

# ABERDEEN AMATEUR ATHLETIC CLUB

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## THE 2013 YEAR BOOK

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INCLUDING CLUB RECORDS  
AND OTHER ITEMS  
OF INTEREST

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No. 24

2013

Free to AAAC Members

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Club Records for all age groups

Club All-time Top 20 lists - Senior events

2012 Top 5 Rankings for all age groups

Club Indoor Records for all age groups



Club All-time Top 10 lists - U20, U17 & U15 events

Highlights of the Club's 2011-2012 & 2012 seasons

Club All-time Top 10 lists - Veteran men & women

All the Club's major games representatives

Club All-time Indoor Rankings - Senior events

Club All-time lists of Senior Scottish Champions

The AAAC Yearbook 2013 is edited and compiled by Denis Shepherd with assistance from Mark Davidson and Bob Masson

**ABERDEEN AAC - MAJOR GAMES REPRESENTATIVES**

**Commonwealth Games**

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

**World Cup**

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

**European Championships**

|      |               |          |
|------|---------------|----------|
| 1962 | Alastair Wood | Marathon |
|------|---------------|----------|

**Paralympic Games**

|      |             |            |
|------|-------------|------------|
| 2008 | Neil Fachie | 100m, 200m |
|------|-------------|------------|

**World Cross-Country Championships**

|      |                |
|------|----------------|
| 1980 | Sonia McLaren  |
| 1981 | Fraser Clyne   |
| 1982 | Fraser Clyne   |
| 1982 | Kathryn Mearns |
| 1983 | Fraser Clyne   |
| 1983 | Kathryn Mearns |
| 1984 | Fraser Clyne   |
| 1984 | Kathryn Mearns |
| 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     |

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## 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               |
| 2012 | Chukwudi Onyia   | TJ                 |

### 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,<br>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        |
| 2011 | Catriona Pennet                            | 100H         |

### 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,<br>J Robertson | Road Relays   |
| 1996 | Debbie Kilner                     | Cross-country |

## EUROPEAN CHAMPIONS, 2010-11

### **Under-20 Women**

|            |            |
|------------|------------|
| Zoey Clark | 4x400 (GB) |
|------------|------------|

## SCOTTISH CHAMPIONS, 2011-12

### **Veteran Men (Over 65):**

|            |                |
|------------|----------------|
| Bob Masson | PV, SP, DT, JT |
|------------|----------------|

### **Veteran Men (Over 50):**

|            |        |
|------------|--------|
| Kenny Lyon | LJ, JT |
|------------|--------|

### **Veteran Men (Over 45):**

|                 |     |
|-----------------|-----|
| James MacGregor | 800 |
|-----------------|-----|

### **Veteran Men (Over 40):**

|                 |            |
|-----------------|------------|
| Edward McKenzie | SP, HT, JT |
|-----------------|------------|

### **Under-16 Boys:**

|              |      |
|--------------|------|
| Bruce Sorbie | Pent |
|--------------|------|

### **Under-14 Boys:**

|               |    |
|---------------|----|
| Alasdair Lowe | PV |
|---------------|----|

### **Veteran Women (Over 50):**

|            |        |
|------------|--------|
| Janet Lyon | PV, LJ |
|------------|--------|

### **Veteran Women (Over 35):**

|  |                      |
|--|----------------------|
| Laura Mahady, Rhona Buchan, Veronique Oldham | Cross-country relays |
|--|----------------------|

### **Under-20 Women**

|            |     |
|------------|-----|
| Zoey Clark | 400 |
| Sam Somers | PV  |

### **Under-16 Girls:**

|                |     |
|----------------|-----|
| Kelsey Stewart | 300 |
|----------------|-----|



## QUICK QUIZ

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

- 1 What is the distance between the finish line and the end of the home straight at Chris Anderson Stadium?  
**A** Nothing                      **B** 5 metres                      **C** 10 metres                      **D** 15 metres
- 2 Who was AAAC's only senior A winner at the 2012 Petrofac League final?  
**A** Myles Edwards                      **B** James Joy                      **C** Gareth Lake                      **D** Eddie McKenzie
- 3 Which AAAC member(s) won Scottish veteran indoor and outdoor 800m titles in 2009?  
**A** Sonia Armitage                      **B** Laura Mahady                      **C** Both                      **D** Neither
- 4 Three AAAC athletes named Sophie won their U16 events at the 2012 Petrofac final. Which event did they not win?  
**A** 200m                      **B** 80m hurdles                      **C** High jump                      **D** Shot
- 5 The AAAC ladies' cross-country secretary in 1992 is currently in which committee post?  
**A** President                      **B** Secretary                      **C** Treasurer                      **D** Coaching Co-ordinator
- 6 Which AAAC junior merit trophy winner in 2002 went on to take a British under-23 title?  
**A** Charlotte Forbes                      **B** Catriona Pennet                      **C** Steven Rusling                      **D** Alan Wales
- 7 For many years AAAC held its track meetings at the University playing fields, Balgownie. How many lanes has its track?  
**A** 5                      **B** 6                      **C** 7                      **D** 8
- 8 Who was AAAC president in the year 1975-76?  
**A** Mel Edwards                      **B** Edwin Reid                      **C** John Shepherd                      **D** Jean Wood
- 9 How many Scottish Men's League and Scottish Women's League matches are normally held each season?  
**A** 4 and 4                      **B** 4 and 3                      **C** 3 and 4                      **D** 3 and 3
- 10 What time did Kenyans Harrison Makau and Edwin Maranga share in the international mile at the Chris Anderson Stadium In 2000?  
**A** 3:57.5                      **B** 3: 58.6                      **C** 3:59.9                      **D** 4:00.1

Answers on Page 55



# CROSS-COUNTRY, 2011-2012

## International & Representative Matches

### British and Irish Masters International Bellahouston, Glasgow, November 26<sup>th</sup>, 2011

#### **Veteran Women Over-50 (6km):**

Laura Mahady: 11<sup>th</sup>, 26:28 (winner: Fiona Matheson, Falkirk Victoria Harriers, 22:09)

### Celtic International, Scottish Inter District and BUPA Great Edinburgh International Holyrood Park, Edinburgh, January 7<sup>th</sup>, 2012

#### **Senior men (8km)**

Mark Haskett: 20<sup>th</sup>, 21:34 (winner: Murray Strain, HBT/East, 20:13). Scotland team 1<sup>st</sup>, East team 1<sup>st</sup>.

#### **Under-20 men (8km)**

Michael Ferguson: 57<sup>th</sup>, 23:20 (winner: Kirubel RASSA, USA, 19:56). Celtic team 3<sup>rd</sup>, U20/U17 East team 2<sup>nd</sup>.

#### **Under-15 men (3.6km)**

Steven Murray: 25<sup>th</sup>, 17:18 (winner: Josh Kerr, Edinburgh AC/East, 15:18). East team 1<sup>st</sup>.

#### **Under-13 (2.5km)**

Stewart Millar: 18<sup>th</sup>, 13:10; Ben Renton: 23<sup>rd</sup>, 13:23; Finlay Strachan: 24<sup>th</sup>, 13:27 (winner: Ryan Gray, Inverclyde AC/West, 12:11). East team 2<sup>nd</sup>.

#### **Under-20 women (3.9km)**

Rhona Auckland: 18<sup>th</sup>, 16:07 (winner: Emelia Gorecka, Aldershot, 14:48). Scotland team 1<sup>st</sup>, U20.U17 East team 1<sup>st</sup>.

#### **Under-15 girls (3.6km)**

Lucy McLeod: 20<sup>th</sup>, 19:28 (winner: Gwen Gillham, Kilbarchan/West, 17:29). East team 2<sup>nd</sup>.

#### **Under-13 girls (2.5km)**

Rebecca Eggeling: 5<sup>th</sup>, 13:30 (winner: Erin Wallace, Giffnock North/West, 13:07). East team 2<sup>nd</sup>.

### UK Inter-counties Championships Birmingham, March 10<sup>th</sup>, 2012

#### **Under-20 Women (6km)**

Rhona Auckland: 3<sup>rd</sup>, 21:11 (winner: Emelia Gorecka, Surrey, 20:11)

### Home Countries International Rouken Glen, Giffnock, March 18<sup>th</sup>, 2012

#### **Under-20 Women (5km):**

Rhona Auckland: 1<sup>st</sup>, 18:48 (won by 6sec from Grace Nicholls (Tonbridge/England)

## Scottish Medallists

### Scottish Relay Championships Cumbernauld, October 22<sup>nd</sup>, 2011

#### **Veteran Women (3x4km)**

Laura Mahady, Rhona Buchan, Veronique Oldham: 1<sup>st</sup>, 54:29 (won by 18sec from Fife AC)

### Scottish 4km Championships Bellahouston, Glasgow, November 5<sup>th</sup>, 2011

#### **Under-20 Women:**

Rhona Auckland: 3<sup>rd</sup>, 15:07 (winner: Emily Stewart, Edinburgh AC, 14:43)

### Scottish Masters' Championships Kilmarnock, February 4<sup>th</sup>, 2012

#### **Over-45 Women (5km):**

Veronique Oldham: 3<sup>rd</sup>, 24:41 (winner: Melissa Whyte, Inverness Harriers, 22:54)

#### **Over-50:**

Sonia Armitage: 3<sup>rd</sup>, 26:13 (winner: Fiona Matheson, Falkirk Victoria Harriers, 23:14)

### Scottish Championships Falkirk, February 18<sup>th</sup>, 2012

#### **Under-20 Women (4.8km):**

Rhona Auckland: 3<sup>rd</sup>, 17:03 (winner: Laura Muir, Dundee Hawkhill Harriers, 16:24)

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

Rebecca Eggeling: 3<sup>rd</sup>, 14:26 (winner: Laura Stark, Kilbarchan AC, 13:51)

## District Medallists

### East District Championships Balgownie, December 10<sup>th</sup>, 2011

#### **Senior Men (9.7km):**

Ben Hukins: 3<sup>rd</sup>, 32:01 (winner: Murray Strain, Hunters Bog Trotters, 31:21)

Ben Hukins, Mark Haskett (10<sup>th</sup>), Eoin Durkan (14<sup>th</sup>), Sam Burgess (34<sup>th</sup>), David Smith (35<sup>th</sup>), Andoni Correias Illarramendi (44<sup>th</sup>): 3<sup>rd</sup> team, 140pt (winners: Central AC 65).

Sam Burgess (7<sup>th</sup>), David Smith (8<sup>th</sup>), Lewis Coffin (12<sup>th</sup>): 2<sup>nd</sup> team, 27pt (winners: Corstorphine AAC 25).

#### **Under-13 Boys 3.2km):**

Ben Renton (5<sup>th</sup>), Stewart Millar (8<sup>th</sup>), Finlay Strachan (10<sup>th</sup>): 1st team, 23pt (won by 5pt from Fife AC).

#### **Veteran Women Over-40 (6.5km):**

Veronique Oldham: 1<sup>st</sup>, 26:31 (won by 1:05 from Rachel Fagan, Gala Harriers); Rhona Buchan: 3<sup>rd</sup>, 27:59.

#### **Under-20 Women (6.5km):**

Rhona Auckland: 2<sup>nd</sup>, 25:00; Gemma Cormack: 3<sup>rd</sup>, 26:05 (winner: Louisa Stewart, Edinburgh AC, 24:32)

#### **Under-17 Women (4.3km):**

Eilidh Prise: 1<sup>st</sup>, 16:46 (won by 15sec from Rachel Dunn, Edinburgh AC)

#### **Under-15 Girls (4.3km):**

Lucy McLeod (6<sup>th</sup>), Freya Oswald (18<sup>th</sup>), Louise Walker (19<sup>th</sup>): 2<sup>nd</sup> team, 43pt (winners: Edinburgh AC, 10).

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

Rebecca Eggeling: 2<sup>nd</sup>, 12:36 (winner: Leah Davie, Pitreavie AAC, 12:00)

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## Club Champions

### Winners - Balgownie, March 17<sup>th</sup>, 2012 (race winners & points winners for the season)

**Senior Men:** James Joy, Dave Armitage

**Veteran:** Paul Eggeling, Dave Armitage

**Under-20:** No race, Sam Burgess

**Under-17:** No awards

**Under-15:** Steven Murray (won both)

**Under-13:** Ben Renton (won both)

**Under-11:** Cameron Callow, (won both)

**Senior Women:** Veronique Oldham, Sonia Armitage

**Veteran:** Veronique Oldham, Sonia Armitage

**Under-20:** No awards

**Under-17:** Eilidh Prise (won both)

**Under-15:** Eve Smith, Lucy McLeod

**Under-13:** Rebecca Eggeling (won both)

**Under-11:** Jasmine Collett

## CROSS-COUNTRY, 2012-2013

### International & Representative Matches

#### British and Irish Masters International

##### Belfast, November 10<sup>th</sup>, 2012

#### **Veteran Women Over-50 (6km):**

Sonia Armitage: 13<sup>th</sup>, 25:25 (winner: Fiona Matheson, Falkirk Victoria Harriers, 22:03)

#### European Championships,

##### Budapest, December 8<sup>th</sup>, 2012

#### **Under-20 women (4km):**

Rhona Auckland: 23<sup>rd</sup>, 14:24 (winner: Amela Terzic, Serbia, 13:29)  
British team 1st

### Scottish Medallists

#### Scottish 4km Championships

##### Bellahouston, Glasgow, November 11<sup>th</sup>, 2012

#### **Senior Women:**

Rhona Auckland: 1<sup>st</sup>, 13:57 (won by 18sec from Elspeth Curran, Kilbarchan AAC)

#### **Under-20 Women:**

Rhona Auckland: 1<sup>st</sup>, 13:57 (won by 32sec from Laura Muir, Dundee Hawkhill Harriers)

### District Medallists

#### **East District Relay Championships**

##### **Camperdown, Dundee, October 11<sup>th</sup>, 2012**

#### **Veteran Women (3x4km)**

Sonia Armitage, Laura Mahady, Rhona Buchan: 2<sup>nd</sup>, 51:13 (winners: Corstorphine AAC, 51:10)

## INDOOR TRACK & FIELD, 2011-2012

### Scottish Medallists

#### Scottish 3,000m Championships

##### Kelvin Hall, February 11<sup>th</sup>, 2012

#### **Under-20 Men**

Michael Ferguson: 2<sup>nd</sup>, 9:34.81

#### **Under-20 Women**

Rhona Auckland: 1<sup>st</sup>, 9:56.20

#### Scottish Combined Events Championships

##### Kelvin Hall, February 11<sup>th</sup>-12<sup>th</sup>, 2012

#### **Under-20 Men:**

Stewart Clark: 1<sup>st</sup>, Hept (3,645)

#### Scottish Veteran Championships

##### Kelvin Hall, February 12<sup>th</sup>, 2012

#### **Men Over-35:**

John McKeown: 3<sup>rd</sup>, 60m (7.97); 2<sup>nd</sup>, 200m (26.18)

#### **Men Over 45:**

James MacGregor: 3<sup>rd</sup>, HJ (1.55m); 1<sup>st</sup>, TJ (9.07m)

#### **Men Over 50:**

Kenny Lyon: 2<sup>nd</sup>, LJ (4.82m); 2<sup>nd</sup>, TJ (10.29m)

#### **Men Over-60:**

Colin Youngson: 1<sup>st</sup>, 3000m (11:57.77)

#### **Men Over 75:**

Hugo Fletcher: 3<sup>rd</sup>, 60m (12.39); 3<sup>rd</sup>, 200m (47.00); 2<sup>nd</sup>, 400m (1:40.40)

#### **Women Over-35:**

Fiona Davidson: 1<sup>st</sup>, 60m (8.56); 1<sup>st</sup>, LJ (4.76m); 1<sup>st</sup>, TJ (10.50m); 1<sup>st</sup>, SP (8.20m)

#### Senior Championships

##### Kelvin Hall, February 19<sup>th</sup>, 2012

#### **Men:**

Sam Lyon: 3<sup>rd</sup>, LJ (6.78m); 3<sup>rd</sup>, TJ (13.62m)

#### **Women:**

Catriona Pennet: 3<sup>rd</sup>, 60H (8.81)

#### Scottish Under-20 and Under-18 Championships

##### Kelvin Hall, March 3<sup>rd</sup>, 2012

#### **Under-18 Men**

Ryan Hewitson: 2<sup>nd</sup>, HJ (1.85m)

#### **Under-20 Women**

Zoey Clark: 2<sup>nd</sup>, 200m (25.17)

#### Scottish Under-16 and Under-14 Championships

##### Kelvin Hall, March 4<sup>th</sup>, 2012

#### **Under-14 Girls**

Kate MacKay: 3<sup>rd</sup>, HJ (1.40m)

## ROAD RUNNING, 2012

### Club Champions

#### Half-Marathon Championships, Dyce, August 12<sup>th</sup>, 2012

**Men, over-40 and over-50:** Colin Taylor 1:55:17

## FELL RUNNING, 2011

### International & Representative Matches

#### Home Countries Junior International

##### Llanberis, September 24<sup>th</sup>, 2011

#### **Under-18 Men (7km):**

Sam Burgess: 19<sup>th</sup>, 30:29 (winner: Marc Scott, England, 26:56)

## TRACK & FIELD, 2012

### International & Representative Matches

#### Sainsbury's Schools Games

##### Olympic Park, May 9<sup>th</sup>, 2012

#### **Under-17 Men:**

Ryan Hewitson: 6<sup>th</sup>, 1.80m

#### **Under-17 Women:**

Emma Caldwell: 8<sup>th</sup>, 200m (27.30)

Eilidh Prise: 5<sup>th</sup>, 3000m (10:21.09)

#### British Schools International

##### Ashford, July 21<sup>st</sup>, 2012

#### **Under-17 Men**

Ryan Hewitson: 4<sup>th</sup>, HJ (1.91m)

#### **Under-17 Women**

Kelsey Stewart: 3<sup>rd</sup>, 300m (38.83)

**Celtic Games, Aberdeen, August 11<sup>th</sup>, 2012**

**Under-18 Men:**

Gavin Irvine: 2<sup>nd</sup>, 100m (11.44) (Guest)  
Michael Ferguson: 4<sup>th</sup>, 400m (51.10) (Sc Futures)  
Ryan Hewitson: 4<sup>th</sup>, HJ (1.75m) (Sc Futures)

**Under-16 Men:**

Bruce Sorbie: 3<sup>rd</sup>, 100H (14.72) (SCO)

**Under-18 Women:**

Emma Caldwell: 3<sup>rd</sup>, 200m (26.73) (Sc Futures); 2<sup>nd</sup>, 4x100m (49.82) (SCO)  
Kelsey Stewart: 2<sup>nd</sup>, 400m (57.46) (SCO)

**Scottish Medallists**

**Scottish Senior Championships**  
**Scotstoun, June 2<sup>nd</sup>-3<sup>rd</sup>, 2012**

**Men:**

Sam Lyon: 3<sup>rd</sup>, LJ (6.96m)  
Chukwudi Onyia: 1<sup>st</sup>, TJ (14.80m)

**Women:**

Alison Wylie: 3<sup>rd</sup>, 100m (13.18)  
Zoey Clark: 2<sup>nd</sup>, 400m (55.73)  
Gemma Cormack: 3<sup>rd</sup>, 1500m (4:39.50)  
Rhona Auckland: 3<sup>rd</sup>, 5000m (16:57.30)  
Catriona Pennet: 2<sup>nd</sup>, 100H (14.81)

**Scottish Combined Events Championships**  
**Pitreavie, June 23<sup>rd</sup>, 2012**

**U16 Boys:**

Bruce Sorbie: 1<sup>st</sup>, Pent (2,511)

**Scottish Masters Championships**  
**Pitreavie, June 24<sup>th</sup>, 2012**

**Men Over-45**

James MacGregor: 1<sup>st</sup>, 800m (2:21.02); 2<sup>nd</sup>, HJ (1.63m)  
Edward McKenzie: 3<sup>rd</sup>, HJ (1.36m); 1<sup>st</sup>, SP (10.22m); 2<sup>nd</sup>, DT (30.34m); 1<sup>st</sup>, HT (31.30m); 1<sup>st</sup>, JT (34.09m)

**Men Over-50:**

Kenny Lyon: 1<sup>st</sup>, LJ (5.17m); 2<sup>nd</sup>, TJ (10.82m); 2<sup>nd</sup>, SP (9.40m); 1<sup>st</sup>, JT (33.75m)

**Men Over-60:**

Colin Youngson: 2<sup>nd</sup>, 5000m (20:12.46)

**Men Over-65:**

Bob Masson: 1<sup>st</sup>, PV (2.90m); 1<sup>st</sup>, SP (9.26m); 1<sup>st</sup>, DT (42.45m); 1<sup>st</sup>, JT (33.36m)

**Women Over-50:**

Janet Lyon: 1<sup>st</sup>, PV (2.60m); 1<sup>st</sup>, LJ (3.94m); 2<sup>nd</sup>, SP (7.27m)

**Under-18 and Under-14 Championships**  
**Grangemouth, August 25<sup>th</sup>, 2012**

**Under-18 Men:**

Michael Ferguson: 2<sup>nd</sup>, 800m (1:58.89)  
Ryan Hewitson: 3<sup>rd</sup>, 100H (15.82); 3<sup>rd</sup>, HJ (1.83m)

**Under-20 & Under-16 Championships**  
**Grangemouth, August 26<sup>th</sup>, 2012**

**Under-20 Men:**

Michael Ferguson: 3<sup>rd</sup>, 400m (51.08)  
Jeremy O'Neil: 3<sup>rd</sup>, 400H (60.88)

**Under-16 Men:**

Alasdair Lowe: 2<sup>nd</sup>, HJ (1.65m); 2<sup>nd</sup>, PV (3.10m)

**Under-20 Women:**

Zoey Clark: 3<sup>rd</sup>, 200m (25.68); 1<sup>st</sup>, 400m (55.57)  
Sam Somers: 1<sup>st</sup>, PV (2.60m)

**Under-16 women:**

Kelsey Stewart: 1<sup>st</sup>, 300m (40.57)  
Sophie Anderson: 2<sup>nd</sup>, JT (28.89m)



## District Medallists

### East District Championships Meadowbank, May 13<sup>th</sup>-14<sup>th</sup>, 2012

#### Senior Men:

James Joy: 2<sup>nd</sup>, 800m (2:03.66); 2<sup>nd</sup>, 1500m (3:59.02)  
David Munro: 2<sup>nd</sup>, 3000SC (9:51.68)  
Alasdhair Love: 3<sup>rd</sup>, 400H (64.09)  
Sam Lyon: 1<sup>st</sup>, TJ (13.27m)

#### Under-18 Men:

Ewan Calder: 3<sup>rd</sup>, 400m (54.3)

#### Under-16 Men:

Steven Murray: 3<sup>rd</sup>, 1500m (4:25.19)  
Bruce Sorbie: 1<sup>st</sup>, 100H (15.04); 1<sup>st</sup>, LJ (5.59m)  
Ben Bowring: 2<sup>nd</sup>, 100H (22.35)

#### Under-14 Boys:

Stewart Millar: 2<sup>nd</sup>, 100m (13.11); 1<sup>st</sup>, 800m (2:16.43)

#### Senior Women:

Zoey Clark: 1<sup>st</sup>, 400m (56.61)  
Gemma Cormack: 3<sup>rd</sup>, 800m (2:24.85); 3<sup>rd</sup>, 1500m (4:42.91)  
Catriona Pennet: 1<sup>st</sup>, 100H (14.34)

#### Under-18 Women:

Eilidh Prise: 2<sup>nd</sup>, 1500m (4:56.52)

#### Under-16 Women:

Kelsey Stewart: 1<sup>st</sup>, 200m (25.70); 1<sup>st</sup>, 300m (40.2)

#### Under-14 Girls:

Kate MacKay: 3<sup>rd</sup>, HJ (1.35m)

### North District Championships Inverness, May 13<sup>th</sup>, 2012

#### Senior Men:

Edward McKenzie: 1<sup>st</sup>, PV (2.50m); 3<sup>rd</sup>, SP (11.06m); 3<sup>rd</sup>, DT (31.06m);  
2<sup>nd</sup>, HT (27.99m); 1<sup>st</sup>, JT (36.21m)

## Club Champions

#### Senior Men:

Peter Mutch (sprints)  
Andoni Correas Illarramendi (middle distance)  
Chukwudi Onyia (jumps)  
Edward McKenzie (throws).

#### Under-20:

Michael Ferguson (track)  
No award (field)

#### Under-17:

Ryan Hewitson (track)  
Ryan Hewitson (field)

#### Veteran:

Alasdhair Love  
**Veteran Over 40:** Mark Davidson  
**Veteran Over 50:** Bob Masson  
**Overall age-graded:** Bob Masson

#### Boys

**Under-15:** Christian Dick  
**Under-13:** Stuart Bridgeford  
**Under-11:** Adam Robertson

#### Senior Women:

Ademide Ademuyewo (sprints)  
Janice Forsyth (middle distance)  
Janet Abladey (jumps)  
Kathleen Madigan (throws)

#### Under-20:

No award (track)  
No award (field)

#### Under-17:

Sophie Hamilton (track)  
Sophie Hamilton (field)

#### Veteran:

Penny Johnson  
**Veteran Over 45:** Penny Johnson  
**Overall age-graded:** Penny Johnson

#### Girls

**Under-15:** Saffron Cummings  
**Under-13:** Kate MacKay  
**Under-11:** Mia McKenzie



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**AAAC would like to thank**

*Friends of Aberdeen AAC*

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



## ABERDEEN AAC'S CLUB PERFORMANCES IN 2012

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

|          |                               |           |
|----------|-------------------------------|-----------|
| 1        | Central AC                    | 32        |
| 3        | Edinburgh AC                  | 24        |
| <b>3</b> | <b>Aberdeen AAC</b>           | <b>22</b> |
| 4        | Falkirk Victoria Harriers     | 17        |
| 5        | Shettleston Harriers          | 15        |
| 6        | Victoria Park City of Glasgow | 13        |
| 7        | Arbroath & District AC        | 12        |
| 8        | Giffnock North                | 9         |

### Scottish Women's League

|          |                               |           |
|----------|-------------------------------|-----------|
| 1        | Edinburgh AC                  | 24        |
| <b>2</b> | <b>Aberdeen AAC Select</b>    | <b>19</b> |
| 3        | Fife & Tayside                | 16        |
| 4        | Forth Valley (772.5)          | 13        |
| 5        | Team West (530)               | 13        |
| 6        | Pitreavie AAC                 | 12        |
| 7        | Victoria Park City of Glasgow | 7         |
| 8        | Lothian                       | 4         |

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

MB to send

|          |                          |           |
|----------|--------------------------|-----------|
| 1        | Inverness Harriers       | 23        |
| <b>2</b> | <b>Aberdeen AAC</b>      | <b>22</b> |
| 3        | Team North               | 18        |
| 4        | Arbroath & District AC   | 14        |
| 5        | Dundee Hawkhill Harriers | 10        |
| 6        | Montrose & District AC   | 8         |
| 7        | Banchory Stonehaven AC   | 7         |
| 8        | Fife AC                  | 6         |

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

|          |                       |              |
|----------|-----------------------|--------------|
| 1        | Edinburgh AC          | 927.5        |
| 2        | Giffnock North        | 724          |
| 3        | Ayrshire Harriers     | 699          |
| <b>4</b> | <b>Aberdeen AAC</b>   | <b>612.5</b> |
| 5        | Victoria Park Glasgow | 602.5        |
| 6        | Inverness Harriers    | 588          |
| 7        | South Lanarkshire     | 405.5        |
| 8        | Kilbarchan AAC        | 388          |

### Petrofac League (East Section) - Men

|          |                          |           |
|----------|--------------------------|-----------|
| <b>1</b> | <b>Aberdeen AAC</b>      | <b>32</b> |
| 2        | Banchory Stonehaven AC   | 27        |
| 3        | Arbroath & District.AC   | 24        |
| 4        | Dundee Hawkhill Harriers | 18        |
| 5        | Montrose & District AC   | 13        |
| 6        | Perth Strathtay Harriers | 14.5      |
| 7        | Fife AC                  | 9.5       |
| 8        | Ellon AAC                | 4         |

### Petrofac League (East Section) - Women

|          |                          |           |
|----------|--------------------------|-----------|
| <b>1</b> | <b>Aberdeen AAC</b>      | <b>32</b> |
| 2        | Banchory Stonehaven AC   | 28        |
| 3        | Dundee Hawkhill Harriers | 22        |
| 4        | Arbroath & District AC   | 21        |
| 5        | Ellon AAC                | 16        |
| 6        | Fife AC                  | 10.5      |

|   |                          |     |
|---|--------------------------|-----|
| 7 | Montrose & District AC   | 9.5 |
| 8 | Perth Strathtay Harriers | 5   |

### Petrofac League – Final

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

|                   |            |
|-------------------|------------|
| Senior Men:       | 3rd        |
| <b>U18 Men:</b>   | <b>1st</b> |
| U18 Women:        | 5th        |
| <b>U16 Boys:</b>  | <b>1st</b> |
| <b>U16 Girls:</b> | <b>1st</b> |
| U14 Boys:         | 2nd        |
| U14 Girls:        | 2nd        |
| <b>U12 Boys:</b>  | <b>1st</b> |
| U12 Girls:        | 5th        |
| U10 Boys          | 6th        |

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

|          |                          |           |
|----------|--------------------------|-----------|
| 1        | Team North               | 24        |
| <b>2</b> | <b>Aberdeen AAC</b>      | <b>20</b> |
| 3        | Inverness                | 19        |
| 4        | Arbroath & District AC   | 13        |
| 5        | Banchory Stonehaven AC   | 11        |
| 6        | Dundee Hawkhill Harriers | 8         |
| 7        | Montrose & District AC   | 6         |
| 8        | Fife AC                  | 2         |

### East District Cross-Country League 2011-2012

#### **All males**

|          |                     |             |
|----------|---------------------|-------------|
| 1        | Central AC          | 347         |
| 2        | Edinburgh AC        | 356         |
| 3        | Corstorphine AAX    | 634         |
| <b>6</b> | <b>Aberdeen AAC</b> | <b>1240</b> |

#### **Senior/Junior Men**

|           |                     |             |
|-----------|---------------------|-------------|
| 1         | Corstorphine AAC    | 225         |
| 2         | Central AC          | 306         |
| 3         | Edinburgh AC        | 375         |
| <b>14</b> | <b>Aberdeen AAC</b> | <b>2078</b> |
| U17 Men:  | 13 <sup>th</sup>    |             |
| U15 Boys: | 10 <sup>th</sup>    |             |
| U13 Boys: | 8 <sup>th</sup>     |             |
| U11 Boys: | 13 <sup>th</sup>    |             |

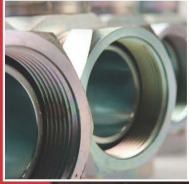
#### **All females**

|                            |                     |            |
|----------------------------|---------------------|------------|
| 1                          | Central AC          | 121        |
| 2                          | Edinburgh AC        | 127        |
| 3                          | Fife AC             | 317        |
| <b>12</b>                  | <b>Aberdeen AAC</b> | <b>870</b> |
| <b>Senior/Junior Women</b> |                     |            |
| 1                          | Central AC          | 60         |
| 2                          | Edinburgh AC        | 93         |
| 3                          | Gala Harriers       | 168        |
| <b>21</b>                  | <b>Aberdeen AAC</b> | <b>968</b> |
| U17/U15 Women:             | 10 <sup>th</sup>    |            |
| U13 Girls                  | 13 <sup>th</sup>    |            |
| U11 Girls:                 | 16 <sup>th</sup>    |            |



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## CLUB RECORDS AS AT 01/01/2013

### 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 Mathieson                                     | 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        |
| <b>TJ</b> | <b>14.98</b> | <b>Chukwudi Onyia</b>                             | <b>12</b> |
| 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,<br>M Davidson        | 88        |
| 4x200     | 1:35.3       | Fachie, McCabe, Mutch, J Joy                      | 08        |
| 4x400     | 3:19.3       | P Davidson, Middleton,<br>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 Mathieson                          | 83    |
| 10000  | 30:49.0 | Ian Mathieson                          | 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/David Mann                | 79/11 |
| 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,<br>King | 87    |
| 4x200  | 2:07.6  | Young, Crighton, Irvine, Walton        | 09    |
| 4x400  | 3:28.2  | Cruickshank, Walker, Mackland,<br>King | 87    |



**UNDER-17 MEN**

|        |         |                              |    |
|--------|---------|------------------------------|----|
| 60     | 7.3     | Ahmed Al-Kowarri             | 95 |
| 100    | 11.1    | Alexander Carnie             | 88 |
| 200    | 22.6    | Mark Davidson                | 85 |
| 300    | 36.0    | Ahmed Al-Kowarri             | 95 |
| 400    | 49.21   | Ahmed Al-Kowarri             | 95 |
| 800    | 1:54.8  | Colin Donald                 | 84 |
| 1500   | 4:01.1  | Ross Arbuckle                | 78 |
| 3000   | 8:42.4  | Ross Arbuckle                | 78 |
| 100H   | 13.9    | Richard Singer               | 95 |
| 400H   | 55.37   | Richard Singer               | 95 |
| 1500SC | 4:25.0  | Frank Boyne                  | 82 |
| HJ     | 1.98    | Keith Oag                    | 94 |
| LJ     | 6.82    | Derek Elmslie                | 77 |
| TJ     | 13.82   | William Stark                | 93 |
| PV     | 3.60    | David Mann                   | 11 |
| 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        |
| <b>PV</b> | <b>3.10</b> | <b>Alasdair Lowe</b>                   | <b>12</b> |
| LJ        | 5.82        | William Stark                          | 91        |
| TJ        | 12.10       | William Stark                          | 91        |
| 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, Crichton, 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   | 2:20.38 | Stewart Millar                  | 11 |
| 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 Crichton                   | 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,          | 93 |

Sullivan

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

|         |          |                                 |    |
|---------|----------|---------------------------------|----|
| 60      | 7.4      | Stan Walker                     | 09 |
| 100     | 11.6     | Stan Walker                     | 08 |
| 200     | 23.4     | Stan Walker                     | 09 |
| 300     | 37.85    | Stan 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         | 7.7      | Stan Walker                         | 11       |
| 100        | 11.7     | Rilley/Mackenzie/Walker             | 79/90/09 |
| 200        | 23.83    | Stan Walker                         | 11       |
| 300        | 37.85    | Stan 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        |
| <b>3000SC</b> | <b>10:48.23</b> | <b>Frank Boyne</b>      | <b>11</b> |
| <b>110H</b>   | <b>20.57</b>    | <b>Edward McKenzie</b>  | <b>12</b> |
| 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/James MacGregor | 03/11     |
| LJ              | 5.52         | Kenny Lyon                    | 06        |
| TJ              | 11.32        | Trevor Madigan                | 90        |
| PV              | 3.45         | Robert Masson                 | 99        |
| <b>SP</b>       | <b>11.60</b> | <b>Edward McKenzie</b>        | <b>12</b> |
| <b>SP (sen)</b> | <b>11.60</b> | <b>Edward McKenzie</b>        | <b>12</b> |
| DT              | 39.86        | Robert Masson                 | 92        |
| <b>DT (sen)</b> | <b>33.45</b> | <b>Darren Chapman</b>         | <b>12</b> |
| HT              | 34.35        | Robert Masson                 | 98        |
| <b>HT (sen)</b> | <b>31.30</b> | <b>Edward McKenzie</b>        | <b>12</b> |
| JT              | 40.64        | Robert Masson                 | 95        |
| JT (sen)        | 38.04        | Edward McKenzie               | 11        |
| <b>WT</b>       | <b>9.20</b>  | <b>Edward McKenzie</b>        | <b>12</b> |
| Pent            | 2805         | Kenny Lyon                    | 06        |
| <b>Dec.</b>     | <b>4514</b>  | <b>Edward McKenzie</b>        | <b>12</b> |
| <b>Wt Pent</b>  | <b>2652</b>  | <b>Edward McKenzie</b>        | <b>12</b> |

|           |              |                   |           |
|-----------|--------------|-------------------|-----------|
| 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        |
| <b>TJ</b> | <b>10.82</b> | <b>Kenny Lyon</b> | <b>12</b> |
| 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        |
| <b>DT</b> | <b>42.45</b> | <b>Robert Masson</b>   | <b>12</b> |
| 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            | 10/11        |
| 100         | 13.8         | Trevor Madigan            | 09           |
| 200         | 29.49        | Trevor Madigan            | 11           |
| 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           |
| <b>300H</b> | <b>57.5</b>  | <b>Robert Masson</b>      | <b>12</b>    |
| <b>HJ</b>   | <b>1.30</b>  | <b>T Madigan/R Masson</b> | <b>10/12</b> |
| <b>PV</b>   | <b>2.90</b>  | <b>Robert Masson</b>      | <b>12</b>    |
| LJ          | 4.32         | Trevor Madigan            | 11           |
| TJ          | 8.95         | Trevor Madigan            | 09           |
| <b>SP</b>   | <b>9.41</b>  | <b>Robert Masson</b>      | <b>12</b>    |
| <b>DT</b>   | <b>42.45</b> | <b>Robert Masson</b>      | <b>12</b>    |
| <b>HT</b>   | <b>29.51</b> | <b>Robert Masson</b>      | <b>12</b>    |
| <b>JT</b>   | <b>33.36</b> | <b>Robert Masson</b>      | <b>12</b>    |



#### 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  | 18.13   | Kenny Lyon           | 11 |
| 400H  | 77.1    | Bill Lonsdale        | 02 |
| ½ Mar | 76:45   | Roderick MacFarquhar | 93 |



**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                 | 43.6    | Hugo Fletcher      | 11 |
| 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                  | 13.12   | Hugo Fletcher      | 11 |
| 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        |
| <b>10000</b> | <b>34:53.24</b> | <b>Rhona Auckland</b>      | <b>12</b> |
| 100H         | 13.97           | Catriona Pennet            | 04        |
| 400H         | 61.80           | Sylvia Kamyra              | 09        |
| ½ Mar        | 73:22           | Lynda Bain                 | 85        |
| Mar          | 2:33:38         | Lynda Bain                 | 85        |
| PV           | 3.00            | Laura Kutt                 | 11        |
| HJ           | 1.69            | Ellie Workman              | 09        |
| LJ           | 5.95            | Linda Davidson             | 92        |
| TJ           | 12.06           | Fiona Watt                 | 96        |
| 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          | 39.44           | Zoey Clark                       | 10        |
| <b>400</b>   | <b>55.19</b>    | <b>Zoey Clark</b>                | <b>11</b> |
| 800          | 2:10.67         | Emma Cloggie                     | 06        |
| 1500         | 4:30.92         | Kate Rice                        | 90        |
| <b>3000</b>  | <b>9:29.28</b>  | <b>Rhona Auckland</b>            | <b>12</b> |
| <b>10000</b> | <b>34:53.24</b> | <b>Rhona Auckland</b>            | <b>12</b> |
| 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        |
| <b>PV</b>    | <b>2.90</b>     | <b>Sam Somers</b>                | <b>12</b> |
| 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         | 55.96          | Zoey Clark                            | 11        |
| 800         | 2:13.36        | Dawn Simpson                          | 88        |
| 1500        | 4:32.7         | Kathryn Shepherd                      | 74        |
| <b>3000</b> | <b>10:20.6</b> | <b>Eilidh Prise</b>                   | <b>12</b> |
| 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          | 2.80           | Sam Somers                            | 11        |
| 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       | Lesely-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        |
| <b>PV</b> | <b>2.20</b> | <b>Erin Runcie</b>                   | <b>12</b> |
| 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     |
| <b>1200</b> | <b>3:59.52</b> | <b>Rebecca Eggeling</b>                     | <b>12</b> |
| 1500        | 4:54.7         | Dawn Simpson                                | 86        |
| 70H         | 11.21          | Sandra Gunn                                 | 88        |
| <b>HJ</b>   | <b>1.45</b>    | <b>Kate MacKay</b>                          | <b>12</b> |
| 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       |
| 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        |
| <b>LJ</b> | <b>4.88</b> | <b>Fiona Davidson</b> | <b>12</b> |
| 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        | 29.18       | Kathleen Madigan      | 11        |
| 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        |
| <b>SP</b> | <b>8.43</b> | <b>Kathleen Madigan</b> | <b>12</b> |
| DT        | 22.34       | Ann Imrie               | 97        |
| JT        | 28.40       | Barbara MacDonald       | 96        |
| HT        | 29.18       | Kathleen Madigan        | 11        |







**VETERAN MEN (OVER 40)**

|          |         |   |          |
|----------|---------|---|----------|
| 60       | 7.6     | Alan MacKenzie / Stan Walker              | 89/10&11 |
| 200      | 24.88   | Stan Walker                               | 11       |
| 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   | 9.63    | Edward McKenzie                           | 11       |
| Pent     | 2239    | Edward McKenzie                           | 11       |
| Hept     | 3851    | Kenny Lyon                                | 03       |
| 4X200    | 1:41.2  | Mackenzie, Madigan, Stirling,<br>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        |
| <b>SP</b>       | <b>11.44</b> | <b>Darren Chapman</b> | <b>12</b> |
| <b>SP (sen)</b> | <b>11.44</b> | <b>Darren Chapman</b> | <b>12</b> |
| Hept            | 3896         | Kenny Lyon            | 08        |

**VETERAN MEN (OVER 50)**

|           |             |                   |           |
|-----------|-------------|-------------------|-----------|
| 60        | 7.86        | Allan Stirling    | 97        |
| 200       | 26.61       | Trevor Madigan    | 95        |
| 400       | 57.74       | Allan Stirling    | 99        |
| 800       | 2:12.9      | John Ballentine   | 93        |
| 1000      | 3:16.47     | Bill Lonsdale     | 06        |
| 1500      | 4:23.23     | John Ballentine   | 94        |
| 3000      | 9:29.15     | John Ballentine   | 94        |
| 60H       | 11.20       | Robert Masson     | 99/00     |
| HJ        | 1.65        | Bill Lonsdale     | 03        |
| LJ        | 5.24        | Trevor Madigan    | 95        |
| TJ        | 11.14       | Trevor Madigan    | 95        |
| PV        | 3.45        | Robert Masson     | 98        |
| <b>SP</b> | <b>9.89</b> | <b>Kenny Lyon</b> | <b>12</b> |
| 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   | 10.16 | Robert Masson  | 11 |
| 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        |
| <b>PV</b> | <b>2.90</b> | <b>Robert Masson</b> | <b>12</b> |
| LJ        | 4.17        | Trevor Madigan       | 11        |
| 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)**

|            |                |                      |           |
|------------|----------------|----------------------|-----------|
| <b>60</b>  | <b>12.39</b>   | <b>Hugo Fletcher</b> | <b>12</b> |
| 200        | 46.00          | Hugo Fletcher        | 10        |
| <b>400</b> | <b>1:40.40</b> | <b>Hugo Fletcher</b> | <b>12</b> |
| SP         | 5.04           | 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        |
| <b>3000</b> | <b>9:56.20</b> | <b>Rhona Auckland</b> | <b>12</b> |
| 60H         | 8.79           | Catriona Pennet       | 04        |
| HJ          | 1.71           | Ellie Workman         | 09        |
| LJ          | 5.88           | Linda Davidson        | 93        |
| TJ          | 11.18          | Linda Davidson        | 92        |
| PV          | 2.95           | Laura Kutt            | 11        |
| SP          | 13.89          | Helen Cowe            | 93        |
| Pent.       | 3778           | Sarah Still           | 00        |

**UNDER-20 WOMEN**

|             |                |                       |           |
|-------------|----------------|-----------------------|-----------|
| 60          | 7.82           | Zoey Clark            | 11        |
| 200         | 25.16          | Zoey Clark            | 11        |
| 400         | 55.27          | Emma Cloggie          | 06        |
| 800         | 2:14.32        | Emma Cloggie          | 05        |
| 1500        | 4:46.81        | Ellie Buchan          | 08        |
| <b>3000</b> | <b>9:56.20</b> | <b>Rhona Auckland</b> | <b>12</b> |
| 60H         | 9.03           | Catriona Pennet       | 01        |
| HJ          | 1.71           | Ellie Workman         | 09        |
| <b>PV</b>   | <b>2.90</b>    | <b>Sam Somers</b>     | <b>12</b> |
| LJ          | 5.36           | Kirsten Young         | 05        |
| TJ          | 11.00          | Kirsten Young         | 05        |
| SP          | 8.99           | Sarah Lyon            | 99        |
| Pent.       | 3212           | Sarah Still           | 94        |

**UNDER-17 WOMEN**

|       |          |                 |    |
|-------|----------|-----------------|----|
| 60    | 7.82     | Zoey Clark      | 11 |
| 200   | 25.16    | Zoey Clark      | 11 |
| 300   | 39.81    | Zoey Clark      | 11 |
| 800   | 2:17.60  | Emma Cloggie    | 02 |
| 1500  | 4:46.81  | Ellie Buchan    | 08 |
| 3000  | 12:23.44 | Chantelle Clark | 06 |
| 60H   | 8.83     | Yasmin Milne    | 10 |
| HJ    | 1.71     | Ellie Workman   | 09 |
| PV    | 2.85     | Sam Somers      | 11 |
| LJ    | 5.36     | Kirsten Young   | 05 |
| TJ    | 11.00    | Kirsten Young   | 05 |
| SP    | 8.99     | Sarah Lyon      | 99 |
| Pent. | 3337     | Ellie Workman   | 09 |



**UNDER-15 GIRLS**

|       |         |                              |          |
|-------|---------|------------------------------|----------|
| 60    | 7.83    | Lesley-Ann Mearns            | 05       |
| 200   | 25.51   | Lesley-Ann Mearns            | 05       |
| 800   | 2:17.60 | Emma Cloggie                 | 02       |
| 1500  | 4:57.90 | Hannah Smith                 | 94       |
| 60H   | 9.30    | Hannah Mathieson             | 00       |
| HJ    | 1.45    | S Robertson/C Pennet/K Miles | 91/98/99 |
| PV    | 2.06    | Sophie Anderson              | 11       |
| LJ    | 5.02    | Donna Quirie                 | 91       |
| SP    | 8.68    | Catriona Pennet              | 98       |
| Pent. | 2794    | Jennifer Reid                | 92       |

**UNDER-13 GIRLS**

|           |             |                    |           |
|-----------|-------------|--------------------|-----------|
| 60        | 8.56        | Lesley-Ann Mearns  | 03        |
| 200       | 28.66       | Lesley-Ann Mearns  | 03        |
| 800       | 2:34.77     | Laura Henderson    | 94        |
| 60H       | 10.00       | Catriona Pennet    | 96        |
| <b>HJ</b> | <b>1.46</b> | <b>Kate MacKay</b> | <b>12</b> |
| LJ        | 4.48        | Sandra Gunn        | 88        |
| SP        | 7.58        | Sophie Anderson    | 10        |
| Pent.     | 2030        | Catriona Pennet    | 96        |

**VETERAN WOMEN (OVER 35)**

|           |             |                         |           |
|-----------|-------------|-------------------------|-----------|
| 60        | 8.19        | Kathleen Madigan        | 05        |
| 200       | 27.41       | Kathleen Madigan        | 06        |
| 400       | 66.7        | Heather Wisley          | 90        |
| 800       | 2:22.77     | Sonia Armitage          | 06        |
| 1500      | 4:45.85     | Sonia Armitage          | 06        |
| 3000      | 11:19.1     | Laura Mahady            | 06        |
| 60H       | 10.80       | Janet Lyon              | 01        |
| HJ        | 1.36        | Shona McKinnon          | 03        |
| PV        | 2.70        | Janet Lyon              | 02/04     |
| <b>LJ</b> | <b>4.76</b> | <b>Fiona Davidson</b>   | <b>12</b> |
| TJ        | 10.68       | Fiona Davidson          | 11        |
| <b>SP</b> | <b>8.47</b> | <b>Kathleen Madigan</b> | <b>11</b> |
| Pent.     | 2380        | Shona McKinnon          | 02        |

**VETERAN WOMEN (OVER 40)**

|           |             |                         |           |
|-----------|-------------|-------------------------|-----------|
| 60        | 8.35        | Kathleen Madigan        | 10        |
| 200       | 27.96       | Janet Lyon              | 04        |
| 400       | 66.9        | Joyce Hogg              | 89        |
| 800       | 2:22.77     | Sonia Armitage          | 06        |
| 1500      | 4:45.85     | Sonia Armitage          | 06        |
| 3000      | 11:19.1     | Laura Mahady            | 06        |
| 60H       | 10.90       | Janet Lyon              | 02        |
| HJ        | 1.32        | Shona McKinnon          | 09        |
| PV        | 2.70        | Janet Lyon              | 02/04     |
| LJ        | 4.25        | J Hogg/J Lyon           | 89/05     |
| TJ        | 8.71        | Shona McKinnon          | 08        |
| <b>SP</b> | <b>8.47</b> | <b>Kathleen Madigan</b> | <b>11</b> |
| Pent      | 2286        | Shona McKinnon          | 04        |

**VETERAN WOMEN (OVER 45)**

|           |             |                   |           |
|-----------|-------------|-------------------|-----------|
| 60        | 8.87        | Ann Imrie         | 95        |
| 200       | 29.29       | Ann Imrie         | 95        |
| 400       | 72.25       | Ann Imrie         | 95        |
| 800       | 2:22.77     | Sonia Armitage    | 06        |
| 1500      | 4:45.85     | Sonia Armitage    | 06        |
| 3000      | 11:19.1     | Laura Mahady      | 06        |
| HJ        | 1.32        | Shona McKinnon    | 09        |
| <b>PV</b> | <b>2.50</b> | <b>Janet Lyon</b> | <b>11</b> |
| LJ        | 3.87        | Shona McKinnon    | 11        |
| TJ        | 8.09        | Shona McKinnon    | 10        |

**VETERAN WOMEN (OVER 50)**

|           |            |                      |           |
|-----------|------------|----------------------|-----------|
| <b>60</b> | <b>9.5</b> | <b>Penny Johnson</b> | <b>12</b> |
|-----------|------------|----------------------|-----------|

AA

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## ALL TIME TOP 20s - SENIOR EVENTS

### MEN 60m

|            |                  |                   |                 |
|------------|------------------|-------------------|-----------------|
| 7.0        | MARK DAVIDSON    | CA Stadium        | 03.04.94        |
| 7.0        | MURRAY KING      | Balgownie         | 02.09.88        |
| 7.0        | BARRY MIDDLETON  | CA Stadium        | 06.04.97        |
| 7.0        | STAN WALKER      | Grangemouth       | 29.03.87        |
| 7.1        | Martin Johnston  | Balgownie         | 06.06.84        |
| 7.1        | Duncan Mathieson | Balgownie         | 02.09.88        |
| 7.1        | Donald Ross      | CA Stadium        | 03.04.94        |
| 7.1        | Ray Smith        | Balgownie         | 02.07.85        |
| 7.2        | Ahmed Al-Kowarri | CA Stadium        | 07.04.02        |
| 7.2        | Paul Davidson    | CA Stadium        | 03.04.94        |
| 7.2        | Bob Drummond     | CA Stadium        | 04.04.93        |
| 7.2        | Neil Fachie      | CA Stadium        | 02.04.06        |
| 7.2        | Kenny Lyon       | Balgownie         | 02.09.88        |
| 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        |
| <b>7.3</b> | <b>Sam Lyon</b>  | <b>CA Stadium</b> | <b>31.03.12</b> |
| 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        | Stan Malone         | Balgownie         | 11.09.77        |
| 10.8        | Campbell Paterson   | Balgownie         | 06.05.72        |
| 10.8        | Stan 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        |
| <b>11.1</b> | <b>Gavin Irvine</b> | <b>CA Stadium</b> | <b>31.03.12</b> |
| 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 | Stan 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/<br>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        |
| 37.3        | Sam Lyon           | CA Stadium        | 29.06.11        |
| 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        |
| <b>37.5</b> | <b>Peter Mutch</b> | <b>CA Stadium</b> | <b>24.05.12</b> |
| 37.6        | Gareth Lake        | CA Stadium        | 29.06.11        |
| 37.6        | Adam Watt          | CA Stadium        | 07.04.02        |
| 37.7        | Robert Miller      | CA Stadium        | 10.08.00        |

### 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        |
| <b>50.6</b> | <b>Michael Ferguson</b> | <b>CA Stadium</b> | <b>12.07.12</b> |
| 50.7        | Kenny Lyon              | Crown Point       | 18.06.89        |
| 50.8        | J Treasurer/A Mackenzie |                   | 72 / .74        |

### MEN 800m

|                |                         |                  |                 |
|----------------|-------------------------|------------------|-----------------|
| 1:49.3         | EWAN CALVERT            | Stretford        | 23.08.94        |
| <b>1:52.02</b> | <b>Myles Edwards</b>    | <b>Watford</b>   | <b>22.08.12</b> |
| 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        |
| 1:55.04        | Mark Kennedy            | Manchester       | 21.05.05        |
| 1:55.1         | Robert Mitchell         | Coatbridge       | 28.06.81        |
| <b>1:55.33</b> | <b>Michael Ferguson</b> | <b>Stretford</b> | <b>07.07.12</b> |

### 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        |
| 3:53.55        | Mark Haskett         | Watford           | 11.06.11        |
| 3:53.9         | Stephen Wright       | Gateshead         | 01.07.92        |
| 3:53.95        | David Stephen        | Meadowbank        | 22.06.85        |
| 3:54.32        | Ben Hukins           | Scotstoun         | 28.07.00        |
| 3:54.7*        | Mel Edwards          | Chiswick          | 25.07.64        |
| 3:55.1         | Fraser Clyne         | Coatbridge        | 28.06.81        |
| 3:55.8         | Ross Arbuckle        | Meadowbank        | 26.08.79        |
| 3:55.9         | Colin McClean        | Grangemouth       | 14.05.86        |
| <b>3:55.95</b> | <b>Myles Edwards</b> | <b>Bedford</b>    | <b>25.08.12</b> |
| 3:56.39        | Ewan Calvert         | Meadowbank        | 30.05.92        |
| 3:56.8         | Darren Shinnie       | Wishaw            | 25.07.04        |
| <b>3:57.98</b> | <b>James Joy</b>     | <b>CA Stadium</b> | <b>20.05.12</b> |

\*Converted from mile time

### MEN 3000m

|               |                      |                   |                 |
|---------------|----------------------|-------------------|-----------------|
| 8:14.6        | FRASER CLYNE         | Grangemouth       | 28.05.81        |
| 8:18.8        | Graham Laing         | Brisbane          | 25.09.82        |
| 8:19.5        | Mel Edwards          | Twickenham        | 25.08.68        |
| 8:23.07       | Stephen Wright       | Gateshead         | 15.07.92        |
| 8:24.82       | Ray Creswell         | Meadowbank        | 12.07.89        |
| 8:26.1        | Gary Zeuner          | Gateshead         | 15.07.87        |
| 8:28.3        | Frank Boyne          | CA Stadium        | 18.07.93        |
| 8:31.2        | Alan Reid II         | Inverness         | 01.07.90        |
| 8:33.2        | Michael Turner       | Sutton Coldfield  | 24.06.89        |
| 8:34.4        | Ian Matheson         | Elgin             | 08.06.86        |
| 8:34.6        | Ben Hukins           | CA Stadium        | 13.08.00        |
| 8:34.65       | Darren Shinnie       | Cardiff           | 17.07.04        |
| 8:35.9        | Simon Axon           | Inverness         | 05.07.87        |
| 8:36.69       | Iain Donnan          | Scotstoun         | 30.08.03        |
| 8:39.1        | David Duguid         | CA Stadium        | 23.07.89        |
| <b>8:40.4</b> | <b>Myles Edwards</b> | <b>CA Stadium</b> | <b>13.06.12</b> |
| 8:42.3        | Robert Mitchell      | Balgownie         | 17.06.80        |
| 8:42.4        | Ross Arbuckle        | Meadowbank        | 19.08.78        |
| 8:45.19       | William Duncan       | Sheffield         | 16.08.03        |
| 8:45.8        | Alan Wales           | CA Stadium        | 21.05.03        |

|          |                |             |          |
|----------|----------------|-------------|----------|
| 14:48.0  | Donald Ritchie | Grangemouth | 31.05.69 |
| 14:48.0  | Alastair Wood  | Meadowbank  | 07.05.82 |
| 14:48.9  | George Harper  | Meadowbank  | 28.08.83 |
| 14:49.33 | Iain Donnan    | Meadowbank  | 16.05.04 |
| 14:50.1  | Ian Johnstone  | Coatbridge  | 14.08.77 |

\*3-mile race (shorter distance)

### MEN 10,000m

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

\*6-mile race (shorter distance)

### MEN HALF MARATHON

|              |                   |              |                 |
|--------------|-------------------|--------------|-----------------|
| 61:34        | GRAHAM LAING      | The Hague    | 19.03.83        |
| 62:54        | Fraser Clyne      | Morpeth      | 01.01.85        |
| 64:25        | Simon Axon        | Gateshead    | 08.06.86        |
| 65:02        | Chris Hall        | Arbroath     | 28.06.87        |
| 65:38        | Bruce Chinnick    | Kinloss      | 02.05.87        |
| 66:11        | Peter Wilson      | Fraserburgh  | 14.10.84        |
| 66:29        | Colin Youngson    | Inverness    | 22.03.87        |
| 66:38        | Alan Reid II      | Inverness    | 15.03.92        |
| 66:41        | Kevin Best        | Peterhead    | 18.08.85        |
| 66:53        | George Reynolds   | Linksfield   | 31.08.86        |
| 66:57        | Graham Milne      | Fraserburgh  | 14.10.84        |
| 67:13        | David Clark       | Linksfield   | 07.07.85        |
| 67:27        | Charles McIntyre  | Buckie       | 30.06.85        |
| 67:39        | Michael McCulloch | Inverness    | 23.03.85        |
| 67:42        | Donald Ritchie    | London       | 19.04.83        |
| 68:00        | Pat McErlean      | Ayr          | 08.09.85        |
| <b>68:23</b> | <b>Ben Hukins</b> | <b>Paris</b> | <b>06.03.11</b> |
| 68:36        | David Duguid      | Linksfield   | 27.08.89        |
| 68:42        | Craig Ross        | Blairgowrie  | 20.08.83        |
| 68:48        | Jim Doig          | Inverness    | 18.03.90        |

### 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 |

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### MEN 5000m

|          |                |                |          |
|----------|----------------|----------------|----------|
| 14:18.90 | IAN MATHESON   | Crown Point    | 22.07.89 |
| 14:19.62 | Fraser Clyne   | Meadowbank     | 20.06.81 |
| 14:20.5  | Graham Laing   | Meadowbank     | 30.05.81 |
| 14:20.58 | Chris Hall     | Birmingham     | 22.05.88 |
| 14:22.5  | Mel Edwards    | Crystal Palace | 20.08.68 |
| 13:46:0* | Steve Taylor   | Pitreavie      | 08.06.66 |
| 14:26.6  | Bruce Chinnick | Inverness      | 23.05.87 |
| 14:28.77 | Alan Reid II   | Grangemouth    | 26.08.89 |
| 14:30.8  | Bill Ewing     | Grangemouth    | 31.05.69 |
| 14:32.5  | Graham Milne   | Melbourne      | 11.03.75 |
| 14:33.4  | Stephen Wright | Coatbridge     | 18.08.91 |
| 14:42.5  | Gary Zeuner    | Crown Point    | 13.06.87 |
| 14:45.59 | Ben Hukins     | Grangemouth    | 17.04.11 |
| 14:45.73 | Ray Creswell   | Meadowbank     | 05.08.90 |
| 14:47.9  | Peter Wilson   | Balgownie      | 24.05.83 |



|                |                    |                    |                 |
|----------------|--------------------|--------------------|-----------------|
| 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        | Phillip Stankler   | Meadowbank         | 06.07.86        |
| 9:33.9         | Alan Reid II       | Inverness          | 16.05.93        |
| 9:36.5         | Robin Sutherland   | Coatbridge         | 17.05.92        |
| <b>9:37.64</b> | <b>David Munro</b> | <b>Grangemouth</b> | <b>05.08.12</b> |
| 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        |

#### 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 | Pitreevie   | 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        |
| <b>54.15</b> | <b>Jonathan Mann</b> | <b>Gateshead</b> | <b>15.06.12</b> |
| 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         | Alasdair Love        | Ayr              | 18.07.95        |
| 56.8         | Murray King          | Crown Point      | 07.06.86        |
| 57.1         | Denis Shepherd       | Balgownie        | 09.09.79        |
| 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        |
| <b>1.91</b> | <b>Ryan Hewitson</b>  | <b>Ashford</b>             | <b>21.07.12</b> |
| 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/<br>I Lind/S Wright/T Leeson/R Miller/<br>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        |
| 3.60        | David Mann           | Wishaw             | 27.08.11        |
| 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        |
| <b>3.10</b> | <b>Alasdair Lowe</b> | <b>Grangemouth</b> | <b>26.08.12</b> |
| 3.10        | Robert Miller        | Hexham             | 18.07.04        |
| 3.10        | William Stark        | Grenoble           | 19.09.93        |

#### MEN LONG JUMP

|             |                  |                    |                 |
|-------------|------------------|--------------------|-----------------|
| 7.62        | DUNCAN MATHIESON | West London        | 30.07.95        |
| 7.07        | William Stark    | Pitreevie          | 08.07.95        |
| 7.06        | Dinkar Sabnis    | CA Stadium         | 22.08.93        |
| <b>6.99</b> | <b>Sam Lyon</b>  | <b>Grangemouth</b> | <b>15.07.12</b> |
| 6.98        | Paul Allan       | Prague             | 26.05.90        |
| 6.91        | Charles Smith    | Linkfield          | 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      | Linkfield          | 03.05.62        |
| 6.73        | Kenny Lyon       | Balgownie          | 14.06.80        |
| 6.73        | David Polson     | Balgownie          | 17.05.83        |
| 6.73        | John Waters      | Linkfield          | 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        |

#### MEN TRIPLE JUMP

|              |                       |               |                 |
|--------------|-----------------------|---------------|-----------------|
| <b>14.98</b> | <b>CHUKWUDI ONYIA</b> | <b>Hendon</b> | <b>28.06.12</b> |
| 14.55        | William Stark         | Crown Point   | 11.06.95        |
| 14.43        | Stan 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           | Linkfield     | 19.06.61        |
| 13.27        | Stewart Clark         | Grangemouth   | 14.08.11        |
| 13.23        | James Shand           | Linkfield     | 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        |
| 12.84        | Robert Miller         | CA Stadium    | 01.05.02        |
| 12.83        | Ian Bailey            | Meadowbank    | 29.06.86        |
| 12.75        | D Parham/S Ledingham  |               | 77 / 83         |

#### 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 |



|     |                   |            |          |      |               |            |          |
|-----|-------------------|------------|----------|------|---------------|------------|----------|
| 8.0 | Yasmin Milne      | CA Stadium | 03.04.11 | 42.4 | Marie Dobson  | CA Stadium | 29.06.11 |
| 8.0 | Gail Murchie      | CA Stadium | 03.04.94 | 42.4 | Sylvia Kamyra | CA Stadium | 16.08.06 |
| 8.0 | Louise Paterson   | CA Stadium | 05.04.92 |      |               |            |          |
| 8.0 | Donna Quirie      | CA Stadium | 03.04.94 |      |               |            |          |
| 8.0 | Angela Shearer    | CA Stadium | 07.04.02 |      |               |            |          |
| 8.0 | Helen Windass     | CA Stadium | 06.04.97 |      |               |            |          |
| 8.1 | Zoey Clark        | CA Stadium | 04.04.10 |      |               |            |          |
| 8.1 | Nicola Kemp       | CA Stadium | 02.04.95 |      |               |            |          |
| 8.1 | Janet Lyon        | CA Stadium | 06.04.97 |      |               |            |          |
| 8.1 | Suzanne Middleton | CA Stadium | 11.07.00 |      |               |            |          |
| 8.1 | Kirsten Young     | CA Stadium | 03.04.05 |      |               |            |          |

#### WOMEN 100m

|       |                   |             |          |
|-------|-------------------|-------------|----------|
| 11.8  | DAWN FLOCKHART    | CA Stadium  | 12.06.94 |
| 11.8  | SARAH STILL       | CA Stadium  | 05.09.99 |
| 11.9  | Louise Paterson   | CA Stadium  | 09.06.91 |
| 12.1  | Katrina Leys      | Crown Point | 16.08.92 |
| 12.1  | Kim Smith         | Inverness   | 19.04.87 |
| 12.12 | Aileen Connelly   | Belfast     | 10.06.06 |
| 12.2  | Fiona Auld        | Balgownie   | 22.08.76 |
| 12.2  | Hayley Bowers     | Peterhead   | 24.05.98 |
| 12.2  | Zoey Clark        | Perth       | 01.05.11 |
| 12.2  | Dawn Kitchen      | Dundee      | 25.08.85 |
| 12.2  | Kathleen Madigan  | Dundee      | 25.07.87 |
| 12.28 | Gwen Vaughan      | Meadowbank  | 14.06.86 |
| 12.37 | Lesley-Ann Mearns | Birmingham  | 13.08.05 |
| 12.4  | Michelle Bruce    | Grangemouth | 13.06.83 |
| 12.4  | Debra Carle       | Balgownie   | 17.06.80 |
| 12.4  | Fiona Davidson    | Inverness   | 15.06.97 |
| 12.5  | Jenny Bole        | Balgownie   | 20.08.78 |
| 12.5  | Corrie Butler     | Inverness   | 08.04.90 |
| 12.5  | Linda Davidson    | CA Stadium  | 29.08.92 |
| 12.5  | Roslyn Duncan     | Balgownie   | 14.08.83 |
| 12.5  | Sandra Gunn       | CA Stadium  | 05.05.91 |
| 12.5  | Fiona Lumsden     | CA Stadium  | 09.06.91 |
| 12.5  | Gail Murchie      | CA Stadium  | 26.07.92 |
| 12.5  | Catrina Pennet    | CA Stadium  | 05.09.99 |
| 12.5  | Lesley Reid       | Linksfield  | 22.08.76 |
| 12.5  | Joan Simpson      | Linksfield  | 21.06.71 |

#### WOMEN 200m

|       |                                      |             |                 |
|-------|--------------------------------------|-------------|-----------------|
| 23.9  | DAWN FLOCKHART                       | CA Stadium  | 09.06.96        |
| 24.4  | Dawn Kitchen                         | Coatbridge  | 07.09.86        |
| 24.4  | Sarah Still                          | CA Stadium  | 01.09.99        |
| 24.7  | Louise Paterson                      | Crown Point | 16.06.90        |
| 24.89 | Zoey Clark                           | Scotstoun   | 29.08.10        |
| 24.94 | Aileen Connelly                      | Grangemouth | 07.08.05        |
| 25.0  | Katrina Leys                         | Coatbridge  | 02.08.98        |
| 25.0  | Kim Smith                            | Coatbridge  | 02.09.84        |
| 25.05 | Lesley-Ann Mearns                    | Birmingham  | 14.08.05        |
| 25.1  | Kathleen Madigan                     | Coatbridge  | 04.05.86        |
| 25.2  | Helen Windass                        | Coatbridge  | 17.05.98        |
| 25.3  | Suzanne Middleton                    | CA Stadium  | 25.07.99        |
| 25.4  | Nicola Imrie                         | Crown Point | 20.06.92        |
| 25.4  | Susan Hendry                         | CA Stadium  | 12.06.94        |
| 25.5  | Fiona Auld                           | Balgownie   | 18.06.78        |
| 25.5  | Michelle Bruce                       | Grangemouth | 13.06.82        |
| 25.56 | Catrina Pennet                       | Meadowbank  | 17.04.11        |
| 25.59 | Lorna Johnston                       | Grangemouth | 17.06.00        |
| 25.6  | G Vaughan/LDavidson/S<br>C Michalska | Gunn/<br>93 | 86/92/92/<br>93 |

#### WOMEN 300m

|              |                       |                    |                 |
|--------------|-----------------------|--------------------|-----------------|
| 38.9         | DAWN FLOCKHART        | CA Stadium         | 07.04.96        |
| 39.44        | Zoey Clark            | Inverness          | 05.09.10        |
| <b>39.47</b> | <b>Kelsey Stewart</b> | <b>Grangemouth</b> | <b>08.06.12</b> |
| 40.21        | Louise Paterson       | Crystal Palace     | 17.08.91        |
| 40.5         | Susan Hendry          | CA Stadium         | 10.08.00        |
| 40.6         | Helen Windass         | CA Stadium         | 05.06.97        |
| 40.7         | Nicola Gauld          | CA Stadium         | 07.04.02        |
| 40.9         | Lorna Johnston        | Grangemouth        | 16.06.00        |
| 41.0         | Katrina Leys          | CA Stadium         | 04.04.93        |
| 41.1         | Aileen Connelly       | CA Stadium         | 03.04.05        |
| 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        |
| 41.9         | Sarah Still           | CA Stadium         | 04.04.93        |
| 42.0         | Hayley Bowers         | CA Stadium         | 26.05.99        |
| 42.1         | Jaclyn Anderson       | CA Stadium         | 12.06.94        |
| 42.1         | Catrina Pennet        | CA Stadium         | 06.04.03        |
| 42.3         | Angela Shearer        | Dundee             | 08.07.01        |

|      |               |            |          |
|------|---------------|------------|----------|
| 42.4 | Marie Dobson  | CA Stadium | 29.06.11 |
| 42.4 | Sylvia Kamyra | CA Stadium | 16.08.06 |

#### WOMEN 400m

|              |                       |                   |                 |
|--------------|-----------------------|-------------------|-----------------|
| 53.99        | DAWN KITCHEN          | Meadowbank        | 23.07.85        |
| 54.4         | Dawn Flockhart        | Birmingham        | 19.08.95        |
| <b>55.19</b> | <b>Zoey Clark</b>     | <b>Bedford</b>    | <b>26.06.11</b> |
| 55.69        | Susan Hendry          | Solihull          | 05.08.00        |
| 56.20        | Emma Cloggie          | Grangemouth       | 10.06.05        |
| 56.7         | Helen Windass         | Scotstoun         | 26.04.98        |
| 56.80        | Aileen Connelly       | Scotstoun         | 14.05.05        |
| 57.0         | Nicola Gauld          | CA Stadium        | 21.04.02        |
| 57.2         | Bridie McGlashan      | Meadowbank        | 26.04.87        |
| 57.24        | Louise Paterson       | Waterford         | 11.08.90        |
| 57.4         | Lorna Johnston        | CA Stadium        | 13.09.00        |
| <b>57.46</b> | <b>Kelsey Stewart</b> | <b>CA Stadium</b> | <b>11.08.12</b> |
| 57.77        | Carmen Collins        | Meadowbank        | 17.05.92        |
| 58.6         | Debra Carle           | Balgownie         | 11.08.81        |
| 58.85        | Marie Dobson          | Inverness         | 17.09.11        |
| 58.86        | Jaclyn Anderson       | Meadowbank        | 04.09.94        |
| 59.3         | Sylvia Kamyra         | Dundee            | 28.06.09        |
| 59.4         | Linda Davidson        | Coatbridge        | 13.09.92        |
| 59.6         | Faith Webster         | Balgownie         | 29.07.84        |
| <b>59.6</b>  | <b>Alison Wylie</b>   | <b>Perth</b>      | <b>10.06.12</b> |

#### WOMEN 800m

|               |                       |                   |                 |
|---------------|-----------------------|-------------------|-----------------|
| 2:05.11       | NICOLA GAULD          | Birmingham        | 01.07.06        |
| 2:07.7        | Susan Hendry          | Scotstoun         | 29.07.00        |
| 2:10.67       | Emma Cloggie          | Solihull          | 24.06.06        |
| 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        |
| 2:16.09       | Lynsey Still          | Pitreevie         | 08.07.95        |
| 2:16.22       | Carly Hall            | Pitreevie         | 20.06.09        |
| 2:16.4        | Sonia McLaren         | Vancouver         | 02.07.82        |
| 2:16.6        | Kathryn Mearns        | Balgownie         | 15.08.82        |
| 2:16.8        | Jaclyn Anderson       | CA Stadium        | 18.07.93        |
| <b>2:17.0</b> | <b>Kelsey Stewart</b> | <b>CA Stadium</b> | <b>17.06.12</b> |
| 2:17.63       | Christie Noble        | Watford           | 11.08.10        |
| 2:18.12       | Sarah Still           | Stoke             | 30.07.00        |
| 2:18.2        | Lisa Davidson         | Coatbridge        | 20.05.90        |
| <b>2:18.5</b> | <b>Gemma Cormack</b>  | <b>CA Stadium</b> | <b>31.03.12</b> |
| 2:18.7        | Linda Falconer        | Dublin            | 11.04.81        |
| 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        |

#### WOMEN 1500m

|                |                        |                   |                 |
|----------------|------------------------|-------------------|-----------------|
| 4:11.80        | NICOLA GAULD           | Twickenham        | 04.06.08        |
| 4:17.4         | Kathryn Mearns         | Grangemouth       | 18.07.82        |
| 4:30.92        | Kate Rice              | Copeland          | 08.08.90        |
| 4:35.00        | Sonia McLaren          | Phoenix, USA      | 06.04.85        |
| <b>4:36.11</b> | <b>Gemma Cormack</b>   | <b>London (O)</b> | <b>06.05.12</b> |
| 4:38.5         | Debbie Kilner          | CA Stadium        | 09.09.95        |
| 4:38.98        | Christie Noble         | Watford           | 28.07.10        |
| <b>4:39.54</b> | <b>Rhona Auckland</b>  | <b>Meadowbank</b> | <b>20.05.12</b> |
| 4:40.22        | Carly Hall             | Meadowbank        | 20.06.10        |
| 4:41.9         | Lynda Bain             | Inverness         | 22.05.88        |
| 4:41.9         | Clare Miller           | CA Stadium        | 04.08.02        |
| <b>4:42.0</b>  | <b>Freyja Prentice</b> | <b>Cheltenham</b> | <b>11.07.12</b> |
| 4:42.2         | Carolyn Sheehan        | Balgownie         | 20.08.86        |
| 4:43.5         | Ellie Buchan           | Dundee            | 27.04.08        |
| 4:44.95        | Tracey Brindley        | Meadowbank        | 09.05.97        |
| 4:45.6         | Lynsey Still           | CA Stadium        | 09.09.95        |
| 4:46.6         | Allison Diamond        | Grangemouth       | 05.06.82        |
| 4:47.3         | Sue Lanham             | CA Stadium        | 22.08.91        |
| 4:47.4         | Heather Wisley         | Inverness         | 24.06.90        |
| 4:49.4         | Susan Harkins          | CA Stadium        | 03.05.91        |

#### WOMEN 3000m

|                |                       |                  |                 |
|----------------|-----------------------|------------------|-----------------|
| 9:04.21        | NICOLA GAULD          | Watford          | 14.06.08        |
| 9:16.4         | Kathryn Mearns        | Grangemouth      | 10.07.82        |
| <b>9:29.28</b> | <b>Rhona Auckland</b> | <b>Stretford</b> | <b>07.07.12</b> |
| 9:50.9         | Sonia McLaren         | Bellingham, US   | 16.04.83        |
| 9:51.0         | Lynda Bain            | Dundee           | 26.06.88        |
| 9:51.9         | Heather Wisley        | Coatbridge       | 20.05.90        |
| 9:53.2         | Tracy Brindley        | Crown Point      | 27.04.97        |
| 9:54.5         | Kate Rice             | Grangemouth      | 02.09.90        |
| 9:58.8         | Debbie Kilner         | CA Stadium       | 01.06.95        |
| 9:58.80        | Christie Noble        | London           | 14.08.10        |
| 10:13.65       | Clare Miller          | Meadowbank       | 28.04.02        |



|                |                     |                   |                 |         |                   |           |          |
|----------------|---------------------|-------------------|-----------------|---------|-------------------|-----------|----------|
| 10:15.51       | Susan Lamb          | Meadowbank        | 10.09.95        | 3:21:16 | Margaret Buchan   | Aberdeen  | 19.09.82 |
| 10:18.8        | Sue Lanham          | CA Stadium        | 22.07.90        | 3:24:22 | Olive Fraser      | London    | 23.04.89 |
| <b>10:20.6</b> | <b>Eilidh Prise</b> | <b>CA Stadium</b> | <b>13.06.12</b> | 3:25:29 | Margaret McDonald | Elgin     | 10.08.86 |
| 10:21.1        | Janet Fraser        | Wishaw            | 07.08.88        | 3:25:41 | Jackie Nuttall    | Aberdeen  | 16.09.84 |
| 10:22.2        | Janine Robertson    | Grangemouth       | 01.09.85        | 3:27:42 | Leona Hart        | Dundee    | 28.04.85 |
| 10:26.0        | Helen Grant         | Coatbridge        | 27.08.95        | 3:28:21 | Linda Trahan      | Elgin     | 07.08.88 |
| 10:31.0        | Jillian Grams       | Coatbridge        | 31.05.92        | 3:28:43 | Joan Molloy       | Fortrose  | 29.10.88 |
| 10:34.23       | Charlotte Forbes    | Derby             | 14.08.05        | 3:30:15 | Ulli Simpson      | Aberdeen  | 16.09.84 |
| 10:35.0        | Claire Becker       | CA Stadium        | 26.07.92        | 3:32:29 | Lillian MacDonald | Aberdeen  | 15.09.85 |
|                |                     |                   |                 | 3:32:33 | Betty May         | London    | 21.04.91 |
|                |                     |                   |                 | 3:37:09 | Maureen McInnes   | Amsterdam | 15.10.06 |
|                |                     |                   |                 | 3:38:38 | Isabel McDonald   | Dublin    | 26.10.98 |

#### WOMEN 5000m

|                 |                       |                   |                 |
|-----------------|-----------------------|-------------------|-----------------|
| 16:44.63        | TRACEY BRINDLEY       | Birmingham        | 26.07.98        |
| 16:51.1         | Lynda Bain            | CA Stadium        | 04.07.89        |
| <b>16:57.30</b> | <b>Rhona Auckland</b> | <b>Scotstoun</b>  | <b>02.06.12</b> |
| 17:09.8         | Debbie Kilner         | CA Stadium        | 29.06.95        |
| 17:09.94        | Clare Miller          | Meadowbank        | 12.05.02        |
| 17:48.80        | Sonia Armitage        | Chester-le-Street | 31.07.99        |
| 17:56.37        | Christie Noble        | London            | 17.07.10        |
| 18:04.2         | Helen Grant           | CA Stadium        | 29.06.95        |
| 18:06.07        | Charlotte Forbes      | Oxford            | 20.05.06        |
| 18:32.4         | Ellie Buchan          | CA Stadium        | 10.05.10        |
| 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        |
| 19:18.1         | Carly Hall            | CA Stadium        | 01.07.09        |
| 20:15.9         | Margaret Stafford     | CA Stadium        | 04.06.91        |
| 20:46.7         | Nicola Smith          | CA Stadium        | 16.05.11        |
| 21:57.9         | Bing Kerr             | CA Stadium        | 07.07.89        |
| 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        |

#### WOMEN 10000m (TOP 16)

|                 |                       |                   |                 |
|-----------------|-----------------------|-------------------|-----------------|
| <b>34:53.24</b> | <b>RHONA AUCKLAND</b> | <b>London (O)</b> | <b>06.05.12</b> |
| 36:22.7         | Debbie Kilner         | CA Stadium        | 02.05.95        |
| 37:18.2         | Heather Wisley        | CA Stadium        | 04.05.89        |
| 37:36.3         | Helen Grant           | CA Stadium        | 02.05.95        |
| 37:55.0         | Sue Lanham            | CA Stadium        | 05.05.92        |
| 38:18.5         | Sonia Armitage        | CA Stadium        | 04.07.02        |
| 38:30.0         | Jillian Grams         | CA Stadium        | 05.05.92        |
| 38:57.7         | Pamela Tosh           | CA Stadium        | 22.06.09        |
| 40:36.1         | Susan Lamb            | CA Stadium        | 03.05.94        |
| 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        |

#### WOMEN HALF MARATHON

|         |                   |             |          |
|---------|-------------------|-------------|----------|
| 1:13:22 | LYNDA BAIN        | Aberdeen    | 07.07.85 |
| 1:16:47 | Tracey Brindley   | Inverness   | 09.03.97 |
| 1:18:17 | Debbie Kilner     | Newcastle   | 17.09.95 |
| 1:20:40 | Pamela Tosh       | Inverness   | 14.03.10 |
| 1:22:09 | Ulli Simpson      | Aberdeen    | 26.08.90 |
| 1:22:36 | Sonia McLaren     | Aberdeen    | 07.07.85 |
| 1:23:27 | Janine Robertson  | Inverness   | 22.03.87 |
| 1:23:40 | Ginnie Pollard    | Aberdeen    | 28.08.93 |
| 1:24:07 | Margaret Stafford | Dyce        | 27.03.88 |
| 1:24:01 | Helen Grant       | Peterhead   | 24.09.95 |
| 1:24:53 | Susan Lamb        | Dyce        | 27.03.88 |
| 1:24:57 | Clare Miller      | Inverness   | 08.03.98 |
| 1:25:49 | Valerie Allan     | Elgin       | 07.08.88 |
| 1:25:51 | Heather Wisley    | Aberdeen    | 28.08.88 |
| 1:27:48 | Diana Jermieson   | Rannoch     | 25.06.89 |
| 1:28:50 | Angela Hepburn    | Elgin       | 04.09.05 |
| 1:29:35 | Jackie Nuttall    | Dyce        | 27.03.88 |
| 1:30:01 | Morag Taggart     | Inverdee    | 13.03.83 |
| 1:30:58 | Nancy MacKinnon   | Peterhead   | 17.06.90 |
| 1:31:11 | Kath Butler       | Fraserburgh | 13.10.85 |

#### WOMEN MARATHON

|         |                   |              |          |
|---------|-------------------|--------------|----------|
| 2:33:38 | LYNDA BAIN        | London       | 21.04.85 |
| 2:59:13 | Pamela Tosh       | Fort William | 18.04.10 |
| 3:00:32 | Margaret Stafford | London       | 22.04.90 |
| 3:01:57 | Janine Robertson  | Aberdeen     | 15.09.85 |
| 3:03:49 | Morag Taggart     | Aberdeen     | 19.09.82 |
| 3:15:52 | Diana Jermieson   | Aberdeen     | 28.05.89 |
| 3:17:27 | Maggie Oliver     | Rannoch      | 28.06.87 |
| 3:18:57 | Angela Hepburn    | Fort William | 18.04.10 |

#### WOMEN 100m HURDLES

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 13.97 | CATRIONA PENNET  | Bedford     | 26.06.04 |
| 14.37 | Gail Murchie     | Grangemouth | 15.05.93 |
| 14.61 | Sarah Still      | CA Stadium  | 07.08.99 |
| 14.68 | Yasmin Milne     | Scotstoun   | 30.07.11 |
| 14.8  | Sylvia Kamyra    | Dundee      | 02.08.09 |
| 15.7  | Deirdre Auld     | Balgownie   | 17.06.79 |
| 16.0  | Valerie Tyrie    | Balgownie   | 06.09.81 |
| 16.1  | Bridie McGlashan | Meadowbank  | 26.04.87 |
| 16.1  | Lyndsay Peddie   | Grangemouth | 20.08.83 |
| 16.2  | Lea Masson       | Balgownie   | 09.04.78 |
| 16.24 | Rebecca Dougall  | Grangemouth | 11.07.99 |
| 16.3  | Wendy Pennet     | CA Stadium  | 05.04.98 |
| 16.5  | Fiona Watt       | Manchester  | 17.08.96 |
| 16.6  | Nicola Kemp      | Dundee      | 18.08.96 |
| 16.75 | Ellie Workman    | Pitreavie   | 10.07.10 |
| 17.0  | Janet Lyon       | CA Stadium  | 15.06.95 |
| 17.2  | Donna Quirie     | CA Stadium  | 16.06.94 |
| 17.2  | Joan Reid        | Meadowbank  | 16.04.83 |
| 17.2  | Shona Simpson    | Grangemouth | 02.09.90 |
| 17.5  | Laura Henderson  | CA Stadium  | 24.05.00 |

#### WOMEN 400m HURDLES

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 61.80 | SYLVIA KAMYRA    | CA Stadium  | 30.08.09 |
| 62.34 | Catriona Pennet  | Manchester  | 31.07.04 |
| 63.20 | Rebecca Dougall  | Grangemouth | 12.06.99 |
| 64.7  | Marie Dobson     | CA Stadium  | 04.09.11 |
| 65.1  | Jade Halket      | CA Stadium  | 04.09.11 |
| 65.3  | Valerie Tyrie    | Grangemouth | 13.06.82 |
| 65.48 | Angela Shearer   | Caen        | 29.05.02 |
| 66.7  | Fiona Davidson   | Coatbridge  | 03.08.97 |
| 66.9  | Janet Edon       | Meadowbank  | 14.05.88 |
| 67.7  | Gail Murchie     | Pitreavie   | 14.06.92 |
| 67.9  | Lynsey Still     | CA Stadium  | 07.05.95 |
| 70.0  | Roslyn Duncan    | Coatbridge  | 02.09.84 |
| 70.2  | Laura Henderson  | CA Stadium  | 05.08.01 |
| 70.40 | Lisa Humphreys   | Inverness   | 17.09.11 |
| 70.4  | Joan Reid        | Balgownie   | 08.06.82 |
| 70.7  | Trisha Ronney    | Wishaw      | 06.09.87 |
| 71.25 | Linda Davidson   | Meadowbank  | 03.09.89 |
| 71.3  | Shirley Antoine  | Balgownie   | 08.06.82 |
| 71.3  | Wendy Pennet     | Scotstoun   | 30.04.00 |
| 71.4  | J Bole / H Pirie |             | 80 / 95  |

#### WOMEN HIGH JUMP

|             |                      |                    |                 |
|-------------|----------------------|--------------------|-----------------|
| 1.69        | ELLIE WORKMAN        | Birmingham         | 15.08.09        |
| 1.68        | Sarah Still          | CA Stadium         | 07.08.99        |
| 1.66        | Lyndsay Peddie       | Balgownie          | 30.07.83        |
| 1.65        | Beth Philip          | CA Stadium         | 07.07.91        |
| 1.61        | Shirley Gray         | Balgownie          | 19.06.77        |
| 1.60        | Nicola Gauld         | Scotstoun          | 30.04.00        |
| 1.60        | Heather Pirie        | Coatbridge         | 13.09.92        |
| 1.60        | Donna Quirie         | CA Stadium         | 30.06.93        |
| <b>1.59</b> | <b>Emma Caldwell</b> | <b>Grangemouth</b> | <b>29.07.12</b> |
| 1.59        | Deborah Johnston     | Balgownie          | 27.02.85        |
| 1.58        | Anne Watt            | Balgownie          | 06.09.81        |
| 1.57        | Suzie Robertson      | Grangemouth        | 01.06.91        |
| 1.56        | Linda Davidson       | CA Stadium         | 17.05.95        |
| 1.56        | Kimberley Miles      | CA Stadium         | 02.07.00        |
| 1.55        | Diane Burr           | Coatbridge         | 21.05.95        |
| 1.55        | Roslyn Duncan        | Banchory           | 13.05.84        |
| 1.55        | Joan Reid            | Coatbridge         | 08.06.80        |
| 1.54        | Pat Bellamy          | Nairn              | 14.08.54        |
| 1.53        | Catriona Pennet      | CA Stadium         | 25.04.10        |
| 1.53        | Shona Simpson        | Inverness          | 17.09.88        |

#### WOMEN POLE VAULT (TOP 8)

|      |            |             |          |
|------|------------|-------------|----------|
| 3.00 | LAURA KUTT | Grangemouth | 16.04.11 |
|------|------------|-------------|----------|



## Chartered Physiotherapists

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### WOMEN PENTATHLON (TOP 10)

|      |  |             |             |
|------|--|-------------|-------------|
| 2691 | LYNDSAY PEDDIE<br>(16.1; 1.60; 8.65; 5.14; 3:14.4) | Grangemouth | 20.08.83    |
| 2539 | Rebecca Dougall                                    | Grangemouth | 13.06.98    |
| 2511 | Sylvia Kamy  | Grangemouth | 03.06.06    |
| 2456 | Joan Reid  | Balgownie   | 10.08.80    |
| 2196 | Valerie Tyrrie                                     | Balgownie   | 18/19.05.82 |
| 2095 | Shona Simpson                                      | Balgownie   | 26.08.86    |
| 2071 | Shirley Antoine                                    | Balgownie   | 15.08.81    |
| 1658 | Shona McKinnon                                     | Scotstoun   | 07.07.02    |
| 1487 | Lindsey Campbell<br>(1962 Tables)                  | Balgownie   | 15.08.81    |
| 2298 | Teresa Anderson                                    | Meadowbank  | 27/28.08.76 |

### WOMEN 4x100m (TOP 10)

|       |  |             |          |
|-------|--|-------------|----------|
| 48.4  | MADIGAN, EDON  | Meadowbank  | 17.08.86 |
| 48.9  | LESLIE, VAUGHAN<br>Vaughan, Madigan,<br>Leslie, Edon | Meadowbank  | 16.08.87 |
| 48.9  | S Still, Windass,<br>L Davidson, Flockhart           | CA Stadium  | 09.06.96 |
| 49.0  | L Davidson, Leys,<br>Lyon, Flockhart                 | CA Stadium  | 18.07.93 |
| 49.3  | Gauld, Leys,<br>L Davidson, S Still                  | Scotstoun   | 25.04.99 |
| 49.33 | Murchie, Leys,<br>Quirie, Davidson                   | Meadowbank  | 06.09.92 |
| 49.5  | L Davidson, Walker,<br>Kemp, S Still                 | CA Stadium  | 12.06.94 |
| 49.6  | Butler, Leys, Murchie,<br>S Still                    | Inverness   | 13.06.93 |
| 49.6  | Quirie, Leys,<br>Murchie, Davidson                   | Pitreavie   | 14.06.92 |
| 49.6  | Kemp, S Still,<br>Middleton, Flockhart               | Crown Point | 28.04.96 |

### WOMEN 4x400m (TOP 10)

|         |   |             |          |
|---------|---|-------------|----------|
| 3:50.0  | WINDASS, HENDRY,<br>WATT, FLOCKHART       | Coatbridge  | 04.08.96 |
| 3:57.5  | Windass, L Davidson,<br>Hendry, Flockhart | CA Stadium  | 09.06.96 |
| 3:57.5  | Dobson, Pennet,<br>Connelly, Gauld        | Grangemouth | 25.07.04 |
| 4:00.06 | Michalska, Fraser,<br>L Still, Hendry     | Meadowbank  | 05.09.93 |
| 4:00.5  | Dobson, Gauld,<br>S Still, Hendry         | Grangemouth | 11.06.00 |
| 4:02.2  | Hendry, Murchie,<br>L Davidson, Michalska | Coatbridge  | 12.09.93 |
| 4:02.30 | Wylie, Dobson,<br>C Pennet, Kamy          | CA Stadium  | 06.09.09 |
| 4:04.9  | Bowers, C Middleton,<br>Gauld, Hendry     | Coatbridge  | 27.08.00 |
| 4:05.4  | Gauld, L Davidson,<br>W Pennet, Hendry    | Coatbridge  | 21.05.00 |
| 4:05.8  | Bowers, Gauld,<br>S Still, Hendry         | Coatbridge  | 16.07.00 |

**Club members are entitled to  
treatment at Aberdeen  
Physiotherapy  
at a discounted rate.**



## 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        |
| <b>11.1</b> | <b>Gavin Irvine</b> | <b>CA Stadium</b> | <b>31.03.12</b> |

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        |
| <b>15:38.58</b> | <b>Sam Burgess</b> | <b>Meadowbank</b> | <b>21.04.12</b> |
| 15:42.1         | Calum Davidson     | Balgownie         | 26.06.88        |

### 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 |
| 57.24 | Jonathan Mann    | Leigh        | 02.07.11 |
| 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        |
| <b>1.91</b> | <b>Ryan Hewitson</b>  | <b>Ashford</b> | <b>21.07.12</b> |
| 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 |
| 3.60 | DAVID MANN                | Wishaw      | 27.08.11 |
| 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 | McAllister/Kennedy/Sabnis |             | 75/81/92 |

**U-20 MEN LONG JUMP**

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

**U-20 MEN TRIPLE JUMP**

|       |                  |              |          |
|-------|------------------|--------------|----------|
| 14.55 | WILLIAM STARK    | Crown Point  | 11.06.95 |
| 14.09 | Dinkar Sabnis    | Banchory     | 29.08.91 |
| 13.84 | Sam Lyon         | Grangemouith | 20.06.10 |
| 13.68 | Paul Allan       | CA Stadium   | 14.06.89 |
| 13.45 | James Laird      | Linksfield   | 03.05.62 |
| 13.34 | Kenny Lyon       | Grangemouth  | 23.06.79 |
| 13.27 | Stewart Clark    | Grangemouth  | 14.08.11 |
| 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        |
| <b>11.26</b> | <b>Ryan Legge</b>  | <b>CA Stadium</b> | <b>13.06.12</b> |
| 11.25        | Matthew Maitland   | CA Stadium        | 09.06.02        |

**U-20 MEN DISCUS**

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

**U-20 MEN HAMMER**

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

**U-20 MEN JAVELIN**

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 57.48 | PETER FRASER     | CA Stadium  | 28.04.96 |
| 57.14 | Robert Miller    | Walthamstow | 18.08.02 |
| 49.26 | Keith Simpson    | Scotstoun   | 14.06.98 |
| 48.10 | Duncan Mathieson | Wrexham     | 22.08.88 |
| 47.00 | Michael Spink    | CA Stadium  | 15.09.94 |
| 45.88 | Mark Dobbie      | Pitreavie   | 02.06.96 |
| 44.22 | Fraser Benzie    | Inverness   | 17.09.00 |
| 43.48 | Stephen Miller   | Meadowbank  | 10.05.03 |

|       |                |            |          |
|-------|----------------|------------|----------|
| 43.47 | 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        |
| <b>12.2</b> | <b>Zoey Clark</b> | <b>Perth</b> | <b>01.05.11</b> |
| 12.2        | Kathleen Madigan  | Dundee       | 25.07.87        |
| 12.37       | Lesley-Ann Mearns | Birmingham   | 13.08.05        |
| 12.5        | Corrie Butler     | Inverness    | 08.04.90        |
| 12.5        | Sandra Gunn       | CA Stadium   | 05.05.91        |
| 12.5        | Fiona Lumsden     | CA Stadium   | 09.06.91        |
| 12.5        | Catriona Pennet   | CA Stadium   | 05.09.99        |

**U-20 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  | Katrina Leys      | Coatbridge  | 13.09.92 |
| 25.1  | Kathleen Madigan  | Coatbridge  | 04.05.86 |
| 25.26 | Sarah Still       | Linwood     | 16.07.94 |
| 25.4  | Susan Hendry      | CA Stadium  | 12.06.94 |
| 25.4  | Nicola Imrie      | Crown Point | 20.06.92 |
| 25.59 | Lorna Johnston    | Grangemouth | 17.06.00 |
| 25.6  | Sandra Gunn       | CA Stadium  | 26.07.92 |

**U-20 WOMEN 400m**

|              |                       |                   |                 |
|--------------|-----------------------|-------------------|-----------------|
| <b>55.48</b> | <b>ZOEY CLARK</b>     | <b>Cardiff</b>    | <b>18.07.12</b> |
| 55.96        | SUSAN HENDRY          | Bedford           | 02.07.94        |
| 56.20        | Emma Cloggie          | Grangemouth       | 10.06.05        |
| 57.2         | Bridie McGlashan      | Meadowbank        | 26.04.87        |
| 57.24        | Louise Paterson       | Waterford         | 11.08.90        |
| 57.4         | Lorna Johnston        | CA Stadium        | 13.09.00        |
| <b>57.46</b> | <b>Kelsey Stewart</b> | <b>CA Stadium</b> | <b>11.08.12</b> |
| 57.77        | Carmen Collins        | Meadowbank        | 17.05.92        |
| 58.35        | Nicola Gauld          | Scotstoun         | 29.04.01        |
| 58.86        | Jaclyn Anderson       | Meadowbank        | 04.09.94        |

**U-20 WOMEN 800m**

|               |                       |                   |                 |
|---------------|-----------------------|-------------------|-----------------|
| 2:10.67       | EMMA CLOGGIE          | Solihull          | 24.06.06        |
| 2:12.64       | Susan Hendry          | Meadowbank        | 24.06.95        |
| 2:13.36       | Dawn Simpson          | Ayr               | 13.08.88        |
| 2:14.44       | Ellie Buchan          | Trafford          | 27.06.09        |
| 2:14.8        | Carolyn Sheehan       | Coatbridge        | 07.09.86        |
| 2:16.09       | Lynsey Still          | Pitreavie         | 08.07.95        |
| 2:16.8        | Jaclyn Anderson       | CA Stadium        | 18.07.93        |
| <b>2:17.0</b> | <b>Kelsey Stewart</b> | <b>CA Stadium</b> | <b>17.06.12</b> |
| 2:18.2        | Lisa Davidson         | Coatbridge        | 20.05.90        |
| 2:18.9        | Anna Kyle             | CA Stadium        | 25.06.96        |

**U-20 WOMEN 1500m**

|                |                       |                    |                 |
|----------------|-----------------------|--------------------|-----------------|
| 4:30.92        | KATE RICE             | Copeland           | 08.08.90        |
| <b>4:39.54</b> | <b>Rhona Auckland</b> | <b>Meadowbank</b>  | <b>20.05.12</b> |
| 4:42.2         | Carolyn Sheehan       | Balgownie          | 20.08.86        |
| 4:43.5         | Ellie Buchan          | Dundee             | 27.04.08        |
| 4:45.6         | Lynsey Still          | CA Stadium         | 09.09.95        |
| <b>4:48.02</b> | <b>Eilidh Prise</b>   | <b>Grangemouth</b> | <b>08.06.12</b> |
| 4:49.9         | Dawn Simpson          | Wishaw             | 07.08.88        |
| 4:50.0         | Anna Kyle             | Inverness          | 08.09.96        |
| 4:52.5         | Vicky Clark           | Inverness          | 04.07.93        |
| 4:52.8         | Caroline Clarkson     | Coatbridge         | 26.05.91        |

**U-20 WOMEN 3000m**

|                |                       |                   |                 |
|----------------|-----------------------|-------------------|-----------------|
| <b>9:29.28</b> | <b>RHONA AUCKLAND</b> | <b>Stretford</b>  | <b>07.07.12</b> |
| 9:54.5         | Kate Rice             | Grangemouth       | 02.09.90        |
| <b>10:20.6</b> | <b>Eilidh Prise</b>   | <b>CA Stadium</b> | <b>13.06.12</b> |
| 10:31.0        | Jillian Grams         | Coatbridge        | 31.05.92        |
| 10:34.23       | Charlotte Forbes      | Derby             | 14.08.05        |

|         |                 |            |          |
|---------|-----------------|------------|----------|
| 10:35.0 | Claire Becker   | CA Stadium | 26.07.92 |
| 10:38.9 | Ellie Buchan    | CA Stadium | 31.05.10 |
| 10:42.8 | Carolyn Sheehan | Balgownie  | 15.05.85 |
| 10:43.9 | Suzie Reid      | CA Stadium | 23.07.89 |
| 10:45.7 | Anna Kyle       | Meadowbank | 25.08.96 |

|      |                 |             |          |
|------|-----------------|-------------|----------|
| 9.43 | Gail Murchie    | Meadowbank  | 12.06.88 |
| 9.43 | Sarah Still     | Linwood     | 16.07.94 |
| 9.33 | Ellie Workman   | Pitreavie   | 11.07.10 |
| 9.19 | Laura Crockford | Crown Point | 27.04.97 |
| 8.98 | Lyndsay Peddie  | Balgownie   | 21.05.85 |

#### U-20 WOMEN 100m HURDLES

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 14.36 | CATRIONA PENNET  | Derby       | 08.09.02 |
| 14.68 | Yasmin Milne     | Scotstoun   | 30.07.11 |
| 15.40 | Sylvia Kamyra    | Grangemouth | 15.06.08 |
| 15.65 | Sarah Still      | Linwood     | 16.07.94 |
| 16.1  | Bridie McGlashan | Meadowbank  | 26.04.87 |
| 16.1  | Gail Murchie     | CA Stadium  | 12.06.90 |
| 16.24 | Rebecca Dougall  | Grangemouth | 11.07.99 |
| 16.3  | Wendy Pennet     | CA Stadium  | 05.04.98 |
| 16.5  | Lyndsay Peddie   | Inverness   | 02.06.85 |
| 16.75 | Ellie Workman    | Pitreavie   | 10.07.10 |

#### U-20 WOMEN DISCUS

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

#### U-20 WOMEN 400m HURDLES

|       |                  |               |          |
|-------|------------------|---------------|----------|
| 63.20 | REBECCA DOUGALL  | Grangemouth   | 12.06.99 |
| 63.76 | Sylvia Kamyra    | Grangemouth   | 09.06.07 |
| 65.48 | Angela Shearer   | Caen (France) | 29.05.02 |
| 65.90 | Catriona Pennet  | Derby         | 08.09.02 |
| 66.0  | Bridie McGlashan | Balgownie     | 19.08.86 |
| 66.51 | Marie Dobson     | Meadowbank    | 13.05.01 |
| 67.9  | Lynsey Still     | CA Stadium    | 07.05.95 |
| 70.2  | Laura Henderson  | CA Stadium    | 05.08.01 |
| 70.40 | Lisa Humphreys   | Inverness     | 17.09.11 |
| 71.25 | Linda Davidson   | Meadowbank    | 03.09.89 |

#### U-20 WOMEN HAMMER

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

#### U-20 WOMEN HIGH JUMP

|             |                      |                    |                 |
|-------------|----------------------|--------------------|-----------------|
| 1.69        | ELLIE WORKMAN        | Birmingham         | 15.08.09        |
| 1.65        | Beth Philip          | CA Stadium         | 07.07.91        |
| 1.65        | Sarah Still          | Linwood            | 16.07.94        |
| 1.60        | Nicola Gauld         | Scotstoun          | 30.04.00        |
| 1.60        | Heather Pirie        | Coatbridge         | 13.09.92        |
| 1.60        | Donna Quirie         | CA Stadium         | 30.06.93        |
| <b>1.59</b> | <b>Emma Caldwell</b> | <b>Grangemouth</b> | <b>29.07.12</b> |
| 1.59        | Deborah Johnston     | Balgownie          | 27.02.85        |
| 1.57        | Suzie Robertson      | Grangemouth        | 01.06.91        |
| 1.56        | Kimberley Miles      | CA Stadium         | 02.07.00        |

#### 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        |
| <b>28.89</b> | <b>Sophie Anderson</b> | <b>Grangemouth</b> | <b>26.08.12</b> |
| 28.50        | Kathy Rapley           | CA Stadium         | 25.05.97        |
| 28.46        | Laura Hepburn          | CA Stadium         | 30.08.09        |
| 27.42        | Vicky Clark            | Grangemouth        | 16.05.93        |

#### U-20 WOMEN POLE VAULT (Top 5)

|             |                        |                    |                 |
|-------------|------------------------|--------------------|-----------------|
| <b>2.90</b> | <b>SAM SOMERS</b>      | <b>Meadowbank</b>  | <b>20.04.12</b> |
| <b>2.50</b> | <b>Sophie Hamilton</b> | <b>CA Stadium</b>  | <b>02.05.12</b> |
| 2.25        | Wendy Pennet           | Dundee             | 28.05.00        |
| <b>2.20</b> | <b>Erin Runcie</b>     | <b>Grangemouth</b> | <b>29.07.12</b> |
| 2.05        | Heather Pirie          | CA Stadium         | 04.08.94        |

#### 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 Pennet     | CA Stadium  | 08.08.99 |
| 3096 | Kimberley Miles  | Grangemouth | 25.08.02 |
| 3013 | Rebecca Mortimer | CA Stadium  | 29.05.05 |
| 2957 | Heather Pirie    | CA Stadium  | 09.06.93 |

#### U-20 WOMEN LONG JUMP

|      |                         |             |          |
|------|-------------------------|-------------|----------|
| 5.74 | SARAH STILL             | CA Stadium  | 12.06.94 |
| 5.71 | Kirsten Young           | CA Stadium  | 26.06.05 |
| 5.59 | Linda Davidson          | Crown Point | 29.05.88 |
| 5.53 | Donna Quirie            | Grangemouth | 27.06.93 |
| 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 TRIPLE JUMP

|       |                |             |          |
|-------|----------------|-------------|----------|
| 11.48 | KIRSTEN YOUNG  | Birmingham  | 15.08.04 |
| 11.44 | Donna Quirie   | Birmingham  | 08.08.93 |
| 11.03 | Cheryl McHardy | Sheffield   | 16.08.98 |
| 10.68 | Nicola Gauld   | CA Stadium  | 05.07.98 |
| 10.67 | Sylvia Kamyra  | Dundee      | 22.06.08 |
| 10.38 | Nicola Kemp    | Coatbridge  | 21.05.95 |
| 10.24 | Zoe Davidson   | Dundee      | 25.04.04 |
| 10.11 | Jennifer Reid  | Banchory    | 27.08.94 |
| 10.02 | Heather Pirie  | Grangemouth | 15.05.94 |
| 9.87  | Wendy Pennet   | Dundee      | 12.04.98 |

#### U-20 WOMEN SHOT

|       |                 |            |          |
|-------|-----------------|------------|----------|
| 10.29 | SARAH LYON      | Tullamore  | 04.07.99 |
| 9.86  | Jennifer Reid   | Banchory   | 04.09.94 |
| 9.73  | Marian Simpson  | CA Stadium | 28.07.96 |
| 9.64  | Fiona Pirie     | Newtonmore | 03.08.91 |
| 9.48  | Rhona MacLennan | Coatbridge | 04.05.86 |

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## 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 |
| 51.16 | Michael Ferguson | Sheffield   | 03.09.11 |
| 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 |

### U-17 MEN 800m

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

### U-17 MEN 1500m

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

### U-17 MEN 3000m

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



### U-17 MEN 1500m STEEPLECHASE

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

### U-17 MEN 100m HURDLES

|       |                      |                |                 |
|-------|----------------------|----------------|-----------------|
| 13.9  | RICHARD SINGER       | Grangemouth    | 17.06.95        |
| 14.08 | William Stark        | Grangemouth    | 29.08.93        |
| 14.3  | John Oxley           | CA Stadium     | 09.09.01        |
| 14.4  | Steven Ledingham     | Scotstoun      | 20.06.81        |
| 14.4  | David Stewart        | Inverness      | 24.08.86        |
| 14.42 | Mark Dobbie          | Grangemouth    | 15.05.93        |
| 14.54 | Stephen Miller       | Hexham         | 19.05.02        |
| 14.7  | Duncan Mathieson     | Balgownie      | 25.06.85        |
| 14.71 | <b>Ryan Hewitson</b> | <b>Bedford</b> | <b>19.08.12</b> |
| 15.0  | Chris Jessiman       | Inverness      | 20.05.89        |

**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        |
| <b>1.91</b> | <b>Ryan Hewitson</b> | <b>Ashford</b> | <b>21.07.12</b> |
| 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**

|             |   |                     |                   |
|-------------|---|---------------------|-------------------|
| 3.60        | DAVID MANN  | Wishaw              | 27.08.11          |
| 3.20        | Miller Mathieson                                  | Balgownie           | 24.06.81          |
| 3.15        | Fraser Benzie                                     | CA Stadium          | 11.09.99          |
| <b>3.10</b> | <b>Alasdair Lowe</b>                              | <b>Grangemouith</b> | <b>16.08.12</b>   |
| 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        | F Fenton/R Manson/P Allan/C Jones/B Benzie/S Lyon |                     | 77/83/86/89/01/08 |

**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   | Scotsotun   | 21.05.06 |
| 3181 | Ronald Smith    | CA Stadium  | 15.07.95 |
| 2906 | Chris Fowler    | Dumfries    | 19.07.92 |

**U-17 MEN DECATHLON**

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

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

**U-17 WOMEN 100m**

|       |   |             |          |
|-------|---|-------------|----------|
| 11.9  | LOUISE PATERSON   | CA Stadium  | 09.06.91 |
| 12.2  | Fiona Auld  | Balgownie   | 22.08.76 |
| 12.2  | Hayley Bowers   | Peterhead   | 24.05.98 |
| 12.2  | Zoey Clark  | Perth       | 01.05.11 |
| 12.2  | Katrina Leys  | Crown Point | 16.06.90 |
| 12.3  | Kathleen Madigan  | Livingston  | 17.05.86 |
| 12.37 | Lesley-Ann Mearns   | Birmingham  | 13.08.05 |
| 12.4  | Michelle Bruce  | Pitreavie   | 05.09.82 |
| 12.4  | Debra Carle   | Balgownie   | 17.06.80 |
| 12.5  | J Bole (78), R Duncan (83), C Butler (90), S Gunn (91), F Lumsden (91), C Pennet (99) |             |          |

**U-17 WOMEN 200m**

|              |                       |                   |                 |
|--------------|-----------------------|-------------------|-----------------|
| 24.7         | LOUISE PATERSON       | Crown Point       | 16.06.90        |
| 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        |
| <b>25.64</b> | <b>Kelsey Stewart</b> | <b>Meadowbank</b> | <b>13.05.12</b> |



**U-17 WOMEN 300m**

|              |                       |                    |                 |
|--------------|-----------------------|--------------------|-----------------|
| 39.44        | ZOEY CLARK            | Inverness          | 05.09.10        |
| <b>39.47</b> | <b>Kelsey Stewart</b> | <b>Grangemouth</b> | <b>08.06.12</b> |
| 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        |

**U-17 WOMEN 400m**

|              |                       |                   |                 |
|--------------|-----------------------|-------------------|-----------------|
| 55.96        | ZOEY CLARK            | Scotstoun         | 08.05.11        |
| 57.24        | Louise Paterson       | Waterford         | 11.08.90        |
| 57.4         | Lorna Johnston        | CA Stadium        | 13.09.00        |
| <b>57.46</b> | <b>Kelsey Stewart</b> | <b>CA Stadium</b> | <b>11.08.12</b> |
| 57.7         | Dawn Kitchen          | Meadowbank        | 17.06.78        |
| 58.5         | Bridie McGlashan      | Glenrothes        | 14.09.86        |
| 58.6         | Deebra 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        |

**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        |
| <b>2:17.0</b> | <b>Kelsey Stewart</b> | <b>CA Stadium</b> | <b>17.06.12</b> |
| 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        |

**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        |
| <b>4:48.02</b> | <b>Eilidh Prise</b> | <b>Grangemioith</b> | <b>08.06.12</b> |
| 4:46.6         | Allison Diamond     | Grangemouth         | 05.06.82        |
| 4:49.6         | Trisha Ronney       | Grangemouth         | 08.05.83        |
| 4:49.9         | Dawn Simpson        | Wishaw              | 07.08.88        |
| 4:50.0         | Anna Kyle           | Inverness           | 08.09.96        |
| 4:52.0         | Michelle Cherry     | Coatbridge          | 17.06.84        |

**U-17 WOMEN 3000m**

|                |                     |                   |                 |
|----------------|---------------------|-------------------|-----------------|
| <b>10:20.6</b> | <b>EILIDH PRISE</b> | <b>CA Stadium</b> | <b>13.06.12</b> |
| 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        |

**U-17 WOMEN 100m HURDLES**

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

\*2'6" hurdles



**U-17 WOMEN 80m HURDLES**

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 11.48 | 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 Humphreys   | 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       | Pitreavie   | 03.05.80 |

**U-17 WOMEN 300m HURDLES**

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 44.14 | SYLVIA KAMYA     | Carmarthen  | 06.08.05 |
| 44.73 | Angela Shearer   | CA Stadium  | 27.05.01 |
| 45.7  | Catriona Pennet  | CA Stadium  | 02.07.00 |
| 46.28 | Rebecca Mortimer | Grangemouth | 26.08.06 |
| 46.34 | Rebecca Dougall  | Scotstoun   | 27.07.97 |
| 46.48 | 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 |
| 47.2  | Sandra Gunn      | CA Stadium  | 07.07.91 |



**U-17 WOMEN 400m HURDLES**

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

**U-17 WOMEN HIGH JUMP**

|             |                      |                    |                 |
|-------------|----------------------|--------------------|-----------------|
| 1.69        | ELLIE WORKMAN        | Birmingham         | 15.08.09        |
| 1.66        | Lyndsay Peddie       | Balgownie          | 30.07.83        |
| 1.61        | Shirley Gray         | Balgownie          | 19.06.77        |
| 1.61        | Beth Philip          | CA Stadium         | 11.09.89        |
| 1.60        | Donna Quirie         | CA Stadium         | 30.06.93        |
| <b>1.59</b> | <b>Emma Caldwell</b> | <b>Grangemouth</b> | <b>29.07.12</b> |
| 1.58        | Heather Pirie        | Coatbridge         | 08.08.91        |
| 1.58        | Anne Watt            | Balgownie          | 06.09.81        |
| 1.57        | Suzie Robertson      | Grangemouth        | 01.06.91        |
| 1.56        | Ni Gauld / K Mil'es  |                    | 98 / 00         |

**U-17 WOMEN POLE VAULT**

|             |                        |                    |                 |
|-------------|------------------------|--------------------|-----------------|
| 2.80        | SAM SOMERS             | CA Stadium         | 05.06.11        |
| <b>2.50</b> | <b>Sophie Hamilton</b> | <b>CA Stadium</b>  | <b>02.05.12</b> |
| <b>2.20</b> | <b>Erin Runcie</b>     | <b>Grangemouth</b> | <b>29.07.12</b> |

**U-17 WOMEN LONG JUMP**

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

**U-17 WOMEN TRIPLE JUMP**

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

**U-17 WOMEN SHOT**

|       |                |            |          |
|-------|----------------|------------|----------|
| 11.85 | HELEN COWE     | Elgin      | 16.07.83 |
| 10.29 | Sarah Lyon     | Tullamore  | 04.07.99 |
| 9.86  | Jennifer Reid  | Banchory   | 04.09.94 |
| 9.60  | Shirley Gray   | Balgownie  | 18.06.78 |
| 9.54  | Marian Simpson | Coatbridge | 28.08.94 |

|      |                 |             |          |
|------|-----------------|-------------|----------|
| 9.48 | Rhona MacLennan | Coatbridge  | 04.05.86 |
| 9.43 | Gail Murchie    | Meadowbank  | 12.06.88 |
| 9.31 | Anita Smith     | Balgownie   | 12.06.83 |
| 9.28 | Lyndsay Peddie  | Balgownie   | 01.06.83 |
| 9.19 | Laura Crockford | Crown Point | 27.04.97 |

**U-17 WOMEN DISCUS**

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

**U-17 WOMEN HAMMER**

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

**U-17 WOMEN JAVELIN**

|       |                 |             |          |
|-------|-----------------|-------------|----------|
| 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  | 02.05.95 |
| 30.66 | Marian Simpson  | Coatbridge  | 23.05.93 |
| 30.32 | Gillian Wilson  | Meadowbank  | 18.08.91 |
| 28.89 | Sophie Anderson | Grangemouth | 26.08.12 |
| 28.50 | Kathy Rapley    | Coatbridge  | 25.05.97 |
| 27.42 | Vicky Clark     | Grangemouth | 15.05.93 |
| 27.22 | Laura Crockford | Meadowbank  | 12.05.96 |

**U-17 WOMEN HEPTATHLON**

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

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

**ALL TIME TOP 10s – U-15 EVENTS****U-15 BOYS 100m**

|             |  |             |          |
|-------------|--|-------------|----------|
| 11.5        | ALEXANDER CARNIE   | Crown Point | 07.09.86 |
| 11.6        | Ahmed Al-Kowarri   | Crown Point | 07.08.93 |
| 11.7        | Paul Manson  | Balgownie   | 20.08.78 |
| 11.8        | Stuart Mathieson   | Inverness   | 28.05.95 |
| 11.9        | Graham Thomson   | CA Stadium  | 09.09.01 |
| 11.9        | Andrew Keelan  | Inverness   | 03.07.88 |
| 11.92       | Christopher Maslen   | Grangemouth | 12.06.99 |
| 12.0        | Richard Singer   | Peterhead   | 06.06.93 |
| <b>12.1</b> | <b>A Cameron (75), F Morton (75), M Butler (82), W Stark (91), B Sorbie (12)</b> |             |          |

**U-15 BOYS 200m**

|      |                  |             |          |
|------|------------------|-------------|----------|
| 23.1 | ALEXANDER CARNIE | Crown Point | 07.09.86 |
| 23.5 | Ahmed Al-Kowarri | Grangemouth | 23.06.93 |

|             |  |                   |                 |
|-------------|--|-------------------|-----------------|
| 24.2        | Mark Davidson  | Balgownie         | 30.07.83        |
| 24.32       | Stuart Mathieson   | Pitreavie         | 09.07.95        |
| 24.45       | William Stark  | CA Stadium        | 22.06.91        |
| 24.5        | Paul Manson  | Coatbridge        | 02.09.78        |
| 24.6        | Richard Singer   | CA Stadium        | 18.07.93        |
| <b>24.6</b> | <b>Bruce Sorbie</b>  | <b>CA Stadium</b> | <b>12.07.12</b> |
| 24.7        | Colin Wilson   | CA Stadium        | 10.06.89        |
| 24.8        | F Morton (75), B Reaper (81), M Butler (82), A Keelan (88) |                   |                 |

**U-15 BOYS 400m**

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 52.5  | Colin Donald     | Grangemouth | 26.06.82 |
| 52.7  | Ahmed Al-Kowarri | Crown Point | 07.08.93 |
| 53.1  | Stuart Mathieson | Grangemouth | 17.06.95 |
| 53.61 | Richard Singer   | Grangemouth | 11.07.93 |
| 54.2  | Andrew Keelan    | Grangemouth | 18.06.88 |
| 54.93 | Colin Wilson     | Grangemouth | 27.08.89 |
| 55.1  | Steven Rusling   | CA Stadium  | 04.08.02 |

|       |                 |            |          |
|-------|-----------------|------------|----------|
| 55.50 | Mark Davidson   | Scotstoun  | 11.06.83 |
| 56.0  | Richard Murdoch | CA Stadium | 13.09.06 |
| 56.48 | Richard Gray    | Inverness  | 09.07.00 |

#### U-15 BOYS 800m

|               |                       |                   |                 |
|---------------|-----------------------|-------------------|-----------------|
| 2:00.77       | STEVEN RUSLING        | Birmingham        | 11.08.02        |
| 2:01.8        | Colin Donald          | Grangemouth       | 26.06.82        |
| <b>2:06.1</b> | <b>Stewart Millar</b> | <b>CA Stadium</b> | <b>12.07.12</b> |
| 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        | Steven Murray         | CA Stadium        | 04.09.11        |
| 2:09.0        | Ewan Calvert          | Pitreavie         | 31.07.88        |
| 2:09.2        | Colin Wilson          | Crown Point       | 30.07.89        |
| 2:10.11       | Stuart Forbes         | Pitreavie         | 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 |
| 4:26.43 | Steven Murray  | Wishaw      | 27.08.11 |
| 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 |

#### U-15 BOYS 3000M

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

#### U-15 BOYS 80m HURDLES

|              |                     |                    |                 |
|--------------|---------------------|--------------------|-----------------|
| <b>11.95</b> | <b>BRUCE SORBIE</b> | <b>Grangemouth</b> | <b>21.06.12</b> |
| 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        |



#### 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        | Pitreavie          | 31.07.88        |
| <b>1.65</b> | <b>Alasdair Lowe</b> | <b>Grangemouth</b> | <b>26.08.12</b> |
| 1.65        | Miller Mathieson     | Balgownie          | 09.09.79        |
| 1.63        | Ian Lind             | Linkfield          | 21.08.88        |
| 1.64        | Steven Stark         | CA Stadium         | 28.08.93        |

#### U-15 BOYS POLE VAULT (Top 9)

|             |                      |                    |                 |
|-------------|----------------------|--------------------|-----------------|
| <b>3.10</b> | <b>ALASDAIR LOWE</b> | <b>Grangemouth</b> | <b>26.08.12</b> |
| 2.61        | Sam Lyon             | CA Stadium         | 20.05.07        |
| 2.60        | Miller Mathieson     | Scotstoun          | 16.06.79        |
| <b>2.30</b> | <b>Bruce Sorbie</b>  | <b>Grangemouth</b> | <b>29.07.12</b> |
| 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**

|             |                     |                    |                 |
|-------------|---------------------|--------------------|-----------------|
| <b>5.88</b> | <b>BRUCE SORBIE</b> | <b>Grangemouth</b> | <b>29.07.12</b> |
| 5.82        | William Stark       | CA Stadium         | 04.07.91        |
| 5.71        | Derek Elmslie       | Pitreavie          | 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        |

**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        |
| <b>11.18</b> | <b>Alasdair Lowe</b>      | <b>CA Stadium</b> | <b>25.04.12</b> |
| 11.09        | Jamie Stewart             | CA Stadium        | 24.07.94        |
| 10.84        | Bryan Begg / Steven Stark |                   | 75 /83          |

**U-15 BOYS SHOT**

|              |                       |                   |                 |
|--------------|-----------------------|-------------------|-----------------|
| 11.89        | KEVIN LUTTON          | Dundee            | 27.06.99        |
| 11.78        | Derek Elmslie         | Balgownie         | 22.06.75        |
| 11.70        | Adam Crighton         | 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        |
| <b>10.61</b> | <b>Christian Dick</b> | <b>CA Stadium</b> | <b>09.09.12</b> |

**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        |
| <b>30.87</b> | <b>Christian Dick</b> | <b>CA Stadium</b> | <b>30.08.12</b> |
| 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 Crighton         | Inverness         | 24.05.09        |
| 27.76        | Richard Phonburn      | Grangemouth       | 13.06.09        |

**U-15 BOYS HAMMER (Top8)**

|              |                       |                    |                 |
|--------------|-----------------------|--------------------|-----------------|
| 32.38        | GEORGE PETRIE         | Balgownie          | 21.08.77        |
| 31.90        | David Gagel           | Balgownie          | 16.09.78        |
| <b>30.57</b> | <b>Conor Hewitson</b> | <b>Grangemouth</b> | <b>26.08.12</b> |
| 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 |
| 33.71 | Christopher Legge | CA Stadium  | 05.06.11 |
| 33.69 | Sam Lyon          | CA Stadium  | 21.06.07 |

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

|      |                  |             |          |
|------|------------------|-------------|----------|
| 2202 | STUART MATHIESON | CA Stadium  | 15.07.95 |
| 1720 | Jamie Thomson    | Pitreavie   | 28.05.04 |
| 1641 | Stephen Miller   | Grangemouth | 02.09.00 |
| 1456 | Thomas Joy       | CA Stadium  | 28.05.05 |

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

**U-15 GIRLS 100m**

|       |                   |            |          |
|-------|-------------------|------------|----------|
| 12.37 | LESLEY-ANN MEARNS | Birmingham | 13.08.05 |
|-------|-------------------|------------|----------|

|      |  |             |                      |
|------|--|-------------|----------------------|
| 12.4 | Michelle Bruce                                       | Grangemouth | 13.06.82             |
| 12.5 | Jenny Bole   | Balgownie   | 12.08.78             |
| 12.5 | Fiona Lumsden  | CA Stadium  | 09.06.91             |
| 12.5 | Kathleen Madigan                                     | Pitreavie   | 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/Butler/Steel/Hair/Mathieson/Cummings/Hamilton |             | 76/88/89/95/99/11/11 |

**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       |
| 26.13 | Kelsey Stewart                              | Scotstoun   | 31.07.11       |
| 26.3  | Sandra Gunn                                 | Coatbridge  | 20.05.90       |
| 26.3  | Kathleen Madigan                            | Pitreavie   | 05.05.84       |
| 26.51 | Angela Shearer                              | Sheffield   | 14.08.99       |
| 26.63 | Gemma Hair                                  | Greenock    | 04.06.95       |
| 26.7  | E Cloggie/K Cussell/K Leys/F Lumsden/J Reid |             | 02/78/87/90/92 |

**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     | Meadowbank  | 31.05.09 |
| 2:20.31 | Kelsey Stewart   | CA Stadium  | 05.06.11 |
| 2:20.50 | Jennifer MacLean | Meadowbank  | 17.06.95 |

**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 | Eilidh 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 Caldow     | 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          | Meadowbank         | 13.06.81        |
| 5.07        | Linda Davidson          | Balgownie          | 12.06.83        |
| <b>5.04</b> | <b>Saffron Cummings</b> | <b>Grangemouth</b> | <b>29.07.12</b> |



|      |                |           |          |
|------|----------------|-----------|----------|
| 5.01 | Jennifer Lynch | Balgownie | 23.08.75 |
| 5.01 | Donna Quirie   | Waterford | 11.08.90 |

#### U-15 GIRLS SHOT

|              |                        |                   |                 |
|--------------|------------------------|-------------------|-----------------|
| 12.18        | HELEN COWE             | Swansea           | 08.08.81        |
| 10.29        | Rhona MacLennan        | Coatbridge        | 02.09.84        |
| <b>10.14</b> | <b>Sophie Anderson</b> | <b>CA Stadium</b> | <b>17.06.12</b> |
| 10.13        | Marian Simpson         | Coatbridge        | 31.05.92        |
| 10.00        | Sarah Lyon             | Inverness         | 13.09.98        |
| 9.88         | Gail Murchie           | Livingston        | 17.05.86        |
| 9.61         | Jennifer Reid          | Crown Point       | 16.08.92        |
| 9.60         | Lyndsay Peddie         | Balgownie         | 15.08.81        |
| 9.49         | Pamela Bruce           | Pitreavie         | 06.05.78        |
| 9.37         | Laura Crockford        | Meadowbank        | 12.05.96        |

#### U-15 GIRLS DISCUS

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

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

|              |                        |                    |                 |
|--------------|------------------------|--------------------|-----------------|
| 30.32        | EMILY DOUGALL          | Grangemouth        | 24.06.92        |
| <b>28.89</b> | <b>Sophie Anderson</b> | <b>Grangemouth</b> | <b>26.08.12</b> |
| 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        |

#### U-15 GIRLS PENTATHLON

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

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



### ALL TIME TOP 10s – VETERAN EVENTS

#### VETERAN MEN 100m

|      |                       |            |          |
|------|-----------------------|------------|----------|
| 11.7 | ALAN MACKENZIE        | Nairn      | 18.08.90 |
| 11.7 | TREVOR MADIGAN        | Balgownie  | 31.08.85 |
| 11.7 | ROBIN RILLEY          | Not known  | 1979     |
| 11.7 | STAN 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          | Linkfield  | 03.09.88 |
| 12.0 | Malcolm Clarkson      | Balgownie  | 05.09.87 |
| 12.0 | Mark Davidson         | CA Stadium | 26.08.09 |
| 12.1 | A Stirling/D Shepherd |            | 87/92    |

#### VETERAN MEN 200m

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 23.83 | STAN WALKER      | Grangemouth | 18.05.11 |
| 24.1  | ROBIN RILLEY     | Balgownie   | 09.09.79 |
| 24.6  | Frank Gauld      | CA Stadium  | 10.06.00 |
| 24.6  | Denis Shepherd   | CA Stadium  | 26.08.92 |
| 24.7  | Malcolm Clarkson | Linkfield   | 06.09.88 |
| 24.7  | Allan Stirling   | Crown Point | 28.06.87 |
| 24.8  | Brian Gordon     | Grangemouth | 27.08.88 |
| 25.0  | Trevor Madigan   | Coatbridge  | 14.07.85 |
| 25.2  | Alan Fulton      | CA Stadium  | 22.08.91 |
| 25.3  | C Coulter/K Lyon |             | 87/01    |

|   |                      |             |          |   |                      |                  |          |
|---|----------------------|-------------|----------|---|----------------------|------------------|----------|
| <b>VETERAN MEN 400m</b>                       |                      |             |          | 17.1                                    | Kenny Lyon           | CA Stadium       | 08.06.05 |
| 53.0  | DENIS SHEPHERD       | CA Stadium  | 29.06.93 | 17.2                                    | Robert Masson        | Balgownie        | 09.09.87 |
| 54.8  | Alan Fulton          | CA Stadium  | 18.06.91 | 17.5                                    | Trevor Madigan       | Balgownie        | 06.04.86 |
| 54.8  | Frank Gauld          | CA Stadium  | 10.06.00 | 21.3                                    | Bill Lonsdale        | CA Stadium       | 11.06.03 |
| 55.2  | Allan Stirling       | Malmö (SWE) | 28.07.86 | <b>VETERAN MEN 400m HURDLES (Top 7)</b> |                      |                  |          |
| 56.0  | Mike Simpson         | CA Stadium  | 27.05.97 | 59.0                                    | DENIS SHEPHERD       | CA Stadium       | 01.06.93 |
| 56.2  | Roderick MacFarquhar | Balgownie   | 11.08.82 | 66.2                                    | Allan Stirling       | Balgownie        | 09.09.87 |
| 56.40   | Kenny Lyon           | Sheffield   | 08.09.01 | 66.9                                    | Kenny Lyon           | CA Stadium       | 28.06.01 |
| 56.6  | Jim Burr             | CA Stadium  | 13.09.95 | 67.4                                    | Dave Walker          | CA Stadium       | 01.06.93 |
| 56.8  | Bill Scullion        | CA Stadium  | 16.06.93 | 68.8                                    | Trevor Madigan       | Balgownie        | 19.08.86 |
| 57.3  | Dave Walker          | CA Stadium  | 29.06.93 | 72.4*                                   | Edward McKenzie      | Inverness        | 12.05.07 |
| <b>VETERAN MEN 800m</b>                       |                      |             |          | 77.1                                    | Bill Lonsdale        | CA Stadium       | 27.06.02 |
| 2:01.0  | DENIS SHEPHERD       | Dundee      | 22.08.93 | * 3' hurdles                            |                      |                  |          |
| 2:01.1  | Hunter Watson        | Coatbridge  | 30.05.76 | <b>VETERAN MEN HALF-MARATHON</b>        |                      |                  |          |
| 2:02.72                                       | Roderick MacFarquhar | Strasbourg  | 15.07.82 | 67:13                                   | DAVID CLARK          | Aberdeen         | 07.07.85 |
| 2:06.1  | Alan Fulton          | Inverness   | 10.06.95 | 67:13                                   | Colin Youngson       | Glasgow          | 11.09.88 |
| 2:08.1  | Frank Gauld          | Dundee      | 28.05.00 | 68:52                                   | Fraser Clyne         | Liverpool        | 25.08.96 |
| 2:08.8  | Ken Hogg             | Dundee      | 18.06.89 | 69:24                                   | Donald Ritchie       | Inverness        | 23.03.85 |
| 2:10.3  | Dave Armitage        | CA Stadium  | 24.08.91 | 69:27                                   | George Sim           | Dyce             | 14.07.91 |
| 2:10.7  | Jim Burr             | CA Stadium  | 27.08.94 | 70:19                                   | Roderick MacFarquhar | Peterhead        | 26.08.84 |
| 2:11.2  | Bill Scullion        | CA Stadium  | 28.08.93 | 70:22                                   | Graham Milne         | Peterhead        | 19.06.88 |
| 2:13.1  | John Ballentine      | CA Stadium  | 28.08.93 | 70:50                                   | Bill Adams           | Mariehamn (FIN)  | 29.06.91 |
| 2:13.1  | Frank Smith          | CA Stadium  | 22.07.01 | 72:27                                   | Ken Hogg             | Dyce             | 27.03.88 |
| <b>VETERAN MEN 1500m</b>                      |                      |             |          | 73:26                                   | Ben Preece           | Inverness        | 20.03.88 |
| 4:08.0  | HUNTER WATSON        | Coatbridge  | 12.06.77 | <b>VETERAN MEN MARATHON</b>             |                      |                  |          |
| 4:11.2  | Roderick MacFarquhar | Balgownie   | 10.08.83 | 2:18:01                                 | DAVID CLARK          | Florence (Italy) | 02.12.84 |
| 4:15.3  | Mike Simpson         | CA Stadium  | 03.09.97 | 2:21:14                                 | Alistair Wood        | Edinburgh        | 28.06.75 |
| 4:18.7  | Colin Youngson       | CA Stadium  | 26.08.93 | 2:21:26                                 | Donald Ritchie       | London           | 21.04.85 |
| 4:20.7  | Ken Hogg             | Linksfield  | 06.09.88 | 2:28:25                                 | Fraser Clyne         | Greenock         | 15.09.96 |
| 4:23.4  | John Ballentine      | Linwood     | 25.07.93 | 2:28:38                                 | Colin Youngson       | Linksfield       | 22.05.88 |
| 4:25.3  | Charlie Haskett      | CA Stadium  | 24.08.00 | 2:32:57                                 | George Sim           | Dundee           | 12.05.91 |
| 4:27.5  | Dave Armitage        | CA Stadium  | 26.08.93 | 2:33:39                                 | Roderick MacFarquhar | Aberdeen         | 16.09.84 |
| 4:28.4  | Bill Scullion        | CA Stadium  | 26.08.93 | 2:36:15                                 | Ben Preece           | London           | 23.04.89 |
| 4:28.9  | Graham Milne         | Peterhead   | 13.05.90 | 2:34:53                                 | Bill Adams           | London           | 21.04.91 |
| <b>VETERAN MEN 3000m</b>                      |                      |             |          | 2:39:06                                 | Jim Morrison         | London           | 09.05.82 |
| 8:50.9  | COLIN YOUNGSON       | CA Stadium  | 22.07.90 | <b>VETERAN MEN HIGH JUMP</b>            |                      |                  |          |
| 8:56.6  | Roderick MacFarquhar | Balgownie   | 30.07.83 | 1.67                                    | DENIS SHEPHERD       | Inverness        | 12.09.92 |
| 9:18.6  | Mike Simpson         | CA Stadium  | 03.06.97 | 1.65                                    | Bill Lonsdale        | CA Stadium       | 21.05.03 |
| 9:21.9  | Steve Taylor         | Forres      | 07.07.79 | 1.65                                    | James MacGregor      | Wishaw           | 28.08.11 |
| 9:24.0  | Charlie Haskett      | CA Stadium  | 06.06.01 | 1.65                                    | Trevor Madigan       | Balgownie        | 01.07.87 |
| 9:29.0  | John Ballentine      | CA Stadium  | 26.07.92 | 1.65                                    | Robert Masson        | Balgownie        | 01.07.87 |
| 9:30.6  | Mel Edwards          | CA Stadium  | 23.07.89 | 1.55                                    | Kenny Lyon           | CA Stadium       | 12.05.04 |
| 9:32.3  | Davy Grubb           | CA Stadium  | 23.07.89 | 1.42                                    | Edward McKenzie      | Riccione (ITA)   | 04.09.07 |
| 9:35.0  | Alastair Wood        | Balgownie   | 14.05.81 | 1.40                                    | Malcolm Clarkson     | CA Stadium       | 07.06.89 |
| 9:39.2  | Ian Fraser           | CA Stadium  | 22.07.90 | 1.30                                    | Ken Peddie           | Balgownie        | 15.05.84 |
| <b>VETERAN MEN 5000m</b>                      |                      |             |          | 1.20                                    | Alan Johnston        | Balgownie        | 23.06.81 |
| 14:57.0                                       | ALISTAIR WOOD        | Meadowbank  | 12.07.75 | <b>VETERAN MEN POLE VAULT (Top 5)</b>   |                      |                  |          |
| 15:24.8                                       | Colin Youngson       | Grangemouth | 29.06.91 | 3.65                                    | KENNY LYON           | CA Stadium       | 01.09.01 |
| 15:28.0                                       | Roderick MacFarquhar | Balgownie   | 24.05.83 | 3.60                                    | Robert Masson        | Balgownie        | 08.07.87 |
| 15:48.0                                       | Graham Milne         | Balgownie   | 29.06.88 | 2.80                                    | Edward Mckenzie      | Grangemouth      | 16.04.11 |
| 15:54.6                                       | George Sim           | Inverness   | 18.05.92 | 2.25                                    | Trevor Madigan       | Balgownie        | 06.04.86 |
| 15:57.2                                       | Mike Simpson         | CA Stadium  | 14.08.97 | 1.90                                    | Ian Morrison         | Balgownie        | 10.08.82 |
| 16:14.2                                       | Mel Edwards          | Balgownie   | 15.05.85 | <b>VETERAN MEN LONG JUMP</b>            |                      |                  |          |
| 16:23.26                                      | John Ballentine      | Jarrow      | 17.07.93 | 5.95                                    | KENNY LYON           | CA Stadium       | 01.04.01 |
| 16:27.51                                      | Frank Boyne          | Grangemouth | 29.08.10 | 5.76                                    | Robert Masson        | Balgownie        | 20.09.87 |
| 16:30.4                                       | Davy Grubb           | CA Stadium  | 04.07.89 | 5.75                                    | Trevor Madigan       | Balgownie        | 05.09.87 |
| <b>VETERAN MEN 10000m</b>                     |                      |             |          | 5.55                                    | Miller Mathieson     | Balgownie        | 05.08.79 |
| 30:33.4                                       | ALISTAIR WOOD        | Meadowbank  | 06.05.73 | 5.55                                    | Forbes Bruce         | Balgownie        | 05.08.79 |
| 31:39.2                                       | Colin Youngson       | Crown Point | 15.07.90 | 5.49                                    | Malcolm Clarkson     | Balgownie        | 05.09.87 |
| 32:29.0                                       | Roderick MacFarquhar | Balgownie   | 06.04.83 | 5.48                                    | Chris Coulter        | Balgownie        | 05.09.87 |
| 32:42.0                                       | Donald Ritchie       | Inverness   | 08.09.84 | 5.46                                    | Denis Shepherd       | CA Stadium       | 02.09.92 |
| 33:09.6                                       | Mike Simpson         | C A Stadium | 01.05.97 | 5.22                                    | Frank Gauld          | CA Stadium       | 26.08.98 |
| 33:11.37                                      | Bill Adams           | Finland     | 24.06.91 | 5.21                                    | Mark Davidson        | CA Stadium       | 26.08.09 |
| 34:06.7                                       | John Ballentine      | Coatbridge  | 11.07.92 | <b>VETERAN MEN TRIPLE JUMP (Top 9)</b>  |                      |                  |          |
| 34:17.6                                       | Graham Milne         | Grangemouth | 03.09.88 | 12.21                                   | TREVOR MADIGAN       | Balgownie        | 27.07.85 |
| 34:40.8                                       | Mel Edwards          | CA Stadium  | 04.05.89 | 11.84                                   | Kenny Lyon           | CA Stadium       | 11.05.03 |
| 34:51.4                                       | Ken Hogg             | CA Stadium  | 08.05.90 | 11.30                                   | Frank Gauld          | CA Stadium       | 30.07.00 |
| <b>VETERAN MEN 3000m STEEPLECHASE (Top 3)</b> |                      |             |          | 11.20                                   | Chris Coulter        | Balgownie        | 17.08.87 |
| 10:25.99                                      | FRANK BOYNE          | Meadowbank  | 19.04.09 | 11.03                                   | Robert Masson        | CA Stadium       | 11.05.93 |
| 10:31.7                                       | Dave Armitage        | Grangemouth | 04.09.91 | 10.75                                   | Bill Lonsdale        | Derby            | 07.06.03 |
| 11:50.4                                       | Gordon Ramsay        | CA Stadium  | 30.06.94 | 10.44                                   | Malcolm Clarkson     | Grangemouth      | 19.06.88 |
| <b>VETERAN MEN 100m HURDLES (Top 6)</b>       |                      |             |          | 10.43                                   | Alan Young           | CA Stadium       | 28.05.05 |
| 16.4  | DENIS SHEPHERD       | CA Stadium  | 30.06.92 | 4.14                                    | Hugo Fletcher        | CA Stadium       | 01.05.02 |
| 17.0  | Angel Alicea         | CA Stadium  | 04.04.93 |   |                      |                  |          |

|   |                        |                     |                 |                                     |                      |                   |                 |
|---|------------------------|---------------------|-----------------|-------------------------------------|----------------------|-------------------|-----------------|
| <b>VETERAN MEN SHOT</b>   |                        |                     |                 | 30.0                                | Linda Michie         | CA Stadium        | 30.08.06        |
| 13.04*  | DARREN CHAPMAN         | CA Stadium          | 18.04.10        | 30.2                                | Shona McKinnon       | CA Stadium        | 28.08.02        |
| 13.01   | Edward McKenzie        | CA Stadium          | 27.08.09        | 30.6                                | Tracey Wilson        | CA Stadium        | 03.04.94        |
| 12.32   | Robert Masson          | CA Stadium          | 26.08.89        | <b>32.0</b>                         | <b>Penny Johnson</b> | <b>CA Stadium</b> | <b>12.07.12</b> |
| 11.68   | Forbes Bruce           | Balgownie           | 08.08.81        | 33.2                                | Brigitte Mulsant     | CA Stadium        | 30.08.89        |
| 11.65   | Mark Davidson          | CA Stadium          | 27.08.09        | <b>VETERAN WOMEN 400m</b>           |                      |                   |                 |
| 11.16   | Kenny Lyon             | CA Stadium          | 30.08.07        | 61.05                               | LAURA MAHADY         | Lahti (FIN)       | 07.08.09        |
| 11.00   | Trevor Madigan         | CA Stadium          | 15.05.91        | 63.16                               | Kathleen Madigan     | Tullamore (IRL)   | 09.08.08        |
| 10.75   | Jim Burr               | CA Stadium          | 02.09.93        | 63.6                                | Janet Lyon           | Dundee            | 15.04.01        |
| 10.71   | Frank Gauld            | CA Stadium          | 25.08.99        | 63.79                               | Sonia Armitage       | Grangemouth       | 21.06.03        |
| 10.62   | John Leys              | CA Stadium          | 15.05.91        | 64.4                                | Heather Wisley       | Grangemouth       | 27.08.88        |
| * Senior men's implements   |                        |                     |                 | 66.1                                | Joyce Hogg           | Linksfild         | 21.08.88        |
| <b>VETERAN MEN DISCUS</b>   |                        |                     |                 | 67.1                                | Nancy MacKinnon      | CA Stadium        | 10.05.89        |
| 39.86   | ROBERT MASSON          | CA Stadium          | 03.09.92        | 68.4                                | Kathryn Mearns       | CA Stadium        | 24.05.00        |
| <b>37.68</b>  | <b>Edward Mckenzie</b> | <b>CA Stadium</b>   | <b>06.09.12</b> | 70.1                                | Ann Imrie            | CA Stadium        | 14.09.94        |
| <b>33.45*</b>   | <b>Darren Chapman</b>  | <b>CA Stadium</b>   | <b>29.04.12</b> | 72.5                                | Annette Orme         | CA Stadium        | 16.06.92        |
| 32.49   | Kenny Lyon             | CA Stadium          | 26.08.04        | <b>VETERAN WOMEN 800m</b>           |                      |                   |                 |
| 32.20   | Forbes Bruce           | Balgownie           | 03.08.82        | 2:19.3                              | SONIA ARMITAGE       | CA Stadium        | 08.08.04        |
| 32.17   | Colin Harris           | CA Stadium          | 28.05.05        | 2:19.50                             | Laura Mahady         | Lahti (FIN)       | 12.08.09        |
| 30.52   | Paddy Grant            | CA Stadium          | 02.09.99        | 2:20.6                              | Heather Wisley       | Inverness         | 13.05.90        |
| 30.15   | Frank Gauld            | CA Stadium          | 24.08.00        | 2:20.6                              | Nancy MacKinnon      | CA Stadium        | 10.09.88        |
| 28.30   | Ian Maitland           | Dundee              | 11.09.93        | 2:26.4                              | Kathryn Mearns       | CA Stadium        | 07.09.97        |
| 27.94   | Malcolm Clarkson       | CA Stadium          | 25.08.90        | 2:33.6                              | Joyce Hogg           | Grangemouth       | 03.09.88        |
| * Senior men's implements   |                        |                     |                 | 2:35.1                              | Hazel Gaskell        | CA Stadium        | 02.09.93        |
| <b>VETERAN MEN HAMMER</b>   |                        |                     |                 | 2:39.1                              | Annette Orme         | CA Stadium        | 24.08.95        |
| 36.95   | EDWARD MCKENZIE        | CA Stadium          | 03.09.09        | 2:51.3                              | Janet Lyon           | CA Stadium        | 24.08.00        |
| 34.35   | Robert Masson          | CA Stadium          | 19.04.98        | 2:51.4                              | Barbara Pidgeon      | CA Stadium        | 08.09.94        |
| 31.73   | Trevor Madigan         | CA Stadium          | 16.09.04        | <b>VETERAN WOMEN 1500m</b>          |                      |                   |                 |
| 30.98*  | Bob Ingram             | Dundee              | 25.08.85        | 4:39.12                             | SONIA ARMITAGE       | Meadowbank        | 02.06.96        |
| 27.86   | Alistair Simpson       | CA Stadium          | 29.05.97        | 4:47.4                              | Heather Wisley       | Inverness         | 24.06.90        |
| 27.41*  | Darren Chapman         | CA Stadium          | 19.08.10        | 4:50.73                             | Laura Mahady         | Lahti(FIN)        | 06.08.09        |
| 27.06   | Alan Bews              | CA Stadium          | 22.05.91        | 4:57.1                              | Kathryn Mearns       | Peterhead         | 24.08.97        |
| 25.86   | Forbes Bruce           | Balgownie           | 30.06.82        | 5:00.4                              | Rhona Buchan         | CA Stadium        | 05.09.07        |
| 23.64   | Allan Stirling         | Balgownie           | 19.08.86        | 5:01.7                              | Lynda Bain           | CA Stadium        | 05.05.91        |
| 23.42   | Jim Campbell           | CA Stadium          | 22.05.91        | 5:07.4                              | Nancy MacKinnon      | CA Stadium        | 06.09.88        |
| * Senior men's implements   |                        |                     |                 | 5:20.7                              | Annette Orme         | Dundee            | 04.06.95        |
| <b>VETERAN MEN JAVELIN</b>  |                        |                     |                 | 5:21.8                              | Joyce Hogg           | CA Stadium        | 06.09.88        |
| 43.88*  | ROBERT MASSON          | CA Stadium          | 02.04.89        | 5:44.8                              | Carole Hawthorn      | Balgownie         | 14.08.84        |
| 41.65*  | Edward McKenzie        | Grangemouth         | 14.07.07        | <b>VETERAN WOMEN 3000m</b>          |                      |                   |                 |
| 39.55*  | Kenny Lyon             | Sheffield           | 08.09.01        | 9:51.9                              | HEATHER WISLEY       | Coatbridge        | 20.05.90        |
| 36.28*  | Andy Dougall           | CA Stadium          | 07.04.91        | 10:03.1                             | Sonia Armitage       | Coatbridge        | 29.08.98        |
| <b>35.79</b>  | <b>Darren Chapman</b>  | <b>CA Stadium</b>   | <b>20.05.12</b> | 10:26.2                             | Lynda Bain           | CA Stadium        | 09.06.91        |
| 32.84*  | Ian Maitland           | CA Stadium          | 04.04.93        | 10:42.8                             | Hazel Gaskell        | CA Stadium        | 18.07.93        |
| 32.60*  | Douglas Cooper         | CA Stadium          | 07.04.91        | 10:48.2                             | Nancy MacKinnon      | CA Stadium        | 23.07.89        |
| 31.38*  | Dave Walker            | Inverness           | 13.06.92        | 11:00.2                             | Laura Mahady         | CA Stadium        | 21.05.03        |
| 30.06*  | Angel Alicea           | CA Stadium          | 04.04.93        | 11:00.4                             | Rhona Buchan         | Dundee            | 09.07.06        |
| 29.96   | Bill Lonsdale          | Grangemouth         | 25.08.02        | 11:19.0                             | Kathryn Mearns       | CA Stadium        | 21.05.03        |
| * Senior men's implements   |                        |                     |                 | 11:20.5                             | Helen Brown          | Balgownie         | 29.06.88        |
| <b>VETERAN MEN DECATHLON (Top 5)</b>  |                        |                     |                 | 11:22.09                            | Diana Jermieson      | Meadowbank        | 10.06.90        |
| 4738  | TREVOR MADIGAN         | Balgownie           | 30.04.86        | <b>VETERAN WOMEN 5000m</b>          |                      |                   |                 |
| 3658  | Robert Masson          | CA Stadium          | 16.07.95        | 17:48.80                            | SONIA ARMITAGE       | Chester-le-Street | 31.07.99        |
| <b>Age-graded</b>   |                        |                     |                 | 18:49.7                             | Rhona Buchan         | CA Stadium        | 29.08.07        |
| 6490  | Robert Masson          | Oxford              | 07.07.07        | 19:02.1                             | Laura Mahady         | CA Stadium        | 28.05.08        |
| 5647  | Kenny Lyon             | Sheffield           | 09.09.01        | 19:07.8                             | Kathryn Mearns       | CA Stadium        | 14.08.97        |
| <b>4514</b>   | <b>Edward McKenzie</b> | <b>Zittau (GER)</b> | <b>16.08.12</b> | 19:41.1                             | Lynda Bain           | CA Stadium        | 24.09.91        |
| 4506  | Bill Lonsdale          | Grangemouth         | 25.08.02        | 20:15.9                             | Margaret Stafford    | CA Stadium        | 24.09.91        |
| The above Decathlon scores were those produced at the time and do not allow for changes in implements or scoring systems. |                        |                     |                 | 20:46.7                             | Nicola Smith         | CA Stadium        | 16.05.11        |
| <b>VETERAN WOMEN 100m</b>   |                        |                     |                 | 21:57.9                             | Bing Kerr            | CA Stadium        | 04.07.89        |
| 12.7  | KATHLEEN MADIGAN       | CA Stadium          | 23.08.06        | 22:08.9                             | Jane MacKay          | CA Stadium        | 10.05.10        |
| 12.9  | Janet Lyon             | CA Stadium          | 22.06.97        | 22:10.3                             | Trish McLauchlan     | CA Stadium        | 10.05.10        |
| 13.54   | Fiona Davidson         | Pitreavie           | 21.06.08        | <b>VETERAN WOMEN 10000m (Top 9)</b> |                      |                   |                 |
| 13.6  | Ann Imrie              | CA Stadium          | 23.08.95        | 37:18.2                             | HEATHER WISLEY       | CA Stadium        | 04.05.89        |
| 13.9  | Heather Wisley         | Grangemouth         | 27.08.88        | 38:18.5                             | Sonia Armitage       | CA Stadium        | 04.07.02        |
| 14.2  | Linda Michie           | CA Stadium          | 24.08.05        | 42:20.6                             | Kathryn Mearns       | CA Stadium        | 03.07.03        |
| 14.3  | Shona McKinnon         | CA Stadium          | 10.06.00        | 46:29.3                             | Trish McLauchlan     | CA Stadium        | 22.06.09        |
| 14.4  | Joyce Hogg             | Grangemouth         | 27.08.88        | 46:43.0                             | Maureen MacInnes     | CA Stadium        | 22.06.09        |
| 14.4  | Laura Mahady           | CA Stadium          | 26.08.09        | 47:03.5                             | Jane MacKay          | CA Stadium        | 22.06.09        |
| 14.4  | Tracy Wilson           | CA Stadium          | 28.08.93        | 48:40.8                             | Janice Gordon        | CA Stadium        | 04.07.02        |
| <b>VETERAN WOMEN 200m</b>   |                        |                     |                 | 48:42.8                             | Nancy MacKinnon      | CA Stadium        | 04.07.02        |
| 26.5  | JANET LYON             | Coatbridge          | 08.06.97        | 49:33.1                             | Ann Clark            | CA Stadium        | 22.06.09        |
| 26.7  | Kathleen Madigan       | Dundee              | 10.04.05        | <b>VETERAN WOMEN HALF MARATHON</b>  |                      |                   |                 |
| 28.2  | Ann Imrie              | CA Stadium          | 24.08.94        | 82:09                               | ULLI SIMPSON         | CA Stadium        | 26.08.90        |
| 28.7  | Laura Mahady           | CA Stadium          | 19.08.09        | 84:05                               | Lynda Bain           | Linksfild         | 29.08.93        |
| 29.4  | Joyce Hogg             | Linksfild           | 06.09.88        | 85:42                               | Hazel Gaskell        | Linksfild         | 29.08.93        |



|       |                   |            |          |
|-------|-------------------|------------|----------|
| 85:51 | Heather Wisley    | Linksfield | 28.08.88 |
| 86:54 | Sonia Armitage    | Aviemore   | 19.10.08 |
| 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 |

#### 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 |
| 3:27:42 | 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 |
| 3:54:57 | Margaret Beveridge | Elgin        | 06.08.89 |

#### 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 | Pitreevie   | 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 |
|------|------------|------------|----------|

#### VETERAN WOMEN LONG JUMP

|             |                       |                   |                 |
|-------------|-----------------------|-------------------|-----------------|
| <b>4.88</b> | <b>FIONA DAVIDSON</b> | <b>CA Stadium</b> | <b>31.03.12</b> |
| 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 | Pitreevie | 18.07.10 |
| 9.25  | Shona McKinnon | Pitreevie | 19.05.01 |

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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        |
| <b>7.1</b> | <b>Gavin Irvine</b>   | <b>Aberdeen SV</b> | <b>16.12.12</b> |
| <b>7.2</b> | <b>Chukwudi Onyia</b> | <b>Aberdeen SV</b> | <b>16.12.12</b> |
| 7.25       | Ronald Smith          | Kelvin Hall        | 31.01.99        |
| <b>7.3</b> | <b>Sam Lyon</b>       | <b>Aberdeen SV</b> | <b>15.01.12</b> |
| 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        |
| <b>7.4</b> | <b>Stewart Clark</b>  | <b>Aberdeen SV</b> | <b>18.03.12</b> |
| <b>7.4</b> | <b>Ryan Legge</b>     | <b>Aberdeen SV</b> | <b>15.01.12</b> |
| 7.4        | John McKeown          | Kelvin Hall        | 27.10.93        |
| <b>7.4</b> | <b>Robbie Shaw</b>    | <b>Aberdeen SV</b> | <b>16.12.12</b> |

|      |               |             |          |
|------|---------------|-------------|----------|
| 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        |
| <b>8.11</b> | <b>Fiona Davidson</b> | <b>CA Stadium</b> | <b>13.06.12</b> |
| 7.76        | Joyce Hogg            | Cwmbran           | 23.07.88        |
| 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        |
| <b>23.52</b> | <b>Fiona Davidson</b>   | <b>CA Stadium</b> | <b>29.04.12</b> |
| 22.34        | Ann Imrie               | CA Stadium        | 10.08.97        |
| 20.94        | Dorothy Davidson        | Balgownie         | 24.02.85        |
| <b>19.56</b> | <b>Kathleen Madigan</b> | <b>Meadowbank</b> | <b>05.08.12</b> |
| 19.52        | Shona McKinnon          | CA Stadium        | 24.07.00        |
| 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        |

#### VETERAN WOMEN HAMMER (Top 5)

|              |                       |              |                 |
|--------------|-----------------------|--------------|-----------------|
| 29.18        | KATHLEEN MADIGAN      | Cardiff      | 05.06.11        |
| <b>25.67</b> | <b>Fiona Davidson</b> | <b>Perth</b> | <b>10.06.12</b> |
| 20.94        | Joyce Hogg            | CA Stadium   | 16.06.94        |
| 14.61        | Linda Michie          | CA Stadium   | 07.09.06        |
| 14.05        | Heather Young         | Coatbridge   | 25.07.04        |

#### VETERAN WOMEN JAVELIN (Top 7)

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

|       |                   |            |          |
|-------|-------------------|------------|----------|
| 28.40 | BARBARA MACDONALD | CA Stadium | 07.04.96 |
| 23.68 | Shona McKinnon    | Pitreevie  | 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 HEPTATHLON (Top 1)

|      |                |             |          |
|------|----------------|-------------|----------|
| 2600 | SHONA MCKINNON | Grangemouth | 25.08.02 |
|------|----------------|-------------|----------|

#### VETERAN WOMEN PENTATHLON (Top 2)

|      |                |            |          |
|------|----------------|------------|----------|
| 2750 | SHONA MCKINNON | Pitreevie  | 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

|      |                |             |          |
|------|----------------|-------------|----------|
| 7.40 | William Stark  | Kelvin Hall | 07.03.93 |
| 7.4  | Lee Williamson | Aberdeen SV | 12.12.09 |

#### 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        |
| <b>52.85</b> | <b>Andrew Ferguson</b> | <b>Kelvin Hall</b> | <b>21.01.12</b> |
| 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        |
| 53.81        | Thomas Newton          | Sheffield          | 19.02.11        |
| 53.82        | Alasdhair Love         | Kelvin Hall        | 21.02.93        |

**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        |
| <b>4:07.52</b> | <b>Eoin Durkan</b>   | <b>Sheffield</b> | <b>25.02.12</b> |
| 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         | C Youngson / S Mason |                  | 92 / 99         |

**MEN 3000m (TOP 6)**

|         |              |             |          |
|---------|--------------|-------------|----------|
| 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 |
| 8:40.68 | Mark Haskett | Kelvin Hall | 12.02.11 |
| 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 11)**

|             |                      |                    |                 |
|-------------|----------------------|--------------------|-----------------|
| 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        |
| <b>1.90</b> | <b>Ryan Hewitson</b> | <b>Kelvin Hall</b> | <b>21.01.12</b> |
| 1.90        | Kevin Lutton         | Kelvin Hall        | 24.02.01        |
| 1.86        | Paul Allan           | Kelvin Hall        | 03.02.90        |

|             |                              |                    |                 |
|-------------|------------------------------|--------------------|-----------------|
| 1.85        | Ian Lind                     | Kelvin Hall        | 03.02.90        |
| 1.85        | Craig Noble                  | Kelvin Hall        | 05.02.93        |
| 1.82        | Tom Leeson                   | Kelvin Hall        | 16.02.97        |
| 1.80        | Dinkar Sabnis                | Kelvin Hall        | 02.12.90        |
| 1.80        | Michael Spink                | Kelvin Hall        | 24.01.93        |
| 1.79        | Robert Miller                | Kelvin Hall        | 09.02.02        |
| 1.79        | William Stark                | Kelvin Hall        | 07.03.93        |
| 1.77        | Sam Lyon                     | Aberdeen SV        | 21.03.10        |
| 1.75        | Paul Torry                   | Kelvin Hall        | 11.03.00        |
| <b>1.73</b> | <b>Stewart Clark</b>         | <b>Kelvin Hall</b> | <b>11.02.12</b> |
| 1.72        | Kenny Lyon                   | Kelvin Hall        | 25.02.89        |
| 1.70        | William Smy                  | Kelvin Hall        | 07.02.08        |
| 1.69        | Barry Middleton              | Kelvin Hall        | 15.02.92        |
| 1.68        | Denis Shepherd / Mark Dobbie |                    | 93 / 95         |

**MEN POLE VAULT**

|             |                                 |                    |                 |
|-------------|---------------------------------|--------------------|-----------------|
| 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        |
| <b>3.65</b> | <b>David Mann</b>               | <b>Aberdeen SV</b> | <b>16.06.12</b> |
| 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        |
| 3.15        | Sam Lyon                        | Aberdeen SV        | 30.01.11        |
| 3.10        | Robert Miller                   | Kelvin Hall        | 26.01.03        |
| 3.00        | Chris Jones                     | Kelvin Hall        | 18.02.90        |
| <b>2.95</b> | <b>Alasdair Lowe</b>            | <b>Aberdeen SV</b> | <b>16.06.12</b> |
| 2.90        | Hugh Kilpatrick                 | Kelvin Hall        | 04.02.90        |
| 2.90        | Craig Loney                     | Kelvin Hall        | 17.01.04        |
| <b>2.85</b> | <b>David Partridge</b>          | <b>Aberdeen SV</b> | <b>16.06.12</b> |
| 2.80        | Richard Durkin                  | Kelvin Hall        | 13.01.96        |
| 2.80        | Edward McKenzie                 | Aberdeen SV        | 03.05.11        |
| 2.70        | Stephen Miller / Darren Chapman |                    | 03 / 10         |

**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        |
| <b>6.87</b> | <b>Chukwudi Onyia</b> | <b>Aberdeen SV</b> | <b>16.12.12</b> |
| <b>6.78</b> | <b>Sam Lyon</b>       | <b>Kelvin Hall</b> | <b>19.02.12</b> |
| 6.72        | Robert Miller         | Kelvin Hall        | 02.03.03        |
| 6.62        | Mark Dobbie           | Kelvin Hall        | 17.02.96        |
| 6.45        | Stewart Clark         | Aberdeen SV        | 12.12.09        |
| 6.42        | Tom Leeson            | Kelvin Hall        | 15.02.97        |
| 6.34        | Paul Allan            | Kelvin Hall        | 03.02.90        |

**MEN TRIPLE JUMP (Top 10)**

|              |                                |                    |                 |
|--------------|--------------------------------|--------------------|-----------------|
| 13.97        | WILLIAM STARK                  | Kelvin Hall        | 23.01.94        |
| 13.77        | Dinkar Sabnis                  | Kelvin Hall        | 14.03.92        |
| <b>13.72</b> | <b>Chukwudi Onyia</b>          | <b>Aberdeen SV</b> | <b>18.03.12</b> |
| 13.62        | Sam Lyon                       | Kelvin Hall        | 19.02.12        |
| <b>12.53</b> | <b>Stewart Clark</b>           | <b>Kelvin Hall</b> | <b>21.01.12</b> |
| 13.52        | Paul Allan                     | Kelvin Hall        | 14.02.90        |
| 12.76        | Robert Miller                  | Kelvin Hall        | 02.03.03        |
| 12.40        | Paul McAndrew                  | Kelvin Hall        | 03.02.96        |
| 12.39        | Michael Spink                  | Kelvin Hall        | 21.02.93        |
| 12.13        | Chris Rhodes / Donald Prentice |                    | 94 / 96         |

**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        |
| <b>7.8</b> | <b>Zoey Clark</b>        | <b>Aberdeen SV</b> | <b>16.12.12</b> |
| 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 Tengtanga          | Aberdeen SV        | 12.12.09        |
| 7.9        | Alison Wylie             | Aberdeen SV        | 05.02.12        |
| 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        |
| <b>8.1</b> | <b>Ademide Ademuyewo</b> | <b>Aberdeen SV</b> | <b>16.12.12</b> |
| 8.13       | Hayley Bowers            | Kelvin Hall        | 28.01.99        |
| 8.17       | Pamela Gray              | Kelvin Hall        | 04.02.95        |
| 8.19       | Catriona Pennet          | Kelvin Hall        | 07.12.02        |
| 8.19       | Angela Shearer           | Kelvin Hall        | 27.01.00        |

**WOMEN 200m (Top 20)**

|              |                      |                    |                 |
|--------------|----------------------|--------------------|-----------------|
| 24.86        | DAWN FLOCKHART       | Kelvin Hall        | 22.01.95        |
| 25.16        | Zoey Clark           | Kelvin Hall        | 05.03.11        |
| 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        |
| <b>26.58</b> | <b>Alison Wylie</b>  | <b>Kelvin Hall</b> | <b>19.02.12</b> |
| 25.6         | Louise Paterson      | Kelvin Hall        | 14.03.92        |
| 26.63        | Rebecca Mortimer     | Kelvin Hall        | 15.01.06        |
| 26.64        | Sandra Gunn          | Kelvin Hall        | 01.03.92        |
| 26.64        | Sarah Still          | Kelvin Hall        | 21.02.93        |
| 26.96        | Susan Tengtanga      | Kelvin Hall        | 20.02.10        |
| <b>27.06</b> | <b>Emma Caldwell</b> | <b>Kelvin Hall</b> | <b>03.03.12</b> |
| 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        | Marie Dobson         | Kelvin Hall        | 23.01.11        |
| 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        |

**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 |
| 60.23 | Marie Dobson    | Kelvin Hall | 26.02.11 |
| 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 10)**

|                |                     |                    |                 |
|----------------|---------------------|--------------------|-----------------|
| 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        |
| <b>4:50.90</b> | <b>Eilidh Prise</b> | <b>Kelvin Hall</b> | <b>09.02.12</b> |
| 4:51.1         | Heather Wisley      | Kelvin Hall        | 25.03.90        |
| 4:55.78        | Carly Hall          | Kelvin Hall        | 23.01.11        |
| 4:57.90        | Hannah Smith        | Kelvin Hall        | 15.01.94        |
| 5:06.7         | Freyja Prentice     | Kelvin Hall        | 22.02.06        |
| 5:07.1         | Nancy MacKinnon     | Kelvin Hall        | 26.03.89        |
| 5:12.13        | Kimberley Miles     | Kelvin Hall        | 06.02.99        |

**WOMEN 3000m (TOP 4)**

|                |                       |                    |                 |
|----------------|-----------------------|--------------------|-----------------|
| <b>9:55.20</b> | <b>RHONA AUCKLAND</b> | <b>Kelvin Hall</b> | <b>09.02.12</b> |
| 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 10)**

|       |                 |             |          |
|-------|-----------------|-------------|----------|
| 8.79  | CATRIONA PENNET | Kelvin Hall | 15.02.04 |
| 8.84  | Sarah Still     | Kelvin Hall | 12.03.00 |
| 8.94  | Gail Murchie    | Kelvin Hall | 07.02.93 |
| 9.3   | Yasmin Milne    | Aberdeen SV | 20.03.11 |
| 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 |
| 9.93  | Wendy Pennet    | Kelvin Hall | 15.02.98 |
| 10.24 | Rebecca Dougall | Kelvin Hall | 17.01.98 |
| 10.30 | Linda Davidson  | Kelvin Hall | 25.02.89 |

**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 |
| 1.50 | Wendy Pennet                   | Kelvin Hall | 13.01.96 |
| 1.50 | Shona Simpson                  | Kelvin Hall | 04.12.88 |
| 1.47 | D Quirie/C Middleton//C Pennet |             | 93/94/00 |

**WOMEN POLE VAULT (Top 10)**

|             |                        |                    |                 |
|-------------|------------------------|--------------------|-----------------|
| <b>3.00</b> | <b>LAURA KUTT</b>      | <b>Kelvin Hall</b> | <b>04.02.12</b> |
| <b>2.90</b> | <b>Sam Somers</b>      | <b>Aberdeen SV</b> | <b>04.01.12</b> |
| 2.70        | Janet Lyon             | Kelvin Hall        | 09.02.02        |
| <b>2.45</b> | <b>Sophie Hamilton</b> | <b>Aberdeen SV</b> | <b>04.12.11</b> |
| <b>2.15</b> | <b>Chloe Allan</b>     | <b>Aberdeen SV</b> | <b>04.12.11</b> |
| 2.06        | Sophie Anderson        | Aberdeen SV        | 28.09.11        |
| 1.91        | Lise Theron            | Aberdeen SV        | 28.09.11        |
| 1.80        | Sophie Clayton         | Aberdeen SV        | 28.09.11        |
| 1.80        | Erin Runcie            | Aberdeen SV        | 28.09.11        |
| 1.70        | Lydia Ingram           | Aberdeen SV        | 02.02.11        |

**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        |
| <b>5.13</b> | <b>Kirstie Duncan</b> | <b>Aberdeen SV</b> | <b>11.12.11</b> |
| 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        |

**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        |
| <b>10.52</b> | <b>Janet Abladey</b> | <b>Kelvin Hall</b> | <b>04.02.12</b> |
| 10.44        | Donna Quirie         | Kelvin Hall        | 06.02.94        |
| 10.26        | Nicola Gauld         | Kelvin Hall        | 15.11.00        |
| 10.15        | Heather Pirie        | Kelvin Hall        | 22.01.95        |
| 9.98         | Nicola Kemp          | Kelvin Hall        | 06.02.94        |
| 9.59         | Emma Cloggie         | Kelvin Hall        | 02.03.03        |

**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        |
| <b>8.47</b> | <b>Kathleen Madigan</b> | <b>Aberdeen SV</b> | <b>11.12.11</b> |
| 8.39        | Michelle Mackintosh     | Kelvin Hall        | 02.03.03        |



**WOMEN PENTATHLON (TOP 7)**

|      |   |             |          |      |                 |             |          |
|------|---|-------------|----------|------|-----------------|-------------|----------|
| 3778 | SARAH STILL<br>(5.82; 8.84; 1.62; 9.52; 2:23.11)  | Kelvin Hall | 13.03.00 | 2583 | Kimberley Miles | Kelvin Hall | 10.02.02 |
| 2866 | Gail Murchie<br>(8.96; 1.45; 9.31; 4.70; 2:54.42) | Kelvin Hall | 06.03.93 | 2465 | Nicola Gauld    | Kelvin Hall | 14.02.99 |
| 2745 | Heather Pirie                                     | Kelvin Hall | 19.02.95 | 2427 | Nicola Kemp     | Kelvin Hall | 16.02.97 |
|      |   |             |          | 1988 | Shona McKinnon  | Kelvin Hall | 10.02.02 |



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## 2012 TOP 5 CLUB RANKINGS

Covering the athletics year ended 30 September 2012

### SENIOR MEN

|             |                    |  |                    |                            |  |                            |                       |  |
|-------------|--------------------|--|--------------------|----------------------------|--|----------------------------|-----------------------|--|
| <b>60m</b>  |                    |  | <b>800m</b>        |                            |  | <b>10,000m</b>             |                       |  |
| 7.3         | Sam Lyon           |  | 1:52.02            | Myles Edwards              |  | 35:32.74                   | Jeremy Whittet        |  |
| 7.7         | Peter Mutch        |  | 1:53.67            | James Joy                  |  | 37:38.17                   | Lachlan Calder        |  |
| 7.75        | Thomas Newton      |  | 1:56.98            | Mark Haskett               |  | <b>3,000m Steeplechase</b> |                       |  |
| 7.8         | Stan Walker (M40)  |  | 2:00.20            | Eoin Durkan                |  | 9:37.64                    | David Munro           |  |
| 7.97i       | John McKeown (M35) |  | 2:08.1             | David Munro                |  | 11:09.84                   | Frank Boyne (M45)     |  |
| <b>100m</b> |                    |  | <b>1000m</b>       |                            |  | <b>400m Hurdles</b>        |                       |  |
| 11.4        | Sam Lyon           |  | 3:11.68i           | Stewart Clark              |  | 54.15                      | Jonathan Mann         |  |
| 11.5        | Chukwudi Onyia     |  | <b>1,500m</b>      |                            |  | 60.88                      | Jeremy O'Neil         |  |
| 11.8        | Jonathan Mann      |  | 3:55.43            | Mark Haskett               |  | 61.50                      | Alasdhair Love        |  |
| 11.9        | Stan Walker (M40)  |  | 3:55.95            | Myles Edwards              |  | <b>High Jump</b>           |                       |  |
| 12.0        | Andrew Ferguson    |  | 3:57.98            | James Joy                  |  | 1.75                       | David Partridge       |  |
| <b>200m</b> |                    |  | <b>3,000m</b>      |                            |  | 1.70                       | Chukwudi Onyia        |  |
| 23.21       | Sam Lyon           |  | 4:05.63            | Eoin Durkan                |  | 1.65i                      | Sam Lyon              |  |
| 23.3        | Jonathan Mann      |  | 4:23.7             | Andoni Correas Illaramendi |  | 1.63                       | James MacGregor (M45) |  |
| 23.83       | Peter Mutch        |  | <b>5,000m</b>      |                            |  | 1.55                       | Peter Mutch           |  |
| 24.4        | Andrew Ferguson    |  | 8:40.4             | Myles Edwards              |  | <b>Pole Vault</b>          |                       |  |
| 24.99i      | Thomas Newton      |  | 9:03.4             | Andoni Correas Illaramendi |  | 3.00                       | David Partridge       |  |
| <b>300m</b> |                    |  | <b>10:16.7</b>     |                            |  | 2.90                       | Bob Masson (M65)      |  |
| 37.5        | Peter Mutch        |  | 9:14:7             | David Munro                |  | 2.80                       | Kenny Lyon (M50)      |  |
| 40.1        | Stan Walker (M40)  |  | 11:24.2            | Andrew Ferguson            |  | 2.60                       | Edward McKenzie (M45) |  |
| 49.6        | Alan Fulton (M60)  |  | <b>15:38.58</b>    |                            |  | <b>Long Jump</b>           |                       |  |
| <b>400m</b> |                    |  | <b>15:44.37</b>    |                            |  | 6.99                       | Sam Lyon              |  |
| 51.2        | Myles Edwards      |  | 15:50.8            | Eoin Durkan                |  | 6.50                       | Chukwudi Onyia        |  |
| 51.74       | Jonathan Mann      |  | 18:16.4            | Justin Kangaroo            |  | 5.41                       | David Partridge       |  |
| 52.85i      | Andrew Ferguson    |  | 18:19.9            | Maxwell Robertson          |  | 5.21                       | Kenny Lyon (M50)      |  |
| 53.2        | James Joy          |  | <b>Triple Jump</b> |                            |  | 5.18                       | Darren Chapman (M45)  |  |
| 54.4        | Eoin Durkan        |  | <b>14.98</b>       |                            |  | <b>Shot</b>                |                       |  |
|             |                    |  | <b>13.62i</b>      |                            |  | 11.60                      | Edward McKenzie (M45) |  |
|             |                    |  | <b>10.82</b>       |                            |  | 11.51                      | Darren Chapman (M45)  |  |
|             |                    |  | <b>9.07i</b>       |                            |  | 8.65                       | David Partridge       |  |
|             |                    |  | <b>9.35</b>        |                            |  | 8.52                       | Sam Lyon              |  |
|             |                    |  |                    |                            |  | 8.27                       | Kenny Lyon (M50)      |  |
|             |                    |  | <b>33.45</b>       |                            |  | <b>Discus</b>              |                       |  |
|             |                    |  | <b>31.06</b>       |                            |  | 31.30                      | Edward McKenzie (M45) |  |
|             |                    |  | <b>25.64</b>       |                            |  | 15.81                      | Darren Chapman (M45)  |  |
|             |                    |  | <b>23.18</b>       |                            |  | <b>Javelin</b>             |                       |  |
|             |                    |  | <b>18.59</b>       |                            |  | 38.90                      | Sam Lyon              |  |
|             |                    |  |                    |                            |  | 37.93                      | Edward McKenzie (M45) |  |
|             |                    |  |                    |                            |  | 35.79                      | Darren Chapman (M45)  |  |
|             |                    |  |                    |                            |  | 30.39                      | Kenny Lyon (M50)      |  |
|             |                    |  |                    |                            |  | 30.24                      | Bob Masson (M60)      |  |
|             |                    |  |                    |                            |  | <b>VETERAN MEN</b>         |                       |  |
|             |                    |  |                    |                            |  | <b>60m</b>                 |                       |  |
|             |                    |  |                    |                            |  | 7.8                        | Stan Walker (M40)     |  |
|             |                    |  |                    |                            |  | 7.97i                      | John McKeown (M35)    |  |
|             |                    |  |                    |                            |  | 8.4                        | Kenny Lyon (M50)      |  |
|             |                    |  |                    |                            |  | 9.1                        | Trevor Madigan (M65)  |  |
|             |                    |  |                    |                            |  | 12.39i (13.5)              | Hugo Fletcher (M75)   |  |


  
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**100m**

|       |                       |
|-------|-----------------------|
| 11.9  | Stan Walker (M40)     |
| 12.5  | Mark Davidson (M40)   |
| 12.5  | John McKeown (M40)    |
| 12.6  | Alasdhair Love (M35)  |
| 12.93 | Edward McKenzie (M45) |

**150m**

|      |                     |
|------|---------------------|
| 18.7 | Stan Walker (M40)   |
| 35.2 | Hugo Fletcher (M75) |

**200m**

|               |                     |
|---------------|---------------------|
| 25.4          | Stan Walker (M40)   |
| 26.18i        | John McKeown (M35)  |
| 47.00i (48.0) | Hugo Fletcher (M75) |

**300m**

|      |                   |
|------|-------------------|
| 40.1 | Stan Walker (M40) |
| 49.6 | Alan Fulton (M60) |

**400m**

|       |                       |
|-------|-----------------------|
| 56.50 | Alasdhair Love (M35)  |
| 58.7  | Stan Walker (M40)     |
| 67.20 | Edward McKenzie (M45) |
| 68.2  | Bill Lonsdale (M60)   |
| 69.1  | Alan Fulton (M60)     |

**800m**

|         |                       |
|---------|-----------------------|
| 2:17.2  | Alasdhair Love (M35)  |
| 2:21.02 | James MacGregor (M45) |
| 2:52.2  | Alan Fulton (M60)     |
| 3:59.7  | Hugo Fletcher (M75)   |

**1,500m**

|        |                       |
|--------|-----------------------|
| 4:54.6 | James MacGregor (M45) |
| 4:57.6 | Alasdhair Love (M35)  |
| 5:08.1 | Tom Litterick (M50)   |
| 6:04.0 | Mark Davidson (M40)   |
| 6:05.0 | Alan Fulton (M60)     |

**3,000m**

|           |                      |
|-----------|----------------------|
| 11:24.2   | Tom Litterick (M45)  |
| 11:37.1   | Roddy McLeod (M45)   |
| 11:57.77i | Colin Youngson (M60) |
| 12:50.1   | Alan Fulton (M60)    |

**5,000m**

|          |                      |
|----------|----------------------|
| 20:12.46 | Colin Youngson (M60) |
| 23:39.7  | Alan Fulton (M60)    |

**3,000m Steeplechase**

|          |                   |
|----------|-------------------|
| 11:09.84 | Frank Boyne (M45) |
|----------|-------------------|

**60m Hurdles (3'3")**

|        |                       |
|--------|-----------------------|
| 11.39i | Edward McKenzie (M45) |
|--------|-----------------------|

**60m Hurdles (2'9")**

|       |                     |
|-------|---------------------|
| 12.2i | Bob Masson (M60)    |
| 12.6i | Bill Lonsdale (M60) |

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

|       |                       |
|-------|-----------------------|
| 20.57 | Edward McKenzie (M45) |
|-------|-----------------------|

**400m Hurdles (3')**

|       |                      |
|-------|----------------------|
| 61.76 | Alasdhair Love (M35) |
|-------|----------------------|

**High Jump**

|            |                         |
|------------|-------------------------|
| 1.63       | James MacGregor (M45)   |
| 1.45i      | Darren Chapman (M45)    |
| 1.38       | Bill Lonsdale (M60)     |
| 1.36       | Edward McKenzie (M45)   |
| 1.35/1.35i | Lyon (M50)/Masson (M60) |

**Pole Vault**

|      |                       |
|------|-----------------------|
| 2.90 | Bob Masson (M65)      |
| 2.80 | Kenny Lyon (M50)      |
| 2.60 | Edward McKenzie (M45) |

**Long Jump**

|      |                       |
|------|-----------------------|
| 5.21 | Kenny Lyon (M50)      |
| 5.18 | Darren Chapman (M45)  |
| 5.03 | Mark Davidson (M40)   |
| 4.93 | Alasdhair Love (M35)  |
| 4.79 | Edward McKenzie (M45) |

**Triple Jump**

|       |                       |
|-------|-----------------------|
| 10.82 | Kenny Lyon (M50)      |
| 9.07i | James MacGregor (M45) |
| 9.35  | Bill Lonsdale (M60)   |

**Shot (7.26 Kg)**

|       |                       |
|-------|-----------------------|
| 11.60 | Edward McKenzie (M45) |
| 11.51 | Darren Chapman (M45)  |
| 8.27  | Kenny Lyon (M50)      |
| 7.72  | Bob Masson (M60)      |
| 6.59  | Stan Walker (M40)     |

**Shot (6 Kg)**

|              |                  |
|--------------|------------------|
| 9.89i (9.40) | Kenny Lyon (M50) |
|--------------|------------------|

**Shot (5 Kg)**

|              |                        |
|--------------|------------------------|
| 9.90i (9.63) | Bob Masson (M60) (M65) |
| 8.23i        | Trevor Madigan (M65)   |
| 7.83i        | Bill Lonsdale (M60)    |

**Shot (4 Kg)**

|       |                     |
|-------|---------------------|
| 4.89i | Hugo Fletcher (M75) |
|-------|---------------------|

**Discus (2 Kg)**

|       |                       |
|-------|-----------------------|
| 33.45 | Darren Chapman (M45)  |
| 31.06 | Edward McKenzie (M45) |
| 25.64 | Bob Masson (M60)      |
| 18.59 | Kenny Lyon (M50)      |

**Discus (1.5kg)**

|       |                       |
|-------|-----------------------|
| 37.68 | Edward McKenzie (M45) |
| 29.96 | Bob Masson (M65)      |
| 28.51 | Kenny Lyon (M50)      |
| 26.00 | Alasdhair Love (M35)  |
| 25.89 | Mark Davidson (M40)   |

**Discus (1kg)**

|       |                      |
|-------|----------------------|
| 42.45 | Bob Masson (M65)     |
| 20.39 | Trevor Madigan (M65) |

**Hammer (7.26 K)**

|       |                       |
|-------|-----------------------|
| 31.30 | Edward McKenzie (M45) |
| 15.81 | Darren Chapman (M45)  |

**Hammer (5Kg)**

|       |                      |
|-------|----------------------|
| 29.51 | Bob Masson (M65)     |
| 24.25 | Trevor Madigan (M65) |

**Javelin (800g)**

|       |                       |
|-------|-----------------------|
| 37.93 | Edward McKenzie (M45) |
| 35.79 | Darren Chapman (M45)  |
| 30.39 | Kenny Lyon (M50)      |
| 30.24 | Bob Masson (M60)      |

**Javelin (700g)**

|       |                  |
|-------|------------------|
| 35.17 | Kenny Lyon (M50) |
|-------|------------------|

**Javelin (600g)**

|               |                        |
|---------------|------------------------|
| 34.85 (33.36) | Bob Masson (M60) (M65) |
|---------------|------------------------|

**Weight**

|      |                       |
|------|-----------------------|
| 9.20 | Edward McKenzie (M45) |
|------|-----------------------|

**Decathlon (M40)**

|      |                       |
|------|-----------------------|
| 4514 | Edward McKenzie (M45) |
|------|-----------------------|

**Weight Pentathlon**

|      |                       |
|------|-----------------------|
| 2652 | Edward McKenzie (M45) |
|------|-----------------------|

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

|      |               |
|------|---------------|
| 7.4i | Stewart Clark |
| 7.4i | Ryan Legge    |
| 7.7i | Gareth Lake   |

**100m**

|      |               |
|------|---------------|
| 11.1 | Gavin Irvine  |
| 11.5 | Stewart Clark |
| 11.6 | Robbie Shaw   |
| 11.9 | Gareth Lake   |

**200m**

|       |                  |
|-------|------------------|
| 22.92 | Gavin Irvine     |
| 23.18 | Stewart Clark    |
| 23.5  | Michael Ferguson |
| 23.5  | Gareth Lake      |
| 24.1  | Ryan Legge       |

**300m**

|      |            |
|------|------------|
| 38.1 | Ryan Legge |
|------|------------|

**400m**

|       |                  |
|-------|------------------|
| 50.6  | Michael Ferguson |
| 52.02 | Stewart Clark    |
| 52.09 | Gareth Lake      |
| 56.2  | Jeremy O'Neill   |

**800m**

|         |                  |
|---------|------------------|
| 1:55.33 | Michael Ferguson |
| 2:08.3  | Sam Burgess      |
| 2:09.2  | Jeremy O'Neil    |
| 2:11.05 | David Smith      |
| 2:27.8  | Stewart Clark    |

**1,500m**

|         |                  |
|---------|------------------|
| 4:07.57 | Michael Ferguson |
| 4:16.4  | Sam Burgess      |
| 5:31.6  | Stewart Clark    |

**3,000m**

|        |                  |
|--------|------------------|
| 9:26.2 | Michael Ferguson |
| 9:51.9 | David Smith      |

**5,000m**

|          |             |
|----------|-------------|
| 15:38.58 | Sam Burgess |
|----------|-------------|

**60m hurdles**

|       |               |
|-------|---------------|
| 9.73i | Stewart Clark |
|-------|---------------|

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

|       |               |
|-------|---------------|
| 18.0  | Stewart Clark |
| 20.93 | Jeremy O'Neil |

**400m Hurdles**

|       |               |
|-------|---------------|
| 60.88 | Jeremy O'Neil |
|-------|---------------|

**High Jump**

|              |               |
|--------------|---------------|
| 1.73i (1.65) | Stewart Clark |
|--------------|---------------|

**Pole Vault**

|       |               |
|-------|---------------|
| 3.65i | David Mann    |
| 2.30i | Stewart Clark |

**Long Jump**

|              |                 |
|--------------|-----------------|
| 6.08i (5.94) | Stewart Clark   |
| 4.92         | Gareth Lake     |
| 4.75i        | Thomas Campbell |

**Triple Jump**

|        |               |
|--------|---------------|
| 12.53i | Stewart Clark |
|--------|---------------|

**Shot (7.26kg)**

|      |               |
|------|---------------|
| 9.55 | Ryan Legge    |
| 8.08 | Stewart Clark |

**Shot (6.25k)**  
 11.26 Ryan Legge  
 9.13i Sam Lyon  
 8.90i (7.50) Stewart Clark

**Discus (2kg)**  
 25.28 Ryan Legge  
 18.53 Stewart Clark  
 16.32 Michael Ferguson

**Javelin**  
 39.30 Ryan Legge

**Pentathlon (indoor)**  
 3645i Stewart Clark

**UNDER-17 MEN**

**60m**  
 7.6i David Irvine  
 7.7i Ryan Hewitson  
 7.8i Ewan Calder  
 7.8i Sam Johnson  
 7.9i K Gauld / S Willson

**100m**  
 11.6 David Irvine  
 11.8 Ewan Calder  
 11.8 Raymond Simpson  
 11.9 Ryan Hewitson  
 12.1 S Johnson / S Wilson

**150m**  
 18.6 Stuart Willson

**200m**  
 24.2 Ewan Calder  
 24.3 David Irvine  
 24.5 Ryan Hewitson  
 24.8 David McLean  
 25.0 Raymond Simpson

**300m**  
 38.0 Ewan Calder  
 39.7 Raymond Simpson  
 40.6 Kyle Murtagh

**400m**  
 52.95 Jordan Chapman  
 53.09 Ewan Calder  
 55.51 Oliver Hay  
 56.4 Ryan Hewitson  
 57.34 Matthew Kilner

**800m**  
 2:02.85 Steven Murray  
 2:07.95 Oliver Hay  
 2:10.1 Jordan Chapman  
 2:13.22 Tom Merry  
 2:15.7 Matthew Kilner

**1,500m**  
 4:17.0 Steven Murray  
 4:21.13 Jordan Chapman  
 4:51.4 Tom Merry  
 4:53.9 Stuart Gomes  
 5:11.1 Mark Quinn

**3,000m**  
 9:31.25 Jordan Chapman  
 9:38.1 Steven Murray

**60m Hurdles**  
 9.2i Ryan Hewitson  
 9.7i Kieran Gauld

**100m Hurdles**  
 14.71 Ryan Hewitson

**400m Hurdles**  
 63.2 Ryan Hewitson

**High Jump**  
 1.91 Ryan Hewitson  
 1.55 Kieran Gauld  
 1.55 Steven Murray  
 1.50 David McLean  
 1.30 David Irvine

**Pole Vault**  
 2.00i Sam Johnson

**Long Jump**  
 5.47i (5.19) Kieran Gauld  
 5.38 Christopher Legge  
 5.31 Ryan Hewitson  
 5.03 David Irvine  
 4.73i Tomasz Balinshi

**Triple Jump**  
 11.80 Christopher Legge  
 11.46 Ryan Hewitson  
 10.21i Kieran Gauld  
 9.86 Gavin Irvine  
 9.28 David Irvine

**Shot**  
 9.86 Christopher Legge  
 9.58 Kieran Gauld  
 9.11 Ryan Hewitson  
 8.81i Callum Kerr  
 8.28 David McLean

**Discus**  
 21.89 Ewan Calder  
 21.22 Matthew Kilner  
 20.62 Kieran Gauld  
 19.76 Ryan Hewitson

**Hammer**  
 28.77 Kieran Gauld  
 25.31 Ryan Hewitson  
 14.31 Ewan Calder

**Javelin**  
 27.04 Christopher Legge  
 26.28 Ryan Hewitson  
 23.24 Matthew Kilner

**UNDER-15 BOYS**

**60m**  
 8.1i Bruce Sorbie  
 8.2i Ben Bowring  
 8.3i Stewart Millar  
 8.6i Scott Cadger  
 9.3i Scott MacGregor

**100m**  
 12.1 Bruce Sorbie  
 12.35 Mark Swan  
 12.76 Ben Bowring  
 12.8 Stewart Millar  
 13.3 Ben Renton

**150m**  
 22.2 Scott MacGregor

**200m**  
 24.6 Bruce Sorbie  
 25.50 Mark Swan  
 25.8 Ben Renton  
 26.48 Ben Bowring  
 26.6 Stewart Millar

**300m**  
 40.4 Bruce Sorbie  
 44.0 Alasdair Lowe  
 44.98 Jon Hosie

46.82 Grant Graham  
**400m**  
 56.49 Bruce Sorbie  
 60.7 Mark Swan  
 66.0 Ben Renton

**800m**  
 2:06.1 Stewart Millar  
 2:16.8 Ben Renton  
 2:19.76 Bruce Sorbie  
 2:24.5 Andrew Burnett  
 2:24.54 Matthew Keenan

**1,500m**  
 4:44.32 Ben Renton  
 4:46.1 Stewart Millar  
 4:53.1 Matthew Keenan  
 5:05.86 Andrew Burnett  
 5:15.6 Glen Keith

**3,000m**  
 10:41.7 Ben Renton  
 11:05.9 Andrew Burnett

**60m Hurdles**  
 10.01i Alasdair Lowe  
 10.9i Scott MacGregor  
 11.5i Scott Cadger  
 13.4i Alex Brown

**80m Hurdles**  
 11.95 Bruce Sorbie  
 13.02 Scott MacGregor  
 13.67 Alasdair Lowe  
 13.89 Jon Hosie  
 16.1 Stuart Bridgeford

**High Jump**  
 1.65 Alasdair Lowe  
 1.60 Grant Robertson  
 1.55 Jon Hosie  
 1.55 Bruce Sorbie  
 1.49 Scott MacGregor

**Pole Vault**  
 3.10 Alasdair Lowe  
 2.50i Bruce Sorbie

**Long Jump**  
 5.88 Bruce Sorbie  
 5.29 Mark Swan  
 5.21 Christian Dick  
 5.17 Alasdair Lowe  
 5.15 John Hosie

**Triple Jump**  
 11.18 Alasdair Lowe  
 10.50 Ben Bowring  
 8.22i Scott Cadger

**Shot**  
 10.61 Christian Dick  
 10.52 Bruce Sorbie  
 8.56 Conor Hewitson  
 7.98 Alasdair Lowe  
 7.29 Grant Robertson

**Discus**  
 30.87 Christian Dick  
 21.32 Bruce Sorbie  
 21.18 Alasdair Lowe  
 20.82 Matthew Keenan  
 20.66 Conor Hewitson

**Hammer**  
 30.57 Conor Hewitson

**Javelin**  
 29.40 Christian Dick  
 22.63 Alex Brown



|                      |  |                      |                          |                  |                                    |
|----------------------|--|----------------------|--------------------------|------------------|------------------------------------|
| 21.78                | Mark Swan                                    | 4.12                 | Harry Kilner             | <b>1200m</b>     |                                    |
| 20.16                | Alasdair Lowe                                | 4.03                 | Bruce Robertson          | 4:18.46          | Harry Hall                         |
| <b>UNDER-13 BOYS</b> |  |                      | Fergus Rule              | <b>High Jump</b> |                                    |
|                      |  | 3.93                 | Calum Davidson           | 1.18             | Thomas Whitehouse                  |
|                      |  | 3.85                 |                          |                  |                                    |
| <b>60m</b>           |  | <b>Shot</b>          |                          | <b>Long Jump</b> |                                    |
| 8.7i                 | Fergus Rule                                  | 6.88                 | Bradley Yates            | 3.62             | Murray Addison                     |
| 8.9i                 | Harry Kilner                                 | 6.31                 | Patrick Gordon           | 3.55             | Harry Hall                         |
| 9.2i                 | Robbie Farquhar                              | 5.74                 | Calum Davidson           | 3.52             | Adam Robertson                     |
| 9.4i                 | John Angus / Calum Davidson / Harrison Hinks | 5.47i                | Samuel Cummings          | 3.51             | Thomas Whitehouse                  |
|                      |  | 5.29i                | Benjamin Buchan          | 3.45             | Ewan Brampton                      |
| <b>80m</b>           |  | <b>Discus</b>        |                          | <b>Shot</b>      |                                    |
| 11.6                 | Robbie Farquhar                              | 16.07                | Robbie Farquhar          | 5.32             | Tristyn Clark                      |
| 13.9                 | Steven Sey                                   | 15.08                | Calum Davidson           | 5.19             | Max McKenzie                       |
| 16.6                 | Bruce Robertson                              | 14.30                | Finlay Strachan          | 5.06             | Cameron Stone                      |
|                      |  | 12.14                | Cameron Callow           | 5.03             | Ewan Brampton                      |
| <b>100m</b>          |  | <b>Javelin</b>       |                          | 4.98             | Adam Robertson                     |
| 13.2                 | Stuart Bridgeford                            | 19.78                | Finlay Strachan          |                  |                                    |
| 13.60                | Harry Kilner                                 | 18.55                | John Angus               | <b>Discus</b>    |                                    |
| 13.6                 | Fergus Rule                                  | 17.40                | Harry Kilner             | 10.48            | Thomas Cockburn                    |
| 14.1                 | Robbie Farquhar                              | 16.23                | Patrick Gordon           |                  |                                    |
| 14.6                 | J Angus / O Nash                             | 15.82                | Harrison Hinks           |                  |                                    |
| <b>150m</b>          |  | <b>UNDER-11 BOYS</b> |                          |                  | <b>60m</b>                         |
| 22.0                 | Fergus Rule                                  | <b>60m</b>           |                          | 7.9i             | Alison Wylie                       |
| 22.2                 | Robbie Farquhar                              | 9.8i                 | Adam Robertson           | 8.3i             | Jade Halket                        |
| 22.9                 | Harry Kilner                                 | 9.9i                 | Murray Addison           | 8.4i             | Kathleen Madigan (W40)             |
| 23.5                 | Cameron Callow                               | 10. 0i               | Ewan Brampton            | 8.5i             | J Abladey/A Ademuyewo / F Davidson |
| 23.5                 | Bruce Robertson                              | 10.0i                | Elgin Govan              |                  |                                    |
| <b>200m</b>          |  | 10.2i                | Thomas Whitehouse        | <b>100m</b>      |                                    |
| 28.2                 | Stuart Bridgeford                            | <b>75m</b>           |                          | 12.52            | Catriona Pennet                    |
| 29.2                 | Fergus Rule                                  | 11.7                 | Tristyn Clark            | 12.58            | Alison Wylie                       |
| 29.36                | Bradley Yates                                | 11.8                 | Adam Robertson           | 12.9             | Ademide Ademuyewo                  |
| 29.48                | Harry Kilner                                 | 12.0                 | Thomas Brampton          | 13.4             | Kathleen Madigan (W40)             |
| 30.8                 | Robbie Farquhar                              | 12.08                | Murray Addison           | 14.6             | Penny Johnson (W50)                |
| <b>600m</b>          |  | 12.1                 | Ewan Brampton            | <b>150m</b>      |                                    |
| 1:53.5               | Cameron Callow                               | <b>80m</b>           |                          | 19.2             | Alison Wylie                       |
| 2:26.3               | Steven Sey                                   | 12.2                 | Adam Robertson           | 20.4             | Jade Halket                        |
| <b>800m</b>          |  | 12.6                 | Murray Addison           | 20.9             | Kathleen Madigan (W40)             |
| 2:29.9               | Finlay Strachan                              | 12.9                 | Tristyn Clark            | 23.5             | Penny Johnson (W50)                |
| 2:32.51              | Andrew Farmer                                | 12.9                 | Thomas Brampton          | <b>200m</b>      |                                    |
| 2:37.68              | Cameron Callow                               | 15.0                 | Fin Renton               | 26.1             | Alison Wylie                       |
| 2:39.1               | Etienne Dick                                 | <b>100m</b>          |                          | 26.3             | Catriona Pennet                    |
| 2:39.5               | Harrison Hinks                               | 14.8                 | Adam Robertson           | 26.7             | Ademide Ademuyewo                  |
| <b>1,200m</b>        |  | 14.9                 | Tristyn Clark            | 27.37i           | Jade Halket                        |
| 4:16.37              | Cameron Callow                               | 14.9                 | Harry Hall               | 32.0             | Penny Johnson (W50)                |
| <b>1,500m</b>        |  | 15.2                 | Murray Addison           | <b>300m</b>      |                                    |
| 4:56.19              | Finlay Strachan                              | 15.3                 | Brampton/Govan/Robertson | 43.3             | Ademide Ademuyewo                  |
| 5:13.9               | Andrew Farmer                                | <b>150m</b>          |                          | <b>400m</b>      |                                    |
| 5:24.8               | Etienne Dick                                 | 23.0                 | Adam Robertson           | 59.6             | Alison Wylie                       |
| 5:27.21              | Cameron Callow                               | 23.02                | Tristyn Clark            | 60.90i           | Jade Halket                        |
| <b>60m Hurdles</b>   |  | 23.81                | Ewan Brampton            | 67.2             | Laura Mahady (W50)                 |
| 11.8i                | Fergus Rule                                  | 25.3                 | Thomas Whitehouse        | <b>800m</b>      |                                    |
| 11.9i                | Benjamin Buchan                              | 28.1                 | Max McKenzie             | 2:18.5           | Gemma Cormack                      |
| 12.2i                | Evan Thomson                                 | <b>200m</b>          |                          | 2:20.6           | Freyja Prentice                    |
| 12.6i                | Robbie Farquhar                              | 32.4                 | Tristyn Clark            | 3:19.3           | Fiona Davidson (W35)               |
| 12.8i                | Bruce Robertson                              | 33.7                 | Ewan Brampton            | 3:26.1           | Penny Johnson (W50)                |
| <b>75m Hurdles</b>   |  | 34.7                 | Thomas Whitehouse        | <b>1,500m</b>    |                                    |
| 13.90                | Benjamin Buchan                              | <b>600m</b>          |                          | 4:36.11          | Gemma Cormack                      |
| 14.87                | Robbie Farquhar                              | 1:57.4               | Harry Hall               | 4:42.0           | Freyja Prentice                    |
| 16.80                | Bruce Robertson                              | 2:00.5               | Adam Robertson           | <b>3,000m</b>    |                                    |
| <b>High Jump</b>     |  | 2:08.5               | Thomas Whitehouse        | 14:44.8          | Janice Forsyth (W55)               |
| 1.41                 | Stuart Bridgeford                            | 2:17.0               | Murray Addison           | <b>5,000m</b>    |                                    |
| 1.30                 | Matthew Keenan                               | 2:45.2               | Fin Renton               | 22:14.1          | Jane MacKay (W40)                  |
| 1.30                 | Bruce Robertson                              | <b>800m</b>          |                          | <b>10,000m</b>   |                                    |
| 1.25                 | John Angus                                   | 2:40.96              | Murray Addison           | 52:11.8          | Janice Forsyth (W55)               |
| 1.25                 | Robbie Farquhar                              | 2:42.2               | Adam Robertson           |                  |                                    |
| 1.25                 | Lewis Ifi                                    | 2:42.6               | Cameron Stone            |                  |                                    |
| <b>Long Jump</b>     |  | 2:49.1               | Harry Hall               |                  |                                    |
| 4.42                 | Robbie Farquhar                              | 3:01.2               | Tristyn Clark            |                  |                                    |

**60m Hurdles**  
8.81i Catriona Pennet

**100m Hurdles**  
14.25 Catriona Pennet

**400m Hurdles**  
69.60 Sylvia Kamyra

**High Jump**  
1.35 Fiona Davidson (W35)  
1.30 Janet Abladey  
1.30 Alison Wylie

**Pole Vault**  
3.00i (2.80) Laura Kutt  
2.60 Janet Lyon (W50)

**Long Jump**  
4.88 Fiona Davidson (W35)  
4.85 Kirsten Young  
4.81 Janet Abladey  
4.79 Catriona Pennet  
4.29 Laura Kutt

**Triple Jump**  
10.74 Fiona Davidson (W35)  
10.70 Janet Abladey

**Shot**  
8.47i (8.43) Kathleen Madigan (W40)  
8.20i (8.11) Fiona Davidson (W35)  
5.88 Alison Wylie

**Discus**  
23.52 Fiona Davidson (W35)  
19.56 Kathleen Madigan (W40)  
14.56 Penny Johnson (W50)

**Hammer**  
28.40 Kathleen Madigan (W40)  
25.67 Fiona Davidson (W35)

**Javelin**  
22.74 Laura Hepburn  
20.73 Catriona Pennet  
19.00 Shona McKinnon (W45)  
18.07 Kathleen Madigan (W40)

#### VETERAN WOMEN

**60m**  
8.4i Kathleen Madigan (W40)  
8.5i Fiona Davidson (W35)  
9.4 Penny Johnson (W50)  
9.7i Shona McKinnon (W45)

**100m**  
13.4 Kathleen Madigan (W40)  
14.6 Penny Johnson (W50)

**150m**  
20.9 Kathleen Madigan (W40)  
23.5 Penny Johnson (W50)

**200m**  
32.0 Penny Johnson (W50)

**400m**  
67.2 Laura Mahady (W50)

**800m**  
3:19.3 Fiona Davidson (W35)  
3:26.1 Penny Johnson (W50)

**3,000m**  
14:44.8 Janice Forsyth (W55)

**5,000m**  
22:14.1 Jane MacKay (W40)

**10,000m**  
52:11.8 Janice Forsyth (W55)

**High Jump**  
1.35 Fiona Davidson (W35)

**Pole Vault**  
2.60 Janet Lyon (W50)

**Long Jump**  
4.88 Fiona Davidson (W35)  
3.94 Janet Lyon (W50)  
3.54i Shona McKinnon (W45)  
3.40 Penny Johnson (W50)

**Triple Jump**  
10.74 Fiona Davidson (W35)

**Shot**  
8.47i (8.43) Kathleen Madigan (W40)  
8.20i (8.11) Fiona Davidson (W35)

**Discus**  
23.52 Fiona Davidson (W35)  
19.56 Kathleen Madigan (W40)  
14.56 Penny Johnson (W50)

**Hammer**  
28.40 Kathleen Madigan (W40)  
25.67 Fiona Davidson (W35)

**Javelin**  
19.00 Shona McKinnon (W45)  
18.07 Kathleen Madigan (W40)

#### UNDER-20 WOMEN

**60m**  
7.9i Zoey Clark  
8.2i Yasmin Milne  
8.3i (8.4) Lisa Humphreys  
8.3i (8.5) Sam Somers

**100m**  
12.5 Zoey Clark  
12.98 Lisa Humphreys  
13.5 Yasmin Milne

**150m**  
20.5 Lisa Humphreys  
20.8 Sam Somers

**200m**  
25.17i (25.25) Zoey Clark  
27.3 Lisa Humphreys

**400m**  
55.48 Zoey Clark  
69.04 Lisa Humphreys

**1,500m**  
4:39.54 Rhona Auckland

**3,000m**  
9:29.28 Rhona Auckland

**5,000m**  
16:57.30 Rhona Auckland

**10,000m**  
34:53.24 Rhona Auckland

**60m Hurdles**  
9.4i Yasmin Milne

**100m Hurdles**  
16.1 Yasmin Milne

**Pole Vault**  
2.90 Sam Somers

**Hammer**  
8.88 Lisa Humphreys

**Javelin**  
16.89 Lisa Humphreys

#### UNDER-17 WOMEN

**60m**  
8.3i Emma Caldwell  
8.3i Sophie Hamilton  
8.5i Sam Williams  
8.6i Sophie Clayton  
8.6i Kirstie Duncan

**100m**  
12.8 Sophie Hamilton  
13.08 Emma Caldwell  
13.3 Sam Williams  
13.41 Sophie Clayton  
13.6 Kirstie Duncan

**150m**  
21.5 Ashley Dewhurst  
21.6 Stephanie Little  
22.4 Sophie Clayton  
22.7 Nadia Inglis  
22.9 Alexandra Angus

**200m**  
25.64 Kelsey Stewart  
26.27 Emma Caldwell  
27.1 Sophie Clayton  
27.3 Sophie Hamilton  
27.9 Ashley Dewhurst

**300m**  
39.47 Kelsey Stewart  
44.7 Sophie Hamilton  
45.01 Sophie Clayton  
46.37 Stacey Innes  
52.1 Morven MacGregor

**400m**  
57.46 Kelsey Stewart  
65.2 Eilidh Prise

**800m**  
2:17.0 Kelsey Stewart  
2:23.1 Eilidh Prise  
2:25.97 Stacey Innes  
2:37.4 Anna McErlean  
2:39.2 Eve Smith

**1,500m**  
4:48.02 Eilidh Prise  
5:06.73 Stacey Innes  
5:19.07 Anna McErlean  
5:41.3 Eve Smith  
5:59.25 Aimee MacDonald

**3,000m**  
10:20.6 Eilidh Prise  
13:09.8 Eve Smith

**60m Hurdles**  
10.1i Sophie Hamilton  
10.3i Stephanie Little  
10.5i Bronagh Miller  
10.7i Chloe Allan  
11.9i Morven MacGregor

**80m Hurdles**  
12.89 Sophie Hamilton

13.81 Bronagh Miller  
 16.18 Stephanie Little  
 16.2 Morven MacGregor

**300m Hurdles**

49.87 Stephanie Little  
 58.3 Morven MacGregor

**High Jump**

1.59 Emma Caldwell  
 1.40 Sophie Hamilton  
 1.35 Stephanie Little  
 1.20 Bronagh Miller

**Pole Vault**

2.50 Sophie Hamilton  
 2.15i Chloe Allan

**Long Jump**

5.13i (4.84) Kirstie Duncan  
 4.58 Sophie Hamilton  
 4.51 Sophie Clayton  
 4.49 Sam Williams  
 4.42 Emma Caldwell

**Triple Jump**

9.52 Sophie Hamilton  
 9.12 Emma Caldwell  
 8.78 Stephanie Little  
 8.27i Ashley Dewhurst  
 8.14i Morven MacGregor

**Shot**

7.12 Sophie Hamilton  
 7.09 Emma Caldwell  
 6.84i (6.38) Chloe Allan  
 6.01i (6.00) Morven MacGregor  
 5.95 Kate Fowler

**Discus**

18.87 Sophie Hamilton  
 12.32 Kate Fowler  
 11.40 Stacey Innes  
 8.65 Morven MacGregor  
 7.56 Becky Cheyne

**Hammer**

16.53 Kate Fowler  
 12.65 Morven MacGregor

**Javelin**

21.76 Emma Caldwell  
 19.09 Sophie Hamilton  
 12.32 Kate Fowler

**UNDER-15 GIRLS**

**60m**

8.4i Saffron Cummings  
 8.9i Sophie Evans  
 8.9i Chloe Parker  
 9.1i Grace Angus  
 9.3i Choe Davie

**100m**

12.9 Saffron Cummings  
 13.2 Grace Heyman  
 13.41 Sophie Evans  
 13.7 Grace Angus  
 13.7 Sarah Nicol

**150m**

21.9 Chloe Parker

**200m**

27.3 Grace Heyman  
 27.8 Saffron Cummings  
 28.4 Sarah Nicol  
 28.66 Chloe Parker  
 29.6 Rachel Parker

**400m**

78.3 Kate Wilkinson

**800m**

2:31.9 Lucy McLeod  
 2:38.2 Lise Theron  
 2:49.8 Poppy Clayton-Littler  
 2:51.92 Grace Angus  
 2:57.8 Lauren Caldwell

**1,500m**

5:14.7 Lucy McLeod  
 6:04.7 Emma Bridgeford

**3,000m**

11:38.3 Lucy McLeod

**60m Hurdles**

10.8i Rachel Palmer  
 11.0i Grace Angus  
 11.1i Sophie Evans  
 13.0i Chloe Parker

**75m Hurdles**

13.08 Joanna McKinnon  
 13.62 Rachel Palmer  
 14.38 Grace Angus

**High Jump**

1.40 Grace Angus  
 1.37 Joanne McKinnon  
 1.35 Saffron Cummings  
 1.35 Rachel Palmer  
 1.35 Erin Runcie

**Pole Vault**

2.20 Erin Runcie  
 1.85i Lise Theron

**Long Jump**

5.04 Saffron Cummings  
 4.92 Grace Angus  
 4.42i (4.37) Sophie Evans  
 4.41 Erin Runcie  
 4.31 Rachel Palmer

**Shot**

10.14 Sophie Anderson  
 9.30 Saffron Cummings  
 8.36 Erin Runcie  
 7.97 Grace Angus  
 6.86 Lise Theron

**Discus**

21.78 Erin Runcie  
 21.74 Sophie Anderson  
 14.35 Sophie Evans  
 10.69 Joanne McKinnon

**Hammer**

24.03 Sophie Anderson

**Javelin**

28.89 Sophie Anderson  
 19.61 Sophie Evans  
 15.58 Chloe Parker  
 15.13 Erin Runcie

**UNDER-13 GIRLS**

**60m**

9.3i Chloe Davie  
 9.4i Katie MacDonald  
 9.5i Samantha Edgar  
 9.5i Kate MacKay  
 9.5i Kirsty Scott

**75m**

10.7 Katie Daniel

10.77 Kirsty Scott  
 10.9 Chloe Davie  
 11.14 Abby Riddell  
 11.2 Grace Carter

**80m**

13.5 Jasmine Collett

**100m**

13.1 Katie Daniel  
 13.1 Chloe Davie  
 14.2 Grace Carter  
 14.2 Abby Riddell  
 14.3 Kirsty Scott

**150m**

21.7 Chloe Davie  
 21.7 Kirsty Scott  
 22.0 Katie Daniel  
 22.9 Grace Carter  
 23.0 Katie MacDonald

**200m**

29.12 Katie Daniel  
 29.6 Chloe Davie  
 30.3 Kirsty Scott  
 30.9 Grace Carter  
 32.84 Kate MacKay

**600m**

2:03.3 Jasmine Collett

**800m**

2:31.29 Rebecca Eggeling  
 2:34.15 Talia Mathers  
 2:54.65 Jasmine Collett  
 2:54.7 Abby Riddell  
 2:59.27 Chloe Davie

**1,200m**

3:59.52 Rebecca Eggeling  
 4:07.11 Talia Mathers  
 4:42.7 Laura Stephen

**1,500m**

5:11.01 Rebecca Eggeling  
 5:39.8 Talia Mathers

**60m Hurdles**

10.6i Kate MacKay  
 11.7i Chloe Davie  
 11.7i Kirsty Scott  
 12.5i Samantha Edgar  
 13.6i Olivia James

**70m Hurdles**

12.11 Grace Carter  
 12.83 Kate MacKay  
 15.1 Megan James  
 15.1 Olivia James

**High Jump**

1.46i (1.45) Kate MacKay  
 1.30 Talia Mathers  
 1.30 Abby Riddell  
 1.25 Katie Daniel  
 1.20 G Carter/ K MacDonald

**Long Jump**

4.19 Katie Daniel  
 4.18 Kate MacKay  
 4.16 Grace Carter  
 3.91 Kirsty Scott  
 3.88 Katie MacDonald

**Shot**

6.98 Katie MacDonald  
 6.63 Samantha Edgar  
 5.87 Abby Riddell  
 5.72 Chloe Davie



5.68 Ciara Stenhouse

**Discus**

13.11 Kate MacKay  
11.81 Megan James  
10.06 Olivia James  
9.31 Kirsty Scott

**Javelin**

18.68 Olivia James  
15.59 Kate MacKay  
14.45 Grace Carter  
14.01 Samantha Edgar  
13.74 Chloe Davie

**UNDER-11 GIRLS**

**60m**

10.0i Jane Davidson  
10.7i Sacha Kennedy  
10.9i Leonie Kennedy  
10.9i Sophie McLeod

**75m**

11.81 Jane Davidson  
12.2 Hannah Lawrie  
13.0 Ella McKinnon  
13.9 Sophie McLeod

**80m**

12.7 Jane Davidson  
13.7 Ella McKinnon  
14.4 Rachel Sellars

**100m**

14.8 Mia McKenzie  
15.0 Jane Davidson  
15.8 Hannah Lawrie  
15.8 Kirsty Oldham  
16.5 Sophie McLeod

**150m**

24.74 Hannah Lawrie  
26.37 Ella McKinnon

**600m**

2:03.9 Hannah Lawrie  
2:42.5 Rachel Sellars

**800m**

2:52.8 Kirsty Oldham  
2:57.55 Hannah Lawrie  
3:08.4 Jane Davidson  
3:08.7 Lucy George  
3:11.6 Ella McKinnon

**High Jump**

1.15 Jane Davidson

**Long Jump**

3.79 Mia McKenzie  
3.78 Jane Davidson  
3.40 Hannah Lawrie  
3.32 Kirsty Oldham  
3.13 Ella McKinnon

**Shot**

4.67 Lucy George  
4.25 Mia McKenzie  
3.98 Rachel Sellars  
3.96 Hannah Lawrie  
3.93 Cassidy Mathers



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## ABERDEEN AAC SUMMER PROGRAMME 2013

| DATE      | ALL EVENTS MALE AND FEMALE UNLESS OTHERWISE SHOWN   |
|-----------|---|
| 06 Apr    | AAAC Spring Open, ASV 9+  |
| 13 Apr    | Scottish University Champs, 17+   |
| 14 Apr    | Petrofac Athletics League, Perth 9+   |
| 20 Apr    | Scottish Athletics League (Men), Kilmarnock 17+   |
| 21 Apr    | Scottish Women's League (Women), Meadowbank 11+   |
| 25 Apr    | AAAC Club Championship Meet, 9+<br>200m; 3000m; Triple Jump   |
| 27 Apr    | Run Balmoral, Balmoral 9+   |
| 28 Apr    | Run Balmoral, Balmoral 18+  |
| 4-6 May   | BUCS, Bedford 17+   |
| 5 May     | Youth Development League, Dundee 11+  |
| 9 May     | AAAC Club Championship Meet, 9+<br>100m; 5000m; 300m; 400m; High Jump   |
| 12 May    | Petrofac Athletics League, Dundee 9+  |
| 16 May    | Grampian Schools T&F Championships, ASV S1-S3   |
| 18 May    | Primary Schools T&F Meeting, ASV P4-P7  |
| 19 May    | Scottish Athletics League (Men), Grangemouth 17+  |
| 19 May    | Scottish Women's League (Women), ASV 11+  |
| 19 May    | Baker Hughes 10km, Aberdeen 16+   |
| 24-25 May | East District Championships, Meadowbank 11+   |
| 1 Jun     | Scottish Schools AA Combined Events, Grangemouth 12+  |
| 2 Jun     | Youth Development League, Inverness 11+   |
| 7-8 Jun   | Scottish Schools AA T&F Championships, Grangemouth 12+  |
| 16 Jun    | <b>scottishathletics Masters T&amp;F Championships, Grangemouth 35+</b><br><b>scottishathletics 10,000m Championships, Grangemouth 17+</b><br>Including Relay Championships |
| 20 Jun    | AAAC Club Championship Meet, ASV 9+<br>800m, 10000m, 100m, Javelin  |

(Continued Over)

### Club Championships – Important Information

U11-U15 Age Groups compete for the club Track & Field Championship on the Main championship day in September. Scores are awarded to each athlete competing in the four events. The athlete with the greatest total wins. Points awarded as follows 1<sup>st</sup>-10pt, 2<sup>nd</sup>-9pt, 3<sup>rd</sup>-8pt etc.

U17-U20 Age Groups compete for separate Track and Field Trophies. Over the course of the season AAAC provide opportunities for all athletes in these age groups to participate in every track event from 100m-10,000m (dependent on Age Group). As well as each available field event. The results from these championships are converted into points to determine the Club Champions.

Track - U17 Best 5 from 8; U20 Men Best 7 from 10; U20 Women Best 6 from 9.

Field – All Ages best 5 from 8. For complete rules see [www.aberdeenaac.co.uk](http://www.aberdeenaac.co.uk)

These competition opportunities are detailed in this programme as AAAC Club Championship Meets and are show in **bold** non bold *italic* events are competition opportunities for all age groups.

## ABERDEEN AAC SUMMER PROGRAMME 2013

| DATE      | ALL EVENTS MALE AND FEMALE UNLESS STATED  |
|-----------|---|
| 22 Jun    | AAAC Pole Vault Championships, ASV 12+  |
| 23 Jun    | Youth Development League, ASV 11+   |
| 30 Jun    | Petrofac Athletics League, ASV 9+   |
| 2 Jul     | AAAC Club Championship Meet, ASV 9+<br>1500m; Hammer; SUPERteams  |
| 13 Jul    | scottishathletics Combined Events Champs, Grangemouth 12+<br>scottishathletics SUPERteams, Grangemouth 9+     |
| 14 Jul    | scottishathletics CE Champs day 2, Grangemouth 12+<br>scottishathletics 3000m Championships, Grangemouth 16+  |
| 21 Jul    | Scottish Athletics League (Men), Grangemouth, 17+   |
| 25 Jul    | AAAC Club Championship Meet, ASV 9+<br>200m; 300mH; 400mH; 400m; Shot Putt                                    |
| 28 Jul    | Youth Development League Final, Grangemouth, 11+  |
| 4 Aug     | Petrofac Athletics League, Dundee 9+  |
| 10-11 Aug | scottishathletics Senior T&F Championships, Scotstoun 17+   |
| 17-18 Aug | scottishathletics Age Group Championships, ASV 12-19  |
| 25 Aug    | Scottish Athletics League (Men), ASV 17+  |
| 25 Aug    | Scottish Women's League (Women), Scotstoun 11+  |
| 29 Aug    | AAAC Club Championship Meet, ASV 9+<br>Sprint Hurdles; 800m; 300m; Discus                                     |
| 1 Sep     | Petrofac Athletics League FINAL, ASV 9+   |
| 6-9 Sep   | Aberdeen AAC v Orkney AC Challenge, Kirkwall 12+  |
| 11 Sep    | AAAC Club Championship Meet, ASV 9+<br>Vet Champs 100m & Long Jump; <i>Open 100m 9+ &amp; Long Jump U15-</i>  |
| 12 Sep    | AAAC Club Championship Meet, ASV 9+<br>Vet Champs 800m/1500m & Shot Putt, <i>Open 800m 9+ &amp; High Jump</i> |
| 14-15 Sep | BMAF T&F Championships  |
| 22 Sep    | AAAC Club Championships, ASV 9+<br>Senior 100m; 800m and Long Jump Champs                                     |

### Senior Club Championships

The AAAC Senior Club Championships are determined in a similar manner to the U17-U20 Competition, however the trophies available are split into Sprints, Middle Distance, Jumps and Throws.

|                 | Senior Men and Women |                       |
|-----------------|----------------------|-----------------------|
| Sprints         | Best 4 from 7 events | Min 2 Events to count |
| Middle Distance | Best 3 from 5 events | Min 2 Events to count |
| Jumps           | Best 3 from 4 events | Min 2 Events to count |
| Throws          | Best 3 from 4 events | Min 2 Events to count |

### Veteran Club Championships

The AAAC Veteran Championships is a two day age graded competition run in 2013 on 11<sup>th</sup> and 12<sup>th</sup> September. Events are Day 1: 100m, Long Jump. Day 2: Shot Putt, 1500m.

Overall, Male Over 40, Female Over 45, Male Over 50 and Age Graded trophies are available.

For full rules and scoring details see [www.aberdeenaac.co.uk](http://www.aberdeenaac.co.uk)





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





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