

THE 2017 YEAR BOOK

**INCLUDING CLUB RECORDS
AND OTHER ITEMS
OF INTEREST**

No. 28

2017

Free to AAAC Members



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The AAAC Yearbook 2017 is edited and compiled by Denis Shepherd with assistance from Mark Davidson, Fiona Davidson, Joyce Hogg, Bob Masson and Marianne Lang

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 (W)
1990	Mark Davidson	400H, 4x100m, 4x400m
1990	Duncan Mathieson	Dec, 4x400m
1994	Duncan Mathieson	LJ, 4x100m
2014	Zoey Clark	4x400 (W)
2014	Lewis Clow	100 (T37)

Commonwealth Youth Games

2011	Zoey Clark	400m
2011	Yasmin Milne	100H (U18W)

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 (W)
1996	Sonia Armitage	Hill (W)
1997	Tracey Brindley	Hill (W)
1998	Sonia Armitage	Hill (W)
1998	Tracey Brindley	Hill (W)
1999	Sonia Armitage	Hill (W)
2001	Sonia Armitage	Hill (W)
2001	Clare Miller	Hill (W)

European Championships

1962	Alastair Wood	Marathon
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European Under-23 Championships

2013	Rhona Auckland	Cross-country (women)
2013	Rhona Auckland	10,000m (women)
2014	Rhona Auckland	Cross-country (women)
2015	Rhona Auckland	10,000m (women)
2015	Zoey Clark	4x400m (women)

European Junior Championships

2011	Zoey Clark	4x400m (women)
2012	Rhona Auckland	Cross-country (women)
2015	Kelsey Stewart	4x400m (women)

Paralympic Games

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

1980	Sonia McLaren	Women
1981	Fraser Clyne	
1982	Fraser Clyne	
1982	Kathryn Mearns	Women
1983	Fraser Clyne	
1983	Kathryn Mearns	Women
1984	Fraser Clyne	
1984	Kathryn Mearns	Women
1985	Lynda Bain	Women
1986	Fraser Clyne	
2015	Rhona Auckland	Women

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 (Women)
1996	Sonia Armitage	Hill (Women)
1997	Tracey Brindley	Hill (Women))
1998	Sonia Armitage	Hill (Women)
1998	Tracey Brindley	Hill (Women))
1999	Tracey Brindley	Hill (Women)
2001	Sonia Armitage	Hill (Women)

2001	Clare Miller	Hill (Women)
2014	Rhona Auckland	10,000m (Women)

WORLD CHAMPIONS

1974	Alastair Wood	O40 Marathon
1980	James Youngson	O65 Marathon team (SCO)
1985	Dave Clark	O40 25km Road
1990	Don Ritchie	Indoor 24 hours
1999	Colin Youngson	O50 Cross-country team (GB)
2001	Sonia Armitage	O40 women's Hill
2008	Sonia Armitage	Indoor O45 women's 1500m
2009	Laura Mahady	O50 800m
2009	Laura Mahady	O50 4x100m
2009	Laura Mahady	O50 4x400m
2010	Sonia Armitage	Indoor O45 women's 800m
2010	Sonia Armitage	Indoor O45 women's 1500m
2011	Laura Mahady	O50 4x400m
2013	Laura Mahady	O55 women's 800m
2013	Laura Mahady	O55 women's 4x400m
2014	Laura Mahady	Indoor O55 women's 400m
2014	Laura Mahady	Indoor O55 women's 800m
2015	Fiona Davidson	O40 women's TJ

EUROPEAN CHAMPIONS

1992	Don Ritchie	O40 100km Road
2013	Laura Mahady	Indoor O55 women's 800m
2013	Laura Mahady	Indoor O55 women's 4x200m
2011	Zoey Clark	U20 women's 4x400m
2014	Rhona Auckland	U23 women's cross-country
2015	Eddie McKenzie	O45 SP
2015	Eddie McKenzie	O45 HT
2015	Stan Walker	Indoor O45 4x200m
2015	Zoey Clark	U23 women's 4x400m

BRITISH CHAMPIONS

British Men's Champions

1976	Hunter Watson	O40 800m
1984	Don Ritchie	100km Road
1985	Don Ritchie	100km Road
1986	Don Ritchie	100km Road
1989	Roddy MacFarquhar	Indoor O45 3000m
1990	Don Ritchie	100km Road
1991	Don Ritchie	24-hour Track
1992	Don Ritchie	24-hour Track
1992	Don Ritchie	100km Road
1992	Colin Youngson	O45 10km Road
1993	Colin Youngson	O45 Marathon
1994	Don Ritchie	24-hour Track
1995	Colin Youngson	O45 Cross-country
1996	Fraser Clyne	O40 Marathon
1998	Colin Youngson	Indoor O50 3000m
1998	Bob Masson	Indoor O50 PV
1999	Colin Youngson	O50 10,000m
2002	Bob Masson	Indoor O50 PV
2003	Colin Youngson	Indoor O55 3000m
2003	Bill Lonsdale	Indoor O50 HJ
2003	Kenny Lyon	Indoor O40 PV
2005	Eddie McKenzie	O35 Dec
2005	Bill Lonsdale	Indoor O50 HJ
2006	Eddie McKenzie	O35 Weight
2006	Eddie McKenzie	O35 Weight Pent
2006	Trevor Madigan	O60 HJ
2006	Bill Lonsdale	O50 TJ
2007	Bill Lonsdale	Indoor O55 HJ
2007	Bill Lonsdale	Indoor O55 TJ
2007	Trevor Madigan	O60 LJ
2007	Bob Masson	O60 Decathlon
2008	Bill Lonsdale	O55 indoor HJ
2014	Mark Davidson	Indoor O45 200m
2015	Trevor Madigan	O70 HJ
2015	Trevor Madigan	Indoor O70 HJ

British Women's Champions

1989	Joyce Hogg	Indoor O40 SP
1989	Heather Wisley	Indoor O35 1500m
1990	Joyce Hogg	O40 400H

1990	Joyce Hogg	O40 TJ
1997	Janet Lyon	Indoor O35 PV
1998	Janet Lyon	O35 PV
1998	Janet Lyon	Indoor O35 PV
1998	Janet Lyon	O35 PV
2002	Janet Lyon	O40 PV
2003	Janet Lyon	Indoor O40 PV
2005	Kathleen Madigan	O35 100m
2005	Kathleen Madigan	O35 200m
2005	Janet Lyon	O40 100
2005	Janet Lyon	O40 PV
2006	Kathleen Madigan	Indoor O35 60m
2006	Kathleen Madigan	Indoor O35 200m
2006	Kathleen Madigan	O35 100m
2006	Janet Lyon	O40 PV
2007	Kathleen Madigan	O35 100m
2007	Janet Lyon	O45 PV
2009	Laura Mahady	O50 400, 800
2010	Laura Mahady	O50 400, 800
2011	Laura Mahady	O50 400, 800
2012	Janet Lyon	O45 PV
2012	Fiona Davidson	O35 TJ
2013	Fiona Davidson	O40 LJ
2013	Fiona Davidson	O40 TJ
2013	Fiona Davidson	Indoor O40 TJ
2013	Laura Mahady	O55 400
2013	Laura Mahady	O55 800
2013	Laura Mahady	Indoor O55 800
2014	Laura Mahady	O55 400
2014	Laura Mahady	O55 800
2014	Fiona Davidson	Indoor O40 LJ
2014	Fiona Davidson	Indoor O40 TJ
2015	Kathleen Madigan	O45 100m
2015	Rhona Auckland	10,000m
2015	Fiona Davidson	Indoor O40 TJ

British Age-group Champions

2002	Iain Donnan	U18 Fell
2003	Iain Donnan	U18 Fell
2006	Alan Wales	U23 1500m
2006	Emma Cloggie	Indoor U20W 400m
2015	Rhona Auckland	U23W 5,000m

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
1992	Don Ritchie	100km Road
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
2015	Myles Edwards	1500m
2015	Will MacKay	10,000m
2015	Jools Peters	Decathlon
2015	M Kilner, M Ferguson, J Joy	3x800
2016	Will MacKay	10,000m
2016	C Symmons, M Ferguson, R Muir	3x800

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
2013-14	Chukwudi Onyia	TJ
2013-14	S Dunlop, R Shaw, E Calder, G Irvine	4x200
2014-15	Myles Edwards	1500m
2015-16	Stephen Dunlop	200m

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
2014	Jade Halket	Heptathlon
2015	Zoey Clark	400m
2016	Zoey Clark	400m
2016	K Stewart, K Forbes, K Young, R Matheson	4x100
2016	E Leask, J Harrison, R Matheson, K Stewart	4x400

SAL Women's Indoor Champions

1999-00	Sarah Still	Long Jump
2003-04	Nicola Gauld	1500m
2009-10	Sonia Armitage	1500m
2012-13	Zoey Clark	60m
2014-15	Zoey Clark	60m
2015-16	Kelsey Stewart	400m

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 Milar, Carin Hume	Cross-country team
2012	Rhona Auckland	4km Cross-country
2014	Rhona Auckland	Cross-country
2014	Rhona Auckland	4km Cross-country

BRITISH CHAMPIONS, 2015-16

Veteran Men (Over 70):
Trevor Madigan Indoor HJ

SCOTTISH CHAMPIONS, 2015-16

Senior Men
Stephen Dunlop Indoor 200

Will MacKay 10,000

Callum Symmons, Michael Ferguson,
Rory Muir 3x800

Under-17 Men
Finlay Strachan, Nic Tierney, Jack Gillespie
3x800

Under-15 Boys:
Harry Hall 800

Murray Addison Pent

Adam Robertson, Adam Brown, Harry Hall
3x800m

Under-13 Boys:
Lewis Watt 800

Veteran Men (Over 35):
Graham Porterfield SP, HT

Veteran Men (Over 45):
Stan Walker 200, 400

Veteran Men (Over 50):
James Macgregor HJ
Indoor HJ

Veteran Men (Over 55):
Kenny Lyon JT

Veteran Men (Over 65):
Bob Masson PV, DT, JT

Veteran Men (Over 70):
Trevor Madigan HJ, LJ
Indoor HJ, LJ

Senior Women
Zoey Clark 400
Kelsey Stewart Indoor 400
Kelsey Stewart, Katie Forbes, 4x100
Kirsten Young, Rebecca Matheson

Emma Leask, Jennifer Harrison, 4x100
Rebecca Matheson, Kelsey Stewart

Under-20 Women
Kelsey Stewart 400

Under-17 Women:
Katie Forbes Indoor 60, LJ

Rebecca Eggeling 1500

Alix Still 300H

Kate MacKay Indoor HJ

Naomi Lang, Rebecca Eggeling, Anisha Badial
Cross-country

Veteran Women (Over 40):
Fiona Davidson LJ, TJ

Veteran Women (Over 45):
Kathleen Madigan Indoor 60

Veronique Oldham Cross-country

Veteran Women (Over 50):
Ruth Watson 100, 200, Indoor SP

Sonia Armitage Cross-country

Veronique Oldham Hill Running

Veteran Women (Over 55):
Laura Mahady 200

Sonia Armitage Indoor 800, 1500

SCOTTISH CHAMPIONS, 2016-17 (WINTER)

Under-17 Men
Robbie Farquhar Indoor 60H

Veteran Men (Over 50):
James Macgregor Indoor HJ

Veteran Men (Over 65):
Alan Fulton Indoor 400m

Bob Masson Indoor PV

Veteran Women (Over 40):
Fiona Davidson Indoor 60m, LJ, TJ

Veteran Women (Over 50):
Veronique Oldham Cross-country



GAL under 15 boys



GAL Senior relay



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CROSS-COUNTRY, 2015-2016

International & Representative Matches

Great Britain and Ireland Masters' International

Dublin, November 14th, 2015

Over-65 men (6km)

Colin Youngson: 14th (3rd Scot), 26:39 (winner: Martin McEvelly, Ireland, 23:21)

Scotland 3rd team

Over-55 women (6km)

Sonia Armitage: 9th (2nd Scot), 25:37 (winner: Clare Donald, England, 23:48)

Scotland 3rd team

Celtic Nations International

Holyrood Park, Edinburgh, January 9th, 2016

Under-17 women (4km):

Naomi Lang: 10th, 16:36 (winner: Erin Wallace, Scotland, 15:09)

Scottish Inter District

Holyrood Park, Edinburgh, January 9th, 2016

Senior & Junior men (8km):

Michael Ferguson (Scottish Students): 5th, 26:41; Will Mackay (East): 15th, 27:14 (winner: Andrew Douglas, West, 26:16). Team: 1 West 52pt; 2 Scottish Students 81; 3 East 82

Under-17 men (6km):

Conor O'Riordan: 19th, 22:07; Aaron Odentz: 21st, 22:25 (winner: Ben Greenwood, East, 21:08)

Under-15 boys (4km):

Harry Hall: 19th, 14:55 (winner: Robert Sparks, East, 13:59)

Under-13 boys (3km):

Samuel Griffin: 35th, 12:22 (winner: Lewis Dow, East, 10:54)

Senior women (6km):

Ellie Buchan (Scottish Students): 14th, 24:08; Gemma Cormack: 23rd, 24:31 (winner: Fionnuala Ross, West, 22:40). Team: 1 Scottish Students 62pt; 2 East 70; 3 West 75

Under-17 women (4km):

Rebecca Eggeling: 7th, 16:05; Naomi Lang: 13th, 16:36; Anisha Badial: 22nd, 17:27 (winner: Erin Wallace, West, 15:09). Team: 1 East 32; 2 West 73; 3 North 98

Under-15 girls (4km):

Kirsty Oldham: 24th, 16:56 (winner: Heather Barnes, West, 15:15)

Home Countries International

Falkirk, March 19th, 2016

Senior men (10km):

Michael Ferguson: 8th, 32:21 (winner: Andrew Douglas, Scotland, 31:27)

Under-20 men (8km):

Callum Symmons: 16th, 27:03 (winner: Christopher Olley, England 25:07)

SIAB International

Falkirk, March 19th, 2016

Junior boys (4km):

Harry Hall: 12th, 13:42 (winner Louis O'Loughlin, Ireland, 12:54). Scotland 2nd team.

Intermediate girls (4km):

Rebecca Eggeling: 11th, 14:33; Naomi Lang: 17th, 14:53 (winner: Sarah Healy, Ireland, 14:01). Scotland 2nd team.

Junior girls (3km):

Kirsty Oldham: 19th, 11:38 (winner: Olivia Mason, England, 10:24). Scotland 2nd team.

CAU Inter Counties Championships

Birmingham, March 12th, 2016

Senior men (12km):

Michael Ferguson: 15th, 39:24; Will Mackay: 35th, 40:46 (winner: Dewi Griffiths, Wales, 37:13)

Under-17 women (5km):

Naomi Lang: 9th, 20:38 (winner: Ceri Hughes, Wales, 19:35)

Scottish Medallists

Scottish Masters' Championships

Forres, January 30th, 2016

Over-45 women (6km):

Veronique Oldham: 1st, 25:33 (won by 8 sec from Shona Robertson, Shettleston Harriers)

Over-50 women:

Sonia Armitage: 1st, 28:01 (won by 26 sec from Isobel Burnett, Carnegie Harriers)

Scottish Championships

Falkirk, February 27th, 2016

Under-17 women (4.8km):

Naomi Lang (6th), Rebecca Eggeling (7th), Anisha Badial (15th): 1st team, 28pt (won by 8 from Kilbarchan AAC)

East District Champs winners 2016/17

Naomi Lang (M), Clare Stewart (R)



District Medallists

East District Championships

Livingston, December 12th, 2015

Under-15 boys (3.9km):

Harry Hall (6th), Jack Gillespie (17th), Nicholas Tierney (18th): 3rd team, 41pt (winners: Central, 16)

Veteran women 40-49 (6.4km):

Veronique Oldham: 3rd, 26:20 (winner: Megan Wright, Hunters Bog Trotters, 25:44)

Over-40 women:

Veronique Oldham (4th), Sonia Armitage (19th), Rhona Buchan (20th): 3rd team, 43pt (winners: Gala Harriers 20)

Under-17 women (5.1km):

Naomi Lang: 2nd, 18:31 (winner: Kate Gallagher, Central AC, 18:23) Naomi Lang, Rebecca Eggeling (6th), Anisha Badial (9th): 1st team, 17pt (won by 9 from Central AC)

Club Champions

Club Championships

Points Championships only as championship races were not held this year – not available on going to press

Robbie Farquhar, English
U17 combined events



CROSS-COUNTRY, 2016-2017

International & Representative Matches

Scottish Inter District

Holyrood Park, Edinburgh, January 7th, 2017

Senior & Junior men (8km):

Broc Drury (Scottish Students): 8th, 26:35; Will MacKay: 14th, 27:00 (winner: Kris Jones, East, 25:33). Team: 1 East 50pt; 2 West 55; 3 Scottish Students 80

Under-17 men (6km):

Jack Gillespie: 12th, 22:13 (Winner: Freddie Carcas, East, 21:22).

Team: 1 West 47; 2 East 49

Under-15 boys (4km):

Harry Hall: 5th, 13:52 (winner: Hamish Armit, West, 13:21). Team: 1 East 42; 2 West 45

Under-13 boys (3km):

Lewis Watt: 10th, 11:02; Samuel Griffin: 30th, 11:46; Kai Crawford: 31st, 11:47 (winner: Harry Henriksen, East, 10:22). Team: 1 East 39; 2 West 58

Under-17 women (4km):

Clare Stewart: 1st, 14:47 (won by 6 sec. from Eloise Walker, East);

Naomi Lang: 3rd, 14:57. Team: 1 East 22; 2 West 83

Under-15 girls (4km):

Kirsty Oldham: 26th, 16:34 (winner: Lily Evans-Haggerty, West, 14:23).

Team: 1 West 25; 2 East 69

Celtic Nations International

Cardiff, January 22nd, 2017

Under-23 men (10.4km):

Michael Ferguson: 1st, 34:33 (won by 15sec from Logan Ress, Scotland

Under-20 women (4.9km):

Clare Stewart: 7th, 19:31; Naomi Lang: 17th, 20:50 (winner: Anna MacFadyen, Scotland, 18:35). Scotland 1st team

CAU Inter Counties Championships

Loughborough, March 11th, 2017

Senior men (12km):

Will Mackay (Cambridgeshire): 30th, 40:09; Broc Drury (Scotland East): 36th, 40:26 (winner: Andy Vernon, Hampshire, 37:50). Scotland East 8th

Under-20 women (6km):

Anisha Badial (Scotland East): 53rd, 25:32 (winner: Anna MacFadyen, Scotland North, 22:12)

Under-17 women (5km):

Clare Stewart: 5th, 20:12; Naomi Lang: (both Scotland East): 9th, 20:43 (winner: Claudia Lance Jones, Surrey, 19:51. Scotland East 2nd

Home Countries International and SIAB Schools International

Margam Park, Wales, March 25th, 2017

Under-20 men and senior boys (7.1km):

Broc Drury (Scotland): 7th, 23:22 (winner: Ellis Cross, England 22:22). Team: 1 England 6; 2 Scotland 24; 3 Wales 34

Under-20 women (5.22km):

Clare Stewart (Scottish Schools): 9th, 20:06 (winner: Erin Wallace, Scottish Schools, 19:18). Team: 1 England 10; 2 Scottish Schools 14; 3 Scotland 36

Scottish Medallists

Lindsays Scottish Relay Championships

Cumbernauld, October 22nd, 2016

Men (4x4km):

Rory Muir, Michael Ferguson, Will Mackay, Broc Drury: 3rd, 48:54 (winners: Central AC, 47:19)

Lindsays Scottish Short Course Championships

Renfrew, November 5th, 2016

Senior & Junior men (4km):

Michael Ferguson: 3rd, 12:09 (winner: Ben Stevenson, Falkirk Victoria H, 12:05)

Under-17 women (3km)

Naomi Lang: 2nd, 10:47 (winner: Erin Wallace, Giffnock North, 10:44)

Scottish Masters' Championships

Dundee, January 28th, 2017

Over-50 women (6km):

Veronique Oldham: 1st, 26:21 (won by 1:10 from Sue Ridley, Edinburgh AC)

Over-55 women:

Sonia Armitage: 2nd, 29:02 (winner: Lynne Stephen, Fife AC, 29:00)

Lindsays Scottish Championships

Falkirk, February 25th, 2017

Under-20 Men (7.6km):

Broc Drury: 1st, 25:45 (won by 9 sec from Euan Gillham, Giffnock North)

Broc Drury, Tyler White (23rd), Aaron Odentz (29th), Fraser Cruickshank (33rd): 3rd team, 86pt (winners: Fife AC, 52)

Under-17 women (5.9km)

Naomi Lang: 2nd, 24:08; Clare Stewart: 3rd, 24:21 (winner: Erin Wallace, Giffnock North, 23:56)

District Medallists

East District Relay Championships

Livingston, October 8th, 2016

Men (4x4km):

Michael Ferguson, Rory Muir, Eoghan MacNamara, Rory Stead: 3rd, 51:09 (winners: Central AC, 49:48)

Young males (U13, U15, U17, 3x2.5km):

Samuel Griffin, Harry Hall, Edouard Lecrivain: 2nd, 26:09 (winners: Edinburgh AC, 26:02)

Lindsays East District Championships

Balgownie, December 3rd, 2016

Under-20 men (8.4km):

Broc Drury: 2nd, 26:23 (winner: Logan Ress, Fife AC, 26:16)

Under-15 boys (4km):

Harry Hall: 3rd, 13:41 (winner: Joe Ewing, Edinburgh AC, 13:32)

Under-13 boys (3.1km):

Sam Griffin (5th), Gaspard Lecrivain (6th), Lewis Watt (7th): 1st team, 18pt (won by 27pt from Corstorphine AAC)

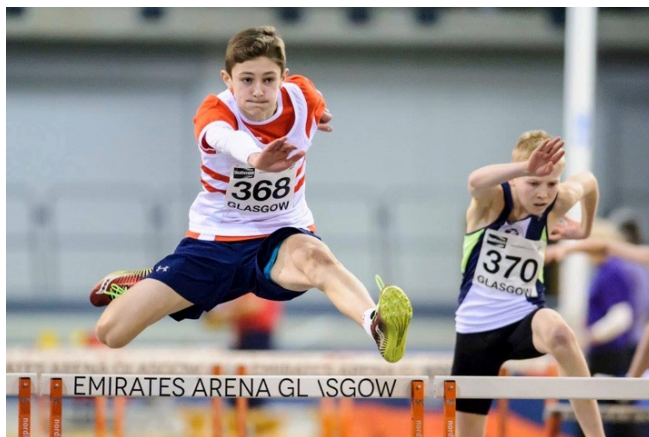
Veteran women Over-50 (6.6km):

Veronique Oldham: 1st, 26:00 (won by 2:20 from Fiona Carver, Corstorphine AAC)

Under-17 women (4.9km):

Naomi Lang: 1st, 16:55; Clare Stewart: 2nd, 17:02

Murray Addison



INDOOR TRACK & FIELD, 2015-2016

European Medallists

European Masters' Championships

Ancona, Italy, March 29th-April 3rd, 2016

Over-45 Men:

Stan Walker: 3rd, 4x200m (1:37.85)

Over-50 Women:

Penny Johnson: 3rd, 4x200m (2:04.28)

British Medallists

British Masters' Championships

Lee Valley, London, March 12th-13th, 2016

Over-70 Men:

Trevor Madigan: 3rd, 200m (31.76); 1st, HJ (1.30m); 3rd, LJ (3.91m)

Scottish Medallists

Senior and Under-17 Championships

Emirates Arena, January 30th, 2016

Men:

Stephen Dunlop: 1st, 200m (21.86)

Hamish Leeson: 3rd, PV (3.00m)

Women:

Kelsey Stewart: 1st, 400m (57.10)

Catriona Pennet: 2nd, 60H (8.88)

Under-17 women:

Katie Forbes: 1st, 60m (7.93); 1st, LJ (5.61m)

Alix Still: 2nd, 60H (9.03)

Grace Carter: 3rd, 60H (9.04)

Kate MacKay: 1st, HJ (1.66m); 2nd, TJ (10.48m)

Combined Events Championships

Emirates Arena, February 13th-14th, 2016

Under-15 Boys:

Murray Addison: 3rd, Pent (1,899)

Under-17 Women:

Alix Still: 2nd, Pen 3,436

Kate MacKay: 3rd, Pent 3,194

Masters Championships

Emirates Arena, February 14th, 2016

Over-50 Men:

James Macgregor: 1st, HJ (1.60m)

Over-70 Men:

Trevor Madigan: 2nd, 60m (9.34); 1st, HJ (1.25m); 1st, LJ (4.28m)

Over-45 Women:

Kathleen Madigan: 1st, 60m (8.95); 2nd, 200m (29.50)

Over-50 Women:

Penny Johnson: 3rd, 60m (9.42)

Ruth Watson: 1st, SP (7.24m)

Over-55 Women:

Sonia Armitage: 1st, 800m (2:35.12); 1st, 1500m (5:26.44)

Under-15 Championships

Emirates Arena, March 5th, 2016

Under-15 Boys:

Harry Hall: 1st, 800m (2:06.08)

Under-15 Girls:

Carmen Neat: 2nd, HJ (1.53m)

Under-20 Championships

Emirates Arena, March 6th, 2016

Under-20 Men:

Hamish Leeson: 2nd, PV (3.22m)

Under-20 Women:

Rebecca Matheson: 3rd, 200m (25.10)

Kelsey Stewart: 1st, 800m (2:10.92)

~~~~~  
^^^

## INDOOR TRACK & FIELD, 2016-2017

### International & Representative Matches

#### SIAB Schools Combined Events International

##### Athlone, Ireland, December 10<sup>th</sup>, 2016

##### Under-18 Women:

Kate MacKay: 11<sup>th</sup>, Pent (3273)

##### Under-16 Girls:

Carmen Neat: 11<sup>th</sup>, Pent (3069)

## Scottish Medallists

### Senior and Under-17 Championships

#### Emirates Arena, January 28<sup>th</sup>, 2017

##### Under-17 men:

Harry Hall: 3<sup>rd</sup>, 800m (2:03.69)

Robbie Farquhar: 1<sup>st</sup>, 60H (8.58); 2<sup>nd</sup>, LJ (6.57m)

##### Women:

Catriona Pennet: 2<sup>nd</sup>, 60H (8.85)

Kate MacKay: 3<sup>rd</sup>, HJ (1.63m)

### Under-20 Championships

### Emirates Arena, February 11<sup>th</sup>-12<sup>th</sup>, 2017

#### Under-20 Men:

Stewart Millar: 3<sup>rd</sup>, 800m (1:56.45)

#### Under-20 Women:

Rebecca Matheson: 2<sup>nd</sup>, 200m (25.44)

Grace Carter: 2<sup>nd</sup>, 60H (9.00)



Daniel Rees, 4 x 400 m relay

### Relay Championships

#### Emirates Arena, March 4<sup>th</sup>, 2017



GAL best track performance  
Rebecca Eggeling

#### Senior Men:

David Irvine, Ryan Oswald, Robbie Shaw, Ross Freck: 2<sup>nd</sup>, 4x200m (1:30.61)

### Combined Events Championships

#### Emirates Arena, March 4<sup>th</sup>-5<sup>th</sup>, 2017

##### Under-17 Men:

Robbie Farquhar: 2<sup>nd</sup>, Hept (4,472)

##### Under-20 Women:

Kate MacKay: 3<sup>rd</sup>, Pent 3,113

##### Under-17 Women:

Jane Davidson: 2<sup>nd</sup>, Pent 3,089

### Masters Championships

#### Emirates Arena, March 4<sup>th</sup>-5<sup>th</sup>, 2017

##### Over-45 Men:

Stan Walker: 2<sup>nd</sup>, 60m (7.86); 2<sup>nd</sup>, 200m (24.85)

##### Over-50 Men:

James Macgregor: 1<sup>st</sup>, HJ (1.63m)

##### Over-55 Men:

Bill Skinner: 2<sup>nd</sup>, LJ (4.56m); 2<sup>nd</sup>, TJ (9.34m)

##### Over-65 Men:

Alan Fulton: 1<sup>st</sup>, 400m (78.64)

Bob Masson: 1<sup>st</sup>, PV (2.77m)

##### Over-40 Women:

Fiona Davidson: 1<sup>st</sup>, 60m (8.41); 1<sup>st</sup>, LJ (4.64m); 1<sup>st</sup>, TJ (10.51m)

##### Over-55 Women:

Sonia Armitage: 2<sup>nd</sup>, 800m (2:36.61); 3<sup>rd</sup>, 1500m (5:29.43)



John McGregor: 2<sup>nd</sup>, 400m (67.60)  
Athol Burnett: 2<sup>nd</sup>, 800m (2:29.01); 2<sup>nd</sup>, 1500m (5:06.72)  
Kenny Lyon: 2<sup>nd</sup>, PV (2.70m); 2<sup>nd</sup>, LJ (4.65m); 2<sup>nd</sup>, TJ (9.86m); 1<sup>st</sup>, JT (31.57m)

**Over-65 men:**

Alan Fulton: 2<sup>nd</sup>, 800m (2:54.17)  
Bob Masson: 1<sup>st</sup>, PV (2.50m); 1<sup>st</sup>, DT (35.90m); 1<sup>st</sup>, JT (30.66m)

**Over-70 men:**

Trevor Madigan: 2<sup>nd</sup>, 100m (15.43); 1<sup>st</sup>, HJ (1.19m); 1<sup>st</sup>, LJ (4.06m)

**Over-40 women:**

Fiona Davidson: 1<sup>st</sup>, LJ (4.83m); 1<sup>st</sup>, TJ (10.18m)

**Over-45 women:**

Sarah Knox: 2<sup>nd</sup>, 1500m (5:37.60)

**Over-50 women:**

Ruth Watson: 1<sup>st</sup>, 100m (15.60); 1<sup>st</sup>, 200m (33.12)

**Over-55 women:**

Laura Mahady: 1<sup>st</sup>, 200m (31.02)

**Scottish Relay Championships**

**Aberdeen, July 3<sup>rd</sup>, 2016**

**Senior men:**

Daniel Rees, Michael Ferguson, Ewan Calder, Myles Nelson: 2<sup>nd</sup>, 4x400m (3:22.00); Rory Muir, Stewart Millar, Marcus Archer, Fraser McGillivray: 3<sup>rd</sup> (3:30.65)

Callum Symmons, Michael Ferguson, Rory Muir: 1<sup>st</sup>, 3x800m (5:48.25); Stewart Millar, Eoghan MacNamara, Fearghas Thomson: 3<sup>rd</sup> (5:59.24)

**Under-17 men:**

Finlay Strachan, Nic Tierney, Jack Gillespie: 1<sup>st</sup>, 3x800m (6:20.25)

**Under-15 Boys:**

Adam Robertson, Adam Brown, Harry Hall: 1<sup>st</sup>, 3x800m (6:48.82)  
Murray Addison, Harry Hall, Ryan Matheson, James McIntosh: 2<sup>nd</sup>, 4x300m (2:42.88)

**Senior women:**

Kelsey Stewart, Katie Forbes, Kirsten Young, Rebecca Matheson: 1<sup>st</sup>, 4x100m (48.94)

Emma Leask, Jennifer Harrison, Rebecca Matheson, Kelsey Stewart: 1<sup>st</sup>, 4x400m (3:56.48)

**Under-17 women:**

Rebecca Eggeling, Rachele Matheson, Iona Hamilton-Thompson, Mhairi Greig: 3<sup>rd</sup>, 4x300m (3:08.51)

**Under-15 girls:**

Kirsty Oldham, Erin Williams, Abbie Burns, Laura McNeill: 3<sup>rd</sup>, 4x300m (3:04.41)

Kirsty Oldham, Adele Gillespie, Laura McNeill: 3<sup>rd</sup>, 3x800m (7:37.43)

**Scottish Senior and Under-17 Championships**

**Grangemouth, August 13<sup>th</sup>-14<sup>th</sup>, 2016**

**Men:**

Michael Ferguson: 3<sup>rd</sup>, 1500m (3:51.35)

Broc Drury: 3<sup>rd</sup>, 5000m (14:43.11)

Ryan Hewitson: 3<sup>rd</sup>, 110H (15.40)

Sam Lyon: 2<sup>nd</sup>, TJ (14.66m)

Lewis Clow: 3<sup>rd</sup>, 100m Ambulant (12.88)

**Women:**

Zoey Clark: 1<sup>st</sup>, 400m (53.67)

Kelsey Stewart: 2<sup>nd</sup>, 400m (55.31)

**Under-17 Women:**

Katie Forbes: 2<sup>nd</sup>, 100m (12.43)

Rebecca Eggeling: 1<sup>st</sup>, 1500m (4:33.32)

Grace Carter: 3<sup>rd</sup>, 80H (11.95)

Alix Still: 1<sup>st</sup>, 300H (46.82); 3<sup>rd</sup>, LJ (5.33m); 3<sup>rd</sup>, SP (10.43m)

Grace Carter, Rhia Badial, Rachele Matheson, Katie Forbes: 3<sup>rd</sup>, 4x100m (51.04)

**Scottish Under-20, Under-15 and Under-13 Championships**

**Grangemouth, August 20<sup>th</sup>-21<sup>st</sup>, 2016**

**Under-20 men:**

Scott Macgregor: 3<sup>rd</sup>, 110H (16.96)

**Under-15 boys:**

Harry Hall: 1<sup>st</sup>, 800m (2:01.57)

Murray Addison: 3<sup>rd</sup>, TJ (10.72m)

**Under-13 boys:**

Lewis Watt: 1<sup>st</sup>, 800m (2:19.64)

**Under-20 women:**

Kelsey Stewart: 1<sup>st</sup>, 400m (54.49); 2<sup>nd</sup>, 800m (2:12.74)

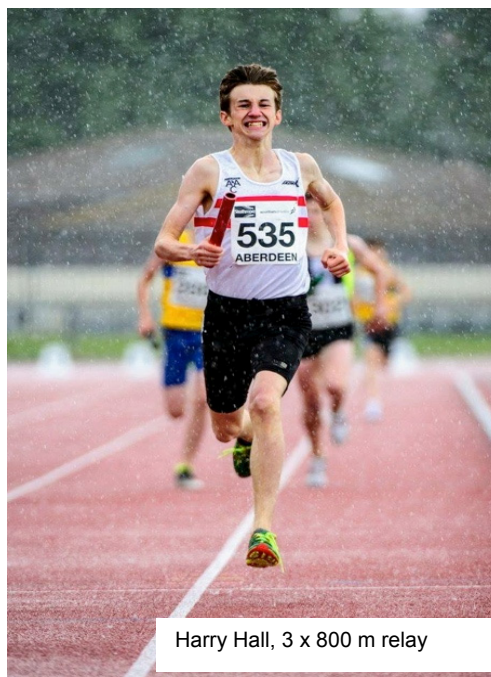
Erin Runcie: 2<sup>nd</sup>, DT (34.32m)

**Under-15 girls:**

Jane Davidson: 2<sup>nd</sup>, 75H (11.73)

Carmen Neat: 2<sup>nd</sup>, HJ (1.51m)

**GAL final: Erin Williams and Carmen Neat**



Harry Hall, 3 x 800 m relay

## District Medallists

### East District Championships Grangemouth, May 13<sup>th</sup>-14<sup>th</sup>, 2016

#### Senior men:

Stephen Dunlop: 1<sup>st</sup>, 100m (10.85); 1<sup>st</sup>, 200m (22.31)

Daniel Rees: 3<sup>rd</sup>, 400m (49.90)

James Macgregor: 1<sup>st</sup>, HJ (1.60m)

#### Under-17 men:

Jack Gillespie: 1<sup>st</sup>, 800m (2:03.24)

Robbie Farquhar: 3<sup>rd</sup>, 100H (15.17); 3<sup>rd</sup>, LJ (6.24m); 1<sup>st</sup>, TJ (11.64m)

John Angus: 2<sup>nd</sup>, SP (11.86m); 3<sup>rd</sup>, DT (32.08m); 3<sup>rd</sup>, HT (28.18m)

#### Under-15 boys:

Harry Hall: 1<sup>st</sup>, 800m (2:05.69)

Murray Addison: 2<sup>nd</sup>, JT (30.13m)

#### Under-13 boys:

Lewis Watt: 1<sup>st</sup>, 800m (2:19.51)

Sam Griffin: 2<sup>nd</sup>, 1500m (4:55.38)

#### Senior women:

Jade MacLaren: 2<sup>nd</sup>, 400m (56.75)

Gemma Cormack: 3<sup>rd</sup>, 800m (2:19.60); 2<sup>nd</sup>, 1500m (4:35.55)

Catriona Pennet: 1<sup>st</sup>, 100H (14.75)

#### Under-20 women:

Kelsey Stewart: 1<sup>st</sup>, 200m (25.01)

Hannah Cameron: 1<sup>st</sup>, 400m (58.73)

Grace Angus: 2<sup>nd</sup>, LJ (5.01m)

#### Under-17 women:

Rebecca Eggeling: 1<sup>st</sup>, 800m (2:13.27); 1<sup>st</sup>, 1500m (4:34.35)

Naomi Lang: 2<sup>nd</sup>, 1500m (4:43.08)

Grace Carter: 2<sup>nd</sup>, 80H (12.14)

Kate MacKay: 3<sup>rd</sup>, 80H (12.42); 1<sup>st</sup>, HJ (1.63m)

Iona Colquhoun: 1<sup>st</sup>, SP (10.46m); 1<sup>st</sup>, DT (25.74m); 1<sup>st</sup>, JT (25.74m)

#### Under-15 girls:

Laura McNeill: 1<sup>st</sup>, 800m (2:21.98)

#### Under-13 girls:

Hannah Ingram: 3<sup>rd</sup>, HJ (1.26m)

### North District Championships

#### Inverness, May 13<sup>th</sup>-14<sup>th</sup>, 2016

#### Senior Men:

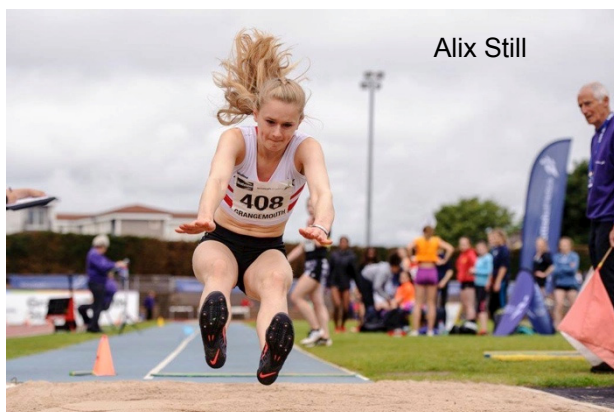
Eoghan MacNamara: 2<sup>nd</sup>, 800m (1:59.34); 1<sup>st</sup>, 1500m (4:14.77)

Edward McKenzie: 1<sup>st</sup>, PV (2.47m); 3<sup>rd</sup>, SP (9.80m); 3<sup>rd</sup>, DT (29.10m);

3<sup>rd</sup>, HT (27.28m); 2<sup>nd</sup>, JT (31.43m)

#### Under-20 women:

Rebecca Matheson: 1<sup>st</sup>, 100m (12.76); 2<sup>nd</sup>, 200m (26.01)



Alix Still

## Club Champions

#### Senior men:

Stan Walker (sprints)

James Gray (middle distance)

Sam Lyon (jumps)

Eddie McKenzie (throws).

#### Under-20:

No Award (track)

Conor Hewitson (field)

#### Under-17:

Harry Kilner (track)

Robbie Farquhar (field)

**Veteran:** Bill Skinner

**Veteran Over 40:** Bill Skinner

**Veteran Over 50:** Bill Skinner

**Overall age-graded:** Bill Skinner

#### Boys

**Under-15:** Harry Hall

**Under-13:** Lewis Watt

**Under-11:** Archie McDonald

#### Senior women:

Sophia Hamilton (sprints)

Sarah Knox (middle distance)

Fiona Davidson (jumps)

Fiona Davidson (throws)

#### Under-20:

No awards

#### Under-17:

Grace Carter (track)

No award (field)

**Veteran:** Fiona Davidson

**Veteran Over 45:** Fiona Davidson

**Overall age-graded:** Fiona Davidson

#### Girls

**Under-15:** Jane Davidson

**Under-13:** Sophie Jennings

**Under-11:** Angela Kelly

Erin Williams



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Cross-Country Championships



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U17W East Districts May 16  
Naomi Lang, Rebecca Eggeling



Alix Still, indoor Pentathlon record

## ABERDEEN AAC'S CLUB PERFORMANCES IN 2016

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

|   |                        |           |
|---|------------------------|-----------|
| 1 | <b>Aberdeen AAC</b>    | <b>32</b> |
| 2 | Central AC             | 23        |
| 3 | VP Glasgow             | 22        |
| 4 | Arbroath & District AC | 17        |
| 5 | Kilbarchan AAC         | 14        |
| 6 | Laswade AAC            | 13        |
| 7 | Edinburgh AC           | 12        |
| 8 | Shettleston Harriers   | 11        |

### Scottish Women's League

|          |                               |           |
|----------|-------------------------------|-----------|
| 1        | Edinburgh AC                  | 24        |
| 2        | Forth Valley                  | 18        |
| 3        | Team West                     | 16        |
| 4        | Tayside & NE Fife             | 14        |
| <b>5</b> | <b>Aberdeen AAC Select</b>    | <b>13</b> |
| 6        | Victoria Park City of Glasgow | 9         |
| 7        | Lothian                       | 7         |
| 8        | Pitreavie AAC                 | 6         |



Laura McNeill, 4 x 800m relay

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

|          |                                |           |
|----------|--------------------------------|-----------|
| 1        | Inverness Harriers (535)       | 21        |
| 2        | Island Team (502)              | 21        |
| <b>3</b> | <b>Aberdeen AAC</b>            | <b>20</b> |
| 4        | Team North (305)               | 12        |
| 5        | Dundee Hawkhill Harriers (263) | 12        |
| 6        | Arbroath & District AC         | 10        |
| 7        | Banchory Stonehaven AC         | 8         |
| 8        | Montrose and Perth             | 4         |

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

|          |                            |           |
|----------|----------------------------|-----------|
| 1        | Inverness Harriers         | 23        |
| 2        | Island Team                | 21        |
| <b>3</b> | <b>Aberdeen AAC (1503)</b> | <b>17</b> |
| 4        | Team North (1499.83)       | 17        |
| 5        | Dundee Hawkhill Harriers   | 11        |
| 6        | Banchory Stonehaven AC     | 8         |
| 7        | Arbroath & District AC     | 7         |
| 8        | Montrose and Perth         | 4         |

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

Aberdeen AAC – not qualified

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

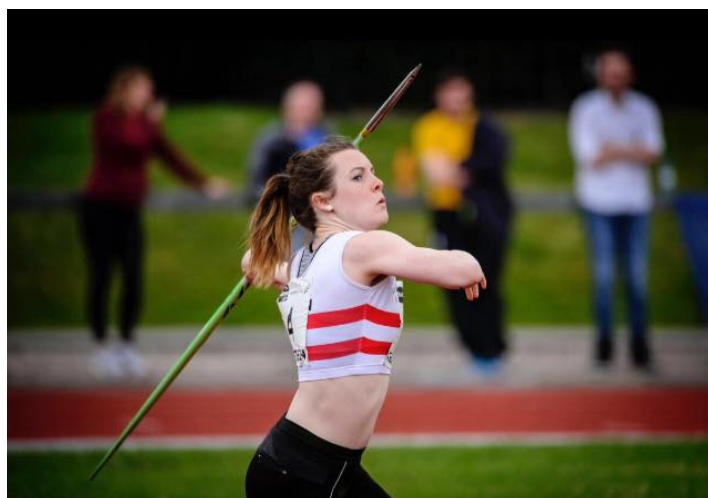
Aberdeen AAC – not qualified

### Petrofac League (East Section) – Men

|   |                                 |           |
|---|---------------------------------|-----------|
| 1 | <b>Aberdeen AAC</b>             | <b>32</b> |
| 2 | Dundee Hawkhill Harriers        | 27        |
| 3 | Arbroath & District AC          | 24        |
| 4 | Banchory Stonehaven AC          | 19        |
| 5 | Fife AC (651)                   | 14        |
| 6 | Perth Strathtay Harriers (626)  | 14        |
| 7 | Ellon AAC & Peterhead AAC (293) | 7         |
| 8 | Montrose & District AC (219)    | 7         |

### Petrofac League (East Section) – Women

|   |                                |           |
|---|--------------------------------|-----------|
| 1 | <b>Aberdeen AAC</b>            | <b>32</b> |
| 2 | Dundee Hawkhill Harriers       | 26        |
| 3 | Arbroath & District AC         | 25        |
| 4 | Banchory Stonehaven AC         | 21        |
| 5 | Ellon AAC & Peterhead AAC      | 13        |
| 6 | Perth Strathtay Harriers (742) | 11.5      |
| 7 | Fife AC (715)                  | 10.5      |
| 8 | Montrose & District AC         | 5         |



Sophia Hamilton

**Grampian League – Final**

**Aberdeen AAC placings:**

|                     |                  |
|---------------------|------------------|
| Senior Men:         | 7th              |
| <b>U17 Men:</b>     | <b>1st</b>       |
| <b>U15 Boys</b>     | <b>1st</b>       |
| U13 Boys            | 2 <sup>nd</sup>  |
| U11 Boys            | 12 <sup>th</sup> |
| <b>Senior women</b> | <b>1st</b>       |
| U17 Women:          | 2 <sup>nd</sup>  |
| <b>U15 Girls:</b>   | <b>1st</b>       |
| U13 Girls:          | 4 <sup>th</sup>  |
| U11 Girls:          | 2 <sup>nd</sup>  |

**East District Cross-Country League 2015-2016**

**Senior Men:**

|    |                     |             |
|----|---------------------|-------------|
| 1  | Central AC          | 166         |
| 12 | <b>Aberdeen AAC</b> | <b>2197</b> |

**U17 Men:**

|   |                     |            |
|---|---------------------|------------|
| 1 | Edinburgh AC        | 64         |
| 4 | <b>Aberdeen AAC</b> | <b>203</b> |

**U15 Boys:**

|   |                     |            |
|---|---------------------|------------|
| 1 | Corstorphine AAC    | 98         |
| 3 | <b>Aberdeen AAC</b> | <b>119</b> |

**U13 Boys:**

|    |                     |            |
|----|---------------------|------------|
| 1  | Team Border         | 109        |
| 10 | <b>Aberdeen AAC</b> | <b>535</b> |

**U11 Boys:**

|   |                     |            |
|---|---------------------|------------|
| 1 | <b>Aberdeen AAC</b> | <b>100</b> |
| 2 | Corstorphine AAC    | 126        |

**Senior Women:**

|   |                      |            |
|---|----------------------|------------|
| 1 | Hunters Bog Trotters | 81         |
| 9 | <b>Aberdeen AAC</b>  | <b>564</b> |

**U17 Women and U15 Girls combined:**

|   |                     |            |
|---|---------------------|------------|
| 1 | Central AC          | 76         |
| 3 | <b>Aberdeen AAC</b> | <b>120</b> |

**East District Cross-Country League 2016-2017**

**Overall Men:**

|   |                     |             |
|---|---------------------|-------------|
| 1 | Edinburgh AC        | 1326        |
| 2 | <b>Aberdeen AAC</b> | <b>1494</b> |

**Senior Men:**

|   |                     |            |
|---|---------------------|------------|
| 1 | Central AC          | 312        |
| 4 | <b>Aberdeen AAC</b> | <b>658</b> |

**U17 Men:**

|   |                     |            |
|---|---------------------|------------|
| 1 | Fife AC             | 59         |
| 5 | <b>Aberdeen AAC</b> | <b>253</b> |

**U15 Boys:**

|   |                     |            |
|---|---------------------|------------|
| 1 | Corstorphine AAC    | 103        |
| 7 | <b>Aberdeen AAC</b> | <b>281</b> |

**U13 Boys:**

|   |                     |           |
|---|---------------------|-----------|
| 1 | <b>Aberdeen AAC</b> | <b>73</b> |
| 2 | Corstorphine AAC    | 126       |

**U11 Boys:**

|   |                     |            |
|---|---------------------|------------|
| 1 | Harmeny AC          | 96         |
| 5 | <b>Aberdeen AAC</b> | <b>119</b> |

**Overall Women:**

|   |                     |             |
|---|---------------------|-------------|
| 1 | Central AC          | 689         |
| 5 | <b>Aberdeen AAC</b> | <b>1256</b> |

**Senior Women:**

|    |                     |            |
|----|---------------------|------------|
| 1  | Edinburgh AC        | 63         |
| 13 | <b>Aberdeen AAC</b> | <b>688</b> |

**U17 Women and U15 Girls combined:**

|   |                     |            |
|---|---------------------|------------|
| 1 | Edinburgh AC        | 122        |
| 2 | <b>Aberdeen AAC</b> | <b>128</b> |

**U13 Girls:**

|   |                     |            |
|---|---------------------|------------|
| 1 | Edinburgh AC        | 69         |
| 7 | <b>Aberdeen AAC</b> | <b>418</b> |

**U11 Girls:**

|    |                     |            |
|----|---------------------|------------|
| 1  | Fife AC             | 75         |
| 12 | <b>Aberdeen AAC</b> | <b>589</b> |

**NB** Figures in brackets denote aggregate match scores where clubs are tied on league points



Kelsey Stewart, East District U20 W



U17 M 3 x 800m relay  
L to R Nic Tierney, Jack Gillespie, Finlay Strachan





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Answers to quiz:

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

## 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        |
| 10.56        | Stephen Dunlop     | Eton               | 10.05.14        |
| 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        |
| <b>10.85</b> | <b>Ryan Oswald</b> | <b>Grangemouth</b> | <b>16.07.16</b> |
| 10.9         | Michael Catto      | Balgownie          | 20.04.80        |
| 10.9         | Richard Chessor    | Meadowbank         | 27.04.03        |
| 10.9         | Brian Gordon       | Balgownie          | 17.05.72        |
| 10.90        | Gavin Irvine       | Scotstouin         | 30.08.14        |
| 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        |
| 11.08        | Sam Lyon           | Scotstoun          | 30.08.14        |

### 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        |
| <b>21.62</b> | <b>Stephen Dunlop</b> | <b>Dublin</b> | <b>29.05.16</b> |
| 21.8         | Barry Middleton       | CA Stadium    | 28.07.96        |
| 21.9         | Brian Gordon          | Balgownie     | 01.07.73        |
| 21.99        | Ian Garioch           | Inverness     | 08.05.10        |
| 22.1         | David Oliver          | Balgownie     | 18.08.76        |
| 22.2         | Ahmed Al-Kowarri      | CA Stadium    | 28.08.02        |
| 22.3         | Paul Allan            | CA Stadium    | 05.09.90        |
| 22.3         | Campbell Paterson     | Meadowbank    | 17.07.71        |
| 22.3         | Duncan Mathieson      | CA Stadium    | 07.04.91        |
| 22.34        | Stan Walker           | Meadowbank    | 10.07.88        |
| 22.35        | Richard Chessor       | Meadowbank    | 27.04.03        |
| 22.4         | Paul Davidson         | CA Stadium    | 23.07.95        |
| 22.4         | John Dixon            | Freiburg      | 12.07.66        |
| 22.5         | Ray Smith             | Livingston    | 24.05.86        |
| 22.6         | Alexander Carnie      | Grangemouth   | 17.06.89        |
| 22.6         | Bruce Gibb            | Perth         | 07.06.09        |
| 22.62        | 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        |
| <b>35.8</b> | <b>Daniel Rees</b> | <b>CA Stadium</b> | <b>16.05.16</b> |

|              |                                   |                   |                 |
|--------------|-----------------------------------|-------------------|-----------------|
| 35.9         | Paul Davidson                     | CA Stadium        | 06.04.97        |
| 36.3         | Ray Elrick                        | CA Stadium        | 05.04.98        |
| 36.3         | Murray King                       | CA Stadium        | 07.04.96        |
| 36.6         | Richard Gray                      | CA Stadium        | 06.04.03        |
| 36.6         | Stuart Mathieson                  | CA Stadium        | 10.08.97        |
| 36.82        | Robbie Shaw                       | CA Stadium        | 29.08.13        |
| 37.0         | Cameron Brown                     | CA Stadium        | 28.08.14        |
| <b>37.07</b> | <b>David Irvine</b>               | <b>CA Stadium</b> | <b>16.05.16</b> |
| 37.1         | Alasdhair Love                    | CA Stadium        | 18.07.93        |
| 37.1         | Colin Wilson                      | CA Stadium        | 26.07.92        |
| <b>37.1</b>  | <b>Christian V'diev Hristov</b>   | <b>CA Stadium</b> | <b>16.05.16</b> |
| 37.3         | Gareth Lake                       | CA Stadium        | 28.08.14        |
| 37.4         | D Braun/N Fachie/T Roads/M Nelson |                   |                 |

98 / 04 / 08 / 16

SW 4 x 400 m relay, L to R Emma Leask, Jennifer Harrison, Rebecca Matheson, Kelsey Stewart



### 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        |
| <b>49.76</b> | <b>Daniel Rees</b> | <b>CA Stadium</b> | <b>12.06.16</b> |
| 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        |

### MEN 800m

|                |                         |                          |                 |
|----------------|-------------------------|--------------------------|-----------------|
| 1:49.3         | EWAN CALVERT            | Stretford                | 23.08.94        |
| 1:50.37        | Myles Edwards           | Lokeren (BEL)            | 24.05.14        |
| <b>1:51.5</b>  | <b>Rory Muir</b>        | <b>Chester-le-Street</b> | <b>25.07.16</b> |
| <b>1:51.78</b> | <b>Michael Ferguson</b> | <b>Glasgow (H)</b>       | <b>03.06.16</b> |
| 1:52.4         | Michael Murray          | Inverness                | 19.08.84        |
| 1:52.91        | Alan Wales              | Loughborough             | 18.05.05        |
| 1:53.00        | Thomas Blackie          | Meadowbank               | 22.06.85        |
| 1:53.4         | Frank Boyne             | CA Stadium               | 18.07.93        |
| 1:53.46        | Adam Watt               | Manchester               | 31.05.03        |
| 1:53.5         | Ross Arbuckle           | Pitreavie                | 27.05.79        |
| 1:53.51        | James Joy               | Solihull                 | 10.07.10        |

|         |                |             |          |
|---------|----------------|-------------|----------|
| 1:54.24 | Ray Creswell   | Meadowbank  | 05.06.88 |
| 1:54.3  | Brian Gordon   | Meadowbank  | 23.06.73 |
| 1:54.7  | David Stephen  | Balgownie   | 28.07.84 |
| 1:54.8  | Colin Donald   | Crawley     | 21.07.84 |
| 1:54.82 | Mark Haskett   | Grangemouth | 20.06.10 |
| 1:54.9  | Michael Turner | Cosford     | 05.07.89 |
| 1:54.9  | Lewis Walker   | Meadowbank  | 08.05.77 |
| 1:54.91 | Stuart Forbes  | Manchester  | 31.05.03 |
| 1:55.04 | Mark Kennedy   | Manchester  | 21.05.05 |

#### MEN 1500m

|                |                         |                    |                 |
|----------------|-------------------------|--------------------|-----------------|
| 3:44.67        | ALAN WALES              | Manchester         | 15.07.06        |
| <b>3:45.27</b> | <b>Michael Ferguson</b> | <b>Watford</b>     | <b>28.05.16</b> |
| 3:46.91        | Myles Edwards           | Stretford          | 22.07.14        |
| 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        |
| <b>3:52.50</b> | <b>Rory Muir</b>        | <b>Glasgow (C)</b> | <b>29.07.16</b> |
| 3:52.6*        | Steve Taylor            | New Meadowbank     | 22.06.62        |
| 3:53.3         | Robert Mitchell         | Cwmbran            | 04.07.81        |
| 3:53.55        | Mark Haskett            | Watford            | 11.06.11        |
| 3:53.9         | Stephen Wright          | Gateshead          | 01.07.92        |
| 3:53.95        | David Stephen           | Meadowbank         | 22.06.85        |
| 3:54.32        | Ben Hukins              | Scotstoun          | 28.07.00        |
| 3:54.7*        | Mel Edwards             | Chiswick           | 25.07.64        |
| 3:55.1         | Fraser Clyne            | Coatbridge         | 28.06.81        |
| 3:55.8         | Ross Arbuckle           | Meadowbank         | 26.08.79        |
| 3:55.9         | Colin McClean           | Grangemouth        | 14.05.86        |
| 3:56.39        | Ewan Calvert            | Meadowbank         | 30.05.92        |

\*Converted from mile time

#### MEN 3000m

|                |                         |                    |                 |
|----------------|-------------------------|--------------------|-----------------|
| 8:14.6         | FRASER CLYNE            | Grangemouth        | 28.05.81        |
| 8:18.8         | Graham Laing            | Brisbane           | 25.09.82        |
| 8:19.5         | Mel Edwards             | Twickenham         | 25.08.68        |
| 8:23.07        | Stephen Wright          | Gateshead          | 15.07.92        |
| 8:24.82        | Ray Creswell            | Meadowbank         | 12.07.89        |
| 8:26.1         | Gary Zeuner             | Gateshead          | 15.07.87        |
| 8:28.3         | Frank Boyne             | CA Stadium         | 18.07.93        |
| 8:31.2         | Alan Reid II            | Inverness          | 01.07.90        |
| 8:33.2         | Michael Turner          | Sutton Coldfield   | 24.06.89        |
| 8:34.4         | Ian Matheson            | Elgin              | 08.06.86        |
| 8:34.6         | Ben Hukins              | CA Stadium         | 13.08.00        |
| 8:34.65        | Darren Shinnie          | Cardiff            | 17.07.04        |
| 8:35.9         | Simon Axon              | Inverness          | 05.07.87        |
| <b>8:35.93</b> | <b>Michael Ferguson</b> | <b>Glasgow (C)</b> | <b>29.07.16</b> |
| <b>8:36.08</b> | <b>Rory Muir</b>        | <b>Grangemouth</b> | <b>03.08.16</b> |
| 8:36.69        | Iain Donnan             | Scotstoun          | 30.08.03        |
| 8:39.1         | David Duguid            | CA Stadium         | 23.07.89        |
| <b>8:39.47</b> | <b>Will MacKay</b>      | <b>Glasgow (C)</b> | <b>03.06.16</b> |
| 8:40.4         | Myles Edwards           | CA Stadium         | 13.06.12        |
| 8:42.3         | Robert Mitchell         | Balgownie          | 17.06.80        |

#### MEN 5000m

|                 |                         |                    |                 |
|-----------------|-------------------------|--------------------|-----------------|
| 14:18.90        | IAN MATHESON            | Crown Point        | 22.07.89        |
| 13:46.0*        | STEVE TAYLOR            | Pitreavie          | 08.06.66        |
| 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        |
| 13:55.2*        | Alastair Wood           | Westerlands        | 12.06.62        |
| 14:48.0         |                         | Meadowbank         | 07.05.82        |
| 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        |
| <b>14:38.14</b> | <b>Michael Ferguson</b> | <b>Glasgow (C)</b> | <b>29.07.16</b> |
| 14:42.5         | Gary Zeuner             | Crown Point        | 13.06.87        |
| <b>14:43.11</b> | <b>Broc Drury</b>       | <b>Grangemouth</b> | <b>14.08.16</b> |
| 14:45.08        | Will MacKay             | Oxford             | 18.07.15        |
| 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        |

\*3-mile race (shorter distance)

#### MEN 10,000m

|          |                   |             |          |
|----------|-------------------|-------------|----------|
| 29:23    | FRASER CLYNE      | Balgownie   | 06.05.83 |
| 29:23    | GRAHAM LAING      | Balgownie   | 06.05.83 |
| 28:27.0* | Mel Edwards       | Grangemouth | 23.06.67 |
| 28:45.0* | Alastair Wood     | Linkfield   | 05.06.68 |
|          | 30:25.4           | Grangemouth | 27.06.69 |
| 29:02.0* | Steve Taylor      | Linkfield   | 31.05.67 |
|          | 30:18.6           | Meadowbank  | 25.06.71 |
| 30:26.62 | Chris Hall        | Haringey    | 20.08.88 |
| 30:28.0  | Peter Wilson      | Balgownie   | 24.05.83 |
| 30:30.35 | Will MacKay       | Hutcheson's | 17.04.15 |
| 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 |

\*6-mile race (shorter distance)

#### MEN HALF MARATHON

|       |                   |             |          |
|-------|-------------------|-------------|----------|
| 61:34 | GRAHAM LAING      | The Hague   | 19.03.83 |
| 62:54 | Fraser Clyne      | Morpeth     | 01.01.85 |
| 64:25 | Simon Axon        | Gateshead   | 08.06.86 |
| 65:02 | Chris Hall        | Arbroath    | 28.06.87 |
| 65:38 | Bruce Chinnick    | Kinloss     | 02.05.87 |
| 66:11 | Peter Wilson      | Fraserburgh | 14.10.84 |
| 66:29 | Colin Youngson    | Inverness   | 22.03.87 |
| 66:38 | Alan Reid II      | Inverness   | 15.03.92 |
| 66:41 | Kevin Best        | Peterhead   | 18.08.85 |
| 66:53 | George Reynolds   | 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 |
| 68:55 | Will MacKay       | Lossiemouth | 08.02.15 |

#### MEN MARATHON

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

#### MEN 3000m STEEPLECHASE

|         |                 |             |          |
|---------|-----------------|-------------|----------|
| 8:47.8  | BILL EWING      | Grangemouth | 08.06.68 |
| 9:05.87 | Gary Zeuner     | Meadowbank  | 20.06.87 |
| 9:06.3  | Frank Boyne     | Crown Point | 15.08.93 |
| 9:08.1  | Fraser Clyne    | Meadowbank  | 07.07.79 |
| 9:08.11 | Stephen Wright  | Crown Point | 06.07.91 |
| 9:13.9  | David Duguid    | Balgownie   | 02.09.87 |
| 9:14.46 | Ray Creswell    | Crown Point | 22.07.89 |
| 9:20.8  | Chris Armstrong | Cosford     | 16.06.87 |
| 9:28.6  | Ian Matheson    | Ayr         | 19.06.88 |
| 9:30.6  | Michael Turner  | Meadowbank  | 28.07.85 |

|         |                  |             |          |
|---------|------------------|-------------|----------|
| 9:33.19 | Philip Stankler  | Meadowbank  | 06.07.86 |
| 9:33.9  | Alan Reid II     | Inverness   | 16.05.93 |
| 9:36.5  | Robin Sutherland | Coatbridge  | 17.05.92 |
| 9:37.64 | David Munro      | Grangemouth | 05.08.12 |
| 9:40.79 | Chris Smith      | Scotstoun   | 26.06.99 |
| 9:41.0  | Ian Johnstone    | Balgownie   | 08.05.77 |
| 9:42.6  | Michael Murray   | Balgownie   | 03.06.86 |
| 9:47.2  | Graham Laing     | Balgownie   | 11.09.77 |
| 9:48.1  | Mark Caird       | Crown Point | 26.05.91 |
| 9:48.3  | Raph Murray      | Meadowbank  | 30.05.81 |

#### MEN 110m HURDLES

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 14.9  | DUNCAN MATHIESON | CA Stadium  | 12.06.90 |
| 15.28 | Ryan Hewitson    | Grangemouth | 13.07.14 |
| 15.38 | Paul Allan       | Stadthagen  | 24.06.90 |
| 15.4  | Murray King      | Inverness   | 24.08.86 |
| 15.51 | Mark Davidson    | C A Stadium | 09.07.89 |
| 15.6  | Andrew Grant     | Grangemouth | 28.04.02 |
| 15.63 | Tom Leeson       | Ayr         | 21.07.96 |
| 15.65 | Robert Miller    | Hexham      | 18.07.04 |
| 15.7  | Ivan Van Cleef   | Meadowbank  | 29.04.01 |
| 16.2  | Steven Ledingham | Pitreavie   | 12.05.85 |
| 16.4  | David Polson     | Balgownie   | 17.04.83 |
| 16.6  | Michael Catto    | Balgownie   | 17.05.80 |
| 16.6  | Mark Dobbie      | Kilkeny     | 27.08.95 |
| 16.19 | Daniel Rees      | Meadowbank  | 30.08.15 |
| 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 |

#### 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        |
| <b>54.49</b> | <b>Daniel Rees</b> | <b>Kilmarnock</b> | <b>28.05.16</b> |
| 54.98        | Andrew Grant       | Scotstoun         | 14.08.04        |
| 55.1         | Robert Miller      | Dundee            | 11.07.04        |
| 56.1         | Paul Allan         | CA Stadium        | 29.06.89        |
| 56.50        | Ronald Smith       | Grangemouth       | 11.07.99        |
| 56.6         | 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        |

#### MEN HIGH JUMP

|             |                                                                     |                    |                 |
|-------------|---------------------------------------------------------------------|--------------------|-----------------|
| 2.07        | DUNCAN MATHIESON                                                    | Stadthagen         | 23.06.90        |
| 2.00        | David Polson                                                        | Meadowbank         | 19.07.81        |
| 2.00        | Dinkar Sabnis                                                       | Grangemouth        | 29.08.93        |
| <b>1.98</b> | <b>Ryan Hewitson</b>                                                | <b>Grangemouth</b> | <b>08.05.16</b> |
| 1.98        | Keith Oag                                                           | Dublin             | 13.08.94        |
| 1.95        | Paul Allan                                                          | CA Stadium         | 08.09.91        |
| 1.95        | Ian Bailey                                                          | Meadowbank         | 29.06.86        |
| 1.95        | Miller Mathieson                                                    | Coatbridge         | 22.07.84        |
| 1.91        | Kevin Lutton                                                        | CA Stadium         | 09.05.01        |
| 1.90        | Grant Robertson                                                     | CA Stadium         | 05.04.14        |
| 1.90        | William Stark                                                       | Scotstoun          | 16.05.99        |
| 1.88        | George Stewart                                                      | Meadowbank         | 11.06.72        |
| 1.85        | Andrew Grant                                                        | Meadowbank         | 13.05.01        |
| 1.85        | Craig Noble                                                         | CA Stadium         | 07.06.92        |
| 1.85        | William Smy                                                         | Dundee             | 02.08.09        |
| 1.84        | Michael Corrie                                                      | Balgownie          | 22.06.75        |
| 1.83        | James Shand                                                         | Aberdeen           | 02.06.62        |
| 1.83        | Michael Spink                                                       | CA Stadium         | 20.05.93        |
| <b>1.81</b> | <b>Daniel Rees</b>                                                  | <b>Kilmarnock</b>  | <b>28.05.16</b> |
| 1.80        | Lyon/Petrie/Catto/Kennedy/Lind/Wright/Leeson/Miller/Sutherland/Rees |                    |                 |

79/79/80/82/89/92/96/03/04/15

#### 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        |
| <b>3.90</b> | <b>Alasdair Lowe</b> | <b>Kilmarnock</b>   | <b>28.05.16</b> |
| <b>3.90</b> | <b>Jools Peters</b>  | <b>Grangemoiuth</b> | <b>27.08.16</b> |
| 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        |
| 3.50        | Daniel Rees          | Grangemouth         | 12.07.15        |
| 3.40        | Fraser Benzie        | Grangemouth         | 25.06.00        |
| 3.40        | Michael Kennedy      | Balgownie           | 28.04.84        |
| 3.40        | Sam Lyon             | Grangemouth         | 20.06.10        |
| <b>3.37</b> | <b>Hamish Leeson</b> | <b>Kilmarnock</b>   | <b>14.05.16</b> |
| 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        |

#### 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    | Linksfild   | 10.06.63 |
| 6.88 | Chukwudi Onyia   | Grangemouth | 20.04.14 |
| 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      | Linksfild   | 03.05.62 |
| 6.73 | Kenny Lyon       | Balgownie   | 14.06.80 |
| 6.73 | David Polson     | Balgownie   | 17.05.83 |
| 6.73 | John Waters      | Linksfild   | 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 |



Rebecca Matheson

#### MEN TRIPLE JUMP

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 15.16 | CHUKWUDI ONYIA   | Eton        | 06.07.13 |
| 14.81 | Sam Lyon         | CA Stadium  | 15.08.15 |
| 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 |
| 13.68 | 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      | Linksfild   | 19.06.61 |
| 13.27 | Stewart Clark    | Grangemouth | 14.08.11 |
| 13.23 | James Shand      | Linksfild   | 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

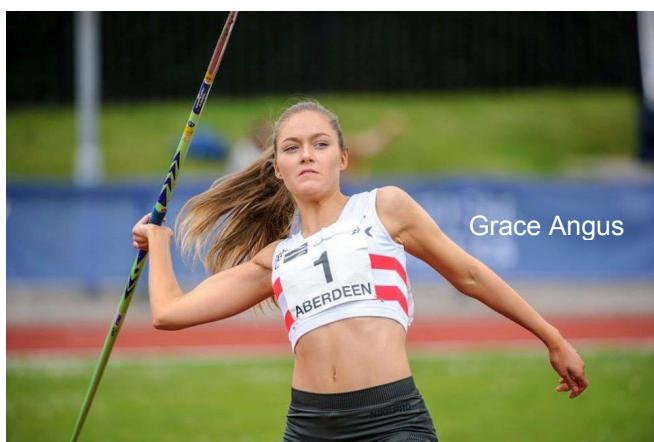
**MEN SHOT**

|              |                           |                    |                 |
|--------------|---------------------------|--------------------|-----------------|
| 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        |
| <b>11.90</b> | <b>Graham Porterfield</b> | <b>Grangemouth</b> | <b>16.07.16</b> |
| 11.86        | John Fyvie                | CA Stadium         | 26.06.14        |
| 11.82        | Edward McKenzie           | Inverness          | 13.05.01        |
| 11.82        | David Minty               | Inverness          | 12.09.92        |
| 11.80        | Padraig White             | Pitreavie          | 24.04.10        |
| <b>11.79</b> | <b>Jools Peters</b>       | <b>Belfast</b>     | <b>13.08.16</b> |
| 11.58        | Jack Davidson/Craig Loney |                    | 80 / 02         |

|              |                       |              |                 |
|--------------|-----------------------|--------------|-----------------|
| 33.57        | Edward McKenzie       | Inverness    | 09.05.09        |
| 30.98        | Bob Ingram            | Dundee       | 25.08.85        |
| 30.58        | Michael Spink         | Crown Point  | 11.06.95        |
| 30.40        | Robert Masson         | CA Stadium   | 28.07.96        |
| <b>30.16</b> | <b>Conor Hewitson</b> | <b>Perth</b> | <b>26.06.16</b> |

**MEN JAVELIN**

|              |                     |                |                 |
|--------------|---------------------|----------------|-----------------|
| <b>OLD:</b>  |                     |                |                 |
| 56.02        | JOHN WATERS         | Linkfield      | 15.05.61        |
| 54.64        | Kenneth McKenzie    | Linkfield      | 23.05.71        |
| 52.98        | Roger Benton        | Meadowbank     | 29.06.86        |
| 52.42        | John Wiseman        | Scotstoun      | 14.06.75        |
| 49.40        | James Laird         | Linkfield      | 03.05.62        |
| <b>NEW:</b>  |                     |                |                 |
| 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        |
| 46.54        | Sam Lyon            | Grangemouth    | 13.07.14        |
| <b>46.51</b> | <b>Jools Peters</b> | <b>Belfast</b> | <b>14.08.16</b> |
| 45.92        | Kenny Lyon          | CA Stadium     | 02.04.89        |
| 45.88        | Mark Dobbie         | Pitreavie      | 02.06.96        |



Grace Angus

**MEN DISCUS**

|              |                    |                    |                 |
|--------------|--------------------|--------------------|-----------------|
| 53.66        | SCOT THOMPSON      | Barnet Cothall     | 05.06.10        |
| 43.66        | Paul Allan         | Dundee             | 22.08.93        |
| 42.76        | Bruce Shepherd     | CA Stadium         | 13.06.91        |
| 42.17        | Tekas Lekkas       | Inverness          | 02.08.98        |
| 40.90        | Bruce MacKay       | Meadowbank         | 22.06.74        |
| 40.46        | Duncan Mathieson   | Crown Point        | 11.06.95        |
| 40.00        | Peter Venters      | Balgownie          | 03.06.84        |
| 36.96        | David Minty        | Inverness          | 12.09.92        |
| 36.64        | James Laird        | Linkfield          | 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        |
| <b>34.91</b> | <b>John Fyvie</b>  | <b>Grangemouth</b> | <b>08.05.16</b> |
| 34.78        | Edward McKenzie    | Inverness          | 11.09.94        |
| 34.04        | Jools Peters       | Grangemouth        | 06.07.14        |
| 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        |

**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        |
| <b>44.63</b> | <b>John Fyvie</b>         | <b>Grangemouth</b> | <b>08.05.16</b> |
| 41.87        | Barry Dobbie              | CA Stadium         | 18.04.99        |
| 41.68        | Peter Venters             | Balgownie          | 29.05.83        |
| 41.48        | Craig Loney               | Inverness          | 11.05.03        |
| 41.38        | David Minty               | East Kilbride      | 26.04.92        |
| 41.22        | Graham Applegate          | Meadowbank         | 06.05.73        |
| 40.31        | Matthew Maitland          | Scotstoun          | 14.07.02        |
| 39.38        | Paul Allan                | Crown Point        | 18.06.89        |
| 39.01        | Peter Fraser              | CA Stadium         | 18.04.99        |
| <b>37.41</b> | <b>Graham Porterfield</b> | <b>CA Stadium</b>  | <b>02.07.16</b> |
| 37.04        | Bruce MacKay              | Grangemouth        | 02.05.70        |
| 35.64        | David Robinson            | Coatbridge         | 22.07.79        |

**MEN DECATHLON (TOP 19)**

|             |                     |                |                                                                                         |
|-------------|---------------------|----------------|-----------------------------------------------------------------------------------------|
| <b>OLD:</b> |                     |                |                                                                                         |
| 5694        | KENNY LYON          | Balgownie      | 02/03.08.80<br>(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<br>(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                                                                             |
| <b>NEW:</b> |                     |                |                                                                                         |
| 7535        | DUNCAN MATHIESON    | Stadthagen     | 23/24.06.90<br>(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<br>(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<br>(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                                                                             |
| <b>5179</b> | <b>Jools Peters</b> | <b>Belfast</b> | <b>13/14.08.16</b>                                                                      |
| 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        |
| <b>43.22</b> | <b>D Irvine, Hristov, S Lyon, Oswald.</b> | <b>CA Stadium</b>  | <b>12.06.16</b> |
| 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        |
| <b>43.39</b> | <b>D Irvine, G Irvine, S Lyon, Ojei</b>   | <b>Grangemouth</b> | <b>27.08.16</b> |
| 43.4         | Drummond, Davidson, Lyon, Allan           | Ayr                | 21.05.89        |
| 43.4         | Lyon, King,                               | CA Stadium         | 28.04.91        |

43.4 Davidson, Sabnis  
D Mathieson, Middleton, Grangemouth 03.08.97  
Drummond, Elrick

**MEN 4x400m RELAY (TOP 10)**

3:19.3 P DAVIDSON, Grangemouth 03.08.97  
MATHIESON, MIDDLETON, AL-KOWARRI  
3:19.5 P Davidson, Singer, Meadowbank 06.08.95  
Middleton, M Davidson  
3:21.0 Walker, M Davidson Dundee 26.06.88  
King, Allan  
**3:22.0 Rees, Ferguson, Calder, CA Stadium 03.07.16  
Nelson**  
3:22.9 Al-Kowarri, Middleton, CA Stadium 28.04.96  
P Davidson, M Davidson  
3:22.94 King, Smith, Meadowbank 23.08.87  
Mathieson, M.Davidson  
**3:23.56 Muir, Calder, Nelson, CA Stadium 12.06.16  
Ferguson**  
3:23.6 Ledingham, Murray, Meadowbank 21.08.83  
Creswell, Johnston  
**3:24.27 Rees, Millar, Nelson, CA Stadium 22.08.16  
Muir**  
3:24.5 Ledingham, Morrice, Crown Point 12.08.89  
Lyon, M.Davidson

**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 Flockhart 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 Catriona Pennet CA Stadium 06.04.03  
7.9 Kim Smith Grangemouth 29.03.87  
7.9 Susan Tengtanga 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  
8.1/8.10 N Kemp/J Lyon/S Middleton/K Young/Z Clark/  
**K Forbes 95 / 97 / 00 / 05 / 10 / 16**

**WOMEN 100m**

11.8 DAWN FLOCKHART CA Stadium 12.06.94  
11.8 SARAH STILL CA Stadium 05.09.99  
11.9 Louise Paterson CA Stadium 09.06.91  
12.1 Katrina Leys Crown Point 16.08.92  
12.1 Kim Smith Inverness 19.04.87  
12.12 Aileen Connelly Belfast 10.06.06  
12.12 Rebecca Matheson CA Stadium 06.09.15  
12.2 Fiona Auld Balgownie 22.08.76  
12.2 Hayley Bowers Peterhead 24.05.98  
12.2 Zoey Clark Perth 01.05.11  
12.2 Dawn Kitchen Dundee 25.08.85  
12.2 Kathleen Madigan Dundee 25.07.87  
12.28 Gwen Vaughan Meadowbank 14.06.86  
**12.37 Katie Forbes Grangemouth 13.08.16**  
12.37 Lesley-Ann Mearns Birmingham 13.08.05  
12.4 Michelle Bruce Grangemouth 13.06.83  
12.4 Debra Carle Balgownie 17.06.80  
12.4 Fiona Davidson Inverness 15.06.97  
12.5 J Simpson/L Reid/J Bole//R Duncan/C Butler/S Gunn/  
F Lumsden/L Davidson/G Murchie/C Pennet /S  
Cummings

**WOMEN 200m**

23.62 ZOEY CLARK Meadowbank 06.06.15  
23.9 Dawn Flockhart CA Stadium 09.06.96  
24.4 Dawn Kitchen Coatbridge 07.09.86  
24.4 Sarah Still CA Stadium 01.09.99  
24.7 Louise Paterson Crown Point 16.06.90  
24.8 Kelsey Stewart Pitreavie 23.05.14  
24.94 Aileen Connelly Grangemouth 07.08.05  
25.0 Katrina Leys Coatbridge 02.08.98

25.0 Kim Smith Coatbridge 02.09.84  
25.05 Lesley-Ann Mearns Birmingham 14.08.05  
25.1 Kathleen Madigan CA Stadium 04.05.86  
25.2 Helen Windass Coatbridge 17.05.98  
25.3 Suzanne Middleton CA Stadium 25.07.99  
25.33 Rebecca Matheson Grangemouth 30.08.15  
25.4 Nicola Imrie Crown Point 20.06.92  
25.4 Susan Hendry CA Stadium 12.06.94  
25.5 Fiona Auld Balgownie 18.06.78  
25.5 Michelle Bruce Grangemouth 13.06.82  
25.56 Catriona Pennet Meadowbank 17.04.11  
25.59 Lorna Johnston Grangemouth 17.06.00

**WOMEN 300m**

38.66 KELSEY STEWART Dublin 20.07.13  
38.9 Dawn Flockhart CA Stadium 07.04.96  
39.44 Zoey Clark Inverness 05.09.10  
40.21 Louise Paterson Crystal Palace 17.08.91  
40.5 Susan Hendry CA Stadium 10.08.00  
40.6 Helen Windass CA Stadium 05.06.97  
40.7 Nicola Gauld CA Stadium 07.04.02  
40.9 Lorna Johnston Grangemouth 16.06.00  
41.0 Katrina Leys CA Stadium 04.04.93  
**41.10 Jade MacLaren CA Stadium 16.05.16**  
41.1 Aileen Connelly CA Stadium 03.04.05  
41.21 Rebecca Mortimer Grangemouth 20.08.05  
41.3 Morag Keenan Meadowbank 19.06.93  
41.4 Emma Cloggie CA Stadium 18.04.04  
41.42 Ademide Ademuyewo CA Stadium 29.08.13  
41.7 Rebecca Matheson Dundee 02.08.15  
41.9 Sarah Still CA Stadium 04.04.93  
42.0 Hayley Bowers CA Stadium 26.05.99  
42.1 Jaclyn Anderson CA Stadium 12.06.94  
42.1 Catriona Pennet CA Stadium 06.04.03



GAL U15B winners: L to R James McIntosh, Ryan Matheson, Adam Brown, Murray Addison, Harry Hall

**WOMEN 400m**

**52.58 ZOEY CLARK Hendon 06.08.16**  
53.99 Dawn Kitchen Meadowbank 23.07.85  
54.4 Dawn Flockhart Birmingham 19.08.95  
**54.41 Kelsey Stewart Grangemouth 17.04.16**  
55.69 Susan Hendry Solihull 05.08.00  
56.20 Emma Cloggie Grangemouth 10.06.05  
56.7 Helen Windass Scotstoun 26.04.98  
**56.75 Jade MacLaren Grangemouth 14.05.16**  
56.80 Aileen Connelly Scotstoun 14.05.05  
57.0 Nicola Gauld CA Stadium 21.04.02  
57.2 Bridie McGlashan Meadowbank 26.04.87  
57.24 Louise Paterson Waterford 11.08.90  
57.4 Lorna Johnston CA Stadium 13.09.00  
57.50 Ademide Ademuyewo Meadowbank 25.08.13  
57.67 Emma Leask Jersey 30.06.15  
57.77 Carmen Collins Meadowbank 17.05.92  
58.6 Debra Carle Balgownie 11.08.81  
**58.73 Hannah Cameron Grangemouth 14.05.16**  
58.85 Marie Dobson Inverness 17.09.11  
58.86 Jaclyn Anderson Meadowbank 04.09.94

**WOMEN 800m**

2:05.11 NICOLA GAULD Birmingham 01.07.06

|                |                         |                     |                 |
|----------------|-------------------------|---------------------|-----------------|
| <b>2:07.28</b> | <b>Kelsey Stewart</b>   | <b>Oxford</b>       | <b>23.07.16</b> |
| 2:07.7         | Susan Hendry            | Scotstoun           | 29.07.00        |
| 2:08.00        | Emma Leask              | Oxford              | 18.07.15        |
| <b>2:08.72</b> | <b>Jade MacLaren</b>    | <b>Watford</b>      | <b>28.05.16</b> |
| 2:10.67        | Emma Cloggie            | Solihull            | 24.06.06        |
| <b>2:11.38</b> | <b>Rebecca Eggeling</b> | <b>Loughborough</b> | <b>02.09.16</b> |
| 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        |
| 2:14.67        | Gemma Cormack           | Grangemouth         | 30.08.15        |
| <b>2:15.06</b> | <b>Hannah Cameron</b>   | <b>Swansea</b>      | <b>04.06.16</b> |
| 2:16.09        | Lynsey Still            | Pitreevie           | 08.07.95        |
| 2:16.22        | Carly Hall              | Pitreevie           | 20.06.09        |
| 2:16.4         | Sonia McLaren           | Vancouver           | 02.07.82        |
| <b>2:16.57</b> | <b>Naomi Lang</b>       | <b>CA Stadium</b>   | <b>08.05.16</b> |
| 2:16.6         | Kathryn Mearns          | Balgownie           | 15.08.82        |
| 2:16.8         | Jaclyn Anderson         | CA Stadium          | 18.07.93        |
| 2:17.63        | Christie Noble          | Watford             | 11.08.10        |
| 2:18.12        | Sarah Still             | Stoke               | 30.07.00        |

#### WOMEN 1500m

|                |                         |                    |                 |
|----------------|-------------------------|--------------------|-----------------|
| 4:11.80        | NICOLA GAULD            | Twickenham         | 04.06.08        |
| 4:17.4         | Kathryn Mearns          | Grangemouth        | 18.07.82        |
| 4:26.80        | Gemma Cormack           | Hutcheson's        | 24.07.15        |
| 4:30.92        | Kate Rice               | Copeland           | 08.08.90        |
| 4:31.96        | Rhona Auckland          | CA Stadium         | 20.04.14        |
| <b>4:32.87</b> | <b>Rebecca Eggeling</b> | <b>Grangemouth</b> | <b>10.06.16</b> |
| 4:35.00        | Sonia McLaren           | Phoenix, USA       | 06.04.85        |
| <b>4:37.08</b> | <b>Naomi Lang</b>       | <b>Grangemouth</b> | <b>13.05.16</b> |
| 4:38.5         | Debbie Kilner           | CA Stadium         | 09.09.95        |
| 4:38.98        | Christie Noble          | Watford            | 28.07.10        |
| 4:40.22        | Carly Hall              | Meadowbank         | 20.06.10        |
| 4:41.9         | Lynda Bain              | Inverness          | 22.05.88        |
| 4:41.9         | Clare Miller            | CA Stadium         | 04.08.02        |
| 4:42.0         | Freyja Prentice         | Cheltenham         | 11.07.12        |
| 4:42.2         | Carolyn Sheehan         | Balgownie          | 20.08.86        |
| 4:43.5         | Ellie Buchan            | Dundee             | 27.04.08        |
| 4:44.95        | Tracey Brindley         | Meadowbank         | 09.05.97        |
| 4:45.6         | Lynsey Still            | CA Stadium         | 09.09.95        |
| <b>4:46.15</b> | <b>Hannah Cameron</b>   | <b>Grangemouth</b> | <b>06.07.16</b> |
| <b>4:46.42</b> | <b>Emma Leask</b>       | <b>CA Stadium</b>  | <b>16.05.16</b> |

#### WOMEN 3000m

|                 |                         |                    |                 |
|-----------------|-------------------------|--------------------|-----------------|
| 9:04.21         | NICOLA GAULD            | Watford            | 14.06.08        |
| 9:16.4          | Kathryn Mearns          | Grangemouth        | 10.07.82        |
| 9:18.3          | Rhona Auckland          | London             | 25.07.15        |
| 9:50.9          | Sonia McLaren           | Bellingham, US     | 16.04.83        |
| 9:51.0          | Lynda Bain              | Dundee             | 26.06.88        |
| 9:51.9          | Heather Wisley          | Coatbridge         | 20.05.90        |
| 9:53.2          | Tracey Brindley         | Crown Point        | 27.04.97        |
| 9:54.5          | Kate Rice               | Grangemouth        | 02.09.90        |
| <b>9:56.60</b>  | <b>Naomi Lang</b>       | <b>Grangemouth</b> | <b>10.06.16</b> |
| 9:58.8          | Debbie Kilner           | CA Stadium         | 01.06.95        |
| 9:58.80         | Christie Noble          | London             | 14.08.10        |
| 10:10.59        | Ellie Buchan            | Grangemouth        | 30.08.15        |
| 10:13.65        | Clare Miller            | Meadowbank         | 28.04.02        |
| 10:15.51        | Susan Lamb              | Meadowbank         | 10.09.95        |
| <b>10:17.42</b> | <b>Rebecca Eggeling</b> | <b>CA Stadium</b>  | <b>07.08.16</b> |
| 10:18.8         | Sue Lanham              | CA Stadium         | 22.07.90        |
| 10:20.6         | Eilidh Prise            | CA Stadium         | 13.06.12        |
| 10:21.1         | Janet Fraser            | Wishaw             | 07.08.88        |
| 10:22.2         | Janine Robertson        | Grangemouth        | 01.09.85        |
| 10:22.96        | Gemma Cormack           | Meadowbank         | 13.07.14        |

#### WOMEN 5000m

|          |                  |                   |          |
|----------|------------------|-------------------|----------|
| 15:27.60 | RHONA AUCKLAND   | London            | 25.07.15 |
| 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 |
| 17:29.82 | Ellie Buchan     | CA Stadium        | 15.08.15 |
| 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 |
| 18:49.7  | 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 |
| 19:09.99 | Eilidh Prise     | CA Stadium        | 24.08.14 |
| 19:18.1  | Carly Hall       | CA Stadium        | 01.07.09 |

|                 |                       |                   |                 |
|-----------------|-----------------------|-------------------|-----------------|
| 20:15.9         | Margaret Stafford     | CA Stadium        | 04.06.91        |
| 20:19.86        | Katie Watson          | CA Stadium        | 08.05.14        |
| 20:46.7         | Nicola Smith          | CA Stadium        | 16.05.11        |
| <b>20:47.73</b> | <b>Mella Slattery</b> | <b>CA Stadium</b> | <b>05.05.16</b> |
| <b>21:15.49</b> | <b>Sarah Knox</b>     | <b>CA Stadium</b> | <b>05.05.16</b> |

#### WOMEN 10000m (TOP 16)

|          |                  |            |          |
|----------|------------------|------------|----------|
| 32:22.79 | RHONA AUCKLAND   | Tallinn    | 10.07.15 |
| 36:22.7  | Debbie Kilner    | CA Stadium | 02.05.95 |
| 37:18.2  | Heather Wisley   | CA Stadium | 04.05.89 |
| 37:36.3  | Helen Grant      | CA Stadium | 02.05.95 |
| 37:55.0  | Sue Lanham       | CA Stadium | 05.05.92 |
| 38:18.5  | Sonia Armitage   | CA Stadium | 04.07.02 |
| 38:30.0  | Jillian Grams    | CA Stadium | 05.05.92 |
| 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 |



U15 girls 4 x 300m, L to R Erin Williams, Abbie Burns, Kirsty Oldham, Laura McNeill

#### WOMEN HALF MARATHON

|         |                   |           |          |
|---------|-------------------|-----------|----------|
| 1:13:22 | LYNDA BAIN        | Aberdeen  | 07.07.85 |
| 1:16.47 | Tracey Brindley   | Inverness | 09.03.97 |
| 1:18:17 | Debbie Kilner     | Newcastle | 17.09.95 |
| 1:20:40 | Pamela Tosh       | Inverness | 14.03.10 |
| 1:22:09 | Ulli Simpson      | Aberdeen  | 26.08.90 |
| 1:22.36 | Sonia McLaren     | Aberdeen  | 07.07.85 |
| 1:23:27 | Janine Robertson  | Inverness | 22.03.87 |
| 1:23:40 | Ginnie Pollard    | Aberdeen  | 28.08.93 |
| 1:24:07 | Margaret Stafford | Dyce      | 27.03.88 |
| 1:24:01 | Helen Grant       | Peterhead | 24.09.95 |
| 1:24:53 | Susan Lamb        | Dyce      | 27.03.88 |
| 1:24:57 | Clare Miller      | Inverness | 08.03.98 |
| 1:25:49 | Valerie Allan     | Elgin     | 07.08.88 |
| 1:25:51 | Heather Wisley    | Aberdeen  | 28.08.88 |
| 1:25:56 | Kerry Prise       | Dyce      | 16.08.15 |
| 1:27:48 | Diana Jermieson   | Rannoch   | 25.06.89 |
| 1:28:50 | Angela Hepburn    | Elgin     | 04.09.05 |
| 1:29:35 | Jackie Nuttall    | Dyce      | 27.03.88 |
| 1:30:01 | Morag Taggart     | Inverdee  | 13.03.83 |
| 1:30:58 | Nancy MacKinnon   | Peterhead | 17.06.90 |

#### 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 Kamyra    | Dundee      | 02.08.09 |
| 15.36 | Lisa Humphreys   | Meadowbank  | 24.05.13 |
| 15.62 | Jade Halket      | Grangemouth | 05.07.14 |
| 15.7  | Deirdre Auld     | Balgownie   | 17.06.79 |
| 15.9  | Grace Angus      | Dundee      | 28.06.15 |
| 16.0  | Valerie Tyrrie   | 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 |
| 16.38 | Sophia Hamilton  | CA Stadium  | 29.06.14 |
| 16.5  | Fiona Watt       | Manchester  | 17.08.96 |
| 16.6  | Nicola Kemp      | Dundee      | 18.08.96 |
| 16.75 | Ellie Workman    | Pitreevie   | 10.07.10 |
| 17.0  | Janet Lyon       | CA Stadium  | 15.06.95 |

#### WOMEN 400m HURDLES

|       |                              |             |          |
|-------|------------------------------|-------------|----------|
| 61.80 | SYLVIA KAMYRA                | CA Stadium  | 30.08.09 |
| 62.34 | Catriona Pennet              | Manchester  | 31.07.04 |
| 63.20 | Rebecca Dougall              | Grangemouth | 12.06.99 |
| 64.7  | Marie Dobson                 | CA Stadium  | 04.09.11 |
| 65.1  | Jade Halket                  | CA Stadium  | 04.09.11 |
| 65.3  | Valerie Tyrrie               | Grangemouth | 13.06.82 |
| 65.48 | Angela Shearer               | Caen        | 29.05.02 |
| 65.80 | Lise Theron                  | Grangemouth | 23.05.15 |
| 66.7  | Fiona Davidson               | Coatbridge  | 03.08.97 |
| 66.9  | Janet Edon                   | Meadowbank  | 14.05.88 |
| 67.7  | Gail Murchie                 | Pitreevie   | 14.06.92 |
| 67.9  | Lynsey Still                 | CA Stadium  | 07.05.95 |
| 68.1  | Sophia Hamilton              | Perth       | 17.05.15 |
| 70.0  | Rosslyn Duncan               | Coatbridge  | 02.09.84 |
| 70.2  | Laura Henderson              | CA Stadium  | 05.08.01 |
| 70.40 | Lisa Humphreys               | Inverness   | 17.09.11 |
| 70.4  | Joan Reid                    | Balgownie   | 08.06.82 |
| 70.7  | Trisha Ronney                | Wishaw      | 06.09.87 |
| 71.25 | Linda Davidson               | Meadowbank  | 03.09.89 |
| 71.3  | Shirley Antoine/Wendy Pennet |             | 82 / 00  |



#### WOMEN HIGH JUMP

|             |                    |                    |                 |
|-------------|--------------------|--------------------|-----------------|
| 1.69        | ELLIE WORKMAN      | Birmingham         | 15.08.09        |
| 1.68        | Sarah Still        | CA Stadium         | 07.08.99        |
| 1.66        | Lyndsay Peddie     | Balgownie          | 30.07.83        |
| 1.65        | Beth Philip        | CA Stadium         | 07.07.91        |
| <b>1.64</b> | <b>Kate MacKay</b> | <b>Dundee</b>      | <b>29.05.16</b> |
| 1.61        | Shirley Gray       | Balgownie          | 19.06.77        |
| <b>1.61</b> | <b>Carmen Neat</b> | <b>CA Stadium</b>  | <b>08.05.16</b> |
| <b>1.61</b> | <b>Alix Still</b>  | <b>Grangemouth</b> | <b>04.06.16</b> |
| 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 |
| 1.58 | Anne Watt        | Balgownie   | 06.09.81 |
| 1.57 | Suzie Robertson  | Grangemouth | 01.06.91 |
| 1.56 | Linda Davidson   | CA Stadium  | 17.05.95 |
| 1.56 | Kimberley Miles  | CA Stadium  | 02.07.00 |
| 1.55 | Diane Burr       | Coatbridge  | 21.05.95 |
| 1.55 | Rosslyn Duncan   | Banchory    | 13.05.84 |
| 1.55 | Joan Reid        | Coatbridge  | 08.06.80 |

#### WOMEN POLE VAULT (TOP 11)

|             |                        |                   |                 |
|-------------|------------------------|-------------------|-----------------|
| 3.00        | LAURA KUTT             | Grangemouth       | 16.04.11        |
| 2.90        | Sam Somers             | CA Stadium        | 20.04.12        |
| 2.81        | Janet Lyon             | CA Stadium        | 14.05.04        |
| <b>2.70</b> | <b>Sophie Hamilton</b> | <b>CA Stadium</b> | <b>08.05.16</b> |
| 2.30        | Erin Runcie            | CA Stadium        | 30.06.13        |
| 2.25        | Wendy Pennet           | Dundee            | 28.05.00        |
| 2.20        | Freya McKay            | CA Stadium        | 24.08.14        |
| 2.10        | Samantha Edgar         | CA Stadium        | 24.08.14        |
| 2.10        | Alix Still             | Hampden           | 20.06.14        |
| 2.05        | Heather Pirie          | CA Stadium        | 04.08.94        |
| 2.00        | Fiona Watt             | CA Stadium        | 31.08.96        |

#### WOMEN LONG JUMP

|             |                          |                    |                 |
|-------------|--------------------------|--------------------|-----------------|
| 5.95        | LINDA DAVIDSON           | Meadowbank         | 03.07.92        |
| 5.85        | Sarah Still              | CA Stadium         | 25.07.99        |
| 5.71        | Lea Masson               | Balgownie          | 08.04.79        |
| 5.71        | Kirsten Young            | CA Stadium         | 26.06.05        |
| 5.56        | Deirdre Auld             | Balgownie          | 13.04.80        |
| 5.53        | Donna Quirie             | CA Stadium         | 18.07.93        |
| <b>5.52</b> | <b>Katie Forbes</b>      | <b>CA Stadium</b>  | <b>19.06.16</b> |
| 5.52        | Lyndsay Peddie           | Balgownie          | 11.09.83        |
| 5.48        | Marie Fraser             | Meadowbank         | 21.06.80        |
| 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        |
| 5.36        | Jade Halket              | CA Stadium         | 29.06.14        |
| <b>5.33</b> | <b>Alix Still</b>        | <b>Grangemouth</b> | <b>14.08.16</b> |
| 5.30        | Nicola Kemp              | Peterhead          | 06.06.93        |
| 5.27        | Saffron Cummings         | Hampden            | 21.06.14        |
| 5.25        | Aileen Connelly          | Inverness          | 12.09.04        |
| 5.25        | Fiona Davidson           | Grangemouth        | 11.07.15        |
| 5.24        | Diane Burr               | Grangemouth        | 15.05.94        |
| 5.22        | Jenny Bole / Grace Angus |                    | 80 / 14         |

#### WOMEN TRIPLE JUMP

|       |                 |             |          |
|-------|-----------------|-------------|----------|
| 12.06 | FIONA WATT      | Meadowbank  | 02.06.96 |
| 11.81 | Linda Davidson  | Grangemouth | 10.07.93 |
| 11.48 | Kirsten Young   | Birmingham  | 15.08.04 |
| 11.44 | Donna Quirie    | Birmingham  | 08.08.93 |
| 11.27 | Sylvia Kamyra   | CA Stadium  | 30.08.09 |
| 11.07 | Dawn Flockhart  | Grangemouth | 10.07.93 |
| 11.03 | Cheryl McHardy  | Sheffield   | 16.08.98 |
| 10.70 | Janet Abladey   | London (O)  | 05.05.12 |
| 10.68 | Nicola Gauld    | CA Stadium  | 05.07.98 |
| 10.43 | Nicola Kemp     | Inverness   | 12.06.97 |
| 10.24 | Zoe Davidson    | Dundee      | 25.04.04 |
| 10.21 | Kate MacKay     | Dundee      | 28.06.15 |
| 10.11 | Jennifer Reid   | Banchory    | 27.08.94 |
| 10.02 | Heather Pirie   | Grangemouth | 15.05.94 |
| 9.93  | Elisa Primault  | Grangemouth | 26.04.14 |
| 9.87  | Wendy Pennet    | Dundee      | 12.04.98 |
| 9.83  | Emma Cloggie    | Banchory    | 31.08.02 |
| 9.77  | Nikki Corsie    | Meadowbank  | 20.06.98 |
| 9.72  | Chloe Davie     | Lerwick     | 14.09.14 |
| 9.65  | Kimberley Miles | CA Stadium  | 30.07.00 |

#### WOMEN SHOT

|       |               |            |          |
|-------|---------------|------------|----------|
| 14.24 | HELEN COWE    | Coatbridge | 23.05.93 |
| 12.06 | Emily Ruyle   | CA Stadium | 20.04.14 |
| 10.69 | Alison Horne  | Forres     | 05.07.14 |
| 10.29 | Sarah Lyon    | Tullamore  | 04.07.99 |
| 10.10 | Jacqui Loney  | Inverness  | 13.07.02 |
| 9.97  | Linda Low     | Inverness  | 11.05.97 |
| 9.93  | Marie Fraser  | Pitreevie  | 20.04.80 |
| 9.90  | Fiona Pirie   | Coatbridge | 13.09.92 |
| 9.86  | Jennifer Reid | Banchory   | 04.09.94 |
| 9.81  | Sarah Still   | Sheffield  | 01.09.01 |



|      |                  |            |          |
|------|------------------|------------|----------|
| 9.73 | Marian Simpson   | CA Stadium | 28.07.96 |
| 9.60 | Shirley Gray     | Balgownie  | 18.06.78 |
| 9.50 | Wendy Brown      | Balgownie  | 17.06.75 |
| 9.48 | Rhona MacLennan  | Coatbridge | 04.05.86 |
| 9.43 | Gail Murchie     | Meadowbank | 12.06.88 |
| 9.38 | Jade Halket      | CA Stadium | 10.07.11 |
| 9.38 | Lyndsay Peddie   | Balgownie  | 13.05.86 |
| 9.35 | Saffron Cummings | Kirkwall   | 08.09.13 |
| 9.33 | Ellie Workman    | Pitreevie  | 11.07.10 |
| 9.31 | Anita Smith      | Balgownie  | 12.06.83 |

#### WOMEN DISCUS

|              |                       |                    |                 |
|--------------|-----------------------|--------------------|-----------------|
| 48.64        | HELEN COWE            | Bedford            | 17.09.94        |
| 38.89        | Emily Ruyle           | Meadowbank         | 13.07.14        |
| 38.39        | Jacqui Loney          | CA Stadium         | 29.08.02        |
| 35.21        | Erin Runcie           | CA Stadium         | 28.08.14        |
| 32.30        | Marian Simpson        | Meadowbank         | 17.06.95        |
| 32.14        | Alison Horne          | CA Stadium         | 23.08.14        |
| 30.66        | Fiona Pirie           | Banchory           | 02.05.93        |
| 30.38        | Marie Fraser          | Pitreevie          | 20.04.80        |
| 29.28        | Pamela Bruce          | Pitreevie          | 20.04.80        |
| 27.80        | Cheryl McHardy        | CA Stadium         | 31.08.00        |
| 27.41        | Angela Smith          | CA Stadium         | 02.09.99        |
| <b>27.02</b> | <b>Iona Colquhoun</b> | <b>Grangemouth</b> | <b>11.06.16</b> |
| 26.75        | Kathy Rapley          | Barry              | 14.07.98        |
| 26.52        | Lesley Fowler         | CA Stadium         | 29.08.96        |
| 26.20        | Pamela Morrison       | CA Stadium         | 31.08.89        |
| 26.02        | Jennifer Reid         | Banchory           | 04.09.94        |
| 25.74        | Gertrude Krenzien     | Grangemouth        | 22.04.79        |
| 25.68        | Lesley Munro          | Inverness          | 10.04.88        |
| 25.57        | Michelle Mackintosh   | Grangemouth        | 12.04.03        |
| 25.34        | Lorraine Dearie       | Glenrothes         | 14.09.86        |

#### WOMEN HAMMER

|              |                       |                    |                 |
|--------------|-----------------------|--------------------|-----------------|
| 43.79        | JACQUI LONEY          | Coatbridge         | 27.07.03        |
| 43.52        | Helen Cowe            | CA Stadium         | 06.07.93        |
| 39.58        | Marian Simpson        | CA Stadium         | 26.09.96        |
| 37.77        | Emily Ruyle           | Meadowbank         | 13.07.14        |
| 37.60        | Linda Low             | Inverness          | 11.05.97        |
| 33.89        | Erin Runcie           | Grangemouth        | 12.06.15        |
| 31.86        | Kathleen Madigan      | Dundee             | 08.06.14        |
| 29.18        | Fiona Pirie           | Elgin              | 03.07.93        |
| 25.87        | Catrin Dickson        | Grangemouth        | 09.06.06        |
| 28.34        | Fiona Davidson        | CA Stadium         | 20.08.15        |
| 24.27        | Kristie Hindle        | Meadowbank         | 18.05.14        |
| <b>23.51</b> | <b>Samantha Edgar</b> | <b>Grangemouth</b> | <b>17.04.16</b> |
| 23.16        | Katherine Masson      | CA Stadium         | 16.06.95        |
| 22.70        | Kylie Davidson        | Grangemouth        | 11.06.04        |
| 21.24        | Laura Hepburn         | Inverness          | 16.09.07        |
| 21.22        | Angela Smith          | CA Stadium         | 30.07.00        |
| 21.06        | Lesley Fowler         | Coatbridge         | 26.05.96        |
| 20.94        | Joyce Hogg            | CA Stadium         | 16.06.94        |
| 20.30        | Zoe Davidson          | Dundee             | 10.07.05        |
| 19.87        | Sarah Lyon            | Coatbridge         | 30.05.99        |

#### WOMEN JAVELIN

|       |                   |             |          |
|-------|-------------------|-------------|----------|
| OLD   |                   |             |          |
| 38.70 | LYNDSAY PEDDIE    | Inverness   | 26.04.87 |
| 37.46 | Gwen Summers      | Linkfield   | 01.06.60 |
| 30.26 | Pamela Bruce      | Balgownie   | 21.07.79 |
| 30.12 | Anita Smith       | Pitreevie   | 24.04.83 |
| 29.64 | Shirley Antoine   | Pitreevie   | 24.04.83 |
| NEW   |                   |             |          |
| 38.28 | LINDA LOW         | Inverness   | 12.05.96 |
| 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 |
| 29.28 | Kathy Rapley      | CA Stadium  | 04.08.02 |
| 28.89 | Sophie Anderson   | Grangemouth | 26.08.12 |
| 28.78 | Emily Ruyle       | Meadowbank  | 13.07.14 |
| 28.74 | Gail Murchie      | CA Stadium  | 22.08.91 |
| 28.46 | Laura Hepburn     | CA Stadium  | 30.08.09 |
| 28.40 | Barbara MacDonald | CA Stadium  | 07.04.96 |
| 27.42 | Vicky Clark       | Grangemouth | 16.05.93 |
| 27.38 | Sarah Still       | Stoke       | 30.07.00 |

#### WOMEN HEPTATHLON (TOP 13)

|                                                           |                        |                   |                 |
|-----------------------------------------------------------|------------------------|-------------------|-----------------|
| 5014                                                      | SARAH STILL            | Waterford         | 03.09.00        |
| (14.73, 1.66, 9.45, 24.48, 5.68, 20.86, 2:18.59)          |                        |                   |                 |
| 4248                                                      | Jade Halket            | Grangemouth       | 06.07.14        |
| (15.62, 1.48, 9.38, 26.53, 5.27, 22.21, 2:30.78)          |                        |                   |                 |
| <b>3841</b>                                               | <b>Sophia Hamilton</b> | <b>CA Stadium</b> | <b>03.07.16</b> |
| ( <b>16.51, 1.45, 8.54, 26.38, 4.84, 20.67, 2:37.08</b> ) |                        |                   |                 |
| 3824                                                      | Ellie Workman          | Pitreevie         |                 |
| (16.75, 1.58, 9.33, 28.22, 4.96, 30.13, 3:00.56)          |                        |                   |                 |
| 3802                                                      | Gail Murchie           | CA Stadium        | 20.09.92        |
| (15.3; 1.42; 8.59; 26.2; 4.94; 24.94; 2:59.0)             |                        |                   |                 |
| 3783                                                      | Lyndsay Peddie         | Grangemouth       | 20.08.83        |
| (16.1; 1.60; 8.65; 28.0; 5.14; 30.18; 3:14.4)             |                        |                   |                 |
| 3623                                                      | Shona Simpson          | Grangemouth       | 03.06.90        |
| <b>3385</b>                                               | <b>Grace Angus</b>     | <b>CA Stadium</b> | <b>03.07.16</b> |
| 3318                                                      | Nicola Kemp            | CA Stadium        | 09.06.93        |
| 3231                                                      | Joan Reid              | Grangemouth       | 20.06.82        |
| 3126                                                      | Wendy Pennet           | CA Stadium        | 08.08.99        |
| 3096                                                      | Kimberley Miles        | Grangemouth       | 25.08.02        |
| 2904                                                      | Valerie Tyrie          | Balgownie         | 19.05.82        |

#### WOMEN PENTATHLON (TOP 12)

|                                  |                  |             |             |
|----------------------------------|------------------|-------------|-------------|
| 2691                             | LYNDSAY PEDDIE   | Grangemouth | 20.08.83    |
| (16.1; 1.60; 8.65; 5.14; 3:14.4) |                  |             |             |
| 2610                             | Grace Angus      | Livingston  | 08.08.15    |
| 2539                             | Rebecca Dougall  | Grangemouth | 13.06.98    |
| 2511                             | Sylvia Kamy      | Grangemouth | 03.06.06    |
| 2492                             | Sophia Hamilton  | Grangemouth | 14.06.14    |
| 2456                             | Joan Reid        | Balgownie   | 10.08.80    |
| 2196                             | Valerie Tyrie    | Balgownie   | 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                                     |                   |                 |
| 48.74        | Badial, Forbes, A Still, R Matheson                 | CA Stadium        | 16.08.15        |
| 48.9         | Vaughan, Madigan, Leslie, Edon                      | Meadowbank        | 16.08.87        |
| 48.9         | S Still, Windass, L Davidson, Flockhart             | CA Stadium        | 09.06.96        |
| <b>48.94</b> | <b>K Stewart, K Forbes, Young, Rebecca Matheson</b> | <b>CA Stadium</b> | <b>03.07.16</b> |
| 49.0         | L Davidson, Leys, Lyon, Flockhart                   | CA Stadium        | 18.07.93        |
| 49.3         | Gauld, Leys, L Davidson, S Still                    | Scotstoun         | 25.04.99        |
| 49.33        | Murchie, Leys, Quirie, L Davidson                   | Meadowbank        | 06.09.92        |
| 49.5         | L Davidson, Walker, Kemp, S Still                   | CA Stadium        | 12.06.94        |
| 49.56        | Summers, Cummings, Nicol, R Matheson                | Pitreevie         | 15.06.14        |

#### WOMEN 4x400m (TOP 10)

|                |                                                     |                   |                 |
|----------------|-----------------------------------------------------|-------------------|-----------------|
| 3:50.0         | WINDASS, HENDRY, WATT, FLOCKHART                    | Coatbridge        | 04.08.96        |
| 3:55.04        | Stewart, C Pennet, Dobson, Harrison                 | Grangemouth       | 06.07.14        |
| <b>3:56.48</b> | <b>Leask, Harrison, Rebecca Matheson, K Stewart</b> | <b>CA Stadium</b> | <b>03.07.16</b> |
| 3:57.5         | Windass, L Davidson, Hendry, Flockhart              | CA Stadium        | 09.06.96        |
| 3:57.5         | Dobson, Pennet, Connelly, Gauld                     | Grangemouth       | 25.07.04        |
| 4:00.06        | Michalska, Fraser, L Still, Hendry                  | Meadowbank        | 05.09.93        |
| 4:00.5         | Dobson, Gauld, S Still, Hendry                      | Grangemouth       | 11.06.00        |
| 4:02.2         | Hendry, Murchie, L Davidson, Michalska              | Coatbridge        | 12.09.93        |
| 4:02.30        | Wylie, Dobson, C Pennet, Kamy                       | CA Stadium        | 06.09.09        |
| 4:04.9         | Bowers, C Middleton, Gauld, Hendry                  | Coatbridge        | 27.08.00        |

# Kyloe Energy Limited

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07787 763 702



U15 girls GAL Final winners  
L to R: Laura McNeill, Jane Davidson, Erin Williams, Carmen Neat, Eilidh Shanks,  
Abbie Burns, Kirsty Oldham



East District 400m Senior W  
Jade McLaren



East District U17W javelin  
Iona Colquhoun



GAL 2016 winners

## 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 |
| 10.90 | Gavin Irvine      | Scotstoun   | 30.08.14 |
| 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 |

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 |
| 22.40 | Gavin Irvine      | Scotstoun   | 30.08.14 |
| 22.6  | Paul Allan        | Linksfield  | 06.09.88 |
| 22.6  | Alexander Carnie  | Grangemouth | 17.06.89 |

#### 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 |
| 49.95 | Daniel Rees      | Grangemouth | 11.07.15 |
| 50.01 | Duncan Mathieson | Lorca       | 18.06.88 |
| 50.1  | Thomas Blackie   | Grangemouth | 16.06.85 |
| 50.2  | Paul Allan       | 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 |
| 3:55.16 | Michael Ferguson | Hutcheson's | 17.05.14 |
| 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 |

#### 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 |
| 15.21 | Ryan Hewitson               | CA Stadium  | 24.08.14 |
| 15.3  | Mark Davidson               | Meadowbank  | 30.05.87 |
| 15.3  | Murray King                 | Meadowbank  | 30.05.87 |
| 15.5  | Steven Ledingham            | Pitreavie   | 19.06.82 |
| 15.53 | Daniel Rees                 | Grangemouth | 12.07.15 |
| 15.60 | Paul Allan                  | Crown Point | 09.07.89 |
| 15.77 | Mark Dobbie                 | Linwood     | 16.07.94 |
| 15.9  | Andrew Grant/Stephen Miller |             | 01 / 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 |
| 55.99 | Daniel Rees      | Kilmarnock   | 05.07.15 |
| 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 |

#### 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 | Grant Robertson      | CA Stadium  | 05.04.14 |
| 1.90 | Dinkar Sabnis        | Meadowbank  | 09.05.92 |

1.88 George Stewart Meadowbank 11.06.72

#### U-20 MEN POLE VAULT

4.00 DAVID MANN Grangemouth 21.07.13  
**3.90 Alasdair Lowe Kilmarnock 28.05.16**  
3.60 Kenny Lyon Oxford 15.06.79  
3.50 Mark Dobbie CA Stadium 16.07.95  
3.50 Frank Fenton Balgowrie 26.04.79  
3.50 Duncan Mathieson Lorca 19.06.88  
3.40 Fraser Benzie Grangemouth 25.06.00  
3.40 Sam Lyon Grangemouth 20.06.10  
**3.37 Hamish Leeson Kilmarnock 14.05.16**  
3.35 Paul Allan / Derek Beaton 89 / 92

#### U-20 MEN LONG JUMP

7.21 DUNCAN MATHIESON Balgowrie 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 Balgowrie 29.06.87  
6.78 James Laird Linkfield 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 Linkfield 03.05.62  
13.34 Kenny Lyon Grangemouth 23.06.79  
13.27 Stewart Clark Grangemouth 14.08.11  
13.13 Sam Lyon 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 Linkfield 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  
**36.42 Conor Hewitson Grangemouth 20.08.16**  
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

#### 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

**43.83 Rory Stewart Grangemouth 27.08.16**

43.48 Stephen Miller Meadowbank 10.05.03

43.47 Tom Brodie CA Stadium 20.05.10

#### 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  
5852 Daniel Rees Grangemouth 12.07.15  
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

#### U-20 WOMEN 100m

11.9 LOUISE PATERSON CA Stadium 09.06.91  
12.1 Katrina Leys Crown Point 16.08.92  
12.12 Rebecca Matheson CA Stadium 06.09.15  
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 Katie Forbes Grangemouth 13.08.16**  
12.37 Lesley-Ann Mearns Birmingham 13.08.05  
12.5 C Butler / S Gunn / F Lumsden / C Pennet / S Cummings 90 / 91 / 91 / 99 / 13



U11 boys Petrofac final, L to R: Lewis Ingram, Caleb Mcguire, Sam Baverstock

#### U-20 WOMEN 200m

24.45 ZOEY CLARK Wigan 07.07.13  
24.7 Louise Paterson Crown Point 16.06.90  
24.8 Kelsey Stewart Pitreavie 23.05.14  
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  
25.33 Rebecca Matheson Grangemouth 30.08.15  
25.4 Susan Hendry CA Stadium 12.06.94  
25.4 Nicola Imrie Crown Point 20.06.92

#### U-20 WOMEN 400m

**54.41 KELSEY STEWART Grangemouth 17.04.16**  
54.46 Zoey Clark Loughborough 19.05.13  
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  
**58.73 Hannah Cameron Grangemouth 14.05.16**

#### U-20 WOMEN 800m

**2:07.28 KELSEY STEWART Oxford 23.07.16**  
2:10.67 Emma Cloggie Solihull 24.06.06  
**2:11.38 Rebecca Eggeling Loughborough 02.09.16**  
2:12.64 Susan Hendry Meadowbank 24.06.95  
2:13.36 Dawn Simpson Ayr 13.08.88  
2:14.44 Ellie Buchan Trafford 27.06.09

|                |                       |                   |                 |
|----------------|-----------------------|-------------------|-----------------|
| 2:14.8         | Carolyn Sheehan       | Coatbridge        | 07.09.86        |
| <b>2:15.06</b> | <b>Hannah Cameron</b> | <b>Swansea</b>    | <b>04.06.16</b> |
| 2:16.09        | Lynsey Still          | Pitreavie         | 08.07.95        |
| <b>2:16.57</b> | <b>Naomi Lang</b>     | <b>CA Stadium</b> | <b>08.05.16</b> |

#### U-20 WOMEN 1500m

|                |                         |                    |                 |
|----------------|-------------------------|--------------------|-----------------|
| 4:30.92        | KATE RICE               | Copeland           | 08.08.90        |
| <b>4:32.87</b> | <b>Rebecca Eggeling</b> | <b>Grangemouth</b> | <b>10.06.16</b> |
| <b>4:37.08</b> | <b>Naomi Lang</b>       | <b>Grangemouth</b> | <b>13.05.16</b> |
| 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        |
| <b>4:46.15</b> | <b>Hannah Cameron</b>   | <b>Grangemouth</b> | <b>06.07.16</b> |
| 4:47.91        | Eilidh Prise            | Meadowbank         | 13.07.14        |
| <b>4:48.38</b> | <b>Clare Stewart</b>    | <b>Inverness</b>   | <b>11.09.16</b> |

#### U-20 WOMEN 3000m

|                 |                         |                    |                 |
|-----------------|-------------------------|--------------------|-----------------|
| 9:29.28         | RHONA AUCKLAND          | CA Stadium         | 31.05.10        |
| 9:54.5          | Kate Rice               | Grangemouth        | 02.09.90        |
| <b>9:56.60</b>  | <b>Naomi Lang</b>       | <b>Grangemouth</b> | <b>10.06.16</b> |
| <b>10:17.42</b> | <b>Rebecca Eggeling</b> | <b>CA Stadium</b>  | <b>07.08.16</b> |
| 10:20.6         | Eilidh Prise            | CA Stadium         | 13.06.12        |
| <b>10:27.42</b> | <b>Clare Stewart</b>    | <b>Grangemouth</b> | <b>10.06.16</b> |
| 10:31.0         | Jillian Grams           | Coatbridge         | 31.05.92        |
| 10:34.23        | Charlotte Forbes        | Derby              | 14.08.05        |
| 10:35.0         | Claire Becker           | CA Stadium         | 26.07.92        |
| 10:38.9         | Ellie Buchan            | CA Stadium         | 31.05.10        |

#### U-20 WOMEN 100m HURDLES

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 14.36 | CATRIONA PENNET  | Derby       | 08.09.02 |
| 14.68 | Yasmin Milne     | Scotstoun   | 30.07.11 |
| 15.40 | Sylvia Kamyra    | Grangemouth | 15.06.08 |
| 15.65 | Sarah Still      | Linwood     | 16.07.94 |
| 15.9  | Grace Angus      | Dundee      | 28.06.15 |
| 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 |
| 16.38 | Sophia Hamilton  | CA Stadium  | 29.06.14 |

#### U-20 WOMEN 400m HURDLES

|       |                  |               |          |
|-------|------------------|---------------|----------|
| 63.20 | REBECCA DOUGALL  | Grangemouth   | 12.06.99 |
| 63.76 | Sylvia Kamyra    | Grangemouth   | 09.06.07 |
| 65.48 | Angela Shearer   | Caen (France) | 29.05.02 |
| 65.80 | Lise Theron      | Grangemouth   | 23.05.15 |
| 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 |
| 68.1  | Sophia Hamilton  | Perth         | 17.05.15 |
| 70.2  | Laura Henderson  | CA Stadium    | 05.08.01 |

#### 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        |
| <b>1.64</b> | <b>Kate MacKay</b>             | <b>Dundee</b>      | <b>29.05.16</b> |
| <b>1.61</b> | <b>Carmen Neat</b>             | <b>CA Stadium</b>  | <b>08.05.16</b> |
| <b>1.61</b> | <b>Alix Still</b>              | <b>Grangemouth</b> | <b>04.06.16</b> |
| 1.60        | Nicola Gauld                   | Scotstoun          | 30.04.00        |
| 1.60        | Heather Pirie                  | Coatbridge         | 13.09.92        |
| 1.60        | Donna Quirie                   | CA Stadium         | 30.06.93        |
| 1.59        | Deborah Johnston / Emma Caldow |                    | 85 / 12         |



#### U-20 WOMEN POLE VAULT (Top 8)

|             |                        |                   |                 |
|-------------|------------------------|-------------------|-----------------|
| 2.90        | SAM SOMERS             | Meadowbank        | 20.04.12        |
| <b>2.70</b> | <b>Sophia Hamilton</b> | <b>CA Stadium</b> | <b>08.05.16</b> |
| 2.30        | Erin Runcie            | CA Stadium        | 30.06.13        |
| 2.25        | Wendy Pennet           | Dundee            | 28.05.00        |
| 2.20        | Freya McKay            | CA Stadium        | 24.08.14        |
| 2.10        | Samantha Edgar         | CA Stadium        | 24.08.14        |
| 2.10        | Alix Still             | Hutcheson's       | 20.06.14        |
| 2.05        | Heather Pirie          | CA Stadium        | 04.08.94        |

#### U-20 WOMEN LONG JUMP

|             |                     |                    |                 |
|-------------|---------------------|--------------------|-----------------|
| 5.74        | SARAH STILL         | CA Stadium         | 12.06.94        |
| 5.71        | Kirsten Young       | CA Stadium         | 26.06.05        |
| 5.59        | Linda Davidson      | Crown Point        | 29.05.88        |
| 5.53        | Donna Quirie        | Grangemouth        | 27.06.93        |
| <b>5.52</b> | <b>Katie Forbes</b> | <b>CA Stadium</b>  | <b>19.06.16</b> |
| 5.47        | Ellie Workman       | Grangemouth        | 13.06.09        |
| 5.40        | Cheryl McHardy      | CA Stadium         | 26.07.98        |
| <b>5.33</b> | <b>Alix Still</b>   | <b>Grangemouth</b> | <b>14.08.16</b> |
| 5.30        | Nicola Kemp         | Peterhead          | 06.06.93        |
| 5.27        | Saffron Cummings    | Hutcheson's        | 21.06.14        |

#### U-20 WOMEN TRIPLE JUMP

|       |                |             |          |
|-------|----------------|-------------|----------|
| 11.48 | KIRSTEN YOUNG  | Birmingham  | 15.08.04 |
| 11.44 | Donna Quirie   | Birmingham  | 08.08.93 |
| 11.03 | Cheryl McHardy | Sheffield   | 16.08.98 |
| 10.68 | Nicola Gauld   | CA Stadium  | 05.07.98 |
| 10.67 | Sylvia Kamyra  | Dundee      | 22.06.08 |
| 10.38 | Nicola Kemp    | Coatbridge  | 21.05.95 |
| 10.24 | Zoe Davidson   | Dundee      | 25.04.04 |
| 10.21 | Kate MacKay    | Dundee      | 28.06.15 |
| 10.11 | Jennifer Reid  | Banchory    | 27.08.94 |
| 10.02 | Heather Pirie  | Grangemouth | 15.05.94 |

#### U-20 WOMEN SHOT (4kg)

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 10.69 | ALISON HORNE     | Forres      | 05.07.14 |
| 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 |

#### U-20 WOMEN DISCUS

|              |                       |                    |                 |
|--------------|-----------------------|--------------------|-----------------|
| 35.21        | ERIN RUNCIE           | CA Stadium         | 28.08.14        |
| 32.30        | Marian Simpson        | Meadowbank         | 17.06.95        |
| 32.14        | Alison Horne          | CA Stadium         | 23.08.14        |
| 27.41        | Angela Smith          | CA Stadium         | 02.09.99        |
| 27.34        | Cheryl McHardy        | Coatbridge         | 03.08.97        |
| <b>27.02</b> | <b>Iona Colquhoun</b> | <b>Grangemouth</b> | <b>11.06.16</b> |
| 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        |

#### U-20 WOMEN HAMMER (4kg)

|              |                       |                    |                 |
|--------------|-----------------------|--------------------|-----------------|
| 39.58        | MARIAN SIMPSON        | CA Stadium         | 26.09.96        |
| 33.89        | Erin Runcie           | Grangemouth        | 12.06.15        |
| 25.87        | Catrin Dickson        | Grangemouth        | 09.06.06        |
| 24.27        | Kristie Hindle        | Meadowbank         | 18.05.14        |
| <b>23.51</b> | <b>Samantha Edgar</b> | <b>Grangemouth</b> | <b>17.04.16</b> |
| 23.16        | Katherine Masson      | CA Stadium         | 16.06.95        |
| 22.70        | Kylie Davidson        | Grangemouth        | 11.06.04        |
| 21.24        | Laura Hepburn         | Inverness          | 16.09.07        |
| 21.22        | Angela Smith          | CA Stadium         | 30.07.00        |
| 21.06        | Lesley Fowler         | Coatbridge         | 26.05.96        |

#### U-20 WOMEN JAVELIN (600g)

(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 9)**

|             |                        |                   |                 |
|-------------|------------------------|-------------------|-----------------|
| 4643        | SARAH STILL            | Linwood           | 17.07.94        |
| <b>3841</b> | <b>Sophia Hamilton</b> | <b>CA Stadium</b> | <b>03.07.16</b> |
| 3824        | Ellie Workman          | Pitreavie         | 11.07.10        |
| <b>3385</b> | <b>Grace Angus</b>     | <b>CA Stadium</b> | <b>03.07.16</b> |
| 3318        | Nicola Kemp            | CA Stadium        | 09.06.93        |
| 3126        | Wendy Pennet           | CA Stadium        | 08.08.99        |
| 3096        | Kimberley Miles        | Grangemouth       | 25.08.02        |
| 3013        | Rebecca Mortimer       | CA Stadium        | 29.05.05        |
| 2957        | Heather Pirie          | CA Stadium        | 09.06.93        |



Iona McGuire, Adele Gillespie



GAL final: Ellie and Sonia



Bob Masson, masters

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## 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 |
| 23.26 | Ben Renton       | CA Stadium  | 03.09.15 |

### 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 |
| 51.69 | Ben Renton       | Grangemouth | 12.05.15 |
| 51.8  | Ewan Calder      | Kirkwall    | 08.09.13 |
| 51.89 | Charlie Beeson   | Grangemouth | 02.09.15 |

### U-17 MEN 800m

|         |                |             |          |
|---------|----------------|-------------|----------|
| 1:54.8  | COLIN DONALD   | Crawley     | 21.07.84 |
| 1:55.6  | Thomas Blackie | Balgownie   | 26.06.84 |
| 1:55.64 | Stewart Millar | Stretford   | 21.07.15 |
| 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 |

### 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        |
| <b>14.68</b> | <b>Robbie Farquhar</b> | <b>Grangemouth</b> | <b>13.08.16</b> |
| 14.7         | Duncan Mathieson       | Balgownie          | 25.06.85        |
| 14.71        | Ryan Hewitson          | Bedford            | 19.08.12        |

### U-17 MEN 400m HURDLES

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 55.37 | RICHARD SINGER   | Colwyn Bay  | 15.07.95 |
| 57.38 | Richard Gray     | Tullamore   | 03.08.02 |
| 57.8  | Alasdair Love    | CA Stadium  | 01.06.93 |
| 58.0  | Mark Davidson    | Dundee      | 25.08.85 |
| 58.6  | Steven Ledingham | Balgownie   | 07.06.81 |
| 58.6  | Barry Middleton  | Grangemouth | 15.06.91 |
| 59.11 | Paul Torry       | Carmarthen  | 17.07.99 |
| 59.2  | Paul Allan       | Balgownie   | 19.08.86 |
| 59.27 | Robert Miller    | Grangemouth | 17.08.00 |
| 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          |
| 1.90 | Grant Robertson                                     | CA Stadium | 05.04.14          |
| 1.85 | Craig Noble                                         | CA Stadium | 07.06.92          |
| 1.83 | Miller Mathieson                                    | Balgownie  | 01.08.81          |
| 1.81 | William Stark                                       | Linwood    | 24.07.93          |
| 1.80 | George Petrie/Ian Lind/Peter Sutherland/William Smy |            | 79 / 89 / 04 / 08 |

### U-17 MEN POLE VAULT

|             |                                                   |                   |                             |
|-------------|---------------------------------------------------|-------------------|-----------------------------|
| 3.77        | ALASDAIR LOWE                                     | CA Stadium        | 23.08.14                    |
| 3.60        | David Mann                                        | Wishaw            | 27.08.11                    |
| 3.20        | Miller Mathieson                                  | Balgownie         | 24.06.81                    |
| 3.15        | Fraser Benzie                                     | CA Stadium        | 11.09.99                    |
| 3.10        | William Stark                                     | Bourgoin-Jallieu  | 19.09.93                    |
| 3.05        | Kenny Lyon                                        | Balgownie         | 26.07.77                    |
| <b>3.00</b> | <b>Robbie Farquhar</b>                            | <b>CA Stadium</b> | <b>03.07.16</b>             |
| 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 |



Kirsty Oldham

#### U-17 MEN LONG JUMP

|             |                        |                    |                 |
|-------------|------------------------|--------------------|-----------------|
| 6.82        | DEREK ELM SLIE         | Heriot-Watt        | 22.05.77        |
| 6.62        | William Stark          | Dublin             | 17.07.93        |
| 6.60        | Duncan Mathieson       | Balgownie          | 13.08.85        |
| <b>6.46</b> | <b>Robbie Farquhar</b> | <b>Grangemouth</b> | <b>27.08.16</b> |
| 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        |

#### 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        |
| <b>12.51</b> | <b>Robbie Farquhar</b> | <b>Grangemouth</b> | <b>10.06.16</b> |

#### 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        |
| <b>37.22</b> | <b>John Angus</b> | <b>Grangemouth</b> | <b>14.08.16</b> |
| 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        |

#### 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 |
| 37.55 | Conor Hewitson    | CA Stadium | 07.08.14 |
| 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-Jalliey | 18.09.93 |

#### U-17 MEN OCTATHLON

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

#### U-17 MEN DECATHLON

|             |                        |                   |                 |
|-------------|------------------------|-------------------|-----------------|
| 5238        | STEPHEN MILLER         | Stoke             | 29.09.02        |
| 5227        | Duncan Mathieson       | Balgownie         | 15.05.85        |
| <b>4918</b> | <b>Robbie Farquhar</b> | <b>CA Stadium</b> | <b>03.07.16</b> |
| 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        |
| 12.12        | Rebecca Matheson             | CA Stadium         | 06.09.15        |
| 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        |
| <b>12.37</b> | <b>Katie Forbes</b>          | <b>Grangemouth</b> | <b>13.08.16</b> |
| 12.37        | Lesley-Ann Mearns            | Birmingham         | 13.08.05        |
| 12.4         | Debra Carle / Michelle Bruce |                    | 80 / 82         |

#### 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 |
| 25.33 | Rebecca Matheson  | Grangemouth | 30.08.15 |
| 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 Clogg       | CA Stadium     | 18.04.04 |
| 41.5  | Nicola Gauld     | Coatbridge     | 17.05.98 |



**U-17 WOMEN DISCUS**

|              |                       |                    |                 |
|--------------|-----------------------|--------------------|-----------------|
| 38.08        | HELEN COWE            | Grangemouth        | 09.07.83        |
| 35.21        | Erin Runcie           | CA Stadium         | 28.08.14        |
| 32.16        | Marian Simpson        | CA Stadium         | 02.06.94        |
| 32.14        | Alison Horne          | CA Stadium         | 23.08.14        |
| 29.28        | Pamela Bruce          | Pitreavie          | 20.04.80        |
| 27.34        | Cheryl McHardy        | Coatbridge         | 03.08.97        |
| <b>27.02</b> | <b>Iona Colquhoun</b> | <b>Grangemouth</b> | <b>11.06.16</b> |
| 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        |

**U-17 WOMEN HAMMER (4kg)**

|              |                       |                    |                 |
|--------------|-----------------------|--------------------|-----------------|
| 31.58        | Marian Simpson        | Birmingham         | 30.07.94        |
| 25.72        | Catrin Dickson        | CA Stadium         | 08.09.05        |
| 24.27        | Kristie Hindle        | Meadowbank         | 18.05.14        |
| <b>23.51</b> | <b>Samantha Edgar</b> | <b>Grangemouth</b> | <b>17.04.16</b> |
| 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        |

**U-17 WOMEN HAMMER (3kg)**

|              |                       |                   |                 |
|--------------|-----------------------|-------------------|-----------------|
| 30.96        | ERIN RUNCIE           | CA Stadium        | 07.08.14        |
| 28.55        | Samantha Edgar        | Dundee            | 28.06.15        |
| 28.12        | Kristie Hindle        | Dundee            | 04.05.14        |
| <b>20.74</b> | <b>Iona Colquhoun</b> | <b>CA Stadium</b> | <b>02.06.16</b> |

**U-17 WOMEN JAVELIN (600g)**

|       |                 |             |          |
|-------|-----------------|-------------|----------|
| 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 JAVELIN (500g)**

|              |                   |                   |                 |
|--------------|-------------------|-------------------|-----------------|
| 30.91        | IONA COLQUHOUN    | CA Stadium        | 19.09.15        |
| <b>29.04</b> | <b>Alix Still</b> | <b>CA Stadium</b> | <b>03.07.16</b> |
| 28.80        | Sophie Evans      | Hutcheson's       | 20.06.14        |

**U-17 WOMEN HEPTATHLON**

|                                                          |                   |                   |                 |
|----------------------------------------------------------|-------------------|-------------------|-----------------|
| <b>4583</b>                                              | <b>ALIX STILL</b> | <b>CA Stadium</b> | <b>03.07.16</b> |
| <b>(12.18, 1.57, 11.33, 25.48, 5.42, 32.33, 2:26.71)</b> |                   |                   |                 |
| 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        |

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

\* 100m hurdles

**U-15 EVENTS****U-15 BOYS 100m**

|       |                                    |             |          |
|-------|------------------------------------|-------------|----------|
| 11.5  | ALEXANDER CARNIE                   | Crown Point | 07.09.86 |
| 11.58 | Lewis Bisset                       | CA Stadium  | 06.09.15 |
| 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  | Cameron/Morton/Butler/Stark/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 |
| 23.86 | Stuart Bridgeford | Hutcheson's | 20.06.14 |
| 24.06 | Lewis Bisset      | Grangemouth | 22.05.15 |
| 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 |

**U-15 BOYS 300m**

|              |                       |                  |                 |
|--------------|-----------------------|------------------|-----------------|
| <b>39.05</b> | <b>JAMES MCINTOSH</b> | <b>Inverness</b> | <b>11.09.16</b> |
| 40.40        | Ben Renton            | Grangemouth      | 28.07.13        |
| 40.5         | Stewart Millar        | Dundee           | 05.05.13        |
| 40.5         | Arran Phommavanh      | Dundee           | 02.08.15        |
| 40.98        | Alasdair Lowe         | CA Stadium       | 29.08.13        |
| 41.41        | Stuart Bridgeford     | Grangemouth      | 28.07.13        |
| 41.49        | Callum Davidson       | Inverness        | 01.06.14        |
| 41.66        | Fergus Rule           | Grangemouth      | 09.08.15        |
| <b>41.67</b> | <b>Murray Addison</b> | <b>Inverness</b> | <b>11.09.16</b> |
| 42.05        | Harry Kilner          | CA Stadium       | 22.06.14        |

**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**

|                |                              |                |                 |
|----------------|------------------------------|----------------|-----------------|
| <b>1:59.80</b> | <b>HARRY HALL</b>            | <b>Bedford</b> | <b>27.08.16</b> |
| 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        |
| 2:07.73        | Jack Gillespie               | Grangemouth    | 23.08.15        |
| 2:08.22        | Mark Haskett                 | Grangemouth    | 06.07.03        |
| 2:09.0         | Ewan Calvert / Steven Murray |                | 88 / 11         |

**U-15 BOYS 1500m**

|                |                   |                    |                 |
|----------------|-------------------|--------------------|-----------------|
| <b>4:16.50</b> | <b>HARRY HALL</b> | <b>Crown Point</b> | <b>29.07.16</b> |
| 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 Thoirs       | 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        |

**U-15 BOYS 3000m**

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

**U-15 BOYS 80m HURDLES**

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 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 |
| 12.30 | Arran Phommavanh | Grangemouth | 09.08.15 |
| 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 | 26.43 | Kevin Lutton  | CA Stadium | 27.05.99 |
| 12.5  | Christopher Maslen | CA Stadium | 12.09.99 | 25.76 | Barry Dobbie  | CA Stadium | 16.06.94 |
| 12.58 | Robbie Farquhar    | CA Stadium | 06.09.15 | 20.04 | Keith Simpson | CA Stadium | 29.05.95 |

#### 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

|             |                        |                    |                 |
|-------------|------------------------|--------------------|-----------------|
| <b>6.02</b> | <b>ROBBIE FARQUHAR</b> | <b>Grangemouth</b> | <b>09.08.15</b> |
| 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        |
| <b>5.64</b> | <b>James McIntosh</b>  | <b>CA Stadium</b>  | <b>17.09.16</b> |
| 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        |

#### U-15 BOYS TRIPLE JUMP

|              |                        |                    |                 |
|--------------|------------------------|--------------------|-----------------|
| <b>12.51</b> | <b>ROBBIE FARQUHAR</b> | <b>Grangemouth</b> | <b>10.06.16</b> |
| 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        |

#### U-15 BOYS SHOT

|              |                   |                  |                 |
|--------------|-------------------|------------------|-----------------|
| <b>12.91</b> | <b>JOHN ANGUS</b> | <b>Inverness</b> | <b>13.09.15</b> |
| 11.89        | Kevin Lutton      | Dundee           | 27.06.99        |
| 11.78        | Derek Elmslie     | Balgownie        | 22.06.75        |
| 11.70        | Adam Crighton     | Grangemouth      | 13.06.09        |
| 11.30        | Geoffrey Burton   | Balgownie        | 12.08.78        |
| 11.17        | Edward McKenzie   | Balgownie        | 01.08.81        |
| 11.11        | David Gagel       | Balgownie        | 20.08.78        |
| 10.94        | Peter Fraser      |                  | 1992            |
| 10.72        | Neil Gillanders   | Balgownie        | 11.09.83        |
| 10.66        | William Stark     | CA Stadium       | 07.04.91        |

#### U-15 BOYS DISCUS

|              |                       |                    |                 |
|--------------|-----------------------|--------------------|-----------------|
| 33.91        | KEVIN LUTTON          | Elgin              | 19.09.99        |
| 33.42        | John Angus            | CA Stadium         | 16.09.15        |
| 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        |
| <b>30.13</b> | <b>Murray Addison</b> | <b>Grangemouth</b> | <b>14.05.16</b> |
| 29.28        | Keith Simpson         | CA Stadium         | 07.05.95        |
| 28.52        | Steven Sey            | Inverness          | 13.09.15        |
| 28.18        | Fraser Benzie         | Dundee             | 06.07.97        |

#### U-15 BOYS HAMMER

|       |                |             |          |
|-------|----------------|-------------|----------|
| 32.76 | JOHN ANGUS     | Grangemouth | 23.08.15 |
| 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 |

#### U-15 BOYS JAVELIN

|       |                   |             |          |
|-------|-------------------|-------------|----------|
| 50.70 | KEITH SIMPSON     | Inverness   | 08.09.96 |
| 48.22 | Peter Fraser      | Grangemouth | 30.08.92 |
| 42.88 | Kevin Lutton      | Elgin       | 19.09.99 |
| 39.52 | Tom Brodie        | Dundee      | 02.07.06 |
| 37.70 | Bruce Benzie      | Grangemouth | 12.06.99 |
| 37.94 | Jamie Thomson     | Grangemouth | 16.06.04 |
| 36.66 | Ahmed Al-Kowarri  | CA Stadium  | 20.06.93 |
| 35.49 | Stephen Miller    | CA Stadium  | 23.07.00 |
| 33.71 | Christopher Legge | CA Stadium  | 05.06.11 |
| 33.69 | Sam Lyon          | CA Stadium  | 21.06.07 |

#### U-15 BOYS PENTATHLON (Top 5)

|             |                       |                   |                 |
|-------------|-----------------------|-------------------|-----------------|
| <b>2354</b> | <b>MURRAY ADDISON</b> | <b>CA Stadium</b> | <b>02.07.16</b> |
| 2202        | Stuart Mathieson      | CA Stadium        | 15.07.95        |
| 1720        | Jamie Thomson         | Pitreavie         | 28.05.04        |
| 1641        | Stephen Miller        | Grangemouth       | 02.09.00        |
| 1456        | Thomas Joy            | CA Stadium        | 28.05.05        |

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

#### U-15 GIRLS 100m

|       |                                                      |             |                      |
|-------|------------------------------------------------------|-------------|----------------------|
| 12.37 | LESLEY-ANN MEARNS                                    | BIRMINGHAM  | 13.08.05             |
| 12.4  | Michelle Bruce                                       | Grangemouth | 13.06.82             |
| 12.5  | Jenny Bole                                           | Balgownie   | 12.08.78             |
| 12.5  | Fiona Lumsden                                        | CA Stadium  | 09.06.91             |
| 12.5  | Kathleen Madigan                                     | Pitreavie   | 05.05.84             |
| 12.5  | Louise Paterson                                      | Grangemouth | 22.06.89             |
| 12.7  | Angela Shearer                                       | CA Stadium  | 05.09.99             |
| 12.7  | Kim Smith                                            | Balgownie   | 07.09.80             |
| 12.7  | Shelda Stalker                                       | Balgownie   | 06.09.81             |
| 12.8  | Masson/Butler/Steel/Hair/Mathieson/Cummings/Hamilton |             | 76/88/89/95/99/11/11 |

#### U-15 GIRLS 200m

|       |                                             |             |                |
|-------|---------------------------------------------|-------------|----------------|
| 25.05 | LESLEY-ANN MEARNS                           | Birmingham  | 14.08.05       |
| 25.5  | Michelle Bruce                              | Grangemouth | 13.06.82       |
| 25.89 | Louise Paterson                             | Grangemouth | 01.07.89       |
| 26.13 | Kelsey Stewart                              | Scotstoun   | 31.07.11       |
| 26.3  | Sandra Gunn                                 | Coatbridge  | 20.05.90       |
| 26.3  | Kathleen Madigan                            | Pitreavie   | 05.05.84       |
| 26.51 | Angela Shearer                              | Sheffield   | 14.08.99       |
| 26.63 | Gemma Hair                                  | Greenock    | 04.06.95       |
| 26.7  | E Cloggie/K Cussell/K Leys/F Lumsden/J Reid |             | 02/78/87/90/92 |

#### U-15 GIRLS 800m

|         |                  |             |          |
|---------|------------------|-------------|----------|
| 2:13.36 | DAWN SIMPSON     | Ayr         | 13.08.88 |
| 2:14.3  | Carolyn Sheehan  | Inverness   | 19.08.84 |
| 2:16.02 | Ellie Buchan     | Grangemouth | 19.08.07 |
| 2:16.8  | Jaclyn Anderson  | CA Stadium  | 18.07.93 |
| 2:18.51 | Emma Cloggie     | Grangemouth | 22.06.02 |
| 2:19.0  | Michelle Cherry  | Antrim      | 06.08.83 |
| 2:19.05 | Eilidh Prise     | Scotstoun   | 29.08.10 |
| 2:19.7  | Kate Murdoch     | Meadowbank  | 31.05.09 |
| 2:20.31 | Kelsey Stewart   | CA Stadium  | 05.06.11 |
| 2:20.50 | Jennifer MacLean | Meadowbank  | 17.06.95 |

#### U-15 GIRLS 1500m

|                |                      |                    |                 |
|----------------|----------------------|--------------------|-----------------|
| 4:43.5         | CAROLYN SHEEHAN      | Crawley            | 21.07.84        |
| 4:43.9         | Ellie Buchan         | CA Stadium         | 05.09.07        |
| 4:46.6         | Allison Diamond      | Grangemouth        | 05.06.82        |
| 4:49.37        | Naomi Lang           | Hutcheson's        | 21.06.14        |
| 4:49.69        | Eilidh 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        |
| <b>4:54.74</b> | <b>Kirsty Oldham</b> | <b>Grangemouth</b> | <b>11.06.16</b> |

#### U-15 GIRLS 75m HURDLES

|       |              |             |          |
|-------|--------------|-------------|----------|
| 11.24 | SANDRA GUNN  | Grangemouth | 23.06.90 |
| 11.60 | Grace Carter | Kilmarnock  | 10.08.14 |

|              |                      |                    |                 |
|--------------|----------------------|--------------------|-----------------|
| 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        |
| <b>11.73</b> | <b>Jane Davidson</b> | <b>Grangemouth</b> | <b>21.08.16</b> |
| 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        |

#### U-15 GIRLS HIGH JUMP

|             |                      |                    |                 |
|-------------|----------------------|--------------------|-----------------|
| <b>1.61</b> | <b>CARMEN NEAT</b>   | <b>CA Stadium</b>  | <b>08.05.16</b> |
| 1.58        | Kate MacKay          | CA Stadium         | 24.08.14        |
| 1.58        | Anne Watt            | Balgownie          | 06.09.81        |
| 1.57        | Suzie Robertson      | Grangemouth        | 01.06.91        |
| <b>1.52</b> | <b>Jane Davidson</b> | <b>Grangemouth</b> | <b>04.06.16</b> |
| 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        |

#### 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 (3.25kg)

|       |                 |             |          |
|-------|-----------------|-------------|----------|
| 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 SHOT (3kg)

|       |                  |            |          |
|-------|------------------|------------|----------|
| 12.45 | ALISON HORNE     | CA Stadium | 20.04.14 |
| 10.64 | Saffron Cummings | Perth      | 11.05.14 |
| 10.00 | Erin Runcie      | CA Stadium | 23.08.14 |

#### 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 | Alanah O'Donnell | Hutcheson's | 21.06.14 |
| 24.34 | Angela Smith     | CA Stadium  | 09.06.96 |
| 23.08 | Kathy Rapley     | Grangemouth | 14.05.95 |

#### U-15 GIRLS HAMMER (Top 4)

|              |                      |                    |                 |
|--------------|----------------------|--------------------|-----------------|
| 24.69        | KRISTIE HINDLE       | Grangemouth        | 28.07.13        |
| 24.03        | Sophie Anderson      | Grangemouth        | 26.08.12        |
| <b>16.89</b> | <b>Erin Williams</b> | <b>Grangemouth</b> | <b>21.08.16</b> |
| 14.49        | Iona Colquhoun       | Dundee             | 04.05.14        |

#### U-15 GIRLS JAVELIN (600g, 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 |

|       |                |            |          |
|-------|----------------|------------|----------|
| 29.15 | Iona Colquhoun | CA Stadium | 24.08.14 |
|-------|----------------|------------|----------|

#### 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        |
| <b>2773</b> | <b>Carmen Neat</b>   | <b>York</b>        | <b>27.08.16</b> |
| 2754        | Catriona Pennet      | Scotstoun          | 03.05.98        |
| <b>2678</b> | <b>Jane Davidson</b> | <b>Grangemouth</b> | <b>04.06.16</b> |
| 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        |

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



U17W indoor pentathlon, silver, Jane Davidson

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## **VETERAN\* EVENTS**

**\*Men over-40, women over-35**

### **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 |
| 11.91 | Mark Davidson         | Pitreavie  | 15.06.14 |
| 12.0  | Forbes Bruce          | Balgownie  | 08.08.81 |
| 12.0  | Brian Gordon          | Linksfild  | 03.09.88 |
| 12.0  | Malcolm Clarkson      | Balgownie  | 05.09.87 |
| 12.1  | 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 |
| 24.42 | Mark Davidson    | Pitreavie   | 15.06.14 |
| 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 |

### **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        |
| <b>56.52</b> | <b>Stan Walker</b>   | <b>CA Stadium</b> | <b>02.07.16</b> |
| 56.6         | Jim Burr             | CA Stadium        | 13.09.95        |
| 56.8         | Bill Scullion        | CA Stadium        | 16.06.93        |

### **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             | Linksfild  | 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         | C A Stadium | 01.05.97 |
| 33:11.37 | Bill Adams           | Finland     | 24.06.91 |
| 34:06.7  | John Ballentine      | Coatbridge  | 11.07.92 |
| 34:17.6  | Graham Milne         | Grangemouth | 03.09.88 |
| 34:40.8  | Mel Edwards          | CA Stadium  | 04.05.89 |
| 34:51.4  | Ken Hogg             | CA Stadium  | 08.05.90 |

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

|          |               |             |          |
|----------|---------------|-------------|----------|
| 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 8)**

|              |                   |              |                 |
|--------------|-------------------|--------------|-----------------|
| 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        |
| <b>73.1*</b> | <b>Tom Leeson</b> | <b>Perth</b> | <b>17.05.15</b> |
| 77.1         | Bill Lonsdale     | CA Stadium   | 27.06.02        |

\* 3' hurdles

### **VETERAN MEN HALF-MARATHON**

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

### **VETERAN MEN MARATHON**

|         |                      |                  |          |
|---------|----------------------|------------------|----------|
| 2:18:01 | DAVID CLARK          | Florence (Italy) | 02.12.84 |
| 2:21:14 | Alistair Wood        | Edinburgh        | 28.06.75 |
| 2:21:26 | Donald Ritchie       | London           | 21.04.85 |
| 2:28:25 | Fraser Clyne         | Greenock         | 15.09.96 |
| 2:28:38 | Colin Youngson       | Linksfild        | 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**

|             |                        |                  |                 |
|-------------|------------------------|------------------|-----------------|
| <b>1.68</b> | <b>JAMES MACGREGOR</b> | <b>Dundee</b>    | <b>29.05.16</b> |
| 1.67        | Denis Shepherd         | Inverness        | 12.09.92        |
| 1.65        | Bill Lonsdale          | CA Stadium       | 21.05.03        |
| 1.65        | Trevor Madigan         | Balgownie        | 01.07.87        |
| 1.65        | Robert Masson          | Balgownie        | 01.07.87        |
| 1.55        | Kenny Lyon             | CA Stadium       | 12.05.04        |
| 1.48        | Edward McKenzie        | P'o Alegre (BRA) | 16.10.13        |
| 1.40        | Malcolm Clarkson       | CA Stadium       | 07.06.89        |
| 1.40        | Bill Skinner           | Birmingham       | 10.08.14        |
| 1.30        | Ken Peddie             | Balgownie        | 15.05.84        |

### **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 |
| 5.42 | Tom Leeson       | CA Stadium | 06.09.15 |
| 5.27 | Mark Davidson    | CA Stadium | 03.09.14 |

#### VETERAN MEN TRIPLE JUMP

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 12.21 | TREVOR MADIGAN   | Balgownie   | 27.07.85 |
| 11.84 | Kenny Lyon       | CA Stadium  | 11.05.03 |
| 11.30 | Frank Gauld      | CA Stadium  | 30.07.00 |
| 11.23 | Tom Leeson       | Dundee      | 02.08.15 |
| 11.20 | Chris Coulter    | Balgownie   | 17.08.87 |
| 11.03 | Robert Masson    | CA Stadium  | 11.05.93 |
| 10.75 | Bill Lonsdale    | Derby       | 07.06.03 |
| 10.44 | Malcolm Clarkson | Grangemouth | 19.06.88 |
| 10.43 | Alan Young       | CA Stadium  | 28.05.05 |
| 10.04 | Bill Skinner     | Izmir       | 28.08.14 |

#### 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        |
| <b>30.03</b> | <b>Tom Leeson</b> | <b>Perth</b> | <b>17.05.15</b> |
| 28.30        | Ian Maitland      | Dundee       | 11.09.93        |

\* Senior men's implements

#### VETERAN MEN HAMMER

|        |                  |            |          |
|--------|------------------|------------|----------|
| 36.95  | EDWARD MCKENZIE  | CA Stadium | 03.09.09 |
| 34.35  | Robert Masson    | CA Stadium | 19.04.98 |
| 31.73  | Trevor Madigan   | CA Stadium | 16.09.04 |
| 30.98* | Bob Ingram       | Dundee     | 25.08.85 |
| 27.86  | Alistair Simpson | CA Stadium | 29.05.97 |
| 27.41* | Darren Chapman   | CA Stadium | 19.08.10 |
| 27.06  | Alan Bews        | CA Stadium | 22.05.91 |
| 25.86  | Forbes Bruce     | Balgownie  | 30.06.82 |
| 23.64  | Allan Stirling   | Balgownie  | 19.08.86 |
| 23.42  | Jim Campbell     | CA Stadium | 22.05.91 |

\* Senior men's implements

#### VETERAN MEN JAVELIN

|        |                 |             |          |
|--------|-----------------|-------------|----------|
| 43.88* | ROBERT MASSON   | CA Stadium  | 02.04.89 |
| 41.65* | Edward McKenzie | Grangemouth | 14.07.07 |
| 40.24* | Tom Leeson      | Meadowbank  | 30.08.15 |
| 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 |

\* 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 |
| 4616 | Edward McKenzie | Lyon        | 05.08.15 |
| 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 |
| 12.9  | Janet Lyon       | CA Stadium  | 22.06.97 |
| 13.54 | Fiona Davidson   | Pitreavie   | 21.06.08 |
| 13.6  | Ann Imrie        | CA Stadium  | 23.08.95 |
| 13.9  | Heather Wisley   | Grangemouth | 27.08.88 |
| 14.2  | Linda Michie     | CA Stadium  | 24.08.05 |
| 14.3  | Shona McKinnon   | CA Stadium  | 10.06.00 |
| 14.4  | Joyce Hogg       | Grangemouth | 27.08.88 |
| 14.4  | Laura Mahady     | CA Stadium  | 26.08.09 |
| 14.4  | Tracy Wilson     | CA Stadium  | 28.08.93 |

#### VETERAN WOMEN 200m

|              |                    |                   |                 |
|--------------|--------------------|-------------------|-----------------|
| 26.5         | JANET LYON         | Coatbridge        | 08.06.97        |
| 26.7         | Kathleen Madigan   | Dundee            | 10.04.05        |
| 28.2         | Ann Imrie          | CA Stadium        | 24.08.94        |
| 28.7         | Laura Mahady       | CA Stadium        | 19.08.09        |
| 29.4         | Joyce Hogg         | Linksfield        | 06.09.88        |
| 30.0         | Linda Michie       | CA Stadium        | 30.08.06        |
| 30.2         | Shona McKinnon     | CA Stadium        | 28.08.02        |
| 30.6         | Tracey Wilson      | CA Stadium        | 03.04.94        |
| 31.3         | Penny Johnson      | Kirkwall          | 08.09.13        |
| <b>33.12</b> | <b>Ruth Watson</b> | <b>CA Stadium</b> | <b>02.07.16</b> |

#### VETERAN WOMEN 400m

|       |                  |                 |          |
|-------|------------------|-----------------|----------|
| 61.05 | LAURA MAHADY     | Lahti (FIN)     | 07.08.09 |
| 63.16 | Kathleen Madigan | Tullamore (IRL) | 09.08.08 |
| 63.6  | Janet Lyon       | Dundee          | 15.04.01 |
| 63.79 | Sonia Armitage   | Grangemouth     | 21.06.03 |
| 64.4  | Heather Wisley   | Grangemouth     | 27.08.88 |
| 66.1  | Joyce Hogg       | Linksfield      | 21.08.88 |
| 67.1  | Nancy MacKinnon  | CA Stadium      | 10.05.89 |
| 68.4  | Kathryn Mearns   | CA Stadium      | 24.05.00 |
| 70.1  | Ann Imrie        | CA Stadium      | 14.09.94 |
| 72.5  | Annette Orme     | CA Stadium      | 16.06.92 |

#### VETERAN WOMEN 800m

|         |                 |             |          |
|---------|-----------------|-------------|----------|
| 2:19.3  | SONIA ARMITAGE  | CA Stadium  | 08.08.04 |
| 2:19.50 | Laura Mahady    | Lahti (FIN) | 12.08.09 |
| 2:20.6  | Heather Wisley  | Inverness   | 13.05.90 |
| 2:24.4  | Nancy MacKinnon | CA Stadium  | 10.09.88 |
| 2:26.4  | Kathryn Mearns  | CA Stadium  | 07.09.97 |
| 2:33.6  | Joyce Hogg      | Grangemouth | 03.09.88 |
| 2:35.1  | Hazel Gaskell   | CA Stadium  | 02.09.93 |
| 2:39.1  | Annette Orme    | CA Stadium  | 24.08.95 |
| 2:51.3  | Janet Lyon      | CA Stadium  | 24.08.00 |
| 2:51.4  | Barbara Pidgeon | CA Stadium  | 08.09.94 |

#### VETERAN WOMEN 1500m

|                |                   |                   |                 |
|----------------|-------------------|-------------------|-----------------|
| 4:39.12        | SONIA ARMITAGE    | Meadowbank        | 02.06.96        |
| 4:47.4         | Heather Wisley    | Inverness         | 24.06.90        |
| 4:50.73        | Laura Mahady      | Lahti(FIN)        | 06.08.09        |
| 4:57.1         | Kathryn Mearns    | Peterhead         | 24.08.97        |
| 5:00.4         | Rhona Buchan      | CA Stadium        | 05.09.07        |
| 5:01.7         | Lynda Bain        | CA Stadium        | 05.05.91        |
| 5:07.4         | Nancy MacKinnon   | CA Stadium        | 06.09.88        |
| 5:20.7         | Annette Orme      | Dundee            | 04.06.95        |
| 5:21.8         | Joyce Hogg        | CA Stadium        | 06.09.88        |
| <b>5:37.41</b> | <b>Sarah Knox</b> | <b>CA Stadium</b> | <b>16.05.16</b> |

#### VETERAN WOMEN 3000m

|          |                  |            |          |
|----------|------------------|------------|----------|
| 9:51.9   | HEATHER WISLEY   | Coatbridge | 20.05.90 |
| 10:03.1  | Sonia Armitage   | Coatbridge | 29.08.98 |
| 10:26.2  | Lynda Bain       | CA Stadium | 09.06.91 |
| 10:42.8  | Hazel Gaskell    | CA Stadium | 18.07.93 |
| 10:48.2  | Nancy MacKinnon  | CA Stadium | 23.07.89 |
| 10:59.35 | Veronique Oldham | Meadowbank | 13.07.14 |
| 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 5000m

|                 |                    |                   |                 |
|-----------------|--------------------|-------------------|-----------------|
| 17:48.80        | SONIA ARMITAGE     | Chester-le-Street | 31.07.99        |
| 18:49.7         | Rhona Buchan       | CA Stadium        | 29.08.07        |
| 19:02.1         | Laura Mahady       | CA Stadium        | 28.05.08        |
| 19:07.8         | Kathryn Mearns     | CA Stadium        | 14.08.97        |
| 19:41.1         | Lynda Bain         | CA Stadium        | 24.09.91        |
| 20:15.9         | Margaret Stafford  | CA Stadium        | 24.09.91        |
| 20:46.7         | Nicola Smith       | CA Stadium        | 16.05.11        |
| <b>21:15.49</b> | <b>Sarah Knox</b>  | <b>CA Stadium</b> | <b>05.05.16</b> |
| 21:40.28        | Sinead Stenhouse   | CA Stadium        | 08.05.14        |
| <b>21:43.45</b> | <b>Gail Rennie</b> | <b>CA Stadium</b> | <b>05.05.16</b> |

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

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

#### VETERAN WOMEN HALF MARATHON

|       |                   |            |          |
|-------|-------------------|------------|----------|
| 82:09 | ULLI SIMPSON      | CA Stadium | 26.08.90 |
| 84:05 | Lynda Bain        | Linksfild  | 29.08.93 |
| 85:42 | Hazel Gaskell     | Linksfild  | 29.08.93 |
| 85:51 | Heather Wisley    | Linksfild  | 28.08.88 |
| 86:54 | Sonia Armitage    | Aviemore   | 19.10.08 |
| 87:48 | Diana Jermieson   | Rannoch    | 25.06.89 |
| 88:50 | Angela Hepburn    | Elgin      | 04.09.05 |
| 89:35 | Jackie Nuttall    | Dyce       | 27.03.88 |
| 89:43 | Margaret Stafford | Inverdee   | 29.03.92 |
| 90:58 | Nancy MacKinnon   | Peterhead  | 17.06.90 |

#### VETERAN WOMEN MARATHON

|         |                    |              |          |
|---------|--------------------|--------------|----------|
| 3:00:32 | MARGARET STAFFORD  | London       | 22.04.90 |
| 3:15:52 | Diana Jermieson    | Beach        | 28.05.89 |
| 3:18:57 | Angela Hepburn     | Fort William | 18.04.10 |
| 3:24:22 | Olive Fraser       | London       | 23.04.89 |
| 3:27:42 | Leona Hart         | Dundee       | 28.04.85 |
| 3:32:33 | Betty May          | London       | 21.04.91 |
| 3:37:09 | Maureen McInnes    | Amsterdam    | 15.10.06 |
| 3:42:53 | Bing Kerr          | London       | 23.04.89 |
| 3:54:48 | Carol Hawthorn     | Aberdeen     | 16.09.84 |
| 3:54:57 | Margaret Beveridge | Elgin        | 06.08.89 |



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

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

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

|      |            |            |          |
|------|------------|------------|----------|
| 73.0 | JANET LYON | CA Stadium | 27.06.00 |
| 75.5 | Joyce Hogg | Coatbridge | 24.06.90 |

#### VETERAN WOMEN HIGH JUMP (Top 4)

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

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

|      |            |            |          |
|------|------------|------------|----------|
| 2.81 | JANET LYON | CA Stadium | 14.05.04 |
|------|------------|------------|----------|

#### VETERAN WOMEN LONG JUMP

|      |                  |             |          |
|------|------------------|-------------|----------|
| 5.25 | FIONA DAVIDSON   | Grangemouth | 11.07.15 |
| 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)

|       |                |             |          |
|-------|----------------|-------------|----------|
| 11.34 | FIONA DAVIDSON | Lyon        | 15.08.15 |
| 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        |
| <b>8.30</b> | <b>Fiona Davidson</b> | <b>CA Stadium</b> | <b>05.05.16</b> |
| 8.17        | Shona McKinnon        | Drumadrochit      | 26.08.00        |
| 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        | 26.07.90        |
| 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 |
| 19.89 | Kathleen Madigan | Perth       | 11.05.14 |
| 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)

|       |                  |            |          |
|-------|------------------|------------|----------|
| 31.86 | KATHLEEN MADIGAN | Dundee     | 08.06.14 |
| 28.34 | Fiona Davidson   | CA Stadium | 20.08.15 |
| 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 |
|------|----------------|-------------|----------|

#### VETERAN WOMEN PENTATHLON (Top 2)

|      |                |            |          |
|------|----------------|------------|----------|
| 2750 | SHONA MCKINNON | Pitreavie  | 31.05.03 |
| 2450 | Joyce Hogg     | Coatbridge | 09.09.89 |

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

## ALL TIME INDOOR RANKINGS (SENIOR EVENTS)

### MEN 60m (Top 20)

|             |                            |                    |                 |
|-------------|----------------------------|--------------------|-----------------|
| 6.89        | STEPHEN DUNLOP             | Sheffield          | 21.02.14        |
| 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        |
| <b>7.12</b> | <b>Desmond Ojei</b>        | <b>Emirates A</b>  | <b>27.12.16</b> |
| 7.2         | Chukwudi Onyia             | Aberdeen SV        | 16.12.12        |
| 7.21        | Neil Fachie                | Kelvin Hall        | 30.11.05        |
| <b>7.22</b> | <b>David Irvine</b>        | <b>Aberdeen SV</b> | <b>18.12.16</b> |
| <b>7.25</b> | <b>Christian V Hristov</b> | <b>Emirates A</b>  | <b>06.02.16</b> |
| 7.25        | Ronald Smith               | Kelvin Hall        | 31.01.99        |
| <b>7.26</b> | <b>Robbie Shaw</b>         | <b>Aberdeen SV</b> | <b>24.01.16</b> |
| 7.29        | Sam Lyon                   | Aberdeen SV        | 26.01.14        |
| 7.30        | Donald Ross                | Kelvin Hall        | 23.01.94        |
| 7.3         | Dinkar Sabnis              | Kelvin Hall        | 27.10.91        |
| 7.33        | Richard Singer             | Kelvin Hall        | 03.02.96        |
| 7.35        | Myles Nelson               | Aberdeen SV        | 22.02.15        |

### MEN 200m (Top 20)

|              |                            |                   |                 |
|--------------|----------------------------|-------------------|-----------------|
| 21.86        | STEPHEN DUNLOP             | Emirates A        | 08.02.14        |
| 21.90        | Mark Davidson              | Kelvin Hall       | 17.02.90        |
| 22.07        | Barry Middleton            | Kelvin Hall       | 19.01.97        |
| 22.08        | Sam Lyon                   | Emirates A        | 08.02.14        |
| 22.38        | Gavin Irvine               | Emirates A        | 02.03.13        |
| 22.60        | Murray King                | Kelvin Hall       | 15.01.89        |
| <b>22.65</b> | <b>Robbie Shaw</b>         | <b>Emirates A</b> | <b>06.02.16</b> |
| 22.71        | Ian Garioch                | Kelvin Hall       | 28.10.09        |
| <b>22.92</b> | <b>Christian V Hristov</b> | <b>Emirates A</b> | <b>06.02.16</b> |
| <b>22.98</b> | <b>David Irvine</b>        | <b>Emirates A</b> | <b>06.02.16</b> |
| 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        |
| <b>23.40</b> | <b>Ewan Calder</b>         | <b>Emirates E</b> | <b>20.12.15</b> |
| 23.47        | Donald Ross                | Kelvin Hall       | 23.01.94        |
| 23.5         | Alexander Carnie           | Kelvin Hall       | 30.10.88        |
| <b>23.59</b> | <b>Desmond Ojei</b>        | <b>Emirates A</b> | <b>27.12.16</b> |
| 23.61        | Ryan Hewitson              | Emirates A        | 15.02.15        |
| <b>23.62</b> | <b>Ben Renton</b>          | <b>Emirates A</b> | <b>03.02.16</b> |
| 23.63        | Cameron Brown              | Emirates A        | 06.02.14        |

### 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        |
| <b>50.26</b> | <b>Daniel Rees</b>   | <b>Sheffield</b>  | <b>21.02.16</b> |
| 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        |
| 51.40        | Ewan Calder          | Emirates A        | 06.02.14        |
| 51.49        | Ronald Smith         | Kelvin Hall       | 28.02.09        |
| <b>52.15</b> | <b>Marcus Archer</b> | <b>Emirates A</b> | <b>06.03.16</b> |
| 52.19        | Kenny Lyon           | Kelvin Hall       | 25.02.89        |
| 52.40        | Andrew Grant         | Kelvin Hall       | 12.03.05        |
| 52.45        | Steve Ledingham      | Kelvin Hall       | 26.01.91        |
| 52.50        | Gareth Lake          | Emirates A        | 18.01.14        |
| 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        |
| 53.15        | Lewis Alexander      | Emirates A        | 06.02.14        |

### MEN 800m

|                |                         |                   |                 |
|----------------|-------------------------|-------------------|-----------------|
| 1:51.90        | MYLES EDWARDS           | Lee Valley        | 26.01.14        |
| <b>1:54.07</b> | <b>Rory Muir</b>        | <b>Emirates A</b> | <b>19.10.16</b> |
| 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        |
| 1:57.89        | Stewart Millar          | Emirates A        | 14.02.15        |
| 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        |
| <b>2:00.17</b> | <b>Fearghas Thomson</b> | <b>Sheffield</b>  | <b>19.02.16</b> |

|                |                         |                   |                 |
|----------------|-------------------------|-------------------|-----------------|
| 2:00.33        | Matthew Kilner          | Emirates A        | 15.02.14        |
| 2:00.43        | Steven Murray           | Emirates A        | 15.02.14        |
| 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        |
| 2:01.64        | Callum Symmons          | Emirates A        | 05.02.15        |
| 2:02.01        | Mark Kennedy            | Kelvin Hall       | 15.02.02        |
| <b>2:02.50</b> | <b>Eoghan Macnamara</b> | <b>Emirates A</b> | <b>19.10.16</b> |
| 2:04.40        | Paul Davidson           | Kelvin Hall       | 10.01.99        |
| 2:04.6         | James Lowrie            | Kelvin Hall       | 12.02.92        |

### MEN 1000m (Top 10)

|         |                  |             |          |
|---------|------------------|-------------|----------|
| 2:30.94 | MARK KENNEDY     | Kelvin Hall | 06.03.04 |
| 2:45.79 | Paul Allan       | Kelvin Hall | 04.02.90 |
| 2:48.19 | Daniel Rees      | Emirates A  | 15.03.15 |
| 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 |

### MEN 1500m (Top 10)

|         |                  |             |          |
|---------|------------------|-------------|----------|
| 3:50.47 | MYLES EDWARDS    | Emirates A  | 24.01.15 |
| 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 |
| 4:10.13 | Stewart Millar   | Emirates A  | 04.02.15 |
| 4:10.44 | Michael Anderson | Kelvin Hall | 21.02.93 |

### MEN 3000m (TOP 10)

|         |                      |             |          |
|---------|----------------------|-------------|----------|
| 8:23.10 | MYLES EDWARDS        | Emirates A  | 03.01.15 |
| 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 |

### MEN 60m HURDLES (TOP 10)

|             |                    |                   |                 |
|-------------|--------------------|-------------------|-----------------|
| 8.32        | DUNCAN MATHIESON   | Kelvin Hall       | 16.02.97        |
| 8.60        | Tom Leeson         | Kelvin Hall       | 16.02.97        |
| 8.7         | Ryan Hewitson      | Emirates A        | 07.02.15        |
| 8.71        | Robert Miller      | Kelvin Hall       | 15.02.04        |
| 8.8         | Paul Allan         | Kelvin Hall       | 14.02.90        |
| <b>8.82</b> | <b>Daniel Rees</b> | <b>Emirates A</b> | <b>06.02.16</b> |
| 9.17        | Andrew Grant       | Kelvin Hall       | 27.01.01        |
| 9.28        | Mark Dobbie        | Kelvin Hall       | 15.01.95        |
| 9.30        | Kenny Lyon         | Kelvin Hall       | 26.02.89        |
| 9.74        | Paul Torry         | Kelvin Hall       | 09.02.02        |

### MEN HIGH JUMP (Top 11)

|             |                    |                   |                 |
|-------------|--------------------|-------------------|-----------------|
| 1.99        | DUNCAN MATHIESON   | Kelvin Hall       | 25.02.89        |
| 1.97        | Ryan Hewitson      | Aberdeen SV       | 04.04.15        |
| 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        |
| 1.87        | Grant Robertson    | Aberdeen SV       | 26.01.14        |
| 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        |
| <b>1.80</b> | <b>Daniel Rees</b> | <b>Emirates A</b> | <b>06.02.16</b> |
| 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        |
| 1.78        | Alasdair Lowe      | Aberdeen SV       | 14.12.14        |
| 1.77        | Sam Lyon           | Aberdeen SV       | 21.03.10        |
| 1.75        | Paul Torry         | Kelvin Hall       | 11.03.00        |
| 1.73        | Stewart Clark      | Kelvin Hall       | 11.02.12        |



ASV 1<sup>st</sup> May 2016



ASV 8<sup>th</sup> May 2016  
Jade McLaren

| MEN POLE VAULT                                 |                         |                   |                 |
|------------------------------------------------|-------------------------|-------------------|-----------------|
| 4.15                                           | JOLS PETERS             | Aberdeen SV       | 15.09.16        |
| 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        |
| 3.80                                           | Alasdair Lowe           | Emirates A        | 04.02.15        |
| 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        |
| 3.25                                           | Sam Lyon                | Aberdeen SV       | 17.09.14        |
| <b>3.22</b>                                    | <b>Hamish Leeson</b>    | <b>Emirates A</b> | <b>06.03.16</b> |
| 3.21                                           | Daniel Rees             | Emirates A        | 15.03.15        |
| 3.20                                           | Paul Allan              | Kelvin Hall       | 26.02.89        |
| 3.20                                           | Paul Torry              | Kelvin Hall       | 10.02.02        |
| 3.10                                           | Robert Miller           | Kelvin Hall       | 26.01.03        |
| 3.05                                           | Robbie Farquhar         | Aberdeen SV       | 15.09.16        |
| 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        |
| MEN LONG JUMP                                  |                         |                   |                 |
| 7.14                                           | DUNCAN MATHIESON        | Kelvin Hall       | 26.01.91        |
| 7.07                                           | Dinkar Sabnis           | Kelvin Hall       | 23.01.94        |
| 7.01                                           | Sam Lyon                | Emirates A        | 02.02.14        |
| 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        |
| <b>6.30</b>                                    | <b>Robbie Farquhar</b>  | <b>Emirates A</b> | <b>04.03.16</b> |
| 6.29                                           | Kenny Lyon              | Kelvin Hall       | 25.02.89        |
| 6.25                                           | Keith Oag               | Kelvin Hall       | 17.02.96        |
| 6.22                                           | Ian Garioch             | Aberdeen SV       | 12.12.10        |
| 6.21                                           | Michael Spink           | Kelvin Hall       | 10.02.94        |
| 6.11                                           | Hamish Leeson           | Emirates A        | 14.03.15        |
| 5.95                                           | Patrick Gray            | Kelvin Hall       | 06.02.05        |
| 5.95                                           | Richard Singer          | Kelvin Hall       | 04.03.95        |
| 5.93                                           | Bruce Sorbie            | Emirates A        | 07.02.13        |
| 5.92                                           | Neil Fachie             | Kelvin Hall       | 02.03.03        |
| MEN TRIPLE JUMP (Top 10)                       |                         |                   |                 |
| 15.24                                          | CHUKWUDI ONYIA          | Sheffield         | 08.02.14        |
| 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        |
| <b>12.35</b>                                   | <b>Hamish Leeson</b>    | <b>Emirates A</b> | <b>19.10.16</b> |
| 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                                      |                         |                   |                 |
| 7.52                                           | ZOEY CLARK              | Sheffield         | 20.02.15        |
| WOMEN 200m                                     |                         |                   |                 |
| 23.96                                          | ZOEY CLARK              | Emirates A        | 01.02.15        |
| 24.86                                          | Dawn Flockhart          | Kelvin Hall       | 22.01.95        |
| <b>25.10</b>                                   | <b>Rebecca Matheson</b> | <b>Emirates A</b> | <b>06.03.16</b> |
| 25.34                                          | Aileen Connelly         | Cardiff           | 05.02.06        |
| <b>25.51</b>                                   | <b>Roisin Harrison</b>  | <b>Emirates A</b> | <b>30.01.16</b> |
| 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        |
| <b>26.49</b>                                   | <b>Alix Still</b>       | <b>Emirates A</b> | <b>30.01.16</b> |
| 26.63                                          | Rebecca Mortimer        | Kelvin Hall       | 15.01.06        |
| 26.64                                          | Sandra Gunn             | Kelvin Hall       | 01.03.92        |
| 26.64                                          | Sarah Still             | Kelvin Hall       | 21.02.93        |
| 26.96                                          | Susan Tengtanga         | Kelvin Hall       | 20.02.10        |
| 27.06                                          | Emma Caldwell           | Kelvin Hall       | 03.03.12        |
| 27.1                                           | Emma Cloggie            | 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        |
| WOMEN 400m (Top 10)                            |                         |                   |                 |
| <b>53.02</b>                                   | <b>ZOEY CLARK</b>       | <b>Vienna</b>     | <b>30.01.16</b> |
| 55.27                                          | Emma Cloggie            | Birmingham        | 05.03.06        |
| <b>56.14</b>                                   | <b>Kelsey Stewart</b>   | <b>Sheffield</b>  | <b>14.02.16</b> |
| 56.24                                          | Susan Hendry            | Birmingham        | 19.02.95        |
| 57.83                                          | Ademide Ademuyewo       | Emirates A        | 18.01.14        |
| 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        |
| WOMEN 800m (Top 10)                            |                         |                   |                 |
| <b>2:10.92</b>                                 | <b>KELSEY STEWART</b>   | <b>Emirates A</b> | <b>06.03.16</b> |
| 2:11.47                                        | Nicola Gauld            | Kelvin Hall       | 18.01.04        |
| 2:13.15                                        | Susan Hendry            | Kelvin Hall       | 15.12.96        |
| <b>2:14.06</b>                                 | <b>Emma Leask</b>       | <b>Sheffield</b>  | <b>21.02.16</b> |
| 2:14.32                                        | Emma Cloggie            | Birmingham        | 20.02.05        |
| 2:16.58                                        | Ellie Buchan            | Kelvin Hall       | 04.02.10        |
| <b>2:18.27</b>                                 | <b>Hannah Cameron</b>   | <b>Sheffield</b>  | <b>19.02.16</b> |
| 2:18.28                                        | Lynsey Still            | Kelvin Hall       | 03.02.96        |
| 2:22.20                                        | Sarah Still             | Kelvin Hall       | 18.02.01        |
| 2:22.75                                        | Lise Theron             | Emirates A        | 05.02.15        |
| 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        |
| 4:47.38                                        | Rebecca Eggeling        | Emirates A        | 04.02.15        |
| <b>4:48.5</b>                                  | <b>Naomi Lang</b>       | <b>Emirates A</b> | <b>03.02.16</b> |
| 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        |
| WOMEN 3000m (TOP 5)                            |                         |                   |                 |
| 9:56.20                                        | RHONA AUCKLAND          | Kelvin Hall       | 09.02.12        |
| 10:23.35                                       | Gemma Cormack           | Emirates A        | 12.01.13        |





A fresh new start  
and a beautiful new home.



#### COVE, CHARLESTON

**The Carlton - 4 bedroom detached home  
£342,995 - Plot 99**

This handsome four bedroom detached family home incorporates a spacious living room, fantastic open-plan kitchen/dining room with French doors leading to the secure rear garden. The kitchen includes a stunning range of fashionable integrated appliances from the admired Smeg collection. Upstairs, the master bedroom boasts a fitted wardrobe and en-suite shower room. The family bathroom has tasteful contemporary sanitary ware, and also benefits from fitted vanity furniture with large mirror above. There are three further spacious bedrooms, one of which has a built-in wardrobe.

Available with\*: • Growing Families\*



#### COVE, CHARLESTON

**The Ash - 2 bedroom terraced home  
£229,995 - Plot 199**

The Ash is a cleverly designed terraced two bedroom home. The light and airy entrance hall opens into a stylish fitted kitchen, complete with integrated, Smeg appliances. The hallway continues to a bright, spacious living room with French doors leading to the private rear garden. Completing the downstairs of this home is a cloakroom and storage space. Upstairs, there is a generously proportioned master bedroom featuring built-in wardrobe. The second bedroom also comes with built-in wardrobes. Completing the upstairs of this home is a family bathroom, complete with your choice of Porcelanosa tiling and choice of vanity units.

Available with\*: • First Time Buyers\*



#### COVE, CHARLESTON

**The Aberwood - 2 bedroom mid-terraced home  
£233,995 - Plot 93**

This cleverly designed end-terraced home features two good sized bedrooms. The light and airy entrance hall opens into a stylish fitted kitchen, complete with high quality appliances. The hallway continues to a bright, spacious living room with access to the rear garden through French doors. There is a WC and convenient storage space on the ground floor. Upstairs includes a generously proportioned master bedroom featuring built-in wardrobe. Across the landing is a second bedroom with built-in wardrobes, a family sized bathroom and useful study room.

Available with\*: • First Time Buyers\*



#### KINGSWELLS, DEN VIEW

**The Argyll - 3 bedroom end-terraced home  
£264,995 - Plot 85**

Always a popular addition to the housing range, the three bedroom Argyll. On the ground floor of this three-bedroom home, there is a spacious living room, large stylish kitchen/dining room with French doors leading to the secure rear garden. The kitchen is equipped with premium Smeg appliances.

Upstairs, the master bedroom has a fitted wardrobe and en-suite shower room with luxury 1200mm shower cubicle. The second bedroom also has a fitted wardrobe with mirrored sliding doors. A choice of finishes for the fitted vanity furniture and Porcelanosa tiling is offered for inclusion in the family bathroom.

Available with\*: • First Time Buyers\*



#### KINGSWELLS, DEN VIEW

**The Aversley - 2 bedroom terraced home  
£239,000 - Plot 86**

The entrance hall leads to an open-plan living room/kitchen which is fully fitted. The stylish raised breakfast bar subtly separates the kitchen from the living room and there is also space for a table and chairs between the kitchen and living areas. The glazed screen and wide French doors at the living room end creates a sense of bringing the outside in.

Upstairs, there are two double bedrooms – each with built-in wardrobe – a useful study (or nursery) and a family bathroom with shower and shower screen at the bath.

Available with\*: • First Time Buyers\*

## SPRING OFFER

**Growing Families**

- Choice of flooring throughout
- Completed gardens with grass and fencing
- 10 year warranty on your new home
- Contribution to LBTT

Available with Part Exchange  
100% of valuation

**First Time Buyers**

- LBTT paid • No legal fees
- Choice of furniture
- Choice of flooring throughout • TV and home cinema system
- 10 year warranty for your new home



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sales@stewartmilne.com



\*Offers detailed are not combinable and are available on selected homes only. Offers are subject to status. Terms and conditions apply. See website for details, subject to contract and status. Images shown reflect the varying styles and sizes of typical Stewart Milne homes and are intended to illustrate typical styles and finishes only. YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON YOUR MORTGAGE OR ANY DEBT SECURED ON IT. Terms and conditions apply. Prices correct at time of going to press.

## 2016 TOP 5 CLUB RANKINGS

Covering the athletics year ended 31 December 2016

|                                           |                                     |                                     |
|-------------------------------------------|-------------------------------------|-------------------------------------|
| <b>SENIOR MEN</b>                         |                                     |                                     |
| <b>60m</b>                                | 10:56.91 Andrew Ferguson            | <b>100m</b>                         |
| 6.93i Stephen Dunlop                      | <b>110m Hurdles</b>                 | 12.85 Lewis Clow (T37)              |
| 7.22i (7.29) David Irvine                 | 15.33 Ryan Hewitson                 | <b>200m</b>                         |
| 7.25i Christian Volodiev-Hristov          | 16.20 Daniel Rees                   | 26.36 Lewis Clow (T37)              |
| 7.26i Robbie Shaw                         | 19.12 Jools Peters                  | <b>300m</b>                         |
| 7.36i Robin Johnson                       | 20.94 Kieran Gauld                  | 44.10 Lewis Clow (T37)              |
| <b>100m</b>                               | <b>400m Hurdles</b>                 | <b>400m</b>                         |
| 10.65 Stephen Dunlop                      | 54.49 Daniel Rees                   | 62.15 Lewis Clow (T37)              |
| 10.85 Ryan Oswald                         | 62.10 Eoghan Macnamara              | 70.10 Iain Boyd (T37)               |
| 10.91 Gavin Irvine                        | 67.3 Kieran Gauld                   | <b>Long Jump</b>                    |
| 11.15 Christian Volodiev-Hristov          | 67.57 Alasdair Love (M35)           | 4.18 Lewis Clow (F37)               |
| 11.18 David Irvine                        | <b>High Jump</b>                    |                                     |
| <b>200m</b>                               | 1.98 Ryan Hewitson                  | <b>VETERAN MEN</b>                  |
| 21.62 Stephen Dunlop                      | 1.81 Daniel Rees                    | <b>60m</b>                          |
| 22.65i (23.1) Robbie Shaw                 | 1.72 Jools Peters                   | 7.74i (8.14) Stan Walker (M45)      |
| 22.73 David Irvine                        | 1.70i Sam Lyon                      | 8.77i (9.05) Bill Skinner (M55)     |
| 22.92i (23.11) Christian Volodiev-Hristov | 1.68 James Macgregor (M50)          | 9.18i Trevor Madigan (M70)          |
| 23.21 Myles Nelson                        | <b>Pole Vault</b>                   | <b>100m</b>                         |
| <b>300m</b>                               | 4.15i (3.90) Jools Peters           | 12.12 Stan Walker (M45)             |
| 35.8 Daniel Rees                          | 2.75i (2.70) Kenny Lyon (M55)       | 13.77 Edward McKenzie (M45)         |
| 37.07 David Irvine                        | 2.60 Edward McKenzie (M45)          | 13.91 Bill Skinner (M55)            |
| 37.1 Christian Volodiev-Hristov           | 2.50 Bob Masson (M65)               | 15.24 Trevor Madigan (M70)          |
| 37.4 Myles Nelson                         | 2.05i Kieran Gauld                  | 16.45 Alan Fulton (M65)             |
| 38.30 David MacLean                       | <b>Long Jump</b>                    | <b>200m</b>                         |
| <b>400m</b>                               | 6.94 Sam Lyon                       | 24.54 Stan Walker (M45)             |
| 49.76 Daniel Rees                         | 5.68 Kieran Gauld                   | 27.98 Bill Skinner (M55)            |
| 50.83 Ewan Calder                         | 5.66 Jools Peters                   | 30.00 Alan Dick (M45)               |
| 51.24 Myle Nelson                         | 4.73i (4.65) Kenny Lyon             | 31.70i (32.82) Trevor Madigan (M70) |
| 51.55 Rory Muir                           | 4.70 Bill Skinner (M55)             | 34.95 Alan Fulton (M65)             |
| 52.54 Stuart Ferguson                     | <b>Triple Jump</b>                  | <b>300m</b>                         |
| <b>800m</b>                               | 14.66 Sam Lyon                      | 39.20 Stan Walker (M45)             |
| 1:51.5 Rory Muir                          | 10.78 Kieran Gauld                  | 45.91 Bill Skinner (M55)            |
| 1:51.78 Michael Ferguson                  | 10.41 Eoghan MacNamara              | <b>400m</b>                         |
| 1:56.89 Callum Symmons                    | 9.87 Kenny Lyon (M55)               | 56.52 Stan Walker (M45)             |
| 1:59.06 Fearghas Thomson                  | 9.37 Bill Skinner (M55)             | 65.26 Bill Skinner (M55)            |
| 1:59.34 Eoghan Macnamara                  | <b>Shot</b>                         | 67.60 John McGregor (M55)           |
| <b>1,500m</b>                             | 11.90 Graham Porterfield            | <b>800m</b>                         |
| 3:45.27 Michael Ferguson                  | 11.79 Jools Peters                  | 2:29.01 Athol Burnett (M55)         |
| 3:52.50 Rory Muir                         | 10.79 John Fyvie                    | 2:49.64 Bill Skinner (M55)          |
| 4:01.76 Callum Symmons                    | 10.02i (9.80) Edward McKenzie (M45) | 2:54.17 Alan Fulton (M65)           |
| 4:08.22 Eoghan Macnamara                  | 6.07 Kieran Gauld                   | <b>1,500m</b>                       |
| 4:09.36 Broc Drury                        | <b>Discus</b>                       | 5:06.72 Athol Burnett (M55)         |
| <b>3,000m</b>                             | 34.91 John Fyvie                    | 5:31.05 Tom Litterick (M50)         |
| 8:35.93 Michael Ferguson                  | 29.10 Edward McKenzie (M45)         | 6:22.44 Bill Skinner (M 55)         |
| 8:36.08 Rory Muir                         | 29.10 Jools Peters                  | 7:16.32 Alan Fulton (M65)           |
| 8:39.47 Will MacKay                       | 26.68 Bob Masson (M65)              | <b>3,000m</b>                       |
| 9:27.69 Euan Webster                      | 22.46 Kieran Gauld                  | 10:19.21i David Blane (M50)         |
| 9:58.10 James Gray                        | <b>Hammer</b>                       | 12:03.24 Colin Addison (M50)        |
| <b>5,000m</b>                             | 44.63 John Fyvie                    | 12:19.70 Alistair Sey (M55)         |
| 14:38.14 Michael Ferguson                 | 37.41 Graham Porterfield            | 12:48.78 Alan Dick (M45)            |
| 14:43.11 Broc Drury                       | 27.57 Edward McKenzie (M45)         | 12:48.82 Hamish McDonald (M55)      |
| 14:51.00 Will MacKay                      | 19.98 Kieran Gauld                  | <b>5,000m</b>                       |
| 15:51.88 Rory Stead                       | <b>Javelin</b>                      | 18:50.89 Athol Burnett (M55)        |
| 16:26.95 Euan Webster                     | 46.51 Jools Peters                  | 21:00.21 Colin Addison (M50)        |
| <b>10,000m</b>                            | 45.65 Sam Lyon                      | 21:23.74 Alistair Sey (M55)         |
| 30:33.52 Will MacKay                      | 36.35 Edward McKenzie (M45)         | <b>10,000m</b>                      |
| 31:41.75 Broc Drury                       | <b>28.70 Bob Masson (M65)</b>       | 46:06.5 Alan Dick (M45)             |
| 33:19.81 Rory Stead                       | <b>26.42 Kieran Gauld</b>           | 50:45.5 Alan Fulton (M65)           |
| 36:34.0 James Gray                        | <b>Decathlon</b>                    |                                     |
| 46:06.5 Alan Dick (M45)                   | 5179 Jools Peters                   | <b>High Jump</b>                    |
| <b>3,000m Steeplechase</b>                |                                     | 1.68 James Macgregor (M50)          |
| 10:08.35 Fearghas Thomson                 | <b>PARA MEN</b>                     | 1.30i (1.19) Trevor Madigan (M70)   |
| 10:17.31 Eoghan Macnamara                 | <b>60m</b>                          |                                     |
| 10:35.14 Euan Webster                     | 8.31i Lewis Clow (T37)              |                                     |
|                                           | 8.74i Alexander Ahmed (T20)         |                                     |



|                                        |                       |                            |                    |                              |
|----------------------------------------|-----------------------|----------------------------|--------------------|------------------------------|
| 1.30i                                  | Eddie McKenzie (M45)  | 11.66                      | Gregor Duncan      |                              |
| 1.30i                                  | Bill Skinner          | 11.75                      | Marcus Archer      |                              |
|                                        |                       | 11.77                      | Cameron Brown      |                              |
|                                        |                       | 11.87                      | Cameron Ralph      |                              |
| <b>Pole Vault</b>                      |                       |                            |                    | <b>Triple Jump</b>           |
| 2.75i (2.70)                           | Kenny Lyon (M55)      |                            |                    | 12.43 Jon Hosie              |
| 2.60                                   | Edward McKenzie (M45) |                            |                    | 12.35i (11.32) Hamish Leeson |
| 2.50                                   | Bob Masson (M65)      |                            |                    |                              |
| <b>Long Jump</b>                       |                       | <b>200m</b>                |                    | <b>Shot (7.26k)</b>          |
| 4.73i (4.65)                           | Kenny Lyon (M55)      | 23.35                      | Thomas Carter      | 8.71 Conor Hewitson          |
| 4.70                                   | Bill Skinner (M55)    | 23.48                      | Cameron Brown      | 8.59 Alasdair Lowe           |
| 4.38i (4.23)                           | Edward McKenzie (M45) | 23.59                      | Desmond Ojei       |                              |
| 4.28i (4.22)                           | Trevor Madigan (M70)  | 23.62i                     | Ben Renton         | <b>Shot (6.25k)</b>          |
| 3.34i (3.29)                           | Bob Masson (M65)      | 23.70                      | Marcus Archer      | 9.90 Conor Hewitson          |
|                                        |                       |                            |                    | <b>Discus (2kg)</b>          |
|                                        |                       | <b>300m</b>                |                    | 27.53 Daniel Rees            |
| <b>Triple Jump</b>                     |                       | 37.8                       | Thomas Carter      |                              |
| 9.86                                   | Kenny Watt (M55)      | 38.18                      | Gregor Duncan      | <b>Hammer (7.26kg)</b>       |
| 9.37                                   | Bill Skinner (M55)    | 39.13                      | Cameron Ralph      | 30.16 Conor Hewitson         |
|                                        |                       | 39.87                      | Samuel Oyewusi     |                              |
|                                        |                       | 40.91                      | Andrew Badlwin     | <b>Hammer (6kg)</b>          |
|                                        |                       |                            |                    | 36.42 Conor Hewitson         |
| <b>Shot (7.26 Kg)</b>                  |                       | <b>400m</b>                |                    | <b>Javelin</b>               |
| 10.02i (9.80)                          | Edward McKenzie (M45) | 51.19                      | Stewart Millar     | 43.83 Rory Stewart           |
|                                        |                       | 51.98                      | Marcus Archer      | 35.96 Conor Hewitson         |
| <b>Shot (6 Kg)</b>                     |                       | 52.42                      | Ben Renton         |                              |
| 10.90                                  | Edward McKenzie (M50) | 53.27                      | Steven Murray      |                              |
| 9.34i (8.77)                           | Kenny Lyon (M55)      | 53.78                      | Charlie Beeson     |                              |
|                                        |                       |                            |                    | <b>UNDER-17 MEN</b>          |
| <b>Shot (5 Kg)</b>                     |                       | <b>800m</b>                |                    | <b>60m</b>                   |
| 9.16i (9.11)                           | Bob Masson (M65)      | 1:55.21                    | Stewart Millar     | 7.39i Robbie Farquhar        |
|                                        |                       | 1:58.69                    | Charlie Beeson     | 7.42i Lewis Bisset           |
| <b>Discus (2 Kg)</b>                   |                       | 2:00.46                    | Steven Murray      | 7.52i Fergus Rule            |
| 29.10                                  | Edward McKenzie (M45) | 2:01.04                    | Aaron Odentz       | 7.55 Harry Kilner            |
| 26.68                                  | Bob Masson (M65)      | 2:06.41                    | Ben Renton         | 7.59 Areeb Sherjil           |
|                                        |                       |                            |                    |                              |
| <b>Discus (1.5 Kg)</b>                 |                       | <b>1,000m</b>              |                    | <b>100m</b>                  |
| 33.75                                  | Edward McKenzie (M45) | 2:48.19i                   | Daniel Rees        | 11.70 Areeb Sherjil          |
| 28.37                                  | Kenny Lyon (M55)      | 3:20.14i                   | Hamish Leeson      | 11.78 Robbie Farquhar        |
| 18.12                                  | Bill Skinner (M55)    |                            |                    | 11.82 Harry Kilner           |
|                                        |                       |                            |                    | 12.1 Callum Davidson         |
| <b>Discus (1kg)</b>                    |                       | <b>1,500m</b>              |                    | 12.3 John Angus              |
| 37.15                                  | Bob Masson (M65)      | 4:09.32                    | Steven Murray      |                              |
| 20.16                                  | Trevor Madigan (M70)  | 4:13.22i                   | Conor O'Riordan    | <b>200m</b>                  |
| 16.29                                  | Alan Fulton (M65)     | 4:14.61                    | Aaron Odentz       | 24.01 Areeb Sherjil          |
|                                        |                       | 4:21.67                    | Charlie Beeson     | 24.2 Callum Davidson         |
|                                        |                       | 4:25.99                    | Fraser Cruickshank | 24.29 Robbie Farquhar        |
|                                        |                       |                            |                    | 24.4 Harry Kilner            |
| <b>Hammer (7.26 K)</b>                 |                       | <b>3,000m</b>              |                    | 24.83 John Angus             |
| 27.57                                  | Edward McKenzie (M45) | 9:24.51                    | Steven Murray      |                              |
|                                        |                       | 10:17.59                   | Fraser Cruickshank | <b>300m</b>                  |
| <b>Hammer (5Kg)</b>                    |                       | <b>3,000m Steeplechase</b> |                    | 38.49 Harry Kilner           |
| 26.07                                  | Bob Masson (M65)      | 12:14.50                   | Fraser Cruickshank | 38.76 Callum Davidson        |
|                                        |                       |                            |                    | 40.60 Angus Cook             |
| <b>Javelin (800g)</b>                  |                       | <b>60m hurdles (3'3")</b>  |                    | <b>400m</b>                  |
| 36.35                                  | Edward McKenzie (M45) | 9.10i                      | Hamish Leeson      | 53.84 Robbie Farquhar        |
| 28.70                                  | Bob Masson (M65)      | 9.49i                      | Scott Macgregor    | 54.28 Harry Kilner           |
|                                        |                       |                            |                    | 55.49 Callum Davidson        |
| <b>Javelin (700g)</b>                  |                       | <b>110m Hurdles (3'6")</b> |                    | 55.58i Sami Ahriz            |
| 33.15                                  | Edward McKenzie (M50) | 21.59                      | Hamish Leeson      | 56.10 Finlay Strachan        |
| 32.33                                  | Kenny Lyon (M55)      |                            |                    |                              |
|                                        |                       | <b>110m Hurdles (3'3")</b> |                    | <b>800m</b>                  |
| <b>Javelin (600g)</b>                  |                       | 16.96                      | Scott Macgregor    | 2:02.44 Jack Gillespie       |
| 30.66                                  | Bob Masson (M65)      |                            |                    | 2:06.25 Nic Tierney          |
|                                        |                       | <b>High Jump</b>           |                    | 2:09.24 Craig Smith          |
| <b>Weight (11.34kg)</b>                |                       | 1.68i                      | Hamish Leeson      | 2:09.81 Finlay Strachan      |
| 9.82                                   | Edward McKenzie (M50) | 1.65                       | Scott Macgregor    | 2:11.0i Gregor Dewhirst      |
|                                        |                       | 1.63i                      | Jon Hosie          |                              |
| <b>Weight Pentathlon (M50 weights)</b> |                       | <b>Pole Vault</b>          |                    | <b>1,500m</b>                |
| 2462                                   | Edward McKenzie (M50) | 3.90                       | Alasdair Lowe      | 4:22.1 Jack Gillespie        |
|                                        |                       | 3.37                       | Hamish Leeson      | 4:23.84 Nic Tierney          |
|                                        |                       |                            |                    | 4:28.7 Craig Smith           |
|                                        |                       | <b>Long Jump</b>           |                    | 4:32.2 Daniel Hatfield       |
| <b>60m</b>                             | <b>UNDER-20 MEN</b>   | 5.96                       | Hamish Leeson      | 4:32.67 Finlay Strachan      |
| 7.12i                                  | Desmond Ojei          | 5.84                       | Jon Hosie          |                              |
| 7.37i                                  | Harry Kilner          | 5.69                       | Alasdair Lowe      | <b>3,000m</b>                |
| 7.46i                                  | Thomas Carter         | 5.39                       | Ruaridh Cole       | 9:27.84 Craig Smith          |
| 7.58i                                  | Ben Renton            | 5.52i                      | Tom Nash           | 9:39.15 Jack Gillespie       |
| 7.60i                                  | Cameron Ralph         |                            |                    | 9:55.83 Nic Tierney          |
|                                        |                       |                            |                    |                              |
| <b>100m</b>                            |                       |                            |                    |                              |
| 11.20                                  | Desmond Ojei          |                            |                    |                              |

10:02.92 Daniel Hatfield  
 10:32.33 Finlay Strachan

**5,000m**

16:55.12 Craig Smith  
 17:12.56 Daniel Hatfield

**60m Hurdles**

9.19i Robbie Farquhar  
 10:02i Albert Ibekwe

**100m Hurdles**

14.68 Robbie Farquhar

**100m Hurdles (U16)**

14.04 Robbie Farquhar

**400m Hurdles**

62.4 Robbie Farquhar

**High Jump**

1.70 Robbie Farquhar  
 1.55 John Angus  
 1.50i Albert Ibekwe

**Pole Vault**

3.05i (3.00) Robbie Farquhar

**Long Jump**

6.46 Robbie Farquhar  
 5.62 Harry Kilner  
 5.20i Angus Cook  
 5.10 Harry Waite  
 4.56 Albert Ibekwe

**Triple Jump**

12.51 Robbie Farquhar  
 11.30 Oliver Nash

**Shot (5kg)**

12.95i (11.62) John Angus  
 9.72i (9.06) Robbie Farquhar  
 9.03 Steven Sey

5.73 Greg Mackay

**Discus (1.5kg)**

37.22 John Angus  
 29.18 Steven Sey  
 24.77 Robbie Farquhar  
 13.86 Greg Mackay

**Hammer (5km)**

30.50 John Angus

**Javelin (700g)**

38.46 Oliver Nash  
 26.93 Steven Sey  
 23.27 Robbie Farquhar  
 21.27 John Angus

**Decathlon**

4918 Robbie Farquhar

**UNDER-15 BOYS**

**60m**

8.38i Ryan Mtheson  
 8.40i Murray Addison  
 8.73i Liam MacFarlane

**100m**

12.45 Harry Hall  
 12.51 James McIntosh  
 13.36 Ryan Matheson  
 13.41 Murray Addison  
 14.09 Chris McIntosh

**200m**

25.10 James McIntosh  
 25.12 Harry Hall  
 26.72 Murray Addison  
 27.59 Ryan Matheson  
 27.69i Haroun Al-Mahtot

**300m**

39.05 James McIntosh  
 41.67 Murray Addison

43.59 Adam Robertson  
 45.2 Patrick Ashdown  
 46.15 Angus Hasler

**800m**

1:59.80 Harry Hall  
 2:20.06 James McIntosh  
 2:21.15 Murray Addison  
 2:21.72 Adam Brown  
 2:22.69 Patrick Ashdown

**1,500m**

4:16.50 Harry Hall  
 4:51.2 Adam Brown  
 4:57.7 Patrick Ashdown  
 5:04.3 Michael Watt  
 5:57.1 Hamish Brown

**60m Hurdles**

6.84i Murray Addison

**80m Hurdles**

12.75 Murray Addison  
 15.36 Athol Gordon  
 16.74 Michael Watt

**High Jump**

1.61 Murray Addison  
 1.40 Harry Hall  
 1.35 Angus Hasler  
 1.35 Ryan Matheson

**Long Jump**

5.64 James McIntosh  
 5.28 Murray Addison  
 5.25 Harry Hall  
 4.38 Angus Hasler  
 4.23 Michael Watt

**Triple Jump**

10.72 Murray Addison  
 8.25 Adam Brown



Senior Men relay teams

|                           |                   |                     |                        |                     |                        |
|---------------------------|-------------------|---------------------|------------------------|---------------------|------------------------|
| <b>Shot (4kg)</b>         |                   | 5.48i               | Lewis Ingram           | 13.81               | Marie Dobson           |
| 9.64                      | Murray Addison    |                     |                        | 14.11               | Fiona Davidson (W40)   |
| 8.39                      | Harry Hall        | <b>Discus (1kg)</b> |                        | 14.63               | Kathleen Madigan (W45) |
| 8.07                      | Athol Gordon      | 11.85               | Callum McGregor        | 15.54               | Penny Johnson (W55)    |
| 7.09                      | Michael Watt      |                     |                        | 15.58               | Ruth Watson (W50)      |
| 7.04                      | James McIntosh    |                     |                        |                     |                        |
| <b>Discus (1.25kg)</b>    |                   | <b>Javelin</b>      |                        | <b>200m</b>         |                        |
| 30.13                     | Murray Addison    | 19.71               | Callum McGregor        | 25.51i              | Roisin Harrison        |
| 18.14                     | Athol Gordon      | 15.45               | Craig Watson           | 26.24               | Ademide Ademuyewo      |
| 12.16                     | Adam Brown        | 13.47               | Jasper Lecore          | 26.80               | Catriona Pennet        |
|                           |                   | 13.20               | Samuel Griffin         | 28.17               | Jennifer Harrison      |
|                           |                   | 10.42               | Lewis Watt             | 29.50i (29.80)      | Kathleen Madigan (W45) |
| <b>Javelin (600g)</b>     |                   |                     |                        |                     |                        |
| 33.05                     | Murray Addison    | <b>60m</b>          |                        | <b>300m</b>         |                        |
| 24.58                     | Patrick Ashdown   | 9.50                | Harry Bisset           | 41.10               | Jade MacLaren          |
| 21.32                     | Oscar Lecore      | 9.93i               | Finn Bryce             | 54.41               | Ruth Watson (W50)      |
| 19.76                     | Athol Gordon      | 10.08i              | Sam Baverstock         |                     |                        |
| 10.71                     | Adam Brown        | 10.46i              | Lewis Ingram           | <b>400m</b>         |                        |
|                           |                   |                     |                        | 52.58               | Zoey Clark             |
| <b>Pentathlon</b>         |                   | <b>100m</b>         |                        | 56.75               | Jade MacLaren          |
| 2354                      | Murray Addison    | 15.80               | Archie McDonald        | 58.38               | Ademide Ademuyewo      |
|                           |                   | 15.81               | Aleksander Jovcic      | 69.80               | Jennifer Harrison      |
|                           |                   | 15.89               | Jake McNeil            | 62.16i              | Emma Leask             |
|                           |                   | 16.09               | Rhys Crawford          |                     |                        |
|                           |                   | 16.13               | Finn Bryce             | <b>800m</b>         |                        |
| <b>60m</b>                |                   |                     |                        | 2:08.72             | Jade MacLaren          |
| 9.48                      | Callum McGregor   | <b>200m</b>         |                        | 2:14.02             | Emma Leask             |
| 9.65                      | Lewis Ingram      | 33.01               | Aleksander Jovcic      | 2:19.60             | Gemma Cormack          |
| 10.02                     | Sam Baverstock    | 33.76               | Archie McDonald        | 2:22.76             | Ellie Buchan           |
|                           |                   | 34.15               | Harry Bisset           | 2:35.12i (2:40.1)   | Sonia Armitage (W55)   |
| <b>100m</b>               |                   | 34.15               | Rhys Crawford          |                     |                        |
| 14.38                     | Lewis Watt        | 34.58               | Lewis Ingram           | <b>1,500m</b>       |                        |
| 15.10                     | Jasper Lecore     | 34.71               |                        | 4:35.55             | Gemma Cormack          |
| 15.15                     | Callum McGregor   |                     |                        | 4:46.42             | Emma Leask             |
| 15.5                      | Aiden Phommavanh  | <b>600m</b>         |                        | 4:51.19             | Ellie Buchan           |
| 15.73                     | Samuel Griffin    | 1:56.8              | Aleksander Jovcic      | 5:12.48             | Ana Maria Duran-Mingo  |
|                           |                   | 1:59.2              | Archie McDonald        | 5:26.44i (5:31.66)  | Sonia Armitage (W55)   |
| <b>200m</b>               |                   | 2:03.20             | Finn Bryce             |                     |                        |
| 29.38                     | Lewis Watt        | 2:08.73             | Rhys Crawford          | <b>3,000m</b>       |                        |
| 30.65                     | Samuel Griffin    | 2:10.0              | Sam Baverstock         | 10:27.27            | Ellie Buchan           |
| 31.2                      | Callum McGregor   |                     |                        | 10:44.06            | Eilidh Prise           |
| 31.50                     | Jasper Lecore     | <b>800m</b>         |                        | 10:46.61            | Ana Maria Duran-Mingo  |
| 31.8                      | Kai Crawford      | 2:40.80             | Archie McDonald        | 11:56:86            | Sarah Knox (W45)       |
|                           |                   | 2:51.29             | Rhys Crawford          | 12:15:08            | Mella Slattery         |
|                           |                   | 2:55.12             | Tom Rucroft            | <b>5,000m</b>       |                        |
| <b>800m</b>               |                   | 2:55.5              | Finn Bryce             | 17:00.65            | Rhona Auckland         |
| 2:17.62                   | Lewis Watt        | 2:59.0              | Sam Baverstock         | 20:47.73            | Mella Slattery         |
| 2:25.47                   | Samuel Griffin    |                     |                        | 21:15.49            | Sarah Knox (W45)       |
| 2:32.04                   | Kai Crawford      | <b>High Jump</b>    |                        | 21:43.45            | Gail Rennie (W40)      |
| 2:40.04                   | Callum McGregor   | 1.22i (1.18)        | Lewis Ingram           | 22:52.89            | Jane MacKay (W45)      |
| 2:40.50i                  | Calum Millar      | 1.00                | Finn Bryce             |                     |                        |
|                           |                   | 0.97i               | Harry Bisset           | <b>60m Hurdles</b>  |                        |
| <b>1200m</b>              |                   | 0.95                | Caleb McGuire          | 8.88i               | Catriona Pennet        |
| 3:55.0                    | Samuel Griffin    |                     |                        | <b>100m Hurdles</b> |                        |
| 4:03.3                    | Kai Crawford      | <b>Long Jump</b>    |                        | 14.60               | Catriona Pennet        |
|                           |                   | 3.49                | Archie McDonald        | <b>400m Hurdles</b> |                        |
| <b>1,500m</b>             |                   | 3.27                | Finn Bryce             | 79.65               | Ademide Ademuyewo      |
| 4:52.96                   | Samuel Griffin    | 3.27                | Aleksander Jovcic      | <b>High Jump</b>    |                        |
| 4:53.43                   | Lewis Watt        | 3.20                | Lewis Ingram           | 1.45                | Catriona Pennet        |
| 5:04.63                   | Kai Crawford      | 3.08                | Rhys Crawford          | 1.35i (1.28)        | Fiona Davidson (W40)   |
|                           |                   |                     |                        | <b>Long Jump</b>    |                        |
| <b>75m Hurdles (2'6")</b> |                   | <b>Shot</b>         |                        | 5.11                | Kirsten Young          |
| 15.93                     | Callum McGregor   | 5.43                | Lewis Ingram           | 4.92                | Catriona Pennet        |
|                           |                   | 5.00i (4.20)        | Finn Bryce             | 4.83                | Fiona Davidson (W40)   |
| <b>High Jump</b>          |                   | 4.78                | Aleksander Jovcic      | 2.93                | Ruth Watson (W50)      |
| 1.38                      | Lewis Watt        | 4.57                | Rhys Crawford          | <b>Triple Jump</b>  |                        |
| 1.30                      | Callum McGregor   | 4.20                | Archie McDonald        | 10.75               | Fiona Davidson (W40)   |
| 1.20                      | Samuel Griffin    |                     |                        | <b>Shot</b>         |                        |
| 1.15                      | Kai Crawford      | <b>Javelin</b>      |                        | 8.41                | Catriona Pennet        |
| 1.10                      | F Cooper/J Lecore | 11.22               | Sam Baverstock         | 8.30                | Fiona Davidson (W40)   |
|                           |                   | 4.09                | Harry Bisset           |                     |                        |
| <b>Long Jump</b>          |                   |                     |                        | <b>SENIOR WOMEN</b> |                        |
| 4.35                      | Callum McGregor   | <b>60m</b>          |                        |                     |                        |
| 4.25                      | Lewis Watt        | 7.91i               | Roisin Harrison        |                     |                        |
| 3.68                      | Kai Crawford      | 8.23i               | Kirsten Young          |                     |                        |
| 3.68                      | Samuel Giffin     | 8.86i               | Marie Dobson           |                     |                        |
| 3.62                      | Callum Millar     | 8.94i               | Kathleen Madigan (W45) |                     |                        |
|                           |                   | 9.30i               | Penny Johnson (W50)    |                     |                        |
| <b>Shot (3.25kg)</b>      |                   | <b>100m</b>         |                        |                     |                        |
| 6.96                      | Lewis Watt        | 7.91i               | Roisin Harrison        |                     |                        |
| 6.36i (6.17)              | Callum McGregor   | 8.23i               | Kirsten Young          |                     |                        |
| 5.91                      | Jasper Lecore     | 8.86i               | Marie Dobson           |                     |                        |
| 5.63                      | Samuel Griffin    | 8.94i               | Kathleen Madigan (W45) |                     |                        |
|                           |                   | 9.30i               | Penny Johnson (W50)    |                     |                        |

|                |                      |                |                  |
|----------------|----------------------|----------------|------------------|
| <b>Discus</b>  |                      | 15.53          | Jessica Brook    |
| 21.33          | Fiona Davidson (W40) |                |                  |
| <b>Hammer</b>  |                      | <b>200m</b>    |                  |
| 28.24          | Fiona Davidson (W40) | 25.01          | Kelsey Stewart   |
|                |                      | 25.10i (25.62) | Rebecca Matheson |
|                |                      | 25.51i         | Roisin Harrison  |
| <b>Javelin</b> |                      | 26.33          | Sophia Hamilton  |
| 20.79          | Catriona Pennet      | 27.91          | Grace Angus      |
|                |                      | 28.45          | Hannah Cameron   |

|                |                 |
|----------------|-----------------|
| <b>Javelin</b> |                 |
| 22.08          | Sophia Hamilton |
| 18.44          | Erin Runcie     |
| 14.05          | Grace Angus     |

|                   |                 |
|-------------------|-----------------|
| <b>Heptathlon</b> |                 |
| 3841              | Sophia Hamilton |
| 3385              | Grace Angus     |

#### VETERAN WOMEN

|            |                        |
|------------|------------------------|
| <b>60m</b> |                        |
| 8.94i      | Kathleen Madigan (W45) |
| 9.30i      | Penny Johnson (W50)    |

|             |                        |
|-------------|------------------------|
| <b>100m</b> |                        |
| 14.11       | Fiona Davidson (W40)   |
| 14.63       | Kathleen Madigan (W45) |
| 15.54       | Penny Johnson (W55)    |
| 15.58       | Ruth Watson (W50)      |

|                |                        |
|----------------|------------------------|
| <b>200m</b>    |                        |
| 29.50i (29.80) | Kathleen Madigan (W45) |
| 31.02          | Laura Mahady (W55)     |
| 31.62i         | Penny Johnson (W50)    |
| 32.73i (33.12) | Ruth Watson (W50)      |

|                   |                      |
|-------------------|----------------------|
| <b>800m</b>       |                      |
| 2:35.12i (2:40.1) |                      |
| 3:08.75           | Sonia Armitage (W55) |
|                   | Fiona Davidson (W40) |

|                    |                      |
|--------------------|----------------------|
| <b>1500m</b>       |                      |
| 5:26.44i (5:31.66) |                      |
| 5:37.41            | Sonia Armitage (W55) |
|                    | Sarah Knox (W45)     |

|               |                   |
|---------------|-------------------|
| <b>3,000m</b> |                   |
| 11:56.86      | Sarah Knox (W45)  |
| 12:57.40      | Gail Rennie (W40) |
| 13:12.89      | Jane MacKay (W45) |

|               |                   |
|---------------|-------------------|
| <b>5,000m</b> |                   |
| 21:15.49      | Sarah Knox (W45)  |
| 21:43.45      | Gail Rennie (W40) |
| 22:52.89      | Jane MacKay (W45) |

|                  |                      |
|------------------|----------------------|
| <b>High Jump</b> |                      |
| 1.35i (1.28)     | Fiona Davidson (W40) |

|                  |                      |
|------------------|----------------------|
| <b>Long Jump</b> |                      |
| 4.83             | Fiona Davidson (W40) |
| 2.93             | Ruth Watson (W50)    |

|                    |                      |
|--------------------|----------------------|
| <b>Triple Jump</b> |                      |
| 10.75              | Fiona Davidson (W40) |

|                   |                      |
|-------------------|----------------------|
| <b>Shot (4km)</b> |                      |
| 8.30              | Fiona Davidson (W40) |

|                   |                   |
|-------------------|-------------------|
| <b>Shot (3km)</b> |                   |
| 7.28              | Ruth Watson (W50) |

|               |                      |
|---------------|----------------------|
| <b>Discus</b> |                      |
| 21.33         | Fiona Davidson (W40) |

|               |                      |
|---------------|----------------------|
| <b>Hammer</b> |                      |
| 28.24         | Fiona Davidson (W40) |

#### UNDER-20 WOMEN

|              |                  |
|--------------|------------------|
| <b>60m</b>   |                  |
| 7.85i        | Rebecca Matheson |
| 7.91i        | Roisin Harrison  |
| 7.98i        | Kelsey Stewart   |
| 8.11i (8.21) | Sophia Hamilton  |
| 8.23i        | Rhia Badial      |

|             |                  |
|-------------|------------------|
| <b>100m</b> |                  |
| 12.58       | Rebecca Matheson |
| 12.63       | Sophia Hamilton  |
| 13.56       | Lindsey Brown    |

|             |                |
|-------------|----------------|
| <b>300m</b> |                |
| 39.06       | Kelsey Stewart |
| 45.48       | Lindsey Brown  |

|             |                  |
|-------------|------------------|
| <b>400m</b> |                  |
| 54.41       | Kelsey Stewart   |
| 58.73       | Hannah Cameron   |
| 59.49       | Rebecca Matheson |
| 64.05       | Megan Bramwell   |
| 66.14       | Lindsey Brown    |

|             |                 |
|-------------|-----------------|
| <b>800m</b> |                 |
| 2:07.28     | Kelsey Stewart  |
| 2:15.06     | Hannah Cameron  |
| 2:27.23     | Megan Bramwell  |
| 2:36.40i    | Kate MacKay     |
| 2:37.03     | Sophia Hamilton |

|               |                |
|---------------|----------------|
| <b>1,500m</b> |                |
| 4:46.15       | Hannah Cameron |
| 5:04.76       | Ellen Stickle  |
| 5:30.60       | Rachel Watson  |

|               |                |
|---------------|----------------|
| <b>3,000m</b> |                |
| 11:09.14      | Hannah Cameron |
| 11:16.17      | Ellen Stickle  |
| 11:18:06      | Eva Prato Luna |
| 11:35.18      | Anisha Badial  |
| 11:51.85      | Hannah Mutch   |

|                    |                 |
|--------------------|-----------------|
| <b>60m Hurdles</b> |                 |
| 9.44i              | Grace Carter    |
| 9.65i              | Grace Angus     |
| 10.08i             | Kate MacKay     |
| 10.35i             | Sophia Hamilton |

|                     |                 |
|---------------------|-----------------|
| <b>100m Hurdles</b> |                 |
| 16.31               | Grace Angus     |
| 16.51               | Sophia Hamilton |

|                     |                 |
|---------------------|-----------------|
| <b>400m Hurdles</b> |                 |
| 71.27               | Sophia Hamilton |
| 73.25               | Rachel Watson   |

|                  |                 |
|------------------|-----------------|
| <b>High Jump</b> |                 |
| 1.66i            | Kate McKay      |
| 1.45             | Sophia Hamilton |
| 1.39             | Grace Angus     |
| 1.34i            | Jessica Brook   |
| 1.15             | Erin Runcie     |

|                  |                 |
|------------------|-----------------|
| <b>Long Jump</b> |                 |
| 5.05             | Grace Angus     |
| 4.91             | Sophia Hamilton |
| 4.41             | Rachel Smith    |
| 3.92i            | Jessica Brook   |

|                    |             |
|--------------------|-------------|
| <b>Triple Jump</b> |             |
| 9.35               | Grace Angus |

|              |                 |
|--------------|-----------------|
| <b>Shot</b>  |                 |
| 9.38i (8.80) | Erin Runcie     |
| 8.60         | Sophia Hamilton |
| 7.75         | Grace Angus     |

|               |             |
|---------------|-------------|
| <b>Discus</b> |             |
| 34.59         | Erin Runcie |

|               |             |
|---------------|-------------|
| <b>Hammer</b> |             |
| 33.49         | Erin Runcie |

|                       |                   |
|-----------------------|-------------------|
| <b>UNDER-17 WOMEN</b> |                   |
| <b>60m</b>            |                   |
| 7.93i (8.10)          | Katie Forbes      |
| 8.34i                 | Jane Davidson     |
| 8.38i                 | Alix Still        |
| 8.61i (8.66)          | Rachelle Matheson |
| 8.80i                 | Ailsa Gault       |

|             |                 |
|-------------|-----------------|
| <b>100m</b> |                 |
| 12.37       | Katie Forbes    |
| 12.79       | Rhia Badial     |
| 13.14       | Grace Carter    |
| 13.22       | Rebecca Olaleye |
| 13.95       | Ailsa Gault     |

|             |                 |
|-------------|-----------------|
| <b>200m</b> |                 |
| 25.74       | Katie Forbes    |
| 26.49       | Alix Still      |
| 26.97       | Grace Carter    |
| 27.15       | Rhia Badial     |
| 27.86       | Rebecca Olaleye |

|             |                   |
|-------------|-------------------|
| <b>300m</b> |                   |
| 44.23       | Kate MacKay       |
| 44.85       | Alix Still        |
| 45.03       | Freya McKay       |
| 45.96i      | Hannah McMahon    |
| 46.3        | Rachelle Matheson |

|             |                  |
|-------------|------------------|
| <b>800m</b> |                  |
| 2:11.38     | Rebecca Eggeling |
| 2:16.57     | Naomi Lang       |
| 2:25.39     | Alix Still       |
| 2:27.92     | Clare Stewart    |
| 2:35.5i     | Hannah McMahon   |

|               |                  |
|---------------|------------------|
| <b>1,500m</b> |                  |
| 4:32.87       | Rebecca Eggeling |
| 4:37.08       | Naomi Lang       |
| 4:48.38       | Clare Stewart    |

|               |                  |
|---------------|------------------|
| <b>3,000m</b> |                  |
| 9:56.60       | Naomi Lang       |
| 10:17.42      | Rebecca Eggeling |
| 10:27.42      | Clare Stewart    |

|                    |               |
|--------------------|---------------|
| <b>60m Hurdles</b> |               |
| 9.00i              | Grace Carter  |
| 9.02i              | Alix Still    |
| 9.47i              | Jane Davidson |

|                    |               |
|--------------------|---------------|
| <b>80m Hurdles</b> |               |
| 11.95              | Grace Carter  |
| 12.08              | Alix Still    |
| 12.42              | Kate MacKay   |
| 14.51              | Ellie Summers |

|                     |             |
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| <b>300m Hurdles</b> |             |
| 45.37               | Alix Still  |
| 46.88               | Kate MacKay |

|                  |              |
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| <b>High Jump</b> |              |
| 1.66i (1.64)     | Kate MacKay  |
| 1.61             | Alix Still   |
| 1.45             | Grace Carter |

|                   |             |
|-------------------|-------------|
| <b>Pole Vault</b> |             |
| 2.20              | Freya McKay |

|                  |  |
|------------------|--|
| <b>Long Jump</b> |  |
|------------------|--|

|                            |                    |                            |                        |                    |                  |
|----------------------------|--------------------|----------------------------|------------------------|--------------------|------------------|
| 5.61i (5.52)               | Katie Forbes       | 47.53                      | Vivienne Archibald     | 9.49i              | Taya Bruce       |
| 5.33                       | Alix Still         |                            |                        | 10.02i             | Hannah Ingram    |
| 5.09                       | Grace Carter       | <b>800m</b>                |                        |                    |                  |
| 4.94i (4.75)               | Kate MacKay        | 2:21.43                    | Kirsty Oldham          | <b>75m</b>         |                  |
| 4.51i (4.80)               | Freya McKay        | 2:21.98                    | Laura McNeil           | 10.99              | Lindsey Irealnd  |
|                            |                    | 2:37.86i (2:42.82)         |                        | 11.54              | Sophie Jennings  |
| <b>Triple Jump</b>         |                    |                            |                        | 11.6               | Adele Gillespie  |
| 10.48i                     | Kate MacKay        | 2:45.18                    | Carmen Neat            | 12.18              | Zoe Edward       |
|                            |                    | 2:51.12                    | Jane Davidson          | 13.04.             | Maisie Griffiths |
|                            |                    |                            | Eilidh Dempsey         |                    |                  |
| <b>Shot (4kg)</b>          |                    | <b>1,500m</b>              |                        | <b>100m</b>        |                  |
| 6.51                       | Samantha Edgar     | 4:54.74                    | Kirsty Oldham          | 14.10              | Lindsey Ireland  |
| <b>Shot (3km)</b>          |                    | 5:02.25                    | Laura McNeil           | 14.25              | Sophie Jennings  |
| 10.70 (10.43)              | Alix Still         | 5:26.19                    | Elizabeth McCall       | 14.97              | Iona Brodie      |
| 10.46                      | Iona Colquhoun     | 5:49:00                    | Ella Thoms             | 15.08              | Adele Gillespie  |
| 9.99i (8.90)               | Carmen Neat        |                            |                        | 15.12              | Hannah Ingram    |
| 9.78                       | Kate MacKay        | <b>60m Hurdles</b>         |                        | <b>150m</b>        |                  |
| 9.20                       | Katie MacDonald    | 9.73i                      | Jane Davidson          | 21.52              | Lindsey Ireland  |
| <b>Shot</b>                |                    | 10.10i                     | Erin Williams          | 21.89              | Adele Gillespie  |
| 8.28i                      | Kristie Hindle     | 10.17i                     | Carmen Neat            | 22.41              | Sophie Jennings  |
|                            |                    | 10.79i                     | Emilia Jovcic          | 23.5               | Zoe Edward       |
| <b>Discus</b>              |                    | 11.21                      | Iona Hamilton-Thompson | 23.95              | Iona McGuire     |
| 27.02                      | Iona Colquhoun     | <b>75m Hurdles</b>         |                        | <b>200m</b>        |                  |
| 20.72                      | Samantha Edgar     | 11.73                      | Jane Davidson          | 28.86              | Lindsey Ireland  |
| 15.77                      | Ellie Summers      | 12.57                      | Carmen Neat            | 29.5               | Sophie Jennings  |
| 11.05                      | Rachelle Matheson  | 12.96                      | Erin Williams          | 30.89              | Adele Gillespie  |
| <b>Hammer (4kg)</b>        |                    | 14.32                      | Iona Hamilton-Thompson | 31.31              | Iona Brodie      |
| 23.51                      | Samantha Edgar     | 16.14                      | Morag Shepherd         | 31.7               | Hannah Ingram    |
| <b>Hammer (3kg)</b>        |                    | <b>High Jump</b>           |                        | <b>800m</b>        |                  |
| 28.43                      | Samantha Edgar     | 1.61                       | Carmen Neat            | 2:39.55            | Adele Gillespie  |
| 20.74                      | Iona Colquhoun     | 1.52                       | Jane Davidson          | 2:42.02            | Iona McGuire     |
| 11.26                      | Katie MacDonald    | 1.45i (1.42)               | Erin Williams          | 2:42.37            | Sophie Jennings  |
|                            |                    | 1.39i (1.35)               | Ella Thoms             | 2:46.2             | Zoe Edward       |
| <b>Javelin (600g)</b>      |                    | 1.34i                      | Emilia Jovcic          | 2:48.08            | Lindsey Ireland  |
| 21.61                      | Iona Colquhoun     | <b>Long Jump</b>           |                        | <b>1,200m</b>      |                  |
| <b>Javelin (500g)</b>      |                    | 4.86                       | Jane Davidson          | 4:19.2             | Adele Gillespie  |
| 29.04                      | Alix Still         | 4.82                       | Carmen Neat            | 4:22.4             | Iona McGuire     |
| 26.69                      | Iona Colquhoun     | 4.53                       | Erin Williams          | 4:28.3             | Zoe Edward       |
| 16.86                      | Katie MacDonald    | 4.41                       | Kassidy Mathers        | 4:28.6             | Molly McLeod     |
|                            |                    | 4.17                       | Laura McNeill          | 4:45.3             | Hannah Ingram    |
| <b>Pentathlon</b>          |                    | <b>Shot</b>                |                        | <b>1,500m</b>      |                  |
| 3289                       | Alix Still         | 9.29                       | Lucy George            | 5:51.01i           | Adele Gillespie  |
| 2893                       | Kate MacKay        | 8.90                       | Carmen Neat            | <b>60m Hurdles</b> |                  |
| <b>Pentathlon (indoor)</b> |                    | 7.7                        | Jane Davidson          | 12.06i             | Phoebe Armstrong |
| 3436                       | Alix Still         | 7.73                       | Ella Sherwood          | 13.19i             | Hannah Ingram    |
|                            |                    | 6.62i                      | Morag Shepherd         | <b>70m Hurdles</b> |                  |
| <b>Heptathlon</b>          |                    | <b>Discus</b>              |                        | 14.46              | Sophie Jennings  |
| 4583                       | Alix Still         | 17.02                      | Lucy George            | 14.88              | Hannah Ingram    |
|                            |                    | 15.81                      | Kassidy Mathers        | 15.40              | Iona McGuire     |
|                            |                    | 15.73                      | Erin Williams          | 15.73              | Zoe Edward       |
|                            |                    | 12.62                      | Morag Shepherd         | 15.81              | Adele Gillespie  |
| <b>60m</b>                 |                    | <b>Hammer</b>              |                        | <b>High Jump</b>   |                  |
| 8.64i                      | Jane Davidson      | 16.89                      | Erin Williams          | 1.35               | Hannah Ingram    |
| 8.65i                      | Erin Williams      | <b>Javelin</b>             |                        | 1.20               | Charlotte Bain   |
| 8.80i                      | Carmen Neat        | 17.07                      | Jane Davidson          | 1.20               | Taya Bryce       |
| 8.85i                      | Vivienne Archibald | 15.38                      | Lucy George            | 1.20               | Emma Hardy       |
| 8.97i                      | Eilidh Shanks      | 13.45                      | Carmen Neat            | 1.20               | Sophie Jennings  |
| <b>100m</b>                |                    | 11.77                      | Iona Hamilton-Thompson | <b>Long Jump</b>   |                  |
| 13.36                      | Jane Davidson      | 10.14                      | Ella Sherwood          | 4.03i              | Angela Kelly     |
| 13.65                      | Eilidh Shanks      | <b>Pentathlon</b>          |                        | 3.73               | Hannah Ingram    |
| 13.90                      | Abbie Burns        | 2773                       | Carmen Neat            | 3.56               | Zoe Edward       |
| 13.92                      | Erin Williams      | 2678                       | Jane Davidson          | 3.48               | Lindsey Ireland  |
| 14.16                      | Vivienne Archibald | <b>Pentathlon (indoor)</b> |                        | 3.39               | Iona McGuire     |
| <b>200m</b>                |                    | 2797                       | Carmen Neat            | <b>Shot</b>        |                  |
| 27.45                      | Jane Davidson      | 2433                       | Jane Davidson          | 7.08               | Sophie Jennings  |
| 28.58                      | Abbie Burns        | <b>60m</b>                 |                        | 6.03               | Hannah Ingram    |
| 28.77                      | Eilidh Shanks      | 9.33i                      | Phoebe Armstrong       | 5.08               | Lindsey Ireland  |
| 29.01                      | Vivienne Archibald | 9.34i                      | Sophie Jennings        | 4.71               | Maisie Griffiths |
| 29.10                      | Erin Williams      | 9.41i                      | Angela Kelly           | 4.59               | Zoe Edwards      |
| <b>300m</b>                |                    | <b>UNDER-13 GIRLS</b>      |                        |                    |                  |
| 45.84                      | Laura McNeill      |                            |                        |                    |                  |
| 46.9                       | Kirsty Oldham      |                            |                        |                    |                  |

|                   |                        |              |                        |                  |                        |
|-------------------|------------------------|--------------|------------------------|------------------|------------------------|
| <b>Discus</b>     |                        | 15.38        | Phoebe Armstrong       | <b>High Jump</b> |                        |
| 17.06             | Hannah Ingram          | 15.57        | Angela Kelly           | 1.24i (1.21)     | Phoebe Armstrong       |
| 12.12             | Iona McGuire           | 17.01        | Orla Hamilton-Thompson | 1.21             | Angela Kelly           |
|                   |                        | 17.34        | Daisy Waite            | 0.97i            | Daisy Waite            |
|                   |                        | 17.98        | Rebecca Jennings       |                  |                        |
| <b>Javelin</b>    |                        | <b>200m</b>  |                        | <b>Long Jump</b> |                        |
| 13.79             | Sophie Jennings        | 31.47        | Phoebe Armstrong       | 3.72             | Phoebe Armstrong       |
| 12.04             | Hannah Ingram          | 35.00        | Angela Kelly           | 3.51i            | Angela Kelly           |
| 10.24             | Zoe Edward             | 35.69        | Daisy Waite            | 2.98             | Orla Hamilton-Thompson |
| 9.43              | Charlotte Bain         | 40.30        | Rebecca Jennings       | 2.73             | Daisy Waite            |
| 9.24              | Charlotte Narducci     |              |                        | 2.41             | Rebecca Jennings       |
| <b>Pentathlon</b> |                        | <b>600m</b>  |                        | <b>Shot</b>      |                        |
| 1525              | Hannah Ingram          | 1:52.1       | Phoebe Armstrong       | 7.01             | Angela Kelly           |
|                   |                        | 2:13.8       | Angela Kelly           | 4.46             | Orla Hamilton-Thompson |
|                   |                        | 2:16.4       | Daisy Waite            | 4.11             | Daisy Waite            |
|                   |                        | 2:18.1       | Abbi Collett           | 3.81             | Rebecca Jennings       |
|                   |                        | 2:21.9       | Naomi Eggeling         | 3.55             | Phoebe Armstrong       |
| <b>60m</b>        |                        | <b>800m</b>  |                        | <b>Javelin</b>   |                        |
| 9.97i             | Angela Kelly           | 2:37.32      | Phoebe Armstrong       | 11.24            | Angela Kelly           |
| 11.36i            | Rebecca Jennings       | 3:03.6       | Daisy Waite            | 7.67             | Phoebe Armstrong       |
|                   |                        | 3:06.96      | Angela Kelly           |                  |                        |
|                   |                        | 3:18.83      | Orla Hamilton-Thompson |                  |                        |
|                   |                        | 3:54.04      | Rebecca Jennings       |                  |                        |
| <b>75m</b>        |                        | <b>1200m</b> |                        |                  |                        |
| 13.6              | Orla Hamilton-Thompson | 4:20.5       | Phoebe Armstrong       |                  |                        |
| <b>80m</b>        |                        |              |                        |                  |                        |
| 12.7              | Angela Kelly           |              |                        |                  |                        |
| 13.6              | Daisy Waite            |              |                        |                  |                        |
| 14.86             | Rebecca Jennings       |              |                        |                  |                        |
| <b>100m</b>       |                        |              |                        |                  |                        |

#### UNDER-11 GIRLS

GAL under 11 girls  
L to R Daisy Waite, Rebecca Jennings,  
Angela Kelly, Phoebe Armstrong



# MEMBERSHIP INFORMATION

## HONORARY LIFE MEMBERS

|                  |                  |
|------------------|------------------|
| Sonia Armitage   | Terry Kerr       |
| Rhona Auckland   | Trevor Madigan   |
| Alan Bews        | Bob Masson       |
| James Davidson   | Alison Mathieson |
| Dorothy Davidson | Miller Mathieson |
| Mel Edwards      | Ian Morrison     |
| Ken Hogg         | Denis Shepherd   |
| Joyce Hogg       | Sheila Smart     |
| Linda Kemp       | Hunter Watson    |

## HONORARY MEMBERS – 2016/2017

David Beattie, Forbes Bruce, John Crossman, Linda Dobbie, Ernie Dunster, Hugo Fletcher, Frank Gauld, June Ingram, Murdo Jessiman, Eleanor MacKay, Edward McKenna, Frances Murray, Sheena Pirie, John Shepherd, Grant Smith, Colin Young, Colin Youngson

## COMMITTEE – 2015/2016

|                          |                                                                     |              |
|--------------------------|---------------------------------------------------------------------|--------------|
| President                | Mark Davidson                                                       | 01224 310488 |
| Vice President           | Stan Walker                                                         |              |
| Secretary                | Emma Williams                                                       |              |
| Finance Officer          | Eddie McKenzie                                                      |              |
| Coaching Co-coordinator  | Joyce Hogg                                                          | 01224 703434 |
| Competition Co-ordinator | Nichola Crawford                                                    |              |
| Officials Co-ordinator   | Trevor Armstrong                                                    |              |
| Committee Members        | Carol Baverstock Alan Dick, Kevin Ingram, Brian McMillan, James Joy |              |
| Welfare Officer          | Nichola Crawford                                                    |              |

### Ex Officio:

|                              |                |
|------------------------------|----------------|
| Club Manager                 | Brian Pahlmann |
| Pathways Development Officer | Ruth Walker    |

## EQUIPMENT

A discount is offered by Run 4 It, 21 Holburn Street, Aberdeen and The Running Shop, 193 George Street, Aberdeen

## TROPHY WINNERS – 2016 MEN

|                                    |                  |
|------------------------------------|------------------|
| Anderson Shield – Sprints          | Stan Walker      |
| Middle Distance Shield             | James Gray       |
| Bond Cup – Jumps                   | Sam Lyon         |
| Throws Cup                         | Eddie McKenzie   |
| Al Kindregan – 800 metres          | Athol Burnett    |
| Simon Wynn – 1500 metres           | Fearghas Thomson |
| Overall Veteran Cup                | Bill Skinner     |
| Veteran Over-40 Cup                | Bill Skinner     |
| Veteran Over-50 Shield             | Bill Skinner     |
| Veteran age-graded Cup             | Bill Skinner     |
| Geoff Burton – U-17 Men's Throws   | John Angus       |
| Junior Men's Merit Cup             | Stewart Millar   |
| King Trophy – U-17 Merit           | Robbie Farquhar  |
| City of Aberdeen – U-15 Merit      | Harry Hall       |
| Angus Cup – U-13 Merit             | Lewis Watt       |
| U-11 Merit Shield                  | Lewis Ingram     |
| 10km Road Salver                   | Will Mackay      |
| Half Marathon                      | Stephen Cassells |
| Alex King Trophy (over-40 half-m)  | Stephen Cassells |
| James Youngson Trophy (over-50 hm) | Stephen Cassells |
| Dinesh Lutchman Trophy             |                  |
| Novice Sprinter                    | James McIntosh   |
| Douglas Smart Memorial Shield      |                  |
| Novice Javelin Thrower             | Callum McGregor  |

## TROPHY WINNERS – 2016 WOMEN

|                                 |                  |
|---------------------------------|------------------|
| Sprints Shield                  | Sophia Hamilton  |
| Middle Distance Shield          | Sarah Knox       |
| Jumps Shield                    | Fiona Davidson   |
| Throws Trophy                   | Fiona Davidson   |
| Ron Kitchen Shield – 400 metres | Jade MacLaren    |
| Joy L Edwards – High Jump       | Carmen Neat      |
| Veteran O-35                    | Fiona Davidson   |
| Veteran O-45                    | Fiona Davidson   |
| Veteran age-graded Cup          | Fiona Davidson   |
| Ladies' Merit Cup               | Zoey Clark       |
| U-20 Merit Cup                  | Kelsey Stewart   |
| U-17 Merit Cup                  | Rebecca Eggeling |
| Bank of Scotland U-15 Merit Cup | Carmen Neat      |
| U-13 Merit Cup                  | Hannah Ingram    |
| Founders' Cup – U-11 Merit      | Phoebe Armstrong |
| 10km Road Salver                | Nicola Gauld     |
| Half Marathon                   | Melanie Angus    |
| John Leys Memorial Trophy       | Katie Forbes     |
| Miller Mathieson Quaich         | Katie Forbes     |
|                                 | Jackie Dunster   |
| Most Improved                   | Jane Davidson    |

Hunter Construction Trophy – best team performance  
U17 men's 3x800m (Jack Gillespie, Nic Tierney, Finlay Strachan)

# GATHIMBA EDWARDS

*Foundation*

## BUILD A BRIGHTER FUTURE WITH GEF

ABERDEEN AAC MEMBER AND SCOTTISH 1500M CHAMPION MYLES EDWARDS FIRST MET GIDEON GATHIMBA WHILST RACING A 1 MILE RUNNING EVENT WHICH WAS ORGANISED BY HIS FATHER MEL EDWARDS FOR THE OPENING OF THE ABERDEEN SPORTS VILLAGE IN 2009. IN 2014 THEY SET UP THE GATHIMBA EDWARDS FOUNDATION WHICH SUPPORTS 243 CHILDREN AND HAS BUILT 17 HOUSES. EACH YEAR THE FOUNDATION ORGANISES A TRIP FOR VOLUNTEERS TO COME OUT TO KENYA AND BUILD HOUSES WITH THEM.



## **TRIP DATES**

7TH - 19TH OCTOBER 2017

21ST JULY - 2ND AUGUST 2018

[WWW.GATHIMBAEDWARDSFOUNDATION.ORG](http://WWW.GATHIMBAEDWARDSFOUNDATION.ORG)