 Matthew McKEssick
 31.6 Thomas Carter
 32.0 Matthew Keenan

800m
 2:36.46 Craig Mackie
 2:39.4 Ben Renton
 2:40.6 Alistair Lowe
 2:42.2 Charlie Allardes
 2:45.80 Mark Quinn

1500m
 5:25.74 Ben Renton
 5:32.3 Charlie Allardes
 6:07.5 Scott Sellars
 6:08.6 Matthew Keenan
 6:28.3 Ethan Gardner

75m Hurdles
 14.87 Scott MacGregor
 15.6 Nathan Smith
 16.6 Ben Renton
 18.0 Matthew Keenan

High Jump
 1.39 Alistair Lowe
 1.25 Nathan Smith
 1.21i Ben Renton
 1.20 Scott MacGregor
 1.15 Charlie Allardes

Long Jump
 4.05 Nathan Smith
 3.92 Ben Renton
 3.69 Lewis Khan
 3.49 Matthew Keenan
 3.46 Matthew McKEssick

Shot
 6.19 Alistair Lowe
 4.87i Alex Brown
 4.71 Matthew McKEssick
 4.55 Scott MacGregor
 3.74i Scott Sellars

Discus
 11.39 Nathan Smith
 8.66 Ethan Gardner

Javelin
 21.17 Scott Sellars
 19.38 Charlie Allardes
 16.44 Alistair Lowe
 15.95 Craig Mackie
 13.08 Alex Brown

UNDER-11 BOYS

60m
 9.1i Bradley Yates
 9.7i Harry Kilner
 10.6i Callum Davidson
 10.9 Max Hepburn

75m
 11.09 Bradley Yates
 11.40 Harry Kilner
 12.69 Cameron Walker
 13.4 Patrick Gordon
 14.0i Callum Davidson

100m
 14.6 Harry Kilner
 15.1 Bradley Yates
 15.7 Callum Davidson
 16.0 Samuel Cummings
 16.1 Patrick Gordon

200m
 31.4 Harry Kilner
 34.5 Samuel Cummings
 35.0 Callum Davidson
 35.3 Patrick Gordon
 35.6 Harry McLeod

600m
 2:04.5 Harry Kilner
 2:06.7 Andrew Farmer
 2:19.8 Callum Davidson
 2:22.3 Craig Smith

800m
 2:42.96 Finlay Strachan
 2:47.3 Harry Kilner
 2:51.5 Andrew Farmer
 3:00.8 Samuel Cummings
 3:00.8 Patrick Gordon

High Jump
 1.13 Patrick Gordon
 1.10 Callum Davidson
 1.10 Andrew Farmer
 1.05 Harry Kilner
 1.05i L Craig/B Yates

Long Jump
 3.68i (3.63) Harry Kilner
 3.28 Patrick Gordon
 3.27 Samuel Cummings
 3.14 Callum Davidson
 3.01 Andrew Farmer

Shot		44.6	Kathleen Madigan (W40)	10,000m	
6.49	Bradley Yates	51.0	Natalie Riley	50:37.5	Ann Clark (W55)
5.00i	Max Hepburn			52:26.9	Janice Fosyth (W50)
4.84	Cameron Walker	400m		100m Hurdles	
4.79	Patrick Gordon	61.6	Marie Dobson	14.08	Catriona Pennet
4.69	Callum Davidson	63.52	Laura Mahady (W50)	15.7	Sylvia Kamya
		65.07	Carly Hall	20.94	Carly Hall
		71.5	Natalie Riley		
Javelin		800m		400m Hurdles	
12.60	Patrick Gordon	2:17.63	Christie Noble	65.0	Catriona Pennet
10.19	Samuel Anderson	2:19.4	Emma Cloggie	65.1	Sylvia Kamya
10.00	Ben Gardner	2:19.83	Carly Hall	67.83	Marie Dobson
9.83	Craig Smith	2:23.63	Laura Mahady (W50)		
9.44	Cameron Walker	2:26.13i	Sonia Armitage (W45)	High Jump	
				1.53	Catriona Pennet
SENIOR WOMEN		1500m		1.35	Hilary Armitage
60m		4:15.26	Nicola Gauld	1.35	Fiona Davidson (W35)
7.9i	Susan Tengtenga	4:38.98	Christie Noble	1.35	Marie Dobson
8.0	Alison Wylie	4:40.22	Carly Hall	1.25	Shona McKinnon (W45)
8.2	Marie Dobson	4:56.34	Sonia Armitage (W45)	Pole Vault	
8.2	Catriona Pennet	5:47.6	Natalie Riley	2.60i	Laura Kutt
8.21	Aileen Laing			2.40	Janet Lyon (W45)
		Mile		Long Jump	
100m		5:23.80	Christie Noble	5.23	Kirsten Young
12.53	Susan Tengtenga	3000m		4.88	Catriona Pennet
12.56	Alison Wylie	9:22.38	Nicola Gauld	4.88	Catriona Pennet
12.65	Catriona Pennet	9:58.80	Christie Noble	4.75	Fiona Davidson (W35)
12.96	Aileen Laing	11:08.46	Sonia Armitage (W45)	4.38	Marie Dobson
13.09	Kathleen Madigan (W40)	11:12.7	Carly Hall	4.14i	Kathleen Madigan (W40)
		11:57.7	Natalie Riley	Triple Jump	
200m		5,000m		11.07	Fiona Davidson (W35)
25.88	Alison Wylie	17:56.37	Christie Noble	10.87i	Sylvia Kamya
26.1	Catriona Pennet	19:27.8	Rhona Buchan (W40)	8.09i	Shona McKinnon (W45)
26.12	Susan Tengtenga	20:11.1	Carly Hall	Shot	
26.97i	Aileen Laing	22:08.9	Jane MacKay (W40)	8.54	Catriona Pennet
27.25	Marie Dobson	22:10.3	Trish McLauchlan (W40)		



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8.42i (8.23)0 Kathleen Madigan (W40)
 8.11i (7.60) Fiona Davidson (W35)
 7.47 Laura Hepburn
 6.87 Sylvia Kamyra

Discus

21.35 Fiona Davidson (W35)
 18.53 Emma Cloggie
 16.97 Marie Dobson
 16.34 Kathleen Madigan (W40)
 16.08 Shona McKinnon (W45)

Hammer

26.04 Kathleen Madigan (W40)
 22.23 Fiona Davidson (W35)

Javelin

24.02 Laura Hepburn
 21.16 Kathleen Madigan (W40)
 20.62 Emma Cloggie
 20.01 Marie Dobson
 19.52 Catriona Pennet

VETERAN WOMEN (W35 unless stated)

60m

8.3 Kathleen Madigan (W40)
 8.36i (8.4) Fiona Davidson

100m

13.09 Kathleen Madigan (W40)
 14.0 Fiona Davidson
 15.9 Shona McKinnon (W45)

200m

273 Kathleen Madigan (W40)
 30.3 Laura Mahady (W50)
 31.00 Janet Lyon (W45)

300m

44.6 Kathleen Madigan (W40)

400m

63.62 Laura Mahady (W50)

800m

2:23.63 Laura Mahady (W50)
 2:26.13i Sonia Armitage (W45)
 3:16.4 Fiona Davidson
 3:18.9 Shona McKinnon (W45)

1500m

4:56.34i (5:03.4) Sonia Armitage (W45)

3000m

11:08.46 Sonia Armitage (W45)
 12:52.0 Trish McLauchlan (W40)

5,000m

19:27.8 Rhona Buchan (W40)
 22:08.9 Jane MacKay (W40)
 22:10.3 Trish McLauchlan (W45)
 22:58.0 Sinead Stenhouse
 24:19.9 Ann Clark (W55)

10,000m

50:37.5 Ann Clark (W55)
 52:26.9 Janice Fosyth (W50)

High Jump

1.35 Fiona Davidson
 1.25 Shona McKinnon (W45)

Pole Vault

2.40 Janet Lyon (W45)

Long Jump

4.75 Fiona Davidson
 4.14i Kathleen Madigan (W40)
 3.90 Shona McKinnon (W45)

Triple Jump

11.07 Fiona Davidson
 8.09 Shona MacKinnon (W45)

Shot

8.42i (8.23) Kathleen Madigan (W40)
 8.11i (7.60) Fiona Davidson

Discus

21.35 Fiona Davidson
 16.34 Kathleen Madigan (W40)
 16.08 Shona McKinnon (W45)

Hammer

26.04 Kathleen Madigan (W40)
 22.23 Fiona Davidson

Javelin

21.16 Kathleen Madigan
 19.36 Shona McKinnon (W45)

UNDER-20 WOMEN

60m

8.6i Ellie Workman

100m

14.0 Ellie Workman
 16.7 Rhona Auckland

200m

28.22 Ellie Workman
 34.1 Rhona Auckland

300m

45.1i Caitlin Dawson

400m

60.4 Ellie Buchan
 62.62 Caitlin Dawson
 72.2 Rhona Auckland

800m

2:15.43 Ellie Buchan
 2:22.1 Rhona Auckland
 2:28.65 Rachel Armitage
 3:00.56 Ellie Workman

1500m

4:42.96 Rhona Auckland
 4:47.31 Ellie Buchan
 5:20.8 Rachel Armitage
 5:41.3 Katie Taylor

3000m

10:05.4 Rhona Auckland
 10:38.9 Ellie Buchan

5000m

18:32.4 Ellie Buchan

100m Hurdles

16.75 Ellie Workman

High Jump

1.70i (1.59) Ellie Workman
 1.20 Rhona Auckland

Long Jump

4.96 Ellie Workman
 3.94 Caitlin Dawson
 3.08 Rhona Auckland

Triple Jump

7.34 Rhona Auckland

Shot

9.33 Ellie Workman
 6.55 Mollie Hepburn
 4.92 Rhona Auckland

Discus

13.19 Mollie Hepburn
 10.03 Rhona Auckland

Hammer

16.68 Mollie Hepburn

Javelin

33.41 Ellie Workman
 9.43 Rhona Auckland

Heptathlon

3824 Ellie Workman

UNDER-17 WOMEN

60m

8.1 Zoey Clark
 8.20i Sam Somers
 8.3i Yasmin Milne
 8.4i Lisa Humphries
 9.8i Ellen Shand

100m

12.4 Zoey Clark
 12.8 Yasmin Milne
 13.16 Lisa Humphries
 13.27 Sam Somers
 13.9 Sarah Stirling

200m

24.89 Zoey Clark
 26.9 Yasmin Milne
 27.6 Lisa Humphries
 27.9 Sam Somers
 28.32 Sarah Stirling

300m

39.44 Zoey Clark
 43.0 Yasmin Milne
 44.4 Lisa Humphreys
 45.37 Sarah Stirling

400m

57.2 Zoey Clark
 64.2 Sarah Stirling

800m

2:33.4 Sarah Stirling
 2:33.96i Kate Murdoch

80m Hurdles

11.48 Yasmin Milne
 12.1 Lisa Humphries
 13.34 Brooklyn Sheehan

300m Hurdles

45.48 Lisa Humphries
 46.7 Yasmin Milne
 50.09 Brooklyn Sheehan

High Jump

1.40i (1.39) Brooklyn Sheehan
 1.35 Yasmin Milne
 1.30 Zoey Clark
 1.30 Lisa Humphreys

Pole Vault

2.70 Sam Somers

Long Jump

5.07 Lisa Humphries
 4.89i (4.09) Yasmin Milne
 4.52 Zoey Clark
 4.51i Kate Murdoch
 3.96 Brooklyn Sheehan

Shot

6.92 Lisa Humphreys
 6.65 Yasmin Milne
 6.59 Brooklyn Sheehan
 6.21 Sam Somers

5.46 Sarah Stirling
Discus
 19.68 Brooklyn Sheehan
 19.17 Lisa Humphries
 14.52 Sam Somers
 10.98 Sarah Stirling

Javelin
 19.96 Brooklyn Sheehan
 17.69 Lisa Humphries

UNDER-15 GIRLS

60m
 8.4i Emma Caldwell
 8.8i Sam Williams
 9.0i Aimee MacDonald
 9.3i Natalie Ross
 9.4i S Little/R Miller

100m
 13.28 Emma Caldwell
 13.8 Sam Williams
 14.0 Stephanie Little
 14.1 Aimee MacDonald
 14.18 Natalie Ross

200m
 27.39 Emma Caldwell
 28.0 Kelsey Stewart
 29.0 Aimee MacDonald
 29.3 Stephanie Little
 29.3 Morven MacGregor

400m
 69.2 Stacey Innes

800m
 2:19.05 Eilidh Prise
 2:30.8 Kelsey Stewart
 2:35.27 Aimee MacDonald
 2:36.7 Anna McErlean
 2:38.32 Stacey Innes

1500m
 4:49.69 Eilidh Prise
 5:45.8 Stacey Innes
 6:05.0 Eve Smith
 6:35.1 Becky Cheyne

75m Hurdles
 13.1 Stephanie Little
 13.20 Emma Caldwell
 13.3 Sam Williams
 15.5 Morven MacGregor

300m Hurdles
 51.2 Stephanie Little

High Jump
 1.50 Emma Caldwell
 1.30 Sam Williams
 1.20 Jordan Moore
 1.20 Megan Shearer
 1.10/1.10i C Campbell/L McNaught

Long Jump
 4.68i/ (4.54) Emma Caldwell
 4.37 Sam Williams
 4.14 Anna McErlean
 4.01 Aimee MacDonald
 3.88 Holly Claytonlittler

Shot
 7.49 Emma Caldwell
 7.28 Morven MacGregor
 6.65 Anna McErlean
 6.19 Sarah-Jane Bush
 5.97 Holy Clayton-Littler

Discus
 15.54 Stacey Innes
 15.07 Kelsey Stewart
 11.49 Sam Williams
 8.64 Morven MacGregor

Javelin
 11.10 Caroline Campbell

7.02 Morven MacGregor

Pentathlon
 2313 Emma Caldwell

UNDER-13 GIRLS

60m
 9.2i Saffron Cummings
 9.3i Sophie Anderson
 9.5i Emma Murray
 9.5i Rachel Palmer
 9.6i L Caldwell/A Lawrence

75m
 10.70 Saffron Cummings
 11.34 Lauren Caldwell
 11.5 Rachel Palmer
 12.1 Emma Murray
 12.34 Kirsty Williams

100m
 13.5 Saffron Cummings
 14.5 Sophie Anderson
 14.9 Emma Murray
 14.9 Rachel Palmer
 15.0 Rebecca Ingram

150m
 21.8 Saffron Cummings
 23.1 Sophie Anderson
 25.4 Kirsty Williams

200m
 28.6 Saffron Cummings
 31.4 Lauren Caldwell
 31.4 Rachel Palmer
 31.78 Emma Murray
 32.0 Lucy McLeod

800m
 2:42.1 Lucy McLeod
 2:50.3 Poppy Clayton-Littler
 2:51.0 Saffron Cummings



2:53.3	Sophie Anderson	Discus	36.6	Victoria McKenzie
3:01.5	Emma Murray	20.19	Sophie Anderson	
1200m		17.12	Saffron Cummings	
4:23.47	Lucy McLeod	Javelin	600m	Kate MacKay
4:46.2	Antonia Lawrence	26.31	2:21.4	Victoria McKenzie
5:27.22	Rachel Palmer	18.38	2:27.7	Emma Quinn
		14.72	2:33.3	
1500m		13.04	800m	
5:40.4	Lucy McLeod	11.25	2:49.4	Rebecca Eggeling
			3:04.4	Katie MacDonald
70m Hurdles			3:04.9	Abby Riddell
12.1	Sophie Anderson	UNDER-11 GIRLS	3:07.7	Emma Quinn
13.45	Rachel Palmer		3:10.95	Kate MacKay
14.4	Emma Murray	60m		
15.56	Rebecca Ingram	9.6i	High Jump	
15.6	Antonia Lawrence	10.6i	1.18	Katie MacDonald
		10.6i	1.15	Kate MacKay
High Jump		11.3i	1.10	Abby Riddell
1.36	Saffron Cummings		1.00	Katie Daniels
1.33	Sophie Anderson	75m	1.00i	Emma Fraser
1.20	Lauren Caldow	11.66		
1.20	Kirstyanne Halliday	12.29	Long Jump	
1.20	Joanna McKinnon	12.6	3.38	Abby Riddell
		12.7	3.37	Katie Daniels
Long Jump		13.29	3.36	Kate MacKay
4.65	Saffron Cummings		3.35	Katie MacDonald
4.34	Sophie Anderson	100m	3.26	Ciara Stenhouse
3.69i	Lauren Caldow	15.3		
3.69i	Antonia Lawrence	15.9	Shot	
3.31	Poppy Clayton-Littler	15.9	4.76	Abby Riddell
		16.1	4.53	Katie Daniels
Shot		16.7	4.46	Kate MacKay
7.94	Sophie Anderson		4.34	Victoria McKenzie
7.85	Saffron Cummings	200m	4.33	Rebecca Eggeling
5.55	Lucy McLeod	32.4		
5.53i	Poppy Clayton-Littler	33.8	Javelin	
5.09i	Anna Main	34.1	9.34	Ciara Stenhouse
		35.2	9.14	Kate MacKay
			6.35	Victoria McKenzie

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ABERDEEN AAC SUMMER PROGRAMME 2011

(figures in brackets denote age range covered by each event)

DATE	MALE	FEMALE
3 April	Club Trials, CAS (including champs 60m for over 20/senior)	
16 April	Scottish Universities Championships, Grangemouth	
17 April	Scottish League, Grangemouth (17+)	Scottish League, Meadowbank (11+)
23 April	Balmoral Road Races (9+)	
23 April	Scottish Primary Schools Cross-country Championships, Kirkcaldy (P6-7)	
24 April	Scottish Young Athletes' League (NE Section), Match 1, Dundee (9+)	
1 May	Petrofac League East Section, Match 1, Perth (9+)	
7 May	National Open Meeting, Glasgow (16-19)	
7 May	Inter-Region, Glasgow (11-13)	
8 May	Scottish 3,000m championships (16+)	
11 May	Triple Jump Championships, CAS (15+)	
15 May	Scottish Young Athletes' League (NE Section), Match 2, Inverness (9+)	
16 May	5,000m Championships, CAS (17+)	
18 May	High Jump Championships, CAS (15+)	
19 May	Javelin Championships, CAS (15+)	
22 May	Scottish League, Grangemouth (17+)	Scottish League, Meadowbank (11+)
25 May	300/400m Championships, CAS (15+)	
25 May		John Crossman 800m (School Year 1-3)
28 May	Highland and Grampian Regional Championships, Inverness (11+)	
28 May	Scottish Masters' Championships, Meadowbank (35+)	
29 May	Baker Hughes 10km Road Race, Beach Esplanade (17+)	
4 June	Primary Schools Meeting, CAS (P6-7)	
4 June	Scottish Schools Pentathlon, Grangemouth (13-19)	

Club championships

U15, U13, U11 – 4 events on Sept 11.

Senior men – Sprints: best 4 from 7 (60 to 400 plus hurdles). **Middle distance:** best 3 from 5 (800 to 10,000).

Jumps: best 3 from 4. **Throws:** best 3 from 4. These championships are also open to U20s provided they inform committee/team manager before the first event.

U20 men – Track: best 7 from 10 (100 to 10,000 plus hurdles). **Field:** best 5 from 8. Not open to U20s who have indicated they are competing in senior sprints and/or middle distance championships (track) or U20s competing in senior throws and/or jump (field).

U17 men – Track: best 5 from 8 (100m to 3,000 plus hurdles). **Field:** best 5 from 8.

Senior women – Sprints: best 5 from 7 (60 to 400 plus hurdles). **Middle distance:** best 3 from 5 (800 to 10,000).

Jumps: best 3 from 4. **Throws:** best 3 from 4. These championships are also open to U20s provided they inform committee/team manager before the first event.

U20 women – Track: best 6 from 9 (100 to 5,000 plus hurdles). **Field:** best 5 from 8. Not open to U20s who have indicated they are competing in senior sprints and/or middle distance championships (track) or U20s competing in senior throws and/or jump (field).

U17 women – Track: best 5 from 8 (100 to 3,000). **Field:** best 5 from 8.

ABERDEEN AAC SUMMER PROGRAMME 2011 (CONTINUED)

DATE	MALE	FEMALE
5 June	Petrofac League East Section, Match 2, CAS (9+)	
6 June	3,000m championship (15+)	
8 June	Long Jump, Shot Championships, CAS (15+)	
10-11Jun	Scottish Schools Championships, Grangemouth (U20, U17, U15, U14)	
14 June	The Running Shop Beach 10km, Beach Leisure Centre, 7pm (17+)	
15 June	Club 300/400m Hurdles Champs, CAS (15+)	
16 June	Scottish Schools Inter Area, Grangemouth (13-14)	
18 June	Pole Vault Championships, CAS (15+)	
19 June	Scottish League, Glasgow (17+)	Scottish League, Meadowbank (11+)
23 June	Discus Championships, CAS (15+)	
26 June	Scottish Young Athletes' League (NE) Match 3, CAS (9+)	
27 June	10,000m Championships, CAS (17+)	
29 June	Club Sprint Hurdles Champs, (15+) / 300m Champs (over 20/seniors) CAS	
3 July	Petrofac League East Section, Match 3, Dundee (9+)	
10 July	Shire Harriers Open Meeting, CAS (9+)	
16 July	National Open Meeting, Glasgow (11-13)	
16-17July	Scottish Senior Championships, Pitreavie (17+)	
30 July	Scottish Junior Championships, Glasgow (16-17)	
31 July	Scottish Junior Championships, Glasgow (14-15 and 18-19)	
7 Aug	Petrofac League (East) Match 4, Dundee (9+)	
14 Aug	Scottish League, Grangemouth (17+)	
18 Aug	Hammer Championships, CAS (15+)	
20-21 Aug	Scottish Combined Events Championships, Grangemouth (11+)	
27 Aug	Inter Region Match, Wishaw (14-17)	
28 Aug	Inter Region Match, Wishaw (18-19)	
31 Aug	Veteran Champs (35+) 100m, LJ, CAS (15+) and club sprints (all)	
1 Sept	Veteran Champs (35+) SP, 1500, CAS	Veteran Champs (35+), SP, 800, CAS
1 Sept		Joy L Edwards High Jump (9+)
4 Sept	Petrofac League Finals, CAS (9+)	
7 Sept	200m, 1500m Championships, CAS (15+)	
11 Sept	Club Championships, CAS (all ages) inc. over-15 100 and 800	
14 Sep	Graded 200m (U15) / 400m Races, CAS (9+)	

NB For club events listed above, please check the club notice board 7 days before event for confirmation of date.

HONORARY LIFE MEMBERS

Sonia Armitage

Mel Edwards

Trevor Madigan

Alison Mathieson

Miller Mathieson

Ian Morrison

Denis Shepherd

Sheila Smart

Hunter Watson

COMMITTEE – 2009/2010

President	Miller Mathieson	01358 722863
Vice President	Bob Masson	01224 822349
Secretary	Edward McKENZIE	01464 871430
Treasurer	Terry Kerr	01224 681320
Assistant Secretary	Fiona Davidson	01224 310488
Minutes Secretary	Vacant	
Coaching Co-coordinator	Joyce Hogg	01224 703434
Ladies' T & F Manager	Maggie Hepburn	01771 623496
Men's T&F Manager	Alasdair Love	079211 29804
Ladies' CC Manager	Sonia Armitage	01467 651532
Men's CC Manager	Vacant	
Ladies' Captain	Marie Dobson	07900 851618
Men's Captain	Stan Walker	01224 704915
Ladies' CC Captain	Gemma Cormack	
Men's CC Captain	James Joy	01224 708878
Road Running Manager	Vacant	
Committee Members	Mark Davidson	01224 310488
	Frank Gauld	01224 742826
	Barry Reaper	01224 315634
	Linda Michie	01224 783949
Club Child Protection Officer	Edward McKenzie	01464 871430

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

TROPHY WINNERS – 2010 MEN

Anderson Shield – Sprints	Peter Mutch
Middle Distance Shield	James Joy
Bond Cup – Jumps	Bob Masson
Throws Cup	Scot Thompson
AI Kindregan – 800 metres	James Joy
Simon Wynn – 1500 metres	James Joy
Overall Veteran Cup	Fintan McCabe
Veteran Over-40 Cup	Mark Davidson
Veteran O-50 Shield	Bob Masson
Veteran age-graded Cup	Bob Masson
Geoff Burton – U-17 Men's Throws	No award
Junior Men's Merit Cup	Sam Lyon
King Trophy – U-17 Merit	Ryan Legge
City of Aberdeen – U-15 Merit	Ryan Hewitson
Angus Cup – U-13 Merit	Alasdair Lowe
U-11 Merit Shield	Ryan Yates
Douglas Smart Memorial Shield	
Novice Javelin Thrower	Scott Sellars
Cross Country Points Championship	Chris Capener
Watt Trophy (CC Champ race)	James Joy
Half Marathon	Neil Manson
Alex King Trophy (over-40 half-m)	Neil Manson
James Youngson Trophy (over-50 h-m)	Stephen Cassells

TROPHY WINNERS – 2010 WOMEN

Sprints Shield	Marie Dobson
Middle Distance Shield	Natalie Riley
Jumps Shield	Fiona Davidson
Throws Trophy	Kathleen Madigan
Ron Kitchen Shield – 400 metres	Ellie Buchan
Joy L Edwards – High Jump	Kate MacKay
Veteran O-35	Fiona Davidson
Veteran O-45	Shona McKinnon
Veteran age-graded Cup	Fiona Davidson
Ladies' Merit Cup	Catrina Pennet
U-20 Merit Cup	Rhona Auckland
U-17 Merit Cup	Zoey Clak/Yasmin Milne
Bank of Scotland U-15 Merit Cup	Eilidh Prise
U-13 Merit Cup	Saffron Cummings
Founders' Cup – U-11 Merit	Rebecca Eggeling
John Leys Memorial Trophy	Morven MacGregor
Miller Mathieson Quaich	Catrina Pennet
Jackie Dunster Trophy	Poppy Clayton-Littler
Dinesh Lutchman Trophy	Zoey Clark
Cross Country Points Championship	No entries
Watt Trophy (CC Champ race)	Veronique Oldham
Half Marathon	Angela Helpburn

Hunter Construction Trophy – best team performance
Petrofac League under-11 boys' team

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 1st October and 15th 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.

CONSTITUTION OF ABERDEEN AMATEUR ATHLETIC 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).

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