

ABERDEEN AMATEUR ATHLETIC CLUB

www.aberdeenaac.co.uk

THE 2015 YEAR BOOK

INCLUDING CLUB RECORDS AND OTHER ITEMS OF INTEREST

No. 26

2015

Free to AAAC Members



- Club Records for all age groups.
- Highlights of the Club's 2013-2014 & 2014 seasons.
- Club All-time lists of Senior Scottish Champions.
- All the Club's major games representatives
- Club All-time Indoor Rankings - Senior events



Rhona Auckland, 2014-15 European under-23 cross-country champion.

- Club Indoor Records for all age groups
- Club All-time Top 20 lists - Senior events
- Club All-time Top 10 lists - U20, U17 & U15 events
- Club All-time Top 10 lists – Veteran men & women
- 2014 Top 5 Rankings for All Age Groups



Aberdeen Amateur Athletic Club

Sally Stone or Emma Williams are available on most club nights for the purchase of club kit. Their contact details are below.

Sally Stone - outsidethetent@btinternet.com

Emma Williams - emmawilliams1@nhs.net



- Zip Hoody Jumpers
- Long Sleeved shirt
- Standard T-shirt
- Shower-proof Sports Jacket

Order forms also available from the club website now:
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Tom Joy x **ABERDEEN AAC**

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)

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
2014	Rhona Auckland	Cross-country (U23W)

Paralympic Games

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

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

World Student Games

1991	Mark Davidson	400H
1991	Duncan Mathieson	Decathlon

European Cup

1983	Graham Laing	Marathon
1987	Jim Doig	Marathon
1996	Tracey Brindley	Hill (W)
1996	Sonia Armitage	Hill (W)
1997	Tracey Brindley	Hill (W)
1998	Sonia Armitage	Hill (W)
1998	Tracey Brindley	Hill (W)
1999	Tracey Brindley	Hill (W)
2001	Sonia Armitage	Hill (W)
2001	Clare Miller	Hill (W)
2014	Rhona Auckland	10,000m (W)

SCOTTISH SENIOR CHAMPIONS

SAL (formerly SAAA) Men's Champions

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

1982	Colin Youngson	Marathon
1983	Peter Wilson	Marathon
1984	George Reynolds	Marathon
1988	Fraser Clyne	Road
1989	Fraser Clyne	Road
1990	Fraser Clyne	Road
1990	Mark Davidson	400H
1990	Duncan Mathieson	Long Jump
1992	Donald Ritchie	100Km Road
1992	Mark Davidson	400H
1992	Fraser Clyne	Marathon
1993	Fraser Clyne	Marathon
1994	Fraser Clyne	Marathon
1995	Mark Davidson	400H
1995	Duncan Mathieson	Long Jump
1995	Duncan Mathieson	Decathlon
1996	Barry Middleton	400H
1996	Fraser Clyne	Marathon
1997	Barry Middleton	400H
1997	Duncan Mathieson	Decathlon
1999	Barry Middleton	400H
1999	Chris Smith	3000M Steeplechase
2004	Robert Miller	Decathlon
2010	Scot Thompson	Shot
2012	Chukwudi Onyia	TJ
2013	Chukwudi Onyia	TJ
2013	Scot Thompson	Shot

SAL (formerly SAAA) Men's Indoor Champions

1988-89	Mark Davidson	400m
1989-90	Paul Allan	Heptathlon
1990-91	Mark Davidson	400m
1990-91	Duncan Mathieson	Long Jump
2003-04	Robert Miller	Long Jump
2009-10	Scot Thompson	Shot
2012-13	Sam Lyon	LJ
2013-14	Chukwudi Onyia	TJ
2013-14	S Dunlop, R Shaw, E Calder, G Irvine	4x200

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

SAL Women's Indoor Champions

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

SAL (formerly SWCCU) Cross-country Champions

1959	Agnes Paterson	Cross-country
1985	Lynda Bain, Sonia McLaren, Janine Robertson	Road Relays
1996	Debbie Kilner	Cross-country
1999	Tracey Brindley, Claire Miler, Carin Hume	Cross-country team
2012	Rhona Auckland	4km Cross-country
2014	Rhona Auckland	Cross-country
2014	Rhona Auckland	4km Cross-country

WORLD CHAMPIONS, 2013-14

Veteran Women (Over 55):

Laura Mahady Indoor 400, 800

BRITISH CHAMPIONS, 2013-14

Veteran Men (Over 45)

Mark Davidson Indoor 200

Veteran Women (Over 40):

Fiona Davidson Indoor LJ, TJ

Veteran Women (Over 55):

Laura Mahady Indoor 400, 800

SCOTTISH CHAMPIONS, 2013-14

Veteran Men (Over 65):

Alan Fulton 400, 800

Veteran Men (Over 60):

Bill Lonsdale HJ, LJ, TJ
Indoor HJ, LJ, TJ

Veteran Men (Over 55):

William Skinner 400, LJ

Veteran Men (Over 45):

Mark Davidson 100, 200
Indoor 200
James Macgregor HJ

Senior Men

Chukwudi Onyia Indoor TJ

Stephen Dunlop, Robbie Shaw, Ewan Calder, Gavin Irvine
Indoor 4x100

Under-17 Men

Jordan Chapman, Callum Symmons, Steven Murray
3km Cross-country

Under-13 Boys:

Harry Hall 800
Murray Addison Pent

Veteran Women (Over 55):

Laura Mahady Indoor 400, 800

Veteran Women (Over 50):

Sonia Armitage Indoor 800

Veteran Women (Over 40):

Kathleen Madigan 100, HT
Fiona Davidson LJ, TJ
Indoor LJ, TJ
Veronique Oldham Hill Running

Senior Women

Jade Halket Hept
Rhona Auckland Cross-country

Under-20 Women

Kelsey Stewart 400

Under-17 Women:

Georgia Summers, Saffron Cummings, Sarah Nicol, Rebecca
Matheson 4x100

Under-16 Girls:

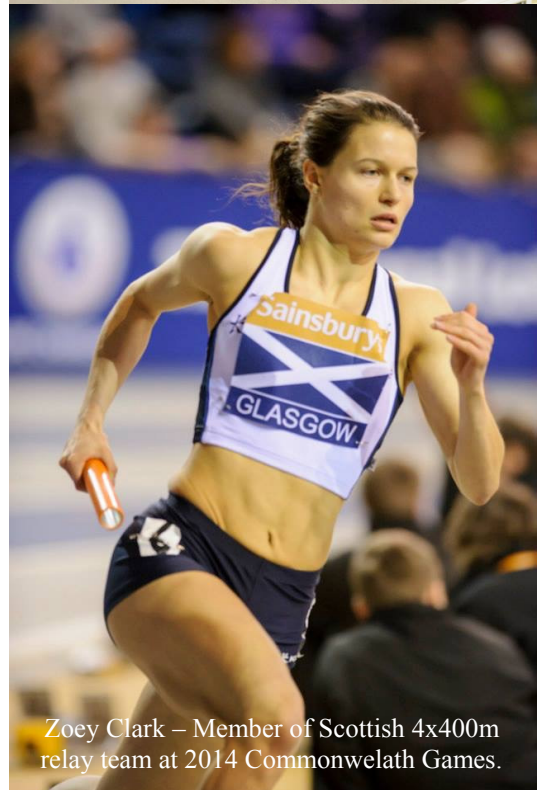
Georgia Summers Indoor 60H

Under-15 Girls

Kate MacKay HJ



Kelsey Stewart – 400m U20 Scottish Champion.



Zoey Clark – Member of Scottish 4x400m relay team at 2014 Commonwealth Games.

QUICK QUIZ

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

- In how many different events did AAAC's Duncan Mathieson compete in the 1990 Commonwealth Games in Auckland?
A One **B** Two **C** Three **D** Four
- Which Scottish title was won by Chris Smith, Ross Milne, Stewart Mason and Thomas Bracegirdle in 1997, 21 years after AAAC had last won it?
A U20 4x400m **B** U20 cross-country team **C** U20 cross-country relay **D** U17 cross-country team
- AAAC member Rhona Auckland won the European under-23 cross-country title in December 2014. Two years earlier, when she ran in the under-20 event, where did she finish?
A Third **B** 13th **C** 23rd **D** 33rd
- The 1979 AAAC cross-country championships, where the senior men ran through 18"-deep snow, were held where?
A Balgownie **B** Hazlehead **C** Sheddocksley **D** Westfield Park
- Who was AAAC's only A or B winner in the senior men's final of the 2014 Petrofac League?
A Ewan Calder **B** Matthew Kilner **C** Grant Robertson **D** Callum Symmons
- Which AAAC athlete won two "A" events in the under-15 girls' final of the 2014 Petrofac League?
A Katie Forbes **B** Kate MacKay **C** Talia Mathers **D** Alix Still
- What occupied the current site of Aberdeen Sports Village in the 1960s?
A Balgownie Track **B** Chris Anderson Stadium **C** Linksfield Stadium **D** University Playing Fields
- Sheila Smart, who recently retired as an admin official, joined the AAAC committee in the 1970s and spent many years in which position?
A Cross-country Secretary **B** Ladies' Secretary **C** Secretary **D** Treasurer
- Which of these AAAC athletes was NOT a medallist at the Scottish indoor combined events championships in March 1995?
A Mark Dobbie **B** Keith Oag **C** Catriona Pennet **D** Richard Singer
- Aberdeen AAC won only one age-group in the 2006 Halliburton League finals – which one?
A Senior women **B** Under-17 men **C** Under-15 girls **D** Under-13 boys

Answers on Page 41

DUTHIE WARD  **SOLICITORS**

 *Alastair Duthie
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L to R – Ewan Calder, Stephen Dunlop, Gavin Irvine and Robbie Shaw, 2014 Scottish Champions, Indoor 4x200m



L to R – Finlay Cooper, Lewis Watt and Kai Crawford. U11 Boys East District XC League Champions

L to R – Catriona Pennet, Kelsey Stewart, Jennifer Harrison and Marie Dobson, 4x400m Scottish Champions



Shiela Smart receives gifts, on her retirement from the club, from Lewis Clow and Zoey Clark. Both athletes were members of Team Scotland at the 2014 Commonwealth Games.

CROSS-COUNTRY, 2013-2014

International & Representative Matches

European Championships

Belgrade, December 8th, 2013

Under-23 women (6km):

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

BUPA Great Edinburgh International

Holyrood Park, Edinburgh, January 11th, 2014

Senior Women (6K):

Rhona Auckland: 21st (10th Briton), 21:28 (winner: Gemma Steel, GB, 20:35)

Scottish Inter District

Holyrood Park, Edinburgh, January 11th, 2014

Under-17 men (6km):

Jordan Chapman: 8th, 20:56; Callum Symmons 16th, 21:45; Steven Murray: 18th, 21:47 (winner: John Glen, West, 19:46). Team: 1 East 41; 2 West 47; 3 North 142

Under-15 (4km):

Stewart Millar: 3rd, 13:56 (winner: Ben Greenwood, Perth Strathtay Harriers/East, 13:37). Team: 1 East 29; 2 West 50; 3 North 131

Senior women (6km):

Rachel Armitage: 35th, 24:54 (winner: Fiona Thompson, Central AC/East, 21:45). Team: 1 East 31; 2 West 83; 3 Scottish Students 118

Under-17 women (4km):

Ellen Stickle: 15th, 17:05 (winner: Kathryn Gillespie, Central AC/East, 14:44). Team: 1 West 35; 2 East 51; 3 North 94

UK Inter-counties Championships

Birmingham, March 8th, 2014

Under-20 men (8km):

Michael Ferguson: 49th, 27:37 (winner: Matthew Shirling, Merseyside, 25:07)

Under-17 men (5.5km):

Jordan Chapman: 30th, 19:26 (winner: Jordan Rowe, Essex, 18:15)

Senior women (8km):

Rhona Auckland: 3rd, 27:40 (winner: Lily Partridge, Surrey, 27:26). Team: 1 Yorkshire 131; 2 Scotland East 188; 3 Surrey 256

Home Countries International

Nottingham, March 22nd, 2014

Under-20 Men (8km):

Michael Ferguson: 22nd, 27:10 (winner: Doug Musson, England, 25:27)

Scottish Medallists

Scottish 4km Championships

Bellahouston, Glasgow, November 10th, 2013

Senior Women:

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

Under-17 Men (3km):

Jordan Chapman: 3rd, 9:19 (winner: Jonathan Glen, Inverclyde AC, 9:11)
Jordan Chapman, Callum Symmons (8th), Steven Murray (10th): 1st team, 21pt (won by 3pt from Victoria Park Glasgow)

Scottish Championships

Falkirk, February 22nd, 2014

Senior Women (8km):

Rhona Auckland: 1st, 28:09 (won by 7sec from Susan Partridge, Leeds City)

District Medallists

East District Championships

Camperdown, Dundee, December 7th, 2013

Under-20 Men (8km):

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

Under-17 Men (6.4km):

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

Under-17 Women (5km):

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

Club Champions

Club Championships

Balgownie, March 16th, 2014 (race winners & points winners for the season)

Senior Men: James Joy (also won points)

Veteran: Athol Burnett (points: Frank Boyne)

Under-20: Sam Burgess (no points award)

Under-17: Jordan Chapman (also points)

Under-15: Stewart Millar (points: Finlay Strachan)

Under-13: Jack Gillespie (points: Harry Hall)

Under-11: Lewis Watt (also points)

Senior Women: No awards

Veteran: No awards

Under-20: No Awards

Under-17: Ellen Stickle (points: Lise Theron)

Under-15: Talia Mathers (also points)

Under-13: Laura McNeil (points: Elizabeth McCall)

Under-11: Eilidh Dempsey (also points)

CROSS-COUNTRY, 2014-2015

International & Representative Matches

European Championships

Samokov, Bulgaria, December 14th, 2014

Under-23 women (6km):

Rhona Auckland: 1st, 22:23 (won by 2 sec from Militsa Rirdeva, Bulgaria).
British team 2nd

Scottish Inter District

Holyrood Park, Edinburgh, January 10th, 2014

Senior & Junior Men (8km):

Michael Ferguson (Scottish Students): 7th (first U20), 28:13 (winner: Daniel Cliffe, North of England, 27:13). Team: 1 North of England 51pt; 2 East 72; 3 Scottish Students 90

Under-17 men (6km):

Conor O'Riordan: 29th, 24:00 (winner: Connor MacLean, North, 20:58). Team: 1 East 30; 2 West 77; 3 North 105

Under-13 (3km):

Harry Hall: 7th, 13:08 (winner: Hamish Armit, West, 12:30). Team: 1 West 33; 2 East 59; 3 North 135

Senior women (6km):

Ellie Buchan (Scottish Students): 38th, 27:07 (winner: Morag MacLarty, Central AC, 23:17). Team: 1 East 43; 2 West 122; 3 Scottish Students 129

Under-17 women (4km):

Lucy McLeod: 13th, 18:27; Lise Theron: 25th, 19:40 (winner: Gilliam Black, West, 15:55). Team: 1 West 26; 2 East 81

Scottish Medallists

Scottish 4km Championships

Bellahouston, Glasgow, November 9th, 2014

Senior Women:

Rhona Auckland: 1st, 13:38 (won by 10 sec from Maddie Murray, Edinburgh AC)

District Medallists

East District Championships

Camperdown, Dundee, December 6th, 2014

Under-20 Men (8km):

Michael Ferguson: 1st, 27:03 (won by 21sec from Dale Colley, Central AC)

Under-13 Boys (3.2km):

Harry Hall: 1st, 11:46 (won by 17sec from David Addison, Corstorphine AAC)

Harry Hall, Adam Brown (13th), Adam Robertson (22nd): 2nd team, 36pt (winners: Edinburgh AC, 29)

Under-17 Women (5km):

Lucy McLeod (5th), Lise Theron (8th), Emily Cossar (13th): 3rd team, 26pt (winners: Edinburgh AC 13)

Under-15 Girls (4km):

Naomi Langl: 3rd, 15:31 (winner: Eloise Walker, Edinburgh AC, 15:06)

INDOOR TRACK & FIELD, 2013-2014

International & Representative Matches

British Athletics International

Emirates Arena, January 25th, 2014

Women:

Zoey Clark: 2nd, 4x400m (3:35.27)

World Medallists

World Masters' Championships

Budapest, March 26th, 28th & 30th, 2014

Over-40 Women

Fiona Davidson: 3rd, TJ (11.02m)

Over-55 Women

Laura Mahady: 1st, 400m (64.85); 1st, 800m (2:33.69)

British Medallists

British Masters' Championships

Lee Valley, March 8th 9th, 2014

Over-45 Men

Mark Davidson: 2nd, 60m (7.68); 1st, 200m (24.67)

Over-40 Women

Fiona Davidson: 3rd, 60m (8.48); 1st, LJ (4.62m); 1st, TJ (10.58m)

Over-55 Women

Laura Mahady: 1st, 400m (64.65); 1st, 800m (2:30.68)

Scottish Medallists

Senior Championships

Emirates Arena, February 2nd, 2014

Men:

Stephen Dunlop: 3rd, 60m (6.95)

Myles Edwards: 2nd, 1500m (3:52.85)

Sam Lyon: 3rd, LJ (7.01m)

Chukwudi Onyia: 1st, TJ (15.01m)

Women:

Zoey Clark: 2nd, 60m (7.75); 2nd, 200m (24.62)

Catriona Pennet: 3rd, 60H (8.88)

Scottish Under-20 and Under-18 Championships

Emirates Arena, February 15th, 2014

Under-20 Men

Ryan Hewitson: 2nd, 60H (8.75)

Under-18 Men

Alasdair Lowe: 3rd, PV (3.60m)

Under-18 Women

Saffron Cummings: 3rd, LJ (5.13m)

Alison Horne: 2nd, SP (10.32m)

Scottish Under-16 and Under-14 Championships

Emirates Arena, February 16th, 2014

Under-16 Boys

Stewart Millar: 3rd, 800m (2:00.99)

Under-16 Girls

Georgia Summers: 1st, 60H (9.20)

Senior Relay Championships

Emirates Arena, March 1st, 2014

Senior Men

Stephen Dunlop, Robbie Shaw, Ewan Calder, Gavin Irvine: 1st, 4x200m (91.20)

Scottish Veteran Championships

Emirates Arena, March 2nd, 2014

Over-40 Men:

Stan Walker: 3rd, 60m (7.86); 3rd, 200m (26.16)

Over-45 Men:

Mark Davidson: 2nd, 60m (7.75); 1st, 200m (24.60)

Over-60 Men:

Bill Lonsdale: 1st, HJ (1.30m); 1st, LJ (4.13m); 1st, TJ (8.84m)

Over-40 Women:

Fiona Davidson: 1st, LJ (4.44m); 1st, TJ (9.72m)

Over-50 Women:

Penny Johnson: 3rd, 60m (9.34); 2nd, 200m (31.70)

Sonia Armitage: 1st, 800m (2:33.15); 3rd, 1500m (5:13.53)

Over-55 Women:

Laura Mahady: 1st, 400m (64.29); 1st, 800m (2:30.79)

INDOOR TRACK & FIELD, 2014-2015

Scottish Medallists

3,000m Championships

Emirates Arena, January 3rd, 2015

Men:

Myles Edwards: 3rd, 3,000m (8:23.10).

Veteran Championships

Emirates Arena, January 31st, 2015

Over-45 Men:

Stan Walker: 3rd, 60m (7.93); 2nd, 200m (25.07).

Over-65 Men:

Alan Fulton: 1st, 400m (72.31); 1st, 800m (2:59.37).

Over-70 Men:

Trevor Madigan: 1st, 60m (9.02); 1st, HJ (1.21m); 1st, LJ (3.97m).

Over-40 Women:

Fiona Davidson: 1st, LJ (4.93m).

Over-45 Women:

Kathleen Madigan: 1st, 60m (8.78); 2nd, 200m (29.13)

Over-50 Women:

Sonia Armitage: 2nd, 800m (2:32.59); 1st, 1500m (5:18.28)

Senior Championships

Emirates Arena, February 1st, 2015

Men:

Myles Edwards: 1st, 1500m (3:56.59)

Chukwudi Onyia: 1st, TJ (15.40m)

Women:

Zoey Clark: 1st, 60m (7.58); 1st, 200m (23.96)

Catriona Pennet: 3rd, 60H (8.86)



Myles Edwards, Indoor 1500m silver medallist, Scottish Championships.

ROAD RUNNING, 2014

Club Champions

No awards in 2014

FELL RUNNING, 2014

International & Representative Matches

Home Countries Junior International

Glendalough, September 20th, 2014

Under-17 Girls (4.7km/234m):

Lucy McLeod: 16th, 25:23 (winner: Heidi Davies, Wales, 21:35)

Scottish Medallists

Points Championships (based on best 4 from 6 races)

Women Over-40:

Veronique Oldham: 1st, 162pt (won by 6pt from Valerie Houston, Westerlands CCC)

TRACK & FIELD, 2014

International & Representative Matches

Commonwealth Games

Hampden Park, Glasgow, July 28th-August 1, 2014

Women:

Zoey Clark: 4th heat 1, 4x400m (3:33.91)

Men T37:

Lewis Clow: 5th heat 2, 100m (13.41)

Fazaa International (IPC Grand Prix)

Dubai, February 24th, 2014

Men T37:

Lewis Clow: 3rd, 100m (12.82)

Sharjah International Open

Sharjah, UAE, February 27th-28th, 2014

Men T37:

Lewis Clow: 1st, 200m (27.14)

Loughborough International

Loughborough, May 18th, 2014

Men:

Chukwudi Onyia: 5th, TJ (15.08m)

Women:

Zoey Clark: 6th, 400m (53.76)

SUCA Celtic International

Grangemouth, May 31st, 201

Men:

Michael Ferguson: 6th, 1500m (4:03.41)

Ryan Hewitson: 5th, 110H (15.7)

Sam Lyon: 4th, LJ (6.61m); 5th, TJ (13.34m)

Women:

Kelsey Stewart: 1st, 400m (55.42)

Ademide Ademuyewo: 2nd, 400m (57.79)

Emma Leask: 3rd, 400m (58.26)

Alison Horne: 4th, SP (10.64m)

European Cup 10,000m

Skopje, MKD, June 7th, 2014

Women:

Rhona Auckland: 12th (A) (33:28.74)

British Schools International

Cardiff, July 19th, 2014

Under-17 Men:

Grant Robertson: 8th, HJ (1.75m)

Alasdair Lowe: 5th, PV (3.63m)

Under-17 Women:

Alison Horne: 5th, SP (12.38m)

Celtic Games

Dublin, August 9th, 2014

Under-18 Women:

Kelsey Stewart: 1st, 400m (55.21); 1st, 4x400m (3:51.07)

Alison Horne: 3rd, SP (11.87m)

Under-16 Women:

Georgia Summers: 3rd, 80H (12.2); 3rd, 4x100m (47.97)

Sainsbury's Schools Games

Sportcity, Manchester, September 5th, 2014

Ambulant U20 Men:

Lewis Clow: 3rd, 100m (13.51); 5th, 200m (28.13)

Under-17 Women:

Alison Horne: 5th, SP (12.12m)

British Medallists

British 10,000m Championships

Parliament Hill, May 10th, 2014

Women:

Rhona Auckland: 3rd (33:09.58)

England Athletics Under-23 and Under-20 Championships

Bedford, June 22nd, 2014

Under-23 Women:

Zoey Clark: 2nd, 400m (53.51)

British Masters' Championships

Birmingham, August 9th-10th, 2014

Over-55 Men:

Bill Skinner: 2nd, HJ (1.40m); 3rd, LJ (4.83m); 2nd, TJ (9.76m)

Over-60 Men:

Bill Lonsdale: 2nd, TJ (8.86m)

Over-40 Women:

Kathleen Madigan: 3rd, 100m (13.62); 2nd, 200m (28.25)

Scottish Medallists

Scottish Masters Championships

Pitreavie, June 15th, 2014

Over-35 Men:

Alasdair Love: 2nd, 400H (57.66); 2nd, 800m (2:16.65)

Over-45 Men:

Mark Davidson: 1st, 100m (11.91); 1st, 200m (24.42)

Stan Walker: 2nd, 100m (11.97); 2nd, 200m (24.48)

James Macgregor: 1st, HJ (1.55m)

Over-50 Men:

Tom Litterick: 3rd, 1500m (5:11.45)

Over-55 Men:

William Skinner: 1st, 400m (63.15); 1st, LJ (4.80m); 2nd, TJ (9.67m)

Over-60 Men:

Bill Lonsdale: 1st, HJ (1.25m); 1st, LJ (4.34m); 1st, TJ (9.04m)

Over-65 Men:

Alan Fulton: 1st, 400m (70.45); 1st, 800m (3:00.18)

Over-40 Women:

Kathleen Madigan: 1st, 100m (13.52); 1st, HT (31.12m)

Fiona Davidson: 1st, LJ (5.10m); 1st, TJ (10.99m)

Over-50 Women:

Penny Johnson: 2nd, 100m (15.38)

Sonia Armitage: 2nd, 800m (2:33.18); 2nd, 1500m (5:12.11)

Scottish Relay Championships

Pitreavie, June 15th, 2014

Senior Men:

David Irvine, Graham Thomson, Peter Mutch, Gavin Irvine: 3rd, 4x100m (44.09)

Steven Murray, Matthew Kilner, James Joy: 2nd, 3x800m (5:54.10)

Under-17 Women:

Georgia Summers, Saffron Cummings, Sarah Nicol, Rebecca Matheson: 1st, 4x100m (49.56)

Scottish Combined Events Championships

Grangemouth, July 5th - 6th, 2014

Senior Men:

Jools Peters: 3rd, Dec (4,597)

Under-13 Boys:

Murray Addison: 1st, Pent (1,452)

Senior Women:

Jade Halket: 1st, Hept (4,248)

Scottish Junior 3000m Championships

Grangemouth, July 6th, 2014

Under-20 Men:

Steven Murray: 2nd, 3000m (9:38.95)

Scottish Relay Championships

Grangemouth, July 6th, 2014

Senior Women:

Kelsey Stewart, Catriona Pennet, Marie Dobson, Jennifer Harrison: 2nd, 4x400m (3:55.04)

Scottish Senior Championships

Kilmarnock, August 16th, 2014

Men:

Sam Lyon: 3rd, LJ (6.67m)

Women:

Kelsey Stewart: 2nd, 400m (55.52)

Scottish Under-17 and Under-13 Championships

Aberdeen, August 23rd, 2014

Under-17 Men:

Grant Robertson : 2nd, HJ (1.90m)

Alasdair Lowe: 3rd, PV (3.77m)

Under-13 Boys:

Harry Hall: 1st, 800m (2:18.95); 2nd, LJ (5.03m)

Under-17 Women:

Alison Horne: 3rd, SP (12.01m)

Under-13 Girls:

Carmen Neat: 2nd, HJ (1.45m)

Scottish Under-20 & Under-15 Championships

Aberdeen, August 24th, 2014

Under-20 Men:

Gavin Irvine: 2nd, 200m (21.73)

Ryan Hewitson: 2nd, 110H (15.21)

Under-20 women:

Kelsey Stewart: 1st, 400m (55.74)

Erin Runcie: 2nd, DT (32.87m)

Under-15 Girls:

Grace Carter: 2nd, 75H (12.07)

Kate MacKay: 1st, HJ (1.58m)

Freya McKay: 3rd, PV (2.20m)

District Medallists

East District Championships

Pitreavie, May 23rd - 24th, 2014

Senior Men:

James Joy: 2nd, 1500m (4:04.1)

Sam Lyon: 3rd, LJ (7.01m)

Chukwudi Onyia: 1st, TJ (15.08m)

John Fyvie: 1st, SP (10.91m); 1st, DT (34.43m)

Under-20 Men:

Ewan Calder: 3rd, 400m (51.66)

Michael Ferguson: 2nd, 1500m (4:05.7)

Hamish Leeson: 3rd, PV (2.30m)

Under-17 Men:

Scott Macgregor: 3rd, 100H (15.26)

Grant Robertson: 2nd, HJ (1.90m)

Under-13 Boys:

Harry Hall: 1st, 800m (2:18.49); 1st, 1500m (4:49.4)

Murray Addison: 3rd, 75H (15.76); 1st, DT (18.50)

Senior Women:

Ademide Ademuyewo: 1st, 400m (58.26)

Marie Dobson: 3rd, 400m (60.16); 1st, 400H (66.32)

Emma Leask: 2nd, 800m (2:13.0)

Fiona Davidson: 1st, TJ (10.46m)

Under-20 Women:

Kelsey Stewart: 1st, 200m (24.8); 1st, 800m (2:15.7)

Under-18 Women:

Lise Theron : 3rd, 800m (2:21.79); 2nd, 300H (48.24)

Under-15 Women:

Talia Mathers: 3rd, 800m (2:23.51)

Grace Carter: 2nd, 75H (12.06)

East District Championships

Kilmarnock, May 24th, 2014

Senior Men:

Alasdair Love: 1st, 400H (66.35)

North District Championships

Inverness, May 24th, 2014

Senior Men:

Edward McKenzie: 2nd, PV (2.60m); 3rd, SP (10.30m); 3rd, DT (29.43m);

2nd, HT (26.96); 1st, JT (37.52m)

Under-17 Women:

Rebecca Matheson: 1st, 100m (12.67); 1st, 200m (26.02)

Alison Horne: 1st, SP (11.44m); 2nd, DT (31.80m)

Club Champions

Senior Men:

Gareth Lake (sprints)

James Joy (middle distance)

Sam Lyon (jumps)

John Fyvie (throws).

Under-20:

No award (track)

Kieran Gauld (field)

Under-17:

Alasdair Lowe (track, field)

Veteran: Mark Davidson

Veteran Over 40: Mark Davidson

Veteran Over 50: William Skinner

Overall age-graded: Bob Masson

Boys

Under-15: Jack Gillespie

Under-13: Harry Hall

Under-11: Lewis Watt

Senior Women:

Sophia Hamilton (sprints)

No award (middle distance)

Fiona Davidson (jumps)

Kathleen Madigan (throws)

Under-20:

No award (track)

No award (field)

Under-17:

Rebecca Matheson (track)

Erin Runcie (field)

Veteran: Fiona Davidson

No award (**Veteran Over 45**)

Overall age-graded: Fiona Davidson

Girls

Under-15: Alix Still

Under-13: Jane Davidson

Under-11: Abbie Collett

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ABERDEEN AAC'S CLUB PERFORMANCES IN 2014

Scottish Men's League (Div.1)

1	Central AC	30
2	Aberdeen AAC	28
3	Falkirk Victoria Harriers	21
4	Kilbarchan AAC	18
5	Edinburgh AC	17
6	Inverness Harriers	15
7	Lasswade AAC	10
8	Arbroath & District AC	4

Scottish Women's League

1	Edinburgh AC	23
2	Aberdeen AAC Select (1,284.5)	20
3	Team West (1,173)	20
4	Forth Valley	14
5	Tayside & Fife	13
6	Victoria Park City of Glasgow	9
7	Pitreavie AAC	6
8	Lothian	3



Harry Hall – U13 Boys 800m
Scottish Champion.

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

1	Aberdeen AAC	24
2	Team North (402.5)	18
3	Inverness Harriers (379)	18
4	Arbroath & District AC	17
5	Banchory Stonehaven AC	13
7	Montrose and Perth	9

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

1	Inverness Harriers	24
2	Aberdeen AAC	21
3	Team North	18
4	Dundee Hawkhill Harriers	14
5	Arbroath & District AC	11
6	Banchory Stonehaven AC (871)	8
7	Montrose and Perth (834)	9
8	Fife AC	4

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

1	Edinburgh AC	233
2	North Lanarkshire	230
3	Aberdeen AAC	184
4	Ayrshire Harriers	172
5	East Dunbartonshire	153
6	Victoria Park Glasgow	152
7	Giffnock North	124
8	Team North	52

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

1	Edinburgh AC	683
2	Giffnock North	673
3	Ayrshire Harriers	582
4	Central AC	578
5	Aberdeen AAC	477
6	Inverness Harriers	459
7	North Lanarkshire	407
8	South Lanarkshire	336

Petrofac League (East Section) – Men

1	Arbroath & District.AC	22
2	Aberdeen AAC (1,097)	18
3	Dundee Hawkhill Harriers (875)	18
4	Banchory Stonehaven AC	16
5	Fife AC	11
6	Perth Strathtay Harriers	10
7	Montrose & District AC	6

Petrofac League (East Section) – Women

1	Aberdeen AAC	24
2	Arbroath & District AC	20
3	Dundee Hawkhill Harriers	18
4	Banchory Stonehaven AC	16
5	Fife AC (436)	10
6	Perth Strathtay Harriers (400)	10
7	Montrose & District AC	7

Petrofac League – Final

Aberdeen AAC placings:

Senior Men:	4th
U17 Men:	2 nd
U15 Boys	2 nd =
U13 Boys	1st
U11 Boys	4 th
Senior women	2 nd
U17 Women:	1st
U15 Girls:	1st
U13 Girls:	5 th
U11 Girls:	4 th

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Andrew Ferguson presents U13 Boys Petrofac League Champions. L to R – Morgan Ritchie, Ryan Matheson, Adam Brown, Murray Addison and Harry Hall.

East District Cross-Country League 2013-2014

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

U17 Men:

1	Aberdeen AAC	71
2	Team Border	90
3	Fife AC	100
4	Edinburgh AC	110
5	Pitreavie AAC	215

U17 Women and U15 Girls combined:

1	Edinburgh AC	71
2	Pitreavie AAC	87
3	Fife AC	114
4	Aberdeen AAC	185
5	Central AC	189



Ken and Joyce Hogg are presented with the 2014 Scottish Athletics Coach of the Year award by Roger Harkins, Scottish Athletics Director of Coaching.

Aberdeen womens team that took part in the 2014 Scottish Short Course XC Championships.
 L to R Back - G. Cormack, Carla Ferguson, Laurie Allardes, Kirsteen Mackay, Emma Rice, Katie Watson, K. Stewart, Carly McNeil.
 L-R Front - Stephanie Barnes, Freya Prentice, Ellen Stickle, Isla Scott-Pearce





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CLUB RECORDS AS AT 01/01/2015

SENIOR MEN

60	7.0	S Walker	87
		M Davidson	94
		B Middleton	97
100	10.50	Mark Davidson	89
200	21.07	Mark Davidson	89
300	34.4	Martin Johnston	85
400	46.9	Mark Davidson	89
800	1:49.3	Ewan Calvert	94
1500	3:44.67	Alan Wales	06
3000	8:14.6	Fraser Clyne	81
5000	14:18.90	Ian Matheson	89
10000	29:23	F Clyne / G Laing	83
110H	14.9	Duncan Mathieson	89
400H	50.79	Mark Davidson	89
2000SC	5:37.8	Bill Ewing	67
3000SC	8:47.8	Bill Ewing	68
½ Mar	61:34	Graham Laing	83
Mar	2:11:50	Fraser Clyne	84
HJ	2.07	Duncan Mathieson	90/97
PV	4.20	Duncan Mathieson	90
LJ	7.62	Duncan Mathieson	95
TJ	15.16	Chukwudi Onyia	13
SP	16.29	Gordon Smith	94
DT	53.66	Scot Thompson	10
JT	58.75	Peter Fraser	98
HT	62.73	Padraig White	10
Dec.	7535	Duncan Mathieson	90
4x100	42.1	D Mathieson, King, Drummond, M Davidson	88
4x200	1:35.3	Fachie, McCabe, Mutch, J Joy	08
4x400	3:19.3	P Davidson, Middleton, D Mathieson, Al-Kowarri	97
3x800	5:54.10	S Murray, M Kilner, J Joy	14

UNDER-20 MEN

60	7.1	Barry Middleton	94
100	10.8	C Paterson / S Walker	72/88
200	21.6	Martin Johnston	83
300	35.4	Ahmed Al-Kowarri	96
400	48.17	Mark Davidson	87
800	1:51.86	Ewan Calvert	92
1500	3:50.34	Alan Wales	02
3000	8:34.65	Darren Shinnie	04
5000	14:46.0	Ian Matheson	83
10000	30:49.0	Ian Matheson	83
110H	14.93	Duncan Mathieson	88
400H	53.53	Barry Middleton	94
2000SC	6:02.66	Stephen Wright	89
3000SC	9:12.0	Stephen Wright	90
HJ	2.00	Duncan Mathieson	87
PV	4.00	David Mann	13
LJ	7.21	Duncan Mathieson	88
TJ	14.55	William Stark	95
SP	14.24	Paul Allan	89
DT	42.26	Paul Allan	89
JT	57.48	Peter Fraser	96
HT	48.83	Matthew Maitland	02
Dec.	6652	Duncan Mathieson	88
4x100	44.7	Cruickshank, Walker, Mackland, King	87
4x200	2:07.6	Young, Crighton, Irvine, Walton	09
4x400	3:25.93	M Ferguson, Chapman, Calder, Alexander	14
3x800	6:11.77	M Kilner, Symmons, S Murray	13

T37 MEN

100	12.82	Lewis Clow	14
200	27.13	Lewis Clow	14

UNDER-17 MEN

60	7.3	Ahmed Al-Kowarri	95
100	11.1	Alexander Carnie	88
200	22.6	Mark Davidson	85
300	36.0	Ahmed Al-Kowarri	95
400	49.21	Ahmed Al-Kowarri	95
800	1:54.8	Colin Donald	84
1500	4:01.1	Ross Arbuckle	78
3000	8:42.4	Ross Arbuckle	78
100H	13.9	Richard Singer	95
400H	55.37	Richard Singer	95
1500SC	4:25.0	Frank Boyne	82
HJ	1.98	Keith Oag	94
PV	3.77	Alasdair Lowe	14
LJ	6.82	Derek Elmslie	77
TJ	13.82	William Stark	93
SP	13.27	Kevin Lutton	01
DT	41.46	Peter Fraser	94
JT	58.36	Peter Fraser	94
HT	45.50	David Robinson	78
Oct.	4327	Stephen Miller	02
Pent.	5238	Stephen Miller	02
4x100	45.92	Milne, Rankin, Oxley, Maslen	01
4x200	1:36.0	Gray, Rankin, Oxley, Maslen	01
4x400	3:29.87	Chapman, Murray, Alexander, Calder	13
3x800	6:11.77	M Kilner, Symmons, Murray	13

UNDER-15 BOYS

100	11.5	Alexander Carnie	86
200	23.1	Alexander Carnie	86
300	40.40	Ben Renton	13
400	52.5	Colin Donald	82
800	2:00.77	Steven Rusling	02
1500	4:21.2	Steven Rusling	02
3000	9:34.4	Alex Thoires	03
80H	11.95	Bruce Sorbie	12
HJ	1.75	Kevin Lutton	99
PV	3.10	Alasdair Lowe	12
LJ	5.88	Bruce Sorbie	12
TJ	12.10	William Stark	91
SP	11.89	Kevin Lutton	99
DT	33.91	Kevin Lutton	99
JT	50.70	Keith Simpson	96
HT	32.38	George Petrie	77
Pent.	2202	Stuart Mathieson	95
4x100	49.3	Legge, Lemon, Braun, S Mathieson	95
4x200	2:07.6	Young, Crighton, Irvine, Walton	09
4x400	3:57.1	Masson, Graham, K McCallum, Al-Kowarri	93

UNDER-13 BOYS

60	8.5	Christopher Maslen	97
100	13.04	Stuart Mathieson	93
200	26.0	Mark Davidson	81
400	59.4	Andrew Keelan	86
800	2:14.21	Harry Hall	14
1500	4:49.4	Harry Hall	14
75H	12.9	William Stark	89
HJ	1.52	Duncan Mathieson	81
LJ	5.03	Harry Hall	14
TJ	10.13	Douglas Cumming	93
SP	10.27	Adam Crighton	08
DT	26.42	Kevin Lutton	97
JT	36.42	Kevin Lutton	97
Pent.	1802	David Braun	93
4x100	54.7	Forbes, Flett, B Benzie, Maslen	97
4x200	1:56.7	Forbes, Flett, B Benzie, Maslen	97
4x400	4:35.8	Rose, Watt, Maitland, Sullivan	94

UNDER-11 BOYS

60	9.0	Ruari Neil	01
100	13.8	Bruce Benzie	95
200	29.2	Andrew Keelan	84
800	2:34.1	Steven Bruce	87
HJ	1.35	Duncan Mathieson	79
LJ	4.40	Duncan Mathieson	79
TJ	9.21	Duncan Mathieson	79
SP	7.92	Gregor Coull	06

JT	24.84	Bruce Benzie	95
4x100	60.8	Maitland, Sullivan, R Smith, C Mathieson	93
4x200	2:09.6	Maitland, C Mathieson, R Smith, Sullivan	93

VETERAN MEN (Over 35) (as from 2005)

60	7.4	Stan Walker	09
100	11.6	Stan Walker	08
200	23.4	Stan Walker	09
300	37.85	Stan Walker	09
400	53.97	Fintan McCabe	09
800	2:10.2	Alasdhair Love	13
1500	4:29.8	David Duguid	05
3000	10:13.2	Keith Charlton	05
5000	16:53.94	Frank Boyne	07
10000	38:42.3	Dave Armitage	07
110H	19.66	Edward McKenzie	06
400H	61.71	Alasdhair Love	13
3000SC	10:11.2	Frank Boyne	05
HJ	1.60	Fintan McCabe	08
PV	3.25	Kenny Lyon	06
LJ	6.05	Fintan McCabe	07
TJ	11.55	Kenny Lyon	05
SP	12.45	Fintan McCabe	08
DT	36.15	Fintan McCabe	08
JT	43.95	Fintan McCabe	09
HT	32.20	Edward McKenzie	08
WT	10.35	Edward McKenzie	06
Pent	1986	Edward McKenzie	06
Dec.	4053	Edward McKenzie	05
Wt Pent	2190	Edward McKenzie	06
4x200	1:40.06	Astell, McKeown, McCabe, Walker	08

VETERAN MEN (Over 40)

60	7.7	Stan Walker	11
100	11.7	Riley/Mackenzie/Walker	79/90/09
200	23.83	Stan Walker	11
300	37.85	Stan Walker	09
400	53.0	Denis Shepherd	93
800	2:01.0	Denis Shepherd	93
1500	4:08.0	Hunter Watson	77
3000	8:50.9	Colin Youngson	90
5000	14:58	Alistair Wood	75
10000	30:35.2	Alistair Wood	75
100H	16.4	Denis Shepherd	92
110H (sen)	20.2	Edward McKenzie	08
400H	59.0	Denis Shepherd	93
400H (sen)	72.3	Kenny Lyon	10
3000SC	10:25.99	Frank Boyne	09
½ Mar	67:13	David Clark	85
Mar	2:18:07	David Clark	84
HJ	1.67	Denis Shepherd	92
LJ	5.95	Kenny Lyon	01
TJ	12.21	Trevor Madigan	85
PV	3.65	Kenny Lyon	01
SP	13.04	Darren Chapman	10
SP (sen)	13.04	Darren Chapman	10
DT	39.86	Robert Masson	92
DT (sen)	33.89	Edward McKenzie	09
HT	36.95	Edward McKenzie	09
HT (sen)	33.57	Edward McKenzie	09
JT	43.88	Robert Masson	89
JT (sen)	40.15	Edward McKenzie	09
WT	9.66	Edward McKenzie	10
Dec.	5647	Kenny Lyon	01
Wt Pent	2260	Edward McKenzie	09
4x100	47.4	Clarkson, Gordon, Madigan, Stirling	89

VETERAN MEN (Over 45)

60	7.8	T Madigan / G Middleton	95
100	11.91	Mark Davidson	14
200	24.42	Mark Davidson	14
300	39.4	Stan Walker	14
400	54.8	Frank Gauld	00
800	2:06.1	Alan Fulton	95
1500	4:18.7	Colin Youngson	93
3000	9:29.0	John Ballentine	92
5000	15:42.7	Colin Youngson	93
10000	32:45.10	Colin Youngson	93
3000SC	10:48.23	Frank Boyne	11
110H	20.57	Edward McKenzie	12
400H	72.3	Kenny Lyon	10
400H (sen)	72.3	Kenny Lyon	10
½ Mar	70:50	Bill Adams	94
Mar	2:30:40	Donald Ritchie	91
HJ	1.65	Bill Lonsdale/James MacGregor	03/11
LJ	5.52	Kenny Lyon	06
TJ	11.32	Trevor Madigan	90
PV	3.45	Robert Masson	99
SP	11.60	Edward McKenzie	12
SP (sen)	11.60	Edward McKenzie	12
DT	39.86	Robert Masson	92
DT (sen)	33.45	Darren Chapman	12
HT	34.35	Robert Masson	98
HT (sen)	31.30	Edward McKenzie	12
JT	40.64	Robert Masson	95
JT (sen)	38.04	Edward McKenzie	11
WT	9.20	Edward McKenzie	12
Pent	2805	Kenny Lyon	06
Dec.	4597	Edward McKenzie	14
Wt Pent	2652	Edward McKenzie	12

VETERAN MEN (Over 50)

60	7.8	Trevor Madigan	95
100	12.5	Trevor Madigan	94
200	25.7	Trevor Madigan	94
300	42.4	Alan Fulton	00
400	57.6	Alan Fulton	00
800	2:13.1	John Ballentine	93
1500	4:24.3	John Ballentine	93
3000	9:29.0	John Ballentine	92
5000	16:30.1	John Ballentine	92
10000	34:06.7	John Ballentine	92
100H	18.13	Kenny Lyon	11
400H	77.1	Bill Lonsdale	02
½ Mar	76:45	Roderick MacFarquhar	93
Mar	2:31:48	Alastair Wood	83
HJ	1.65	Bill Lonsdale	03
PV	3.45	Robert Masson	99
LJ	5.35	Trevor Madigan	91
TJ	10.82	Kenny Lyon	12
SP	11.34	Robert Masson	97
DT	38.09	Robert Masson	98
JT	39.70	Robert Masson	99
HT	34.35	Robert Masson	98
Dec	6251	Robert Masson	99

VETERAN MEN (Over 55)

60	8.5	Trevor Madigan	01
100	12.9	Trevor Madigan	00
200	27.09	Bill Skinner	14
300	44.4	Trevor Madigan	00
400	61.21	Allan Stirling	01
800	2:27.20	Alan Fulton	05
1500	4:56.0	Bill Scullion	02
3000	10:21.5	Colin Youngson	04
5000	17:18.0	Colin Youngson	03
10000	36:59.4	John Ballentine	97
100H	19.1	Robert Masson	04
½ Mar	82:42	Bill Scullion	04
Mar	2:57:41	Bill Scullion	00
HJ	1.50	Robert Masson	02
PV	3.20	Robert Masson	03
LJ	5.02	Trevor Madigan	06
TJ	10.04	Bill Skinner	14
SP	10.84	Robert Masson	04
DT	35.83	Robert Masson	02

JT	40.53	Robert Masson	02
HT	32.40	Robert Masson	10
DEC	6006	Robert Masson	04

VETERAN MEN (Over 60)

60	8.6	Trevor Madigan	06
100	13.4	Trevor Madigan	05
200	27.8	Trevor Madigan	05
300	46.8	Trevor Madigan	08
400	66.8	Alan Fulton	10
800	2:37.5	E Dunster / H Fletcher	90/95
1500	5:23.5	Ernie Dunster	90
3000	11:36.7	Colin Youngson	10
5000	19:03.22	Colin Youngson	08
10000	41:14.0	Ernie Dunster	90
100H	19.85	Robert Masson	07
300H	53.09	Robert Masson	08
½ Mar	1:26:36	Colin Youngson	08
Mar	3:14:19	Ronnie Wilson	03
HJ	1.41	Trevor Madigan	06/07
PV	3.00	Robert Masson	10
LJ	5.02	Trevor Madigan	06
TJ	9.79	Trevor Madigan	06
SP	10.15	Robert Masson	07
DT	42.45	Robert Masson	12
JT	37.37	Robert Masson	08
HT	32.40	Robert Masson	10
Dec	6490	Robert Masson	07

VETERAN MEN (Over 65)

60	9.0	Trevor Madigan	10/11
100	13.8	Trevor Madigan	09
200	29.49	Trevor Madigan	11
300	51.4	Trevor Madigan	10
400	70.45	Alan Fulton	14
800	2:50.8	Hugo Fletcher	99
1500	5:33.41	Colin Youngson	13
3000	11:57.36	Colin Youngson	13
5000	20:32.94	Colin Youngson	13
½ Mar	96:08	Colin Youngson	13
Mar.	3:31:16	James Youngson	81
300H	57.5	Robert Masson	12
HJ	1.35	T Madigan	09
PV	2.90	Robert Masson	12/13
LJ	4.32	Trevor Madigan	11
TJ	8.95	Trevor Madigan	09
SP	9.41	Robert Masson	12
DT	42.45	Robert Masson	12
HT	29.51	Robert Masson	12
JT	33.36	Robert Masson	12

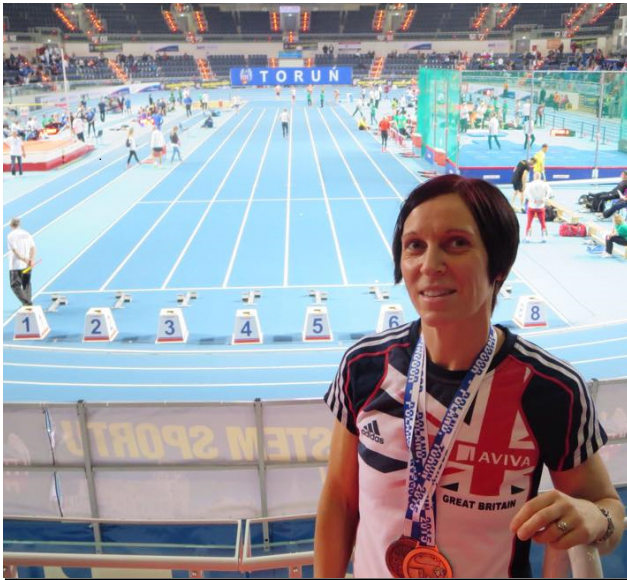
VETERAN MEN (Over 70)

60	11.2	Hugo Fletcher	06
100	14.58	Trevor Madigan	14
200	35.5	Hugo Fletcher	05
300	63.4	Hugo Fletcher	06
400	80.0	Hugo Fletcher	05
800	3:12.5	Hugo Fletcher	04
1500	6:45.8	George Cruickshank	05
5000	23:57.5	George Cruickshank	05
HJ	1.30	Trevor Madigan	14
LJ	3.91	Trevor Madigan	14
SP	6.49	Miller Mathieson	09
DT	18.21	Miller Mathieson	08
HT	19.08	Ian Morrison	05
JT	10.16	Hugo Fletcher	10

VETERAN MEN (Over 75)

60	13.1	Hugo Fletcher	10
100	20.2	Hugo Fletcher	10
200	43.6	Hugo Fletcher	11
300	74.4	Hugo Fletcher	10
400	97.3	Hugo Fletcher	09
800	3:34.8	George Cruickshank	09
1500	7:15.3	George Cruickshank	09
Mar	4:32:14	George Cruickshank	09
	(chip time 4:31:31)		
SP	5.01	Hugo Fletcher	10
DT	13.12	Hugo Fletcher	11
HT	12.60	Hugo Fletcher	10

JT	10.16	Hugo Fletcher	10	JT (600g)	35.98	Ellie Workman	09
SENIOR WOMEN				JT (500g)	29.15	Iona Colquhoun	14
60	7.5	Dawn Kitchen	85	Pent.	2896	Catriona Pennet	00
100	11.8	Dawn Flockhart/Sarah Still	94/99	Hept.	4390	Ellie Workman	09
200	23.9	Dawn Flockhart	96	4x100	49.56	Summers, Cumming, Nicol,	
300	38.66	Kelsey Stewart	13			Matheson	14
400	53.51	Zoey Clark	14	4x200	1:49.3	Barlow, Shearer, C Pennet, L Johnston	00
800	2:05.11	Nicola Gauld	06	Medley	4:31.5	Keenan, C Fraser, N Fraser, Clarkson	94
1500	4:11.80	Nicola Gauld	08	UNDER-15 GIRLS			
3000	9:04.21	Nicola Gauld	08	100	12.37	Lesley-Ann Mearns	05
5000	15:58.95	Rhona Auckland	14	200	25.05	Lesely-Ann Mearns	05
10000	33:09.58	Rhona Auckland	14	300	43.87	Talia Mathers	14
100H	13.97	Catriona Pennet	04	800	2:13.36	Dawn Simpson	88
400H	61.80	Sylvia Kamyra	09	1500	4:43.6	Carolyn Sheehan	84
½ Mar	73:22	Lynda Bain	85	75H	11.24	Sandra Gunn	90
Mar	2:33:38	Lynda Bain	85	HJ	1.58	Ann Watt/Kate MacKay	81/14
PV	3.00	Laura Kutt	11	PV	2.20	Erin Runcie/Freya McKay	12/14
HJ	1.69	Ellie Workman	09	LJ	5.38	Deidre Auld	77
LJ	5.95	Linda Davidson	92	SP (3.25K)	12.18	Helen Cowe	81
TJ	12.06	Fiona Watt	96	SP (3K)	9.37	Alix Still	14
SP	14.24	Helen Cowe	93	DT	31.92	Helen Cowe	81
DT	48.64	Helen Cowe	94	HT	24.69	Kristie Hindle	13
JT	38.28	Linda Low	96	JT (600g)	30.32	Emily Dougall	92
HT	43.79	Jacqui Loney	03	JT (500g)	29.15	Iona Colquhoun	14
Pent.	2691	Lyndsay Peddie	83	Pent.	2754	Catriona Pennet	98
Hept.	5014	Sarah Still	00	4x100	51.1	Kelly, Beveridge, Grant, Bruce	82
4x100	48.4	Madigan, Edon, Leslie, Vaughan	86	4x200	1:58.4	Murdoch, Williams, MacDonald.	
4x200	1:51.0	Humphreys, Dawson, Stirling,				Somers	09
		Milne	09	3x800	7:12.6	Cherry, McInnes, Sheehan	84
4x400	3:50.0	Windass, Hendry, Watt, Flockhart	96	UNDER-13 GIRLS			
Medley	4:07.7	Madigan, Edon, Kitchen,		60	8.6	Lisa Burr	98
		Sheehan	85	75	10.4	Lesley-Ann Mearns	03
UNDER-20 WOMEN				100	12.8	Michelle Bruce	81
60	7.8	K Madigan/S Still	86/93	150	20.1	Lesley-Ann Mearns	03
100	11.9	Louise Paterson	91	200	26.3	Michelle Bruce	81
200	24.45	Zoey Clark	13	800	2:19.0	M Cherry / D Simpson	83/86
300	38.66	Kelsey Stewart	13	1200	3:59.52	Rebecca Eggeling	12
400	54.46	Zoey Clark	13	1500	4:54.7	Dawn Simpson	86
800	2:10.67	Emma Cloggie	06	70H	11.21	Sandra Gunn	88
1500	4:30.92	Kate Rice	90	HJ	1.45	Kate MacKay/Carmen Neat	12/14
3000	9:29.28	Rhona Auckland	12	LJ	5.01	Sarah Still	88
10000	34:53.24	Rhona Auckland	12	SP	9.53	Laura Crockford	94
100H	14.36	Catriona Pennet	02	DT	26.54	Laura Crockford	94
400H	63.20	Rebecca Dougall	99	JT	26.31	Sophie Anderson	10
HJ	1.69	Ellie Workman	09	Pent.	2335	Catriona Pennet	96
LJ	5.74	Sarah Still	94	4x100	53.7	Carle, Stephen, Mathieson, Bole	77
TJ	11.48	Kirsten Young	04	4x200	1:58.7	H Mathieson, Rossiter, S Mathieson,	
PV	2.90	Sam Somers	12			Shearer	97
SP	10.29	Sarah Lyon	99	3x800	7:57.8	L Still, Simpson, Clarkson	90
DT	32.30	Marian Simpson	95	UNDER-11 GIRLS			
HT	39.58	Marian Simpson	96	60	9.3	Hannah Mathieson	96
JT	35.98	Ellie Workman	09	100	14.1	Bruce / Madigan / Gunn	79/80/86
Hept.	4643	Sarah Still	94	200	30.0	Mathieson / Marshall / Pirie	76/82/90
4x100	50.3	D Burr, Paterson, S Still, Gunn	91	800	2:34.8	Dawn Simpson	84
4x400	4:06.6	L Still, Keenan, Hendry, H Pirie	94	HJ	1.26	Sophie Anderson	08
				LJ	4.22	Lesley-Ann Mearns	01
UNDER-17 WOMEN				SP	6.46	Sophie Anderson	08
60	7.8	Kathleen Madigan	86	JT	15.01	Meghan Maslen	99
100	11.9	Louise Paterson	91	4x100	60.3	Stewart, Wilson, Still, Gunn	86
200	24.7	Louise Paterson	90	4x200	2:10.3	Henderson, Wilson, Still, Gunn	86
300	38.66	Kelsey Stewart	13				
400	55.10	Kelsey Stewart	13				
800	2:13.29	Kelsey Stewart	13				
1500	4:32.7	Kathryn Shepherd	74				
3000	10:20.6	Eilidh Prise	12				
80H	11.48	Yasmin Milne	10				
100H	15.5	Lyndsay Peddie	83				
300H	44.14	Sylvia Kamyra	05				
400H	66.0	Bridie McGlashan	86				
HJ	1.69	Ellie Workman	09				
PV	2.80	Sam Somers	11				
LJ	5.71	Kirsten Young	05				
TJ	11.48	Kirsten Young	04				
SP (4K)	11.85	Helen Cowe	83				
SP (3K)	12.45	Alison Horne	14				
DT	38.08	Helen Cowe	83				
HT (4K)	31.58	Marian Simpson	94				
HT (3K)	30.96	Erin Runcie	14				



Fiona Davidson – 2014 W45 World Indoor Triple Jump bronze medalist

VETERAN WOMEN (OVER 35)

60	8.1	J Lyon/K Madigan	97/07
100	12.82	Kathleen Madigan	07
200	26.5	Janet Lyon	97
300	44.03	Kathleen Madigan	08
400	61.05	Laura Mahady	09
800	2:19.3	Sonia Armitage	04
1500	4:39.12	Sonia Armitage	96
3000	9:51.9	Heather Wisley	90
5000	17:48.80	Sonia Armitage	99
10000	37:18.2	Heather Wisley	89
80H	14.6	Janet Lyon	04
100H	17.6	Janet Lyon	04
400H	73.0	Janet Lyon	00
½ Mar	82:09	Ulli Simpson	90
Mar	3:00:32	Margaret Stafford	90
HJ	1.40	Fiona Davidson	08

PV	2.81	Janet Lyon	04
LJ	5.10	Fiona Davidson	14
TJ	11.07	Fiona Davidson	10
SP	8.82	Linda Michie	06
DT	23.94	Anne Lindsay	88
JT	28.40	Barbara MacDonald	96
HT	31.86	Kathleen Madigan	14
Hept	2751	Shona McKinnon	02

VETERAN WOMEN (OVER 40)

60	8.3	Kathleen Madigan	10
100	13.09	Kathleen Madigan	10
200	26.9	Janet Lyon	04
300	44.6	Kathleen Madigan	10
400	61.05	Laura Mahady	09
800	2:19.3	Sonia Armitage	04
1500	4:45.36	Sonia Armitage	07
3000	10:25.4	Sonia Armitage	02

5000	18:15.3	Sonia Armitage	03
10000	38:18.5	Sonia Armitage	02
80H	14.6	Janet Lyon	04
100H	17.6	Janet Lyon	04
400H	75.5	Joyce Hogg	90
½ Mar	1:29:01	Ulli Simpson	96*
Mar	3:24:22	Olive Fraser	89
HJ	1.35	Fiona Davidson	13
PV	2.81	Janet Lyon	04
LJ	5.10	Fiona Davidson	14
TJ	10.99	Fiona Davidson	14
SP	8.43	Kathleen Madigan	12
DT	22.34	Ann Imrie	97
JT	28.40	Barbara MacDonald	96
HT	31.86	Kathleen Madigan	14

VETERAN WOMEN (OVER 45)

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

VETERAN WOMEN (OVER 50)

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

VETERAN WOMEN (OVER 55)

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



Club members who took part in the 2014 Christmas Relays

INDOOR RECORDS AS AT 01/01/2015

SENIOR MEN

60	6.89	Stephen Dunlop	14
200	21.90	Mark Davidson	90
400	47.44	Barry Middleton	97
800	1:51.90	Myles Edwards	14
1000	2:30.94	Mark Kennedy	04
1500	3:51.94	Myles Edwards	14
3000	8:27.22	Alan Wales	06
60H	8.32	Duncan Mathieson	97
HJ	1.99	Duncan Mathieson	89
PV	4.10	David Mann	13
LJ	7.14	Duncan Mathieson	91
TJ	15.24	Chukwudi Onyia	14
SP	16.98	Scot Thompson	10
DT	31.62	Edward Mckenzie	07
Hept.	5275	Duncan Mathieson	97
4x200	1:31.20	Dunlop, Shaw, Calder, G Irvine	14

UNDER-20 MEN

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

UNDER-17 MEN

60	7.39	Scott Rankin	02
200	23.63	Cameron Brown	14
400	51.1	Ahmed Al-Kowarri	94
800	1:59.34	Steven Rusling	04

1000	2:52.75	Barry Middleton	91
1500	4:15.27	Adam Watt	01
60H	8.50	Richard Singer	95
HJ	1.90	K Lutton/R Hewitson	01/12
PV	3.60	Alasdair Lowe	14
LJ	6.36	William Stark	93
TJ	12.67	William Stark	93
SP	12.48	Kevin Lutton	01
Hept.	4094	Richard Singer	95
Pent	3045	Richard Singer	95

UNDER-15 BOYS

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

UNDER-13 BOYS

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

VETERAN MEN (OVER 35) (as from 2005)

60	7.52	Stan Walker	09
200	24.60	Mark Davidson	14
400	57.36	John McKeown	10
800	2:35.00	Alan Fulton	07
1000	3:16.17	Bill Lonsdale	06
1500	4:34.71	Frank Boyne	08
3000	10:07.39	Frank Boyne	08
60H	10.61	Edward McKenzie	06
HJ	1.57	Bill Lonsdale	06
PV	3.02	Robert Masson	09
LJ	5.44	Kenny Lyon	07
TJ	10.04	Bill Lonsdale	06
SP	12.18	Fintan McCabe	08
DT	31.62	Edward McKenzie	07
Weight	8.57	Edward McKenzie	07
Pent	2162	Edward McKenzie	07

VETERAN MEN (OVER 40)

60	7.6	Alan MacKenzie / Stan Walker89/10&11	
200	24.60	Mark Davidson	14
400	54.60	Denis Shepherd	93
800	2:07.45	Denis Shepherd	93
1000	3:16.27	Kenny Lyon	03
1500	4:17.4	Colin Youngson	92
3000	8:58.7	Colin Youngson	89
60H	10.1	Darren Chapman	10
HJ	1.68	Denis Shepherd	93
LJ	5.62	Trevor Madigan	87
TJ	11.64	Kenny Lyon	01
PV	3.60	Robert Masson	89
SP	12.27	Darren Chapman	10
SP (sen)	12.27	Darren Chapman	10
DT	31.62	Edward McKenzie	07
Weight	9.63	Edward McKenzie	11
Pent	2239	Edward McKenzie	11
Hept	3851	Kenny Lyon	03
4X200	1:41.2	Mackenzie, Madigan, Stirling, Clarkson	90

VETERAN MEN (OVER 45)

60	7.65	Mark Davidson	14
200	24.60	Mark Davidson	14
400	56.33	Frank Gauld	00
800	2:11.97	Alan Fulton	96
1000	3:20.43	Bill Lonsdale	03
1500	4:23.23	John Ballentine	94
3000	9:12.4	Roderick MacFarquhar	89
60H	10.98	Kenny Lyon	08
HJ	1.65	Bill Lonsdale	03
LJ	5.43	Trevor Madigan	90
TJ	11.14	Trevor Madigan	90
PV	3.45	Robert Masson	98
SP	11.44	Darren Chapman	12
SP (sen)	11.44	Darren Chapman	12
Hept	3896	Kenny Lyon	08

VETERAN MEN (OVER 50)

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

VETERAN MEN (OVER 55)

60	8.38	Trevor Madigan	06
200	28.46	Trevor Madigan	06
400	61.05	Alan Fulton	04
800	2:24.00	Bill Scullion	04
1000	3:29.45	Bill Lonsdale	07

1500	5:07.65	Colin Youngson	04
3000	9:56.91	Colin Youngson	03
60H	12.27	Bill Lonsdale	07
HJ	1.46	Bill Lonsdale	07
PV	3.21	Robert Masson	03
LJ	4.48	Bill Lonsdale	07
TJ	9.93	Trevor Madigan	06
SP	8.24	Trevor Madigan	06
Pent	2947	Bill Lonsdale	07

VETERAN MEN (OVER 60)

60	8.38	Trevor Madigan	06
200	28.46	Trevor Madigan	06
400	66.29	Alan Fulton	10
800	2:44.3	Ernie Dunster	90
1000	3:42.60	Robert Masson	09
1500	5:23.96	Colin Youngson	08
3000	11:14.58	Colin Youngson	08
60H	11.7	Robert Masson	10
HJ	1.40	Trevor Madigan	10
PV	3.02	Robert Masson	09
LJ	4.45	Trevor Madigan	06
TJ	9.93	Trevor Madigan	06
SP	10.16	Robert Masson	11
Hept	4304	Robert Masson	09

VETERAN MEN (OVER 65)

60	8.76	Trevor Madigan	10
200	33.06	Hugo Fletcher	00
400	73.31	Hugo Fletcher	00
800	3:09.0	Hugo Fletcher	00
1500	5:40.87	Colin Youngson	13
3000	11:35.87	Colin Youngson	13
60H	12.04	Robert Masson	13
HJ	1.40	Trevor Madigan	10
PV	2.90	Robert Masson	12
LJ	4.17	Trevor Madigan	11
TJ	8.99	Trevor Madigan	10
SP	9.86	Robert Masson	14
Hept	3239	Robert Masson	13

VETERAN MEN (OVER 70)

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

VETERAN MEN (OVER 75)

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

SENIOR WOMEN

60	7.65	Zoey Clark	14
200	24.62	Zoey Clark	14
400	55.27	Emma Cloggie	06
800	2:11.47	Nicola Gauld	04
1500	4:26.20	Nicola Gauld	06
3000	9:56.20	Rhona Auckland	12
60H	8.79	Catrina Pennet	04
HJ	1.71	Ellie Workman	09
LJ	5.88	Linda Davidson	93
TJ	11.18	Linda Davidson	92
PV	2.95	Laura Kutt	11
SP	13.89	Helen Cowe	93
Pent.	3778	Sarah Still	00

UNDER-20 WOMEN

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

LJ	5.36	Kirsten Young	05
TJ	11.00	Kirsten Young	05
SP	8.99	Sarah Lyon	99
Pent.	3212	Sarah Still	94

UNDER-17 WOMEN

60	7.82	Zoey Clark	11
200	25.16	Zoey Clark	11
300	39.81	Zoey Clark	11
400	57.64	Kelsey Stewart	13
800	2:17.60	Emma Cloggie	02
1500	4:46.81	Ellie Buchan	08
3000	12:23.44	Chantelle Clark	06
60H	8.83	Yasmin Milne	10
HJ	1.71	Ellie Workman	09
PV	2.85	Sam Somers	11
LJ	5.36	Kirsten Young	05
TJ	11.00	Kirsten Young	05
SP	8.99	Sarah Lyon	99
Pent.	3337	Ellie Workman	09

UNDER-15 GIRLS

60	7.83	Lesley-Ann Mearns	05
200	25.51	Lesley-Ann Mearns	05
800	2:17.60	Emma Cloggie	02
1500	4:57.90	Hannah Smith	94
60H	9.30	Hannah Mathieson	00
HJ	1.56	Kate MacKay	14
PV	2.06	Sophie Anderson	11
LJ	5.02	Donna Quirie	91
SP	8.68	Catriona Pennet	98
Pent.	2794	Jennifer Reid	92

UNDER-13 GIRLS

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

VETERAN WOMEN (OVER 35)

60	8.19	Kathleen Madigan	05
200	27.41	Kathleen Madigan	06
400	64.11	Laura Mahady	13
800	2:22.77	Sonia Armitage	06
1500	4:45.85	Sonia Armitage	06

3000	11:19.1	Laura Mahady	06
60H	10.80	Janet Lyon	01
HJ	1.36	Shona McKinnon	03
PV	2.70	Janet Lyon	02/04
LJ	4.76	Fiona Davidson	12
TJ	11.02	Fiona Davidson	14
SP	8.48	Kathleen Madigan	13
Pent.	2380	Shona McKinnon	02

VETERAN WOMEN (OVER 40)

60	8.32	Fiona Davidson	13
200	27.96	Janet Lyon	04
400	64.11	Laura Mahady	13
800	2:22.77	Sonia Armitage	06
1500	4:45.85	Sonia Armitage	06
3000	11:19.1	Laura Mahady	06
60H	10.90	Janet Lyon	02
HJ	1.32	Shona McKinnon	09
PV	2.70	Janet Lyon	02/04
LJ	4.62	Fiona Davidson	14
TJ	11.02	Fiona Davidson	14
SP	8.48	Kathleen Madigan	13
Pent	2286	Shona McKinnon	04

VETERAN WOMEN (OVER 45)

60	8.87	Ann Imrie	95
200	29.29	Ann Imrie	95
400	64.11	Laura Mahady	13
800	2:22.77	Sonia Armitage	06
1500	4:45.85	Sonia Armitage	06
3000	11:19.1	Laura Mahady	06
HJ	1.32	Shona McKinnon	09
PV	2.50	Janet Lyon	11
LJ	3.87	Shona McKinnon	11
TJ	8.09	Shona McKinnon	10

VETERAN WOMEN (OVER 50)

60	9.33	Penny Johnson	14
200	31.22	Penny Johnson	14
400	64.11	Laura Mahady	13
800	2:27.84	Laura Mahady	13
PV	2.35	Janet Lyon	14
LJ	3.59	Shona McKinnon	13

VETERAN WOMEN (OVER 55)

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



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ALL TIME TOP 20s - SENIOR EVENTS

MEN 60m

7.0	MARK DAVIDSON	CA Stadium	03.04.94
7.0	MURRAY KING	Balgownie	02.09.88
7.0	BARRY MIDDLETON	CA Stadium	06.04.97
7.0	STAN WALKER	Grangemouth	29.03.87
7.1	Martin Johnston	Balgownie	06.06.84
7.1	Duncan Mathieson	Balgownie	02.09.88
7.1	Donald Ross	CA Stadium	03.04.94
7.1	Ray Smith	Balgownie	02.07.85
7.2	Ahmed Al-Kowarri	CA Stadium	07.04.02
7.2	Paul Davidson	CA Stadium	03.04.94
7.2	Bob Drummond	CA Stadium	04.04.93
7.2	Neil Fachie	CA Stadium	02.04.06
7.2	Kenny Lyon	Balgownie	02.09.88
7.2	Lee Williamson	CA Stadium	05.04.09
7.23	Gavin Irvine	CA Stadium	06.04.13
7.3	Ray Elrick	CA Stadium	02.04.95
7.3	Ian Garioch	CA Stadium	12.05.08
7.3	Craig Loney	CA Stadium	07.04.02
7.3	Alasdhair Love	CA Stadium	02.04.95
7.3	Sam Lyon	CA Stadium	31.03.12
7.3	Stuart Mathieson	CA Stadium	05.04.98
7.3	Kevin Morice	CA Stadium	11.07.00

MEN 100m

10.50	MARK DAVIDSON	Crown Point	12.08.89
10.56	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
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	Scotstoun	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
11.1	Fairley/Carnie/Smith/Drummond/Ross/Elrick/ Fachie/Irvine		

MEN 200m

21.07	MARK DAVIDSON	Crown Point	12.08.89
21.4	Martin Johnston	Crown Point	19.07.86
21.6	Murray King	Linksfield	06.09.88
21.8	Barry Middleton	CA Stadium	28.07.96
21.9	Brian Gordon	Balgownie	01.07.73
21.96	Stephen Dunlop	Eton	10.05.14
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
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
37.1	Alasdhair Love	CA Stadium	18.07.93
37.1	Colin Wilson	CA Stadium	26.07.92
37.3	Gareth Lake	CA Stadium	28.08.14
37.4	David Braun	CA Stadium	05.04.98
37.4	Neil Fachie	CA Stadium	04.04.04
37.4	Tim Roads	CA Stadium	12.05.08
37.5	Peter Mutch	CA Stadium	24.05.12

MEN 400m

46.9	MARK DAVIDSON	E Kilbride	29.07.89
46.97	Martin Johnston	Meadowbank	25.05.85
47.49	Ian Garioch	Wishaw	08.08.10
48.1	Barry Middleton	Scotstoun	16.07.00
48.8	John Dixon	Glasgow	15.06.66
48.8	Brian Gordon	Meadowbank	11.06.72
48.99	Ahmed Al-Kowarri	Carmarthen	16.07.96
49.1	Murray King	Crown Point	15.08.93
49.20	Duncan Mathieson	Stadthagen	23.06.90
49.32	Paul Allan	Middlesbrough	31.08.91
49.45	Michael Ferguson	CA Stadium	25.08.13
49.58	Paul Davidson	Meadowbank	16.06.96
49.8	David Oliver	Coatbridge	29.08.76
50.08	Bruce Gibb	Newham	22.08.09
50.1	Thomas Blackie	Grangemouth	16.06.85
50.3	Steven Ledingham	Balgownie	02.07.85
50.50	Richard Singer	Meadowbank	23.06.95
50.58	David Braun	Meadowbank	01.08.99
50.7	Kenny Lyon	Crown Point	18.06.89
50.8	Jim Teasurer/Alan Mackenzie		72 / 74

MEN 800m

1:49.3	EWAN CALVERT	Stretford	23.08.94
1:50.37	Myles Edwards	Lokeren (BEL)	24.05.14
1:52.4	Michael Murray	Inverness	19.08.84
1:52.86	Michael Ferguson	Scotstoun	02.08.13
1:52.91	Alan Wales	Loughborough	18.05.05
1:53.00	Thomas Blackie	Meadowbank	22.06.85
1:53.4	Frank Boyne	CA Stadium	18.07.93
1:53.46	Adam Watt	Manchester	31.05.03
1:53.5	Ross Arbuckle	Pitreavie	27.05.79
1:53.51	James Joy	Solihull	10.07.10
1:54.24	Ray Creswell	Meadowbank	05.06.88
1:54.3	Brian Gordon	Meadowbank	23.06.73
1:54.7	David Stephen	Balgownie	28.07.84
1:54.8	Colin Donald	Crawley	21.07.84
1:54.82	Mark Haskett	Grangemouth	20.06.10
1:54.9	Michael Turner	Cosford	05.07.89
1:54.9	Lewis Walker	Meadowbank	08.05.77
1:54.91	Stuart Forbes	Manchester	31.05.03
1:55.04	Mark Kennedy	Manchester	21.05.05
1:55.1	Robert Mitchell	Coatbridge	28.06.81

MEN 1500m

3:44.67	ALAN WALES	Manchester	15.07.06
3:46.91	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
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
3:55.16	Michael Ferguson	Hutcheson's	17.05.14
3:55.8	Ross Arbuckle	Meadowbank	26.08.79
3:55.9	Colin McClean	Grangemouth	14.05.86
3:56.39	Ewan Calvert	Meadowbank	30.05.92
3:56.8	Darren Shinnie	Wishaw	25.07.04

*Converted from mile time

MEN 3000m

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

MEN 5000m

14:18.90	IAN MATHESON	Crown Point	22.07.89
14:19.62	Fraser Clyne	Meadowbank	20.06.81
14:20.5	Graham Laing	Meadowbank	30.05.81
14:20.58	Chris Hall	Birmingham	22.05.88
14:22.5	Mel Edwards	Crystal Palace	20.08.68
13:46.0*	Steve Taylor	Pitreevie	08.06.66
14:26.6	Bruce Chinnick	Inverness	23.05.87
14:28.77	Alan Reid II	Grangemouth	26.08.89
14:30.8	Bill Ewing	Grangemouth	31.05.69
14:32.5	Graham Milne	Melbourne	11.03.75
14:33.4	Stephen Wright	Coatbridge	18.08.91
14:42.5	Gary Zeuner	Crown Point	13.06.87
14:45.59	Ben Hukins	Grangemouth	17.04.11
14:45.73	Ray Creswell	Meadowbank	05.08.90
14:47.9	Peter Wilson	Balgownie	24.05.83
14:48.0	Donald Ritchie	Grangemouth	31.05.69
14:48.0	Alastair Wood	Meadowbank	07.05.82
14:48.9	George Harper	Meadowbank	28.08.83
14:49.33	Iain Donnan	Meadowbank	16.05.04
14:50.1	Ian Johnstone	Coatbridge	14.08.77

*3-mile race (shorter distance)

MEN 10,000m

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

*6-mile race (shorter distance)

MEN HALF MARATHON

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

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

MEN MARATHON

2:11:50	FRASER CLYNE	Sacramento	02.12.84
2:13:45	Alastair Wood	Inverness	09.07.66
2:13:59	Graham Laing	London	29.03.81
2:16:06	David Clark	London	17.04.83
2:17:07	Rab Heron	N.Berwick	12.05.73
2:17:33	Colin Youngson	Maasluis	02.04.83
2:17:58	Jim Doig	London	22.04.90
2:18:25	Mel Edwards	Harlow	21.10.67
2:18:43	Joseph Clare	Inverness	06.07.68
2:19:28	Steve Taylor	Maxol	13.06.71
2:19:35	Donald Ritchie	London	17.04.83
2:19:53	Simon Axon	London	20.04.86
2:20:05	Peter Wilson	London	17.04.83
2:20:41	George Reynolds	London	17.04.83
2:21:27	Graham Milne	London	17.04.83
2:21:27	Kevin Best	Malmö	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



Grant Smith prepares for his leg of the 2014 Commonwealth Games Queen's Baton Relay

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	Kilkenny	27.08.95
16.6	Allan Kenny	Coatbridge	16.05.76
16.8	Dinkar Sabnis	Cardiff	30.08.92
16.9	Martin Hoile	Balgownie	13.04.80
17.0	Jonathan Gregory	Dundee	22.08.99
17.0	David Low	Coatbridge	12.05.92
17.0	Keith Oag	Inverness	20.08.95
17.2	Kenny Lyon	Inverness	15.05.88

MEN 400m HURDLES

50.79	MARK DAVIDSON	Sittard	17.06.89
51.18	Barry Middleton	Birmingham	16.06.96
53.70	Steve Ledingham	Meadowbank	25.05.85
54.15	Jonathan Mann	Gateshead	15.06.12
54.98	Andrew Grant	Scotstoun	14.08.04
55.1	Robert Miller	Dundee	11.07.04
56.1	Paul Allan	CA Stadium	29.06.89
56.50	Ronald Smith	Grangemouth	11.07.99
56.6	Alasdair Love	Ayr	18.07.95
56.8	Murray King	Crown Point	07.06.86
57.1	Denis Shepherd	Balgownie	09.09.79
57.82	Sam Lyon	Grangemouth	12.06.10
58.0	Richard Singer	CA Stadium	06.06.96
58.3	Kenny Lyon	Balgownie	31.08.80
58.4	Brian Turnbull	Balgownie	10.09.78
58.44	Edward McKenzie	Meadowbank	19.08.84
58.59	Gareth Lake	CA Stadium	25.07.13
58.9	Frank Boyne	Balgownie	13.08.85
58.99	Simon Brame	Meadowbank	23.07.83
59.0	David Stewart	Oxford	20.05.89

MEN HIGH JUMP

2.07	DUNCAN MATHIESON	Stadthagen	23.06.90
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2.00	David Polson	Meadowbank	19.07.81
2.00	Dinkar Sabnis	Grangemouth	29.08.93
1.98	Keith Oag	Dublin	13.08.94
1.95	Paul Allan	CA Stadium	08.09.91
1.95	Ian Bailey	Meadowbank	29.06.86
1.95	Miller Mathieson	Coatbridge	22.07.84
1.91	Ryan Hewitson	Ashford	21.07.12
1.91	Kevin Lutton	CA Stadium	09.05.01
1.90	Grant Robertson	CA Stadium	05.04.14
1.90	William Stark	Scotstoun	16.05.99
1.88	George Stewart	Meadowbank	11.06.72
1.85	Andrew Grant	Meadowbank	13.05.01
1.85	Craig Noble	CA Stadium	07.06.92
1.85	William Smy	Dundee	02.08.09
1.84	Michael Corrie	Balgownie	22.06.75
1.83	James Shand	Aberdeen	02.06.62
1.83	Michael Spink	CA Stadium	20.05.93
1.80	Lyon/Petrie/Catto/Kennedy/Lind/Wright/Leeson/Miller/Sutherland	79/79/80/82/89/92/96/03/04	

MEN POLE VAULT

4.20	DUNCAN MATHIESON	London	07.07.90
4.00	Paul Allan	Meadowbank	14.07.93
4.00	David Mann	Grangemouth	21.07.13
3.91	Douglas McAllister	Meadowbank	27.08.78
3.90	Tom Leeson	Ayr	21.07.96
3.77	Alasdair Lowe	CA Stadium	23.08.14
3.75	Kenny Lyon	Meadowbank	06.07.86
3.70	Robert Masson	Meadowbank	07.09.80
3.50	Mark Dobbie	CA Stadium	16.07.95
3.50	Frank Fenton	Balgownie	26.04.79
3.40	Fraser Benzie	Grangemouth	25.06.00
3.40	Michael Kennedy	Balgownie	28.04.84
3.40	Sam Lyon	Grangemouth	20.06.10
3.35	Derek Beaton	Meadowbank	09.08.92
3.35	Miller Mathieson	Balgownie	02.04.84
3.30	Dinkar Sabnis	Cardiff	30.08.92
3.23	Paul Torry	Sheffield	02.09.01
3.10	Jonathan Gregory	CA Stadium	01.06.99
3.10	Robert Miller	Hexham	18.07.04
3.10	William Stark	Grenoble	19.09.93

MEN LONG JUMP

7.62	DUNCAN MATHIESON	West London	30.07.95
7.07	William Stark	Pitreavie	08.07.95
7.06	Dinkar Sabnis	CA Stadium	22.08.93
7.05	Sam Lyon	Scotstoun	10.08.13
6.98	Paul Allan	Prague	26.05.90
6.91	Charles Smith	Linkfield	10.06.63
6.88	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	Linkfield	03.05.62
6.73	Kenny Lyon	Balgownie	14.06.80
6.73	David Polson	Balgownie	17.05.83
6.73	John Waters	Linkfield	19.06.61
6.69	Tom Leeson	Antrim	31.08.96
6.67	Michael Catto	Balgownie	02.08.80
6.66	Michael Ashford	Meadowbank	29.06.74
6.65	Mark Dobbie	Meadowbank	15.05.94
6.63	Simon Sawhney	CA Stadium	20.05.07
6.62	David Fairley	Meadowbank	19.08.84

MEN TRIPLE JUMP

15.16	CHUKWUDI ONYIA	Eton	06.07.13
14.55	William Stark	Crown Point	11.06.95
14.43	Stan Malone	Grangemouth	12.05.79
14.42	Duncan Mathieson	Birmingham	15.07.90
14.09	Dinkar Sabnis	Banchory	29.08.91
14.06	Sam Lyon	Scotstoun	30.08.14
13.68	Paul Allan	CA Stadium	14.06.89
13.58	Kenny Lyon	Meadowbank	06.07.86
13.57	James Laird	Dundee	17.09.60
13.52	Miller Mathieson	Meadowbank	19.08.84
13.43	John Waters	Linkfield	19.06.61
13.27	Stewart Clark	Grangemouth	14.08.11
13.23	James Shand	Linkfield	02.06.62
13.12	David Polson	Inverness	24.07.82

MEN JAVELIN

OLD:			
56.02	JOHN WATERS	Linksfield	15.05.61
54.64	Kenneth McKenzie	Linksfield	23.05.71
52.98	Roger Benton	Meadowbank	29.06.86
52.42	John Wiseman	Scotstoun	14.06.75
49.40	James Laird	Linksfield	03.05.62
NEW:			
58.75	PETER FRASER	Greenock	26.04.98
57.70	Ben Jump	Meadowbank	02.08.92
57.14	Robert Miller	Walthamstow	18.08.02
55.90	Duncan Mathieson	Stadthagen	24.06.90
55.65	Ryan Knight	Dundee	07.08.11
55.45	Scot Thompson	Hendon	04.09.10
52.96	Paul Allan	Hendon	25.08.91
52.86	Tom Leeson	CA Stadium	28.04.96
49.62	Michael Spink	CA Stadium	02.04.95
49.26	Keith Simpson	Scotstoun	14.06.98
47.98	Edward McKenzie	CA Stadium	11.05.91
46.54	Sam Lyon	Grangemouth	13.07.14
45.92	Kenny Lyon	CA Stadium	02.04.89
45.88	Mark Dobbie	Pitreevie	02.06.96
44.46	Frank Fenton	Meadowbank	28.08.88

MEN DECATHLON (TOP 19)

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

NEW:			
7535	DUNCAN MATHIESON	Stadthagen	23/24.06.90 (11.06; 7.27; 12.94; 2.07; 49.20; 15.03; 36.54; 4.10; 55.90; 4:42.64)
7240	Paul Allan	Hendon	24/25.08.91 (11.28; 6.92; 13.82; 1.94; 49.99; 16.03; 43.52; 3.70; 52.96; 4:31.9)
6371	Tom Leeson	Antrim	31.08/01.09.96 (11.65; 6.69; 11.57; 1.79; 52.86; 15.56; 35.40; 3.80; 52.12; 5:12.97)
6058	Robert Miller	Hexham	17/18.07.04
5915	Mark Davidson	Stoke	25/26.06.87
5397	Paul Torry	Bedford	14/15.07.01
5264	Kenny Lyon	CA Stadium	22/23.06.91
5203	Dinkar Sabnis	Cardiff	29/30.08.92
5164	Mark Dobbie	Kilkenny	26/27.08.95
4597	Jools Peters	Grangemouth	05/06.07.14
4053	Edward McKenzie	Rotherham	17/18.09.05
3711	Kevin Morice	Grangemouth	14/15.07.07

MEN 4x100m RELAY (TOP 10)

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

MEN 4x400m RELAY (TOP 10)

3:19.3	P DAVIDSON, MATHIESON, MIDDLETON, AL-KOWARRI	Grangemouth	03.08.97
3:19.5	P Davidson, Singer, Middleton, M Davidson	Meadowbank	06.08.95
3:21.0	Walker, M Davidson King, Allan	Dundee	26.06.88
3:22.9	Al-Kowarri, Middleton, P Davidson, M Davidson	CA Stadium	28.04.96
3:22.94	King, Smith, Mathieson, M.Davidson	Meadowbank	23.08.87
3:23.6	Ledingham, Murray, Creswell, Johnston	Meadowbank	21.08.83
3:24.5	Ledingham, Morrice, Lyon, M.Davidson	Crown Point	12.08.89
3:24.9	Morrice, Stephen, Kean, M.Davidson	Wishaw	17.05.87
3:25.03	P Davidson, G Smith Calvert, Middleton	Meadowbank	24.04.94
3:25.66	Lake, M Ferguson, Joy, Edwards	Grangemouth	21.07.13

WOMEN 60m

7.5	DAWN KITCHEN	Balgownie	02.07.85
7.7	Katrina Leys	CA Stadium	04.04.93
7.7	Sarah Still	CA Stadium	01.04.01
7.8	Dawn Flockart	CA Stadium	02.04.95
7.8	Kathleen Madigan	Balgownie	28.05.86
7.9	Aileen Connelly	CA Stadium	03.04.05
7.9	Linda Davidson	CA Stadium	03.04.94
7.9	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	Nicola Kemp/Janet Lyon/Suzanne Middleton/ Kirsten Young/Zoey Clark	95 / 97 / 00 / 05 / 10	

WOMEN 100m

11.8	DAWN FLOCKHART	CA Stadium	12.06.94
11.8	SARAH STILL	CA Stadium	05.09.99
11.9	Louise Paterson	CA Stadium	09.06.91
12.1	Katrina Leys	Crown Point	16.08.92
12.1	Kim Smith	Inverness	19.04.87
12.12	Aileen Connelly	Belfast	10.06.06
12.2	Fiona Auld	Balgownie	22.08.76
12.2	Hayley Bowers	Peterhead	24.05.98
12.2	Zoey Clark	Perth	01.05.11
12.2	Dawn Kitchen	Dundee	25.08.85
12.2	Kathleen Madigan	Dundee	25.07.87
12.28	Gwen Vaughan	Meadowbank	14.06.86
12.29	Rebecca Matheson	CA Stadium	23.08.14
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	Joan Simpson/Lesley Reid/Jenny Bole//Rosslyn Duncan/Corrie Butler/Sandra Gunn/Fiona Lumsden/ Linda Davidson/Gail Murchie/Catriona Pennet/Saffron Cummings		

WOMEN 200m

23.9	DAWN FLOCKHART	CA Stadium	09.06.96
24.30	Zoey Clark	Eton	05.07.14
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	Pitreevie	23.05.14
24.94	Aileen Connelly	Grangemouth	07.08.85
25.0	Katrina Leys	Coatbridge	02.08.98
25.0	Kim Smith	Coatbridge	02.09.84
25.05	Lesley-Ann Mearns	Birmingham	14.08.05
25.1	Kathleen Madigan	Coatbridge	04.05.86
25.2	Helen Windass	Coatbridge	17.05.98

25.3	Suzanne Middleton	CA Stadium	25.07.99
25.4	Nicola Imrie	Crown Point	20.06.92
25.4	Susan Hendry	CA Stadium	12.06.94
25.5	Fiona Auld	Balgownie	18.06.78
25.5	Michelle Bruce	Grangemouth	13.06.82
25.56	Catrina Pennet	Meadowbank	17.04.11
25.59	Lorna Johnston	Grangemouth	17.06.00
25.6	Vaughan/Davidson/Gunn/Michalska		86/92/92/93

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
41.1	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
41.9	Sarah Still	CA Stadium	04.04.93
42.0	Hayley Bowers	CA Stadium	26.05.99
42.1	Jaclyn Anderson	CA Stadium	12.06.94
42.1	Catrina Pennet	CA Stadium	06.04.03
42.12	Rebecca Matheson	Inverness	31.08.14
42.3	Angela Shearer	Dundee	08.07.01

WOMEN 400m

53.51	ZOEY CLARK	Bedford	22.06.14
53.99	Dawn Kitchen	Meadowbank	23.07.85
54.4	Dawn Flockhart	Birmingham	19.08.95
54.83	Kelsey Stewart	Bedford	22.06.14
55.69	Susan Hendry	Solihull	05.08.00
56.20	Emma Cloggie	Grangemouth	10.06.05
56.7	Helen Windass	Scotstoun	26.04.98
56.80	Aileen Connelly	Scotstoun	14.05.05
57.0	Nicola Gauld	CA Stadium	21.04.02
57.2	Bridie McGlashan	Meadowbank	26.04.87
57.24	Louise Paterson	Waterford	11.08.90
57.4	Lorna Johnston	CA Stadium	13.09.00
57.50	Ademide Ademuyewo	Meadowbank	25.08.13
57.77	Carmen Collins	Meadowbank	17.05.92
57.89	Emma Leask	St Peter Port	21.06.14
58.6	Debra Carle	Balgownie	11.08.81
58.85	Marie Dobson	Inverness	17.09.11
58.86	Jaclyn Anderson	Meadowbank	04.09.94
59.3	Sylvia Kamyra	Dundee	28.06.09
59.4	Linda Davidson	Coatbridge	13.09.92

WOMEN 800m

2:05.11	NICOLA GAULD	Birmingham	01.07.06
2:07.7	Susan Hendry	Scotstoun	29.07.00
2:09.88	Emma Leask	Stretford	10.06.14
2:10.67	Emma Cloggie	Solihull	24.06.06
2:13.29	Kelsey Stewart	Manchester	01.06.13
2:13.36	Dawn Simpson	Ayr	13.08.88
2:14.3	Carolyn Sheehan	Inverness	19.08.84
2:14.44	Ellie Buchan	Trafford	27.06.09
2:16.09	Lynsey Still	Pitreavie	08.07.95
2:16.22	Carly Hall	Pitreavie	20.06.09
2:16.4	Sonia McLaren	Vancouver	02.07.82
2:16.6	Kathryn Mearns	Balgownie	15.08.82
2:16.8	Jaclyn Anderson	CA Stadium	18.07.93
2:17.63	Christie Noble	Watford	11.08.10
2:18.12	Sarah Still	Stoke	30.07.00
2:18.2	Lisa Davidson	Coatbridge	20.05.90
2:18.5	Gemma Cormack	CA Stadium	31.03.12
2:18.7	Linda Falconer	Dublin	11.04.81
2:18.9	Anna Kyle	CA Stadium	25.06.96
2:19.0	Dawn Kitchen/Michelle Cherry		80 / 83

WOMEN 1500m

4:11.80	NICOLA GAULD	Twickenham	04.06.08
4:17.4	Kathryn Mearns	Grangemouth	18.07.82
4:30.92	Kate Rice	Copeland	08.08.90
4:31.96	Rhona Auckland	CA Stadium	20.04.14
4:35.00	Sonia McLaren	Phoenix, USA	06.04.85
4:36.11	Gemma Cormack	London (O)	06.05.12
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 Printice	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
4:46.6	Allison Diamond	Grangemouth	05.06.82
4:47.3	Sue Lanham	CA Stadium	22.08.91
4:47.4	Heather Wisley	Inverness	24.06.90
4:47.91	Eilidh Prise	Meadowbank	13.07.14

WOMEN 3000m

9:04.21	NICOLA GAULD	Watford	14.06.08
9:16.4	Kathryn Mearns	Grangemouth	10.07.82
9:29.28	Rhona Auckland	Stretford	07.07.12
9:50.9	Sonia McLaren	Bellingham, US	16.04.83
9:51.0	Lynda Bain	Dundee	26.06.88
9:51.9	Heather Wisley	Coatbridge	20.05.90
9:53.2	Tracy Brindley	Crown Point	27.04.97
9:54.5	Kate Rice	Grangemouth	02.09.90
9:58.8	Debbie Kilner	CA Stadium	01.06.95
9:58.80	Christie Noble	London	14.08.10
10:13.65	Clare Miller	Meadowbank	28.04.02
10:15.51	Susan Lamb	Meadowbank	10.09.95
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
10:26.0	Heather Grant	Coatbridge	27.08.95
10:31.0	Jillian Grams	Coatbridge	31.05.92
10:34.23	Charlotte Forbes	Derby	14.08.05

WOMEN 5000m

15.58.95	RHONA AUCKLAND	Birmingham	29.06.14
16:44.63	Tracey Brindley	Birmingham	26.07.98
16:51.1	Lynda Bain	CA Stadium	04.07.89
17:09.8	Debbie Kilner	CA Stadium	29.06.95
17:09.94	Clare Miller	Meadowbank	12.05.02
17:48.80	Sonia Armitage	Chester-le-Street	31.07.99
17:56.37	Christie Noble	London	17.07.10
18:04.2	Helen Grant	CA Stadium	29.06.95
18:06.07	Charlotte Forbes	Oxford	20.05.06
18:32.4	Ellie Buchan	CA Stadium	10.05.10
18:49.7	Rhona Buchan	CA Stadium	29.08.07
19:02.1	Laura Mahady	CA Stadium	28.05.08
19:07.8	Kathryn Mearns	CA Stadium	14.08.97
19:09.99	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
21:40.28	Sinead Stenhouse	CA Stadium	28.05.14
21:57.9	Bing Kerr	CA Stadium	07.07.89

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WOMEN 10000m (TOP 16)

33:09.58	RHONA AUCKLAND	London (PH)	10.05.14
36:22.7	Debbie Kilner	CA Stadium	02.05.95
37:18.2	Heather Wisley	CA Stadium	04.05.89
37:36.3	Helen Grant	CA Stadium	02.05.95
37:55.0	Sue Lanham	CA Stadium	05.05.92
38:18.5	Sonia Armitage	CA Stadium	04.07.02
38:30.0	Jillian Grams	CA Stadium	05.05.92
38:57.7	Pamela Tosh	CA Stadium	22.06.09
40:36.1	Susan Lamb	CA Stadium	03.05.94
42:20.6	Kathryn Mearns	CA Stadium	03.07.03
46:29.3	Trish McLauchlan	CA Stadium	22.06.09
46:43.0	Maureen MacInnes	CA Stadium	22.06.09
47:03.5	Jane MacKay	CA Stadium	22.06.09
48:40.8	Janice Gordon	CA Stadium	04.07.02
48:42.8	Nancy MacKinnon	CA Stadium	04.07.02
49:33.1	Ann Clark	CA Stadium	22.06.09

WOMEN HALF MARATHON

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

WOMEN MARATHON

2:33:38	LYNDA BAIN	London	21.04.85
2:59:13	Pamela Tosh	Fort William	18.04.10
3:00:32	Margaret Stafford	London	22.04.90
3:01:57	Janine Robertson	Aberdeen	15.09.85
3:03:49	Morag Taggart	Aberdeen	19.09.82
3:15:52	Diana Jermieson	Aberdeen	28.05.89
3:17:27	Maggie Oliver	Rannoch	28.06.87
3:18:57	Angela Hepburn	Fort William	18.04.10
3:21:16	Margaret Buchan	Aberdeen	19.09.82
3:24:22	Olive Fraser	London	23.04.89
3:25:29	Margaret McDonald	Elgin	10.08.86
3:25:41	Jackie Nuttall	Aberdeen	16.09.84
3:27:42	Leona Hart	Dundee	28.04.85
3:28:21	Linda Trahan	Elgin	07.08.88
3:28:43	Joan Molloy	Fortrose	29.10.88
3:30:15	Ulli Simpson	Aberdeen	16.09.84
3:32:29	Lillian MacDonald	Aberdeen	15.09.85
3:32:33	Betty May	London	21.04.91
3:37:09	Maureen McInnes	Amsterdam	15.10.06
3:38:38	Isabel McDonald	Dublin	26.10.98

WOMEN 100m HURDLES

13.97	CATRIONA PENNET	Bedford	26.06.04
14.37	Gail Murchie	Grangemouth	15.05.93
14.61	Sarah Still	CA Stadium	07.08.99
14.68	Yasmin Milne	Scotstoun	30.07.11
14.8	Sylvia Kamy	Dundee	02.08.09
15.36	Lisa Humphreys	Meadowbank	24.05.13
15.62	Jade Halket	Grangemouth	05.07.14
15.7	Deirdre Auld	Balgownie	17.06.79
16.0	Valerie Tyrie	Balgownie	06.09.81
16.1	Bridie McGlashan	Meadowbank	26.04.87
16.1	Lyndsay Peddie	Grangemouth	20.08.83
16.2	Lea Masson	Balgownie	09.04.78
16.24	Rebecca Dougall	Grangemouth	11.07.99
16.3	Wendy Pennet	CA Stadium	05.04.98
16.38	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	Pitreavie	10.07.10
17.0	Janet Lyon	CA Stadium	15.06.95
17.2	J Reid/S Simpson/Donna Quirie		86 / 90 / 94

WOMEN 400m HURDLES

61.80	SYLVIA KAMYA	CA Stadium	30.08.09
62.34	Catriona Pennet	Manchester	31.07.04
63.20	Rebecca Dougall	Grangemouth	12.06.99
64.7	Marie Dobson	CA Stadium	04.09.11
65.1	Jade Halket	CA Stadium	04.09.11
65.3	Valerie Tyrie	Grangemouth	13.06.82
65.48	Angela Shearer	Caen	29.05.02
66.7	Fiona Davidson	Coatbridge	03.08.97
66.9	Janet Edon	Meadowbank	14.05.88
67.7	Gail Murchie	Pitreavie	14.06.92
67.9	Lynsey Still	CA Stadium	07.05.95
70.0	Rosslyn Duncan	Coatbridge	02.09.84
70.2	Laura Henderson	CA Stadium	05.08.01
70.38	Sophia Hamilton	CA Stadium	26.06.14
70.40	Lisa Humphreys	Inverness	17.09.11
70.4	Joan Reid	Balgownie	08.06.82
70.7	Trisha Ronney	Wishaw	06.09.87
71.25	Linda Davidson	Meadowbank	03.09.89
71.3	Shirley Antoine	Balgownie	08.06.82
71.3	Wendy Pennet	Scotstoun	30.04.00

WOMEN HIGH JUMP

1.69	ELLIE WORKMAN	Birmingham	15.08.09
1.68	Sarah Still	CA Stadium	07.08.99
1.66	Lyndsay Peddie	Balgownie	30.07.83
1.65	Beth Philip	CA Stadium	07.07.91
1.61	Shirley Gray	Balgownie	19.06.77
1.60	Nicola Gauld	Scotstoun	30.04.00
1.60	Heather Pirie	Coatbridge	13.09.92
1.60	Donna Quirie	CA Stadium	30.06.93
1.59	Emma Caldwell	Grangemouth	29.07.12
1.59	Deborah Johnston	Balgownie	27.02.85
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
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
1.54	Pat Bellamy	Nairn	14.08.54
1.53	Shona Simpson/Catriona Pennet		88/ 10

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
2.65	Sophie Hamilton	CA Stadium	19.05.13
2.30	Erin Runcie	CA Stadium	30.06.13
2.25	Wendy Pennet	Dundee	28.05.00
2.20	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
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
5.30	Nicola Kemp	Peterhead	06.06.93
5.27	Saffron Cummings	Hmapden	21.06.14
5.25	Aileen Connelly	Inverness	12.09.04
5.24	Diane Burr	Grangemouth	15.05.94
5.22	Grace Angus	CA Stadium	20.04.14

5.22	Jenny Bole	Balgownie	13.04.80	25.81	Fiona Davidson	CA Stadium	02.07.13
5.21	Yasmin Milne	Grangemouth	13.06.09	24.27	Kristie Hindle	Meadowbank	18.05.14
5.19	Shona Simpson	Inverness	10.04.88	23.16	Katherine Masson	CA Stadium	16.06.95
WOMEN TRIPLE JUMP							
12.06	FIONA WATT	Meadowbank	02.06.96	22.70	Kylie Davidson	Grangemouth	11.06.04
11.81	Linda Davidson	Grangemouth	10.07.93	21.24	Laura Hepburn	Inverness	16.09.07
11.48	Kirsten Young	Birmingham	15.08.04	21.22	Angela Smith	CA Stadium	30.07.00
11.44	Donna Quirie	Birmingham	08.08.93	21.06	Lesley Fowler	Coatbridge	26.05.96
11.27	Sylvia Kamyra	CA Stadium	30.08.09	20.94	Joyce Hogg	CA Stadium	16.06.94
11.07	Dawn Flockhart	Grangemouth	10.07.93	20.30	Zoe Davidson	Dundee	10.07.05
11.03	Cheryl McHardy	Sheffield	16.08.98	19.87	Sarah Lyon	Coatbridge	30.05.99
10.70	Janet Abladey	London (O)	05.05.12	19.51	Mollie Hepburn	Inverness	16.09.07
10.68	Nicola Gauld	CA Stadium	05.07.98	19.27	Anne Angersbach	CA Stadium	02.09.04
10.43	Nicola Kemp	Inverness	12.06.97	WOMEN JAVELIN			
10.24	Zoe Davidson	Dundee	25.04.04	OLD			
10.11	Jennifer Reid	Banchory	27.08.94	38.70	LYNDSAY PEDDIE	Inverness	26.04.87
10.02	Heather Pirie	Grangemouth	15.05.94	37.46	Gwen Summers	Linkfield	01.06.60
9.93	Elisa Primault	Grangemouth	26.04.14	30.26	Pamela Bruce	Balgownie	21.07.79
9.87	Wendy Pennet	Dundee	12.04.98	30.12	Anita Smith	Pitreavie	24.04.83
9.83	Emma Cloggie	Banchory	31.08.02	29.64	Shirley Antoine	Pitreavie	24.04.83
9.77	Nikki Corsie	Meadowbank	20.06.98	NEW			
9.72	Chloe Davie	Lerwick	14.09.14	38.28	LINDA LOW	Inverness	12.05.96
9.71	Kate MacKay	Lerwick	14.09.14	35.98	Ellie Workman	Perth	26.04.09
9.65	Kimberley Miles	CA Stadium	30.07.00	35.78	Emily Dougall	CA Stadium	29.05.94
WOMEN SHOT							
14.24	HELEN COWE	Coatbridge	23.05.93	33.09	Kimberley Miles	Sheffield	02.09.01
12.06	Emily Ruyle	CA Stadium	20.04.14	31.26	Lesley Fowler	CA Stadium	07.05.95
10.69	Alison Horne	Forres	05.07.14	30.66	Marian Simpson	Coatbridge	23.05.93
10.29	Sarah Lyon	Tullamore	04.07.99	30.32	Gillian Wilson	Meadowbank	18.08.91
10.10	Jacqui Loney	Inverness	13.07.02	29.28	Kathy Rapley	CA Stadium	04.08.02
9.97	Linda Low	Inverness	11.05.97	28.89	Sophie Anderson	Grangemouth	26.08.12
9.93	Marie Fraser	Pitreavie	20.04.80	28.78	Emily Ruyle	Meadowbank	13.07.14
9.90	Fiona Pirie	Coatbridge	13.09.92	28.74	Gail Murchie	CA Stadium	22.08.91
9.86	Jennifer Reid	Banchory	04.09.94	28.46	Laura Hepburn	CA Stadium	30.08.09
9.81	Sarah Still	Sheffield	01.09.01	28.40	Barbara MacDonald	CA Stadium	07.04.96
9.73	Marian Simpson	CA Stadium	28.07.96	27.42	Vicky Clark	Grangemouth	16.05.93
9.60	Shirley Gray	Balgownie	18.06.78	27.38	Sarah Still	Stoke	30.07.00
9.50	Wendy Brown	Balgownie	17.06.75	WOMEN HEPTATHLON (TOP 11)			
9.48	Rhona MacLennan	Coatbridge	04.05.86	5014	SARAH STILL	Waterford	03.09.00
9.43	Gail Murchie	Meadowbank	12.06.88	(14.73, 1.66, 9.45, 24.48, 5.68, 20.86, 2:18.59)			
9.38	Jade Halket	CA Stadium	10.07.11	4248	Jade Halket	Grangemouth	06.07.14
9.38	Lyndsay Peddie	Balgownie	13.05.86	(15.62, 1.48, 9.38, 26.53, 5.27, 22.21, 2:30.78)			
9.35	Saffron Cummings	Kirkwall	08.09.13	3824	Ellie Workman	Pitreavie	
9.33	Ellie Workman	Pitreavie	11.07.10	(16.75, 1.58, 9.33, 28.22, 4.96, 30.13, 3:00.56)			
9.31	Anita Smith	Balgownie	12.06.83	3802	Gail Murchie	CA Stadium	20.09.92
WOMEN DISCUS							
48.64	HELEN COWE	Bedford	17.09.94	(15.3; 1.42; 8.59; 26.2; 4.94; 24.94; 2:59.0)			
38.89	Emily Ruyle	Meadowbank	13.07.14	3783	Lyndsay Peddie	Grangemouth	20.08.83
38.39	Jacqui Loney	CA Stadium	29.08.02	(16.1; 1.60; 8.65; 28.0; 5.14; 30.18; 3:14.4)			
35.21	Erin Runcie	CA Stadium	28.08.14	3623	Shona Simpson	Grangemouth	03.06.90
32.30	Marian Simpson	Meadowbank	17.06.95	3318	Nicola Kemp	CA Stadium	09.06.93
32.14	Alison Horne	CA Stadium	23.08.14	3231	Joan Reid	Grangemouth	20.06.82
30.66	Fiona Pirie	Banchory	02.05.93	3126	Wendy Pennet	CA Stadium	08.08.99
30.38	Marie Fraser	Pitreavie	20.04.80	3096	Kimberley Miles	Grangemouth	25.08.02
29.28	Pamela Bruce	Pitreavie	20.04.80	2904	Valerie Tyrie	Balgownie	19.05.82
27.80	Cheryl McHardy	CA Stadium	31.08.00	WOMEN PENTATHLON (TOP 11)			
27.41	Angela Smith	CA Stadium	02.09.99	2691	LYNDSAY PEDDIE	Grangemouth	20.08.83
26.75	Kathy Rapley	Barry	14.07.98	(16.1; 1.60; 8.65; 5.14; 3:14.4)			
26.52	Lesley Fowler	CA Stadium	29.08.96	2539	Rebecca Dougall	Grangemouth	13.06.98
26.20	Pamela Morrison	CA Stadium	31.08.89	2511	Sylvia Kamyra	Grangemouth	03.06.06
26.02	Jennifer Reid	Banchory	04.09.94	2492	Sophia Hamilton	Grangemouth	14.06.14
25.74	Gertrude Krenzien	Grangemouth	22.04.79	2456	Joan Reid	Balgownie	10.08.80
25.68	Lesley Munro	Inverness	10.04.88	2196	Valerie Tyrie	Balgownie	19.05.82
25.57	Michelle Mackintosh	Grangemouth	12.04.03	2095	Shona Simpson	Balgownie	26.08.86
25.34	Lorraine Dearie	Glenrothes	14.09.86	2071	Shirley Antoine	Balgownie	15.08.81
25.28	Julie Forbes	Meadowbank	10.05.87	1658	Shona McKinnon	Scotstoun	07.07.02
WOMEN HAMMER							
43.79	JACQUI LONEY	Coatbridge	27.07.03	1487	Lindsey Campbell	Balgownie	15.08.81
43.52	Helen Cowe	CA Stadium	06.07.93	(1962 Tables)			
39.58	Marian Simpson	CA Stadium	26.09.96	2298	Teresa Anderson	Meadowbank	27/28.08.76
37.77	Emily Ruyle	Meadowbank	13.07.14	WOMEN 4x100m (TOP 11)			
37.60	Linda Low	Inverness	11.05.97	48.4	MADIGAN, EDON	Meadowbank	17.08.86
31.86	Kathleen Madigan	Dundee	08.06.14	48.9	LESLIE, VAUGHAN		
29.18	Fiona Pirie	Elgin	03.07.93	48.9	Vaughan, Madigan,	Meadowbank	16.08.87
25.87	Catrin Dickson	Grangemouth	09.06.06	48.9	Leslie, Edon		
				48.9	S Still, Windass,	CA Stadium	09.06.96
				49.0	L Davidson, Flockhart		
					L Davidson, Leys,	CA Stadium	18.07.93
					Lyon, Flockhart		

49.3	Gauld, Leys, L Davidson, S Still	Scotstoun	25.04.99	3:57.5	Windass, L Davidson, Hendry, Flockhart	CA Stadium	09.06.96
49.33	Murchie, Leys, Quirie, L Davidson	Meadowbank	06.09.92	3:57.5	Dobson, Pennet, Connelly, Gauld	Grangemouth	25.07.04
49.5	L Davidson, Walker, Kemp, S Still	CA Stadium	12.06.94	4:00.06	Michalska, Fraser, L Still, Hendry	Meadowbank	05.09.93
49.56	Summers, Cummings, Nicol, R Matheson	Pitreavie	15.06.14	4:00.5	Dobson, Gauld, S Still, Hendry	Grangemouth	11.06.00
49.6	Butler, Leys, Murchie, S Still	Inverness	13.06.93	4:02.2	Hendry, Murchie, L Davidson, Michalska	Coatbridge	12.09.93
49.6	Quirie, Leys, Murchie, L Davidson	Pitreavie	14.06.92	4:02.30	Wylie, Dobson, C Pennet, Kamya	CA Stadium	06.09.09
49.6	Kemp, S Still, Middleton, Flockhart	Crown Point	28.04.96	4:04.9	Bowers, C Middleton, Gauld, Hendry	Coatbridge	27.08.00
				4:05.4	Gauld, L Davidson, W Pennet, Hendry	Coatbridge	21.05.00
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				



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ALL TIME TOP 10s – U-20 EVENTS

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

U-20 MEN 100m

10.8	CAMPBELL PATERSON	Balgownie	06.05.72
10.8	STAN WALKER	Pitreavie	14.05.88
10.90	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
50.01	Duncan Mathieson	Lorca	18.06.88
50.1	Thomas Blackie	Grangemouth	16.06.85
50.2	Paul Allan	Inverness	30.08.87
50.3	Murray King	Inverness	30.08.87

U-20 MEN 800m

1:51.86	EWAN CALVERT	Corby	25.05.92
1:52.86	Michael Ferguson	Scotstoun	02.08.13
1:52.99	Alan Wales	Solihull	22.05.05
1:53.00	Thomas Blackie	Meadowbank	22.06.85
1:53.46	Adam Watt	Manchester	31.05.03
1:53.5	Ross Arbuckle	Pitreavie	27.05.79
1:54.13	Frank Boyne	Meadowbank	19.08.84
1:54.8	Colin Donald	Crawley	21.07.84
1:54.9	Lewis Walker	Meadowbank	08.05.77
1:54.91	Stuart Forbes	Manchester	31.05.03

U-20 MEN 1500m

3:50.34	ALAN WALES	Namur	31.08.02
3:55.16	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
15.60	Paul Allan	Crown Point	09.07.89
15.77	Mark Dobbie	Linwood	16.07.94
15.9	Andrew Grant	CA Stadium	09.09.01
15.9	Stephen Miller	CA Stadium	06.04.03

U-20 MEN 400m HURDLES

53.53	BARRY MIDDLETON	Meadowbank	14.08.94
54.8	Mark Davidson	Crown Point	13.06.87
55.20	Robert Miller	Loughborough	08.06.03
55.9	Steven Ledingham	Meadowbank	17.06.83
56.1	Paul Allan	CA Stadium	29.06.89
56.50	Ronald Smith	Grangemouth	11.07.99
56.6	Alasdhair Love	Ayr	18.07.95
56.8	Murray King	Crown Point	07.06.86
57.24	Jonathan Mann	Leigh	02.07.11
57.6	Andrew Grant	CA Stadium	05.08.01

U-20 MEN HIGH JUMP

2.00	DUNCAN MATHIESON	Dundee	21.06.87
1.98	Keith Oag	Dublin	13.08.94
1.91	Ian Bailey	Pitreavie	16.06.84
1.91	Ryan Hewitson	Ashford	21.07.12
1.91	Kevin Lutton	CA Stadium	09.05.01
1.91	Miller Mathieson jun	Balgownie	28.08.83
1.90	Paul Allan	Crown Point	22.07.89
1.90	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
3.77	Alasdair Lowe	CA Stadium	23.08.14
3.60	Kenny Lyon	Oxford	15.06.79
3.50	Mark Dobbie	CA Stadium	16.07.95
3.50	Frank Fenton	Balgownie	26.04.79
3.50	Duncan Mathieson	Lorca	19.06.88
3.40	Fraser Benzie	Grangemouth	25.06.00
3.40	Sam Lyon	Grangemouth	20.06.10
3.35	Paul Allan	CA Stadium	25.06.89
3.35	Derek Beaton	Meadowbank	09.08.92

U-20 MEN LONG JUMP

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

U-20 MEN TRIPLE JUMP

14.55	WILLIAM STARK	Crown Point	11.06.95
14.09	Dinkar Sabnis	Banchory	29.08.91
13.84	Sam Lyon	Grangemouth	20.06.10
13.68	Paul Allan	CA Stadium	14.06.89
13.45	James Laird	Linksfield	03.05.62
13.34	Kenny Lyon	Grangemouth	23.06.79
13.27	Stewart Clark	Grangemouth	14.08.11
13.13	Sam 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	Linksfield	25.06.62
35.54	Mark Dobbie	CA Stadium	16.07.95
34.38	Douglas McAllister	Pitreavie	15.06.74
34.36	Andrew McCallum	Inverness	07.08.94
34.18	Peter Fraser	Inverness	13.08.95

U-20 MEN HAMMER

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

U-20 MEN JAVELIN

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

43.47	Tom Brodie	CA Stadium	20.05.10
43.29	Paul Henderson	Dundee	06.08.06

U-20 MEN DECATHLON

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

U-20 WOMEN 100m

11.9	LOUISE PATERSON	CA Stadium	09.06.91
12.1	Katrina Leys	Crown Point	16.08.92
12.2	Hayley Bowers	Peterhead	24.05.98
12.2	Zoey Clark	Perth	01.05.11
12.2	Kathleen Madigan	Dundee	25.07.87
12.29	Rebecca Matheson	CA Stadium	23.08.14
12.37	Lesley-Ann Mearns	Birmingham	13.08.05
12.5	Corrie Butler	Inverness	08.04.90
12.5	Saffron Cummings	Kirkwall	08.09.13
12.5	Sandra Gunn	CA Stadium	05.05.91
12.5	Fiona Lumsden	CA Stadium	09.06.91
12.5	Catrina Pennet	CA Stadium	05.09.99

U-20 WOMEN 200m

24.45	ZOEY CLARK	Wigan	07.07.13
24.7	Louise Paterson	Crown Point	16.06.90
24.8	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
25.4	Susan Hendry	CA Stadium	12.06.94
25.4	Nicola Imrie	Crown Point	20.06.92
25.59	Lorna Johnston	Grangemouth	17.06.00

U-20 WOMEN 400m

54.46	ZOEY CLARK	Loughborough	19.05.13
54.83	Kelsey Stewart	Bedford	22.06.14
55.96	SUSAN HENDRY	Bedford	02.07.94
56.20	Emma Cloggie	Grangemouth	10.06.05
57.2	Bridie McGlashan	Meadowbank	26.04.87
57.24	Louise Paterson	Waterford	11.08.90
57.4	Lorna Johnston	CA Stadium	13.09.00
57.77	Carmen Collins	Meadowbank	17.05.92
58.35	Nicola Gauld	Scotstoun	29.04.01
58.86	Jaclyn Anderson	Meadowbank	04.09.94

U-20 WOMEN 800m

2:10.67	EMMA CLOGGIE	Solihull	24.06.06
2:12.64	Susan Hendry	Meadowbank	24.06.95
2:13.41	Kelsey Stewart	Meadowbank	13.07.14
2:13.36	Dawn Simpson	Ayr	13.08.88
2:14.44	Ellie Buchan	Trafford	27.06.09
2:14.8	Carolyn Sheehan	Coatbridge	07.09.86
2:16.09	Lynsey Still	Pitreavie	08.07.95
2:16.8	Jaclyn Anderson	CA Stadium	18.07.93
2:18.2	Lisa Davidson	Coatbridge	20.05.90
2:18.9	Anna Kyle	CA Stadium	25.06.96

U-20 WOMEN 1500m

4:30.92	KATE RICE	Copeland	08.08.90
4:39.54	Rhona Auckland	Meadowbank	20.05.12
4:42.2	Carolyn Sheehan	Balgownie	20.08.86
4:43.5	Ellie Buchan	Dundee	27.04.08
4:45.6	Lynsey Still	CA Stadium	09.09.95
4:47.91	Eilidh Prise	Meadowbank	13.07.14
4:49.37	Naomi Lang	Hutcheson's	21.06.14
4:49.9	Dawn Simpson	Wishaw	07.08.88
4:50.0	Anna Kyle	Inverness	08.09.96
4:52.5	Vicky Clark	Inverness	04.07.93

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U-20 WOMEN 3000m				10.24	Zoe Davidson	Dundee	25.04.04
9:29.28	RHONA AUCKLAND	CA Stadium	31.05.10	10.11	Jennifer Reid	Banchory	27.08.94
9:54.5	Kate Rice	Grangemouth	02.09.90	10.02	Heather Pirie	Grangemouth	15.05.94
10:20.6	Eilidh Prise	CA Stadium	13.06.12	9.87	Wendy Pennet	Dundee	12.04.98
10:31.0	Jillian Grams	Coatbridge	31.05.92	U-20 WOMEN SHOT (4kg)			
10:34.23	Charlotte Forbes	Derby	14.08.05	10.69	ALISON HORNE	Forres	05.07.14
10:35.0	Claire Becker	CA Stadium	26.07.92	10.29	Sarah Lyon	Tullamore	04.07.99
10:38.9	Ellie Buchan	CA Stadium	31.05.10	9.86	Jennifer Reid	Banchory	04.09.94
10:42.8	Carolyn Sheehan	Balgownie	15.05.85	9.73	Marian Simpson	CA Stadium	28.07.96
10:43.9	Suzie Reid	CA Stadium	23.07.89	9.64	Fiona Pirie	Newtonmore	03.08.91
10:45.7	Anna Kyle	Meadowbank	25.08.96	9.48	Rhona MacLennan	Coatbridge	04.05.86
U-20 WOMEN 100m HURDLES				9.43	Gail Murchie	Meadowbank	12.06.88
14.36	CATRIONA PENNET	Derby	08.09.02	9.43	Sarah Still	Linwood	16.07.94
14.68	Yasmin Milne	Scotstoun	30.07.11	9.35	Saffron Cummings	Kirkwall	08.09.13
15.40	Sylvia Kamyra	Grangemouth	15.06.08	9.33	Ellie Workman	Pitreavie	11.07.10
15.65	Sarah Still	Linwood	16.07.94	9.19	Laura Crockford	Crown Point	27.04.97
16.1	Bridie McGlashan	Meadowbank	26.04.87	U-20 WOMEN SHOT (3kg)			
16.1	Gail Murchie	CA Stadium	12.06.90	12.45	ALISON HORNE	CA Stadium	20.04.14
16.24	Rebecca Dougall	Grangemouth	11.07.99	10.64	Saffron Cummings	Perth	11.05.14
16.3	Wendy Pennet	CA Stadium	05.04.98	10.00	Erin Runcie	CA Stadium	23.08.14
16.38	Sophia Hamilton	CA Stadium	29.06.14	U-20 WOMEN DISCUS			
16.5	Lyndsay Peddie	Inverness	02.06.85	35.21	ERIN RUNCIE	CA Stadium	28.08.14
U-20 WOMEN 400m HURDLES				32.30	Marian Simpson	Meadowbank	17.06.95
63.20	REBECCA DOUGALL	Grangemouth	12.06.99	32.14	Alison Horne	CA Stadium	23.08.14
63.76	Sylvia Kamyra	Grangemouth	09.06.07	27.41	Angela Smith	CA Stadium	02.09.99
65.48	Angela Shearer	Caen (France)	29.05.02	27.34	Cheryl McHardy	Coatbridge	03.08.97
65.90	Catriona Pennet	Derby	08.09.02	26.75	Kathy Rapley	Barry	14.07.98
66.0	Bridie McGlashan	Balgownie	19.08.86	26.58	Fiona Pirie	CA Stadium	21.07.91
66.51	Marie Dobson	Meadowbank	13.05.01	26.52	Lesley Fowler	CA Stadium	29.08.96
67.9	Lynsey Still	CA Stadium	07.05.95	26.02	Jennifer Reid	Banchory	04.09.94
70.2	Laura Henderson	CA Stadium	05.08.01	25.57	Michelle Mackintosh	Grangemouth	12.04.03
70.38	Sophia Hamilton	CA Stadium	26.06.14	U-20 WOMEN HAMMER (4kg)			
70.40	Lisa Humphreys	Inverness	17.09.11	39.58	MARIAN SIMPSON	CA Stadium	26.09.96
U-20 WOMEN HIGH JUMP				25.87	Catrin Dickson	Grangemouth	09.06.06
1.69	ELLIE WORKMAN	Birmingham	15.08.09	24.27	Kristie Hindle	Meadowbank	18.05.14
1.65	Beth Philip	CA Stadium	07.07.91	23.16	Katherine Masson	CA Stadium	16.06.95
1.65	Sarah Still	Linwood	16.07.94	22.70	Kylie Davidson	Grangemouth	11.06.04
1.60	Nicola Gauld	Scotstoun	30.04.00	21.24	Laura Hepburn	Inverness	16.09.07
1.60	Heather Pirie	Coatbridge	13.09.92	21.22	Angela Smith	CA Stadium	30.07.00
1.60	Donna Quirie	CA Stadium	30.06.93	21.06	Lesley Fowler	Coatbridge	26.05.96
1.59	Emma Caldwell	Grangemouth	29.07.12	20.16	Fiona Pirie	Inverness	14.09.91
1.59	Deborah Johnston	Balgownie	27.02.85	19.87	Sarah Lyon	Coatbridge	30.05.99
1.58	Kate MacKay	CA Stadium	24.08.14	U-20 WOMEN HAMMER (3kg)			
1.57	Suzie Robertson	Grangemouth	01.06.91	30.96	ERIN RUNCIE	CA Stadium	07.08.14
U-20 WOMEN POLE VAULT (Top 8)				28.12	Kristie Hindle	Dundee	07.05.14
2.90	SAM SOMERS	Meadowbank	20.04.12	U-20 WOMEN JAVELIN (600g)			
2.65	Sophia Hamilton	CA Stadium	19.05.13	(Recorded from 1991, when the new specification javelin was introduced at club level)			
2.30	Erin Runcie	CA Stadium	30.06.13	35.98	ELLIE WORKMAN	Perth	26.04.09
2.25	Wendy Pennet	Dundee	28.05.00	35.78	Emily Dougall	CA Stadium	29.05.94
2.20	Freya McKay	CA Stadium	24.08.14	33.09	Kimberley Miles	Sheffield	02.09.01
2.10	Samantha Edgar	CA Stadium	24.08.14	31.26	Lesley Fowler	CA Stadium	07.05.95
2.10	Alix Still	Hutcheson's	20.06.14	30.66	Marian Simpson	Coatbridge	23.05.93
2.05	Heather Pirie	CA Stadium	04.08.94	30.32	Gillian Wilson	Meadowbank	18.08.91
U-20 WOMEN LONG JUMP				28.89	Sophie Anderson	Grangemouth	26.08.12
5.74	SARAH STILL	CA Stadium	12.06.94	28.50	Kathy Rapley	CA Stadium	25.05.97
5.71	Kirsten Young	CA Stadium	26.06.05	28.46	Laura Hepburn	CA Stadium	30.08.09
5.59	Linda Davidson	Crown Point	29.05.88	27.42	Vicky Clark	Grangemouth	16.05.93
5.53	Donna Quirie	Grangemouth	27.06.93	U-20 WOMEN JAVELIN (500g)			
5.47	Ellie Workman	Grangemouth	13.06.09	29.15	IONA COLQUHOUN	CA Stadium	24.08.14
5.40	Cheryl McHardy	CA Stadium	26.07.98	U-20 WOMEN HEPTATHLON (Top 7)			
5.30	Nicola Kemp	Peterhead	06.06.93	4643	SARAH STILL	Linwood	17.07.94
5.27	Saffron Cummings	Hutcheson's	21.06.14	3824	Ellie Workman	Pitreavie	11.07.10
5.24	Diane Burr	Grangemouth	15.05.94	3318	Nicola Kemp	CA Stadium	09.06.93
5.22	Grace Angus	CA Stadium	20.04.14	3126	Wendy Pennet	CA Stadium	08.08.99
U-20 WOMEN TRIPLE JUMP				3096	Kimberley Miles	Grangemouth	25.08.02
11.48	KIRSTEN YOUNG	Birmingham	15.08.04	3013	Rebecca Mortimer	CA Stadium	29.05.05
11.44	Donna Quirie	Birmingham	08.08.93	2957	Heather Pirie	CA Stadium	09.06.93
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				



Alan Dick, club and committee member, looking surprisingly cheerful during his 150 mile run across the Sahara. Alan took part in the 2015 Marathon des Sables, raising over £10,000 for Maggie's Centre and Mercy Corps.

ALL TIME TOP 10s – U-17 EVENTS

U-17 MEN 100m

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

U-17 MEN 800m

1:54.8	COLIN DONALD	Crawley	21.07.84
1:55.6	Thomas Blackie	Balgownie	26.06.84
1:56.11	Steven Rusling	Sheffield	17.08.03
1:56.4	Adam Watt	CA Stadium	05.08.01
1:56.6	Ross Arbuckle	Meadowbank	27.05.78
1:56.6	Lewis Walker	Kirkby	27.07.75
1:56.7	Alan Wales	CA Stadium	05.08.01
1:57.34	Steven Murray	Scotstoun	02.08.13
1:57.8	Frank Boyne	Grangemouth	21.08.82
1:58.03	Mark Haskett	Dumfries	19.06.05

U-17 MEN 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
23.27	Cameron Brown	Hutcheson's	21.06.14

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 400m

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

U-17 MEN 3000m

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

U-17 MEN 1500m STEEPLECHASE

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

U-17 MEN 100m HURDLES

13.9	RICHARD SINGER	Grangemouth	17.06.95
14.08	William Stark	Grangemouth	29.08.93
14.3	John Oxley	CA Stadium	09.09.01
14.4	Steven Ledingham	Scotstoun	20.06.81
14.4	David Stewart	Inverness	24.08.86
14.42	Mark Dobbie	Grangemouth	15.05.93
14.54	Stephen Miller	Hexham	19.05.02
14.7	Duncan Mathieson	Balgownie	25.06.85
14.71	Ryan Hewitson	Bedford	19.08.12
14.85	Bruce Sorbie	Dublin	20.07.13

U-17 MEN 400m HURDLES

55.37	RICHARD SINGER	Colwyn Bay	15.07.95
57.38	Richard Gray	Tullamore	03.08.02
57.8	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
2.95	Duncan Mathieson	Dundee	25.08.85
2.85	Mark Petchey	Balgownie	14.06.83
2.80	F Fenton/R Manson/P Allan/C Jones/B Benzie/S Lyon		77 / 83 / 86 / 89 / 01 / 08

U-17 MEN LONG JUMP

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

U-17 MEN TRIPLE JUMP

13.82	WILLIAM STARK	Grangemouth	29.08.93
13.13	Sam Lyon	Grangemouth	12.06.09
12.94	Stewart Clark	Perth	07.06.09
12.74	Dinkar Sabnis	Grangemouth	26.08.90
12.70	Derek Elmslie	Madowbank	03.09.77
12.61	Steven Ledingham	Balgownie	16.08.81

12.61	Duncan Mathieson	Glenrothes	23.06.85
12.60	David Parham	Balgownie	23.05.76
12.55	Mark Dobbie	Grangemouth	29.08.93
12.46	Paul McAndrew	Dundee	30.04.95

U-17 MEN SHOT

13.27	KEVIN LUTTON	CA Stadium	05.08.01
12.78	Duncan Mathieson	Balgownie	28.05.85
12.66	Derek Giulianotti	Balgownie	14.09.80
12.59	Ryan Legge	Inverness	05.09.10
12.37	William Stark	Dundee	11.09.93
12.32	Andrew McCallum	Dundee	11.09.93
12.16	Peter Fraser	Grangemouth	28.08.94
12.06	David Robinson	Balgownie	16.08.78
11.88	David Minty	Peterhead	23.04.89
11.87	Neil Gillanders	Dundee	25.08.85

U-17 MEN DISCUS

41.46	PETER FRASER	CA Stadium	16.07.94
36.60	Andrew McCallum	Grangemouth	23.06.93
35.38	David Minty	Inverness	09.04.89
34.92	Fraser Benzie	CA Stadium	02.09.99
33.86	Christian Dick	Grangemouth	07.06.13
32.76	David Robinson	Balgownie	09.04.78
32.74	Richard Singer	Inverness	28.05.95
32.50	Craig Anderson	Balgownie	20.09.87
32.42	Kevin Lutton	CA Stadium	22.04.01
32.40	Edward McKenzie	Balgownie	17.06.82

U-17 MEN HAMMER

45.50	DAVID ROBINSON	Balgownie	21.06.78
44.80	Keith Simpson	CA Stadium	22.06.97
43.56	Barry Dobbie	CA Stadium	26.09.96
40.16	David Minty	Inverness	02.07.89
30.78	George Petrie	Balgownie	16.09.78
38.80	David Gagel	Balgownie	01.07.80
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-Jallieu	18.09.93

U-17 MEN OCTATHLON

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

U-17 MEN DECATHLON

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

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

U-17 WOMEN 100m

11.9	LOUISE PATERSON	CA Stadium	09.06.91
12.2	Fiona Auld	Balgownie	22.08.76
12.2	Hayley Bowers	Peterhead	24.05.98
12.2	Zoey Clark	Perth	01.05.11
12.2	Katrina Leys	Crown Point	16.06.90
12.29	Rebecca Matheson	CA Stadium	23.08.14
12.3	Kathleen Madigan	Livingston	17.05.86
12.37	Lesley-Ann Mearns	Birmingham	13.08.05
12.4	Michelle Bruce	Pitreavie	05.09.82
12.4	Debra Carle	Balgownie	17.06.80

U-17 WOMEN 200m

24.7	LOUISE PATERSON	Crown Point	16.06.90
24.89	Zoey Clark	Scotstoun	29.08.10
24.94	Kelsey Stewart	CA Stadium	23.06.13
25.05	Lesley-Ann Mearns	Birmingham	14.08.05
25.1	Kathleen Madigan	Coatbridge	04.05.86
25.4	Nicola Imrie	Crown Point	20.06.92
25.5	Katrina Leys	Coatbridge	28.05.89
25.5	Michelle Bruce	Grangemouth	13.06.82
25.59	Lorna Johnston	Grangemouth	17.06.00
25.6	Sandra Gunn	CA Stadium	26.07.92

U-17 WOMEN 300m

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

U-17 WOMEN 400m

55.10	KELSEY STEWART	Colwyn Bay	03.08.13
55.96	Zoey Clark	Scotstoun	08.05.11
57.24	Louise Paterson	Waterford	11.08.90
57.4	Lorna Johnston	CA Stadium	13.09.00
57.7	Dawn Kitchen	Meadowbank	17.06.78
58.5	Bridie McGlashan	Glenrothes	14.09.86
58.6	Debbra Carle	Balgownie	11.08.81
58.86	Jaclyn Anderson	Meadowbank	04.09.94
58.9	Emma Cloggie	CA Stadium	18.08.04
59.0	Susan Hendry	CA Stadium	16.06.92

U-17 WOMEN 800m

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

U-17 WOMEN 1500m

4:32.7	KATHRYN SHEPHERD	Crystal Palace	19.07.74
4:34.8	Kate Rice	Carmarthen	05.08.89
4:42.2	Carolyn Sheehan	Balgownie	20.08.86
4:43.5	Ellie Buchan	Dundee	27.04.08
4:48.02	Eilidh Prise	Grangemouth	08.06.12
4:46.6	Allison Diamond	Grangemouth	05.06.82
4:49.6	Trisha Ronney	Grangemouth	08.05.83
4:49.9	Dawn Simpson	Wishaw	07.08.88
4:50.0	Anna Kyle	Inverness	08.09.96
4:52.0	Michelle Cherry	Coatbridge	17.06.84

U-17 WOMEN 3000m

10:20.6	EILIDH PRISE	CA Stadium	30.06.12
10:35.0	Claire Becker	CA Stadium	26.07.92
10:39.2	Ellie Buchan	CA Stadium	30.04.08
10:42.8	Carolyn Sheehan	Balgownie	15.05.85
10:43.9	Suzie Reid	CA Stadium	23.07.89
10:45.3	Jillian Grams	CA Stadium	22.07.90

10:45.7	Anna Kyle	Meadowbank	25.08.96
10:46.7	Christie Noble	CA Stadium	20.06.07
10:47.3	Vicky Clark	CA Stadium	18.07.93
10:51.4	Lisa Davidson	Grangemouth	01.08.90

U-17 WOMEN 100m HURDLES

15.5*	LYNDSAY PEDDIE	Balgownie	12.06.83
15.6*	Jenny Bole	Grangemouth	14.06.81
15.7	Deirdre Auld	Balgownie	17.06.79
16.11*	Sophia Hamilton	Grangemouth	13.07.13
16.9	Bridie McGlashan	Inverness	24.08.86
17.2*	Laura Beveridge	Pitreavie	24.04.83
18.8	Pamela Forbes	Dundee	16.05.82
19.4	Rebecca Rice	Inverness	24.08.86
19.5	Lyndsey Campbell	Balgownie	30.06.81
19.9	Shirley Antoine	Balgownie	15.08.81

*2'6" hurdles

U-17 WOMEN 80m HURDLES

11.48	YASMIN MILNE	Grangemouth	11.06.10
11.7	Catriona Pennet	Grangemouth	11.06.00
11.9	Gail Murchie	Grangemouth	10.07.88
12.0	Katy Philip	Grangemouth	23.06.93
12.1	Lisa Humphreys	CA Stadium	30.06.10
12.1	Bridie McGlashan	Livingston	17.05.86
12.2	Pamela Gray	Coatbridge	21.05.95
12.2	Lyndsay Peddie	Balgownie	06.09.81
12.2	Georgia Summers	Dublin	09.08.14
12.21	Wendy Pennet	Scotstoun	27.07.97

U-17 WOMEN 300m HURDLES

44.14	SYLVIA KAMYA	Carmarthen	06.08.05
44.73	Angela Shearer	CA Stadium	27.05.01
45.7	Catriona Pennet	CA Stadium	02.07.00
45.84	Sophie Hamilton	Grangemouth	08.06.13
46.28	Rebecca Mortimer	Grangemouth	26.08.06
46.34	Rebecca Dougall	Scotstoun	27.07.97
46.48	Lisa Humphreys	Scotstoun	14.08.10
46.7	Yasmin Milne	CA Stadium	16.06.10
46.9	Wendy Pennet	CA Stadium	06.06.96
46.9	Lise Theron	CA Stadium	20.04.14

U-17 WOMEN 400m HURDLES

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

U-17 WOMEN HIGH JUMP

1.69	ELLIE WORKMAN	Birmingham	15.08.09
1.66	Lyndsay Peddie	Balgownie	30.07.83
1.61	Shirley Gray	Balgownie	19.06.77
1.61	Beth Philip	CA Stadium	11.09.89
1.60	Donna Quirie	CA Stadium	30.06.93
1.59	Emma Caldow	Grangemouth	29.07.12
1.58	Kate MacKay	CA Stadium	24.08.14
1.58	Heather Pirie	Coatbridge	08.08.91
1.58	Anne Watt	Balgownie	06.09.81
1.57	Suzie Robertson	Grangemouth	01.06.91

U-17 WOMEN POLE VAULT (Top 6)

2.80	SAM SOMERS	CA Stadium	05.06.11
2.65	Sophie Hamilton	CA Stadium	19.05.13
2.30	Erin Runcie	CA Stadium	30.06.13
2.20	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

U-17 WOMEN LONG JUMP

5.71	KIRSTEN YOUNG	CA Stadium	26.06.05
5.64	Lea Masson	Balgownie	18.09.77
5.53	Donna Quirie	Grangemouth	27.06.93
5.53	Sarah Still	Crown Point	20.06.92

5.52	Deidre Auld	Balgownie	09.09.79
5.52	Lyndsay Peddie	Balgownie	11.09.83
5.47	Ellie Workman	Grangemouth	13.06.09
5.40	Cheryl McHardy	CA Stadium	26.07.98
5.38	Laura Beveridge	Antrim	06.08.83
5.27	Linda Davidson / Saffron Cummings		86 / 14

U-17 WOMEN TRIPLE JUMP

11.48	KIRSTEN YOUNG	Birmingham	15.08.04
11.44	Donna Quirie	Birmingham	08.08.93
11.03	Cheryl McHardy	Sheffield	16.08.98
10.68	Nicola Gauld	CA Stadium	05.07.98
10.40	Sylvia Kamyra	Dundee	05.06.05
10.11	Jennifer Reid	Banchory	27.08.94
9.83	Emma Cloggie	Banchory	31.08.02
9.77	Nikki Corsie	Meadowbank	20.06.98
9.72	Chloe Davie	Lerwick	14.09.14
9.71	Kate MacKay	Lerwick	14.09.14

U-17 WOMEN SHOT (4kg)

11.85	HELEN COWE	Elgin	16.07.83
10.69	Alison Horne	Forres	05.07.14
10.29	Sarah Lyon	Tullamore	04.07.99
9.86	Jennifer Reid	Banchory	04.09.94
9.60	Shirley Gray	Balgownie	18.06.78
9.54	Marian Simpson	Coatbridge	28.08.94
9.48	Rhona MacLennan	Coatbridge	04.05.86
9.43	Gail Murchie	Meadowbank	12.06.88
9.35	Saffron Cummings	Kirkwall	08.09.13
9.31	Anita Smith	Balgownie	12.06.83

U-17 WOMEN 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
9.37	Alix Still	Grangemouth	14.06.14

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
26.02	Jennifer Reid	Banchory	04.09.94
25.88	Lesley Fowler	Arbroath	20.08.95
25.60	Angela Smith	CA Stadium	04.09.97
25.34	Lorraine Dearie	Glenrothes	14.05.86

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
23.16	Katherine Masson	CA Stadium	04.09.95
22.70	Kylie Davidson	Grangemouth	11.06.04
19.87	Sarah Lyon	Coatbridge	30.05.99
19.68	Angela Smith	CA Stadium	28.05.98
19.51	Mollie Hepburn	Inverness	16.09.07
19.24	Cheryl McHardy	Elgin	21.09.97
17.71	Sylvia Kamyra	Dundee	05.06.05

U-17 WOMEN HAMMER (3kg)

30.96	ERIN RUNCIE	CA Stadium	07.08.14
28.12	Kristie Hindle	Dundee	04.05.14

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)

29.15	IONA COLQUHOUN	CA Stadium	24.08.14
28.80	Sophie Evans	Hutcheson's	20.06.14

U-17 WOMEN HEPTATHLON

4390	ELLIE WORKMAN	Birmingham	16.08.09
(12.88, 1.69, 8.60, 27.55, 5.13, 32.49, 2:36.87)			
4192*	Lyndsay Peddie	Wishaw	05.06.83
(16.2, 1.55, 8.97, 27.9, 5.04, 29.94, 3:03.8)			
3931	Louise Paterson	Stoke	08.07.90
3872	Kimberley Miles	Sheffield	02.09.01
3872	Donna Quirie	Linwood	25.07.93
3813	Jennifer Reid	Linwood	25.07.93
3786	Rebecca Dougall	Linwood	20.07.97
3688	Sarah Still	CA Stadium	20.09.92
3656*	Sophie Hamilton	Grangemouth	14.07.13
3515	Wendy Pennet	Linwood	20.07.97

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

* 100m hurdles

Quiz Answers

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

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ALL TIME TOP 10s – U-15 EVENTS

U-15 BOYS 100m

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

U-15 BOYS 200m

23.1	ALEXANDER CARNIE	CROWN POINT	07.09.86
23.5	Ahmed Al-Kowarri	Grangemouth	23.06.93
23.86	Stuart Bridgeford	Hutcheson's	20.06.14
24.2	Mark Davidson	Balgownie	30.07.83
24.32	Stuart Mathieson	Pitreavie	09.07.95
24.45	William Stark	CA Stadium	22.06.91
24.5	Paul Manson	Coatbridge	02.09.78
24.6	Richard Singer	CA Stadium	18.07.93
24.6	Bruce Sorbie	CA Stadium	12.07.12
24.7	Colin Wilson	CA Stadium	10.06.89

U-15 BOYS 400m

52.5	COLIN DONALD	GRANGEMOUTH	26.06.82
52.7	Ahmed Al-Kowarri	Crown Point	07.08.93
53.1	Stuart Mathieson	Grangemouth	17.06.95
53.61	Richard Singer	Grangemouth	11.07.93
53.8	Stewart Millar	CA Stadium	25.07.13
54.2	Andrew Keelan	Grangemouth	18.06.88
54.93	Colin Wilson	Grangemouth	27.08.89
55.1	Steven Rusling	CA Stadium	04.08.02
55.50	Mark Davidson	Scotstoun	11.06.83
55.9	Ben Renton	CA Stadium	25.07.13

U-15 BOYS 800m

2:00.77	STEVEN RUSLING	BIRMINGHAM	11.08.02
2:01.39	Stewart Millar	Scotstoun	02.08.13
2:01.8	Colin Donald	Grangemouth	26.06.82
2:04.75	Ben Renton	CA Stadium	29.08.13
2:07.1	Michael Anderson	Inverness	09.09.90
2:07.2	Euan Cameron	Grangemouth	18.06.77
2:08.22	Mark Haskett	Grangemouth	06.07.03
2:09.0	Steven Murray	CA Stadium	04.09.11
2:09.0	Ewan Calvert	Pitreavie	31.07.88
2:09.2	Colin Wilson	Crown Point	30.07.89

U-15 BOYS 1500m

4:21.2	STEVEN RUSLING	CA STADIUM	04.08.02
4:24.50	Alan Wales	Grangemouth	10.07.99
4:26.0	Frank Boyne	Glenrothes	24.08.80
4:26.37	Mark Kennedy	Inverness	09.07.00
4:26.43	Steven Murray	Wishaw	27.08.11
4:26.51	Alex 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
4:29.9	Mark Haskett	Grangemouth	14.06.03

U-15 BOYS 3000m

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

U-15 BOYS 80m HURDLES

11.95	BRUCE SORBIE	Grangemouth	21.06.12
12.00	William Stark	Grangemouth	25.08.91
12.1	Derek Elmslie	Balgownie	22.06.75
12.3	Finlay Morton	Meadowbank	21.09.75
12.4	Mark Davidson	Dundee	26.06.83
12.4	Ian Lind	Crown Point	07.08.88
12.5	Chris Jessiman	Inverness	30.08.87
12.5	Christopher Maslen	CA Stadium	12.09.99
12.6	Paul Manson	Glenrothes	23.04.78
12.6	John Oxley	CA Stadium	12.09.99

U-15 BOYS HIGH JUMP

1.75	KEVIN LUTTON	CA STADIUM	05.09.99
1.73	Duncan Mathieson	Balgownie	30.07.83
1.71	William Stark	CA Stadium	24.08.91
1.70	George Petrie	Balgownie	03.09.77
1.66	Scott Macgregor	CA Stadium	22.09.13
1.65	Michael Johnston	Coatbridge	05.09.76
1.65	Andrew Keelan	Pitreavie	31.07.88
1.65	Alasdair Lowe	Grangemouth	16.08.12
1.65	Miller Mathieson	Balgownie	09.09.79
1.64	Steven Stark	CA Stadium	28.08.93

U-15 BOYS POLE VAULT

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

U-15 BOYS LONG JUMP

5.88	BRUCE SORBIE	Grangemouth	29.07.12
5.82	William Stark	CA Stadium	04.07.91
5.71	Derek Elmslie	Pitreavie	29.06.75
5.70	Richard Singer	CA Stadium	22.08.93
5.55	Christopher Maslen	CA Stadium	29.06.99
5.47	Ahmed Al-Kowarri	Dundee	15.04.93
5.47	Miller Mathieson	Meadowbank	08.09.79
5.47	Wilson Moir	Meadowbank	03.09.77
5.37	Alexander Carnie		1986
5.35	Stewart Millar	CA Stadium	23.06.13

U-15 BOYS TRIPLE JUMP

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

U-15 BOYS SHOT

11.89	KEVIN LUTTON	DUNDEE	27.06.99
11.78	Derek Elmslie	Balgownie	22.06.75
11.70	Adam 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
10.61	Christian Dick	CA Stadium	09.09.12

U-15 BOYS DISCUS

33.91	KEVIN LUTTON	ELGIN	19.09.99
33.64	Edward McKenzie	Glenrothes	22.08.81
32.16	Peter Fraser	CA Stadium	03.05.92
30.87	Christian Dick	CA Stadium	30.08.12
30.80	Stuart Scoble	Scotstoun	04.09.83
29.28	Keith Simpson	CA Stadium	07.05.95
28.18	Fraser Benzie	Dundee	06.07.97

27.88	Andrew McCallum	CA Stadium	29.09.91
27.78	Adam Crighton	Inverness	24.05.09
27.76	Richard Phonburn	Grangemouth	13.06.09

U-15 BOYS HAMMER

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
26.14	John Angus	Perth	11.05.14
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 4)

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

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

U-15 GIRLS 100m

12.37	LESLEY-ANN MEARNES	BIRMINGHAM	13.08.05
12.4	Michelle Bruce	Grangemouth	13.06.82
12.5	Jenny Bole	Balgownie	12.08.78
12.5	Fiona Lumsden	CA Stadium	09.06.91
12.5	Kathleen Madigan	Pitreavie	05.05.84
12.5	Louise Paterson	Grangemouth	22.06.89
12.7	Angela Shearer	CA Stadium	05.09.99
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 MEARNES	Birmingham	14.08.05
25.5	Michelle Bruce	Grangemouth	13.06.82
25.89	Louise Paterson	Grangemouth	01.07.89
26.13	Kelsey Stewart	Scotstoun	31.07.11
26.3	Sandra Gunn	Coatbridge	20.05.90
26.3	Kathleen Madigan	Pitreavie	05.05.84
26.51	Angela Shearer	Sheffield	14.08.99
26.63	Gemma Hair	Greenock	04.06.95
26.7	E 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
4:54.9	Jaclyn Anderson	Coatbridge	12.09.93

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
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

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
1.50	Emma Caldow	Scotstoun	29.08.10
1.50	Kimberley Miles	CA Stadium	12.09.99
1.50	Kate Murdoch	CA Stadium	30.08.09
1.50	Lyndsay Peddie	Balgownie	06.09.81
1.49	Kate Rice	Grangemouth	14.06.85
1.48	Nicola Gauld	Meadowbank	12.05.96

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	Pitreevie	17.08.96
25.34	Lorraine Dearie	Glenrothes	14.09.86
24.78	Gillian Tindall	Glenrothes	02.09.79
24.36	Lesley Fowler	Dundee	22.08.93
24.34	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 3)

24.69	KRISTIE HINDLE	Grangemouth	28.07.13
24.03	Sophie Anderson	Grangemouth	26.08.12
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

1.48	Katrina Leys	Wishaw	07.08.88
1.48	Wendy Pennet	Coatbridge	27.08.95

U-15 GIRLS LONG JUMP

5.38	DEIRDRE AULD	Meadowbank	18.06.77
5.33	Kirsten Young	CA Stadium	20.04.03
5.27	Sarah Still	Dundee	09.09.90
5.12	Laura Beveridge	Balgownie	21.06.81
5.11	Jenny Bole	Balgownie	10.09.78
5.10	Lyndsay Peddie	Meadowbank	13.06.81
5.07	Linda Davidson	Balgownie	12.06.83
5.01	Jennifer Lynch	Balgownie	23.08.75
5.01	Donna Quirie	Waterford	11.08.90
4.97	Claire Middleton	Pitreevie	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	Pitreevie	06.05.78
9.37	Laura Crockford	Meadowbank	12.05.96

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

U-15 GIRLS JAVELIN (500g)

29.15	Iona Colquhoun	CA Stadium	24.08.14
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U-15 GIRLS PENTATHLON*

2859	Lyndsay Peddie	Balgownie	15.08.81
2856	Jennifer Lynch	Grangemouth	09.08.75
2842	Deirdre Auld	Pitreevie	14.05.77
2754	Catriona Pennet	Scotstoun	03.05.98
2675	Amanda Lochhead	Grangemouth	24.08.80
2642	Shelda Stalker	Pitreevie	27.06.81
2640	Linda Davidson	Wishaw	05.06.83
2627	Rhona MacLennan	Wishaw	05.06.83
2620	Lea Masson	Meadowbank	28.08.76
2595	Kate MacKay	Grangemouth	14.06.14

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



L to R – Kathleen Madigan, Stan Walker, Trevor Madigan and Fiona Davidson all picked up medals at the 2015 British Indoor Masters Championships.

ALL TIME TOP 10s – 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	Linksfield	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 Riley	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	Linksfield	06.09.88
24.7	Allan Stirling	Crown Point	28.06.87
24.8	Brian Gordon	Grangemouth	27.08.88
25.0	Trevor Madigan	Coatbridge	14.07.85
25.2	Alan Fulton	CA Stadium	22.08.91

VETERAN MEN 400m

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

VETERAN MEN 800m

2:01.0	DENIS SHEPHERD	Dundee	22.08.93
2:01.1	Hunter Watson	Coatbridge	30.05.76
2:02.72	Roderick MacFarquhar	Strasbourg	15.07.82
2:06.1	Alan Fulton	Inverness	10.06.95
2:08.1	Frank Gauld	Dundee	28.05.00
2:08.8	Ken Hogg	Dundee	18.06.89
2:10.3	Dave Armitage	CA Stadium	24.08.91
2:10.7	Jim Burr	CA Stadium	27.08.94
2:11.2	Bill Scullion	CA Stadium	28.08.93
2:13.1	John Ballentine/Frank Smith		93 / 01

VETERAN MEN 1500m

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

VETERAN MEN 3000m

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

VETERAN MEN 5000m

14:57.0	ALISTAIR WOOD	Meadowbank	12.07.75
15:24.8	Colin Youngson	Grangemouth	29.06.91

15:28.0	Roderick MacFarquhar	Balgownie	24.05.83
15:48.0	Graham Milne	Balgownie	29.06.88
15:54.6	George Sim	Inverness	18.05.92
15:57.2	Mike Simpson	CA Stadium	14.08.97
16:14.2	Mel Edwards	Balgownie	15.05.85
16:23.26	John Ballentine	Jarrow	17.07.93
16:27.51	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 7)

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

* 3' hurdles

VETERAN MEN HALF-MARATHON

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

VETERAN MEN MARATHON

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

VETERAN MEN HIGH JUMP

1.67	DENIS SHEPHERD	Inverness	12.09.92
1.65	Bill Lonsdale	CA Stadium	21.05.03
1.65	James MacGregor	Wishaw	28.08.11
1.65	Trevor Madigan	Balgownie	01.07.87
1.65	Robert Masson	Balgownie	01.07.87
1.55	Kenny Lyon	CA Stadium	12.05.04
1.48	Edward McKenzie	P'o Alegre (BRA)	16.10.13
1.40	Malcolm Clarkson	CA Stadium	07.06.89
1.40	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
5.27	Mark Davidson	CA Stadium	03.09.14
5.22	Frank Gauld	CA Stadium	26.08.98

VETERAN MEN TRIPLE JUMP

12.21	TREVOR MADIGAN	Balgownie	27.07.85
11.84	Kenny Lyon	CA Stadium	11.05.03
11.30	Frank Gauld	CA Stadium	30.07.00
11.20	Chris Coulter	Balgownie	17.08.87
11.03	Robert Masson	CA Stadium	11.05.93
10.75	Bill Lonsdale	Derby	07.06.03
10.44	Malcolm Clarkson	Grangemouth	19.06.88
10.43	Alan Young	CA Stadium	28.05.05
10.04	Bill Skinner	Izmir	28.08.14
4.14	Hugo Fletcher	CA Stadium	01.05.02

VETERAN MEN SHOT

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

* Senior men's implements

VETERAN MEN DISCUS

39.86	ROBERT MASSON	CA Stadium	03.09.92
37.68	Edward McKenzie	CA Stadium	06.09.12
33.45*	Darren Chapman	CA Stadium	29.04.12
32.49	Kenny Lyon	CA Stadium	26.08.04
32.20	Forbes Bruce	Balgownie	03.08.82
32.17	Colin Harris	CA Stadium	28.05.05
30.52	Paddy Grant	CA Stadium	02.09.99
30.15	Frank Gauld	CA Stadium	24.08.00
28.30	Ian Maitland	Dundee	11.09.93
28.16	Mark Davidson	CA Stadium	04.09.14

* Senior men's implements

VETERAN MEN HAMMER

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

* Senior men's implements

VETERAN MEN JAVELIN

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

29.96	Bill Lonsdale	Grangemouth	25.08.02
29.32	Trevor Madigan	CA Stadium	18.05.00

* Senior men's implements

VETERAN MEN DECATHLON (Top 5)

4738	TREVOR MADIGAN	Balgownie	30.04.86
3658	Robert Masson	CA Stadium	16.07.95

Age-graded

6490	Robert Masson	Oxford	07.07.07
5647	Kenny Lyon	Sheffield	09.09.01
4597	Edward McKenzie	Izmir (TUR)	22.08.14
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	Pitreevie	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
33.2	Brigitte Mulsant	CA Stadium	30.08.89

VETERAN WOMEN 400m

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

VETERAN WOMEN 800m

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

VETERAN WOMEN 1500m

4:39.12	SONIA ARMITAGE	Meadowbank	02.06.96
4:47.4	Heather Wisley	Inverness	24.06.90
4:50.73	Laura Mahady	Lahti(FIN)	06.08.09
4:57.1	Kathryn Mearns	Peterhead	24.08.97
5:00.4	Rhona Buchan	CA Stadium	05.09.07
5:01.7	Lynda Bain	CA Stadium	05.05.91
5:07.4	Nancy MacKinnon	CA Stadium	06.09.88
5:20.7	Annette Orme	Dundee	04.06.95
5:21.8	Joyce Hogg	CA Stadium	06.09.88
5:44.8	Carole Hawthorn	Balgownie	14.08.84

VETERAN WOMEN 3000m

9:51.9	HEATHER WISLEY	Coatbridge	20.05.90
10:03.1	Sonia Armitage	Coatbridge	29.08.98
10:26.2	Lynda Bain	CA Stadium	09.06.91
10:42.8	Hazel Gaskell	CA Stadium	18.07.93

10:48.2	Nancy MacKinnon	CA Stadium	23.07.89
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
21:40.28	Sinead Stenhouse	CA Stadium	08.05.14
21:57.9	Bing Kerr	CA Stadium	04.07.89
22:08.9	Jane MacKay	CA Stadium	10.05.10

VETERAN WOMEN 10000m (Top 9)

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

VETERAN WOMEN HALF MARATHON

82:09	ULLI SIMPSON	CA Stadium	26.08.90
84:05	Lynda Bain	Linksfield	29.08.93
85:42	Hazel Gaskell	Linksfield	29.08.93
85:51	Heather Wisley	Linksfield	28.08.88
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
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VETERAN WOMEN LONG JUMP

5.10	FIONA DAVIDSON	Pitreavie	15.06.14
4.74	Linda Michie	CA Stadium	05.07.06
4.49	Shona McKinnon	CA Stadium	10.06.00
4.45	Janet Lyon	CA Stadium	04.04.04
4.36	Joyce Hogg	Cwmbran	24.07.88
4.23	Kathleen Madigan	CA Stadium	28.05.05
4.05	Heather Young	CA Stadium	21.08.02
3.99	Ann Imrie	CA Stadium	23.08.95
3.73	Irene Dougall	CA Stadium	02.09.92
3.54	Annette Orme	CA Stadium	23.08.95

VETERAN WOMEN TRIPLE JUMP (Top 5)

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

VETERAN WOMEN SHOT

8.82	LINDA MICHIE	CA Stadium	05.07.06
8.45	Kathleen Madigan	Newtonmore	05.08.06
8.17	Shona McKinnon	Drumadrochit	26.08.00
8.13	Fiona Davidson	CA Stadium	12.09.13
7.76	Joyce Hogg	Cwmbran	23.07.88
7.47	Janet Lyon	CA Stadium	28.08.97
7.44	Anne Lindsay	Grangemouth	27.08.88
7.14	Margaret Lyon	CA Stadium	26.07.98
7.14	Heather Young	Coatbridge	25.07.04
7.13	Sheena Pirie	CA Stadium	16.05.91

VETERAN WOMEN DISCUS

23.94	ANNE LINDSAY	Grangemouth	19.06.88
23.52	Fiona Davidson	CA Stadium	29.04.12
22.34	Ann Imrie	CA Stadium	10.08.97
20.94	Dorothy Davidson	Balgownie	24.02.85
19.89	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
25.81	Fiona Davidson	CA Stadium	02.07.13
20.94	Joyce Hogg	CA Stadium	16.06.94
14.61	Linda Michie	CA Stadium	07.09.06
14.05	Heather Young	Coatbridge	25.07.04

VETERAN WOMEN JAVELIN (Top 7)

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

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

VETERAN WOMEN HEPTATHLON (Top 1)

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

2750	SHONA MCKINNON	Pitreavie	31.05.03
2450	Joyce Hogg	Coatbridge	09.09.89

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

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
7.2	Chukwudi Onyia	Aberdeen SV	16.12.12
7.21	Neil Fachie	Kelvin Hall	30.11.05
7.25	Ronald Smith	Kelvin Hall	31.01.99
7.29	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
7.3	Robbie Shaw	Aberdeen SV	13.01.13
7.33	Richard Singer	Kelvin Hall	03.02.96
7.37	Ray Elrick	Kelvin Hall	17.01.98
7.38	Paul Allan	Kelvin Hall	25.02.89
7.39	Scott Rankin	Kelvin Hall	17.02.02
7.4	Stark/McKeown/Williamson/Legge/Clark/D Irvine		

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
22.71	Ian Garioch	Kelvin Hall	28.10.09
22.86	Robbie Shaw	Emirates A	08.02.14
23.1	Richard Chessor	Kelvin Hall	23.04.03
23.20	Ahmed Al-Kowarri	Kelvin Hall	13.01.96
23.31	Ronald Smith	Kelvin Hall	31.01.99
23.47	Donald Ross	Kelvin Hall	23.01.94
23.5	Alexander Carnie	Kelvin Hall	30.10.88
23.63	Cameron Brown	Emirates A	06.02.14
23.72	Bruce Gibb	Kelvin Hall	06.02.10
23.74	Bob Drummond	Kelvin Hall	07.12.91
23.78	Steve Mathers	Kelvin Hall	29.01.89
23.89	Richard Singer	Kelvin Hall	03.02.96
23.92	Ray Elrick	Kelvin Hall	17.01.98
24.00	Stan Walker	Kelvin Hall	07.12.91

MEN 400m (Top 20)

47.44	BARRY MIDDLETON	Birmingham	25.01.97
47.65	Mark Davidson	Athens	11.02.89
48.84	Ian Garioch	Kelvin Hall	06.02.10
50.25	Duncan Mathieson	Kelvin Hall	25.02.89
50.32	Paul Davidson	Kelvin Hall	15.01.95
50.88	Ahmed Al-Kowarri	Kelvin Hall	15.02.04
50.93	Murray King	Kelvin Hall	11.12.88
51.07	Paul Allan	Kelvin Hall	25.02.89
51.40	Ewan Calder	Emirates A	06.02.14
51.49	Ronald Smith	Kelvin Hall	28.02.09
52.19	Kenny Lyon	Kelvin Hall	25.02.89
52.40	Andrew Grant	Kelvin Hall	12.03.05
52.45	Steve Ledingham	Kelvin Hall	26.01.91
52.50	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
53.2	Kevin Morice	Kelvin Hall	06.11.02
53.25	Bruce Gibb	Kelvin Hall	06.02.10

MEN 800m

1:51.90	MYLES EDWARDS	Lee Valley	26.01.14
1:56.75	Frank Boyne	Kelvin Hall	07.02.93
1:57.31	Adam Watt	Kelvin Hall	17.02.02
1:57.8	Mark Davidson	Kelvin Hall	25.02.89
1:57.9	Ewan Calvert	Kelvin Hall	12.02.92
1:59.34	Steven Rusling	Kelvin Hall	18.01.04
2:00.07	Stewart Mason	Kelvin Hall	30.01.99
2:00.33	Matthew Kilner	Emirates A	15.02.14
2:00.43	Steven Murray	Emirates A	15.02.14
2:00.49	Stewart Millar	Emirates A	06.02.14

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
2:02.01	Mark Kennedy	Kelvin Hall	12.01.02
2:04.40	Paul Davidson	Kelvin Hall	10.01.99
2:04.6	James Lowrie	Kelvin Hall	12.02.92
2:05.1	Robin Sutherland	Kelvin Hall	12.02.92
2:05.11	Simon Walker	Kelvin Hall	30.01.97
2:05.5	Stuart Forbes	Kelvin Hall	31.01.02
2:06.39	Andrew Grant	Kelvin Hall	06.11.02

MEN 1000m (Top 10)

2:30.94	MARK KENNEDY	Kelvin Hall	06.03.04
2:45.79	Paul Allan	Kelvin Hall	04.02.90
2:48.50	Barry Middleton	Kelvin Hall	15.02.92
2:50.28	Paul Torry	Kelvin Hall	12.03.00
2:52.24	Robert Miller	Kelvin Hall	26:01.03
2:54.6	Kenny Lyon	Kelvin Hall	26.02.89
2:55.06	Stephen Miller	Kelvin Hall	26.01.03
2:55.1	Duncan Mathieson	Kelvin Hall	26.02.89
2:56.02	Mark Dobbie	Kelvin Hall	19.02.95
3:00.57	Richard Singer	Kelvin Hall	05.03.95

MEN 1500m (Top 10)

3:51.94	MYLES EDWARDS	Sheffield	08.02.14
4:01.57	David Stephen	Ingliston	01.02.87
4:02.6	Mark Kennedy	Kelvin Hall	12.02.04
4:02.91	Michael Ferguson	Emirates A	02.03.13
4:04.40	Adam Watt	Kelvin Hall	02.03.03
4:05.8	Alan Wales	Kelvin Hall	31.01.02
4:07.3	Willie Duncan	Kelvin Hall	12.02.04
4:07.52	Eoin Durkan	Sheffield	25.02.12
4:10.44	Michael Anderson	Kelvin Hall	21.02.93
4:12.1	Robin Sutherland	Kelvin Hall	13.02.91
4:12.87	Cameron Strachan	Kelvin Hall	28.10.09

MEN 3000m (TOP 10)

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

MEN 60m HURDLES (TOP 5)

8.32	DUNCAN MATHIESON	Kelvin Hall	16.02.97
8.60	Tom Leeson	Kelvin Hall	16.02.97
8.71	Robert Miller	Kelvin Hall	15.02.04
8.8	Paul Allan	Kelvin Hall	14.01.89
9.17	Andrew Grant	Kelvin Hall	27.01.01

MEN HIGH JUMP (Top 11)

1.99	DUNCAN MATHIESON	Kelvin Hall	25.02.89
1.96	Ryan Hewitson	Emirates A	02.03.13
1.92	Keith Oag	Kelvin Hall	04.03.95
1.90	Andrew Grant	Kelvin Hall	26.01.02
1.90	Kevin Lutton	Kelvin Hall	24.02.01
1.87	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
1.80	Dinkar Sabnis	Kelvin Hall	02.12.90
1.80	Michael Spink	Kelvin Hall	24.01.93
1.79	Robert Miller	Kelvin Hall	09.02.02
1.79	William Stark	Kelvin Hall	07.03.93
1.77	Sam Lyon	Aberdeen SV	21.03.10
1.75	Paul Torry	Kelvin Hall	11.03.00
1.73	Stewart Clark	Kelvin Hall	11.02.12
1.72	Kenny Lyon	Kelvin Hall	25.02.89
1.70	Smy / Lowe /Macgregor		08 / 13 / 14

MEN POLE VAULT

4.10	DAVID MANN	Emirates A	19.01.13
4.00	Duncan Mathieson	Kelvin Hall	16.02.97
3.80	Tom Leeson	Kelvin Hall	16.02.97
3.70	Kenny Lyon	Kelvin Hall	26.02.89
3.60	Alasdair Lowe	Emirates A	05.02.14
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
3.25	Jools Peters	Aberdeen SV	17.09.14
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
3.00	Chris Jones	Kelvin Hall	18.02.90
2.90	Hugh Kilpatrick	Kelvin Hall	04.02.90
2.90	Craig Loney	Kelvin Hall	17.01.04
2.85	David Partridge	Aberdeen SV	16.06.12
2.80	Richard Durkin	Kelvin Hall	13.01.96
2.80	Edward McKenzie	Aberdeen SV	03.05.11

MEN LONG JUMP (Top 10)

7.14	DUNCAN MATHIESON	Kelvin Hall	26.01.91
7.07	Dinkar Sabnis	Kelvin Hall	23.01.94
7.01	Sam Lyon	Emirates A	02.02.04
6.93	William Stark	Kelvin Hall	16.01.00
6.87	Chukwudi Onyia	Aberdee SV	16.12.12
6.72	Robert Miller	Kelvin Hall	02.03.03
6.62	Mark Dobbie	Kelvin Hall	17.02.96
6.45	Stewart Clark	Aberdeen SV	12.12.09
6.42	Tom Leeson	Kelvin Hall	15.02.97
6.34	Paul Allan	Kelvin Hall	03.02.90

MEN TRIPLE JUMP (Top 10)

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
12.13	C Rhodes/D Prentice		94 / 96

MEN SHOT (Top 10)

16.98	SCOT THOMPSON	Cardiff	21.02.10
14.10	Paul Allan	Kelvin Hall	10.03.93
13.62	Duncan Mathieson	Kelvin Hall	15.02.97
13.23	Donald Clerk	Perth	20.03.76
12.88	Bruce McKay	Perth	20.03.76
12.70	Bruce Shepherd	Kelvin Hall	26.01.92
12.63	Gordon Smith	Kelvin Hall	16.01.88
12.27	Darren Chapman	Aberdeen SV	21.03.10
12.18	Fintan McCabe	Kelvin Hall	16.02.08
12.06	Tom Leeson	Kelvin Hall	15.02.97

MEN HEPTATHLON (TOP 5)

5275	DUNCAN MATHIESON	Kelvin Hall	16.02.97
(7.06; 7.06; 13.62; 1.94; 8.32; 4.00; 3:05.43)			
4629	Paul Allan	Kelvin Hall	04.02.90
(7.5; 12.79; 1.86; 6.34; 8.95; 3.20; 2:45.79)			
4592	Tom Leeson	Kelvin Hall	16.02.97
(7.45; 6.42; 12.06; 1.82; 8.60; 3.80; 3:14.17)			
3946	Paul Torry	Kelvin Hall	10.02.02
3794	Mark Dobbie	Kelvin Hall	16.02.97

WOMEN 60m

7.65	ZOEY CLARK	Emirates A	08.02.14
7.74	Dawn Kitchen	Meadowbank	19.01.86
7.78	Dawn Flockhart	Kelvin Hall	15.01.95
7.79	Aileen Connelly	Kelvin Hall	14.01.06
7.83	Katrina Leys	Birmingham	21.02.93
7.83	Lesley-Ann Mearns	Kelvin Hall	17.02.05
7.84	Gail Murchie	Kelvin Hall	24.01.93
7.9	Susan Tengtanga	Aberdeen SV	12.12.09
7.91	Alison Wylie	Emirates A	17.02.13
7.92	Kirsten Young	Kelvin Hall	06.02.05

7.95	Corrie Butler	Kelvin Hall	24.02.91
7.95	Louise Paterson	Kelvin Hall	21.02.92
7.96	Kathleen Madigan	Meadowbank	15.02.87
7.96	Sarah Still	Kelvin Hall	24.01.99
8.02	Sandra Gunn	Kelvin Hall	24.02.91
8.1	Ademide Ademuyewo	Aberdeen SV	16.12.12
8.1	Catriona Pennet	Aberdeen SV	13.01.13
8.11	Sophia Hamilton	Aberdeen SV	26.01.14
8.13	Hayley Bowers	Kelvin Hall	28.01.99
8.17	Pamela Gray	Kelvin Hall	04.02.95

WOMEN 200m

24.62	ZOEY CLARK	Emirates A	02.02.14
24.86	Dawn Flockhart	Kelvin Hall	22.01.95
25.34	Aileen Connelly	Cardiff	05.02.06
25.51	Lesley-Ann Mearns	Kelvin Hall	17.02.05
25.57	Katrina Leys	Kelvin Hall	24.01.99
25.96	Alison Wylie	Emirates A	17.02.13
25.6	Louise Paterson	Kelvin Hall	14.03.92
26.02	Ademide Ademuyewo	Emirates A	17.02.13
26.63	Rebecca Mortimer	Kelvin Hall	15.01.06
26.64	Sandra Gunn	Kelvin Hall	01.03.92
26.64	Sarah Still	Kelvin Hall	21.02.93
26.96	Susan 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
27.30	Kirsten Young	Kelvin Hall	17.02.05
27.41	Marie Dobson	Kelvin Hall	23.01.11
27.41	Kathleen Madigan	Cardiff	05.03.06

WOMEN 400m (Top 10)

55.27	EMMA CLOGGIE	Birmingham	05.03.06
56.24	Susan Hendry	Birmingham	19.02.95
57.64	Kelsey Stewart	Emirates A	02.03.13
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
63.9	Trisha Ronney	Kelvin Hall	28.02.88

WOMEN 800m (Top 10)

2:11.47	NICOLA GAULD	Kelvin Hall	18.01.04
2:13.15	Susan Hendry	Kelvin Hall	15.12.96
2:14.32	Emma Cloggie	Birmingham	20.02.05
2:14.98	Emma Leask	Sheffield	23.02.14
2:16.58	Ellie Buchan	Kelvin Hall	04.02.10
2:18.28	Lynsey Still	Kelvin Hall	03.02.96
2:22.20	Sarah Still	Kelvin Hall	18.02.01
2:22.77	Sonia Armitage	Linz, Austria	17.03.06
2:23.16	Christie Noble	Kelvin Hall	17.02.05
2:24.8	Heather Wisley	Kelvin Hall	25.03.90

WOMEN 1500m (Top 10)

4:26.20	NICOLA GAULD	Cardiff	05.02.06
4:45.85	Sonia Armitage	Linz, Austria	20.03.06
4:46.81	Ellie Buchan	Cardiff	03.02.08
4:48.54	Gemma Cormack	Emirates A	12.01.13
4:50.90	Eilidh Prise	Kelvin Hall	09.02.12
4:51.1	Heather Wisley	Kelvin Hall	25.03.90
4:55.78	Carly Hall	Kelvin Hall	23.01.11
4:57.90	Hannah Smith	Kelvin Hall	15.01.94
5:06.7	Freyja Prentice	Kelvin Hall	22.02.06
5:07.1	Nancy MacKinnon	Kelvin Hall	26.03.89

WOMEN 3000m (TOP 5)

9:56.20	RHONA AUCKLAND	Kelvin Hall	09.02.12
10:23.35	Gemma Cormack	Emirates A	12.01.13
10:44.37	Janet Fraser	Kelvin Hall	14.01.89
11:23.81	Laura Mahady	Kelvin Hall	12.02.05
12:23.44	Chantelle Clark	Kelvin Hall	15.01.06

WOMEN 60m HURDLES (TOP 10)

8.79	CATRIONA PENNET	Kelvin Hall	15.02.04
8.84	Sarah Still	Kelvin Hall	12.03.00
8.94	Gail Murchie	Kelvin Hall	07.02.93
9.3	Yasmin Milne	Aberdeen SV	20.03.11
9.47	Sylvia Kamyra	Kelvin Hall	28.02.09
9.61	Ellie Workman	Kelvin Hall	14.02.10
9.81	Lisa Humphreys	Aberdeen SV	26.01.14
9.90	Nicola Kemp	Kelvin Hall	15.02.98
9.93	Wendy Pennet	Kelvin Hall	15.02.98
10.24	Rebecca Dougall	Kelvin Hall	17.01.98

WOMEN HIGH JUMP (Top 10)

1.71	ELLIE WORKMAN	Kelvin Hall	05.02.09
1.66	Sarah Still	Kelvin Hall	18.02.01
1.60	Beth Philip	Kelvin Hall	27.10.91
1.60	Heather Pirie	Kelvin Hall	06.02.94
1.56	Kate MacKay	Emirates A	02.03.14
1.55	Nicola Gauld	Kelvin Hall	30.01.97
1.55	Kimberley Miles	Kelvin Hall	08.12.01
1.52	Linda Davidson	Kelvin Hall	25.02.89
1.50	Shona Simpson / Wendy Pennet / Grace Angus		88 / 96 / 14

WOMEN POLE VAULT (Top 10)

3.00	LAURA KUTT	Kelvin Hall	04.02.12
2.90	Sam Somers	Aberdeen SV	04.01.12
2.70	Janet Lyon	Kelvin Hall	09.02.02
2.52	Sophia Hamilton	Aberdeen SV	06.05.13
2.35	Erin Runcie	Aberdeen SV	24.03.13
2.15	Chloe Allan	Aberdeen SV	04.12.11
2.10	Alix Still	Aberdeen SV	05.01.14
2.06	Sophie Anderson	Aberdeen SV	28.09.11
1.95	Freya McKay	Aberdeen SV	17.09.14
1.91	Lise Theron	Aberdeen SV	28.09.11

WOMEN LONG JUMP (Top 10)

5.88	LINDA DAVIDSON	Birmingham	21.02.93
5.82	Sarah Still	Kelvin Hall	12.03.00
5.36	Kirsten Young	Kelvin Hall	06.02.05
5.21	Donna Quirie	Kelvin Hall	21.02.93
5.21	Ellie Workman	Kelvin Hall	22.02.09
5.13	Saffron Cummings	Emirates A	15.02.14
5.13	Kirstie Duncan	Aberdeen SV	11.12.11
5.13	Nicola Kemp	Kelvin Hall	21.02.93

5.08	Grace Angus	Emirates A	02.03.14
5.00	Catriona Pennet	Kelvin Hall	15.01.00

WOMEN TRIPLE JUMP (Top 10)

11.18	LINDA DAVIDSON	Kelvin Hall	26.01.92
11.03	Fiona Davidson	Kelvin Hall	16.01.05
11.00	Kirsten Young	Birmingham	26.02.05
10.87	Sylvia Kamyra	Kelvin Hall	17.01.10
10.52	Janet Abladey	Kelvin Hall	04.02.12
10.44	Donna Quirie	Kelvin Hall	06.02.94
10.26	Nicola Gauld	Kelvin Hall	15.11.00
10.15	Heather Pirie	Kelvin Hall	22.01.95
9.98	Nicola Kemp	Kelvin Hall	06.02.94
9.59	Emma Cloggie	Kelvin Hall	02.03.03

WOMEN SHOT (Top 10)

13.89	HELEN COWE	Kelvin Hall	27.02.93
11.38	Emily Ruyle	Aberdeen SV	26.01.14
10.32	Alison Horne	Emirates A	15.02.14
9.71	Sarah Still	Kelvin Hall	18.02.01
9.31	Gail Murchie	Kelvin Hall	06.03.93
9.20	Fiona Pirie	Kelvin Hall	24.01.93
8.99	Sarah Lyon	Kelvin Hall	31.01.99
8.96	Ellie Workman	Kelvin Hall	22.02.09
8.93	Saffron Cummings	Aberdeen SV	23.02.14
8.90	Kimberley Miles	Kelvin Hall	31.01.02

WOMEN PENTATHLON (TOP 8)

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



Aberdeen team who took part in U20 and Senior Men Scottish short Course XC Championships. L to R - J. Joy, M. Ferguson, J. Chapman, S. Murray, M. Kilner, Callum Symmons, M. Edwards, Athol Burnett, Fraser McGillivray

2014 TOP 5 CLUB RANKINGS

Covering the athletics year ended 31 October 2014

SENIOR MEN

60m		400m Hurdles		100m	
6.89i	Stephen Dunlop	59.70	Gareth Lake	11.91	Mark Davidson (M45)
7.29i	Sam Lyon	65.1	Alasdhair Love (M35)	11.97	Stan Walker (M45)
7.34	Chukwudi Onyia			13.41	Bill Skinner (M55)
7.65i	Mark Davidson (M45)	High Jump		13.42	Edward McKenzie (M45)
7.67i	Joshua Arrowsmith	1.75	Sam Lyon	14.58	Trevor Madigan (M70)
		1.70	Jools Peters		
100m		1.57	James Macgregor (M45)	150m	
10.56	Stephen Dunlop	1.40	Edward McKenzie (M45)	21.96	Bill Skinner (M50)
11.08	Sam Lyon	1.40	Bill Skinner (M55)		
11.9	Graham Thomson			200m	
11.91	Mark Davidson (M45)	Pole Vault		24.42	Mark Davidson (M45)
11.97	Stan Walker (M45)	3.25i	Sam Lyon	24.48	Stan Walker (M45)
		3.25i	Jools Peters	26.43i	John McKeown (M40)
200m		2.80	Bob Masson (M65)	27.09	Bill Skinner (M55)
21.86i (21.96)	Stephen Dunlop	2.70	Kenny Lyon (M50)	33.66	Bob Masson (M65)
22.08i (23.00)	Sam Lyon	2.70	Edward McKenzie (M45)		
23.91	Graham Thomson			300m	
24.08i (24.09)	Joshua Arrowsmith	Long Jump		39.4	Stan Walker (M45)
24.42	Mark Davidson (M45)	7.01	Sam Lyon	51.5	Alan Fulton (M65)
		6.88	Chukwudi Onyia		
300m		5.40	Jools Peters	400m	
37.3	Gareth Lake	5.27	Mark Davidson (M45)	57.34	Stan Walker (M45)
38.4	Peter Mutch	4.87	Bill Skinner (M55)	57.66	Alasdhair Love (M35)
39.4	Stan Walker (M45)			62.41i (62.43)	Bill Skinner (M50 (M55))
51.5	Alan Fulton (M65)	Triple Jump		63.59	Edward McKenzie (M45)
		15.24i (15.08)	Chukwudi Onyia	70.45	Alan Fulton (M65)
400m		14.06	Sam Lyon		
52.41	Gareth Lake	10.04	Bill Skinner (M55)	800m	
53.33	Fraser McGillivray	9.04	Bill Lonsdale (M60)	2:18.25	Alasdhair Love (M35))
54.4	Peter Mutch	8.80i	Bob Masson (M65)	2:23.85	Nicol Baird (M35)
55.53	Andrew Ferguson			2:29.3	Athol Burnett (M50)
55.7	Joshua Arrowsmith	Shot		2:36.1	Mark Strachan (M45)
		13.65	Scot Thompson	2:58.80	Alan Fulton (M65)
800m		11.86	John Fyvie		
1:50.37	Myles Edwards	11.26i (10.39)	Edward McKenzie (M45)	1,500m	
1:54.19	James Joy	10.18	Jools Peters	4:51.4	Alasdhair Love (M35)
2:03.85	Sam Burgess	10.10i	Patrick Robertson	5:09.63	Athol Burnett (M50)
2:04.51	Lukasz Czyzycki			5:11.45	Tom Litterick (M50)
2:06.73	Andrew Ferguson	Discus		5:13.9	Andrew D Ferguson (M50)
		39.78	Scot Thompson	5:43.15	Alan Dick (M45)
1,500m		34.75	John Fyvie		
3:46.91	Myles Edwards	34.04	Jools Peters	Mile	
4:00.92	James Joy	30.45	Edward McKenzie (M45)	5:34.50	Athol Burnett (M50)
4:31.84	Andrew Ferguson	26.22	Bob Masson (M65)	5:42.45	Tom Litterick
4:39.99	James Gray			6:12.91	Bill Skinner (M55)
4:51.4	Alasdhair Love (M35)	Hammer			
		44.19	John Fyvie	3,000m	
3,000m		44.09	Scot Thompson	10:55.29	Athol Burnett (M50)
8:48.45i	Mark Haskett	30.71	Edward McKenzie (M45)	11:46.0	Andrew D Ferguson (M50)
9:03.87	James Joy			13:20.54	Alan Fulton (M65)
9:45.6	Andrew Ferguson	Javelin			
10:55.29	Athol Burnett (M50)	46.54	Sam Lyon	5,000m	
11:46.0	Andrew D Ferguson (M50)	44.65	Scot Thompson	18:43.90	Athol Burnett (M50)
		40.01	Jools Peters	19:06.27	Jon Millar (M40)
5,000m		37.52	Edward McKenzie (M45)	21:27.34	Alistair Sey (M50)
16:27.10	Sam Burgess	30.41	Bob Masson (M65)	23:40.47	Alan Fulton (M65)
17:22.09	Lukasz Czyzycki				
17:46.29	James Gray	Weight		10,000m	
17:48.71	Euan Webster	8.68	Edward McKenzie (M45)	47:02.83	Alan Dick (M45)
18:43.90	Athol Burnett (M50)			48:00.25	Alan Fulton (M65)
		Decathlon			
10,000m		4597	Jools Peters	110m Hurdles (3'3")	
37:39.98	James Gray			21.21	Edward McKenzie (M45)
47:02.83	Alan Dick (M45)	Weight Pentathlon			
48:00.25	Alan Fulton (M65)	2448	Edward McKenzie (M45)	400m Hurdles (3')	
				65.1	Alasdhair Love (M35)
3,000m Steeplechase		VETERAN MEN			
10:18.44	James Joy	60m		High Jump	
10:59.64	Gareth Lake	7.65i (7.97)	Mark Davidson (M45)	1.57	James Macgregor (M45)
11:08.27	Andrew Ferguson	7.86i (8.04)	Stan Walker (M40)	1.40	Edward McKenzie (M45)
11:28.88	Frank Boyne (M45)	8.04i (8.52)	John McKeown (M40)	1.40	Bill Skinner (M55)
		8.24	Colin Matheson (M45)	1.30	B Lonsdale (M60i)/T
		8.57i	Bill Skinner (M50)		Madigan (M70)/ B Masson(M65)

Pole Vault
 2.80 Bob Masson (M65)
 2.70 Kenny Lyon (M50)
 2.70 Edward McKenzie (M45)

Long Jump
 5.27 Mark Davidson (M45)
 4.87 Bill Skinner (M55)
 4.59 Edward McKenzie (M45)
 4.34 Bill Lonsdale (M60)
 4.12 Athol Burnett (M50)

Triple Jump
 10.04 Bill Skinner (M55)
 9.04 Bill Lonsdale (M60)
 8.30i Bob Masson (M65)

Shot (7.26 Kg)
 11.26 (10.39) Edward McKenzie (M45)
 7.93 Kenny Lyon (M50)
 7.65 Bill Skinner (M50)
 6.62 Andrew D Ferguson (M50)

Shot (6 Kg)
 9.20i (8.28) Kenny Lyon (M50)
 8.69 Bill Skinner (M55)

Shot (5 Kg)
 9.86i (9.35) Bob Masson (M65)

Discus (2 Kg)
 30.45 Edward McKenzie (M45)
 26.22 Bob Masson (M65)
 21.48 Kenny Lyon (M50)

Discus (1.5 Kg)
 32.13 Bob Masson (M65)
 28.16 Mark Davidson (M45)
 18.36 Bill Skinner (M55)
 18.24 Alan Dick (M45)

Discus (1kg)
 39.46 Bob Masson (M65)

Hammer (7.26 K)
 30.71 Edward McKenzie (M45)

Hammer (5Kg)
 27.52 Bob Masson (M65)

Javelin (800g)
 37.52 Edward McKenzie (M45)
 30.41 Bob Masson (M65)
 30.21 Kenny Lyon (M50)

Javelin (600g)
 31.12 Bob Masson (M65)

Weight
 8.68 Edward McKenzie (M45)

Decathlon (M40)
 4597 Edward McKenzie (M45)

Weight Pentathlon
 2448 Edward McKenzie (M45)

UNDER-20 MEN

60m
 7.33i Robbie Shaw
 7.40i Gavin Irvine
 7.59i David MacLean
 7.65i Ryan Hewitson
 7.72i Ewan Calder

100m
 10.90 Gavin Irvine
 11.56 Ryan Hewitson
 11.66 Myles Nelson

11.7 Ewan Calder
 11.7 H Leeson/D MacLean

200m
 22.40 Gavin Irvine
 22.86i (23.63) Robbie Shaw
 23.62 Myles Nelson
 23.77 Ewan Calder
 23.98 Ryan Hewitson

400m
 51.31 Michael Ferguson
 51.40i (51.46) Ewan Calder
 52.98 Lewis Alexander
 53.08 Jordan Chapman
 54.40 Stuart Ferguson

800m
 1:53.87 Michael Ferguson
 1:57.06 Matthew Kilner
 1:58.71 Steven Murray
 1:59.77 Callum Symmons
 2:00.10 Jordan Chapman

1,500m
 3:55.16 Michael Ferguson
 4:08.98 Steven Murray
 4:11.26 Jordan Chapman
 4:13.63 Callum Symmons
 4:24.1 Matthew Kilner

3,000m
 9:09.59 Jordan Chapman
 9:11.91 Steven Murray
 9:13.69i Michael Ferguson
 9:29.49 Matthew Kilner

5,000m
 15:57.09 Jordan Chapman
 16:43.23 Steven Murray
 17:05.49 Michael Ferguson

10,000m
 33:19.02 Sam Burgess

60m hurdles (3'3")
 8.75i Ryan Hewitson

110m Hurdles (3'6")
 15.28 Ryan Hewitson
 19.91 Kieran Gauld

110m Hurdles (3'3")
 15.21 Ryan Hewitson
 16.8 Hamish Leeson
 21.37 Kieran Gauld

400m Hurdles (3'0")
 76.8 Kieran Gauld

High Jump
 1.90 Ryan Hewitson
 1.60 Hamish Leeson
 1.52 Kieran Gauld

Pole Vault
 2.60 Hamish Leeson

Long Jump
 5.99 Hamish Leeson
 5.46 Kieran Gauld

Triple Jump
 12.03 Hamish Leeson
 10.62 Kieran Gauld

Shot (7.26kg)
 8.00 Ryan Hewitson
 5.83 Stuart Ferguson
 5.65 Kieran Gauld

Shot (6.25k)
 8.40i Ryan Hewitson
 6.08 Hamish Leeson

Discus (2kg)
 22.24 Kieran Gauld

Discus (1.75kg)
 22.36 Kieran Gauld
 19.69 Ryan Hewitson
 14.88 Hamish Leeson

Hammer (7.26kg)
 18.88 Kieran Gauld

Javelin
 33.82 Ewan Calder
 18.44 Kieran Gauld

UNDER-17 MEN

60m
 7.63i Cameron Brown
 7.70i Bruce Sorbie
 7.78i Kareem Mahdy
 7.82i Gregor Duncan
 7.87i Thomas Carter

100m
 11.81 Cameron Brown
 11.9 Gregor Duncan
 11.91 Kareem Mahdy
 12.3 Thomas Carter
 12.66 Alasdair Lowe

200m
 23.27 Cameron Brown
 23.85 Mark Swan
 24.32 Ben Renton
 24.4 Gregor Duncan
 24.57 Thomas Carter

300m
 37.0 Cameron Brown
 38.9 Gregor Duncan
 39.3 Thomas Carter

400m
 52.52 Ben Renton
 52.85 Stewart Millar
 55.44 Cameron Brown
 56.16 Gregor Duncan
 57.56 Alex Smith

800m
 1:59.40 Stewart Millar
 2:03.42 Ben Renton
 2:06.39 Conor O'Riordan
 2:07.83 Aaron Odentz
 2:07.86 Gregor Dewhirst

1,500m
 4:15.7 Stewart Millar
 4:25.60 Conor O'Riordan
 4:32.12 Aaron Odentz
 4:32.59 Gregor Dewhirst
 4:44.0 Andrew Burnett

3,000m
 9:48.08 Aaron Odentz
 10:25.26 Andrew Burnett

60m Hurdles (U18)
 10.1i Scott Macgregor

100m Hurdles
 14.93 Scott Macgregor
 15.41 Alasdair Lowe
 16.2 Jon Hosie
 18.89 Christian Dick

400m Hurdles

70.8 Jon Hosie

High Jump1.90 Grant Robertson
1.70 Alasdair Lowe
1.70 Scott Macgregor
1.60i Christian Dick
1.60 Matthew Keenan**Pole Vault**

3.77 Alasdair Lowe

Long Jump5.98 Alasdair Lowe
5.87 Jon Hosie
5.70 Grant Robertson
5.20 Ruairidh Cole
4.83i Ridge Fernandes**Triple Jump**12.03 Jon Hosie
11.48 Alasdair Lowe
10.64 Christian Dick**Shot (5kg)**11.21i (11.11) Christian Dick
10.00 Conor Hewitson
9.53 Alasdair Lowe
8.50 Ben Renton
8.22 Jordan O'Donnell**Discus (1.5kg)**33.45 Christian Dick
27.85 Alasdair Lowe
21.00 Ben Renton
19.37 Conor Hewitson
18.01 Jon Hosie**Hammer (5km)**

37.55 Conor Hewitson

Javelin (700g)

29.60 Conor Hewitson

UNDER-15 BOYS**60m**8.52i Harry Kilner
8.63i Johnathan Irvine
8.64i Fergus Rule
8.78i Callum Davidson
8.84i John Angus**100m**12.13 Stuart Bridgeford
12.3 Bradley Yates
12.58 Lewis Bisset
12.67 Sorasit Suprapoch
13.16 Harry Kilner**200m**23.86 Stuart Bridgeford
25.26 Bradley Yates
25.89 Lewis Bisset
25.80 Sorasit Suprapoch
26.67 Harry Kilner**300m**41.49 Callum Davidson
42.05 Harry Kilner
46.2 Jack Gillespie
47.47 Cameron Callow**400m**58.62 Callum Davidson
62.0 Harry Kilner
64.39 Finlay Strachan
66.0 Etienne Dick**800m**2:16.90 Jack Gillespie
2:17.93 Nicholas Tierney
2:18.77 Finlay Strachan
2:26.04 Owen MacDonald
2:27.60 Cameron Callow**1,500m**4:41.69 Jack Gillespie
4:48.65 Nicholas Tierney
4:56.07 Finlay Strachan
5:24.19 Cameron Stone
5:29.2 Etienne Dick**60m Hurdles (2'6")**

10.34i Robbie Farquhar

80m Hurdles (2'9")13.16 Callum Davidson
13.32 Robbie Farquhar
17.32 John Gamba**High Jump**1.55 Ross White
1.40 Robbie Farquhar
1.36 Owen MacDonald
1.35 John Angus
1.30 C Callow/B Robertson**Long Jump**5.11 Robbie Farquhar
4.84 Stuart Bridgeford
4.45 Samuel Oyewusi
4.41 John Angus
4.38 Calum Lynch**Triple Jump**

10.74 Robbie Farquhar

Shot (4kg)8.62 John Angus
7.72 Bradley Yates
7.02 Steven Sey
6.52 Max McKenzie
5.99 Cameron Callow**Shot (3.25kg)**

6.54i Robbie Farquhar

Discus (1.25kg)25.98 John Angus
16.80 Callum Davidson
16.59 Steven Sey**Hammer (4kg)**

26.14 John Angus

Javelin (600g)25.45 Oliver Nash
23.94 Finlay Strachan
19.69 John Angus
19.04 Steven Sey
18.42 Harry Kilner**UNDER-13 BOYS****60m**9.62i Murray Addison
9.80i Adam Brown**100m**13.33 Harry Hall
14.24 Ryan Matheson
14.3 Ewan Brampton
14.35 Adam Robertson
14.46 Adam Brown**200m**29.6 Adam Robertson
29.71 Murray Addison
30.11 Ryan Matheson
30.67 Morgan Ritchie
30.81 Adam Brown**800m**2:14.21 Harry Hall
2:32.31 Adam Robertson
2:36.59 Adam Brown
2:43.96 Murray Addison
2:44.54 Thomas Whitehouse**1200m**3:53.4 Harry Hall
4:19.2 Adam Brown**1,500m**4:49.4 Harry Hall
5:14.13 Adam Brown
5:37.43 Tristyn Clark
5:57.83 Hamish Brown**60m Hurdles (2'6", 80m spacings)**

11.76i Murray Addison

75m Hurdles (2'6")14.11 Murray Addison
15.5 Adam Robertson
15.97 Athol Gordon
16.76 Thomas Robertson
17.53 Tristyn Clark**High Jump**1.39 Murray Addison
1.35 Harry Hall
1.25 Thomas Whitehouse
1.15 Adam Brown
1.15 Ryan Matheson**Long Jump**5.03 Harry Hall
4.43 Murray Addison
3.96 Max McKenzie
3.89 Ryan Matheson
3.79 Ewan Brampton**Shot (3.25kg)**7.26 Harry Hall
6.89 Murray Addison
5.96 Athol Gordon
5.53 Ewan Brampton
5.41 Oscar Lecore**Discus (1kg)**

18.50 Murray Addison

Javelin25.36 Murray Addison
21.16 Athol Gordon
16.78 Harry Hall
16.69 Oscar Lecore
14.96 Ryan Matheson**Pentathlon**

1452 Murray Addison

UNDER-11 BOYS**60m**

11.04i Andrew Jamieson

100m14.77 Lewis Watt
15.68 Jasper Lecore
16.22 Calum Millar
16.56 Callum McGregor
16.93 F Cooper/K Crawford

200m		Mile		VETERAN WOMEN
33.03	Josh McWilliam	5:40.48	Sonia Armitage (W50)	60m
34.28	Kai Crawford			8.48i
34.41	Jasper Lecore	3,000m		8.69i
36.53	Andrew Jamieson	10:22.96	Gemma Cormack	9.33i
		10:59.35	Veronique Oldham (W45)	9.98i
		11:59.5	Carly McNeil	
600m		13:21.66	Jane MacKay (W45)	100m
1:47.88	Lewis Watt			13.52
1:58.56	Kai Crawford	5,000m		14.33
		15:58.95	Rhona Auckland	15.38
800m		20:19.86	Katie Watson	
2:35.06	Lewis Watt	21:40.28	Sinead Stenhouse (W40)	200m
2:46.55	Kai Crawford			28.25
3:00.45	Callum McGregor	10,000m		31.22i
3:02.3	Calum Millar	33:09.58	Rhona Auckland	
3:03.22	Finlay Cooper			400m
		60m Hurdles		64.29i
1200m		8.88i	Catriona Pennet	
4:41.20	Callum McGregor	9.81i	Lisa Humphreys	800m
4:47.97	Josh McWilliam	11.25i	Maria Tauber	2:30.68i
4:54.79	Andrew Jamieson			2:32.31i
		100m Hurdles		
Long Jump		14.19	Catriona Pennet	1500m
3.71	Calum Millar	15.62	Jade Halket	5:12.11
3.50	Lewis Watt	16.65	Lisa Humphreys	
3.15	Callum McGregor	18.58	Maria Tauber	Mile
3.13	Andrew Jamieson			5:40.48
2.94	Jasper Lecore	400m Hurdles		
		65.40	Marie Dobson	3,000m
Shot		65.8	Jade Halket	10:59.35
5.57	Lewis Watt	75.69	Maria Tauber	13:21.66
5.32	Jasper Lecore			
4.73	Calum Millar	High Jump		5,000m
4.66	Andrew Jamieson	1.50	Jade Halket	21:40.28
4.58	Morgan Ritchie	1.50	Catriona Pennet	
		1.30	Fiona Davidson (W40)	High Jump
SENIOR WOMEN				1.30
60m		Pole Vault		
7.65i	Zoey Clark	2.70	Sam Somers	Pole Vault
8.31i	Catriona Pennet	2.35i	Janet Lyon (W50)	2.35i
8.47i	Ademide Ademuyewo			
8.48i	Fiona Davidson (W40)	Long Jump		Long Jump
8.58i	Lisa Humphreys	5.36	Jade Halket	5.10
		5.10	Fiona Davidson (W40)	3.559i
100m		4.65	Catriona Pennet	
12.52	Zoey Clark	4.29i	Maria Tauber	Triple Jump
13.2	Jade Halket	3.59i	Shona McKinnon (W50)	11.02i (10.99)
13.39	Catriona Pennet			
13.52	Kathleen Madigan (W40)	Triple Jump		Shot
13.62	Marie Dobson	11.02i (10.99)	Fiona Davidson (W40)	8.33
		9.93	Elisa Primault	
200m		8.90	Marie Dobson	Discus
24.30	Zoey Clark	8.33	Maria Tauber	22.49
26.21i (26.22)	Ademide Ademuyewo			19.89
26.43	Marie Dobson	Shot		
26.52	Catriona Pennet	12.06	Emily Ruyle	Hammer
26.53	Jade Halket	9.38	Jade Halket	31.86
		8.63	Maria Tauber	
400m		8.33	Kathleen Madigan (W40)	Javelin
53.51	Zoey Clark			19.50
57.53	Ademide Ademuyewo	Discus		
57.89	Emma Leask	38.89	Emily Ruyle	Heptathlon
59.89	Jennifer Harrison	22.49	Fiona Davidson (W40)	4248
60.75	Marie Dobson	19.89	Kathleen Madigan (W40)	
		17.39	Maria Tauber	
800m				UNDER-20 WOMEN
2:09.88	Emma Leask	Hammer		60m
2:28.11	Ademide Ademuyewo	37.77	Emily Ruyle	8.11i (8.41)
2:28.16	Katie Watson	31.86	Kathleen Madigan (W40)	9.20i
2:29.50	Jennifer Harrison	17.00	Maria Tauber	
2:29.73	Marie Dobson			100m
		Javelin		12.75
1,500m		28.78	Emily Ruyle	14.63
4:31.96	Rhona Auckland	23.81	Catriona Pennet	14.84
4:39.31	Gemma Cormack	22.21	Jade Halket	
4:51.22	Rachel Armitage	20.93	Maria Tauber	
5:12.11	Sonia Armitage (W50)	18.50	Kathleen Madigan (W40)	
5:30.22	Katie Watson			

200m
24.8 Kelsey Stewart
29.41 Alexandra Angus
30.39 Alowafunto Dada

300m
38.8 Kelsey Stewart
48.45 Alexandra Angus

400m
54.83 Kelsey Stewart
62.11 Sophia Hamilton
64.59 Isla Scott-Pearce
67.25 Sophie Clayton
68.82 Aimee MacDonald

800m
2:13.41 Kelsey Stewart
2:29.29 Ellen Stickle
2:40.28i (2:49.73) Sophia Hamilton

1,500m
4:47.91 Eilidh Prise
5:02.2 Ellen Stickle

3,000m
10:56.88 Ellen Stickle

5,000m
19:09.99 Eilidh Prise

60m Hurdles
9.22i Sophia Hamilton

100m Hurdles
16.38 Sophia Hamilton

400m Hurdles
70.38 Sophia Hamilton
77.41 Bronagh Miller

Pole Vault
2.80 Sam Somers

High Jump
1.40i (1.38) Sophia Hamilton

Long Jump
4.71i (4.75) Sophia Hamilton

Shot
8.21 Sophia Hamilton

Javelin
20.32 Sophia Hamilton

Pentathlon (under-18 specs)
2703i Sophia Hamilton

UNDER-17 WOMEN

60m
8.20i Saffron Cummings
8.36i Georgia Summers
8.44i Sarah Nicol
8.68i Sophie Evans
8.84i Grace Angus

100m
12.29 Rebecca Matheson
12.74 Sarah Nicol
13.1 Saffron Cummings
13.35 Georgia Summers
13.94 Carragh Rabbitte

200m
26.02 Rebecca Matheson
26.28 Sarah Nicol
27.28 Georgia Summers

28.82 Rachael Palmer
28.89 Grace Angus

300m
42.12 Rebecca Matheson
44.52 Lise Theron
44.68i Sarah Nicol
44.80 Megan Bramwell
45.31 Deborah Aikemhenze

400m
73.14i Yasmin Mitchell

800m
2:21.79 Lise Theron
2:32.77 Megan Bramwell
2:34.05 Ellie Smith
2:38.55 Christy Johnston
2:45.58 Anisha Badial
2:34.59 Lucy McLeod

1,500m
5:05.53 Lucy McLeod
5:14.9 Lise Theron
5:28.67 Sophie McPhee
5:35.85 Ellie Smith
5:38.0 Hannah Mutch

3,000m
11:08.57 Lucy McLeod
11:19.20 Lise Theron
12:40.8 Ellie Smith

60m Hurdles (under-18 spec)
9.71i Grace Angus
10.47i Saffron Cummings
10.51i Joanne McKinnon
10.7i Rachael Palmer

60m Hurdles (under-16 spec)
9.20i Georgia Summers

80m Hurdles (2'6")
12.2 Georgia Summers
12.79 Grace Angus
13.47 Rachael Palmer

300m Hurdles
46.9 Lise Theron
49.63 Rachael Palmer
51.75 Grace Angus

High Jump
1.50i (1.48) Grace Angus
1.47i (1.40) Saffron Cummings
1.40i Joanne McKinnon
1.40 Rachael Palmer
1.30 E Pringle/C Rabbitte

Long Jump
5.27 Saffron Cummings
5.22 Grace Angus
4.64 Rachael Palmer
4.51i (4.48) Sophie Evans
4.31 Rebecca Matheson

Triple Jump
9.57 Lise Theron
9.26 Grace Angus

Shot (4kg)
10.69 Alison Horne
8.93i Saffron Cummings
8.42 Erin Runcie
7.31i Grace Angus

Shot (3.25kg)
8.28i Kristie Hindle

Shot (3kg)
12.45 Alison Horne
10.64 Saffron Cummings
10.00 Erin Runcie
8.78 Kristie Hindle
8.46 Grace Angus

Discus
35.21 Erin Runcie
32.14 Alison Horne
17.28 Kristie Hindle

Hammer (4kg)
24.27 Kristie Hindle

Hammer (3kg)
30.96 Erin Runcie
28.12 Kristie Hindle

Javelin (500g)
28.80 Sophie Evans
18.86 Erin Runcie
15.03 Grace Angus
13.02 Kristie Hindle
12.27 Rebecca Matheson

Pentathlon (under-18 specs)
2748i Grace Angus
2581i Saffron Cummings

Pentathlon (under-17 specs)
2647 Grace Angus

UNDER-15 GIRLS

60m
8.32i Katie Forbes
8.65i Katie Daniel
8.67i Alix Still (U15)
8.76i Kirsty Scott
8.79i R Badial/F McKay

100m
12.99 Katie Forbes
13.10 Alix Still
13.15 Grace Carter
13.25 Rhia Badial
13.47 Freya McKay

200m
26.97 Katie Forbes
27.9 Katie Daniel
28.08 Grace Carter
28.2 Chloe Davie
28.30 Rhia Badial

300m
43.87 Talia Mathers
46.15 Rachelle Matheson
46.24 Georgia Summers
46.47 Hannah McMahon
46.54 Kate MacKay

800m
2:22.92 Talia Mathers
2:24.99 Abby Riddell
2:29.29 Naomi Lang
2:34.16 Jasmine Collett
2:37.96 Millie Skidmore

1,200m
5:02.9 Kirsty Forbes

1,500m
4:49.37 Naomi Lang
5:13.7 Talia Mathers
5:33.71 Jasmine Collett
5:34.50 Holly McWilliam
5:43.27 Iona Colquhoun

60m Hurdles (under-16 spec)

9.75i	Grace Carter
9.98i	Kate MacKay
10.06i	Katie Forbes
10.22i	Alix Still
10.9i	Millie Skidmore

60m Hurdles (under-15 spec)

9.75i	Grace Carter
9.94i	Kate MacKay
10.56i	Millie Skidmore

75m Hurdles

11.60	Grace Carter
12.15	Alix Still
12.28	Kate MacKay
12.90	Katie Forbes

High Jump

1.58	Kate MacKay
1.42	Grace Carter
1.40i (1.38)	Alix Still
1.35	Rhia Badial
1.30	Kirsty Scott

Pole Vault

2.20	Freya McKay
2.10	Samantha Edgar
2.10	Alix Still

Long Jump

4.90	Katie Forbes
4.88	Alix Still
4.85	Freya McKay
4.84	Kate MacKay
4.77	Grace Carter

Triple Jump

9.72	Chloe Davie
9.71	Kate MacKay

Shot (3.25kg)

8.43i	Alix Still
7.55i	Katie MacDonald
7.08i	Kate MacKay

Shot (3kg)

9.37	Alix Still
8.34	Iona Colquhoun
8.14	Katie MacDonald
7.29	Samantha Edgar
7.15	Chloe Davie

Discus

24.34	Alannah O'Donnell
21.36	Samantha Edgar
17.30	Iona Colquhoun
15.12	Olivia James
14.84	Katie MacDonald

Hammer (3kg)

14.49	Iona Colquhoun
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Javelin

29.15	Iona Colquhoun
20.31	Alix Still
18.82	Olivia James
17.11	Samantha Edgar
15.88	Grace Carter

Pentathlon (under-16 specs)

2686i	Kate MacKay
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Pentathlon (under-15 specs)

2595	Kate MacKay
2495	Alix Still

UNDER-13 GIRLS**60m**

9.47i	Jane Davidson
10.06i	Emilia Jovcic

75m

11.37	Jane Davidson
11.6	Hannah Lawrie
11.8	Erin Williams
12.83	Erin Lowe

100m

14.13	Jane Davidson
15.09	Kirsty Oldham
15.23	Hannah Lawrie
15.36	Elizabeth McCall
15.51	Erin Williams

150m

22.43	Laura McNeill
23.20	Morag Shepherd
23.3	Elizabeth McCall
23.4	Emilia Jovcic
26.3	Erin Lowe

200m

30.75	Kirsty Oldham
30.86	Erin Williams
31.75	Hannah Lawrie
32.48	Morag Shepherd
32.61	Emilia Jovcic

800m

2:29.82	Kirsty Oldham
2:35.97	Laura McNeill
2:51.45	Elizabeth McCall
2:52.72	Eilidh Dempsey
2:54.60	Hannah Lawrie

1,200m

4:13.73	Laura McNeill
4:15.89	Kirsty Oldham
4:17.50	Elizabeth McCall
4:57.20	Lucy George

1,500m

5:32.28	Kirsty Oldham
5:37.4	Elizabeth McCall
5:48.6	Laura McNeill
6:01.9	Eilidh Dempsey

60m Hurdles (under-14 spec)

12.4i	Ella McKinnon
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70m Hurdles

12.21	Jane Davidson
13.65	Hannah Lawrie
13.81	Erin Williams
15.02	Ella McKinnon

High Jump

1.45	Carmen Neat
1.25	Emilia Jovcic
1.20	Jane Davidson
1.20	Eilidh Dempsey
1.20	Hannah Lawrie
1.20	Kirsty Oldham

Long Jump

4.01	Jane Davidson
3.92	Hannah Lawrie
3.79	Kirsty Oldham
3.64	Ella McKinnon
3.61	Emilia Jovcic

Shot

7.01	Lucy George
5.40	Kassidy Mathers
5.28	Kirsty Oldham
4.89	Emilia Jovcic
4.60	Hannah Lawrie

Discus

13.46	Kassidy Mathers
10.50	Ella McKinnon

Javelin

14.01	Lucy George
11.99	Jane Davidson
11.68	Hannah Lawrie
9.32	Emilia Jovcic
9.23	Morag Shepherd

UNDER-11 GIRLS**100m**

17.44	Abbie Collett
17.7	Molly McLeod
18.69	Adele Gillespie

200m

35.91	Molly McLeod
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600m

2:14.5	Molly McLeod
2:24.6	Abbie Collett

800m

3:12.58	Molly McLeod
3:18.9	Adele Gillespie
3:22.08	Abbie Collett

High Jump

0.83	Adele Gillespie
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Long Jump

2.61	Molly McLeod
2.57	Abbie Collett

Shot

3.01	Abbie Collett
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Javelin

7.10	Molly McLeod
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MEMBERSHIP INFORMATION

HONORARY LIFE MEMBERS

Sonia Armitage

Mel Edwards

Trevor Madigan

Bob Masson

Alison Mathieson

Miller Mathieson

Ian Morrison

Denis Shepherd

Sheila Smart

Hunter Watson

COMMITTEE – 2014/2015

Position	Name
President	Mark Davidson
Vice President	Stan Walker
Secretary/Communications Officer	Craig Mathers
Finance Officer	Eddie McKenzie
Coaching Co-ordinator	Joyce Hogg
Competition Co-ordinator	Alasdhair Love
Officials Co-ordinator	Vacancy

Committee members : Liz Hewitson, James Joy, Ewan Calder, Jon Millar and Alan Dick

Ex Officio: Club Together Officer - David Wright

EQUIPMENT

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

TROPHY WINNERS – 2014 MEN

Anderson Shield – Sprints	Gareth Lake
Middle Distance Shield	James Joy
Bond Cup – Jumps	Sam Lyon
Throws Cup	John Fyvie
AI Kindregan – 800 metres	James Joy
Simon Wynn – 1500 metres	Andrew Ferguson
Overall Veteran Cup	Mark Davidson
Veteran Over-40 Cup	Mark Davidson
Veteran O-50 Shield	William Skinner
Veteran age-graded Cup	Bob Masson
Geoff Burton – U-17 Men's Throws	Conor Hewitson
Junior Men's Merit Cup	Ryan Hewitson
King Trophy – U-17 Merit	Grant Robertson
City of Aberdeen – U-15 Merit	Stuart Bridgeford
Angus Cup – U-13 Merit	Harry Hall
U-11 Merit Shield	Lewis Watt
Half Marathon	No award
Alex King Trophy (over-40 half-m)	No award
James Youngson Trophy (over-50 hm)	No award
Dinesh Lutchman Trophy	
Novice Sprinter	Lewis Clow
Jackie Dunster	
Most Improved	Nicholas Tierney

TROPHY WINNERS – 2014 WOMEN

Sprints Shield	Sophia Hamilton
Middle Distance Shield	No award
Jumps Shield	Fiona Davidson
Throws Trophy	Kathleen Madigan
Ron Kitchen Shield – 400 metres	Kelsey Stewart
Joy L Edwards – High Jump	Kate MacKay
Veteran O-35	Fiona Davidson
Veteran O-45	No award
Veteran age-graded Cup	Fiona Davidson
Ladies' Merit Cup	Rhona Auckland
U-20 Merit Cup	Kelsey Stewart
U-17 Merit Cup	Erin Runcie
Bank of Scotland U-15 Merit Cup	Grace Carter
U-13 Merit Cup	Carmen Neat
Founders' Cup – U-11 Merit	No award
John Leys Memorial Trophy	Kirsty Oldham
Miller Mathieson Quaich	Sheila Smart
Douglas Smart Memorial Shield	
Novice Javelin Thrower	Iona Colquhoun
Half Marathon	No award
Hunter Construction Trophy – best team performance	
Under-17 women's 4x100m relay team	

1. The Club shall be called ABERDEEN AMATEUR ATHLETIC CLUB.
2. The purposes of the club are to provide facilities for and promote the amateur sports of athletics in the City of Aberdeen and the surrounding area and community participation in the same.
- 3 (i) Membership of the club shall be open to anyone interested in the sport on application regardless of sex, age, disability, ethnicity, nationality, sexual orientation, religion or other beliefs. However, limitation of membership according to available facilities is allowable on a non-discriminatory basis.
- (ii) The club may have different classes of membership and subscription on a non-discriminatory and fair basis. The Club will keep subscriptions at levels that will not pose a significant obstacle to people participating.
- (iii) The club committee may refuse membership, or remove it, only for good cause such as conduct or character likely to bring the Club or sport into disrepute. Appeal against refusal or removal may be made by means of the complaints procedure set out in clause 18.
4. (i) The committee may enrol honorary members into the club.
- (ii) Honorary membership shall be for one year, but it may be renewed.
- (iii) Honorary members shall not be eligible to represent the club in competition, but shall otherwise have the same privileges as other members.
5. (i) Life membership shall be granted to members of the club by the membership at an AGM. Nominations shall be made in writing by a member of the club to the committee at a committee meeting preceding the AGM.
- (ii) Certain criteria must be satisfied before the committee put forward a nomination to the AGM. Criteria will include *inter alia* membership of the club for a minimum total period of 25 years, an outstanding performance at any time whilst representing the club or their country internationally, representation at an international level at a major championship, or generally providing an outstanding contribution towards the club over a significant period of time. Satisfaction of any such criteria will be at the discretion of the committee.
- (iii) A life member shall have the same privileges as ordinary members but need not pay a subscription.
6. (i) The office-bearers of the club shall consist of a president, vice-president, secretary/communications officer, finance officer, coaching co-ordinator, competition co-ordinator and officials co-ordinator. These, together with five other members, shall form the committee of the club.
- (ii) A committee shall be elected at each annual general meeting of the club. Only club members are eligible to serve on the committee.
- (iii) The committee may fill any vacancy which occurs within it.
- (iv) Five members shall form a quorum at committee meetings.
- (v) The committee shall normally meet once every month or at any time on the requisition of the president, secretary or any three members of the committee.
- (vi) The minimum period of notice of a meeting shall be 48 hours.
7. (i) The committee may appoint sub - committees.
- (ii) Non-members of the committee may be co-opted to these sub-committees.
- (iii) Conveners of sub - committees shall report to meetings of the full committee.
- (iv) The quorum at a sub - committee meeting shall consist of not less than one half of the members of the sub - committee.
- 8.(i) An annual general meeting shall be held between 1st October and 15th November each year.
- (ii) Items for inclusion on the agenda must be received by the Secretary in writing not later than the preceding 31st August.
9. The business at an annual general meeting shall include:
 - (i) Minutes.
 - (ii) Secretary's report.
 - (iii) Treasurer's report and audited financial statement.
 - (iv) Amendments to the constitution.
 - (v) Election, by ballot, of a committee.
 - (vi) Determination of the subscriptions for the following year.
 - (vii) Other business of which due notice has been given.
 - (viii) Any other competent business. (Decisions on business brought up under this heading shall be made by the committee).
10. Special general meetings may be called at any time by the committee or upon a written request signed by at least twelve members.
11. Each annual or special general meeting shall be called by a notice sent to members at least seven days before the date of the meeting. The notice shall enumerate the items of business.
- 12.(i) Members under fourteen years of age shall not be eligible to vote at any general meeting of the club.
- (ii) Twenty members aged fourteen or over shall constitute a quorum at any general meeting.
13. At any general meeting, committee or sub - committee meeting the person presiding shall, in the event of equality of voting, have a casting vote in addition to his normal vote
14. The financial year of the club shall end on 30th September.
15. The club shall be affiliated to Scottish Athletics Limited.
16. The club colours shall be a white vest with two red hoops surmounted by a motif.
- 17.(i) Subscriptions shall be payable on 1st January each year.
- (ii) Any member who is one month in arrears with his or her subscription shall be deemed to have resigned from the club.
- 18.(i) At the first committee meeting after the AGM, a disciplinary pool of at least five members of the club shall be agreed.
- (ii) Any club member, or other relevant person, may ask the committee to investigate the conduct of another club member, which he/she considers is or may be injurious to the interests of the club. Such a request must be in writing and shall be addressed to either the secretary or the president of the club.
- (iii) Upon receipt of a written complaint, the secretary or president as appropriate will arrange, as soon as possible, a meeting of at least two members of the disciplinary pool who will consider the complaint and decide on its merits. There will only be three possibilities;
 - the complaint is not serious enough to merit further action;
 - it is inappropriate for the club to investigate the complaint;
 - the complaint merits further action by the club.
 In all circumstances an outline of the complaint will be made known at the next committee meeting for ratification of the decision, after which the complainant(s) will be informed.
- (iv) If it has been decided that the complaint merits further action, then the secretary or president will convene a hearing of a disciplinary panel, comprising at least three members of those agreed by the committee, failing which other club members. No person will form part of any disciplinary panel if he / she were in any way involved in the incident(s) complained of, or is related in any way to the complainant or person complained against.
- (v) The disciplinary panel will make such arrangements as it alone considers necessary to hear the complaint, including making such further enquiries as it sees fit.
- (vi) The secretary or president will write to the member complained against giving details of the allegations and inviting the member to attend a disciplinary hearing, by sending a letter by registered post to the last known address of the member, or by hand if appropriate. This letter will be sent at least 10 calendar days prior to the date of the proposed hearing. The disciplinary panel shall allow the person against whom the allegations have been made the right to be present and to be accompanied and/or represented.
- (vii) Should the disciplinary panel consider the hearing to be inconclusive, or should it require further information, then it will have the right to arrange a second hearing, following the procedure in (vi) above.
- (viii) Within 14 days of the hearing the disciplinary panel will notify the member involved of its decision. It shall have the right to dismiss the complaint, suspend or expel the member, or impose such other penalty as it sees fit.
- (ix) A member who has been found guilty of misconduct by the disciplinary panel may, within 30 days of receipt of a letter intimating that finding and any consequent penalty, appeal against the finding and/or the penalty. Such appeal(s) shall be in writing to the secretary or president and shall lay out the grounds for the appeal(s).
- (x) Any appeal(s) will be considered by the committee at its next meeting after receipt of the appeal(s). The members of the disciplinary panel may speak at such a meeting, but may not vote on the appeal(s).
- (xi) The decision of the committee on the appeal(s) shall be final.
19. (i) The property and funds of the club cannot be used for the direct or indirect private benefit of members other than as reasonably allowed by this constitution and all surplus income or profits are reinvested in the club.
- (ii) The club may provide sporting and related social facilities, sporting equipment, coaching, courses, insurance cover, medical treatment, away-match expenses, post match refreshments and other ordinary benefits of Community Amateur Sports Clubs as provided for in the Finance Act 2002.
- (iii) The club may also in connection with the sports purposes of the club:

- (a) sell and supply food, drink and related sports clothing and equipment;
- (b) employ members (though not for playing) and remunerate them for providing goods and services, on fair terms set by the committee without the person concerned being present;
- (c) pay for reasonable hospitality for visiting teams and guests;
- (d) indemnify the committee and members acting properly in the course of the running of the club against any liability incurred in the proper running of the club (but only to the extent of its assets).

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

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

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

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

- (a) to another club with similar sports purposes which is a registered charity and/or
- (b) to another club with similar sports purposes which is a registered CASC and/or
- (c) to the sport's governing body for use by them for related community sports.

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

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

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

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

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

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



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