

ABERDEEN AMATEUR ATHLETIC CLUB

www.aberdeenaac.co.uk

THE 2009 YEAR BOOK

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

No. 20

2009

Free to AAAC Members



- **Club Records for all age groups**
- **Club Indoor Records for all age groups**
- **Highlights of the Club's 2007-2008 & 2008 seasons**
- **Club All-time lists of Senior Scottish Champions**
- **All the Club's major games representatives**
- **Club All-time Top 20 lists - Senior events**
- **Club All-time Top 10 lists - U20, U17 & U15 events**
- **Club All-time Top 10 lists - Veteran Men & Women**
- **Club All-time Indoor Rankings - Senior events**
- **2008 Top 5 Rankings for all age groups**

The AAAC Yearbook 2009 is edited and compiled by Denis Shepherd.
Contributions & assistance from John Imrie and Hunter Watson.
Printed by XFM Ltd, Burnside Road, Dyce, Aberdeen AB21 0HZ

ABERDEEN AAC - MAJOR GAMES REPRESENTATIVES

Commonwealth Games

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

World Cup

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

European Championships

1962	Alastair Wood	Marathon
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Paralympic Games

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

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

World Student Games

1991	Mark Davidson	400H
1991	Duncan Mathieson	Decathlon

European Cup

1983	Graham Laing	Marathon
1987	Jim Doig	Marathon
1996	Tracey Brindley	Hill
1996	Sonia Armitage	Hill
1997	Tracey Brindley	Hill
1998	Sonia Armitage	Hill
1998	Tracey Brindley	Hill
1999	Tracey Brindley	Hill
2001	Sonia Armitage	Hill
2001	Clare Miller	Hill

SCOTTISH SENIOR CHAMPIONS

SAL (formerly SAAA) Men's Champions

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

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

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

SAL (formerly SWAAA) Women's Champions

1955	Pat Bellamy	High Jump
1956	Pat Bellamy	High Jump
1956	Alice Robertson	100 yards
1956	Alice Robertson	220 yards
1959	Gwen Summers	Javelin
1960	Gwen Summers	Javelin
1962	Gwen Watt	Javelin
1985	K Madigan, J Edon, D Kitchen, C Sheehan	Medley
1986	Dawn Kitchen	400m
1990	Shona Simpson	Heptathlon
1991	Helen Cowe	Shot
1992	Helen Cowe	Shot
1992	Helen Cowe	Discus
1992	Linda Davidson	Long Jump
1993	Linda Davidson	Triple Jump
1994	Debbie Kilner	10km Road
1995	Helen Cowe	Discus
1995	Linda Davidson	Long Jump
1996	Susan Hendry	800m
1996	Sonia Armitage	Hill Running
1997	Sarah Still	Heptathlon
1999	Sarah Still	Long Jump
2006	Nicola Gauld	1500m
2007	Nicola Gauld	1500m

SAL Women's Indoor Champions

1999-2000	Sarah Still	Long Jump
2003-2004	Nicola Gauld	1500m

SAL (formerly SWCCU) Cross-country Champions

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

WORLD CHAMPIONS, 2007-2008

Veteran Women (Over-45)

Sonia Armitage	Indoor 1500m
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SCOTTISH CHAMPIONS, 2007-2008

Veteran Men (Over 70):

Hugo Fletcher	Indoor 800m
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Veteran Men (Over 60):

Trevor Madigan HJ
Indoor HJ
Colin Youngson 5000m
Indoor 1500m, 3000m
Bob Masson PV, SP, JT

Veteran Men (Over 45):

Kenny Lyon PV, LJ, JT

Veteran Men (Over 40):

Edward McKenzie SP, DT, HT, JT

Veteran Men (Over 35):

Stanley Walker 100m, 200m
Indoor 60m
Fintan McCabe LJ, SP, DT
Indoor SP

Under-13 Boys:

Adam Crighton SP

Veteran Women (Over 50):

Laura Mahady 400m, 3000m

Veteran Women (Over-45):

Janet Lyon LJ, PV
Indoor PV

Veteran Women (Over 40):

Shona McKinnon Indoor HJ, LJ, TJ

Veteran Women (Over 35):

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

Senior Women:

Nicola Gauld Closed 1500m

Under-17 Women:

Ellie Workman HJ, JT, Hept

Under-13 Girls:

Kate Murdoch: Road running

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**QUICK QUIZ**

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

- 1 Which AAAC member is a British modern triathlon champion?  
**A** Frank Boyne                      **B** Freyja Prentice                      **C** Kerry Prise                      **D** Alec Young
- 2 Who clocked the fastest scratch time in the first ever Beach Bum race in January 1991?  
**A** Fraser Clyne                      **B** Dave Duguid                      **C** Davy Grubb                      **D** Dave Massey
- 3 At the start of the 1978 season what was the AAAC women's club 400m record?  
**A** 57.7                      **B** 59.9                      **C** 60.9                      **D** 62.9
- 4 Who was AAAC's only discus winner at the 2008 Petrofac League finals in Inverness?  
**A** Tom Brodie                      **B** Adam Crighton                      **C** Fintan McCabe                      **D** Edward McKenzie
- 5 Which AAAC member was ranked top in the world for her event in 2008?  
**A** Sonia Armitage                      **B** Ellie Buchan                      **C** Nicola Gauld                      **D** Laura Mahady
- 6 Which AAAC member won a Scottish boys' individual cross-country title in the 2001-2002 season?  
**A** Myles Edwards                      **B** James Joy                      **C** Steven Rusling                      **D** Alex Thoirs
- 7 What colour are the track markings for the hurdles in the 300m and 400m hurdles?  
**A** Black                      **B** Blue                      **C** Green                      **D** White
- 8 When AAAC first competed in the North-east League at Caird Park, Dundee, the distance of the track was  
**A** 320m                      **B** 350m                      **C** 400m                      **D** 440 yards
- 9 The cost of the Aberdeen Sports Village, due to open at the Chris Anderson Stadium in August 2009, is officially  
**A** £13 million                      **B** £18 million                      **C** £23 million                      **D** £28 million
- 10 Which AAAC member who competed in the Commonwealth Games sang *Memories* on stage at an AAAC dinner-dance at *The Three Pockros*?  
**A** Mark Davidson                      **B** Martin Johnston                      **C** Dawn Kitchen                      **D** Duncan Mathieson

Answers on Page 32

## CROSS-COUNTRY, 2007-2008

### International & Representative Matches

#### Great Britain & Ireland Masters Cross-Country International Belfast, November 17<sup>th</sup>, 2007

##### **Women 45-50 (6km)**

Sonia Armitage: 7<sup>th</sup> (2<sup>nd</sup> Scot), 25:28 (winner: Niamh O'Sullivan, Ireland, 23:21)

#### Inter-counties Championships & World Trials Nottingham, March 15<sup>th</sup>, 2008

##### **Men (12km)**

Barney Phillips: 80<sup>th</sup>, 40:49 (winner: Tom Humphries, Staffordshire, 37:03)

##### **Under-17 Men (6km):**

Cameron Strachan: 16<sup>th</sup>, 20:55; Ross Fulton: 46<sup>th</sup>, 21:39 (winner: Abdi Ahmed, Yorkshire, 20:04)

#### Scottish Inter District

##### Holyrood Park, Edinburgh, January 12<sup>th</sup>, 2008

##### **Men (9.3km)**

Barney Phillips: 12<sup>th</sup>, 31:29 (winner: John Newsom, Pitreavie AAC, 29:49; International winner: Kenenisa Bekela, Ethiopia, 27:42)

##### **Under-17 Men (4.2km):**

Cameron Strachan: 11<sup>th</sup>, 13:58; Ross Fulton: 12<sup>th</sup>, 14:02; James Joy: 19<sup>th</sup>, 14:13; Rory Leslie: 29<sup>th</sup>, 14:44 (winner: Shane Quinn, Ireland, 13:04). East team 1<sup>st</sup>.

##### **Under-15 Girls (2.8km)**

Ellie Buchan: 5<sup>th</sup>, 10:45 (winner: Joanna Muir, Stewartry AAC, 10:33). East team 1<sup>st</sup>.

##### **Under-13 Girls (2.8km):**

Kate Murdoch: 2<sup>nd</sup>, 11:06; Eilidh Prise: 5<sup>th</sup>, 11:18 (winner: Kathryn Gillespie, Central AC, 10:48). East team 1<sup>st</sup>.

### Scottish Medallists

#### National Masters' Championships Irvine, February 9<sup>th</sup>, 2008

##### **Women 40-45 (6.35km)**

Rhona Buchan: 2<sup>nd</sup> 26:03 (winner: Susan Ridley, Edinburgh AC, 25:09)

#### National Championships

##### Falkirk, February 23, 2008

##### **Under-17 Men (6.4km)**

Cameron Strachan (7<sup>th</sup>), Ross Fulton (8<sup>th</sup>), Rory Leslie (27<sup>th</sup>), Munro Moffat (38<sup>th</sup>): 3<sup>rd</sup> team, 80pt (winners: Kilbarchan AAC, 55)

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

Kate Murdoch: 3<sup>rd</sup>, 12:45 (winner: Sarah Cassells, Ayr Seaforth, 12:22)

### District Medallists

#### East District Championships Stirling, December 8<sup>th</sup>, 2007

##### **Under-20 Men (10km)**

Mark Haskett: 2<sup>nd</sup>, 33:50 (winner: Scott McDonald, Central AC, 32:49)

##### **Under-17 Men (6.4km)**

Cameron Strachan (5<sup>th</sup>), Ross Fulton (6<sup>th</sup>), James Joy (10<sup>th</sup>), 1st team, 21 points (won by 1 point from Central AC)

##### **Veteran Women (6.4km):**

Sonia Armitage: 3<sup>rd</sup>, 25:44 (winner: Lyn Wilson, Carnethy HR, 24:15)

##### **Under-20 Women (6.4km)**

Siobhan Prise: 2<sup>nd</sup>, 26:52 (winner: Hester Dix, Fife AC, 24:59)

##### **Under-13 Girls:**

Eilidh Prise: 2<sup>nd</sup>, 12:54 (winner: Kathryn Gillespie, Central AC, 12:33)

### Club Champions

#### Winners - Balgownie, January 27<sup>th</sup>, 2008 & points winners for the season

**Senior Men:** No entries

**Veteran:** Ian Edwards, no points award

**Under-20:** Bereket Hagos (both)

**Under-17:** Cameron Strachan, Ross Fulton

**Under-15:** Ryan Gauld (both)

**Under-13:** Alec Young, Robert Walton

**Under-11:** Ruairidh Mon-Williams, no points award

**Senior Women:** No entries

**Veteran:** Rhona Buchan (both)

**Under-20:** No entries

**Under-17:** Amy Longmuir, Paula Davies

**Under-15:** Ellie Buchan, Rebekah Lowe

**Under-13:** Kate Murdoch (both)

**Under-11:** No entries

## CROSS-COUNTRY, 2008-2009

### International & Representative Matches

#### Great Britain & Ireland Masters Cross-country International Swansea, November 15<sup>th</sup>, 2008

##### **Women 45-50 (6km)**

Sonia Armitage: 5<sup>th</sup> (1st Scot), 26:10 (winner: Jane Clark, England, 24:26)

### District Medallists

#### East District Relay Championships Prestonpans, October 10<sup>th</sup>, 2008

##### **Young females (3x2.5km)**

Eilidh Prise, Kate Murdoch, Ellie Buchan: 2<sup>nd</sup>, 32:01 (winners: Dundee Hawkhill Harriers, 31:48)

#### East District Championships

##### Cupar, December 6<sup>th</sup>, 2008

##### **Under-20 Men (10km):**

Mark Haskett: 3<sup>rd</sup>, 37:47 (winner: Scott McDonald, Central AC, 35:32)  
Mark Haskett, Ross Fulton (4<sup>th</sup>), Cameron Strachan (8<sup>th</sup>): 1<sup>st</sup> team, 15pt (won by 20pt from St Andrews University)

##### **Under-20 Women (6.4km):**

Siobhan Prise: 2<sup>nd</sup>, 30:57 (winner: Sarah Inglis, Lothian RC, 28:27)

##### **Under-17 Women (4.4km):**

Ellie Buchan (4<sup>th</sup>), Kerry Prise (5<sup>th</sup>), Rachel Armitage (8<sup>th</sup>): 1<sup>st</sup> team, 17pt (won by 12pt from Edinburgh AC)

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

Eilidh Prise: 1<sup>st</sup>, 14:39 (won by 21sec from Kathryn Gillespie, Central AC)

## ROAD RUNNING, 2008

### Scottish Medallists

#### Scotish Junior Championships Bridge of Don., March 23<sup>rd</sup>, 2008

##### **Under-20 Men (7.86km)**

Bereket Hagos: 3<sup>rd</sup>, 23:34 (winner: Douglas Selman, Corstorphine AAC, 23:15)

Bereket Hagos, Mark Haskett (5<sup>th</sup>), Ryan Dick (14<sup>th</sup>): 2<sup>nd</sup> team, 22pt (winners: Central AC 21)

##### **Under-15 Girls (4.63km)**

Ellie Buchan: 3<sup>rd</sup>, 16:21 (winner: Hollie Young, Victoria Park City of Glasgow, 15:59)

##### **Under-13 Girls (2.67km)**

Kate Murdoch: 1<sup>st</sup>, 9:16; Eilidh Prise: 2<sup>nd</sup>, 12:06.

### Club Champions

#### Half-Marathon Championships, Dyce, August 3<sup>rd</sup>, 2008

**Men:** Neil Manson 86:57

**Veteran over-40 & over-50:** Graham Stubbins 88:55

**Women:** Maureen MacInnes 99:34

## HILL RUNNING, 2008

### International & Representative Matches

#### British & Irish Junior Fell-Running Championships & International Bonaly, Edinburgh, October 12<sup>th</sup>, 2008

##### U16 Girls (4.5km, 270m ascent):

Rachel Armitage: 7<sup>th</sup>, 23:27 (winner: Laura Riches, England, 21:33)

## INDOOR TRACK & FIELD, 2007-2008

### World Medallists

#### World Masters Championships Clermont Ferrand, July 17<sup>th</sup>-22<sup>nd</sup>, 2008

##### Women Over 45

Sonia Armitage: 2<sup>nd</sup>, 800m (2:23.93); 1<sup>st</sup>, 1500m (4:53.71)

### Scottish Medallists

#### DM Hall Veteran Championships

##### Kelvin Hall, February 16<sup>th</sup>, 2008

###### Men Over-70:

Hugo Fletcher: 3<sup>rd</sup>, 400m (96.91); 1<sup>st</sup>, 800m (3:52.23)

###### Men Over-60:

Trevor Madigan: 2<sup>nd</sup>, 60m (8.72); 1<sup>st</sup>, HJ (1.35m)

Colin Youngson: 1<sup>st</sup>, 1500m (5:23.96); 1<sup>st</sup>, 3000m (11:14.58)

###### Men Over-40:

Frank Boyne: 3<sup>rd</sup>, 1500m (4:34.71); 2<sup>nd</sup>, 3000m (10:07.39)

###### Men Over-35:

Stanley Walker: 1<sup>st</sup>, 60m (7.53).

Fintan McCabe: 1<sup>st</sup>, SP (12.18m)

##### Women Over-45:

Janet Lyon: 3<sup>rd</sup>, 60m (9.06); 3<sup>rd</sup>, 200m (30.55); 1<sup>st</sup>, PV (2.30m)

##### Women Over-40:

Shona MacKinnon: 1<sup>st</sup>, HJ (1.30m); 1<sup>st</sup>, LJ (4.03m); 1<sup>st</sup>, TJ (8.71m)

##### Women Over-35:

Kathleen Madigan: 1<sup>st</sup>, 60m (8.37); 1<sup>st</sup>, 200m (28.50); 2<sup>nd</sup>, LJ (4.14m); 1<sup>st</sup>, SP (8.23m)

Fiona Davidson: 2<sup>nd</sup>, 60m (8.46); 1<sup>st</sup>, LJ (4.67m); 1<sup>st</sup>, TJ (10.19m)

#### DM Hall Combined Events Championships

##### Kelvin Hall, February 16<sup>th</sup>-17<sup>th</sup>, 2008

###### Veteran men (age-graded):

Kenny Lyon: 3<sup>rd</sup>, Hept (3896)

###### Under-15 Boys:

Jeremy O'Neil: 3<sup>rd</sup>, Pent (1801)

#### Bank of Scotland Junior Championships

##### Kelvin Hall, February 9<sup>th</sup>-10<sup>th</sup>, 2008

###### Under-17 Women:

Ellie Buchan: 3<sup>rd</sup>, 1500m (4:50.39)

###### Under-13 Girls:

Eilidh Prise: 3<sup>rd</sup>, 800m (2:35.95)

#### DM Hall Senior Championships

##### Kelvin Hall, March 1<sup>st</sup>, 2008

###### Women:

Emma Cloggie: 3<sup>rd</sup>, 400m (57.74)

### District Medallists

#### DM Hall East Championships

##### Kelvin Hall, Jan 12<sup>th</sup>-13<sup>th</sup>, 2008

###### Under-17 Men:

William Smy: 2<sup>nd</sup>, HJ (1.75m)

###### Under-13 Boys:

Gavin Irvine: 2<sup>nd</sup>, 60m (8.94)

## TRACK & FIELD, 2008

### International & Representative Matches

#### Loughborough International

##### Loughborough, May 18<sup>th</sup>, 2008

###### Women:

Nicola Gauld: 3<sup>rd</sup>, 1500m (4:14.15)

#### Paralympic Games

##### Beijing, Sept 15<sup>th</sup>-18<sup>th</sup>, 2008

###### T13 Men:

Neil Fachie: 5<sup>th</sup>, 100m heat (11.53); 5<sup>th</sup>, 200m heat (23.17)

### Scottish Medallists

#### Scottish Closed Championships

##### Meadowbank, May 10<sup>th</sup>-11<sup>th</sup>, 2008

###### Women:

Nicola Gauld: 1<sup>st</sup>, 1500m (4:19.03)

Catrina Pennet: 3<sup>rd</sup>, 100H (14.81)

#### Bank of Scotland Under-23 & Under-20 Championships

##### Grangemouth, June 15<sup>th</sup>, 2008

###### Under-20 Men:

Cameron Strachan: 3<sup>rd</sup>, 800m (1:55.90)

###### Under-23 Women:

Emma Cloggie: 3<sup>rd</sup>, 200m (26.28); 2<sup>nd</sup>, 400m (57.49)

#### Scottish Masters Championships

##### Pitreavie, June 21<sup>st</sup>, 2008

###### Men Over-60:

Trevor Madigan: 1<sup>st</sup>, HJ (1.18m)

Colin Youngson: 1<sup>st</sup>, 5000m (19:03.22)

Bob Masson: 1<sup>st</sup>, PV (2.65m); 1<sup>st</sup>, SP (9.48m); 2<sup>nd</sup>, DT (36.86m); 1<sup>st</sup>, JT (34.86m)

###### Men Over-45:

Kenny Lyon: 1<sup>st</sup>, PV (2.85m); 1<sup>st</sup>, LJ (4.82m); 1<sup>st</sup>, JT (33.22m)

###### Men Over-40:

Edward McKenzie: 1<sup>st</sup>, SP (10.208m); 1<sup>st</sup>, DT (27.22m); 1<sup>st</sup>, HT (30.15m); 1<sup>st</sup>, JT (36.50m).

###### Men Over-35:

Stanley Walker: 1<sup>st</sup>, 100m (11.75); 1<sup>st</sup>, 200m (23.82)

John McKeown: 3<sup>rd</sup>, 200m (24.98)

Fintan McCabe: 2<sup>nd</sup>, 100m (12.05); 1<sup>st</sup>, LJ (6.00m); 1<sup>st</sup>, SP (11.23m); 1<sup>st</sup>, DT (33.50m)

###### Women Over-50:

Laura Mahady: 1<sup>st</sup>, 400m (65.29); 1<sup>st</sup>, 3000m (11:02.41)

###### Women Over-45:

Janet Lyon: 2<sup>nd</sup>, 200m (29.83); 1<sup>st</sup>, PV (2.60m); 1<sup>st</sup>, LJ (4.28m)

###### Women Over-35:

Kathleen Madigan: 1<sup>st</sup>, 100m (13.25); 1<sup>st</sup>, 200m (27.04); 1<sup>st</sup>, SP (7.80m); 2<sup>nd</sup>, HT (23.07m)

Fiona Davidson: 2<sup>nd</sup>, 100m (13.54); 1<sup>st</sup>, LJ (4.87m); 1<sup>st</sup>, TJ (10.54m)

#### Bank of Scotland Under-17, Under-15 & Under-13 Championships

##### Grangemouth, August 23<sup>rd</sup>-24<sup>th</sup>, 2008

###### Under-13 Boys

Alec Young: 3<sup>rd</sup>, LJ (4.47m)

Adam Crighton: 1<sup>st</sup>, SP (10.27m); 3<sup>rd</sup>, DT (21.11m)

###### Under-17 Women

Ellie Workman: 1<sup>st</sup>, HJ (1.65m); 1<sup>st</sup>, JT (33.03m)

#### Scottish Athletics Senior Championships

##### Pitreavie, August 30<sup>th</sup>-31<sup>st</sup>, 2008

###### Women:

Nicola Gauld: 2<sup>nd</sup>, 1500m (4:17.09)

Catrina Pennet: 2<sup>nd</sup>, 100H (14.74)

#### Scottish Combined Events Championships

##### Perth, Sept 13<sup>th</sup>-14<sup>th</sup>, 2008

###### Under-13 Boys:

Alec Young: 3<sup>rd</sup>, Pent (1310)

###### Under-17 Women:

Ellie Workman: 1<sup>st</sup>, Hept (4298)

## District Medallists

### East Championships

#### Meadowbank, May 10<sup>th</sup>-11<sup>th</sup>, 2008

##### **Under-13 Boys:**

Alec Young: 3<sup>rd</sup>, 800m (2:29.84); 1<sup>st</sup>, LJ (3.93m)

##### **Under-17 women:**

Ellie Buchan: 2<sup>nd</sup>, 800m (2:16.15)

### North Championships

#### Inverness, May 10<sup>th</sup>, 2008

##### **Senior Men:**

Lee Williamson: 1<sup>st</sup>, 100m (11.27); 1<sup>st</sup>, 200m (23.40)

Kevin Morice: 1<sup>st</sup>, 110H (21.31); 1<sup>st</sup>, 400H (68.39); 1<sup>st</sup>, HJ (1.40m)

Edward McKenzie: 2<sup>nd</sup>, SP (10.69m); 2<sup>nd</sup>, DT (30.74m); 1<sup>st</sup>, JT (38.71m)

## Club Champions 2008

##### **Senior Men:**

Tim Roads (sprints)

Kevin Morice (middle distance)

Bob Masson (jumps)

Edward McKenzie (throws).

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

James Joy (track)

No award (field)

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

Stewart Clark (track)

Sam Lyon (field)

**Veteran Men:** Mark Davidson

**Veteran Men Over 40:** Kenny Lyon

**Veteran Men Over 50:** Bob Masson

**Under-15 Boys:** Jeremy O'Neil

**Under-13 Boys:** Alec Young

**Under-11 Boys:** Peter Dijkstra

##### **Senior Women:**

Marie Dobson (sprints)

Sonia Armitage (middle distance)

Fiona Davidson (jumps)

Kathleen Madigan (throws)

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

Sylvia Kanya (track)

No award (field)

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

Rebekah Lowe (track)

No award (field)

**Veteran Women:** Fiona Davidson

**Veteran Women Over 45:** Janet Lyon

**Under-15 Girls:** Kate Murdoch

**Under-13 Girls:** Eilidh Prise

**Under-11 Girls:** Sophie Anderson

AAAC would like to thank

*Friends of Aberdeen AAC*

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

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## ABERDEEN AAC'S CLUB PERFORMANCES IN 2008

### Scottish Men's League (Div.2)

|          |                           |             |
|----------|---------------------------|-------------|
| 1        | Edinburgh AC              | 36          |
| <b>2</b> | <b>Aberdeen AAC</b>       | <b>31.5</b> |
| 3        | Falkirk Victoria Harriers | 25          |
| 4        | Kilbarchan AAC            | 22.5        |
| 5        | Law & District AAC        | 17          |
| 6        | Lasswade AAC              | 16          |
| 7        | Corstorphine AAC          | 15          |
| 8        | Dunfermline & West Fife   | 9           |
| 9        | Clydesdale Harriers       | 7           |

### Scottish Women's League

|          |                               |          |
|----------|-------------------------------|----------|
| 1        | Edinburgh AC                  | 23       |
| 2        | Fife & Tayside                | 22       |
| 3        | Lothian                       | 16       |
| 4        | Team West                     | 15       |
| 5        | Pitreavie AAC                 | 13       |
| 6        | Forth Valley                  | 8        |
| 7        | Victoria Park City of Glasgow | 7        |
| <b>8</b> | <b>Aberdeen AAC Select</b>    | <b>4</b> |

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

|          |                                |           |
|----------|--------------------------------|-----------|
| 1        | HIPPO                          | 24        |
| 2        | Arbroath & District AC         | 21        |
| <b>3</b> | <b>Aberdeen AAC</b>            | <b>17</b> |
| 4        | Fife AC                        | 13        |
| 5        | Banchory Stonehaven AC         | 11        |
| 6        | Montrose & District AC (416)   | 8         |
| 7        | Dundee Hawkhill Harriers (398) | 8         |
| 8        | Ellon AAC                      | 6         |

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

Aberdeen AAC did not qualify.

### East District Cross-Country League 2007-2008

#### **U17 Men**

|          |                     |           |
|----------|---------------------|-----------|
| 1        | Central AC          | 46        |
| <b>2</b> | <b>Aberdeen AAC</b> | <b>55</b> |
| 3        | Edinburgh AC        | 127       |

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

### Petrofac League (East Section) – Men

|          |                          |           |
|----------|--------------------------|-----------|
| 1        | Arbroath & District.AC   | 32        |
| 2        | Banchory Stonehaven AC   | 27        |
| <b>3</b> | <b>Aberdeen AAC</b>      | <b>25</b> |
| 4        | Perth Strathtay Harriers | 20        |
| 5        | Montrose & District AC   | 15        |
| 6        | Dundee Hawkhill Harriers | 11        |
| 7        | Brechin High AC          | 9         |
| 7        | Ellon AAC                | 5         |

### Petrofac League (East Section) – Women

|          |                          |           |
|----------|--------------------------|-----------|
| 1        | Arbroath & District AC   | 30        |
| 3        | Banchory Stonehaven AC   | 27        |
| <b>3</b> | <b>Aberdeen AAC</b>      | <b>25</b> |
| 4        | Perth Strathtay Harriers | 20        |
| 5        | Dundee Hawkhill Harriers | 15        |
| 6        | Montrose & District AC   | 12        |
| 7        | Ellon AAC                | 11        |
| 8        | Brechin High AC          | 4         |

### Petrofac League – Final

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

|                      |                 |
|----------------------|-----------------|
| <b>Senior Men:</b>   | <b>1st</b>      |
| <b>Senior Women:</b> | <b>1st</b>      |
| U17 Men:             | 5th             |
| U17 Women:           | 5th             |
| U15 Boys:            | did not qualify |
| U15 Girls:           | 6th             |
| U13 Boys:            | 3rd             |
| U13 Girls:           | did not qualify |
| U11 Boys:            | 8th             |
| U11 Girls:           | 3rd             |

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

|          |                          |           |
|----------|--------------------------|-----------|
| 1        | HIPPO                    | 23        |
| <b>2</b> | <b>Aberdeen AAC</b>      | <b>18</b> |
| 3        | Banchory Stonehaven AC   | 16        |
| 4        | Montrose & District AC   | 14        |
| 5        | Arbroath & District AC   | 12        |
| 6        | Dundee Hawkhill Harriers | 11        |
| 7        | Fife AC                  | 9         |
| 8        | Ellon AAC                | 5         |

## CLUB RECORDS AS AT 01/01/2009

### SENIOR MEN

|               |               |                                                |           |
|---------------|---------------|------------------------------------------------|-----------|
| 60            | 7.0           | S Walker/M Davidson/B Middleton                | 87/94/97  |
| 100           | 10.50         | Mark Davidson                                  | 89        |
| 200           | 21.07         | Mark Davidson                                  | 89        |
| 300           | 34.4          | Martin Johnston                                | 85        |
| 400           | 46.9          | Mark Davidson                                  | 89        |
| 800           | 1:49.3        | Ewan Calvert                                   | 94        |
| 1500          | 3:44.67       | Alan Wales                                     | 06        |
| 3000          | 8:14.6        | Fraser Clyne                                   | 81        |
| 5000          | 14:18.90      | Ian Matheson                                   | 89        |
| 10000         | 29:23         | F Clyne / G Laing                              | 83        |
| 110H          | 14.9          | Duncan Mathieson                               | 89        |
| 400H          | 50.79         | Mark Davidson                                  | 89        |
| <b>2000SC</b> | <b>5:37.8</b> | <b>Bill Ewing</b>                              | <b>67</b> |
| 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     |
| LJ            | 7.62          | Duncan Mathieson                               | 95        |
| TJ            | 14.55         | William Stark                                  | 95        |
| PV            | 4.20          | Duncan Mathieson                               | 90        |
| SP            | 16.29         | Gordon Smith                                   | 94        |
| DT            | 43.66         | Paul Allan                                     | 93        |
| JT            | 58.75         | Peter Fraser                                   | 98        |
| HT            | 53.18         | Bruce Shepherd                                 | 96        |
| Dec.          | 7535          | Duncan Mathieson                               | 90        |
| 4x100         | 42.1          | D Mathieson, King, Drummond, M Davidson        | 88        |
| <b>4x200</b>  | <b>1:35.3</b> | <b>Fachie, McCabe, Mutch, J Joy</b>            | <b>08</b> |
| 4x400         | 3:19.3        | P Davidson, Middleton, D Mathieson, Al-Kowarri | 97        |

### UNDER-20 MEN

|        |         |                                     |       |
|--------|---------|-------------------------------------|-------|
| 60     | 7.1     | Barry Middleton                     | 94    |
| 100    | 10.8    | C Paterson / S Walker               | 72/88 |
| 200    | 21.6    | Martin Johnston                     | 83    |
| 300    | 35.4    | Ahmed Al-Kowarri                    | 96    |
| 400    | 48.17   | Mark Davidson                       | 87    |
| 800    | 1:51.86 | Ewan Calvert                        | 92    |
| 1500   | 3:50.34 | Alan Wales                          | 02    |
| 3000   | 8:34.65 | Darren Shinnie                      | 04    |
| 5000   | 14:46.0 | Ian Matheson                        | 83    |
| 10000  | 30:49.0 | Ian Matheson                        | 83    |
| 110H   | 14.93   | Duncan Mathieson                    | 88    |
| 400H   | 53.53   | Barry Middleton                     | 94    |
| 2000SC | 6:02.66 | Stephen Wright                      | 89    |
| 3000SC | 9:12.0  | Stephen Wright                      | 90    |
| HJ     | 2.00    | Duncan Mathieson                    | 87    |
| LJ     | 7.21    | Duncan Mathieson                    | 88    |
| TJ     | 14.55   | William Stark                       | 95    |
| PV     | 3.60    | Kenneth Lyon                        | 79    |
| SP     | 14.24   | Paul Allan                          | 89    |
| DT     | 42.26   | Paul Allan                          | 89    |
| JT     | 57.48   | Peter Fraser                        | 96    |
| HT     | 48.83   | Mathew Maitland                     | 02    |
| Dec.   | 6652    | Duncan Mathieson                    | 88    |
| 4x100  | 44.7    | Cruickshank, Walker, Mackland, King | 87    |
| 4x400  | 3:28.2  | Cruickshank, Walker, Mackland, King | 87    |

### UNDER-17 MEN

|        |        |                  |    |
|--------|--------|------------------|----|
| 60     | 7.3    | Ahmed Al-Kowarri | 95 |
| 100    | 11.1   | Alexander Carnie | 88 |
| 200    | 22.6   | Mark Davidson    | 85 |
| 300    | 36.0   | Ahmed Al-Kowarri | 95 |
| 400    | 49.21  | Ahmed Al-Kowarri | 95 |
| 800    | 1:54.8 | Colin Donald     | 84 |
| 1500   | 4:01.1 | Ross Arbuckle    | 78 |
| 3000   | 8:42.4 | Ross Arbuckle    | 78 |
| 100H   | 13.9   | Richard Singer   | 95 |
| 400H   | 55.37  | Richard Singer   | 95 |
| 1500SC | 4:25.0 | Frank Boyne      | 82 |
| HJ     | 1.98   | Keith Oag        | 94 |
| LJ     | 6.82   | Derek Elmslie    | 77 |
| TJ     | 13.82  | William Stark    | 93 |
| PV     | 3.15   | Fraser Benzie    | 99 |
| SP     | 13.27  | Kevin Lutton     | 01 |
| DT     | 41.46  | Peter Fraser     | 94 |

|       |         |                              |    |
|-------|---------|------------------------------|----|
| JT    | 58.36   | Peter Fraser                 | 94 |
| HT    | 45.50   | David Robinson               | 78 |
| Oct.  | 4327    | Stephen Miller               | 02 |
| Pent. | 5238    | Stephen Miller               | 02 |
| 4x100 | 45.92   | Milne, Rankin, Oxley, Maslen | 01 |
| 4x200 | 1:36.0  | Gray, Rankin, Oxley, Maslen  | 01 |
| 4x400 | 3:31.32 | Wales, Forbes, Gray, Watt    | 01 |

### UNDER-15 BOYS

|       |         |                                        |    |
|-------|---------|----------------------------------------|----|
| 100   | 11.5    | Alexander Carnie                       | 86 |
| 200   | 23.1    | Alexander Carnie                       | 86 |
| 400   | 52.5    | Colin Donald                           | 82 |
| 800   | 2:00.77 | Steven Rusling                         | 02 |
| 1500  | 4:21.2  | Steven Rusling                         | 02 |
| 3000  | 9:34.4  | Alex Thoires                           | 03 |
| 80H   | 12.0    | William Stark                          | 91 |
| HJ    | 1.75    | Kevin Lutton                           | 99 |
| LJ    | 5.82    | William Stark                          | 91 |
| TJ    | 12.10   | William Stark                          | 91 |
| PV    | 2.61    | Sam Lyon                               | 07 |
| SP    | 11.89   | Kevin Lutton                           | 99 |
| DT    | 33.91   | Kevin Lutton                           | 99 |
| JT    | 50.70   | Keith Simpson                          | 96 |
| HT    | 32.38   | George Petrie                          | 77 |
| Pent. | 2202    | Stuart Mathieson                       | 95 |
| 4x100 | 49.3    | Legge, Lemon, Braun, S Mathieson       | 95 |
| 4x400 | 3:57.1  | Masson, Graham, K McCallum, Al-Kowarri | 93 |

### UNDER-13 BOYS

|           |              |                                 |           |
|-----------|--------------|---------------------------------|-----------|
| 60        | 8.5          | Christopher Maslen              | 97        |
| 100       | 13.04        | Stuart Mathieson                | 93        |
| 200       | 26.0         | Mark Davidson                   | 81        |
| 400       | 59.4         | Andrew Keelan                   | 86        |
| 800       | 2:22.09      | Stuart Forbes                   | 97        |
| 1500      | 4:49.8       | Mark Kennedy                    | 98        |
| 75H       | 12.9         | William Stark                   | 89        |
| HJ        | 1.52         | Duncan Mathieson                | 81        |
| LJ        | 4.83         | William Stark                   | 89        |
| TJ        | 10.13        | Douglas Cumming                 | 93        |
| <b>SP</b> | <b>10.27</b> | <b>Adam Crighton</b>            | <b>08</b> |
| 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)

|            |              |                       |           |
|------------|--------------|-----------------------|-----------|
| <b>60</b>  | <b>7.5</b>   | <b>Stanley Walker</b> | <b>08</b> |
| <b>100</b> | <b>11.6</b>  | <b>Stanley Walker</b> | <b>08</b> |
| <b>200</b> | <b>23.7</b>  | <b>Stanley Walker</b> | <b>08</b> |
| <b>300</b> | <b>38.19</b> | <b>Stanley Walker</b> | <b>08</b> |
| <b>400</b> | <b>54.8</b>  | <b>Fintan McCabe</b>  | <b>08</b> |
| 800        | 2:15.2       | Ian Morrice           | 05        |
| 1500       | 4:29.8       | David Duguid          | 05        |
| 3000       | 10:13.2      | Keith Charlton        | 05        |
| 5000       | 16:53.94     | Frank Boyne           | 07        |
| 10000      | 38:42.3      | Dave Armitage         | 07        |
| 110H       | 19.66        | Edward McKenzie       | 06        |



|                              |                |                                        |           |                              |                 |                        |           |
|------------------------------|----------------|----------------------------------------|-----------|------------------------------|-----------------|------------------------|-----------|
| 400H                         | 67.2           | Kenny Lyon                             | 05        | 10000                        | 34:06.7         | John Ballentine        | 92        |
| 3000SC                       | 10:11.2        | Frank Boyne                            | 05        | 100H                         | 18.6            | Robert Masson          | 98/00     |
| <b>HJ</b>                    | <b>1.60</b>    | <b>Fintan McCabe</b>                   | <b>08</b> | 400H                         | 77.1            | Bill Lonsdale          | 02        |
| PV                           | 3.25           | Kenny Lyon                             | 06        | ½ Mar                        | 76:45           | Roderick MacFarquhar   | 93        |
| LJ                           | 6.05           | Fintan McCabe                          | 07        | Mar                          | 2:31:48         | Alastair Wood          | 83        |
| TJ                           | 11.55          | Kenny Lyon                             | 05        | HJ                           | 1.65            | Bill Lonsdale          | 03        |
| <b>SP</b>                    | <b>12.45</b>   | <b>Fintan McCabe</b>                   | <b>08</b> | PV                           | 3.45            | Robert Masson          | 99        |
| <b>DT</b>                    | <b>36.15</b>   | <b>Fintan McCabe</b>                   | <b>08</b> | LJ                           | 5.35            | Trevor Madigan         | 91        |
| <b>JT</b>                    | <b>43.38</b>   | <b>Fintan McCabe</b>                   | <b>08</b> | TJ                           | 10.75           | Bill Lonsdale          | 03        |
| <b>HT</b>                    | <b>32.20</b>   | <b>Edward McKenzie</b>                 | <b>08</b> | SP                           | 11.34           | Robert Masson          | 97        |
| WT                           | 10.35          | Edward McKenzie                        | 06        | DT                           | 38.09           | Robert Masson          | 98        |
| Pent                         | 1986           | Edward McKenzie                        | 06        | JT                           | 39.70           | Robert Masson          | 99        |
| Dec.                         | 4053           | Edward McKenzie                        | 05        | HT                           | 34.35           | Robert Masson          | 98        |
| Wt Pent                      | 2190           | Edward McKenzie                        | 06        | Dec                          | 6251            | Robert Masson          | 99        |
| <b>4x200</b>                 | <b>1:40.06</b> | <b>Astell, McKeown, McCabe, Walker</b> | <b>08</b> |                              |                 |                        |           |
| <b>VETERAN MEN (Over 40)</b> |                |                                        |           | <b>VETERAN MEN (Over 55)</b> |                 |                        |           |
| 60                           | 7.8            | T Madigan / G Middleton                | 95        | 60                           | 8.5             | Trevor Madigan         | 01        |
| 100                          | 11.7           | R Riley / A Mackenzie                  | 79/90     | 100                          | 12.9            | Trevor Madigan         | 00        |
| 200                          | 24.1           | Robin Riley                            | 79        | 200                          | 27.1            | Trevor Madigan         | 00        |
| 300                          | 39.8           | Kenny Lyon                             | 03        | 300                          | 44.4            | Trevor Madigan         | 00        |
| 400                          | 53.0           | Denis Shepherd                         | 93        | 400                          | 61.21           | Allan Stirling         | 01        |
| 800                          | 2:01.0         | Denis Shepherd                         | 93        | 800                          | 2:27.20         | Alan Fulton            | 05        |
| 1500                         | 4:08.0         | Hunter Watson                          | 77        | 1500                         | 4:56.0          | Bill Scullion          | 02        |
| 3000                         | 8:50.9         | Colin Youngson                         | 90        | 3000                         | 10:21.5         | Colin Youngson         | 04        |
| 5000                         | 14:58          | Alistair Wood                          | 75        | 5000                         | 17:18.0         | Colin Youngson         | 03        |
| 10000                        | 30:35.2        | Alistair Wood                          | 75        | 10000                        | 36:59.4         | John Ballentine        | 97        |
| 100H                         | 16.4           | Denis Shepherd                         | 92        | 100H                         | 19.1            | Robert Masson          | 04        |
| 400H                         | 59.0           | Denis Shepherd                         | 93        | ½ Mar                        | 82:42           | Bill Scullion          | 04        |
| 3000SC                       | 10:28.3        | Frank Boyne                            | 06        | Mar                          | 2:57:41         | Bill Scullion          | 00        |
| ½ Mar                        | 67:13          | David Clark                            | 85        | HJ                           | 1.50            | Robert Masson          | 02        |
| Mar                          | 2:18:07        | David Clark                            | 84        | PV                           | 3.20            | Robert Masson          | 03        |
| HJ                           | 1.67           | Denis Shepherd                         | 92        | LJ                           | 5.02            | Trevor Madigan         | 06        |
| LJ                           | 5.95           | Kenny Lyon                             | 01        | TJ                           | 9.79            | Trevor Madigan         | 06        |
| TJ                           | 12.21          | Trevor Madigan                         | 85        | SP                           | 10.84           | Robert Masson          | 04        |
| PV                           | 3.65           | Kenny Lyon                             | 01        | DT                           | 35.83           | Robert Masson          | 02        |
| SP                           | 12.32          | Robert Masson                          | 89        | JT                           | 40.53           | Robert Masson          | 02        |
| DT                           | 39.86          | Robert Masson                          | 92        | HT                           | 31.73           | Trevor Madigan         | 04        |
| JT                           | 43.88          | Robert Masson                          | 89        | DEC                          | 6006            | Robert Masson          | 04        |
| HT                           | 34.35          | Robert Masson                          | 98        |                              |                 |                        |           |
| WT                           | 9.60           | Edward McKenzie                        | 07        | <b>VETERAN MEN (Over 60)</b> |                 |                        |           |
| Dec.                         | 5647           | Kenny Lyon                             | 01        | 60                           | 8.6             | Trevor Madigan         | 06        |
| <b>Wt Pent</b>               | <b>2256</b>    | <b>Edward McKenzie</b>                 | <b>08</b> | 100                          | 13.4            | Trevor Madigan         | 05        |
| 4x100                        | 47.4           | Clarkson, Gordon, Madigan, Stirling    | 89        | 200                          | 27.8            | Trevor Madigan         | 05        |
| <b>VETERAN MEN (Over 45)</b> |                |                                        |           | <b>300</b>                   | <b>46.8</b>     | <b>Trevor Madigan</b>  | <b>08</b> |
| 60                           | 7.8            | T Madigan / G Middleton                | 95        | 400                          | 67.1            | Hugo Fletcher          | 94        |
| 100                          | 12.2           | Malcolm Clarkson                       | 89        | 800                          | 2:37.5          | E Dunster / H Fletcher | 90/95     |
| 200                          | 24.6           | Frank Gauld                            | 00        | 1500                         | 5:23.5          | Ernie Dunster          | 90        |
| 300                          | 40.7           | Frank Gauld                            | 00        | 3000                         | 11:46.0         | Ernie Dunster          | 90        |
| 400                          | 54.8           | Frank Gauld                            | 00        | <b>5000</b>                  | <b>19:03.22</b> | <b>Colin Youngson</b>  | <b>08</b> |
| 800                          | 2:06.1         | Alan Fulton                            | 95        | 10000                        | 41:14.0         | Ernie Dunster          | 90        |
| 1500                         | 4:18.7         | Colin Youngson                         | 93        | 100H                         | 19.85           | Bob Masson             | 07        |
| 3000                         | 9:29.0         | John Ballentine                        | 92        | <b>300H</b>                  | <b>53.09</b>    | <b>Bob Masson</b>      | <b>08</b> |
| 5000                         | 15:42.7        | Colin Youngson                         | 93        | ½ Mar                        | <b>1:26:36</b>  | <b>Colin Youngson</b>  | <b>08</b> |
| 10000                        | 32:45.10       | Colin Youngson                         | 93        | Mar                          | 3:14:19         | Ronnie Wilson          | 03        |
| 400H                         | 77.1           | Bill Lonsdale                          | 02        | HJ                           | 1.41            | Trevor Madigan         | 06/07     |
| ½ Mar                        | 70:50          | Bill Adams                             | 94        | PV                           | 2.90            | Bob Masson             | 07        |
| Mar                          | 2:30:40        | Donald Ritchie                         | 91        | LJ                           | 5.02            | Trevor Madigan         | 06        |
| HJ                           | 1.65           | Bill Lonsdale                          | 03        | TJ                           | 9.79            | Trevor Madigan         | 06        |
| LJ                           | 5.52           | Kenny Lyon                             | 06        | SP                           | 10.15           | Bob Masson             | 07        |
| TJ                           | 11.32          | Trevor Madigan                         | 90        | <b>DT</b>                    | <b>40.15</b>    | <b>Bob Masson</b>      | <b>07</b> |
| PV                           | 3.45           | Robert Masson                          | 99        | <b>JT</b>                    | <b>37.37</b>    | <b>Bob Masson</b>      | <b>08</b> |
| SP                           | 11.48          | Robert Masson                          | 93        | HT                           | 31.73           | Trevor Madigan         | 04        |
| DT                           | 39.86          | Robert Masson                          | 92        | Dec                          | 6490            | Bob Masson             | 07        |
| JT                           | 40.64          | Robert Masson                          | 95        |                              |                 |                        |           |
| HT                           | 34.35          | Robert Masson                          | 98        | <b>VETERAN MEN (Over 65)</b> |                 |                        |           |
| Pent                         | 2805           | Kenny Lyon                             | 06        | 60                           | 10.4            | Hugo Fletcher          | 02        |
| Dec.                         | 3658           | Robert Masson                          | 95        | 100                          | 15.8            | Hugo Fletcher          | 99        |
| <b>VETERAN MEN (Over 50)</b> |                |                                        |           | 200                          | 32.1            | Hugo Fletcher          | 99        |
| 60                           | 7.8            | Trevor Madigan                         | 95        | 300                          | 54.0            | Hugo Fletcher          | 02        |
| 100                          | 12.5           | Trevor Madigan                         | 94        | 400                          | 71.7            | Hugo Fletcher          | 99        |
| 200                          | 25.7           | Trevor Madigan                         | 94        | 800                          | 2:50.8          | Hugo Fletcher          | 99        |
| 300                          | 42.4           | Alan Fulton                            | 00        | 1500                         | 6:00.7          | Ernie Dunster          | 95        |
| 400                          | 57.6           | Alan Fulton                            | 00        | Mar.                         | 3:31:16         | James Youngson         | 81        |
| 800                          | 2:13.1         | John Ballentine                        | 93        | LJ                           | 2.65            | Miller Mathieson       | 04        |
| 1500                         | 4:24.3         | John Ballentine                        | 93        | TJ                           | 4.14            | Hugo Fletcher          | 02        |
| 3000                         | 9:29.0         | John Ballentine                        | 92        | SP                           | 6.15            | Miller Mathieson       | 05        |
| 5000                         | 16:30.1        | John Ballentine                        | 92        | DT                           | 20.79           | Miller Mathieson       | 04        |
|                              |                |                                        |           | JT                           | 13.69           | Ian Morrison           | 02        |
|                              |                |                                        |           | HT                           | 17.26           | Ian Morrison           | 02        |

**VETERAN MEN (Over 70)**

|           |              |                         |           |
|-----------|--------------|-------------------------|-----------|
| 60        | 11.2         | Hugo Fletcher           | 06        |
| 100       | 17.6         | Hugo Fletcher           | 05        |
| 200       | 35.5         | Hugo Fletcher           | 05        |
| 300       | 63.4         | Hugo Fletcher           | 06        |
| 400       | 80.0         | Hugo Fletcher           | 05        |
| 800       | 3:12.5       | Hugo Fletcher           | 04        |
| 1500      | 6:45.8       | George Cruickshank      | 05        |
| 5000      | 23:57.5      | George Cruickshank      | 05        |
| <b>LJ</b> | <b>2.30</b>  | <b>Miller Mathieson</b> | <b>08</b> |
| SP        | 6.09         | Ian Morrison            | 05        |
| <b>DT</b> | <b>18.21</b> | <b>Miller Mathieson</b> | <b>08</b> |
| HT        | 19.08        | Ian Morrison            | 05        |
| JT        | 9.19         | Hugo Fletcher           | 06        |

**SENIOR WOMEN**

|             |                |                                  |           |
|-------------|----------------|----------------------------------|-----------|
| 60          | 7.5            | Dawn Kitchen                     | 85        |
| 100         | 11.8           | Dawn Flockhart/Sarah Still       | 94/99     |
| 200         | 23.9           | Dawn Flockhart                   | 96        |
| 300         | 38.9           | Dawn Flockhart                   | 96        |
| 400         | 53.99          | Dawn Kitchen                     | 85        |
| 800         | 2:05.11        | Nicola Gauld                     | 06        |
| <b>1500</b> | <b>4:11.80</b> | <b>Nicola Gauld</b>              | <b>08</b> |
| <b>3000</b> | <b>9:04.21</b> | <b>Nicola Gauld</b>              | <b>08</b> |
| 5000        | 16:44.63       | Tracey Brindley                  | 98        |
| 10000       | 36:22.7        | Debbie Kilner                    | 95        |
| 100H        | 13.97          | Catriona Pennet                  | 04        |
| 400H        | 62.34          | Catriona Pennet                  | 04        |
| ½ Mar       | 73:22          | Lynda Bain                       | 85        |
| Mar         | 2:33:38        | Lynda Bain                       | 85        |
| HJ          | 1.68           | Sarah Still                      | 99        |
| LJ          | 5.95           | Linda Davidson                   | 92        |
| TJ          | 12.06          | Fiona Watt                       | 96        |
| PV          | 2.81           | Janet Lyon                       | 04        |
| SP          | 14.24          | Helen Cowe                       | 93        |
| DT          | 48.64          | Helen Cowe                       | 94        |
| JT          | 38.28          | Linda Low                        | 96        |
| HT          | 43.79          | Jacqui Loney                     | 03        |
| Pent.       | 2691           | Lyndsay Peddie                   | 83        |
| Hept.       | 5014           | Sarah Still                      | 00        |
| 4x100       | 48.4           | Madigan, Edon, Leslie, Vaughan   | 86        |
| 4x400       | 3:50.0         | Windass, Hendry, Watt, Flockhart | 96        |
| Medley      | 4:07.7         | Madigan, Edon, Kitchen, Sheehan  | 85        |

**UNDER-20 WOMEN**

|           |             |                                       |                 |
|-----------|-------------|---------------------------------------|-----------------|
| 60        | 7.8         | K Madigan/S Still                     | 86/93           |
| 100       | 11.9        | Louise Paterson                       | 91              |
| 200       | 24.7        | Louise Paterson                       | 90              |
| 300       | 40.21       | Louise Paterson                       | 91              |
| 400       | 55.96       | Susan Hendry                          | 94              |
| 800       | 2:10.67     | Emma Cloggie                          | 06              |
| 1500      | 4:30.92     | Kate Rice                             | 90              |
| 3000      | 9:54.5      | Kate Rice                             | 90              |
| 100H      | 14.36       | Catriona Pennet                       | 02              |
| 400H      | 63.20       | Rebecca Dougall                       | 99              |
| <b>HJ</b> | <b>1.65</b> | <b>B Philip / S Still / E Workman</b> | <b>91/94/08</b> |
| LJ        | 5.74        | Sarah Still                           | 94              |
| TJ        | 11.48       | Kirsten Young                         | 04              |
| PV        | 2.25        | Wendy Pennet                          | 00              |
| SP        | 10.29       | Sarah Lyon                            | 99              |
| DT        | 32.30       | Marian Simpson                        | 95              |
| JT        | 35.78       | Emily Dougall                         | 94              |
| HT        | 39.58       | Marian Simpson                        | 96              |
| Hept.     | 4643        | Sarah Still                           | 94              |
| 4x100     | 50.3        | D Burr, Paterson, S Still, Gunn       | 91              |
| 4x400     | 4:06.6      | L Still, Keenan, Hendry, H Pirie      | 94              |

**UNDER-17 WOMEN**

|      |         |                  |    |
|------|---------|------------------|----|
| 60   | 7.8     | Kathleen Madigan | 86 |
| 100  | 11.9    | Louise Paterson  | 91 |
| 200  | 24.7    | Louise Paterson  | 90 |
| 300  | 40.21   | Louise Paterson  | 91 |
| 400  | 57.24   | Louise Paterson  | 90 |
| 800  | 2:13.36 | Dawn Simpson     | 88 |
| 1500 | 4:32.7  | Kathryn Shepherd | 74 |
| 3000 | 10:35.0 | Claire Becker    | 92 |
| 80H  | 11.7    | Catriona Pennet  | 00 |
| 100H | 15.5    | Lyndsay Peddie   | 83 |
| 300H | 44.14   | Sylvia Kamyra    | 05 |
| 400H | 66.0    | Bridie McGlashan | 86 |
| HJ   | 1.66    | Lyndsay Peddie   | 83 |

|              |             |                                       |           |
|--------------|-------------|---------------------------------------|-----------|
| LJ           | 5.71        | Kirsten Young                         | 05        |
| TJ           | 11.48       | Kirsten Young                         | 04        |
| SP           | 11.85       | Helen Cowe                            | 83        |
| DT           | 38.08       | Helen Cowe                            | 83        |
| JT           | 35.78       | Emily Dougall                         | 94        |
| HT           | 31.58       | Marian Simpson                        | 94        |
| Pent.        | 2896        | Catriona Pennet                       | 00        |
| <b>Hept.</b> | <b>4298</b> | <b>Ellie Workman</b>                  | <b>08</b> |
| 4x100        | 50.3        | D Burr, Paterson, S Still, Gunn,      | 91        |
| 4x200        | 1:49.3      | Barlow, Shearer, C Pennet, L Johnston | 00        |
| Medley       | 4:31.5      | Keenan, C Fraser, N Fraser, Clarkson  | 94        |

**UNDER-15 GIRLS**

|              |               |                                      |           |
|--------------|---------------|--------------------------------------|-----------|
| 100          | 12.37         | Lesley-Ann Mearns                    | 05        |
| 200          | 25.05         | Lesely-Ann Mearns                    | 05        |
| 800          | 2:13.36       | Dawn Simpson                         | 88        |
| 1500         | 4:43.6        | Carolyn Sheehan                      | 84        |
| 75H          | 11.24         | Sandra Gunn                          | 90        |
| HJ           | 1.58          | Ann Watt                             | 81        |
| LJ           | 5.38          | Deidre Auld                          | 77        |
| SP           | 12.18         | Helen Cowe                           | 81        |
| DT           | 31.92         | Helen Cowe                           | 81        |
| JT           | 30.32         | Emily Dougall                        | 92        |
| Pent.        | 2754          | Catriona Pennet                      | 98        |
| 4x100        | 51.1          | Kelly, Beveridge, Grant, Bruce       | 82        |
| <b>4x200</b> | <b>2:06.2</b> | <b>McErlean, Williams, A Buchan,</b> | <b>08</b> |
|              |               | <b>Sneddon</b>                       | <b>88</b> |
| 3x800        | 7:12.6        | Cherry, McInnes, Sheehan             | 84        |

**UNDER-13 GIRLS**

|       |         |                                             |       |
|-------|---------|---------------------------------------------|-------|
| 60    | 8.6     | Lisa Burr                                   | 98    |
| 75    | 10.4    | Lesley-Ann Mearns                           | 03    |
| 100   | 12.8    | Michelle Bruce                              | 81    |
| 150   | 20.1    | Lesley-Ann Mearns                           | 03    |
| 200   | 26.3    | Michelle Bruce                              | 81    |
| 800   | 2:19.0  | M Cherry / D Simpson                        | 83/86 |
| 1200  | 4:03.88 | Kate Murdoch                                | 07    |
| 1500  | 4:54.7  | Dawn Simpson                                | 86    |
| 70H   | 11.21   | Sandra Gunn                                 | 88    |
| HJ    | 1.40    | L Still / G Hair                            | 90/94 |
| LJ    | 5.01    | Sarah Still                                 | 88    |
| SP    | 9.53    | Laura Crockford                             | 94    |
| DT    | 26.54   | Laura Crockford                             | 94    |
| JT    | 24.08   | Gillian Wilson                              | 88    |
| Pent. | 2335    | Catriona Pennet                             | 96    |
| 4x100 | 53.7    | Carle, Stephen, Mathieson, Bole             | 77    |
| 4x200 | 1:58.7  | H Mathieson, Rossiter, S Mathieson, Shearer | 97    |
| 3x800 | 7:57.8  | L Still, Simpson, Clarkson                  | 90    |

**UNDER-11 GIRLS**

|           |             |                                |           |
|-----------|-------------|--------------------------------|-----------|
| 60        | 9.3         | Hannah Mathieson               | 96        |
| 100       | 14.1        | Bruce / Madigan / Gunn         | 79/80/86  |
| 200       | 30.0        | Mathieson / Marshall / Pirie   | 76/82/90  |
| 800       | 2:34.8      | Dawn Simpson                   | 84        |
| <b>HJ</b> | <b>1.26</b> | <b>Sophie Anderson</b>         | <b>08</b> |
| LJ        | 4.22        | Lesley-Ann Mearns              | 01        |
| <b>SP</b> | <b>6.46</b> | <b>Sophie Anderson</b>         | <b>08</b> |
| JT        | 15.01       | Meghan Maslen                  | 99        |
| 4x100     | 60.3        | Stewart, Wilson, Still, Gunn   | 86        |
| 4x200     | 2:10.3      | Henderson, Wilson, Still, Gunn | 86        |

**VETERAN WOMEN (OVER 35)**

|            |              |                         |           |
|------------|--------------|-------------------------|-----------|
| 60         | 8.1          | J Lyon/K Madigan        | 97/07     |
| 100        | 12.82        | Kathleen Madigan        | 07        |
| 200        | 26.5         | Janet Lyon              | 97        |
| <b>300</b> | <b>44.03</b> | <b>Kathleen Madigan</b> | <b>08</b> |
| <b>400</b> | <b>63.16</b> | <b>Kathleen Madigan</b> | <b>08</b> |
| 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        |
| <b>HJ</b>  | <b>1.40</b>  | <b>Fiona Davidson</b>   | <b>08</b> |
| PV         | 2.81         | Janet Lyon              | 04        |

|           |              |                         |           |
|-----------|--------------|-------------------------|-----------|
| <b>LJ</b> | <b>4.87</b>  | <b>Fiona Davidson</b>   | <b>08</b> |
| <b>TJ</b> | <b>10.54</b> | <b>Fiona Davidson</b>   | <b>08</b> |
| SP        | 8.82         | Linda Michie            | 06        |
| DT        | 23.94        | Anne Lindsay            | 88        |
| JT        | 28.40        | Barbara MacDonald       | 96        |
| <b>HT</b> | <b>25.17</b> | <b>Kathleen Madigan</b> | <b>08</b> |
| Hept      | 2751         | Shona McKinnon          | 02        |

**VETERAN WOMEN (OVER 40)**

|       |         |                   |          |
|-------|---------|-------------------|----------|
| 60    | 8.5     | Janet Lyon        | 02/03/05 |
| 100   | 13.2    | Janet Lyon        | 04       |
| 200   | 26.9    | Janet Lyon        | 04       |
| 300   | 45.8    | Janet Lyon        | 05       |
| 400   | 63.79   | Sonia Armitage    | 03       |
| 800   | 2:19.3  | Sonia Armitage    | 04       |
| 1500  | 4:45.36 | Sonia Armitage    | 07       |
| 3000  | 10:25.4 | Sonia Armitage    | 02       |
| 5000  | 18:15.3 | Sonia Armitage    | 03       |
| 10000 | 38:18.5 | Sonia Armitage    | 02       |
| 80H   | 14.6    | Janet Lyon        | 04       |
| 100H  | 17.6    | Janet Lyon        | 04       |
| 400H  | 75.5    | Joyce Hogg        | 90       |
| ½ Mar | 1:29:01 | Ulli Simpson      | 96*      |
| Mar   | 3:24:22 | Olive Fraser      | 89       |
| HJ    | 1.33    | Shona McKinnon    | 04       |
| PV    | 2.81    | Janet Lyon        | 04       |
| LJ    | 4.45    | Janet Lyon        | 04       |
| TJ    | 8.86    | Shona McKinnon    | 04       |
| SP    | 7.76    | Joyce Hogg        | 88       |
| DT    | 22.34   | Ann Imrie         | 97       |
| JT    | 28.40   | Barbara MacDonald | 96       |
| HT    | 20.94   | Joyce Hogg        | 94       |

**VETERAN WOMEN (OVER 45)**

|             |                |                     |              |
|-------------|----------------|---------------------|--------------|
| 60          | 8.7            | Ann Imrie           | 95           |
| 100         | 13.6           | Ann Imrie           | 95           |
| 200         | 28.2           | Ann Imrie           | 94           |
| 300         | 47.1           | Laura Mahady        | 03           |
| 400         | 63.9           | Sonia Armitage      | 07           |
| 800         | 2:19.8         | Sonia Armitage      | 07           |
| 1500        | 4:45.36        | Sonia Armitage      | 07           |
| 3000        | 10:37.65       | Sonia Armitage      | 07           |
| <b>5000</b> | <b>19:02.1</b> | <b>Laura Mahady</b> | <b>08</b>    |
| 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          | 1.25           | Janet Lyon          | 07           |
| <b>PV</b>   | <b>2.60</b>    | <b>Janet Lyon</b>   | <b>07/08</b> |
| <b>LJ</b>   | <b>4.07</b>    | <b>Janet Lyon</b>   | <b>08</b>    |
| <b>SP</b>   | <b>6.79</b>    | <b>Janet Lyon</b>   | <b>08</b>    |
| DT          | 22.34          | Ann Imrie           | 97           |
| HT          | 20.26          | Joyce Hogg          | 97           |

**VETERAN WOMEN (OVER 50)**

|             |                 |                     |           |
|-------------|-----------------|---------------------|-----------|
| 100         | 14.5            | Ann Imrie           | 00        |
| <b>400</b>  | <b>65.29</b>    | <b>Laura Mahady</b> | <b>08</b> |
| <b>800</b>  | <b>2:24.5</b>   | <b>Laura Mahady</b> | <b>08</b> |
| <b>1500</b> | <b>5:09.92</b>  | <b>Laura Mahady</b> | <b>08</b> |
| <b>3000</b> | <b>11:02.41</b> | <b>Laura Mahady</b> | <b>08</b> |
| <b>5000</b> | <b>19:02.1</b>  | <b>Laura Mahady</b> | <b>08</b> |
| 80H         | 15.8            | Ann Imrie           | 00        |
| SP          | 5.68            | Ann Imrie           | 02        |
| DT          | 20.69           | Ann Imrie           | 00        |



**INDOOR RECORDS AS AT 01/01/2009**

**SENIOR MEN**

|       |         |                                        |    |
|-------|---------|----------------------------------------|----|
| 60    | 6.99    | Barry Middleton                        | 96 |
| 200   | 21.90   | Mark Davidson                          | 90 |
| 400   | 47.44   | Barry Middleton                        | 97 |
| 800   | 1:56.75 | Frank Boyne                            | 93 |
| 1000  | 2:30.94 | Mark Kennedy                           | 04 |
| 1500  | 4:01.57 | David Stephen                          | 87 |
| 3000  | 8:27.22 | Alan Wales                             | 06 |
| 60H   | 8.32    | Duncan Mathieson                       | 97 |
| HJ    | 1.99    | Duncan Mathieson                       | 89 |
| PV    | 4.00    | Duncan Mathieson                       | 97 |
| LJ    | 7.14    | Duncan Mathieson                       | 91 |
| TJ    | 13.97   | William Stark                          | 94 |
| SP    | 14.10   | Paul Allan                             | 93 |
| DT    | 31.62   | Edward Mckenzie                        | 07 |
| Hept. | 5275    | Duncan Mathieson                       | 97 |
| 4X200 | 1:41.2  | Mackenzie, Madigan, Stirling, Clarkson | 90 |

|       |         |                 |    |
|-------|---------|-----------------|----|
| 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    | Kevin Lutton    | 01 |
| PV    | 2.40    | Richard Singer  | 95 |
| 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 |
| LJ   | 5.54    | William Stark    | 91 |
| SP   | 10.24   | Kevin Lutton     | 99 |
| Pent | 2484    | William Stark    | 91 |

**UNDER-13 BOYS**

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

**UNDER-20 MEN**

|       |          |                 |    |
|-------|----------|-----------------|----|
| 60    | 7.25     | Ronald Smith    | 99 |
| 200   | 23.2     | Barry Middleton | 93 |
| 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  | 10:17.42 | James Chalmers  | 94 |
| 60H   | 8.50     | Robert Miller   | 03 |
| HJ    | 1.92     | Keith Oag       | 95 |
| PV    | 3.50     | Fraser Benzie   | 02 |
| LJ    | 6.72     | Robert Miller   | 03 |
| TJ    | 13.97    | William Stark   | 94 |
| SP    | 13.46    | Paul Allan      | 89 |
| Hept. | 4529     | Robert Miller   | 03 |

**UNDER-17 MEN**

|     |       |                  |    |
|-----|-------|------------------|----|
| 60  | 7.39  | Scott Rankin     | 02 |
| 200 | 24.07 | Ahmed Al-Kowarri | 94 |
| 400 | 51.1  | Ahmed Al-Kowarri | 94 |

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

|            |              |                       |           |
|------------|--------------|-----------------------|-----------|
| <b>60</b>  | <b>7.53</b>  | <b>Stanley Walker</b> | <b>08</b> |
| 200        | 26.17        | Edward McKenzie       | 06        |
| <b>400</b> | <b>58.49</b> | <b>John McKeown</b>   | <b>08</b> |

|             |                 |                      |           |
|-------------|-----------------|----------------------|-----------|
| 800         | 2:35.00         | Alan Fulton          | 07        |
| 1000        | 3:16.17         | Bill Lonsdale        | 06        |
| <b>1500</b> | <b>4:34.71</b>  | <b>Frank Boyne</b>   | <b>08</b> |
| <b>3000</b> | <b>10:07.39</b> | <b>Frank Boyne</b>   | <b>08</b> |
| 60H         | 10.61           | Edward McKenzie      | 06        |
| HJ          | 1.57            | Bill Lonsdale        | 06        |
| PV          | 3.00            | K Lyon/R Masson      | 07        |
| LJ          | 5.44            | Kenny Lyon           | 07        |
| TJ          | 10.04           | Bill Lonsdale        | 06        |
| <b>SP</b>   | <b>12.18</b>    | <b>Fintan McCabe</b> | <b>08</b> |
| 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                            | 89 |
| 200    | 25.45   | Denis Shepherd                            | 93 |
| 400    | 54.60   | Denis Shepherd                            | 93 |
| 800    | 2:07.45 | Denis Shepherd                            | 93 |
| 1000   | 3:16.27 | Kenny Lyon                                | 03 |
| 1500   | 4:17.4  | Colin Youngson                            | 92 |
| 3000   | 8:58.7  | Colin Youngson                            | 89 |
| 60H    | 10.55   | Edward McKenzie                           | 07 |
| 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     | 9.94    | Edward McKenzie                           | 07 |
| DT     | 31.62   | Edward McKenzie                           | 07 |
| Weight | 8.57    | Edward McKenzie                           | 07 |
| Pent   | 2046    | Edward McKenzie                           | 07 |
| Hept   | 3851    | Kenny Lyon                                | 03 |
| 4X200  | 1:41.2  | Mackenzie, Madigan, Stirling,<br>Clarkson | 90 |

#### VETERAN MEN (OVER 45)

|             |              |                      |           |
|-------------|--------------|----------------------|-----------|
| 60          | 7.86         | Allan Stirling       | 97        |
| 200         | 26.11        | Frank Gauld          | 00        |
| 400         | 56.33        | Frank Gauld          | 00        |
| 800         | 2:11.97      | Alan Fulton          | 96        |
| 1000        | 3:20.43      | Bill Lonsdale        | 03        |
| 1500        | 4:23.23      | John Ballentine      | 94        |
| 3000        | 9:12.4       | Roderick MacFarquhar | 89        |
| <b>60H</b>  | <b>10.98</b> | <b>Kenny Lyon</b>    | <b>08</b> |
| HJ          | 1.65         | Bill Lonsdale        | 03        |
| LJ          | 5.43         | Trevor Madigan       | 90        |
| TJ          | 11.14        | Trevor Madigan       | 90        |
| PV          | 3.45         | Robert Masson        | 98        |
| SP          | 9.44         | Robert Masson        | 93        |
| <b>Hept</b> | <b>3896</b>  | <b>Kenny Lyon</b>    | <b>08</b> |

#### VETERAN MEN (OVER 50)

|      |         |                 |       |
|------|---------|-----------------|-------|
| 60   | 7.86    | Allan Stirling  | 97    |
| 200  | 26.61   | Trevor Madigan  | 95    |
| 400  | 57.74   | Allan Stirling  | 99    |
| 800  | 2:12.9  | John Ballentine | 93    |
| 1000 | 3:16.47 | Bill Lonsdale   | 06    |
| 1500 | 4:23.23 | John Ballentine | 94    |
| 3000 | 9:29.15 | John Ballentine | 94    |
| 60H  | 11.20   | Robert Masson   | 99/00 |
| HJ   | 1.65    | Bill Lonsdale   | 03    |
| LJ   | 5.24    | Trevor Madigan  | 95    |
| TJ   | 11.14   | Trevor Madigan  | 95    |
| PV   | 3.45    | Robert Masson   | 98    |
| SP   | 9.75    | Robert Masson   | 99    |
| Pent | 2978    | Bill Lonsdale   | 06    |
| Hept | 4403    | Robert Masson   | 99    |

#### VETERAN MEN (OVER 55)

|      |         |                |    |
|------|---------|----------------|----|
| 60   | 8.38    | Trevor Madigan | 06 |
| 200  | 28.46   | Trevor Madigan | 06 |
| 400  | 61.05   | Alan Fulton    | 04 |
| 800  | 2:24.00 | Bill Scullion  | 04 |
| 1000 | 3:29.45 | Bill Lonsdale  | 07 |
| 1500 | 5:07.65 | Colin Youngson | 04 |
| 3000 | 9:56.91 | Colin Youngson | 03 |
| 60H  | 12.27   | Bill Lonsdale  | 07 |
| HJ   | 1.46    | Bill Lonsdale  | 07 |
| PV   | 3.21    | Robert Masson  | 03 |
| LJ   | 4.48    | Bill Lonsdale  | 07 |
| TJ   | 9.93    | Trevor Madigan | 06 |

|      |      |                |    |
|------|------|----------------|----|
| SP   | 8.24 | Trevor Madigan | 06 |
| Pent | 2947 | Bill Lonsdale  | 07 |

#### VETERAN MEN (OVER 60)

|             |                 |                       |           |
|-------------|-----------------|-----------------------|-----------|
| 60          | 8.38            | Trevor Madigan        | 06        |
| 200         | 28.46           | Trevor Madigan        | 06        |
| 400         | 69.07           | Hugo Fletcher         | 95        |
| 800         | 2:44.3          | Ernie Dunster         | 90        |
| <b>1500</b> | <b>5:23.96</b>  | <b>Colin Youngson</b> | <b>08</b> |
| <b>3000</b> | <b>11:14.58</b> | <b>Colin Youngson</b> | <b>08</b> |
| HJ          | 1.39            | Trevor Madigan        | 06        |
| PV          | 3.00            | Bob Masson            | 07        |
| LJ          | 4.45            | Trevor Madigan        | 06        |
| TJ          | 9.93            | Trevor Madigan        | 06        |
| SP          | 8.24            | Trevor Madigan        | 06        |

#### VETERAN MEN (OVER 65)

|      |         |               |    |
|------|---------|---------------|----|
| 60   | 9.95    | Hugo Fletcher | 00 |
| 200  | 33.06   | Hugo Fletcher | 00 |
| 400  | 73.31   | Hugo Fletcher | 00 |
| 800  | 3:09.0  | Hugo Fletcher | 00 |
| 1500 | 7:04.26 | Hugo Fletcher | 02 |
| LJ   | 2.44    | Hugo Fletcher | 01 |
| TJ   | 3.43    | Hugo Fletcher | 03 |
| SP   | 4.96    | Hugo Fletcher | 02 |

#### VETERAN MEN (OVER 70)

|            |                |                      |           |
|------------|----------------|----------------------|-----------|
| 60         | 10.93          | Hugo Fletcher        | 05        |
| 200        | 36.59          | Hugo Fletcher        | 05        |
| 400        | 80.72          | Hugo Fletcher        | 05        |
| <b>800</b> | <b>3:52.23</b> | <b>Hugo Fletcher</b> | <b>08</b> |
| SP         | 5.24           | Hugo Fletcher        | 06        |

#### SENIOR WOMEN

|       |          |                |    |
|-------|----------|----------------|----|
| 60    | 7.78     | Dawn Flockhart | 95 |
| 200   | 24.86    | Dawn Flockhart | 95 |
| 400   | 55.27    | Emma Cloggie   | 06 |
| 800   | 2:11.47  | Nicola Gauld   | 04 |
| 1500  | 4:26.20  | Nicola Gauld   | 06 |
| 3000  | 10:44.37 | Janet Fraser   | 89 |
| 60H   | 8.79     | Catrina Pennet | 04 |
| HJ    | 1.66     | Sarah Still    | 01 |
| LJ    | 5.88     | Linda Davidson | 93 |
| TJ    | 11.18    | Linda Davidson | 92 |
| PV    | 2.60     | Janet Lyon     | 00 |
| SP    | 13.89    | Helen Cowe     | 93 |
| Pent. | 3778     | Sarah Still    | 00 |

#### UNDER-20 WOMEN

|             |                |                     |            |
|-------------|----------------|---------------------|------------|
| 60          | 7.83           | Lesley-Ann Mearns   | 05         |
| 200         | 25.51          | Lesley-Ann Mearns   | 05         |
| 400         | 55.27          | Emma Cloggie        | 06         |
| 800         | 2:14.32        | Emma Cloggie        | 05         |
| <b>1500</b> | <b>4:46.81</b> | <b>Ellie Buchan</b> | <b>08</b>  |
| 60H         | 9.03           | Catrina Pennet      | 01         |
| HJ          | 1.60           | B Philip/H Pirie    | 91 & 93/94 |
| 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          | 7.83           | Lesley-Ann Mearns   | 05        |
| 200         | 25.51          | Lesley-Ann Mearns   | 05        |
| 300         | 41.70          | Emma Cloggie        | 04        |
| 800         | 2:17.60        | Emma Cloggie        | 02        |
| <b>1500</b> | <b>4:46.81</b> | <b>Ellie Buchan</b> | <b>08</b> |
| 3000        | 12:23.44       | Chantelle Clark     | 06        |
| 60H         | 9.02           | Catrina Pennet      | 99        |
| HJ          | 1.55           | Nicola Gauld        | 97/98     |
| LJ          | 5.36           | Kirsten Young       | 05        |
| TJ          | 11.00          | Kirsten Young       | 05        |
| SP          | 8.99           | Sarah Lyon          | 99        |
| Pent.       | 2952           | Catrina Pennet      | 99        |

#### UNDER-15 GIRLS

|      |         |                   |    |
|------|---------|-------------------|----|
| 60   | 7.83    | Lesley-Ann Mearns | 05 |
| 200  | 25.51   | Lesley-Ann Mearns | 05 |
| 800  | 2:17.60 | Emma Cloggie      | 02 |
| 1500 | 4:57.90 | Hannah Smith      | 94 |

|       |      |                              |          |
|-------|------|------------------------------|----------|
| 60H   | 9.30 | Hannah Mathieson             | 00       |
| HJ    | 1.45 | S Robertson/C Pennet/K Miles | 91/98/99 |
| 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    | 1.43    | Theresa Richards  | 91 |
| LJ    | 4.48    | Sandra Gunn       | 88 |
| SP    | 7.31    | Catriona Pennet   | 96 |
| Pent. | 2030    | Catriona Pennet   | 96 |

**VETERAN WOMEN (OVER 35)**

|           |              |                       |           |
|-----------|--------------|-----------------------|-----------|
| 60        | 8.19         | Kathleen Madigan      | 05        |
| 200       | 27.41        | Kathleen Madigan      | 06        |
| 400       | 66.7         | Heather Wisley        | 90        |
| 800       | 2:22.77      | Sonia Armitage        | 06        |
| 1500      | 4:45.85      | Sonia Armitage        | 06        |
| 3000      | 11:19.1      | Laura Mahady          | 06        |
| 60H       | 10.80        | Janet Lyon            | 01        |
| HJ        | 1.36         | Shona McKinnon        | 03        |
| PV        | 2.70         | Janet Lyon            | 02/04     |
| <b>LJ</b> | <b>4.67</b>  | <b>Fiona Davidson</b> | <b>08</b> |
| <b>TJ</b> | <b>10.19</b> | <b>Fiona Davidson</b> | <b>08</b> |
| SP        | 8.25         | Kathleen Madigan      | 05        |

|                                |             |                       |           |
|--------------------------------|-------------|-----------------------|-----------|
| Pent.                          | 2380        | Shona McKinnon        | 02        |
| <b>VETERAN WOMEN (OVER 40)</b> |             |                       |           |
| 60                             | 8.52        | Janet Lyon            | 04        |
| 200                            | 27.96       | Janet Lyon            | 04        |
| 400                            | 66.9        | Joyce Hogg            | 89        |
| 800                            | 2:22.77     | Sonia Armitage        | 06        |
| 1500                           | 4:45.85     | Sonia Armitage        | 06        |
| 3000                           | 11:19.1     | Laura Mahady          | 06        |
| 60H                            | 10.90       | Janet Lyon            | 02        |
| HJ                             | 1.31        | Shona McKinnon        | 04        |
| PV                             | 2.70        | Janet Lyon            | 02/04     |
| LJ                             | 4.25        | J Hogg/J Lyon         | 89/05     |
| <b>TJ</b>                      | <b>8.71</b> | <b>Shona McKinnon</b> | <b>08</b> |
| SP                             | 7.82        | Joyce Hogg            | 89        |
| Pent                           | 2286        | Shona McKinnon        | 04        |

**VETERAN WOMEN (OVER 45)**

|           |             |                   |           |
|-----------|-------------|-------------------|-----------|
| 60        | 8.87        | Ann Imrie         | 95        |
| 200       | 29.29       | Ann Imrie         | 95        |
| 400       | 72.25       | Ann Imrie         | 95        |
| 800       | 2:22.77     | Sonia Armitage    | 06        |
| 1500      | 4:45.85     | Sonia Armitage    | 06        |
| 3000      | 11:19.1     | Laura Mahady      | 06        |
| <b>PV</b> | <b>2.30</b> | <b>Janet Lyon</b> | <b>08</b> |



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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        |
| 7.3        | Ray Elrick                                                                                                                   | CA Stadium        | 02.04.95        |
| <b>7.3</b> | <b>Ian Garioch</b>                                                                                                           | <b>CA Stadium</b> | <b>12.05.08</b> |
| 7.3        | Craig Loney                                                                                                                  | CA Stadium        | 07.04.02        |
| 7.3        | Alasdhair Love                                                                                                               | CA Stadium        | 02.04.95        |
| 7.3        | Stuart Mathieson                                                                                                             | CA Stadium        | 05.04.98        |
| 7.3        | Kevin Morice                                                                                                                 | CA Stadium        | 11.07.00        |
| 7.4        | E McKenzie (84), I Morrice (85), J Sellars (85),<br>B Reaper (86), P Torry (02), R Gray (03), C Loney (03),<br>R Miller (03) |                   |                 |

### MEN 100m

|              |                    |                  |                 |
|--------------|--------------------|------------------|-----------------|
| 10.50        | MARK DAVIDSON      | Crown Point      | 12.08.89        |
| 10.7         | Martin Johnston    | Grangemouth      | 27.04.85        |
| 10.8         | Murray King        | CA Stadium       | 25.06.89        |
| 10.8         | Stanley Malone     | Balgownie        | 11.09.77        |
| 10.8         | Campbell Paterson  | Balgownie        | 06.05.72        |
| 10.8         | Stanley Walker     | Pitreavie        | 14.05.88        |
| 10.9         | Michael Catto      | Balgownie        | 20.04.80        |
| 10.9         | Richard Chessor    | Meadowbank       | 27.04.03        |
| 10.9         | Brian Gordon       | Balgownie        | 17.05.72        |
| 10.9         | Alan Mackenzie     | Meadowbank       | 09.06.73        |
| 10.91        | Barry Middleton    | Meadowbank       | 05.06.96        |
| 10.92        | Paul Allan         | Stadthagen       | 23.06.90        |
| <b>10.94</b> | <b>Ian Garioch</b> | <b>Inverness</b> | <b>12.04.08</b> |
| 11.0         | Duncan Mathieson   | Iceland          | 01.07.90        |
| 11.0         | David Oliver       | Balgownie        | 27.04.76        |
| 11.0         | Don Oliver         | Arboretum        | 15.05.74        |
| 11.1         | Donald Ross        | CA Stadium       | 24.07.94        |
| 11.1         | Alexander Carnie   | Grangemouth      | 22.06.88        |
| 11.1         | Robert Drummond    | Inverness        | 08.04.90        |
| 11.1         | Ray Elrick         | CA Stadium       | 26.07.98        |
| 11.1         | Neil Fachie        | CA Stadium       | 20.06.04        |
| 11.1         | David Fairley      | Balgownie        | 26.08.84        |
| 11.1         | Ray Smith          | Balgownie        | 07.05.86        |

### MEN 200m

|             |                    |                  |                 |
|-------------|--------------------|------------------|-----------------|
| 21.07       | MARK DAVIDSON      | Crown Point      | 12.08.89        |
| 21.4        | Martin Johnston    | Crown Point      | 19.07.86        |
| 21.6        | Murray King        | Linksfield       | 06.09.88        |
| 21.8        | Barry Middleton    | CA Stadium       | 28.07.96        |
| 21.9        | Brian Gordon       | Balgownie        | 01.07.73        |
| <b>22.0</b> | <b>Ian Garioch</b> | <b>Inverness</b> | <b>25.05.08</b> |
| 22.1        | David Oliver       | Balgownie        | 18.08.76        |
| 22.2        | Ahmed Al-Kowarri   | CA Stadium       | 28.08.02        |
| 22.3        | Paul Allan         | CA Stadium       | 05.09.90        |
| 22.3        | Campbell Paterson  | Meadowbank       | 17.07.71        |
| 22.3        | Duncan Mathieson   | CA Stadium       | 07.04.91        |
| 22.34       | Stanley Walker     | Meadowbank       | 10.07.88        |
| 22.35       | Richard Chessor    | Meadowbank       | 27.04.03        |
| 22.4        | Paul Davidson      | CA Stadium       | 23.07.95        |
| 22.4        | John Dixon         | Freiburg         | 12.07.66        |
| 22.5        | Ray Smith          | Livingston       | 24.05.86        |
| 22.6        | Alexander Carnie   | Grangemouth      | 17.06.89        |
| 22.7        | Derek Elmslie      | Meadowbank       | 03.09.77        |
| 22.7        | Ray Elrick         | CA Stadium       | 25.07.99        |
| 22.7        | Donald Ross        | CA Stadium       | 24.07.94        |
| 22.7        | Dinkar Sabnis      | CA Stadium       | 23.07.95        |

### MEN 300m

|      |                  |             |          |
|------|------------------|-------------|----------|
| 34.4 | MARTIN JOHNSTON  | Grangemouth | 10.03.85 |
| 34.8 | Barry Middleton  | CA Stadium  | 06.04.97 |
| 35.1 | Mark Davidson    | CA Stadium  | 05.04.92 |
| 35.4 | Ahmed Al-Kowarri | CA Stadium  | 07.04.96 |
| 35.9 | Paul Davidson    | CA Stadium  | 06.04.97 |

|             |                  |                   |                 |
|-------------|------------------|-------------------|-----------------|
| 36.3        | Ray Elrick       | CA Stadium        | 05.04.98        |
| 36.3        | Murray King      | CA Stadium        | 07.04.96        |
| 36.6        | Richard Gray     | CA Stadium        | 06.04.03        |
| 36.6        | Stuart Mathieson | CA Stadium        | 10.08.97        |
| 37.1        | Alasdhair Love   | CA Stadium        | 18.07.93        |
| 37.1        | Colin Wilson     | CA Stadium        | 26.07.92        |
| 37.4        | David Braun      | CA Stadium        | 05.04.98        |
| 37.4        | Neil Fachie      | CA Stadium        | 04.04.04        |
| <b>37.4</b> | <b>Tim Roads</b> | <b>CA Stadium</b> | <b>12.05.08</b> |
| 37.6        | Ronald Smith     | CA Stadium        | 10.08.00        |
| 37.6        | Adam Watt        | CA Stadium        | 07.04.02        |
| 37.7        | Robert Miller    | CA Stadium        | 10.08.00        |
| 37.8        | David Oliver     | Balgownie         | 14.12.81        |
| 37.9        | Kevin Morice     | CA Stadium        | 10.08.00        |
| 38.1        | Andrew Grant     | CA Stadium        | 07.04.02        |
| 38.1        | James Lowrie     | CA Stadium        | 02.04.95        |
| 38.1        | John McFadyen    | CA Stadium        | 05.04.98        |
| 38.1        | Ian Morrice      | CA Stadium        | 04.04.93        |

### MEN 400m

|              |                    |                    |                 |
|--------------|--------------------|--------------------|-----------------|
| 46.9         | MARK DAVIDSON      | E Kilbride         | 29.07.89        |
| 46.97        | Martin Johnston    | Meadowbank         | 25.05.85        |
| 48.1         | Barry Middleton    | Scotstoun          | 16.07.00        |
| <b>48.53</b> | <b>Ian Garioch</b> | <b>Grangemouth</b> | <b>15.06.08</b> |
| 48.8         | John Dixon         | Glasgow            | 15.06.66        |
| 48.8         | Brian Gordon       | Meadowbank         | 11.06.72        |
| 48.99        | Ahmed Al-Kowarri   | Carmarthen         | 16.07.96        |
| 49.1         | Murray King        | Crown Point        | 15.08.93        |
| 49.20        | Duncan Mathieson   | Stadthagen         | 23.06.90        |
| 49.32        | Paul Allan         | Middlesbrough      | 31.08.91        |
| 49.58        | Paul Davidson      | Meadowbank         | 16.06.96        |
| 49.8         | David Oliver       | Coatbridge         | 29.08.76        |
| 50.1         | Thomas Blackie     | Grangemouth        | 16.06.85        |
| 50.3         | Steven Ledingham   | Balgownie          | 02.07.85        |
| 50.50        | Richard Singer     | Meadowbank         | 23.06.95        |
| 50.58        | David Braun        | Meadowbank         | 01.08.99        |
| 50.7         | Kenny Lyon         | Crown Point        | 18.06.89        |
| 50.8         | Alan Mackenzie     | Glenrothes         | 30.06.74        |
| 50.8         | Jim Treasurer      | Meadowbank         | 07.05.72        |
| 50.96        | Robert Miller      | Hexham             | 18.07.04        |

### MEN 800m

|                |                      |                  |                 |
|----------------|----------------------|------------------|-----------------|
| 1:49.3         | EWAN CALVERT         | Stretford        | 23.08.94        |
| 1:52.4         | Michael Murray       | Inverness        | 19.08.84        |
| 1:52.91        | Alan Wales           | Loughborough     | 18.05.05        |
| 1:53.00        | Thomas Blackie       | Meadowbank       | 22.06.85        |
| 1:53.4         | Frank Boyne          | CA Stadium       | 18.07.93        |
| 1:53.46        | Adam Watt            | Manchester       | 31.05.03        |
| 1:53.5         | Ross Arbuckle        | Pitreavie        | 27.05.79        |
| 1:54.24        | 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        |
| 1:54.9         | 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        |
| 1:55.09        | Mark Haskett         | Bedford          | 22.07.06        |
| 1:55.1         | Robert Mitchell      | Coatbridge       | 28.06.81        |
| <b>1:55.12</b> | <b>Myles Edwards</b> | <b>Stretford</b> | <b>09.09.08</b> |
| 1:55.2*        | Steve Taylor         | Linksfield       | 22.05.63        |
| 1:55.8*/1:55.8 | Mel Edwards/J Kean   |                  | 63/87           |

\*Converted from half mile time

### MEN 110m HURDLES

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 14.9  | DUNCAN MATHIESON | CA Stadium  | 12.06.90 |
| 15.38 | Paul Allan       | Stadthagen  | 24.06.90 |
| 15.4  | Murray King      | Inverness   | 24.08.86 |
| 15.51 | Mark Davidson    | C A Stadium | 09.07.89 |
| 15.6  | Andrew Grant     | Grangemouth | 28.04.02 |
| 15.63 | Tom Leeson       | Ayr         | 21.07.96 |
| 15.65 | Robert Miller    | Hexham      | 18.07.04 |
| 15.7  | Ivan Van Cleef   | Meadowbank  | 29.04.01 |
| 16.2  | Steven Ledingham | Pitreavie   | 12.05.85 |
| 16.4  | David Polson     | Balgownie   | 17.04.83 |
| 16.6  | Michael Catto    | Balgownie   | 17.05.80 |
| 16.6  | Mark Dobbie      | Kilkenny    | 27.08.95 |
| 16.6  | Allan Kenny      | Coatbridge  | 16.05.76 |
| 16.8  | Dinkar Sabnis    | Cardiff     | 30.08.92 |
| 16.9  | Martin Hoile     | Balgownie   | 13.04.80 |
| 17.0  | Jonathan Gregory | Dundee      | 22.08.99 |



**MEN MARATHON**

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

**MEN HIGH JUMP**

|             |                    |                 |                 |
|-------------|--------------------|-----------------|-----------------|
| 2.07        | DUNCAN MATHIESON   | Stadthagen      | 23.06.90        |
| 2.00        | David Polson       | Meadowbank      | 19.07.81        |
| 2.00        | Dinkar Sabnis      | Grangemouth     | 29.08.93        |
| 1.98        | Keith Oag          | Dublin          | 13.08.94        |
| 1.95        | Paul Allan         | CA Stadium      | 08.09.91        |
| 1.95        | Ian Bailey         | Meadowbank      | 29.06.86        |
| 1.95        | Miller Mathieson   | Coatbridge      | 22.07.84        |
| 1.91        | Kevin Lutton       | CA Stadium      | 09.05.01        |
| 1.90        | William Stark      | Scotstoun       | 16.05.99        |
| 1.88        | George Stewart     | Meadowbank      | 11.06.72        |
| 1.85        | Andrew Grant       | Meadowbank      | 13.05.01        |
| 1.85        | Craig Noble        | CA Stadium      | 07.06.92        |
| 1.84        | 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        | Michael Catto      | Balgownie       | 17.05.80        |
| 1.80        | Michael Kennedy    | Grangemouth     | 11.07.82        |
| 1.80        | Tom Leeson         | Ayr             | 20.07.96        |
| 1.80        | Ian Lind           | CA Stadium      | 02.09.89        |
| 1.80        | Kenny Lyon         | Balgownie       | 09.09.79        |
| 1.80        | Robert Miller      | CA Stadium      | 20.04.03        |
| 1.80        | George Petrie      | Balgownie       | 03.06.79        |
| <b>1.80</b> | <b>William Smy</b> | <b>Banchory</b> | <b>17.08.08</b> |
| 1.80        | Peter Sutherland   | CA Stadium      | 08.08.04        |
| 1.80        | Steven Wright      | Coatbridge      | 17.05.92        |

**MEN LONG JUMP**

|      |                  |             |          |
|------|------------------|-------------|----------|
| 7.62 | DUNCAN MATHIESON | West London | 30.07.95 |
| 7.07 | William Stark    | Pitreevie   | 08.07.95 |
| 7.06 | Dinkar Sabnis    | CA Stadium  | 22.08.93 |
| 6.98 | Paul Allan       | Prague      | 26.05.90 |
| 6.91 | Charles Smith    | Linksfield  | 10.06.63 |
| 6.87 | Robert Miller    | CA Stadium  | 18.05.03 |
| 6.83 | Murray King      | Balgownie   | 15.06.88 |
| 6.82 | Derek Elmslie    | Heriot-Watt | 07.05.77 |
| 6.78 | James Laird      | Linksfield  | 03.05.62 |
| 6.73 | Kenny Lyon       | Balgownie   | 14.06.80 |
| 6.73 | David Polson     | Balgownie   | 17.05.83 |
| 6.73 | John Waters      | Linksfield  | 19.06.61 |
| 6.69 | Tom Leeson       | Antrim      | 31.08.96 |
| 6.67 | Michael Catto    | Balgownie   | 02.08.80 |
| 6.66 | Michael Ashford  | Meadowbank  | 29.06.74 |
| 6.65 | Mark Dobbie      | Meadowbank  | 15.05.94 |
| 6.63 | Simon Sawhney    | CA Stadium  | 20.05.07 |
| 6.62 | David Fairley    | Meadowbank  | 19.08.84 |
| 6.58 | Mark Davidson    | Inverness   | 12.04.87 |
| 6.55 | James Shand      | Linksfield  | 10.05.62 |

**MEN TRIPLE JUMP**

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 14.55 | WILLIAM STARK    | Crown Point | 11.06.95 |
| 14.43 | Stanley Malone   | Grangemouth | 12.05.79 |
| 14.42 | Duncan Mathieson | Birmingham  | 15.07.90 |
| 14.09 | Dinkar Sabnis    | Banchory    | 29.08.91 |
| 13.68 | Paul Allan       | CA Stadium  | 14.06.89 |
| 13.58 | Kenny Lyon       | Meadowbank  | 06.07.86 |
| 13.57 | James Laird      | Dundee      | 17.09.60 |
| 13.52 | Miller Mathieson | Meadowbank  | 19.08.84 |
| 13.43 | John Waters      | Linksfield  | 19.06.61 |

|       |                  |            |          |
|-------|------------------|------------|----------|
| 13.23 | James Shand      | Linksfield | 02.06.62 |
| 13.12 | David Polson     | Inverness  | 24.07.82 |
| 13.10 | Paul McAndrew    | CA Stadium | 02.06.96 |
| 13.06 | Michael Spink    | CA Stadium | 26.07.92 |
| 12.98 | David Fairley    | Coatbridge | 22.07.84 |
| 12.84 | Robert Miller    | CA Stadium | 01.05.02 |
| 12.83 | Ian Bailey       | Meadowbank | 29.06.86 |
| 12.75 | Steven Ledingham | Balgownie  | 11.09.83 |
| 12.75 | David Parham     | Meadowbank | 03.07.77 |
| 12.70 | Derek Elmslie    | Meadowbank | 03.09.77 |
| 12.68 | Mark Dobbie      | Pitreevie  | 02.06.96 |

**MEN POLE VAULT**

|      |                    |             |          |
|------|--------------------|-------------|----------|
| 4.20 | DUNCAN MATHIESON   | London      | 07.07.90 |
| 4.00 | Paul Allan         | Meadowbank  | 14.07.93 |
| 3.91 | Douglas McAllister | Meadowbank  | 27.08.78 |
| 3.90 | Tom Leeson         | Ayr         | 21.07.96 |
| 3.75 | Kenny Lyon         | Meadowbank  | 06.07.86 |
| 3.70 | Robert Masson      | Meadowbank  | 07.09.80 |
| 3.50 | Mark Dobbie        | CA Stadium  | 16.07.95 |
| 3.50 | Frank Fenton       | Balgownie   | 26.04.79 |
| 3.40 | Fraser Benzie      | Grangemouth | 25.06.00 |
| 3.40 | Michael Kennedy    | Balgownie   | 28.04.84 |
| 3.35 | Derek Beaton       | Meadowbank  | 09.08.92 |
| 3.35 | Miller Mathieson   | Balgownie   | 02.04.84 |
| 3.30 | Dinkar Sabnis      | Cardiff     | 30.08.92 |
| 3.23 | Paul Torry         | Sheffield   | 02.09.01 |
| 3.10 | Jonathan Gregory   | CA Stadium  | 01.06.99 |
| 3.10 | Robert Miller      | Hexham      | 18.07.04 |
| 3.10 | William Stark      | Grenoble    | 19.09.93 |
| 3.05 | Mark Petchey       | Scotstoun   | 02.09.84 |
| 3.00 | Mark Davidson      | Stoke       | 26.07.87 |
| 3.00 | Edward McKenzie    | Balgownie   | 11.06.86 |
| 3.00 | George Stewart     | Balgownie   | 01.07.73 |

**MEN SHOT**

|              |                      |                    |                 |
|--------------|----------------------|--------------------|-----------------|
| 16.29        | GORDON SMITH         | Banchory           | 01.05.94        |
| 14.42        | Paul Allan           | Crown Point        | 15.08.93        |
| 14.21        | Bruce Shepherd       | Inverness          | 05.04.92        |
| 13.79        | James Laird          | Dundee             | 23.04.67        |
| 13.55        | Duncan Mathieson     | Linwood            | 19.07.97        |
| 13.45        | Craig Anderson       | CA Stadium         | 19.04.98        |
| 13.42        | Bruce MacKay         | Newtonmore         | 04.08.76        |
| 13.12        | Tekis Lekkas         | Inverness          | 02.08.98        |
| 12.90        | Peter Venters        | Grangemouth        | 11.07.82        |
| <b>12.45</b> | <b>Fintan McCabe</b> | <b>Grangemouth</b> | <b>13.07.08</b> |
| 12.09        | Tom Leeson           | Ayr                | 20.07.96        |
| 11.82        | Edward McKenzie      | Inverness          | 13.05.01        |
| 11.82        | David Minty          | Inverness          | 12.09.92        |
| 11.58        | Jack Davidson        | Balgownie          | 17.06.80        |
| 11.58        | Craig Loney          | Inverness          | 11.05.02        |
| 11.35        | Ian Christie         | Meadowbank         | 17.06.84        |
| 11.19        | Michael Spink        | Crown Point        | 11.06.95        |
| 11.06        | Robert Miller        | CA Stadium         | 18.04.04        |
| 10.96        | Douglas McAllister   | Coatbridge         | 14.05.78        |
| 10.79        | Barry Dobbie         | Peterhead          | 24.05.98        |

**MEN DISCUS**

|              |                      |                  |                 |
|--------------|----------------------|------------------|-----------------|
| 43.66        | PAUL ALLAN           | Dundee           | 22.08.93        |
| 42.76        | Bruce Shepherd       | CA Stadium       | 13.06.91        |
| 42.17        | Tekas Lekkas         | Inverness        | 02.08.98        |
| 40.90        | Bruce MacKay         | Meadowbank       | 22.06.74        |
| 40.46        | Duncan Mathieson     | Crown Point      | 11.06.95        |
| 40.00        | Peter Venters        | Balgownie        | 03.06.84        |
| 36.96        | David Minty          | Inverness        | 12.09.92        |
| 36.64        | James Laird          | Linksfield       | 17.05.67        |
| <b>36.15</b> | <b>Fintan McCabe</b> | <b>Inverness</b> | <b>12.04.08</b> |
| 35.98        | Tom Leeson           | CA Stadium       | 21.05.95        |
| 35.20        | John McCorquodale    | Birmingham       | 19.06.77        |
| 35.12        | Douglas McAllister   | Coatbridge       | 14.08.77        |
| 34.78        | Edward McKenzie      | Inverness        | 11.09.94        |
| 33.95        | Robert Miller        | Inverness        | 12.09.04        |
| 33.92        | Robert Masson        | Inverness        | 13.06.92        |
| 33.70        | Ian Christie         | Meadowbank       | 17.06.84        |
| 33.66        | Peter Fraser         | Greenock         | 26.04.98        |
| 33.61        | Fraser Benzie        | CA Stadium       | 15.07.01        |
| 33.38        | Craig Loney          | Dundee           | 28.05.02        |
| 32.46        | Michael Catto        | Balgownie        | 22.07.82        |



**MEN HAMMER**

|              |                        |                   |                 |
|--------------|------------------------|-------------------|-----------------|
| 53.18        | BRUCE SHEPHERD         | Inverness         | 13.07.96        |
| 41.87        | Barry Dobbie           | CA Stadium        | 18.04.99        |
| 41.68        | Peter Venters          | Balgownie         | 29.05.83        |
| 41.48        | Craig Loney            | Inverness         | 11.05.03        |
| 41.38        | David Minty            | East Kilbride     | 26.04.92        |
| 41.22        | Graham Applegate       | Meadowbank        | 06.05.73        |
| 40.31        | Matthew Maitland       | Scotstoun         | 14.07.02        |
| 39.38        | Paul Allan             | Crown Point       | 18.06.89        |
| 39.01        | Peter Fraser           | CA Stadium        | 18.04.99        |
| 37.04        | Bruce MacKay           | Grangemouth       | 02.05.70        |
| 35.64        | David Robinson         | Coatbridge        | 22.07.79        |
| <b>32.20</b> | <b>Edward McKenzie</b> | <b>Meadowbank</b> | <b>29.06.08</b> |
| 30.98        | Bob Ingram             | Dundee            | 25.08.85        |
| 30.58        | Michael Spink          | Crown Point       | 11.06.95        |
| 30.40        | Robert Masson          | CA Stadium        | 28.07.96        |
| 30.06        | Ian Christie           | Meadowbank        | 17.06.84        |
| 29.12        | Paul Henderson         | CA Stadium        | 20.05.07        |
| 29.08        | Douglas McAllister     | St Andrews        | 26.04.80        |
| 27.90        | Kevin Morice           | CA Stadium        | 24.05.07        |
| 26.02        | Patrick McGrath        | Meadowbank        | 28.07.85        |

**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 |
| 52.96 | Paul Allan       | Hendon      | 25.08.91 |
| 52.86 | Tom Leeson       | CA Stadium  | 28.04.96 |
| 49.62 | Michael Spink    | CA Stadium  | 02.04.95 |
| 49.26 | Keith Simpson    | Scotstoun   | 14.06.98 |
| 47.98 | Edward McKenzie  | CA Stadium  | 11.05.91 |
| 45.92 | Kenny Lyon       | CA Stadium  | 02.04.89 |
| 45.88 | Mark Dobbie      | Pitreavie   | 02.06.96 |
| 44.46 | Frank Fenton     | Meadowbank  | 28.08.88 |
| 44.22 | Fraser Benzie    | Inverness   | 17.09.00 |
| 43.88 | Robert Masson    | CA Stadium  | 02.04.89 |
| 43.29 | Paul Henderson   | Dundee      | 06.08.06 |

**MEN DECATHLON (TOP 19)**

|      |                    |             |                                                                                         |
|------|--------------------|-------------|-----------------------------------------------------------------------------------------|
| OLD: |                    |             |                                                                                         |
| 5694 | KENNY LYON         | Balgownie   | 02/03.08.80<br>(11.50; 6.57; 9.04; 1.77; 53.0; 17.9; 24.26; 3.20; 39.36; 4:33.9)        |
| 5474 | Douglas McAllister | Balgownie   | 21/22.08.76<br>(11.02; 6.02; 9.90; 1.57; 55.0; 17.6; 31.16; 3.75; 31.90; 5:18.7)        |
| 5188 | Robert Masson      | Grangemouth | 11/12.07.81                                                                             |
| 5124 | Michael Catto      | Glenrothes  | 12/13.06.80                                                                             |
| 5028 | Allan Kenny        | Scotstoun   | 19/20.07.75                                                                             |
| 4727 | Steven Ledingham   | Grangemouth | 04/05.08.84                                                                             |
| 4640 | David Oliver       | Balgownie   | 30/31.07.77                                                                             |
| 4529 | Edward McKenzie    | Coatbridge  | 17/18.05.86                                                                             |
| 3960 | Ray Smith          | Balgownie   | 02/03.08.80                                                                             |
| 3563 | Denis Shepherd     | Balgownie   | 30/31.07.77                                                                             |
| NEW: |                    |             |                                                                                         |
| 7535 | DUNCAN MATHIESON   | Stadthagen  | 23/24.06.90<br>(11.06; 7.27; 12.94; 2.07; 49.20; 15.03; 36.54; 4.10; 55.90; 4:42.64)    |
| 7240 | Paul Allan         | Hendon      | 24/25.08.91<br>(11.28; 6.92; 13.82; 1.94; 49.99; 16.03; 43.52; 3.70; 52.96; 4:31.9)     |
| 6371 | Tom Leeson         | Antrim      | 31.08/01.09.96<br>(11.65; 6.69; 11.57; 1.79; 52.86; 15.56; 35.40; 3.80; 52.12; 5:12.97) |
| 6058 | Robert Miller      | Hexham      | 17/18.07.04                                                                             |
| 5915 | Mark Davidson      | Stoke       | 25/26.06.87                                                                             |
| 5397 | Paul Torry         | Bedford     | 14/15.07.01                                                                             |
| 5264 | Kenny Lyon         | CA Stadium  | 22/23.06.91                                                                             |
| 5203 | Dinkar Sabnis      | Cardiff     | 29/30.08.92                                                                             |
| 5164 | Mark Dobbie        | Kilkenny    | 26/27.08.95                                                                             |
| 4053 | Edward McKenzie    | Rotherham   | 17/18.09.05                                                                             |
| 3711 | Kevin Morice       | Grangemouth | 14/15.07.07                                                                             |

**MEN 4x100m RELAY (TOP 10)**

|       |                                     |            |          |
|-------|-------------------------------------|------------|----------|
| 42.1  | MATHIESON, KING, DRUMMOND, DAVIDSON | Meadowbank | 14.08.88 |
| 42.21 | Mathieson, King, Walker, Davidson   | Meadowbank | 28.05.88 |

|       |                                          |             |          |
|-------|------------------------------------------|-------------|----------|
| 43.0  | Mathieson, Stark, P Davidson, M Davidson | Crownpoint  | 11.06.95 |
| 43.3  | Mathieson, Reaper, Davidson, King        | Meadowbank  | 17.08.86 |
| 43.3  | Mathieson, King, Allan, Davidson         | Crown Point | 17.07.88 |
| 43.3  | Mathieson, Allan, Drummond, Davidson     | Crown Point | 17.06.90 |
| 43.4  | Drummond, Davidson, Lyon, Allan          | Ayr         | 21.05.89 |
| 43.4  | Lyon, King, Davidson, Sabnis             | CA Stadium  | 28.04.91 |
| 43.4  | D M1thieson, Middleton, Drummond, Elrick | Grangemouth | 03.08.97 |
| 43.48 | Mathieson, Davidson Ross, King           | Meadowbank  | 24.04.94 |

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

|         |                                               |             |          |
|---------|-----------------------------------------------|-------------|----------|
| 3:19.3  | P DAVIDSON, MATHIESON, MIDDLETON, AL-KOWARRI  | Grangemouth | 03.08.97 |
| 3:19.5  | P Davidson, Singer, Middleton, M Davidson     | Meadowbank  | 06.08.95 |
| 3:21.0  | Walker, M Davidson King, Allan                | Dundee      | 26.06.88 |
| 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 |
| 3:25.9  | Love, G Smith, Riddell, Middleton             | CA Stadium  | 21.05.95 |

**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 | Fiona Watt        | CA Stadium  | 06.04.97 |
| 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       | CA Stadium  | 02.04.95 |
| 8.1 | Janet Lyon        | CA Stadium  | 06.04.97 |
| 8.1 | Suzanne Middleton | CA Stadium  | 11.07.00 |
| 8.1 | Alison Wylie      | CA Stadium  | 01.04.07 |
| 8.1 | Kirsten Young     | CA Stadium  | 03.04.05 |

**WOMEN 100m**

|       |                   |             |          |
|-------|-------------------|-------------|----------|
| 11.8  | DAWN FLOCKHART    | CA Stadium  | 12.06.94 |
| 11.8  | SARAH STILL       | CA Stadium  | 05.09.99 |
| 11.9  | Louise Paterson   | CA Stadium  | 09.06.91 |
| 12.1  | Katrina Leys      | Crown Point | 16.08.92 |
| 12.1  | Kim Smith         | Inverness   | 19.04.87 |
| 12.12 | Aileen Connelly   | Belfast     | 10.06.06 |
| 12.2  | Fiona Auld        | Balgownie   | 22.08.76 |
| 12.2  | Hayley Bowers     | Peterhead   | 24.05.98 |
| 12.2  | Dawn Kitchen      | Dundee      | 25.08.85 |
| 12.2  | Kathleen Madigan  | Dundee      | 25.07.87 |
| 12.28 | Gwen Vaughan      | Meadowbank  | 14.06.86 |
| 12.37 | Lesley-Ann Mearns | Birmingham  | 13.08.05 |
| 12.4  | Michelle Bruce    | Grangemouth | 13.06.83 |
| 12.4  | Debra Carle       | Balgownie   | 17.06.80 |
| 12.4  | Fiona Davidson    | Inverness   | 15.06.97 |
| 12.5  | Jenny Bole        | Balgownie   | 20.08.78 |
| 12.5  | Corrie Butler     | Inverness   | 08.04.90 |
| 12.5  | Linda Davidson    | CA Stadium  | 29.08.92 |
| 12.5  | Rosslyn Duncan    | Balgownie   | 14.08.83 |

|                   |                     |                    |                 |                              |                     |                   |                 |
|-------------------|---------------------|--------------------|-----------------|------------------------------|---------------------|-------------------|-----------------|
| 12.5              | Sandra Gunn         | CA Stadium         | 05.05.91        | 2:16.4                       | Sonia McLaren       | Vancouver         | 02.07.82        |
| 12.5              | Fiona Lumsden       | CA Stadium         | 09.06.91        | 2:16.6                       | Kathryn Mearns      | Balgownie         | 15.08.82        |
| 12.5              | Gail Murchie        | CA Stadium         | 26.07.92        | 2:16.8                       | Jaclyn Anderson     | CA Stadium        | 18.07.93        |
| 12.5              | Catrina Pennet      | CA Stadium         | 05.09.99        | 2:18.12                      | Sarah Still         | Stoke             | 30.07.00        |
| 12.5              | Lesley Reid         | Linksfild          | 22.08.76        | 2:18.2                       | Lisa Davidson       | Coatbridge        | 20.05.90        |
| 12.5              | Joan Simpson        | Linksfild          | 21.06.71        | 2:18.7                       | Linda Falconer      | Dublin            | 11.04.81        |
| <b>WOMEN 200m</b> |                     |                    |                 |                              |                     |                   |                 |
| 23.9              | DAWN FLOCKHART      | CA Stadium         | 09.06.96        | 2:18.9                       | Anna Kyle           | CA Stadium        | 25.06.96        |
| 24.4              | Dawn Kitchen        | Coatbridge         | 07.09.86        | 2:19.0                       | Michelle Cherry     | Antrim            | 06.08.83        |
| 24.4              | Sarah Still         | CA Stadium         | 01.09.99        | 2:19.0                       | Dawn Kitchen        | Elgin             | 16.09.80        |
| 24.7              | Louise Paterson     | Crown Point        | 16.06.90        | 2:19.3                       | Faith Webster       | Scotstoun         | 16.06.84        |
| 24.94             | Aileen Connelly     | Grangemouth        | 07.08.05        | 2:19.80                      | Vicky Clark         | Grangemouth       | 27.06.93        |
| 25.0              | Katrina Leys        | Coatbridge         | 02.08.98        | 2:20.06                      | Christie Noble      | Grangemouth       | 30.04.06        |
| 25.0              | Kim Smith           | Coatbridge         | 02.09.84        | 2:20.50                      | Jennifer MacLean    | Meadowbank        | 17.06.95        |
| 25.05             | Lesley-Ann Mearns   | Birmingham         | 14.08.05        | <b>WOMEN 1500m</b>           |                     |                   |                 |
| 25.1              | Kathleen Madigan    | Coatbridge         | 04.05.86        | <b>4:11.80</b>               | <b>NICOLA GAULD</b> | <b>Twickenham</b> | <b>04.06.08</b> |
| 25.2              | Helen Windass       | Coatbridge         | 17.05.98        | 4:17.4                       | Kathryn Mearns      | Grangemouth       | 18.07.82        |
| 25.3              | Suzanne Middleton   | CA Stadium         | 25.07.99        | 4:30.92                      | Kate Rice           | Copeland          | 08.08.90        |
| 25.4              | Nicola Imrie        | Crown Point        | 20.06.92        | 4:35.00                      | Sonia McLaren       | Phoenix, USA      | 06.04.85        |
| 25.4              | Susan Hendry        | CA Stadium         | 12.06.94        | 4:38.5                       | Debbie Kilner       | CA Stadium        | 09.09.95        |
| 25.5              | Fiona Auld          | Balgownie          | 18.06.78        | 4:41.9                       | Lynda Bain          | Inverness         | 22.05.88        |
| 25.5              | Michelle Bruce      | Grangemouth        | 13.06.82        | 4:41.9                       | Clare Miller        | CA Stadium        | 04.08.02        |
| 25.59             | Lorna Johnston      | Grangemouth        | 17.06.00        | 4:42.2                       | Carolyn Sheehan     | Balgownie         | 20.08.86        |
| 25.6              | Carmen Michalska    | Meadowbank         | 05.09.93        | <b>4:43.5</b>                | <b>Ellie Buchan</b> | <b>Dundee</b>     | <b>27.04.08</b> |
| 25.6              | Linda Davidson      | CA Stadium         | 26.08.92        | 4:44.95                      | Tracey Brindley     | Meadowbank        | 09.05.97        |
| 25.6              | Sandra Gunn         | CA Stadium         | 26.07.92        | 4:45.6                       | Lynsey Still        | CA Stadium        | 09.09.95        |
| 25.6              | Gwen Vaughan        | Coatbridge         | 31.08.86        | 4:46.6                       | Allison Diamond     | Grangemouth       | 05.06.82        |
| <b>WOMEN 300m</b> |                     |                    |                 |                              |                     |                   |                 |
| 38.9              | DAWN FLOCKHART      | CA Stadium         | 07.04.96        | 4:47.3                       | Sue Lanham          | CA Stadium        | 22.08.91        |
| 40.21             | Louise Paterson     | Crystal Palace     | 17.08.91        | 4:47.4                       | Heather Wisley      | Inverness         | 24.06.90        |
| 40.5              | Susan Hendry        | CA Stadium         | 10.08.00        | 4:49.4                       | Susan Harkins       | CA Stadium        | 03.05.91        |
| 40.6              | Helen Windass       | CA Stadium         | 05.06.97        | 4:49.6                       | Trisha Ronney       | Grangemouth       | 08.05.83        |
| 40.7              | Nicola Gauld        | CA Stadium         | 07.04.02        | 4:49.9                       | Dawn Simpson        | Wishaw            | 07.08.88        |
| 40.9              | Lorna Johnston      | Grangemouth        | 16.06.00        | 4:50.0                       | Anna Kyle           | Inverness         | 09.09.96        |
| 41.0              | Katrina Leys        | CA Stadium         | 04.04.93        | 4:50.4                       | Susan Hendry        | CA Stadium        | 29.08.00        |
| 41.1              | Aileen Connelly     | CA Stadium         | 03.04.05        | 4:52.0                       | Michelle Cherry     | Coatbridge        | 17.06.84        |
| 41.21             | Rebecca Mortimer    | Grangemouth        | 20.08.05        | <b>WOMEN 3000m</b>           |                     |                   |                 |
| 41.3              | Morag Keenan        | Meadowbank         | 19.06.93        | <b>9:04.21</b>               | <b>NICOLA GAULD</b> | <b>Watford</b>    | <b>14.06.08</b> |
| 41.4              | Emma Cloggie        | CA Stadium         | 18.04.04        | 9:16.4                       | Kathryn Mearns      | Grangemouth       | 10.07.82        |
| 41.9              | Sarah Still         | CA Stadium         | 04.04.93        | 9:50.9                       | Sonia McLaren       | Bellingham, US    | 16.04.83        |
| 42.0              | Hayley Bowers       | CA Stadium         | 26.05.99        | 9:51.0                       | Lynda Bain          | Dundee            | 26.06.88        |
| 42.1              | Jaclyn Anderson     | CA Stadium         | 12.06.94        | 9:51.9                       | Heather Wisley      | Coatbridge        | 20.05.90        |
| 42.1              | Catrina Pennet      | CA Stadium         | 06.04.03        | 9:53.2                       | Tracy Brindley      | Crown Point       | 27.04.97        |
| 42.3              | Angela Sheraer      | Dundee             | 08.07.01        | 9:54.5                       | Kate Rice           | Grangemouth       | 02.09.90        |
| 42.4              | Sylvia Kamy         | CA Stadium         | 16.08.06        | 9:58.8                       | Debbie Kilner       | CA Stadium        | 01.06.95        |
| 42.6              | Bridie McGlashan    | Grangemouth        | 29.03.87        | 10:13.65                     | Clare Miller        | Meadowbank        | 28.04.02        |
| 42.8              | Marie Dobson        | CA Stadium         | 01.04.01        | 10:15.51                     | Susan Lamb          | Meadowbank        | 10.09.95        |
| 42.9              | Ellie Buchan        | CA Stadium         | 04.07.07        | 10:18.8                      | Sue Lanham          | CA Stadium        | 22.07.90        |
| <b>WOMEN 400m</b> |                     |                    |                 |                              |                     |                   |                 |
| 53.99             | DAWN KITCHEN        | Meadowbank         | 23.07.85        | 10:21.1                      | Janet Fraser        | Wishaw            | 07.08.88        |
| 54.4              | Dawn Flockhart      | Birmingham         | 19.08.95        | 10:22.2                      | Janine Robertson    | Grangemouth       | 01.09.85        |
| 55.69             | Susan Hendry        | Solihull           | 05.08.00        | 10:26.0                      | Helen Grant         | Coatbridge        | 27.08.95        |
| 56.20             | Emma Cloggie        | Grangemouth        | 10.06.05        | 10:31.0                      | Jillian Grams       | Coatbridge        | 31.05.92        |
| 56.7              | Helen Windass       | Scotstoun          | 26.04.98        | 10:34.23                     | Charlotte Forbes    | Derby             | 14.08.05        |
| 56.80             | Aileen Connelly     | Scotstoun          | 14.05.05        | 10:35.0                      | Claire Becker       | CA Stadium        | 26.07.92        |
| 57.0              | Nicola Gauld        | CA Stadium         | 21.04.02        | <b>10:39.2</b>               | <b>Ellie Buchan</b> | <b>CA Stadium</b> | <b>30.04.08</b> |
| 57.2              | Bridie McGlashan    | Meadowbank         | 26.04.87        | 10:42.8                      | Carolyn Sheehan     | Balgownie         | 15.05.85        |
| 57.24             | Louise Paterson     | Waterford          | 11.08.90        | 10:42.8                      | Hazel Gaskell       | CA Stadium        | 18.07.93        |
| 57.4              | Lorna Johnston      | CA Stadium         | 13.09.00        | <b>WOMEN 5000m (TOP 15)</b>  |                     |                   |                 |
| 57.77             | Carmen Collins      | Meadowbank         | 17.05.92        | 16:44.63                     | TRACEY BRINDLEY     | Birmingham        | 26.07.98        |
| 58.6              | Debra Carle         | Balgownie          | 11.08.81        | 16:51.1                      | Lynda Bain          | CA Stadium        | 04.07.89        |
| 58.86             | Jaclyn Anderson     | Meadowbank         | 04.09.94        | 17:09.8                      | Debbie Kilner       | CA Stadium        | 29.06.95        |
| 59.4              | Linda Davidson      | Coatbridge         | 13.09.92        | 17:09.94                     | Clare Miller        | Meadowbank        | 12.05.02        |
| 59.6              | Faith Webster       | Balgownie          | 29.07.84        | 17:48.80                     | Sonia Armitage      | Chester-le-Street | 31.07.99        |
| 59.76             | Marie Dobson        | Meadowbank         | 13.05.01        | 18:04.2                      | Helen Grant         | CA Stadium        | 29.06.95        |
| 59.9              | Catrina Pennet      | CA Stadium         | 29.05.02        | 18:06.07                     | Charlotte Forbes    | Oxford            | 20.05.06        |
| 59.9              | Sarah Still         | Peterhead          | 06.06.93        | 18:49.7                      | Rhona Buchan        | CA Stadium        | 29.08.07        |
| 60.0              | Janet Edon          | Linksfild          | 31.08.88        | <b>19:02.1</b>               | <b>Laura Mahady</b> | <b>CA Stadium</b> | <b>28.05.08</b> |
| 60.0              | Linda Falconer      | Dublin             | 11.04.81        | 19:07.8                      | Kathryn Mearns      | CA Stadium        | 14.08.97        |
| <b>WOMEN 800m</b> |                     |                    |                 |                              |                     |                   |                 |
| 2:05.11           | NICOLA GAULD        | Birmingham         | 01.07.06        | 20:15.9                      | Margaret Stafford   | CA Stadium        | 04.06.91        |
| 2:07.7            | Susan Hendry        | Scotstoun          | 29.07.00        | 21:57.9                      | Bing Kerr           | CA Stadium        | 07.07.89        |
| 2:10.67           | Emma Cloggie        | Solihull           | 24.06.06        | 22:49.2                      | Alison Henderson    | CA Stadium        | 12.08.99        |
| 2:13.36           | Dawn Simpson        | Ayr                | 13.08.88        | 22:54.4                      | Sally Ross          | CA Stadium        | 13.08.98        |
| 2:14.3            | Carolyn Sheehan     | Inverness          | 19.08.84        | 23:16.0                      | Janice Gordon       | CA Stadium        | 31.07.02        |
| <b>2:15.24</b>    | <b>Ellie Buchan</b> | <b>Grangemouth</b> | <b>14.06.08</b> | <b>WOMEN 10000m (TOP 10)</b> |                     |                   |                 |
| 2:16.09           | Lynsey Still        | Pitreavie          | 08.07.95        | 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 | 66.9 | Janet Edon      | Meadowbank | 14.05.88 |
| 38:30.0 | Jillian Grams   | CA Stadium | 05.05.92 | 67.7 | Gail Murchie    | Pitreavie  | 14.06.92 |
| 40:36.1 | Susan Lamb      | CA Stadium | 03.05.94 | 67.9 | Lynsey Still    | CA Stadium | 07.05.95 |
| 42:20.6 | Kathryn Mearns  | CA Stadium | 03.07.03 | 70.0 | Rosslyn Duncan  | Coatbridge | 02.09.84 |
| 48:40.8 | Janice Gordon   | CA Stadium | 04.07.02 | 70.2 | Laura Henderson | CA Stadium | 05.08.01 |
| 48:42.8 | Nancy MacKinnon | CA Stadium | 04.07.02 | 70.4 | Joan Reid       | Balgownie  | 08.06.82 |

#### WOMEN HALF MARATHON

|         |                  |           |          |       |                 |             |          |
|---------|------------------|-----------|----------|-------|-----------------|-------------|----------|
| 1:13:22 | LYNDA BAIN       | Aberdeen  | 07.07.85 | 71.25 | Linda Davidson  | Meadowbank  | 03.09.89 |
| 1:16:47 | Tracey Brindley  | Inverness | 09.03.97 | 71.3  | Shirley Antoine | Balgownie   | 08.06.82 |
| 1:18:17 | Debbie Kilner    | Newcastle | 17.09.95 | 71.3  | Wendy Pennet    | Scotstoun   | 30.04.00 |
| 1:22:09 | Ulli Simpson     | Aberdeen  | 26.08.90 | 71.4  | Jenny Bole      | Balgownie   | 01.07.80 |
| 1:22:36 | Sonia McLaren    | Aberdeen  | 07.07.85 | 71.4  | Heather Pirie   | CA Stadium  | 30.05.95 |
| 1:23:27 | Janine Robertson | Inverness | 22.03.87 | 71.5  | Katy Philip     | Grangemouth | 15.05.94 |

|         |                   |             |          |      |                      |                |                 |
|---------|-------------------|-------------|----------|------|----------------------|----------------|-----------------|
| 1:23:40 | Ginnie Pollard    | Aberdeen    | 28.08.93 | 1.68 | SARAH STILL          | CA Stadium     | 07.08.99        |
| 1:24:07 | Margaret Stafford | Dyce        | 27.03.88 | 1.66 | Lyndsay Peddie       | Balgownie      | 30.07.83        |
| 1:24:01 | Helen Grant       | Peterhead   | 24.09.95 | 1.66 | Beth Philip          | CA Stadium     | 07.07.91        |
| 1:24:53 | Susan Lamb        | Dyce        | 27.03.88 | 1.65 | <b>Ellie Workman</b> | <b>Bedford</b> | <b>19.07.88</b> |
| 1:24:57 | Clare Miller      | Inverness   | 08.03.98 | 1.61 | Shirley Gray         | Balgownie      | 19.06.77        |
| 1:25:49 | Valerie Allan     | Elgin       | 07.08.88 | 1.60 | Nicola Gauld         | Scotstoun      | 30.04.00        |
| 1:25:51 | Heather Wisley    | Aberdeen    | 28.08.88 | 1.60 | Heather Pirie        | Coatbridge     | 13.09.92        |
| 1:27:48 | Diana Jermieson   | Rannoch     | 25.06.89 | 1.60 | Donna Quirie         | CA Stadium     | 30.06.93        |
| 1:28:50 | Angela Hepburn    | Elgin       | 04.09.05 | 1.60 | Donna Quirie         | Balgownie      | 27.02.85        |
| 1:29:35 | Jackie Nuttall    | Dyce        | 27.03.88 | 1.59 | Deborah Johnston     | Balgownie      | 06.09.81        |
| 1:30:01 | Morag Taggart     | Inverdee    | 13.03.83 | 1.58 | Anne Watt            | Grangemouth    | 01.06.91        |
| 1:30:58 | Nancy MacKinnon   | Peterhead   | 17.06.90 | 1.57 | Suzie Robertson      | CA Stadium     | 17.05.95        |
| 1:31:11 | Kath Butler       | Fraserburgh | 13.10.85 | 1.56 | Linda Davidson       | CA Stadium     | 02.07.00        |
| 1:32:02 | Helen Brown       | Aberdeen    | 28.08.88 | 1.56 | Kimberley Miles      | Coatbridge     | 21.05.95        |

#### WOMEN HIGH JUMP

|             |                          |                |                 |
|-------------|--------------------------|----------------|-----------------|
| 1.68        | SARAH STILL              | CA Stadium     | 07.08.99        |
| 1.66        | Lyndsay Peddie           | Balgownie      | 30.07.83        |
| 1.65        | Beth Philip              | CA Stadium     | 07.07.91        |
| <b>1.65</b> | <b>Ellie Workman</b>     | <b>Bedford</b> | <b>19.07.88</b> |
| 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        | Deborah Johnston         | Balgownie      | 27.02.85        |
| 1.58        | Anne Watt                | Balgownie      | 06.09.81        |
| 1.57        | Suzie Robertson          | Grangemouth    | 01.06.91        |
| 1.56        | Linda Davidson           | CA Stadium     | 17.05.95        |
| 1.56        | Kimberley Miles          | CA Stadium     | 02.07.00        |
| 1.55        | Diane Burr               | Coatbridge     | 21.05.95        |
| 1.55        | Rosslyn Duncan           | Banchory       | 13.05.84        |
| 1.55        | Joan Reid                | Coatbridge     | 08.06.80        |
| 1.54        | Pat Bellamy              | Nairn          | 14.08.54        |
| 1.53        | Shona Simpson            | Inverness      | 17.09.88        |
| 1.52        | Vivienne Reynolds        | Nairn          | 17.08.62        |
| 1.51        | Lea Masson/Jennifer Reid |                | 77/93           |

#### WOMEN MARATHON

|         |                   |           |          |             |                      |              |                 |
|---------|-------------------|-----------|----------|-------------|----------------------|--------------|-----------------|
| 2:33:38 | LYNDA BAIN        | London    | 21.04.85 | 5.95        | LINDA DAVIDSON       | Meadowbank   | 03.07.92        |
| 3:00:32 | Margaret Stafford | London    | 22.04.90 | 5.85        | Sarah Still          | CA Stadium   | 25.07.99        |
| 3:01:57 | Janine Robertson  | Aberdeen  | 15.09.85 | 5.71        | Lea Masson           | Balgownie    | 08.04.79        |
| 3:03:49 | Morag Taggart     | Aberdeen  | 19.09.82 | 5.71        | Kirsten Young        | CA Stadium   | 26.06.05        |
| 3:15:52 | Diana Jermieson   | Aberdeen  | 28.05.89 | 5.56        | Deirdre Auld         | Balgownie    | 13.04.80        |
| 3:17:27 | Maggie Oliver     | Rannoch   | 28.06.87 | 5.53        | Donna Quirie         | CA Stadium   | 18.07.93        |
| 3:21:16 | Margaret Buchan   | Aberdeen  | 19.09.82 | 5.52        | Lyndsay Peddie       | Balgownie    | 11.09.83        |
| 3:24:22 | Olive Fraser      | London    | 23.04.89 | 5.48        | Marie Fraser         | Meadowbank   | 21.06.80        |
| 3:25:29 | Margaret McDonald | Elgin     | 10.08.86 | 5.40        | Cheryl McHardy       | CA Stadium   | 26.07.98        |
| 3:25:41 | Jackie Nuttall    | Aberdeen  | 16.09.84 | 5.38        | Laura Beveridge      | Antrim       | 06.08.83        |
| 3:27:42 | Leona Hart        | Dundee    | 28.04.85 | 5.30        | Nicola Kemp          | Peterhead    | 06.06.93        |
| 3:28:21 | Linda Trahan      | Elgin     | 07.08.88 | 5.25        | Aileen Connelly      | Inverness    | 12.09.04        |
| 3:28:43 | Joan Molloy       | Fortrose  | 29.10.88 | 5.24        | Diane Burr           | Grangemouth  | 15.05.94        |
| 3:30:15 | Ulli Simpson      | Aberdeen  | 16.09.84 | 5.22        | Jenny Bole           | Balgownie    | 13.04.80        |
| 3:32:29 | Lillian MacDonald | Aberdeen  | 15.09.85 | <b>5.20</b> | <b>Ellie Workman</b> | <b>Perth</b> | <b>14.09.88</b> |
| 3:32:33 | Betty May         | London    | 21.04.91 | 5.19        | Shona Simpson        | Inverness    | 10.04.88        |
| 3:37:09 | Maureen McInnes   | Amsterdam | 15.10.06 | 5.15        | Bridie McGlashan     | Balgownie    | 05.04.87        |
| 3:38:38 | Isabel McDonald   | Dublin    | 26.10.98 | 5.15        | Claire Middleton     | Greenock     | 04.06.95        |
| 3:42:53 | Bing Kerr         | London    | 23.04.89 | 5.13        | Fiona Auld           | Balgownie    | 18.09.77        |
| 3:45:28 | Deborah McLean    | Aberdeen  | 28.05.89 | 5.13        | Jennifer Lynch       | Balgownie    | 22.08.76        |
|         |                   |           |          | 5.13        | Catriona Pennet      | CA Stadium   | 04.08.02        |

#### 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        |
| 5.40        | Cheryl McHardy       | CA Stadium   | 26.07.98        |
| 5.38        | Laura Beveridge      | Antrim       | 06.08.83        |
| 5.30        | Nicola Kemp          | Peterhead    | 06.06.93        |
| 5.25        | Aileen Connelly      | Inverness    | 12.09.04        |
| 5.24        | Diane Burr           | Grangemouth  | 15.05.94        |
| 5.22        | Jenny Bole           | Balgownie    | 13.04.80        |
| <b>5.20</b> | <b>Ellie Workman</b> | <b>Perth</b> | <b>14.09.88</b> |
| 5.19        | Shona Simpson        | Inverness    | 10.04.88        |
| 5.15        | Bridie McGlashan     | Balgownie    | 05.04.87        |
| 5.15        | Claire Middleton     | Greenock     | 04.06.95        |
| 5.13        | Fiona Auld           | Balgownie    | 18.09.77        |
| 5.13        | Jennifer Lynch       | Balgownie    | 22.08.76        |
| 5.13        | Catriona Pennet      | CA Stadium   | 04.08.02        |

#### WOMEN TRIPLE JUMP

|              |                    |               |                 |
|--------------|--------------------|---------------|-----------------|
| 12.06        | FIONA WATT         | Meadowbank    | 02.06.96        |
| 11.81        | Linda Davidson     | Grangemouth   | 10.07.93        |
| 11.48        | Kirsten Young      | Birmingham    | 15.08.04        |
| 11.44        | Donna Quirie       | Birmingham    | 08.08.93        |
| 11.07        | Dawn Flockhart     | Grangemouth   | 10.07.93        |
| 11.03        | Cheryl McHardy     | Sheffield     | 16.08.98        |
| 10.68        | Nicola Gauld       | CA Stadium    | 05.07.98        |
| <b>10.67</b> | <b>Sylvia Kamy</b> | <b>Dundee</b> | <b>22.06.88</b> |
| 10.43        | Nicola Kemp        | Inverness     | 12.06.97        |
| 10.24        | Zoe Davidson       | Dundee        | 25.04.04        |
| 10.11        | Jennifer Reid      | Banchory      | 27.08.98        |
| 10.02        | Heather Pirie      | Grangemouth   | 15.05.94        |
| 9.87         | Wendy Pennet       | Dundee        | 12.04.98        |
| 9.83         | Emma Cloggie       | Banchory      | 31.08.02        |
| 9.77         | Nikki Corsie       | Meadowbank    | 20.06.98        |
| 9.65         | Kimberley Miles    | CA Stadium    | 30.07.00        |
| 9.63         | Diane Burr         | Inverness     | 11.06.95        |
| 9.57         | Rebecca Dougall    | Coatbridge    | 30.05.99        |
| 9.54         | Shonah Richard     | Dundee        | 03.08.03        |
| 9.44         | Laura Henderson    | CA Stadium    | 28.04.99        |

#### 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        |
| <b>15.40</b> | <b>Sylvia Kamy</b> | <b>Grangemouth</b> | <b>15.06.88</b> |
| 15.7         | Deirdre Auld       | Balgownie          | 17.06.79        |
| 16.0         | Valerie Tyrie      | Balgownie          | 06.09.81        |
| 16.1         | Bridie McGlashan   | Meadowbank         | 26.04.87        |
| 16.1         | Lyndsay Peddie     | Grangemouth        | 20.08.83        |
| 16.2         | Lea Masson         | Balgownie          | 09.04.78        |
| 16.24        | Rebecca Dougall    | Grangemouth        | 11.07.99        |
| 16.3         | Wendy Pennet       | CA Stadium         | 05.04.98        |
| 16.5         | Fiona Watt         | Manchester         | 17.08.96        |
| 16.6         | Nicola Kemp        | Dundee             | 18.08.96        |
| 17.0         | Janet Lyon         | CA Stadium         | 15.06.95        |
| 17.2         | Donna Quirie       | CA Stadium         | 16.06.94        |
| 17.2         | Joan Reid          | Meadowbank         | 16.04.83        |
| 17.2         | Shona Simpson      | Grangemouth        | 02.09.90        |
| 17.5         | Laura Henderson    | CA Stadium         | 24.05.00        |
| 18.5         | Heather Pirie      | CA Stadium         | 02.04.95        |
| 18.8         | Pamela Forbes      | Dundee             | 16.05.82        |

#### WOMEN 400m HURDLES

|       |                 |             |          |
|-------|-----------------|-------------|----------|
| 62.34 | CATRIONA PENNET | Manchester  | 31.07.04 |
| 63.20 | Rebecca Dougall | Grangemouth | 12.06.99 |
| 63.76 | Sylvia Kamy     | Grangemouth | 09.06.07 |
| 65.3  | Valerie Tyrie   | Grangemouth | 13.06.82 |
| 65.48 | Angela Shearer  | Caen        | 29.05.02 |
| 66.51 | Marie Dobson    | Meadowbank  | 13.05.01 |
| 66.7  | Fiona Davidson  | Coatbridge  | 03.08.97 |

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**WOMEN POLE VAULT (TOP 4)**

|      |               |            |          |
|------|---------------|------------|----------|
| 2.81 | JANET LYON    | CA Stadium | 14.05.04 |
| 2.25 | Wendy Pennet  | Dundee     | 28.05.00 |
| 2.05 | Heather Pirie | CA Stadium | 04.08.94 |
| 2.00 | Fiona Watt    | CA Stadium | 31.08.96 |

**WOMEN SHOT**

|       |                     |             |          |
|-------|---------------------|-------------|----------|
| 14.24 | HELEN COWE          | Coatbridge  | 23.05.93 |
| 10.29 | Sarah Lyon          | Tullamore   | 04.07.99 |
| 10.10 | Jacqui Loney        | Inverness   | 13.07.02 |
| 9.97  | Linda Low           | Inverness   | 11.05.97 |
| 9.93  | Marie Fraser        | Pitreavie   | 20.04.80 |
| 9.90  | Fiona Pirie         | Coatbridge  | 13.09.92 |
| 9.86  | Jennifer Reid       | Banchory    | 04.09.94 |
| 9.81  | Sarah Still         | Sheffield   | 01.09.01 |
| 9.73  | Marian Simpson      | CA Stadium  | 28.07.96 |
| 9.60  | Shirley Gray        | Balgownie   | 18.06.78 |
| 9.50  | Wendy Brown         | Balgownie   | 17.06.75 |
| 9.48  | Rhona MacLennan     | Coatbridge  | 04.05.86 |
| 9.43  | Gail Murchie        | Meadowbank  | 12.06.88 |
| 9.38  | Lyndsay Peddie      | Balgownie   | 13.05.86 |
| 9.31  | Anita Smith         | Balgownie   | 12.06.83 |
| 9.19  | Laura Crockford     | Crown Point | 27.04.97 |
| 8.88  | Angela Smith        | Coatbridge  | 29.08.98 |
| 8.84  | Pamela Bruce        | Balgownie   | 10.09.78 |
| 8.84  | Linda Davidson      | CA Stadium  | 25.07.99 |
| 8.84  | Michelle Mackintosh | CA Stadium  | 18.06.03 |

**WOMEN DISCUS**

|       |                     |             |          |
|-------|---------------------|-------------|----------|
| 48.64 | HELEN COWE          | Bedford     | 17.09.94 |
| 38.39 | Jacqui Loney        | CA Stadium  | 29.08.02 |
| 32.30 | Marian Simpson      | Meadowbank  | 17.06.95 |
| 30.66 | Fiona Pirie         | Banchory    | 02.05.93 |
| 30.38 | Marie Fraser        | Pitreavie   | 20.04.80 |
| 29.28 | Pamela Bruce        | Pitreavie   | 20.04.80 |
| 27.80 | Cheryl McHardy      | CA Stadium  | 31.08.00 |
| 27.41 | Angela Smith        | CA Stadium  | 02.09.99 |
| 26.75 | Kathy Rapley        | Barry       | 14.07.98 |
| 26.52 | Lesley Fowler       | CA Stadium  | 29.08.96 |
| 26.20 | Pamela Morrison     | CA Stadium  | 31.08.89 |
| 26.02 | Jennifer Reid       | Banchory    | 04.09.94 |
| 25.74 | Gertrude Krenzien   | Grangemouth | 22.04.79 |
| 25.68 | Lesley Munro        | Inverness   | 10.04.88 |
| 25.57 | Michelle Mackintosh | Grangemouth | 12.04.03 |
| 25.34 | Lorraine Dearie     | Glenrothes  | 14.09.86 |
| 25.28 | Julie Forbes        | Meadowbank  | 10.05.87 |
| 24.78 | Gillian Tindall     | Glenrothes  | 02.09.79 |
| 24.76 | Jackie Gordon       | Balgownie   | 22.08.76 |
| 24.42 | Lyndsay Peddie      | Balgownie   | 30.07.83 |

**WOMEN HAMMER**

|              |                         |                   |                 |
|--------------|-------------------------|-------------------|-----------------|
| 43.79        | JACQUI LONEY            | Coatbridge        | 27.07.03        |
| 43.52        | Helen Cowe              | CA Stadium        | 06.07.93        |
| 39.58        | Marian Simpson          | CA Stadium        | 26.09.96        |
| 37.60        | Linda Low               | Inverness         | 11.05.97        |
| 29.18        | Fiona Pirie             | Elgin             | 03.07.93        |
| 25.87        | Catrin Dickson          | Grangemouth       | 09.06.06        |
| <b>25.17</b> | <b>Kathleen Madigan</b> | <b>Meadowbank</b> | <b>20.04.08</b> |
| 23.16        | Katherine Masson        | CA Stadium        | 16.06.95        |
| 22.70        | Kylie Davidson          | Grangemouth       | 11.06.04        |
| 21.24        | Laura Hepburn           | Inverness         | 16.09.07        |
| 21.22        | Angela Smith            | CA Stadium        | 30.07.00        |
| 21.06        | Lesley Fowler           | Coatbridge        | 26.05.96        |
| 20.94        | Joyce Hogg              | CA Stadium        | 16.06.94        |
| 20.55        | Fiona Davidson          | CA Stadium        | 24.05.07        |
| 20.30        | Zoe Davidson            | Dundee            | 10.07.05        |
| 19.87        | Sarah Lyon              | Coatbridge        | 30.05.99        |
| 19.51        | Mollie Hepburn          | Inverness         | 16.09.07        |
| 19.27        | Anne Angersbach         | CA Stadium        | 02.09.04        |
| 19.24        | Cheryl McHardy          | Elgin             | 21.09.97        |
| 17.76        | Emma Noble              | CA Stadium        | 07.09.06        |

**WOMEN JAVELIN**

|       |                 |           |          |
|-------|-----------------|-----------|----------|
| OLD   |                 |           |          |
| 38.70 | LYNDSAY PEDDIE  | Inverness | 26.04.87 |
| 37.46 | Gwen Summers    | Linkfield | 01.06.60 |
| 30.26 | Pamela Bruce    | Balgownie | 21.07.79 |
| 30.12 | Anita Smith     | Pitreavie | 24.04.83 |
| 29.64 | Shirley Antoine | Pitreavie | 24.04.83 |
| NEW   |                 |           |          |
| 38.28 | LINDA LOW       | Inverness | 12.05.96 |

|              |                      |                    |                 |
|--------------|----------------------|--------------------|-----------------|
| 35.78        | Emily Dougall        | CA Stadium         | 29.05.94        |
| 33.09        | Kimberley Miles      | Sheffield          | 02.09.01        |
| <b>33.03</b> | <b>Ellie Workman</b> | <b>Grangemouth</b> | <b>23.08.08</b> |
| 31.26        | Lesley Fowler        | CA Stadium         | 07.05.95        |
| 30.66        | Marian Simpson       | Coatbridge         | 23.05.93        |
| 30.32        | Gillian Wilson       | Meadowbank         | 18.08.91        |
| 29.28        | Kathy Rapley         | CA Stadium         | 04.08.02        |
| 28.74        | Gail Murchie         | CA Stadium         | 22.08.91        |
| 28.40        | Barbara MacDonald    | CA Stadium         | 07.04.96        |
| 27.42        | Vicky Clark          | Grangemouth        | 16.05.93        |
| 27.38        | Sarah Still          | Stoke              | 30.07.00        |
| 27.24        | Wilma Boyington      | Pitreavie          | 14.06.92        |
| 27.22        | Laura Crockford      | Meadowbank         | 12.05.96        |
| 27.14        | Rebecca Dougall      | Meadowbank         | 29.08.99        |

**WOMEN HEPTATHLON (TOP 9)**

|                                                  |                 |             |             |
|--------------------------------------------------|-----------------|-------------|-------------|
| 5014                                             | SARAH STILL     | Waterford   | 02/03.09.00 |
| (14.73; 1.66; 9.45; 24.48; 5.68; 20.86; 2:18.59) |                 |             |             |
| 3802                                             | Gail Murchie    | CA Stadium  | 19/20.09.92 |
| (15.3; 1.42; 8.59; 26.2; 4.94; 24.94; 2:59.0)    |                 |             |             |
| 3783                                             | Lyndsay Peddie  | Grangemouth | 20.08.83    |
| (16.1; 1.60; 8.65; 28.0; 5.14; 30.18; 3:14.4)    |                 |             |             |
| 3623                                             | Shona Simpson   | Grangemouth | 02/03.06.90 |
| 3318                                             | Nicola Kemp     | CA Stadium  | 08/09.06.93 |
| 3231                                             | Joan Reid       | Grangemouth | 19/20.06.82 |
| 3126                                             | Wendy Pennet    | CA Stadium  | 07/08.08.99 |
| 3096                                             | Kimberley Miles | Grangemouth | 24/25.08.02 |
| 2904                                             | Valerie Tyrie   | Balgownie   | 18/19.05.82 |

**WOMEN PENTATHLON (TOP 10)**

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

**WOMEN 4x100m (TOP 10)**

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

**WOMEN 4x400m (TOP 10)**

|         |                       |             |          |
|---------|-----------------------|-------------|----------|
| 3:50.0  | WINDASS, HENDRY,      | Coatbridge  | 04.08.96 |
|         | WATT, FLOCKHART       |             |          |
| 3:57.5  | Windass, L Davidson,  | CA Stadium  | 09.06.96 |
|         | Hendry, Flockhart     |             |          |
| 3:57.5  | Dobson, Pennet,       | Grangemouth | 25.07.04 |
|         | Connelly, Gauld       |             |          |
| 4:00.06 | Michalska, Fraser,    | Meadowbank  | 05.09.93 |
|         | L Still, Hendry       |             |          |
| 4:00.5  | Dobson, Gauld,        | Grangemouth | 11.06.00 |
|         | S Still, Hendry       |             |          |
| 4:02.2  | Hendry, Murchie,      | Coatbridge  | 12.09.93 |
|         | L Davidson, Michalska |             |          |
| 4:04.9  | Bowers, C Middleton,  | Coatbridge  | 27.08.00 |
|         | Gauld, Hendry         |             |          |

|        |                                        |            |          |
|--------|----------------------------------------|------------|----------|
| 4:05.4 | Gauld, L Davidson,<br>W Pennet, Hendry | Coatbridge | 21.05.00 |
| 4:05.8 | Bowers, Gauld,<br>S Still, Hendry      | Coatbridge | 16.07.00 |
| 4:06.3 | McInnes, Webster,<br>Sheehan, Kitchen  | Meadowbank | 28.04.85 |

|        |               |            |          |
|--------|---------------|------------|----------|
| 8:46.4 | Ian Matheson  | Balgownie  | 30.07.83 |
| 8:50.0 | Colin McClean | Balgownie  | 28.07.84 |
| 8:52.1 | Adam Watt     | CA Stadium | 21.05.03 |
| 8:54.7 | Frank Boyne   | Balgownie  | 28.07.84 |

#### U-20 MEN 5000m

|          |                |             |          |
|----------|----------------|-------------|----------|
| 14:46.0  | IAN MATHESON   | Meadowbank  | 28.08.83 |
| 14:49.33 | Iain Donnan    | Meadowbank  | 16.05.04 |
| 14:53.0  | Graham Laing   | Meadowbank  | 28.06.75 |
| 14:53.3  | Darren Shinnie | Bedford     | 22.07.06 |
| 15:00.30 | Stephen Wright | Meadowbank  | 05.08.90 |
| 15:14.5  | Joe Freel      | Crown Point | 31.05.86 |
| 15:16.0  | Colin McKay    | Glenrothes  | 16.04.78 |
| 15:26.10 | Neil Martin    | Meadowbank  | 23.07.83 |
| 15:42.1  | Calum Davidson | Balgownie   | 26.06.88 |
| 15:46.65 | Mark Kennedy   | Meadowbank  | 11.05.03 |

#### U-20 MEN 10000m

|         |                |               |          |
|---------|----------------|---------------|----------|
| 30:49.0 | IAN MATHESON   | San Francisco | 07.05.83 |
| 32:02.7 | Stephen Wright | CA Stadium    | 08.05.90 |
| 33:11.0 | Frank Boyne    | Balgownie     | 24.04.84 |
| 33:17.2 | Joe Freel      | Balgownie     | 27.05.86 |
| 33:23.9 | David Duguid   | Balgownie     | 04.06.85 |
| 33:50.2 | Ross Milne     | CA Stadium    | 02.05.96 |
| 34:15.0 | Andrew Moffat  | Balgownie     | 24.04.84 |
| 35:42.2 | Eric Jenkins   | Balgownie     | 01.05.79 |
| 35:42.7 | Stewart Mason  | CA Stadium    | 01.05.97 |
| 35:47.5 | David Stephen  | Balgownie     | 30.04.81 |

#### U-20 MEN 2000m STEEPLECHASE

|         |                |             |          |
|---------|----------------|-------------|----------|
| 6:02.66 | STEPHEN WRIGHT | Meadowbank  | 01.07.89 |
| 6:09.81 | Frank Boyne    | Meadowbank  | 06.09.81 |
| 6:10.8  | Chris Smith    | Ayr         | 18.07.95 |
| 6:18.97 | Simon Walker   | Carmarthen  | 16.07.96 |
| 6:19.0  | Lewis Walker   | Balgownie   | 25.05.75 |
| 6:21.4  | Ewan Calvert   | Grangemouth | 26.08.90 |
| 6:23.53 | David Duguid   | Meadowbank  | 08.06.85 |
| 6:28.2  | Kevin Byrne    | Balgownie   | 19.06.84 |
| 6:30.0  | Mark Caird     | Meadowbank  | 08.09.85 |
| 6:31.65 | Andrew Clark   | Grangemouth | 24.08.03 |

#### U-20 MEN 3000m STEEPLECHASE

|         |                  |             |          |
|---------|------------------|-------------|----------|
| 9:12.0  | STEPHEN WRIGHT   | Luton       | 08.09.90 |
| 9:30.7  | Ian Matheson     | Meadowbank  | 23.07.83 |
| 9:46.9  | Frank Boyne      | Balgownie   | 19.06.84 |
| 9:47.2  | Graham Laing     | Meadowbank  | 03.08.75 |
| 9:51.0  | David Duguid     | Balgownie   | 19.06.84 |
| 9:56.8  | Ray Creswell     | Balgownie   | 08.06.82 |
| 9:57.5  | Mark Caird       | Crown Point | 31.08.86 |
| 10:06.3 | Gary Riddell     | CA Stadium  | 15.09.88 |
| 10:09.0 | Robin Sutherland | Grangemouth | 26.08.90 |
| 10:17.0 | Neil Martin      | Meadowbank  | 29.08.82 |

#### U-20 MEN 110m HURDLES

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 14.93 | DUNCAN MATHIESON | Meadowbank  | 10.07.88 |
| 14.97 | Robert Miller    | Derby       | 07.09.03 |
| 15.3  | Mark Davidson    | Meadowbank  | 30.05.87 |
| 15.3  | Murray King      | Meadowbank  | 30.05.87 |
| 15.5  | Steven Ledingham | Pitreavie   | 19.06.82 |
| 15.60 | Paul Allan       | Crown Point | 09.07.89 |
| 15.77 | Mark Dobbie      | Linwood     | 16.07.94 |
| 15.9  | Andrew Grant     | CA Stadium  | 09.09.01 |
| 15.9  | Stephen Miller   | CA Stadium  | 06.04.03 |
| 16.06 | William Stark    | Grenoble    | 19.09.93 |

#### U-20 MEN 400m HURDLES

|       |                  |              |          |
|-------|------------------|--------------|----------|
| 53.53 | BARRY MIDDLETON  | Meadowbank   | 14.08.94 |
| 54.8  | Mark Davidson    | Crown Point  | 13.06.87 |
| 55.20 | Robert Miller    | Loughborough | 08.06.03 |
| 55.9  | Steven Ledingham | Meadowbank   | 17.06.83 |
| 56.1  | Paul Allan       | CA Stadium   | 29.06.89 |
| 56.50 | Ronald Smith     | Grangemouth  | 11.07.99 |
| 56.6  | Alasdhair Love   | Ayr          | 18.07.95 |
| 56.8  | Murray King      | Crown Point  | 07.06.86 |
| 57.6  | Andrew Grant     | CA Stadium   | 05.08.01 |
| 58.0  | Richard Singer   | CA Stadium   | 06.06.96 |

#### 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 |

### ALL TIME TOP 10s – U-20 EVENTS

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

#### U-20 MEN 100m

|              |                    |                  |                 |
|--------------|--------------------|------------------|-----------------|
| 10.8         | CAMPBELL PATERSON  | Balgownie        | 06.05.72        |
| 10.8         | STAN WALKER        | Pitreavie        | 14.05.88        |
| 10.9         | Martin Johnston    | Balgownie        | 14.08.83        |
| <b>10.94</b> | <b>Ian Garioch</b> | <b>Inverness</b> | <b>12.04.08</b> |
| 11.0         | Murray King        | Inverness        | 13.04.86        |
| 11.04        | Mark Davidson      | Stoke            | 25.07.87        |
| 11.1         | Alexander Carnie   | Grangemouth      | 22.06.88        |
| 11.1y        | Kevin Carter       | Grangemouth      | 00.04.67        |
| 11.1         | David Fairley      | Balgownie        | 26.08.84        |
| 11.14        | Duncan Mathieson   | Lorca            | 18.06.88        |

y = 100 yards time plus 0.9s

#### U-20 MEN 200m

|             |                    |                  |                 |
|-------------|--------------------|------------------|-----------------|
| 21.6        | MARTIN JOHNSTON    | Balgownie        | 30.07.83        |
| 21.7        | Mark Davidson      | Meadowbank       | 30.05.87        |
| <b>22.0</b> | <b>Ian Garioch</b> | <b>Inverness</b> | <b>25.05.08</b> |
| 22.0        | Murray King        | Livingston       | 24.05.86        |
| 22.3        | Campbell Paterson  | Meadowbank       | 17.07.71        |
| 22.34       | Stan Walker        | Meadowbank       | 10.07.88        |
| 22.4        | Ahmed Al-Kowarri   | CA Stadium       | 02.06.96        |
| 22.6        | Paul Allan         | Linksfield       | 06.09.88        |
| 22.6        | Alexander Carnie   | Grangemouth      | 17.06.89        |
| 22.7        | Derek Elmslie      | Meadowbank       | 03.09.77        |

#### U-20 MEN 400m

|              |                    |                    |                 |
|--------------|--------------------|--------------------|-----------------|
| 48.17        | MARK DAVIDSON      | Meadowbank         | 20.06.87        |
| <b>48.53</b> | <b>Ian Garioch</b> | <b>Grangemouth</b> | <b>15.06.08</b> |
| 48.6         | Martin Johnston    | Grangemouth        | 17.08.83        |
| 48.99        | Ahmed Al-Kowarri   | Carmarthen         | 16.07.96        |
| 49.40        | Barry Middleton    | Meadowbank         | 15.05.94        |
| 50.01        | Duncan Mathieson   | Lorca              | 18.06.88        |
| 50.1         | Thomas Blackie     | Grangemouth        | 16.06.85        |
| 50.2         | Paul Allan         | Inverness          | 30.08.87        |
| 50.3         | Murray King        | Inverness          | 30.08.87        |
| 50.50        | Richard Singer     | Meadowbank         | 23.06.95        |

#### U-20 MEN 800m

|         |                |            |          |
|---------|----------------|------------|----------|
| 1:51.86 | EWAN CALVERT   | Corby      | 25.05.92 |
| 1:52.99 | Alan Wales     | Solihull   | 22.05.05 |
| 1:53.00 | Thomas Blackie | Meadowbank | 22.06.85 |
| 1:53.46 | Adam Watt      | Manchester | 31.05.03 |
| 1:53.5  | Ross Arbuckle  | Pitreavie  | 27.05.79 |
| 1:54.13 | Frank Boyne    | Meadowbank | 19.08.84 |
| 1:54.8  | Colin Donald   | Crawley    | 21.07.84 |
| 1:54.9  | Lewis Walker   | Meadowbank | 08.05.77 |
| 1:54.91 | Stuart Forbes  | Manchester | 31.05.03 |
| 1:55.04 | Mark Kennedy   | Manchester | 21.05.05 |

#### U-20 MEN 1500m

|         |                 |             |          |
|---------|-----------------|-------------|----------|
| 3:50.34 | ALAN WALES      | Namur       | 31.08.02 |
| 3:55.8  | Ross Arbuckle   | Meadowbank  | 26.08.79 |
| 3:56.0  | Frank Boyne     | Dundee      | 26.08.84 |
| 3:56.39 | Ewan Calvert    | Meadowbank  | 30.05.92 |
| 3:56.8  | Darren Shinnie  | Wishaw      | 25.07.04 |
| 3:58.4  | Ray Creswell    | Grangemouth | 11.07.82 |
| 3:59.10 | Mark Kennedy    | Meadowbank  | 15.05.04 |
| 3:59.2  | Stephen Wright  | Crown Point | 17.06.90 |
| 4:00.1  | Colin McClean   | Coatbridge  | 22.07.84 |
| 4:01.0  | Robert Mitchell | Meadowbank  | 09.07.78 |

#### 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 |

|      |                      |             |          |
|------|----------------------|-------------|----------|
| 1.91 | Kevin Lutton         | CA Stadium  | 09.05.01 |
| 1.91 | Miller Mathieson jun | Balgownie   | 28.08.83 |
| 1.90 | Paul Allan           | Crown Point | 22.07.89 |
| 1.90 | Dinkar Sabnis        | Meadowbank  | 09.05.92 |
| 1.88 | George Stewart       | Meadowbank  | 11.06.72 |
| 1.85 | Andrew Grant         | Meadowbank  | 13.05.01 |
| 1.85 | Craig Noble          | CA Stadium  | 07.06.92 |

#### U-20 MEN POLE VAULT

|      |                    |                |          |
|------|--------------------|----------------|----------|
| 3.60 | KENNY LYON         | Oxford         | 15.06.79 |
| 3.50 | Mark Dobbie        | CA Stadium     | 16.07.95 |
| 3.50 | Frank Fenton       | Balgownie      | 26.04.79 |
| 3.50 | Duncan Mathieson   | Lorca          | 19.06.88 |
| 3.40 | Fraser Benzie      | Grangemouth    | 25.06.00 |
| 3.35 | Paul Allan         | CA Stadium     | 25.06.89 |
| 3.35 | Derek Beaton       | Meadowbank     | 09.08.92 |
| 3.30 | Michael Kennedy    | Fettes College | 18.07.81 |
| 3.30 | Douglas McAllister | Meadowbank     | 24.08.75 |
| 3.30 | Dinkar Sabnis      | Cardiff        | 30.08.92 |

#### U-20 MEN LONG JUMP

|      |                  |             |          |
|------|------------------|-------------|----------|
| 7.21 | DUNCAN MATHIESON | Balgownie   | 15.06.88 |
| 7.07 | William Stark    | Pitreavie   | 08.07.95 |
| 7.01 | Dinkar Sabnis    | Ayr         | 27.06.92 |
| 6.87 | Robert Miller    | CA Stadium  | 18.05.03 |
| 6.82 | Derek Elmslie    | Heriot-Watt | 07.05.77 |
| 6.79 | Murray King      | Balgownie   | 29.06.87 |
| 6.78 | James Laird      | 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 |
| 13.68 | Paul Allan       | CA Stadium  | 14.06.89 |
| 13.45 | James Laird      | Linksfield  | 03.05.62 |
| 13.34 | Kenny Lyon       | Grangemouth | 23.06.79 |
| 13.10 | Paul McAndrew    | CA Stadium  | 02.06.96 |
| 13.06 | Michael Spink    | CA Stadium  | 13.06.92 |
| 13.05 | Duncan Mathieson | Balgownie   | 17.08.87 |
| 12.98 | David Fairley    | Coatbridge  | 22.07.84 |
| 12.84 | Robert Miller    | CA Stadium  | 01.05.02 |

#### U-20 MEN SHOT

|       |                    |               |          |
|-------|--------------------|---------------|----------|
| 14.24 | PAUL ALLAN         | Dumfries      | 15.07.89 |
| 13.46 | Gordon Smith       | Grangemouth   | 13.05.87 |
| 13.25 | David Minty        | Grangemouth   | 13.05.92 |
| 13.13 | Peter Venters      | Meadowbank    | 28.05.77 |
| 12.46 | Duncan Mathieson   | Lorca         | 19.06.88 |
| 11.60 | Mark Dobbie        | Middlesbrough | 30.09.95 |
| 11.56 | Andrew McCallum    | Grangemouth   | 17.06.95 |
| 11.27 | Douglas McAllister | Scotstoun     | 19.07.75 |
| 11.25 | Matthew Maitland   | CA Stadium    | 09.06.02 |
| 11.19 | Fraser Benzie      | Inverness     | 19.08.01 |

#### U-20 MEN DISCUS

|       |                    |             |          |
|-------|--------------------|-------------|----------|
| 42.26 | PAUL ALLAN         | CA Stadium  | 09.07.89 |
| 37.42 | David Minty        | Inverness   | 14.09.91 |
| 36.76 | Peter Venters      | Grangemouth | 11.06.77 |
| 36.22 | Duncan Mathieson   | Gateshead   | 22.05.88 |
| 36.16 | Fraser Benzie      | Grangemouth | 10.06.01 |
| 35.88 | James Laird        | 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 |
| 43.29 | Paul Henderson   | Dundee      | 06.08.06 |
| 42.40 | Paul Allan       | Inverness   | 30.07.89 |

#### U-20 MEN DECATHLON

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

#### U-20 WOMEN 100m

|       |                                                                                                       |             |          |
|-------|-------------------------------------------------------------------------------------------------------|-------------|----------|
| 11.9  | LOUISE PATERSON                                                                                       | CA Stadium  | 09.06.91 |
| 12.1  | Katrina Leys                                                                                          | Crown Point | 16.08.92 |
| 12.2  | Hayley Bowers                                                                                         | Peterhead   | 24.05.98 |
| 12.2  | Kathleen Madigan                                                                                      | Dundee      | 25.07.87 |
| 12.37 | Lesley-Ann Mearns                                                                                     | Birmingham  | 13.08.05 |
| 12.5  | Corrie Butler                                                                                         | Inverness   | 08.04.90 |
| 12.5  | Sandra Gunn                                                                                           | CA Stadium  | 05.05.91 |
| 12.5  | Fiona Lumsden                                                                                         | CA Stadium  | 09.06.91 |
| 12.5  | Catriona Pennet                                                                                       | CA Stadium  | 05.09.99 |
| 12.6  | N Imrie (93), D Quirie (93), S Still (94), C McHardy (98), M Smith (98), A Shearer (02), K Young (04) |             |          |

#### U-20 WOMEN 200m

|       |                             |             |          |
|-------|-----------------------------|-------------|----------|
| 24.7  | LOUISE PATERSON             | Crown Point | 16.06.90 |
| 25.05 | Lesley-Ann Mearns           | Birmingham  | 14.08.05 |
| 25.1  | Katrina Leys                | Coatbridge  | 13.09.92 |
| 25.1  | Kathleen Madigan            | Coatbridge  | 04.05.86 |
| 25.26 | Sarah Still                 | Linwood     | 16.07.94 |
| 25.4  | Susan Hendry                | CA Stadium  | 12.06.94 |
| 25.4  | Nicola Imrie                | Crown Point | 20.06.92 |
| 25.59 | Lorna Johnston              | Grangemouth | 17.06.00 |
| 25.6  | Sandra Gunn                 | CA Stadium  | 26.07.92 |
| 25.8  | C Pennet (02), K Young (04) |             |          |

#### U-20 WOMEN 400m

|       |                             |             |          |
|-------|-----------------------------|-------------|----------|
| 55.96 | SUSAN HENDRY                | Bedford     | 02.07.94 |
| 56.20 | Emma Clogg                  | 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 |
| 59.76 | Marie Dobson                | Meadowbank  | 13.05.01 |
| 59.9  | S Still (93), C Pennet (02) |             |          |

#### U-20 WOMEN 800m

|                |                     |                    |                 |
|----------------|---------------------|--------------------|-----------------|
| 2:10.67        | EMMA CLOGGIE        | Solihull           | 24.06.06        |
| 2:12.64        | Susan Hendry        | Meadowbank         | 24.06.95        |
| 2:13.36        | Dawn Simpson        | Ayr                | 13.08.88        |
| 2:14.8         | Carolyn Sheehan     | Coatbridge         | 07.09.86        |
| <b>2:15.24</b> | <b>Ellie Buchan</b> | <b>Grangemouth</b> | <b>14.06.07</b> |
| 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        |
| 2:19.80        | Vicky Clark         | Grangemouth        | 27.06.93        |

#### U-20 WOMEN 1500m

|               |                     |               |                 |
|---------------|---------------------|---------------|-----------------|
| 4:30.92       | KATE RICE           | Copeland      | 08.08.90        |
| 4:42.2        | Carolyn Sheehan     | Balgownie     | 20.08.86        |
| <b>4:43.5</b> | <b>Ellie Buchan</b> | <b>Dundee</b> | <b>27.04.08</b> |
| 4:45.6        | Lynsey Still        | CA Stadium    | 09.09.95        |
| 4:49.9        | Dawn Simpson        | Wishaw        | 07.08.88        |
| 4:50.0        | Anna Kyle           | Inverness     | 08.09.96        |
| 4:52.5        | Vicky Clark         | Inverness     | 04.07.93        |

|         |                   |            |          |
|---------|-------------------|------------|----------|
| 4:52.8  | Caroline Clarkson | Coatbridge | 26.05.91 |
| 4:53.30 | Christie Noble    | Meadowbank | 13.05.06 |
| 4:54.9  | Jaclyn Anderson   | Coatbridge | 12.09.93 |

#### U-20 WOMEN 3000m

|                |                     |                   |                 |
|----------------|---------------------|-------------------|-----------------|
| 9:54.5         | KATE RICE           | Grangemouth       | 02.09.90        |
| 10:31.0        | Jillian Grams       | Coatbridge        | 31.05.92        |
| 10:34.23       | Charlotte Forbes    | Derby             | 14.08.05        |
| 10:35.0        | Claire Becker       | CA Stadium        | 26.07.92        |
| <b>10:39.2</b> | <b>Ellie Buchan</b> | <b>CA Stadium</b> | <b>30.04.08</b> |
| 10:42.8        | Carolyn Sheehan     | Balgownie         | 15.05.85        |
| 10:43.9        | Suzie Reid          | CA Stadium        | 23.07.89        |
| 10:45.7        | Anna Kyle           | Meadowbank        | 25.08.96        |
| 10:46.7        | Christie Noble      | CA Stadium        | 20.06.07        |
| 10:47.3        | Vicky Clark         | CA Stadium        | 18.07.93        |

#### U-20 WOMEN 100m HURDLES

|              |                     |                    |                 |
|--------------|---------------------|--------------------|-----------------|
| 14.36        | CATRIONA PENNET     | Derby              | 08.09.02        |
| <b>15.40</b> | <b>Sylvia Kamya</b> | <b>Grangemouth</b> | <b>15.06.08</b> |
| 15.65        | Sarah Still         | Linwood            | 16.07.94        |
| 16.1         | Bridie McGlashan    | Meadowbank         | 26.04.87        |
| 16.1         | Gail Murchie        | CA Stadium         | 12.06.90        |
| 16.24        | Rebecca Dougall     | Grangemouth        | 11.07.99        |
| 16.3         | Wendy Pennet        | CA Stadium         | 05.04.98        |
| 16.5         | Lyndsay Peddie      | Inverness          | 02.06.85        |
| 17.1         | Nicola Kemp         | CA Stadium         | 08.06.93        |
| 17.2         | Donna Quirie        | CA Stadium         | 16.06.94        |

#### U-20 WOMEN 400m HURDLES

|       |                  |               |          |
|-------|------------------|---------------|----------|
| 63.20 | REBECCA DOUGALL  | Grangemouth   | 12.06.99 |
| 63.76 | Sylvia Kamya     | Grangemouth   | 09.06.07 |
| 65.48 | Angela Shearer   | Caen (France) | 29.05.02 |
| 65.90 | Catriona Pennet  | Derby         | 08.09.02 |
| 66.0  | Bridie McGlashan | Balgownie     | 19.08.86 |
| 66.51 | Marie Dobson     | Meadowbank    | 13.05.01 |
| 67.9  | Lynsey Still     | CA Stadium    | 07.05.95 |
| 70.2  | Laura Henderson  | CA Stadium    | 05.08.01 |
| 71.25 | Linda Davidson   | Meadowbank    | 03.09.89 |
| 71.3  | Wendy Pennet     | Scotstoun     | 30.04.00 |

#### U-20 WOMEN HIGH JUMP

|             |                      |                |                 |
|-------------|----------------------|----------------|-----------------|
| 1.65        | BETH PHILIP          | CA Stadium     | 07.07.91        |
| 1.65        | SARAH STILL          | Linwood        | 16.07.94        |
| <b>1.65</b> | <b>ELLIE WORKMAN</b> | <b>Bedford</b> | <b>19.07.08</b> |
| 1.60        | Nicola Gauld         | Scotstoun      | 30.04.00        |
| 1.60        | Heather Pirie        | Coatbridge     | 13.09.92        |
| 1.60        | Donna Quirie         | CA Stadium     | 30.06.93        |
| 1.59        | Deborah Johnston     | Balgownie      | 27.02.85        |
| 1.57        | Suzie Robertson      | Grangemouth    | 01.06.91        |
| 1.56        | Kimberley Miles      | CA Stadium     | 02.07.00        |
| 1.55        | Diane Burr           | Coatbridge     | 21.05.95        |

#### U-20 WOMEN POLE VAULT (Top 2)

|      |               |            |          |
|------|---------------|------------|----------|
| 2.25 | WENDY PENNET  | Dundee     | 28.05.00 |
| 2.05 | Heather Pirie | CA Stadium | 04.08.94 |

#### U-20 WOMEN LONG JUMP

|             |                      |              |                 |
|-------------|----------------------|--------------|-----------------|
| 5.74        | SARAH STILL          | CA Stadium   | 12.06.94        |
| 5.71        | Kirsten Young        | CA Stadium   | 26.06.05        |
| 5.59        | Linda Davidson       | Crown Point  | 29.05.88        |
| 5.53        | Donna Quirie         | Grangemouth  | 27.06.93        |
| 5.40        | Cheryl McHardy       | CA Stadium   | 26.07.98        |
| 5.30        | Nicola Kemp          | Peterhead    | 06.06.93        |
| 5.24        | Diane Burr           | Grangemouth  | 15.05.94        |
| <b>5.20</b> | <b>Ellie Workman</b> | <b>Perth</b> | <b>14.09.08</b> |
| 5.15        | Bridie McGlashan     | Balgownie    | 05.04.87        |
| 5.15        | Claire Middleton     | Greenock     | 04.06.95        |

#### U-20 WOMEN TRIPLE JUMP

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

#### U-20 WOMEN SHOT

|       |                 |             |          |
|-------|-----------------|-------------|----------|
| 10.29 | SARAH LYON      | Tullamore   | 04.07.99 |
| 9.86  | Jennifer Reid   | Banchory    | 04.09.94 |
| 9.73  | Marian Simpson  | CA Stadium  | 28.07.96 |
| 9.64  | Fiona Pirie     | Newtonmore  | 03.08.91 |
| 9.48  | Rhona MacLennan | Coatbridge  | 04.05.86 |
| 9.43  | Gail Murchie    | Meadowbank  | 12.06.88 |
| 9.43  | Sarah Still     | Linwood     | 16.07.94 |
| 9.19  | Laura Crockford | Crown Point | 27.04.97 |
| 8.98  | Lyndsay Peddie  | Balgownie   | 21.05.85 |
| 8.88  | Angela Smith    | Coatbridge  | 29.08.98 |

#### U-20 WOMEN DISCUS

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

#### U-20 WOMEN HAMMER

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

#### U-20 WOMEN JAVELIN

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

|              |                      |                    |                 |
|--------------|----------------------|--------------------|-----------------|
| 35.78        | EMILY DOUGALL        | CA Stadium         | 29.05.94        |
| 33.09        | Kimberley Miles      | Sheffield          | 02.09.01        |
| <b>33.03</b> | <b>Ellie Workman</b> | <b>Grangemouth</b> | <b>23.08.08</b> |
| 31.26        | Lesley Fowler        | CA Stadium         | 07.05.95        |
| 30.66        | Marian Simpson       | Coatbridge         | 23.05.93        |
| 30.32        | Gillian Wilson       | Meadowbank         | 18.08.91        |
| 28.50        | Kathy Rapley         | CA Stadium         | 25.05.97        |
| 27.42        | Vicky Clark          | Grangemouth        | 16.05.93        |
| 27.22        | Laura Crockford      | Meadowbank         | 12.05.96        |
| 27.14        | Rebecca Dougall      | Meadowbank         | 29.08.99        |

#### U-20 WOMEN HEPTATHLON (Top 6)

|      |                  |             |          |
|------|------------------|-------------|----------|
| 4643 | SARAH STILL      | Linwood     | 17.07.94 |
| 3318 | Nicola Kemp      | CA Stadium  | 09.06.93 |
| 3126 | Wendy Pennet     | CA Stadium  | 08.08.99 |
| 3096 | Kimberley Miles  | Grangemouth | 25.08.02 |
| 3013 | Rebecca Mortimer | CA Stadium  | 29.05.05 |
| 2957 | Heather Pirie    | CA Stadium  | 09.06.93 |

### ALL TIME TOP 10s – U-17 EVENTS

#### U-17 MEN 100m

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

#### U-17 MEN 200m

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

|                                    |                                                              |             |          |                             |                      |                    |                 |
|------------------------------------|--------------------------------------------------------------|-------------|----------|-----------------------------|----------------------|--------------------|-----------------|
| 23.16                              | Steve Mathers                                                | Meadowbank  | 10.07.88 | 58.0                        | Mark Davidson        | Dundee             | 25.08.85        |
| 23.2                               | Colin Wilson                                                 | Crown Point | 10.08.91 | 58.6                        | Steven Ledingham     | Balgownie          | 07.06.81        |
| 23.2                               | Richard Gray                                                 | CA Stadium  | 28.08.02 | 58.6                        | Barry Middleton      | Grangemouth        | 15.06.91        |
| 23.3                               | Scott Wilson                                                 | Balgownie   | 27.06.82 | 59.11                       | Paul Torry           | Carmarthen         | 17.07.99        |
|                                    |                                                              |             |          | 59.2                        | Paul Allan           | Balgownie          | 19.08.86        |
|                                    |                                                              |             |          | 59.27                       | Robert Miller        | Grangemouth        | 17.08.00        |
|                                    |                                                              |             |          | 59.5                        | Edward McKenzie      | Balgownie          | 08.06.83        |
| <b>U-17 MEN 400m</b>               |                                                              |             |          |                             |                      |                    |                 |
| 49.21                              | AHMED AL-KOWARRI                                             | Pitreavie   | 08.07.95 | <b>U-17 MEN HIGH JUMP</b>   |                      |                    |                 |
| 50.5                               | Mark Davidson                                                | Dublin      | 20.07.85 | 1.98                        | KEITH OAG            | Dublin             | 13.08.94        |
| 50.50                              | Richard Singer                                               | Meadowbank  | 23.06.95 | 1.97                        | Duncan Mathieson     | Dublin             | 20.07.85        |
| 51.1                               | Colin Wilson                                                 | Grangemouth | 15.06.91 | 1.91                        | Kevin Lutton         | CA Stadium         | 09.05.01        |
| 51.3                               | Richard Gray                                                 | CA Stadium  | 11.09.02 | 1.85                        | Craig Noble          | CA Stadium         | 07.06.92        |
| 51.42                              | Stuart Mathieson                                             | Birmingham  | 16.08.97 | 1.83                        | Miller Mathieson     | Balgownie          | 01.08.81        |
| 52.1                               | Mark Andrew                                                  | Livingston  | 10.08.86 | 1.81                        | William Stark        | Linwood            | 24.07.93        |
| 52.1                               | Colin Donald                                                 | Dundee      | 01.05.83 | 1.80                        | Ian Lind             | CA Stadium         | 02.09.89        |
| 52.3                               | S Wilson (81), D Mathieson (85), R Gray (02), S Rusling (04) |             |          | 1.80                        | George Petrie        | Balgownie          | 03.06.79        |
|                                    |                                                              |             |          | 1.80                        | Peter Sutherland     | CA Stadium         | 08.08.04        |
|                                    |                                                              |             |          | <b>1.80</b>                 | <b>William Smy</b>   | <b>Banchory</b>    | <b>17.08.08</b> |
| <b>U-17 MEN 800m</b>               |                                                              |             |          |                             |                      |                    |                 |
| 1:54.8                             | COLIN DONALD                                                 | Crawley     | 21.07.84 | <b>U-17 MEN POLE VAULT</b>  |                      |                    |                 |
| 1:55.6                             | Thomas Blackie                                               | Balgownie   | 26.06.84 | 3.20                        | MILLER MATHIESON     | Balgownie          | 24.06.81        |
| 1:56.11                            | Steven Rusling                                               | Sheffield   | 17.08.03 | 3.15                        | Fraser Benzie        | CA Stadium         | 11.09.99        |
| 1:56.4                             | Adam Watt                                                    | CA Stadium  | 05.08.01 | 3.10                        | William Stark        | Bourgoin-Jallieu   | 19.09.93        |
| 1:56.6                             | Ross Arbuckle                                                | Meadowbank  | 27.05.78 | 3.05                        | Kenny Lyon           | Balgownie          | 26.07.77        |
| 1:56.6                             | Lewis Walker                                                 | Kirkby      | 27.07.75 | 2.95                        | Duncan Mathieson     | Dundee             | 25.08.85        |
| 1:56.7                             | Alan Wales                                                   | CA Stadium  | 05.08.01 | 2.85                        | Mark Petchey         | Balgownie          | 14.06.83        |
| 1:57.8                             | Frank Boyne                                                  | Grangemouth | 21.08.82 | 2.80                        | Paul Allan           | Balgownie          | 02.09.86        |
| 1:58.03                            | Mark Haskett                                                 | Dumfries    | 19.06.05 | 2.80                        | Bruce Benzie         | Grangemouth        | 16.06.01        |
| 1:59.02                            | Ewan Calvert                                                 | Grangemouth | 16.06.90 | <b>2.80</b>                 | <b>Sam Lyon</b>      | <b>Grangemouth</b> | <b>20.04.08</b> |
|                                    |                                                              |             |          | 2.80                        | Roderick Manson      | Balgownie          | 09.06.83        |
|                                    |                                                              |             |          | 2.80                        | Frank Fenton         | Balgownie          | 12.06.77        |
|                                    |                                                              |             |          | 2.80                        | Chris Jones          | CA Stadium         | 25.06.89        |
| <b>U-17 MEN 1500m</b>              |                                                              |             |          |                             |                      |                    |                 |
| 4:01.1                             | ROSS ARBUCKLE                                                | Meadowbank  | 28.05.78 | <b>U-17 MEN LONG JUMP</b>   |                      |                    |                 |
| 4:04.11                            | Alan Wales                                                   | Cardiff     | 04.07.03 | 6.82                        | DEREK ELM SLIE       | Heriot-Watt        | 22.05.77        |
| 4:04.3                             | Adam Watt                                                    | Grangemouth | 17.06.01 | 6.62                        | William Stark        | Dublin             | 17.07.93        |
| 4:05.2                             | Gary Riddell                                                 | Inverness   | 24.08.86 | 6.60                        | Duncan Mathieson     | Balgownie          | 13.08.85        |
| 4:05.9                             | David Stephen                                                | Glenrothes  | 24.08.80 | 6.24                        | Mark Dobbie          | Bourgoin-Jallieu   | 18.09.93        |
| 4:06.34                            | Mark Kennedy                                                 | Scotstoun   | 20.07.02 | <b>6.24</b>                 | <b>William Smy</b>   | <b>Banchory</b>    | <b>17.08.08</b> |
| 4:06.5                             | Frank Boyne                                                  | Glenrothes  | 06.06.82 | 6.14                        | Peter Sutherland     | Dundee             | 06.06.04        |
| 4:07.6                             | Lewis Walker                                                 | Grangemouth | 31.08.75 | 6.12                        | Dinkar Sabnis        | Inverness          | 08.04.90        |
| 4:08.22                            | Darren Shinnie                                               | Grangemouth | 24.08.03 | 6.09                        | Robert Miller        | Ellon              | 23.09.00        |
| 4:08.5                             | Robert Mitchell                                              | Meadowbank  | 28.05.77 | 6.07                        | Patrick Gray         | Grangemouth        | 20.08.05        |
|                                    |                                                              |             |          | 6.02                        | P Allan/C Jessimsn   |                    | 86/89           |
| <b>U-17 MEN 3000m</b>              |                                                              |             |          |                             |                      |                    |                 |
| 8:42.4                             | ROSS ARBUCKLE                                                | Meadowbank  | 19.08.78 | <b>U-17 MEN TRIPLE JUMP</b> |                      |                    |                 |
| 8:45.19                            | William Duncan                                               | Sheffield   | 16.08.03 | 13.82                       | WILLIAM STARK        | Grangemouth        | 29.08.93        |
| 8:46.12                            | Darren Shinnie                                               | Sheffield   | 16.08.03 | 12.74                       | Dinkar Sabnis        | Grangemouth        | 26.08.90        |
| 8:55.57                            | Adam Watt                                                    | Meadowbank  | 13.05.01 | 12.70                       | Derek Elmslie        | Madowbank          | 03.09.77        |
| 8:56.09                            | Alan Wales                                                   | Grangemouth | 10.06.01 | 12.61                       | Steven Ledingham     | Balgownie          | 16.08.81        |
| 8:57.2                             | David Stephen                                                | Balgownie   | 24.06.80 | 12.61                       | Duncan Mathieson     | Glenrothes         | 23.06.85        |
| 9:05.25                            | James Joy                                                    | Grangemouth | 09.06.07 | 12.60                       | David Parham         | Balgownie          | 23.05.76        |
| 9:06.05                            | Alex Thoires                                                 | Grangemouth | 11.06.05 | 12.55                       | Mark Dobbie          | Grangemouth        | 29.08.93        |
| 9:08.9                             | Mark Kennedy                                                 | Grangemouth | 15.06.02 | 12.46                       | Paul McAndrew        | Dundee             | 30.04.95        |
| 9:09.8                             | Robert Mitchell                                              | Balgownie   | 11.05.77 | <b>12.42</b>                | <b>Stewart Clark</b> | <b>Meadowbank</b>  | <b>29.06.08</b> |
|                                    |                                                              |             |          | 12.37                       | Christopher Rhodes   | CA Stadium         | 26.07.92        |
| <b>U-17 MEN 1500m STEEPLECHASE</b> |                                                              |             |          |                             |                      |                    |                 |
| 4:25.0                             | FRANK BOYNE                                                  | Pitreavie   | 19.06.82 | <b>U-17 MEN SHOT</b>        |                      |                    |                 |
| 4:27.80                            | Alex Thoires                                                 | Tullamore   | 16.07.05 | 13.27                       | KEVIN LUTTON         | CA Stadium         | 05.08.01        |
| 4:27.8                             | Adam Watt                                                    | Grangemouth | 15.06.01 | 12.78                       | Duncan Mathieson     | Balgownie          | 28.05.85        |
| 4:30.6                             | William Duncan                                               | Scotstoun   | 10.08.03 | 12.66                       | Derek Giulianotti    | Balgownie          | 14.09.80        |
| 4:32.2                             | Simon Walker                                                 | CA Stadium  | 24.06.95 | 12.37                       | William Stark        | Dundee             | 11.09.93        |
| 4:32.47                            | Andrew Clark                                                 | Grangemouth | 25.08.02 | 12.32                       | Andrew McCallum      | Dundee             | 11.09.93        |
| 4:33.73                            | Steven Rusling                                               | Grangemouth | 29.08.04 | 12.16                       | Peter Fraser         | Grangemouth        | 28.08.94        |
| 4:37.4                             | Stuart Forbes                                                | Grangemouth | 15.06.01 | 12.06                       | David Robinson       | Balgownie          | 16.08.78        |
| 4:39.00                            | Darren Shinnie                                               | Grangemouth | 13.06.03 | 11.88                       | David Minty          | Peterhead          | 23.04.89        |
| 4:39.68                            | Alan Wales                                                   | Blackpool   | 15.07.00 | 11.87                       | Neil Gillanders      | Dundee             | 25.08.85        |
|                                    |                                                              |             |          | 11.47                       | Paul Allan           | Crown Point        | 07.09.86        |
| <b>U-17 MEN 100m HURDLES</b>       |                                                              |             |          |                             |                      |                    |                 |
| 13.9                               | RICHARD SINGER                                               | Grangemouth | 17.06.95 | <b>U-17 MEN DISCUS</b>      |                      |                    |                 |
| 14.08                              | William Stark                                                | Grangemouth | 29.08.93 | 41.46                       | PETER FRASER         | CA Stadium         | 16.07.94        |
| 14.3                               | John Oxley                                                   | CA Stadium  | 09.09.01 | 36.60                       | Andrew McCallum      | Grangemouth        | 23.06.93        |
| 14.4                               | Steven Ledingham                                             | Scotstoun   | 20.06.81 | 35.38                       | David Minty          | Inverness          | 09.04.89        |
| 14.4                               | David Stewart                                                | Inverness   | 24.08.86 | 34.92                       | Fraser Benzie        | CA Stadium         | 02.09.99        |
| 14.42                              | Mark Dobbie                                                  | Grangemouth | 15.05.93 | 32.76                       | David Robinson       | Balgownie          | 09.04.78        |
| 14.54                              | Stephen Miller                                               | Hexham      | 19.05.02 | 32.74                       | Richard Singer       | Inverness          | 28.05.95        |
| 14.7                               | Duncan Mathieson                                             | Balgownie   | 25.06.85 | 32.50                       | Craig Anderson       | Balgownie          | 20.09.87        |
| 15.0                               | Chris Jessiman                                               | Inverness   | 20.05.89 | 32.42                       | Kevin Lutton         | CA Stadium         | 22.04.01        |
| 15.1                               | Mark Davidson                                                | Balgownie   | 22.04.84 | 32.40                       | Edward McKenzie      | Balgownie          | 17.06.82        |
|                                    |                                                              |             |          | 31.90                       | Paul Torry           | Stoke              | 22.08.99        |
| <b>U-17 MEN 400m HURDLES</b>       |                                                              |             |          |                             |                      |                    |                 |
| 55.37                              | RICHARD SINGER                                               | Colwyn Bay  | 15.07.95 |                             |                      |                    |                 |
| 57.38                              | Richard Gray                                                 | Tullamore   | 03.08.02 |                             |                      |                    |                 |
| 57.8                               | Alasdhair Love                                               | CA Stadium  | 01.06.93 |                             |                      |                    |                 |



**U-17 MEN HAMMER**

|       |                   |            |          |
|-------|-------------------|------------|----------|
| 45.50 | DAVID ROBINSON    | Balgownie  | 21.06.78 |
| 44.80 | Keith Simpson     | CA Stadium | 22.06.97 |
| 43.56 | Barry Dobbie      | CA Stadium | 26.09.96 |
| 40.16 | David Minty       | Inverness  | 02.07.89 |
| 30.78 | George Petrie     | Balgownie  | 16.09.78 |
| 38.80 | David Gagel       | Balgownie  | 01.07.80 |
| 36.04 | Peter Fraser      | Meadowbank | 15.05.94 |
| 35.45 | Matthew Maitland  | Elgin      | 19.09.99 |
| 33.84 | Craig Anderson    | Inverness  | 30.08.87 |
| 31.26 | Derek Giulianotti | Balgownie  | 14.09.80 |

**U-17 MEN JAVELIN**

|              |                   |                  |                 |
|--------------|-------------------|------------------|-----------------|
| 58.36        | PETER FRASER      | Birmingham       | 30.07.94        |
| 51.41        | Kevin Lutton      | Tullamore        | 21.07.01        |
| 51.05        | Keith Simpson     | Meadowbank       | 19.06.98        |
| 47.28        | Robert Miller     | Grangemouth      | 25.06.00        |
| 43.63        | Bruce Benzie      | Grangemouth      | 10.06.01        |
| 43.42        | Andrew McCallum   | CA Stadium       | 23.09.93        |
| 43.24        | Stephen Miller    | CA Stadium       | 04.08.02        |
| <b>42.16</b> | <b>Tom Brodie</b> | <b>Dundee</b>    | <b>27.04.08</b> |
| 41.44        | Paul Henderson    | CA Stadium       | 20.05.04        |
| 41.24        | Mark Dobbie       | Bourgoin-Jalliey | 18.09.93        |

**U-17 MEN OCTATHLON**

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

**U-17 MEN DECATHLON**

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

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

**U-17 WOMEN 100m**

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

**U-17 WOMEN 200m**

|       |                   |             |          |
|-------|-------------------|-------------|----------|
| 24.7  | LOUISE PATERSON   | Crown Point | 16.06.90 |
| 25.05 | Lesley-Ann Mearns | Birmingham  | 14.08.05 |
| 25.1  | Kathleen Madigan  | Coatbridge  | 04.05.86 |
| 25.4  | Nicola Imrie      | Crown Point | 20.06.92 |
| 25.5  | Katrina Leys      | Coatbridge  | 28.05.89 |
| 25.5  | Michelle Bruce    | Grangemouth | 13.06.82 |
| 25.59 | Lorna Johnston    | Grangemouth | 17.06.00 |
| 25.6  | Sandra Gunn       | CA Stadium  | 26.07.92 |
| 25.7  | Debbra Carle      | Balgownie   | 07.09.80 |
| 25.8  | Kirsten Young     | CA Stadium  | 01.09.04 |

**U-17 WOMEN 300m**

|       |                  |                |          |
|-------|------------------|----------------|----------|
| 40.21 | LOUISE PATERSON  | Crystal Palace | 17.08.91 |
| 40.9  | Lorna Johnston   | Grangemouth    | 16.06.00 |
| 41.21 | Rebecca Mortimer | Grangemouth    | 20.08.05 |
| 41.3  | Morag Keenan     | Meadowbank     | 19.06.93 |
| 41.4  | Emma Cloggie     | CA Stadium     | 18.04.04 |
| 41.5  | Nicola Gauld     | Coatbridge     | 17.05.98 |
| 42.0  | Hayley Bowers    | CA Stadium     | 26.05.99 |
| 42.1  | Jaclyn Anderson  | CA Stadium     | 24.08.94 |
| 42.3  | Susan Hendry     | CA Stadium     | 05.04.92 |
| 42.3  | Angela Shearer   | Dundee         | 08.07.01 |

**U-17 WOMEN 400m**

|       |                  |            |          |
|-------|------------------|------------|----------|
| 57.24 | LOUISE PATERSON  | Waterford  | 11.08.90 |
| 57.4  | Lorna Johnston   | CA Stadium | 13.09.00 |
| 57.7  | Dawn Kitchen     | Meadowbank | 17.06.78 |
| 58.5  | Bridie McGlashan | Glenrothes | 14.09.86 |
| 58.6  | Debbra Carle     | Balgownie  | 11.08.81 |
| 58.86 | Jaclyn Anderson  | Meadowbank | 04.09.94 |
| 58.9  | Emma Cloggie     | CA Stadium | 18.08.04 |
| 59.0  | Susan Hendry     | CA Stadium | 16.06.92 |
| 59.5  | Nicola Gauld     | CA Stadium | 19.04.98 |
| 59.6  | Faith Webster    | Balgownie  | 29.07.84 |

**U-17 WOMEN 800m**

|                |                     |                    |                 |
|----------------|---------------------|--------------------|-----------------|
| 2:13.36        | DAWN SIMPSON        | Ayr                | 13.08.88        |
| 2:14.3         | Carolyn Sheehan     | Inverness          | 19.06.88        |
| <b>2:15.24</b> | <b>Ellie Buchan</b> | <b>Grangemouth</b> | <b>14.08.08</b> |
| 2:15.36        | Emma Cloggie        | Solihull           | 06.08.03        |
| 2:16.8         | Jaclyn Anderson     | CA Stadium         | 18.07.93        |
| 2:17.1         | Lynsey Still        | Inverness          | 05.06.94        |
| 2:18.2         | Lisa Davidson       | Coatbridge         | 20.05.90        |
| 2:18.9         | Anna Kyle           | CA Stadium         | 25.06.96        |
| 2:19.0         | Michelle Cherry     | Antrim             | 06.08.83        |
| 2:19.3         | Faith Webster       | Scotstoun          | 16.06.84        |

**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        |
| <b>4:43.5</b> | <b>Ellie Buchan</b> | <b>Dundee</b>  | <b>27.04.08</b> |
| 4:46.6        | Allison Diamond     | Grangemouth    | 05.06.82        |
| 4:49.6        | Trisha Ronney       | Grangemouth    | 08.05.83        |
| 4:49.9        | Dawn Simpson        | Wishaw         | 07.08.88        |
| 4:50.0        | Anna Kyle           | Inverness      | 08.09.96        |
| 4:52.0        | Michelle Cherry     | Coatbridge     | 17.06.84        |
| 4:52.5        | Vicky Clark         | Inverness      | 04.07.93        |

**U-17 WOMEN 3000m**

|                |                     |                   |                 |
|----------------|---------------------|-------------------|-----------------|
| 10:35.0        | CLAIRE BECKER       | CA Stadium        | 26.07.92        |
| <b>10:39.2</b> | <b>Ellie Buchan</b> | <b>CA Stadium</b> | <b>30.04.08</b> |
| 10:42.8        | Carolyn Sheehan     | Balgownie         | 15.05.85        |
| 10:43.9        | Suzie Reid          | CA Stadium        | 23.07.89        |
| 10:45.3        | Jillian Grams       | CA Stadium        | 22.07.90        |
| 10:45.7        | Anna Kyle           | Meadowbank        | 25.08.96        |
| 10:46.7        | Christie Noble      | CA Stadium        | 20.06.07        |
| 10:47.3        | Vicky Clark         | CA Stadium        | 18.07.93        |
| 10:51.4        | Lisa Davidson       | Grangemouth       | 01.08.90        |
| 10:52.0        | Sonia McLaren       | Glenrothes        | 11.04.76        |

**U-17 WOMEN 100m HURDLES**

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 15.5* | LYNDSAY PEDDIE   | Balgownie   | 12.06.83 |
| 15.6* | Jenny Bole       | Grangemouth | 14.06.81 |
| 15.7  | Deirdre Auld     | Balgownie   | 17.06.79 |
| 16.9  | Bridie McGlashan | Inverness   | 24.08.86 |
| 17.2* | Laura Beveridge  | 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**

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 11.7  | CATRIONA PENNET  | Grangemouth | 11.06.00 |
| 11.9  | Gail Murchie     | Grangemouth | 10.07.88 |
| 12.0  | Katy Philip      | Grangemouth | 23.06.93 |
| 12.1  | Bridie McGlashan | Livingston  | 17.05.86 |
| 12.2  | Pamela Gray      | Coatbridge  | 21.05.95 |
| 12.2  | Lyndsay Peddie   | Balgownie   | 06.09.81 |
| 12.21 | Wendy Pennet     | Scotstoun   | 27.07.97 |
| 12.3  | Jenny Bole       | Pitreavie   | 03.05.80 |
| 12.3  | Laura Henderson  | CA Stadium  | 01.07.98 |
| 12.33 | Sylvia Kamyra    | Scotstoun   | 31.07.05 |

**U-17 WOMEN 300m HURDLES**

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 44.14 | SYLVIA KAMYRA    | Carmarthen  | 06.08.05 |
| 44.73 | Angela Shearer   | CA Stadium  | 27.05.01 |
| 45.7  | Catriona Pennet  | CA Stadium  | 02.07.00 |
| 46.28 | Rebecca Mortimer | Grangemouth | 26.08.06 |
| 46.34 | Rebecca Dougall  | Scotstoun   | 27.07.97 |
| 46.9  | Wendy Pennet     | CA Stadium  | 06.06.96 |
| 47.1  | Nicola Gauld     | Dundee      | 28.06.98 |

|      |               |             |          |
|------|---------------|-------------|----------|
| 47.2 | Sandra Gunn   | CA Stadium  | 07.07.91 |
| 47.8 | Morag Keenan  | CA Stadium  | 01.06.93 |
| 48.1 | Jennifer Reid | Crown Point | 18.06.94 |

#### 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

|             |                      |                |                 |
|-------------|----------------------|----------------|-----------------|
| 1.66        | LYNDSAY PEDDIE       | Balgownie      | 30.07.83        |
| <b>1.65</b> | <b>Ellie Workman</b> | <b>Bedford</b> | <b>19.07.08</b> |
| 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        |
| 1.58        | Heather Pirie        | Coatbridge     | 08.08.91        |
| 1.58        | Anne Watt            | Balgownie      | 06.09.81        |
| 1.57        | Suzie Robertson      | Grangemouth    | 01.06.91        |
| 1.56        | Nicola Gauld         | Grangemouth    | 13.06.98        |
| 1.56        | Kimberley Miles      | CA Stadium     | 02.07.00        |

#### 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 |
| 5.40 | Cheryl McHardy  | CA Stadium  | 26.07.98 |
| 5.38 | Laura Beveridge | Antrim      | 06.08.83 |
| 5.27 | Linda Davidson  | Dundee      | 22.06.86 |
| 5.22 | Jenny Bole      | Balgownie   | 13.04.80 |

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

#### U-17 WOMEN SHOT

|       |                 |             |          |
|-------|-----------------|-------------|----------|
| 11.85 | HELEN COWE      | Elgin       | 16.07.83 |
| 10.29 | Sarah Lyon      | Tullamore   | 04.07.99 |
| 9.86  | Jennifer Reid   | Banchory    | 04.09.94 |
| 9.60  | Shirley Gray    | Balgownie   | 18.06.78 |
| 9.54  | Marian Simpson  | Coatbridge  | 28.08.94 |
| 9.48  | Rhona MacLennan | Coatbridge  | 04.05.86 |
| 9.43  | Gail Murchie    | Meadowbank  | 12.06.88 |
| 9.31  | Anita Smith     | Balgownie   | 12.06.83 |
| 9.28  | Lyndsay Peddie  | Balgownie   | 01.06.83 |
| 9.19  | Laura Croxford  | Crown Point | 27.04.97 |

#### U-17 WOMEN DISCUS

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

#### U-17 WOMEN HAMMER

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 31.58 | MARIAN SIMPSON   | Birmingham  | 30.07.94 |
| 25.72 | Catrin Dickson   | CA Stadium  | 08.09.05 |
| 23.16 | Katherine Masson | CA Stadium  | 04.09.95 |
| 22.70 | Kylie Davidson   | Grangemouth | 11.06.04 |

|       |                |            |          |
|-------|----------------|------------|----------|
| 19.87 | Sarah Lyon     | Coatbridge | 30.05.99 |
| 19.68 | Angela Smith   | CA Stadium | 28.05.98 |
| 19.51 | Mollie Hepburn | Inverness  | 16.09.07 |
| 19.24 | Cheryl McHardy | Elgin      | 21.09.97 |
| 17.71 | Sylvia Kamyia  | Dundee     | 05.06.05 |
| 17.60 | Lesley Fowler  | CA Stadium | 29.05.95 |

#### U-17 WOMEN JAVELIN

|              |                      |                    |                 |
|--------------|----------------------|--------------------|-----------------|
| 35.78        | EMILY DOUGALL        | CA Stadium         | 29.05.94        |
| 33.09        | Kimberley Miles      | Sheffield          | 02.09.01        |
| <b>33.03</b> | <b>Ellie Workman</b> | <b>Grangemouth</b> | <b>23.08.08</b> |
| 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        |
| 28.50        | Kathy Rapley         | Coatbridge         | 25.05.97        |
| 27.42        | Vicky Clark          | Grangemouth        | 15.05.93        |
| 27.22        | Laura Croxford       | Meadowbank         | 12.05.96        |
| 26.26        | Rebecca Dougall      | Linwood            | 20.07.97        |

#### U-17 WOMEN HEPTATHLON

|                                                         |                      |              |                 |
|---------------------------------------------------------|----------------------|--------------|-----------------|
| <b>4298</b>                                             | <b>ELLIE WORKMAN</b> | <b>Perth</b> | <b>14.09.08</b> |
| <b>(12.60, 1.62, 8.23, 27.67, 5.20, 32.74, 2:37.37)</b> |                      |              |                 |
| 4192                                                    | Lyndsay Peddie       | Wishaw       | 05.06.83        |
| (16.2, 1.55, 8.97, 27.9, 5.04, 29.94, 3:03.8)           |                      |              |                 |
| 3931                                                    | Louise Paterson      | Stoke        | 08.07.90        |
| 3872                                                    | Kimberley Miles      | Sheffield    | 02.09.01        |
| 3872                                                    | Donna Quirie         | Linwood      | 25.07.93        |
| 3813                                                    | Jennifer Reid        | Linwood      | 25.07.93        |
| 3786                                                    | Rebecca Dougall      | Linwood      | 20.07.97        |
| 3688                                                    | Sarah Still          | CA Stadium   | 20.09.92        |
| 3515                                                    | Wendy Pennet         | Linwood      | 20.07.97        |
| 3341                                                    | Shirley Antoine      | Balgownie    | 19.05.82        |

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

#### ALL TIME TOP 10s – U-15 EVENTS

##### U-15 BOYS 100m

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

##### U-15 BOYS 200m

|       |                                                           |             |          |
|-------|-----------------------------------------------------------|-------------|----------|
| 23.1  | ALEXANDER CARNIE                                          | Crown Point | 07.09.86 |
| 23.5  | Ahmed Al-Kowarri                                          | Grangemouth | 23.06.93 |
| 24.2  | Mark Davidson                                             | Balgownie   | 30.07.83 |
| 24.32 | Stuart Mathieson                                          | Pitreavie   | 09.07.95 |
| 24.45 | William Stark                                             | CA Stadium  | 22.06.91 |
| 24.5  | Paul Manson                                               | Coatbridge  | 02.09.78 |
| 24.6  | Richard Singer                                            | CA Stadium  | 18.07.93 |
| 24.7  | Colin Wilson                                              | CA Stadium  | 10.06.89 |
| 24.8  | F Morton (75), BReaper (81), M Butler (82), A Keelan (88) |             |          |

##### U-15 BOYS 400m

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 52.5  | COLIN DONALD     | Grangemouth | 26.06.82 |
| 52.7  | Ahmed Al-Kowarri | Crown Point | 07.08.93 |
| 53.1  | Stuart Mathieson | Grangemouth | 17.06.95 |
| 53.61 | Richard Singer   | Grangemouth | 11.07.93 |
| 54.2  | Andrew Keelan    | Grangemouth | 18.06.88 |
| 54.93 | Colin Wilson     | Grangemouth | 27.08.89 |
| 55.1  | Steven Rusling   | CA Stadium  | 04.08.02 |
| 55.50 | Mark Davidson    | Scotstoun   | 11.06.83 |
| 56.0  | Richard Murdoch  | CA Stadium  | 13.09.06 |
| 56.48 | Richard Gray     | Inverness   | 09.07.00 |

##### U-15 BOYS 800m

|         |                  |             |          |
|---------|------------------|-------------|----------|
| 2:00.77 | STEVEN RUSLING   | Birmingham  | 11.08.02 |
| 2:01.8  | Colin Donald     | Grangemouth | 26.06.82 |
| 2:07.1  | Michael Anderson | Inverness   | 09.09.90 |
| 2:07.2  | Euan Cameron     | Grangemouth | 18.06.77 |
| 2:08.22 | Mark Haskett     | Grangemouth | 06.07.03 |

|         |                |             |          |       |                      |            |          |
|---------|----------------|-------------|----------|-------|----------------------|------------|----------|
| 2:09.0  | Ewan Calvert   | Pitreavie   | 31.07.88 | 11.32 | Christopher Jessiman | Glenrothes | 13.09.87 |
| 2:09.2  | Colin Wilson   | Crown Point | 30.07.89 | 11.28 | Paul Allan           | Glenrothes | 09.09.84 |
| 2:10.4  | Richard Singer | Grangemouth | 14.08.93 | 11.09 | Jamie Stewart        | CA Stadium | 24.07.94 |
| 2:10.6  | Simon Marwick  | CA Stadium  | 28.07.96 | 10.84 | Bryan Begg           | Balgownie  | 22.06.75 |
| 2:10.11 | Stuart Forbes  | Pitreavie   | 08.05.99 | 10.84 | Steven Stark         |            | 1993     |

#### U-15 BOYS 1500m

|         |                |             |          |
|---------|----------------|-------------|----------|
| 4:21.2  | STEVEN RUSLING | CA Stadium  | 04.08.02 |
| 4:24.50 | Alan Wales     | Grangemouth | 10.07.99 |
| 4:26.0  | Frank Boyne    | Glenrothes  | 24.08.80 |
| 4:26.37 | Mark Kennedy   | Inverness   | 09.07.00 |
| 4:26.51 | Alex 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 |
| 4:30.8  | Gary Riddell   | Dundee      | 26.08.84 |

#### 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

|       |                                  |             |          |
|-------|----------------------------------|-------------|----------|
| 12.00 | WILLIAM STARK                    | Grangemouth | 25.08.91 |
| 12.1  | Derek Elmslie                    | Balgownie   | 22.06.75 |
| 12.3  | Finlay Morton                    | Meadowbank  | 21.09.75 |
| 12.4  | Mark Davidson                    | Dundee      | 26.06.83 |
| 12.4  | Ian Lind                         | Crown Point | 07.08.88 |
| 12.5  | Chris Jessiman                   | Inverness   | 30.08.87 |
| 12.5  | Christopher Maslen               | CA Stadium  | 12.09.99 |
| 12.6  | Paul Manson                      | Glenrothes  | 23.04.78 |
| 12.6  | John Oxley                       | CA Stadium  | 12.09.99 |
| 12.7  | C Wilson (89), A Al-Kowarri (93) |             |          |

#### U-15 BOYS HIGH JUMP

|      |                  |            |          |
|------|------------------|------------|----------|
| 1.75 | KEVIN LUTTON     | CA Stadium | 05.09.99 |
| 1.73 | Duncan Mathieson | Balgownie  | 30.07.83 |
| 1.71 | William Stark    | CA Stadium | 24.08.91 |
| 1.70 | George Petrie    | Balgownie  | 03.09.77 |
| 1.65 | Michael Johnston | Coatbridge | 05.09.76 |
| 1.65 | Andrew Keelan    | Pitreavie  | 31.07.88 |
| 1.65 | Miller Mathieson | Balgownie  | 09.09.79 |
| 1.63 | Ian Lind         | Linksfield | 21.08.88 |
| 1.64 | Steven Stark     | CA Stadium | 28.08.93 |
| 1.63 | Stewart Bruce    | Pitreavie  | 28.07.91 |

#### U-15 BOYS POLE VAULT (Top 7)

|             |                  |                   |                 |
|-------------|------------------|-------------------|-----------------|
| <b>2.61</b> | <b>SAM LYON</b>  | <b>CA Stadium</b> | <b>20.05.07</b> |
| 2.60        | Miller Mathieson | Scotstoun         | 16.06.79        |
| 2.25        | Duncan Mathieson | Balgownie         | 25.07.82        |
| 2.10        | Jamie Thomson    | Meadowbank        | 15.05.04        |
| 2.00        | Thomas Joy       | Scotstoun         | 14.05.05        |
| 2.00        | David Stewart    | Balgownie         | 08.09.84        |
| 1.95        | Bruce Benzie     | CA Stadium        | 12.09.98        |

#### U-15 BOYS LONG JUMP

|      |                    |            |          |
|------|--------------------|------------|----------|
| 5.82 | WILLIAM STARK      | CA Stadium | 04.07.91 |
| 5.71 | Derek Elmslie      | Pitreavie  | 29.06.75 |
| 5.70 | Richard Singer     | CA Stadium | 22.08.93 |
| 5.55 | Christopher Maslen | CA Stadium | 29.06.99 |
| 5.47 | Ahmed Al-Kowarri   | Dundee     | 15.04.93 |
| 5.47 | Miller Mathieson   | Meadowbank | 08.09.79 |
| 5.47 | Wilson Moir        | Meadowbank | 03.09.77 |
| 5.37 | Alexander Carnie   |            | 1986     |
| 5.34 | Stuart Mathieson   | CA Stadium | 07.05.95 |
| 5.31 | Bryan Begg         | Dundee     | 13.04.75 |

#### U-15 BOYS TRIPLE JUMP

|       |               |             |          |
|-------|---------------|-------------|----------|
| 12.10 | WILLIAM STARK | Crown Point | 10.08.91 |
| 11.75 | Wilson Moir   | Saughton    | 22.05.77 |
| 11.66 | Ian Lind      | Glenrothes  | 11.09.88 |
| 11.48 | Alan Cameron  | Balgownie   | 22.06.75 |
| 11.33 | David Parham  | Meadowbank  | 21.09.75 |

#### U-15 BOYS SHOT

|       |                 |             |          |
|-------|-----------------|-------------|----------|
| 11.89 | KEVIN LUTTON    | Dundee      | 27.06.99 |
| 11.78 | Derek Elmslie   | Balgownie   | 22.06.75 |
| 11.30 | Geoffrey Burton | Balgownie   | 12.08.78 |
| 11.17 | Edward McKenzie | Balgownie   | 01.08.81 |
| 11.11 | David Gagel     | Balgownie   | 20.08.78 |
| 10.94 | Peter Fraser    |             | 1992     |
| 10.72 | Neil Gillanders | Balgownie   | 11.09.83 |
| 10.66 | William Stark   | CA Stadium  | 07.04.91 |
| 10.20 | Scott Lennox    | Crown Point | 07.08.93 |
| 10.12 | Andrew Keelan   | Inverness   | 10.04.88 |

#### U-15 BOYS DISCUS

|       |                 |            |          |
|-------|-----------------|------------|----------|
| 33.91 | KEVIN LUTTON    | Elgin      | 19.09.99 |
| 33.64 | Edward McKenzie | Glenrothes | 22.08.81 |
| 32.16 | Peter Fraser    | CA Stadium | 03.05.92 |
| 30.80 | Stuart Scoble   | Scotstoun  | 04.09.83 |
| 29.28 | Keith Simpson   | CA Stadium | 07.05.95 |
| 28.18 | Fraser Benzie   | Dundee     | 06.07.97 |
| 27.88 | Andrew McCallum | CA Stadium | 29.09.91 |
| 26.24 | John Petchey    | Pitreavie  | 20.08.83 |
| 26.16 | Tom Brodie      | Inverness  | 10.09.06 |
| 26.04 | William Stark   | CA Stadium | 07.07.92 |

#### U-15 BOYS HAMMER (Top 7)

|       |               |            |          |
|-------|---------------|------------|----------|
| 32.38 | GEORGE PETRIE | Balgownie  | 21.08.77 |
| 31.90 | David Gagel   | Balgownie  | 16.09.78 |
| 26.43 | Kevin Lutton  | CA Stadium | 27.05.99 |
| 25.76 | Barry Dobbie  | CA Stadium | 16.06.94 |
| 20.04 | Keith Simpson | CA Stadium | 29.05.95 |
| 16.60 | Gareth Orme   | CA Stadium | 29.05.95 |
| 13.82 | Fraser Benzie | CA Stadium | 26.09.96 |

#### U-15 BOYS JAVELIN

|              |                  |                   |                 |
|--------------|------------------|-------------------|-----------------|
| 50.70        | KEITH SIMPSON    | Inverness         | 08.09.96        |
| 48.22        | Peter Fraser     | Grangemouth       | 30.08.92        |
| 42.88        | Kevin Lutton     | Elgin             | 19.09.99        |
| 39.52        | Tom Brodie       | Dundee            | 02.07.06        |
| 37.70        | Bruce Benzie     | Grangemouth       | 12.06.99        |
| 37.94        | Jamie Thomson    | Grangemouth       | 16.06.04        |
| 36.66        | Ahmed Al-Kowarri | CA Stadium        | 20.06.93        |
| 35.49        | Stephen Miller   | CA Stadium        | 23.07.00        |
| <b>33.69</b> | <b>Sam Lyon</b>  | <b>CA Stadium</b> | <b>21.06.07</b> |
| 32.86        | Thomas Joy       | CA Stadium        | 04.09.05        |

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

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

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

#### U-15 GIRLS 100m

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

#### U-15 GIRLS 200m

|       |                   |             |          |
|-------|-------------------|-------------|----------|
| 25.05 | LESLEY-ANN MEARNS | Birmingham  | 14.08.05 |
| 25.5  | Michelle Bruce    | Grangemouth | 13.06.82 |
| 25.89 | Louise Paterson   | Grangemouth | 01.07.89 |
| 26.3  | Sandra Gunn       | Coatbridge  | 20.05.90 |
| 26.3  | Kathleen Madigan  | Pitreavie   | 05.05.84 |
| 26.51 | Angela Shearer    | Sheffield   | 14.08.99 |
| 26.63 | Gemma Hair        | Greenock    | 04.06.95 |
| 26.7  | Emma Cloggie      | Dundee      | 23.06.02 |
| 26.7  | Karen Cussell     | Balgownie   | 10.09.78 |

|      |               |             |          |
|------|---------------|-------------|----------|
| 26.7 | Katrina Leys  | Wishaw      | 06.09.87 |
| 26.7 | Fiona Lumsden | Coatbridge  | 29.04.90 |
| 26.7 | Jennifer Reid | Crown Point | 20.06.92 |

#### U-15 GIRLS 800m

|         |                  |             |          |
|---------|------------------|-------------|----------|
| 2:13.36 | DAWN SIMPSON     | Ayr         | 13.08.88 |
| 2:14.3  | Carolyn Sheehan  | Inverness   | 19.08.84 |
| 2:16.02 | Ellie Buchan     | Grangemouth | 19.08.07 |
| 2:16.8  | Jaclyn Anderson  | CA Stadium  | 18.07.93 |
| 2:18.51 | Emma Cloggie     | Grangemouth | 22.06.02 |
| 2:19.0  | Michelle Cherry  | Antrim      | 06.08.83 |
| 2:20.50 | Jennifer MacLean | Meadowbank  | 17.06.95 |
| 2:20.66 | Christie Noble   | Scotstoun   | 24.04.05 |
| 2:21.3  | Beccy Adron      | Scotstoun   | 19.06.82 |
| 2:21.6  | Vicky Clark      | Coatbridge  | 08.09.91 |

#### 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        |
| 4:49.9  | Dawn Simpson        | Wishaw             | 07.08.88        |
| 4:52.0  | Michelle Cherry     | Coatbridge         | 17.06.84        |
| 4:52.8  | Caroline Clarkson   | Coatbridge         | 26.05.91        |
| 4:54.9  | Jaclyn Anderson     | Coatbridge         | 12.09.93        |
| 4:55.3  | Christie Noble      | CA Stadium         | 31.08.05        |
| 4:56.22 | Jennifer MacLean    | Meadowbank         | 10.09.95        |
| 4:58.25 | <b>Kate Murdoch</b> | <b>Grangemouth</b> | <b>14.06.08</b> |

#### U-15 GIRLS 75m HURDLES

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

#### U-15 GIRLS HIGH JUMP

|      |                                                                                                                        |             |          |
|------|------------------------------------------------------------------------------------------------------------------------|-------------|----------|
| 1.58 | ANNE WATT                                                                                                              | Balgownie   | 06.09.81 |
| 1.57 | Suzie Robertson                                                                                                        | Grangemouth | 01.06.91 |
| 1.50 | Kimberley Miles                                                                                                        | CA Stadium  | 12.09.99 |
| 1.50 | Lyndsay Peddie                                                                                                         | Balgownie   | 06.09.81 |
| 1.49 | Kate Rice                                                                                                              | Grangemouth | 14.06.85 |
| 1.48 | Nicola Gauld                                                                                                           | Meadowbank  | 12.05.96 |
| 1.48 | Katrina Leys                                                                                                           | Wishaw      | 07.08.88 |
| 1.48 | Wendy Pennet                                                                                                           | Coatbridge  | 27.08.95 |
| 1.46 | Debra Johnston                                                                                                         | Balgownie   | 16.08.81 |
| 1.45 | A Leitch (78), S Boyle (89), H Pirie (89), D Burr (90), L Still (92), G Matheson (93), L Henderson (97), C Pennet (98) |             |          |

#### U-15 GIRLS LONG JUMP

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

#### U-15 GIRLS SHOT

|       |                 |             |          |
|-------|-----------------|-------------|----------|
| 12.18 | HELEN COWE      | Swansea     | 08.08.81 |
| 10.29 | Rhona MacLennan | Coatbridge  | 02.09.84 |
| 10.13 | Marian Simpson  | Coatbridge  | 31.05.92 |
| 10.00 | Sarah Lyon      | Inverness   | 13.09.98 |
| 9.88  | Gail Murchie    | Livingston  | 17.05.86 |
| 9.61  | Jennifer Reid   | Crown Point | 16.08.92 |
| 9.60  | Lyndsay Peddie  | Balgownie   | 15.08.81 |
| 9.49  | Pamela Bruce    | Pitreavie   | 06.05.78 |
| 9.37  | Laura Crockford | Meadowbank  | 12.05.96 |
| 9.18  | Jillian Thomson | Coatbridge  | 12.09.93 |

#### U-15 GIRLS DISCUS

|       |                |            |          |
|-------|----------------|------------|----------|
| 31.92 | HELEN COWE     | Balgownie  | 16.08.81 |
| 28.06 | Pamela Bruce   | Balgownie  | 03.09.78 |
| 26.10 | Marian Simpson | Coatbridge | 13.09.92 |

|       |                 |             |          |
|-------|-----------------|-------------|----------|
| 25.82 | Cheryl McHardy  | Pitreavie   | 17.08.96 |
| 25.34 | Lorraine Dearie | Glenrothes  | 14.09.86 |
| 24.78 | Gillian Tindall | Glenrothes  | 02.09.79 |
| 24.36 | Lesley Fowler   | Dundee      | 22.08.93 |
| 24.34 | Angela Smith    | CA Stadium  | 09.06.96 |
| 23.08 | Kathy Rapley    | Grangemouth | 14.05.95 |
| 23.02 | Emma Coutts     | Pitreavie   | 17.08.97 |

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

|       |                 |             |          |
|-------|-----------------|-------------|----------|
| 30.32 | EMILY DOUGALL   | Grangemouth | 24.06.92 |
| 28.74 | Marian Simpson  | Meadowbank  | 17.05.92 |
| 27.22 | Laura Crockford | Meadowbank  | 12.05.96 |
| 26.82 | Kathy Rapley    | CA Stadium  | 03.09.95 |
| 25.73 | Jade Christie   | CA Stadium  | 25.07.99 |
| 24.72 | Lesley Fowler   | Meadowbank  | 05.09.93 |
| 23.84 | Jennifer Reid   | CA Stadium  | 31.05.92 |
| 23.60 | Angela Shearer  | CA Stadium  | 05.09.99 |
| 23.46 | Emma Coutts     | Crown Point | 27.04.97 |
| 23.22 | Vicky Clark     | CA Stadium  | 24.08.91 |

#### U-15 GIRLS PENTATHLON

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

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

### ALL TIME TOP 10s – VETERAN EVENTS

#### VETERAN MEN 100m

|       |                   |                  |                 |
|-------|-------------------|------------------|-----------------|
| 11.7  | ALAN MACKENZIE    | Nairn            | 18.08.90        |
| 11.7  | Trevor Madigan    | Balgownie        | 31.08.85        |
| 11.7  | Robin Riley       |                  | 1979            |
| 11.9  | Chris Coulter     | Balgownie        | 05.09.87        |
| 12.0  | Forbes Bruce      | Balgownie        | 08.08.81        |
| 12.0  | Brian Gordon      | Linkfield        | 03.09.88        |
| 12.0  | Malcolm Clarkson  | Balgownie        | 05.09.87        |
| 12.1  | Denis Shepherd    | Inverness        | 12.09.92        |
| 12.1  | Allan Stirling    | Balgownie        | 05.09.87        |
| 12.39 | <b>Mike Astel</b> | <b>Inverness</b> | <b>12.04.08</b> |

#### VETERAN MEN 200m

|      |                  |             |          |
|------|------------------|-------------|----------|
| 24.1 | ROBIN RILLEY     | Balgownie   | 09.09.79 |
| 24.6 | Frank Gauld      | CA Stadium  | 10.06.00 |
| 24.6 | Denis Shepherd   | CA Stadium  | 26.08.92 |
| 24.7 | Malcolm Clarkson | Linkfield   | 06.09.88 |
| 24.7 | Allan Stirling   | Crown Point | 28.06.87 |
| 24.8 | Brian Gordon     | Grangemouth | 27.08.88 |
| 25.0 | Trevor Madigan   | Coatbridge  | 14.07.85 |
| 25.2 | Alan Fulton      | CA Stadium  | 22.08.91 |
| 25.3 | Chris Coulter    | Balgownie   | 12.08.87 |
| 25.3 | Kenny Lyon       | CA Stadium  | 22.07.01 |

#### VETERAN MEN 400m

|       |                      |             |          |
|-------|----------------------|-------------|----------|
| 53.0  | DENIS SHEPHERD       | CA Stadium  | 29.06.93 |
| 54.8  | Alan Fulton          | CA Stadium  | 18.06.91 |
| 54.8  | Frank Gauld          | CA Stadium  | 10.06.00 |
| 55.2  | Allan Stirling       | Malmö (SWE) | 28.07.86 |
| 56.0  | Mike Simpson         | CA Stadium  | 27.05.97 |
| 56.2  | Roderick MacFarquhar | Balgownie   | 11.08.82 |
| 56.40 | Kenny Lyon           | Sheffield   | 08.09.01 |
| 56.6  | Jim Burr             | CA Stadium  | 13.09.95 |
| 56.8  | Bill Scullion        | CA Stadium  | 16.06.93 |
| 57.3  | Dave Walker          | CA Stadium  | 29.06.93 |

#### VETERAN MEN 800m

|         |                      |            |          |
|---------|----------------------|------------|----------|
| 2:01.0  | DENIS SHEPHERD       | Dundee     | 22.08.93 |
| 2:01.1  | Hunter Watson        | Coatbridge | 30.05.76 |
| 2:02.72 | Roderick MacFarquhar | Strasbourg | 15.07.82 |
| 2:06.1  | Alan Fulton          | Inverness  | 10.06.95 |
| 2:08.1  | Frank Gauld          | Dundee     | 28.05.00 |
| 2:08.8  | Ken Hogg             | Dundee     | 18.06.89 |

|        |                 |            |          |       |                      |                     |          |
|--------|-----------------|------------|----------|-------|----------------------|---------------------|----------|
| 2:10.3 | Dave Armitage   | CA Stadium | 24.08.91 | 69:24 | Donald Ritchie       | Inverness           | 23.03.85 |
| 2:10.7 | Jim Burr        | CA Stadium | 27.08.94 | 69:27 | George Sim           | Dyce                | 14.07.91 |
| 2:11.2 | Bill Scullion   | CA Stadium | 28.08.93 | 70:19 | Roderick MacFarquhar | Peterhead           | 26.08.84 |
| 2:13.1 | John Ballentine | CA Stadium | 28.08.93 | 70:22 | Graham Milne         | Peterhead           | 19.06.88 |
| 2:13.1 | Frank Smith     | CA Stadium | 22.07.01 | 70:50 | Bill Adams           | Mariehamm (Finland) | 29.06.91 |
|        |                 |            |          | 72:27 | Ken Hogg             | Dyce                | 27.03.88 |
|        |                 |            |          | 73:26 | Ben Preece           | Inverness           | 20.03.88 |

#### VETERAN MEN 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 |
| 16:30.4  | Davy Grubb           | CA Stadium  | 04.07.89 |
| 16:46.7  | Dave Armitage        | CA Stadium  | 02.06.94 |

#### 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)

|         |               |             |          |
|---------|---------------|-------------|----------|
| 10:28.3 | FRANK BOYNE   | Wishaw      | 20.08.06 |
| 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 |

#### 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 (TOP 9)

|      |                  |                |          |
|------|------------------|----------------|----------|
| 1.67 | DENIS SHEPHERD   | Inverness      | 12.09.92 |
| 1.65 | Bill Lonsdale    | CA Stadium     | 21.05.03 |
| 1.65 | Trevor Madigan   | Balgownie      | 01.07.87 |
| 1.65 | Robert Masson    | Balgownie      | 01.07.87 |
| 1.55 | Kenny Lyon       | CA Stadium     | 12.05.04 |
| 1.42 | Edward McKenzie  | Riccione (ITA) | 04.09.07 |
| 1.40 | Malcolm Clarkson | CA Stadium     | 07.06.89 |
| 1.30 | Ken Peddie       | Balgownie      | 15.05.84 |
| 1.20 | Alan Johnston    | Balgownie      | 23.06.81 |

#### VETERAN MEN POLE VAULT (Top 5)

|      |                 |                  |          |
|------|-----------------|------------------|----------|
| 3.65 | KENNY LYON      | CA Stadium       | 01.09.01 |
| 3.60 | Robert Masson   | Balgownie        | 08.07.87 |
| 2.40 | Edward Mckenzie | Ljubljana (SLOV) | 24.07.08 |
| 2.25 | Trevor Madigan  | Balgownie        | 06.04.86 |
| 1.90 | Ian Morrison    | Balgownie        | 10.08.82 |

#### VETERAN MEN LONG JUMP

|      |                  |            |          |
|------|------------------|------------|----------|
| 5.95 | KENNY LYON       | CA Stadium | 01.04.01 |
| 5.76 | Robert Masson    | Balgownie  | 20.09.87 |
| 5.75 | Trevor Madigan   | Balgownie  | 05.09.87 |
| 5.55 | Miller Mathieson | Balgownie  | 05.08.79 |
| 5.55 | Forbes Bruce     | Balgownie  | 05.08.79 |
| 5.49 | Malcolm Clarkson | Balgownie  | 05.09.87 |
| 5.48 | Chris Coulter    | Balgownie  | 05.09.87 |
| 5.46 | Denis Shepherd   | CA Stadium | 02.09.92 |
| 5.22 | Frank Gauld      | CA Stadium | 26.08.98 |
| 5.20 | Douglas Cooper   | CA Stadium | 26.08.89 |

#### 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 |
| 4.14  | Hugo Fletcher    | CA Stadium  | 01.05.02 |

#### VETERAN MEN SHOT

|        |                  |                |          |
|--------|------------------|----------------|----------|
| 12.32  | ROBERT MASSON    | CA Stadium     | 26.08.89 |
| 11.68  | Forbes Bruce     | Balgownie      | 08.08.81 |
| 11.16  | Kenny Lyon       | CA Stadium     | 30.08.07 |
| 11.13  | 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 |
| 10.58* | Edward McKenzie  | Riccione (ITA) | 04.09.07 |
| 10.41  | Malcolm Clarkson | CA Stadium     | 15.05.91 |
| 10.17  | Alan Bews        | Balgownie      | 18.05.87 |

\* Senior men's implements

#### VETERAN MEN DISCUS

|        |                 |            |          |
|--------|-----------------|------------|----------|
| 39.86  | ROBERT MASSON   | CA Stadium | 03.09.92 |
| 32.49  | Kenny Lyon      | CA Stadium | 26.08.04 |
| 32.32* | Edward Mckenzie | Tullamore  | 18.08.07 |
| 32.20  | Forbes Bruce    | Balgownie  | 03.08.82 |
| 32.17  | Colin Harris    | CA Stadium | 28.05.05 |
| 30.52  | Paddy Grant     | CA Stadium | 02.09.99 |

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 30.15 | Frank Gauld      | CA Stadium  | 24.08.00 |
| 28.30 | Ian Maitland     | Dundee      | 11.09.93 |
| 27.94 | Malcolm Clarkson | CA Stadium  | 25.08.90 |
| 25.90 | Bill Lonsdale    | Grangemouth | 25.08.02 |

\* Senior men's implements

#### VETERAN MEN HAMMER

|               |                        |                   |                 |
|---------------|------------------------|-------------------|-----------------|
| 34.35         | ROBERT MASSON          | CA Stadium        | 19.04.98        |
| <b>32.20*</b> | <b>Edward McKenzie</b> | <b>Meadowbank</b> | <b>29.06.08</b> |
| 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        |
| 27.06         | 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        |
| 22.26         | John Leys              | Balgownie         | 02.07.85        |

\* Senior men's implements

#### VETERAN MEN JAVELIN

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

\* Senior men's implements

#### VETERAN MEN DECATHLON

|      |                |            |          |
|------|----------------|------------|----------|
| 4738 | TREVOR MADIGAN | Balgownie  | 30.04.86 |
| 3658 | Bob Masson     | CA Stadium | 16.07.95 |

#### Age-graded

|             |                        |                         |                 |
|-------------|------------------------|-------------------------|-----------------|
| 6251        | Robert Masson          | Gateshead               | 30.07.99        |
| 5647        | Kenny Lyon             | Sheffield               | 09.09.01        |
| 4506        | Bill Lonsdale          | Grangemouth             | 25.08.02        |
| <b>4400</b> | <b>Edward McKenzie</b> | <b>Ljubljana (SLOV)</b> | <b>25.07.08</b> |

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        |
| <b>13.54</b> | <b>Fiona Davidson</b> | <b>Pitreavie</b> | <b>21.06.08</b> |
| 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         | Tracy Wilson          | CA Stadium       | 28.08.93        |
| 14.5         | Sonia Armitage        | CA Stadium       | 04.09.05        |

#### 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 |
| 29.4  | Joyce Hogg       | Linksfield | 06.09.88 |
| 29.81 | Laura Mahady     | Dumfries   | 13.06.04 |
| 30.0  | Linda Michie     | CA Stadium | 30.08.06 |
| 30.2  | Shona McKinnon   | CA Stadium | 28.08.02 |
| 30.6  | Tracey Wilson    | CA Stadium | 03.04.94 |
| 33.2  | Brigitte Mulsant | CA Stadium | 30.08.89 |
| 33.8  | Heather Young    | Dundee     | 23.06.02 |

#### VETERAN WOMEN 400m(Top 9)

|              |                         |                        |                 |
|--------------|-------------------------|------------------------|-----------------|
| <b>63.16</b> | <b>Kathleen Madigan</b> | <b>Tullamore (IRL)</b> | <b>09.08.08</b> |
| 63.6         | Janet Lyon              | Dundee                 | 15.04.01        |
| 63.79        | Sonia Armitage          | Grangemouth            | 21.06.03        |
| 64.4         | Heather Wisley          | Grangemouth            | 27.08.88        |
| <b>65.29</b> | <b>Laura Mahady</b>     | <b>Pitreavie</b>       | <b>21.06.08</b> |
| 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        |
| 2:20.6        | Heather Wisley      | Inverness    | 13.05.90        |
| 2:24.4        | Nancy MacKinnon     | CA Stadium   | 10.09.88        |
| <b>2:24.5</b> | <b>Laura Mahady</b> | <b>Perth</b> | <b>21.09.08</b> |
| 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 |
| 4:57.1  | 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 |
| 5:03.7  | Laura Mahady    | CA Stadium | 05.09.07 |
| 5:07.4  | Nancy MacKinnon | CA Stadium | 06.09.88 |
| 5:20.7  | Annette Orme    | Dundee     | 04.06.95 |
| 5:21.8  | Joyce Hogg      | CA Stadium | 06.09.88 |
| 5:44.8  | Carole Hawthorn | Balgownie  | 14.08.84 |

#### VETERAN WOMEN 3000m

|          |                 |            |          |
|----------|-----------------|------------|----------|
| 9:51.9   | HEATHER WISLEY  | Coatbridge | 20.05.90 |
| 10:03.1  | Sonia Armitage  | Coatbridge | 29.08.98 |
| 10:26.2  | Lynda Bain      | CA Stadium | 09.06.91 |
| 10:42.8  | Hazel Gaskell   | CA Stadium | 18.07.93 |
| 10:48.2  | Nancy MacKinnon | CA Stadium | 23.07.89 |
| 11:00.2  | Laura Mahady    | CA Stadium | 21.05.03 |
| 11:00.4  | Rhona Buchan    | Dundee     | 09.07.06 |
| 11:19.0  | Kathryn Mearns  | CA Stadium | 21.05.03 |
| 11:20.5  | Helen Brown     | Balgownie  | 29.06.88 |
| 11:22.09 | Diana Jermieson | Meadowbank | 10.06.90 |

#### VETERAN WOMEN 5000m

|                |                     |                   |                 |
|----------------|---------------------|-------------------|-----------------|
| 17:48.80       | SONIA ARMITAGE      | Chester-le-Street | 31.07.99        |
| 18:49.7        | Rhona Buchan        | CA Stadium        | 29.08.07        |
| <b>19:02.1</b> | <b>Laura Mahady</b> | <b>CA Stadium</b> | <b>28.05.08</b> |
| 19:07.8        | Kathryn Mearns      | CA Stadium        | 14.08.97        |
| 19:41.1        | Lynda Bain          | CA Stadium        | 24.09.91        |
| 20:15.9        | Margaret Stafford   | CA Stadium        | 24.09.91        |
| 21:57.9        | Bing Kerr           | CA Stadium        | 04.07.89        |
| 22:49.2        | Alison Henderson    | CA Stadium        | 12.08.99        |
| 23:16.0        | Janice Gordon       | CA Stadium        | 31.07.02        |
| 23:46.9        | Anne Lindsay        | Balgownie         | 19.08.87        |

#### VETERAN WOMEN 10000m(Top 5)

|         |                 |            |          |
|---------|-----------------|------------|----------|
| 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 |
| 48:40.8 | Janice Gordon   | CA Stadium | 04.07.02 |
| 48:42.8 | Nancy MacKinnon | CA Stadium | 04.07.02 |

#### VETERAN WOMEN HALF MARATHON

|       |                   |            |          |
|-------|-------------------|------------|----------|
| 82:09 | ULLI SIMPSON      | CA Stadium | 26.08.90 |
| 84:05 | Lynda Bain        | Linksfield | 29.08.93 |
| 85:42 | Hazel Gaskell     | Linksfield | 29.08.93 |
| 85:51 | Heather Wisley    | Linksfield | 28.08.88 |
| 87:48 | Diana Jermieson   | Rannoch    | 25.06.89 |
| 88:50 | Angela Hepburn    | Elgin      | 04.09.05 |
| 89:35 | Jackie Nuttall    | Dyce       | 27.03.88 |
| 89:43 | Margaret Stafford | Inverdee   | 29.03.92 |
| 90:58 | Nancy MacKinnon   | Peterhead  | 17.06.90 |
| 92:02 | Helen Brown       | Linksfield | 28.08.88 |

#### VETERAN WOMEN MARATHON

|         |                    |           |          |
|---------|--------------------|-----------|----------|
| 3:00:32 | MARGARET STAFFORD  | London    | 22.04.90 |
| 3:15:52 | Diana Jermieson    | Beach     | 28.05.89 |
| 3:24:22 | 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 |
| 3:57:26 | Irene Petchey      | Glasgow   | 17.10.82 |



|                                |                    |             |          |                                                |                      |                    |                 |
|--------------------------------|--------------------|-------------|----------|------------------------------------------------|----------------------|--------------------|-----------------|
| 54.4                           | Stewart Mason      | Kelvin Hall | 18.11.98 | 6.72                                           | Robert Miller        | Kelvin Hall        | 02.03.03        |
| 54.60                          | Denis Shepherd     | Kelvin Hall | 13.03.93 | 6.62                                           | Mark Dobbie          | Kelvin Hall        | 17.02.96        |
| <b>MEN 800m (Top 10)</b>       |                    |             |          |                                                |                      |                    |                 |
| 1:56.75                        | FRANK BOYNE        | Kelvin Hall | 07.02.93 | 6.42                                           | Tom Leeson           | Kelvin Hall        | 15.02.97        |
| 1:57.31                        | Adam Watt          | Kelvin Hall | 17.02.02 | 6.34                                           | Paul Allan           | Kelvin Hall        | 03.02.90        |
| 1:57.8                         | Mark Davidson      | Kelvin Hall | 25.02.89 | 6.29                                           | Kenny Lyon           | Kelvin Hall        | 25.02.89        |
| 1:57.9                         | Ewan Calvert       | Kelvin Hall | 12.02.92 | 6.25                                           | Keith Oag            | Kelvin Hall        | 17.02.96        |
| 1:59.34                        | Steven Rusling     | Kelvin Hall | 18.01.04 | 6.21                                           | Michael Spink        | Kelvin Hall        | 10.02.94        |
| 2:00.07                        | Stewart Mason      | Kelvin Hall | 30.01.99 | <b>MEN TRIPLE JUMP (Top 10)</b>                |                      |                    |                 |
| 2:01.13                        | David Stephen      | Ingliston   | 31.01.87 | 13.97                                          | WILLIAM STARK        | Kelvin Hall        | 23.01.94        |
| 2:01.31                        | Alasdhair Love     | Kelvin Hall | 15.01.95 | 13.77                                          | Dinkar Sabnis        | Kelvin Hall        | 14.03.92        |
| 2:01.56                        | Robert Thornhill   | Kelvin Hall | 06.11.02 | 13.52                                          | Paul Allan           | Kelvin Hall        | 14.02.90        |
| 2:02.01                        | Mark Kennedy       | Kelvin Hall | 12.01.02 | 12.76                                          | Robert Miller        | Kelvin Hall        | 02.03.03        |
| <b>MEN 1000m (Top 10)</b>      |                    |             |          |                                                |                      |                    |                 |
| 2:30.94                        | MARK KENNEDY       | Kelvin Hall | 06.03.04 | 12.40                                          | Paul McAndrew        | Kelvin Hall        | 03.02.96        |
| 2:45.79                        | Paul Allan         | Kelvin Hall | 04.02.90 | 12.39                                          | Michael Spink        | Kelvin Hall        | 21.02.93        |
| 2:48.50                        | Barry Middleton    | Kelvin Hall | 15.02.92 | 12.13                                          | Donald Prentice      | Kelvin Hall        | 03.02.96        |
| 2:50.28                        | Paul Torry         | Kelvin Hall | 12.03.00 | 12.13                                          | Chris Rhodes         | Kelvin Hall        | 06.02.94        |
| 2:52.24                        | Robert Miller      | Kelvin Hall | 26:01.03 | 12.03                                          | Andrew McCallum      | Kelvin Hall        | 25.10.95        |
| 2:54.6                         | Kenny Lyon         | Kelvin Hall | 26.02.89 | 11.64                                          | Kenny Lyon           | Kelvin Hall        | 25.02.01        |
| 2:55.06                        | Stephen Miller     | Kelvin Hall | 26.01.03 | <b>MEN SHOT (Top 10)</b>                       |                      |                    |                 |
| 2:55.1                         | Duncan Mathieson   | Kelvin Hall | 26.02.89 | 14.10                                          | PAUL ALLAN           | Kelvin Hall        | 10.03.93        |
| 2:56.02                        | Mark Dobbie        | Kelvin Hall | 19.02.95 | 13.62                                          | Duncan Mathieson     | Kelvin Hall        | 15.02.97        |
| 3:00.57                        | Richard Singer     | Kelvin Hall | 05.03.95 | 13.23                                          | Donald Clerk         | Perth              | 20.03.76        |
| <b>MEN 1500m (Top 10)</b>      |                    |             |          |                                                |                      |                    |                 |
| 4:01.57                        | DAVID STEPHEN      | Ingliston   | 01.02.87 | 12.88                                          | Bruce McKay          | Perth              | 20.03.76        |
| 4:02.6                         | Mark Kennedy       | Kelvin Hall | 12.02.04 | 12.70                                          | Bruce Shepherd       | Kelvin Hall        | 26.01.92        |
| 4:04.40                        | Adam Watt          | Kelvin Hall | 02.03.03 | 12.63                                          | Gordon Smith         | Kelvin Hall        | 16.01.88        |
| 4:05.8                         | Alan Wales         | Kelvin Hall | 31.01.02 | 12.18                                          | <b>Fintan McCabe</b> | <b>Kelvin Hall</b> | <b>16.02.08</b> |
| 4:07.3                         | Willie Duncan      | Kelvin Hall | 12.02.04 | 12.06                                          | Tom Leeson           | Kelvin Hall        | 15.02.97        |
| 4:10.44                        | Michael Anderson   | Kelvin Hall | 21.02.93 | 11.64                                          | Andrew McCallum      | Kelvin Hall        | 15.01.94        |
| 4:12.1                         | Robin Sutherland   | Kelvin Hall | 13.02.91 | 11.06                                          | Craig Loney          | Kelvin Hall        | 10.12.03        |
| 4:17.4                         | Stewart Mason      | Kelvin Hall | 24.11.99 | <b>MEN HEPTATHLON (TOP 5)</b>                  |                      |                    |                 |
| 4:17.4                         | Colin Youngson     | Kelvin Hall | 07.03.92 | 5275                                           | DUNCAN MATHIESON     | Kelvin Hall        | 16.02.97        |
| 4:20.90                        | Richard Wainford   | Kelvin Hall | 07.12.02 | (7.06; 7.06; 13.62; 1.94; 8.32; 4.00; 3:05.43) |                      |                    |                 |
| <b>MEN 3000m (TOP 5)</b>       |                    |             |          |                                                |                      |                    |                 |
| 8:27.22                        | ALAN WALES         | Sheffield   | 26.02.06 | 4629                                           | Paul Allan           | Kelvin Hall        | 04.02.90        |
| 8:31.63                        | Ben Hukins         | Cardiff     | 11.03.00 | (7.5; 12.79; 1.86; 6.34; 8.95; 3.20; 2:45.79)  |                      |                    |                 |
| 8:32.88                        | Ray Creswell       | Kelvin Hall | 14.01.89 | 4592                                           | Tom Leeson           | Kelvin Hall        | 16.02.97        |
| 8:48.70                        | Chris Smith        | Kelvin Hall | 12.03.98 | (7.45; 6.42; 12.06; 1.82; 8.60; 3.80; 3:14.17) |                      |                    |                 |
| 8:52.83                        | Frank Boyne        | Kelvin Hall | 15.01.94 | 3946                                           | Paul Torry           | Kelvin Hall        | 10.02.02        |
| <b>MEN 60m HURDLES (TOP 5)</b> |                    |             |          |                                                |                      |                    |                 |
| 8.32                           | DUNCAN MATHIESON   | Kelvin Hall | 16.02.97 | 3794                                           | Mark Dobbie          | Kelvin Hall        | 16.02.97        |
| 8.60                           | Tom Leeson         | Kelvin Hall | 16.02.97 | <b>WOMEN 60m (Top 20)</b>                      |                      |                    |                 |
| 8.71                           | Robert Miller      | Kelvin Hall | 15.02.04 | 7.74                                           | DAWN KITCHEN         | Meadowbank         | 19.01.86        |
| 8.8                            | Paul Allan         | Kelvin Hall | 14.02.90 | 7.78                                           | Dawn Flockhart       | Kelvin Hall        | 15.01.95        |
| 9.17                           | Andrew Grant       | Kelvin Hall | 27.01.01 | 7.79                                           | Aileen Connelly      | Kelvin Hall        | 14.01.06        |
| <b>MEN HIGH JUMP (Top 10)</b>  |                    |             |          |                                                |                      |                    |                 |
| 1.99                           | DUNCAN MATHIESON   | Kelvin Hall | 25.02.89 | 7.83                                           | Katrina Leys         | Birmingham         | 21.02.93        |
| 1.92                           | Keith Oag          | Kelvin Hall | 04.03.95 | 7.83                                           | Lesley-Ann Mearns    | Kelvin Hall        | 17.02.05        |
| 1.90                           | Andrew Grant       | Kelvin Hall | 26.01.02 | 7.84                                           | Gail Murchie         | Kelvin Hall        | 24.01.93        |
| 1.90                           | Kevin Lutton       | Kelvin Hall | 24.02.01 | 7.92                                           | Kirsten Young        | Kelvin Hall        | 06.02.05        |
| 1.86                           | Paul Allan         | Kelvin Hall | 03.02.90 | 7.95                                           | Corrie Butler        | Kelvin Hall        | 24.02.91        |
| 1.85                           | Ian Lind           | Kelvin Hall | 03.02.90 | 7.95                                           | Louise Paterson      | Kelvin Hall        | 21.02.92        |
| 1.85                           | Craig Noble        | Kelvin Hall | 05.02.93 | 7.96                                           | Kathleen Madigan     | Meadowbank         | 15.02.87        |
| 1.82                           | Tom Leeson         | Kelvin Hall | 16.02.97 | 7.96                                           | Sarah Still          | Kelvin Hall        | 24.01.99        |
| 1.80                           | Dinkar Sabnis      | Kelvin Hall | 02.12.90 | 8.02                                           | Sandra Gunn          | Kelvin Hall        | 24.02.91        |
| 1.80                           | Michael Spink      | Kelvin Hall | 24.01.93 | 8.12                                           | Alison Wylie         | Kelvin Hall        | 05.02.06        |
| <b>MEN POLE VAULT (Top 10)</b> |                    |             |          |                                                |                      |                    |                 |
| 4.00                           | DUNCAN MATHIESON   | Kelvin Hall | 16.02.97 | 8.13                                           | Hayley Bowers        | Kelvin Hall        | 28.01.99        |
| 3.80                           | Tom Leeson         | Kelvin Hall | 16.02.97 | 8.17                                           | Pamela Gray          | Kelvin Hall        | 04.02.95        |
| 3.70                           | Kenny Lyon         | Kelvin Hall | 26.02.89 | 8.19                                           | Patriona Pennet      | Kelvin Hall        | 07.12.02        |
| 3.60                           | Robert Masson      | Kelvin Hall | 26.03.89 | 8.19                                           | Angela Shearer       | Kelvin Hall        | 27.01.00        |
| 3.50                           | Fraser Benzie      | Kelvin Hall | 26.01.02 | 8.2                                            | Fiona Lumsden        | Kelvin Hall        | 14.12.91        |
| 3.50                           | Douglas McAllister | Perth       | 20.03.76 | 8.21                                           | Linda Davidson       | Kelvin Hall        | 07.02.93        |
| 3.40                           | Mark Dobbie        | Kelvin Hall | 18.02.96 | 8.23                                           | Nicola Kemp          | Kelvin Hall        | 06.02.94        |
| 3.20                           | Paul Allan         | Kelvin Hall | 26.02.89 | <b>WOMEN 200m (Top 20)</b>                     |                      |                    |                 |
| 3.10                           | Robert Miller      | Kelvin Hall | 26.01.03 | 24.86                                          | DAWN FLOCKHART       | Kelvin Hall        | 22.01.95        |
| 3.00                           | Chris Jones        | Kelvin Hall | 18.02.90 | 25.34                                          | Aileen Connelly      | Cardiff            | 05.02.06        |
| <b>MEN LONG JUMP (Top 10)</b>  |                    |             |          |                                                |                      |                    |                 |
| 7.14                           | DUNCAN MATHIESON   | Kelvin Hall | 26.01.91 | 25.51                                          | Lesley-Ann Mearns    | Kelvin Hall        | 17.02.05        |
| 7.07                           | Dinkar Sabnis      | Kelvin Hall | 23.01.94 | 25.57                                          | Katrina Leys         | Kelvin Hall        | 24.01.99        |
| 6.93                           | William Stark      | Kelvin Hall | 16.01.00 | 25.6                                           | Louise Paterson      | Kelvin Hall        | 14.03.92        |
|                                |                    |             |          | 26.63                                          | Rebecca Mortimer     | Kelvin Hall        | 15.01.06        |
|                                |                    |             |          | 26.64                                          | Sandra Gum           | Kelvin Hall        | 01.03.92        |
|                                |                    |             |          | 26.64                                          | Sarah Still          | Kelvin Hall        | 21.02.93        |
|                                |                    |             |          | 27.1                                           | Susan Hendry         | Kelvin Hall        | 25.10.95        |
|                                |                    |             |          | 27.23                                          | Lorna Johnston       | Kelvin Hall        | 10.01.99        |
|                                |                    |             |          | 27.30                                          | Kirsten Young        | Kelvin Hall        | 17.02.05        |
|                                |                    |             |          | 27.36                                          | Emma Cloggie         | Kelvin Hall        | 24.02.07        |
|                                |                    |             |          | 27.41                                          | Kathleen Madigan     | Cardiff            | 05.03.06        |
|                                |                    |             |          | 27.60                                          | Suzanne Middleton    | Kelvin Hall        | 23.01.00        |
|                                |                    |             |          | 27.63                                          | Katy Philip          | Kelvin Hall        | 21.02.93        |
|                                |                    |             |          | 27.74                                          | Janet Lyon           | Kelvin Hall        | 12.02.05        |





## 2008 TOP 5 CLUB RANKINGS

Top 5 rankings do not include 2008-2009 indoor events.

### SENIOR MEN

|                           |                       |                                        |                       |                            |                        |
|---------------------------|-----------------------|----------------------------------------|-----------------------|----------------------------|------------------------|
| <b>60m</b>                |                       | 20.2                                   | Edward McKenzie (M40) | <b>200m</b>                |                        |
| 7.3                       | Neil Fachie           | 21.83                                  | Alasdhair Love        | 25.47                      | Mike Astell            |
| 7.42i                     | Ronald Smith          |                                        |                       | 28.49                      | Trevor Madigan (M60)   |
| 7.5                       | Stan Walker (M35)     | <b>400m Hurdles</b>                    |                       | 40.9                       | Hugo Fletcher (M70)    |
| 7.6                       | Tim Roads             | 61.22                                  | Kevin Morice          |                            |                        |
| 7.69                      | Fintan McCabe (M35)   | 65.2                                   | Peter Mutch           | <b>300m</b>                |                        |
|                           |                       |                                        |                       | 46.8                       | Trevor Madigan (M60)   |
| <b>100m</b>               |                       | <b>High Jump</b>                       |                       | 49.0                       | Bob Masson (M60)       |
| 11.27                     | Lee Williamson        | 1.60                                   | Fintan McCabe (M35)   | 67.8                       | Hugo Fletcher (M70)    |
| 11.3                      | Neil Fachie           | 1.55                                   | Peter Mutch           |                            |                        |
| 11.6                      | Stan Walker (M35)     | 1.50                                   | Kevin Morice          | <b>400m</b>                |                        |
| 11.70                     | Fintan McCabe (M35)   | 1.45                                   | Lee Williamson        | 63.75                      | Edward McKenzie        |
| 11.78                     | Kevin Morice          | 1.43i                                  | Kenny Lyon (M45)      | 67.6                       | Roddy McLeod           |
|                           |                       |                                        |                       | 68.85                      | Bob Masson (M60)       |
| <b>200m</b>               |                       | <b>Pole Vault</b>                      |                       | 75.4                       | Alan Fulton (M55)      |
| 22.98                     | Neil Fachie           | 3.10i (2.85)                           | Kenny Lyon (M45)      | 93.8                       | Hugo Fletcher (M70)    |
| 23.23                     | Lee Williamson        | 2.93i (2.80)                           | Bob Masson (M60)      |                            |                        |
| 23.47                     | Ronald Smith          | 2.40                                   | Edward McKenzie (M40) | <b>800m</b>                |                        |
| 23.6                      | Tim Roads             |                                        |                       | 2:19.2                     | Charlie Haskett (M50)  |
| 23.7                      | Stan Walker (M35)     | <b>Long Jump</b>                       |                       | 3:50.2                     | Hugo Fletcher (M70)    |
|                           |                       | 6.00                                   | Fintan McCabe (M35)   |                            |                        |
| <b>300m</b>               |                       | 5.23                                   | Peter Mutch           | <b>1500m</b>               |                        |
| 37.4                      | Tim Roads             | 5.16                                   | John McKeown (M35)    | 4:34.71i                   | Frank Boyne            |
| 38.19                     | Stan Walker (M35)     | 5.07i (4.99)                           | Kenny Lyon (M45)      | 4:56.3                     | Tom Litterick (M45)    |
| 38.7                      | Kevin Morice          | 5.06                                   | Edward McKenzie (M40) | 5:23.96i                   | Colin Youngson (M60)   |
| 39.2                      | Peter Mutch           |                                        |                       | 5:45.1                     | Kenny Lyon (M45)       |
| 40.8                      | John McKeown (M35)    | <b>Triple Jump</b>                     |                       | 5:59.9                     | Bob Masson (M60)       |
|                           |                       | 11.23                                  | Peter Mutch           |                            |                        |
| <b>400m</b>               |                       | 10.27                                  | Kevin Morice          | <b>3000m</b>               |                        |
| 51.0                      | Ronald Smith          | 9.15                                   | Bob Masson (M60)      | 9:55.2                     | David Duguid           |
| 51.8                      | Tim Roads             |                                        |                       | 10:03.0                    | Charlie Haskett (M50)  |
| 52.04                     | Neil Fachie           | <b>Shot</b>                            |                       | 10:10.2                    | James MacGregor        |
| 52.42i                    | Anton Smith           | 12.45                                  | Fintan McCabe (M35)   | 11:14.58i                  | Colin Youngson (M60)   |
| 53.1                      | Myles Edwards         | 10.69                                  | Edward McKenzie (M40) | 12:05.1                    | Bob Dickson (M50)      |
|                           |                       | 8.61i (8.60)                           | Kenny Lyon (M45)      |                            |                        |
| <b>800m</b>               |                       | 7.80                                   | John McKeown (M35)    | <b>5000m</b>               |                        |
| 1:55.12                   | Myles Edwards         | 7.53                                   | Trevor Madigan (M60)  | 17:32.21                   | Charlie Haskett (M50)  |
| 1:57.91                   | Mark Haskett          |                                        |                       | 19:03.22                   | Colin Youngson (M60)   |
| 2:06.6                    | Tim Roads             | <b>Discus</b>                          |                       |                            |                        |
| 2:18.1                    | Kevin Morice          | 36.15                                  | Fintan McCabe (M35)   | <b>10,000m</b>             |                        |
| 2:19.2                    | Charlie Haskett (M50) | 31.75                                  | Edward McKenzie (M40) | 45:25.7                    | Lindsay Boyd (M60))    |
|                           |                       | 25.70                                  | Kenny Lyon (M45)      |                            |                        |
| <b>1500m</b>              |                       | 25.16                                  | Bob Masson (M60)      | <b>3000m Steeplechase</b>  |                        |
| 3:59.62                   | Mark Haskett          | 19.73                                  | Kevin Morice          | 10:38.63                   | Frank Boyne            |
| 4:06.8                    | Myles Edwards         |                                        |                       |                            |                        |
| 4:34.71i                  | Frank Boyne (M40)     | <b>Hammer</b>                          |                       | <b>110m Hurdles (3'6")</b> |                        |
| 4:56.3                    | Tom Litterick (M45)   | 32.20                                  | Edward McKenzie (M40) | 20.2                       | Edward McKenzie (M40)  |
| 5:00.0                    | Tim Roads             | 20.83                                  | Fintan McCabe (M35)   |                            |                        |
|                           |                       | 14.60                                  | Stan Walker (M35)     | <b>300m Hurdles (2'6")</b> |                        |
| <b>3000m</b>              |                       |                                        |                       | 53.09                      | Bob Masson (M60)       |
| 8:59.78                   | Barney Phillips       | <b>Javelin</b>                         |                       |                            |                        |
| 9:55.2                    | David Duguid (M40)    | 41.53                                  | Fintan McCabe (M35)   | <b>High Jump</b>           |                        |
| 10:03.0                   | Charlie Haskett (M50) | 39.46                                  | Edward McKenzie (M40) | 1.43i                      | Kenny Lyon (M45)       |
| 10:10.2                   | James MacGregor (M40) | 33.22                                  | Kenny Lyon (M45)      | 1.42                       | Edward McKenzie        |
| 10:51.8                   | Neil Manson (M35)     | 32.85                                  | Bob Masson (M60)      | 1.40                       | Bob Masson (M60)       |
|                           |                       | 25.88                                  | Alasdhair Love        | 1.35                       | Trevor Madigan (M60)   |
| <b>5000m</b>              |                       | <b>Weight</b>                          |                       |                            |                        |
| 15:14.15                  | Barney Phillips       | 8.57i                                  | Edward McKenzie (M40) | <b>Pole Vault</b>          |                        |
| 15:43.31                  | Ben Hukins            |                                        |                       | 3.10i (2.85)               | Kenny Lyon (M45)       |
| 17:32.21                  | Charlie Haskett (M50) | <b>VETERAN MEN (M40 unless stated)</b> |                       | 2.90i (2.80)               | Bob Masson (M60)       |
| 19:03.22                  | Colin Youngson (M60)  | <b>60m</b>                             |                       | 2.40                       | Edward McKenzie        |
| 19:41.4                   | Kevin Morice          | 8.22i                                  | Mike Astell           |                            |                        |
|                           |                       | 8.33i                                  | Kenny Lyon (M45)      | <b>Long Jump</b>           |                        |
| <b>10000m</b>             |                       | 8.72i (8.8)                            | Trevor Madigan (M60)  | 5.07i (4.99)               | Kenny Lyon (M45)       |
| 32:00.70                  | Barney Phillips       | 12.3                                   | Hugo Fletcher (M70)   | 5.06                       | Edward McKenzie        |
| 39:42.9                   | Neil Manson (M35)     |                                        |                       | 4.37                       | Trevor Madigan (M60)   |
| 42:56.5                   | Kevin Morice          | <b>100m</b>                            |                       | 4.26                       | Bob Masson (M60)       |
| 45:25.7                   | Lindsay Boyd (M60)    | 12.39                                  | Mike Astell           | 2.30                       | Miller Mathieson (M70) |
|                           |                       | 12.72                                  | Edward McKenzie       |                            |                        |
| <b>3000m Steeplechase</b> |                       | 13.73                                  | Trevor Madigan (M60)  | <b>Triple Jump</b>         |                        |
| 10:38.63                  | Frank Boyne (M40)     | 13.9                                   | Kenny Lyon (M45)      | 9.15                       | Bob Mason (M60)        |
|                           |                       | 15.0                                   | Bob Masson (M60)      |                            |                        |
| <b>110m Hurdles</b>       |                       |                                        |                       |                            |                        |
| 19.3                      | Kevin Morice          |                                        |                       |                            |                        |

**Shot (7.26 Kg)**

10.69 Edward McKenzie  
 8.61i (8.60) Kenny Lyon(M45)  
 7.53 Trevor Madigan (M60)

**Shot (5 Kg)**

9.87 Bob Masson (M60)  
 9.08 Trevor Madigan (M60)

**Shot (4 Kg)**

4.73 Hugo Fletcher (M70)

**Discus (2 Kg)**

31.75 Edward McKenzie  
 25.70 Kenny Lyon (M45)  
 25.16 Bob Masson (M60)

**Discus (1.5 Kg)**

30.99 Bob Masson (M60)  
 30.05 Kenny Lyon (M45)

**Discus (1kg)**

40.07 Bob Masson (M60)  
 28.39 Trevor Madigan (M60)  
 14.09 Hugo Fletcher (M70)

**Hammer (7.26 Kg)**

32.20 Edward McKenzie

**Javelin (800g)**

39.46 Edward McKenzie  
 33.22 Kenny Lyon (M45)  
 32.85 Bob Masson (M55)

**Javelin (600g)**

37.37 Bob Masson (M60)  
 23.55 Trevor Madigan (M60)

**Javelin (500g)**

9.00 Hugo Fletcher (M70)

**Weight**

8.57i Edward McKenzie

**Decathlon (M460)**

\*4400 Edward McKenzie

**Weights Pentathlon**

2256 Edward McKenzie

**Heptathlon (indoor)**

\*3896 Kenny Lyon (M45)

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

7.3 Ian Garioch

**100m**

10.94 Ian Garioch  
 12.5 Sam Kelway  
 12.9 Thomas Joy

**200m**

22.0 Ian Garioch  
 25.4 Sam Kelway  
 25.89 Jamie Thomson

**400m**

48.53 Ian Garioch  
 52.1 Cameron Strachan  
 52.2 James Joy  
 54.94 Andrew Ferguson  
 55.1 Rory Leslie

**800m**

1:55.90 Cameron Strachan  
 1:57.01 James Joy  
 1:59.85 Rory Leslie  
 2:12.2 Bereket Hagos

**1500m**

4:03.66 Cameron Strachan  
 4:06.81 James Joy  
 4:16.0 Rory Leslie  
 4:25.1 Bereket Hagos  
 4:27.09 Ross Fulton

**3000m**

9:03.5 Cameron Strachan  
 9:08.26 Bereket Hagos  
 9:29.89 James Joy  
 9:33.76 Rory Leslie

**5000m**

15:59.23 Bereket Hagos  
 16:24.89 Ross Fulton  
 17:01.9 Rory Leslie

**2000m Steeplechase**

6:41.64 Rory Leslie  
 6:49.7 James Joy

**3000m Steeplechase**

10:43.96 Rory Leslie

**400m Hurdles**

66.73 Jamie Thomson

**High Jump**

1.45 Rory Leslie  
 1.35 Sam Kelway

**Discus (2kg)**

18.21 Thomas Joy

**Javelin**

37.59 Thomas Joy

**UNDER-17 MEN****100m**

12.0 Tom Brodie  
 12.0 Sam Lyon  
 12.2 Stewart Clark  
 12.3 William Smy  
 12.4 Richard Murdoch

**200m**

24.3 William Smy  
 24.7 Stewart Clark  
 25.0 Sam Lyon  
 25.4 Richard Murdoch  
 25.9 Jonathan Mann

**400m**

55.2 William Smy  
 55.3 Stewart Clark  
 55.4 Richard Murdoch  
 55.9 Lewis Stephen  
 57.0 Sam Lyon

**800m**

2:08.01 Stewart Clark  
 2:14.5 Lewis Stephen

**1500m**

4:44.15 Ryan Gauld  
 4:49.91 Stewart Clark  
 5:19.4 William Smy

**3000m**

10:21.5 Ryan Gauld  
 10:38.9 Stewart Clark  
 11:01.7 Tom Brodie

**1500m Steeplechase**

5:43.6 Tom Brodie

**100m Hurdles**

16.90 Sam Lyon  
 17.57 Tom Brodie  
 21.1 Richard Murdoch

**400m Hurdles**

65.5 Jonathan Mann  
 65.8 Tom Brodie

**High Jump**

1.80 William Smy  
 1.60 Tom Brodie  
 1.55 Stewart Clark  
 1.55 Sam Lyon  
 1.45 Rhys Maslen

**Pole Vault**

2.80 Sam Lyon

**Long Jump**

6.24 William Smy  
 5.59 Sam Lyon  
 5.53 Stewart Clark  
 5.31 Tom Brodie  
 4.99 Rhys Maslen

**Triple Jump**

12.42 Stewart Clark  
 12.09 William Smy  
 11.75 Sam Lyon  
 10.94 Tom Brodie

**Shot**

10.41 William Smy  
 8.58 Tom Brodie  
 8.31 Sam Lyon  
 7.37 Rhys Maslen  
 7.27 Stewart Clark

**Discus**

31.24 William Smy  
 28.73 Tom Brodie  
 21.52 Stewart Clark  
 19.98 Richard Murdoch  
 19.43 Sam Lyon

**Hammer**

26.06 Tom Brodie

**Javelin**

42.16 Tom Brodie  
 35.43 Sam Lyon  
 27.02 William Smy

**UNDER-15 BOYS****100m**

13.4 Seb Wilson  
 13.7 Jeremy O'Neil  
 14.2 Simon Tierney

**200m**

27.8 Cian O'Donnell  
 28.0 Jeremy O'Neil  
 28.3 Seb Wilson  
 29.1 David Lafehr  
 28.3 Jeremy O'Neil

**400m**

61.3 Jeremy O'Neil  
 65.2 Sigurd Watt  
 68.9 Craig Wallace  
 69.3 Seb Wilson

**800m**

2:21.9 Sigurd Watt  
 2:22.70i (2:27.40) Jeremy O'Neil  
 2:28.2 Joshua Arrowsmith  
 2:30.0 Craig Wallace

|                      |                     |                      |                        |                     |                        |
|----------------------|---------------------|----------------------|------------------------|---------------------|------------------------|
| <b>1500m</b>         |                     | <b>Shot</b>          |                        | <b>200m</b>         |                        |
| 4:44.67              | Sigurd Watt         | 10.27                | Adam Crichton          | 26.24               | Aileen Laing           |
| 4:53.2               | Craig Wallace       | 6.66                 | Gregor Coull           | 26.5                | Emma Cloggie           |
| <b>3000m</b>         |                     | 5.72                 | Gavin Irvine           | 27.04               | Kathleen Madigan (W35) |
| 10:31.9              | Sigurd Watt         | 5.49                 | Alec Young             | 27.2                | Marie Dobson           |
| <b>80m Hurdles</b>   |                     | 5.04                 | Robert Walton          | 29.83               | Janet Lyon (W45)       |
| 13.12                | Sigurd Watt         | <b>Discus</b>        |                        | <b>300m</b>         |                        |
| <b>60m Hurdles</b>   |                     | 24.30                | Adam Crichton          | 43.4                | Marie Dobson           |
| 10.03i               | Jeremy O'Neil       | 16.34                | Gregor Coull           | 44.03               | Kathleen Madigan (W35) |
| <b>High Jump</b>     |                     | <b>Javelin</b>       |                        | 45.5                | Fiona Davidson (W35)   |
| 1.45                 | Jeremy O'Neil       | 26.60                | Adam Crichton          | 49.4                | Janet Lyon (W45)       |
| 1.35                 | Seb Wilson          | 14.26                | Robert Walton          | <b>400m</b>         |                        |
| 1.30                 | Sigurd Watt         | <b>UNDER-11 BOYS</b> |                        | 57.49               | Emma Cloggie           |
| <b>Long Jump</b>     |                     | <b>75m</b>           |                        | 61.2                | Marie Dobson           |
| 4.42                 | Seb Wilson          | 12.0                 | Matthew Reid           | 63.16               | Kathleen Madigan (W35) |
| 4.40                 | Jeremy O'Neil       | 12.5                 | Peter Dijkstra         | 65.29               | Laura Mahady (W50)     |
| <b>Triple Jump</b>   |                     | 13.6                 | Brandon Lawrence       | 70.5                | Natalie Riley          |
| 10.27                | Richard Phonburn    | <b>100m</b>          |                        | <b>800m</b>         |                        |
| 9.11                 | Jeremy O'Neil       | 15.87                | Matthew Reid           | 2:23.93i (2:27.9)   | Sonia Armitage (W45)   |
| <b>Shot</b>          |                     | 15.89                | Fionn O'Donnell        | 2:24.5              | Laura Mahady (W50)     |
| 7.13                 | Seb Wilson          | 17.1                 | Peter Dijkstra         | 2:28.0              | Marie Dobson (W45)     |
| 6.89                 | Simon Tierney       | 18.1                 | Ruairidh Mon-Williams  | 2:42.4              | Natalie Riley          |
| 6.73                 | Sigurd Watt         | 19.0                 | Brandon Lawrence       | 3:15.2              | Fiona Davidson (W35)   |
| 6.69                 | Cian O'Donnell      | <b>200m</b>          |                        | <b>1500m</b>        |                        |
| 6.35                 | Jeremy O'Neil       | 33.2                 | Matthew Reid           | 4:11.80             | Nicola Gauld           |
| <b>Pentathlon</b>    |                     | 33.6                 | Fionn O'Donnell        | 4:53.71i (4L59.19)  | Sonia Armitage (W45)   |
| 1790                 | Jeremy O'Neil       | 36.7                 | Zack Griffiths         | 5:09.92             | Laura Mahady (W50)     |
| <b>UNDER-13 BOYS</b> |                     | 38.4                 | Brandon Lawrence       | 5:24.2              | Natalie Riley          |
| <b>60m</b>           |                     | 38.7                 | George Mitchell        | 5:47.5              | Marie Dobson           |
| 8.94                 | Gavin Irvine        | <b>800m</b>          |                        | <b>3000m</b>        |                        |
| <b>100m</b>          |                     | 2:45.86              | Matthew Reid           | 9:04.21             | Nicola Gauld           |
| 13.4                 | Gavin Irvine        | 2:56.7               | Zack Griffiths         | 10:53.0             | Sonia Armitage (W45)   |
| 14.46                | Alec Young          | 3:02.9               | Ruairidh Mon-Williams  | 11:02.41            | Laura Mahady (W45)     |
| 14.69                | Adam Crichton       | 3:05.6               | Peter Dijkstra         | 11:17.4             | Rhona Buchan (W40)     |
| 15.9                 | Robert Walton       | 3:06.6               | Fionn O'Donnell        | 11:21.0             | Pamela Tosh            |
| 17.2                 | Nichael Armstrong   | <b>High Jump</b>     |                        | <b>5,000m</b>       |                        |
| <b>200m</b>          |                     | 0.90                 | Matthew Reid           | 19:02.1             | Laura Mahady (W45)     |
| 28.1                 | Gavin Irvine        | <b>Long Jump</b>     |                        | <b>100m Hurdles</b> |                        |
| 29.58                | Alec Young          | 3.23                 | Zack Griffiths         | 14.74               | Catriona Pennet        |
| 30.9                 | Adam Crichton       | 3.13                 | Peter Dijkstra         | <b>400m Hurdles</b> |                        |
| 34.2                 | Jack Morrison       | 2.93                 | Fion O'Donnell         | 68.4                | Marie Dobson           |
| 34.4                 | Christopher Cooper  | 2.92                 | Ruairidh Mon-Williams  | <b>High Jump</b>    |                        |
| <b>800m</b>          |                     | 2.78                 | Thomas Dalgarno        | 1.40                | Fiona Davidson (W35)   |
| 2:28.48              | Alec Young          | <b>Shot</b>          |                        | 1.40                | Marie Dobson           |
| 2:50.6               | Robert Walton       | 5.25                 | Peter Dijkstra         | 1.30i (1.26)        | Shona McKinnon (W40)   |
| 2:53.7               | Sasha Chepelin      | 4.93                 | Zack Griffiths         | 1.23                | Janet Lyon (W45)       |
| 2:54.0               | Bruce Cooper        | 4.48                 | Brandon Lawrence       | <b>Pole Vault</b>   |                        |
| 3:22.3               | Christopher Tierney | 3.82                 | Matthew Reid           | 2.60                | Janet Lyon (W40)       |
| <b>1500m</b>         |                     | 3.14                 | Ruairidh Mon-Williams  | <b>Long Jump</b>    |                        |
| 5:13.38              | Alec Young          | <b>Javelin</b>       |                        | 4.87                | Fiona Davidson (W35)   |
| 5:30.9               | Robert Walton       | 9.67                 | Brandon Lawrence       | 4.60i (4.49)        | Claire Middleton       |
| <b>75m Hurdles</b>   |                     | 7.90                 | Matthew Reid           | 4.40                | Emma Cloggie           |
| 14.56                | Alec Young          | <b>SENIOR WOMEN</b>  |                        | 4.36                | Nicola Pirie           |
| 17.44                | Gavin Irvine        | <b>60m</b>           |                        | 4.14i               | Kathleen Madigan (W35) |
| <b>High Jump</b>     |                     | 8.2                  | Kathleen Madigan (W35) | <b>Triple Jump</b>  |                        |
| 1.32                 | Alec Young          | 8.4                  | Fiona Davidson (W35)   | 10.54               | Fiona Davidson         |
| 1.31                 | Adam Crichton       | 8.7                  | Marie Dobson           | 8.71i (811)         | Shona MacKinnon (W40)  |
| 1.15                 | Robert Walton       | 8.77i                | Claire Middleton       | <b>Shot</b>         |                        |
| <b>Long Jump</b>     |                     | 9.06i (9.3)          | Janet Lyon (W45)       | 8.23i (8.17)        | Kathleen Madigan (W35) |
| 4.47                 | Alec Young          | <b>100m</b>          |                        | 7.94                | Catriona Pennet        |
| 4.04                 | Gavin Irvine        | 12.8                 | Kathleen Madigan (W35) | 7.66                | Fiona Davidson (W35)   |
| 3.66                 | Robert Walton       | 12.99                | Aileen Laing           | 7.40                | Nicola Pirie           |
| 3.66                 | Robert Walton       | 13.1                 | Catriona Pennet        | 6.88                | Shona McKinnon (W40)   |
| 3.55                 | Adam Crichton       | 13.2                 | Marie Dobson           | <b>Discus</b>       |                        |
| 3.54                 | Bruce Cooper        | 13.54                | Fiona Davidson (W35)   | 18.67               | Catriona Pennet        |
|                      |                     | <b>150m</b>          |                        | 18.18               | Fiona Davidson (W35)   |
|                      |                     | 20.14                | Kathleen Madigan (W35) |                     |                        |

17.32 Kathleen Madigan (W35)  
16.86 Claire Middleton  
16.13 Marie Dobson

**Hammer**

25.17 Kathleen Madigan (W35)  
16.35 Catriona Pennet

**Javelin**

20.72 Catriona Pennet  
19.45 Shona McKinnon (W40)  
16.88 Kathleen Madigan (W35)

**VETERAN WOMEN (W35 unless stated)**

**60m**

8.21 Kathleen Madigan  
8.4 Fiona Davidson  
9.06i (9.3) Janet Lyon (W45)

**100m**

12.8 Kathleen Madigan  
13.54 Fiona Davidson  
14.7 Janet Lyon (W45)

**200m**

27.04 Kathleen Madigan  
28.83 Janet Lyon (W45)

**400m**

63.16 Kathleen Madigan (W35)  
65.29 Laura Mahady (W50)

**800m**

2:23.93i (2:27.9) Sonia Armitage (W45)  
2:24.5 Laura Mahady (W50)  
3:15.2 Fiona Davidson  
3:15.8 Janet Lyon (W45)

**1500m**

4:53.71i (4:59.19) Sonia Armitage (W45)  
5:09.92 Laura Mahady (W50)

**3000m**

10:53.0 Sonia Armitage (W45)  
11:02.41 Laura Mahady (W50)  
11:17.4 Rhona Buchan (W40)  
12:51.7 Ann Clark (W50)  
14:10.1 Janice Gordon (W50)

**5,000m**

19:02.1 Laura Mahady (W50))

**High Jump**

1.40 Fiona Davidson  
1.30i (1.26) Shona McKinnon (W40)  
1.23 Janet Lyon (W45)

**Pole Vault**

2.60 Janet Lyon (W45)

**Long Jump**

4.87 Fiona Davidson  
4.14i Kathleen Madigan  
4.07 Janet Lyon (W45)  
4.04 Shona McKinnon (W40)

**Triple Jump**

10.54 Fiona Davidson  
8.71i (8.11) Shona MacKinnon (W40)

**Shot**

8.23i (8.17) Kathleen Madigan  
7.66 Fiona Davidson  
6.88 Shona McKinnon (W40)  
6.79 Janet Lyojn (W45)

**Discus**

18.18 Fiona Davidson  
17.32 Kathleen Madigan  
12.44 Janet Lyon (W45)

**Hammer**

25.17 Kathleen Madigan

**Javelin**

19.45 Shona McKinnon (W40)  
16.88 Kathleen Madigan

**UNDER-20 WOMEN**

**60m**

8.2 Alison Wylie  
8.33i (8.6) Kirsten Young

**100m**

12.9 Alison Wylie  
13.28 Kirsten Young  
14.2 Laura Hepburn

**200m**

26.26 Alison Wylie  
28.0 Sylvia Kamyra  
28.8 Laura Hepburn  
29.8 Freyja Prentice

**300m**

43.0 Alison Wylie  
44.8 Sylvia Kamyra  
45.9 Kirsten Young

**400m**

61.2 Sylvia Kamyra  
63.2 Freyja Prentice  
65.9 Laura Hepburn

**800m**

2:24.4 Laura Hepburn  
2:32.7 Freyja Prentice  
2:33.27 Hilary Armitage

**3000m**

10:57.0 Freyja Prentice

**100m Hurdles**

15.40 Sylvia Kamyra

**400m Hurdles**

64.79 Sylvia Kamyra

**HighJump**

1.45 Alison Wylie

**Long Jump**

5.07 Kirsten Young  
4.94 Alison Wylie  
4.63 Sylvia Kamyra  
4.07 Freyja Prentice

**Triple Jump**

10.67 Sylvia Kamyra

**Shot**

7.01 Sylvia Kamyra  
6.93 Laura Hepburn  
5.51 Alison Wylie

**Discus**

17.41 Laura Hepburn

**Javelin**

24.85 Laura Hepburn  
17.56 Kirsten Young  
12.25 Sylvia Kamyra

**UNDER-17 WOMEN**

**60m**

8.48i Lizzie Skingley

**100m**

13.69 Kaye Young  
13.83 Caitlin Dawson  
14.2 Nicole Cairns

14.67 Emily Legge  
14.7 Paula Close

**200m**

27.67 Ellie Workman  
28.1 Caitlin Dawson  
28.74i Lizzie Skingley  
29.6 Nicole Cairns  
29.75 Emily Legge

**300m**

43.3 Ellie Buchan  
43.47 Caitlin Dawson  
48.5 Rebekah Lowe

**400m**

67.8 Rebekah Lowe

**800m**

2:15.24 Ellie Buchan  
2:24.4 Rachel Armitage  
2:32.3 Caitlin Dawson  
2:35.5 Rebekah Lowe  
2:37.37 Ellie Workman

**1500m**

4:43.5 Ellie Buchan  
5:03.56 Rachel Armitage  
5:21.16 Rebekah Lowe  
6:07.65 Harriet McRae

**3000m**

10:39.2 Ellie Buchan  
11:14.9 Rachel Armitage  
12:19.8 Rebekah Lowe

**80m Hurdles**

12.56 Ellie Workman  
14.8 Caitlin Dawson  
16.3 Rebekah Lowe

**300m Hurdles**

51.26 Caitlin Dawson

**High Jump**

1.65 Ellie Workman  
1.30 Caitlin Dawson  
1.30 Kaye Young

**Long Jump**

5.20 Ellie Workman  
4.69 Kaye Young  
4.16 Caitlin Dawson  
4.01 Nicole Cairns  
3.94 Paula Close

**Shot**

8.25 Ellie Workman  
6.50 Becky Butler  
6.41 Paula Close  
6.25 Ellie Buchan  
6.18 Mollie Hepburn

**Discus**

20.29 Becky Butler  
17.65 Mollie Hepburn  
12.05 Harriet McRae  
10.42 Ellie Buchan  
10.28 Kaye Young

**Javelin**

33.03 Ellie Workman  
20.52 Becky Butler  
11.79 Mollie Hepburn  
10.08 Emily Legge

**Heptathlon**

4298 Ellie Workman



## 2009 TRACK AND FIELD SEASON DATES

### **Chris Anderson Stadium – Major Events**

Petrofac League Finals September 6

### **Scottish Championships – Dates and Venues**

|                         |              |             |
|-------------------------|--------------|-------------|
| Scottish Closed Seniors | May 9-10     | Meadowbank  |
| Masters                 | June 14      | Pitreavie   |
| Seniors                 | June 20-21   | Pitreavie   |
| Combined events         | July 18-19   | Pitreavie   |
| U23 and U20             | August 9     | Grangemouth |
| U17, U15 and U13        | August 15-16 | Grangemouth |

### **Other Major Events – Dates and Venues**

|                                         |            |             |
|-----------------------------------------|------------|-------------|
| East District Championships (up to U17) | May 9-10   | Meadowbank  |
| Scottish Schools Combined Events        | June 6     | Grangemouth |
| Scottish Schools Championships          | June 12-13 | Grangemouth |

### **Leagues – Dates and Venues**

|                       |           |             |
|-----------------------|-----------|-------------|
| Scottish Men's League | April 19  | Meadowbank  |
|                       | May 31    | Grangemouth |
|                       | July 12   | Meadowbank  |
|                       | August 30 | Grangemouth |

|                         |           |             |
|-------------------------|-----------|-------------|
| Scottish Women's League | April 19  | Grangemouth |
|                         | May 31    | Meadowbank  |
|                         | August 30 | TBC         |

|                                           |        |           |
|-------------------------------------------|--------|-----------|
| Young Athletes' League North-east Section | May 3  | Dundee    |
|                                           | May 24 | Inverness |
|                                           | July 5 | Dundee    |

|                                       |           |             |
|---------------------------------------|-----------|-------------|
| Scottish Young Athletes' League Final | August 23 | Grangemouth |
|---------------------------------------|-----------|-------------|

|                              |          |        |
|------------------------------|----------|--------|
| Petrofac League East Section | April 26 | Perth  |
|                              | May 17   | Dundee |
|                              | June 28  | Dundee |
|                              | August 2 | Perth  |

|                        |             |          |
|------------------------|-------------|----------|
| Petrofac League Finals | September 6 | Aberdeen |
|------------------------|-------------|----------|

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