

# **ABERDEEN AMATEUR ATHLETIC CLUB**

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## **THE 2012 YEAR BOOK**

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

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**No. 22**

**2012**

**Free to AAAC Members**

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**Club Records for all age groups**

**Club All-time Top 20 lists - Senior events**

**2011 Top 5 Rankings for all age groups**

**Club Indoor Records for all age groups**



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

**Highlights of the Club's 2010-2011 & 2011 seasons**

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

**All the Club's major games representatives**

**Club All-time Indoor Rankings - Senior events**

**Club All-time lists of Senior Scottish Champions**

The AAAC Yearbook 2012 is edited and compiled by Denis Shepherd with assistance from Mark Davidson and Bob Masson

**ABERDEEN AAC - MAJOR GAMES REPRESENTATIVES**

**Commonwealth Games**

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

**World Cup**

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

**European Championships**

1962	Alastair Wood	Marathon
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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

**FRONT COVER**

Hugo Fletcher holds on to win the men's 110m handicap in a photo-finish at the AAAC open meeting at Chris Anderson Stadium

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## SCOTTISH SENIOR CHAMPIONS

### SAL (formerly SAAA) Men's Champions

1961	Steve Taylor	3 miles
1961	John Waters	Javelin
1962	Steve Taylor	3 miles
1962	Alastair Wood	Marathon
1964	Alastair Wood	Marathon
1965	Alastair Wood	Marathon
1967	Bill Ewing	Steeplechase
1968	Alastair Wood	Marathon
1970	Steve Taylor	10 miles
1972	Alastair Wood	Marathon
1979	Graham Laing	10000m
1980	Graham Laing	Marathon
1981	Colin Youngson	Marathon
1982	Colin Youngson	Marathon
1983	Peter Wilson	Marathon
1984	George Reynolds	Marathon
1988	Fraser Clyne	Road
1989	Fraser Clyne	Road
1990	Fraser Clyne	Road
1990	Mark Davidson	400H
1990	Duncan Mathieson	Long Jump
1992	Donald Ritchie	100Km Road
1992	Mark Davidson	400H
1992	Fraser Clyne	Marathon
1993	Fraser Clyne	Marathon
1994	Fraser Clyne	Marathon
1995	Mark Davidson	400H
1995	Duncan Mathieson	Long Jump
1995	Duncan Mathieson	Decathlon
1996	Barry Middleton	400H
1996	Fraser Clyne	Marathon
1997	Barry Middleton	400H
1997	Duncan Mathieson	Decathlon
1999	Barry Middleton	400H
1999	Chris Smith	3000m Steeplechase
2004	Robert Miller	Decathlon
2010	Scot Thompson	Shot

### SAL (formerly SAAA) Men's Indoor Champions

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

### SAL (formerly SWAAA) Women's Champions

1955	Pat Bellamy	High Jump
1956	Pat Bellamy	High Jump
1956	Alice Robertson	100 yards
1956	Alice Robertson	220 yards
1959	Gwen Summers	Javelin
1960	Gwen Summers	Javelin
1962	Gwen Watt	Javelin
1985	K Madigan, J Edon, D Kitchen, C Sheehan	Medley
1986	Dawn Kitchen	400m
1990	Shona Simpson	Heptathlon
1991	Helen Cowe	Shot
1992	Helen Cowe	Shot
1992	Helen Cowe	Discus
1992	Linda Davidson	Long Jump
1993	Linda Davidson	Triple Jump
1994	Debbie Kilner	10km Road
1995	Helen Cowe	Discus
1995	Linda Davidson	Long Jump
1996	Susan Hendry	800m
1996	Sonia Armitage	Hill Running
1997	Sarah Still	Heptathlon
1999	Sarah Still	Long Jump
2006	Nicola Gauld	1500m
2007	Nicola Gauld	1500m
2011	Catriona Pennet	100H

### SAL Women's Indoor Champions

1999-2000	Sarah Still	Long Jump
2003-2004	Nicola Gauld	1500m
2009-2010	Sonia Armitage	1500m

### SAL (formerly SWCCU) Cross-country Champions

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

## EUROPEAN CHAMPIONS, 2010-11

### **Under-20 Women**

Zoey Clark	4x400 (GB)
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## BRITISH CHAMPIONS, 2010-11

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

Laura Mahady	400m, 800m
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## SCOTTISH CHAMPIONS, 2010-11

### **Veteran Men (Over 75):**

Hugo Fletcher	400
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### **Veteran Men (Over 65):**

Trevor Madigan	100, 200, HJ, LJ Indoor 60, HJ, LJ
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### **Veteran Men (Over 60):**

Alan Fulton	400
Bob Masson	PV, DT, JT

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

Kenny Lyon	100H, PV, JT
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### **Veteran Men (Over 45):**

James MacGregor	HJ Indoor HJ
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### **Veteran Men (Over 40):**

Edward McKenzie	Indoor HJ
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### **Veteran Men (Over-35):**

John McKeown	Indoor 400
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### **Veteran Men (age-graded):**

Kenny Lyon	Indoor Hept
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### **Senior Men:**

Scot Thompson	Indoor SP
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### **Under-20 Men:**

Sam Burgess	5000
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### **Under-14 Boys:**

Alasdair Lowe	PV
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### **Veteran Women (Over 50):**

Laura Mahady	400, 800
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### **Veteran Women (Over-45):**

Janet Lyon	PV Indoor PV Indoor LJ
Shona McKinnon	

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

Kathleen Madigan	100, 200 Indoor 60, SP
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### **Veteran Women (Over 35):**

Fiona Davidson	Indoor 60, LJ, TJ, SP
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### **Senior Women:**

Catriona Pennet	100H
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### **Under-18 Women:**

Zoey Clark	300
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### **Under-17 Women:**

Zoey Clark	Indoor 300
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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 (with only one correct answer for each question) so at least you have a slim chance of getting full marks even if you don't know any of the answers!

- How many East District cross-country championships meetings were held in 2011?  
**A** None                      **B** One                      **C** Two                      **D** Three
- Which of these events did the AAAC senior men not win at the 2011 Petrofac League final?  
**A** 100m                      **B** 400m hurdles                      **C** Triple jump                      **D** Javelin
- Who was AAAC's first ever minor/under-11 girls' Scottish champion?  
**A** Michelle Cherry                      **B** Sonia McLaren                      **C** Dawn Simpson                      **D** Hannah Smith
- Which past City of Aberdeen (under-15 merit) trophy winner is now a renowned guitarist who has played with Sheena Easton and on *Baywatch*?  
**A** Euan Cameron                      **B** Zander Carnie                      **C** Graeme Marshall                      **D** William Stark
- Which member not normally known as a competitor won the women's long jump at the 1990 AAAC veteran championships?  
**A** Dorothy Davidson                      **B** Joyce Hogg                      **C** Sheena Pirie                      **D** Pat Sheehan
- Which Dons' manager presented the annual AAAC awards at one stage of his career?  
**A** Alex Ferguson                      **B** Mark McGhee                      **C** Willie Miller                      **D** Eddie Turnbull
- Before it was incorporated in the Dyce event, where did the AAAC half-marathon championship race start?  
**A** Balgownie                      **B** Beach Ballroom                      **C** Inverdee                      **D** Linksfield
- Which East District cross-country team title did AAAC win for the first time in its history in November 1991?  
**A** Women's relay                      **B** Senior (U15) boys                      **C** Young males' relay                      **D** Minor (U11) girls
- Who was AAAC's only "A" winner in the 2011 Petrofac League under-13 boys' final?  
**A** Stewart Millar                      **B** Ben Renton                      **C** Scott Sellars                      **D** Bradley Yates
- What was the first track event to be run at the official opening meeting of the Chris Anderson Stadium in September 1988?  
**A** Men's 400m hurdles                      **B** International Mile                      **C** Women's 400m                      **D** Women's 1500m

Answers on Page 43

**DUTHIE WARD**  **SOLICITORS**

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## CROSS-COUNTRY, 2010-2011

### International & Representative Matches

#### Great Britain & Ireland Masters International Dublin, November 13<sup>th</sup>, 2010

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

Laura Mahady: 69<sup>th</sup> (11<sup>th</sup> over-50), 26:20 (winner: Claire Martin, England (over-35), 22:07)

#### Scottish Inter District and BUPA Great Edinburgh International Holyrood Park, Edinburgh, January 8<sup>th</sup>, 2011

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

Ben Hukins: (East): 45<sup>th</sup>, 29:01; Mark Haskett (East): 49<sup>th</sup>, 29:12 (winner: Mo Farah, GBR, 25:41). East team 1<sup>st</sup>.

##### **Under-17 men (3.7km)**

Sam Burgess: 6<sup>th</sup>, 12:46 (winner: Grant Muir, Giffnock North/West, 12:04). East team 2<sup>nd</sup>.

##### **Senior women (6km)**

Rhona Auckland: 45<sup>th</sup>, 25:01 (winner: Linet Masai, Kenya, 20:24)

##### **Under-15 girls (2.5km)**

Eilidh Prise: 10<sup>th</sup>, 109:15 (winner: Kathryn Gillespie, Central AC/East, 9:23).

East team 1<sup>st</sup>.

#### McCain World Trials and UK Inter-counties Championships Birmingham, March 5<sup>th</sup>, 2011

##### **Senior men (12km)**

Mark Haskett: 97<sup>th</sup>, 39:04 (winner: Andy Vernon, Hampshire, 35:45)

##### **Under-17 men (5km)**

Sam Burgess: 25<sup>th</sup>, 19:58 (winner: Mark Shaw, North-east, 39:04)

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

Rhona Auckland: 29<sup>th</sup>, 23:23 (winner: Emelia Gorecka, Surrey, 20:34)

### Scottish Medallists

#### Scottish Masters' Championships Kirkcaldy, February 5<sup>th</sup>, 2011

##### **Over-40 Women (5km):**

Veronique Oldham: 2<sup>nd</sup>, 25:17 (winner: Angela Mudge, Carnethy HR, 23:12)

### District Medallists

#### East District Championships Livingston, January 15<sup>th</sup>, 2011

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

Sam Burgess: 1<sup>st</sup>, 23:20 (won by 18sec from Jake Wightman, Edinburgh AC)

### Club Champions

#### Winners - Balgownie, February 27<sup>th</sup>, 2011 (race winners & points winners for the season)

**Senior Men:** Eoin Durkan, Ben Hukins

**Veteran:** Colin Taylor, no points award

**Under-20:** James Joy (won both)

**Under-17:** Michael Ferguson, no points award

**Under-15:** Oliver Hay, Jamie Dickson

**Under-13:** Stewart Millar, Ben Renton

**Under-11:** Finlay Strachan (won both)

**Senior Women:** Angela Hepburn, Bezunesh Deggefa

**Veteran:** Angela Hepburn, no points award

**Under-20:** Rhona Auckland, no points award

**Under-17:** No entries

**Under-15:** Eilidh Prise (won both)

**Under-13:** Lucy McLeod, no points award

**Under-11:** Rebecca Eggeling (won both)

## CROSS-COUNTRY, 2011-2012

### International & Representative Matches

#### British and Irish Masters International Belahouston, Glasgow, November 26<sup>th</sup>, 2012

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

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

### Scottish Medallists

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

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

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

### District Medallists

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## INDOOR TRACK & FIELD, 2010-2011

### International & Representative Matches

#### Celtic Cup, Cardiff, January 30<sup>th</sup>, 2011

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

Rhona Auckland: 2<sup>nd</sup>, 3000m (10:25.28)

##### **Under-16 Women:**

Zoey Clark: 3<sup>rd</sup>, 200m (25.46)

### Scottish Medallists

#### Bank of Scotland Junior Championships Kelvin Hall, February 5<sup>th</sup>-6<sup>th</sup>, 2011

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

Ryan Hewitson: 3<sup>rd</sup>, HJ (1.80m)

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

Zoey Clark: 2<sup>nd</sup>, 200m (25.16); 1<sup>st</sup>, 300m (39.81)

**Scottish Combined Events Championships**  
**Kelvin Hall, February 12<sup>th</sup>-13<sup>th</sup>, 2011**

**Veteran men:**  
Kenny Lyon: 1<sup>st</sup>, Hept (4131)

**Scottish Veteran Championships**  
**Kelvin Hall, February 12<sup>th</sup>-13<sup>th</sup>, 2011**

**Men Over-35:**  
John McKeown: 2<sup>nd</sup>, 60m (8.16); 2<sup>nd</sup>, 200m (26.37); 1<sup>st</sup>, 400m (59.01)

**Men Over 40**  
Stanley Walker: 3<sup>rd</sup>, 60m (7.73)  
Edward McKenzie: 1<sup>st</sup>, SP (10.55m)

**Men Over 45**  
James MacGregor: 1<sup>st</sup>, HJ (1.61m)

**Men Over-60:**  
Colin Youngson: 1<sup>st</sup>, 3000m (11:39.99)

**Men Over 65**  
Trevor Madigan: 1<sup>st</sup>, 60m (8.92); 1<sup>st</sup>, HJ (1.35m); 1<sup>st</sup>, LJ (4.03m); 3<sup>rd</sup>, SP (7.87m)

**Women Over-35:**  
Fiona Davidson: 1<sup>st</sup>, 60m (8.53); 1<sup>st</sup>, LJ (4.51m); 1<sup>st</sup>, TJ (10.68m); 1<sup>st</sup>, SP (7.60m)

**Women Over 40**  
Kathleen Madigan: 1<sup>st</sup>, 60m (8.57); 1<sup>st</sup>, SP (8.08m)

**Women Over-45:**  
Janet Lyon: 2<sup>nd</sup>, LJ (3.80m); 1<sup>st</sup>, PV (2.50m)  
Shona MacKinnon: 1<sup>st</sup>, LJ (3.87m)

**Senior Championships**  
**Kelvin Hall, February 26<sup>th</sup>, 2011**

**Men:**  
Scot Thompson: 1<sup>st</sup>, SP (15.93m)

**Women:**  
Zoey Clark: 2<sup>nd</sup>, 60m (7.82); 3<sup>rd</sup>, 200m (25.19)  
Catriona Pennet: 2<sup>nd</sup>, 60H (8.97)

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## ROAD RUNNING, 2011

### Club Champions

**Half-Marathon Championships, Dyce, August 14<sup>th</sup>, 2011**

**Men, over-40 and over-50:** Stephen Cassells 1:40:15  
**Women:** Mel Angus 1:47:46

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## FELL RUNNING, 2011

### International & Representative Matches

**Home Countries Junior International**  
**Llanberis, September 24<sup>th</sup>, 2011**

**Under-18 Men (7km):**  
Sam Burgess: 19<sup>th</sup>, 30:29 (winner: Marc Scott, England, 26:56)

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## TRACK & FIELD, 2011

### International & Representative Matches

**Loughborough International, May 22<sup>nd</sup>, 2011**

**Women:**  
Catriona Pennet: 7<sup>th</sup>, 100H (14.50)

**British Schools International**  
**Cardiff, July 16<sup>th</sup>, 2011**

**Under-17 Men**  
Michael Ferguson: 7<sup>th</sup>, 400m (51.49)

**Under-17 Women**  
Emma Caldwell: 8<sup>th</sup>, 200m (26.60)

**Celtic Games, Antrim, August 13<sup>th</sup>, 2011**

**Under-17 Women:**  
Emma Caldwell: 3<sup>rd</sup>, 200m (26.88)  
Zoey Clark: 2<sup>nd</sup>, 300m (39.75)

**Scottish U18/U16 Inter-Regional Match**  
**Wishaw, August 27<sup>th</sup>, 2011**

**Under-18 Men:**  
Michael Ferguson: 3<sup>rd</sup>, 800m (1:59.05)  
Sam Burgess: 3<sup>rd</sup>, 1500m (4:15.34)  
Jeremy O'Neil: 2<sup>nd</sup>, 400H (59.78)  
Sam Lyon: 3<sup>rd</sup>, LJ (6.54m); 2<sup>nd</sup>, TJ (13.73m)

**Under-18 Women:**  
Yasmin Milne: 2<sup>nd</sup>, 100H (14.87)

**Under-16 Men:**  
Ryan Hewitson: 3<sup>rd</sup>=, HJ (1.65m)

**U16 Women**  
Eilidh Prise: 2<sup>nd</sup>, 1500m (4:56.42)

**Scottish Senior Inter-Regional Match**  
**Wishaw, August 28<sup>th</sup>, 2011**

**Men:**  
James Joy: 2<sup>nd</sup>, 800m (1:56.38)  
Jonathan Mann: 2<sup>nd</sup>, 400H (67.74)  
David Munro: 3<sup>rd</sup>, 3000SC (9:51.93)  
**Women:**  
Marie Dobson: 3<sup>rd</sup>, 400m (61.22)  
Catriona Pennet: 1<sup>st</sup>, 100H (14.51)  
Jade Halket: 2<sup>nd</sup>, 400H (65.31)

**Sainsburys School Games**  
**Sheffield, September 3<sup>rd</sup>, 2011**

**Under-17 Men:**  
Michael Ferguson: 7<sup>th</sup>, 400m (51.16)

**Commonwealth Youth Games, Douglas, September 10<sup>th</sup>, 2011**

**Under-18 women:**  
Zoey Clark: 4<sup>th</sup>, 400m (57.41)  
Yasmin Milne: 5<sup>th</sup> h2, 100H (14.45)

### World Medallists

**World Masters' Championships, Sacramento, USA July 11<sup>th</sup> 2011**

**Over-50 Women:**  
Laura Mahady: 2<sup>nd</sup>, 800m (2:24.72)

### European Medallists

**European Under-20 Championships, Tallinn, Estonia, July 21<sup>st</sup>-24<sup>th</sup>, 2011**

Zoey Clark: 1<sup>st</sup>, 4x400m (3:35.29) (ran in heat for GB team)

## British Medallists

### British Masters Championships, Birmingham, June 25<sup>th</sup>-26<sup>th</sup>, 2011

#### **Women Over 50:**

Laura Mahady: 1<sup>st</sup>, 400m (62.88); 1<sup>st</sup>, 800m (2:24.81)

### England Athletics U17/U15 Championships, Bedford, August 21<sup>st</sup>, 2011

#### **U17 women:**

Zoey Clark, 2<sup>nd</sup>, 300m (39.76)

## Scottish Medallists

### Scottish 10,000m Championships Meadowbank, May 28<sup>th</sup>, 2011

#### **Men:**

Ben Hukins: 3<sup>rd</sup> (32:19.80)

### Scottish Masters Championships Meadowbank, May 28<sup>th</sup>, 2011

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

John McKeown: 3<sup>rd</sup>, 100m (12.66); 3<sup>rd</sup>, 200m (25.6)

#### **Men Over-40:**

Stan Walker: 2<sup>nd</sup>, 100m (11.85); 3<sup>rd</sup>, 200m (24.3)

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

James MacGregor: 1<sup>st</sup>, HJ (1.55m)

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

Kenny Lyon: 1<sup>st</sup>, 100H (18.13); 1<sup>st</sup>, PV (2.80m); 2<sup>nd</sup>, DT (29.32m); 1<sup>st</sup>, JT (35.16m)

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

Alan Fulton: 1<sup>st</sup>, 400m (72.01); 3<sup>rd</sup>, 800m (2:46.84)  
Bob Masson: 1<sup>st</sup>, PV (2.50m); 1<sup>st</sup>, DT (38.75m); 1<sup>st</sup>, JT (33.77m)

#### **Men Over-65:**

Trevor Madigan: 1<sup>st</sup>, 100m (14.07); 1<sup>st</sup>, 200m (29.49); 1<sup>st</sup>, HJ (1.20m); 1<sup>st</sup>, LJ (4.15m)

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

Hugo Fletcher: 2<sup>nd</sup>, 100m (21.27); 2<sup>nd</sup>, 200m (45.53); 1<sup>st</sup>, 400m (1:46.43)

#### **Women Over 40:**

Kathleen Madigan: 1<sup>st</sup>, 100m (13.28); 1<sup>st</sup>, 200m (27.37)

#### **Women Over-45:**

Janet Lyon: 1<sup>st</sup>, PV (2.30m)

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

Laura Mahady: 1<sup>st</sup>, 400m (66.85); 1<sup>st</sup>, 800m (2:31.13)

### Scottish Senior Championships Scotstoun, July 16<sup>th</sup>, 2011

#### **Men:**

Scot Thompson: 2<sup>nd</sup>, SP (13.89m)

#### **Women:**

Catriona Pennet: 1<sup>st</sup>, 100H (14.45)

Yasmin Milne: 2<sup>nd</sup>, 100H (14.78)

Jade Halket: 3<sup>rd</sup>, 400H (65.87)

### Under-18 Championships Scotstoun, July 30<sup>th</sup>, 2011

#### **Under-18 Women:**

Zoey Clark: 1<sup>st</sup>, 300m (40.45)

Yasmin Milne: 2<sup>nd</sup>, 100H (14.68)  
Sam Somers: 2<sup>nd</sup>, PV (2.80m)

### Under-20 & Under-16 Championships Scotstoun, July 31<sup>st</sup>, 2011

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

Sam Burgess: 1<sup>st</sup>, 5000m (15:47.48)

Sam Lyon: 3<sup>rd</sup>, LJ (6.39m); 2<sup>nd</sup>, TJ (13.49m)

#### **Under-16 Men:**

Ewan Calder: 3<sup>rd</sup>, 400m (56.79)

Ryan Hewitson: 3<sup>rd</sup>, HJ (1.80m)

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

Alasdair Lowe: 1<sup>st</sup>, PV (2.40m)

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

Yasmin Milne: 2<sup>nd</sup>, 100H (14.82)

#### **Under-16 women:**

Emma Caldwell: 2<sup>nd</sup>, 200m (26.12)

Kelsey Stewart: 3<sup>rd</sup>, 200m (26.13)

Eilidh Prise: 3<sup>rd</sup>, 1500m (5:00.18)

## Club Champions

#### **Senior Men:**

Peter Mutch (sprints)

James Joy (middle distance)

Kenny Lyon (jumps)

Edward McKenzie (throws).

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

Sam Lyon (track)

Sam Lyon (field)

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

Ryan Hewitson (track)

Ryan Hewitson (field)

**Veteran:** Mark Davidson

**Veteran Over 40:** Mark Davidson

**Veteran Over 50:** Kenny Lyon

**Overall age-graded:** Kenny Lyon

#### **Boys**

**Under-15:** Steven Murray

**Under-13:** Stewart Millar

**Under-11:** Harrison Hinks

#### **Senior Women:**

Marie Dobson (sprints)

Janice Forsyth (middle distance)

Laura Kutt (jumps)

Kathleen Madigan (throws)

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

No award (track)

No award (field)

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

Morven MacGregor (track)

No award (field)

**Veteran:** Shona McKinnon

**Veteran Over 45:** Shona McKinnon

**Overall age-graded:** Shona McKinnon

#### **Girls**

**Under-15:** Saffron Cummings

**Under-13:** Abby Riddell

**Under-11:** Katie MacDonald

AAAC would like to thank

# *Friends of Aberdeen AAC*

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

## ABERDEEN AAC'S CLUB PERFORMANCES IN 2011

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

|          |                               |           |
|----------|-------------------------------|-----------|
| 1        | Central AC                    | 29        |
| <b>2</b> | <b>Aberdeen AAC</b>           | <b>28</b> |
| 3        | Edinburgh AC                  | 20        |
| 4        | Victoria Park City of Glasgow | 17        |
| 5        | Arbroath & District AC        | 14        |
| 6        | Giffnock North                | 13        |
| 7        | Lasswade AAC                  | 12        |
| 8        | Pitreavie AAC                 | 11        |

### Scottish Women's League

|          |                               |           |
|----------|-------------------------------|-----------|
| 1        | Edinburgh AC                  | 24        |
| 2        | Fife & Tayside                | 19        |
| 3        | Team West                     | 17        |
| 4        | Pitreavie AAC                 | 14        |
| 5        | Forth Valley                  | 13        |
| <b>6</b> | <b>Aberdeen AAC Select</b>    | <b>12</b> |
| 7        | Lothian                       | 6         |
| 8        | Victoria Park City of Glasgow | 3         |

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

|          |                          |           |
|----------|--------------------------|-----------|
| 1        | Inverness Harriers       | 23.5      |
| 1        | HIPPO                    | 21.5      |
| <b>3</b> | <b>Aberdeen AAC</b>      | <b>18</b> |
| 4        | Arbroath & District AC   | 15        |
| 5        | Montrose & District AC   | 9         |
| 6        | Fife AC                  | 8         |
| 7        | Banchory Stonehaven AC   | 7         |
| 8        | Dundee Hawkhill Harriers | 6         |

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

Aberdeen AAC did not qualify

### Petrofac League (East Section) - Men

|          |                          |           |
|----------|--------------------------|-----------|
| <b>1</b> | <b>Aberdeen AAC</b>      | <b>32</b> |
| 2        | Arbroath & District.AC   | 26        |
| 3        | Banchory Stonehaven AC   | 25        |
| 4        | Montrose & District AC   | 21        |
| 5        | Perth Strathtay Harriers | 15        |
| 6        | Dundee Hawkhill Harriers | 13        |
| 7        | Ellon AAC                | 8         |

### Petrofac League (East Section) - Women

|          |                          |           |
|----------|--------------------------|-----------|
| <b>1</b> | <b>Aberdeen AAC</b>      | <b>32</b> |
| 2        | Banchory Stonehaven AC   | 26        |
| 3        | Arbroath & District AC   | 20        |
| 4        | Dundee Hawkhill Harriers | 19        |
| 5        | Montrose & District AC   | 18        |
| 6        | Ellon AAC                | 16        |
| 7        | Perth Strathtay Harriers | 9         |

### Petrofac League – Final

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

|                    |                   |
|--------------------|-------------------|
| <b>Senior Men:</b> | <b>1st</b>        |
| Senior Women:      | 2 <sup>nd</sup> = |
| U17 Men:           | 2nd               |
| U17 Women:         | 2nd               |
| U15 Boys:          | 3rd               |
| <b>U15 Girls:</b>  | <b>1st</b>        |
| U13 Boys:          | 2nd               |
| U13 Girls:         | 4th               |
| U11 Boys:          | 3rd               |
| U11 Girls:         | 2nd               |

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

|          |                          |           |
|----------|--------------------------|-----------|
| 1        | Inverness                | 22        |
| 1        | HIPPO                    | 20        |
| <b>3</b> | <b>Aberdeen AAC</b>      | <b>19</b> |
| 4        | Arbroath & District AC   | 14        |
| 5        | Banchory Stonehaven AC   | 13        |
| 6        | Montrose & District AC   | 9         |
| 7        | Dundee Hawkhill Harriers | 6         |
| 8        | Fife AC                  | 4         |

### East District Cross-Country League 2010-2011

#### **All males**

|           |                     |             |
|-----------|---------------------|-------------|
| 1         | Edinburgh AC        | 743         |
| 2         | Corstorphine AAC    | 1293        |
| 3         | Central AC          | 1516        |
| <b>10</b> | <b>Aberdeen AAC</b> | <b>4653</b> |

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

|           |                     |             |
|-----------|---------------------|-------------|
| 1         | Central AC          | 244         |
| 2         | Edinburgh AC        | 373         |
| 3         | Corstorphine AAC    | 460         |
| <b>14</b> | <b>Aberdeen AAC</b> | <b>1850</b> |

|           |                  |
|-----------|------------------|
| U17 Men:  | 11 <sup>th</sup> |
| U15 Boys: | 10 <sup>th</sup> |
| U13 Boys: | 9 <sup>th</sup>  |
| U11 Boys: | 15 <sup>th</sup> |

#### **All females**

|           |                     |             |
|-----------|---------------------|-------------|
| 1         | Edinburgh AC        | 382         |
| 2         | Central AC          | 733         |
| 3         | Fife AC             | 1500        |
| <b>12</b> | <b>Aberdeen AAC</b> | <b>3055</b> |

#### **Senior/Junior Women**

|           |                     |            |
|-----------|---------------------|------------|
| 1         | Edinburgh AC        | 94         |
| 2         | Central AC          | 122        |
| 3         | Gala Harriers       | 131        |
| <b>13</b> | <b>Aberdeen AAC</b> | <b>605</b> |

|                |                  |
|----------------|------------------|
| U17/U15 Women: | 18 <sup>th</sup> |
| U11 Girls:     | 16 <sup>th</sup> |



## CLUB RECORDS AS AT 01/01/2012

### SENIOR MEN

|        |          |                                                |          |
|--------|----------|------------------------------------------------|----------|
| 60     | 7.0      | S Walker/M Davidson/B Middleton                | 87/94/97 |
| 100    | 10.50    | Mark Davidson                                  | 89       |
| 200    | 21.07    | Mark Davidson                                  | 89       |
| 300    | 34.4     | Martin Johnston                                | 85       |
| 400    | 46.9     | Mark Davidson                                  | 89       |
| 800    | 1:49.3   | Ewan Calvert                                   | 94       |
| 1500   | 3:44.67  | Alan Wales                                     | 06       |
| 3000   | 8:14.6   | Fraser Clyne                                   | 81       |
| 5000   | 14:18.90 | Ian Matheson                                   | 89       |
| 10000  | 29:23    | F Clyne / G Laing                              | 83       |
| 110H   | 14.9     | Duncan Mathieson                               | 89       |
| 400H   | 50.79    | Mark Davidson                                  | 89       |
| 2000SC | 5:37.8   | Bill Ewing                                     | 67       |
| 3000SC | 8:47.8   | Bill Ewing                                     | 68       |
| ½ Mar  | 61:34    | Graham Laing                                   | 83       |
| Mar    | 2:11:50  | Fraser Clyne                                   | 84       |
| HJ     | 2.07     | Duncan Mathieson                               | 90/97    |
| PV     | 4.20     | Duncan Mathieson                               | 90       |
| LJ     | 7.62     | Duncan Mathieson                               | 95       |
| TJ     | 14.55    | William Stark                                  | 95       |
| SP     | 16.29    | Gordon Smith                                   | 94       |
| DT     | 53.66    | Scot Thompson                                  | 10       |
| JT     | 58.75    | Peter Fraser                                   | 98       |
| HT     | 62.73    | Padraig White                                  | 10       |
| Dec.   | 7535     | Duncan Mathieson                               | 90       |
| 4x100  | 42.1     | D Mathieson, King, Drummond, M Davidson        | 88       |
| 4x200  | 1:35.3   | Fachie, McCabe, Mutch, J Joy                   | 08       |
| 4x400  | 3:19.3   | P Davidson, Middleton, D Mathieson, Al-Kowarri | 97       |

### UNDER-20 MEN

|           |             |                                     |              |
|-----------|-------------|-------------------------------------|--------------|
| 60        | 7.1         | Barry Middleton                     | 94           |
| 100       | 10.8        | C Paterson / S Walker               | 72/88        |
| 200       | 21.6        | Martin Johnston                     | 83           |
| 300       | 35.4        | Ahmed Al-Kowarri                    | 96           |
| 400       | 48.17       | Mark Davidson                       | 87           |
| 800       | 1:51.86     | Ewan Calvert                        | 92           |
| 1500      | 3:50.34     | Alan Wales                          | 02           |
| 3000      | 8:34.65     | Darren Shinnie                      | 04           |
| 5000      | 14:46.0     | Ian Matheson                        | 83           |
| 10000     | 30:49.0     | Ian Matheson                        | 83           |
| 110H      | 14.93       | Duncan Mathieson                    | 88           |
| 400H      | 53.53       | Barry Middleton                     | 94           |
| 2000SC    | 6:02.66     | Stephen Wright                      | 89           |
| 3000SC    | 9:12.0      | Stephen Wright                      | 90           |
| HJ        | 2.00        | Duncan Mathieson                    | 87           |
| LJ        | 7.21        | Duncan Mathieson                    | 88           |
| TJ        | 14.55       | William Stark                       | 95           |
| <b>PV</b> | <b>3.60</b> | <b>Kenneth Lyon/David Mann</b>      | <b>79/11</b> |
| SP        | 14.24       | Paul Allan                          | 89           |
| DT        | 42.26       | Paul Allan                          | 89           |
| JT        | 57.48       | Peter Fraser                        | 96           |
| HT        | 48.83       | Matthew Maitland                    | 02           |
| Dec.      | 6652        | Duncan Mathieson                    | 88           |
| 4x100     | 44.7        | Cruickshank, Walker, Mackland, King | 87           |
| 4x200     | 2:07.6      | Young, Crighton, Irvine, Walton     | 09           |
| 4x400     | 3:28.2      | Cruickshank, Walker, Mackland, King | 87           |

### UNDER-17 MEN

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

|           |             |                              |           |
|-----------|-------------|------------------------------|-----------|
| <b>PV</b> | <b>3.60</b> | <b>David Mann</b>            | <b>11</b> |
| SP        | 13.27       | Kevin Lutton                 | 01        |
| DT        | 41.46       | Peter Fraser                 | 94        |
| JT        | 58.36       | Peter Fraser                 | 94        |
| HT        | 45.50       | David Robinson               | 78        |
| Oct.      | 4327        | Stephen Miller               | 02        |
| Pent.     | 5238        | Stephen Miller               | 02        |
| 4x100     | 45.92       | Milne, Rankin, Oxley, Maslen | 01        |
| 4x200     | 1:36.0      | Gray, Rankin, Oxley, Maslen  | 01        |
| 4x400     | 3:31.32     | Wales, Forbes, Gray, Watt    | 01        |

### UNDER-15 BOYS

|           |             |                                        |           |
|-----------|-------------|----------------------------------------|-----------|
| 100       | 11.5        | Alexander Carnie                       | 86        |
| 200       | 23.1        | Alexander Carnie                       | 86        |
| 400       | 52.5        | Colin Donald                           | 82        |
| 800       | 2:00.77     | Steven Rusling                         | 02        |
| 1500      | 4:21.2      | Steven Rusling                         | 02        |
| 3000      | 9:34.4      | Alex Thoires                           | 03        |
| 80H       | 12.0        | William Stark                          | 91        |
| HJ        | 1.75        | Kevin Lutton                           | 99        |
| <b>PV</b> | <b>2.61</b> | <b>Sam Lyon</b>                        | <b>07</b> |
| LJ        | 5.82        | William Stark                          | 91        |
| TJ        | 12.10       | William Stark                          | 91        |
| SP        | 11.89       | Kevin Lutton                           | 99        |
| DT        | 33.91       | Kevin Lutton                           | 99        |
| JT        | 50.70       | Keith Simpson                          | 96        |
| HT        | 32.38       | George Petrie                          | 77        |
| Pent.     | 2202        | Stuart Mathieson                       | 95        |
| 4x100     | 49.3        | Legge, Lemon, Braun, S Mathieson       | 95        |
| 4x200     | 2:07.6      | Young, Crighton, Irvine, Walton        | 09        |
| 4x400     | 3:57.1      | Masson, Graham, K McCallum, Al-Kowarri | 93        |



## LANE 9 CAFE

**Open daily for:**  
**hot and cold drinks**  
**sandwiches and light meals**  
**soup**  
**cakes and muffins**

**Mon to Thu 9.30am to 8.30pm**  
**Fri to Sun 9.30am to 5.00pm**

[www.aberdeensportsvillage.com/lane9](http://www.aberdeensportsvillage.com/lane9)




**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        |
| <b>800</b> | <b>2:20.38</b> | <b>Stewart Millar</b>           | <b>11</b> |
| 1500       | 4:49.8         | Mark Kennedy                    | 98        |
| 75H        | 12.9           | William Stark                   | 89        |
| HJ         | 1.52           | Duncan Mathieson                | 81        |
| LJ         | 4.83           | William Stark                   | 89        |
| TJ         | 10.13          | Douglas Cumming                 | 93        |
| SP         | 10.27          | Adam Crighton                   | 08        |
| DT         | 26.42          | Kevin Lutton                    | 97        |
| JT         | 36.42          | Kevin Lutton                    | 97        |
| Pent.      | 1802           | David Braun                     | 93        |
| 4x100      | 54.7           | Forbes, Flett, B Benzie, Maslen | 97        |
| 4x200      | 1:56.7         | Forbes, Flett, B Benzie, Maslen | 97        |
| 4x400      | 4:35.8         | Rose, Watt, Maitland, Sullivan  | 94        |

**UNDER-11 BOYS**

|       |        |                                          |    |
|-------|--------|------------------------------------------|----|
| 60    | 9.0    | Ruari Neil                               | 01 |
| 100   | 13.8   | Bruce Benzie                             | 95 |
| 200   | 29.2   | Andrew Keelan                            | 84 |
| 800   | 2:34.1 | Steven Bruce                             | 87 |
| HJ    | 1.35   | Duncan Mathieson                         | 79 |
| LJ    | 4.40   | Duncan Mathieson                         | 79 |
| TJ    | 9.21   | Duncan Mathieson                         | 79 |
| SP    | 7.92   | Gregor Coull                             | 06 |
| JT    | 24.84  | Bruce Benzie                             | 95 |
| 4x100 | 60.8   | Maitland, Sullivan, R Smith, C Mathieson | 93 |
| 4x200 | 2:09.6 | Maitland, C Mathieson, R Smith, Sullivan | 93 |

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

|         |          |                                 |    |
|---------|----------|---------------------------------|----|
| 60      | 7.4      | Stan Walker                     | 09 |
| 100     | 11.6     | Stan Walker                     | 08 |
| 200     | 23.4     | Stan Walker                     | 09 |
| 300     | 37.85    | Stan Walker                     | 09 |
| 400     | 53.97    | Fintan McCabe                   | 09 |
| 800     | 2:15.2   | Ian Morrice                     | 05 |
| 1500    | 4:29.8   | David Duguid                    | 05 |
| 3000    | 10:13.2  | Keith Charlton                  | 05 |
| 5000    | 16:53.94 | Frank Boyne                     | 07 |
| 10000   | 38:42.3  | Dave Armitage                   | 07 |
| 110H    | 19.66    | Edward McKenzie                 | 06 |
| 400H    | 67.2     | Kenny Lyon                      | 05 |
| 3000SC  | 10:11.2  | Frank Boyne                     | 05 |
| HJ      | 1.60     | Fintan McCabe                   | 08 |
| PV      | 3.25     | Kenny Lyon                      | 06 |
| LJ      | 6.05     | Fintan McCabe                   | 07 |
| TJ      | 11.55    | Kenny Lyon                      | 05 |
| SP      | 12.45    | Fintan McCabe                   | 08 |
| DT      | 36.15    | Fintan McCabe                   | 08 |
| JT      | 43.95    | Fintan McCabe                   | 09 |
| HT      | 32.20    | Edward McKenzie                 | 08 |
| WT      | 10.35    | Edward McKenzie                 | 06 |
| Pent    | 1986     | Edward McKenzie                 | 06 |
| Dec.    | 4053     | Edward McKenzie                 | 05 |
| Wt Pent | 2190     | Edward McKenzie                 | 06 |
| 4x200   | 1:40.06  | Astell, McKeown, McCabe, Walker | 08 |



**VETERAN MEN (Over 40)**

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

**VETERAN MEN (Over 45)**

|                 |              |                                      |              |
|-----------------|--------------|--------------------------------------|--------------|
| 60              | 7.8          | T Madigan / G Middleton              | 95           |
| 100             | 12.2         | Malcolm Clarkson                     | 89           |
| 200             | 24.6         | Frank Gauld                          | 00           |
| 300             | 40.7         | Frank Gauld                          | 00           |
| 400             | 54.8         | Frank Gauld                          | 00           |
| 800             | 2:06.1       | Alan Fulton                          | 95           |
| 1500            | 4:18.7       | Colin Youngson                       | 93           |
| 3000            | 9:29.0       | John Ballentine                      | 92           |
| 5000            | 15:42.7      | Colin Youngson                       | 93           |
| 10000           | 32:45.10     | Colin Youngson                       | 93           |
| 400H            | 72.3         | Kenny Lyon                           | 10           |
| 400H (sen)      | 72.3         | Kenny Lyon                           | 10           |
| ½ Mar           | 70:50        | Bill Adams                           | 94           |
| Mar             | 2:30:40      | Donald Ritchie                       | 91           |
| <b>HJ</b>       | <b>1.65</b>  | <b>Bill Lonsdale/James MacGregor</b> | <b>03/11</b> |
| LJ              | 5.52         | Kenny Lyon                           | 06           |
| TJ              | 11.32        | Trevor Madigan                       | 90           |
| PV              | 3.45         | Robert Masson                        | 99           |
| SP              | 11.48        | Robert Masson                        | 93           |
| <b>SP (sen)</b> | <b>11.20</b> | <b>Edward McKenzie</b>               | <b>11</b>    |
| DT              | 39.86        | Robert Masson                        | 92           |
| <b>DT (sen)</b> | <b>27.97</b> | <b>Edward McKenzie</b>               | <b>11</b>    |
| HT              | 34.35        | Robert Masson                        | 98           |
| <b>HT (sen)</b> | <b>29.13</b> | <b>Edward McKenzie</b>               | <b>11</b>    |
| JT              | 40.64        | Robert Masson                        | 95           |
| <b>JT (sen)</b> | <b>38.04</b> | <b>Edward McKenzie</b>               | <b>11</b>    |
| Pent            | 2805         | Kenny Lyon                           | 06           |
| Dec.            | 3658         | Robert Masson                        | 95           |
| <b>Wt Pent</b>  | <b>2122</b>  | <b>Edward McKenzie</b>               | <b>11</b>    |

**VETERAN MEN (Over 50)**

|             |              |                      |           |
|-------------|--------------|----------------------|-----------|
| 60          | 7.8          | Trevor Madigan       | 95        |
| 100         | 12.5         | Trevor Madigan       | 94        |
| 200         | 25.7         | Trevor Madigan       | 94        |
| 300         | 42.4         | Alan Fulton          | 00        |
| 400         | 57.6         | Alan Fulton          | 00        |
| 800         | 2:13.1       | John Ballentine      | 93        |
| 1500        | 4:24.3       | John Ballentine      | 93        |
| 3000        | 9:29.0       | John Ballentine      | 92        |
| 5000        | 16:30.1      | John Ballentine      | 92        |
| 10000       | 34:06.7      | John Ballentine      | 92        |
| <b>100H</b> | <b>18.13</b> | <b>Kenny Lyon</b>    | <b>11</b> |
| 400H        | 77.1         | Bill Lonsdale        | 02        |
| ½ Mar       | 76:45        | Roderick MacFarquhar | 93        |
| Mar         | 2:31:48      | Alastair Wood        | 83        |

|     |       |                |    |
|-----|-------|----------------|----|
| HJ  | 1.65  | Bill Lonsdale  | 03 |
| PV  | 3.45  | Robert Masson  | 99 |
| LJ  | 5.35  | Trevor Madigan | 91 |
| TJ  | 10.75 | Bill Lonsdale  | 03 |
| SP  | 11.34 | Robert Masson  | 97 |
| DT  | 38.09 | Robert Masson  | 98 |
| JT  | 39.70 | Robert Masson  | 99 |
| HT  | 34.35 | Robert Masson  | 98 |
| Dec | 6251  | Robert Masson  | 99 |

**VETERAN MEN (Over 55)**

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

**VETERAN MEN (Over 60)**

|       |          |                        |       |
|-------|----------|------------------------|-------|
| 60    | 8.6      | Trevor Madigan         | 06    |
| 100   | 13.4     | Trevor Madigan         | 05    |
| 200   | 27.8     | Trevor Madigan         | 05    |
| 300   | 46.8     | Trevor Madigan         | 08    |
| 400   | 66.8     | Alan Fulton            | 10    |
| 800   | 2:37.5   | E Dunster / H Fletcher | 90/95 |
| 1500  | 5:23.5   | Ernie Dunster          | 90    |
| 3000  | 11:36.7  | Colin Youngson         | 10    |
| 5000  | 19:03.22 | Colin Youngson         | 08    |
| 10000 | 41:14.0  | Ernie Dunster          | 90    |
| 100H  | 19.85    | Robert Masson          | 07    |
| 300H  | 53.09    | Robert Masson          | 08    |
| ½ Mar | 1:26:36  | Colin Youngson         | 08    |
| Mar   | 3:14:19  | Ronnie Wilson          | 03    |
| HJ    | 1.41     | Trevor Madigan         | 06/07 |
| PV    | 3.00     | Robert Masson          | 10    |
| LJ    | 5.02     | Trevor Madigan         | 06    |
| TJ    | 9.79     | Trevor Madigan         | 06    |
| SP    | 10.15    | Robert Masson          | 07    |
| DT    | 41.64    | Robert Masson          | 09    |
| JT    | 37.37    | Robert Masson          | 08    |
| HT    | 32.40    | Robert Masson          | 10    |
| Dec   | 6490     | Robert Masson          | 07    |

**VETERAN MEN (Over 65)**

|            |              |                       |              |
|------------|--------------|-----------------------|--------------|
| <b>60</b>  | <b>9.0</b>   | <b>Trevor Madigan</b> | <b>10/11</b> |
| 100        | 13.8         | Trevor Madigan        | 09           |
| <b>200</b> | <b>29.49</b> | <b>Trevor Madigan</b> | <b>11</b>    |
| 300        | 51.4         | Trevor Madigan        | 10           |
| 400        | 71.7         | Hugo Fletcher         | 99           |
| 800        | 2:50.8       | Hugo Fletcher         | 99           |
| 1500       | 6:00.7       | Ernie Dunster         | 95           |
| Mar.       | 3:31:16      | James Youngson        | 81           |
| <b>HJ</b>  | <b>1.30</b>  | <b>Trevor Madigan</b> | <b>10/11</b> |
| <b>LJ</b>  | <b>4.32</b>  | <b>Trevor Madigan</b> | <b>11</b>    |
| TJ         | 8.95         | Trevor Madigan        | 09           |
| SP         | 9.26         | Trevor Madigan        | 09           |
| DT         | 27.22        | Trevor Madigan        | 10           |
| HT         | 26.40        | Trevor Madigan        | 10           |
| JT         | 24.04        | Trevor Madigan        | 10           |

**VETERAN MEN (Over 70)**

|     |      |               |    |
|-----|------|---------------|----|
| 60  | 11.2 | Hugo Fletcher | 06 |
| 100 | 17.6 | Hugo Fletcher | 05 |
| 200 | 35.5 | Hugo Fletcher | 05 |
| 300 | 63.4 | Hugo Fletcher | 06 |

|      |         |                    |    |
|------|---------|--------------------|----|
| 400  | 80.0    | Hugo Fletcher      | 05 |
| 800  | 3:12.5  | Hugo Fletcher      | 04 |
| 1500 | 6:45.8  | George Cruickshank | 05 |
| 5000 | 23:57.5 | George Cruickshank | 05 |
| LJ   | 2.30    | Miller Mathieson   | 08 |
| SP   | 6.49    | Miller Mathieson   | 09 |
| DT   | 18.21   | Miller Mathieson   | 08 |
| HT   | 19.08   | Ian Morrison       | 05 |
| JT   | 10.16   | Hugo Fletcher      | 10 |

#### VETERAN MEN (Over 75)

|            |                     |                      |           |
|------------|---------------------|----------------------|-----------|
| 60         | 13.1                | Hugo Fletcher        | 10        |
| 100        | 20.2                | Hugo Fletcher        | 10        |
| <b>200</b> | <b>43.6</b>         | <b>Hugo Fletcher</b> | <b>11</b> |
| 300        | 74.4                | Hugo Fletcher        | 10        |
| 400        | 97.3                | Hugo Fletcher        | 09        |
| 800        | 3:34.8              | George Cruickshank   | 09        |
| 1500       | 7:15.3              | George Cruickshank   | 09        |
| Mar        | 4:32:14             | George Cruickshank   | 09        |
|            | (chip time 4:31:31) |                      |           |
| SP         | 5.01                | Hugo Fletcher        | 10        |
| <b>DT</b>  | <b>13.12</b>        | <b>Hugo Fletcher</b> | <b>11</b> |
| HT         | 12.60               | Hugo Fletcher        | 10        |
| JT         | 10.16               | Hugo Fletcher        | 10        |

#### SENIOR WOMEN

|           |             |                                    |           |
|-----------|-------------|------------------------------------|-----------|
| 60        | 7.5         | Dawn Kitchen                       | 85        |
| 100       | 11.8        | Dawn Flockhart/Sarah Still         | 94/99     |
| 200       | 23.9        | Dawn Flockhart                     | 96        |
| 300       | 38.9        | Dawn Flockhart                     | 96        |
| 400       | 53.99       | Dawn Kitchen                       | 85        |
| 800       | 2:05.11     | Nicola Gauld                       | 06        |
| 1500      | 4:11.80     | Nicola Gauld                       | 08        |
| 3000      | 9:04.21     | Nicola Gauld                       | 08        |
| 5000      | 16:44.63    | Tracey Brindley                    | 98        |
| 10000     | 36:22.7     | Debbie Kilner                      | 95        |
| 100H      | 13.97       | Catriona Pennet                    | 04        |
| 400H      | 61.80       | Sylvia Kamyra                      | 09        |
| ½ Mar     | 73:22       | Lynda Bain                         | 85        |
| Mar       | 2:33:38     | Lynda Bain                         | 85        |
| <b>PV</b> | <b>3.00</b> | <b>Laura Kutt</b>                  | <b>11</b> |
| HJ        | 1.69        | Ellie Workman                      | 09        |
| LJ        | 5.95        | Linda Davidson                     | 92        |
| TJ        | 12.06       | Fiona Watt                         | 96        |
| SP        | 14.24       | Helen Cowe                         | 93        |
| DT        | 48.64       | Helen Cowe                         | 94        |
| JT        | 38.28       | Linda Low                          | 96        |
| HT        | 43.79       | Jacqui Loney                       | 03        |
| Pent.     | 2691        | Lyndsay Peddie                     | 83        |
| Hept.     | 5014        | Sarah Still                        | 00        |
| 4x100     | 48.4        | Madigan, Edon, Leslie, Vaughan     | 86        |
| 4x200     | 1:51.0      | Humphreys, Dawson, Stirling, Milne | 09        |
| 4x400     | 3:50.0      | Windass, Hendry, Watt, Flockhart   | 96        |
| Medley    | 4:07.7      | Madigan, Edon, Kitchen, Sheehan    | 85        |

#### UNDER-20 WOMEN

|            |              |                                  |              |
|------------|--------------|----------------------------------|--------------|
| 60         | 7.8          | K Madigan/S Still                | 86/93        |
| 100        | 11.9         | Louise Paterson                  | 91           |
| 200        | 24.7         | Louise Paterson                  | 90           |
| 300        | 39.44        | Zoey Clark                       | 10           |
| <b>400</b> | <b>55.96</b> | <b>Susan Hendry/Zoey Clark</b>   | <b>94/11</b> |
| 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           |
| HJ         | 1.69         | Ellie Workman                    | 09           |
| LJ         | 5.74         | Sarah Still                      | 94           |
| TJ         | 11.48        | Kirsten Young                    | 04           |
| PV         | 2.70         | Sam Somers                       | 10           |
| SP         | 10.29        | Sarah Lyon                       | 99           |
| DT         | 32.30        | Marian Simpson                   | 95           |
| HT         | 39.58        | Marian Simpson                   | 96           |
| JT         | 35.98        | Ellie Workman                    | 09           |
| Hept.      | 4643         | Sarah Still                      | 94           |
| 4x100      | 50.3         | D Burr, Paterson, S Still, Gunn  | 91           |
| 4x400      | 4:06.6       | L Still, Keenan, Hendry, H Pirie | 94           |

#### UNDER-17 WOMEN

|            |              |                                       |           |
|------------|--------------|---------------------------------------|-----------|
| 60         | 7.8          | Kathleen Madigan                      | 86        |
| 100        | 11.9         | Louise Paterson                       | 91        |
| 200        | 24.7         | Louise Paterson                       | 90        |
| 300        | 39.44        | Zoey Clark                            | 10        |
| <b>400</b> | <b>55.96</b> | <b>Zoey Clark</b>                     | <b>11</b> |
| 800        | 2:13.36      | Dawn Simpson                          | 88        |
| 1500       | 4:32.7       | Kathryn Shepherd                      | 74        |
| 3000       | 10:35.0      | Claire Becker                         | 92        |
| 80H        | 11.48        | Yasmin Milne                          | 10        |
| 100H       | 15.5         | Lyndsay Peddie                        | 83        |
| 300H       | 44.14        | Sylvia Kamyra                         | 05        |
| 400H       | 66.0         | Bridie McGlashan                      | 86        |
| HJ         | 1.69         | Ellie Workman                         | 09        |
| <b>PV</b>  | <b>2.80</b>  | <b>Sam Somers</b>                     | <b>11</b> |
| LJ         | 5.71         | Kirsten Young                         | 05        |
| TJ         | 11.48        | Kirsten Young                         | 04        |
| SP         | 11.85        | Helen Cowe                            | 83        |
| DT         | 38.08        | Helen Cowe                            | 83        |
| HT         | 31.58        | Marian Simpson                        | 94        |
| JT         | 35.98        | Ellie Workman                         | 09        |
| Pent.      | 2896         | Catriona Pennet                       | 00        |
| Hept.      | 4390         | Ellie Workman                         | 09        |
| 4x100      | 50.3         | D Burr, Paterson, S Still, Gunn,      | 91        |
| 4x200      | 1:49.3       | Barlow, Shearer, C Pennet, L Johnston | 00        |
| Medley     | 4:31.5       | Keenan, C Fraser, N Fraser, Clarkson  | 94        |

#### UNDER-15 GIRLS

|       |         |                                      |    |
|-------|---------|--------------------------------------|----|
| 100   | 12.37   | Lesley-Ann Mearns                    | 05 |
| 200   | 25.05   | Lesley-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 |
| 4x200 | 1:58.4  | Murdoch, Williams, MacDonald, Somers | 09 |
| 3x800 | 7:12.6  | Cherry, McInnes, Sheehan             | 84 |

#### UNDER-13 GIRLS

|       |         |                                             |       |
|-------|---------|---------------------------------------------|-------|
| 60    | 8.6     | Lisa Burr                                   | 98    |
| 75    | 10.4    | Lesley-Ann Mearns                           | 03    |
| 100   | 12.8    | Michelle Bruce                              | 81    |
| 150   | 20.1    | Lesley-Ann Mearns                           | 03    |
| 200   | 26.3    | Michelle Bruce                              | 81    |
| 800   | 2:19.0  | M Cherry / D Simpson                        | 83/86 |
| 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    | 26.31   | Sophie Anderson                             | 10    |
| Pent. | 2335    | Catriona Pennet                             | 96    |
| 4x100 | 53.7    | Carle, Stephen, Mathieson, Bole             | 77    |
| 4x200 | 1:58.7  | H Mathieson, Rossiter, S Mathieson, Shearer | 97    |
| 3x800 | 7:57.8  | L Still, Simpson, Clarkson                  | 90    |

#### UNDER-11 GIRLS

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

**VETERAN WOMEN (OVER 35)**

|           |              |                         |           |
|-----------|--------------|-------------------------|-----------|
| 60        | 8.1          | J Lyon/K Madigan        | 97/07     |
| 100       | 12.82        | Kathleen Madigan        | 07        |
| 200       | 26.5         | Janet Lyon              | 97        |
| 300       | 44.03        | Kathleen Madigan        | 08        |
| 400       | 61.05        | Laura Mahady            | 09        |
| 800       | 2:19.3       | Sonia Armitage          | 04        |
| 1500      | 4:39.12      | Sonia Armitage          | 96        |
| 3000      | 9:51.9       | Heather Wisley          | 90        |
| 5000      | 17:48.80     | Sonia Armitage          | 99        |
| 10000     | 37:18.2      | Heather Wisley          | 89        |
| 80H       | 14.6         | Janet Lyon              | 04        |
| 100H      | 17.6         | Janet Lyon              | 04        |
| 400H      | 73.0         | Janet Lyon              | 00        |
| ½ Mar     | 82:09        | Ulli Simpson            | 90        |
| Mar       | 3:00:32      | Margaret Stafford       | 90        |
| HJ        | 1.40         | Fiona Davidson          | 08        |
| PV        | 2.81         | Janet Lyon              | 04        |
| LJ        | 4.87         | Fiona Davidson          | 08        |
| TJ        | 11.07        | Fiona Davidson          | 10        |
| SP        | 8.82         | Linda Michie            | 06        |
| DT        | 23.94        | Anne Lindsay            | 88        |
| JT        | 28.40        | Barbara MacDonald       | 96        |
| <b>HT</b> | <b>29.18</b> | <b>Kathleen Madigan</b> | <b>11</b> |
| Hept      | 2751         | Shona McKinnon          | 02        |

**VETERAN WOMEN (OVER 40)**

|           |              |                         |           |
|-----------|--------------|-------------------------|-----------|
| 60        | 8.3          | Kathleen Madigan        | 10        |
| 100       | 13.09        | Kathleen Madigan        | 10        |
| 200       | 26.9         | Janet Lyon              | 04        |
| 300       | 44.6         | Kathleen Madigan        | 10        |
| 400       | 61.05        | Laura Mahady            | 09        |
| 800       | 2:19.3       | Sonia Armitage          | 04        |
| 1500      | 4:45.36      | Sonia Armitage          | 07        |
| 3000      | 10:25.4      | Sonia Armitage          | 02        |
| 5000      | 18:15.3      | Sonia Armitage          | 03        |
| 10000     | 38:18.5      | Sonia Armitage          | 02        |
| 80H       | 14.6         | Janet Lyon              | 04        |
| 100H      | 17.6         | Janet Lyon              | 04        |
| 400H      | 75.5         | Joyce Hogg              | 90        |
| ½ Mar     | 1:29:01      | Ulli Simpson            | 96*       |
| Mar       | 3:24:22      | Olive Fraser            | 89        |
| HJ        | 1.33         | Shona McKinnon          | 04        |
| PV        | 2.81         | Janet Lyon              | 04        |
| LJ        | 4.45         | Janet Lyon              | 04        |
| TJ        | 8.86         | Shona McKinnon          | 04        |
| SP        | 8.23         | Kathleen Madigan        | 10        |
| DT        | 22.34        | Ann Imrie               | 97        |
| JT        | 28.40        | Barbara MacDonald       | 96        |
| <b>HT</b> | <b>29.18</b> | <b>Kathleen Madigan</b> | <b>11</b> |

**VETERAN WOMEN (OVER 45)**

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

**VETERAN WOMEN (OVER 50)**

|            |             |                     |           |
|------------|-------------|---------------------|-----------|
| 100        | 14.5        | Ann Imrie           | 00        |
| 200        | 28.7        | Laura Mahady        | 09        |
| <b>300</b> | <b>46.8</b> | <b>Laura Mahady</b> | <b>11</b> |
| 400        | 61.05       | Laura Mahady        | 09        |
| 800        | 2:19.50     | Laura Mahady        | 09        |
| 1500       | 4:50.73     | Laura Mahady        | 09        |

|            |                |                       |           |
|------------|----------------|-----------------------|-----------|
| 3000       | 11:02.41       | Laura Mahady          | 08        |
| 5000       | 19:02.1        | Laura Mahady          | 08        |
| 10000      | 49:33.1        | Ann Clark             | 09        |
| 80H        | 15.8           | Ann Imrie             | 00        |
| ½ Mar      | <b>1:52:23</b> | <b>Janice Forsyth</b> | <b>10</b> |
| <b>Mar</b> | <b>4:20:27</b> | <b>Janice Forsyth</b> | <b>11</b> |
| LJ         | 3.46           | Laura Mahady          | 09        |
| SP         | 5.72           | Laura Mahady          | 09        |
| DT         | 20.69          | Ann Imrie             | 00        |

**VETERAN WOMEN (OVER 55)**

|       |         |           |    |
|-------|---------|-----------|----|
| 5000  | 24:19.9 | Ann Clark | 10 |
| 10000 | 50:37.5 | Ann Clark | 10 |

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## INDOOR RECORDS AS AT 01/01/2011

### SENIOR MEN

|       |         |                                           |    |
|-------|---------|-------------------------------------------|----|
| 60    | 6.99    | Barry Middleton                           | 96 |
| 200   | 21.90   | Mark Davidson                             | 90 |
| 400   | 47.44   | Barry Middleton                           | 97 |
| 800   | 1:56.64 | Myles Edwards                             | 10 |
| 1000  | 2:30.94 | Mark Kennedy                              | 04 |
| 1500  | 4:01.57 | David Stephen                             | 87 |
| 3000  | 8:27.22 | Alan Wales                                | 06 |
| 60H   | 8.32    | Duncan Mathieson                          | 97 |
| HJ    | 1.99    | Duncan Mathieson                          | 89 |
| PV    | 4.00    | Duncan Mathieson                          | 97 |
| LJ    | 7.14    | Duncan Mathieson                          | 91 |
| TJ    | 13.97   | William Stark                             | 94 |
| SP    | 16.98   | Scot Thompson                             | 10 |
| DT    | 31.62   | Edward Mckenzie                           | 07 |
| Hept. | 5275    | Duncan Mathieson                          | 97 |
| 4X200 | 1:41.2  | Mackenzie, Madigan, Stirling,<br>Clarkson | 90 |

### UNDER-17 MEN

|           |             |                   |           |
|-----------|-------------|-------------------|-----------|
| 60        | 7.39        | Scott Rankin      | 02        |
| 200       | 24.07       | Ahmed Al-Kowarri  | 94        |
| 400       | 51.1        | Ahmed Al-Kowarri  | 94        |
| 800       | 1:59.34     | Steven Rusling    | 04        |
| 1000      | 2:52.75     | Barry Middleton   | 91        |
| 1500      | 4:15.27     | Adam Watt         | 01        |
| 60H       | 8.50        | Richard Singer    | 95        |
| HJ        | 1.90        | Kevin Lutton      | 01        |
| <b>PV</b> | <b>3.11</b> | <b>David Mann</b> | <b>11</b> |
| 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-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-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        |
| <b>PV</b> | <b>2.45</b> | <b>Alasdair Lowe</b> | <b>11</b> |
| 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 |

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

|        |          |                 |    |
|--------|----------|-----------------|----|
| 60     | 7.52     | Stan Walker     | 09 |
| 200    | 24.71    | Stan Walker     | 09 |
| 400    | 57.36    | John McKeown    | 10 |
| 800    | 2:35.00  | Alan Fulton     | 07 |
| 1000   | 3:16.17  | Bill Lonsdale   | 06 |
| 1500   | 4:34.71  | Frank Boyne     | 08 |
| 3000   | 10:07.39 | Frank Boyne     | 08 |
| 60H    | 10.61    | Edward McKenzie | 06 |
| HJ     | 1.57     | Bill Lonsdale   | 06 |
| PV     | 3.02     | Robert Masson   | 09 |
| LJ     | 5.44     | Kenny Lyon      | 07 |
| TJ     | 10.04    | Bill Lonsdale   | 06 |
| SP     | 12.18    | Fintan McCabe   | 08 |
| DT     | 31.62    | Edward McKenzie | 07 |
| Weight | 8.57     | Edward McKenzie | 07 |
| Pent   | 2162     | Edward McKenzie | 07 |

**VETERAN MEN (OVER 40)**

|               |              |                                        |           |
|---------------|--------------|----------------------------------------|-----------|
| <b>60</b>     | <b>7.6</b>   | Alan MacKenzie / Stan Walker           | 89/10&11  |
| <b>200</b>    | <b>24.88</b> | <b>Stan Walker</b>                     | <b>11</b> |
| 400           | 54.60        | Denis Shepherd                         | 93        |
| 800           | 2:07.45      | Denis Shepherd                         | 93        |
| 1000          | 3:16.27      | Kenny Lyon                             | 03        |
| 1500          | 4:17.4       | Colin Youngson                         | 92        |
| 3000          | 8:58.7       | Colin Youngson                         | 89        |
| 60H           | 10.1         | Darren Chapman                         | 10        |
| HJ            | 1.68         | Denis Shepherd                         | 93        |
| LJ            | 5.62         | Trevor Madigan                         | 87        |
| TJ            | 11.64        | Kenny Lyon                             | 01        |
| PV            | 3.60         | Robert Masson                          | 89        |
| SP            | 12.27        | Darren Chapman                         | 10        |
| SP (sen)      | 12.27        | Darren Chapman                         | 10        |
| DT            | 31.62        | Edward McKenzie                        | 07        |
| <b>Weight</b> | <b>9.63</b>  | <b>Edward McKenzie</b>                 | <b>11</b> |
| <b>Pent</b>   | <b>2239</b>  | <b>Edward McKenzie</b>                 | <b>11</b> |
| Hept          | 3851         | Kenny Lyon                             | 03        |
| 4X200         | 1:41.2       | Mackenzie, Madigan, Stirling, Clarkson | 90        |

**VETERAN MEN (OVER 45)**

|          |         |                      |    |
|----------|---------|----------------------|----|
| 60       | 7.86    | Allan Stirling       | 97 |
| 200      | 26.11   | Frank Gauld          | 00 |
| 400      | 56.33   | Frank Gauld          | 00 |
| 800      | 2:11.97 | Alan Fulton          | 96 |
| 1000     | 3:20.43 | Bill Lonsdale        | 03 |
| 1500     | 4:23.23 | John Ballentine      | 94 |
| 3000     | 9:12.4  | Roderick MacFarquhar | 89 |
| 60H      | 10.98   | Kenny Lyon           | 08 |
| HJ       | 1.65    | Bill Lonsdale        | 03 |
| LJ       | 5.43    | Trevor Madigan       | 90 |
| TJ       | 11.14   | Trevor Madigan       | 90 |
| PV       | 3.45    | Robert Masson        | 98 |
| SP       | 9.44    | Robert Masson        | 93 |
| SP (sen) | 8.61    | Kenny Lyon           | 09 |
| Hept     | 3896    | Kenny Lyon           | 08 |

**VETERAN MEN (OVER 50)**

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

|      |      |               |    |
|------|------|---------------|----|
| SP   | 9.75 | 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       | 66.29        | Alan Fulton          | 10        |
| 800       | 2:44.3       | Ernie Dunster        | 90        |
| 1000      | 3:42.60      | Robert Masson        | 09        |
| 1500      | 5:23.96      | Colin Youngson       | 08        |
| 3000      | 11:14.58     | Colin Youngson       | 08        |
| 60H       | 11.7         | Robert Masson        | 10        |
| HJ        | 1.40         | Trevor Madigan       | 10        |
| PV        | 3.02         | Robert Masson        | 09        |
| LJ        | 4.45         | Trevor Madigan       | 06        |
| TJ        | 9.93         | Trevor Madigan       | 06        |
| <b>SP</b> | <b>10.16</b> | <b>Robert Masson</b> | <b>11</b> |
| Hept      | 4304         | Robert Masson        | 09        |

**VETERAN MEN (OVER 65)**

|           |             |                       |           |
|-----------|-------------|-----------------------|-----------|
| 60        | 8.76        | Trevor Madigan        | 10        |
| 200       | 33.06       | Hugo Fletcher         | 00        |
| 400       | 73.31       | Hugo Fletcher         | 00        |
| 800       | 3:09.0      | Hugo Fletcher         | 00        |
| 1500      | 7:04.26     | Hugo Fletcher         | 02        |
| HJ        | 1.40        | Trevor Madigan        | 10        |
| <b>LJ</b> | <b>4.17</b> | <b>Trevor Madigan</b> | <b>11</b> |
| TJ        | 8.99        | Trevor Madigan        | 10        |
| SP        | 8.93        | Trevor Madigan        | 10        |

**VETERAN MEN (OVER 70)**

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

**VETERAN MEN (OVER 75)**

|           |             |                      |           |
|-----------|-------------|----------------------|-----------|
| 60        | 13.0        | Hugo Fletcher        | 10        |
| 200       | 46.00       | Hugo Fletcher        | 10        |
| 400       | 1:40.86     | Hugo Fletcher        | 10        |
| <b>SP</b> | <b>5.04</b> | <b>Hugo Fletcher</b> | <b>10</b> |

**SENIOR WOMEN**

|             |                 |                       |           |
|-------------|-----------------|-----------------------|-----------|
| 60          | 7.78            | Dawn Flockhart        | 95        |
| 200         | 24.86           | Dawn Flockhart        | 95        |
| 400         | 55.27           | Emma Cloggie          | 06        |
| 800         | 2:11.47         | Nicola Gauld          | 04        |
| 1500        | 4:26.20         | Nicola Gauld          | 06        |
| <b>3000</b> | <b>10:25.28</b> | <b>Rhona Auckland</b> | <b>11</b> |
| 60H         | 8.79            | Catrina Pennet        | 04        |
| HJ          | 1.71            | Ellie Workman         | 09        |
| LJ          | 5.88            | Linda Davidson        | 93        |
| TJ          | 11.18           | Linda Davidson        | 92        |
| <b>PV</b>   | <b>2.95</b>     | <b>Laura Kutt</b>     | <b>11</b> |
| SP          | 13.89           | Helen Cowe            | 93        |
| Pent.       | 3778            | Sarah Still           | 00        |

**UNDER-20 WOMEN**

|            |              |                   |           |
|------------|--------------|-------------------|-----------|
| <b>60</b>  | <b>7.82</b>  | <b>Zoey Clark</b> | <b>11</b> |
| <b>200</b> | <b>25.16</b> | <b>Zoey Clark</b> | <b>11</b> |
| 400        | 55.27        | Emma Cloggie      | 06        |
| 800        | 2:14.32      | Emma Cloggie      | 05        |

|             |                 |                       |           |
|-------------|-----------------|-----------------------|-----------|
| 1500        | 4:46.81         | Ellie Buchan          | 08        |
| <b>3000</b> | <b>10:25.28</b> | <b>Rhona Auckland</b> | <b>11</b> |
| 60H         | 9.03            | Catriona Pennet       | 01        |
| HJ          | 1.71            | Ellie Workman         | 09        |
| <b>PV</b>   | <b>2.85</b>     | <b>Sam Somers</b>     | <b>11</b> |
| LJ          | 5.36            | Kirsten Young         | 05        |
| TJ          | 11.00           | Kirsten Young         | 05        |
| SP          | 8.99            | Sarah Lyon            | 99        |
| Pent.       | 3212            | Sarah Still           | 94        |

**UNDER-17 WOMEN**

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

**UNDER-15 GIRLS**

|           |             |                              |           |
|-----------|-------------|------------------------------|-----------|
| 60        | 7.83        | Lesley-Ann Mearns            | 05        |
| 200       | 25.51       | Lesley-Ann Mearns            | 05        |
| 800       | 2:17.60     | Emma Cloggie                 | 02        |
| 1500      | 4:57.90     | Hannah Smith                 | 94        |
| 60H       | 9.30        | Hannah Mathieson             | 00        |
| HJ        | 1.45        | S Robertson/C Pennet/K Miles | 91/98/99  |
| <b>PV</b> | <b>2.06</b> | <b>Sophie Anderson</b>       | <b>11</b> |
| 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    | 7.58    | Sophie Anderson   | 10 |
| Pent. | 2030    | Catriona Pennet   | 96 |

**VETERAN WOMEN (OVER 35)**

|           |              |                       |           |
|-----------|--------------|-----------------------|-----------|
| 60        | 8.19         | Kathleen Madigan      | 05        |
| 200       | 27.41        | Kathleen Madigan      | 06        |
| 400       | 66.7         | Heather Wisley        | 90        |
| 800       | 2:22.77      | Sonia Armitage        | 06        |
| 1500      | 4:45.85      | Sonia Armitage        | 06        |
| 3000      | 11:19.1      | Laura Mahady          | 06        |
| 60H       | 10.80        | Janet Lyon            | 01        |
| HJ        | 1.36         | Shona McKinnon        | 03        |
| PV        | 2.70         | Janet Lyon            | 02/04     |
| LJ        | 4.74         | Fiona Davidson        | 09        |
| <b>TJ</b> | <b>10.68</b> | <b>Fiona Davidson</b> | <b>11</b> |
| SP        | 8.42         | Kathleen Madigan      | 10        |
| Pent.     | 2380         | Shona McKinnon        | 02        |

**VETERAN WOMEN (OVER 40)**

|      |         |                  |       |
|------|---------|------------------|-------|
| 60   | 8.35    | Kathleen Madigan | 10    |
| 200  | 27.96   | Janet Lyon       | 04    |
| 400  | 66.9    | Joyce Hogg       | 89    |
| 800  | 2:22.77 | Sonia Armitage   | 06    |
| 1500 | 4:45.85 | Sonia Armitage   | 06    |
| 3000 | 11:19.1 | Laura Mahady     | 06    |
| 60H  | 10.90   | Janet Lyon       | 02    |
| HJ   | 1.32    | Shona McKinnon   | 09    |
| PV   | 2.70    | Janet Lyon       | 02/04 |
| LJ   | 4.25    | J Hogg/J Lyon    | 89/05 |
| TJ   | 8.71    | Shona McKinnon   | 08    |
| SP   | 8.42    | Kathleen Madigan | 10    |
| Pent | 2286    | Shona McKinnon   | 04    |

**VETERAN WOMEN (OVER 45)**

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

**VETERAN WOMEN (OVER 50)**

|           |            |                      |           |
|-----------|------------|----------------------|-----------|
| <b>60</b> | <b>9.8</b> | <b>Penny Johnson</b> | <b>11</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 |
| 7.2 | Lee Williamson   | CA Stadium  | 05.04.09 |
| 7.3 | Ray Elrick       | CA Stadium  | 02.04.95 |
| 7.3 | Ian Garioch      | CA Stadium  | 12.05.08 |
| 7.3 | Craig Loney      | CA Stadium  | 07.04.02 |
| 7.3 | Alasdhair Love   | CA Stadium  | 02.04.95 |
| 7.3 | Stuart Mathieson | CA Stadium  | 05.04.98 |
| 7.3 | Kevin Morice     | CA Stadium  | 11.07.00 |

### MEN 100m

|       |                   |             |          |
|-------|-------------------|-------------|----------|
| 10.50 | MARK DAVIDSON     | Crown Point | 12.08.89 |
| 10.7  | Martin Johnston   | Grangemouth | 27.04.85 |
| 10.8  | Murray King       | CA Stadium  | 25.06.89 |
| 10.8  | Stan Malone       | Balgownie   | 11.09.77 |
| 10.8  | Campbell Paterson | Balgownie   | 06.05.72 |
| 10.8  | Stan Walker       | Pitreavie   | 14.05.88 |
| 10.9  | Michael Catto     | Balgownie   | 20.04.80 |
| 10.9  | Richard Chessor   | Meadowbank  | 27.04.03 |
| 10.9  | Brian Gordon      | Balgownie   | 17.05.72 |
| 10.9  | Alan Mackenzie    | Meadowbank  | 09.06.73 |
| 10.91 | Barry Middleton   | Meadowbank  | 05.06.96 |
| 10.92 | Paul Allan        | Stadthagen  | 23.06.90 |
| 10.94 | Ian Garioch       | Inverness   | 12.04.08 |
| 11.0  | Duncan Mathieson  | Iceland     | 01.07.90 |
| 11.0  | David Oliver      | Balgownie   | 27.04.76 |
| 11.0  | Don Oliver        | Arboretum   | 15.05.74 |
| 11.1  | Donald Ross       | CA Stadium  | 24.07.94 |

|      |                  |             |          |
|------|------------------|-------------|----------|
| 11.1 | Alexander Carnie | Grangemouth | 22.06.88 |
| 11.1 | Robert Drummond  | Inverness   | 08.04.90 |
| 11.1 | Ray Elrick       | CA Stadium  | 26.07.98 |
| 11.1 | Neil Fachie      | CA Stadium  | 20.06.04 |
| 11.1 | David Fairley    | Balgownie   | 26.08.84 |
| 11.1 | Ray Smith        | Balgownie   | 07.05.86 |

### MEN 200m

|       |                                        |             |             |
|-------|----------------------------------------|-------------|-------------|
| 21.07 | MARK DAVIDSON                          | Crown Point | 12.08.89    |
| 21.4  | Martin Johnston                        | Crown Point | 19.07.86    |
| 21.6  | Murray King                            | Linksfield  | 06.09.88    |
| 21.8  | Barry Middleton                        | CA Stadium  | 28.07.96    |
| 21.9  | Brian Gordon                           | Balgownie   | 01.07.73    |
| 21.99 | Ian Garioch                            | Inverness   | 08.05.10    |
| 22.1  | David Oliver                           | Balgownie   | 18.08.76    |
| 22.2  | Ahmed Al-Kowarri                       | CA Stadium  | 28.08.02    |
| 22.3  | Paul Allan                             | CA Stadium  | 05.09.90    |
| 22.3  | Campbell Paterson                      | Meadowbank  | 17.07.71    |
| 22.3  | Duncan Mathieson                       | CA Stadium  | 07.04.91    |
| 22.34 | Stan Walker                            | Meadowbank  | 10.07.88    |
| 22.35 | Richard Chessor                        | Meadowbank  | 27.04.03    |
| 22.4  | Paul Davidson                          | CA Stadium  | 23.07.95    |
| 22.4  | John Dixon                             | Freiburg    | 12.07.66    |
| 22.5  | Ray Smith                              | Livingston  | 24.05.86    |
| 22.6  | Alexander Carnie                       | Grangemouth | 17.06.89    |
| 22.6  | Bruce Gibb                             | Perth       | 07.06.09    |
| 22.7  | D Elmslie/D Ross/D Sabnis/<br>R Elrick |             | 77/94/95/99 |

### MEN 300m

|      |                  |                   |          |
|------|------------------|-------------------|----------|
| 34.4 | MARTIN JOHNSTON  | Grangemouth       | 10.03.85 |
| 34.8 | Barry Middleton  | CA Stadium        | 06.04.97 |
| 35.1 | Mark Davidson    | CA Stadium        | 05.04.92 |
| 35.4 | Ahmed Al-Kowarri | CA Stadium        | 07.04.96 |
| 35.5 | Ronald Smith     | London (Par Hill) | 12.04.09 |
| 35.9 | Paul Davidson    | CA Stadium        | 06.04.97 |
| 36.3 | Ray Elrick       | CA Stadium        | 05.04.98 |
| 36.3 | Murray King      | CA Stadium        | 07.04.96 |
| 36.6 | Richard Gray     | CA Stadium        | 06.04.03 |
| 36.6 | Stuart Mathieson | CA Stadium        | 10.08.97 |
| 37.1 | Alasdhair Love   | CA Stadium        | 18.07.93 |
| 37.1 | Colin Wilson     | CA Stadium        | 26.07.92 |
| 37.3 | Sam Lyon         | CA Stadium        | 29.06.11 |



|             |                     |                   |                 |         |                  |             |          |
|-------------|---------------------|-------------------|-----------------|---------|------------------|-------------|----------|
| 37.4        | David Braun         | CA Stadium        | 05.04.98        | 1:54.8  | Colin Donald     | Crawley     | 21.07.84 |
| 37.4        | Neil Fachie         | CA Stadium        | 04.04.04        | 1:54.82 | Mark Haskett     | Grangemouth | 20.06.10 |
| 37.4        | Tim Roads           | CA Stadium        | 12.05.08        | 1:54.9  | Michael Turner   | Cosford     | 05.07.89 |
| <b>37.6</b> | <b>Gareth Lake</b>  | <b>CA Stadium</b> | <b>29.06.11</b> | 1:54.9  | Lewis Walker     | Meadowbank  | 08.05.77 |
| 37.6        | Adam Watt           | CA Stadium        | 07.04.02        | 1:54.91 | Stuart Forbes    | Manchester  | 31.05.03 |
| 37.7        | Robert Miller       | CA Stadium        | 10.08.00        | 1:55.04 | Mark Kennedy     | Manchester  | 21.05.05 |
| 37.8        | D Oliver / T Newton |                   | 81 / 10         | 1:55.1  | Robert Mitchell  | Coatbridge  | 28.06.81 |
|             |                     |                   |                 | 1:55.57 | Cameron Strachan | Wishaw      | 16.05.10 |

#### MEN 400m

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

#### 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        |
| <b>1:53.07</b> | <b>Myles Edwards</b> | <b>Leigh</b> | <b>02.07.11</b> |
| 1:53.4         | Frank Boyne          | CA Stadium   | 18.07.93        |
| 1:53.46        | Adam Watt            | Manchester   | 31.05.03        |
| 1:53.5         | Ross Arbuckle        | Pitreavie    | 27.05.79        |
| 1:53.51        | James Joy            | Solihull     | 10.07.10        |
| 1:54.24        | Ray Creswell         | Meadowbank   | 05.06.88        |
| 1:54.3         | Brian Gordon         | Meadowbank   | 23.06.73        |
| 1:54.7         | David Stephen        | Balgownie    | 28.07.84        |

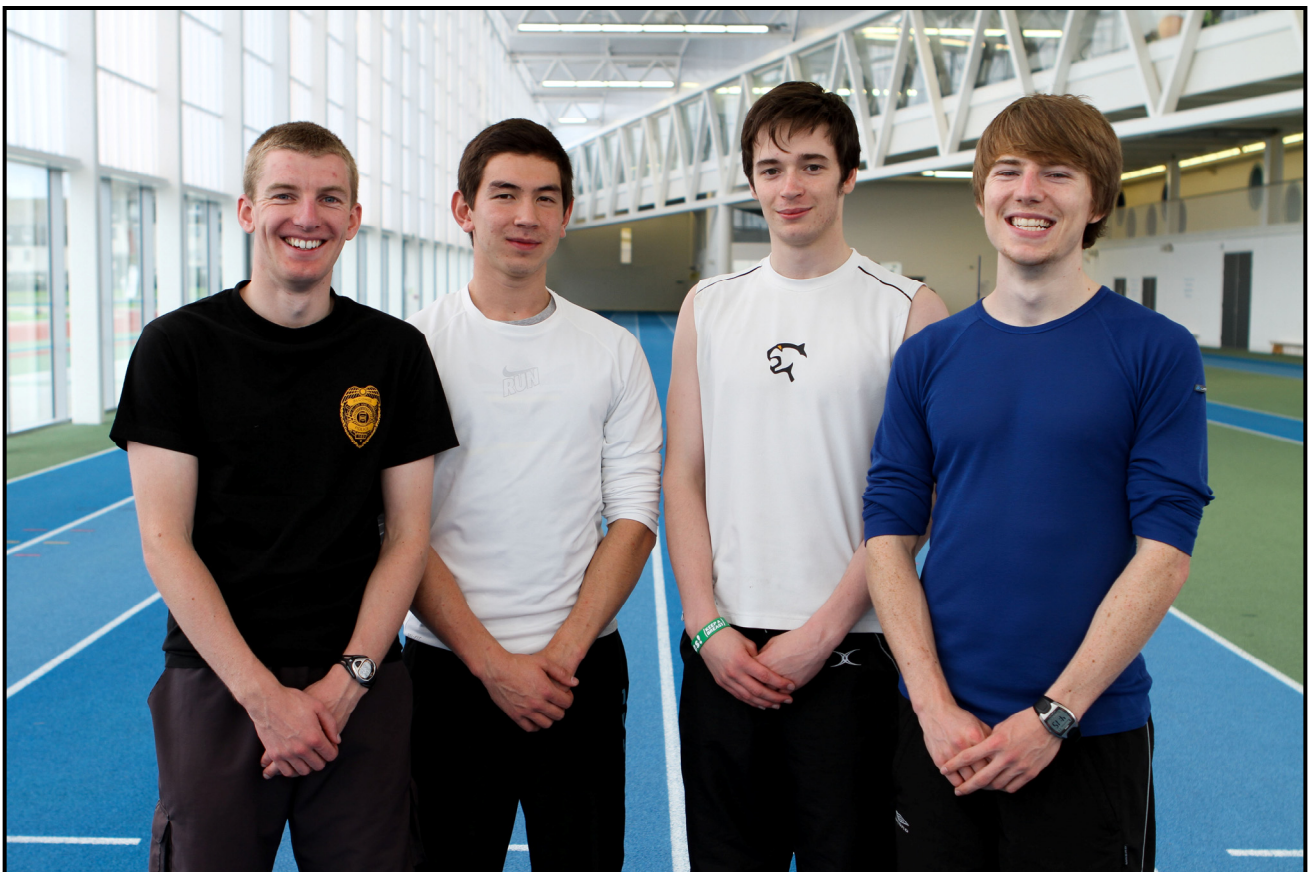
#### MEN 1500m

|                |                      |                  |                 |
|----------------|----------------------|------------------|-----------------|
| 3:44.67        | ALAN WALES           | Manchester       | 15.07.06        |
| 3:48.95        | Frank Boyne          | Solihull         | 21.08.94        |
| 3:49.7*        | Bill Ewing           | Pitreavie        | 29.06.66        |
| 3:50.0         | Ray Creswell         | Crown Point      | 31.08.88        |
| 3:50.58        | Michael Murray       | Meadowbank       | 01.07.84        |
| 3:51.8         | Michael Turner       | Cosford          | 14.06.89        |
| 3:52.6*        | Steve Taylor         | New Meadowbank   | 22.06.62        |
| 3:53.3         | Robert Mitchell      | Cwmbran          | 04.07.81        |
| <b>3:53.55</b> | <b>Mark Haskett</b>  | <b>Watford</b>   | <b>11.06.11</b> |
| 3:53.9         | Stephen Wright       | Gateshead        | 01.07.92        |
| 3:53.95        | David Stephen        | Meadowbank       | 22.06.85        |
| 3:54.32        | Ben Hukins           | Scotstoun        | 28.07.00        |
| 3:54.7*        | Mel Edwards          | Chiswick         | 25.07.64        |
| 3:55.1         | Fraser Clyne         | Coatbridge       | 28.06.81        |
| 3:55.8         | Ross Arbuckle        | Meadowbank       | 26.08.79        |
| 3:55.9         | Colin McClean        | Grangemouth      | 14.05.86        |
| 3:56.39        | Ewan Calvert         | Meadowbank       | 30.05.92        |
| <b>3:56.51</b> | <b>Myles Edwards</b> | <b>Scotstoun</b> | <b>05.08.11</b> |
| 3:56.8         | Darren Shinnie       | Wishaw           | 25.07.04        |
| 3:58.0         | Alan Reid II         | Crownpoint       | 17.06.90        |

\*Converted from mile time

#### MEN 3000m

|         |                |                  |          |
|---------|----------------|------------------|----------|
| 8:14.6  | FRASER CLYNE   | Grangemouth      | 28.05.81 |
| 8:18.8  | Graham Laing   | Brisbane         | 25.09.82 |
| 8:19.5  | Mel Edwards    | Twickenham       | 25.08.68 |
| 8:23.07 | Stephen Wright | Gateshead        | 15.07.92 |
| 8:24.82 | Ray Creswell   | Meadowbank       | 12.07.89 |
| 8:26.1  | Gary Zeuner    | Gateshead        | 15.07.87 |
| 8:28.3  | Frank Boyne    | CA Stadium       | 18.07.93 |
| 8:31.2  | Alan Reid II   | Inverness        | 01.07.90 |
| 8:33.2  | Michael Turner | Sutton Coldfield | 24.06.89 |



|         |                 |            |          |
|---------|-----------------|------------|----------|
| 8:34.4  | Ian Matheson    | Elgin      | 08.06.86 |
| 8:34.6  | Ben Hukins      | CA Stadium | 13.08.00 |
| 8:34.65 | Darren Shinnie  | Cardiff    | 17.07.04 |
| 8:35.9  | Simon Axon      | Inverness  | 05.07.87 |
| 8:36.69 | Iain Donnan     | Scotstoun  | 30.08.03 |
| 8:39.1  | David Duguid    | CA Stadium | 23.07.89 |
| 8:42.3  | Robert Mitchell | Balgownie  | 17.06.80 |
| 8:42.4  | Ross Arbuckle   | Meadowbank | 19.08.78 |
| 8:45.19 | William Duncan  | Sheffield  | 16.08.03 |
| 8:45.8  | Alan Wales      | CA Stadium | 21.05.03 |
| 8:46.0  | Simon Wynn      | CA Stadium | 21.07.91 |

#### MEN 5000m

|                 |                   |                    |                 |
|-----------------|-------------------|--------------------|-----------------|
| 14:18.90        | IAN MATHESON      | Crown Point        | 22.07.89        |
| 14:19.62        | Fraser Clyne      | Meadowbank         | 20.06.81        |
| 14:20.5         | Graham Laing      | Meadowbank         | 30.05.81        |
| 14:20.58        | Chris Hall        | Birmingham         | 22.05.88        |
| 14:22.5         | Mel Edwards       | Crystal Palace     | 20.08.68        |
| 13:46:0*        | Steve Taylor      | Pitreevie          | 08.06.66        |
| 14:26.6         | Bruce Chinnick    | Inverness          | 23.05.87        |
| 14:28.77        | Alan Reid II      | Grangemouth        | 26.08.89        |
| 14:30.8         | Bill Ewing        | Grangemouth        | 31.05.69        |
| 14:32.5         | Graham Milne      | Melbourne          | 11.03.75        |
| 14:33.4         | Stephen Wright    | Coatbridge         | 18.08.91        |
| 14:42.5         | Gary Zeuner       | Crown Point        | 13.06.87        |
| <b>14:45.59</b> | <b>Ben Hukins</b> | <b>Grangemouth</b> | <b>17.04.11</b> |
| 14:45.73        | Ray Creswell      | Meadowbank         | 05.08.90        |
| 14:47.9         | Peter Wilson      | Balgownie          | 24.05.83        |
| 14:48.0         | Donald Ritchie    | Grangemouth        | 31.05.69        |
| 14:48.0         | Alastair Wood     | Meadowbank         | 07.05.82        |
| 14:48.9         | George Harper     | Meadowbank         | 28.08.83        |
| 14:49.33        | Iain Donnan       | Meadowbank         | 16.05.04        |
| 14:50.1         | Ian Johnstone     | Coatbridge         | 14.08.77        |

\*3-mile race (shorter distance)

#### MEN 10,000m

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

\*6-mile race (shorter distance)

#### MEN HALF MARATHON

|       |                   |             |          |
|-------|-------------------|-------------|----------|
| 61:34 | GRAHAM LAING      | The Hague   | 19.03.83 |
| 62:54 | Fraser Clyne      | Morpeth     | 01.01.85 |
| 64:25 | Simon Axon        | Gateshead   | 08.06.86 |
| 65:02 | Chris Hall        | Arbroath    | 28.06.87 |
| 65:38 | Bruce Chinnick    | Kinloss     | 02.05.87 |
| 66:11 | Peter Wilson      | Fraserburgh | 14.10.84 |
| 66:29 | Colin Youngson    | Inverness   | 22.03.87 |
| 66:38 | Alan Reid II      | Inverness   | 15.03.92 |
| 66:41 | Kevin Best        | Peterhead   | 18.08.85 |
| 66:53 | George Reynolds   | Linksfield  | 31.08.86 |
| 66:57 | Graham Milne      | Fraserburgh | 14.10.84 |
| 67:13 | David Clark       | Linksfield  | 07.07.85 |
| 67:27 | Charles McIntyre  | Buckie      | 30.06.85 |
| 67:39 | Michael McCulloch | Inverness   | 23.03.85 |
| 67:42 | Donald Ritchie    | London      | 19.04.83 |
| 68:00 | Pat McErlean      | Ayr         | 08.09.85 |
| 68:36 | David Duguid      | Linksfield  | 27.08.89 |
| 68:42 | Craig Ross        | Blairgowrie | 20.08.83 |
| 68:48 | Jim Doig          | Inverness   | 18.03.90 |
| 69:06 | Colin Farquharson | Dyce        | 07.04.85 |

#### MEN MARATHON

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

#### MEN 3000m STEEPLECHASE

|                |                    |                  |                 |
|----------------|--------------------|------------------|-----------------|
| 8:47.8         | BILL EWING         | Grangemouth      | 08.06.68        |
| 9:05.87        | Gary Zeuner        | Meadowbank       | 20.06.87        |
| 9:06.3         | Frank Boyne        | Crown Point      | 15.08.93        |
| 9:08.1         | Fraser Clyne       | Meadowbank       | 07.07.79        |
| 9:08.11        | Stephen Wright     | Crown Point      | 06.07.91        |
| 9:13.9         | David Duguid       | Balgownie        | 02.09.87        |
| 9:14.46        | Ray Creswell       | Crown Point      | 22.07.89        |
| 9:20.8         | Chris Armstrong    | Cosford          | 16.06.87        |
| 9:28.6         | Ian Matheson       | Ayr              | 19.06.88        |
| 9:30.6         | Michael Turner     | Meadowbank       | 28.07.85        |
| 9:33.19        | Philip Stankler    | Meadowbank       | 06.07.86        |
| 9:33.9         | Alan Reid II       | Inverness        | 16.05.93        |
| 9:36.5         | Robin Sutherland   | Coatbridge       | 17.05.92        |
| 9:40.79        | Chris Smith        | Scotstoun        | 26.06.99        |
| 9:41.0         | Ian Johnstone      | Balgownie        | 08.05.77        |
| 9:42.6         | Michael Murray     | Balgownie        | 03.06.86        |
| 9:47.2         | Graham Laing       | Balgownie        | 11.09.77        |
| 9:48.1         | Mark Caird         | Crown Point      | 26.05.91        |
| 9:48.3         | Raph Murray        | Meadowbank       | 30.05.81        |
| <b>9:49.17</b> | <b>David Munro</b> | <b>Scotstoun</b> | <b>19.06.11</b> |

#### MEN 110m HURDLES

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 14.9  | DUNCAN MATHIESON | CA Stadium  | 12.06.90 |
| 15.38 | Paul Allan       | Stadthagen  | 24.06.90 |
| 15.4  | Murray King      | Inverness   | 24.08.86 |
| 15.51 | Mark Davidson    | C A Stadium | 09.07.89 |
| 15.6  | Andrew Grant     | Grangemouth | 28.04.02 |
| 15.63 | Tom Leeson       | Ayr         | 21.07.96 |
| 15.65 | Robert Miller    | Hexham      | 18.07.04 |
| 15.7  | Ivan Van Cleef   | Meadowbank  | 29.04.01 |
| 16.2  | Steven Ledingham | Pitreevie   | 12.05.85 |
| 16.4  | David Polson     | Balgownie   | 17.04.83 |
| 16.6  | Michael Catto    | Balgownie   | 17.05.80 |
| 16.6  | Mark Dobbie      | Kilkenny    | 27.08.95 |
| 16.6  | Allan Kenny      | Coatbridge  | 16.05.76 |
| 16.8  | Dinkar Sabnis    | Cardiff     | 30.08.92 |
| 16.9  | Martin Hoile     | Balgownie   | 13.04.80 |
| 17.0  | Jonathan Gregory | Dundee      | 22.08.99 |
| 17.0  | David Low        | Coatbridge  | 12.05.92 |
| 17.0  | Keith Oag        | Inverness   | 20.08.95 |
| 17.2  | Kenny Lyon       | Inverness   | 15.05.88 |
| 17.24 | Stephen Miller   | Meadowbank  | 27.04.03 |

#### MEN 400m HURDLES

|              |                      |              |                 |
|--------------|----------------------|--------------|-----------------|
| 50.79        | MARK DAVIDSON        | Sittard      | 17.06.89        |
| 51.18        | Barry Middleton      | Birmingham   | 16.06.96        |
| 53.70        | Steve Ledingham      | Meadowbank   | 25.05.85        |
| 54.98        | Andrew Grant         | Scotstoun    | 14.08.04        |
| 55.1         | Robert Miller        | Dundee       | 11.07.04        |
| 56.1         | Paul Allan           | CA Stadium   | 29.06.89        |
| 56.50        | Ronald Smith         | Grangemouth  | 11.07.99        |
| 56.6         | Alasdair Love        | Ayr          | 18.07.95        |
| 56.8         | Murray King          | Crown Point  | 07.06.86        |
| 57.1         | Denis Shepherd       | Balgownie    | 09.09.79        |
| <b>57.24</b> | <b>Jonathan Mann</b> | <b>Leigh</b> | <b>02.07.11</b> |
| 57.82        | Sam Lyon             | Grangemouth  | 12.06.10        |
| 58.0         | Richard Singer       | CA Stadium   | 06.06.96        |
| 58.3         | Kenny Lyon           | Balgownie    | 31.08.80        |

|       |                 |            |          |              |                      |                    |                 |
|-------|-----------------|------------|----------|--------------|----------------------|--------------------|-----------------|
| 58.4  | Brian Turnbull  | Balgownie  | 10.09.78 | 13.58        | Kenny Lyon           | Meadowbank         | 06.07.86        |
| 58.44 | Edward McKenzie | Meadowbank | 19.08.84 | 13.57        | James Laird          | Dundee             | 17.09.60        |
| 58.9  | Frank Boyne     | Balgownie  | 13.08.85 | 13.52        | Miller Mathieson     | Meadowbank         | 19.08.84        |
| 58.99 | Simon Brame     | Meadowbank | 23.07.83 | 13.43        | John Waters          | Linksfeld          | 19.06.61        |
| 59.0  | David Stewart   | Oxford     | 20.05.89 | <b>13.27</b> | <b>Stewart Clark</b> | <b>Grangemouth</b> | <b>14.08.11</b> |
| 59.1  | Michael Catto   | Balgownie  | 30.06.81 | 13.23        | James Shand          | Linksfeld          | 02.06.62        |

#### 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        |
| 1.85        | William Smy                                                                               | Dundee                     | 02.08.09        |
| 1.84        | Michael Corrie                                                                            | Balgownie                  | 22.06.75        |
| <b>1.84</b> | <b>Ryan Hewitson</b>                                                                      | <b>Dundee</b>              | <b>24.04.11</b> |
| 1.83        | James Shand                                                                               | Aberdeen                   | 02.06.62        |
| 1.83        | Michael Spink                                                                             | CA Stadium                 | 20.05.93        |
| 1.80        | K Lyon/G Petrie/ M Catto/M Kennedy/<br>I Lind/S Wright/T Leeson/R Miller/<br>P Sutherland | 79/79/80/82/89/92/96/03/04 |                 |

#### MEN POLE VAULT

|             |                    |               |                 |
|-------------|--------------------|---------------|-----------------|
| 4.20        | DUNCAN MATHIESON   | London        | 07.07.90        |
| 4.00        | Paul Allan         | Meadowbank    | 14.07.93        |
| 3.91        | Douglas McAllister | Meadowbank    | 27.08.78        |
| 3.90        | Tom Leeson         | Ayr           | 21.07.96        |
| 3.75        | Kenny Lyon         | Meadowbank    | 06.07.86        |
| 3.70        | Robert Masson      | Meadowbank    | 07.09.80        |
| <b>3.60</b> | <b>David Mann</b>  | <b>Wishaw</b> | <b>27.08.11</b> |
| 3.50        | Mark Dobbie        | CA Stadium    | 16.07.95        |
| 3.50        | Frank Fenton       | Balgownie     | 26.04.79        |
| 3.40        | Fraser Benzie      | Grangemouth   | 25.06.00        |
| 3.40        | Michael Kennedy    | Balgownie     | 28.04.84        |
| 3.40        | Sam Lyon           | Grangemouth   | 20.06.10        |
| 3.35        | Derek Beaton       | Meadowbank    | 09.08.92        |
| 3.35        | Miller Mathieson   | Balgownie     | 02.04.84        |
| 3.30        | Dinkar Sabnis      | Cardiff       | 30.08.92        |
| 3.23        | Paul Torry         | Sheffield     | 02.09.01        |
| 3.10        | Jonathan Gregory   | CA Stadium    | 01.06.99        |
| 3.10        | Robert Miller      | Hexham        | 18.07.04        |
| 3.10        | William Stark      | Grenoble      | 19.09.93        |
| 3.05        | Mark Petchey       | Scotstoun     | 02.09.84        |

#### MEN LONG JUMP

|      |                  |               |           |
|------|------------------|---------------|-----------|
| 7.62 | DUNCAN MATHIESON | West London   | 30.07.95  |
| 7.07 | William Stark    | Pitreavie     | 08.07.95  |
| 7.06 | Dinkar Sabnis    | CA Stadium    | 22.08.93  |
| 6.98 | Paul Allan       | Prague        | 26.05.90  |
| 6.91 | Charles Smith    | Linksfeld     | 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      | Linksfeld     | 03.05.62  |
| 6.73 | Kenny Lyon       | Balgownie     | 14.06.80  |
| 6.73 | David Polson     | Balgownie     | 17.05.83  |
| 6.73 | John Waters      | Linksfeld     | 19.06.61  |
| 6.69 | Tom Leeson       | Antrim        |           |
|      | 31.08.966.67     | 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      | Linksfeld     | 10.05.62  |

#### MEN TRIPLE JUMP

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 14.55 | WILLIAM STARK    | Crown Point | 11.06.95 |
| 14.43 | Stan Malone      | Grangemouth | 12.05.79 |
| 14.42 | Duncan Mathieson | Birmingham  | 15.07.90 |
| 14.09 | Dinkar Sabnis    | Banchory    | 29.08.91 |
| 13.84 | Sam Lyon         | Grangemouth | 20.06.10 |
| 13.68 | Paul Allan       | CA Stadium  | 14.06.89 |

|              |                      |                    |                 |
|--------------|----------------------|--------------------|-----------------|
| 13.58        | Kenny Lyon           | Meadowbank         | 06.07.86        |
| 13.57        | James Laird          | Dundee             | 17.09.60        |
| 13.52        | Miller Mathieson     | Meadowbank         | 19.08.84        |
| 13.43        | John Waters          | Linksfeld          | 19.06.61        |
| <b>13.27</b> | <b>Stewart Clark</b> | <b>Grangemouth</b> | <b>14.08.11</b> |
| 13.23        | James Shand          | Linksfeld          | 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        |

#### MEN SHOT

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 16.29 | GORDON SMITH     | Banchory    | 01.05.94 |
| 16.28 | Scot Thompson    | Newham      | 22.08.09 |
| 14.42 | Paul Allan       | Crown Point | 15.08.93 |
| 14.21 | Bruce Shepherd   | Inverness   | 05.04.92 |
| 13.79 | James Laird      | Dundee      | 23.04.67 |
| 13.55 | Duncan Mathieson | Linwood     | 19.07.97 |
| 13.45 | Craig Anderson   | CA Stadium  | 19.04.98 |
| 13.42 | Bruce MacKay     | Newtonmore  | 04.08.76 |
| 13.12 | Tekis Lekkas     | Inverness   | 02.08.98 |
| 13.04 | Darren Chapman   | CA Stadium  | 18.04.10 |
| 12.90 | Peter Venters    | Grangemouth | 11.07.82 |
| 12.45 | Fintan McCabe    | Grangemouth | 13.07.08 |
| 12.09 | Tom Leeson       | Ayr         | 20.07.96 |
| 11.82 | Edward McKenzie  | Inverness   | 13.05.01 |
| 11.82 | David Minty      | Inverness   | 12.09.92 |
| 11.80 | Padraig White    | Pitreavie   | 24.04.10 |
| 11.58 | Jack Davidson    | Balgownie   | 17.06.80 |
| 11.58 | Craig Loney      | Inverness   | 11.05.02 |
| 11.35 | Ian Christie     | Meadowbank  | 17.06.84 |
| 11.19 | Michael Spink    | Crown Point | 11.06.95 |

#### MEN DISCUS

|       |                    |                |          |
|-------|--------------------|----------------|----------|
| 53.66 | SCOT THOMPSON      | Barnet Cothall | 05.06.10 |
| 43.66 | Paul Allan         | Dundee         | 22.08.93 |
| 42.76 | Bruce Shepherd     | CA Stadium     | 13.06.91 |
| 42.17 | Tekas Lekkas       | Inverness      | 02.08.98 |
| 40.90 | Bruce MacKay       | Meadowbank     | 22.06.74 |
| 40.46 | Duncan Mathieson   | Crown Point    | 11.06.95 |
| 40.00 | Peter Venters      | Balgownie      | 03.06.84 |
| 36.96 | David Minty        | Inverness      | 12.09.92 |
| 36.64 | James Laird        | Linksfeld      | 17.05.67 |
| 36.15 | Fintan McCabe      | Inverness      | 12.04.08 |
| 35.98 | Tom Leeson         | CA Stadium     | 21.05.95 |
| 35.20 | John McCorquodale  | Birmingham     | 19.06.77 |
| 35.12 | Douglas McAllister | Coatbridge     | 14.08.77 |
| 34.78 | Edward McKenzie    | Inverness      | 11.09.94 |
| 33.95 | Robert Miller      | Inverness      | 12.09.04 |
| 33.92 | Robert Masson      | Inverness      | 13.06.92 |
| 33.70 | Ian Christie       | Meadowbank     | 17.06.84 |
| 33.66 | Peter Fraser       | Greenock       | 26.04.98 |
| 33.61 | Fraser Benzie      | CA Stadium     | 15.07.01 |
| 33.38 | Craig Loney        | Dundee         | 28.05.02 |

#### MEN HAMMER

|       |                    |                  |          |
|-------|--------------------|------------------|----------|
| 62.73 | PADRAIG WHITE      | Pitreavie        | 24.04.10 |
| 53.18 | Bruce Shepherd     | Inverness        | 13.07.96 |
| 49.44 | Scot Thompson      | CS Stadium       | 19.08.10 |
| 41.87 | Barry Dobbie       | CA Stadium       | 18.04.99 |
| 41.68 | Peter Venters      | Balgownie        | 29.05.83 |
| 41.48 | Craig Loney        | Inverness        | 11.05.03 |
| 41.38 | David Minty        | East Kilbride    |          |
|       | 26.04.9241.22      | Graham Applegate |          |
|       | Meadowbank         | 06.05.73         |          |
| 40.31 | Matthew Maitland   | Scotstoun        | 14.07.02 |
| 39.38 | Paul Allan         | Crown Point      | 18.06.89 |
| 39.01 | Peter Fraser       | CA Stadium       | 18.04.99 |
| 37.04 | Bruce MacKay       | Grangemouth      | 02.05.70 |
| 35.64 | David Robinson     | Coatbridge       | 22.07.79 |
| 33.57 | Edward McKenzie    | Inverness        | 09.05.09 |
| 30.98 | Bob Ingram         | Dundee           | 25.08.85 |
| 30.58 | Michael Spink      | Crown Point      | 11.06.95 |
| 30.40 | Robert Masson      | CA Stadium       | 28.07.96 |
| 30.06 | Ian Christie       | Meadowbank       | 17.06.84 |
| 29.12 | Paul Henderson     | CA Stadium       | 20.05.07 |
| 29.08 | Douglas McAllister | St Andrews       | 26.04.80 |

**MEN JAVELIN**

|              |                    |               |                 |
|--------------|--------------------|---------------|-----------------|
| OLD:         |                    |               |                 |
| 56.02        | JOHN WATERS        | Linksfield    | 15.05.61        |
| 54.64        | Kenneth McKenzie   | Linksfield    | 23.05.71        |
| 52.98        | Roger Benton       | Meadowbank    | 29.06.86        |
| 52.42        | John Wiseman       | Scotstoun     | 14.06.75        |
| 49.40        | James Laird        | Linksfield    | 03.05.62        |
| NEW:         |                    |               |                 |
| 58.75        | PETER FRASER       | Greenock      | 26.04.98        |
| 57.70        | Ben Jump           | Meadowbank    | 02.08.92        |
| 57.14        | Robert Miller      | Walthamstow   | 18.08.02        |
| 55.90        | Duncan Mathieson   | Stadthagen    | 24.06.90        |
| <b>55.65</b> | <b>Ryan Knight</b> | <b>Dundee</b> | <b>07.08.11</b> |
| 55.45        | Scot Thompson      | Hendon        | 04.09.10        |
| 52.96        | Paul Allan         | Hendon        | 25.08.91        |
| 52.86        | Tom Leeson         | CA Stadium    | 28.04.96        |
| 49.62        | Michael Spink      | CA Stadium    | 02.04.95        |
| 49.26        | Keith Simpson      | Scotstoun     | 14.06.98        |
| 47.98        | Edward McKenzie    | CA Stadium    | 11.05.91        |
| 45.92        | Kenny Lyon         | CA Stadium    | 02.04.89        |
| 45.88        | Mark Dobbie        | Pitreavie     | 02.06.96        |
| 44.46        | Frank Fenton       | Meadowbank    | 28.08.88        |
| 44.22        | Fraser Benzie      | Inverness     | 17.09.00        |

**MEN DECATHLON (TOP 19)**

|      |                    |             |                                                                                         |
|------|--------------------|-------------|-----------------------------------------------------------------------------------------|
| OLD: |                    |             |                                                                                         |
| 5694 | KENNY LYON         | Balgownie   | 02/03.08.80<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,<br>DRUMMOND, DAVIDSON      | Meadowbank  | 14.08.88 |
| 42.21 | Mathieson, King,<br>Walker, Davidson        | Meadowbank  | 28.05.88 |
| 43.0  | Mathieson, Stark,<br>P Davidson, M Davidson | Crownpoint  | 11.06.95 |
| 43.3  | Mathieson, Reaper,<br>Davidson, King        | Meadowbank  | 17.08.86 |
| 43.3  | Mathieson, King,<br>Allan, Davidson         | Crown Point | 17.07.88 |
| 43.3  | Mathieson, Allan,<br>Drummond, Davidson     | Crown Point | 17.06.90 |
| 43.4  | Drummond, Davidson,<br>Lyon, Allan          | Ayr         | 21.05.89 |
| 43.4  | Lyon, King,<br>Davidson, Sabnis             | CA Stadium  | 28.04.91 |
| 43.4  | D M1thieson, Middleton,<br>Drummond, Elrick | Grangemouth | 03.08.97 |
| 43.48 | Mathieson, Davidson<br>Ross, King           | Meadowbank  | 24.04.94 |

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

|        |                                                 |             |          |
|--------|-------------------------------------------------|-------------|----------|
| 3:19.3 | P DAVIDSON,<br>MATHIESON, MIDDLETON, AL-KOWARRI | Grangemouth | 03.08.97 |
| 3:19.5 | P Davidson, Singer,<br>Middleton, M Davidson    | Meadowbank  | 06.08.95 |

|         |                                                  |             |          |
|---------|--------------------------------------------------|-------------|----------|
| 3:21.0  | Walker, M Davidson<br>King, Allan                | Dundee      | 26.06.88 |
| 3:22.9  | Al-Kowarri, Middleton,<br>P Davidson, M Davidson | CA Stadium  | 28.04.96 |
| 3:22.94 | King, Smith,<br>Mathieson, M.Davidson            | Meadowbank  | 23.08.87 |
| 3:23.6  | Ledingham, Murray,<br>Creswell, Johnston         | Meadowbank  | 21.08.83 |
| 3:24.5  | Ledingham, Morrice,<br>Lyon, M.Davidson          | Crown Point | 12.08.89 |
| 3:24.9  | Morrice, Stephen,<br>Kean, M.Davidson            | Wishaw      | 17.05.87 |
| 3:25.03 | P Davidson, G Smith<br>Calvert, Middleton        | Meadowbank  | 24.04.94 |
| 3:25.9  | Love, G Smith, Riddell,<br>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        | Susan Tengtanga     | CA Stadium        | 05.04.09        |
| 7.9        | Fiona Watt          | CA Stadium        | 06.04.97        |
| <b>7.9</b> | <b>Alison Wylie</b> | <b>CA Stadium</b> | <b>03.04.11</b> |
| <b>8.0</b> | <b>Yasmin Milne</b> | <b>CA Stadium</b> | <b>03.04.11</b> |
| 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        | Zoey Clark          | CA Stadium        | 04.04.10        |
| 8.1        | Nicola Kemp         | CA Stadium        | 02.04.95        |
| 8.1        | Janet Lyon          | CA Stadium        | 06.04.97        |
| 8.1        | Suzanne Middleton   | CA Stadium        | 11.07.00        |
| 8.1        | Kirsten Young       | CA Stadium        | 03.04.05        |

**WOMEN 100m**

|             |                   |              |                 |
|-------------|-------------------|--------------|-----------------|
| 11.8        | DAWN FLOCKHART    | CA Stadium   | 12.06.94        |
| 11.8        | SARAH STILL       | CA Stadium   | 05.09.99        |
| 11.9        | Louise Paterson   | CA Stadium   | 09.06.91        |
| 12.1        | Katrina Leys      | Crown Point  | 16.08.92        |
| 12.1        | Kim Smith         | Inverness    | 19.04.87        |
| 12.12       | Aileen Connelly   | Belfast      | 10.06.06        |
| 12.2        | Fiona Auld        | Balgownie    | 22.08.76        |
| 12.2        | Hayley Bowers     | Peterhead    | 24.05.98        |
| <b>12.2</b> | <b>Zoey Clark</b> | <b>Perth</b> | <b>01.05.11</b> |
| 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        |
| 12.5        | Fiona Lumsden     | CA Stadium   | 09.06.91        |
| 12.5        | Gail Murchie      | CA Stadium   | 26.07.92        |
| 12.5        | Catriona Pennet   | CA Stadium   | 05.09.99        |
| 12.5        | Lesley Reid       | Linksfield   | 22.08.76        |
| 12.5        | Joan Simpson      | Linksfield   | 21.06.71        |

**WOMEN 200m**

|       |                   |             |          |
|-------|-------------------|-------------|----------|
| 23.9  | DAWN FLOCKHART    | CA Stadium  | 09.06.96 |
| 24.4  | Dawn Kitchen      | Coatbridge  | 07.09.86 |
| 24.4  | Sarah Still       | CA Stadium  | 01.09.99 |
| 24.7  | Louise Paterson   | Crown Point | 16.06.90 |
| 24.89 | Zoey Clark        | Scotstoun   | 29.08.10 |
| 24.94 | Aileen Connelly   | Grangemouth | 07.08.05 |
| 25.0  | Katrina Leys      | Coatbridge  | 02.08.98 |
| 25.0  | Kim Smith         | Coatbridge  | 12.09.84 |
| 25.05 | Lesley-Ann Mearns | Birmingham  | 14.08.05 |
| 25.1  | Kathleen Madigan  | Coatbridge  | 04.05.86 |

|              |                                      |                   |                 |         |                 |              |          |
|--------------|--------------------------------------|-------------------|-----------------|---------|-----------------|--------------|----------|
| 25.2         | Helen Windass                        | Coatbridge        | 17.05.98        | 4:35.00 | Sonia McLaren   | Phoenix, USA | 06.04.85 |
| 25.3         | Suzanne Middleton                    | CA Stadium        | 25.07.99        | 4:38.5  | Debbie Kilner   | CA Stadium   | 09.09.95 |
| 25.4         | Nicola Imrie                         | Crown Point       | 20.06.92        | 4:38.98 | Christie Noble  | Watford      | 28.07.10 |
| 25.4         | Susan Hendry                         | CA Stadium        | 12.06.94        | 4:40.22 | Carly Hall      | Meadowbank   | 20.06.10 |
| 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 |
| <b>25.56</b> | <b>Catriona Pennet</b>               | <b>Meadowbank</b> | <b>17.04.11</b> | 4:42.2  | Carolyn Sheehan | Balgownie    | 20.08.86 |
| 25.59        | Lorna Johnston                       | Grangemouth       | 17.06.00        | 4:42.96 | Rhona Auckland  | Meadowbank   | 20.06.10 |
| 25.6         | G Vaughan/LDavidson/S<br>C Michalska | Gunn/<br>93       | 86/92/92/<br>93 | 4:43.5  | Ellie Buchan    | Dundee       | 27.04.08 |
|              |                                      |                   |                 | 4:44.95 | Tracey Brindley | Meadowbank   | 09.05.97 |
|              |                                      |                   |                 | 4:45.6  | Lynsey Still    | CA Stadium   | 09.09.95 |
|              |                                      |                   |                 | 4:46.6  | Allison Diamond | Grangemouth  | 05.06.82 |
|              |                                      |                   |                 | 4:47.3  | Sue Lanham      | CA Stadium   | 22.08.91 |
|              |                                      |                   |                 | 4:47.4  | Heather Wisley  | Inverness    | 24.06.90 |
|              |                                      |                   |                 | 4:49.4  | Susan Harkins   | CA Stadium   | 03.05.91 |
|              |                                      |                   |                 | 4:49.6  | Trisha Ronney   | Grangemouth  | 08.05.83 |
|              |                                      |                   |                 | 4:49.69 | Eilidh Prise    | Inverness    | 05.09.40 |

#### WOMEN 300m

|             |                       |                   |                 |
|-------------|-----------------------|-------------------|-----------------|
| 38.9        | DAWN FLOCKHART        | CA Stadium        | 07.04.96        |
| 39.44       | Zoey Clark            | Inverness         | 05.09.10        |
| 40.21       | Louise Paterson       | Crystal Palace    | 17.08.91        |
| 40.5        | Susan Hendry          | CA Stadium        | 10.08.00        |
| 40.6        | Helen Windass         | CA Stadium        | 05.06.97        |
| 40.7        | Nicola Gauld          | CA Stadium        | 07.04.02        |
| 40.9        | Lorna Johnston        | Grangemouth       | 16.06.00        |
| 41.0        | Katrina Leys          | CA Stadium        | 04.04.93        |
| 41.1        | Aileen Connelly       | CA Stadium        | 03.04.05        |
| 41.21       | Rebecca Mortimer      | Grangemouth       | 20.08.05        |
| 41.3        | Morag Keenan          | Meadowbank        | 19.06.93        |
| 41.4        | Emma Cloggie          | CA Stadium        | 18.04.04        |
| 41.9        | Sarah Still           | CA Stadium        | 04.04.93        |
| 42.0        | Hayley Bowers         | CA Stadium        | 26.05.99        |
| 42.1        | Jaclyn Anderson       | CA Stadium        | 12.06.94        |
| 42.1        | Catriona Pennet       | CA Stadium        | 06.04.03        |
| 42.3        | Angela Shearer        | Dundee            | 08.07.01        |
| <b>42.3</b> | <b>Kelsey Stewart</b> | <b>CA Stadium</b> | <b>29.06.11</b> |
| <b>42.4</b> | <b>Marie Dobson</b>   | <b>CA Stadium</b> | <b>29.06.11</b> |
| 42.4        | Sylvia Kamyra         | CA Stadium        | 16.08.06        |

#### WOMEN 400m

|              |                     |                  |                 |
|--------------|---------------------|------------------|-----------------|
| 53.99        | DAWN KITCHEN        | Meadowbank       | 23.07.85        |
| 54.4         | Dawn Flockhart      | Birmingham       | 19.08.95        |
| 55.69        | Susan Hendry        | Solihull         | 05.08.00        |
| <b>55.96</b> | <b>Zoey Clark</b>   | <b>Scotstoun</b> | <b>08.05.11</b> |
| 56.20        | Emma Cloggie        | Grangemouth      | 10.06.05        |
| 56.7         | Helen Windass       | Scotstoun        | 26.04.98        |
| 56.80        | Aileen Connelly     | Scotstoun        | 14.05.05        |
| 57.0         | Nicola Gauld        | CA Stadium       | 21.04.02        |
| 57.2         | Bridie McGlashan    | Meadowbank       | 26.04.87        |
| 57.24        | Louise Paterson     | Waterford        | 11.08.90        |
| 57.4         | Lorna Johnston      | CA Stadium       | 13.09.00        |
| 57.77        | Carmen Collins      | Meadowbank       | 17.05.92        |
| 58.6         | Debra Carle         | Balgownie        | 11.08.81        |
| <b>58.85</b> | <b>Marie Dobson</b> | <b>Inverness</b> | <b>17.09.11</b> |
| 58.86        | Jaclyn Anderson     | Meadowbank       | 04.09.94        |
| 59.3         | Sylvia Kamyra       | Dundee           | 28.06.09        |
| 59.4         | Linda Davidson      | Coatbridge       | 13.09.92        |
| 59.6         | Faith Webster       | Balgownie        | 29.07.84        |
| 59.9         | Catriona Pennet     | CA Stadium       | 29.05.02        |
| 59.9         | Sarah Still         | Peterhead        | 06.06.93        |

#### WOMEN 800m

|         |                 |            |          |
|---------|-----------------|------------|----------|
| 2:05.11 | NICOLA GAULD    | Birmingham | 01.07.06 |
| 2:07.7  | Susan Hendry    | Scotstoun  | 29.07.00 |
| 2:10.67 | Emma Cloggie    | Solihull   | 24.06.06 |
| 2:13.36 | Dawn Simpson    | Ayr        | 13.08.88 |
| 2:14.3  | Carolyn Sheehan | Inverness  | 19.08.84 |
| 2:14.44 | Ellie Buchan    | Trafford   | 27.06.09 |
| 2:16.09 | Lynsey Still    | Pitreavie  | 08.07.95 |
| 2:16.22 | Carly Hall      | Pitreavie  | 20.06.09 |
| 2:16.4  | Sonia McLaren   | Vancouver  | 02.07.82 |
| 2:16.6  | Kathryn Mearns  | Balgownie  | 15.08.82 |
| 2:16.8  | Jaclyn Anderson | CA Stadium | 18.07.93 |
| 2:17.63 | Christie Noble  | Watford    | 11.08.10 |
| 2:18.12 | Sarah Still     | Stoke      | 30.07.00 |
| 2:18.2  | Lisa Davidson   | Coatbridge | 20.05.90 |
| 2:18.7  | Linda Falconer  | Dublin     | 11.04.81 |
| 2:18.9  | Anna Kyle       | CA Stadium | 25.06.96 |
| 2:19.0  | Michelle Cherry | Antrim     | 06.08.83 |
| 2:19.0  | Dawn Kitchen    | Elgin      | 16.09.80 |
| 2:19.05 | Eilidh Prise    | Scotstoun  | 29.08.10 |
| 2:19.3  | Faith Webster   | Scotstoun  | 16.06.84 |

#### WOMEN 1500m

|         |                |             |          |
|---------|----------------|-------------|----------|
| 4:11.80 | NICOLA GAULD   | Twickenham  | 04.06.08 |
| 4:17.4  | Kathryn Mearns | Grangemouth | 18.07.82 |
| 4:30.92 | Kate Rice      | Copeland    | 08.08.90 |

|         |                 |              |          |
|---------|-----------------|--------------|----------|
| 4:35.00 | Sonia McLaren   | Phoenix, USA | 06.04.85 |
| 4:38.5  | Debbie Kilner   | CA Stadium   | 09.09.95 |
| 4:38.98 | Christie Noble  | Watford      | 28.07.10 |
| 4:40.22 | Carly Hall      | Meadowbank   | 20.06.10 |
| 4:41.9  | Lynda Bain      | Inverness    | 22.05.88 |
| 4:41.9  | Clare Miller    | CA Stadium   | 04.08.02 |
| 4:42.2  | Carolyn Sheehan | Balgownie    | 20.08.86 |
| 4:42.96 | Rhona Auckland  | Meadowbank   | 20.06.10 |
| 4:43.5  | Ellie Buchan    | Dundee       | 27.04.08 |
| 4:44.95 | Tracey Brindley | Meadowbank   | 09.05.97 |
| 4:45.6  | Lynsey Still    | CA Stadium   | 09.09.95 |
| 4:46.6  | Allison Diamond | Grangemouth  | 05.06.82 |
| 4:47.3  | Sue Lanham      | CA Stadium   | 22.08.91 |
| 4:47.4  | Heather Wisley  | Inverness    | 24.06.90 |
| 4:49.4  | Susan Harkins   | CA Stadium   | 03.05.91 |
| 4:49.6  | Trisha Ronney   | Grangemouth  | 08.05.83 |
| 4:49.69 | Eilidh Prise    | Inverness    | 05.09.40 |

#### WOMEN 3000m

|          |                  |                |          |
|----------|------------------|----------------|----------|
| 9:04.21  | NICOLA GAULD     | Watford        | 14.06.08 |
| 9:16.4   | Kathryn Mearns   | Grangemouth    | 10.07.82 |
| 9:50.9   | Sonia McLaren    | Bellingham, US | 16.04.83 |
| 9:51.0   | Lynda Bain       | Dundee         | 26.06.88 |
| 9:51.9   | Heather Wisley   | Coatbridge     | 20.05.90 |
| 9:53.2   | Tracy Brindley   | Crown Point    | 27.04.97 |
| 9:54.5   | Kate Rice        | Grangemouth    | 02.09.90 |
| 9:58.8   | Debbie Kilner    | CA Stadium     | 01.06.95 |
| 9:58.80  | Christie Noble   | London         | 14.08.10 |
| 10:05.4  | Rhona Auckland   | CA Stadium     | 31.05.10 |
| 10:13.65 | Clare Miller     | Meadowbank     | 28.04.02 |
| 10:15.51 | Susan Lamb       | Meadowbank     | 10.09.95 |
| 10:18.8  | Sue Lanham       | CA Stadium     | 22.07.90 |
| 10:21.1  | Janet Fraser     | Wishaw         | 07.08.88 |
| 10:22.2  | Janine Robertson | Grangemouth    | 01.09.85 |
| 10:26.0  | Helen Grant      | Coatbridge     | 27.08.95 |
| 10:31.0  | Jillian Grams    | Coatbridge     | 31.05.92 |
| 10:34.23 | Charlotte Forbes | Derby          | 14.08.05 |
| 10:35.0  | Claire Becker    | CA Stadium     | 26.07.92 |
| 10:38.9  | Ellie Buchan     | CA Stadium     | 31.05.10 |

#### WOMEN 5000m

|                |                     |                   |                 |
|----------------|---------------------|-------------------|-----------------|
| 16:44.63       | TRACEY BRINDLEY     | Birmingham        | 26.07.98        |
| 16:51.1        | Lynda Bain          | CA Stadium        | 04.07.89        |
| 17:09.8        | Debbie Kilner       | CA Stadium        | 29.06.95        |
| 17:09.94       | Clare Miller        | Meadowbank        | 12.05.02        |
| 17:48.80       | Sonia Armitage      | Chester-le-Street | 31.07.99        |
| 17:56.37       | Christie Noble      | London            | 17.07.10        |
| 18:04.2        | Helen Grant         | CA Stadium        | 29.06.95        |
| 18:06.07       | Charlotte Forbes    | Oxford            | 20.05.06        |
| 18:32.4        | Ellie Buchan        | CA Stadium        | 10.05.10        |
| 18:49.7        | Rhona Buchan        | CA Stadium        | 29.08.07        |
| 19:02.1        | Laura Mahady        | CA Stadium        | 28.05.08        |
| 19:07.8        | Kathryn Mearns      | CA Stadium        | 14.08.97        |
| 19:18.1        | Carly Hall          | CA Stadium        | 01.07.09        |
| 20:15.9        | Margaret Stafford   | CA Stadium        | 04.06.91        |
| <b>20:46.7</b> | <b>Nicola Smith</b> | <b>CA Stadium</b> | <b>16.05.11</b> |
| 21:57.9        | Bing Kerr           | CA Stadium        | 07.07.89        |
| 22:08.9        | Jane Mackay         | CA Stadium        | 10.05.10        |
| 22:10.3        | Trish McLauchlan    | CA Stadium        | 10.05.10        |
| 22:49.2        | Alison Henderson    | CA Stadium        | 12.08.99        |
| 22:52.3        | Anne Cullen         | CA Stadium        | 01.07.09        |

#### WOMEN 10000m (TOP 15)

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

**WOMEN HALF MARATHON**

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

**WOMEN MARATHON**

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

**WOMEN 100m HURDLES**

|              |                     |                  |                 |
|--------------|---------------------|------------------|-----------------|
| 13.97        | CATRIONA PENNET     | Bedford          | 26.06.04        |
| 14.37        | Gail Murchie        | Grangemouth      | 15.05.93        |
| 14.61        | Sarah Still         | CA Stadium       | 07.08.99        |
| <b>14.68</b> | <b>Yasmin Milne</b> | <b>Scotstoun</b> | <b>30.07.11</b> |
| 14.8         | Sylvia Kamyra       | Dundee           | 02.08.09        |
| 15.7         | Deirdre Auld        | Balgownie        | 17.06.79        |
| 16.0         | Valerie Tyrie       | Balgownie        | 06.09.81        |
| 16.1         | Bridie McGlashan    | Meadowbank       | 26.04.87        |
| 16.1         | Lyndsay Peddie      | Grangemouth      |                 |
|              | 20.08.8316.2        | Lea Masson       | Balgownie       |
|              | 09.04.78            |                  |                 |
| 16.24        | Rebecca Dougall     | Grangemouth      | 11.07.99        |
| 16.3         | Wendy Pennet        | CA Stadium       | 05.04.98        |
| 16.5         | Fiona Watt          | Manchester       | 17.08.96        |
| 16.6         | Nicola Kemp         | Dundee           | 18.08.96        |
| 16.75        | Ellie Workman       | Pitreevie        | 10.07.10        |
| 17.0         | Janet Lyon          | CA Stadium       | 15.06.95        |
| 17.2         | Donna Quirie        | CA Stadium       | 16.06.94        |
| 17.2         | Joan Reid           | Meadowbank       | 16.04.83        |
| 17.2         | Shona Simpson       | Grangemouth      | 02.09.90        |
| 17.5         | Laura Henderson     | CA Stadium       | 24.05.00        |

**WOMEN 400m HURDLES**

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



**WOMEN HIGH JUMP**

|      |                   |             |          |
|------|-------------------|-------------|----------|
| 1.69 | ELLIE WORKMAN     | Birmingham  | 15.08.09 |
| 1.68 | Sarah Still       | CA Stadium  | 07.08.99 |
| 1.66 | Lyndsay Peddie    | Balgownie   | 30.07.83 |
| 1.65 | Beth Philip       | CA Stadium  | 07.07.91 |
| 1.61 | Shirley Gray      | Balgownie   | 19.06.77 |
| 1.60 | Nicola Gauld      | Scotstoun   | 30.04.00 |
| 1.60 | Heather Pirie     | Coatbridge  | 13.09.92 |
| 1.60 | Donna Quirie      | CA Stadium  | 30.06.93 |
| 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 | Catrina Pennet    | CA Stadium  | 25.04.10 |
| 1.53 | Shona Simpson     | Inverness   | 17.09.88 |
| 1.52 | Vivienne Reynolds | Nairn       | 17.08.62 |

**WOMEN POLE VAULT (TOP 6)**

|             |                   |                    |                 |
|-------------|-------------------|--------------------|-----------------|
| <b>3.00</b> | <b>LAURA KUTT</b> | <b>Grangemouth</b> | <b>16.04.11</b> |
| 2.81        | Janet Lyon        | CA Stadium         | 14.05.04        |
| <b>2.80</b> | <b>Sam Somers</b> | <b>CA Stadium</b>  | <b>05.06.11</b> |
| 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 LONG JUMP**

|      |                |             |          |
|------|----------------|-------------|----------|
| 5.95 | LINDA DAVIDSON | Meadowbank  | 03.07.92 |
| 5.85 | Sarah Still    | CA Stadium  | 25.07.99 |
| 5.71 | Lea Masson     | Balgownie   | 08.04.79 |
| 5.71 | Kirsten Young  | CA Stadium  | 26.06.05 |
| 5.56 | Deirdre Auld   | Balgownie   | 13.04.80 |
| 5.53 | Donna Quirie   | CA Stadium  | 18.07.93 |
| 5.52 | Lyndsay Peddie | Balgownie   | 11.09.83 |
| 5.48 | Marie Fraser   | Meadowbank  | 21.06.80 |
| 5.47 | Ellie Workman  | Grangemouth | 13.06.09 |
| 5.40 | Cheryl McHardy | CA Stadium  | 26.07.98 |

|      |                          |             |          |
|------|--------------------------|-------------|----------|
| 5.38 | Laura Beveridge          | Antrim      | 06.08.83 |
| 5.30 | Nicola Kemp              | Peterhead   | 06.06.93 |
| 5.25 | Aileen Connolly          | Inverness   | 12.09.04 |
| 5.24 | Diane Burr               | Grangemouth | 15.05.94 |
| 5.22 | Jenny Bole               | Balgownie   | 13.04.80 |
| 5.21 | Yasmin Milne             | Grangemouth | 13.06.09 |
| 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 | J Lynch/ F Auld/C Pennet |             | 76/77/03 |

**WOMEN TRIPLE JUMP**

|              |                      |                   |                 |
|--------------|----------------------|-------------------|-----------------|
| 12.06        | FIONA WATT           | Meadowbank        | 02.06.96        |
| 11.81        | Linda Davidson       | Grangemouth       | 10.07.93        |
| 11.48        | Kirsten Young        | Birmingham        | 15.08.04        |
| 11.44        | Donna Quirie         | Birmingham        | 08.08.93        |
| 11.27        | Sylvia Kamyra        | CA Stadium        | 30.08.09        |
| 11.07        | Dawn Flockhart       | Grangemouth       | 10.07.93        |
| 11.03        | Cheryl McHardy       | Sheffield         | 16.08.98        |
| 10.68        | Nicola Gauld         | CA Stadium        | 05.07.98        |
| 10.43        | Nicola Kemp          | Inverness         | 12.06.97        |
| 10.24        | Zoe Davidson         | Dundee            | 25.04.04        |
| <b>10.18</b> | <b>Janet Abladey</b> | <b>Meadowbank</b> | <b>22.05.11</b> |
| 10.11        | Jennifer Reid        | Banchory          | 27.08.94        |
| 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        |

**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  | Pitaveie   | 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        |
| 9.33        | Ellie Workman        | Pitreavie         | 11.07.10        |
| 9.31        | Anita Smith          | Balgownie         | 12.06.83        |
| 9.19        | Laura Crockford      | Crown Point       | 27.04.97        |
| <b>8.93</b> | <b>Jade Halket</b>   | <b>CA Stadium</b> | <b>10.07.11</b> |
| 8.88        | Angela Smith         | Coatbridge        | 29.08.98        |
| 8.84        | P Bruce / L Davidson |                   | 78 / 99         |

#### 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        |
| <b>29.18</b> | <b>Kathleen Madigan</b> | <b>Cardiff</b> | <b>05.06.11</b> |
| 29.18        | Fiona Pirie             | Elgin          | 03.07.93        |
| 25.87        | Catrin Dickson          | Grangemouth    | 09.06.06        |
| <b>25.21</b> | <b>Fiona Davidson</b>   | <b>Dundee</b>  | <b>03.07.11</b> |
| 23.16        | Katherine Masson        | CA Stadium     | 16.06.95        |
| 22.70        | Kylie Davidson          | Grangemouth    | 11.06.04        |
| 21.24        | Laura Hepburn           | Inverness      | 16.09.07        |
| 21.22        | Angela Smith            | CA Stadium     | 30.07.00        |
| 21.06        | Lesley Fowler           | Coatbridge     | 26.05.96        |
| 20.94        | Joyce Hogg              | CA Stadium     | 16.06.94        |
| 20.30        | Zoe Davidson            | Dundee         | 10.07.05        |
| 19.87        | Sarah Lyon              | Coatbridge     | 30.05.99        |
| 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      | Linksfield  | 01.06.60 |
| 30.26 | Pamela Bruce      | Balgownie   | 21.07.79 |
| 30.12 | Anita Smith       | Pitreavie   | 24.04.83 |
| 29.64 | Shirley Antoine   | Pitreavie   | 24.04.83 |
| NEW   |                   |             |          |
| 38.28 | LINDA LOW         | Inverness   | 12.05.96 |
| 35.98 | Ellie Workman     | Perth       | 26.04.09 |
| 35.78 | Emily Dougall     | CA Stadium  | 29.05.94 |
| 33.09 | Kimberley Miles   | Sheffield   | 02.09.01 |
| 31.26 | Lesley Fowler     | CA Stadium  | 07.05.95 |
| 30.66 | Marian Simpson    | Coatbridge  | 23.05.93 |
| 30.32 | Gillian Wilson    | Meadowbank  | 18.08.91 |
| 29.28 | Kathy Rapley      | CA Stadium  | 04.08.02 |
| 28.74 | Gail Murchie      | CA Stadium  | 22.08.91 |
| 28.46 | Laura Hepburn     | CA Stadium  | 30.08.09 |
| 28.40 | Barbara MacDonald | CA Stadium  | 07.04.96 |
| 27.42 | Vicky Clark       | Grangemouth | 16.05.93 |
| 27.38 | Sarah Still       | Stoke       | 30.07.00 |
| 27.24 | Wilma Boyington   | Pitreavie   | 14.06.92 |
| 27.22 | Laura Crockford   | Meadowbank  | 12.05.96 |

#### WOMEN HEPTATHLON (TOP 10)

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

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#### WOMEN DISCUS

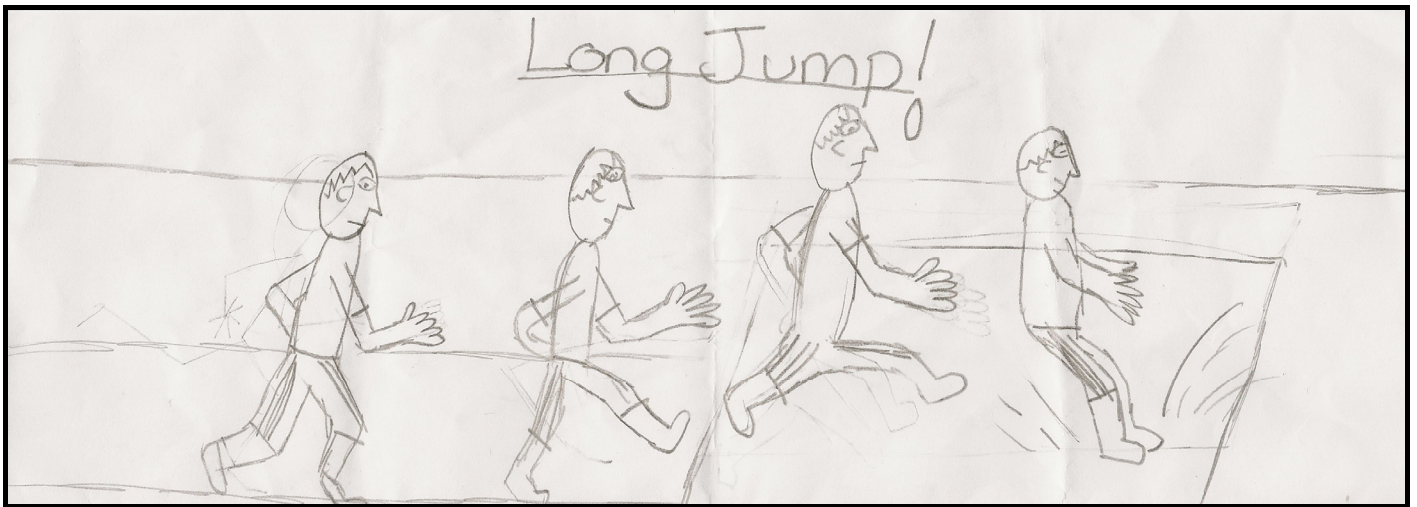
|       |                     |             |          |
|-------|---------------------|-------------|----------|
| 48.64 | HELEN COWE          | Bedford     | 17.09.94 |
| 38.39 | Jacqui Loney        | CA Stadium  | 29.08.02 |
| 32.30 | Marian Simpson      | Meadowbank  | 17.06.95 |
| 30.66 | Fiona 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 4x100m (TOP 10)**

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

**WOMEN 4x400m (TOP 10)**

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





## ALL TIME TOP 10s – U-20 EVENTS

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

### U-20 MEN 100m

|       |                   |             |          |
|-------|-------------------|-------------|----------|
| 10.8  | CAMPBELL PATERSON | Balgownie   | 06.05.72 |
| 10.8  | STAN WALKER       | Pitreavie   | 14.05.88 |
| 10.9  | Martin Johnston   | Balgownie   | 14.08.83 |
| 10.94 | Ian Garioch       | Inverness   | 12.04.08 |
| 11.0  | Murray King       | Inverness   | 13.04.86 |
| 11.04 | Mark Davidson     | Stoke       | 25.07.87 |
| 11.1  | Alexander Carnie  | Grangemouth | 22.06.88 |
| 11.1y | Kevin Carter      | Grangemouth | 00.04.67 |
| 11.1  | David Fairley     | Balgownie   | 26.08.84 |
| 11.14 | 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 |
| 22.0  | Ian Garioch       | Inverness   | 25.05.08 |
| 22.0  | Murray King       | Livingston  | 24.05.86 |
| 22.3  | Campbell Paterson | Meadowbank  | 17.07.71 |
| 22.34 | Stan Walker       | Meadowbank  | 10.07.88 |
| 22.4  | Ahmed Al-Kowarri  | CA Stadium  | 02.06.96 |
| 22.6  | Paul Allan        | Linksfield  | 06.09.88 |
| 22.6  | Alexander Carnie  | Grangemouth | 17.06.89 |
| 22.7  | Derek Elmslie     | Meadowbank  | 03.09.77 |

### U-20 MEN 400m

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

### U-20 MEN 800m

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

### U-20 MEN 1500m

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

### U-20 MEN 3000m

|         |                |            |          |
|---------|----------------|------------|----------|
| 8:34.65 | DARREN SHINNIE | Cardiff    | 17.07.04 |
| 8:36.69 | Iain Donnan    | Scotstoun  | 30.08.03 |
| 8:36.9  | Stephen Wright | CA Stadium | 22.07.90 |
| 8:42.4  | Ross Arbuckle  | Meadowbank | 19.08.78 |
| 8:45.19 | William Duncan | Sheffield  | 16.08.03 |
| 8:45.8  | Alan Wales     | CA Stadium | 21.05.03 |
| 8:46.4  | Ian Matheson   | Balgownie  | 30.07.83 |
| 8:50.0  | Colin McClean  | Balgownie  | 28.07.84 |
| 8:52.1  | Adam Watt      | CA Stadium | 21.05.03 |
| 8:54.7  | Frank Boyne    | Balgownie  | 28.07.84 |

### U-20 MEN 5000m

|          |              |            |          |
|----------|--------------|------------|----------|
| 14:46.0  | IAN MATHESON | Meadowbank | 28.08.83 |
| 14:49.33 | Iain Donnan  | Meadowbank | 16.05.04 |
| 14:53.0  | Graham Laing | Meadowbank | 28.06.75 |



|                                    |                  |               |          |                              |                       |              |                 |
|------------------------------------|------------------|---------------|----------|------------------------------|-----------------------|--------------|-----------------|
| 14:53.3                            | Darren Shinnie   | Bedford       | 22.07.06 | 9:57.5                       | Mark Caird            | Crown Point  | 31.08.86        |
| 15:00.30                           | Stephen Wright   | Meadowbank    | 05.08.90 | 10:06.3                      | Gary Riddell          | CA Stadium   | 15.09.88        |
| 15:14.5                            | Joe Freel        | Crown Point   | 31.05.86 | 10:09.0                      | Robin Sutherland      | Grangemouth  | 26.08.90        |
| 15:16.0                            | Colin McKay      | Glenrothes    | 16.04.78 | 10:17.0                      | Neil Martin           | Meadowbank   | 29.08.82        |
| 15:26.10                           | Neil Martin      | Meadowbank    | 23.07.83 | <b>U-20 MEN 110m HURDLES</b> |                       |              |                 |
| 15:42.1                            | Calum Davidson   | Balgownie     | 26.06.88 | 14.93                        | DUNCAN MATHIESON      | Meadowbank   | 10.07.88        |
| 15:44.49                           | Cameron Strachan | Grangemouth   | 29.08.10 | 14.97                        | Robert Miller         | Derby        | 07.09.03        |
| <b>U-20 MEN 10000m</b>             |                  |               |          | 15.3                         | Mark Davidson         | Meadowbank   | 30.05.87        |
| 30:49.0                            | IAN MATHESON     | San Francisco | 07.05.83 | 15.3                         | Murray King           | Meadowbank   | 30.05.87        |
| 32:02.7                            | Stephen Wright   | CA Stadium    | 08.05.90 | 15.5                         | Steven Ledingham      | Pitreavie    | 19.06.82        |
| 33:11.0                            | Frank Boyne      | Balgownie     | 24.04.84 | 15.60                        | Paul Allan            | Crown Point  | 09.07.89        |
| 33:17.2                            | Joe Freel        | Balgownie     | 27.05.86 | 15.77                        | Mark Dobbie           | Linwood      | 16.07.94        |
| 33:23.9                            | David Duguid     | Balgownie     | 04.06.85 | 15.9                         | Andrew Grant          | CA Stadium   | 09.09.01        |
| 33:50.2                            | Ross Milne       | CA Stadium    | 02.05.96 | 15.9                         | Stephen Miller        | CA Stadium   | 06.04.03        |
| 34:15.0                            | Andrew Moffat    | Balgownie     | 24.04.84 | 16.06                        | William Stark         | Grenoble     | 19.09.93        |
| 35:42.2                            | Eric Jenkins     | Balgownie     | 01.05.79 | <b>U-20 MEN 400m HURDLES</b> |                       |              |                 |
| 35:42.7                            | Stewart Mason    | CA Stadium    | 01.05.97 | 53.53                        | BARRY MIDDLETON       | Meadowbank   | 14.08.94        |
| 35:47.5                            | David Stephen    | Balgownie     | 30.04.81 | 54.8                         | Mark Davidson         | Crown Point  | 13.06.87        |
| <b>U-20 MEN 2000m STEEPLECHASE</b> |                  |               |          | 55.20                        | Robert Miller         | Loughborough | 08.06.03        |
| 6:02.66                            | STEPHEN WRIGHT   | Meadowbank    | 01.07.89 | 55.9                         | Steven Ledingham      | Meadowbank   | 17.06.83        |
| 6:09.81                            | Frank Boyne      | Meadowbank    | 06.09.81 | 56.1                         | Paul Allan            | CA Stadium   | 29.06.89        |
| 6:10.8                             | Chris Smith      | Ayr           | 18.07.95 | 56.50                        | Ronald Smith          | Grangemouth  | 11.07.99        |
| 6:18.97                            | Simon Walker     | Carmarthen    | 16.07.96 | 56.6                         | Alasdhair Love        | Ayr          | 18.07.95        |
| 6:19.0                             | Lewis Walker     | Balgownie     | 25.05.75 | 56.8                         | Murray King           | Crown Point  | 07.06.86        |
| 6:21.4                             | Ewan Calvert     | Grangemouth   | 26.08.90 | <b>57.24</b>                 | <b>Jonathan Mann</b>  | <b>Leigh</b> | <b>02.07.11</b> |
| 6:23.53                            | David Duguid     | Meadowbank    | 08.06.85 | 57.6                         | Andrew Grant          | CA Stadium   | 05.08.01        |
| 6:28.2                             | Kevin Byrne      | Balgownie     | 19.06.84 | <b>U-20 MEN HIGH JUMP</b>    |                       |              |                 |
| 6:30.0                             | Mark Caird       | Meadowbank    | 08.09.85 | 2.00                         | DUNCAN MATHIESON      | Dundee       | 21.06.87        |
| 6:31.65                            | Andrew Clark     | Grangemouth   | 24.08.03 | 1.98                         | Keith Oag             | Dublin       | 13.08.94        |
| <b>U-20 MEN 3000m STEEPLECHASE</b> |                  |               |          | 1.91                         | Ian Bailey            | Pitreavie    | 16.06.84        |
| 9:12.0                             | STEPHEN WRIGHT   | Luton         | 08.09.90 | 1.91                         | Kevin Lutton          | CA Stadium   | 09.05.01        |
| 9:30.7                             | Ian Matheson     | Meadowbank    | 23.07.83 | 1.91                         | Miller Mathieson jun  | Balgownie    | 28.08.83        |
| 9:46.9                             | Frank Boyne      | Balgownie     | 19.06.84 | 1.90                         | Paul Allan            | Crown Point  | 22.07.89        |
| 9:47.2                             | Graham Laing     | Meadowbank    | 03.08.75 | 1.90                         | Dinkar Sabnis         | Meadowbank   | 09.05.92        |
| 9:51.0                             | David Duguid     | Balgownie     | 19.06.84 | 1.88                         | George Stewart        | Meadowbank   | 11.06.72        |
| 9:56.8                             | Ray Creswell     | Balgownie     | 08.06.82 | 1.85                         | C Noble/A Grant/W Smy |              | 92/01/09        |



**U-20 MEN POLE VAULT**

|             |                    |                |                 |
|-------------|--------------------|----------------|-----------------|
| 3.60        | KENNY LYON         | Oxford         | 15.06.79        |
| <b>3.60</b> | <b>DAVID MANN</b>  | <b>Wishaw</b>  | <b>27.08.11</b> |
| 3.50        | Mark Dobbie        | CA Stadium     | 16.07.95        |
| 3.50        | Frank Fenton       | Balgownie      | 26.04.79        |
| 3.50        | Duncan Mathieson   | Lorca          | 19.06.88        |
| 3.40        | Fraser Benzie      | Grangemouth    | 25.06.00        |
| 3.40        | Sam Lyon           | Grangemouth    | 20.06.10        |
| 3.35        | Paul Allan         | CA Stadium     | 25.06.89        |
| 3.35        | Derek Beaton       | Meadowbank     | 09.08.92        |
| 3.30        | 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      | Linkfield   | 03.05.62 |
| 6.66 | Mike Ashford     | Meadowbank  | 29.06.74 |
| 6.65 | Mark Dobbie      | Meadowbank  | 15.05.94 |
| 6.62 | David Fairley    | Meadowbank  | 19.08.84 |

**U-20 MEN TRIPLE JUMP**

|              |                      |                    |                 |
|--------------|----------------------|--------------------|-----------------|
| 14.55        | WILLIAM STARK        | Crown Point        | 11.06.95        |
| 14.09        | Dinkar Sabnis        | Banchory           | 29.08.91        |
| 13.84        | Sam Lyon             | Grangemouth        | 20.06.10        |
| 13.68        | Paul Allan           | CA Stadium         | 14.06.89        |
| 13.45        | James Laird          | Linkfield          | 03.05.62        |
| 13.34        | Kenny Lyon           | Grangemouth        | 23.06.79        |
| <b>13.27</b> | <b>Stewart Clark</b> | <b>Grangemouth</b> | <b>14.08.11</b> |
| 13.13        | Sam Lypn             | Grangemouth        | 12.06.09        |
| 13.10        | Paul McAndrew        | CA Stadium         | 02.06.96        |
| 13.06        | Michael Spink        | CA Stadium         | 13.06.92        |

**U-20 MEN SHOT**

|       |                    |               |          |
|-------|--------------------|---------------|----------|
| 14.24 | PAUL ALLAN         | Dumfries      | 15.07.89 |
| 13.46 | Gordon Smith       | Grangemouth   | 13.05.87 |
| 13.25 | David Minty        | Grangemouth   | 13.05.92 |
| 13.13 | Peter Venters      | Meadowbank    | 28.05.77 |
| 12.46 | Duncan Mathieson   | Lorca         | 19.06.88 |
| 11.60 | Mark Dobbie        | Middlesbrough | 30.09.95 |
| 11.56 | Andrew McCallum    | Grangemouth   | 17.06.95 |
| 11.27 | Douglas McAllister | Scotstoun     | 19.07.75 |
| 11.25 | 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        | Linkfield   | 25.06.62 |
| 35.54 | Mark Dobbie        | CA Stadium  | 16.07.95 |
| 34.38 | Douglas McAllister | Pitreavie   | 15.06.74 |
| 34.36 | Andrew McCallum    | Inverness   | 07.08.94 |
| 34.18 | Peter Fraser       | Inverness   | 13.08.95 |

**U-20 MEN HAMMER**

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

**U-20 MEN JAVELIN**

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 57.48 | PETER FRASER     | CA Stadium  | 28.04.96 |
| 57.14 | Robert Miller    | Walthamstow | 18.08.02 |
| 49.26 | Keith Simpson    | Scotstoun   | 14.06.98 |
| 48.10 | Duncan Mathieson | Wrexham     | 22.08.88 |
| 47.00 | Michael Spink    | CA Stadium  | 15.09.94 |
| 45.88 | Mark Dobbie      | Pitreavie   | 02.06.96 |

|       |                |            |          |
|-------|----------------|------------|----------|
| 44.22 | Fraser Benzie  | Inverness  | 17.09.00 |
| 43.48 | Stephen Miller | Meadowbank | 10.05.03 |
| 43.47 | Tom Brodie     | CA Stadium | 20.05.10 |
| 43.29 | Paul Henderson | Dundee     | 06.08.06 |

**U-20 MEN DECATHLON**

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

**U-20 WOMEN 100m**

|             |                   |              |                 |
|-------------|-------------------|--------------|-----------------|
| 11.9        | LOUISE PATERSON   | CA Stadium   | 09.06.91        |
| 12.1        | Katrina Leys      | Crown Point  | 16.08.92        |
| 12.2        | Hayley Bowers     | Peterhead    | 24.05.98        |
| <b>12.2</b> | <b>Zoey Clark</b> | <b>Perth</b> | <b>01.05.11</b> |
| 12.2        | Kathleen Madigan  | Dundee       | 25.07.87        |
| 12.37       | Lesley-Ann Mearns | Birmingham   | 13.08.05        |
| 12.5        | Corrie Butler     | Inverness    | 08.04.90        |
| 12.5        | Sandra Gunn       | CA Stadium   | 05.05.91        |
| 12.5        | Fiona Lumsden     | CA Stadium   | 09.06.91        |
| 12.5        | Catriona Pennet   | CA Stadium   | 05.09.99        |

**U-20 WOMEN 200m**

|       |                   |             |          |
|-------|-------------------|-------------|----------|
| 24.7  | LOUISE PATERSON   | Crown Point | 16.06.90 |
| 24.89 | Zoey Clark        | Scotstoun   | 29.08.10 |
| 25.05 | Lesley-Ann Mearns | Birmingham  | 14.08.05 |
| 25.1  | Katrina Leys      | Coatbridge  | 13.09.92 |
| 25.1  | Kathleen Madigan  | Coatbridge  | 04.05.86 |
| 25.26 | Sarah Still       | Linwood     | 16.07.94 |
| 25.4  | Susan Hendry      | CA Stadium  | 12.06.94 |
| 25.4  | Nicola Imrie      | Crown Point | 20.06.92 |
| 25.59 | Lorna Johnston    | Grangemouth | 17.06.00 |
| 25.6  | Sandra Gunn       | CA Stadium  | 26.07.92 |

**U-20 WOMEN 400m**

|              |                   |                  |                 |
|--------------|-------------------|------------------|-----------------|
| <b>55.96</b> | <b>ZOEY CLARK</b> | <b>Scotstoun</b> | <b>08.05.11</b> |
| 55.96        | SUSAN HENDRY      | Bedford          | 02.07.94        |
| 56.20        | Emma Cloggie      | Grangemouth      | 10.06.05        |
| 57.2         | Bridie McGlashan  | Meadowbank       | 26.04.87        |
| 57.24        | Louise Paterson   | Waterford        | 11.08.90        |
| 57.4         | Lorna Johnston    | CA Stadium       | 13.09.00        |
| 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        |

**U-20 WOMEN 800m**

|         |                 |            |          |
|---------|-----------------|------------|----------|
| 2:10.67 | EMMA CLOGGIE    | Solihull   | 24.06.06 |
| 2:12.64 | Susan Hendry    | Meadowbank | 24.06.95 |
| 2:13.36 | Dawn Simpson    | Ayr        | 13.08.88 |
| 2:14.44 | Ellie Buchan    | Trafford   | 27.06.09 |
| 2:14.8  | Carolyn Sheehan | Coatbridge | 07.09.86 |
| 2:16.09 | Lynsey Still    | Pitreavie  | 08.07.95 |
| 2:16.8  | Jaclyn Anderson | CA Stadium | 18.07.93 |
| 2:18.2  | Lisa Davidson   | Coatbridge | 20.05.90 |
| 2:18.9  | Anna Kyle       | CA Stadium | 25.06.96 |
| 2:19.05 | Eilidh Prise    | Scotstoun  | 29.08.10 |

**U-20 WOMEN 1500m**

|         |                   |            |          |
|---------|-------------------|------------|----------|
| 4:30.92 | KATE RICE         | Copeland   | 08.08.90 |
| 4:42.2  | Carolyn Sheehan   | Balgownie  | 20.08.86 |
| 4:42.96 | Rhona Auckland    | Meadowbank | 20.06.10 |
| 4:43.5  | Ellie Buchan      | Dundee     | 27.04.08 |
| 4:45.6  | Lynsey Still      | CA Stadium | 09.09.95 |
| 4:49.69 | Eilidh Prise      | Inverness  | 05.06.10 |
| 4:49.9  | Dawn Simpson      | Wishaw     | 07.08.88 |
| 4:50.0  | Anna Kyle         | Inverness  | 08.09.96 |
| 4:52.5  | Vicky Clark       | Inverness  | 04.07.93 |
| 4:52.8  | Caroline Clarkson | Coatbridge | 26.05.91 |

**U-20 WOMEN 3000m**

|         |                |             |          |
|---------|----------------|-------------|----------|
| 9:54.5  | KATE RICE      | Grangemouth | 02.09.90 |
| 10:05.4 | Rhona Auckland | CA Stadium  | 31.05.10 |
| 10:31.0 | Jillian Grams  | Coatbridge  | 31.05.92 |

|          |                  |            |          |       |               |             |          |
|----------|------------------|------------|----------|-------|---------------|-------------|----------|
| 10:34.23 | Charlotte Forbes | Derby      | 14.08.05 | 10.67 | Sylvia Kamyra | Dundee      | 22.06.08 |
| 10:35.0  | Claire Becker    | CA Stadium | 26.07.92 | 10.38 | Nicola Kemp   | Coatbridge  | 21.05.95 |
| 10:38.9  | Ellie Buchan     | CA Stadium | 31.05.10 | 10.24 | Zoe Davidson  | Dundee      | 25.04.04 |
| 10:42.8  | Carolyn Sheehan  | Balgownie  | 15.05.85 | 10.11 | Jennifer Reid | Banchory    | 27.08.94 |
| 10:43.9  | Suzie Reid       | CA Stadium | 23.07.89 | 10.02 | Heather Pirie | Grangemouth | 15.05.94 |
| 10:45.7  | Anna Kyle        | Meadowbank | 25.08.96 | 9.87  | Wendy Pennet  | Dundee      | 12.04.98 |
| 10:46.7  | Christie Noble   | CA Stadium | 20.06.07 |       |               |             |          |

#### U-20 WOMEN 100m HURDLES

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

#### U-20 WOMEN 400m HURDLES

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

#### U-20 WOMEN HIGH JUMP

|      |                  |             |          |
|------|------------------|-------------|----------|
| 1.69 | ELLIE WORKMAN    | Birmingham  | 15.08.09 |
| 1.65 | Beth Philip      | CA Stadium  | 07.07.91 |
| 1.65 | Sarah Still      | Linwood     | 16.07.94 |
| 1.60 | Nicola Gauld     | Scotstoun   | 30.04.00 |
| 1.60 | Heather Pirie    | Coatbridge  | 13.09.92 |
| 1.60 | Donna Quirie     | CA Stadium  | 30.06.93 |
| 1.59 | 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 3)

|      |               |            |          |
|------|---------------|------------|----------|
| 2.80 | SAM SOMERS    | CA Stadium | 05.06.11 |
| 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 |
| 5.47 | Ellie Workman           | Grangemouth | 13.06.09 |
| 5.40 | Cheryl McHardy          | CA Stadium  | 26.07.98 |
| 5.30 | Nicola Kemp             | Peterhead   | 06.06.93 |
| 5.24 | Diane Burr              | Grangemouth | 15.05.94 |
| 5.21 | Yasmin Milne            | Grangemouth | 13.06.09 |
| 5.15 | B McGlashan/C Middleton |             | 87/95    |

#### U-20 WOMEN TRIPLE JUMP

|       |                |            |          |
|-------|----------------|------------|----------|
| 11.48 | KIRSTEN YOUNG  | Birmingham | 15.08.04 |
| 11.44 | Donna Quirie   | Birmingham | 08.08.93 |
| 11.03 | Cheryl McHardy | Sheffield  | 16.08.98 |
| 10.68 | Nicola Gauld   | CA Stadium | 05.07.98 |

#### 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 |
| 9.33  | Ellie Workman   | Pitreevie   | 11.07.10 |
| 9.19  | Laura Crockford | Crown Point | 27.04.97 |
| 8.98  | Lyndsay Peddie  | Balgownie   | 21.05.85 |

#### 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)

|       |                 |             |          |
|-------|-----------------|-------------|----------|
| 35.98 | ELLIE WORKMAN   | Perth       | 26.04.09 |
| 35.78 | Emily Dougall   | CA Stadium  | 29.05.94 |
| 33.09 | Kimberley Miles | Sheffield   | 02.09.01 |
| 31.26 | Lesley Fowler   | CA Stadium  | 07.05.95 |
| 30.66 | Marian Simpson  | Coatbridge  | 23.05.93 |
| 30.32 | Gillian Wilson  | Meadowbank  | 18.08.91 |
| 28.50 | Kathy Rapley    | CA Stadium  | 25.05.97 |
| 28.46 | Laura Hepburn   | CA Stadium  | 30.08.09 |
| 27.42 | Vicky Clark     | Grangemouth | 16.05.93 |
| 27.22 | Laura Crockford | Meadowbank  | 12.05.96 |

#### U-20 WOMEN HEPTATHLON (Top 7)

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

### 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  | Bourgojn-Jallieu | 18.09.93 |

#### U-17 MEN 200m

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 22.6  | MARK DAVIDSON    | Glenrothes  | 23.06.85 |
| 22.7  | Derek Elmslie    | Meadowbank  | 03.09.77 |
| 22.7  | Alexander Carnie | Inverness   | 03.07.88 |
| 22.9  | William Stark    | Dundee      | 22.08.93 |
| 23.0  | Ahmed Al-Kowarri | Crown Point | 06.08.95 |
| 23.1  | Richard Singer   | Grangemouth | 10.06.95 |
| 23.16 | Steve Mathers    | Meadowbank  | 10.07.88 |
| 23.2  | Colin Wilson     | Crown Point | 10.08.91 |

|                                    |                         |                  |                 |                             |                      |                  |                 |
|------------------------------------|-------------------------|------------------|-----------------|-----------------------------|----------------------|------------------|-----------------|
| 23.2                               | Richard Gray            | CA Stadium       | 28.08.02        | 58.6                        | Barry Middleton      | Grangemouth      | 15.06.91        |
| 23.3                               | Scott Wilson            | Balgownie        | 27.06.82        | 59.11                       | Paul Torry           | Carmarthen       | 17.07.99        |
| <b>U-17 MEN 400m</b>               |                         |                  |                 |                             |                      |                  |                 |
| 49.21                              | AHMED AL-KOWARRI        | Pitreavie        | 08.07.95        | 59.2                        | Paul Allan           | Balgownie        | 19.08.86        |
| 50.5                               | Mark Davidson           | Dublin           | 20.07.85        | 59.27                       | Robert Miller        | Grangemouth      | 17.08.00        |
| 50.50                              | Richard Singer          | Meadowbank       | 23.06.95        | 59.30                       | Jonathan Mann        | Grangemouth      | 13.06.09        |
| 51.1                               | Colin Wilson            | Grangemouth      | 15.06.91        | <b>U-17 MEN HIGH JUMP</b>   |                      |                  |                 |
| <b>51.16</b>                       | <b>Michael Ferguson</b> | <b>Sheffield</b> | <b>03.09.11</b> | 1.98                        | KEITH OAG            | Dublin           | 13.08.94        |
| 51.3                               | Richard Gray            | CA Stadium       | 11.09.02        | 1.97                        | Duncan Mathieson     | Dublin           | 20.07.85        |
| 51.42                              | Stuart Mathieson        | Birmingham       | 16.08.97        | 1.91                        | Kevin Lutton         | CA Stadium       | 09.05.01        |
| 52.0                               | Sam Lyon                | Dundee           | 28.06.09        | 1.85                        | Craig Noble          | CA Stadium       | 07.06.92        |
| 52.1                               | Mark Andrew             | Livingston       | 10.08.86        | <b>1.84</b>                 | <b>Ryan Hewitson</b> | <b>Dundee</b>    | <b>24.04.11</b> |
| 52.1                               | Colin Donald            | Dundee           | 01.05.83        | 1.83                        | Miller Mathieson     | Balgownie        | 01.08.81        |
| <b>U-17 MEN 800m</b>               |                         |                  |                 |                             |                      |                  |                 |
| 1:54.8                             | COLIN DONALD            | Crawley          | 21.07.84        | 1.81                        | William Stark        | Linwood          | 24.07.93        |
| 1:55.6                             | Thomas Blackie          | Balgownie        | 26.06.84        | 1.80                        | Ian Lind             | CA Stadium       | 02.09.89        |
| 1:56.11                            | Steven Rusling          | Sheffield        | 17.08.03        | 1.80                        | George Petrie        | Balgownie        | 03.06.79        |
| 1:56.4                             | Adam Watt               | CA Stadium       | 05.08.01        | 1.80                        | Peter Sutherland     | CA Stadium       | 08.08.04        |
| 1:56.6                             | Ross Arbuckle           | Meadowbank       | 27.05.78        | 1.80                        | William Smy          | Banchory         | 17.08.08        |
| 1:56.6                             | Lewis Walker            | Kirkby           | 27.07.75        | <b>U-17 MEN POLE VAULT</b>  |                      |                  |                 |
| 1:56.7                             | Alan Wales              | CA Stadium       | 05.08.01        | <b>3.60</b>                 | <b>DAVID MANN</b>    | <b>Wishaw</b>    | <b>27.08.11</b> |
| 1:57.8                             | Frank Boyne             | Grangemouth      | 21.08.82        | 3.20                        | Miller Mathieson     | Balgownie        | 24.06.81        |
| 1:58.03                            | Mark Haskett            | Dumfries         | 19.06.05        | 3.15                        | Fraser Benzie        | CA Stadium       | 11.09.99        |
| 1:59.02                            | Ewan Calvert            | Grangemouth      | 16.06.90        | 3.10                        | William Stark        | Bourgoin-Jallieu | 19.09.93        |
| <b>U-17 MEN 1500m</b>              |                         |                  |                 |                             |                      |                  |                 |
| 4:01.1                             | ROSS ARBUCKLE           | Meadowbank       | 28.05.78        | 3.05                        | Kenny Lyon           | Balgownie        | 26.07.77        |
| 4:04.11                            | Alan Wales              | Cardiff          | 04.07.03        | 2.95                        | Duncan Mathieson     | Dundee           | 25.08.85        |
| 4:04.3                             | Adam Watt               | Grangemouth      | 17.06.01        | 2.85                        | Mark Petchey         | Balgownie        | 14.06.83        |
| 4:05.2                             | Gary Riddell            | Inverness        | 24.08.86        | 2.80                        | Paul Allan           | Balgownie        | 02.09.86        |
| 4:05.9                             | David Stephen           | Glenrothes       | 24.08.80        | 2.80                        | Bruce Benzie         | Grangemouth      | 16.06.01        |
| 4:06.34                            | Mark Kennedy            | Scotstoun        | 20.07.02        | 2.80                        | Sam Lyon             | Grangemouth      | 20.04.08        |
| 4:06.5                             | Frank Boyne             | Glenrothes       | 06.06.82        | 2.80                        | Roderick Manson      | Balgownie        | 09.06.83        |
| 4:07.6                             | Lewis Walker            | Grangemouth      | 31.08.75        | 2.80                        | Frank Fenton         | Balgownie        | 12.06.77        |
| 4:08.22                            | Darren Shinnie          | Grangemouth      | 24.08.03        | 2.80                        | Chris Jones          | CA Stadium       | 25.06.89        |
| 4:08.5                             | Robert Mitchell         | Meadowbank       | 28.05.77        | <b>U-17 MEN LONG JUMP</b>   |                      |                  |                 |
| <b>U-17 MEN 3000m</b>              |                         |                  |                 |                             |                      |                  |                 |
| 8:42.4                             | ROSS ARBUCKLE           | Meadowbank       | 19.08.78        | 6.82                        | DEREK ELMSLIE        | Heriot-Watt      | 22.05.77        |
| 8:45.19                            | William Duncan          | Sheffield        | 16.08.03        | 6.62                        | William Stark        | Dublin           | 17.07.93        |
| 8:46.12                            | Darren Shinnie          | Sheffield        | 16.08.03        | 6.60                        | Duncan Mathieson     | Balgownie        | 13.08.85        |
| 8:55.57                            | Adam Watt               | Meadowbank       | 13.05.01        | 6.24                        | Mark Dobbie          | Bourgoin-Jallieu | 18.09.93        |
| 8:56.09                            | Alan Wales              | Grangemouth      | 10.06.01        | 6.24                        | William Smy          | Banchory         | 17.08.08        |
| 8:57.2                             | David Stephen           | Balgownie        | 24.06.80        | 6.18                        | Stewart Clark        | Dundee           | 02.08.09        |
| 9:05.25                            | James Joy               | Grangemouth      | 09.06.07        | 6.14                        | Peter Sutherland     | Dundee           | 06.06.04        |
| 9:06.05                            | Alex Thoires            | Grangemouth      | 11.06.05        | 6.12                        | Dinkar Sabnis        | Inverness        | 08.04.90        |
| 9:08.9                             | Mark Kennedy            | Grangemouth      | 15.06.02        | 6.10                        | Sam Lyon             | CA Stadium       | 10.06.09        |
| 9:09.8                             | Robert Mitchell         | Balgownie        | 11.05.77        | 6.09                        | Robert Miller        | Ellon            | 23.09.00        |
| <b>U-17 MEN 1500m STEEPLECHASE</b> |                         |                  |                 |                             |                      |                  |                 |
| 4:25.0                             | FRANK BOYNE             | Pitreavie        | 19.06.82        | <b>U-17 MEN TRIPLE JUMP</b> |                      |                  |                 |
| 4:27.80                            | Alex Thoires            | Tullamore        | 16.07.05        | 13.82                       | WILLIAM STARK        | Grangemouth      | 29.08.93        |
| 4:27.8                             | Adam Watt               | Grangemouth      | 15.06.01        | 13.13                       | Sam Lyon             | Grangemouth      | 12.06.09        |
| 4:30.6                             | William Duncan          | Scotstoun        | 10.08.03        | 12.94                       | Stewart Clark        | Perth            | 07.06.09        |
| 4:32.2                             | Simon Walker            | CA Stadium       | 24.06.95        | 12.74                       | Dinkar Sabnis        | Grangemouth      | 26.08.90        |
| 4:32.47                            | Andrew Clark            | Grangemouth      | 25.08.02        | 12.70                       | Derek Elmslie        | Madowbank        | 03.09.77        |
| 4:33.73                            | Steven Rusling          | Grangemouth      | 29.08.04        | 12.61                       | Steven Ledingham     | Balgownie        | 16.08.81        |
| 4:37.4                             | Stuart Forbes           | Grangemouth      | 15.06.01        | 12.61                       | Duncan Mathieson     | Glenrothes       | 23.06.85        |
| 4:39.00                            | Darren Shinnie          | Grangemouth      | 13.06.03        | 12.60                       | David Parham         | Balgownie        | 23.05.76        |
| 4:39.68                            | Alan Wales              | Blackpool        | 15.07.00        | 12.55                       | Mark Dobbie          | Grangemouth      | 29.08.93        |
| <b>U-17 MEN 100m HURDLES</b>       |                         |                  |                 |                             |                      |                  |                 |
| 13.9                               | RICHARD SINGER          | Grangemouth      | 17.06.95        | 12.46                       | Paul McAndrew        | Dundee           | 30.04.95        |
| 14.08                              | William Stark           | Grangemouth      | 29.08.93        | <b>U-17 MEN SHOT</b>        |                      |                  |                 |
| 14.3                               | John Oxley              | CA Stadium       | 09.09.01        | 13.27                       | KEVIN LUTTON         | CA Stadium       | 05.08.01        |
| 14.4                               | Steven Ledingham        | Scotstoun        | 20.06.81        | 12.78                       | Duncan Mathieson     | Balgownie        | 28.05.85        |
| 14.4                               | David Stewart           | Inverness        | 24.08.86        | 12.66                       | Derek Giulianotti    | Balgownie        | 14.09.80        |
| 14.42                              | Mark Dobbie             | Grangemouth      | 15.05.93        | 12.59                       | Ryan Legge           | Inverness        | 05.09.10        |
| 14.54                              | Stephen Miller          | Hexham           | 19.05.02        | 12.37                       | William Stark        | Dundee           | 11.09.93        |
| 14.7                               | Duncan Mathieson        | Balgownie        | 25.06.85        | 12.32                       | Andrew McCallum      | Dundee           | 11.09.93        |
| 15.0                               | Chris Jessiman          | Inverness        | 20.05.89        | 12.16                       | Peter Fraser         | Grangemouth      | 28.08.94        |
| 15.1                               | Mark Davidson           | Balgownie        | 22.04.84        | 12.06                       | David Robinson       | Balgownie        | 16.08.78        |
| <b>U-17 MEN 400m HURDLES</b>       |                         |                  |                 |                             |                      |                  |                 |
| 55.37                              | RICHARD SINGER          | Colwyn Bay       | 15.07.95        | 11.88                       | David Minty          | Peterhead        | 23.04.89        |
| 57.38                              | Richard Gray            | Tullamore        | 03.08.02        | 11.87                       | Neil Gillanders      | Dundee           | 25.08.85        |
| 57.8                               | Alasdair Love           | CA Stadium       | 01.06.93        | <b>U-17 MEN DISCUS</b>      |                      |                  |                 |
| 58.0                               | Mark Davidson           | Dundee           | 25.08.85        | 41.46                       | PETER FRASER         | CA Stadium       | 16.07.94        |
| 58.6                               | Steven Ledingham        | Balgownie        | 07.06.81        | 36.60                       | Andrew McCallum      | Grangemouth      | 23.06.93        |
|                                    |                         |                  |                 | 35.38                       | David Minty          | Inverness        | 09.04.89        |
|                                    |                         |                  |                 | 34.92                       | Fraser Benzie        | CA Stadium       | 02.09.99        |
|                                    |                         |                  |                 | 32.76                       | David Robinson       | Balgownie        | 09.04.78        |
|                                    |                         |                  |                 | 32.74                       | Richard Singer       | Inverness        | 28.05.95        |
|                                    |                         |                  |                 | 32.50                       | Craig Anderson       | Balgownie        | 20.09.87        |
|                                    |                         |                  |                 | 32.42                       | Kevin Lutton         | CA Stadium       | 22.04.01        |
|                                    |                         |                  |                 | 32.40                       | Edward McKenzie      | Balgownie        | 17.06.82        |
|                                    |                         |                  |                 | 31.90                       | Paul Torry           | Stoke            | 22.08.99        |



|                                                                                                                                          |                                                                                       |                  |                 |                                |                                      |                  |                 |
|------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|------------------|-----------------|--------------------------------|--------------------------------------|------------------|-----------------|
| <b>U-17 MEN HAMMER</b>                                                                                                                   |                                                                                       |                  |                 | 42.1                           | Jaclyn Anderson                      | CA Stadium       | 24.08.94        |
| 45.50                                                                                                                                    | DAVID ROBINSON                                                                        | Balgownie        | 21.06.78        | <b>42.3</b>                    | S Hendry/A Shearer/ <b>K Stewart</b> |                  | 92/01/11        |
| 44.80                                                                                                                                    | Keith Simpson                                                                         | CA Stadium       | 22.06.97        | <b>U-17 WOMEN 400m</b>         |                                      |                  |                 |
| 43.56                                                                                                                                    | Barry Dobbie                                                                          | CA Stadium       | 26.09.96        | <b>55.96</b>                   | <b>ZOEY CLARK</b>                    | <b>Scotstoun</b> | <b>08.05.11</b> |
| 40.16                                                                                                                                    | David Minty                                                                           | Inverness        | 02.07.89        | 57.24                          | Louise Paterson                      | Waterford        | 11.08.90        |
| 30.78                                                                                                                                    | George Petrie                                                                         | Balgownie        | 16.09.78        | 57.4                           | Lorna Johnston                       | CA Stadium       | 13.09.00        |
| 38.80                                                                                                                                    | David Gagel                                                                           | Balgownie        | 01.07.80        | 57.7                           | Dawn Kitchen                         | Meadowbank       | 17.06.78        |
| 36.04                                                                                                                                    | Peter Fraser                                                                          | Meadowbank       | 15.05.94        | 58.5                           | Bridie McGlashan                     | Glenrothes       | 14.09.86        |
| 35.45                                                                                                                                    | Matthew Maitland                                                                      | Elgin            | 19.09.99        | 58.6                           | Debbra Carle                         | Balgownie        | 11.08.81        |
| 33.84                                                                                                                                    | Craig Anderson                                                                        | Inverness        | 30.08.87        | 58.86                          | Jaclyn Anderson                      | Meadowbank       | 04.09.94        |
| 31.26                                                                                                                                    | Derek Giulianotti                                                                     | Balgownie        | 14.09.80        | 58.9                           | Emma Cloggie                         | CA Stadium       | 18.08.04        |
| <b>U-17 MEN JAVELIN</b>                                                                                                                  |                                                                                       |                  |                 | 59.0                           | Susan Hendry                         | CA Stadium       | 16.06.92        |
| 58.36                                                                                                                                    | PETER FRASER                                                                          | Birmingham       | 30.07.94        | 59.5                           | Nicola Gauld                         | CA Stadium       | 19.04.98        |
| 51.41                                                                                                                                    | Kevin Lutton                                                                          | Tullamore        | 21.07.01        | <b>U-17 WOMEN 800m</b>         |                                      |                  |                 |
| 51.05                                                                                                                                    | Keith Simpson                                                                         | Meadowbank       | 19.06.98        | 2:13.36                        | DAWN SIMPSON                         | Ayr              | 13.08.88        |
| 47.28                                                                                                                                    | Robert Miller                                                                         | Grangemouth      | 25.06.00        | 2:14.3                         | Carolyn Sheehan                      | Inverness        | 19.08.84        |
| 43.63                                                                                                                                    | Bruce Benzie                                                                          | Grangemouth      | 10.06.01        | 2:14.44                        | Ellie Buchan                         | Trafford         | 27.06.09        |
| 43.42                                                                                                                                    | Andrew McCallum                                                                       | CA Stadium       | 23.09.93        | 2:15.36                        | Emma Cloggie                         | Solihull         | 06.08.03        |
| 43.24                                                                                                                                    | Stephen Miller                                                                        | CA Stadium       | 04.08.02        | 2:16.8                         | Jaclyn Anderson                      | CA Stadium       | 18.07.93        |
| 42.16                                                                                                                                    | Tom Brodie                                                                            | Dundee           | 27.04.08        | 2:17.1                         | Lynsey Still                         | Inverness        | 05.06.94        |
| 41.44                                                                                                                                    | Paul Henderson                                                                        | CA Stadium       | 20.05.04        | 2:18.2                         | Lisa Davidson                        | Coatbridge       | 20.05.90        |
| 41.24                                                                                                                                    | Mark Dobbie                                                                           | Bourgoin-Jalliey | 18.09.93        | 2:18.9                         | Anna Kyle                            | CA Stadium       | 25.06.96        |
| <b>U-17 MEN OCTATHLON</b>                                                                                                                |                                                                                       |                  |                 | 2:19.0                         | Michelle Cherry                      | Antrim           | 06.08.83        |
| 4518                                                                                                                                     | WILLIAM STARK                                                                         | Linwood          | 25.07.93        | 2:19.05                        | Eilidh Prise                         | Scotstoun        | 29.08.10        |
| 4388                                                                                                                                     | Paul Torry                                                                            | Ayr              | 19.06.99        | <b>U-17 WOMEN 1500m</b>        |                                      |                  |                 |
| 4327                                                                                                                                     | Stephen Miller                                                                        | Grangemouth      | 25.08.02        | 4:32.7                         | KATHRYN SHEPHERD                     | Crystal Palace   | 19.07.74        |
| 4260                                                                                                                                     | Robert Miller                                                                         | Grangemouth      | 03.09.00        | 4:34.8                         | Kate Rice                            | Carmarthen       | 05.08.89        |
| 4057                                                                                                                                     | Andrew McCallum                                                                       | Linwood          | 25.07.93        | 4:42.2                         | Carolyn Sheehan                      | Balgownie        | 20.08.86        |
| 3582                                                                                                                                     | Chris Jones                                                                           | CA Stadium       | 09.07.89        | 4:43.5                         | Ellie Buchan                         | Dundee           | 27.04.08        |
| 3356                                                                                                                                     | Fraser Benzie                                                                         | CA Stadium       | 08.08.99        | 4:46.6                         | Allison Diamond                      | Grangemouth      | 05.06.82        |
| 3287                                                                                                                                     | Jamie Thomson                                                                         | Scotsotun        | 21.05.06        | 4:49.6                         | Trisha Ronney                        | Grangemouth      | 08.05.83        |
| 3181                                                                                                                                     | Ronald Smith                                                                          | CA Stadium       | 15.07.95        | 4:49.69                        | Eilidh Prise                         | Inverness        | 05.09.10        |
| 2906                                                                                                                                     | Chris Fowler                                                                          | Dumfries         | 19.07.92        | 4:49.9                         | Dawn Simpson                         | Wishaw           | 07.08.88        |
| <b>U-17 MEN DECATHLON</b>                                                                                                                |                                                                                       |                  |                 | 4:50.0                         | Anna Kyle                            | Inverness        | 09.08.96        |
| 5238                                                                                                                                     | STEPHEN MILLER                                                                        | Stoke            | 29.09.02        | 4:52.0                         | Michelle Cherry                      | Coatbridge       | 17.06.84        |
| 5227                                                                                                                                     | Duncan Mathieson                                                                      | Balgownie        | 15.05.85        | <b>U-17 WOMEN 3000m</b>        |                                      |                  |                 |
| 4690                                                                                                                                     | Miller Mathieson                                                                      | Balgownie        | 24.06.81        | 10:35.0                        | CLAIRE BECKER                        | CA Stadium       | 26.07.92        |
| 4216                                                                                                                                     | Steven Ledingham                                                                      | Balgownie        | 26.07.81        | 10:39.2                        | Ellie Buchan                         | CA Stadium       | 30.04.08        |
| 4191                                                                                                                                     | Edward McKenzie                                                                       | Balgownie        | 10.08.83        | 10:42.8                        | Carolyn Sheehan                      | Balgownie        | 15.05.85        |
| *The above Octathlon and Decathlon scores were those produced at the time and do not allow for changes in implements or scoring systems. |                                                                                       |                  |                 | 10:43.9                        | Suzie Reid                           | CA Stadium       | 23.07.89        |
| <b>U-17 WOMEN 100m</b>                                                                                                                   |                                                                                       |                  |                 | 10:45.3                        | Jillian Grams                        | CA Stadium       | 22.07.90        |
| 11.9                                                                                                                                     | LOUISE PATERSON                                                                       | CA Stadium       | 09.06.91        | 10:45.7                        | Anna Kyle                            | Meadowbank       | 25.08.96        |
| 12.2                                                                                                                                     | Fiona Auld                                                                            | Balgownie        | 22.08.76        | 10:46.7                        | Christie Noble                       | CA Stadium       | 20.06.07        |
| 12.2                                                                                                                                     | Hayley Bowers                                                                         | Peterhead        | 24.05.98        | 10:47.3                        | Vicky Clark                          | CA Stadium       | 18.07.93        |
| <b>12.2</b>                                                                                                                              | <b>Zoey Clark</b>                                                                     | <b>Perth</b>     | <b>01.05.11</b> | 10:51.4                        | Lisa Davidson                        | Grangemouth      | 01.08.90        |
| 12.2                                                                                                                                     | Katrina Leys                                                                          | Crown Point      | 16.06.90        | 10:52.0                        | Sonia McLaren                        | Glenrothes       | 11.04.76        |
| 12.3                                                                                                                                     | Kathleen Madigan                                                                      | Livingston       | 17.05.86        | <b>U-17 WOMEN 100m HURDLES</b> |                                      |                  |                 |
| 12.37                                                                                                                                    | Lesley-Ann Mearns                                                                     | Birmingham       | 13.08.05        | 15.5*                          | LYNDSAY PEDDIE                       | Balgownie        | 12.06.83        |
| 12.4                                                                                                                                     | Michelle Bruce                                                                        | Pitreavie        | 05.09.82        | 15.6*                          | Jenny Bole                           | Grangemouth      | 14.06.81        |
| 12.4                                                                                                                                     | Debra Carle                                                                           | Balgownie        | 17.06.80        | 15.7                           | Deirdre Auld                         | Balgownie        | 17.06.79        |
| 12.5                                                                                                                                     | J Bole (78), R Duncan (83), C Butler (90), S Gunn (91), F Lumsden (91), C Pennet (99) |                  |                 | 16.9                           | Bridie McGlashan                     | Inverness        | 24.08.86        |
| <b>U-17 WOMEN 200m</b>                                                                                                                   |                                                                                       |                  |                 | 17.2*                          | Laura Beveridge                      | Pitreavie        | 24.04.83        |
| 24.7                                                                                                                                     | LOUISE PATERSON                                                                       | Crown Point      | 16.06.90        | 18.8                           | Pamela Forbes                        | Dundee           | 16.05.82        |
| 27.89                                                                                                                                    | Zoey Clark                                                                            | Scotstoun        | 29.08.10        | 19.4                           | Rebecca Rice                         | Inverness        | 24.08.86        |
| 25.05                                                                                                                                    | Lesley-Ann Mearns                                                                     | Birmingham       | 14.08.05        | 19.5                           | Lyndsey Campbell                     | Balgownie        | 30.06.81        |
| 25.1                                                                                                                                     | Kathleen Madigan                                                                      | Coatbridge       | 04.05.86        | 19.9                           | Shirley Antoine                      | Balgownie        | 15.08.81        |
| 25.4                                                                                                                                     | Nicola Imrie                                                                          | Crown Point      | 20.06.92        | *2'6" hurdles                  |                                      |                  |                 |
| 25.5                                                                                                                                     | Katrina Leys                                                                          | Coatbridge       | 28.05.89        | <b>U-17 WOMEN 80m HURDLES</b>  |                                      |                  |                 |
| 25.5                                                                                                                                     | Michelle Bruce                                                                        | Grangemouth      | 13.06.82        | 11.48                          | YASMIN MILNE                         | Grangemouth      | 11.06.10        |
| 25.59                                                                                                                                    | Lorna Johnston                                                                        | Grangemouth      | 17.06.00        | 11.7                           | Catrina Pennet                       | Grangemouth      | 11.06.00        |
| 25.6                                                                                                                                     | Sandra Gunn                                                                           | CA Stadium       | 26.07.92        | 11.9                           | Gail Murchie                         | Grangemouth      | 10.07.88        |
| 25.7                                                                                                                                     | Debbra Carle                                                                          | Balgownie        | 07.09.80        | 12.0                           | Katy Philip                          | Grangemouth      | 23.06.93        |
| <b>U-17 WOMEN 300m</b>                                                                                                                   |                                                                                       |                  |                 | 12.1                           | Lisa Humphreys                       | CA Stadium       | 30.06.10        |
| 39.44                                                                                                                                    | ZOEY CLARK                                                                            | Inverness        | 05.09.10        | 12.1                           | Bridie McGlashan                     | Livingston       | 17.05.86        |
| 40.21                                                                                                                                    | Louise Paterson                                                                       | Crystal Palace   | 17.08.91        | 12.2                           | Pamela Gray                          | Coatbridge       | 21.05.95        |
| 40.9                                                                                                                                     | Lorna Johnston                                                                        | Grangemouth      | 16.06.00        | 12.2                           | Lyndsay Peddie                       | Balgownie        | 06.09.81        |
| 41.21                                                                                                                                    | Rebecca Mortimer                                                                      | Grangemouth      | 20.08.05        | 12.21                          | Wendy Pennet                         | Scotstoun        | 27.07.97        |
| 41.3                                                                                                                                     | Morag Keenan                                                                          | Meadowbank       | 19.06.93        | 12.3                           | Jenny Bole                           | Pitreavie        | 03.05.80        |
| 41.4                                                                                                                                     | Emma Cloggie                                                                          | CA Stadium       | 18.04.04        | <b>U-17 WOMEN 300m HURDLES</b> |                                      |                  |                 |
| 41.5                                                                                                                                     | Nicola Gauld                                                                          | Coatbridge       | 17.05.98        | 44.14                          | SYLVIA KAMYA                         | Carmarthen       | 06.08.05        |
| 42.0                                                                                                                                     | Hayley Bowers                                                                         | CA Stadium       | 26.05.99        | 44.73                          | Angela Shearer                       | CA Stadium       | 27.05.01        |
|                                                                                                                                          |                                                                                       |                  |                 | 45.7                           | Catrina Pennet                       | CA Stadium       | 02.07.00        |
|                                                                                                                                          |                                                                                       |                  |                 | 46.28                          | Rebecca Mortimer                     | Grangemouth      | 26.08.06        |
|                                                                                                                                          |                                                                                       |                  |                 | 46.34                          | Rebecca Dougall                      | Scotstoun        | 27.07.97        |

|       |                |            |          |
|-------|----------------|------------|----------|
| 46.48 | Lisa Humphreys | Scotstoun  | 14.08.10 |
| 46.7  | Yasmin Milne   | CA Stadium | 16.06.10 |
| 46.9  | Wendy Pennet   | CA Stadium | 06.06.96 |
| 47.1  | Nicola Gauld   | Dundee     | 28.06.98 |
| 47.2  | Sandra Gunn    | CA Stadium | 07.07.91 |

**U-17 WOMEN 400m HURDLES**

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

**U-17 WOMEN HIGH JUMP**

|      |                 |             |          |
|------|-----------------|-------------|----------|
| 1.69 | ELLIE WORKMAN   | Birmingham  | 15.08.09 |
| 1.66 | Lyndsay Peddie  | Balgownie   | 30.07.83 |
| 1.61 | Shirley Gray    | Balgownie   | 19.06.77 |
| 1.61 | Beth Philip     | CA Stadium  | 11.09.89 |
| 1.60 | Donna Quirie    | CA Stadium  | 30.06.93 |
| 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 POLE VAULT**

|      |            |            |          |
|------|------------|------------|----------|
| 2.80 | SAM SOMERS | CA Stadium | 05.06.11 |
|------|------------|------------|----------|

**U-17 WOMEN LONG JUMP**

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

**U-17 WOMEN TRIPLE JUMP**

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

**U-17 WOMEN SHOT**

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

**U-17 WOMEN DISCUS**

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

**U-17 WOMEN HAMMER**

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 31.58 | MARIAN SIMPSON   | Birmingham  | 30.07.94 |
| 25.72 | Catrin Dickson   | CA Stadium  | 08.09.05 |
| 23.16 | Katherine Masson | CA Stadium  | 04.09.95 |
| 22.70 | Kylie Davidson   | Grangemouth | 11.06.04 |
| 19.87 | Sarah Lyon       | Coatbridge  | 30.05.99 |
| 19.68 | Angela Smith     | CA Stadium  | 28.05.98 |
| 19.51 | Mollie Hepburn   | Inverness   | 16.09.07 |



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|       |                |            |          |
|-------|----------------|------------|----------|
| 19.24 | Cheryl McHardy | Elgin      | 21.09.97 |
| 17.71 | Sylvia Kamyra  | Dundee     | 05.06.05 |
| 17.60 | Lesley Fowler  | CA Stadium | 29.05.95 |

**U-17 WOMEN JAVELIN**

|       |                 |             |          |
|-------|-----------------|-------------|----------|
| 35.98 | ELLIE WORKMAN   | Perth       | 26.04.09 |
| 35.78 | Emily Dougall   | CA Stadium  | 29.05.94 |
| 33.09 | Kimberley Miles | Sheffield   | 02.09.01 |
| 31.26 | Lesley Fowler   | CA Stadium  | 02.05.95 |
| 30.66 | Marian Simpson  | Coatbridge  | 23.05.93 |
| 30.32 | Gillian Wilson  | Meadowbank  | 18.08.91 |
| 28.50 | Kathy Rapley    | Coatbridge  | 25.05.97 |
| 27.42 | Vicky Clark     | Grangemouth | 15.05.93 |
| 27.22 | Laura Crockford | Meadowbank  | 12.05.96 |
| 26.26 | Rebecca Dougall | Linwood     | 20.07.97 |

**U-17 WOMEN HEPTATHLON**

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



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## ALL TIME TOP 10s – U-15 EVENTS

### U-15 BOYS 100m

|       |                                                            |             |          |
|-------|------------------------------------------------------------|-------------|----------|
| 11.5  | Alexander Carnie                                           | Crown Point | 07.09.86 |
| 11.6  | Ahmed Al-Kowarri                                           | Crown Point | 07.08.93 |
| 11.7  | Paul Manson                                                | Balgownie   | 20.08.78 |
| 11.8  | Stuart Mathieson                                           | Inverness   | 28.05.95 |
| 11.9  | Graham Thomson                                             | CA Stadium  | 09.09.01 |
| 11.9  | Andrew Keelan                                              | Inverness   | 03.07.88 |
| 11.92 | 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        |
| <b>2:09.0</b> | <b>Steven Murray</b> | <b>CA Stadium</b> | <b>04.09.11</b> |
| 2:09.0        | Ewan Calvert         | Pitreavie         | 31.07.88        |
| 2:09.2        | Colin Wilson         | Crown Point       | 30.07.89        |
| 2:10.11       | Stuart Forbes        | Pitreavie         | 08.05.99        |
| 2:10.4        | Richard Singer       | Grangemouth       | 14.08.93        |

### 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        |
| <b>4:26.43</b> | <b>Steven Murray</b> | <b>Wishaw</b> | <b>27.08.11</b> |
| 4:26.51        | Alex Thoires         | Grangemouth   | 06.07.03        |
| 4:27.6         | Kevin Smart          | Meadowbank    | 28.05.77        |
| 4:28.6         | David Stephen        | Glenrothes    | 16.04.78        |
| 4:28.7         | Geoff Main           | Crown Point   | 07.08.88        |
| 4:29.9         | Mark Haskett         | Grangemouth   | 14.06.03        |

### U-15 BOYS 3000m

|         |                  |             |          |
|---------|------------------|-------------|----------|
| 9:34.4  | Alex Thoires     | 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 8)

|             |                      |                  |                 |
|-------------|----------------------|------------------|-----------------|
| 2.61        | Sam Lyon             | CA Stadium       | 20.05.07        |
| 2.60        | Miller Mathieson     | Scotstoun        | 16.06.79        |
| <b>2.40</b> | <b>Alasdair Lowe</b> | <b>Scotstoun</b> | <b>31.07.11</b> |
| 2.25        | Duncan Mathieson     | Balgownie        | 25.07.82        |
| 2.10        | Jamie Thomson        | Meadowbank       | 15.05.04        |
| 2.00        | Thomas Joy           | Scotstoun        | 14.05.05        |
| 2.00        | David Stewart        | Balgownie        | 08.09.84        |
| 1.95        | Bruce Benzie         | CA Stadium       | 12.09.98        |

### U-15 BOYS LONG JUMP

|      |                    |            |          |
|------|--------------------|------------|----------|
| 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 |
| 11.32 | Christopher Jessiman | Glenrothes  | 13.09.87 |
| 11.28 | Paul Allan           | Glenrothes  | 09.09.84 |
| 11.09 | Jamie Stewart        | CA Stadium  | 24.07.94 |
| 10.84 | Bryan Begg           | Balgownie   | 22.06.75 |
| 10.84 | Steven Stark         |             | 1993     |

### U-15 BOYS SHOT

|       |                 |             |          |
|-------|-----------------|-------------|----------|
| 11.89 | Kevin Lutton    | Dundee      | 27.06.99 |
| 11.78 | Derek Elmslie   | Balgownie   | 22.06.75 |
| 11.70 | Adam Crighton   | Grangemouth | 13.06.09 |
| 11.30 | Geoffrey Burton | Balgownie   | 12.08.78 |
| 11.17 | Edward McKenzie | Balgownie   | 01.08.81 |
| 11.11 | David Gagel     | Balgownie   | 20.08.78 |
| 10.94 | Peter Fraser    |             | 1992     |
| 10.72 | Neil Gillanders | Balgownie   | 11.09.83 |
| 10.66 | William Stark   | CA Stadium  | 07.04.91 |
| 10.20 | Scott Lennox    | Crown Point | 07.08.93 |

### 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 |
| 27.78 | Adam Crighton    | Inverness   | 24.05.09 |
| 27.76 | Richard Phonburn | Grangemouth | 13.06.09 |
| 26.24 | John Petchey     | Pitreavie   | 20.08.83 |

### 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 | 11.80 | Yasmin Milne   | Grangemouth | 14.06.08 |
| 13.82 | Fraser Benzie | CA Stadium | 26.09.96 | 11.8  | Katy Philip    | Crown Point | 15.06.91 |
|       |               |            |          | 11.88 | Angela Shearer | Meadowbank  | 29.08.99 |

#### 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>33.71</b> | <b>Christopher Legge</b> | <b>CA Stadium</b> | <b>05.06.11</b> |
| 33.69        | Sam Lyon                 | CA Stadium        | 21.06.07        |

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

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

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

#### U-15 GIRLS 100m

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

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

#### U-15 GIRLS 800m

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

#### U-15 GIRLS 1500m

|         |                   |             |          |
|---------|-------------------|-------------|----------|
| 4:43.5  | Carolyn Sheehan   | Crawley     | 21.07.84 |
| 4:43.9  | Ellie Buchan      | CA Stadium  | 05.09.07 |
| 4:46.6  | Allison Diamond   | Grangemouth | 05.06.82 |
| 4:49.69 | Eilidh Prise      | Inverness   | 05.09.10 |
| 4:49.9  | Dawn Simpson      | Wishaw      | 07.08.88 |
| 4:52.0  | Michelle Cherry   | Coatbridge  | 17.06.84 |
| 4:52.8  | Caroline Clarkson | Coatbridge  | 26.05.91 |
| 4:54.9  | Jaclyn Anderson   | Coatbridge  | 12.09.93 |
| 4:55.3  | Christie Noble    | CA Stadium  | 31.08.05 |
| 4:56.22 | Jennifer MacLean  | Meadowbank  | 10.09.95 |
| 4:58.25 | Kate Murdoch      | Grangemouth | 14.06.08 |

#### U-15 GIRLS 75m HURDLES

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 11.24 | Sandra Gunn      | Grangemouth | 23.06.90 |
| 11.62 | Catriona Pennet  | Inverness   | 13.09.98 |
| 11.7  | Jenny Bole       | Balgownie   | 17.06.79 |
| 11.70 | Hannah Mathieson | Inverness   | 09.07.00 |
| 11.7  | Lyndsay Peddie   | Balgownie   | 07.09.80 |
| 11.8  | Gemma Hair       | Coatbridge  | 21.05.95 |
| 11.8  | Amanda Lochhead  | Grangemouth | 12.07.80 |

#### U-15 GIRLS HIGH JUMP

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

#### U-15 GIRLS LONG JUMP

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

#### U-15 GIRLS SHOT

|       |                 |             |          |
|-------|-----------------|-------------|----------|
| 12.18 | Helen Cowe      | Swansea     | 08.08.81 |
| 10.29 | Rhona MacLennan | Coatbridge  | 02.09.84 |
| 10.13 | 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        |
| <b>23.52</b> | <b>Sophie Anderson</b> | <b>CA Stadium</b> | <b>19.05.11</b> |

#### U-15 GIRLS PENTATHLON

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

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

## ALL TIME TOP 10s – VETERAN EVENTS

### VETERAN MEN 100m

|      |                       |            |          |
|------|-----------------------|------------|----------|
| 11.7 | ALAN MACKENZIE        | Nairn      | 18.08.90 |
| 11.7 | TREVOR MADIGAN        | Balgownie  | 31.08.85 |
| 11.7 | ROBIN RILLEY          | Not known  | 1979     |
| 11.7 | STAN WALKER           | CA Stadium | 13.09.09 |
| 11.9 | Chris Coulter         | Balgownie  | 05.09.87 |
| 12.0 | Forbes Bruce          | Balgownie  | 08.08.81 |
| 12.0 | Brian Gordon          | Linksfield | 03.09.88 |
| 12.0 | Malcolm Clarkson      | Balgownie  | 05.09.87 |
| 12.0 | Mark Davidson         | CA Stadium | 26.08.09 |
| 12.1 | A Stirling/D Shepherd |            | 87/92    |

### VETERAN MEN 200m

|             |                    |                   |                 |
|-------------|--------------------|-------------------|-----------------|
| 24.1        | ROBIN RILLEY       | Balgownie         | 09.09.79        |
| <b>24.1</b> | <b>STAN WALKER</b> | <b>CA Stadium</b> | <b>03.04.11</b> |
| 24.6        | Frank Gauld        | CA Stadium        | 10.06.00        |
| 24.6        | Denis Shepherd     | CA Stadium        | 26.08.92        |
| 24.7        | Malcolm Clarkson   | Linksfield        | 06.09.88        |
| 24.7        | Allan Stirling     | Crown Point       | 28.06.87        |
| 24.8        | Brian Gordon       | Grangemouth       | 27.08.88        |
| 25.0        | Trevor Madigan     | Coatbridge        | 14.07.85        |
| 25.2        | Alan Fulton        | CA Stadium        | 22.08.91        |
| 25.3        | C Coulter/K Lyon   |                   | 87/01           |

### VETERAN MEN 400m

|       |                      |             |          |
|-------|----------------------|-------------|----------|
| 53.0  | DENIS SHEPHERD       | CA Stadium  | 29.06.93 |
| 54.8  | Alan Fulton          | CA Stadium  | 18.06.91 |
| 54.8  | Frank Gauld          | CA Stadium  | 10.06.00 |
| 55.2  | Allan Stirling       | Malmo (SWE) | 28.07.86 |
| 56.0  | Mike Simpson         | CA Stadium  | 27.05.97 |
| 56.2  | Roderick MacFarquhar | Balgownie   | 11.08.82 |
| 56.40 | Kenny Lyon           | Sheffield   | 08.09.01 |
| 56.6  | Jim Burr             | CA Stadium  | 13.09.95 |
| 56.8  | Bill Scullion        | CA Stadium  | 16.06.93 |
| 57.3  | 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 |
| 2:10.7  | Jim Burr             | CA Stadium | 27.08.94 |
| 2:11.2  | Bill Scullion        | CA Stadium | 28.08.93 |
| 2:13.1  | John Ballentine      | CA Stadium | 28.08.93 |
| 2:13.1  | Frank Smith          | CA Stadium | 22.07.01 |

### VETERAN MEN 1500m

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

### VETERAN MEN 3000m

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

### VETERAN MEN 5000m

|         |                      |             |          |
|---------|----------------------|-------------|----------|
| 14:57.0 | ALISTAIR WOOD        | Meadowbank  | 12.07.75 |
| 15:24.8 | Colin Youngson       | Grangemouth | 29.06.91 |
| 15:28.0 | Roderick MacFarquhar | Balgownie   | 24.05.83 |
| 15:48.0 | Graham Milne         | Balgownie   | 29.06.88 |

|          |                 |             |          |
|----------|-----------------|-------------|----------|
| 15:54.6  | George Sim      | Inverness   | 18.05.92 |
| 15:57.2  | Mike Simpson    | CA Stadium  | 14.08.97 |
| 16:14.2  | Mel Edwards     | Balgownie   | 15.05.85 |
| 16:23.26 | John Ballentine | Jarrow      | 17.07.93 |
| 16:27.51 | Frank Boyne     | Grangemouth | 29.08.10 |
| 16:30.4  | Davy Grubb      | CA Stadium  | 04.07.89 |

### VETERAN MEN 10000m

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

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

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

### VETERAN MEN 100m HURDLES (Top 6)

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

### VETERAN MEN 400m HURDLES (Top 7)

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

\* 3' hurdles

### VETERAN MEN HALF-MARATHON

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

### VETERAN MEN MARATHON

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

### VETERAN MEN HIGH JUMP

|             |                        |                |                 |
|-------------|------------------------|----------------|-----------------|
| 1.67        | DENIS SHEPHERD         | Inverness      | 12.09.92        |
| 1.65        | Bill Lonsdale          | CA Stadium     | 21.05.03        |
| <b>1.65</b> | <b>James MacGregor</b> | <b>Wishaw</b>  | <b>28.08.11</b> |
| 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 |

|             |                        |                    |                 |
|-------------|------------------------|--------------------|-----------------|
| <b>2.80</b> | <b>Edward McKenzie</b> | <b>Grangemouth</b> | <b>16.04.11</b> |
| 2.25        | Trevor Madigan         | Balgownie          | 06.04.86        |
| 1.90        | Ian Morrison           | Balgownie          | 10.08.82        |

#### VETERAN MEN LONG JUMP

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

#### VETERAN MEN TRIPLE JUMP (Top 9)

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 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

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

\* Senior men's implements

#### VETERAN MEN DISCUS

|        |                  |            |          |
|--------|------------------|------------|----------|
| 39.86  | ROBERT MASSON    | CA Stadium | 03.09.92 |
| 33.89* | Edward McKenzie  | CA Stadium | 25.06.09 |
| 33.34* | Darren Chapman   | CA Stadium | 24.06.10 |
| 32.49  | Kenny Lyon       | CA Stadium | 26.08.04 |
| 32.20  | Forbes Bruce     | Balgownie  | 03.08.82 |
| 32.17  | Colin Harris     | CA Stadium | 28.05.05 |
| 30.52  | Paddy Grant      | CA Stadium | 02.09.99 |
| 30.15  | Frank Gauld      | CA Stadium | 24.08.00 |
| 28.30  | Ian Maitland     | Dundee     | 11.09.93 |
| 27.94  | Malcolm Clarkson | CA Stadium | 25.08.90 |

\* Senior men's implements

#### VETERAN MEN HAMMER

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

\* Senior men's implements

#### VETERAN MEN JAVELIN

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

\* Senior men's implements

#### VETERAN MEN DECATHLON (Top 5)

|      |                |           |          |
|------|----------------|-----------|----------|
| 4738 | TREVOR MADIGAN | Balgownie | 30.04.86 |
|------|----------------|-----------|----------|

|      |               |            |          |
|------|---------------|------------|----------|
| 3658 | Robert Masson | CA Stadium | 16.07.95 |
|------|---------------|------------|----------|

#### Age-graded

|      |                 |                  |          |
|------|-----------------|------------------|----------|
| 6490 | Robert Masson   | Oxford           | 07.07.07 |
| 5647 | Kenny Lyon      | Sheffield        | 09.09.01 |
| 4506 | Bill Lonsdale   | Grangemouth      | 25.08.02 |
| 4400 | Edward McKenzie | Ljubljana (SLOV) | 25.07.08 |

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

#### VETERAN WOMEN 100m

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 12.7  | KATHLEEN MADIGAN | CA Stadium  | 23.08.06 |
| 12.9  | Janet Lyon       | CA Stadium  | 22.06.97 |
| 13.54 | Fiona Davidson   | Pitreavie   | 21.06.08 |
| 13.6  | Ann Imrie        | CA Stadium  | 23.08.95 |
| 13.9  | Heather Wisley   | Grangemouth | 27.08.88 |
| 14.2  | Linda Michie     | CA Stadium  | 24.08.05 |
| 14.3  | Shona McKinnon   | CA Stadium  | 10.06.00 |
| 14.4  | Joyce Hogg       | Grangemouth | 27.08.88 |
| 14.4  | Laura Mahady     | CA Stadium  | 26.08.09 |
| 14.4  | Tracy Wilson     | CA Stadium  | 28.08.93 |

#### VETERAN WOMEN 200m

|      |                  |            |          |
|------|------------------|------------|----------|
| 26.5 | JANET LYON       | Coatbridge | 08.06.97 |
| 26.7 | Kathleen Madigan | Dundee     | 10.04.05 |
| 28.2 | Ann Imrie        | CA Stadium | 24.08.94 |
| 28.7 | Laura Mahady     | CA Stadium | 19.08.09 |
| 29.4 | Joyce Hogg       | Linkfield  | 06.09.88 |
| 30.0 | Linda Michie     | CA Stadium | 30.08.06 |
| 30.2 | Shona McKinnon   | CA Stadium | 28.08.02 |
| 30.6 | Tracey Wilson    | CA Stadium | 03.04.94 |
| 33.2 | Brigitte Mulsant | CA Stadium | 30.08.89 |
| 33.8 | Heather Young    | Dundee     | 23.06.02 |

#### VETERAN WOMEN 400m

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

#### VETERAN WOMEN 800m

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

#### VETERAN WOMEN 1500m

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

#### VETERAN WOMEN 3000m

|          |                 |            |          |
|----------|-----------------|------------|----------|
| 9:51.9   | HEATHER WISLEY  | Coatbridge | 20.05.90 |
| 10:03.1  | Sonia Armitage  | Coatbridge | 29.08.98 |
| 10:26.2  | Lynda Bain      | CA Stadium | 09.06.91 |
| 10:42.8  | Hazel Gaskell   | CA Stadium | 18.07.93 |
| 10:48.2  | Nancy MacKinnon | CA Stadium | 23.07.89 |
| 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        |
| 19:02.1        | Laura Mahady        | CA Stadium        | 28.05.08        |
| 19:07.8        | Kathryn Mearns      | CA Stadium        | 14.08.97        |
| 19:41.1        | Lynda Bain          | CA Stadium        | 24.09.91        |
| 20:15.9        | Margaret Stafford   | CA Stadium        | 24.09.91        |
| <b>20:46.7</b> | <b>Nicola Smith</b> | <b>CA Stadium</b> | <b>16.05.11</b> |
| 21:57.9        | Bing Kerr           | CA Stadium        | 04.07.89        |
| 22:08.9        | Jane MacKay         | CA Stadium        | 10.05.10        |
| 22:10.3        | Trish McLauchlan    | CA Stadium        | 10.05.10        |

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

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

**VETERAN WOMEN HALF MARATHON**

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

**VETERAN WOMEN MARATHON**

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

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

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

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

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

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

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

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

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

**VETERAN WOMEN LONG JUMP**

|      |                |           |          |
|------|----------------|-----------|----------|
| 4.87 | FIONA DAVIDSON | Pitreavie | 21.06.08 |
|------|----------------|-----------|----------|

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

**VETERAN WOMEN TRIPLE JUMP (Top 5)**

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

**VETERAN WOMEN SHOT**

|      |                  |              |          |
|------|------------------|--------------|----------|
| 8.82 | LINDA MICHIE     | CA Stadium   | 05.07.06 |
| 8.45 | Kathleen Madigan | Newtonmore   | 05.08.06 |
| 8.17 | Shona MacKinnon  | Drumadrochit | 26.08.00 |
| 7.76 | Joyce Hogg       | Cwmbran      | 23.07.88 |
| 7.66 | Fiona Davidson   | CA Stadium   | 04.06.08 |
| 7.47 | Janet Lyon       | CA Stadium   | 28.08.97 |
| 7.44 | Anne Lindsay     | Grangemouth  | 27.08.88 |
| 7.14 | Margaret Lyon    | CA Stadium   | 26.07.98 |
| 7.14 | Heather Young    | Coatbridge   | 25.07.04 |
| 7.13 | Sheena Pirie     | CA Stadium   | 16.05.91 |

**VETERAN WOMEN DISCUS**

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 23.94 | ANNE LINDSAY     | Grangemouth | 19.06.88 |
| 22.34 | Ann Imrie        | CA Stadium  | 10.08.97 |
| 21.35 | Fiona Davidson   | CA Stadium  | 25.08.10 |
| 20.94 | Dorothy Davidson | Balgownie   | 24.02.85 |
| 19.52 | Shona MacKinnon  | CA Stadium  | 24.07.00 |
| 19.34 | Kathleen Madigan | CA Stadium  | 25.09.09 |
| 19.30 | Joyce Hogg       | CA Stadium  | 25.06.89 |
| 19.26 | Linda Michie     | CA Stadium  | 31.08.06 |
| 18.09 | Margaret Lyon    | CA Stadium  | 05.07.98 |
| 17.68 | Nancy MacKinnon  | Dundee      | 18.06.89 |

**VETERAN WOMEN HAMMER (Top 5)**

|              |                         |                |                 |
|--------------|-------------------------|----------------|-----------------|
| <b>29.18</b> | <b>KATHLEEN MADIGAN</b> | <b>Cardiff</b> | <b>05.06.11</b> |
| <b>25.21</b> | <b>Fiona Davidson</b>   | <b>Dundee</b>  | <b>03.07.11</b> |
| 20.94        | Joyce Hogg              | CA Stadium     | 16.06.94        |
| 14.61        | Linda Michie            | CA Stadium     | 07.09.06        |
| 14.05        | Heather Young           | Coatbridge     | 25.07.04        |

**VETERAN WOMEN JAVELIN (Top 7)**

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

|       |                   |            |          |
|-------|-------------------|------------|----------|
| 28.40 | BARBARA MACDONALD | CA Stadium | 07.04.96 |
| 23.68 | Shona MacKinnon   | Pitreavie  | 13.07.02 |
| 21.48 | Kathleen Madigan  | Perth      | 07.06.09 |
| 20.09 | Linda Michie      | CA Stadium | 22.06.06 |
| 17.94 | Joyce Hogg        | CA Stadium | 22.08.91 |
| 14.08 | Helen Wilson      | Dundee     | 18.06.89 |
| 13.03 | Margaret Lyon     | CA Stadium | 04.04.99 |

**VETERAN WOMEN HEPTATHLON (Top 1)**

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

**VETERAN WOMEN PENTATHLON (Top 2)**

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

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

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**ALL TIME INDOOR RANKINGS (SENIOR EVENTS)****MEN 60m (Top 20)**

|      |                  |             |          |
|------|------------------|-------------|----------|
| 6.99 | BARRY MIDDLETON  | Kelvin Hall | 13.01.96 |
| 7.0  | Mark Davidson    | Kelvin Hall | 04.01.89 |
| 7.0  | Murray King      | Kelvin Hall | 26.01.91 |
| 7.06 | Duncan Mathieson | Kelvin Hall | 15.02.97 |
| 7.1  | Richard Chessor  | Kelvin Hall | 23.04.03 |
| 7.1  | Ian Garioch      | Aberdeen SV | 12.12.09 |
| 7.21 | Neil Fachie      | Kelvin Hall | 30.11.05 |
| 7.25 | Ronald Smith     | Kelvin Hall | 31.01.99 |
| 7.30 | Donald Ross      | Kelvin Hall | 23.01.94 |
| 7.3  | Dinkar Sabnis    | Kelvin Hall | 27.10.91 |
| 7.33 | Richard Singer   | Kelvin Hall | 03.02.96 |
| 7.37 | Ray Elrick       | Kelvin Hall | 17.01.98 |
| 7.38 | Paul Allan       | Kelvin Hall | 25.02.89 |
| 7.39 | Scott Rankin     | Kelvin Hall | 17.02.02 |
| 7.4  | John McKeown     | Kelvin Hall | 27.10.93 |
| 7.40 | William Stark    | Kelvin Hall | 07.03.93 |
| 7.4  | Lee Williamson   | Aberdeen SV | 12.12.09 |
| 7.42 | Mark Dobbie      | Kelvin Hall | 04.03.95 |
| 7.42 | Robert Miller    | Kelvin Hall | 25.01.03 |
| 7.43 | Kenny Lyon       | Kelvin Hall | 25.02.89 |

**MEN 200m (Top 20)**

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 21.90 | MARK DAVIDSON    | Kelvin Hall | 17.02.90 |
| 22.07 | Barry Middleton  | Kelvin Hall | 19.01.97 |
| 22.60 | Murray King      | Kelvin Hall | 15.01.89 |
| 22.71 | Ian Garioch      | Kelvin Hall | 28.10.09 |
| 23.1  | Richard Chessor  | Kelvin Hall | 23.04.03 |
| 23.20 | Ahmed Al-Kowarri | Kelvin Hall | 13.01.96 |
| 23.31 | Ronald Smith     | Kelvin Hall | 31.01.99 |
| 23.47 | Donald Ross      | Kelvin Hall | 23.01.94 |
| 23.5  | Alexander Carnie | Kelvin Hall | 30.10.88 |
| 23.72 | Bruce Gibb       | Kelvin Hall | 06.02.10 |
| 23.74 | Bob Drummond     | Kelvin Hall | 07.12.91 |
| 23.78 | Steve Mathers    | Kelvin Hall | 29.01.89 |
| 23.89 | Richard Singer   | Kelvin Hall | 03.02.96 |
| 23.92 | Ray Elrick       | Kelvin Hall | 17.01.98 |
| 24.00 | Stan Walker      | Kelvin Hall | 07.12.91 |
| 24.01 | Kevin Morice     | Kelvin Hall | 07.12.02 |
| 24.08 | Neil Fachie      | Kelvin Hall | 03.11.04 |
| 24.15 | Duncan Light     | Kelvin Hall | 16.01.00 |
| 24.17 | Paul Davidson    | Kelvin Hall | 19.01.92 |
| 24.33 | Robert Miller    | Kelvin Hall | 09.12.00 |

**MEN 400m (Top 20)**

|              |                      |                  |                 |
|--------------|----------------------|------------------|-----------------|
| 47.44        | BARRY MIDDLETON      | Birmingham       | 25.01.97        |
| 47.65        | Mark Davidson        | Athens           | 11.02.89        |
| 48.84        | Ian Garioch          | Kelvin Hall      | 06.02.10        |
| 50.25        | Duncan Mathieson     | Kelvin Hall      | 25.02.89        |
| 50.32        | Paul Davidson        | Kelvin Hall      | 15.01.95        |
| 50.88        | Ahmed Al-Kowarri     | Kelvin Hall      | 15.02.04        |
| 50.93        | Murray King          | Kelvin Hall      | 11.12.88        |
| 51.07        | Paul Allan           | Kelvin Hall      | 25.02.89        |
| 51.49        | Ronald Smith         | Kelvin Hall      | 28.02.09        |
| 52.19        | Kenny Lyon           | Kelvin Hall      | 25.02.89        |
| 52.40        | Andrew Grant         | Kelvin Hall      | 12.03.05        |
| 52.45        | Steve Ledingham      | Kelvin Hall      | 26.01.91        |
| 52.64        | Steve Mathers        | Kelvin Hall      | 18.02.90        |
| 53.1         | Richard Singer       | Kelvin Hall      | 10.02.94        |
| 53.2         | Kevin Morice         | Kelvin Hall      | 06.11.02        |
| 53.25        | Bruce Gibb           | Kelvin Hall      | 06.02.10        |
| 53.65        | Richard Gray         | Kelvin Hall      | 12.01.02        |
| <b>53.81</b> | <b>Thomas Newton</b> | <b>Sheffield</b> | <b>19.02.11</b> |
| 53.82        | Alasdhair Love       | Kelvin Hall      | 21.02.93        |
| 54.13        | Robert Miller        | Kelvin Hall      | 13.01.01        |

**MEN 800m (Top 10)**

|         |                  |             |          |
|---------|------------------|-------------|----------|
| 1:56.64 | MYLES EDWARDS    | Sheffield   | 15.03.10 |
| 1:56.75 | Frank Boyne      | Kelvin Hall | 07.02.93 |
| 1:57.31 | Adam Watt        | Kelvin Hall | 17.02.02 |
| 1:57.8  | Mark Davidson    | Kelvin Hall | 25.02.89 |
| 1:57.9  | Ewan Calvert     | Kelvin Hall | 12.02.92 |
| 1:59.34 | Steven Rusling   | Kelvin Hall | 18.01.04 |
| 2:00.07 | Stewart Mason    | Kelvin Hall | 30.01.99 |
| 2:01.13 | David Stephen    | Ingliston   | 31.01.87 |
| 2:01.31 | Alasdhair Love   | Kelvin Hall | 15.01.95 |
| 2:01.56 | Robert Thornhill | Kelvin Hall | 06.11.02 |

**MEN 1000m (Top 10)**

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

**MEN 1500m (Top 10)**

|         |                  |             |          |
|---------|------------------|-------------|----------|
| 4:01.57 | DAVID STEPHEN    | Ingliston   | 01.02.87 |
| 4:02.6  | Mark Kennedy     | Kelvin Hall | 12.02.04 |
| 4:04.40 | Adam Watt        | Kelvin Hall | 02.03.03 |
| 4:05.8  | Alan Wales       | Kelvin Hall | 31.01.02 |
| 4:07.3  | Willie Duncan    | Kelvin Hall | 12.02.04 |
| 4:10.44 | Michael Anderson | Kelvin Hall | 21.02.93 |
| 4:12.1  | Robin Sutherland | Kelvin Hall | 13.02.91 |
| 4:12.87 | Cameron Strachan | Kelvin Hall | 28.10.09 |
| 4:17.4  | Stewart Mason    | Kelvin Hall | 24.11.99 |
| 4:17.4  | Colin Youngson   | Kelvin Hall | 07.03.92 |

**MEN 3000m (TOP 6)**

|                |                     |                    |                 |
|----------------|---------------------|--------------------|-----------------|
| 8:27.22        | ALAN WALES          | Sheffield          | 26.02.06        |
| 8:31.63        | Ben Hukins          | Cardiff            | 11.03.00        |
| 8:32.88        | Ray Creswell        | Kelvin Hall        | 14.01.89        |
| <b>8:40.68</b> | <b>Mark Haskett</b> | <b>Kelvin Hall</b> | <b>12.02.11</b> |
| 8:48.70        | Chris Smith         | Kelvin Hall        | 12.03.98        |
| 8:52.83        | Frank Boyne         | Kelvin Hall        | 15.01.94        |

**MEN 60m HURDLES (TOP 5)**

|      |                  |             |          |
|------|------------------|-------------|----------|
| 8.32 | DUNCAN MATHIESON | Kelvin Hall | 16.02.97 |
| 8.60 | Tom Leeson       | Kelvin Hall | 16.02.97 |
| 8.71 | Robert Miller    | Kelvin Hall | 15.02.04 |
| 8.8  | Paul Allan       | Kelvin Hall | 14.02.90 |
| 9.17 | Andrew Grant     | Kelvin Hall | 27.01.01 |

**MEN HIGH JUMP (Top 11)**

|             |                      |                    |                 |
|-------------|----------------------|--------------------|-----------------|
| 1.99        | DUNCAN MATHIESON     | Kelvin Hall        | 25.02.89        |
| 1.92        | Keith Oag            | Kelvin Hall        | 04.03.95        |
| 1.90        | Andrew Grant         | Kelvin Hall        | 26.01.02        |
| 1.90        | Kevin Lutton         | Kelvin Hall        | 24.02.01        |
| 1.86        | Paul Allan           | Kelvin Hall        | 03.02.90        |
| 1.85        | Ian Lind             | Kelvin Hall        | 03.02.90        |
| 1.85        | Craig Noble          | Kelvin Hall        | 05.02.93        |
| 1.82        | Tom Leeson           | Kelvin Hall        | 16.02.97        |
| <b>1.80</b> | <b>Ryan Hewitson</b> | <b>Kelvin Hall</b> | <b>05.03.11</b> |
| 1.80        | Dinkar Sabnis        | Kelvin Hall        | 02.12.90        |
| 1.80        | Michael Spink        | Kelvin Hall        | 24.01.93        |
| 1.79        | Robert Miller        | Kelvin Hall        | 09.02.02        |
| 1.79        | William Stark        | Kelvin Hall        | 07.03.93        |
| 1.77        | Sam Lyon             | Aberdeen SV        | 21.03.10        |
| 1.75        | Paul Torry           | Kelvin Hall        | 11.03.00        |
| 1.72        | Kenny Lyon           | Kelvin Hall        | 25.02.89        |
| 1.70        | William Smy          | Kelvin Hall        | 07.02.08        |
| 1.69        | Barry Middleton      | Kelvin Hall        | 15.02.92        |
| 1.68        | Mark Dobbie          | Kelvin Hall        | 04.03.95        |
| 1.68        | Denis Shepherd       | Kelvin Hall        | 13.03.93        |

**MEN POLE VAULT (Top 10)**

|             |                    |                    |                 |
|-------------|--------------------|--------------------|-----------------|
| 4.00        | DUNCAN MATHIESON   | Kelvin Hall        | 16.02.97        |
| 3.80        | Tom Leeson         | Kelvin Hall        | 16.02.97        |
| 3.70        | Kenny Lyon         | Kelvin Hall        | 26.02.89        |
| 3.60        | Robert Masson      | Kelvin Hall        | 26.03.89        |
| 3.50        | Fraser Benzie      | Kelvin Hall        | 26.01.02        |
| 3.50        | Douglas McAllister | Perth              | 20.03.76        |
| 3.40        | Mark Dobbie        | Kelvin Hall        | 18.02.96        |
| 3.20        | Paul Allan         | Kelvin Hall        | 26.02.89        |
| <b>3.15</b> | <b>Sam Lyon</b>    | <b>Aberdeen SV</b> | <b>30.01.11</b> |
| <b>3.11</b> | <b>David Mann</b>  | <b>Kelvin Hall</b> | <b>05.03.11</b> |

**MEN LONG JUMP (Top 10)**

|      |                  |             |          |
|------|------------------|-------------|----------|
| 7.14 | DUNCAN MATHIESON | Kelvin Hall | 26.01.91 |
| 7.07 | Dinkar Sabnis    | Kelvin Hall | 23.01.94 |
| 6.93 | William Stark    | Kelvin Hall | 16.01.00 |
| 6.72 | Robert Miller    | Kelvin Hall | 02.03.03 |
| 6.62 | Mark Dobbie      | Kelvin Hall | 17.02.96 |
| 6.45 | Stewart Clark    | Aberdeen SV | 12.12.09 |
| 6.42 | Tom Leeson       | Kelvin Hall | 15.02.97 |



|      |                  |             |          |      |                     |             |          |
|------|------------------|-------------|----------|------|---------------------|-------------|----------|
| 5.82 | Sarah Still      | Kelvin Hall | 12.03.00 | 9.20 | Fiona Pirie         | Kelvin Hall | 24.01.93 |
| 5.36 | Kirsten Young    | Kelvin Hall | 06.02.05 | 8.99 | Sarah Lyon          | Kelvin Hall | 31.01.99 |
| 5.21 | Donna Quirie     | Kelvin Hall | 21.02.93 | 8.96 | Ellie Workman       | Kelvin Hall | 22.02.09 |
| 5.21 | Ellie Workman    | Kelvin Hall | 22.02.09 | 8.90 | Kimberley Miles     | Kelvin Hall | 31.01.02 |
| 5.13 | Nicola Kemp      | Kelvin Hall | 21.02.93 | 8.68 | Catriona Pennet     | Kelvin Hall | 11.12.99 |
| 5.00 | Catriona Pennet  | Kelvin Hall | 15.01.00 | 8.42 | Kathleen Madigan    | Aberdeen SV | 21.03.10 |
| 4.98 | Diane Burr       | Kelvin Hall | 27.10.93 | 8.39 | Michelle Mackintosh | Kelvin Hall | 02.03.03 |
| 4.96 | Claire Middleton | Kelvin Hall | 01.03.92 |      |                     |             |          |
| 4.95 | Nikki Corsie     | Kelvin Hall | 27.01.01 |      |                     |             |          |

**WOMEN TRIPLE JUMP (Top 10)**

|             |                      |                    |                 |
|-------------|----------------------|--------------------|-----------------|
| 11.18       | LINDA DAVIDSON       | Kelvin Hall        | 26.01.92        |
| 11.03       | Fiona Davidson       | Kelvin Hall        | 16.01.05        |
| 11.00       | Kirsten Young        | Birmingham         | 26.02.05        |
| 10.87       | Sylvia Kamyra        | Kelvin Hall        | 17.01.10        |
| 10.44       | Donna Quirie         | Kelvin Hall        | 06.02.94        |
| 10.26       | Nicola Gauld         | Kelvin Hall        | 15.11.00        |
| 10.15       | Heather Pirie        | Kelvin Hall        | 22.01.95        |
| 9.98        | Nicola Kemp          | Kelvin Hall        | 06.02.94        |
| <b>9.92</b> | <b>Janet Abladey</b> | <b>Aberdeen SV</b> | <b>20.03.11</b> |
| 9.59        | Emma Cloggie         | Kelvin Hall        | 02.03.03        |

**WOMEN PENTATHLON (TOP 7)**

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

**WOMEN SHOT (Top 10)**

|       |              |             |          |
|-------|--------------|-------------|----------|
| 13.89 | HELEN COWE   | Kelvin Hall | 27.02.93 |
| 9.71  | Sarah Still  | Kelvin Hall | 18.02.01 |
| 9.31  | Gail Murchie | Kelvin Hall | 06.03.93 |

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



## 2011 TOP 5 CLUB RANKINGS

Covering the athletics year ended 30 September 2011

### SENIOR MEN

|                            |                        |                                        |                                |                            |                       |
|----------------------------|------------------------|----------------------------------------|--------------------------------|----------------------------|-----------------------|
|                            |                        | 10:48.23                               | Frank Boyne (M40)              | 13.41                      | Kenny Lyon (M50)      |
|                            |                        | 11:04.27                               | Rory Leslie                    | 13.55                      | Edward McKenzie       |
|                            |                        |                                        |                                | 14.07                      | Trevor Madigan        |
| <b>60m</b>                 |                        | <b>110m Hurdles</b>                    |                                | <b>150m</b>                |                       |
| 7.57i                      | Ronald Smith           | 21.20                                  | David Munro                    | 20.3                       | Kenny Lyon (M50)      |
| 7.6i                       | Darren Chapman (M40)   | <b>400m Hurdles</b>                    |                                | 22.2                       | Trevor Madigan (M65)  |
| 7.6i                       | Stan Walker (M40)      | 62.52                                  | Alasdhair Love                 | 33.1                       | Hugo Fletcher (M75)   |
| 7.7                        | Peter Mutch            | 65.7                                   | Jamie Thomson                  |                            |                       |
| 7.7                        | Thomas Newton          |                                        |                                | <b>200m</b>                |                       |
| <b>100m</b>                |                        | <b>High Jump</b>                       |                                | 23.83                      | Stan Walker           |
| 11.7                       | Stan Walker (M40)      | 1.65                                   | James MacGregor (M45)          | 27.5                       | Kenny Lyon (M50)      |
| 11.74                      | Peter Mutch            | 1.55                                   | Myles Edwards                  | 29.49                      | Trevor Madigan (M65)  |
| 12.03                      | Andrew Ferguson        | 1.45i                                  | Kenny Lyon (M50)               | 30.8                       | Barry Reaper          |
| 12.5                       | Daniel Csimszi         | 1.42                                   | Edward McKenzie (M40)          | 43.6                       | Hugo Fletcher (M75)   |
| 12.5                       | Mark Davidson (M40)    | 1.35i                                  | T Madigan (M65)/R Masson (M60) |                            |                       |
| <b>200m</b>                |                        | <b>Pole Vault</b>                      |                                | <b>300m</b>                |                       |
| 23.4                       | Peter Mutch            | 3.10                                   | Kenny Lyon (M50)               | 43.7                       | Kenny Lyon (M45)      |
| 23.7i                      | Thomas Newton          | 2.90                                   | Bob Masson (M60)               | 74.9                       | Hugo Fletcher (M70)   |
| 23.83                      | Stan Walker (M40)      | 2.80                                   | Edward McKenzie (M40)          |                            |                       |
| 23.89                      | Andrew Ferguson        |                                        |                                | <b>400m</b>                |                       |
| 24.01i                     | Ronald Smith           | <b>Long Jump</b>                       |                                | 60.6                       | Kenny Lyon (M50)      |
|                            |                        | 5.23i                                  | Kenny Lyon (M50)               | 65.60                      | Edward McKenzie       |
| <b>300m</b>                |                        | 5.06                                   | Mark Davidson (M40)            | 70.9                       | Alan Fulton (M60)     |
| 38.2                       | Andrew Ferguson        | 4.89i/4.70                             | Edward McKenzie (M40)          | 1:45.7                     | Hugo Fletcher (M75)   |
| 38.5                       | Peter Mutch            | 4.39                                   | James MacGregor (M45)          |                            |                       |
| 40.2                       | Alasdhair Love         | 4.32                                   | Trevor Madigan (M65)           | <b>800m</b>                |                       |
| 41.7                       | John McKeown (M35)     |                                        |                                | 2:46.84                    | Alan Fulton (M60)     |
| 43.7                       | Kenny Lyon (M50)       | <b>Triple Jump</b>                     |                                | 4:04.3                     | Hugo Fletcher (M75)   |
|                            |                        | 10.76                                  | David Munro                    |                            |                       |
| <b>400m</b>                |                        | 10.25i                                 | Kenny Lyon (M50)               | <b>1,500m</b>              |                       |
| 51.44                      | Myles Edwards          | 9.55                                   | Rory Armour                    | 4:58.4                     | Tom Litterick (M45)   |
| 51.71                      | James Joy              |                                        |                                | 5:40.6                     | Mark Davidson         |
| 52.77                      | Andrew Ferguson        | <b>Shot</b>                            |                                | 5:50.22                    | Kenny Lyon (M50)      |
| 53.03                      | Thomas Newton          | 15.93i (15.92)                         | Scot Thompson                  | 6:29.9                     | Bob Masson (M60)      |
| 53.23                      | Peter Mutch            | 12.23i                                 | Darren Chapman (M40)           |                            |                       |
|                            |                        | 11.73                                  | Edward McKenzie (M40)          | <b>3,000m</b>              |                       |
| <b>800m</b>                |                        | 10.55                                  | Ryan Knight                    | 11:39.99i                  | Colin Youngson (M60)  |
| 1:53.07                    | Myles Edwards          | 8.12                                   | Kenny Lyon (M50)               | 13:34.5                    | Alan Fulton (M60)     |
| 1:53.72                    | James Joy              |                                        |                                |                            |                       |
| 1:56.78                    | Eoin Durkam            | <b>Discus</b>                          |                                | <b>5,000m</b>              |                       |
| 1:57.43                    | Mark Haskett           | 48.64                                  | Scot Thompson                  | 23:45.2                    | Alan Fulton (M60)     |
| 2:06.53                    | Andrew Ferguson        | 31.88                                  | Edward McKenzie (M40)          |                            |                       |
|                            |                        | 27.36                                  | Bob Masson (M60)               | <b>10,000m</b>             |                       |
| <b>1000m</b>               |                        | 24.92                                  | Kenny Lyon (M50)               | 35:18.67                   | Frank Boyne           |
| 3:29.42i                   | Kenny Lyon (M50)       | 22.00                                  | Ryan Knight                    |                            |                       |
| 3:57.73i                   | Edward McKenzie (M40)  | <b>Hammer</b>                          |                                | <b>60m Hurdles (3'3")</b>  |                       |
|                            |                        | 49.42                                  | Scot Thompson                  | 10.88i                     | Edward McKenzie       |
| <b>1,500m</b>              |                        | 32.04                                  | Edward McKenzie (M40)          |                            |                       |
| 3:53.55                    | Mark Haskett           | 26.05                                  | Ryan Knight                    | <b>60m Hurdles (3')</b>    |                       |
| 3:56.51                    | Myles Edwards          |                                        |                                | 10.86i                     | Kenny Lyon (M50)      |
| 4:03.32                    | James Joy              | <b>Javelin</b>                         |                                |                            |                       |
| 4:03.54                    | Cameron Strachan       | 55.65                                  | Ryan Knight                    | <b>110m Hurdles (3'3")</b> |                       |
| 4:29.2                     | Rory Leslie            | 53.17                                  | Scot Thompson                  | 21.16                      | Edward McKenzie       |
|                            |                        | 38.04                                  | Edward McKenzie (M40)          |                            |                       |
| <b>3,000m</b>              |                        | 32.58                                  | Bob Masson (M60)               | <b>100m Hurdles (3'3")</b> |                       |
| 8:40.68i                   | Mark Haskett           | <b>Weight Pentathlon</b>               |                                | 18.13                      | Kenny Lyon (M50)      |
| 9:09.8                     | James Joy              | 2297                                   | Edward McKenzie (M40)          |                            |                       |
| 10:26.4                    | Andrew Ferguson        |                                        |                                | <b>High Jump</b>           |                       |
| 11:39.99i                  | Colin Youngson (M60)   | <b>VETERAN MEN (M40 unless stated)</b> |                                | 1.65                       | James MacGregor (M45) |
| 13:34.5                    | Alan Fulton (M60)      | <b>60m</b>                             |                                | 1.45                       | Kenny Lyon (M50)      |
|                            |                        | 7.6i                                   | Darren Chapman                 | 1.42                       | Edward McKenzie       |
| <b>5,000m</b>              |                        | 7.6i (7.7)                             | Stan Walker                    | 1.35i (1.30)               | Trevor Madigan (M65)  |
| 14:45.59                   | Ben Hukins             | 8.2i                                   | Mike Astell                    | 1.35i/1.31                 | Bob Masson (M60)      |
| 15:31.41                   | Mark Haskett           | 8.3                                    | Kenny Lyon (M45)               |                            |                       |
| 15:55.1                    | David Munro            | 8.92                                   | Trevor Madigan (M65)           | <b>Pole Vault</b>          |                       |
| 16:20.6                    | Eoin Durkan            |                                        |                                | 3.10                       | Kenny Lyon (M50)      |
| 16:34.66                   | Cameron Strachan       | <b>100m</b>                            |                                | 2.90                       | Bob Masson (M60)      |
|                            |                        | 11.7                                   | Stan Walker                    | 2.80                       | Edward McKenzie       |
| <b>110,000m</b>            |                        | 12.5                                   | Mark Davidodson                |                            |                       |
| 31:45.42                   | Ben Hukins             |                                        |                                | <b>Long Jump</b>           |                       |
| 35:18.67                   | Frank Boyne (M40)      |                                        |                                | 5.23                       | Kenny Lyon (M50)      |
| 41:37.9                    | Dominic Treseder (M40) |                                        |                                | 5.06                       | Mark Davidson         |
|                            |                        |                                        |                                | 4.89i/4.70                 | Edward McKenzie       |
| <b>3,000m Steeplechase</b> |                        |                                        |                                | 4.39                       | James Macgregor (M45) |
| 9:49.17                    | David Munro            |                                        |                                | 4.32                       | Trevor Madigan (M65)  |

|                          |                       |                            |                |                            |                     |
|--------------------------|-----------------------|----------------------------|----------------|----------------------------|---------------------|
| <b>Triple Jump</b>       |                       | 7.7i                       | Lewis Coffin   | <b>Shot (7.26kg)</b>       |                     |
| 10.25                    | Kenny Lyon (M50)      |                            |                | 9.46                       | Ryan Legge          |
| <b>Shot (7.26 Kg)</b>    |                       | <b>100m</b>                |                | 8.17                       | Sam Lyon            |
| 12.23i                   | Darren Chapman        | 11.5                       | Sam Lyon       | 7.07                       | Craig Cameron       |
| 11.73                    | Edward McKenzie       | 11.5                       | Jonathan Mann  | <b>Shot (6.25k)</b>        |                     |
| 8.12                     | Kenny Lyon (M50)      | 11.7                       | Stewart Clark  | 11.40i                     | Ryan Legge          |
| 7.95                     | Bob Masson (M60)      | 11.9                       | Ryan Legge     | 9.46                       | Sam Lyon            |
|                          |                       | 11.93                      | Craig Cameron  | <b>Discus (2kg)</b>        |                     |
| <b>Shot (6 Kg)</b>       |                       | <b>150m</b>                |                | 22.81                      | Ryan Legge          |
| 9.73                     | Kenny Lyon (M50)      | 18.0                       | Ryan Legge     | 11.65                      | Stewart Clark       |
| <b>Shot (5 Kg)</b>       |                       | 18.4                       | Gareth Lake    | <b>Discus (1.5kg)</b>      |                     |
| 12.94                    | Edward McKenzie       | 19.1                       | Lewis Coffin   | 19.70                      | Sam Lyon            |
| 11.41                    | Mark Davidson         | <b>200m</b>                |                | <b>Hammer (6.25kg)</b>     |                     |
| 10.16i (9.68)            | Bob Masson (M60)      | 23.37                      | Sam Lyon       | 16.73                      | Craig Cameron       |
| 9.94                     | Kenny Lyon (M50)      | 23.6                       | Jonathan Mann  | 15.92                      | Sam Lyon            |
| 8.86i/8.08               | Trevor Madigan (M65)  | 24.1                       | Stewart Clark  | <b>Hammer (6kg)</b>        |                     |
| <b>Shot (4 Kg)</b>       |                       | 24.2                       | Ryan Legge     | 17.10                      | Sam Lyon            |
| 5.04i/4.89               | Hugo Fletcher (M75)   | 24.2                       | Gareth Lake    | <b>Javelin</b>             |                     |
| <b>Discus (2 Kg)</b>     |                       | <b>300m</b>                |                | 40.14                      | Sam Lyon            |
| 31.88                    | Edward McKenzie       | 37.3                       | Sam Lyon       | <b>UNDER-17 MEN</b>        |                     |
| 27.36                    | Bob Masson (M60)      | 37.6                       | Gareth Lake    | <b>60m</b>                 |                     |
| 24.92                    | Kenny Lyon (M50)      | <b>400m</b>                |                | 7.7i                       | David Mann          |
| <b>Discus (1.5kg)</b>    |                       | 53.0                       | Sam Lyon       | 7.8i                       | Kieran Gauld        |
| 30.96                    | Kenny Lyon (M50)      | 53.12                      | Gareth Lake    | 7.9i                       | Gavin Irvine        |
| <b>Discus (1kg)</b>      |                       | 53.9                       | Jonathan Mann  | 8.0i                       | Sam Johnson         |
| 39.23                    | Bob Masson (M60)      | 55.3                       | Jeremy O'Neill | 8.2i                       | G Aggrey/R Hewitson |
| 24.72                    | Trevor Madigan (M65)  | 56.0                       | Stewart Clark  | <b>100m</b>                |                     |
| 13.12                    | Hugo Fletcher (M75)   | <b>800m</b>                |                | 11.81                      | Gavin Irvine        |
| <b>Hammer (7.26 K)</b>   |                       | 2:08.7                     | Lewis Coffin   | 12.2                       | Ryan Hewitson       |
| 32.04                    | Edward McKenzie       | 2:14.4                     | Jonathan Mann  | 12.3                       | Kieran Gauld        |
| <b>Hammer (5Kg)</b>      |                       | <b>1,500m</b>              |                | 12.3                       | David Mann          |
| 31.57                    | Bob Masson (M60)      | 4:15.34                    | Sam Burgess    | 12.48                      | Sam Johnson         |
| 21.50                    | Trevor Madigan (M65)  | <b>3,000m</b>              |                | <b>200m</b>                |                     |
| <b>Hammer (4Kg)</b>      |                       | 9:08.35                    | Sam Burgess    | 23.8                       | Gavin Irvine        |
| 12.53                    | Hugo Fletcher (M75)   | <b>5,000m</b>              |                | 24.40                      | Michael Ferguson    |
| <b>Javelin (800g)</b>    |                       | 15:47.48                   | Sam Burgess    | 24.7                       | Ciaran O'Donnell    |
| 38.04                    | Edward McKenzie (M45) | <b>60m hurdles</b>         |                | 25.0                       | Kieran Gauld        |
| 32.58                    | Bob Masson (M60)      | 9.4i                       | Sam Lyon       | 25.55                      | Sam Johnson         |
| <b>Javelin (700g)</b>    |                       | <b>110m Hurdles (3'6")</b> |                | <b>300m</b>                |                     |
| 35.28                    | Kenny Lyon (M50)      | 19.38                      | Jeremy O'Neill | 39.6                       | Oliver Hay          |
| <b>Javelin (600g)</b>    |                       | <b>110m Hurdles (3'3")</b> |                | 39.8                       | Kieran Gauld        |
| 34.28                    | Bob Masson (M60)      | 19.54                      | Craig Cameron  | <b>400m</b>                |                     |
| <b>Javelin (500g)</b>    |                       | <b>400m Hurdles</b>        |                | 51.16                      | Michael Ferguson    |
| 7.96                     | Hugo Fletcher (M75)   | 57.24                      | Jonathan Mann  | 54.0                       | Oliver Hay          |
| <b>Weight</b>            |                       | 60.55                      | Jeremy O'Neill | 55.2                       | Gavin Irvine        |
| 9.63i/9.25               | Edward McKenzie       | 62.3                       | Sam Lyon       | 56.79                      | Ewan Calder         |
| <b>Pentathlon</b>        |                       | <b>High Jump</b>           |                | 56.9                       | Ryan Hewitson       |
| 2239i                    | Edward McKenzie       | 1.75                       | Stewart Clark  | <b>800m</b>                |                     |
| <b>Decathlon (M40)</b>   |                       | 1.65                       | Sam Lyon       | 1:59.05                    | Michael Ferguson    |
| 3880                     | Edward McKenzie       | 1.60                       | Jeremy O'Neill | 2:05.2                     | Oliver Hay          |
| <b>Decathlon (M50)</b>   |                       | <b>Pole Vault</b>          |                | 2:15.6                     | Ethan Lovie         |
| 5481                     | Kenny Lyon (M50)      | 3.15i                      | Sam Lyon       | 2:25.7                     | Ryan Hewitson       |
| <b>Weight Pentathlon</b> |                       | <b>Long Jump</b>           |                | 2:38.5                     | Calum Morrison      |
| 2297                     | Edward McKenzie       | 6.54                       | Sam Lyon       | <b>1,500m</b>              |                     |
| <b>UNDER-20 MEN</b>      |                       | 5.90                       | Stewart Clark  | 4:18.38                    | Michael Ferguson    |
| <b>60m</b>               |                       | 5.85                       | Craig Cameron  | 4:33.46                    | Oliver Hay          |
| 7.5i                     | Ryan Legge            | 5.34                       | Gareth Lake    | <b>3,000m</b>              |                     |
| 7.5i                     | Sam Lyon              | 5.10                       | Jeremy O'Neill | 9:47.9                     | Michael Ferguson    |
| 7.6i                     | Gareth Lake           | <b>Triple Jump</b>         |                | <b>1,500m Steeplechase</b> |                     |
| 7.7i                     | Stewart Clark         | 13.73                      | Sam Lyon       | 5:01.1                     | Oliver Hay          |
|                          |                       | 13.27                      | Stewart Clark  | 5:44.3                     | Calum Morrison      |
|                          |                       | 11.92                      | Craig Cameron  |                            |                     |
|                          |                       | 11.28                      | Gareth Lake    |                            |                     |

|                      |                    |                      |                   |                    |                   |
|----------------------|--------------------|----------------------|-------------------|--------------------|-------------------|
| <b>60m Hurdles</b>   |                    | 27.0                 | Christopher Legge | 9.4i               | Ben Renton        |
| 9.7i                 | Ryan Hewitson      | 27.92                | Jamie Dickson     | 9.47i              | Matthew McKessick |
| 11.2i                | Sam Johnson        | 28.6                 | Matthew Kilner    |                    |                   |
| 11.4i                | Kieran Gauld       |                      |                   |                    |                   |
| <b>100m Hurdles</b>  |                    | <b>400m</b>          |                   | <b>100m</b>        |                   |
| 15.55                | Ryan Hewitson      | 61.8                 | Christopher Legge | 13.4               | Stewart Millar    |
| 16.2                 | Kieran Gauld       | 61.9                 | Jamie Dickson     | 13.9               | Harry Kilner      |
| 17.26                | Craig Mackie       | 64.2                 | Matthew Kilner    | 14.2               | Ben Renton        |
| 17.32                | Craig Stewart      | 65.99                | Alasdair Lowe     | 14.5               | Thomas Carter     |
|                      |                    | 67.8                 | Steven Gomez      | 14.5               | Matthew McKessick |
| <b>400m Hurdles</b>  |                    | <b>800m</b>          |                   | <b>150m</b>        |                   |
| 64.5                 | Kieran Gauld       | 2:09.0               | Steven Murray     | 22.4               | Ben Renton        |
| 65.8                 | Ryan Hewitson      | 2:21.76              | Jamie Dickson     | 23.2               | Scott MacGregor   |
| <b>High Jump</b>     |                    | 2:23.72              | Matthew Kilner    | 23.3               | Harry Kilner      |
| 1.84                 | Ryan Hewitson      | 2:27.6               | Alasdair Lowe     | 25.3               | Callum Davidson   |
| 1.58                 | Kieran Gauld       | 2:27.8               | Tom Merry         | 26.7               | Andrew Farmer     |
| 1.40                 | Sam Johnson        |                      |                   |                    |                   |
| <b>Pole Vault</b>    |                    | <b>1,500m</b>        |                   | <b>200m</b>        |                   |
| 3.60                 | David Mann         | 4:26.43              | Steven Murray     | 26.9               | Stewart Millar    |
| 2.10i                | Ryan Hewitson      | 5:03.9               | Steven Gomez      | 28.72              | Ben Renton        |
|                      |                    | 5:13.8               | Jamie Dickson     | 30.2               | Harry Kilner      |
|                      |                    | 5:51.6               | Rory Cunningham   | 31.0               | Etienne Dick      |
|                      |                    |                      |                   | 31.2               | Matthew McKessick |
| <b>Long Jump</b>     |                    | <b>3,000m</b>        |                   | <b>800m</b>        |                   |
| 5.46                 | Kieran Gauld       | 11:16.2              | Jamie Dickson     | 2:20.38            | Stewart Millar    |
| 5.18                 | Ryan Hewitson      |                      |                   | 2:20.67            | Ben Renton        |
| 4.82                 | Ciaran O'Donnell   | <b>60m Hurdles</b>   |                   | 2:35.2             | Matthew Keenan    |
| 4.71i                | Nathaniel Benstead | 10.5i                | Alasdair Lowe     | 2:36.67            | Finlay Strachan   |
| 4.28i                | Sam Johnson        |                      |                   | 2:36.7             | Charlie Allardes  |
| <b>Triple Jump</b>   |                    | <b>80m Hurdles</b>   |                   | <b>1,200m</b>      |                   |
| 10.92                | Ryan Hewitson      | 14.17                | Alasdair Lowe     | 4:03.1             | Ben Renton        |
| 10.79                | Kieran Gauld       | 15.61                | Christopher Legge | 4:12.6             | Matthew Keenan    |
|                      |                    | 17.51                | David Irvine      | 4:14.3             | Finlay Strachan   |
| <b>Shot</b>          |                    | <b>High Jump</b>     |                   | 4:16.4             | Andrew Farmer     |
| 8.93                 | Ryan Hewitson      | 157                  | Joshua Coutts     | 4:50.4             | Craig Smith       |
| 8.60                 | Kieran Gauld       | 1.57                 | Alasdair Lowe     |                    |                   |
|                      |                    | 1.35                 | Christopher Legge | <b>1,500m</b>      |                   |
| <b>Discus</b>        |                    | 1.30i                | Jamie Dickson     | 4:57.3             | Ben Renton        |
| 23.22                | Kieran Gauld       | 1.30                 | Steven Murray     | 5:15.6             | Finlay Strachan   |
| 20.99                | Ryan Hewitson      |                      |                   | 5:33.6             | Matthew Keenan    |
| 19.28                | David Mann         | <b>Pole Vault</b>    |                   | 5:33.7             | Andrew Farmer     |
| 17.16                | Gavin Irvine       | 2.45i(2.40)          | Alasdair Lowe     | 5:57.8             | Alex Brown        |
| <b>Hammer</b>        |                    | <b>Long Jump</b>     |                   | <b>60m Hurdles</b> |                   |
| 24.81                | Kieran Gauld       | 4.85i (4.84)         | Christopher Legge | 11.5i              | Stewart Millar    |
| 21.60                | Ryan Hewitson      | 4.79                 | David Irvine      | 11.8i              | Scott MacGregor   |
|                      |                    | 4.62                 | Jamie Dickson     | 12.4i              | Benjamin Buchan   |
| <b>Javelin</b>       |                    | 4.21                 | Matthew Kilner    | 13.2i              | Craig Scott       |
| 25.94                | Ryan Hewitson      | 3.85                 | Scott Cadger      | 13.6i              | Etienne Dick      |
| 16.71                | Kieran Gauld       |                      |                   |                    |                   |
| 11.36                | Sam Johnson        | <b>Triple Jump</b>   |                   | <b>75m Hurdles</b> |                   |
|                      |                    | 10.65                | Christopher Legge | 13.7               | Scott MacGregor   |
| <b>UNDER-15 BOYS</b> |                    | 9.56                 | Steven Murray     | 15.8               | Benjamin Buchan   |
| <b>60m</b>           |                    | 9.25                 | Jamie Dickson     | 16.1               | Ben Renton        |
| 8.2i                 | David Irvine       | <b>Shot</b>          |                   | 17.2               | Matthew Keenan    |
| 8.5i                 | Christopher Legge  | 8.50                 | Christopher Legge | 17.50              | Alex Brown        |
| 8.8i                 | Matthew Kilner     | 7.80                 | Alasdair Lowe     |                    |                   |
| 9.0i                 | Jamie Dickson      | 7.16                 | Steven Murray     | <b>High Jump</b>   |                   |
| 9.4i                 | Thomas Carter      | 6.86                 | Tom Merry         | 1.40               | Scott MacGregor   |
|                      |                    | 6.02                 | Jamie Dickson     | 1.35               | Matthew Keenan    |
| <b>100m</b>          |                    | <b>Discus</b>        |                   | 1.33               | Stewart Millar    |
| 12.6                 | David Irvine       | 23.30                | Christopher Legge | 1.25               | Samuel Cummings   |
| 12.8                 | Steven Murray      | 16.55                | Matthew Kilner    | 1.25               | Ben Renton        |
| 13.3                 | Christopher Legge  | 15.07                | Steven Murray     |                    |                   |
| 13.4                 | Matthew Kilner     | <b>Javelin</b>       |                   | <b>Long Jump</b>   |                   |
| 13.5                 | Jamie Dickson      | 33.71                | Christopher Legge | 4.74               | Stewart Millar    |
| <b>150m</b>          |                    | 23.24                | Matthew Kilner    | 4.05               | Ben Renton        |
| 20.5                 | Christopher Legge  | 11.76                | Steven Murray     | 3.99               | Harry Kilner      |
| 20.7                 | David Irvine       |                      |                   | 3.68               | Benjamin Buchan   |
| 21.5                 | Matthew Kilner     | <b>UNDER-13 BOYS</b> |                   | 3.63               | Alex Brown        |
| 21.7                 | Jamie Dickson      | <b>60m</b>           |                   | <b>Shot</b>        |                   |
| 23.7                 | Thomas Carter      | 8.94i                | Harry Kilner      | 6.23i (5.64)       | Bradley Yates     |
|                      |                    | 9.0i                 | Stewart Millar    | 6.09               | Scott MacGregor   |
| <b>200m</b>          |                    | 9.0i                 | Bradley Yates     | 5.82               | Matthew McKessick |
| 26.16                | David Irvine       |                      |                   | 5.54i              | Alex Brown        |
| 26.2                 | Steven Murray      |                      |                   | 5.37i              | Samuel Cummings   |

|                      |                 |                     |                        |                                          |                        |
|----------------------|-----------------|---------------------|------------------------|------------------------------------------|------------------------|
| <b>Discus</b>        |                 | <b>Javelin</b>      |                        | <b>High Jump</b>                         |                        |
| 12.86                | Samuel Cummings | 10.20               | Fraser Scott           | 1.45                                     | Catriona Pennet        |
| 12.47                | Craig Smith     |                     |                        | 1.45                                     | Alison Wylie           |
| 11.51                | Patrick Gordon  | <b>SENIOR WOMEN</b> |                        | 1.40                                     | Marie Dobson           |
| 10.13                | Scott MacGregor | <b>60m</b>          |                        | 1.35i (1.31)                             | Fiona Davidson (W35)   |
| 10.19                | Samuel Hay      | 7.9                 | Alison Wylie           | 1.35                                     | Jade Halket            |
|                      |                 | 8.0                 | Catriona Pennet        |                                          |                        |
| <b>Javelin</b>       |                 | 8.2                 | Marie Dobson           | <b>Pole Vault</b>                        |                        |
| 21.71                | Alex Brown      | 8.23i               | Aileen Laing           | 3.00i                                    | Laura Kutt             |
| 21.69                | Stewart Millar  | 8.3                 | Jade Halket            | 2.50i (2.30)                             | Janet Lyon (W45)       |
| 21.37                | Scott Sellars   |                     |                        | 1.20i                                    | Shona McKinnon (W45)   |
| 17.97                | Benjamin Buchan | <b>100m</b>         |                        |                                          |                        |
| 17.12                | Samuel Cummings | 12.55               | Alison Wylie           | <b>Long Jump</b>                         |                        |
|                      |                 | 12.62               | Catriona Pennet        | 5.07                                     | Catriona Pennet        |
| <b>UNDER-11 BOYS</b> |                 | 12.6                | Marie Dobson           | 4.81                                     | Janet Abladey          |
|                      |                 | 13.0                | Aileen Laing           | 4.51i (4.47)                             | Fiona Davidson (W35)   |
| <b>60m</b>           |                 | 13.06               | Janet Abladey          | 4.11i                                    | Laura Kutt             |
| 9.8i                 | Harrison Hinks  |                     |                        | 3.87i (3.81)                             | Shona McKinnon (W45)   |
| 10.2i                | John Angus      | <b>150m</b>         |                        |                                          |                        |
| 11.7i                | Fraser Scott    | 19.5                | Catriona Pennet        | <b>Triple Jump</b>                       |                        |
| 10.9                 | Max Hepburn     | 19.9                | Marie Dobson           | 10.68i (10.48)                           | Fiona Davidson (W35)   |
|                      |                 | 20.2                | Emma Cloggie           | 10.31i                                   | Sylvia Kamy            |
| <b>75m</b>           |                 | 20.5                | Kathleen Madigan (W40) | 10.18                                    | Janet Abladey          |
| 11.5                 | John Angus      | 22.9                | Janet Lyon (W45)       | 8.52                                     | Laura Kutt             |
| 12.0                 | Harrison Hinks  |                     |                        | 7.77                                     | Shona McKinnon (W45)   |
| 12.8                 | Cameron Callow  | <b>200m</b>         |                        |                                          |                        |
| 12.9                 | Thomas Cockburn | 25.56               | Catriona Pennet        | <b>Shot</b>                              |                        |
| 13.2i                | Samuel Anderson | 26.30               | Alison Wylie           | 8.93                                     | Jade Halket            |
|                      |                 | 26.44               | Marie Dobson           | 8.39i (8.21)                             | Kathleen Madigan (W40) |
| <b>100m</b>          |                 | 26.9                | Emma Cloggie           | 7.60i                                    | Fiona Davidson (W35)   |
| 14.7                 | John Angus      | 27.13               | Jade Halket            | 7.51                                     | Laura Hepburn          |
| 14.9                 | Harrison Hinks  |                     |                        | 7.36i                                    | Laura Kutt             |
| 15.6                 | Ewan Brampton   | <b>300m</b>         |                        |                                          |                        |
| 15.6                 | Cameron Callow  | 42.4                | Marie Dobson           | <b>Discus</b>                            |                        |
| 16.4                 | Thomas Cockburn | 46.8                | Laura Mahady (W50)     | 18.70                                    | Kathleen Madigan (W40) |
|                      |                 |                     |                        | 18.39                                    | Laura Hepburn          |
| <b>150m</b>          |                 | <b>400m</b>         |                        | 16.46                                    | Carly Hall             |
| 23.9                 | John Angus      | 58.85               | Marie Dobson           | 13.45                                    | Marie Dobson           |
| 29.9                 | Elliot Cheyne   | 60.44               | Jade Halket            |                                          |                        |
|                      |                 | 60.9                | Emma Cloggie           | <b>Hammer</b>                            |                        |
| <b>200m</b>          |                 | 62.88               | Laura Mahady (W50)     | 29.18                                    | Kathleen Madigan (W40) |
| 31.2                 | John Angus      |                     |                        | 25.21                                    | Fiona Davidson (W35)   |
| 31.7                 | Harrison Hinks  | <b>800m</b>         |                        | 20.70                                    | Laura Hepburn          |
| 35.26                | Ewan Brampton   | 2:23.24             | Laura Mahady (W50)     |                                          |                        |
| 36.30                | Thomas Cockburn | 2:27.33             | Carly Hall             | <b>Javelin</b>                           |                        |
| 38.01                | Elliot Cheyne   | 3:22.0              | Fiona Davidson (W35)   | 25.50                                    | Laura Hepburn          |
|                      |                 | 3:22.4              | Shona McKinnon (W45)   | 23.71                                    | Laura Kutt             |
| <b>600m</b>          |                 | 3:43.0              | Rachel Henderson       | 20.29                                    | Jade Halket            |
| 1:55.5               | Harrison Hinks  |                     |                        | 20.16                                    | Marie Dobson           |
| 1:59.2               | Cameron Callow  | <b>1,500m</b>       |                        | 20.11                                    | Shona McKinnon (W45)   |
| 2:12.0               | Fraser Scott    | 4:55.78 (4:59.5)    | Carly Hall             |                                          |                        |
| 2:14.3               | Elliot Cheyne   |                     |                        | <b>VETERAN WOMEN (W35 unless stated)</b> |                        |
|                      |                 | <b>3,000m</b>       |                        |                                          |                        |
| <b>800m</b>          |                 | 11:41.08            | Carly Hall             | <b>60m</b>                               |                        |
| 2:42.4               | Harrison Hinks  | 14:05.03            | Ann Clark (W55)        | 8.5                                      | Fiona Davidson         |
| 2:50.3               | Cameron Callow  | 14:24.9             | Janice Forsyth (W55)   | 8.5i                                     | Kathleen Madigan (W40) |
| 3:00.54              | John Angus      |                     |                        | 9.4i                                     | Janet Lyon (W45)       |
| 3:02.2               | Elliot Cheyne   | <b>5,000m</b>       |                        | 9.8i                                     | Penny Johnson (W50)    |
| 3:11.0               | Fraser Scott    | 20:46.7             | Nicola Smith (W35)     |                                          |                        |
|                      |                 | 22:34.1             | Jane MacKay (W40)      | <b>100m</b>                              |                        |
| <b>High Jump</b>     |                 | 25:09.7             | Janice Forsyth (W50)   | 13.1                                     | Kathleen Madigan (W40) |
| 1.30                 | John Angus      |                     |                        | 16.2                                     | Shona McKinnon (W45)   |
| 1.00                 | Samuel Anderson | <b>60m Hurdles</b>  |                        |                                          |                        |
| 1.00i                | Adam Lawson     | 8.97i               | Catriona Pennet        | <b>150m</b>                              |                        |
|                      |                 | 9.50i               | Sylvia Kamy            | 20.5                                     | Kathleen Madigan (W40) |
| <b>Long Jump</b>     |                 | 12.9i               | Rachel Henderson       | 22.9                                     | Janet Lyon (W45)       |
| 3.95                 | John Angus      |                     |                        |                                          |                        |
| 3.86                 | Harrison Hinks  | <b>100m Hurdles</b> |                        | <b>200m</b>                              |                        |
| 3.70                 | Cameron Callow  | 14.36               | Catriona Pennet        | 27.37                                    | Kathleen Madigan (W40) |
| 3.42                 | Thomas Cockburn | 17.31               | Sylvia Kamy            | 30.6                                     | Janet Lyon (W45)       |
| 3.37                 | Adam Lawson     | 22.1                | Rachel Henderson       | 30.6                                     | Laura Mahady (W50)     |
|                      |                 |                     |                        | <b>300m</b>                              |                        |
| <b>Shot</b>          |                 | <b>400m Hurdles</b> |                        | 46.8                                     | Laura Mahady (W50)     |
| 6.20i (5.81)         | Harrison Hinks  | 64.7                | Marie Dobson           |                                          |                        |
| 5.98i (5.70)         | John Angus      | 65.1                | Jade Halket            | <b>400m</b>                              |                        |
| 5.03 (4.80)          | Samuel Anderson | 65.22               | Catriona Pennet        | 62.88                                    | Laura Mahady (W50)     |
| 4.38                 | Cameron Callow  |                     |                        |                                          |                        |
| 4.31                 | Max McKenzie    |                     |                        |                                          |                        |

**800m**  
2:23.24 Laura Mahady (W50)  
3:22.0 Fiona Davidson  
3:22.4 Shona McKinnon (W45)

**3,000m**  
14:05.03 Ann Clark (W55)  
14:24.9 Janice Forsyth (W55)

**5,000m**  
20:46.7 Nicola Smith  
22:34.1 Jane MacKay (W40)  
25:09.7 Janice Forsyth (W50)

**High Jump**  
1.35i (1.31) Fiona Davidson  
1.25 Shona McKinnon (W45)

**Pole Vault**  
2.50i (2.30) Janet Lyon (W45)  
1.20i Shona McKinnon (W45)

**Long Jump**  
4.51i (4.47) Fiona Davidson  
3.87i (3.81) Shona McKinnon (W45)  
3.80i Janet Lyon (W45)

**Triple Jump**  
10.68i (10.48) Fiona Davidson  
7.77 Shona McKinnon (W45)

**Shot**  
8.39i (8.21) Kathleen Madigan (W40)  
7.60i Fiona Davidson  
6.53 Shona McKinnon (W45)  
6.03i Janet Lyon (W45)

**Discus**  
18.70 Kathleen Madigan (W40)

**Hammer**  
29.18 Kathleen Madigan (W40)  
25.21 Fiona Davidson

**Javelin**  
20.11 Shona McKinnon (W45)  
19.09 Kathleen Madigan (W40)

#### UNDER-20 WOMEN

**60m**  
8.0 Yasmin Milne  
8.4 Lisa Humphreys

**100m**  
12.9 Lisa Humphreys  
13.0 Yasmin Milne

**200m**  
26.73 Yasmin Milne  
27.50 Lisa Humphreys

**400m**  
60.50 Ellie Buchan  
65.97 Lisa Humphreys

**800m**  
2:16.89 Ellie Buchan  
2:30.29 Rachel Armitage

**1,500m**  
4:44.89 Ellie Buchan

**3,000m**  
10:25.28i (10:31.06)  
Rhona Auckland

**60m Hurdles**  
9.3i Yasmin Milne

**100m Hurdles**  
14.68 Yasmin Milne

**300m Hurdles**  
49.49 Lisa Humphreys

**400m Hurdles**  
70.40 Lisa Humphreys

**Long Jump**  
5.05 Yasmin Milne  
4.97 Lisa Humphreys

**Shot**  
6.53 Lisa Humphreys

**Javelin**  
16.59 Lisa Humphreys

#### UNDER-17 WOMEN

**60m**  
7.82i Zoey Clark  
8.3i Sam Somers  
8.7i Emma Caldow  
8.8i Kirstie Duncan  
8.87i Natalie Ross

**100m**  
12.2 Zoey Clark  
12.7 Emma Caldow  
13.1 Sam Somers  
13.9 Kirstie Duncan  
14.2 Stephanie Little

**150m**  
22.2 Kirstie Duncan

**200m**  
25.08 Zoey Clark  
26.12 Emma Caldow  
27.7 Sam Somers  
28.76 Sophie Singer  
29.1 Kirstie Duncan

**300m**  
39.75 Zoey Clark  
44.51 Emma Caldow  
46.1 Stephanie Little  
46.3 Eilidh Prise  
52.3 Morven MacGregor

**400m**  
55.96 Zoey Clark  
63.6 Stephanie Little

**800m**  
2:22.4 Eilidh Prise  
2:35.1 Emma Caldow  
2:35.6 Stephanie Little  
2:39.6 Stacey Innes  
2:50.7 Morven MacGregor

**1,500m**  
4:55.78i (4:56.42)  
Eilidh Prise

**3,000m**  
11:14.5 Eilidh Prise

**60m Hurdles**  
10.5i Stephanie Little

**80m Hurdles**  
13.86 Stephanie Little  
14.4 Emma Caldow  
16.9 Morven MacGregor

**300m Hurdles**  
49.45 Stephanie Little  
60.3 Morven MacGregor

**High Jump**  
1.50 Emma Caldow  
1.30 Morven MacGregor  
1.20 Stephanie Little

**Pole Vault**  
2.85i (2.80) Sam Somers  
1.70i Lydia Ingram  
1.30i Miriam Ingram

**Long Jump**  
4.76 Emma Caldow  
4.49 Kirstie Duncan  
4.12i Lydia Ingram  
4.08 Stephanie Little  
3.97i Eilidh Prise

**Triple Jump**  
8.85 Stephanie Little  
8.19 Morven MacGregor

**Shot**  
6.51 Emma Caldow  
6.19i (5.64) Morven MacGregor

**Discus**  
9.73 Morven MacGregor

**Javelin**  
20.17 Emma Caldow  
7.47 Morven MacGregor

**Pentathlon**  
2484 Emma Caldow

#### UNDER-15 GIRLS

**60m**  
8.5i Sam Williams  
8.6i Saffron Cummings  
9.2i Rachel Palmer  
9.3i Sophie Singer  
9.4i G Angus/L Caldow

**150m**  
12.8 Saffron Cummings  
12.8 Sophie Hamilton  
13.5 Sam Williams  
13.7 Sophie Clayton  
13.8 G Angus/A Dewhurst

**100m**  
20.3 Kelsey Stewart  
22.3 Aimee MacDonald  
22.6 Anna McErlean  
23.0 Grace Angus  
23.3 Emma Murray

**200m**  
26.13 Kelsey Stewart  
27.6 Sophie Hamilton  
28.0 Saffron Cummings  
28.23 Sam Williams  
28.43 Aimee MacDonald

**300m**  
42.3 Kelsey Stewart

**800m**  
2:20.31 Kelsey Stewart  
2:32.38 Anna McErlean  
2:36.9 Lucy McLeod  
2:46.8 Eve Smith  
2:49.1 Becky Cheyne

**1,500m**  
5:25.83 Lucy McLeod  
5:27.5 Kelsey Stewart  
5:46.8 Eve Smith  
5:56.2 Becky Cheyne



|                       |                  |                    |                               |                       |                 |
|-----------------------|------------------|--------------------|-------------------------------|-----------------------|-----------------|
| <b>3,000m</b>         |                  | 15.0               | Samantha Edgar                | 11.86                 | Samantha Edgar  |
| 12:19.8               | Lucy McLeod      | 15.1               | Chloe Davie                   | 11.36                 | Grace Carter    |
|                       |                  | 15.1               | Kirsty Scott                  | 11.04                 | Abby Riddell    |
| <b>60m Hurdles</b>    |                  |                    |                               |                       |                 |
| 11.5i                 | Grace Angus      | <b>150m</b>        |                               | <b>UNDER-11 GIRLS</b> |                 |
| 11.6i                 | Joanna McKinnon  | 23.0               | Katie Daniel                  | <b>60m</b>            |                 |
| 13.7i                 | Sophie Anderson  | 23.8               | Abby Riddell                  | 10.2i                 | Katie MacDonald |
| 11.7i                 | Rachel Palmer    | 25.0               | Grace Carter                  | 10.9i                 | Olivia James    |
|                       |                  | 26.2               | Rebecca Eggeling              | 11.2i                 | Megan James     |
|                       |                  |                    |                               | 11.8i                 | Morven Strang   |
|                       |                  |                    |                               | 12.1i                 | Rachel Sellars  |
| <b>75m Hurdles</b>    |                  |                    |                               |                       |                 |
| 13.05                 | Grace Angus      | <b>200m</b>        |                               | <b>75m</b>            |                 |
| 13.32                 | Sam Williams     | 30.62              | Kirstyanne Halliday           | 11.7                  | Katie MacDonald |
| 14.64                 | Rachel Palmer    | 31.1               | Katie Daniel                  | 12.9                  | Megan James     |
| 15.0                  | Joanna McKinnon  | 32.4               | Kirsty Williams               | 13.1                  | Olivia James    |
| 15.97i                | Emma Murray      | 32.6               | Hannah McMahon                | 13.1                  | Hannah Lawrie   |
|                       |                  | 33.2               | Laurie Allardes               |                       |                 |
| <b>High Jump</b>      |                  |                    |                               |                       |                 |
| 1.40                  | Saffron Cummings | <b>800m</b>        |                               | <b>100m</b>           |                 |
| 1.30                  | Sophie Anderson  | 2:38.1             | Rebecca Eggeling              | 14.9                  | Katie MacDonald |
| 1.30                  | Grace Angus      | 2:42.24            | Poppy Clayton-Littler         | 16.1                  | Olivia James    |
| 1.25                  | Rachel Palmer    | 3:00.4             | Grace Carter                  | 16.4                  | Jane Davidson   |
| 1.20                  | Lauren Caldow    | 3:04.3             | Abby Riddell                  | 16.4                  | Hannah Lawrie   |
|                       |                  | 3:15.5             | Katie Daniel                  | 16.9                  | Megan James     |
| <b>Pole Vault</b>     |                  |                    |                               |                       |                 |
| 2.06i                 | Sophie Anderson  | <b>1,200m</b>      |                               | <b>200m</b>           |                 |
| 1.91i                 | Lise Theron      | 4:19.6             | Rebecca Eggeling              | 31.9                  | Katie MacDonald |
| 1.90i                 | Sophie Hamilton  | 4:44.2             | Poppy Clayton-Littler         | 33.9                  | Olivia James    |
| 1.80i                 | Sophie Clayton   | 5:10.4             | Kate MacKay                   | 36.6                  | Jane Davidson   |
| 1.80i                 | Erin Runcie      |                    |                               | 36.91                 | Hannah Lawrie   |
|                       |                  |                    |                               | 38.75                 | Lucy George     |
| <b>Long Jump</b>      |                  |                    |                               |                       |                 |
| 4.83                  | Saffron Cummings | <b>1,500m</b>      |                               | <b>600m</b>           |                 |
| 4.45                  | Sophie Hamilton  | 6:07.03            | Poppy Clayton-Littler         | 2:15.8                | Hannah Lawrie   |
| 4.44                  | Sam Williams     |                    |                               | 2:25.0                | Lucy George     |
| 4.39                  | Sophie Anderson  | <b>60m Hurdles</b> |                               | 2:25.5                | Megan James     |
| 4.31                  | Erin Runcie      | 11.5i              | Kate MacKay                   | 2:31.9                | Olivia James    |
|                       |                  | 12.7i              | Grace Carter                  | 2:48.23               | Rachel Sellars  |
|                       |                  | 15.0i              | Emily Bruce                   |                       |                 |
|                       |                  | 15.2i              | Jeanine Massie                |                       |                 |
| <b>Shot</b>           |                  |                    |                               |                       |                 |
| 8.67                  | Saffron Cummings | <b>70m Hurdles</b> |                               | <b>800m</b>           |                 |
| 8.53                  | Sophie Anderson  | 13.2               | Kate MacKay                   | 2:50.1                | Katie MacDonald |
| 7.10                  | Erin Runcie      | 14.21              | Katie Daniel                  | 3:22.6                | Jane Davidson   |
| 6.61                  | Grace Angus      | 15.1               | Grace Carter                  | 3:23.2                | Megan James     |
| 6.57i                 | Sophie Singer    | 16.36              | Catherine Halliday            | 3:23.3                | Hannah Lawrie   |
|                       |                  |                    |                               | 3:28.9                | Lucy George     |
| <b>Discus</b>         |                  |                    |                               |                       |                 |
| 21.28                 | Sophie Anderson  | <b>High Jump</b>   |                               | <b>High Jump</b>      |                 |
| 17.65                 | Saffron Cummings | 1.31               | Kate MacKay                   | 1.14                  | Olivia James    |
|                       |                  | 1.21               | Abby Riddell                  | 1.10i (1.05)          | Katie MacDonald |
|                       |                  | 1.10               | Chloe Davie                   | 0.90i (0.85)          | Rachel Sellars  |
|                       |                  | 1.05               | G Carter/S Edgar/<br>K Daniel |                       |                 |
| <b>Hammer</b>         |                  |                    |                               |                       |                 |
| 23.79                 | Sophie Anderson  |                    |                               | <b>Long Jump</b>      |                 |
|                       |                  |                    |                               | 3.62                  | Katie MacDonald |
|                       |                  |                    |                               | 3.25                  | Jane Davidson   |
|                       |                  |                    |                               | 3.12i (2.90)          | Olivia James    |
|                       |                  |                    |                               | 3.10i                 | Megan James     |
|                       |                  |                    |                               | 2.86                  | Hannah Lawrie   |
| <b>Javelin</b>        |                  |                    |                               |                       |                 |
| 23.52                 | Sophie Anderson  | <b>Long Jump</b>   |                               | <b>Shot</b>           |                 |
| 14.81                 | Saffron Cummings | 3.88               | Poppy Clayton-Littler         | 5.88                  | Katie MacDonald |
|                       |                  | 3.77               | Kate MacKay                   | 4.80                  | Olivia James    |
|                       |                  | 3.71               | Katie Daniel                  | 4.62                  | Megan James     |
|                       |                  | 3.56               | Catherine Halliday            | 4.05                  | Lucy George     |
|                       |                  | 3.37i              | Chloe Davie                   | 3.33                  | Hannah Lawrie   |
| <b>UNDER-13 GIRLS</b> |                  |                    |                               |                       |                 |
| <b>60m</b>            |                  |                    |                               |                       |                 |
| 9.2i                  | Katie Daniel     | <b>Shot</b>        |                               | <b>Javelin</b>        |                 |
| 9.8i                  | Kirsty Williams  | 7.09               | Poppy Clayton-Littler         | 10.59                 | Katie MacDonald |
| 10.1i                 | Hannah McMahon   | 5.05               | Kirstyanne Halliday           | 10.13                 | Olivia James    |
| 10.2i                 | Kate MacKay      | 4.78               | Victoria McKenzie             | 7.66                  | Megan James     |
| 10.3i                 | Grace Carter     | 4.69               | Abby Riddell                  |                       |                 |
|                       |                  | 4.46               | Katie Daniel                  |                       |                 |
| <b>75m</b>            |                  |                    |                               |                       |                 |
| 11.3                  | Katie Daniel     | <b>Discus</b>      |                               |                       |                 |
| 12.1                  | Kate MacKay      | 12.26              | Abby Riddell                  |                       |                 |
| 12.10                 | Abby Riddell     | 11.32              | Hannah McMahon                |                       |                 |
| <b>100m</b>           |                  |                    |                               |                       |                 |
| 14.4                  | Katie Daniel     | <b>Javelin</b>     |                               |                       |                 |
| 14.4                  | Abby Riddell     | 14.54              | Kate MacKay                   |                       |                 |
|                       |                  | 13.91              | Poppy Clayton-Littler         |                       |                 |

## 2012 TRACK AND FIELD SEASON DATES

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

|                                            |          |
|--------------------------------------------|----------|
| Club Trials                                | March 31 |
| Petrofac League East Section               | April 29 |
| Primary Schools Meeting                    | May 19   |
| Scottish Men's League                      | May 20   |
| Scottish Young Athletes' League NE Section | June 17  |
| Open Meeting                               | July 12  |
| Celtic Junior Games                        | Aug 11   |
| Club Championships                         | Sept 9   |

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

|                          |            |             |
|--------------------------|------------|-------------|
| National Senior          | June 2-3   | Glasgow     |
| National Masters         | June 23    | Pitreavie   |
| National Combined Events | June 23-24 | Pitreavie   |
| National Relays          | June 24    | Pitreavie   |
| National Age Groups      | Aug 25-26  | Grangemouth |

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

|                                                |           |             |
|------------------------------------------------|-----------|-------------|
| Scottish Universities & Colleges Championships | April 14  | Grangemouth |
| East District Championships                    | May 12-13 | Meadowbank  |
| Loughborough Trials                            | May 12-13 | Meadowbank  |
| Scottish Schools Combined Events               | June 2    | Grangemouth |
| Scottish Schools Championships                 | June 8-9  | Grangemouth |
| Celtic Junior Games                            | Aug 11    | Aberdeen    |

### **Leagues – Dates and Venues**

|                                           |              |             |
|-------------------------------------------|--------------|-------------|
| Scottish Men's League                     | April 21     | Meadowbank  |
|                                           | May 20       | Aberdeen    |
|                                           | July 15      | Grangemouth |
|                                           | August 5     | Grangemouth |
| Scottish Women's League                   | April 22     | Meadowbank  |
|                                           | May 20       | Meadowbank  |
|                                           | July 15      | Meadowbank  |
| Young Athletes' League North-east Section | May 6        | Dundee      |
|                                           | May 27       | Inverness   |
|                                           | June 17      | Aberdeen    |
| Scottish Young Athletes' League Final     | July 29      | Glasgow     |
| Petrofac League East Section              | April 29     | Aberdeen    |
|                                           | June 10      | Perth       |
|                                           | July 1       | Dundee      |
|                                           | August 19    | Dundee      |
| Petrofac League Finals                    | September 16 | Inverness   |

## HONORARY LIFE MEMBERS

Sonia Armitage

Mel Edwards

Trevor Madigan

Bob Masson

Alison Mathieson

Miller Mathieson

Ian Morrison

Denis Shepherd

Sheila Smart

Hunter Watson

## COMMITTEE – 2011/2012

|                         |                  |              |
|-------------------------|------------------|--------------|
| President               | Miller Mathieson | 01358 722863 |
| Vice President          | Bob Masson       | 01224 822349 |
| Secretary               | Edward McKenzie  | 01464 871430 |
| Treasurer               | Terry Kerr       | 01224 681320 |
| Assistant Secretary     | Fiona Davidson   | 01224 310488 |
| Minutes Secretary       |                  |              |
| Coaching Co-coordinator | Joyce Hogg       | 01224 703434 |
| Ladies' T & F Manager   |                  |              |
| Men's T&F Manager       | Stan Walker      | 01224 704915 |
| Ladies' CC Manager      | Sonia Armitage   | 01467 651532 |
| Men's CC Manager        | Alasdhair Love   | 079211 29804 |
| Ladies' Captain         | Marie Dobson     | 07900 851618 |
| Men's Captain           | Myles Edwards    | 07814 540386 |
| Ladies' CC Captain      |                  |              |
| Men's CC Captain        | James Joy        | 01224 708878 |
| Road Running Manager    | Alan Fulton      | 01224 723689 |
| Committee Members       | Mark Davidson    | 01224 310488 |
|                         | Liz Hewitson     | 01224 872538 |
|                         | Leah James       | 01358 722103 |
|                         | Barry Reaper     | 01224 315634 |

|                               |                 |              |
|-------------------------------|-----------------|--------------|
| Club Child Protection Officer | Edward McKenzie | 01464 871430 |
|-------------------------------|-----------------|--------------|

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## EQUIPMENT

On production of your membership card, The Running Shop, 17 South Mount Street, Aberdeen, offers 10% discount to club members on items over £10.

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

## TROPHY WINNERS – 2011 MEN

|                                     |                  |
|-------------------------------------|------------------|
| Anderson Shield – Sprints           | Peter Mutch      |
| Middle Distance Shield              | James Joy        |
| Bond Cup – Jumps                    | Kenny Lyon       |
| Throws Cup                          | Edward McKenzie  |
| AI Kindregan – 800 metres           | James Joy        |
| Simon Wynn – 1500 metres            | James Joy        |
| Overall Veteran Cup                 | Mark Davidson    |
| Veteran Over-40 Cup                 | Mark Davidson    |
| Veteran O-50 Shield                 | Kenny Lyon       |
| Veteran age-graded Cup              | Kenny Lyon       |
| Geoff Burton – U-17 Men's Throws    | Ryan Hewitson    |
| Junior Men's Merit Cup              | Sam Burgess      |
| King Trophy – U-17 Merit            | David Mann       |
| City of Aberdeen – U-15 Merit       | Steven Murray    |
| Angus Cup – U-13 Merit              | Stewart Millar   |
| U-11 Merit Shield                   | John Angus       |
| Douglas Smart Memorial Shield       |                  |
| Novice Javelin Thrower              | Alex Brown       |
| Cross Country Points Championship   | Ben Hukins       |
| Watt Trophy (CC Champ race)         | Eoin Durkan      |
| Half Marathon                       | Stephen Cassells |
| Alex King Trophy (over-40 half-m)   | Stephen Cassells |
| James Youngson Trophy (over-50 h-m) | Stephen Cassells |
| Jackie Dunster Trophy               | Alex Brown       |

## TROPHY WINNERS – 2011 WOMEN

|                                   |                  |
|-----------------------------------|------------------|
| Sprints Shield                    | Marie Dobson     |
| Middle Distance Shield            | Janice Forsyth   |
| Jumps Shield                      | Laura Kutt       |
| Throws Trophy                     | Kathleen Madigan |
| Ron Kitchen Shield – 400 metres   | Marie Dobson     |
| Joy L Edwards – High Jump         | Kate MacKay      |
| Veteran O-35                      | Shona McKinnon   |
| Veteran O-45                      | Shona McKinnon   |
| Veteran age-graded Cup            | Shona McKinnon   |
| Ladies' Merit Cup                 | Catrina Pennet   |
| U-20 Merit Cup                    | Yasmin Milne     |
| U-17 Merit Cup                    | Zoey Clark       |
| Bank of Scotland U-15 Merit Cup   | Kelsey Stewart   |
| U-13 Merit Cup                    | Kate MacKay      |
| Founders' Cup – U-11 Merit        | Katie MacDonald  |
| John Leys Memorial Trophy         | Kate MacKay      |
| Miller Mathieson Quaich           | Zoey Clark       |
| Dinesh Lutchman Trophy            | Sophie Hamilton  |
| Cross Country Points Championship | No award         |
| Watt Trophy (CC Champ race)       | Angela Hepburn   |
| Half Marathon                     | Melanie Angus    |

Hunter Construction Trophy – best team performance  
 Petrofac League under-15 girls' team

## CONSTITUTION OF ABERDEEN AMATEUR ATHLETIC CLUB

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

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

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

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

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

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

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

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

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

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

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

6. (i) The office-bearers of the club shall consist of a president, vice-president, secretary, assistant secretary, treasurer, ladies' secretary, cross country secretary, ladies' cross country secretary, minutes secretary, men's track and field team manager, road running manager, men's athletics captain, ladies' athletics captain, men's cross country captain, ladies' cross country captain and coaching co-ordinator. These, together with five other members, shall form the committee of the club.

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

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

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

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

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

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

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

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

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

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

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

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

(i) Minutes.

(ii) Secretary's report.

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

(iv) Amendments to the constitution.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

(iii) Upon receipt of a written complaint, the secretary or president as appropriate will arrange, as soon as possible, a meeting of at least two members of the disciplinary pool who will

## CONSTITUTION OF ABERDEEN AMATEUR ATHLETIC CLUB

consider the complaint and decide on its merits. There will only be three possibilities;

- the complaint is not serious enough to merit further action;
- it is inappropriate for the club to investigate the complaint;
- the complaint merits further action by the club.

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

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

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

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

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

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

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

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

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

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

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

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

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

liability incurred in the proper running of the club (but only to the extent of its assets).

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

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

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

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

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

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

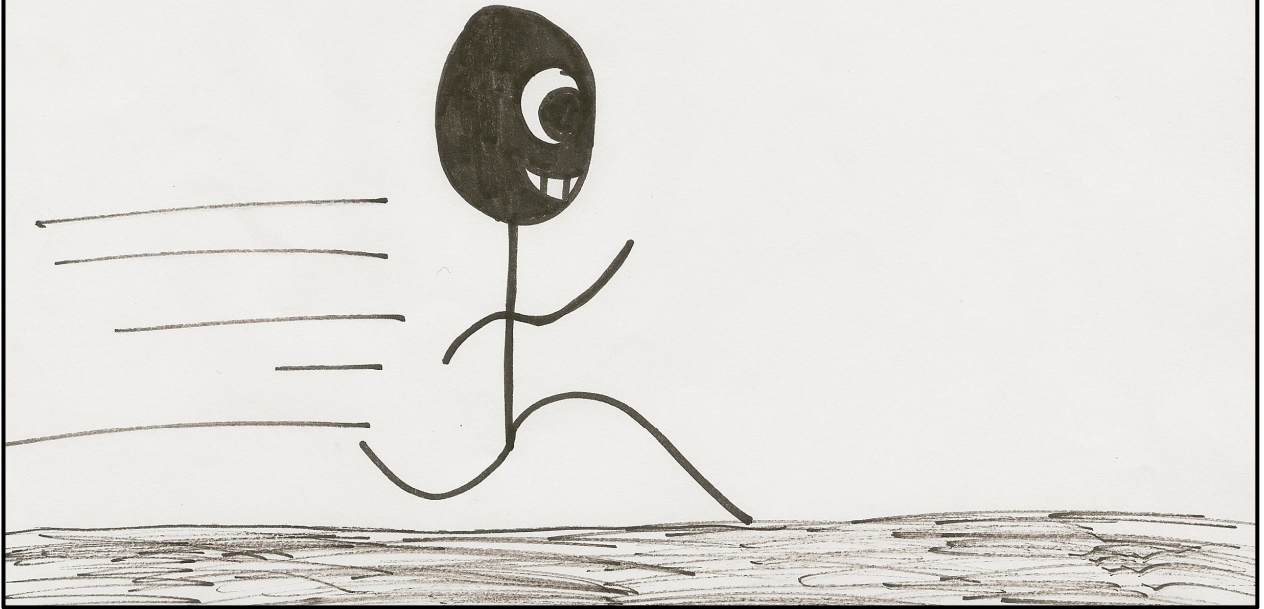
22. (i) No alteration to this constitution shall be made except at a general meeting by a vote of at least two-thirds of the members present and eligible to vote.

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

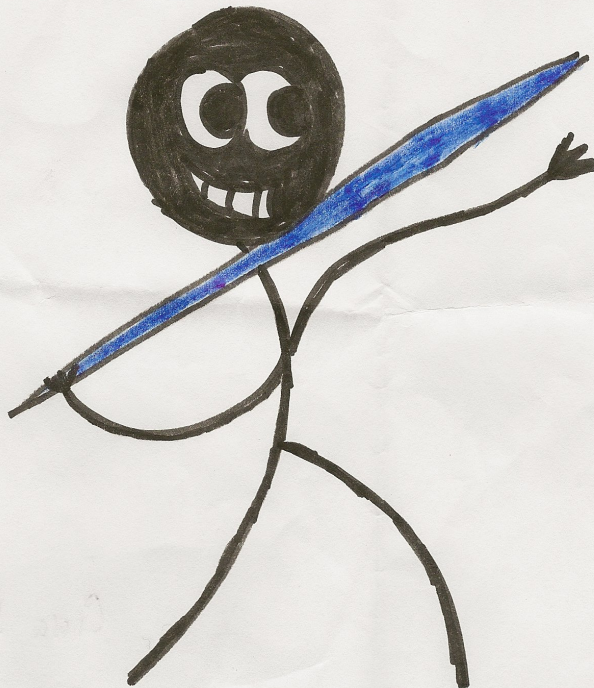
(iii) The secretary shall include such a motion in the notice calling the meeting.

23. Where there is any conflict between any of the above clauses, clauses 2, 3, 19 and 20 ("key clauses") will take priority. Interpretation of all the clauses must be consistent with the statutory requirements for CASCs (which means Community Amateur Sports Clubs as first provided for by the Finance Act 2002).

# RUNNING



# JAVELIN





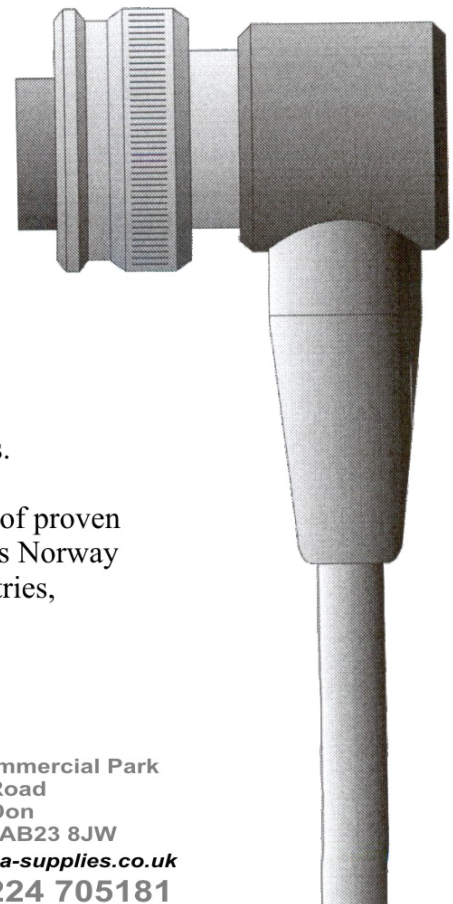
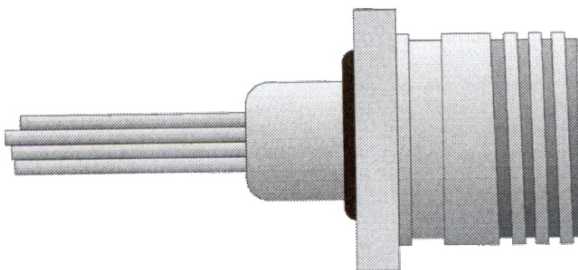
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