

ABERDEEN AMATEUR ATHLETIC CLUB

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THE 2014 YEAR BOOK

INCLUDING CLUB RECORDS
AND OTHER ITEMS
OF INTEREST



No: 25 2014 Free to AAAC Members



Club Records for all age groups
Club Indoor Records for all age groups
Highlights of the Club's 2012-2013 & 2013 season's
Club All-time lists of Senior Scottish Champions
All the Club's major games representatives

Club All-time Top 20 lists - senior events
Club All-time top 10 lists - U20, U17 & U15 events
Club All-time top 10 lists - Veteran men & women
Club All-time Indoor Rankings - senior events
2013 Top 5 Rankings for all age groups

The AAAC Yearbook is edited and compiled by Denis Shepherd with assistance from Mark Davidson, Fiona Davidson, Joyce Hogg, Alasdhair Love, Janet Lyon, Fiona Reid and Bob Masson.



Front cover: Laura Mahady, world champion and record-holder

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 In 1995 Hunter Watson retired from the post of AAAC secretary after a stint lasting how many years?
A 15 B 20 C 25 D 30
- 2 In which event did the AAAC under-18 men's team NOT score maximum points at the 2013 Petrofac League final?
A 100m B 400m C 800m D Shot put
- 3 Who was AAAC's only female double "A" winner at the 2013 Petrofac League final?
A Ademide Ademuyewo B Saffron Cummings C Kirsty Oldham D Erin Runcie
- 4 Who was AAAC's only Scottish veteran outdoor track and field champion in the M40 class during the 2010 season?
A Kenny Lyon B James Macgregor C John McKeown D Stan Walker
- 5 Which former top AAAC thrower took up the event on the recommendation of someone who saw him/her throwing sticks at rabbits?
A Helen Cowe B Ben Jump C Linda Low D Bruce Shepherd
- 6 Which AAAC athlete won two age-group "Castles" cross country titles as well as a Scottish 60m hurdles title in the mid 1990s?
A Rebecca Dougall B Nicola Gauld C Laura Henderson D Catriona Pennet
- 7 What is the name of the outdoor athletics arena within Aberdeen Sports Village?
A Allan Wells Stadium B ASV Stadium C Chris Anderson Stadium D Linksfield Stadium
- 8 Which AAAC all-time top 10 under-15 sprinter was made an MBE in this year's New Year honours?
A Michelle Bruce B Kathleen Madigan C Louise Paterson D Angela Shearer
- 9 Which AAAC athlete took a Scottish senior title on the same night that Allan Wells set a Scottish native 200m record of 20.4 seconds?
A Mark Davidson B Dawn Kitchen C Graham Laing D Colin Youngson
- 10 Former AAAC junior middle distance runner Moray Barber later found fame as a member of which group?
A Aberdeen Vocal Emsemble B The Flying Pigs C Runrig D Take That

Answers on Page 59

ABERDEEN AAC - MAJOR GAMES REPRESENTATIVES

Commonwealth Games

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

World Cup

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

European Championships

1962	Alastair Wood	Marathon
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Paralympic Games

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

1980	Sonia McLaren	
1981	Fraser Clyne	
1982	Fraser Clyne	
1982	Kathryn 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

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
2013	Chukwudi Onyia	TJ
2013	Scot Thompson	Shot

SAL (formerly SAAA) Men's Indoor Champions

1988-89	Mark Davidson	400m
1989-90	Paul Allan	Heptathlon
1990-91	Mark Davidson	400m
1990-91	Duncan Mathieson	Long Jump
2003-04	Robert Miller	Long Jump
2009-10	Scot Thompson	Shot
2012-13	Sam Lyon	LJ

SAL (formerly SWAAA) Women's Champions

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

1999	Sarah Still	Long Jump
2006	Nicola Gauld	1500m
2007	Nicola Gauld	1500m
2011	Catriona Pennet	100H

SAL Women's Indoor Champions

1999-2000	Sarah Still	Long Jump
2003-04	Nicola Gauld	1500m
2009-10	Sonia Armitage	1500m
2012-13	Zoey Clark	60m

SAL (formerly SWCCU) Cross-country Champions

1959	Agnes Paterson	Cross-country
1985	Lynda Bain, Sonia McLaren, Janine Robertson	Road Relays
1996	Debbie Kilner	Cross-country
1999	Tracey Brindley, Claire Miler, Carin Hume	Cross-country team

WORLD CHAMPIONS, 2012-13

Veteran Women (Over 55):

Laura Mahady	800
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EUROPEAN CHAMPIONS, 2012-13

Veteran Women (Over 55):

Laura Mahady	Indoor 800
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BRITISH CHAMPIONS, 2012-13

Veteran Women (Over 40):

Fiona Davidson	LJ, TJ Indoor TJ
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Veteran Women (Over 55):

Laura Mahady	400, 800, Indoor 800
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SCOTTISH CHAMPIONS, 2012-13

Veteran Men (Over 65):

Colin Youngson	1500, 5000 Indoor 1500, 3000
Bob Masson	PV, DT, JT

Veteran Men (Over 60):

Bill Lonsdale	Indoor HJ, LJ, TJ
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Veteran Men (Over 50):

William Skinner	LJ
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Veteran Men (Over 45):

Edward McKenzie	Indoor SP
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Veteran Men (Over 40):

John McKeown	Indoor 60
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Veteran Men (Over 35)

Alasdair Love	400H
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Senior Men

Sam Lyon	Indoor LJ
Chukwudi Onyia	TJ
Scot Thompson	SP

Under-20 Men:

Michael Ferguson	800
Sam Burgess	3000, 5000

Under-18 Men

Jordan Chapman, Lewis Alexander, Stewart Millar, Ewan Calder	4x400
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Under-16 Boys:

Grant Robertson	HJ
Alasdair Lowe	Indoor PV

Veteran Women (Over 55):

Laura Mahady	400, 800
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Veteran Women (Over 50):

Penny Johnson	200
Sonia Armitage	800, Indoor 800

Veteran Women (Over 40):

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

Senior Women

Zoey Clark	Indoor 60
Rhona Auckland	Short course cross-country

Under-20 Women

Zoey Clark	200, 400
Rhona Auckland	Cross-country Short course cross-country

Under-18 Women:

Kelsey Stewart	400
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Under-14 Girls:

Alix Still	LJ
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CROSS-COUNTRY, 2012-2013 International & Representative Matches

British and Irish Masters International Belfast, November 10th, 2012

Veteran Women Over-50 (6km):

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

European Championships, Budapest, December 8th, 2012

Under-20 women (4km):

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

Scottish Inter District

Holyrood Park, Edinburgh, January 5th, 2013

Senior men (8km)

David Munro (West): 17th, 27:55; Michael Ferguson: 20th (3rd U20)), 28:03 (winner: Robbie Simpson (Deeside Runners/East), 26:13). Team: 1 West 39; 2 East 40

Under-17 men (6km)

Jordan Chapman: 14th, 21:59; Steven Murray: 27th, 23:16 (winner: Sean Chalmers (Inverness Harriers/North), 20:05. Team: 1 West 29; 2 East 77.

Under-13 (3km)

Finlay Strachan: 17th, , 11:46 (winner: Ryan Gray, Inverclyde AC/West, 10:31). Team: 1 West 31; 2 East 47.

Senior women (6m)

Gemma Cormack (Scottish Students): 12th, 23:59 (winner: Elspeth Curran (Kilbarchan AAC/West), 22:41. Team: 1 East 27; 2 Scottish Students 64; 3 West 99.

Under-17 women (4km)

Eilidh Prise: 6th, 16:26 (winner: Catriona Graves,(Garscube Harriers/West), 15:27. Team: 1 West 37; 2 East 41.

Under-15 girls (4km)

Lucy McLeod: 26th, 17:39; Lise Theron: 32nd, 18:00 (winner: Gillian Black (VP Glasgow/West), 14:43. Team: 1 West 25; 2 East 57.

UK Inter-counties Championships

Birmingham, March 9th, 2013

Under-20 men (8km)

Sam Burgess: 61st, 27:02 (winner: Jonathan Davies, Reading/England, 24:51)

Senior women (8km)

Rhona Auckland: 8th, 27:57 (winner: Louise Damen, Winchester, 26:58)

Home Countries International,

Dinefwr, March 23rd, 2013

Under-20 Women (5km):

Rhona Auckland: 1st, 19:10 (won by 2 sec from Jennifer Walsh (Spenborough/England)

Scottish Medallists

Scottish 4km Championships

Bellahouston, Glasgow, November 11th, 2012

Senior Women:

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

Under-20 Women:

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

Scottish Masters' Championships

Forres, February 2nd, 2013

Over-45 Women (5km):

Veronique Oldham: 2nd, 24:08 (winner: Susan Ridley, Edinburgh AC, 23:51)

Scottish Championships

Falkirk, February 23rd, 2013

Under-20 Women (4.8km):

Rhona Auckland: 1st, 16:45 (won by 27sec from Halina Rees, Fife AC)

District Medallists

East District Relay Championships

Camperdown, Dundee, October 11th, 2012

Veteran Women (3x4km)

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

Club Champions

Winners - Baggownie, March 17th, 2013 (race winners & points winners for the season)

Senior Men: James Joy (also won points)

Veteran: Frank Boyne (also won points)

Under-20: Michael Ferguson, Sam Burgess

Under-17: Steven Murray (also won points)

Under-15: Andrew Burnett (won both)

Under-13: Finlay Strachan, Cameron Callow

Under-11: Adam Robertson (won both)

Senior Women: Veronique Oldham, Sonia Armitage

Veteran: Veronique Oldham, Sonia Armitage

Under-20: Eden Brown (won both)

Under-17: Ellen Stickle, Becky Cheyne

Under-15: Lucy McLeod (won both)

Under-13: Talia Mathers (won both)

Under-11: Kirsty Oldham, Eilidh Dempsey

CROSS-COUNTRY, 2013-2014 International & Representative Matches

European Championships,

Belgrade, December 8th, 2013

Under-23 women (6km):

Rhona Auckland: 7th (4th Briton), 20:25 (winner: Sifan Hassan, Netherlands, 19:40)
British team 1st

Scottish Medallists

Scottish 4km Championships

Bellahouston, Glasgow, November 10th, 2013

Senior Women:

Rhona Auckland: 3rd, 13:44 (winner: Laura Muir, Dundee Hawkhill Harriers, 13:28)

Under-17 Men (3km):

Jordan Chapman: 3rd, 9:19 (winner: Jonathan Glen, Inverclyde AC, 9:11)

Jordan Chapman, Callum Symmons (8th), Steven Murray (10th): 1st team, 21pt (won by 3pt from Victoria Park Glasgow)

District Medallists

East District Championships

Camperdown, Dundee, December 7th, 2013

Under-20 Men (8km):

Michael Ferguson: 2nd, 27:24 (winner: Dale Colley, Falkirk Victoria Harriers, 26:34)

Under-17 Men (6.4km):

Jordan Chapman (5th), Callum Symmons (6th), Steven Murray (9th): 2nd team, 20pt (winners: Edinburgh AC 7pt)

Under-17 Women (5km):

Ellen Stickle (5th), Lise Theron (7th), Lucy McLeod (11th): 2nd team, 23pt (winners: Edinburgh AC 17pt)

INDOOR TRACK & FIELD, 2012-2013

European Medallists

European Masters' Championships
San Sebastian, March 20th & 22nd, 2013
Over-55 Women

Laura Mahady: 2nd, 400m (64.11); 1st, 800m (2:27.84 – world record)

British Medallists

British Masters' Championships
Lee Valley, March 9th – 10th, 2013
Over-40 Women:

Fiona Davidson: 2nd, 60m (8.32); 1st, TJ (10.55m)

Over-55 Women

Laura Mahady: 2nd, 400m (64.22); 1st, 800m (2:29.66 – world record)

Scottish Medallists

Scottish 3,000m Championships
Kelvin Hall, February 9th, 2013
Senior Men

Mark Haskett: 3rd, 8:29.68

Scottish Veteran Championships

Kelvin Hall, February 10th, 2013
Men Over-40:

John McKeown: 1st, 60m (8.04); 3rd, 200m (26.16)

Men Over 45:

Edward McKenzie: 1st, SP (10.03m)

Men Over-60:

Alan Fulton: 2nd, 400m (71.74); 2nd, 800m (2:59.58)

Bill Lonsdale: 1st, HJ (1.40m); 1st, LJ (4.33m); 1st, TJ (9.27m)

Men Over-65:

Colin Youngson: 1st, 1500m (5:400.87); 1st, 3000m (11:35.87)

Women Over-40:

Fiona Davidson: 1st, 60m (8.52); 1st, LJ (4.60m); 1st, TJ (10.85m); 1st, SP (7.61m)

Women Over-50:

Sonia Armitage: 1st, 800m (2:31.97)

Senior Championships

Kelvin Hall, February 17th, 2013
Men:

Sam Lyon: 1st, LJ (6.94m)

Women:

Zoey Clark: 1st, 60m (7.69); 3rd, 200m (24.99)

Scottish Under-20 and Under-18 Championships

Kelvin Hall, March 2nd, 2013
Under-20 Men

Michael Ferguson: 2nd, 1500m (4:02.91)

David Mann: 3rd, PV (4.00m)

Under-18 Men

Ryan Hewitson: 2nd, 60H (8.68); 1st, HJ (1.96m)

Under-18 Women

Kelsey Stewart: 2nd, 400m (57.64)

Scottish Under-16 and Under-14 Championships

Kelvin Hall, March 3rd, 2013
Under-16 Boys:

Stewart Millar: 2nd, 800m (2:06.29)

Alasdair Lowe: 1st, PV (3.32m)

ROAD RUNNING, 2013

No races organised in 2013

FELL RUNNING, 2013

International & Representative Matches

Home Countries Junior International

Aberfoyle, September 21st, 2013
Under-16 Girls (3.8km/225m)

Lucy McLeod: 20th, 23:32 (winner: Elizabeth Greenwood, England, 19:23)

Scotland: 3rd team, 27pt (winners: England, 10pt)

TRACK & FIELD, 2013

International & Representative Matches

European Under-23 Championships

Tampere, Finland, July 12th, 2013
Rhona Auckland: 9th, 10000m (35:17.50)

British Schools International

Dublin, July 20th, 2013
Under-17 Men

Steven Murray: 5th, 800m (1:59.15)

Bruce Sorbie: 8th, 100H (14.85)

Ewan Calder: 2nd, 4x400m (3:26.72)

Under-17 Women:

Kelsey Stewart: 2nd, 300m (38.66)

Welsh Athletics International

Cardiff, July 31st, 2013
Men:

Chukwudi Onyia: 2nd, TJ (15.01m)

Celtic Games

Colwyn Bay, August 3rd, 2013
Under-18 Men:

Ryan Hewitson: 3rd, HJ (1.85m)

Under-18 Women:

Kelsey Stewart: 1st, 400m (55.10)

Sainsbury's Schools Games

Sheffield, September 15th, 2013
Under-17 Men

Ewan Calder: 1st, 4x400m (3:22.86)

Under-17 Women:

Kelsey Stewart: 2nd, 300m (39.39)

World Medallists

World Masters' Championships

Porto Alegre, Brazil, 19th & 26th October, 2013
Over-55 Women

Laura Mahady: 2nd, 400m (64.82); 1st, 800m (2:33.79)

British Medallists

England Athletics Under-23 and Under-20 Championships and

European Trials

Bedford, June 16th, 2013
Under-20 Women

Zoey Clark: 2nd, 400m (54.56)

England Athletics Under-17 and Under-15 Championships

Bedford, September 1st, 2013
Under-15 Boys:

Stewart Millar: 3rd, 800m (2:01.39)

Under-17 Women

Kelsey Stewart: 2nd, 300m (39.24)

**British Masters' Championships
Birmingham, September 14th-15th, 2013**

Over-40 Women:

Fiona Davidson: 1st, LJ (4.93m); 1st, TJ (10.61m)

Over-55 Women

Laura Mahady: 1st, 400m (64.60); 1st, 800m (2:34.44)

Scottish Medallists

Scottish Junior Relay Championships

Grangemouth, June 16th, 2013

Under-18 Men:

Jordan Chapman, Lewis Alexander, Stewart Millar, Ewan Calder: 1st, 4x400m (3:33.23)

Matthew Kilner, Callum Symmons, Steven Murray: 3rd, 3x800m (6:11.77)

Scottish Masters Championships

Grangemouth, June 16th, 2013

Men Over-35

Alasdhair Love: 1st, 400H (63.00)

Men Over-45

James Macgregor: 2nd, HJ (1.56m)

Men Over-50:

William Skinner: 3rd, HJ (1.35m); 1st, LJ (4.71m); 2nd, TJ (9.68m); 2nd, SP (7.65m)

Men Over-65:

Colin Youngson: 1st, 1500m (5:33.41); 1st, 5000m (20:32.94)

Bob Masson: 1st, PV (2.80m); 1st, DT (35.57m); 1st, JT (33.40m)

Women Over-40:

Kathleen Madigan: 1st, 100m (13.57); 1st, 200m (28.57); 1st, HT (29.97m)

Women Over-50:

Penny Johnson: 2nd, 100m (15.12); 1st, 200m (32.27)

Sonia Armitage: 1st, 800m (2:33.47); 2nd, 1500m (5:13.74)

Women Over-55:

Laura Mahady: 1st, 400m (65.82); 1st, 800m (2:27.05)

Scottish Combined Events Championships

Grangemouth, July 13th-14th, 2013

Under-18 Women:

Sophie Hamilton: 2nd, Hept (3656)

Scottish 3000m Championships

Grangemouth, July 14th, 2013

Under-20 Men:

Sam Burgess: 1st, 9:09.69

Scottish Senior Championships

Scotstoun, August 10th, 2013

Men:

Stephen Dunlop: 2nd, 100m (10.70)

Myles Edwards: 3rd, 800m (1:56.89)

Chukwudi Onyia: 1st, TJ (15.13m)

Scot Thompson: 1st, SP (14.11m)

Women:

Zoey Clark: 3rd, 400m (55.48)

Catriona Pennet: 2nd, 100H (14.07)

Scottish Under-18 and Under-14 Championships

Aberdeen, August 17th, 2013

Under-18 Men:

Ryan Hewitson: 2nd, 110H (16.03); 2nd, HJ (1.80m)

Under-14 Boys:

Stuart Bridgeford: 2nd, 100m (12.85); 2nd, 200m (25.64)

Under-18 Women:

Sophie Hamilton: 3rd, 100m (13.59)

Kelsey Stewart: 1st, 400m (55.96)

Under-14 Girls:

Alix Still: 1st, LJ (4.81m)

**Scottish Under-20 & Under-16 Championships
Aberdeen, August 18th, 2013**

Under-20 Men:

Gareth Lake: 3rd, 400m (51.73); 2nd, 400H (58.98)

Michael Ferguson: 1st, 800m (1:54.29)

Sam Burgess: 1st, 5000m (15:48.78)

Ryan Hewitson: 3rd, 110H (15.86)

Under-16 Men:

Stewart Millar: 3rd, 800m (2:02.50)

Grant Robertson: 1st, HJ (1.83m)

Alasdair Lowe: 3rd, HJ (1.65m); 2nd, PV (3.40m)

Under-20 women:

Zoey Clark: 1st, 200m (24.59); 1st, 400m (55.55)

Katie Watson: 3rd, 800m (2:34.11)

Lisa Humphreys: 3rd, 100H (16.02)

Sam Somers: 2nd, PV (2.70m)

District Medallists

East District Championships

Meadowbank, May 24th-25th, 2013

Senior Men:

Myles Edwards: 2nd, 1500m (3:57.43)

Sam Lyon: 3rd, LJ (6.69m)

Under-20 Men:

Gareth Lake: 1st, 400m (52.08)

Sam Burgess: 3rd, 1500m (4:17.76)

Under-18 Men:

Ewan Calder: 2nd, 400m (52.41)

Steven Murray: 3rd, 800m (2:00.38)

Ryan Hewitson: 1st, 110H (15.31); 1st, HJ (1.90m)

Under-16 Men:

Stewart Millar: 2nd, 800m (2:05.27)

Gregor Dewhirst: 2nd, 1500m (4:26.30)

Grant Robertson: 1st, HJ (1.75m)

Conor Hewitson: 1st, SP (10.31m); 2nd, HT (26.87m)

Under-14 Boys:

Bruce Robertson: 2nd, 80H (15.25)

Senior Women:

Alison Wylie: 3rd, 100m (12.73)

Ademide Ademuyewo: 3rd, 200m (26.28)

Catriona Pennet: 1st, 100H (14.51)

Under-20 Women:

Lisa Humphreys: 1st, 100H (15.36)

Sam Somers: 2nd, PV (2.65m)

Under-18 Women:

Kelsey Stewart: 1st, 400m (55.50)

Eilidh Prise: 1st, 1500m (4:48.65)

Under-16 Women:

Kate MacKay: 2nd, HJ (1.50m)

North District Championships

Inverness, May 25h, 2013

Senior Men:

Edward McKenzie: 2nd, PV (2.20m); 3rd, SP (10.45m); 2nd, DT (29.44m); 3rd, HT (28.14); 3rd, JT (36.32m)

Club Champions

Senior Men:

Peter Mutch (sprints)
James Joy (middle distance)
Sam Lyon (jumps)
Edward McKenzie (throws).

Under-20:

Kieran Gauld (track, field)

Under-17:

Matthew Kilner (track)
Christian Dick (field)

Veteran: Mark Davidson

Veteran Over 40: Mark Davidson

Veteran Over 50: William Skinner

Overall age-graded: Bob Masson

Boys

Under-15: Scott Macgregor

Under-13: Declan Alexander

Under-11: Oscar Lecore

Senior Women:

Ademide Ademuyewo (sprints)
No award (middle distance)
Fiona Davidson (jumps)
Kathleen Madigan (throws)

Under-20:

No award (track)

No award (field)

Under-17:

Sophie Hamilton (track)

Sophie Hamilton (field)

Veteran: Fiona Davidson

Veteran Over 45: Penny Johnson

Overall age-graded: Fiona Davidson

Girls

Under-15: Alix Still

Under-13: Katie MacDonald

Under-11: Erin Williams

ABERDEEN AAC'S CLUB PERFORMANCES IN 2013

Scottish Men's League (Div.1)

1	Central AC	29
2	Kilbarchan AAC (1,122)	22
3	Falkirk Victoria Harriers (1,097)	22
4	Aberdeen AAC (1,095)	22
5	Edinburgh AC	19
6	Lasswade AAC	17
7	Victoria Park Glasgow	7
8	Shettleston Harriers	3

Scottish Women's League

1	Edinburgh AC	24
2	Aberdeen AAC Select	21
3	Forth Valley	15
4	Tayside & Fife	13
5	Team West (927)	12
6	Pitreevie AAC (823)	12
7	Victoria Park City of Glasgow	8
8	Lothian	3

Youth Development League Under-17 Challenge NE Section (Men and Women combined)

1	Aberdeen AAC	24
2	Team North	20
3	Inverness Harriers	17
4	Banchory Stonehaven AC	16
5	Arbroath & District AC	13

Youth Development League (Under-15 and Under-13) NE Section (Boys and Girls combined)

1	Aberdeen AAC	23
2	Inverness Harriers	22
3	Team North	18
4	Arbroath & District AC (939)	13
5	Dundee Hawkhill Harriers (938)	13
6	Banchory Stonehaven AC	10
7	Fife AC	5
8	Montrose & District AC	4

Youth Development League Under-17 Challenge Scottish Final (Men and Women combined)

1	Ayrshire Harriers	246
2	Aberdeen AAC	232
3	North Lanarkshire	145
4	Giffnock North	141.5
5	Central AC	140
6	Victoria Park Glasgow	139
7	Edinburgh AC	116
8	Team North	86.5

Youth Development League (Under-15 and Under-13) Scottish Final (Boys and Girls combined)

1	Edinburgh AC	653.5
2	Ayrshire Harriers	625
3	Central AC	531
4	Giffnock North	520
5	Victoria Park Glasgow	515
6	Aberdeen AAC	494

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7	Inverness Harriers	423
8	North Lanarkshire	415.5

Petrofac League (East Section) – Men

1	Aberdeen AAC	32
2	Arbroath & District AC	28
3	Banchory Stonehaven AC	24
4	Dundee Hawkhill Harriers	18
5	Perth Strathtay Harriers	17
6	Montrose & District AC	12
7	Fife AC	9
8	Ellon AAC	4

Petrofac League (East Section) – Women

1	Aberdeen AAC	32
2	Arbroath & District AC	28
3	Banchory Stonehaven AC	22
4	Dundee Hawkhill Harriers	21
5	Perth Strathtay Harriers	17
6	Fife AC	10
7	Montrose & District AC	9
5	Ellon AAC	5

**Petrofac League – Final
Aberdeen AAC placings:**

Senior Men:	3rd
U18 Men:	1st
U18 Women:	1st
U16 Boys:	3rd=
U 16 Girls:	2nd
U 14 boys:	4th
U 14 Girls:	2nd
U12 Boys:	1st=
U 12 Girls:	4th

East District Cross-Country League 2012-2013

The League no longer calculates positions for the season beyond the first 5 clubs.

U13 Girls:

1	Team Border	84
2	Edinburgh AC	99
3	Pitreavie AAC	102
4	Central AC	114
5	Aberdeen AAC	204

AAAC would like to thank Friends of Aberdeen AAC for providing trophies for all the Club Track and Cross-Country Championships

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CLUB RECORDS AS AT 01/01/2014

SENIOR MEN

60	7.0	S Walker/M Davidson/B Middleton	87/94/97
100	10.50	Mark Davidson	89
200	21.07	Mark Davidson	89
300	34.4	Martin Johnston	85
400	46.9	Mark Davidson	89
800	1:49.3	Ewan Calvert	94
1500	3:44.67	Alan Wales	06
3000	8:14.6	Fraser Clyne	81
5000	14:18.90	Ian Matheson	89
10000	29:23	F Clyne / G Laing	83
110H	14.9	Duncan Mathieson	89
400H	50.79	Mark Davidson	89
2000SC	5:37.8	Bill Ewing	67
3000SC	8:47.8	Bill Ewing	68
½ Mar	61:34	Graham Laing	83
Mar	2:11:50	Fraser Clyne	84
HJ	2.07	Duncan Mathieson	90/97
PV	4.20	Duncan Mathieson	90
LJ	7.62	Duncan Mathieson	95
TJ	15.16	Chukwudi Onyia	13
SP	16.29	Gordon Smith	94
DT	53.66	Scot Thompson	10
JT	58.75	Peter Fraser	98
HT	62.73	Padraig White	10
Dec.	7535	Duncan Mathieson	90
4x100	42.1	D Mathieson, King, Drummond, M Davidson	88
4x200	1:35.3	Fachie, McCabe, Mutch, J Joy	08
4x400	3:19.3	P Davidson, Middleton, D Mathieson, Al-Kowarri	97

UNDER-20 MEN

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

UNDER-17 MEN

60	7.3	Ahmed Al-Kowarri	95
100	11.1	Alexander Carnie	88
200	22.6	Mark Davidson	85

300	36.0	Ahmed Al-Kowarri	95
400	49.21	Ahmed Al-Kowarri	95
800	1:54.8	Colin Donald	84
1500	4:01.1	Ross Arbuckle	78
3000	8:42.4	Ross Arbuckle	78
100H	13.9	Richard Singer	95
400H	55.37	Richard Singer	95
1500SC	4:25.0	Frank Boyne	82
HJ	1.98	Keith Oag	94
LJ	6.82	Derek Elmslie	77
TJ	13.82	William Stark	93
PV	3.60	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	3:29.87	Chapman, Murray, Alexander, Calder.	13
3x800	6:11.77	M Kilner, Symmons, Murray	13

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 Thoirs	03
80H	11.95	Bruce Sorbie	12
HJ	1.75	Kevin Lutton	99
PV	3.10	Alasdair Lowe	12
LJ	5.88	Bruce Sorbie	12
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, Crighton, Irvine, Walton	09
4x400	3:57.1	Masson, Graham, K McCallum, Al-Kowarri	93

UNDER-13 BOYS

60	8.5	Christopher Maslen	97
100	13.04	Stuart Mathieson	93
200	26.0	Mark Davidson	81
400	59.4	Andrew Keelan	86
800	2:20.38	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 Crighton	08
DT	26.42	Kevin Lutton	97
JT	36.42	Kevin Lutton	97
Pent.	1802	David Braun	93
4x100	54.7	Forbes, Flett, B Benzie, Maslen	97
4x200	1:56.7	Forbes, Flett, B Benzie, Maslen	97
4x400	4:35.8	Rose, Watt, Maitland, Sullivan	94

UNDER-11 BOYS

60	9.0	Ruari Neil	01
100	13.8	Bruce Benzie	95

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

VETERAN MEN (Over 35) (as from 2005)

60	7.4	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	2:10.2	Alasdhair Love	13
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	61.71	Alasdhair Love	13
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	Riley/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
3000SC	10:48.23	Frank Boyne	11
110H	20.57	Edward McKenzie	12
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
SP	11.60	Edward McKenzie	12
SP (sen)	11.60	Edward McKenzie	12
DT	39.86	Robert Masson	92
DT (sen)	33.45	Darren Chapman	12
HT	34.35	Robert Masson	98
HT (sen)	31.30	Edward McKenzie	12
JT	40.64	Robert Masson	95
JT (sen)	38.04	Edward McKenzie	11
WT	9.20	Edward McKenzie	12
Pent	2805	Kenny Lyon	06
Dec.	4514	Edward McKenzie	12
Wt Pent	2652	Edward McKenzie	12

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
Mar	2:31:48	Alastair Wood	83
HJ	1.65	Bill Lonsdale	03
PV	3.45	Robert Masson	99
LJ	5.35	Trevor Madigan	91
TJ	10.82	Kenny Lyon	12
SP	11.34	Robert Masson	97
DT	38.09	Robert Masson	98
JT	39.70	Robert Masson	99
HT	34.35	Robert Masson	98
Dec	6251	Robert Masson	99

VETERAN MEN (Over 55)

60	8.5	Trevor Madigan	01
100	12.9	Trevor Madigan	00
200	27.1	Trevor Madigan	00
300	44.4	Trevor Madigan	00
400	61.21	Allan Stirling	01
800	2:27.20	Alan Fulton	05
1500	4:56.0	Bill Scullion	02
3000	10:21.5	Colin Youngson	04
5000	17:18.0	Colin Youngson	03
10000	36:59.4	John Ballentine	97
100H	19.1	Robert Masson	04
½ Mar	82:42	Bill Scullion	04
Mar	2:57:41	Bill Scullion	00
HJ	1.50	Robert Masson	02
PV	3.20	Robert Masson	03
LJ	5.02	Trevor Madigan	06
TJ	9.79	Trevor Madigan	06
SP	10.84	Robert Masson	04
DT	35.83	Robert Masson	02
JT	40.53	Robert Masson	02
HT	32.40	Robert Masson	10
DEC	6006	Robert Masson	04

VETERAN MEN (Over 60)

60	8.6	Trevor Madigan	06
100	13.4	Trevor Madigan	05
200	27.8	Trevor Madigan	05
300	46.8	Trevor Madigan	08
400	66.8	Alan Fulton	10
800	2:37.5	E Dunster / H Fletcher	90/95
1500	5:23.5	Ernie Dunster	90
3000	11:36.7	Colin Youngson	10
5000	19:03.22	Colin Youngson	08
10000	41:14.0	Ernie Dunster	90
100H	19.85	Robert Masson	07
300H	53.09	Robert Masson	08
½ Mar	1:26:36	Colin Youngson	08
Mar	3:14:19	Ronnie Wilson	03
HJ	1.41	Trevor Madigan	06/07
PV	3.00	Robert Masson	10
LJ	5.02	Trevor Madigan	06
TJ	9.79	Trevor Madigan	06
SP	10.15	Robert Masson	07
DT	42.45	Robert Masson	12
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	5:33.41	Colin Youngson	13
3000	11:57.36	Colin Youngson	13
5000	20:32.94	Colin Youngson	13
½ Mar	96:08	Colin Youngson	13
Mar.	3:31:16	James Youngson	81
300H	57.5	Robert Masson	12
HJ	1.30	T Madigan/R Masson	10/12
PV	2.90	Robert Masson	12/13
LJ	4.32	Trevor Madigan	11
TJ	8.95	Trevor Madigan	09
SP	9.41	Robert Masson	12
DT	42.45	Robert Masson	12
HT	29.51	Robert Masson	12
JT	33.36	Robert Masson	12

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	38.66	Kelsey Stewart	13
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	16:34.72	Rhona Auckland	13
10000	34:07.61	Rhona Auckland	13
100H	13.97	Catriona Pennet	04
400H	61.80	Sylvia Kanya	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	24.45	Zoey Clark	13
300	38.66	Kelsey Stewart	13
400	54.46	Zoey Clark	13

800	2:10.67	Emma Cloggie	06	800	2:19.0	M Cherry / D Simpson	83/86
1500	4:30.92	Kate Rice	90	1200	3:59.52	Rebecca Eggeling	12
3000	9:29.28	Rhona Auckland	12	1500	4:54.7	Dawn Simpson	86
10000	34:53.24	Rhona Auckland	12	70H	11.21	Sandra Gunn	88
100H	14.36	Catriona Pennet	02	HJ	1.45	Kate MacKay	12
400H	63.20	Rebecca Dougall	99	LJ	5.01	Sarah Still	88
HJ	1.69	Ellie Workman	09	SP	9.53	Laura Crockford	94
LJ	5.74	Sarah Still	94	DT	26.54	Laura Crockford	94
TJ	11.48	Kirsten Young	04	JT	26.31	Sophie Anderson	10
PV	2.90	Sam Somers	12	Pent.	2335	Catriona Pennet	96
SP	10.29	Sarah Lyon	99	4x100	53.7	Carle, Stephen, Mathieson, Bole	77
DT	32.30	Marian Simpson	95	4x200	1:58.7	H Mathieson, Rossiter, S Mathieson,	
HT	39.58	Marian Simpson	96			Shearer	97
JT	35.98	Ellie Workman	09	3x800	7:57.8	L Still, Simpson,Clarkson	90
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	38.66	Kelsey Stewart	13
400	55.10	Kelsey Stewart	13
800	2:13.29	Kelsey Stewart	13
1500	4:32.7	Kathryn Shepherd	74
3000	10:20.6	Eilidh Prise	12
80H	11.48	Yasmin Milne	10
100H	15.5	Lyndsay Peddie	83
300H	44.14	Sylvia Kanya	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
PV	2.20	Erin Runcie	12
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

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
LJ	4.93	Fiona Davidson	13
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	31.40	Kathleen Madigan	13
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

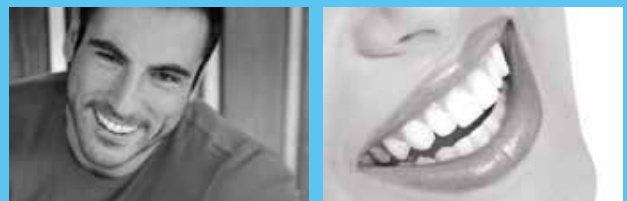
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HJ	1.35	Fiona Davidson	13
PV	2.81	Janet Lyon	04
LJ	4.93	Fiona Davidson	13
TJ	10.80	Fiona Davidson	13
SP	8.43	Kathleen Madigan	12
DT	22.34	Ann Imrie	97
JT	28.40	Barbara MacDonald	96
HT	31.40	Kathleen Madigan	13

VETERAN WOMEN (OVER 45)

60	8.7	Ann Imrie	95
100	13.6	Ann Imrie	95
200	28.2	Ann Imrie	94
300	46.8	Laura Mahady	11
400	61.05	Laura Mahady	09
800	2:19.50	Laura Mahady	09
1500	4:45.36	Sonia Armitage	07
3000	10:37.65	Sonia Armitage	07
5000	19:02.1	Laura Mahady	08
10000	42:20.6	Kathryn Mearns	03
80H	16.6	Ann Imrie	99
100H	21.4	Ann Imrie	94
½ Mar	1:36:38	Maureen MacInnes	06
Mar	3:32:33	Betty May	91
HJ	1.30	Shona McKinnon	09
PV	2.60	Janet Lyon	07/08
LJ	4.28	Janet Lyon	08
TJ	8.27	Shona McKinnon	09
SP	6.79	Janet Lyon	08
DT	22.34	Ann Imrie	97
HT	20.26	Joyce Hogg	97
JT	19.36	Shona McKinnon	10

VETERAN WOMEN (OVER 50)

60	9.4	Penny Johnson	12
100	14.5	Ann Imrie	00
200	28.7	Laura Mahady	09
300	46.8	Laura Mahady	11
400	61.05	Laura Mahady	09
800	2:19.50	Laura Mahady	09
1500	4:50.73	Laura Mahady	09
3000	11:02.41	Laura Mahady	08
5000	19:02.1	Laura Mahady	08
10000	49:33.1	Ann Clark	09
80H	15.8	Ann Imrie	00
½ Mar	1:52:23	Janice Forsyth	10
Mar	4:20:27	Janice Forsyth	11
PV	2.60	Janet Lyon	12
LJ	3.94	Janet Lyon	12
SP	7.32	Janet Lyon	12
DT	20.69	Ann Imrie	00

VETERAN WOMEN (OVER 55)

400	64.6	Laura Mahady	13
800	2:27.05	Laura Mahady	13
3000	14:44.8	Janice Forsyth	12
5000	24:19.9	Ann Clark	10
10000	50:37.5	Ann Clark	10

INDOOR RECORDS AS AT 01/01/2014

SENIOR MEN

60	6.99	Barry Middleton	96
200	21.90	Mark Davidson	90
400	47.44	Barry Middleton	97
800	1:56.64	Myles Edwards	10
1000	2:30.94	Mark Kennedy	04
1500	4:01.57	David Stephen	87
3000	8:27.22	Alan Wales	06
60H	8.32	Duncan Mathieson	97

HJ	1.99	Duncan Mathieson	89
PV	4.10	David Mann	13
LJ	7.14	Duncan Mathieson	91
TJ	14.19	Chukwudi Onyia	13
SP	16.98	Scot Thompson	10
DT	31.62	Edward Mckenzie	07
Hept.	5275	Duncan Mathieson	97
4X200	1:41.2	Mackenzie, Madigan, Stirling, Clarkson	90

UNDER-20 MEN

60	7.1	Gavin Irvine	12
200	22.38	Gavin Irvine	13
400	49.30	Barry Middleton	94
800	1:57.31	Adam Watt	02
1000	2:30.94	Mark Kennedy	04
1500	4:02.6	Mark Kennedy	04
3000	9:34.81	Michael Ferguson	12
60H	8.50	Robert Miller	03
HJ	1.96	Ryan Hewitson	13
PV	4.10	David Mann	13
LJ	6.72	Robert Miller	03
TJ	13.97	William Stark	94
SP	13.46	Paul Allan	89
Hept.	4529	Robert Miller	03

UNDER-17 MEN

60	7.39	Scott Rankin	02
200	24.07	Ahmed Al-Kowarri	94
400	51.1	Ahmed Al-Kowarri	94
800	1:59.34	Steven Rusling	04
1000	2:52.75	Barry Middleton	91
1500	4:15.27	Adam Watt	01
60H	8.50	Richard Singer	95
HJ	1.90	K Lutton/R Hewitson	01/12
PV	3.35	Alasdair Lowe	13
LJ	6.36	William Stark	93
TJ	12.67	William Stark	93
SP	12.48	Kevin Lutton	01
Hept.	4094	Richard Singer	95
Pent	3045	Richard Singer	95

UNDER-15 BOYS

60	7.78	Stuart Mathieson	95
200	24.97	Stuart Mathieson	95
400	59.55	Jamie Thomson	04
800	2:13.02	Myles Edwards	03
1000	3:09.68	William Stark	91
1500	4:36.10	Steven Rusling	02
60H	9.92	Stephen Miller	00
HJ	1.68	Kevin Lutton	99
PV	2.95	Alasdair Lowe	12
LJ	5.54	William Stark	91
TJ	9.31	Alasdair Lowe	12
SP	10.24	Kevin Lutton	99
Pent	2484	William Stark	91

UNDER-13 BOYS

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

VETERAN MEN (OVER 35) (as from 2005)

60	7.52	Stan Walker	09
200	24.71	Stan Walker	09
400	57.36	John McKeown	10

800	2:35.00	Alan Fulton	07	60	8.38	Trevor Madigan	06
1000	3:16.17	Bill Lonsdale	06	200	28.46	Trevor Madigan	06
1500	4:34.71	Frank Boyne	08	400	61.05	Alan Fulton	04
3000	10:07.39	Frank Boyne	08	800	2:24.00	Bill Scullion	04
60H	10.61	Edward McKenzie	06	1000	3:29.45	Bill Lonsdale	07
HJ	1.57	Bill Lonsdale	06	1500	5:07.65	Colin Youngson	04
PV	3.02	Robert Masson	09	3000	9:56.91	Colin Youngson	03
LJ	5.44	Kenny Lyon	07	60H	12.27	Bill Lonsdale	07
TJ	10.04	Bill Lonsdale	06	HJ	1.46	Bill Lonsdale	07
SP	12.18	Fintan McCabe	08	PV	3.21	Robert Masson	03
DT	31.62	Edward McKenzie	07	LJ	4.48	Bill Lonsdale	07
Weight	8.57	Edward McKenzie	07	TJ	9.93	Trevor Madigan	06
Pent	2162	Edward McKenzie	07	SP	8.24	Trevor Madigan	06
				Pent	2947	Bill Lonsdale	07

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, Clarkson	90

VETERAN MEN (OVER 45)

60	7.86	Allan Stirling	97
200	26.11	Frank Gauld	00
400	56.33	Frank Gauld	00
800	2:11.97	Alan Fulton	96
1000	3:20.43	Bill Lonsdale	03
1500	4:23.23	John Ballentine	94
3000	9:12.4	Roderick MacFarquhar	89
60H	10.98	Kenny Lyon	08
HJ	1.65	Bill Lonsdale	03
LJ	5.43	Trevor Madigan	90
TJ	11.14	Trevor Madigan	90
PV	3.45	Robert Masson	98
SP	11.44	Darren Chapman	12
SP (sen)	11.44	Darren Chapman	12
Hept	3896	Kenny Lyon	08

VETERAN MEN (OVER 50)

60	7.86	Allan Stirling	97
200	26.61	Trevor Madigan	95
400	57.74	Allan Stirling	99
800	2:12.9	John Ballentine	93
1000	3:16.47	Bill Lonsdale	06
1500	4:23.23	John Ballentine	94
3000	9:29.15	John Ballentine	94
60H	11.20	Robert Masson	99/00
HJ	1.65	Bill Lonsdale	03
LJ	5.24	Trevor Madigan	95
TJ	11.14	Trevor Madigan	95
PV	3.45	Robert Masson	98
SP	9.89	Kenny Lyon	12
Pent	2978	Bill Lonsdale	06
Hept	4403	Robert Masson	99

VETERAN MEN (OVER 55)

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	5:40.87	Colin Youngson	13
3000	11:35.87	Colin Youngson	13
60H	12.04	Robert Masson	13
HJ	1.40	Trevor Madigan	10
PV	2.90	Robert Masson	12
LJ	4.17	Trevor Madigan	11
TJ	8.99	Trevor Madigan	10
SP	9.56	Robert Masson	13
Hept	3239	Robert Masson	13

VETERAN MEN (OVER 70)

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

VETERAN MEN (OVER 75)

60	12.39	Hugo Fletcher	12
200	46.00	Hugo Fletcher	10
400	1:40.40	Hugo Fletcher	12
SP	5.04	Hugo Fletcher	10

SENIOR WOMEN

60	7.69	Zoey Clark	13
200	24.86	Dawn Flockhart	95
400	55.27	Emma Cloggie	06
800	2:11.47	Nicola Gauld	04
1500	4:26.20	Nicola Gauld	06
3000	9:56.20	Rhona Auckland	12
60H	8.79	Catriona Pennet	04
HJ	1.71	Ellie Workman	09
LJ	5.88	Linda Davidson	93

TJ	11.18	Linda Davidson	92	LJ	4.48	Sandra Gunn	88
PV	2.95	Laura Kutt	11	SP	7.58	Sophie Anderson	10
SP	13.89	Helen Cowe	93	Pent.	2030	Catriona Pennet	96
Pent.	3778	Sarah Still	00				

UNDER-20 WOMEN

60	7.69	Zoey Clark	13
200	24.94	Zoey Clark	13
400	55.27	Emma Cloggie	06
800	2:14.32	Emma Cloggie	05
1500	4:46.81	Ellie Buchan	08
3000	9:56.20	Rhona Auckland	12
60H	9.03	Catriona Pennet	01
HJ	1.71	Ellie Workman	09
PV	2.90	Sam Somers	12
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
400	57.64	Kelsey Stewart	13
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	1.50	Kate MacKay	13
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
HJ	1.46	Kate MacKay	12

VETERAN WOMEN (OVER 35)

60	8.19	Kathleen Madigan	05
200	27.41	Kathleen Madigan	06
400	64.11	Laura Mahady	13
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
LJ	4.76	Fiona Davidson	12
TJ	10.85	Fiona Davidson	13
SP	8.48	Kathleen Madigan	13
Pent.	2380	Shona McKinnon	02

VETERAN WOMEN (OVER 40)

60	8.35	Kathleen Madigan	10
200	27.96	Janet Lyon	04
400	64.11	Laura Mahady	13
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	4.60	Fiona Davidson	13
TJ	10.85	Fiona Davidson	13
SP	8.48	Kathleen Madigan	13
Pent	2286	Shona McKinnon	04

VETERAN WOMEN (OVER 45)

60	8.87	Ann Imrie	95
200	29.29	Ann Imrie	95
400	64.11	Laura Mahady	13
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
PV	2.50	Janet Lyon	11
LJ	3.87	Shona McKinnon	11
TJ	8.09	Shona McKinnon	10

VETERAN WOMEN (OVER 50)

60	9.43	Penny Johnson	13
400	64.11	Laura Mahady	13
800	2:27.84	Laura Mahady	13

VETERAN WOMEN (OVER 55)

400	64.11	Laura Mahady	13
800	2:27.84	Laura Mahady	13

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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
7.23	Gavin Irvine	CA Stadium	06.04.13
7.3	Ray Elrick	CA Stadium	02.04.95
7.3	Ian Garioch	CA Stadium	12.05.08
7.3	Craig Loney	CA Stadium	07.04.02
7.3	Alasdhair Love	CA Stadium	02.04.95
7.3	Sam Lyon	CA Stadium	31.03.12
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
10.70	Stephen Dunlop	Scotstoun	20.08.13
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
11.1	David Fairley/Alexander Carnie		84 / 88
11.1	Ray Smith/Robert Drummond		86 / 90
11.1	Donald Ross/Ray Elrick		94 / 98
11.1	Neil Fachie/Gavin Irvine		04 / 12

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
22.17	Stephen Dunlop	Scotstoun	11.08.13
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
22.62	Gavin Irvine	CA Stadium	06.04.13

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
35.30	Sam Lyon	CA Stadium	29.08.13
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
36.82	Robbie Shaw	CA Stadium	29.08.13
37.1	Alasdhair Love	CA Stadium	18.07.93
37.1	Colin Wilson	CA Stadium	26.07.92
37.4	David Braun	CA Stadium	05.04.98
37.4	Neil Fachie	CA Stadium	04.04.04
37.4	Tim Roads	CA Stadium	12.05.08
37.5	Peter Mutch	CA Stadium	24.05.12
37.57	Ewan Calder	CA Stadium	29/08/13
37.6	Adam Watt/Gareth Lake		02 / 11

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
49.45	Michael Ferguson	CA Stadium	25.08.13
49.58	Paul Davidson	Meadowbank	16.06.96
49.8	David Oliver	Coatbridge	29.08.76
50.08	Bruce Gibb	Newham	22.08.09
50.1	Thomas Blackie	Grangemouth	16.06.85
50.3	Steven Ledingham	Balgownie	02.07.85
50.50	Richard Singer	Meadowbank	23.06.95
50.58	David Braun	Meadowbank	01.08.99
50.7	Kenny Lyon	Crown Point	18.06.89
50.8	Jim Treasurer/Alan Mackenzie		72 / 74

MEN 800m

1:49.3	EWAN CALVERT	Stretford	23.08.94
1:50.49	Myles Edwards	Antwerp	24.08.13
1:52.4	Michael Murray	Inverness	19.08.84
1:52.86	Michael Ferguson	Scotstoun	02.08.13
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

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	Cwmbarn	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
3:55.25	Myles Edwards	Grangemouth	21.07.13
3:55.8	Ross Arbuckle	Meadowbank	26.08.79
3:55.9	Colin McClean	Grangemouth	14.05.86
3:56.39	Ewan Calvert	Meadowbank	30.05.92
3:56.8	Darren Shinnie	Wishaw	25.07.04
3:57.98	James Joy	CA Stadium	20.05.12

*Converted from mile time

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 3000m

8:14.6	FRASER CLYNE	Grangemouth	28.05.81
8:18.8	Graham Laing	Brisbane	25.09.82
8:19.5	Mel Edwards	Twickenham	25.08.68
8:23.07	Stephen Wright	Gateshead	15.07.92
8:24.82	Ray Creswell	Meadowbank	12.07.89
8:26.1	Gary Zeuner	Gateshead	15.07.87
8:28.3	Frank Boyne	CA Stadium	18.07.93
8:31.2	Alan Reid II	Inverness	01.07.90
8:33.2	Michael Turner	Sutton Coldfield	24.06.89
8:34.4	Ian Matheson	Elgin	08.06.86
8:34.6	Ben Hukins	CA Stadium	13.08.00
8:34.65	Darren Shinnie	Cardiff	17.07.04
8:35.9	Simon Axon	Inverness	05.07.87
8:36.69	Iain Donnan	Scotstoun	30.08.03
8:39.1	David Duguid	CA Stadium	23.07.89
8:40.4	Myles Edwards	CA Stadium	13.06.12
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

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	Linkfield	31.08.86
66:57	Graham Milne	Fraserburgh	14.10.84
67:13	David Clark	Linkfield	07.07.85
67:27	Charles McIntyre	Buckie	30.06.85
67:39	Michael McCulloch	Inverness	23.03.85
67:42	Donald Ritchie	London	19.04.83
68:00	Pat McErlean	Ayr	08.09.85
68:36	David Duguid	Linkfield	27.08.89
68:42	Craig Ross	Blairgowrie	20.08.83
68:48	Jim Doig	Inverness	18.03.90
69:06	Colin Farquharson	Dyce	07.04.85

MEN 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
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 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	2.00	David Polson	Meadowbank	19.07.81
9:05.87	Gary Zeuner	Meadowbank	20.06.87	2.00	Dinkar Sabnis	Grangemouth	29.08.93
9:06.3	Frank Boyne	Crown Point	15.08.93	1.98	Keith Oag	Dublin	13.08.94
9:08.1	Fraser Clyne	Meadowbank	07.07.79	1.95	Paul Allan	CA Stadium	08.09.91
9:08.11	Stephen Wright	Crown Point	06.07.91	1.95	Ian Bailey	Meadowbank	29.06.86
9:13.9	David Duguid	Balgownie	02.09.87	1.95	Miller Mathieson	Coatbridge	22.07.84
9:14.46	Ray Creswell	Crown Point	22.07.89	1.91	Ryan Hewitson	Ashford	21.07.12
9:20.8	Chris Armstrong	Cosford	16.06.87	1.91	Kevin Lutton	CA Stadium	09.05.01
9:28.6	Ian Matheson	Ayr	19.06.88	1.90	William Stark	Scotstoun	16.05.99
9:30.6	Michael Turner	Meadowbank	28.07.85	1.88	George Stewart	Meadowbank	11.06.72
9:33.19	Philip Stankler	Meadowbank	06.07.86	1.85	Andrew Grant	Meadowbank	13.05.01
9:33.9	Alan Reid II	Inverness	16.05.93	1.85	Craig Noble	CA Stadium	07.06.92
9:36.5	Robin Sutherland	Coatbridge	17.05.92	1.85	William Smy	Dundee	02.08.09
9:37.64	David Munro	Grangemouth	05.08.12	1.84	Michael Corrie	Balgownie	22.06.75
9:40.79	Chris Smith	Scotstoun	26.06.99	1.83	Grant Robertson	CA Stadium	18.08.13
9:41.0	Ian Johnstone	Balgownie	08.05.77	1.83	James Shand	Aberdeen	02.06.62
9:42.6	Michael Murray	Balgownie	03.06.86	1.83	Michael Spink	CA Stadium	20.05.93
9:47.2	Graham Laing	Balgownie	11.09.77	1.80	Lyon/Petrie/Catto/Kennedy/Lind/Wright/ Leeson/Miller/Sutherland 79/79/80/82/89/92/96/03/04		
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	Pitreavie	12.05.85
16.4	David Polson	Balgownie	17.04.83
16.55	Ryan Hewitson	CA Stadium	29.08.13
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

MEN 400m HURDLES

50.79	MARK DAVIDSON	Sittard	17.06.89
51.18	Barry Middleton	Birmingham	16.06.96
53.70	Steve Ledingham	Meadowbank	25.05.85
54.15	Jonathan Mann	Gateshead	15.06.12
54.98	Andrew Grant	Scotstoun	14.08.04
55.1	Robert Miller	Dundee	11.07.04
56.1	Paul Allan	CA Stadium	29.06.89
56.50	Ronald Smith	Grangemouth	11.07.99
56.6	Alasdhair Love	Ayr	18.07.95
56.8	Murray King	Crown Point	07.06.86
57.1	Denis Shepherd	Balgownie	09.09.79
57.82	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
58.59	Gareth Lake	CA Stadium	25.07.13
58.9	Frank Boyne	Balgownie	13.08.85
58.99	Simon Brame	Meadowbank	23.07.83
59.0	David Stewart	Oxford	20.05.89

MEN HIGH JUMP

2.07	DUNCAN MATHIESON	Stadthagen	23.06.90
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MEN POLE VAULT

4.20	DUNCAN MATHIESON	London	07.07.90
4.00	Paul Allan	Meadowbank	14.07.93
4.00	David Mann	Grangemouth	21.07.13
3.91	Douglas McAllister	Meadowbank	27.08.78
3.90	Tom Leeson	Ayr	21.07.96
3.75	Kenny Lyon	Meadowbank	06.07.86
3.70	Robert Masson	Meadowbank	07.09.80
3.50	Mark Dobbie	CA Stadium	16.07.95
3.50	Frank Fenton	Balgownie	26.04.79
3.40	Fraser Benzie	Grangemouth	25.06.00
3.40	Michael Kennedy	Balgownie	28.04.84
3.40	Alasdair Lowe	CA Stadium	23.06.13
3.40	Sam Lyon	Grangemouth	20.06.10
3.35	Derek Beaton	Meadowbank	09.08.92
3.35	Miller Mathieson	Balgownie	02.04.84
3.30	Dinkar Sabnis	Cardiff	30.08.92
3.23	Paul Torry	Sheffield	02.09.01
3.10	Jonathan Gregory	CA Stadium	01.06.99
3.10	Robert Miller	Hexham	18.07.04
3.10	William Stark	Grenoble	19.09.93

MEN LONG JUMP

7.62	DUNCAN MATHIESON	West London	30.07.95
7.07	William Stark	Pitreavie	08.07.95
7.06	Dinkar Sabnis	CA Stadium	22.08.93
7.05	Sam Lyon	Scotstoun	10.08.13
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

15.16	CHUKWUDI ONYIA	Eton	06.07.13
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
13.99	Sam Lyon	CA Stadium	25.08.13
13.68	Paul Allan	CA Stadium	14.06.89
13.58	Kenny Lyon	Meadowbank	06.07.86
13.57	James Laird	Dundee	17.09.60
13.52	Miller Mathieson	Meadowbank	19.08.84
13.43	John Waters	Linksfield	19.06.61
13.27	Stewart Clark	Grangemouth	14.08.11
13.23	James Shand	Linksfield	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
11.82	David Minty	Inverness	12.09.92
11.80	Padraig White	Pitreavie	24.04.10

11.58	Jack Davidson	Balgownie	17.06.80
11.58	Craig Loney	Inverness	11.05.02
11.35	Ian Christie	Meadowbank	17.06.84
11.19	Michael Spink	Crown Point	11.06.95

MEN DISCUS

53.66	SCOTTHOMPSON	Barnet Cothall	05.06.10
43.66	Paul Allan	Dundee	22.08.93
42.76	Bruce Shepherd	CA Stadium	13.06.91
42.17	Tekas Lekkas	Inverness	02.08.98
40.90	Bruce MacKay	Meadowbank	22.06.74
40.46	Duncan Mathieson	Crown Point	11.06.95
40.00	Peter Venters	Balgownie	03.06.84
36.96	David Minty	Inverness	12.09.92
36.64	James Laird	Linksfield	17.05.67
36.15	Fintan McCabe	Inverness	12.04.08
35.98	Tom Leeson	CA Stadium	21.05.95
35.20	John McCorquodale	Birmingham	19.06.77
35.12	Douglas McAllister	Coatbridge	14.08.77
34.78	Edward McKenzie	Inverness	11.09.94
33.95	Robert Miller	Inverness	12.09.04
33.92	Robert Masson	Inverness	13.06.92
33.70	Ian Christie	Meadowbank	17.06.84
33.66	Peter Fraser	Greenock	26.04.98
33.61	Fraser Benzie	CA Stadium	15.07.01
33.45	Darren Chapman	CA Stadium	29.04.12

MEN HAMMER

62.73	PADRAIG WHITE	Pitreavie	24.04.10
53.18	Bruce Shepherd	Inverness	13.07.96
49.44	Scot Thompson	CS Stadium	19.08.10
41.87	Barry Dobbie	CA Stadium	18.04.99
41.68	Peter Venters	Balgownie	29.05.83
41.48	Craig Loney	Inverness	11.05.03
41.38	David Minty	East Kilbride	26.04.92

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41.22	Graham Applegate	Meadowbank	06.05.73
40.31	Matthew Maitland	Scotstoun	14.07.02
39.38	Paul Allan	Crown Point	18.06.89
39.01	Peter Fraser	CA Stadium	18.04.99
37.04	Bruce MacKay	Grangemouth	02.05.70
35.64	David Robinson	Coatbridge	22.07.79
33.57	Edward McKenzie	Invee4rrness	09.05.09
30.98	Bob Ingram	Dundee	25.08.85
30.58	Michael Spink	Crown Point	11.06.95
30.40	Robert Masson	CA Stadium	28.07.96
30.06	Ian Christie	Meadowbank	17.06.84
29.12	Paul Henderson	CA Stadium	20.05.07
29.08	Douglas McAllister	St Andrews	26.04.80

MEN JAVELIN

OLD:

56.02	JOHN WATERS	Linksfield	15.05.61
54.64	Kenneth McKenzie	Linksfield	23.05.71
52.98	Roger Benton	Meadowbank	29.06.86
52.42	John Wiseman	Scotstoun	14.06.75
49.40	James Laird	Linksfield	03.05.62

NEW:

58.75	PETER FRASER	Greenock	26.04.98
57.70	Ben Jump	Meadowbank	02.08.92
57.14	Robert Miller	Walthamstow	18.08.02
55.90	Duncan Mathieson	Stadthagen	24.06.90
55.65	Ryan Knight	Dundee	07.08.11
55.45	Scot Thompson	Hendon	04.09.10
52.96	Paul Allan	Hendon	25.08.91
52.86	Tom Leeson	CA Stadium	28.04.96
49.62	Michael Spink	CA Stadium	02.04.95
49.26	Keith Simpson	Scotstoun	14.06.98
47.98	Edward McKenzie	CA Stadium	11.05.91
45.92	Kenny Lyon	CA Stadium	02.04.89
45.88	Mark Dobbie	Pitreavie	02.06.96
44.46	Frank Fenton	Meadowbank	28.08.88
44.22	Fraser Benzie	Inverness	17.09.00

MEN DECATHLON (TOP 19)

OLD:

5694	KENNY LYON	Balgownie	02/03.08.80 (11.50; 6.57; 9.04; 1.77; 53.0; 17.9; 24.26; 3.20; 39.36; 4:33.9)
5474	Douglas McAllister	Balgownie	21/22.08.76 (11.02; 6.02; 9.90; 1.57; 55.0; 17.6; 31.16; 3.75; 31.90; 5:18.7)
5188	Robert Masson	Grangemouth	11/12.07.81
5124	Michael Catto	Glenrothes	12/13.06.80
5028	Allan Kenny	Scotstoun	19/20.07.75
4727	Steven Ledingham	Grangemouth	04/05.08.84
4640	David Oliver	Balgownie	30/31.07.77
4529	Edward McKenzie	Coatbridge	17/18.05.86
3960	Ray Smith	Balgownie	02/03.08.80
3563	Denis Shepherd	Balgownie	30/31.07.77

NEW:

7535	DUNCAN MATHIESON	Stadthagen	23/24.06.90 (11.06; 7.27; 12.94; 2.07; 49.20; 15.03; 36.54; 4.10; 55.90; 4:42.64)
7240	Paul Allan	Hendon	24/25.08.91 (11.28; 6.92; 13.82; 1.94; 49.99; 16.03; 43.52; 3.70; 52.96; 4:31.9)
6371	Tom Leeson	Antrim	31.08/01.09.96 (11.65; 6.69; 11.57; 1.79; 52.86; 15.56; 35.40; 3.80; 52.12; 5:12.97)
6058	Robert Miller	Hexham	17/18.07.04
5915	Mark Davidson	Stoke	25/26.06.87
5397	Paul Torry	Bedford	14/15.07.01
5264	Kenny Lyon	CA Stadium	22/23.06.91
5203	Dinkar Sabnis	Cardiff	29/30.08.92
5164	Mark Dobbie	Kilkenny	26/27.08.95
4053	Edward McKenzie	Rotherham	17/18.09.05
3711	Kevin Morice	Grangemouth	14/15.07.07

MEN 4x100m RELAY (TOP 10)

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

MEN 4x400m RELAY (TOP 10)

3:19.3	P DAVIDSON, MATHIESON, MIDDLETON, AL-KOWARRI	Grangemouth	03.08.97
3:19.5	P Davidson, Singer, Middleton, M Davidson	Meadowbank	06.08.95
3:21.0	Walker, M Davidson King, Allan	Dundee	26.06.88
3:22.9	Al-Kowarri, Middleton, P Davidson, M Davidson	CA Stadium	28.04.96
3:22.94	King, Smith, Mathieson, M.Davidson	Meadowbank	23.08.87
3:23.6	Ledingham, Murray, Creswell, Johnston	Meadowbank	21.08.83
3:24.5	Ledingham, Morrice, Lyon, M.Davidson	Crown Point	12.08.89
3:24.9	Morrice, Stephen, Kean, M.Davidson	Wishaw	17.05.87
3:25.03	P Davidson, G Smith Calvert, Middleton	Meadowbank	24.04.94

3:25.66 Lake, M Ferguson, Joy, Edwards

Grangemouth 21.07.13

WOMEN 60m

7.5	DAWN KITCHEN	Balgownie	02.07.85
7.7	Katrina Leys	CA Stadium	04.04.93
7.7	Sarah Still	CA Stadium	01.04.01
7.8	Dawn Flockart	CA Stadium	02.04.95
7.8	Kathleen Madigan	Balgownie	28.05.86
7.9	Aileen Connelly	CA Stadium	03.04.05
7.9	Linda Davidson	CA Stadium	03.04.94
7.9	Catrina Pennet	CA Stadium	06.04.03
7.9	Kim Smith	Grangemouth	29.03.87
7.9	Susan Tengtenga	CA Stadium	05.04.09
7.9	Fiona Watt	CA Stadium	06.04.97
7.9	Alison Wylie	CA Stadium	03.04.11
8.0	Yasmin Milne	CA Stadium	03.04.11
8.0	Gail Murchie	CA Stadium	03.04.94
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	Nicola Kemp/Janet Lyon/Suzanne Middleton/ Kirsten Young/Zoey Clark	95 / 97 / 00 / 05 / 10	

WOMEN 100m

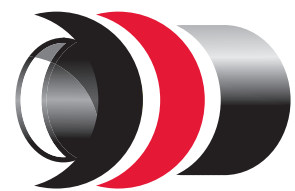
11.8	DAWN FLOCKHART	CA Stadium	12.06.94
11.8	SARAH STILL	CA Stadium	05.09.99

11.9	Louise Paterson	CA Stadium	09.06.91	54.46	Zoey Clark	Loughborough	19.05.13
12.1	Katrina Leys	Crown Point	16.08.92	55.10	Kelsey Stewart	Colwyn Bay	03.08.13
12.1	Kim Smith	Inverness	19.04.87	55.69	Susan Hendry	Solihull	05.08.00
12.12	Aileen Connelly	Belfast	10.06.06	56.20	Emma Cloggie	Grangemouth	10.06.05
12.2	Fiona Auld	Balgownie	22.08.76	56.7	Helen Windass	Scotstoun	26.04.98
12.2	Hayley Bowers	Peterhead	24.05.98	56.80	Aileen Connelly	Scotstoun	14.05.05
12.2	Zoey Clark	Perth	01.05.11	57.0	Nicola Gauld	CA Stadium	21.04.02
12.2	Dawn Kitchen	Dundee	25.08.85	57.2	Bridie McGlashan	Meadowbank	26.04.87
12.2	Kathleen Madigan	Dundee	25.07.87	57.24	Louise Paterson	Waterford	11.08.90
12.28	Gwen Vaughan	Meadowbank	14.06.86	57.4	Lorna Johnston	CA Stadium	13.09.00
12.37	Lesley-Ann Mearns	Birmingham	13.08.05	57.50	Ademide Ademuyewo	Meadowbank	25.08.13
12.4	Michelle Bruce	Grangemouth	13.06.83	57.77	Carmen Collins	Meadowbank	17.05.92
12.4	Debra Carle	Balgownie	17.06.80	58.6	Debra Carle	Balgownie	11.08.81
12.4	Fiona Davidson	Inverness	15.06.97	58.85	Marie Dobson	Inverness	17.09.11
12.5	Joan Simpson/Lesley Reid		71 / 76	58.86	Jaclyn Anderson	Meadowbank	04.09.94
12.5	Jenny Bole//Rosslyn Duncan		78 / 83	59.3	Sylvia Kamy	Dundee	28.06.09
12.5	Corrie Butler/Sandra Gunn		90 / 91	59.4	Linda Davidson	Coatbridge	13.09.92
12.5	Fiona Lumsden/Linda Davidson		91 / 92	59.6	Faith Webster	Balgownie	29.07.84
12.5	Gail Murchie/Catriona Pennet		92 / 99				
12.5	Saffron Cummings		13				
WOMEN 200m				WOMEN 800m			
23.9	DAWN FLOCKHART	CA Stadium	09.06.96	2:05.11	NICOLA GAULD	Birmingham	01.07.06
24.4	Dawn Kitchen	Coatbridge	07.09.86	2:07.7	Susan Hendry	Scotstoun	29.07.00
24.4	Sarah Still	CA Stadium	01.09.99	2:10.67	Emma Cloggie	Solihull	24.06.06
24.45	Zoey Clark	Wigan	07.07.13	2:13.29	Kelsey Stewart	Manchester	01.06.13
24.7	Louise Paterson	Crown Point	16.06.90	2:13.36	Dawn Simpson	Ayr	13.08.88
24.94	Aileen Connelly	Grangemouth	07.08.05	2:14.3	Carolyn Sheehan	Inverness	19.08.84
24.94	Kelsey Stewart	CA Stadium	23.06.13	2:14.44	Ellie Buchan	Trafford	27.06.09
25.0	Katrina Leys	Coatbridge	02.08.98	2:16.09	Lynsey Still	Pitreavie	08.07.95
25.0	Kim Smith	Coatbridge	02.09.84	2:16.22	Carly Hall	Pitreavie	20.06.09
25.05	Lesley-Ann Mearns	Birmingham	14.08.05	2:16.4	Sonia McLaren	Vancouver	02.07.82
25.1	Kathleen Madigan	Coatbridge	04.05.86	2:16.6	Kathryn Mearns	Balgownie	15.08.82
25.2	Helen Windass	Coatbridge	17.05.98	2:16.8	Jaclyn Anderson	CA Stadium	18.07.93
25.3	Suzanne Middleton	CA Stadium	25.07.99	2:17.63	Christie Noble	Watford	11.08.10
25.4	Nicola Imrie	Crown Point	20.06.92	2:18.12	Sarah Still	Stoke	30.07.00
25.4	Susan Hendry	CA Stadium	12.06.94	2:18.2	Lisa Davidson	Coatbridge	20.05.90
25.5	Fiona Auld	Balgownie	18.06.78	2:18.5	Gemma Cormack	CA Stadium	31.03.12
25.5	Michelle Bruce	Grangemouth	13.06.82	2:18.7	Linda Falconer	Dublin	11.04.81
25.56	Catriona Pennet	Meadowbank	17.04.11	2:18.9	Anna Kyle	CA Stadium	25.06.96
25.59	Lorna Johnston	Grangemouth	17.06.00	2:19.0	Michelle Cherry	Antrim	06.08.83
25.6	Vaughan/Davidson/Gunn/Michalska		86/92/92/93	2:19.0	Dawn Kitchen	Elgin	16.09.80
WOMEN 300m				WOMEN 1500m			
38.66	KELSEY STEWART	Dublin	20.07.13	4:11.80	NICOLA GAULD	Twickenham	04.06.08
38.9	DAWN FLOCKHART	CA Stadium	07.04.96	4:17.4	Kathryn Mearns	Grangemouth	18.07.82
39.44	Zoey Clark	Inverness	05.09.10	4:30.92	Kate Rice	Copeland	08.08.90
40.21	Louise Paterson	Crystal Palace	17.08.91	4:33.94	Rhona Auckland	Meadowbank	21.04.13
40.5	Susan Hendry	CA Stadium	10.08.00	4:35.00	Sonia McLaren	Phoenix, USA	06.04.85
40.6	Helen Windass	CA Stadium	05.06.97	4:36.11	Gemma Cormack	London (O)	06.05.12
40.7	Nicola Gauld	CA Stadium	07.04.02	4:38.5	Debbie Kilner	CA Stadium	09.09.95
40.9	Lorna Johnston	Grangemouth	16.06.00	4:38.98	Christie Noble	Watford	28.07.10
41.0	Katrina Leys	CA Stadium	04.04.93	4:40.22	Carly Hall	Meadowbank	20.06.10
41.1	Aileen Connelly	CA Stadium	03.04.05	4:41.9	Lynda Bain	Inverness	22.05.88
41.21	Rebecca Mortimer	Grangemouth	20.08.05	4:41.9	Clare Miller	CA Stadium	04.08.02
41.3	Morag Keenan	Meadowbank	19.06.93	4:42.0	Freyja Printice	Cheltenham	11.07.12
41.4	Emma Cloggie	CA Stadium	18.04.04	4:42.2	Carolyn Sheehan	Balgownie	20.08.86
41.42	Ademide Ademuyewo	CA Stadium	29.08.13	4:43.5	Ellie Buchan	Dundee	27.04.08
41.9	Sarah Still	CA Stadium	04.04.93	4:44.95	Tracey Brindley	Meadowbank	09.05.97
42.0	Hayley Bowers	CA Stadium	26.05.99	4:45.6	Lynsey Still	CA Stadium	09.09.95
42.1	Jaclyn Anderson	CA Stadium	12.06.94	4:46.6	Allison Diamond	Grangemouth	05.06.82
42.1	Catriona Pennet	CA Stadium	06.04.03	4:47.3	Sue Lanham	CA Stadium	22.08.91
42.3	Angela Shearer	Dundee	08.07.01	4:47.4	Heather Wisley	Inverness	24.06.90
42.4	Sylvia Kamy/Marie Dobson		06 / 11	4:48.65	Eilidh Prise	Meadowbank	24.05.13
WOMEN 400m				WOMEN 3000m			
53.99	DAWN KITCHEN	Meadowbank	23.07.85	9:04.21	NICOLA GAULD	Watford	14.06.08
54.4	Dawn Flockhart	Birmingham	19.08.95	9:16.4	Kathryn Mearns	Grangemouth	10.07.82
				9:29.28	Rhona Auckland	Stretford	07.07.12
				9:50.9	Sonia McLaren	Bellingham, US	16.04.83

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9:51.0	Lynda Bain	Dundee	26.06.88	1:24:53	Susan Lamb	Dyce	27.03.88
9:51.9	Heather Wisley	Coatbridge	20.05.90	1:24:57	Clare Miller	Inverness	08.03.98
9:53.2	Tracy Brindley	Crown Point	27.04.97	1:25:49	Valerie Allan	Elgin	07.08.88
9:54.5	Kate Rice	Grangemouth	02.09.90	1:25:51	Heather Wisley	Aberdeen	28.08.88
9:58.8	Debbie Kilner	CA Stadium	01.06.95	1:27:48	Diana Jermieson	Rannoch	25.06.89
9:58.80	Christie Noble	London	14.08.10	1:28:50	Angela Hepburn	Elgin	04.09.05
10:13.65	Clare Miller	Meadowbank	28.04.02	1:29:35	Jackie Nuttall	Dyce	27.03.88
10:15.51	Susan Lamb	Meadowbank	10.09.95	1:30:01	Morag Taggart	Inverdee	13.03.83
10:18.8	Sue Lanham	CA Stadium	22.07.90	1:30:58	Nancy MacKinnon	Peterhead	17.06.90
10:20.6	Eilidh Prise	CA Stadium	13.06.12	1:31:11	Kath Butler	Fraserburgh	13.10.85
10:21.1	Janet Fraser	Wishaw	07.08.88				
10:22.2	Janine Robertson	Grangemouth	01.09.85				
10:26.0	Helen Grant	Coatbridge	27.08.95				
10:31.0	Jillian Grams	Coatbridge	31.05.92				
10:32.49	Gemma Cormack	Meadowbank	21.04.13				
10:34.23	Charlotte Forbes	Derby	14.08.05				

WOMEN 5000m

16:34.72	RHONA AUCKLAND	Bedford	16.06.13				
16:44.63	Tracey Brindley	Birmingham	26.07.98				
16:51.1	Lynda Bain	CA Stadium	04.07.89				
17:09.8	Debbie Kilner	CA Stadium	29.06.95				
17:09.94	Clare Miller	Meadowbank	12.05.02				
17:48.80	Sonia Armitage	Chester-le-Street	31.07.99				
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)

34:07.61	RHONA AUCKLAND	Bedford	05.05.13				
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				

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				
3:21:16	Margaret Buchan	Aberdeen	19.09.82				
3:24:22	Olive Fraser	London	23.04.89				
3:25:29	Margaret McDonald	Elgin	10.08.86				
3:25:41	Jackie Nuttall	Aberdeen	16.09.84				
3:27:42	Leona Hart	Dundee	28.04.85				
3:28:21	Linda Trahan	Elgin	07.08.88				
3:28:43	Joan Molloy	Fortrose	29.10.88				
3:30:15	Ulli Simpson	Aberdeen	16.09.84				
3:32:29	Lillian MacDonald	Aberdeen	15.09.85				
3:32:33	Betty May	London	21.04.91				
3:37:09	Maureen McInnes	Amsterdam	15.10.06				
3:38:38	Isabel McDonald	Dublin	26.10.98				

WOMEN 100m HURDLES

13.97	CATRIONA PENNET	Bedford	26.06.04				
14.37	Gail Murchie	Grangemouth	15.05.93				
14.61	Sarah Still	CA Stadium	07.08.99				
14.68	Yasmin Milne	Scotstoun	30.07.11				
14.8	Sylvia Kamy	Dundee	02.08.09				
15.36	Lisa Humphreys	Meadowbank	24.05.13				
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				

WOMEN 400m HURDLES

61.80	SYLVIA KAMYA	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				

29.18	Fiona Pirie	Elgin	03.07.93	NEW			
25.87	Catrin Dickson	Grangemouth	09.06.06	38.28	LINDA LOW	Inverness	12.05.96
25.81	Fiona Davidson	CA Stadium	02.07.13	35.98	Ellie Workman	Perth	26.04.09
23.16	Katherine Masson	CA Stadium	16.06.95	35.78	Emily Dougall	CA Stadium	29.05.94
22.70	Kylie Davidson	Grangemouth	11.06.04	33.09	Kimberley Miles	Sheffield	02.09.01
21.24	Laura Hepburn	Inverness	16.09.07	31.26	Lesley Fowler	CA Stadium	07.05.95
21.22	Angela Smith	CA Stadium	30.07.00	30.66	Marian Simpson	Coatbridge	23.05.93
21.06	Lesley Fowler	Coatbridge	26.05.96	30.32	Gillian Wilson	Meadowbank	18.08.91
20.94	Joyce Hogg	CA Stadium	16.06.94	29.28	Kathy Rapley	CA Stadium	04.08.02
20.30	Zoe Davidson	Dundee	10.07.05	28.89	Sophie Anderson	Grangemouth	26.08.12
19.87	Sarah Lyon	Coatbridge	30.05.99	28.74	Gail Murchie	CA Stadium	22.08.91
19.51	Mollie Hepburn	Inverness	16.09.07	28.46	Laura Hepburn	CA Stadium	30.08.09
19.27	Anne Angersbach	CA Stadium	02.09.04	28.40	Barbara MacDonald	CA Stadium	07.04.96
19.24	Cheryl McHardy	Elgin	21.09.97	27.42	Vicky Clark	Grangemouth	16.05.93
17.76	Emma Noble	CA Stadium	07.09.06	27.38	Sarah Still	Stoke	30.07.00
				27.24	Wilma Boyington	Pitreavie	14.06.92

WOMEN JAVELIN

OLD

38.70	LYNDSAY PEDDIE	Inverness	26.04.87
37.46	Gwen Summers	Linksfield	01.06.60
30.26	Pamela Bruce	Balgownie	21.07.79
30.12	Anita Smith	Pitreavie	24.04.83
29.64	Shirley Antoine	Pitreavie	24.04.83

WOMEN HEPTATHLON (TOP 10)

5014	SARAH STILL	Waterford	02/03.09.00
	(14.73, 1.66, 9.45, 24.48, 5.68, 20.86, 2:18.59)		
3824	Ellie Workman	Pitreavie	
	(16.75, 1.58, 9.33, 28.22, 4.96, 30.13, 3:00.56)		
3802	Gail Murchie	CA Stadium	19/20.09.92
	(15.3; 1.42; 8.59; 26.2; 4.94; 24.94; 2:59.0)		



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3783	Lyndsay Peddie	Grangemouth	20.08.83	49.33	Murchie, Leys,	Meadowbank	06.09.92
	(16.1; 1.60; 8.65; 28.0; 5.14; 30.18; 3:14.4)				Quirie, Davidson		
3623	Shona Simpson	Grangemouth	02/03.06.90	49.5	L Davidson, Walker,	CA Stadium	12.06.94
3318	Nicola Kemp	CA Stadium	08/09.06.93		Kemp, S Still		
3231	Joan Reid	Grangemouth	19/20.06.82	49.6	Butler, Leys, Murchie,	Inverness	13.06.93
3126	Wendy Pennet	CA Stadium	07/08.08.99		S Still		
3096	Kimberley Miles	Grangemouth	24/25.08.02	49.6	Quirie, Leys,	Pitreavie	14.06.92
2904	Valerie Tyrrie	Balgownie	18/19.05.82		Murchie, Davidson		
				49.6	Kemp, S Still,	Crown Point	28.04.96
					Middleton, Flockhart		

WOMEN PENTATHLON (TOP 10)

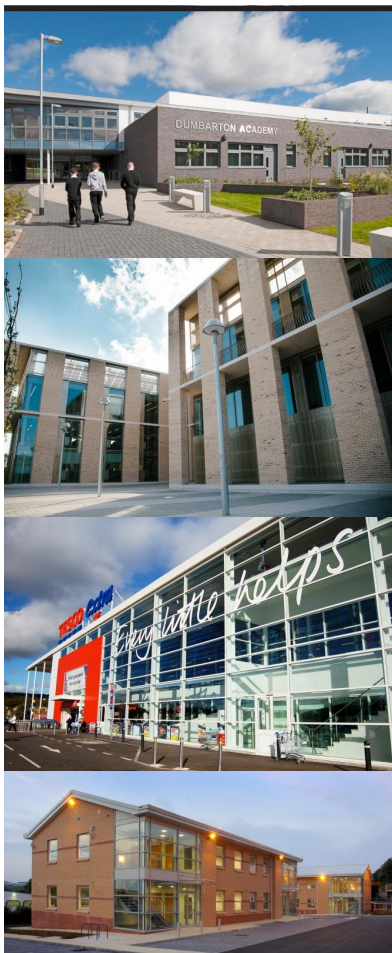
2691	LYNDSAY PEDDIE	Grangemouth	20.08.83
	(16.1; 1.60; 8.65; 5.14; 3:14.4)		
2539	Rebecca Dougall	Grangemouth	13.06.98
2511	Sylvia Kamya	Grangemouth	03.06.06
2456	Joan Reid	Balgownie	10.08.80
2196	Valerie Tyrrie	Balgownie	18/19.05.82
2095	Shona Simpson	Balgownie	26.08.86
2071	Shirley Antoine	Balgownie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

WOMEN 4x100m (TOP 10)

48.4	MADIGAN, EDON	Meadowbank	17.08.86
	LESLIE, VAUGHAN		
48.9	Vaughan, Madigan,	Meadowbank	16.08.87
	Leslie, Edon		
48.9	S Still, Windass,	CA Stadium	09.06.96
	L Davidson, Flockhart		
49.0	L Davidson, Leys,	CA Stadium	18.07.93
	Lyon, Flockhart	Scotstoun	25.04.99
	Gauld, Leys		
	L Davidson, S Still		

WOMEN 4x400m (TOP 10)

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



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ALL TIME TOP 10s – U-20 EVENTS

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

U-20 MEN 100m

10.8	CAMPBELL PATERSON	Balgownie	06.05.72
10.8	Stan Walker	Pitreavie	14.05.88
10.9	Martin Johnston	Balgownie	14.08.83
10.94	Ian Garioch	Inverness	12.04.08
11.0	Murray King	Inverness	13.04.86
11.04	Mark Davidson	Stoke	25.07.87
11.1	Alexander Carnie	Grangemouth	22.06.88
11.1y	Kevin Carter	Grangemouth	00.04.67
11.1	David Fairley	Balgownie	26.08.84
11.1	Gavin Irvine	A Stadium	31.03.12

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	Linkfield	06.09.88
22.6	Alexander Carnie	Grangemouth	17.06.89
22.62	Gavin Irvine	CA Stadium	06.04.13

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
49.45	Michael Ferguson	CA Stadium	25.08.13
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

U-20 MEN 800m

1:51.86	EWAN CALVERT	Corby	25.05.92
1:52.86	Michael Ferguson	Scotstoun	02.08.13
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

U-20 MEN 1500m

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

U-20 MEN 3000m

8:34.65	DARREN SHINNIE	Cardiff	17.07.04
8:36.69	Iain Donnan	Scotstoun	30.08.03

8:36.9	Stephen Wright	CA Stadium	22.07.90
8:42.4	Ross Arbuckle	Meadowbank	19.08.78
8:45.19	William Duncan	Sheffield	16.08.03
8:45.8	Alan Wales	CA Stadium	21.05.03
8:46.4	Ian Matheson	Balgownie	30.07.83
8:50.0	Colin McClean	Balgownie	28.07.84
8:52.1	Adam Watt	CA Stadium	21.05.03
8:54.7	Frank Boyne	Balgownie	28.07.84

U-20 MEN 5000m

14:46.0	IAN MATHESON	Meadowbank	28.08.83
14:49.33	Iain Donnan	Meadowbank	16.05.04
14:53.0	Graham Laing	Meadowbank	28.06.75
14:53.3	Darren Shinnie	Bedford	22.07.06
15:00.30	Stephen Wright	Meadowbank	05.08.90
15:14.5	Joe Freel	Crown Point	31.05.86
15:16.0	Colin McKay	Glenrothes	16.04.78
15:26.10	Neil Martin	Meadowbank	23.07.83
15:38.58	Sam Burgess	Meadowbank	21.04.12
15:42.1	Calum Davidson	Balgownie	26.06.88
15:44.49	Cameron Strachan	Grangemouth	29.08.10

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
33:19.02	Sam Burgess	CA Stadium	25.08.13
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

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
15.86	Ryan Hewitson	CA Stadium	18.08.13
15.9	Andrew Grant	CA Stadium	09.09.01

15.9 Stephen Miller CA Stadium 06.04.03

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 Alasdhair 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
1.91 Ryan Hewitson Ashford 21.07.12
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

4.00 DAVID MANN Grangemouth 21.07.13
3.60 Kenny Lyon Oxford 15.06.79
3.50 Mark Dobbie CA Stadium 16.07.95
3.50 Frank Fenton Balgownie 26.04.79
3.50 Duncan Mathieson Lorca 19.06.88
3.40 Fraser Benzie Grangemouth 25.06.00
3.40 Alasdair Lowe CA Stadium 23.06.13
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

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 Grangemouth 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
13.13 Sam Lypn Grangemouth 12.06.09
13.10 Paul McAndrew CA Stadium 02.06.96
13.06 Michael Spink CA Stadium 13.06.92

U-20 MEN SHOT

14.24 PAUL ALLAN Dumfries 15.07.89
13.46 Gordon Smith Grangemouth 13.05.87
13.25 David Minty Grangemouth 13.05.92
13.13 Peter Venters Meadowbank 28.05.77
12.46 Duncan Mathieson Lorca 19.06.88

11.60 Mark Dobbie Middlesbrough 30.09.95
11.56 Andrew McCallum Grangemouth 17.06.95
11.27 Douglas McAllister Scotstoun 19.07.75
11.26 Ryan Legge CA Stadium 13.06.12
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 Giulianiotti Balgownie 30.06.81

U-20 MEN JAVELIN

57.48 PETER FRASER CA Stadium 28.04.96
57.14 Robert Miller Walthamstow 18.08.02
49.26 Keith Simpson Scotstoun 14.06.98
48.10 Duncan Mathieson Wrexham 22.08.88
47.00 Michael Spink CA Stadium 15.09.94
45.88 Mark Dobbie Pitreavie 02.06.96
44.22 Fraser Benzie Inverness 17.09.00
43.48 Stephen Miller Meadowbank 10.05.03
43.47 Tom Brodie CA Stadium 20.05.10
43.29 Paul Henderson Dundee 06.08.06

U-20 MEN DECATHLON

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

U-20 WOMEN 100m

11.9 LOUISE PATERSON CA Stadium 09.06.91
12.1 Katrina Leys Crown Point 16.08.92
12.2 Hayley Bowers Peterhead 24.05.98
12.2 Zoey Clark Perth 01.05.11
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 Saffron Cummings Kirkwall 08.09.13
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

24.45	ZOEY CLARK	Wigan	07.07.13
24.7	Louise Paterson	Crown Point	16.06.90
24.94	Kelsey Stewart	CA Stadium	23.06.13
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

U-20 WOMEN 400m

54.46	ZOEY CLARK	Loughborough	19.05.13
55.10	Kelsey Stewart	Colwyn Bay	03.08.13
55.96	SUSAN HENDRY	Bedford	02.07.94
56.20	Emma Cloggie	Grangemouth	10.06.05
57.2	Bridie McGlashan	Meadowbank	26.04.87
57.24	Louise Paterson	Waterford	11.08.90
57.4	Lorna Johnston	CA Stadium	13.09.00
57.77	Carmen Collins	Meadowbank	17.05.92
58.35	Nicola Gauld	Scotstoun	29.04.01
58.86	Jaclyn Anderson	Meadowbank	04.09.94

U-20 WOMEN 800m

2:10.67	EMMA CLOGGIE	Solihull	24.06.06
2:12.64	Susan Hendry	Meadowbank	24.06.95
2:13.29	Kelsey Stewart	Manchester	01.06.13
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
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
4:39.54	Rhona Auckland	Meadowbank	20.05.12
4:42.2	Carolyn Sheehan	Balgownie	20.08.86
4:43.5	Ellie Buchan	Dundee	27.04.08
4:45.6	Lynsey Still	CA Stadium	09.09.95
4:48.02	Eilidh Prise	Grangemouth	08.06.12
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

9:29.28	RHONA AUCLAND	CA Stadium	31.05.10
9:54.5	Kate Rice	Grangemouth	02.09.90
10:20.6	Eilidh Prise	CA Stadium	13.06.12
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

U-20 WOMEN 100m HURDLES

14.36	CATRIONA PENNET	Derby	08.09.02
14.68	Yasmin Milne	Scotstoun	30.07.11
15.40	Sylvia Kamy	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 400m HURDLES

63.20	REBECCA DOUGALL	Grangemouth	12.06.99
63.76	Sylvia Kamy	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 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
1.59	Emma Caldwell	Grangemouth	29.07.12
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 POLE VAULT (Top 6)

2.90	SAM SOMERS	Meadowbank	20.04.12
2.65	Sophie Hamilton	CA Stadium	19.05.13
2.30	Erin Runcie	CA Stadium	30.06.13
2.25	Wendy Pennet	Dundee	28.05.00
2.05	Heather Pirie	CA Stadium	04.08.94
2.00	Alix Still	Inverness	02.06.13

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
5.26	Saffron Cummings	Kirkwall	08.09.13
5.24	Diane Burr	Grangemouth	15.05.94
5.21	Yasmin Milne	Grangemouth	13.06.09

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 Kamy	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
9.43	Gail Murchie	Meadowbank	12.06.88
9.43	Sarah Still	Linwood	16.07.94
9.35	Saffron Cummings	Kirkwall	08.09.13
9.33	Ellie Workman	Pitreavie	11.07.10
9.19	Laura Crockford	Crown Point	27.04.97



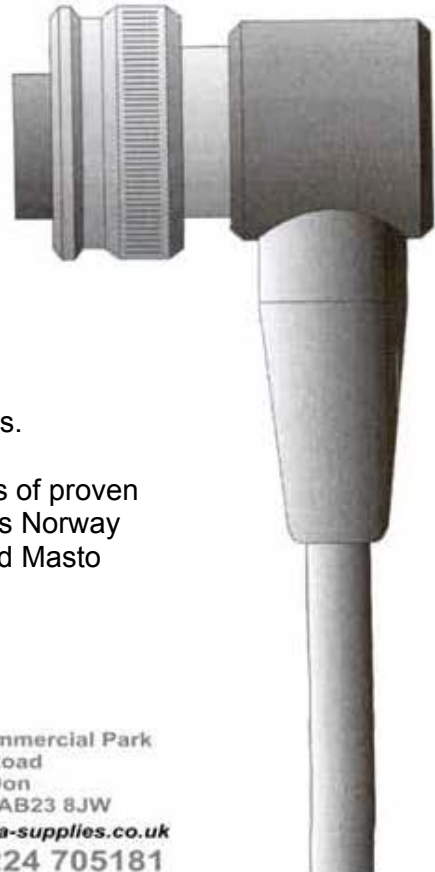
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U-20 WOMEN DISCUS

32.30	MARIAN SIMPSON	Meadowbank	17.06.95
27.62	Erin Runcie	CA Stadium	29.08.13
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

U-20 WOMEN HAMMER

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

U-20 WOMEN JAVELIN

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

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
28.89	Sophie Anderson	Grangemouth	26.08.12
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 HEPTATHLON (Top 7)

4643	SARAH STILL	Linwood	17.07.94
3824	Ellie Workman	Pitreavie	11.07.10
3318	Nicola Kemp	CA Stadium	09.06.93
3126	Wendy Pernet	CA Stadium	08.08.99
3096	Kimberley Miles	Grangemouth	25.08.02
3013	Rebecca Mortimer	CA Stadium	29.05.05
2957	Heather Pirie	CA Stadium	09.06.93

ALL TIME TOP 10s – U-17 EVENTS

U-17 MEN 100m

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

U-17 MEN 200m

22.6	MARK DAVIDSON	Glenrothes	23.06.85
22.7	Derek Elmslie	Meadowbank	03.09.77
22.7	Alexander Carnie	Inverness	03.07.88
22.9	William Stark	Dundee	22.08.93
23.0	Ahmed Al-Kowarri	Crown Point	06.08.95
23.1	Richard Singer	Grangemouth	10.06.95

23.16	Steve Mathers	Meadowbank	10.07.88
23.2	Colin Wilson	Crown Point	10.08.91
23.2	Richard Gray	CA Stadium	28.08.02
23.3	Scott Wilson	Balgownie	27.06.82

U-17 MEN 400m

49.21	AHMED AL-KOWARRI	Pitreavie	08.07.95
50.5	Mark Davidson	Dublin	20.07.85
50.50	Richard Singer	Meadowbank	23.06.95
51.1	Colin Wilson	Grangemouth	15.06.91
51.16	Michael Ferguson	Sheffield	03.09.11
51.3	Richard Gray	CA Stadium	11.09.02
51.42	Stuart Mathieson	Birmingham	16.08.97
51.8	Ewan Calder	Kirkwall	08.09.13
52.0	Sam Lyon	Dundee	28.06.09
52.1	Colin Donald/Mark Andrew		83 / 86

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
1:57.34	Steven Murray	Scotstoun	02.08.13
1:57.8	Frank Boyne	Grangemouth	21.08.82
1:58.03	Mark Haskett	Dumfries	19.06.05

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	Ryan Hewitson	Bedford	19.08.12
14.85	Bruce Sorbie	Dublin	20.07.13

U-17 MEN 400m HURDLES

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

U-17 MEN HIGH JUMP

1.98	KEITH OAG	Dublin	13.08.94
1.97	Duncan Mathieson	Dublin	20.07.85
1.91	Ryan Hewitson	Ashford	21.07.12
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
1.83	Grant Robertson	CA Stadium	18.08.13
1.81	William Stark	Linwood	24.07.93
1.80	George Petrie/Ian Lind/Peter Sutherland/William Smy		

79 / 89 / 04 / 08

U-17 MEN POLE VAULT

3.60	DAVID MANN	Wishaw	27.08.11
3.40	Alasdair Lowe	CA Stadium	23.06.13
3.20	Miller Mathieson	Balgownie	24.06.81
3.15	Fraser Benzie	CA Stadium	11.09.99
3.10	William Stark	Bourgoin-Jallieu	19.09.93
3.05	Kenny Lyon	Balgownie	26.07.77
2.95	Duncan Mathieson	Dundee	25.08.85
2.85	Mark Petchey	Balgownie	14.06.83
2.80	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
33.86	Christian Dick	Grangemouth	07.06.13
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

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	Bole/Duncan/Butler/Gunn/Lumsden		
	/Pennet/ Cummings		78 / 83 / 90 / 91 / 91 / 99 / 13

U-17 WOMEN 200m

24.7	LOUISE PATERSON	Crown Point	16.06.90
24.89	Zoey Clark	Scotstoun	29.08.10
24.94	Kelsey Stewart	CA Stadium	23.06.13
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

U-17 WOMEN 300m

38.66	KELSEY STEWART	Dublin	20.07.13
39.44	Zoey Clark	Inverness	05.09.10
40.21	Louise Paterson	Crystal Palace	17.08.91
40.9	Lorna Johnston	Grangemouth	16.06.00
41.21	Rebecca Mortimer	Grangemouth	20.08.05
41.3	Morag Keenan	Meadowbank	19.06.93
41.4	Emma Cloggie	CA Stadium	18.04.04
41.5	Nicola Gauld	Coatbridge	17.05.98
42.0	Hayley Bowers	CA Stadium	26.05.99
42.1	Jaclyn Anderson	CA Stadium	24.08.94

U-17 WOMEN 400m

55.10	KELSEY STEWART	Colwyn Bay	03.08.13
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
57.7	Dawn Kitchen	Meadowbank	17.06.78
58.5	Bridie McGlashan	Glenrothes	14.09.86
58.6	Debbra Carle	Balgownie	11.08.81
58.86	Jaclyn Anderson	Meadowbank	04.09.94
58.9	Emma Cloggie	CA Stadium	18.08.04
59.0	Susan Hendry	CA Stadium	16.06.92

U-17 WOMEN 800m

2:13.29	KELSEY STEWART	Manchester	01.06.13
2:13.36	Dawn Simpson	Ayr	13.08.88
2:14.3	Carolyn Sheehan	Inverness	19.08.84
2:14.44	Ellie Buchan	Trafford	27.06.09
2:15.36	Emma Cloggie	Solihull	06.08.03
2:16.8	Jaclyn Anderson	CA Stadium	18.07.93
2:17.1	Lynsey Still	Inverness	05.06.94
2:18.2	Lisa Davidson	Coatbridge	20.05.90
2:18.9	Anna Kyle	CA Stadium	25.06.96
2:19.0	Michelle Cherry	Antrim	06.08.83

U-17 WOMEN 1500m

4:32.7	KATHRYN SHEPHERD	Crystal Palace	19.07.74
4:34.8	Kate Rice	Carmarthen	05.08.89
4:42.2	Carolyn Sheehan	Balgownie	20.08.86
4:43.5	Ellie Buchan	Dundee	27.04.08
4:48.02	Eilidh Prise	Grangemouth	08.06.12
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

10:20.6	EILIDH PRISE	CA Stadium	30.06.12
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
16.11*	Sophie Hamilton	Grangemouth	13.07.13
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
45.84	Sophie Hamilton	Grangemouth	08.06.13
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

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
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1.66	Lyndsay Peddie	Balgownie	30.07.83
1.61	Shirley Gray	Balgownie	19.06.77
1.61	Beth Philip	CA Stadium	11.09.89
1.60	Donna Quirie	CA Stadium	30.06.93
1.59	Emma Caldwell	Grangemouth	29.07.12
1.58	Heather Pirie	Coatbridge	08.08.91
1.58	Anne Watt	Balgownie	06.09.81
1.57	Suzie Robertson	Grangemouth	01.06.91
1.56	Nicola Gauld/Kimberley Miles		98 / 00

U-17 WOMEN POLE VAULT

2.80	SAM SOMERS	CA Stadium	05.06.11
2.65	Sophie Hamilton	CA Stadium	19.05.13
2.30	Erin Runcie	CA Stadium	30.06.13
2.00	Alix Still	Inverness	02.06.13

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 Kamyra	Dundee	05.06.05
10.11	Jennifer Reid	Banchory	27.08.94
9.83	Emma Cloggie	Banchory	31.08.02
9.77	Nikki Corsie	Meadowbank	20.06.98
9.65	Kimberley Miles	CA Stadium	30.07.00
9.54	Shonah Richard	Dundee	03.08.03

U-17 WOMEN SHOT

11.85	HELEN COWE	Elgin	16.07.83
10.29	Sarah Lyon	Tullamore	04.07.99
9.86	Jennifer Reid	Banchory	04.09.94
9.60	Shirley Gray	Balgownie	18.06.78
9.54	Marian Simpson	Coatbridge	28.08.94
9.48	Rhona MacLennan	Coatbridge	04.05.86
9.43	Gail Murchie	Meadowbank	12.06.88
9.35	Saffron Cummings	Kirkwall	08.09.13
9.31	Anita Smith	Balgownie	12.06.83
9.28	Lyndsay Peddie	Balgownie	01.06.83

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
27.62	Erin Runcie	CA Stadium	29.08.13
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

U-17 WOMEN HAMMER

31.58	MARIAN SIMPSON	Birmingham	30.07.94
25.72	Catrin Dickson	CA Stadium	08.09.05
23.16	Katherine Masson	CA Stadium	04.09.95

22.70	Kylie Davidson	Grangemouth	11.06.04
19.87	Sarah Lyon	Coatbridge	30.05.99
19.68	Angela Smith	CA Stadium	28.05.98
19.51	Mollie Hepburn	Inverness	16.09.07
19.24	Cheryl McHardy	Elgin	21.09.97
17.71	Sylvia Kamyra	Dundee	05.06.05
17.60	Lesley Fowler	CA Stadium	29.05.95

U-17 WOMEN JAVELIN

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
3656*	Sophie Hamilton	Grangemouth	14.07.13
3515	Wendy Pennet	Linwood	20.07.97

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

* 100m hurdles

ALL TIME TOP 10s – U-15 EVENTS

U-15 BOYS 100m

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

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
24.6	Bruce Sorbie	CA Stadium	12.07.12
24.7	Colin Wilson	CA Stadium	10.06.89
24.8	Morton/Reaper/Butler/Keelan		75 / 81 / 82 / 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
53.8	Stewart Millar	CA Stadium	25.07.13
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
55.9	Ben Renton	CA Stadium	25.07.13

U-15 BOYS 800m

2:00.77	STEVEN RUSLING	Birmingham	11.08.02
2:01.39	Stewart Millar	Scotstoun	02.08.13
2:01.8	Colin Donald	Grangemouth	26.06.82
2:04.75	Ben Renton	CA Stadium	29.08.13
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

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 Crichton	Dundee	29.06.03

U-15 BOYS 80m HURDLES

11.95	BRUCE SORBIE	Grangemouth	21.06.12
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
1.66	Scott Macgregor	CA Stadium	22.09.13
1.65	Michael Johnston	Coatbridge	05.09.76
1.65	Andrew Keelan	Pitreavie	31.07.88
1.65	Alasdair Lowe	Grangemouth	16.08.12
1.65	Miller Mathieson	Balgownie	09.09.79
1.64	Steven Stark	CA Stadium	28.08.93

U-15 BOYS POLE VAULT

3.10	ALASDAIR LOWE	Grangemouth	26.08.12
2.61	Sam Lyon	CA Stadium	20.05.07
2.60	Miller Mathieson	Scotstoun	16.06.79
2.30	Bruce Sorbie	Grangemouth	29.07.12
2.25	Duncan Mathieson	Balgownie	25.07.82
2.10	Alex Brown	C Stadium	28.07.13
2.10	Jamie Thomson	Meadowbank	15.05.04
2.00	Thomas Joy	Scotstoun	14.05.05
2.00	David Stewart	Balgownie	08.09.84
1.95	Bruce Benzie	CA Stadium	12.09.98

U-15 BOYS LONG JUMP

5.88	BRUCE SORBIE	Grangemouth	29.07.12
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
5.35	Stewart Millar	CA Stadium	23.06.13

U-15 BOYS TRIPLE JUMP

12.10	WILLIAM STARK	Crown Point	10.08.91
11.75	Wilson Moir	Saughton	22.05.77
11.66	Ian Lind	Glenrothes	11.09.88
11.48	Alan Cameron	Balgownie	22.06.75
11.33	David Parham	Meadowbank	21.09.75
11.32	Christopher Jessiman	Glenrothes	13.09.87
11.28	Paul Allan	Glenrothes	09.09.84
11.18	Alasdair Lowe	CA Stadium	25.04.12
11.09	Jamie Stewart	CA Stadium	24.07.94
10.84	Bryan Begg/Steven Stark		75 / 93

U-15 BOYS SHOT

11.89	KEVIN LUTTON	Dundee	27.06.99
11.78	Derek Elmslie	Balgownie	22.06.75
11.70	Adam Crichton	Grangemouth	13.06.09
11.30	Geoffrey Burton	Balgownie	12.08.78
11.17	Edward McKenzie	Balgownie	01.08.81
11.11	David Gagel	Balgownie	20.08.78
10.94	Peter Fraser		1992
10.72	Neil Gillanders	Balgownie	11.09.83
10.66	William Stark	CA Stadium	07.04.91
10.61	Christian Dick	CA Stadium	09.09.12

U-15 BOYS DISCUS

33.91	KEVIN LUTTON	Elgin	19.09.99
33.64	Edward McKenzie	Glenrothes	22.08.81
32.16	Peter Fraser	CA Stadium	03.05.92
30.87	Christian Dick	CA Stadium	30.08.12
30.80	Stuart Scoble	Scotstoun	04.09.83
29.28	Keith Simpson	CA Stadium	07.05.95
28.18	Fraser Benzie	Dundee	06.07.97
27.88	Andrew McCallum	CA Stadium	29.09.91
27.78	Adam Crichton	Inverness	24.05.09
27.76	Richard Phonburn	Grangemouth	13.06.09

U-15 BOYS HAMMER (Top 9)

32.38	GEORGE PETRIE	Balgownie	21.08.77
31.90	David Gagel	Balgownie	16.09.78
30.57	Conor Hewitson	Grangemouth	26.08.12
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
14.13	Calum Davidson	CA Stadium	02.07.13
13.82	Fraser Benzie	CA Stadium	26.09.96

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 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 GIRLS 200m

25.05	LESLEY-ANN MEARNES	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 Cloggje/K Cussell/K Leys/F Lumsden/J Reid		02/78/87/90/92

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 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 Cloggje	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 100m

12.37	LESLEY-ANN MEARNES	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

U-15 GIRLS 1500m

4:43.5	CAROLYN SHEEHAN	Crawley	21.07.84
4:43.9	Ellie Buchan	CA Stadium	05.09.07



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4:46.6	Allison Diamond	Grangemouth	05.06.82
4:49.69	Eiidh Prise	Inverness	05.09.10
4:49.9	Dawn Simpson	Wishaw	07.08.88
4:50.36	Rebecca Eggeling	Greensboro USA	25.07.13
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

U-15 GIRLS 75m HURDLES

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

U-15 GIRLS HIGH JUMP

1.58	ANNE WATT	Balgownie	06.09.81
1.57	Suzie Robertson	Grangemouth	01.06.91
1.50	Emma Caldwell	Scotstoun	29.08.10
1.50	Kimberley Miles	CA Stadium	12.09.99
1.50	Kate Murdoch	CA Stadium	30.08.09
1.50	Lyndsay Peddie	Balgownie	06.09.81
1.49	Kate Rice	Grangemouth	14.06.85
1.48	Nicola Gauld	Meadowbank	12.05.96
1.48	Katrina Leys	Wishaw	07.08.88
1.48	Wendy Pennet	Coatbridge	27.08.95

U-15 GIRLS LONG JUMP

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

U-15 GIRLS SHOT

12.18	HELEN COWE	Swansea	08.08.81
10.29	Rhona MacLennan	Coatbridge	02.09.84
10.14	Sophie Anderson	CA Stadium	17.06.12
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
28.89	Sophie Anderson	Grangemouth	26.08.12
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	Catriona Pennet	Scotstoun	03.05.98
2675	Amanda Lochhead	Grangemouth	24.08.80
2642	Shelda Stalker	Pitreavie	27.06.81
2640	Linda Davidson	Wishaw	05.06.83
2627	Rhona MacLennan	Wishaw	05.06.83
2620	Lea Masson	Meadowbank	28.08.76
2560	Jennifer Reid	Grangemouth	13.06.92

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

ALL TIME TOP 10s – VETERAN EVENTS

VETERAN MEN 100m

11.7	ALAN MACKENZIE	Nairn	18.08.90
11.7	Trevor Madigan	Balgownie	31.08.85
11.7	Robin Rilley	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	Linksfild	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	Linksfild	06.09.88
24.7	Allan Stirling	Crown Point	28.06.87
24.8	Brian Gordon	Grangemouth	27.08.88
25.0	Trevor Madigan	Coatbridge	14.07.85
25.2	Alan Fulton	CA Stadium	22.08.91
25.3	C Coulter/K Lyon		87/01

VETERAN MEN 400m

53.0	DENIS SHEPHERD	CA Stadium	29.06.93
54.8	Alan Fulton	CA Stadium	18.06.91
54.8	Frank Gauld	CA Stadium	10.06.00
55.2	Allan Stirling	Malmo (SWE)	28.07.86
56.0	Mike Simpson	CA Stadium	27.05.97
56.2	Roderick MacFarquhar	Balgownie	11.08.82
56.40	Kenny Lyon	Sheffield	08.09.01
56.6	Jim Burr	CA Stadium	13.09.95
56.8	Bill Scullion	CA Stadium	16.06.93
57.17	Mark Davidson	CA Stadium	09.05.13

VETERAN MEN 800m

2:01.0	DENIS SHEPHERD	Dundee	22.08.93
2:01.1	Hunter Watson	Coatbridge	30.05.76
2:02.72	Roderick MacFarquhar	Strasbourg	15.07.82

2:06.1	Alan Fulton	Inverness	10.06.95
2:08.1	Frank Gauld	Dundee	28.05.00
2:08.8	Ken Hogg	Dundee	18.06.89
2:10.3	Dave Armitage	CA Stadium	24.08.91
2:10.7	Jim Burr	CA Stadium	27.08.94
2:11.2	Bill Scullion	CA Stadium	28.08.93
2:13.1	John Ballentine/Frank Smith		93 / 01

VETERAN MEN 1500m

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

VETERAN MEN 3000m

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

VETERAN MEN 5000m

14:57.0	ALISTAIR WOOD	Meadowbank	12.07.75
15:24.8	Colin Youngson	Grangemouth	29.06.91
15:28.0	Roderick MacFarquhar	Balgownie	24.05.83
15:48.0	Graham Milne	Balgownie	29.06.88
15:54.6	George Sim	Inverness	18.05.92
15:57.2	Mike Simpson	CA Stadium	14.08.97
16:14.2	Mel Edwards	Balgownie	15.05.85
16:23.26	John Ballentine	Jarrow	17.07.93
16:27.51	Frank Boyne	Grangemouth	29.08.10
16:30.4	Davy Grubb	CA Stadium	04.07.89

VETERAN MEN 10000m

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

VETERAN MEN 3000m STEEPLECHASE (Top 3)

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

VETERAN MEN 100m HURDLES (Top 6)

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

VETERAN MEN 400m HURDLES (Top 7)

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

* 3' hurdles

VETERAN MEN HALF-MARATHON

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

VETERAN MEN MARATHON

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

VETERAN MEN HIGH JUMP

1.67	DENIS SHEPHERD	Inverness	12.09.92
1.65	Bill Lonsdale	CA Stadium	21.05.03
1.65	James MacGregor	Wishaw	28.08.11
1.65	Trevor Madigan	Balgownie	01.07.87
1.65	Robert Masson	Balgownie	01.07.87
1.55	Kenny Lyon	CA Stadium	12.05.04
1.48	Edward McKenzie	P'o Alegre (BRA)	16.10.13
1.40	Malcolm Clarkson	CA Stadium	07.06.89
1.30	Ken Peddie	Balgownie	15.05.84
1.20	Alan Johnston	Balgownie	23.06.81

VETERAN MEN POLE VAULT (Top 5)

3.65	KENNY LYON	CA Stadium	01.09.01
3.60	Robert Masson	Balgownie	08.07.87
2.80	Edward McKenzie	Grangemouth	16.04.11
2.25	Trevor Madigan	Balgownie	06.04.86
1.90	Ian Morrison	Balgownie	10.08.82

VETERAN MEN LONG JUMP

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

VETERAN MEN TRIPLE JUMP

12.21	TREVOR MADIGAN	Balgownie	27.07.85
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11.84	Kenny Lyon	CA Stadium	11.05.03	34.35	Robert Masson	CA Stadium	19.04.98
11.30	Frank Gauld	CA Stadium	30.07.00	31.73	Trevor Madigan	CA Stadium	16.09.04
11.20	Chris Coulter	Balgownie	17.08.87	30.98*	Bob Ingram	Dundee	25.08.85
11.03	Robert Masson	CA Stadium	11.05.93	27.86	Alistair Simpson	CA Stadium	29.05.97
10.75	Bill Lonsdale	Derby	07.06.03	27.41*	Darren Chapman	CA Stadium	19.08.10
10.44	Malcolm Clarkson	Grangemouth	19.06.88	27.06	Alan Bews	CA Stadium	22.05.91
10.43	Alan Young	CA Stadium	28.05.05	25.86	Forbes Bruce	Balgownie	30.06.82
9.68	Bill Skinner	Grangemouth	16.06.13	23.64	Allan Stirling	Balgownie	19.08.86
4.14	Hugo Fletcher	CA Stadium	01.05.02	23.42	Jim Campbell	CA Stadium	22.05.91

* Senior men's implements

VETERAN MEN SHOT

13.04*	DARREN CHAPMAN	CA Stadium	18.04.10
13.01	Edward McKenzie	CA Stadium	27.08.09
12.32	Robert Masson	CA Stadium	26.08.89
11.68	Forbes Bruce	Balgownie	08.08.81
11.65	Mark Davidson	CA Stadium	27.08.09
11.16	Kenny Lyon	CA Stadium	30.08.07
11.00	Trevor Madigan	CA Stadium	15.05.91
10.75	Jim Burr	CA Stadium	02.09.93
10.71	Frank Gauld	CA Stadium	25.08.99
10.62	John Leys	CA Stadium	15.05.91

* Senior men's implements

VETERAN MEN DISCUS

39.86	ROBERT MASSON	CA Stadium	03.09.92
37.68	Edward McKenzie	CA Stadium	06.09.12
33.45*	Darren Chapman	CA Stadium	29.04.12
32.49	Kenny Lyon	CA Stadium	26.08.04
32.20	Forbes Bruce	Balgownie	03.08.82
32.17	Colin Harris	CA Stadium	28.05.05
30.52	Paddy Grant	CA Stadium	02.09.99
30.15	Frank Gauld	CA Stadium	24.08.00
28.30	Ian Maitland	Dundee	11.09.93
27.94	Malcolm Clarkson	CA Stadium	25.08.90

* Senior men's implements

VETERAN MEN HAMMER

36.95	EDWARD MCKENZIE	CA Stadium	03.09.09
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VETERAN MEN JAVELIN

43.88*	ROBERT MASSON	CA Stadium	02.04.89
41.65*	Edward McKenzie	Grangemouth	14.07.07
39.55*	Kenny Lyon	Sheffield	08.09.01
36.28*	Andy Dougall	CA Stadium	07.04.91
35.79*	Darren Chapman	CA Stadium	20.05.12
32.84*	Ian Maitland	CA Stadium	04.04.93
32.60*	Douglas Cooper	CA Stadium	07.04.91
31.38*	Dave Walker	Inverness	13.06.92
30.06*	Angel Alicea	CA Stadium	04.04.93
29.96	Bill Lonsdale	Grangemouth	25.08.02
29.32	Trevor Madigan	CA Stadium	18.05.00

* Senior men's implements

VETERAN MEN DECATHLON (Top 5)

4738	TREVOR MADIGAN	Balgownie	30.04.86
3658	Robert Masson	CA Stadium	16.07.95

Age-graded

6490	Robert Masson	Oxford	07.07.07
5647	Kenny Lyon	Sheffield	09.09.01
4514	Edward McKenzie	Zittau (GER)	16.08.12
4506	Bill Lonsdale	Grangemouth	25.08.02

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

VETERAN WOMEN 100m

12.7	KATHLEEN MADIGAN	CA Stadium	23.08.06
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12.9	Janet Lyon	CA Stadium	22.06.97	11:22.09	Diana Jermieson	Meadowbank	10.06.90
13.54	Fiona Davidson	Pitreavie	21.06.08	VETERAN WOMEN 5000m			
13.6	Ann Imrie	CA Stadium	23.08.95	17:48.80	SONIA ARMITAGE	Chester-le-Street	31.07.99
13.9	Heather Wisley	Grangemouth	27.08.88	18:49.7	Rhona Buchan	CA Stadium	29.08.07
14.2	Linda Michie	CA Stadium	24.08.05	19:02.1	Laura Mahady	CA Stadium	28.05.08
14.3	Shona McKinnon	CA Stadium	10.06.00	19:07.8	Kathryn Mearns	CA Stadium	14.08.97
14.4	Joyce Hogg	Grangemouth	27.08.88	19:41.1	Lynda Bain	CA Stadium	24.09.91
14.4	Laura Mahady	CA Stadium	26.08.09	20:15.9	Margaret Stafford	CA Stadium	24.09.91
14.4	Tracy Wilson	CA Stadium	28.08.93	20:46.7	Nicola Smith	CA Stadium	16.05.11
VETERAN WOMEN 200m				21:57.9	Bing Kerr	CA Stadium	04.07.89
26.5	JANET LYON	Coatbridge	08.06.97	22:08.9	Jane MacKay	CA Stadium	10.05.10
26.7	Kathleen Madigan	Dundee	10.04.05	22:10.3	Trish McLauchlan	CA Stadium	10.05.10
28.2	Ann Imrie	CA Stadium	24.08.94	VETERAN WOMEN 10000m (Top 9)			
28.7	Laura Mahady	CA Stadium	19.08.09	37:18.2	HEATHER WISLEY	CA Stadium	04.05.89
29.4	Joyce Hogg	Linksfield	06.09.88	38:18.5	Sonia Armitage	CA Stadium	04.07.02
30.0	Linda Michie	CA Stadium	30.08.06	42:20.6	Kathryn Mearns	CA Stadium	03.07.03
30.2	Shona McKinnon	CA Stadium	28.08.02	46:29.3	Trish McLauchlan	CA Stadium	22.06.09
30.6	Tracey Wilson	CA Stadium	03.04.94	46:43.0	Maureen MacInnes	CA Stadium	22.06.09
31.3	Penny Johnson	Kirkwall	08.09.13	47:03.5	Jane MacKay	CA Stadium	22.06.09
33.2	Brigitte Mulsant	CA Stadium	30.08.89	48:40.8	Janice Gordon	CA Stadium	04.07.02
VETERAN WOMEN 400m				48:42.8	Nancy MacKinnon	CA Stadium	04.07.02
61.05	LAURA MAHADY	Lahti (FIN)	07.08.09	49:33.1	Ann Clark	CA Stadium	22.06.09
63.16	Kathleen Madigan	Tullamore (IRL)	09.08.08	VETERAN WOMEN HALF MARATHON			
63.6	Janet Lyon	Dundee	15.04.01	82:09	ULLI SIMPSON	CA Stadium	26.08.90
63.79	Sonia Armitage	Grangemouth	21.06.03	84:05	Lynda Bain	Linksfield	29.08.93
64.4	Heather Wisley	Grangemouth	27.08.88	85:42	Hazel Gaskell	Linksfield	29.08.93
66.1	Joyce Hogg	Linksfield	21.08.88	85:51	Heather Wisley	Linksfield	28.08.88
67.1	Nancy MacKinnon	CA Stadium	10.05.89	86:54	Sonia Armitage	Aviemore	19.10.08
68.4	Kathryn Mearns	CA Stadium	24.05.00	87:48	Diana Jermieson	Rannoch	25.06.89
70.1	Ann Imrie	CA Stadium	14.09.94	88:50	Angela Hepburn	Elgin	04.09.05
72.5	Annette Orme	CA Stadium	16.06.92	89:35	Jackie Nuttall	Dyce	27.03.88
VETERAN WOMEN 800m				89:43	Margaret Stafford	Inverdee	29.03.92
2:19.3	SONIA ARMITAGE	CA Stadium	08.08.04	90:58	Nancy MacKinnon	Peterhead	17.06.90
2:19.50	Laura Mahady	Lahti (FIN)	12.08.09	VETERAN WOMEN MARATHON			
2:20.6	Heather Wisley	Inverness	13.05.90	3:00:32	MARGARET STAFFORD	London	22.04.90
2:24.4	Nancy MacKinnon	CA Stadium	10.09.88	3:15:52	Diana Jermieson	Beach	28.05.89
2:26.4	Kathryn Mearns	CA Stadium	07.09.97	3:18:57	Angela Hepburn	Fort William	18.04.10
2:33.6	Joyce Hogg	Grangemouth	03.09.88	3:24:22	Olive Fraser	London	23.04.89
2:35.1	Hazel Gaskell	CA Stadium	02.09.93	3:27:42	Leona Hart	Dundee	28.04.85
2:39.1	Annette Orme	CA Stadium	24.08.95	3:32:33	Betty May	London	21.04.91
2:51.3	Janet Lyon	CA Stadium	24.08.00	3:37:09	Maureen McInnes	Amsterdam	15.10.06
2:51.4	Barbara Pidgeon	CA Stadium	08.09.94	3:42:53	Bing Kerr	London	23.04.89
VETERAN WOMEN 1500m				3:54:48	Carol Hawthorn	Aberdeen	16.09.84
4:39.12	SONIA ARMITAGE	Meadowbank	02.06.96	3:54:57	Margaret Beveridge	Elgin	06.08.89
4:47.4	Heather Wisley	Inverness	24.06.90	VETERAN WOMEN 80m HURDLES (Top 4)			
4:50.73	Laura Mahady	Lahti(FIN)	06.08.09	14.6	JANET LYON	CA Stadium	04.04.04
4:57.1	Kathryn Mearns	Peterhead	24.08.97	15.8	Ann Imrie	CA Stadium	02.04.00
5:00.4	Rhona Buchan	CA Stadium	05.09.07	16.0	Joyce Hogg	CA Stadium	07.04.91
5:01.7	Lynda Bain	CA Stadium	05.05.91	16.4	Shona McKinnon	CA Stadium	16.04.04
5:07.4	Nancy MacKinnon	CA Stadium	06.09.88	VETERAN WOMEN 400m HURDLES (Top 2)			
5:20.7	Annette Orme	Dundee	04.06.95	73.0	JANET LYON	CA Stadium	27.06.00
5:21.8	Joyce Hogg	CA Stadium	06.09.88	75.5	Joyce Hogg	Coatbridge	24.06.90
5:44.8	Carole Hawthorn	Balgownie	14.08.84	VETERAN WOMEN HIGH JUMP (Top 4)			
VETERAN WOMEN 3000m				1.40	FIONA DAVIDSON	Grangemouth	18.05.08
9:51.9	HEATHER WISLEY	Coatbridge	20.05.90	1.35	Janet Lyon	Meadowbank	31.08.97
10:03.1	Sonia Armitage	Coatbridge	29.08.98	1.35	Shona McKinnon	Pitreavie	13.07.02
10:26.2	Lynda Bain	CA Stadium	09.06.91	1.30	Joyce Hogg	CA Stadium	06.06.89
10:42.8	Hazel Gaskell	CA Stadium	18.07.93	VETERAN WOMEN POLE VAULT (Top 1)			
10:48.2	Nancy MacKinnon	CA Stadium	23.07.89	2.81	JANET LYON	CA Stadium	14.05.04
11:00.2	Laura Mahady	CA Stadium	21.05.03				
11:00.4	Rhona Buchan	Dundee	09.07.06				
11:19.0	Kathryn Mearns	CA Stadium	21.05.03				
11:20.5	Helen Brown	Balgownie	29.06.88				

VETERAN WOMEN LONG JUMP

4.93	FIONA DAVIDSON	Birmingham	14.09.13
4.74	Linda Michie	CA Stadium	05.07.06
4.49	Shona McKinnon	CA Stadium	10.06.00
4.45	Janet Lyon	CA Stadium	04.04.04
4.36	Joyce Hogg	Cwmbran	24.07.88
4.23	Kathleen Madigan	CA Stadium	28.05.05
4.05	Heather Young	CA Stadium	21.08.02
3.99	Ann Imrie	CA Stadium	23.08.95
3.73	Irene Dougall	CA Stadium	02.09.92
3.54	Annette Orme	CA Stadium	23.08.95

VETERAN WOMEN TRIPLE JUMP (Top 5)

11.07	FIONA DAVIDSON	Pitreavie	18.07.10
9.25	Shona McKinnon	Pitreavie	19.05.01
8.69	Linda Michie	Dundee	10.07.05
8.46	Joyce Hogg	Crown Point	15.07.90
7.38	Heather Young	Grangemouth	21.06.03

VETERAN WOMEN SHOT

8.82	LINDA MICHIE	CA Stadium	05.07.06
8.45	Kathleen Madigan	Newtonmore	05.08.06
8.17	Shona McKinnon	Drumnadrochit	26.08.00
8.13	Fiona Davidson	CA Stadium	12.09.13
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
23.52	Fiona Davidson	CA Stadium	29.04.12
22.34	Ann Imrie	CA Stadium	10.08.97
20.94	Dorothy Davidson	Balgownie	24.02.85
19.64	Kathleen Madigan	CA Stadium	30.06.13
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)

31.40	KATHLEEN MADIGAN	Inverness	31.03.13
25.81	Fiona Davidson	CA Stadium	02.07.13
20.94	Joyce Hogg	CA Stadium	16.06.94
14.61	Linda Michie	CA Stadium	07.09.06
14.05	Heather Young	Coatbridge	25.07.04

VETERAN WOMEN JAVELIN (Top 7)

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

28.40	BARBARA MACDONALD	CA Stadium	07.04.96
23.68	Shona McKinnon	Pitreavie	13.07.02
21.65	Kathleen Madigan	CA Stadium	20.06.13
20.09	Linda Michie	CA Stadium	22.06.06
17.94	Joyce Hogg	CA Stadium	22.08.91
14.08	Helen Wilson	Dundee	18.06.89
13.03	Margaret Lyon	CA Stadium	04.04.99

VETERAN WOMEN HEPTATHLON (Top 1)

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

2750	SHONA MCKINNON	Pitreavie	31.05.03
2450	Joyce Hogg	Coatbridge	09.09.89

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

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ALL TIME INDOOR RANKINGS (SENIOR EVENTS)

MEN 60m (Top 20)

6.99	BARRY MIDDLETON	Kelvin Hall	13.01.96
7.0	Mark Davidson	Kelvin Hall	04.01.89
7.0	Murray King	Kelvin Hall	26.01.91
7.06	Duncan Mathieson	Kelvin Hall	15.02.97
7.1	Richard Chessor	Kelvin Hall	23.04.03
7.1	Ian Garioch	Aberdeen SV	12.12.09
7.1	Gavin Irvine	Aberdeen SV	16.12.12
7.18	Stephen Dunlop	Aberdeen SV	15.12.13
7.2	Chukwuudi Onyia	Aberdeen SV	16.12.12
7.21	Neil Fachie	Kelvin Hall	30.11.05
7.25	Ronald Smith	Kelvin Hall	31.01.99
7.30	Sam Lyon	Aberdeen SV	15.12.13
7.30	Donald Ross	Kelvin Hall	23.01.94
7.3	Dinkar Sabnis	Kelvin Hall	27.10.91
7.3	Robbie Shaw	Aberdeen SV	13.01.13
7.33	Richard Singer	Kelvin Hall	03.02.96
7.37	Ray Elrick	Kelvin Hall	17.01.98
7.38	Paul Allan	Kelvin Hall	25.02.89
7.39	Scott Rankin	Kelvin Hall	17.02.02
7.4	Stark/McKeown/Williamson/Legge/Clrak/D Irvine		93 / 93 / 09 / 12 / 12 / 13

MEN 200m (Top 20)

21.90	MARK DAVIDSON	Kelvin Hall	17.02.90
22.07	Barry Middleton	Kelvin Hall	19.01.97
22.38	Gavin Irvine	Emirates A	02.03.13
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
23.32	Robbie Shaw	Emirates A	07.02.13
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

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
52.85	Andrew Ferguson	Kelvin Hall	21.01.12
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
53.39	Ewan Calder	Emirates A	07.02.13
53.61	Adam Nixon	Emirates A	02.03.13
53.62	Oliver Hay	Emirates A	07.02.13

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
4:02.91	Michael Ferguson	Emirates A	02.03.13
4:04.40	Adam Watt	Kelvin Hall	02.03.03
4:05.8	Alan Wales	Kelvin Hall	31.01.02
4:07.3	Willie Duncan	Kelvin Hall	12.02.04
4:07.52	Eoin Durkan	Sheffield	25.02.12
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

MEN 3000m (TOP 10)

8:27.22	ALAN WALES	Sheffield	26.02.06
8:29.68	Mark Haskett	Emirates A	09.02.13
8:31.63	Ben Hukins	Cardiff	11.03.00
8:32.88	Ray Creswell	Kelvin Hall	14.01.89
8:48.70	Chris Smith	Kelvin Hall	12.03.98
8:52.83	Frank Boyne	Kelvin Hall	15.01.94
8:58.7	Colin Youngson	Kelvin Hall	26.02.89
9:10.85	Michael Ferguson	Emirates A	09.02.13
9:12.4	Roderick MacFarquhar	Kelvin Hall	26.03.89
9:13.86	Stewart Mason	Cardiff	11.03.00

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
1.96	Ryan Hewitson	Emirates A	02.03.13
1.92	Keith Oag	Kelvin Hall	04.03.95
1.90	Andrew Grant	Kelvin Hall	26.01.02
1.90	Kevin Lutton	Kelvin Hall	24.02.01
1.86	Paul Allan	Kelvin Hall	03.02.90
1.85	Ian Lind	Kelvin Hall	03.02.90
1.85	Craig Noble	Kelvin Hall	05.02.93
1.82	Tom Leeson	Kelvin Hall	16.02.97
1.80	David Partridge	Aberdeen SV	24.03.13
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	Grant Robertson	Emirates A	07.02.13
1.75	Paul Torry	Kelvin Hall	11.03.00
1.73	Stewart Clark	Kelvin Hall	11.02.12
1.72	Kenny Lyon	Kelvin Hall	25.02.89
1.70	William Smy / Alasdair Lowe		08 / 13

MEN POLE VAULT

4.10	DAVID MANN	Emirates A	19.01.13
4.00	Duncan Mathieson	Kelvin Hall	16.02.97
3.80	Tom Leeson	Kelvin Hall	16.02.97
3.70	Kenny Lyon	Kelvin Hall	26.02.89
3.60	Robert Masson	Kelvin Hall	26.03.89
3.50	Fraser Benzie	Kelvin hall	26.01.02
3.50	Douglas McAllister	Perth	20.03.76
3.40	Mark Dobbie	Kelvin Hall	18.02.96
3.35	Alasdair Lowe	Aberdeen SV	22.06.13
3.20	Paul Allan	Kelvin Hall	26.02.89
3.20	Paul Torry	Kelvin Hall	10.02.02
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
2.90	Hugh Kilpatrick	Kelvin Hall	04.02.90
2.90	Craig Loney	Kelvin Hall	17.01.04
2.85	David Partridge	Aberdeen SV	16.06.12
2.80	Richard Durkin	Kelvin Hall	13.01.96
2.80	Edward McKenzie	Aberdeen SV	03.05.11
2.70	Miller/Chapman/Peters		03 / 10 / 13

MEN LONG JUMP (Top 10)

7.14	DUNCAN MATHIESON	Kelvin Hall	26.01.91
7.07	Dinkar Sabnis	Kelvin Hall	23.01.94
6.94	Sam Lyon	Emirates A	17.02.13
6.93	William Stark	Kelvin Hall	16.01.00
6.87	Chukwudi Onyia	Aberdee SV	16.12.12
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)

14.19	CHUKWUDI ONYIA	Aberdeen SV	24.03.13
13.97	William Stark	Kelvin Hall	23.01.94
13.77	Dinkar Sabnis	Kelvin Hall	14.03.92
13.62	Sam Lyon	Kelvin Hall	19.02.12
13.52	Paul Allan	Kelvin Hall	14.02.90
12.76	Robert Miller	Kelvin Hall	02.03.03
12.53	Stewart Clark	Kelvin Hall	21.01.12
12.40	Paul McAndrew	Kelvin Hall	03.02.96
12.39	Michael Spink	Kelvin Hall	21.02.93
12.13	C Rhodes/D 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

7.69	ZOEY CLARK	Emirates A	17.02.13
7.74	Dawn Kitchen	Meadowbank	19.01.86
7.78	Dawn Flockhart	Kelvin Hall	15.01.95
7.79	Aileen Connelly	Kelvin Hall	14.01.06
7.83	Katrina Leys	Birmingham	21.02.93
7.83	Lesley-Ann Mearns	Kelvin Hall	17.02.05
7.84	Gail Murchie	Kelvin Hall	24.01.93
7.9	Susan Tengtenga	Aberdeen SV	12.12.09
7.91	Alison Wylie	Emirates A	17.02.13
7.92	Kirsten Young	Kelvin Hall	06.02.05
7.95	Corrie Butler	Kelvin Hall	24.02.91
7.95	Louise Paterson	Kelvin Hall	21.02.92
7.96	Kathleen Madigan	Meadowbank	15.02.87
7.96	Sarah Still	Kelvin Hall	24.01.99
8.02	Sandra Gunn	Kelvin Hall	24.02.91
8.1	Ademide Ademuyewo	Aberdeen SV	16.12.12
8.1	Catriona Pennet	Aberdeen SV	13.01.13
8.13	Hayley Bowers	Kelvin Hall	28.01.99
8.17	Pamela Gray	Kelvin Hall	04.02.95
8.19	Angela Shearer	Kelvin Hall	27.01.00

WOMEN 200m

24.86	DAWN FLOCKHART	Kelvin Hall	22.01.95
24.94	Zoey Clark	Emirates A	17.02.13
25.34	Aileen Connelly	Cardiff	05.02.06
25.51	Lesley-Ann Mearns	Kelvin Hall	17.02.05
25.57	Katrina Leys	Kelvin Hall	24.01.99
25.96	Alison Wylie	Emirates A	17.02.13
25.6	Louise Paterson	Kelvin Hall	14.03.92
26.02	Ademide Ademuyewo	Emirates A	17.02.13
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 Tengtenga	Kelvin Hall	20.02.10
27.06	Emma Caldwell	Kelvin Hall	03.03.12
27.1	Emma Coggie	Kelvin Hall	18.01.09
27.1	Susan Hendry	Kelvin Hall	25.10.95
27.13	Sophie Clayton	Emirates A	19.01.13
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

WOMEN 400m (Top 10)

55.27	EMMA CLOGGIE	Birmingham	05.03.06
56.24	Susan Hendry	Birmingham	19.02.95
57.64	Kelsey Stewart	Emirates A	02.03.13
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

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
4:48.54	Gemma Cormack	Emirates A	12.01.13
4:50.90	Eilidh Prise	Kelvin Hall	09.02.12
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

WOMEN 3000m (TOP 5)

9:55.20	RHONA AUCKLAND	Kelvin Hall	09.02.12
10:23.35	Gemma Cormack	Emirates A	12.01.13
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 Kamy	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
10.0	Lisa Humpreys	Aberdeen SV	24.03.13
10.24	Rebecca Dougall	Kelvin Hall	17.01.98

WOMEN HIGH JUMP (Top 10)

1.71	ELLIE WORKMAN	Kelvin Hall	05.02.09
1.66	Sarah Still	Kelvin Hall	18.02.01
1.60	Beth Philip	Kelvin Hall	27.10.91
1.60	Heather Pirie	Kelvin Hall	06.02.94
1.55	Nicola Gauld	Kelvin Hall	30.01.97
1.55	Kimberley Miles	Kelvin Hall	08.12.01
1.52	Linda Davidson	Kelvin Hall	25.02.89
1.50	Wendy Pennet	Kelvin Hall	13.01.96
1.50	Kate MacKay	Aberdeen SV	24.03.13
1.50	Shona Simpson	Kelvin Hall	04.12.88

WOMEN POLE VAULT (Top 10)

3.00	LAURA KUTT	Kelvin Hall	04.02.12
2.90	Sam Somers	Aberdeen SV	04.01.12
2.70	Janet Lyon	Kelvin Hall	09.02.02
2.52	Sophie Hamilton	Aberdeen SV	06.05.13
2.35	Erin Runcie	Aberdeen SV	24.03.13
2.15	Chloe Allan	Aberdeen SV	04.12.11
2.06	Sophie Anderson	Aberdeen SV	28.09.11
2.00	Alix Still	Aberdeen SV	24.07.13
1.91	Lise Theron	Aberdeen SV	28.09.11
1.90	Chloe Parker	Aberdeen SV	06.05.13

WOMEN LONG JUMP (Top 10)

5.88	LINDA DAVIDSON	Birmingham	21.02.93
5.82	Sarah Still	Kelvin Hall	12.03.00
5.36	Kirsten Young	Kelvin Hall	06.02.05
5.21	Donna Quirie	Kelvin Hall	21.02.93
5.21	Ellie Workman	Kelvin Hall	22.02.09
5.13	Kirstie Duncan	Aberdeen SV	11.12.11
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 Kamy	Kelvin Hall	17.01.10
10.52	Janet Abladey	Kelvin Hall	04.02.12
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
8.82	Saffron Cummings	Aberdeen SV	15.12.13
8.68	Catriona Pennet	Kelvin Hall	11.12.99
8.48	Kathleen Madigan	Aberdeen SV	13.01.13

WOMEN PENTATHLON (TOP 7)

3778	SARAH STILL	Kelvin Hall	13.03.00
	(5.82; 8.84; 1.62; 9.52; 2:23.11)		
2866	Gail Murchie	Kelvin Hall	06.03.93
	(8.96; 1.45; 9.31; 4.70; 2:54.42)		
2745	Heather Pirie	Kelvin Hall	19.02.95
	(10.62; 1.59; 7.93; 4.81; 2:44.95)		
2583	Kimberley Miles	Kelvin Hall	10.02.02
2465	Nicola Gauld	Kelvin Hall	14.02.99
2427	Nicola Kemp	Kelvin Hall	16.02.97
1988	Shona McKinnon	Kelvin Hall	10.02.02



2013 TOP 5 CLUB RANKINGS

Covering the athletics year ended 31 October 2013

SENIOR MEN

60m
 7.2i Chukwudi Onyia
 7.4i (7.44) Sam Lyon
 7.5i Ronald Smith
 7.79 Peter Mutch
 7.8i Mark Davidson (M40)

100m

10.70 Stephen Dunlop
 11.42 Sam Lyon
 11.99 Peter Mutch
 12.08 Graham Thomson
 12.26 Andrew Graham

200m

22.7 Sam Lyon
 24.1 Peter Mutch
 24.3 Andrew Ferguson
 24.51 Chukwudi Onyia
 24.56 Graham Thomson

300m

35.30 Sam Lyon
 38.82 Peter Mutch
 49.62 Alan Fulton (M65)

400m

53.19 Fraser McGillivray
 53.3 Andrew Ferguson
 54.86 Peter Mutch
 55.1 Eoin Durkan
 56.53 Alasdhair Love (M35)

800m

1:50.49 Myles Edwards
 1:55.65 Mark Haskett
 1:58.22 James Joy
 2:03.16 Andrew Ferguson
 2:08.2 Sean West

1,500m

3:55.25 Myles Edwards
 3:59.96 Mark Haskett
 4:02.76 James Joy
 4:09.36 Eoin Durkan
 4:26.83 Lucasz Czyzycki

3,000m

8:29.68i Mark Haskett
 9:10.89 James Joy
 10:06.9 David Smith
 10:09.44 Lachlan Caldeer
 10:12.10 Neil Jaffrey

5,000m

16:29.80 James Joy
 16:32.93 Davie Munro
 17:31.94 Lachlan Calder

10,000m

36:53.57 Lachlan Calder
 47:04.27 Alan Fulton (M65)

3,000m Steeplechase

9:44.37 Davie Munro
 10:11.23 James Joy

400m Hurdles

61.71 Alasdhair Love

High Jump

1.80i David Partridge
 1.65 Sam Lyon
 1.56 James Macgregor (M45)
 1.55 Davie Munro
 1.50 Peter Mutch

Pole Vault

2.90 Bob Masson (M65)
 2.80 Kenny Lyon (M50)
 2.70 Edward McKenzie (M45)
 2.70i Jools Peters
 2.50i Sam Lyon

Long Jump

7.05 Sam Lyon
 6.87i (6.30) Chukwudi Onyia
 5.49 Peter Mutch
 5.05 Mark Davidson M40
 4.85i Kenny Lyon (M50)

Triple Jump

15.16 Chukwudi Onyia
 13.99 Sam Lyon
 10.82 Kenny Lyon (M50)
 9.73i (9.68) Bill Skinner (M50)
 9.56 Bill Lonsdale (M60)

Shot

14.60 Scot Thompson
 11.08i Darren Chapman (M45)
 10.79 Edward McKenzie (M45)
 9.80 Patrick Robertson
 8.97 Sam Lyon

Discus

46.68 Scot Thompson
 31.34 Edward McKenzie (M45)
 25.41 Bob Masson (M60)
 22.68 Kenny Lyon (M50)
 18.80 Alasdhair Love (M35)

Hammer

43.67 Scot Thompson
 28.48 Edward McKenzie (M45)

Javelin

45.85 Scot Thompson
 41.75 Sam Lyon
 38.77 Edward McKenzie (M45)
 32.84 Kenny Lyon (M50)
 31.07 Bob Masson (M60)

Weight

8.94 Edward McKenzie (M45)

VETERAN MEN

60m
 7.8i Mark Davidson (M40)
 8.0i Stan Walker (M40)
 8.04i John McKeown (M40)
 8.50i Edward McKenzie (M45)
 8.5i Bill Skinner (M50)

100m

12.3 Stan Walker (M40)
 13.36 Bill Skinner (M50)
 12.67 Mark Davidson (M40)
 12.88 John McKeown (M40)
 13.62 Edward McKenzie (M45)

150m

21.96 Bill Skinner (M50)

200m

25.9 Stan Walker (M40)
 27.1 John McKeown (M40)
 27.8 Bill Skinner (M50)

300m

49.62 Alan Fulton (M65)

400m

56.53 Alasdhair Love (M35)
 57.17 Mark Davidson (M40)
 61.61 Bill Skinner (M50)
 69.8 Alan Fulton (M65)

800m

2:10.2 Alasdhair Love (M35)
 2:40.55 Bill Skinner (M50)
 2:59.58i (3:01.29) Alan Fulton (M60)

1,500m

4:44.85 Frank Boyne (M45)
 4:47.72 Alasdhair Love (M35)
 5:01.51 James Macgregor (M45)
 5:30.16 Alan Dick (M40)
 5:33.41 Colin Youngson (M65)

3,000m

11:35.87i (11:57.36/M65) Colin Youngson (M60)

10,000m

47:04.27 Alan Fulton (M65)

60m Hurdles (3'3")

11.72i Edward McKenzie (M45)

60m Hurdles (2'9")

12.04i Bob Masson (M60)

400m Hurdles (3')

61.71 Alasdhair Love (M35)

High Jump

1.56 James Macgregor (M45)
 1.48 Edward McKenzie (M45)
 1.40i (1.31) Bill Lonsdale (M60)
 1.40i Bill Skinner (M50)
 1.35i (1.26) Bob Masson (M60)

Pole Vault

2.90 Bob Masson (M60)
 2.80 Kenny Lyon (M50)
 2.70 Edward McKenzie (M45)

Long Jump

5.05 Mark Davidson (M40)
 4.85i Kenny Lyon (M50)
 4.78 Edward McKenzie (M45)
 4.77 Bill Skinner (M50)
 4.33i Bill Lonsdale (M60)

Triple Jump

9.73i (9.68) Bill Skinner (M50)
 9.56 Bill Lonsdale (M60)

Shot (7.26 Kg)

11.08i Darren Chapman (M45)
 10.79 Edward McKenzie (M45)
 8.30 Kenny Lyon (M50)
 7.50 Bill Skinner (M50)
 7.15 Alasdhair Love (M35)

Shot (6 Kg)

9.78i (9.18) Kenny Lyon (M50)
 8.22 Bill Skinner (M50)

Shot (5 Kg)

11.51 Mark Davidson (M40)
 9.56i (9.19) Bob Masson (M65)
 9.55 Bill Skinner (M50)
 8.16 James Macgregor (M45)
 7.73i Bill Lonsdale (M60)

Discus (2 Kg)

31.34 Edward McKenzie (M45)
 25.41 Bob Masson (M65)
 22.68 Kenny Lyon (M50)
 18.80 Alasdhair Love (M35)

Discus (1kg)

38.02 Bob Masson (M65)

Hammer (7.26 K)

28.48 Edward McKenzie (M45)

Hammer (5Kg)

29.41 Bob Masson (M65)

Javelin (800g)

38.77 Edward McKenzie (M45)
 32.84 Kenny Lyon (M50)
 31.07 Bob Masson (M65)

Javelin (600g)

33.97 Bob Masson (M65)

Weight

8.94 Edward McKenzie (M45)

Decathlon (M40)

3759 Edward McKenzie (M45)

Heptathlon (M40)

1040i Edward McKenzie (M45)

Weight Pentathlon

2559 Edward McKenzie (M45)

UNDER-20 MEN**60m**

7.1i Gavin Irvine
 7.3i Robbie Shaw
 7.47i Joshua Walker
 7.6i Sam Johnson
 7.6i Gareth Lake

100m

11.38 Robbie Shaw
 12.1 Gavin Irvine
 12.13 Gareth Lake
 12.16 Sam Johnson
 12.20 Ryan Hewitson

200m

22.38i (22.62) Gavin Irvine
 22.80 Robbie Shaw
 23.08 Michael Ferguson
 24.16i Joshua Walker
 24.32 Gareth Lake

300m

36.82 Robbie Shaw
 43.43 Kieran Gauld

400m

49.45 Michael Ferguson
 51.73 Gareth Lake
 53.61i (54.31) Adam Nixon
 55.68 Sam Burgess
 58.27 Kieran Gauld

800m

1:52.86 Michael Ferguson
 1:59.11 Sam Burgess
 2:09.59 Gareth Lake

1,500m

4:02.36 Michael Ferguson
 4:11.20 Sam Burgess

3,000m

9:09.69 Sam Burgess
 9:10.85i Michael Ferguson

5,000m

15:48.65 Sam Burgess

10,000m

33:19.02 Sam Burgess

60m hurdles (3'3")

8.68i Ryan Hewitson

110m Hurdles (3'6")

16.55 Ryan Hewitson
 19.38 Jeremy O'Neil

110m Hurdles (3'3")

15.86 Ryan Hewitson
 19.14 Kieran Gauld

110m Hurdles (3'0")

15.31 Ryan Hewitson
 19.7 Kieran Gauld

400m Hurdles (3'0")

58.59 Gareth Lake
 62.67 Jeremy O'Neil
 70.60 Kieran Gauld

400m Hurdles (2'9")

68.1 Kieran Gauld

High Jump

1.96i (1.90) Ryan Hewitson
 1.55 Kieran Gauld

Pole Vault

4.10i (4.00) David Mann
 2.30 Sam Johnson

Long Jump

5.60 Kieran Gauld
 4.95 Sam Johnson

Triple Jump

10.29 Kieran Gauld
 10.09 Adam Nixon

Shot (7.26kg)

9.15 Ryan Legge

Shot (6.25k)

11.92 Ryan Legge
 7.40 Kieran Gauld

Discus (2kg)

25.49 Ryan Legge

Discus (1.75kg)

20.72 Kieran Gauld

Javelin

39.80 Ryan Legge
 21.45 Kieran Gauld

UNDER-17 MEN**60m**

7.4i David Irvine
 7.6i Ewan Calder
 7.6i Myles Nelson
 7.6i Bruce Sorbie
 7.77i Lewis Alexander

100m

11.58 David Irvine
 11.8 Bruce Sorbie
 11.87 Ewan Calder
 12.10 Gregor Duncan
 12.31 Lewis Alexander

150m

18.53 Ewan Calder
 18.89 Lewis Alexander
 19.04 Myles Nelson

200m

23.5	Ewan Calder
24.52	Lewis Alexander
24.70i	Myles Nelson
25.18i	Mark Swan
25.40	Victor Young

300m

37.57	Ewan Calder
39.08	Lewis Alexander
40.98	Alasdair Lowe

400m

51.8	Ewan Calder
53.4	Steven Murray
53.62i	Oliver Hay
53.9	Jordan Chapman
54.04	Lewis Alexander

800m

1:57.34	Steven Murray
2:00.33	Jordan Chapman
2:00.81	Callum Symmons
2:01.63	Matthew Kilner
2:14.04	Ewan Calder

1,500m

4:11.27	Jordan Chapman
4:17.71	Steven Murray
4:19.59	Callum Symmons
4:26.30	Gregor Dewhirst
4:29.84	Matthew Kilner

3,000m

9:21.74	Jordan Chapman
9:36.7	Steven Murray

60m Hurdles (2'9")

11.5i	Scott Cadger
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100m Hurdles (3'0")

14.85	Bruce Sorbie
16.52	Jon Hosie
18.67	Christian Dick

100m Hurdles (2'9")

15.8	Jon Hosie
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400m Hurdles

63.2	Ryan Hewitson
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High Jump

1.83	Grant Robertson
1.70i (1.65)	Alasdair Lowe
1.65i (1.60)	Jon Hosie
1.50	Christian Dick
1.41i	Ridge Fernandes

Pole Vault

3.40	Alasdair Lowe
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Long Jump

5.93i (5.84)	Bruce Sorbie
5.51	Alasdair Lowe
5.38	Grant Robertson
5.11i	Myles Nelson
5.06	Ewan Calder

Triple Jump

10.87	Jon Hosie
10.85i	Alasdair Lowe
8.25	Ewan Calder

Shot (5kg)

10.72	Christian Dick
9.79	Christopher Legge
8.94	Conor Hewitson
7.90	Matthew Kilner
7.72	Charlie Allardes

Shot (4kg)

10.86i	Christian Dick
10.31	Conor Hewitson
7.98	Jon Hosie

Discus (1.5kg)

33.86	Christian Dick
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Discus (1.25kg)

17.55	Jon Hosie
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Hammer (5km)

27.73	Conor Hewitson
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Hammer (4km)

32.64	Conor Hewitson
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Javelin (700g)

32.26	Matthew Kilner
30.43	Christian Dick
26.67	Conor Hewitson
18.15	Charlie Allardes

Javelin (600g)

30.26	Conor Hewitson
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UNDER-15 BOYS**60m**

7.9i	Ben Bowring
8.4i	Thomas Carter
8.6i	Scott MacGregor
8.7i	Scott Matheson
8.72i	Harry Kilner

100m

12.17	Cameron Brown
12.43	Stewart Millar
12.62	Bradley Yates
12.79	Ben Bowring
12.85	Stuart Bridgeford

150m

22.75	Harry Kilner
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200m

25.09	Stuart Bridgeford
25.91	Bradley Yates
26.23	Scott Matheson
27.5	Thomas Carter
27.7	Andrew Baldwin

300m

40.40	Ben Renton
41.41	Stuart Bridgeford
45.71	Finlay Strachan

48.61	Andrew Farmer
50.5	Etienne Dick

400m

53.8	Stewart Millar
55.9	Ben Renton
63.16	Thomas Carter
63.71	Matthew Keenan
65.3	Etienne Dick

800m

2:01.39	Stewart Millar
2:04.75	Ben Renton
2:19.66	Aaron Odentz
2:22.30	Matthew Keenan
2:25.19	Finlay Strachan

1,500m

4:31.3	Stewart Millar
4:42.31	Ben Renton
4:48.06	Aaron Odentz
4:54.9	Matthew Keenan
5:00.7	Finlay Strachan

60m Hurdles (2'9")

9.8i	Scott Macgregor
11.8i	Jamie Topley

60m Hurdles (2'6")

10.6i	Benjamin Buchan
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80m Hurdles (2'9")

12.83	Scott Macgregor
15.53	Benjamin Buchan
16.71	Alex Brown

80m Hurdles (2'6")

15.04	Benjamin Buchan
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100m hurdles

15.89	Scott Macgregor
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High Jump

1.66	Scott Macgregor
1.50	Stuart Bridgeford
1.50	Ben Renton
1.42	Logan Johnstone
1.20	Benjamin Buchan

Pole Vault

2.10	Alex Brown
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Long Jump

5.35	Stewart Millar
5.18	Ben Bowring
4.90	Scott Macgregor
4.85	Harry Kilner
4.65	Scott Matheson

Triple Jump

10.56	Ben Bowring
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Shot (4kg)

7.78	Stuart Bridgeford
7.63	Patrick Gordon
7.38	Alex Brown
7.02	Bradley Yates
5.65i	Etienne Dick

Shot (3.25kg)

5.77i Benjamin Buchan

Discus (1.25kg)20.10 Patrick Gordon
17.63 Scott Macgregor
16.64 Callum Davidson**Hammer (4kg)**

14.13 Callum Davidson

Hammer (3.26kg)

21.53 Patrick Gordon

Javelin (600g)23.36 Alex Brown
20.88 Finlay Strachan
18.21 Benjamin Buchan
17.93 Harry Kilner
15.65 Patrick Gordon**UNDER-13 BOYS****60m**8.8i Fergus Rule
8.9i Robbie Farquhar
9.1i Johnathan Irvine
9.1i Oliver Nash
9.2i Alexander/Anderson/
Robertson**80m**12.33 Ewan Brampton
12.68 Murray Addison
14.9 Adam Brown**100m**13.4 Fergus Rule
14.02 Johnathan Irvine
14.07 Declan Alexander
14.08 Cameron Callow
14.16 Robbie Farquhar**150m**22.36 Fergus Rule
22.6 Adam Robertson
22.8 Murray Addison
22.89 Bruce Robertson
22.99 Declan Alexander**200m**28.1 Johnathan Irvine
28.1 Fergus Rule
29.33 Declan Alexander
29.6 John Angus
29.7/29.70 Farquhar/Gamba**600m**1:54.21 Adam Brown
1:57.4 Thomas Whitehouse
1:57.62 Adam Robertson
2:02.4 Tristyn Clark
2:34.1 Hamish Brown**800m**2:29.88 Harry Hall
2:31.98 Cameron Callow
2:38.99 Cameron Stone
2:39.58 Adam Brown

2:41.30 Olliver Nash

1,500m5:11.24 Cameron Callow
5:15.69 Nicholas Tierney
5:34.25 Harry Hall
5:35.40 Cameron Stone
7:15.44 Hamish Brown**60m Hurdles (2'6", 80m spacings)**11.1i Robbie Farquhar
11.3i Bruce Robertson
11.4i Oliver Nash**60m Hurdles (2'6", 80m spacings)**11.1i Robbie Farquhar
11.3i Bruce Robertson
11.4i Oliver Nash**75m Hurdles (2'6")**14.25 Oliver Nash
14.44 Robbie Farquhar
14.89 Bruce Robertson
16.1 Fergus Rule**80m Hurdles (2'6")**14.80 Oliver Nash
15.07 Robbie Farquhar
15.25 Bruce Robertson
16.31 Harry Anderson
16.5 Fergus Rule**High Jump**1.40 Robbie Farquhar
1.38 John Angus
1.31 Murray Addison
1.30 Bruce Robertson
1.20 Thomas Whitehouse**Long Jump**4.47 Robbie Farquhar
4.46 Declan Alexander
4.10 Cameron Callow
4.08 Murray Addison
4.07 Fergus Rule**Shot (3.25kg)**8.00 John Angus
6.28 Robbie Farquhar
6.27 Declan Alexander
6.08 Cameron Callow
5.86 John Gamba**Shot (2.72kg)**5.75i (5.46) Murray Addison
5.43 Ewan Brampton
4.99 Tristyn Clark**Discus (1kg)**25.91 John Angus
16.31 Murray Addison
14.30 Finlay Strachan
13.72 Robbie Farquhar**Discus (0.75kg)**

18.63 Murray Addison

11.17 Thomas Whitehouse

Javelin25.37 Oliver Nash
20.79 Harry Anderson
18.66 Steven Sey
17.05 Robbie Farquhar
14.41 John Angus**Indoor Pentathlon (U14 spec)**

1040 Robbie Farquhar

UNDER-11 BOYS**60m**

10.1i Lewis Watt

80m

12.35 Thomas Robertson

100m15.37 Athol Gordon
15.69 Oscar Lecore
15.99 Calum Millar
16.66 Lewis Watt
16.93 Hugo Gamba**150m**

23.2 Thomas Robertson

200m

38.79 Fin Renton

600m2:05.7 Thomas Robertson
2:07.6 Lewis Watt**800m**2:45.91 Lewis Watt
2:57.23 Oscar Lecore
2:59.19 Calum Millar
3:00.08 Athol Gordon
3:08.00 Hugo Gamba**Long Jump**3.61 Athol Gordon
3.30 Oscar Lecore
3.02 Calum Millar
2.95i Lewis Watt
2.79 Hugo Gamba**Shot**5.77 Oscar Lecore
5.12 Hugo Gamba
4.89 Athol Gordon
4.45 Calum Millar
3.79 Fin Renton**SENIOR WOMEN****60m**7.91i Alison Wylie
8.1i Ademide Ademuyewo
8.1i Catriona Pennet
8.32i Fiona Davidson (W40)
8.4i Kathleen Madigan (W40)**100m**12.65 Alison Wylie
12.91 Catriona Pennet

12.94	Ademide Ademuyewo
13.32	Kathleen Madigan (W40)
150m	
19.73	Ademide Ademuyewo
20.95	Jennifer Harrison
21.26	Kathleen Madigan (W40)
200m	
25.93	Ademide Ademuyewo
25.96i (26.10)	Alison Wylie
26.31	Catriona Pennet
27.94	Kathleen Madigan (W40)
300m	
41.42	Ademide Ademuyewo
400m	
57.50	Ademide Ademuyewo
60.04	Jennifer Harrison
60.61	Alison Wylie
64.11i (61.60)	Laura Mahady (W55)
66.36	Carly McNeil
800m	
2:18.37	Carly McNeil
2:19.89	Gemma Cormack
2:24.79	Ademide Ademuyewo
2:27.05	Laura Mahady (W55)
2:31.97i	Sonia Armitage (W50)
1,500m	
4:33.94	Rhona Auckland
4:48.54i	Gemma Cormack
4:57.29	Carly McNeil

5:12.04	Alison Elphinstone
6:45.41	Carla Ferguson
3,000m	
9:41.18	Rhona Auckland
10:23.335i (10:32.49)	Gemma Cormack
	Carly McNeil
13:08.6	Jane MacKay (W40)
13:14.57	
5,000m	
16:34.72	Rhona Auckland
10,000m	
37:07.61	Rhona Auckland
60m Hurdles	
9.2i	Catriona Pennet
100m Hurdles	
14.07	Catriona Pennet
High Jump	
1.45	Alison Wylie
1.35	Fiona Davidson (W40)
Pole Vault	
2.50i (2.30)	Janet Lyon (W50)
Long Jump	
4.97	Catriona Pennet
4.93	Fiona Davidson (W40)
3.49	Penny Johnson (W50)

Triple Jump	
10.85i (10.80)	Fiona Davidson (W40)
Shot	
8.57	Catriona Pennet
8.48i (8.08)	Kathleen Madigan (W40)
8.13	Fiona Davidson (W40)
Discus	
22.28	Fiona Davidson (W40)
19.64	Kathleen Madigan (W40)
Hammer	
31.40	Kathleen Madigan (W40)
25.81	Fiona Davidson (W40)
Javelin	
21.65	Kathleen Madigan (W40)

VETERAN WOMEN

60m	
8.32i	Fiona Davidson (W40)
8.4i	Kathleen Madigan (W40)
100m	
13.32	Kathleen Madigan (W40)
14.31	Fiona Davidson (W40)
14.6	Penny Johnson (W50)
150m	
21.26	Kathleen Madigan (W40)
23.5	Penny Johnson (W50)

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200m
27.94 Kathleen Madigan (W40)
31.3 Penny Johnson (W50)

400m
64.11i (61.60) Laura Mahady (W55)

800m
2:27.05 Laura Mahady (W55)
2:31.97i Sonia Armitage (W50)

3,000m
13:14.57 Jane MacKay (W40)

High Jump
1.35 Fiona Davidson (W40)

Pole Vault
2.50i (2.30)Janet Lyon (W50)

Long Jump
4.93 Fiona Davidson (W40)
3.49 Penny Johnson (W50)

Triple Jump
10.85i (10.80)Fiona Davidson (W40)

Shot
8.48i (8.08)Kathleen Madigan (W40)
8.13 Fiona Davidson (W40)

Discus
22.28 Fiona Davidson (W40)
19.64 Kathleen Madigan (W40)

Hammer
31.40 Kathleen Madigan (W40)
25.81 Fiona Davidson (W40)

Javelin
21.65 Kathleen Madigan (W40)

UNDER-20 WOMEN

60m
7.69i Zoey Clark
8.6i Sam Somers
8.9i Stephanie Little

100m
12.32 Zoey Clark
13.77 Lisa Humphreys

200m
24.45 Zoey Clark
28.1 Lisa Humphreys

400m
54.46 Zoey Clark
62.72 Katie Watson

800m
2:26.08 Katie Watson
2:28.30 Eilidh Prise
2:34.38i Eden Brown

1,500m
4:48.65 Eilidh Prise
5:04.93 Katie Watson

3,000m

10:53.51 Eilidh Prise
11:54.07 Katie Watson

60m Hurdles
10.0i Lisa Humphreys

100m Hurdles
15.36 Lisa Humphreys

Pole Vault
2.80 Sam Somers

Shot
5.53i Morven Macgregor

UNDER-17 WOMEN

60m
8.2i Sophie Clayton
8.3i Sophie Hamilton
8.4i Sam Williams
8.6i Kirstie Duncan
8.6i Sophie Evans

100m
12.5 Saffron Cummings
12.66 Kelsey Stewart
12.83 Sophie Hamilton
13.5 Rachael Palmer
13.5 Sam Williams

150m
20.70 Sophie Clayton
21.62 Grace Heyman
22.94 Cara MacKenzie
23.08 Yasmin Mitchell
23.22 Emily Cossar

200m
24.94 Kelsey Stewart
26.81 Sophie Hamilton
26.97 Saffron Cummings
27.02 Sophie Clayton
27.61 Grace Heyman

300m
38.66 Kelsey Stewart
44.30 Sophie Hamilton
44.33 Lise Theron
44.43 Sophie Clayton
45.22i Megan Bramwell

400m
55.10 Kelsey Stewart
62.7 Sophie Clayton
62.72 Lise Theron
73.2 Yasmin Mitchell
78.89 Becky Cheyne

800m
2:13.29 Kelsey Stewart
2:24.82 Lise Theron
2:31.07 Ellen Stickle
2:32.79 Megan Bramwell
2:34.59 Lucy McLeod

1,500m
5:10.66 Lucy McLeod
5:10.80 Ellen Stickle

5:18.99 Lise Theron
5:34.44 Ellie Smith
5:43.08 Becky Cheyne

3,000m
11:01.18 Ellen Stickle
11:46.63 Lucy McLeod
11:47.45 Lise Theron
13:16.4 Becky Cheyne

60m Hurdles (under-18 spec)
9.23i Sophie Hamilton

60m Hurdles (under-16 spec)
10.1i Sophie Evans
10.2i Rachael Palmer
10.4i Grace Angus

100m Hurdles (2'6")
16.11 Sophie Hamilton

80m Hurdles (2'6")
12.4 Sophie Hamilton
13.27 Rachael Palmer
13.48 Sophie Evans
13.5 Joanne McKinnon
13.64 Bronagh Miller

300m Hurdles
45.84 Sophie Hamilton
49.53 Lise Theron
50.64 Joanne McKinnon
51.75 Grace Angus

High Jump
1.46 Grace Angus
1.45 Joanne McKinnon
1.43 Sophie Hamilton
1.35i (1.31)Erin Runcie
1.30 Rachael Palmer

Pole Vault
2.65 Sophie Hamilton
2.35i (2.30)Erin Runcie
1.90i Chloe Parker

Long Jump
5.26 Saffron Cummings
4.92 Sophie Evans
4.84 Grace Angus
4.84 Sophie Hamilton
4.75i Emma Caldow

Triple Jump
9.32i (9.27)Sophie Hamilton
9.24 Erin Runcie

Shot
9.35 Saffron Cummings
8.62 Erin Runcie
7.89i (7.42)Sophie Hamilton
7.44i Emma Caldow
6.84 Grace Angus

Discus
27.62 Erin Runcie
19.05 Sophie Hamilton

19.01 Sophie Evans
6.91 Becky Cheyne

Hammer

17.36 Erin Runcie
14.45 Sophie Hamilton
13.03 Sophie Evans

Javelin

24.94 Sophie Evans
22.39 Sophie Hamilton
19.87 Erin Runcie
13.10 Rachel Palmer
10.94 Grace Angus

Heptathlon (under-18 specs)

3656 Sophie Hamilton

Pentathlon (under-18 specs)

2319i Sophie Hamilton

Pentathlon (under-16 specs)

2334 Grace Angus

UNDER-15 GIRLS

60m

8.7i Sarah Nicol
8.75i Katie Forbes
8.8i Katie Daniel
8.8i Chloe Davie
9.3i Charlotte Lyon

100m

13.0 Katie Forbes
13.2 Katie Daniel
13.2 Kirsty Scott
13.32 Sarah Nicol
13.34 Georgia Summers

150m

21.53 Sarah Nicol
22.12 Chloe Davie
24.62 Laurie Allardes
27.08 Kirsty Forbes

200m

27.77 Sarah Nicol
27.81 Alix Still
28.1 Georgia Summers
28.19 Katie Daniel
28.3 Chloe Davie

300m

45.6 Talia Mathers
46.3 Kate MacKay
51.05 Olivia MacLeod

800m

2:30.20 Talia Mathers
2:32.79 Abby Riddell
2:33.25 Christy Johnston
2:38.81 Laurie Allardes
2:46.75 Hannah McMahan

1,200m

5:02.9 Kirsty Forbes

1,500m

4:50.36 Rebecca Eggeling

5:23.28 Talia Mathers
5:33.10 Ailsa Duthie
5:56.59 Hannah Mutch
6:26.36 Kate MacKay

3,000m

10:22.33 Rebecca Eggeling

60m Hurdles (under-16 spec)

9.90i Grace Carter
10.4i Kate MacKay
10.9i Katie Forbes

75m Hurdles (2'3")

14.1 Alix Still

75m Hurdles (2'6")

12.03 Georgia Summers
12.29 Grace Carter
12.31 Kate MacKay
12.58 Katie Forbes
16.06 Hannah McMahan

80m Hurdles (2'6")

12.68 Georgia Summers
13.25 Grace Carter
13.35 Kate MacKay
15.20 Katie Daniel

High Jump

1.54 Kate MacKay
1.40 Talia Mathers
1.40 Alix Still
1.36 Hannah McMahan
1.35 Grace Carter

Pole Vault

2.00 Alix Still
1.80i Katie Forbes
1.80i Freya McKau
1.60i Chloe Davie

Long Jump

4.93 Alix Still
4.67 Grace Carter
4.61 Kate MacKay
4.57 Samantha Edgar
4.54 Chloe Davie

Shot (3.25kg)

8.41 Alannah O'Donnell
8.23 Kristie Hindle
7.21 Charlotte Lyon
6.75 Kate MacKay
6.46 Samantha Edgar

Shot (2.72kg)

7.28 Samantha Edgar
6.80 Hannah McMahan

Discus (1kg)

20.81 Samantha Edgar
17.68 Alannah O'Donnell
17.55 Kristie Hindle
14.55 Charlotte Lyon
12.37 Abby Riddell

Discus (0.75kg)

23.67 Alannah O'Donnell
20.56 Samantha Edgar

Hammer (3kg)

24.69 Kristie Hindle

Javelin

17.08 Alix Still
16.08 Samantha Edgar
16.05 Kristie Hindle
14.30 Kate MacKay
13.76 Grace Carter

Pentathlon (under-16 specs)

2373 Kate MacKay
2236 Grace Carter

Pentathlon (under-15 specs)

2375 Kate MacKay
1852 Hannah McMahan

UNDER-13 GIRLS

60m

9.2i Katie MacDonald
9.7i Isla Stott
9.9i Jane Davidson
9.9i Kirsty Oldham
10.0i H Lawrie/C Neat

75m

11.0 Mia McKenzie
11.4 Jane Davidson
11.79 Kirsty Lyon
11.97 Zoe Nicholson

80m

12.7 Laura McNeill
12.90 Jane Davidson

100m

14.17 Katie MacDonald
14.48 Mia McKenzie
14.98 Kirsty Oldham
15.06 Hannah Lawrie
15.00 Isla Stott

150m

21.3 Katie MacDonald
22.00 Jasmine Collett
22.81 Kirsty Lyon
22.83 Hannah Lawrie
23.20 Kirsty Oldham

200m

29.20 Katie MacDonald
31.49 Jasmine Collett
31.63 Isla Stott
32.78 Hannah Lawrie
33.83 Laura McNeill

600m

1:53.90 Kirsty Oldham
1:58.96 Laura McNeill
2:33.1 Cassidy Mathers

800m

2:38.80	Jasmine Collett
2:41.26	Millie Skidmore
2:41.94	Kirsty Oldham
2:47.54	Laura McNeill
2:50.15	Katie MacDonald

1,200m

4:17.70	Jasmine Collett
4:20.3	Millie Skidmore
4:23.38	Laura McNeill
4:34.22	Elizabeth McCall
4:34.8	Hannah Lawrie

1,500m

6:20.77	Lucy George
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60m Hurdles (under-12 spec)

15.2i	Kassidy Mathers
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70m Hurdles

12.81	Mia McKenzie
12.89	Millie Skidmore
12.91	Isla Stott
12.97	Katie MacDonald
13.72	Olivia James

75m Hurdles

13.8	Millie Skidmore
17.3	Olivia James

High Jump

1.30	Katie MacDonald
1.20	Olivia James
1.15	Kirsty Oldham

Long Jump

4.23	Katie MacDonald
4.04	Mia McKenzie
4.02	Isla Stott
3.86	Hannah Lawrie
3.77	Jane Davidson

Shot

8.32	Katie MacDonald
6.29	Olivia James
5.88	Lucy George
5.58	Emily Ironside
5.57i	Amy Turnbull

Discus

15.85	Olivia James
13.01	Katie MacDonald

Javelin

20.85	Olivia James
16.50	Katie MacDonald
10.25	Jasmine Collett
8.94	Jane Davidson

UNDER-11 GIRLS**80m**

12.91	Erin Williams
14.3	Erin Lowe
14.5	Ella McKinnon
16.41	Eilidh Dempsey
16.41	Ella McKinnon

100m

16.41	Eilidh Dempsey
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16.41	Ella McKinnon
16.49	Erin Williams
16.8	Esme Humphries
16.9	E Lowe/M McLeod

150m

24.7	Ella McKinnon
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200m

36.25	Ella McKinnon
37.01	Ella Thoms
39.34	Molly McLeod

800m

3:00.72	Eilidh Dempsey
3:14.18	Erin Williams
3:16.18	Esme Humphries
3:18.90	Molly McLeod
3:23.23	Ella McKinnon

Long Jump

3.37	Erin Williams
3.31	Ella McKinnon
3.16	Esme Humphries
3.08	Eilidh Dempsey
2.83	Ella Thoms

Shot

4.64	Erin Williams
4.54	Esme Humphries
4.04	Ella Thoms
3.46	Eilidh Dempsey
3.25	Ella McKinnon

Discus

8.58	Ella McKinnon
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Javelin

6.63	Ella McKinnon
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MEMBERSHIP INFORMATION

membership card information.

HONORARY LIFE MEMBERS

Sonia Armitage
Mel Edwards
Trevor Madigan
Bob Masson
Alison Mathieson
Miller Mathieson
Ian Morrison
Denis Shepherd
Sheila Smart
Hunter Watson

COMMITTEE – 2013/2014

President
Vice President
Secretary/Communications Officer
Finance Officer
Coaching Co-ordinator
Competition Co-ordinator
Officials Co-ordinator

Ian Joy
Craig Mathers
Alan Fulton
Eddie McKenzie
Joyce Hogg
Alasdhair Love
Vacancy

Committee members :

Penny Johnson, Liz Hewitson,
Mark Davidson, James Joy
Ewan Calder

Ex Officio: Club Together Officer

David Wright

EQUIPMENT

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



TROPHY WINNERS – 2013 MEN

Anderson Shield – Sprints	Peter Mutch
Middle Distance Shield	James Joy
Bond Cup – Jumps	Sam Lyon
Throws Cup	Edward McKenzie
Al Kindregan – 800 metres	James Joy
Simon Wynn – 1500 metres	Michael Ferguson
Overall Veteran Cup	Mark Davidson
Veteran Over-40 Cup	Mark Davidson
Veteran O-50 Shield	William Skinner
Veteran age-graded Cup	Bob Masson
Geoff Burton – U-17 Men's Throws	Christian Dick
Junior Men's Merit Cup	Michael Ferguson
King Trophy – U-17 Merit	Grant Robertson
City of Aberdeen – U-15 Merit	Stewart Millar
Angus Cup – U-13 Merit	John Angus
U-11 Merit Shield	No award
Cross Country Points Championship	James Joy
Watt Trophy (CC Champ race)	James Joy
Half Marathon	No race
Alex King Trophy (over-40 half-m)	No race
James Youngson Trophy (over-50 hm)	No race
Dinesh Lutchman Trophy	Robbie Shaw
Douglas Smart Memorial Shield	
Novice Javelin Thrower	Oliver Nash

TROPHY WINNERS – 2013 WOMEN

Sprints Shield	Ademide Ademuyewo
Middle Distance Shield	No award
Jumps Shield	Fiona Davidson
Throws Trophy	Kathleen Madigan
Ron Kitchen Shield – 400 metres	No award
Joy L Edwards – High Jump	Kate MacKay
Veteran O-35	Fiona Davidson
Veteran O-45	Penny Johnson
Veteran age-graded Cup	Fiona Davidson
Ladies' Merit Cup	Rhona Auckland
U-20 Merit Cup	Zoey Clark
U-17 Merit Cup	Kelsey Stewart
Bank of Scotland U-15 Merit Cup	Georgia Summers
U-13 Merit Cup	Olivia James
Founders' Cup – U-11 Merit	No award
John Leys Memorial Trophy	Lise Theron
Miller Mathieson Quaich	Alix Still
Cross Country Points Championship	Sonia Armitage
Watt Trophy (CC Champ race)	Veronique Oldham
Half Marathon	No race
Jackie Dunster	Rachael Palmer
Hunter Construction Trophy – best team performance	
Under-17 men's 4x400m relay team	



Photographs by Aga Kedziora



THE CONSTITUTION OF ABERDEEN AMATEUR ATHLETIC CLUB

1. The Club shall be called ABERDEEN AMATEUR ATHLETIC CLUB.

2. The purposes of the club are to provide facilities for and promote the amateur sports of athletics in the City of Aberdeen and the surrounding area and community participation in the same.

3 (i) Membership of the club shall be open to anyone interested in the sport on application regardless of sex, age, disability, ethnicity, nationality, sexual orientation, religion or other beliefs. However, limitation of membership according to available facilities is allowable on a non-discriminatory basis.

(ii) The club may have different classes of membership and subscription on a non-discriminatory and fair basis. The Club will keep subscriptions at levels that will not pose a significant obstacle to people participating.

(iii) The club committee may refuse membership, or remove it, only for good cause such as conduct or character likely to bring the Club or sport into disrepute. Appeal against refusal or removal may be made by means of the complaints procedure set out in clause 18.

4. (i) The committee may enrol honorary members into the club.

(ii) Honorary membership shall be for one year, but it may be renewed.

(iii) Honorary members shall not be eligible to represent the club in competition, but shall otherwise have the same privileges as other members.

5. (i) Life membership shall be granted to members of the club by the membership at an AGM. Nominations shall be made in writing by a member of the club to the committee at a committee meeting preceding the AGM.

(ii) Certain criteria must be satisfied before the committee put forward a nomination to the AGM. Criteria will include inter alia membership of the club for a minimum total period of 25 years, an outstanding performance at any time whilst representing the club or their country internationally, representation at an international level at a major championship, or generally providing an outstanding contribution towards the club over a significant period of time. Satisfaction of any such criteria will be at the discretion of the committee.

(iii) A life member shall have the same privileges as ordinary members but need not pay a subscription.

6. (i) The office-bearers of the club shall consist of a president, vice-

president, secretary, assistant secretary, treasurer, ladies' secretary, cross country secretary, ladies' cross country secretary, minutes secretary, men's track and field team manager, road running manager, men's athletics captain, ladies' athletics captain, men's cross country captain, ladies' cross country captain and coaching co-ordinator. These, together with five other members, shall form the committee of the club.

(ii) A committee shall be elected at each annual general meeting of the club. Only club members are eligible to serve on the committee.

(iii) The committee may fill any vacancy which occurs within it.

(iv) Five members shall form a quorum at committee meetings.

(v) The committee shall normally meet once every month or at any time on the requisition of the president, secretary or any three members of the committee.

(vi) The minimum period of notice of a meeting shall be 48 hours.

7. (i) The committee may appoint sub - committees.

(ii) Non-members of the committee may be co-opted to these sub-committees.

(iii) Conveners of sub - committees shall report to meetings of the full committee.

(iv) The quorum at a sub - committee meeting shall consist of not less than one half of the members of the sub - committee.

8.(i) An annual general meeting shall be held between 1st October and 15th November each year.

(ii) Items for inclusion on the agenda must be received by the Secretary in writing not later than the preceding 31st August.

9. The business at an annual general meeting shall include:

(i) Minutes.

(ii) Secretary's report.

(iii) Treasurer's report and audited financial statement.

(iv) Amendments to the constitution.

(v) Election, by ballot, of a committee.

(vi) Determination of the subscriptions for the following year.

(vii) Other business of which due notice has been given.

(viii) Any other competent business. (Decisions on business brought up under this heading shall be made by the committee).

10. Special general meetings may be called at any time by the committee or upon a written request signed by at least twelve members.

11. Each annual or special general meeting shall be called by a notice sent to members at least seven days before the date of the meeting. The notice shall enumerate the items of business.

12.(i) Members under fourteen years of age shall not be eligible to vote at any general meeting of the club.

(ii) Twenty members aged fourteen or over shall constitute a quorum at any general meeting.

13. At any general meeting, committee or sub – committee meeting the person presiding shall, in the event of equality of voting, have a casting vote in addition to his normal vote

14. The financial year of the club shall end on 30th September.

15. The club shall be affiliated to Scottish Athletics Limited.

16. The club colours shall be a white vest with two red hoops surmounted by a motif.

17.(i) Subscriptions shall be payable on 1st January each year.

(ii) Any member who is one month in arrears with his or her subscription shall be deemed to have resigned from the club.

18.(i) At the first committee meeting after the AGM, a disciplinary pool of at least five members of the club shall be agreed.

(ii) Any club member, or other relevant person, may ask the committee to investigate the conduct of another club member, which he/she considers is or may be injurious to the interests of the club. Such a request must be in writing and shall be addressed to either the secretary or the president of the club.

(iii) Upon receipt of a written complaint, the secretary or president as appropriate will arrange, as soon as possible, a meeting of at least two members of the disciplinary pool who will consider the complaint and decide on its merits. There will only be three possibilities;

- the complaint is not serious enough to merit further action;

- it is inappropriate for the club to investigate the complaint;

- the complaint merits further action by the club.

In all circumstances an outline of the complaint will be made known at the next committee meeting for ratification of the decision, after which the complainant(s) will be informed.

(iv) If it has been decided that the complaint merits further action, then the secretary or president will convene a hearing of a disciplinary panel, comprising at least three members of those agreed by the committee, failing which other club members. No person will form part of any disciplinary panel if he / she were in any way involved in the incident(s) complained of, or is related in any way to the complainant or person complained against.

(v) The disciplinary panel will make such arrangements as it alone considers necessary to hear the complaint, including making such further enquiries as it sees fit.

(vi) The secretary or president will write to the member complained against giving details of the allegations and inviting the member to attend a disciplinary hearing, by sending a letter by registered post to the last known address of the member, or by hand if appropriate. This letter will be sent at least 10 calendar days prior to the date of the proposed hearing. The disciplinary panel shall allow the person against whom the allegations have been made the right to be present and to be accompanied and/or represented.

(vii) Should the disciplinary panel consider the hearing to be inconclusive, or should it require further information, then it will have the right to arrange a second hearing, following the procedure in (vi) above.

(viii) Within 14 days of the hearing the disciplinary panel will notify the member involved of its decision. It shall have the right to dismiss the complaint, suspend or expel the member, or impose such other penalty as it sees fit.

(ix) A member who has been found guilty of misconduct by the disciplinary panel may, within 30 days of receipt of a letter intimating that finding and any consequent penalty, appeal against the finding and/or the penalty. Such appeal(s) shall be in writing

to the secretary or president and shall lay out the grounds for the appeal(s).

(x) Any appeal(s) will be considered by the committee at its next meeting after receipt of the appeal(s). The members of the disciplinary panel may speak at such a meeting, but may not vote on the appeal(s).

(xi) The decision of the committee on the appeal(s) shall be final.

19. (i) The property and funds of the club cannot be used for the direct or indirect private benefit of members other than as reasonably allowed by this constitution and all surplus income or profits are reinvested in the club.

(ii) The club may provide sporting and related social facilities, sporting equipment, coaching, courses, insurance cover, medical treatment, away-match expenses, post match refreshments and other ordinary benefits of Community Amateur Sports Clubs as provided for in the Finance Act 2002.

(iii) The club may also in connection with the sports purposes of the club:

sell and supply food, drink and related sports clothing and equipment;

employ members (though not for playing) and remunerate them for providing goods and services, on fair terms set by the committee without the person concerned being present;

pay for reasonable hospitality for visiting teams and guests;

indemnify the committee and members acting properly in the course of the running of the club against any liability incurred in the proper running of the club (but only to the extent of its assets).

(iv) The committee will have due regard to the law on disability discrimination and child protection.

20. (i) The members may vote to wind up the club if not less than three quarters of those present and voting support that proposal at a properly convened annual or special general meeting.

(ii) The committee will then be responsible for the orderly winding up of the club's affairs.

(iii) After settling all liabilities of the club, the committee shall dispose of the net assets remaining to one or more of the following:

(a) to another club with similar sports purposes which is a registered charity and/or

(b) to another club with similar sports purposes which is a registered CASC and/or

(c) to the sport's governing body for use by them for related community sports.

21. Any member wishing to resign from the club should inform the secretary in writing.

22.(i) No alteration to this constitution shall be made except at a general meeting by a vote of at least two - thirds of the members present and eligible to vote.

(ii) Notice of any motion to alter this constitution shall be made in writing to the secretary at least four weeks before the meeting at which it is to be considered.

(iii) The secretary shall include such a motion in the notice calling the meeting.

23. Where there is any conflict between any of the above clauses, clauses 2, 3, 19 and 20 ("key clauses") will take priority.

Interpretation of all the clauses must be consistent with the statutory requirements for CASCs (which means Community Amateur Sports Clubs as first provided for by the Finance Act 2002).

Answers

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



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