
THE 2018 YEAR BOOK

INCLUDING CLUB RECORDS
AND OTHER ITEMS
OF INTEREST

No. 29

2018

Free to AAAC Members

Aberdeen AAC Men's Team celebrate a 3rd win in a row in the Scottish Men's League



The AAAC Yearbook 2018 is edited by Stan Walker and compiled by Denis Shepherd with assistance from Lewis Clow, Eoghan MacNamara, Robbie Shaw and Bob Masson

Contents:

- All the Club's major games representatives
- All-time British, European and World Champions
- Club All-time lists of Senior Scottish Champions
- Highlights of the Club's 2017 & 2017-18 seasons
- An Athletes Journey – A Profile of Zoey Clark
- Club All-time Top 20 lists - Senior events
- Club All-time Top 10 lists - U20, U17 & U15 events
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- 2017 Top 5 Rankings for all age groups
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A LITTLE PIECE OF HISTORY

For those who read our yearbook with great interest it is worth noting that one of our club records reaches an amazing landmark this summer as it becomes 50 years old.

On the 2nd of June 1968 in Dunkirk, France, Bill Ewing competing as part of a Great Britain team set a time of 9 mins 5.4 secs when winning the 3000m steeplechase. Six days later on the 8th of June Bill was to set a further personal best and new club record of 8 mins 47.8 secs when he finished 3rd competing for Scotland in the British Isles Cup at Grangemouth. Bill then remarkably went on to equal that PB and record on the 15th of June whilst again competing for Scotland against the Midlands.

It is a testament to Bill's athletic prowess that his record of 8 mins 47.8 secs still stands today.

Stan Walker



GATHIMBA EDWARDS

Foundation

GIVING KIDS IN KENYA A CHANCE

What we do for families
we support in Kenya:



- Payment of school fees
- House building
- Business boosts & start ups
- Farming projects
- Provision of clothing
- Educational seminars and workshops
- Counselling services
- Sports coaching

We also support disabled children in the UK with specialist equipment through the Neil Jaffrey Local Child in Need Award.



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MAJOR GAMES REPRESENTATIVES

World Championships

2017	Zoey Clark	Women's 400m, 4x400m
2018	Zoey Clark	Women' Indoor 400m, 4x400m

Commonwealth Games

1962	Alastair Wood	Marathon
1982	Graham Laing	Marathon
1986	Martin Johnston	400m, 4 x 400m
1986	Fraser Clyne	Marathon
1986	Dawn Kitchen	400m (W)
1990	Mark Davidson	400H, 4x100m, 4x400m
1990	Duncan Mathieson	Dec, 4x400m
1994	Duncan Mathieson	LJ, 4x100m
2014	Zoey Clark	4x400 (W)
2014	Lewis Clow	100 (T37)

Commonwealth Youth Games

2011	Zoey Clark	400m
2011	Yasmin Milne	100H (U18W)
2017	Naomi Lang	3000m
2017	Maddy Silcock	100m

World Cup

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

European Championships

1962	Alastair Wood	Marathon
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European Under-23 Championships

2013	Rhona Auckland	Cross-country (women)
2013	Rhona Auckland	10,000m (women)
2014	Rhona Auckland	Cross-country (women)
2015	Rhona Auckland	10,000m (women)
2015	Zoey Clark	4x400m (women)
2017	Kelsey Stewart	4x400m (women)

European Junior Championships

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

Paralympic Games

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

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

World Student Games

1991	Mark Davidson	400H
1991	Duncan Mathieson	Decathlon

European Cup

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

WORLD CHAMPIONS

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

EUROPEAN CHAMPIONS

1992	Don Ritchie	O40 100km Road
2013	Laura Mahady	Indoor O55 women's 800m
2013	Laura Mahady	Indoor O55 women's 4x200m
2011	Zoey Clark	U20 women's 4x400m
2014	Rhona Auckland	U23 women's cross-country
2015	Eddie McKenzie	O45 SP
2015	Eddie McKenzie	O45 HT
2015	Stan Walker	Indoor O45 4x200m
2015	Zoey Clark	U23 women's 4x400m
2017	Fiona Davidson	O40 women's TJ

CPISRA WORLD GAMES

2015	Lewis Clow	100, 200, 400
2015	Iain Boyd	100, 200, 400

BRITISH CHAMPIONS

British Men's Champions

1976	Hunter Watson	O40 800m
1984	Don Ritchie	100km Road
1985	Don Ritchie	100km Road
1986	Don Ritchie	100km Road
1989	Roddy MacFarquhar	Indoor O45 3000m
1990	Don Ritchie	100km Road
1991	Don Ritchie	24-hour Track
1992	Don Ritchie	24-hour Track
1992	Don Ritchie	100km Road
1992	Colin Youngson	O45 10km Road
1993	Colin Youngson	O45 Marathon
1994	Don Ritchie	24-hour Track
1995	Colin Youngson	O45 Cross-country
1996	Fraser Clyne	O40 Marathon
1998	Colin Youngson	Indoor O50 3000m
1998	Bob Masson	Indoor O50 PV
1999	Colin Youngson	O50 10,000m
2002	Bob Masson	Indoor O50 PV
2003	Colin Youngson	Indoor O55 3000m
2003	Bill Lonsdale	Indoor O50 HJ
2003	Kenny Lyon	Indoor O40 PV
2005	Eddie McKenzie	O35 Dec
2005	Bill Lonsdale	Indoor O50 HJ
2006	Eddie McKenzie	O35 Weight
2006	Eddie McKenzie	O35 Weight Pent
2006	Trevor Madigan	O60 HJ
2006	Bill Lonsdale	O50 TJ
2007	Bill Lonsdale	Indoor O55 HJ
2007	Bill Lonsdale	Indoor O55 TJ
2007	Trevor Madigan	O60 LJ
2007	Bob Masson	O60 Decathlon
2008	Bill Lonsdale	O55 indoor HJ
2014	Mark Davidson	Indoor O45 200m
2015	Trevor Madigan	O70 HJ
2015	Trevor Madigan	Indoor O70 HJ
2017	Bill Lonsdale	O65 HJ
2017	Bill Lonsdale	O65 Pent

British Women's Champions

1989	Joyce Hogg	Indoor O40 SP
1989	Heather Wisley	Indoor O35 1500m
1990	Joyce Hogg	O40 400H
1990	Joyce Hogg	O40 TJ
1997	Janet Lyon	Indoor O35 PV
1998	Janet Lyon	O35 PV
1998	Janet Lyon	Indoor O35 PV
1998	Janet Lyon	O35 PV
2002	Janet Lyon	O40 PV
2003	Janet Lyon	Indoor O40 PV
2005	Kathleen Madigan	O35 100m
2005	Kathleen Madigan	O35 200m
2005	Janet Lyon	O40 100
2005	Janet Lyon	O40 PV
2006	Kathleen Madigan	Indoor O35 60m
2006	Kathleen Madigan	Indoor O35 200m
2006	Kathleen Madigan	O35 100m
2006	Janet Lyon	O40 PV
2007	Kathleen Madigan	O35 100m
2007	Janet Lyon	O45 PV
2009	Laura Mahady	O50 400, 800
2010	Laura Mahady	O50 400, 800
2011	Laura Mahady	O50 400, 800
2012	Janet Lyon	O45 PV
2012	Fiona Davidson	O35 TJ
2013	Fiona Davidson	O40 LJ
2013	Fiona Davidson	O40 TJ
2013	Fiona Davidson	Indoor O40 TJ
2013	Laura Mahady	O55 400
2013	Laura Mahady	O55 800
2013	Laura Mahady	Indoor O55 800
2014	Laura Mahady	O55 400
2014	Laura Mahady	O55 800
2014	Fiona Davidson	Indoor O40 LJ

2014	Fiona Davidson	Indoor O40 TJ
2015	Kathleen Madigan	O45 100m
2015	Rhona Auckland	10,000m
2015	Fiona Davidson	Indoor O40 TJ
2017	Fiona Davidson	Indoor O40 LJ

British Age-group Champions

2002	Iain Donnan	U18 Fell
2003	Iain Donnan	U18 Fell
2006	Alan Wales	U23 1500m
2006	Emma Cloggie	Indoor U20W 400m
2015	Rhona Auckland	U23W 5,000m
2017	Kelsey Stewart	U23W 400m

SCOTTISH SENIOR CHAMPIONS

SAL (formerly SAAA) Men's Champions

1961	Steve Taylor	3 miles
1961	John Waters	Javelin
1962	Steve Taylor	3 miles
1962	Alastair Wood	Marathon
1964	Alastair Wood	Marathon
1965	Alastair Wood	Marathon
1967	Bill Ewing	Steeplechase
1968	Alastair Wood	Marathon
1970	Steve Taylor	10 miles
1972	Alastair Wood	Marathon
1979	Graham Laing	10000m
1980	Graham Laing	Marathon
1981	Colin Youngson	Marathon
1982	Colin Youngson	Marathon
1983	Peter Wilson	Marathon
1984	George Reynolds	Marathon
1988	Fraser Clyne	Road
1989	Fraser Clyne	Road
1990	Fraser Clyne	Road
1990	Mark Davidson	400H
1990	Duncan Mathieson	Long Jump
1992	Donald Ritchie	100Km Road
1992	Mark Davidson	400H
1992	Fraser Clyne	Marathon
1992	Don Ritchie	100km Road
1993	Fraser Clyne	Marathon
1994	Fraser Clyne	Marathon
1995	Mark Davidson	400H
1995	Duncan Mathieson	Long Jump
1995	Duncan Mathieson	Decathlon
1996	Barry Middleton	400H
1996	Fraser Clyne	Marathon
1997	Barry Middleton	400H
1997	Duncan Mathieson	Decathlon
1999	Barry Middleton	400H
1999	Chris Smith	3000m Steeplechase
2004	Robert Miller	Decathlon
2010	Scot Thompson	Shot
2012	Chukwudi Onyia	TJ
2013	Chukwudi Onyia	TJ
2013	Scot Thompson	Shot
2015	Myles Edwards	1500m
2015	Will MacKay	10,000m
2015	Jools Peters	Decathlon
2015	M Kilner, M Ferguson, J Joy	3x800
2016	Will MacKay	10,000m
2016	C Symmons, M Ferguson, R Muir	3x800

SAL (formerly SAAA) Men's Indoor Champions

1988-89	Mark Davidson	400m
1989-90	Paul Allan	Heptathlon
1990-91	Mark Davidson	400m
1990-91	Duncan Mathieson	Long Jump
2003-04	Robert Miller	Long Jump
2009-10	Scot Thompson	Shot
2012-13	Sam Lyon	LJ
2013-14	Chukwudi Onyia	TJ

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

SAL (formerly SWAAA) Women's Champions

1955	Pat Bellamy	High Jump
1956	Pat Bellamy	High Jump
1956	Alice Robertson	100 yards
1956	Alice Robertson	220 yards
1959	Gwen Summers	Javelin
1960	Gwen Summers	Javelin
1962	Gwen Watt	Javelin
1985	K Madigan, J Edon, D Kitchen, C Sheehan	Medley
1986	Dawn Kitchen	400m
1990	Shona Simpson	Heptathlon
1991	Helen Cowe	Shot
1992	Helen Cowe	Shot
1992	Helen Cowe	Discus
1992	Linda Davidson	Long Jump
1993	Linda Davidson	Triple Jump
1994	Debbie Kilner	10km Road
1995	Helen Cowe	Discus
1995	Linda Davidson	Long Jump
1996	Susan Hendry	800m
1996	Sonia Armitage	Hill Running
1997	Sarah Still	Heptathlon
1999	Sarah Still	Long Jump
2006	Nicola Gauld	1500m
2007	Nicola Gauld	1500m
2011	Catriona Pennet	100H
2014	Jade Halket	Heptathlon
2015	Zoey Clark	400m
2016	Zoey Clark	400m
2016	K Stewart, K Forbes, K Young, R Matheson	4x100
2016	E Leask, J Harrison, R Matheson, K Stewart	4x400
2017	Kelsey Stewart	400
2017	Naomi Lang	5000
2017	G Carter, K Forbes, M Silcock, Rebecca Matheson	4x100

SAL Women's Indoor Champions

1999-00	Sarah Still	LJ
2003-04	Nicola Gauld	1500m
2009-10	Sonia Armitage	1500m
2012-13	Zoey Clark	60m
2014-15	Zoey Clark	60m
2015-16	Kelsey Stewart	400m
2017-18	Zoey Clark	200m

SAL (formerly SWCCU) Cross-country Champions

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

EUROPEAN CHAMPIONS, 2017 TO WINTER 2018

Veteran women (Over 40):

Fiona Davidson	TJ
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BRITISH CHAMPIONS, 2017 TO WINTER 2018

Veteran men (Over 65):

Bill Lonsdale	HJ, Pentathlon
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Senior women

Zoey Clark	400m
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Under-23 women

Kelsey Stewart	400m
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SCOTTISH CHAMPIONS, WINTER 2017 NOT INCLUDED IN THE 2017 AAAC YEARBOOK

Under-20 men

Broc Drury	Cross-country
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SCOTTISH CHAMPIONS, SUMMER 2017 TO WINTER 2018

Under-20 men

Robbie Farquhar	Indoor 60m, Heptathlon
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Under-15 boys:

Lewis Watt	Indoor 800
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Under-13 boys:

Timi Fatona	100, 200
Kai Crawford	800
Lewis Ingram	Indoor HJ

Veteran men (Over 45):

Stan Walker	100, 200, 400
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Veteran men (Over 50):

James Macgregor	HJ, Indoor HJ
Eddie McKenzie	Indoor SP

Veteran man (Over 55):

Bill Skinner	400, LJ
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Veteran men (Over 65):

Bill Lonsdale	LJ, TJ, Indoor Heptathlon
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Veteran men (Over 70):

Bob Masson	PV, DT, JT, Indoor PV
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Senior Women:

Zoey Clark	Indoor 200
Kelsey Stewart	400
Naomi Lang	5000
G Carter, K Forbes, M Silcock, R Matheson	4x100

Under-20 Women:

Rebecca Matheson	Indoor 60
Naomi Lang	1500, 3000, Indoor 3000
Alix Still	Heptathlon
Carmen Neat	Indoor HJ

Under-17 Women:

Joda Kokovworho	100
Jane Davidson	Heptathlon
Carmen Neat	Indoor HJ

Under-13 Girls:

Phoebe Armstrong	Indoor 1500
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Veteran Women (Over 35):

Nicola Gauld	5000
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Veteran Women (Over 40):

Fiona Davidson	100, LJ, TJ
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Veteran Women (Over 45):

Fiona Davidson	Indoor 60, LJ, TJ
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TRACK & FIELD, 2017

International & Representative Matches

Loughborough International

Loughborough, May 21st, 2017

Women:

Zoey Clark: 1st, 400m (52.64); 1st, 4x400m

Kelsey Stewart; 1st, 4x400m

British Schools International

Dublin, July 15th, 2017

Under-17 men:

Robbie Farquhar: 6th, 100H (times not taken); 4th, LJ (6.94m)

Fergus Rule: 4x400m

Under-17 women:

Carmen Neat: 5th, HJ (1.60m)

Celtic Games

Dublin, August 5th, 2017

Under-18 women:

Joda Kokovworho: 5th, 200m (25.96)

Naomi Lang: 1st, 3000m (9:49.49)

IAAF Championships, London, August 4th – 13th

Women:

Zoey Clark: 7th SF3, 400m (51.81); 2nd, 4x400m (3:25.00)

England Manchester International, Sportcity, August 16th, 2017

Women:

Kelsey Stewart: 3rd, 400m (54.47)

2017 UK School Games

Loughborough, September 1st, 2017

Under-17 men:

Robbie Farquhar: 3rd, 100H (13.73)

World Medallists

IAAF Championships, London, August 4th – 13th

Women:

Zoey Clark: 2nd, 4x400m (3:25.00)

European Medallists

European Masters Championships, Aarhus, July 27th to Aug 17th, 2017

Women Over-40:

Fiona Davidson: 2nd, LJ (5.21m); 1st, TJ (11.39m)

British Medallists

England Under-23 Championships, Bedford, June 18th, 2017

Women:

Kelsey Stewart: 1st, 400m (53.83)

British Masters Pentathlon Championships, Horspath, June 18th, 2017

Over-65 men:

Bill Lonsdale: 1st, 2790

British Masters Championships, Birmingham, June 24th-25th, 2017

Over-50 men:

James Macgregor: 3rd, HJ (1.65m)

Over-65 men:

Bill Lonsdale: 1st, HJ (1.35m); 2nd, TJ (8.97m)

British Championships, Birmingham, July 2nd, 2017

Women:

Zoey Clark: 1st, 400m (52.30)

British Masters Decathlon Championships, Sheffield, September 3rd, 2017

Over-65 men:

Bill Lonsdale: 2nd, 4331

Scottish Medallists

Scottish Relay Championships, Grangemouth, April 22nd, 2017

Senior Women:

Grace Carter, Katie Forbes, Maddy Silcock, Rebecca Matheson: 1st, 4x100m (47.95)

Scottish 3,000m Championships

Scotstoun, Glasgow, June 2nd, 2017

Senior men:

Broc Drury: 3rd (8:26.04)

Under-20 women:

Naomi Lang: 1st (9:45.63)

Rebecca Eggeling: 2nd (9:50.51)

Scottish Combined Events Championships

Grangemouth, July 1st - 2nd, 2017

Under-17 men:

Robbie Farquhar: 3rd, Dec (5,966)

Senior women:

Sophie Hamilton: 3rd, Hept (3,719)

Under-20 women:

Alix Still: 1st, Hept (4,791)

Under-17 women:

Jane Davidson: 1st, Hept (3,947)

Scottish Masters Championships

Grangemouth, July 1st, 2017

Over-45 men:

Stan Walker: 1st, 100m (12.32); 1st, 200m (24.83); 1st, 400m (57.31)

Over-50 men:

James Macgregor: 1st, HJ (1.60m)

Over-55 men:

Bill Skinner: 1st, 400m (63.29); 1st, LJ (4.42m); 2nd, TJ (9.26m)

Over-65 men:

Bill Lonsdale: 1st, LJ (4.45m); 1st, TJ (9.01m)

Over-70 men:

Bob Masson: 1st, PV (2.65m); 1st, DT (34.62m); 1st, JT (30.48m)

Over-35 women:

Lynsey Still: 2nd, 800m (2:36.76)

Over-40 women:

Fiona Davidson: 1st, 100m (13.19); 1st, LJ (5.08m); 1st, TJ (10.76m)

Over-55 women:

Sonia Armitage: 2nd, 800m (2:42.43); 2nd, 1500m (5:40.01)

Scottish 5,000m Championships

Crown Point, July 28th, 2017

Over-35 women:

Nicola Gauld: 1st (17:16.32)

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

Scotstoun, August 19th - 20th, 2017

Under-20 men:

Stewart Millar: 3rd, 800m (1:56.40)

Under-15 boys:

Lewis Watt: 3rd, 800m (2:08.97)

Under-13 boys:

Timi Fatona: 1st, 100m (11.99); 1st, 200m (25.44)

Kai Crawford: 1st, 800m (2:23.69)

Under-20 women:

Eilidh De Klerk: 2nd, 200m (24.88)

Naomi Lang: 2nd, 800m (2:13.00); 1st, 1500m (4:53.84)

Under-13 girls:

Angela Kelly: 3rd, DT (22.03m)

Scottish Senior and Under-17 Championships

Grangemouth, August 26th – 27th, 2017

Men:Daniel Rees: 3rd, 400H (54.62)Sam Lyon: 3rd, TJ (14.53m)**Under-17 men:**Fergus Rule: 3rd, 400m (50.53)Jack Gillespie: 2nd, 800m (1:59.45)John Angus: 2nd, SP (12.76m)Oliver Nash: 3rd, JT (42.58m)**Women:**Kelsey Stewart: 1st, 400m (54.27)Naomi Lang: 1st, 5000m (16:45.09)**Under-17 women:**Joda Kokovworho: 1st, 100m (12.29)**Scottish Disability Sport Senior Championships****Grangemouth, September 13th, 2017****T37 Men:**Lewis Clow: 1st, 100m (13.04), 200m (26.58), LJ (4.44m)**District Medallists****East District Championships****Grangemouth, May 12th-13th, 2017****Senior men:**Ewan Calder: 2nd, 400m (50.46)Robbie Shaw: 3rd, 200m (22.60)James Macgregor: 1st, HJ (1.61m)**Under-20 men:**Marcus Archer: 3rd, 200m (23.59); 3rd, 400m (51.28)Thomas Carter: 2nd, 200m (23.50)Conor Hewitson: 3rd, HT (39.10m)**Under-17 men:**Fergus Rule: 3rd, 400m (51.62)Robbie Farquhar: 1st, 100H (14.44)James McIntosh: 2nd, LJ (5.55m)John Angus: 3rd, SP (12.12m); 2nd, DT (36.05m)**Under-15 boys:**Athol Gordon: 2nd, SP (9.49m)**Under-13 boys:**Kai Crawford: 2nd, 800m (2:23.53)**Senior women:**Kelsey Stewart: 3rd, 200m (25.17)Jennifer Harrison: 3rd, 400m (61.61)Catriona Pennet: 2nd, 100H (14.92)Fiona Davidson: 3rd, TJ (10.49m)**Under-20 women:**Maddy Silcock: 1st, 100m (12.33); 1st, 200m (25.38)Katie Forbes: 2nd, 100m (12.35)Naomi Lang: 1st, 1500m (4:32.52)Grace Carter: 2nd, 100H (16.18)Grace Angus: 3rd, 100H (16.22); 3rd, LJ (4.95m)Kate MacKay: 1st, 400H (69.52)**Under-17 women:**Jane Davidson: 3rd, 80H (12.39)Carmen Neat: 1st, HJ (1.52m)**Under-15 girls:**Erin Williams: 3rd, HT (30.94m)**Under-13 girls:**Phoebe Armstrong: 1st, 1500m (5:05.91)Angela Kelly: 2nd, SP (7.58m)**North District Championships****Inverness, May 12th-13th, 2017****Senior men:**Ross Freck: 1st, 100m (11.63); 1st, 200m (23.28)Edward McKenzie: 3rd, SP (10.01m); 3rd, HT (25.12m); 1st, JT (32.67m)**Under-15 boys:**Ryan Matheson: 3rd, 100m (12.77)**Senior women:**Molly Morgan: 2nd, 400m (60.40)**Under-20 women:**Rebecca Matheson: 1st, 100m (12.43); 1st, 200m (25.06)**Club Champions****Senior men:**

Robbie Shaw (sprints)

Steven Murray (middle distance)

No award (jumps)

Eddie McKenzie (throws).

Under-20:

No Award (track)

Conor Hewitson (field)

Under-17:

Fergus Rule (track)

Robbie Farquhar (field)

Veteran: Stan Walker**Veteran Over 40:** Stan Walker**Veteran Over 50:** Bill Lonsdale**Overall age-graded:** Bob Masson**Boys****Under-15:** Athol Gordon**Under-13:** Kai Crawford**Under-11:** Dean Fearn**Senior women:**

Kelsey Stewart (sprints)

Sarah Knox (middle distance)

Fiona Davidson (jumps)

Fiona Davidson (throws)

Under-20:

Eilidh De Klerk (track)

No award (field)

Under-17:

Jane Davidson (track)

No award (field)

Veteran: No awards**Girls****Under-15:** Sophie Jennings**Under-13:** Angela Kelly**Under-11:** Anna McNeill**ROAD RUNNING, 2017****Club Champions****10km Championships****Aberdeen, May 14th, 2017****Men:** Broc Drury 31:38**Women:** Nicola Gauld 37:36**Half-Marathon Championships****Aberdeen, August 27th, 2017****Men:** James Hoad 69:01**Over-40 men:** Alistair Sey 1:43:39**Over-50 men:** Alistair Sey 1:43:39**Women:** Mella Slattery 1:51:58**FELL RUNNING, 2017****International & Representative Matches****Home Countries Junior International****Peebles, September 16th, 2017**

Under-20 women (5.8km/321m):

Anisha Badial: 7th, 31:03 (winner: Scarlet Dale, England, 29:24). Scotland 2nd team

CROSS-COUNTRY, 2017-2018 International & Representative Matches

GB and N Ireland Masters' International

Over-70 (6km):

Colin Youngson: 9th (2nd Scot), 29:13 (winner: Jim Patterson, NIR, 26:00)

Celtic Nations International

Antrim, January 11th, 2018

Under-20 women (3.6km):

Clare Stewart: 7th, 14:54 (winner: Eloise Walker, Scotland, 14:01). Team: 1 Scotland 10; 2 Ireland 20; 3 Wales 26

Scottish Inter District

Holyrood Park, Edinburgh, January 13th, 2018

Senior & Junior men (8km):

Will MacKay: 12th, 27:15; James Hoad: 37th (28:19) (winner: Kris Jones, East, 25:55). Team: 1 East 48pt; 2 Scottish Students 52; 3 West 97; 4 North 164

Under-17 men (6km):

Adam Brown: 21st, 23:06; Michael Watt: 24th, 23:27 (winner: Christian Graham, East, 20:40). Team: 1 West 38; 2 East 52; 3 North 136

Under-15 boys (4km):

Samuel Griffin: 27th 15:07; Gaspard Lecrivain: 37th, 15:30 (winner: Jack Patton, West, 13:52). Team: 1 East 45; 2 West 46; 3 North 103

Under-13 boys (3km):

Kai Crawford: 25th, 11:53; Hamish McKay: 31st, 12:06 (winner: Finlay Ross, East, 11:08). Team: 1 East 30; 2 West 64; 3 North 106

Senior & junior women (6km):

Clare Stewart: 14th (2nd U20), 23:35; Rebecca Eggeling: 30th (6th U20), 24:41 (winner: Fionnuala Ross, West, 22:27). Team: 1 East 41; 2 West 46; 3 Scottish Students 106; 4 North 217

Under-15 girls (4km):

Caitlin Purcell: 12th, 16:19; Kirsty Purcell: 26th, 17:02 (winner: Anna Hedley, East, 14:56). Team: 1 West 32; 2 East 47; 3 North 187

Under-13 girls (3km):

Phoebe Armstrong: 9th, 12:31 (winner: Katie Johnson, East, 11:38). Team: 1 East 30; 2 West 75; 3 North 99

CAU Inter Counties Championships

Loughborough, March 10th, 2018

Senior men (12km):

Will Mackay (Scotland East): 23rd, 45:27 (winner: Mahamed Mahamed, Hants, 42:23)

Under-20 women (6km):

Naomi Lang (Scotland East): 8th, 27:07; Anisha Badial (Scotland East): 33rd, 28:39 (winner: Niamh Brown, Surrey, 25:48). Team: 1 Kent 67; 2 Scotland East 71; 3 Surrey 80

Home Countries International and SIAB Schools International

Nottingham, March 24th, 2018

Under-17 men (6km):

Adam Brown: 18th, 21:05; Michael Watt: 28th, 21:49 (winner: David Stone, England, 19:29). Team: 1 England 21; 2 Ireland 80; 3 Wales 99; 4 Scotland 145

Under-15 boys (4.5km):

Sam Griffin: 22nd, 16:39 (winner: Joe Pinter, England, 15:36). Team: 1 England 31; 2 Wales 65; 3 Scotland 116

Under-20 women (6km):

Naomi Lang: 4th, 22:43; Anisha Badial: 15th, 24:01 (winner: Julia Paternain, England, 22:01). Team: 1 England 6; 2 Scotland 19; 3 Wales 34

Scottish Medallists

Lindsays Scottish Relay Championships

Cumbernauld, October 28th, 2017

Men (4x4km):

Rory Stead, James Hoad, Will Mackay, Michael Ferguson: 2nd, 51:12 (winners: Inverclyde AC, 50:50)

Lindsays Scottish Short Course Championships

Kirkcaldy, November 11th, 2017

Over-50 women (4km):

Veronique Oldham: 2nd, 16:00 (winner: Fiona Matheson, Falkirk Victoria H, 15:07)

Under-17 men (3km):

Jack Gillespie (18th), Adam Brown (19th), Nic Tierney (30th): 3rd team, 67 (winners: Kilbarchan AAC, 43)

Lindsays Scottish Championships

Falkirk, February 24th, 2018

Under-20 women (7.5km):

Naomi Lang: 3rd, 29:16 (winner: Anna MacFadyen, Edinburgh University, 29:16)

District Medallists

East District Relay Championships

Glamis, October 14th, 2017

Men (4x4km):

Rory Stead, Will Mackay, James Hoad, Michael Ferguson: 2nd, 50:22 (winners: Corstorphine AAC, 49:59)

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

Kai Crawford, Lewis Watt, Jack Gillespie, 3rd, 27:06 (winners: Edinburgh AC, 26:20)

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

Phoebe Armstrong, Caitlin Purcell, Kirsty Oldham: 3rd, 29:34 (winners: Edinburgh AC, 29:09)

Lindsays East District Championships

Deans, Livingston, December 9th, 2017

Senior men (9.6km):

Michael Ferguson: 3rd, 30:18 (winner: Jamie Crowe, Central AC, 29:58)

Under-20 men (8km):

Fraser Cruickshank (9th), Aaron Odentz (14th), Philip Neilson (15th): 3rd team, 38 (winners: Edinburgh University 18)

Under-15 boys (3.9km):

Samuel Griffin (11th), Gaspard Lecrivain (15th), Ross Macmillan (15th): 3rd team, 49 (winners: Fife AC 26)

Under-13 boys (3.2km):

Kai Crawford : 3rd, 11:34 (winner: Finlay Ross, Harmeny AC, 11:28)

Veteran women Over-50 (6.4km):

Veronique Oldham: 2nd, 26:11 (winner: Fiona Matheson, Falkirk Victoria H, 25:18)

Under-20 women (6.4km):

Clare Stewart: 2nd, 16:07; Naomi Lang: 3rd, 18:22 (winner: Kate Gallagher (Central AC, 17:46)

Naomi Lang, Anisha Badial (10th), Hannah Mutch (17th): 3rd team, 30 (winners: Central AC 25)

Under-13 girls (3.2km):

Phoebe Armstrong: 2nd, 12:14 (winner: Katie Johnson, Edinburgh AC, 12:11)

Club Champions

Aberdeen AAC Championships

Balgownie, March 10th, 2018

Senior men: Michael Ferguson

Veteran: Craig Anderson

U20: Mathias Flamenco

U17: Adam Brown

U15: Ross MacMillan

U23: Hamish McKay

U11: Finlay McKay

Senior women: Veronique Oldham (veteran)
U17: Kirsty Oldham
U15: Caitlin Purcell
U13: Kirstin Grant
U11: Anna McNeill

INDOOR TRACK & FIELD, 2017-2018

International & Representative Matches

SIAB Schools Combined Events International Emirates Arena, November 10th, 2017

Under-18 men:
Robbie Farquhar: 3rd, Pent (3431)
Under-18 women:
Jane Davidson: 11th, Pent (3166)

World Medallists

World Championships
Birmingham, March 1-4, 2018
Women:
Zoey Clark: 3rd, 4x400m (3:29.38)

British Medallists

British Championships
Birmingham, February 18th, 2018
Women:
Zoey Clark: 2nd, 400m (52.12)

British Masters' Pentathlon Championships
Lee Valley, London, February 25th, 2018
Over-65 men:
Bill Lonsdale: 2nd, Pent (2924)

Scottish Medallists

3000m Championships
Emirates Arena, January 7th, 2018
Under-20 women:
Naomi Lang: 1st, 9:49.98

Senior and Under-17 Championships
Emirates Arena, January 28th, 2018
Under-17 men:
James McIntosh: 3rd, 400m (51.87)
Women:
Zoey Clark: 1st, 200m (23.58)

Naomi Lang: 2nd, 1500m (4:31.48)
Under-17 women:
Carmen Neat: 1st, HJ (1.69m)

Relay Championships **Emirates Arena, February 3rd, 2018**

Senior women:
Joda Kokoworho, Rebecca Olaleye, Molly Morgan, Ailsa Gault: 3rd, 4x200m (1:46.93)

Combined Events Championships **Emirates Arena, February 3rd-4th, 2018**

Under-20 men:
Robbie Farquhar: 1st, Hept (4,799)
Over-65 men:
Bill Lonsdale: 1st, Hept (3,554)
Under-13 girls:
Angela Kelly: 3rd, Pent (2,524)

Masters Championships **Emirates Arena, February 4th, 2018**

Over-45 men:
Stan Walker: 3rd, 60m (7.98); 2nd, 200m (26.41)
Over-50 men:
James Macgregor: 1st, HJ (1.62m)
Eddie McKenzie: 1st, SP (10.34m)
Over-55 men:
Bill Skinner: 2nd, TJ (9.34m)
Over-70 men:
Bob Masson: 1st, PV (2.47m)
Over-40 women:
Anne Howie: 3rd, 1500m (5:22.15)
Over-45 women:
Fiona Davidson: 1st, 60m (8.25); 1st, LJ (5.14m); 1st, TJ (10.45m)

Under-20, Under-15 & Under-13 Championships **Emirates Arena, March 10th-11th, 2018**

Under-20 men:
Robbie Farquhar: 1st, 60m (7.13); 3rd, 60H (8.40)
John Angus: 3rd, SP (12.13m)
Under-15 boys:
Timi Fatona: 3rd, 200m (24.47)
Lewis Watt: 1st, 800m (2:06.75)
Under-13 boys:
Lewis Ingram: 1st, HJ (1.41m)
Under-20 women:
Rebecca Matheson: 1st, 60m (7.77)
Rebecca Eggeling: 2nd, 800m (2:10.62); 2nd, 1500m (4:35.54)
Carmen Neat: 1st, HJ (1.68m)
Kate MacKay: 3rdeq, HJ (1.58m)
Under-13 Girls:
Phoebe Armstrong: 1st, 1500m (5:09.43)
Angela Kelly: 3rd, HJ (1.41m); 2nd, SP (9.95m)

An Athletes Journey A Profile of Zoey Clark



Zoey has been a member of Aberdeen Amateur Athletic Club since 2010. She was talent spotted at her local school, Aberdeen Grammar, and encouraged and persuaded by her guidance teacher amongst others to go along to Aberdeen Sports Village with her father, who said to Eddie McKenna (now her coach): "They say at school she is pretty fast!"

Zoey has always been involved in lots of sport, playing touch rugby, and was also a dancer and has done rock climbing!

On her first time trial she clocked 8.40 for 60m. Eddie immediately saw in Zoey the potential for much, much more. Initially confined to running 60m, 100m and 200m, Zoey made an immediate impact in age group championships, winning U17 medals, and very quickly was turning heads in Scottish Athletics circles. In the spring of 2011, Eddie McKenna threw her into a 400m time trial with AAAC runner Andrew Ferguson, which she ran in 60 seconds extremely easily!

By July of that year Zoey was the youngest member of the GB U20 junior squad (not yet 16) having run 400m only three or four times in her life! In the European U20 championships in Tallinn, Estonia that year, she made her debut in the heats of the 4x400m. The team went on to win GOLD and Zoey was awarded her first European 4x400m medal.

The following year she was not selected to run in the world junior championships despite having achieved two standards. In 2015 Zoey went on to win European gold, helping to set the current European record in the 4x400m, again in Tallinn, Estonia.

Her times from 60m to 400 put her in the top 10 all-time Scottish women in these events and she is the current Indoor 200m native and national record-holder.

Now a senior British athlete, in August 2017 Zoey competed at the highest level of her sport, in the world championships in London, and won a silver medal for her part in the 4x400m relay.

Zoey Clark has therefore achieved in her first season as a senior athlete what only five other Scottish athletes have ever achieved, namely a silver medal in the world championships. She has followed that in 2018 by reaching the final of the world indoor 400m in Birmingham, and also winning a bronze medal there in the 4x400m.

However, at the start of the season (September 2016) Zoey was still recovering from an injury which had hampered her 2015/16 season, and she had to overcome a bad chest infection which meant she could not take part in any indoor competitions. Her outdoor season started at the British Universities where she won a gold medal in the 400m. She went on to win her first senior international 400m at the

Loughborough International. Her first outings in the early outdoor season saw Zoey gain three qualifying standards for the forthcoming Commonwealth Games in the Gold Coast, Australia, and a world qualifying standard in the 400m. She became the British champion in the 400m at her first senior attempt in Birmingham after beating the legendary Christine Ohuruogu in the heat. At the world championships in London she was the only British runner in the 400m to get to the semi-final, and was part of the British team to win an extraordinary silver medal in the 4x400m relay. Zoey is the only Aberdeen athlete to have ever reached the world championships, and her achievement is worthy of recognition in the city where she lives and trains.

Zoey has managed to complete a master's degree in engineering from the University of Aberdeen (graduating first class), and was awarded the prize for top engineering student of the year. This is remarkable as she has missed no training sessions and has left no stone unturned in seeking to fulfil her training goals. Benefitting from her strength and conditioning programme, she has adapted and managed to continue training appropriately when injured, following to

the letter any programme set for her by physiotherapists and coaches. Her attention and focus to training is well known by the track and field fraternity in Aberdeen. She is a consummate professional and inspires other athletes in the gym and on the track by her commitment and dedication, as is evident from the press and social media. Her coach describes her as the most committed athlete he has coached in 20 years.

Zoey Clark is a truly inspirational person. She is naturally reserved and humble and success has not gone to her head. Dedicated and a hard worker, she has conducted herself with true distinction and in this first year of her senior career she has quickly established herself as a very important member of both Scottish Athletics and GB teams, gaining a track record of performing at the highest level when it counts. She is keen to demonstrate that success can be achieved here in Aberdeen and that athletes do not need to move further afield to develop their career. Modest, kind and generous with her time for younger athletes, she is a true champion and a great role model for the club

Kindly provided by Eddie McKenna

ABERDEEN AAC'S CLUB PERFORMANCES IN 2017

Scottish Men's League (Div.1)

1	Aberdeen AAC	32
2	Central AC	26
3	VP Glasgow	21
4	Inverness Harriers	19
5	Kilbarchan AAC	18
6	Pitreavie AAC	13
7	Lasswade AAC	8
8	Arbroath & District AC	6

Scottish Women's League

1	Edinburgh AC	22
2	VP Glasgow	18
3	Aberdeen AAC Select (1174)	17
4	Tayside & NE Fife (1105)	17
5	Forth Valley (1046.5)	17
6	Lothian	9
7	Team West	7
8	Pitreavie AAC	2

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

1	Island Team	23
2	Aberdeen AAC	22
3	Dundee Hawkhill Harriers	17
4	Team North	16
5	Inverness Harriers	15
6	Arbroath & District AC	9
7	Banchory Stonehaven AC	5
8	Montrose and Perth	4

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

1	Inverness Harriers	23
2	Island Team	22
3	Dundee Hawkhill Harriers	18
4	Aberdeen AAC (998)	14
5	Team North (972)	14
6	Banchory Stonehaven AC	9
7	Montrose and Perth	5
8	Arbroath & District AC	4

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

1	Island Team	156
2	Aberdeen AAC	154
3	Ayr Seaforth	143
4	VP Glasgow	129
5	Giffnock North	124
6	Team North Lanarkshire	113
7	Edinburgh AC	99
8	Team South Lanarkshire	76

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

Aberdeen AAC – not qualified

RAM Grampian League (East Section) – Men

1	Aberdeen AAC	31
2	Dundee Hawkhill Harriers	29
3	Banchory Stonehaven AC (630.5)	19
4	Arbroath & District.AC (612)	19

5	Fife AC	17
6	Ellon AAC & Peterhead AAC	15
7	Perth Straththay Harriers	8
8	Montrose & District AC	6

RAM Grampian League (East Section) – Women

1	Dundee Hawkhill Harriers	32
2	Aberdeen AAC	27
3	Ellon AAC & Peterhead AAC	21
4	Arbroath & District AC	19
5	Banchory Stonehaven AC	17
6	Fife AC	15
7	Perth Straththay Harriers	9
8	Montrose & District AC	4

RAM Grampian League – Final

Aberdeen AAC placings:

Senior Men:	4th
U17 Men:	3rd
U15 Boys	1st
U13 Boys	3rd
U11 Boys	1st
Senior women	2nd
U17 Women:	1st
U15 Girls:	3rd
U13 Girls:	3rd
U11 Girls:	not qualified

East District Cross-Country League 2016-2017

Overall Men:

1	Edinburgh AC	1326
2	Aberdeen AAC	1494

Senior Men:

1	Central AC	312
4	Aberdeen AAC	658

U17 Men:

1	Fife AC	59
5	Aberdeen AAC	253

U15 Boys:

1	Corstorphine AAC	103
7	Aberdeen AAC	281

U13 Boys:

1	Aberdeen AAC	73
2	Corstorphine AAC	126

U11 Boys:

1	Harmeny AC	96
5	Aberdeen AAC	119

Overall Women:

1	Central AC	689
5	Aberdeen AAC	1256

Senior Women:

1	Edinburgh AC	63
13	Aberdeen AAC	688

U17 Women and U15 Girls combined:

1	Edinburgh AC	122
2	Aberdeen AAC	128

U13 Girls:

1	Edinburgh AC	69
7	Aberdeen AAC	418

U11 Girls:

1	Fife AC	75
12	Aberdeen AAC	589

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

ALL TIME TOP 20s - SENIOR EVENTS

MEN 60m

7.0	MARK DAVIDSON	CA Stadium	03.04.94	35.8	Daniel Rees	CA Stadium	16.05.16
7.0	MURRAY KING	Balgownie	02.09.88	35.9	Paul Davidson	CA Stadium	06.04.97
7.0	BARRY MIDDLETON	CA Stadium	06.04.97	36.3	Ray Elrick	CA Stadium	05.04.98
7.0	STAN WALKER	Grangemouth	29.03.87	36.3	Murray King	CA Stadium	07.04.96
7.03	Desmond Ojei	CA Stadium	30.08.17	36.46	Ewan Calder	CA Stadium	17.05.17
7.1	Martin Johnston	Balgownie	06.06.84	36.6	Richard Gray	CA Stadium	06.04.03
7.1	Duncan Mathieson	Balgownie	02.09.88	36.6	Stuart Mathieson	CA Stadium	10.08.97
7.1	Donald Ross	CA Stadium	03.04.94	36.70	Marcus Archer	CA Stadium	17.05.17
7.1	Ray Smith	Balgownie	02.07.85	36.82	Robbie Shaw	CA Stadium	29.08.13
7.2	Ahmed Al-Kowarri	CA Stadium	07.04.02	37.0	Cameron Brown	CA Stadium	28.08.14
7.2	Paul Davidson	CA Stadium	03.04.94	37.07	David Irvine	CA Stadium	16.05.16
7.2	Bob Drummond	CA Stadium	04.04.93	37.1	Alasdhair Love	CA Stadium	18.07.93
7.2	Neil Fachie	CA Stadium	02.04.06	37.1	Colin Wilson	CA Stadium	26.07.92
7.2	Kenny Lyon	Balgownie	02.09.88	37.1	Christian V-Hristov	CA Stadium	16.05.16
7.2	Lee Williamson	CA Stadium	05.04.09	37.3	Gareth Lake	CA Stadium	16.05.16
7.23	Gavin Irvine	CA Stadium	06.04.13				
7.3	Ray Elrick / Alasdhair Love		95 / 95				
7.3	Stuart Mathieson / Kevin Morice		98 / 00				
7.3	Craig Loney / Ian Garioch		02 / 08				
7.3	Sam Lyon		12				

MEN 100m

10.50	MARK DAVIDSON	Crown Point	12.08.89
10.56	Stephen Dunlop	Eton	10.05.14
10.7	Martin Johnston	Grangemouth	27.04.85
10.77	Desmond Ojei	Grangemouth	26.08.17
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
10.85	Ryan Oswald	Grangemouth	16.07.16
10.9	Michael Catto	Balgownie	20.04.80
10.9	Richard Chessor	Meadowbank	27.04.03
10.9	Brian Gordon	Balgownie	17.05.72
10.90	Gavin Irvine	Scotstouin	30.08.14
10.9	Alan Mackenzie	Meadowbank	09.06.73
10.91	Barry Middleton	Meadowbank	05.06.96
10.92	Paul Allan	Stadthagen	23.06.90
10.94	Ian Garioch	Inverness	12.04.08
11.0	Duncan Mathieson	Iceland	01.07.90
11.0	David Oliver	Balgownie	27.04.76
11.0	Don Oliver	Arboretum	15.05.74
11.00	Robbie Shaw	CA Stadium	06.05.17

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
21.62	Stephen Dunlop	Dublin	29.05.16
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
22.23	Robbie Shaw	CA Stadium	23.07.17
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
22.55	Christian V-Hristov	CA Stadium	23.07.17
22.6	Alexander Carnie / Bruce Gibb		89 / 09

MEN 300m

34.4	MARTIN JOHNSTON	Grangemouth	10.03.85
34.8	Barry Middleton	CA Stadium	06.04.97
35.1	Mark Davidson	CA Stadium	05.04.92
35.30	Sam Lyon	CA Stadium	29.08.13
35.4	Ahmed Al-Kowarri	CA Stadium	07.04.96
35.5	Ronald Smith	London (Par Hill)	12.04.09

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
49.16	Robbie Shaw	CA Stadium	31.05.17
49.20	Duncan Mathieson	Stadthagen	23.06.90
49.32	Paul Allan	Middlesbrough	31.08.91
49.45	Michael Ferguson	CA Stadium	25.08.13
49.58	Paul Davidson	Meadowbank	16.06.96
49.64	Daniel Rees	Grangemouth	09.07.16
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
50.46	Ewan Calder	Grangemouth	13.05.17
50.50	Richard Singer	Meadowbank	23.06.95

MEN 800m

1:49.3	EWAN CALVERT	Stretford	23.08.94
1:50.37	Myles Edwards	Lokeren (BEL)	24.05.14
1:51.5	Rory Muir	Chester-le-Street	25.07.16
1:51.78	Michael Ferguson	Glasgow (H)	03.06.16
1:52.4	Michael Murray	Inverness	19.08.84
1:52.91	Alan Wales	Loughborough	18.05.05
1:53.00	Thomas Blackie	Meadowbank	22.06.85
1:53.4	Frank Boyne	CA Stadium	18.07.93
1:53.46	Adam Watt	Manchester	31.05.03
1:53.5	Ross Arbuckle	Pitreavie	27.05.79
1:53.51	James Joy	Solihull	10.07.10
1:54.24	Ray Creswell	Meadowbank	05.06.88
1:54.3	Brian Gordon	Meadowbank	23.06.73
1:54.7	David Stephen	Balgownie	28.07.84
1:54.8	Colin Donald	Crawley	21.07.84
1:54.82	Mark Haskett	Grangemouth	20.06.10
1:54.9	Michael Turner	Cosford	05.07.89
1:54.9	Lewis Walker	Meadowbank	08.05.77
1:54.91	Stuart Forbes	Manchester	31.05.03
1:55.04	Mark Kennedy	Manchester	21.05.05

MEN 1500m

3:44.67	ALAN WALES	Manchester	15.07.06
3:45.27	Michael Ferguson	Watford	28.05.16
3:46.91	Myles Edwards	Stretford	22.07.14
3:48.95	Frank Boyne	Solihull	21.08.94
3:49.7*	Bill Ewing	Pitreavie	29.06.66
3:50.0	Ray Creswell	Crown Point	31.08.88
3:50.58	Michael Murray	Meadowbank	01.07.84
3:51.8	Michael Turner	Cosford	14.06.89
3:52.50	Rory Muir	Glasgow (C)	29.07.16
3:52.6*	Steve Taylor	New Meadowbank	22.06.62
3:53.3	Robert Mitchell	Cwmbran	04.07.81
3:53.55	Mark Haskett	Watford	11.06.11
3:53.9	Stephen Wright	Gateshead	01.07.92

3:53.95	David Stephen	Meadowbank	22.06.85	31:09.1	Colin Farquharson	Balgownie	04.06.85
3:54.32	Ben Hukins	Scotstoun	28.07.00	31:11.4	Michael Murray	CA Stadium	04.05.89
3:54.7*	Mel Edwards	Chiswick	25.07.64	31:15.5	Charles McIntyre	Balgownie	04.06.85
3:55.1	Fraser Clyne	Coatbridge	28.06.81	31:22.7	Ray Creswell	Meadowbank	03.07.92
3:55.8	Ross Arbuckle	Meadowbank	26.08.79	31:38.3	Alan Reid II	Inverness	19.09.87
3:55.9	Colin McClean	Grangemouth	14.05.86	*6-mile race (shorter distance)			
3:56.39	Ewan Calvert	Meadowbank	30.05.92				

*Converted from mile time

MEN 3000m

8:14.6	FRASER CLYNE	Grangemouth	28.05.81
8:18.8	Graham Laing	Brisbane	25.09.82
8:19.5	Mel Edwards	Twickenham	25.08.68
8:22.8	Bill Ewing	Varnamo	07.08.68
8:23.07	Stephen Wright	Gateshead	15.07.92
8:24.82	Ray Creswell	Meadowbank	12.07.89
8:26.04	Broc Drury	Glasgow (S)	02.06.17
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
8:35.93	Michael Ferguson	Glasgow (C)	29.07.16
8:36.08	Rory Muir	Grangemouth	03.08.16
8:36.69	Iain Donnan	Scotstoun	30.08.03
8:39.1	David Duguid	CA Stadium	23.07.89
8:39.47	Will MacKay	Glasgow (C)	03.06.16

MEN 5000m

14:18.90	IAN MATHESON	Crown Point	22.07.89
13:46:0*	STEVE TAYLOR	Pitreavie	08.06.66
14:19.62	Fraser Clyne	Meadowbank	20.06.81
14:20.5	Graham Laing	Meadowbank	30.05.81
14:20.58	Chris Hall	Birmingham	22.05.88
14:22.5	Mel Edwards	Crystal Palace	20.08.68
13:55.2*	Alastair Wood	Westerlands	12.06.62
	14:48.0	Meadowbank	07.05.82
14:26.6	Bruce Chinnick	Inverness	23.05.87
14:28.77	Alan Reid II	Grangemouth	26.08.89
14:30.06	Michael Ferguson	Bedford	01.05.17
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
14:37.00	Broc Drury	Bedford	01.05.17
14:42.5	Gary Zeuner	Crown Point	13.06.87
14:45.08	Will MacKay	Oxford	18.07.15
14:45.59	Ben Hukins	Grangemouth	17.04.11
14:45.73	Ray Creswell	Meadowbank	05.08.90
14:47.9	Peter Wilson	Balgownie	24.05.83
14:48.0	Donald Ritchie	Grangemouth	31.05.69

*3-mile race (shorter distance)

MEN 10,000m

29:23	FRASER CLYNE	Balgownie	06.05.83
29:23	GRAHAM LAING	Balgownie	06.05.83
28:27.0*	Mel Edwards	Grangemouth	23.06.67
28:45.0*	Alastair Wood	Linksfield	05.06.68
	30:25.4	Grangemouth	27.06.69
29:02.0*	Steve Taylor	Linksfield	31.05.67
	30:18.6	Meadowbank	25.06.71
30:26.62	Chris Hall	Haringey	20.08.88
30:28.0	Peter Wilson	Balgownie	24.05.83
30:30.35	Will MacKay	Hutcheson's	17.04.15
30:34.0	Jim Doig	CA Stadium	08.05.90
30:41.9	Ian Matheson	Grangemouth	16.06.85
30:54	Donald Ritchie	Meadowbank	21.08.71
30:56.0	Chris Armstrong	Wishaw	17.05.87
30:56.0	Craig Ross	Balgownie	06.04.83
30:58.2	Graham Milne	Balgownie	24.04.84
31:04.8	David Duguid	CA Stadium	04.05.89

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
68.07	Will Mackay	Lossiemouth	19.02.17
68:36	David Duguid	Linksfield	27.08.89
68.38	James Hoad	Glasgow	01.10.17
68:42	Craig Ross	Blairgowrie	20.08.83
68:48	Jim Doig	Inverness	18.03.90
68:55	Will MacKay	Lossiemouth	08.02.15

MEN MARATHON

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

MEN 3000m STEEPLECHASE

8:47.8	BILL EWING	Grangemouth	08.06.68
9:05.87	Gary Zeuner	Meadowbank	20.06.87
9:06.3	Frank Boyne	Crown Point	15.08.93
9:08.1	Fraser Clyne	Meadowbank	07.07.79
9:08.11	Stephen Wright	Crown Point	06.07.91
9:13.9	David Duguid	Balgownie	02.09.87
9:14.46	Ray Creswell	Crown Point	22.07.89
9:20.8	Chris Armstrong	Cosford	16.06.87
9:28.6	Ian Matheson	Ayr	19.06.88
9:30.6	Michael Turner	Meadowbank	28.07.85
9:33.19	Philip Stankler	Meadowbank	06.07.86
9:33.9	Alan Reid II	Inverness	16.05.93
9:36.5	Robin Sutherland	Coatbridge	17.05.92
9:37.64	David Munro	Grangemouth	05.08.12
9:40.79	Chris Smith	Scotstoun	26.06.99
9:41.0	Ian Johnstone	Balgownie	08.05.77
9:42.6	Michael Murray	Balgownie	03.06.86
9:47.2	Graham Laing	Balgownie	11.09.77

9:48.1	Mark Caird	Crown Point	26.05.91
9:48.3	Raph Murray	Meadowbank	30.05.81

MEN 110m HURDLES

14.9	DUNCAN MATHIESON	CA Stadium	12.06.90
15.27	Ryan Hewitson	Grangemouth	13.08.17
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
15.62	Daniel Rees	Lee Valley	03.06.17
15.63	Tom Leeson	Ayr	21.07.96
15.65	Robert Miller	Hexham	18.07.04
15.7	Ivan Van Cleef	Meadowbank	29.04.01
16.2	Steven Ledingham	Pitreavie	12.05.85
16.4	David Polson	Balgownie	17.04.83
16.6	Michael Catto	Balgownie	17.05.80
16.6	Mark Dobbie	Kilkenny	27.08.95
16.19	Daniel Rees	Meadowbank	30.08.15
16.6	Allan Kenny	Coatbridge	16.05.76
16.8	Dinkar Sabnis	Cardiff	30.08.92
16.9	Martin Hoile	Balgownie	13.04.80
17.0	Jonathan Gregory	Dundee	22.08.99
17.0	David Low	Coatbridge	12.05.92
17.0	Keith Oag	Inverness	20.08.95

MEN 400m HURDLES

50.79	MARK DAVIDSON	Sittard	17.06.89
51.18	Barry Middleton	Birmingham	16.06.96
52.95	Daniel Rees	Bedford	01.05.17
53.70	Steve Ledingham	Meadowbank	25.05.85
54.15	Jonathan Mann	Gateshead	15.06.12
54.98	Andrew Grant	Scotstoun	14.08.04
55.1	Robert Miller	Dundee	11.07.04
56.1	Paul Allan	CA Stadium	29.06.89
56.50	Ronald Smith	Grangemouth	11.07.99
56.6	Alasdair Love	Ayr	18.07.95
56.66	Seumas Thomson	Grangemouth	13.08.17
56.8	Murray King	Crown Point	07.06.86
57.1	Denis Shepherd	Balgownie	09.09.79
57.82	Sam Lyon	Grangemouth	12.06.10
58.0	Richard Singer	CA Stadium	06.06.96
58.3	Kenny Lyon	Balgownie	31.08.80
58.4	Brian Turnbull	Balgownie	10.09.78
58.44	Edward McKenzie	Meadowbank	19.08.84
58.59	Gareth Lake	CA Stadium	25.07.13
58.9	Frank Boyne	Balgownie	13.08.85

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

79/79/80/82/89/92/96/03/04/15/17

MEN POLE VAULT

4.25	JOOLS PETERS	Grangemouth	26.08.17
4.20	Duncan Mathieson	London	07.07.90
4.00	Paul Allan	Meadowbank	14.07.93
4.00	David Mann	Grangemouth	21.07.13
3.91	Douglas McAllister	Meadowbank	27.08.78
3.90	Tom Leeson	Ayr	21.07.96
3.90	Alasdair Lowe	Kilmarnock	28.05.16
3.75	Kenny Lyon	Meadowbank	06.07.86
3.70	Robert Masson	Meadowbank	07.09.80
3.68	Robbie Farquhar	Manchester	13.08.17
3.61	Callum Robertson	Grangemouth	22.04.17
3.50	Mark Dobbie	CA Stadium	16.07.95
3.50	Frank Fenton	Balgownie	26.04.79
3.50	Daniel Rees	Grangemouth	12.07.15
3.40	Fraser Benzie	Grangemouth	25.06.00
3.40	Michael Kennedy	Balgownie	28.04.84
3.40	Sam Lyon	Grangemouth	20.06.10
3.37	Hamish Leeson	Kilmarnock	14.05.16
3.35	Derek Beaton	Meadowbank	09.08.92
3.35	Miller Mathieson	Balgownie	02.04.84

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
7.05	Sam Lyon	Scotstoun	10.08.13
6.98	Paul Allan	Prague	26.05.90
6.94	Robbie Farquhar	Dublin	15.07.17
6.91	Charles Smith	Linksfeld	10.06.63
6.88	Chukwudi Onyia	Grangemouth	20.04.14
6.87	Robert Miller	CA Stadium	18.05.03
6.83	Murray King	Balgownie	15.06.88
6.82	Derek Elmslie	Heriot-Watt	07.05.77
6.78	James Laird	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	31.08.96
6.67	Michael Catto	Balgownie	02.08.80
6.66	Michael Ashford	Meadowbank	29.06.74
6.65	Mark Dobbie	Meadowbank	15.05.94
6.63	Simon Sawhney	CA Stadium	20.05.07

MEN TRIPLE JUMP

15.16	CHUKWUDI ONYIA	Eton	06.07.13
14.81	Sam Lyon	CA Stadium	15.08.15
14.55	William Stark	Crown Point	11.06.95
14.43	Stan Malone	Grangemouth	12.05.79
14.42	Duncan Mathieson	Birmingham	15.07.90
14.09	Dinkar Sabnis	Banchory	29.08.91
13.68	Paul Allan	CA Stadium	14.06.89
13.58	Kenny Lyon	Meadowbank	06.07.86
13.57	James Laird	Dundee	17.09.60
13.52	Miller Mathieson	Meadowbank	19.08.84
13.43	John Waters	Linksfeld	19.06.61
13.27	Stewart Clark	Grangemouth	14.08.11
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	D Parham/S Ledingham		77 / 83

MEN SHOT

16.29	GORDON SMITH	Banchory	01.05.94
16.28	Scot Thompson	Newham	22.08.09
14.42	Paul Allan	Crown Point	15.08.93
14.21	Bruce Shepherd	Inverness	05.04.92
13.79	James Laird	Dundee	23.04.67
13.55	Duncan Mathieson	Linwood	19.07.97

13.45	Craig Anderson	CA Stadium	19.04.98	52.96	Paul Allan	Hendon	25.08.91
13.42	Bruce MacKay	Newtonmore	04.08.76	52.86	Tom Leeson	CA Stadium	28.04.96
13.12	Tekis Lekkas	Inverness	02.08.98	49.62	Michael Spink	CA Stadium	02.04.95
13.04	Darren Chapman	CA Stadium	18.04.10	49.26	Keith Simpson	Scotstoun	14.06.98
12.90	Peter Venters	Grangemouth	11.07.82	47.98	Edward McKenzie	CA Stadium	11.05.91
12.45	Fintan McCabe	Grangemouth	13.07.08	46.54	Sam Lyon	Grangemouth	13.07.14
12.09	Tom Leeson	Ayr	20.07.96	46.51	Jools Peters	Belfast	14.08.16
11.90	Graham Porterfield	Grangemouth	16.07.16	45.92	Kenny Lyon	CA Stadium	02.04.89
11.86	John Fyvie	CA Stadium	26.06.14	45.88	Mark Dobbie	Pitreavie	02.06.96
11.82	Edward McKenzie	Inverness	13.05.01				
11.82	David Minty	Inverness	12.09.92				
11.80	Padraig White	Pitreavie	24.04.10				
11.79	Jools Peters	Belfast	13.08.16				
11.58	Jack Davidson/Craig Loney		80 / 02				

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	Linksfield	17.05.67
36.15	Fintan McCabe	Inverness	12.04.08
35.98	Tom Leeson	CA Stadium	21.05.95
35.20	John McCorquodale	Birmingham	19.06.77
35.12	Douglas McAllister	Coatbridge	14.08.77
34.91	John Fyvie	Grangemouth	08.05.16
34.78	Edward McKenzie	Inverness	11.09.94
34.04	Jools Peters	Grangemouth	06.07.14
33.95	Robert Miller	Inverness	12.09.04
33.92	Robert Masson	Inverness	13.06.92
33.70	Ian Christie	Meadowbank	17.06.84
33.66	Peter Fraser	Greenock	26.04.98

MEN HAMMER

62.73	PADRAIG WHITE	Pitreavie	24.04.10
53.18	Bruce Shepherd	Inverness	13.07.96
49.44	Scot Thompson	CS Stadium	19.08.10
44.63	John Fyvie	Grangemouth	08.05.16
41.87	Barry Dobbie	CA Stadium	18.04.99
41.68	Peter Venters	Balgownie	29.05.83
41.48	Craig Loney	Inverness	11.05.03
41.38	David Minty	East Kilbride	26.04.92
41.22	Graham Applegate	Meadowbank	06.05.73
40.31	Matthew Maitland	Scotstoun	14.07.02
39.38	Paul Allan	Crown Point	18.06.89
39.01	Peter Fraser	CA Stadium	18.04.99
37.41	Graham Porterfield	CA Stadium	02.07.16
37.04	Bruce MacKay	Grangemouth	02.05.70
35.64	David Robinson	Coatbridge	22.07.79
34.19	Conor Hewitson	CA Stadium	25.06.17
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

MEN JAVELIN

OLD:			
56.02	JOHN WATERS	Linksfield	15.05.61
54.64	Kenneth McKenzie	Linksfield	23.05.71
52.98	Roger Benton	Meadowbank	29.06.86
52.42	John Wiseman	Scotstoun	14.06.75
49.40	James Laird	Linksfield	03.05.62
NEW:			
58.75	PETER FRASER	Greenock	26.04.98
57.70	Ben Jump	Meadowbank	02.08.92
57.14	Robert Miller	Walthamstow	18.08.02
55.90	Duncan Mathieson	Stadthagen	24.06.90
55.65	Ryan Knight	Dundee	07.08.11
55.45	Scot Thompson	Hendon	04.09.10

MEN DECATHLON (TOP 19)

OLD:			
5694	KENNY LYON	Balgownie	02/03.08.80 (11.50; 6.57; 9.04; 1.77; 53.0; 17.9; 24.26; 3.20; 39.36; 4:33.9)
5474	Douglas McAllister	Balgownie	21/22.08.76 (11.02; 6.02; 9.90; 1.57; 55.0; 17.6; 31.16; 3.75; 31.90; 5:18.7)
5188	Robert Masson	Grangemouth	11/12.07.81
5124	Michael Catto	Glenrothes	12/13.06.80
5028	Allan Kenny	Scotstoun	19/20.07.75
4727	Steven Ledingham	Grangemouth	04/05.08.84
4640	David Oliver	Balgownie	30/31.07.77
4529	Edward McKenzie	Coatbridge	17/18.05.86
3960	Ray Smith	Balgownie	02/03.08.80
NEW:			
7535	DUNCAN MATHIESON	Stadthagen	23/24.06.90 (11.06; 7.27; 12.94; 2.07; 49.20; 15.03; 36.54; 4.10; 55.90; 4:42.64)
7240	Paul Allan	Hendon	24/25.08.91 (11.28; 6.92; 13.82; 1.94; 49.99; 16.03; 43.52; 3.70; 52.96; 4:31.9)
6371	Tom Leeson	Antrim	31.08/01.09.96 (11.65; 6.69; 11.57; 1.79; 52.86; 15.56; 35.40; 3.80; 52.12; 5:12.97)
6058	Robert Miller	Hexham	17/18.07.04
5915	Mark Davidson	Stoke	25/26.06.87
5397	Paul Torry	Bedford	14/15.07.01
5264	Kenny Lyon	CA Stadium	22/23.06.91
5203	Dinkar Sabnis	Cardiff	29/30.08.92
5179	Jools Peters	Belfast	13/14.08.16
5164	Mark Dobbie	Kilkenny	26/27.08.95
4053	Edward McKenzie	Rotherham	17/18.09.05
3711	Kevin Morice	Grangemouth	14/15.07.07

MEN 4x100m RELAY (TOP 10)

42.1	MATHIESON, KING, DRUMMOND, DAVIDSON	Meadowbank	14.08.88
42.21	Mathieson, King, Walker, Davidson	Meadowbank	28.05.88
43.0	Mathieson, Stark, P Davidson, M Davidson	Crownpoint	11.06.95
43.22	D Irvine, Hristov, S Lyon, Oswald.	CA Stadium	12.06.16
43.3	Mathieson, Reaper, Davidson, King	Meadowbank	17.08.86
43.3	Mathieson, King, Allan, Davidson	Crown Point	17.07.88
43.3	Mathieson, Allan, Drummond, Davidson	Crown Point	17.06.90
43.39	D Irvine, G Irvine, S Lyon, Ojei	Grangemouth	27.08.16
43.4	Drummond, Davidson, Lyon, Allan	Ayr	21.05.89
43.4	Lyon, King, Davidson, Sabnis	CA Stadium	28.04.91
43.4	D Mathieson, Middleton, Drummond, Elrick	Grangemouth	03.08.97

MEN 4x400m RELAY (TOP 10)

3:19.3	P DAVIDSON, MATHIESON, MIDDLETON, AL-KOWARRI	Grangemouth	03.08.97
3:19.5	P Davidson, Singer, Middleton, M Davidson	Meadowbank	06.08.95
3:21.0	Walker, M Davidson, King, Allan	Dundee	26.06.88
3:22.0	Rees, Ferguson, Calder, Nelson	CA Stadium	03.07.16
3:22.9	Al-Kowarri, Middleton, P Davidson, M Davidson	CA Stadium	28.04.96

3:22.94	King, Smith, Mathieson, M.Davidson	Meadowbank	23.08.87
3:23.42	Calder, Millar, Rule, G Irvine	Grangemouth	13.08.17
3:23.56	Muir, Calder, Nelson, Ferguson	CA Stadium	12.06.16
3:23.6	Ledingham, Murray, Creswell, Johnston	Meadowbank	21.08.83
3:24.27	Rees, Millar, Nelson, Muir	CA Stadium	22.08.16

WOMEN 60m

7.5	DAWN KITCHEN	Balgownie	02.07.85
7.7	Katrina Leys	CA Stadium	04.04.93
7.7	Sarah Still	CA Stadium	01.04.01
7.8	Dawn Flockhart	CA Stadium	02.04.95
7.8	Kathleen Madigan	Balgownie	28.05.86
7.9	Aileen Connelly	CA Stadium	03.04.05
7.9	Linda Davidson	CA Stadium	03.04.94
7.9	Catrina Pennet	CA Stadium	06.04.03
7.9	Kim Smith	Grangemouth	29.03.87
7.9	Susan Tengtanga	CA Stadium	05.04.09
7.9	Fiona Watt	CA Stadium	06.04.97
7.9	Alison Wylie	CA Stadium	03.04.11
8.0	Yasmin Milne	CA Stadium	03.04.11
8.0	Gail Murchie	CA Stadium	03.04.94
8.0	Louise Paterson	CA Stadium	05.04.92
8.0	Donna Quirie	CA Stadium	03.04.94
8.0	Angela Shearer	CA Stadium	07.04.02
8.0	Helen Windass	CA Stadium	06.04.97
8.08	Joda Kokoworho	CA Stadium	30.08.17
8.1/8.10	N Kemp/J Lyon/S Middleton/K Young/Z Clark/ K Forbes	95 / 97 / 00 / 05 / 10 / 16	

WOMEN 100m

11.54	ZOEY CLARK	Bromley	16.07.17
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
12.04	Maddy Silcock	Loughborough	21.05.17
12.09	Katie Forbes	Bedford	17.06.17
12.1	Katrina Leys	Crown Point	16.08.92
12.1	Kim Smith	Inverness	19.04.87
12.12	Aileen Connelly	Belfast	10.06.06
12.12	Rebecca Matheson	CA Stadium	06.09.15
12.2	Fiona Auld	Balgownie	22.08.76
12.2	Hayley Bowers	Peterhead	24.05.98
12.2	Zoey Clark	Perth	01.05.11
12.2	Dawn Kitchen	Dundee	25.08.85
12.2	Kathleen Madigan	Dundee	25.07.87
12.22	Eilidh De Klerk	Glasgow (S)	09.08.17
12.28	Gwen Vaughan	Meadowbank	14.06.86
12.29	Joda Kokoworho	Dublin	05.08.17
12.34	Roisin Harrison	CA Stadium	25.06.17
12.37	Lesley-Ann Mearns	Birmingham	13.08.05

WOMEN 200m

23.14	ZOEY CLARK	Eton	03.06.17
23.9	Dawn Flockhart	CA Stadium	09.06.96
24.33	Kelsey Stewart	Glasgow (S)	13.08.17
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
24.76	Roisin Harrison	Tullamore	01.07.17
24.85	Eilidh De Klerk	CA Stadium	23.07.17
24.94	Aileen Connelly	Grangemouth	07.08.05
24.96	Rebecca Matheson	Grangemouth	28.05.17
25.0	Katrina Leys	Coatbridge	02.08.98
25.0	Kim Smith	Coatbridge	02.09.84
25.0	Katie Forbes	Darlington	29.05.17
25.05	Lesley-Ann Mearns	Birmingham	14.08.05
25.1	Kathleen Madigan	Coatbridge	04.05.86
25.2	Helen Windass	Coatbridge	17.05.98

25.23	Taylah Spence	Gotland	29.06.17
25.3	Suzanne Middleton	CA Stadium	25.07.99
25.38	Maddy Silcock	Grangemouth	12.05.17
25.4	Nicola Imrie / Susan Hendry		92/94

WOMEN 300m

38.66	KELSEY STEWART	Dublin	20.07.13
38.9	Dawn Flockhart	CA Stadium	07.04.96
39.44	Zoey Clark	Inverness	05.09.10
40.21	Louise Paterson	Crystal Palace	17.08.91
40.5	Susan Hendry	CA Stadium	10.08.00
40.6	Helen Windass	CA Stadium	05.06.97
40.7	Nicola Gauld	CA Stadium	07.04.02
40.73	Rebecca Matheson	CA Stadium	17.05.17
40.9	Lorna Johnston	Grangemouth	16.06.00
41.0	Katrina Leys	CA Stadium	04.04.93
41.10	Jade MacLaren	CA Stadium	16.05.16
41.1	Aileen Connelly	CA Stadium	03.04.05
41.21	Rebecca Mortimer	Grangemouth	20.08.05
41.3	Morag Keenan	Meadowbank	19.06.93
41.35	Roisin Harrison	CA Stadium	17.05.17
41.4	Emma Cloggie	CA Stadium	18.04.04
41.42	Ademide Ademuyewo	CA Stadium	29.08.13
41.9	Sarah Still	CA Stadium	04.04.93
42.0	Hayley Bowers	CA Stadium	26.05.99
42.1	Jaclyn Anderson / Catrina Pennet		94 / 03

WOMEN 400m

51.81	ZOEY CLARK	London (O)	07.08.17
53.63	Kelsey Stewart	Bedford	18.06.17
53.99	Dawn Kitchen	Meadowbank	23.07.85
54.4	Dawn Flockhart	Birmingham	19.08.95
55.69	Susan Hendry	Solihull	05.08.00
56.20	Emma Cloggie	Grangemouth	10.06.05
56.7	Helen Windass	Scotstoun	26.04.98
56.75	Jade MacLaren	Grangemouth	14.05.16
56.80	Aileen Connelly	Scotstoun	14.05.05
57.0	Nicola Gauld	CA Stadium	21.04.02
57.2	Bridie McGlashan	Meadowbank	26.04.87
57.24	Louise Paterson	Waterford	11.08.90
57.4	Lorna Johnston	CA Stadium	13.09.00
57.50	Ademide Ademuyewo	Meadowbank	25.08.13
57.67	Emma Leask	Jersey	30.06.15
57.72	Sarah Nicol	Bradenton	17.03.17
57.77	Carmen Collins	Meadowbank	17.05.92
58.37	Hannah Cameron	Bromley	16.07.17
58.6	Debra Carle	Balgownie	11.08.81
58.85	Marie Dobson	Inverness	17.09.11

WOMEN 800m

2:04.40	JADE MacLAREN	Watford	24.06.17
2:05.11	Nicola Gauld	Birmingham	01.07.06
2:07.21	Kelsey Stewart	Solihull	13.05.17
2:07.7	Susan Hendry	Scotstoun	29.07.00
2:08.00	Emma Leask	Oxford	18.07.15
2:10.67	Emma Cloggie	Solihull	24.06.06
2:11.38	Rebecca Eggeling	Loughborough	02.09.16

2:12.57	Hannah Cameron	Glasgow (S)	02.06.17
2:13.00	Naomi Lang	Glasgow (S)	20.08.17
2:13.36	Dawn Simpson	Ayr	13.08.88
2:14.3	Carolyn Sheehan	Inverness	19.08.84
2:14.44	Ellie Buchan	Trafford	27.06.09
2:14.49	Hannah Addison	Chester-le-Street	19.06.17
2:14.67	Gemma Cormack	Grangemouth	30.08.15
2:14.73	Zoe Bates	CA Stadium	09.07.17
2:15.72	Sarah Nicol	Bradenton	08.04.17
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

WOMEN 1500m

4:11.80	NICOLA GAULD	Twickenham	04.06.08
4:17.4	Kathryn Mearns	Grangemouth	18.07.82
4:26.80	Gemma Cormack	Hutcheson's	24.07.15
4:30.92	Kate Rice	Copeland	08.08.90
4:31.14	Hannah Addison	Stretford	27.06.17
4:31.29	Rebecca Eggeling	Bedford	17.06.17
4:31.94	Zoe Bates	Bromley	16.07.17
4:31.96	Rhona Auckland	CA Stadium	20.04.14
4:32.52	Naomi Lang	Grangemouth	12.05.17
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
4.41.93	Hannah Cameron	Livingston	19.07.17
4:42.0	Freyja Prentice	Cheltenham	11.07.12
4:42.2	Carolyn Sheehan	Balgownie	20.08.86
4:43.5	Ellie Buchan	Dundee	27.04.08
4:44.95	Tracey Brindley	Meadowbank	09.05.97
4.45.6	Lynsey Still	Meadowbank	09.09.95

WOMEN 3000m

9:04.21	NICOLA GAULD	Watford	14.06.08
9:16.4	Kathryn Mearns	Grangemouth	10.07.82
9:18.3	Rhona Auckland	London	25.07.15
9:39.65	Naomi Lang	Grangemouth	16.04.17
9:50.51	Rebecca Eggeling	Glasgow (S)	02.06.17
9:50.9	Sonia McLaren	Bellingham, US	16.04.83
9:51.0	Lynda Bain	Dundee	26.06.88
9:51.9	Heather Wisley	Coatbridge	20.05.90
9:53.2	Tracey Brindley	Crown Point	27.04.97
9:54.5	Kate Rice	Grangemouth	02.09.90
9:58.8	Debbie Kilner	CA Stadium	01.06.95
9:58.80	Christie Noble	London	14.08.10
10:10.59	Ellie Buchan	Grangemouth	30.08.15
10:11.09	Clare Stewart	Grangemouth	16.14.07
10:13.65	Clare Miller	Meadowbank	28.04.02
10:15.51	Susan Lamb	Meadowbank	10.09.95
10:18.8	Sue Lanham	CA Stadium	22.07.90
10:20.6	Eilidh Prise	CA Stadium	13.06.12
10:21.1	Janet Fraser	Wishaw	07.08.88
10:22.2	Janine Robertson	Grangemouth	01.09.85

WOMEN 5000m

15.27.60	RHONA AUCKLAND	London	25.07.15
16:44.63	Tracey Brindley	Birmingham	26.07.98
16:45.09	Naomi Lang	Grangemouth	26.08.17
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
17:16.32	Nicola Gauld	Glasgow (S)	28.07.17
17:29.82	Ellie Buchan	CA Stadium	15.08.15
17:48.80	Sonia Armitage	Chester-le-Street	31.07.99
17:56.37	Christie Noble	London	17.07.10
18:04.2	Helen Grant	CA Stadium	29.06.95
18:06.07	Charlotte Forbes	Oxford	20.05.06
18:49.7	Rhona Buchan	CA Stadium	29.08.07
18:50.21	Isla Scott-Pearce	Glasgow (S)	28.07.17
19:02.1	Laura Mahady	CA Stadium	28.05.08
19:07.8	Kathryn Mearns	CA Stadium	14.08.97
19:09.99	Eilidh Prise	CA Stadium	24.08.14
19:18.1	Carly Hall	CA Stadium	01.07.09
20:15.9	Margaret Stafford	CA Stadium	04.06.91
20:19.86	Katie Watson	CA Stadium	08.05.14

WOMEN 10000m (TOP 17)

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

38:57.7	Pamela Tosh	CA Stadium	22.06.09
40:36.1	Susan Lamb	CA Stadium	03.05.94
42:20.6	Kathryn Mearns	CA Stadium	03.07.03
43:41.48	Sarah Knox	CA Stadium	14.06.17
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
1:25:56	Kerry Prise	Dyce	16.08.15
1:27:48	Diana Jermieson	Rannoch	25.06.89
1:28:50	Angela Hepburn	Elgin	04.09.05
1:29:35	Jackie Nuttall	Dyce	27.03.88
1:30:01	Morag Taggart	Inverdee	13.03.83
1:30:58	Nancy MacKinnon	Peterhead	17.06.90

WOMEN MARATHON

2:33:38	LYNDA BAIN	London	21.04.85
2:59:13	Pamela Tosh	Fort William	18.04.10
3:00:32	Margaret Stafford	London	22.04.90
3:01:57	Janine Robertson	Aberdeen	15.09.85
3:03:49	Morag Taggart	Aberdeen	19.09.82
3:15:52	Diana Jermieson	Aberdeen	28.05.89
3:17:27	Maggie Oliver	Rannoch	28.06.87
3:18:57	Angela Hepburn	Fort William	18.04.10
3.19.41	Lucy Taylor	London	23.04.17
3:21:16	Margaret Buchan	Aberdeen	19.09.82
3:24:22	Olive Fraser	London	23.04.89
3:25:29	Margaret McDonald	Elgin	10.08.86
3:25:41	Jackie Nuttall	Aberdeen	16.09.84
3:27:42	Leona Hart	Dundee	28.04.85
3:28:21	Linda Trahan	Elgin	07.08.88
3:28:43	Joan Molloy	Fortrose	29.10.88
3:30:15	Ulli Simpson	Aberdeen	16.09.84
3:32:29	Lillian MacDonald	Aberdeen	15.09.85
3:32:33	Betty May	London	21.04.91
3:37:09	Maureen McInnes	Amsterdam	15.10.06
3:38:38	Isabel McDonald	Dublin	26.10.98

WOMEN 100m HURDLES

13.97	CATRIONA PENNET	Bedford	26.06.04
14.37	Gail Murchie	Grangemouth	15.05.93
14.61	Sarah Still	CA Stadium	07.08.99
14.68	Yasmin Milne	Scotstoun	30.07.11
14.8	Sylvia Kamyra	Dundee	02.08.09
14.81	Alix Still	Grangemouth	01.07.17
15.36	Lisa Humphreys	Meadowbank	24.05.13
15.56	Grace Carter	Glasgow (S)	20.08.17
15.62	Jade Halket	Grangemouth	05.07.14
15.7	Deirdre Auld	Balgownie	17.06.79
15.9	Grace Angus	Dundee	28.06.15
16.0	Valerie Tyrie	Balgownie	06.09.81
16.1	Bridie McGlashan	Meadowbank	26.04.87
16.1	Lyndsay Peddie	Grangemouth	20.08.83
16.2	Lea Masson	Balgownie	09.04.78
16.24	Rebecca Dougall	Grangemouth	11.07.99

16.3	Wendy Pennet	CA Stadium	05.04.98
16.38	Sophia Hamilton	CA Stadium	29.06.14
16.39	Kate MacKay	Grangemouth	03.06.17
16.5	Fiona Watt	Manchester	17.08.96

WOMEN 400m HURDLES

61.80	SYLVIA KAMYA	CA Stadium	30.08.09
62.34	Catriona Pennet	Manchester	31.07.04
63.20	Rebecca Dougall	Grangemouth	12.06.99
64.7	Marie Dobson	CA Stadium	04.09.11
65.1	Jade Halket	CA Stadium	04.09.11
65.3	Valerie Tyrie	Grangemouth	13.06.82
65.48	Angela Shearer	Caen	29.05.02
65.80	Lise Theron	Grangemouth	23.05.15
66.7	Fiona Davidson	Coatbridge	03.08.97
66.9	Janet Edon	Meadowbank	14.05.88
67.7	Gail Murchie	Pitreavie	14.06.92
67.9	Lynsey Still	CA Stadium	07.05.95
68.1	Sophia Hamilton	Perth	17.05.15
68.77	Rachel Watson	CA Stadium	02.09.17
69.52	Kate MacKay	Grangemouth	13.05.17
70.0	Rosslyn Duncan	Coatbridge	02.09.84
70.2	Laura Henderson	CA Stadium	05.08.01
70.40	Lisa Humphreys	Inverness	17.09.11
70.4	Joan Reid	Balgownie	08.06.82
70.7	Trisha Ronney	Wishaw	06.09.87

WOMEN HIGH JUMP

1.69	ELLIE WORKMAN	Birmingham	15.08.09
1.68	Sarah Still	CA Stadium	07.08.99
1.67	Carmen Neat	Glasgow (S)	13.08.17
1.67	Alix Still	Tallahassee	01.07.17
1.66	Lyndsay Peddie	Balgownie	30.07.83
1.65	Beth Philip	CA Stadium	07.07.91
1.64	Kate MacKay	Dundee	29.05.16
1.61	Shirley Gray	Balgownie	19.06.77
1.60	Nicola Gauld	Scotstoun	30.04.00
1.60	Heather Pirie	Coatbridge	13.09.92
1.60	Donna Quirie	CA Stadium	30.06.93
1.59	Emma Caldwell	Grangemouth	29.07.12
1.59	Deborah Johnston	Balgownie	27.02.85
1.58	Anne Watt	Balgownie	06.09.81
1.57	Suzie Robertson	Grangemouth	01.06.91
1.56	Linda Davidson	CA Stadium	17.05.95
1.56	Kimberley Miles	CA Stadium	02.07.00
1.55	Diane Burr	Coatbridge	21.05.95
1.55	Rosslyn Duncan	Banchory	13.05.84
1.55	Joan Reid	Coatbridge	08.06.80

WOMEN POLE VAULT (TOP 11)

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

WOMEN LONG JUMP

5.95	LINDA DAVIDSON	Meadowbank	03.07.92
5.85	Sarah Still	CA Stadium	25.07.99
5.71	Lea Masson	Balgownie	08.04.79
5.71	Kirsten Young	CA Stadium	26.06.05
5.67	Alix Still	Bradenton	03.03.17
5.56	Deirdre Auld	Balgownie	13.04.80
5.53	Donna Quirie	CA Stadium	18.07.93

5.52	Katie Forbes	CA Stadium	19.06.16
5.52	Lyndsay Peddie	Balgownie	11.09.83
5.48	Marie Fraser	Meadowbank	21.06.80
5.47	Ellie Workman	Grangemouth	13.06.09
5.40	Cheryl McHardy	CA Stadium	26.07.98
5.38	Laura Beveridge	Antrim	06.08.83
5.36	Jade Halket	CA Stadium	29.06.14
5.30	Nicola Kemp	Peterhead	06.06.93
5.27	Saffron Cummings	Hmapden	21.06.14
5.27	Jane Davidson	Grangemouth	01.07.17
5.25	Aileen Connolly	Inverness	12.09.04
5.25	Fiona Davidson	Grangemouth	11.07.15
5.24	Diane Burr	Grangemouth	15.05.94

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 KamyA	CA Stadium	30.08.09
11.07	Dawn Flockhart	Grangemouth	10.07.93
11.03	Cheryl McHardy	Sheffield	16.08.98
10.70	Janet Abladey	London (O)	05.05.12
10.68	Nicola Gauld	CA Stadium	05.07.98
10.43	Nicola Kemp	Inverness	12.06.97
10.24	Zoe Davidson	Dundee	25.04.04
10.21	Kate MacKay	Dundee	28.06.15
10.11	Jennifer Reid	Banchory	27.08.94
10.02	Heather Pirie	Grangemouth	15.05.94
9.93	Elisa Primault	Grangemouth	26.04.14
9.87	Wendy Pennet	Dundee	12.04.98
9.86	Sophia Hamilton	CA Stadium	10.09.17
9.85	Chloe Davie	CA Stadium	19.04.17
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

WOMEN SHOT

14.24	HELEN COWE	Coatbridge	23.05.93
12.06	Emily Ruyle	CA Stadium	20.04.14
10.69	Alison Horne	Forres	05.07.14
10.29	Sarah Lyon	Tullamore	04.07.99
10.10	Jacqui Loney	Inverness	13.07.02
9.97	Linda Low	Inverness	11.05.97
9.93	Marie Fraser	Pitreavie	20.04.80
9.90	Fiona Pirie	Coatbridge	13.09.92
9.89	Alix Still	Clermont	27.05.17
9.86	Jennifer Reid	Banchory	04.09.94
9.81	Sarah Still	Sheffield	01.09.01
9.73	Marian Simpson	CA Stadium	28.07.96
9.60	Shirley Gray	Balgownie	18.06.78
9.50	Wendy Brown	Balgownie	17.06.75
9.48	Rhona MacLennan	Coatbridge	04.05.86
9.43	Gail Murchie	Meadowbank	12.06.88
9.38	Jade Halket	CA Stadium	10.07.11
9.38	Lyndsay Peddie	Balgownie	13.05.86
9.35	Saffron Cummings	Kirkwall	08.09.13
9.33	Ellie Workman	Pitreavie	11.07.10

WOMEN DISCUS

48.64	HELEN COWE	Bedford	17.09.94
38.89	Emily Ruyle	Meadowbank	13.07.14
38.39	Jacqui Loney	CA Stadium	29.08.02
35.21	Erin Runcie	CA Stadium	28.08.14
32.30	Marian Simpson	Meadowbank	17.06.95
32.14	Alison Horne	CA Stadium	23.08.14
30.66	Fiona Pirie	Banchory	02.05.93
30.38	Marie Fraser	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
27.02	Iona Colquhoun	Grangemouth	11.06.16
26.75	Kathy Rapley	Barry	14.07.98

Aberdeen AAC A Year in Photos



Kelsey Stewart and her Coach Ken Hogg



Zoey Clark alongside Eilidh Doyle



Anish Badial celebrating a win





Youth Development Final Team



Baker Hughes AAAC
Representatives



Will Mackay, Michael Ferguson



Members of our Ram League
Final Squad



Our Cross Country Stalwarts



Nicola Gauld looking happy after the Great Aberdeen Run



James Hoad at the finish of the Great Aberdeen Run



Rebecca Egging, Anisha Badial and Naomi Lang



Broc Drury Looking glad the race is over



Trevor Madigan and Hunter Watson with the Commonwealth Baton



Ryan Oswald Driving hard Round the Bend



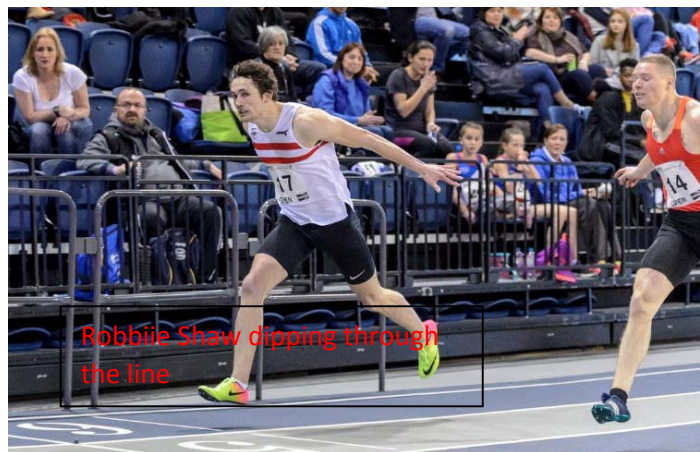
A massive AAAC representation at the Baker Hughes 10K



Fergus Rule, Carmen Neat and Robbie Farquhar



Zoey Clark with Club Youngsters showing off her World Champs Medal



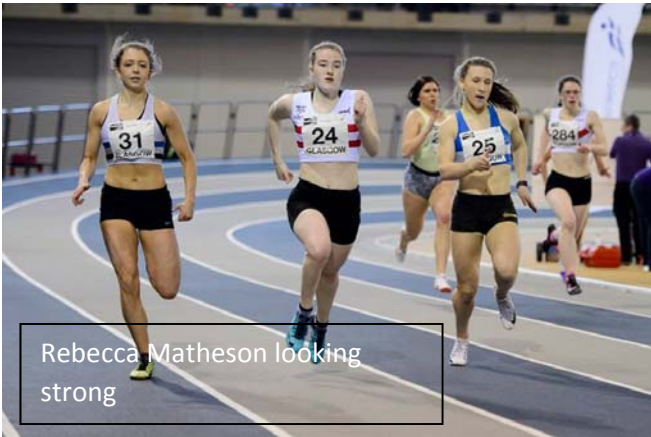
Robbie Shaw dipping through the line



Naomi Lang at the Commonwealth Youth Games



Zoey Clark Representing AAAC On the World Stage



Rebecca Matheson looking strong



AAAC Men fighting for victory



Rebecca Egging leading the way



Thomas Carter fighting hard



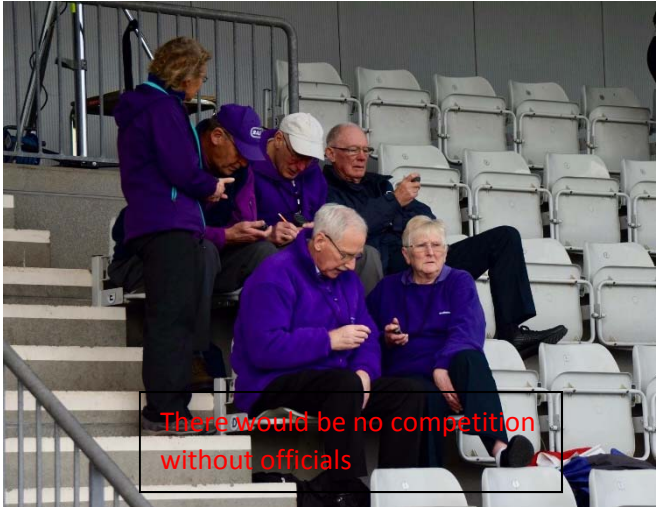
Carmen Neat



Relay Girls Delighted after their race



Carmen Soaring through the air



There would be no competition without officials



Desmond Ojei doing what he does best



Timi Fatona on a mission



Alison Matheson and Mark Davidson had a good evening at the Scottish Athletics Awards



Mens 4x200m indoor Silver medalists



Jada Kokovhwaro going for gold



Kelsea Stewart and Zoey Clark representing Scotland



Michael Ferguson on the top step of the podium



4x100m Club record Breakers



Emma and Erin Williams, Like mother like Daughter

With thanks to Bobby Gavin for Photos

ALL TIME TOP 10s – U-20 EVENTS

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

U-20 MEN 100m

10.8	CAMPBELL PATERSON	Balgownie	06.05.72
10.8	STAN WALKER	Pitreavie	14.05.88
10.90	Gavin Irvine	Scotstoun	30.08.14
10.9	Martin Johnston	Balgownie	14.08.83
10.94	Ian Garioch	Inverness	12.04.08
11.0	Murray King	Inverness	13.04.86
11.04	Mark Davidson	Stoke	25.07.87
11.1	Alexander Carnie	Grangemouth	22.06.88
11.1y	Kevin Carter	Grangemouth	00.04.67
11.1	David Fairley	Balgownie	26.08.84

y = 100 yards time plus 0.9s

U-20 MEN 200m

21.6	MARTIN JOHNSTON	Balgownie	30.07.83
21.7	Mark Davidson	Meadowbank	30.05.87
22.0	Ian Garioch	Inverness	25.05.08
22.0	Murray King	Livingston	24.05.86
22.3	Campbell Paterson	Meadowbank	17.07.71
22.34	Stan Walker	Meadowbank	10.07.88
22.4	Ahmed Al-Kowarri	CA Stadium	02.06.96
22.40	Gavin Irvine	Scotstoun	30.08.14
22.6	Paul Allan	Linkfield	06.09.88
22.6	Alexander Carnie	Grangemouth	17.06.89

U-20 MEN 400m

48.17	MARK DAVIDSON	Meadowbank	20.06.87
48.53	Ian Garioch	Grangemouth	15.06.08
48.6	Martin Johnston	Grangemouth	17.08.83
48.99	Ahmed Al-Kowarri	Carmarthen	16.07.96
49.40	Barry Middleton	Meadowbank	15.05.94
49.45	Michael Ferguson	CA Stadium	25.08.13
49.95	Daniel Rees	Grangemouth	11.07.15
50.01	Duncan Mathieson	Lorca	18.06.88
50.1	Thomas Blackie	Grangemouth	16.06.85
50.2	Paul Allan	Inverness	30.08.87

U-20 MEN 800m

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

U-20 MEN 1500m

3:50.34	ALAN WALES	Namur	31.08.02
3:55.16	Michael Ferguson	Hutcheson's	17.05.14
3:55.8	Ross Arbuckle	Meadowbank	26.08.79
3:56.0	Frank Boyne	Dundee	26.08.84
3:56.39	Ewan Calvert	Meadowbank	30.05.92
3:56.8	Darren Shinnie	Wishaw	25.07.04
3:58.4	Ray Creswell	Grangemouth	11.07.82
3:58.74	James Joy	Grangemouth	12.06.09
3:59.10	Mark Kennedy	Meadowbank	15.05.04
3:59.2	Stephen Wright	Crown Point	17.06.90

U-20 MEN 3000m

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

U-20 MEN 5000m

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

U-20 MEN 10000m

30:49.0	IAN MATHESON	San Francisco	07.05.83
32:02.7	Stephen Wright	CA Stadium	08.05.90
33:11.0	Frank Boyne	Balgownie	24.04.84
33:17.2	Joe Freel	Balgownie	27.05.86
33:19.02	Sam Burgess	CA Stadium	25.08.13
33:23.9	David Duguid	Balgownie	04.06.85
33:50.2	Ross Milne	CA Stadium	02.05.96
34:15.0	Andrew Moffat	Balgownie	24.04.84
35:42.2	Eric Jenkins	Balgownie	01.05.79
35:42.7	Stewart Mason	CA Stadium	01.05.97

U-20 MEN 2000m STEEPLECHASE

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

U-20 MEN 3000m STEEPLECHASE

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

U-20 MEN 110m HURDLES

14.93	DUNCAN MATHIESON	Meadowbank	10.07.88
14.97	Robert Miller	Derby	07.09.03
15.21	Ryan Hewitson	CA Stadium	24.08.14
15.3	Mark Davidson	Meadowbank	30.05.87
15.3	Murray King	Meadowbank	30.05.87
15.5	Steven Ledingham	Pitreavie	19.06.82
15.53	Daniel Rees	Grangemouth	12.07.15
15.60	Paul Allan	Crown Point	09.07.89
15.77	Mark Dobbie	Linwood	16.07.94
15.9	Andrew Grant/Stephen Miller		01 / 03

U-20 MEN 400m HURDLES

53.53	BARRY MIDDLETON	Meadowbank	14.08.94
54.8	Mark Davidson	Crown Point	13.06.87
55.20	Robert Miller	Loughborough	08.06.03
55.9	Steven Ledingham	Meadowbank	17.06.83
55.99	Daniel Rees	Kilmarnock	05.07.15
56.1	Paul Allan	CA Stadium	29.06.89
56.50	Ronald Smith	Grangemouth	11.07.99
56.6	Alasdair Love	Ayr	18.07.95
56.8	Murray King	Crown Point	07.06.86
57.24	Jonathan Mann	Leigh	02.07.11

U-20 MEN HIGH JUMP

2.00	DUNCAN MATHIESON	Dundee	21.06.87
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1.98	Keith Oag	Dublin	13.08.94	38.58	Peter Fraser	CA Stadium	28.05.96
1.91	Ian Bailey	Pitreavie	16.06.84	35.84	David Robinson	Coatbridge	22.07.79
1.91	Ryan Hewitson	Ashford	21.07.12	34.40	Paul Henderson	CA Stadium	07.09.06
1.91	Kevin Lutton	CA Stadium	09.05.01	32.50	Michael Spink	CA Stadium	16.06.94
1.91	Miller Mathieson jun	Balgownie	28.08.83	28.86	Andrew McCallum	CA Stadium	16.06.94
1.90	Paul Allan	Crown Point	22.07.89				
1.90	Grant Robertson	CA Stadium	05.04.14				
1.90	Dinkar Sabnis	Meadowbank	09.05.92				
1.88	George Stewart	Meadowbank	11.06.72				

U-20 MEN POLE VAULT

4.00	DAVID MANN	Grangemouth	21.07.13
3.90	Alasdair Lowe	Kilmarnock	28.05.16
3.68	Robbie Farquhar	Manchester	13.08.17
3.60	Kenny Lyon	Oxford	15.06.79
3.50	Mark Dobbie	CA Stadium	16.07.95
3.50	Frank Fenton	Balgownie	26.04.79
3.50	Duncan Mathieson	Lorca	19.06.88
3.40	Fraser Benzie	Grangemouth	25.06.00
3.40	Sam Lyon	Grangemouth	20.06.10
3.37	Hamish Leeson	Kilmarnock	14.05.16

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
6.94	Robbie Farquhar	Dublin	15.07.17
6.87	Robert Miller	CA Stadium	18.05.03
6.82	Derek Elmslie	Heriot-Watt	07.05.77
6.79	Murray King	Balgownie	29.06.87
6.78	James Laird	Linksfield	03.05.62
6.66	Mike Ashford	Meadowbank	29.06.74
6.65	Mark Dobbie	Meadowbank	15.05.94

U-20 MEN TRIPLE JUMP

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

U-20 MEN SHOT

14.24	PAUL ALLAN	Dumfries	15.07.89
13.46	Gordon Smith	Grangemouth	13.05.87
13.25	David Minty	Grangemouth	13.05.92
13.13	Peter Venters	Meadowbank	28.05.77
12.46	Duncan Mathieson	Lorca	19.06.88
11.60	Mark Dobbie	Middlesbrough	30.09.95
11.56	Andrew McCallum	Grangemouth	17.06.95
11.27	Douglas McAllister	Scotstoun	19.07.75
11.26	Ryan Legge	CA Stadium	13.06.12
11.25	Matthew Maitland	CA Stadium	09.06.02

U-20 MEN DISCUS

42.26	PAUL ALLAN	CA Stadium	09.07.89
37.42	David Minty	Inverness	14.09.91
36.76	Peter Venters	Grangemouth	11.06.77
36.22	Duncan Mathieson	Gateshead	22.05.88
36.16	Fraser Benzie	Grangemouth	10.06.01
35.88	James Laird	Linksfield	25.06.62
35.54	Mark Dobbie	CA Stadium	16.07.95
34.38	Douglas McAllister	Pitreavie	15.06.74
34.36	Andrew McCallum	Inverness	07.08.94
34.18	Peter Fraser	Inverness	13.08.95

U-20 MEN HAMMER

48.83	MATTHEW MAITLAND	Grangemouth	26.05.02
47.00	David Minty	Meadowbank	01.06.91
41.87	Barry Dobbie	CA Stadium	18.04.99
40.70	Conor Hewitson	CA Stadium	16.08.17
39.38	Paul Allan	Crown Point	18.06.89

U-20 MEN JAVELIN

57.48	PETER FRASER	CA Stadium	28.04.96
57.14	Robert Miller	Walthamstow	18.08.02
49.26	Keith Simpson	Scotstoun	14.06.98
48.10	Duncan Mathieson	Wrexham	22.08.88
47.00	Michael Spink	CA Stadium	15.09.94
45.88	Mark Dobbie	Pitreavie	02.06.96
44.22	Fraser Benzie	Inverness	17.09.00
43.83	Rory Stewart	Grangemouth	27.08.16
43.48	Stephen Miller	Meadowbank	10.05.03
43.47	Tom Brodie	CA Stadium	20.05.10

U-20 MEN DECATHLON

6652	DUNCAN MATHIESON	Lorca	19.06.88
6560	Paul Allan	CA Stadium	30.07.89
5915	Mark Davidson	Stoke	26.07.87
5852	Daniel Rees	Grangemouth	12.07.15
5632	Mark Dobbie	CA Stadium	16.07.95
5397	Paul Torry	Bedford	15.07.01
5324	Miller Mathieson jun	Grangemouth	20.06.82
5308	Kenny Lyon	Oxford	15.06.79
5275	Robert Miller	Bedford	15.07.01
5203	Dinkar Sabnis	Cardiff	30.08.92

U-20 WOMEN 100m

11.9	LOUISE PATERSON	CA Stadium	09.06.91
12.04	Maddy Silcock	Loughborough	21.05.17
12.09	Katie Forbes	Bedford	17.06.17
12.1	Katrina Leys	Crown Point	16.08.92
12.12	Rebecca Matheson	CA Stadium	06.09.15
12.2	Hayley Bowers	Peterhead	24.05.98
12.2	Zoey Clark	Perth	01.05.11
12.2	Kathleen Madigan	Dundee	25.07.87
12.22	Eilidh De Klerk	Glasgow (S)	09.08.17
12.29	Joda Kokovworho	Dublin	05.08.17

U-20 WOMEN 200m

24.45	ZOEY CLARK	Wigan	07.07.13
24.7	Louise Paterson	Crown Point	16.06.90
24.8	Kelsey Stewart	Pitreavie	23.05.14
24.85	Eilidh De Klerk	CA Stadium	23.07.17
25.05	Lesley-Ann Mearns	Birmingham	14.08.05
25.06	Rebecca Matheson	Inverness	12.05.17
25.1	Katrina Leys	Coatbridge	13.09.92
25.1	Kathleen Madigan	Coatbridge	04.05.86
25.14	Katie Forbes	Bedford	18.06.17
25.23	Taylah Spence	Visby	29.06.17

U-20 WOMEN 400m

54.41	KELSEY STEWART	Grangemouth	17.04.16
54.46	Zoey Clark	Loughborough	19.05.13
55.96	Susan Hendry	Bedford	02.07.94
56.20	Emma Cloggie	Grangemouth	10.06.05
57.2	Bridie McGlashan	Meadowbank	26.04.87
57.24	Louise Paterson	Waterford	11.08.90
57.4	Lorna Johnston	CA Stadium	13.09.00
57.72	Sarah Nicol	Bradenton	17.03.17
57.77	Carmen Collins	Meadowbank	17.05.92
58.35	Nicola Gauld	Scotstoun	29.04.01

U-20 WOMEN 800m

2:07.28	KELSEY STEWART	Oxford	23.07.16
2:10.67	Emma Cloggie	Solihull	24.06.06
2:11.38	Rebecca Eggeling	Loughborough	02.09.16
2:12.64	Susan Hendry	Meadowbank	24.06.95
2:13.00	Naomi Lang	Glasgow (S)	20.08.17
2:13.36	Dawn Simpson	Ayr	13.08.88
2:14.44	Ellie Buchan	Trafford	27.06.09
2:14.49	Hannah Addison	Chester-le-Street	19.06.17
2:14.73	Zoe Bates	CA Stadium	09.07.17

2:14.8 Carolyn Sheehan Coatbridge 07.09.86

U-20 WOMEN 1500m

4:30.92 KATE RICE Copeland 08.08.90
4:31.14 Hannah Addison Stretford 27.06.17
4:31.29 Rebecca Eggeling Bedford 17.06.17
4:31.94 Zoe Bates Bromley 16.07.17
4:32.52 Naomi Lang Grangemouth 12.05.17
4:39.54 Rhona Auckland Meadowbank 20.05.12
4:42.2 Carolyn Sheehan Balgownie 20.08.86
4:43.5 Ellie Buchan Dundee 27.04.08
4:45.6 Lynsey Still CA Stadium 09.09.95
4:46.15 Hannah Cameron Grangemouth 06.07.16

U-20 WOMEN 3000m

9:29.28 RHONA AUCKLAND CA Stadium 31.05.10
9:39.65 Naomi Lang Grangemouth 16.04.17
9:50.51 Rebecca Eggeling Glasgow (S) 02.06.17
9:54.5 Kate Rice Grangemouth 02.09.90
10:11.09 Clare Stewart Grangemouth 16.04.17
10:20.6 Eilidh Prise CA Stadium 13.06.12
10:31.0 Jillian Grams Coatbridge 31.05.92
10:34.23 Charlotte Forbes Derby 14.08.05
10:35.0 Claire Becker CA Stadium 26.07.92
10:38.9 Ellie Buchan CA Stadium 31.05.10

U-20 WOMEN 5000m(Top 1)

16:45.09 NAOMI LANG Grangemouth 26.08.17

U-20 WOMEN 100m HURDLES

14.36 CATRIONA PENNET Derby 08.09.02
14.68 Yasmin Milne Scotstoun 30.07.11
14.81 Alix Still Grangemouth 01.07.17
15.40 Sylvia Kamyia Grangemouth 15.06.08
15.56 Grace Carter Glasgow (S) 20.08.17
15.65 Sarah Still Linwood 16.07.94
15.9 Grace Angus Dundee 28.06.15
16.1 Bridie McGlashan Meadowbank 26.04.87
16.1 Gail Murchie CA Stadium 12.06.90
16.24 Rebecca Dougall Grangemouth 11.07.99

U-20 WOMEN 400m HURDLES

63.20 REBECCA DOUGALL Grangemouth 12.06.99
63.76 Sylvia Kamyia Grangemouth 09.06.07
65.48 Angela Shearer Caen (France) 29.05.02
65.80 Lise Theron Grangemouth 23.05.15
65.90 Catriona Pennet Derby 08.09.02
66.0 Bridie McGlashan Balgownie 19.08.86
66.51 Marie Dobson Meadowbank 13.05.01
67.9 Lynsey Still CA Stadium 07.05.95
68.1 Sophia Hamilton Perth 17.05.15
68.77 Rachel Watson CA Stadium 02.09.17

U-20 WOMEN HIGH JUMP

1.69 ELLIE WORKMAN Birmingham 15.08.09
1.67 Carmen Neat Glasgow (S) 13.08.17
1.67 Alix Still Grangemouth 01.07.17
1.65 Beth Philip CA Stadium 07.07.91
1.65 Sarah Still Linwood 16.07.94
1.64 Kate MacKay Dundee 29.05.16
1.60 Nicola Gauld Scotstoun 30.04.00
1.60 Heather Pirie Coatbridge 13.09.92
1.60 Donna Quirie CA Stadium 30.06.93
1.59 Deborah Johnston / Emma Caldwell 85 / 12

U-20 WOMEN POLE VAULT (Top 8)

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

U-20 WOMEN LONG JUMP

5.74 SARAH STILL CA Stadium 12.06.94
5.71 Kirsten Young CA Stadium 26.06.05
5.67 Alix Still Bradenton 03.03.17
5.59 Linda Davidson Crown Point 29.05.88
5.53 Donna Quirie Grangemouth 27.06.93
5.52 Katie Forbes CA Stadium 19.06.16
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
5.27 Saffron Cummings / Jane Davidson 14 / 17

U-20 WOMEN TRIPLE JUMP

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

U-20 WOMEN SHOT (4kg)

10.69 ALISON HORNE Forres 05.07.14
10.29 Sarah Lyon Tullamore 04.07.99
9.89 Alix Still Clermont 27.05.17
9.86 Jennifer Reid Banchory 04.09.94
9.73 Marian Simpson CA Stadium 28.07.96
9.64 Fiona Pirie Newtonmore 03.08.91
9.48 Rhona MacLennan Coatbridge 04.05.86
9.43 Gail Murchie Meadowbank 12.06.88
9.43 Sarah Still Linwood 16.07.94
9.35 Saffron Cummings Kirkwall 08.09.13

U-20 WOMEN DISCUS

35.21 ERIN RUNCIE CA Stadium 28.08.14
32.30 Marian Simpson Meadowbank 17.06.95
32.14 Alison Horne CA Stadium 23.08.14
27.41 Angela Smith CA Stadium 02.09.99
27.34 Cheryl McHardy Coatbridge 03.08.97
27.02 Iona Colquhoun Grangemouth 11.06.16
26.75 Kathy Rapley Barry 14.07.98
26.58 Fiona Pirie CA Stadium 21.07.91
26.52 Lesley Fowler CA Stadium 29.08.96
26.02 Jennifer Reid Banchory 04.09.94

U-20 WOMEN HAMMER (4kg)

39.58 MARIAN SIMPSON CA Stadium 26.09.96
33.89 Erin Runcie Grangemouth 12.06.15
28.00 Samantha Edgar CA Stadium 04.06.17
25.87 Catrin Dickson Grangemouth 09.06.06
24.27 Kristie Hindle Meadowbank 18.05.14
23.16 Katherine Masson CA Stadium 16.06.95
22.70 Kylie Davidson Grangemouth 11.06.04
21.24 Laura Hepburn Inverness 16.09.07
21.22 Angela Smith CA Stadium 30.07.00
21.06 Lesley Fowler Coatbridge 26.05.96

U-20 WOMEN JAVELIN (600g)

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

35.98 ELLIE WORKMAN Perth 26.04.09
35.78 Emily Dougall CA Stadium 29.05.94
33.09 Kimberley Miles Sheffield 02.09.01
31.26 Lesley Fowler CA Stadium 07.05.95
30.66 Marian Simpson Coatbridge 23.05.93
30.32 Gillian Wilson Meadowbank 18.08.91
29.56 Alix Still Bradenton 21.05.17
28.89 Sophie Anderson Grangemouth 26.08.12
28.50 Kathy Rapley CA Stadium 25.05.97
28.46 Laura Hepburn CA Stadium 30.08.09

U-20 WOMEN HEPTATHLON

4928 ALIX STILL Bradenton 21.05.17

4643	Sarah Still	Linwood	17.07.94	3318	Nicola Kemp	CA Stadium	09.06.93
3841	Sophia Hamilton	CA Stadium	03.07.16	3126	Wendy Pennet	CA Stadium	08.08.99
3824	Ellie Workman	Pitreavie	11.07.10	3096	Kimberley Miles	Grangemouth	25.08.02
3698	Kate MacKay	Grangemouth	02.07.17	3013	Rebecca Mortimer	CA Stadium	29.05.05
3385	Grace Angus	CA Stadium	03.07.16				

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
11.41	Robbie Farquhar	Manchester	12.08.17

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
23.07	Robbie Farquhar	CA Stadium	23.04.17
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

U-17 MEN 400m

49.21	AHMED AL-KOWARRI	Pitreavie	08.07.95
50.5	Mark Davidson	Dublin	20.07.85
50.50	Richard Singer	Meadowbank	23.06.95
50.53	Fergus Rule	Grangemouth	27.08.17
51.1	Colin Wilson	Grangemouth	15.06.91
51.16	Michael Ferguson	Sheffield	03.09.11
51.3	Richard Gray	CA Stadium	11.09.02
51.42	Stuart Mathieson	Birmingham	16.08.97
51.69	Ben Renton	Grangemouth	12.05.15
51.8	Ewan Calder	Kirkwall	08.09.13

U-17 MEN 800m

1:54.8	COLIN DONALD	Crawley	21.07.84
1:55.6	Thomas Blackie	Balgownie	26.06.84
1:55.64	Stewart Millar	Stretford	21.07.15
1:56.11	Steven Rusling	Sheffield	17.08.03
1:56.4	Adam Watt	CA Stadium	05.08.01
1:56.6	Ross Arbuckle	Meadowbank	27.05.78
1:56.6	Lewis Walker	Kirkby	27.07.75
1:56.7	Alan Wales	CA Stadium	05.08.01
1:57.34	Steven Murray	Scotstoun	02.08.13
1:57.8	Frank Boyne	Grangemouth	21.08.82

U-17 MEN 1500m

4:01.1	ROSS ARBUCKLE	Meadowbank	28.05.78
4:04.11	Alan Wales	Cardiff	04.07.03
4:04.3	Adam Watt	Grangemouth	17.06.01
4:05.2	Gary Riddell	Inverness	24.08.86
4:05.9	David Stephen	Glenrothes	24.08.80
4:06.34	Mark Kennedy	Scotstoun	20.07.02
4:06.5	Frank Boyne	Glenrothes	06.06.82
4:07.6	Lewis Walker	Grangemouth	31.08.75
4:08.22	Darren Shinnie	Grangemouth	24.08.03
4:08.5	Robert Mitchell	Meadowbank	28.05.77

U-17 MEN 3000m

8:42.4	ROSS ARBUCKLE	Meadowbank	19.08.78
8:45.19	William Duncan	Sheffield	16.08.03
8:46.12	Darren Shinnie	Sheffield	16.08.03
8:55.57	Adam Watt	Meadowbank	13.05.01
8:56.09	Alan Wales	Grangemouth	10.06.01

8:57.2	David Stephen	Balgownie	24.06.80
9:05.25	James Joy	Grangemouth	09.06.07
9:06.05	Alex Thoirs	Grangemouth	11.06.05
9:08.9	Mark Kennedy	Grangemouth	15.06.02
9:09.8	Robert Mitchell	Balgownie	11.05.77

U-17 MEN 1500m STEEPLECHASE

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

U-17 MEN 100m HURDLES

13.73	ROBBIE FARQUHAR	Jarrow	16.09.17
13.9	Richard Singer	Grangemouth	17.06.95
14.08	William Stark	Grangemouth	29.08.93
14.3	John Oxley	CA Stadium	09.09.01
14.4	Steven Ledingham	Scotstoun	20.06.81
14.4	David Stewart	Inverness	24.08.86
14.42	Mark Dobbie	Grangemouth	15.05.93
14.54	Stephen Miller	Hexham	19.05.02
14.7	Duncan Mathieson	Balgownie	25.06.85
14.71	Ryan Hewitson	Bedford	19.08.12

U-17 MEN 400m HURDLES

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

U-17 MEN HIGH JUMP

1.98	KEITH OAG	Dublin	13.08.94
1.97	Duncan Mathieson	Dublin	20.07.85
1.91	Ryan Hewitson	Ashford	21.07.12
1.91	Kevin Lutton	CA Stadium	09.05.01
1.90	Grant Robertson	CA Stadium	05.04.14
1.85	Craig Noble	CA Stadium	07.06.92
1.83	Miller Mathieson	Balgownie	01.08.81
1.81	William Stark	Linwood	24.07.93
1.80	George Petrie/Ian Lind/Peter Sutherland/William Smy/ Robbie Farquhar		79 / 89 / 04 / 08 / 17

U-17 MEN POLE VAULT

3.77	ALASDAIR LOWE	CA Stadium	23.08.14
3.68	Robbie Farquhar	Manchester	13.08.17
3.60	David Mann	Wishaw	27.08.11
3.20	Miller Mathieson	Balgownie	24.06.81
3.15	Fraser Benzie	CA Stadium	11.09.99
3.10	William Stark	Bourgoin-Jallieu	19.09.93
3.05	Kenny Lyon	Balgownie	26.07.77
2.95	Duncan Mathieson	Dundee	25.08.85
2.85	Mark Petchey	Balgownie	14.06.83
2.80	F Fenton/R Manson/P Allan/C Jones/B Benzie/S Lyon		77 / 83 / 86 / 89 / 01 / 08

U-17 MEN LONG JUMP

6.94	ROBBIE FARQUHAR	Dublin	15.07.17
6.82	DEREK ELM SLIE	Heriot-Watt	22.05.77

6.62	William Stark	Dublin	17.07.93	4057	Andrew McCallum	Linwood	25.07.93
6.60	Duncan Mathieson	Balgownie	13.08.85	3582	Chris Jones	CA Stadium	09.07.89
6.24	Mark Dobbie	Bourgoin-Jallieu	18.09.93	3356	Fraser Benzie	CA Stadium	08.08.99
6.24	William Smy	Banchory	17.08.08	3287	Jamie Thomson	Scotsotun	21.05.06
6.18	Stewart Clark	Dundee	02.08.09	3181	Ronald Smith	CA Stadium	15.07.95
6.14	Peter Sutherland	Dundee	06.06.04				
6.12	Dinkar Sabnis	Inverness	08.04.90				
6.10	Sam Lyon	CA Stadium	10.06.09				

U-17 MEN TRIPLE JUMP

13.82	WILLIAM STARK	Grangemouth	29.08.93
13.13	Sam Lyon	Grangemouth	12.06.09
12.94	Stewart Clark	Perth	07.06.09
12.74	Dinkar Sabnis	Grangemouth	26.08.90
12.70	Derek Elmslie	Madowbank	03.09.77
12.61	Steven Ledingham	Balgownie	16.08.81
12.61	Duncan Mathieson	Glenrothes	23.06.85
12.60	David Parham	Balgownie	23.05.76
12.55	Mark Dobbie	Grangemouth	29.08.93
12.51	Robbie Farquhar	Grangemouth	10.06.16

U-17 MEN SHOT

13.27	KEVIN LUTTON	CA Stadium	05.08.01
13.13	John Angus	Livingston	08.04.17
12.78	Duncan Mathieson	Balgownie	28.05.85
12.66	Derek Giulianotti	Balgownie	14.09.80
12.59	Ryan Legge	Inverness	05.09.10
12.37	William Stark	Dundee	11.09.93
12.32	Andrew McCallum	Dundee	11.09.93
12.16	Peter Fraser	Grangemouth	28.08.94
12.06	David Robinson	Balgownie	16.08.78
11.88	David Minty	Peterhead	23.04.89

U-17 MEN DISCUS

41.46	PETER FRASER	CA Stadium	16.07.94
37.33	John Angus	CA Stadium	28.06.17
36.60	Andrew McCallum	Grangemouth	23.06.93
35.41	Robbie Farquhar	Manchester	13.08.17
35.38	David Minty	Inverness	09.04.89
34.92	Fraser Benzie	CA Stadium	02.09.99
33.86	Christian Dick	Grangemouth	07.06.13
32.76	David Robinson	Balgownie	09.04.78
32.74	Richard Singer	Inverness	28.05.95
32.50	Craig Anderson	Balgownie	20.09.87

U-17 MEN HAMMER

45.50	DAVID ROBINSON	Balgownie	21.06.78
44.80	Keith Simpson	CA Stadium	22.06.97
43.56	Barry Dobbie	CA Stadium	26.09.96
40.16	David Minty	Inverness	02.07.89
30.78	George Petrie	Balgownie	16.09.78
38.80	David Gagel	Balgownie	01.07.80
37.55	Conor Hewitson	CA Stadium	07.08.14
36.04	Peter Fraser	Meadowbank	15.05.94
35.45	Matthew Maitland	Elgin	19.09.99
33.84	Craig Anderson	Inverness	30.08.87
31.26	Derek Giulianotti	Balgownie	14.09.80

U-17 MEN JAVELIN

58.36	PETER FRASER	Birmingham	30.07.94
51.41	Kevin Lutton	Tullamore	21.07.01
51.05	Keith Simpson	Meadowbank	19.06.98
47.28	Robert Miller	Grangemouth	25.06.00
43.63	Bruce Benzie	Grangemouth	10.06.01
43.42	Andrew McCallum	CA Stadium	23.09.93
43.24	Stephen Miller	CA Stadium	04.08.02
42.58	Oliver Nash	Grangemouth	26.08.17
42.16	Tom Brodie	Dundee	27.04.08
41.44	Paul Henderson	CA Stadium	20.05.04

U-17 MEN OCTATHLON

4729	ROBBIE FARQUHAR	Manchester	13.08.17
4518	William Stark	Linwood	25.07.93
4388	Paul Torry	Ayr	19.06.99
4327	Stephen Miller	Grangemouth	25.08.02
4260	Robert Miller	Grangemouth	03.09.00

U-17 MEN DECATHLON (Top 6)

6030	ROBBIE FARQUHAR	Manchester	13.08.17
5238	Stephen Miller	Stoke	29.09.02
5227	Duncan Mathieson	Balgownie	15.05.85
4690	Miller Mathieson	Balgownie	24.06.81
4216	Steven Ledingham	Balgownie	26.07.81
4191	Edward McKenzie	Balgownie	10.08.83

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

U-17 WOMEN 100m

11.9	LOUISE PATERSON	CA Stadium	09.06.91
12.12	Rebecca Matheson	CA Stadium	06.09.15
12.2	Fiona Auld	Balgownie	22.08.76
12.2	Hayley Bowers	Peterhead	24.05.98
12.2	Zoey Clark	Perth	01.05.11
12.2	Katrina Leys	Crown Point	16.06.90
12.29	Joda Kokovworho	Dublin	05.08.17
12.3	Kathleen Madigan	Livingston	17.05.86
12.97	Katie Forbes	Grangemouth	13.08.16
12.37	Lesley-Ann Mearns	Birmingham	13.08.05

U-17 WOMEN 200m

24.7	LOUISE PATERSON	Crown Point	16.06.90
24.89	Zoey Clark	Scotstoun	29.08.10
24.94	Kelsey Stewart	CA Stadium	23.06.13
25.05	Lesley-Ann Mearns	Birmingham	14.08.05
25.1	Kathleen Madigan	Coatbridge	04.05.86
25.33	Rebecca Matheson	Grangemouth	30.08.15
25.4	Nicola Imrie	Crown Point	20.06.92
25.5	Katrina Leys	Coatbridge	28.05.89
25.5	Michelle Bruce	Grangemouth	13.06.82
25.57	Joda Kokovworho	Grangemouth	27.08.17

U-17 WOMEN 300m

38.66	KELSEY STEWART	Dublin	20.07.13
39.44	Zoey Clark	Inverness	05.09.10
40.21	Louise Paterson	Crystal Palace	17.08.91
40.9	Lorna Johnston	Grangemouth	16.06.00
41.21	Rebecca Mortimer	Grangemouth	20.08.05
41.3	Morag Keenan	Meadowbank	19.06.93
41.4	Emma Cloggie	CA Stadium	18.04.04
41.5	Nicola Gauld	Coatbridge	17.05.98
41.7	Rebecca Matheson	Dundee	02.08.15
42.0	Hayley Bowers	CA Stadium	26.05.99

U-17 WOMEN 400m

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

U-17 WOMEN 800m

2:11.38	REBECCA EGGELING	Loughborough	02.09.16
2:13.29	Kelsey Stewart	Manchester	01.06.13
2:13.36	Dawn Simpson	Ayr	13.08.88
2:14.3	Carolyn Sheehan	Inverness	19.08.84
2:14.44	Ellie Buchan	Trafford	27.06.09
2:15.36	Emma Cloggie	Solihull	06.08.03
2:16.57	Naomi Lang	CA Stadium	08.05.16
2:16.8	Jaclyn Anderson	CA Stadium	18.07.93

2:17.1	Lynsey Still	Inverness	05.06.94
2:18.2	Lisa Davidson	Coatbridge	20.05.90

U-17 WOMEN 1500m

4:32.7	KATHRYN SHEPHERD	Crystal Palace	19.07.74
4:32.87	Rebecca Eggeling	Grangemouth	10.06.16
4:34.8	Kate Rice	Carmarthen	05.08.89
4:37.08	Naomi Lang	Grangemouth	13.05.16
4:42.2	Carolyn Sheehan	Balgownie	20.08.86
4:43.5	Ellie Buchan	Dundee	27.04.08
4:48.02	Eilidh Prise	Grangemouth	08.06.12
4:46.6	Allison Diamond	Grangemouth	05.06.82
4:48.38	Clare Stewart	Inverness	11.09.16
4:49.6	Trisha Ronney	Grangemouth	08.05.83

U-17 WOMEN 3000m

9:56.60	NAOMI LANG	Grangemouth	10.06.16
10:17.42	Rebecca Eggeling	CA Stadium	07.08.16
10:20.6	Eilidh Prise	CA Stadium	30.06.12
10:27.42	Clare Stewart	Grangemouth	10.06.16
10:35.0	Claire Becker	CA Stadium	26.07.92
10:39.2	Ellie Buchan	CA Stadium	30.04.08
10:42.8	Carolyn Sheehan	Balgownie	15.05.85
10:43.4	Kirsty Oldham	Perth	06.08.17
10:43.9	Suzie Reid	CA Stadium	23.07.89
10:45.3	Jillian Grams	CA Stadium	22.07.90

U-17 WOMEN 100m HURDLES

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

*2'6" hurdles

U-17 WOMEN 80m HURDLES

11.48	YASMIN MILNE	Grangemouth	11.06.10
11.7	Catriona Pennet	Grangemouth	11.06.00
11.76	Alix Still	Grangemouth	11.07.15
11.9	Gail Murchie	Grangemouth	10.07.88
11.93	Grace Carter	CA Stadium	06.09.15
11.99	Jane Davidson	Glasgow (S)	13.08.17
12.0	Katy Philip	Grangemouth	23.06.93
12.1	Lisa Humphreys	CA Stadium	30.06.10
12.1	Bridie McGlashan	Livingston	17.05.86
12.2	L Peddie / P Gray / G Summers		81/95/14

U-17 WOMEN 300m HURDLES

44.14	SYLVIA KAMYA	Carmarthen	06.08.05
44.73	Angela Shearer	CA Stadium	27.05.01
45.16	Jane Davidson	CA Stadium	02.09.17
45.37	Alix Still	Ashford	16.07.16
45.7	Catriona Pennet	CA Stadium	02.07.00
45.84	Sophie Hamilton	Grangemouth	08.06.13
46.28	Rebecca Mortimer	Grangemouth	26.08.06
46.34	Rebecca Dougall	Scotstoun	27.07.97
46.48	Lisa Humphreys	Scotstoun	14.08.10
46.7/46.70	Yasmin Milne / Carmen Neat		10 / 17

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
1.67	Carmen Neat	Glasgow (S)	13.08.17
1.66	Lyndsay Peddie	Balgownie	30.07.83
1.64	Kate MacKay	Dundee	29.05.16
1.67	Alix Still	Grangemouth	04.06.16
1.61	Shirley Gray	Balgownie	19.06.77
1.61	Beth Philip	CA Stadium	11.09.89
1.60	Donna Quirie	CA Stadium	30.06.93
1.59	Emma Caldow	Grangemouth	29.07.12
1.58	Anne Watt / Heather Pirie		81 / 91

U-17 WOMEN POLE VAULT (Top 6)

2.80	SAM SOMERS	CA Stadium	05.06.11
2.65	Sophie Hamilton	CA Stadium	19.05.13
2.30	Erin Runcie	CA Stadium	30.06.13
2.20	Freya McKay	CA Stadium	24.08.14
2.10	Samantha Edgar	CA Stadium	24.08.14
2.10	Alix Still	Hutcheson's	20.06.14

U-17 WOMEN LONG JUMP

5.71	KIRSTEN YOUNG	CA Stadium	26.06.05
5.64	Lea Masson	Balgownie	18.09.77
5.53	Donna Quirie	Grangemouth	27.06.93
5.53	Sarah Still	Crown Point	20.06.92
5.52	Deidre Auld	Balgownie	09.09.79
5.52	Katie Forbes	CA Stadium	19.06.16
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

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
10.21	Kate MacKay	Dundee	28.06.15
10.11	Jennifer Reid	Banchory	27.08.94
9.83	Emma Cloggie	Banchory	31.08.02
9.77	Nikki Corsie	Meadowbank	20.06.98
9.72	Chloe Davie	Lerwick	14.09.14

U-17 WOMEN SHOT (4kg)

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

U-17 WOMEN SHOT (3kg)(Top 5)

12.45	ALISON HORNE	CA Stadium	20.04.14
10.64	Saffron Cummings	Perth	11.05.14
10.46	Iona Colquhoun	Grangemouth	14.05.16
10.43	Alix Still	Grangemouth	13.08.16
10.00	Erin Runcie	CA Stadium	23.08.14

U-17 WOMEN DISCUS

38.08	HELEN COWE	Grangemouth	09.07.83
35.21	Erin Runcie	CA Stadium	28.08.14
32.16	Marian Simpson	CA Stadium	02.06.94
32.14	Alison Horne	CA Stadium	23.08.14
29.28	Pamela Bruce	Pitreavie	20.04.80
27.34	Cheryl McHardy	Coatbridge	03.08.97
27.02	Iona Colquhoun	Grangemouth	11.06.16
26.02	Jennifer Reid	Banchory	04.09.94
25.88	Lesley Fowler	Arbroath	20.08.95
25.60	Angela Smith	CA Stadium	04.09.97

U-17 WOMEN HAMMER (4kg)

31.58	Marian Simpson	Birmingham	30.07.94
25.72	Catrin Dickson	CA Stadium	08.09.05
24.27	Kristie Hindle	Meadowbank	18.05.14
23.51	Samantha Edgar	Grangemouth	17.04.16
23.16	Katherine Masson	CA Stadium	04.09.95
22.70	Kylie Davidson	Grangemouth	11.06.04
19.87	Sarah Lyon	Coatbridge	30.05.99
19.68	Angela Smith	CA Stadium	28.05.98
19.51	Mollie Hepburn	Inverness	16.09.07
19.24	Cheryl McHardy	Elgin	21.09.97

U-17 WOMEN HAMMER (3kg)(Top 5)

31.31	ERIN WILLIAMS	Livingston	09.09.17
30.96	Erin Runcie	CA Stadium	07.08.14
28.55	Samantha Edgar	Dundee	28.06.15
28.12	Kristie Hindle	Dundee	04.05.14
20.74	Iona Colquhoun	CA Stadium	02.06.16

U-17 WOMEN JAVELIN (600g)

35.98	ELLIE WORKMAN	Perth	26.04.09
35.78	Emily Dougall	CA Stadium	29.05.94
33.09	Kimberley Miles	Sheffield	02.09.01
31.26	Lesley Fowler	CA Stadium	02.05.95
30.66	Marian Simpson	Coatbridge	23.05.93
30.32	Gillian Wilson	Meadowbank	18.08.91
28.89	Sophie Anderson	Grangemouth	26.08.12

28.50	Kathy Rapley	Coatbridge	25.05.97
27.42	Vicky Clark	Grangemouth	15.05.93
27.22	Laura Crockford	Meadowbank	12.05.96

U-17 WOMEN JAVELIN (500g)(Top 3)

30.91	IONA COLQUHOUN	CA Stadium	19.09.15
29.04	Alix Still	CA Stadium	03.07.16
28.80	Sophie Evans	Hutcheson's	20.06.14

U-17 WOMEN HEPTATHLON

4583	ALIX STILL	CA Stadium	03.07.16
(12.18, 1.60, 10.22, 27.13, 5.21, 29.04, 2:25.39)			
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)			
3947	Jane Davidson	Grangemouth	02.07.17
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

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

* 100m hurdles

ALL TIME TOP 10s – U-15 EVENTS**U-15 BOYS 100m**

11.5	ALEXANDER CARNIE	Crown Point	07.09.86
11.58	Lewis Bisset	CA Stadium	06.09.15
11.6	Ahmed Al-Kowarri	Crown Point	07.08.93
11.7	Paul Manson	Balgownie	20.08.78
11.8	Stuart Mathieson	Inverness	28.05.95
11.83	Tobi Fatona	Scotstoun	20.08.17
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
11.99	Timi Fatona	Scotstoun	19.08.17

U-15 BOYS 200m

23.1	ALEXANDER CARNIE	Crown Point	07.09.86
23.5	Ahmed Al-Kowarri	Grangemouth	23.06.93
23.86	Stuart Bridgeford	Hutcheson's	20.06.14
24.06	Lewis Bisset	Grangemouth	22.05.15
24.2	Mark Davidson	Balgownie	30.07.83
24.32	Stuart Mathieson	Pitreavie	09.07.95
24.44	Tobi Fatona	Scotstoun	20.08.17
24.45	William Stark	CA Stadium	22.06.91
24.5	Paul Manson	Coatbridge	02.09.78
24.6	Richard Singer / Bruce Sorbie		93 / 12 18.07.93

U-15 BOYS 300m

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

U-15 BOYS 400m

52.5	COLIN DONALD	Grangemouth	26.06.82
52.7	Ahmed Al-Kowarri	Crown Point	07.08.93
53.1	Stuart Mathieson	Grangemouth	17.06.95
53.61	Richard Singer	Grangemouth	11.07.93
53.8	Stewart Millar	CA Stadium	25.07.13
54.2	Andrew Keelan	Grangemouth	18.06.88
54.93	Colin Wilson	Grangemouth	27.08.89

55.1	Steven Rusling	CA Stadium	04.08.02
55.50	Mark Davidson	Scotstoun	11.06.83
55.9	Ben Renton	CA Stadium	25.07.13

U-15 BOYS 800m

1:59.80	HARRY HALL	Bedford	27.08.16
2:00.77	Steven Rusling	Birmingham	11.08.02
2:01.39	Stewart Millar	Scotstoun	02.08.13
2:01.8	Colin Donald	Grangemouth	26.06.82
2:04.75	Ben Renton	CA Stadium	29.08.13
2:07.1	Michael Anderson	Inverness	09.09.90
2:07.2	Euan Cameron	Grangemouth	18.06.77
2:07.73	Jack Gillespie	Grangemouth	23.08.15
2:08.22	Mark Haskett	Grangemouth	06.07.03
2:08.97	Lewis Watt	Scotstoun	20.08.17

U-15 BOYS 1500m

4:16.50	HARRY HALL	Crown Point	29.07.16
4:21.2	Steven Rusling	CA Stadium	04.08.02
4:24.50	Alan Wales	Grangemouth	10.07.99
4:26.0	Frank Boyne	Glenrothes	24.08.80
4:26.37	Mark Kennedy	Inverness	09.07.00
4:26.43	Steven Murray	Wishaw	27.08.11
4:26.51	Alex Thoires	Grangemouth	06.07.03
4:27.6	Kevin Smart	Meadowbank	28.05.77
4:28.6	David Stephen	Glenrothes	16.04.78
4:28.7	Geoff Main	Crown Point	07.08.88

U-15 BOYS 3000m

9:34.4	ALEX THOIRS	Dundee	29.06.03
9:39.2	Steven Rusling	Grangemouth	17.08.02
9:43.8	Mark Kennedy	CA Stadium	23.07.00
10:00.2	Alan Wales	Dundee	27.06.99
10:00.7	Mark Haskett	CA Stadium	21.05.03
10:02.5	James Joy	CA Stadium	26.06.05
10:14.2	Robin Sutherland	Balgownie	07.05.86
10:14.4	Stuart Forbes	CA Stadium	03.05.98
10:19.7	Simon Walker	CA Stadium	20.06.93
10:21.35	Samuel Griffin	Scotstoun	02.06.17

U-15 BOYS 80m HURDLES

11.95	BRUCE SORBIE	Grangemouth	21.06.12
12.00	William Stark	Grangemouth	25.08.91
12.1	Derek Elmslie	Balgownie	22.06.75
12.3	Finlay Morton	Meadowbank	21.09.75
12.30	Arran Phommavanh	Grangemouth	09.08.15
12.4	Mark Davidson	Dundee	26.06.83

12.4	Ian Lind	Crown Point	07.08.88
12.5	Chris Jessiman	Inverness	30.08.87
12.5	Christopher Maslen	CA Stadium	12.09.99
12.58	Robbie Farquhar	CA Stadium	06.09.15

U-15 BOYS HIGH JUMP

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

U-15 BOYS POLE VAULT

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

U-15 BOYS LONG JUMP

6.02	ROBBIE FARQUHAR	Grangemouth	09.08.15
5.88	Bruce Sorbie	Grangemouth	29.07.12
5.82	William Stark	CA Stadium	04.07.91
5.71	Derek Elmslie	Pitreavie	29.06.75
5.70	Richard Singer	CA Stadium	22.08.93
5.64	James McIntosh	CA Stadium	17.09.16
5.55	Christopher Maslen	CA Stadium	29.06.99
5.47	Ahmed Al-Kowarri	Dundee	15.04.93
5.47	Miller Mathieson	Meadowbank	08.09.79
5.47	Wilson Moir	Meadowbank	03.09.77

U-15 BOYS TRIPLE JUMP

12.51	ROBBIE FARQUHAR	Grangemouth	10.06.16
12.10	William Stark	Crown Point	10.08.91
11.75	Wilson Moir	Saughton	22.05.77
11.66	Ian Lind	Glenrothes	11.09.88
11.48	Alan Cameron	Balgownie	22.06.75
11.33	David Parham	Meadowbank	21.09.75
11.32	Christopher Jessiman	Glenrothes	13.09.87
11.28	Paul Allan	Glenrothes	09.09.84
11.18	Alasdair Lowe	CA Stadium	25.04.12
11.09	Jamie Stewart	CA Stadium	24.07.94

U-15 BOYS SHOT

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

U-15 BOYS DISCUS

33.91	KEVIN LUTTON	Elgin	19.09.99
33.42	John Angus	CA Stadium	16.09.15
33.64	Edward McKenzie	Glenrothes	22.08.81
32.16	Peter Fraser	CA Stadium	03.05.92
30.87	Christian Dick	CA Stadium	30.08.12
30.80	Stuart Scoble	Scotstoun	04.09.83
30.13	Murray Addison	Grangemouth	14.05.16
29.70	Athol Gordon	CA Stadium	10.09.17
29.28	Keith Simpson	CA Stadium	07.05.95
28.52	Steven Sey	Inverness	13.09.15

U-15 BOYS HAMMER

32.76	JOHN ANGUS	Grangemouth	23.08.15
32.38	George Petrie	Balgownie	21.08.77
31.90	David Gagel	Balgownie	26.09.78
30.57	Conor Hewitson	Grangemouth	26.08.12
26.43	Kevin Lutton	CA Stadium	27.05.99
25.76	Barry Dobbie	CA Stadium	16.06.94
20.04	Keith Simpson	CA Stadium	29.05.95
16.60	Gareth Orme	CA Stadium	29.05.95
14.13	Calum Davidson	CA Stadium	02.07.13
13.82	Fraser Benzie	CA Stadium	26.09.96

U-15 BOYS JAVELIN

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

U-15 BOYS PENTATHLON (Top6)

2354	MURRAY ADDISON	CA Stadium	02.07.16
2202	Stuart Mathieson	CA Stadium	15.07.95
1950	Athol Gordon	Grangemouth	01.17.17
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.

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U-15 GIRLS 100m

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

U-15 GIRLS 200m

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

U-15 GIRLS 800m

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

U-15 GIRLS 1500m

4:43.5	CAROLYN SHEEHAN	Crawley	21.07.84
4:43.9	Ellie Buchan	CA Stadium	05.09.07
4:46.6	Allison Diamond	Grangemouth	05.06.82

4:49.37	Naomi Lang	Hutcheson's	21.06.14	9.37	Laura Crockford	Meadowbank	12.05.96
4:49.69	Eiidh Prise	Inverness	05.09.10	U-15 GIRLS SHOT (3kg)			
4:49.9	Dawn Simpson	Wishaw	07.08.88	12.45	ALISON HORNE	CA Staidum	20.04.14
4:50.36	Rebecca Eggeling	Greensboro USA	25.07.13	10.64	Saffron Cummings	Perth	11.05.14
4:52.0	Michelle Cherry	Coatbridge	17.06.84	10.00	Erin Runcie	CA Stadium	23.08.14
4:52.8	Caroline Clarkson	Coatbridge	26.05.91	U-15 GIRLS DISCUS			
4:54.74	Kirsty Oldham	Grangemouth	11.06.16	31.92	HELEN COWE	Balgownie	16.08.81

U-15 GIRLS 75m HURDLES

11.24	SANDRA GUNN	Grangemouth	23.06.90	28.06	Pamela Bruce	Balgownie	03.09.78
11.60	Grace Carter	Kilmarnock	10.08.14	26.10	Marian Simpson	Coatbridge	13.09.92
11.62	Catriona Pennet	Inverness	13.09.98	25.82	Cheryl McHardy	Pitreavie	17.08.96
11.7	Jenny Bole	Balgownie	17.06.79	25.34	Lorraine Dearie	Glenrothes	14.09.86
11.70	Hannah Mathieson	Inverness	09.07.00	24.78	Gillian Tindall	Glenrothes	02.09.79
11.7	Lyndsay Peddie	Balgownie	07.09.80	24.36	Lesley Fowler	Dundee	22.08.93
11.73	Jane Davidson	Grangemouth	21.08.16	24.34	Alanah O'Donnell	Hutcheson's	21.06.14
11.8	Gemma Hair	Coatbridge	21.05.95	24.34	Angela Smith	CA Stadium	09.06.96
11.8	Amanda Lochhead	Grangemouth	12.07.80	23.08	Kathy Rapley	Grangemouth	14.05.95
11.80	Yasmin Milne	Grangemouth	14.06.08	U-15 GIRLS HAMMER (Top 5)			
11.8	Katy Philip	Crown Point	15.06.91	31.31	ERIN WILLIAMS	Livingston	09.09.17

U-15 GIRLS HIGH JUMP

1.61	CARMEN NEAT	CA Stadium	08.05.16	24.69	Kristie Hindle	Grangemouth	28.07.13
1.58	Kate MacKay	CA Stadium	24.08.14	24.03	Sophie Anderson	Grangemouth	26.08.12
1.58	Anne Watt	Balgownie	06.09.81	16.97	Morag Shepherd	CA Stadium	21.05.17
1.57	Suzie Robertson	Grangemouth	01.06.91	14.49	Iona Colquhoun	Dundee	04.05.14
1.52	Jane Davidson	Grangemouth	04.06.16	U-15 GIRLS JAVELIN (600g, from 1991)			
1.51	Ella Thoms	Perth	06.08.17	30.32	EMILY DOUGALL	Grangemouth	24.06.92
1.50	Emma Caldwell	Scotstoun	29.08.10	28.89	Sophie Anderson	Grangemouth	26.08.12
1.50	Kimberley Miles	CA Stadium	12.09.99	28.74	Marian Simpson	Meadowbank	17.05.92
1.50	Kate Murdoch	CA Stadium	30.08.09	27.22	Laura Crockford	Meadowbank	12.05.96
1.50	Lyndsay Peddie	Balgownie	06.09.81	26.82	Kathy Rapley	CA Stadium	03.09.95

U-15 GIRLS LONG JUMP

5.38	DEIRDRE AULD	Meadowbank	18.06.77	25.73	Jade Christie	CA Stadium	25.07.99
5.33	Kirsten Young	CA Stadium	20.04.03	24.72	Lesley Fowler	Meadowbank	05.09.93
5.27	Sarah Still	Dundee	09.09.90	23.84	Jennifer Reid	CA Stadium	31.05.92
5.12	Laura Beveridge	Balgownie	21.06.81	23.60	Angela Shearer	CA Stadium	05.09.99
5.11	Jenny Bole	Balgownie	10.09.78	23.46	Emma Coutts	Crown Point	27.04.97
5.10	Lyndsay Peddie	Meadowbank	13.06.81	U-15 GIRLS JAVELIN (500g)			
5.07	Linda Davidson	Balgownie	12.06.83	29.15	Iona Colquhoun	CA Stadium	24.08.14
5.01	Jennifer Lynch	Balgownie	23.08.75	U-15 GIRLS PENTATHLON*			
5.01	Donna Quirie	Waterford	11.08.90	2859	LYNDSAY PEDDIE	Balgownie	15.08.81
4.97	Claire Middleton	Pitreavie	14.06.92	2856	Jennifer Lynch	Grangemouth	09.08.75

U-15 GIRLS SHOT (3.25kg)

12.18	HELEN COWE	Swansea	08.08.81	2842	Deirdre Auld	Pitreavie	14.05.77
10.29	Rhona MacLennan	Coatbridge	02.09.84	2773	Carmen Neat	York	27.08.16
10.14	Sophie Anderson	CA Stadium	17.06.12	2754	Catriona Pennet	Scotstoun	03.05.98
10.13	Marian Simpson	Coatbridge	31.05.92	2678	Jane Davidson	Grangemouth	04.06.16
10.00	Sarah Lyon	Inverness	13.09.98	2675	Amanda Lochhead	Grangemouth	24.08.80
9.88	Gail Murchie	Livingston	17.05.86	2642	Shelda Stalker	Pitreavie	27.06.81
9.61	Jennifer Reid	Crown Point	16.08.92	2640	Linda Davidson	Wishaw	05.06.83
9.60	Lyndsay Peddie	Balgownie	15.08.81	2627	Rhona MacLennan	Wishaw	05.06.83
9.49	Pamela Bruce	Pitreavie	06.05.78	*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

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

VETERAN MEN 100m

11.7	ALAN MACKENZIE	Nairn	18.08.90	24.6	Frank Gauld	CA Stadium	10.06.00
11.7	TREVOR MADIGAN	Balgownie	31.08.85	24.6	Denis Shepherd	CA Stadium	26.08.92
11.7	ROBIN RILLEY	Not known	1979	24.7	Malcolm Clarkson	Linkfield	06.09.88
11.7	STAN WALKER	CA Stadium	13.09.09	24.7	Allan Stirling	Crown Point	28.06.87
11.9	Chris Coulter	Balgownie	05.09.87	24.8	Brian Gordon	Grangemouth	27.08.88
11.91	Mark Davidson	Pitreavie	15.06.14	25.0	Trevor Madigan	Coatbridge	14.07.85
12.0	Forbes Bruce	Balgownie	08.08.81	25.2	Alan Fulton	CA Stadium	22.08.91
12.0	Brian Gordon	Linkfield	03.09.88	VETERAN MEN 400m			
12.0	Malcolm Clarkson	Balgownie	05.09.87	53.0	DENIS SHEPHERD	CA Stadium	29.06.93
12.1	A Stirling/D Shepherd		87/92	54.8	Alan Fulton	CA Stadium	18.06.91

VETERAN MEN 200m

23.83	STAN WALKER	Grangemouth	18.05.11	54.8	Frank Gauld	CA Stadium	10.06.00
24.1	Robin Riley	Balgownie	09.09.79	55.2	Allan Stirling	Malmö (SWE)	28.07.86
24.42	Mark Davidson	Pitreavie	15.06.14	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
				56.52	Stan Walker	CA Stadium	02.07.16
				56.6	Jim Burr	CA Stadium	13.09.95
				56.8	Bill Scullion	CA Stadium	16.06.93

VETERAN MEN 800m

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

VETERAN MEN 1500m

4:08.0	HUNTER WATSON	Coatbridge	12.06.77
4:11.2	Roderick MacFarquhar	Balgownie	10.08.83
4:15.3	Mike Simpson	CA Stadium	03.09.97
4:18.7	Colin Youngson	CA Stadium	26.08.93
4:20.7	Ken Hogg	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 8)

59.0	DENIS SHEPHERD	CA Stadium	01.06.93
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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
73.1*	Tom Leeson	Perth	17.05.15
77.1	Bill Lonsdale	CA Stadium	27.06.02

* 3' hurdles

VETERAN MEN HALF-MARATHON

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

VETERAN MEN MARATHON

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

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

VETERAN MEN POLE VAULT (Top 6)

3.65	KENNY LYON	CA Stadium	01.09.01
3.60	Robert Masson	Balgownie	08.07.87
2.80	Edward Mckenzie	Grangemouth	16.04.11
2.25	Trevor Madigan	Balgownie	06.04.86
1.90	Ian Morrison	Balgownie	10.08.82
1.10	Bill Lonsdale	Sheffield	03.09.17

VETERAN MEN LONG JUMP

5.95	KENNY LYON	CA Stadium	01.04.01
5.76	Robert Masson	Balgownie	20.09.87
5.75	Trevor Madigan	Balgownie	05.09.87
5.55	Miller Mathieson	Balgownie	05.08.79
5.55	Forbes Bruce	Balgownie	05.08.79
5.49	Malcolm Clarkson	Balgownie	05.09.87
5.48	Chris Coulter	Balgownie	05.09.87
5.46	Denis Shepherd	CA Stadium	02.09.92
5.42	Tom Leeson	CA Stadium	06.09.15
5.27	Mark Davidson	CA Stadium	03.09.14

VETERAN MEN TRIPLE JUMP

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

VETERAN MEN SHOT

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

* Senior men's implements

VETERAN MEN DISCUS

39.86	ROBERT MASSON	CA Stadium	03.09.92
37.68	Edward McKenzie	CA Stadium	06.09.12
33.45*	Darren Chapman	CA Stadium	29.04.12
32.49	Kenny Lyon	CA Stadium	26.08.04
32.20	Forbes Bruce	Balgownie	03.08.82
32.17	Colin Harris	CA Stadium	28.05.05
30.52	Paddy Grant	CA Stadium	02.09.99
30.15	Frank Gauld	CA Stadium	24.08.00
30.03	Tom Leeson	Perth	17.05.15
28.30	Ian Maitland	Dundee	11.09.93

* Senior men's implements

VETERAN MEN HAMMER

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

* Senior men's implements

VETERAN MEN JAVELIN

43.88*	ROBERT MASSON	CA Stadium	02.04.89
41.65*	Edward McKenzie	Grangemouth	14.07.07
40.24*	Tom Leeson	Meadowbank	30.08.15
39.55*	Kenny Lyon	Sheffield	08.09.01
36.28*	Andy Dougall	CA Stadium	07.04.91
35.79*	Darren Chapman	CA Stadium	20.05.12
32.84*	Ian Maitland	CA Stadium	04.04.93
32.60*	Douglas Cooper	CA Stadium	07.04.91
31.38*	Dave Walker	Inverness	13.06.92
30.06*	Angel Alicea	CA Stadium	04.04.93

* Senior men's implements

VETERAN MEN DECATHLON (Top 5)

4738	TREVOR MADIGAN	Balgownie	30.04.86
3658	Robert Masson	CA Stadium	16.07.95

Age-graded

6490	Robert Masson	Oxford	07.07.07
5647	Kenny Lyon	Sheffield	09.09.01
4616	Edward McKenzie	Lyon	05.08.15
4506	Bill Lonsdale	Grangemouth	25.08.02

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

VETERAN WOMEN 100m

12.7	KATHLEEN MADIGAN	CA Stadium	23.08.06
12.9	Janet Lyon	CA Stadium	22.06.97
13.19	Fiona Davidson	Grangemouth	01.07.17
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 MacKinnon	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 MacKinnon	CA Stadium	28.08.02
30.6	Tracey Wilson	CA Stadium	03.04.94
31.3	Penny Johnson	Kirkwall	08.09.13
33.12	Ruth Watson	CA Stadium	02.07.16

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
2:36.76	Lynsey Still	Grangemouth	01.07.17
2:39.1	Annette Orme	CA Stadium	24.08.95
2:51.3	Janet Lyon	CA Stadium	24.08.00

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
5:37.41	Sarah Knox	CA Stadium	16.05.16

VETERAN WOMEN 3000m

9:51.9	HEATHER WISLEY	Coatbridge	20.05.90
10:03.1	Sonia Armitage	Coatbridge	29.08.98
10:26.2	Lynda Bain	CA Stadium	09.06.91
10:42.8	Hazel Gaskell	CA Stadium	18.07.93
10:48.2	Nancy MacKinnon	CA Stadium	23.07.89
10:59.35	Veronique Oldham	Meadowbank	13.07.14
11:00.2	Laura Mahady	CA Stadium	21.05.03
11:00.4	Rhona Buchan	Dundee	09.07.06
11:19.0	Kathryn Mearns	CA Stadium	21.05.03
11:20.5	Helen Brown	Balgownie	29.06.88

VETERAN WOMEN 5000m

17:16.32	NICOLA GAULD	Scotstoun	28.07.17
17:48.80	Sonia Armitage	Chester-le-Street	31.07.99
18:49.7	Rhona Buchan	CA Stadium	29.08.07
19:02.1	Laura Mahady	CA Stadium	28.05.08
19:07.8	Kathryn Mearns	CA Stadium	14.08.97
19:41.1	Lynda Bain	CA Stadium	24.09.91
20:15.9	Margaret Stafford	CA Stadium	24.09.91
20:46.7	Nicola Smith	CA Stadium	16.05.11
21:15.49	Sarah Knox	CA Stadium	05.05.16
21:40.28	Sinead Stenhouse	CA Stadium	08.05.14

VETERAN WOMEN 10000m

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	3.54	Annette Orme	CA Stadium	23.08.95
43:41.48	Sarah Knox	CA Stadium	14.06.17	VETERAN WOMEN TRIPLE JUMP (Top 5)			
46:29.3	Trish McLauchlan	CA Stadium	22.06.09	11.39	FIONA DAVIDSON	Aarhus	29.07.17
46:43.0	Maureen MacInnes	CA Stadium	22.06.09	9.25	Shona McKinnon	Pitreavie	19.05.01
47:03.5	Jane MacKay	CA Stadium	22.06.09	8.69	Linda Michie	Dundee	10.07.05
48:40.8	Janice Gordon	CA Stadium	04.07.02	8.46	Joyce Hogg	Crown Point	15.07.90
48:42.8	Nancy MacKinnon	CA Stadium	04.07.02	7.38	Heather Young	Grangemouth	21.06.03
49:33.1	Ann Clark	CA Stadium	22.06.09				

VETERAN WOMEN HALF MARATHON

82:09	ULLI SIMPSON	CA Stadium	26.08.90	VETERAN WOMEN SHOT			
84:05	Lynda Bain	Linksfield	29.08.93	8.82	LINDA MICHIE	CA Stadium	05.07.06
85:42	Hazel Gaskell	Linksfield	29.08.93	8.45	Kathleen Madigan	Newtonmore	05.08.06
85:51	Heather Wisley	Linksfield	28.08.88	8.30	Fiona Davidson	CA Stadium	05.05.16
86:54	Sonia Armitage	Aviemore	19.10.08	8.17	Shona McKinnon	Drumadrochit	26.08.00
87:48	Diana Jermieson	Rannoch	25.06.89	7.76	Joyce Hogg	Cwmbran	23.07.88
88:50	Angela Hepburn	Elgin	04.09.05	7.47	Janet Lyon	CA Stadium	28.08.97
89:35	Jackie Nuttall	Dyce	27.03.88	7.44	Anne Lindsay	Grangemouth	27.08.88
89:43	Margaret Stafford	Inverdee	29.03.92	7.14	Margaret Lyon	CA Stadium	26.07.98
90:58	Nancy MacKinnon	Peterhead	17.06.90	7.14	Heather Young	Coatbridge	25.07.04
				7.13	Sheena Pirie	CA Stadium	16.05.91

VETERAN WOMEN MARATHON

3:00:32	MARGARET STAFFORD	London	22.04.90	VETERAN WOMEN DISCUS			
3:15:52	Diana Jermieson	Beach	28.05.89	23.94	ANNE LINDSAY	Grangemouth	19.06.88
3:18:57	Angela Hepburn	Fort William	18.04.10	23.52	Fiona Davidson	CA Stadium	29.04.12
3:24:22	Olive Fraser	London	23.04.89	22.34	Ann Imrie	CA Stadium	10.08.97
3:27:42	Leona Hart	Dundee	28.04.85	20.94	Dorothy Davidson	Balgownie	24.02.85
3:32:33	Betty May	London	21.04.91	19.89	Kathleen Madigan	Perth	11.05.14
3:37:09	Maureen McInnes	Amsterdam	15.10.06	19.52	Shona McKinnon	CA Stadium	24.07.00
3:42:53	Bing Kerr	London	23.04.89	19.30	Joyce Hogg	CA Stadium	21.06.89
3:54:48	Carol Hawthorn	Aberdeen	16.09.84	19.26	Linda Michie	CA Stadium	31.08.06
3:54:57	Margaret Beveridge	Elgin	06.08.89	18.09	Margaret Lyon	CA Stadium	05.07.98
				17.68	Nancy Mackinnon	Dundee	18.06.89

VETERAN WOMEN 80m HURDLES (Top 4)

14.6	JANET LYON	CA Stadium	04.04.04	VETERAN WOMEN HAMMER (Top 6)			
15.8	Ann Imrie	CA Stadium	02.04.00	31.86	KATHLEEN MADIGAN	Dundee	08.06.14
16.0	Joyce Hogg	CA Stadium	07.04.91	28.88	Fiona Davidson	CA Stadium	16.08.17
16.4	Shona McKinnon	CA Stadium	16.04.04	24.45	Emma Williams	CA Stadium	16.08.17
				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 400m HURDLES (Top 2)

73.0	JANET LYON	CA Stadium	27.06.00	VETERAN WOMEN JAVELIN (Top 8)			
75.5	Joyce Hogg	Coatbridge	24.06.90	(Recorded from 1991, when the new specification javelin was introduced at club level)			
				28.40	BARBARA MACDONALD	CA Stadium	07.04.96
				23.68	Shona McKinnon	Pitreavie	13.07.02
				21.65	Kathleen Madigan	CA Stadium	20.06.13
				20.09	Linda Michie	CA Stadium	22.06.06
				17.94	Joyce Hogg	CA Stadium	22.08.91
				17.93	Emma Williams	Scotstoun	13.08.17
				14.08	Helen Wilson	Dundee	18.06.89
				13.03	Margaret Lyon	CA Stadium	04.04.99

VETERAN WOMEN HIGH JUMP (Top 4)

1.40	FIONA DAVIDSON	Grangemouth	18.05.08	VETERAN WOMEN HEPTATHLON (Top 1)			
1.35	Janet Lyon	Meadowbank	31.08.97	2600	SHONA MCKINNON	Grangemouth	25.08.02
1.35	Shona McKinnon	Pitreavie	13.07.02	VETERAN WOMEN PENTATHLON (Top 2)			
1.30	Joyce Hogg	CA Stadium	06.06.89	2750	SHONA MCKINNON	Pitreavie	31.05.03
				2450	Joyce Hogg	Coatbridge	09.09.89

VETERAN WOMEN POLE VAULT (Top 1)

2.81	JANET LYON	CA Stadium	14.05.04	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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VETERAN WOMEN LONG JUMP

5.25	FIONA DAVIDSON	Grangemouth	11.07.15				
4.74	Linda Michie	CA Stadium	05.07.06				
4.49	Shona McKinnon	CA Stadium	10.06.00				
4.45	Janet Lyon	CA Stadium	04.04.04				
4.36	Joyce Hogg	Cwmbran	24.07.88				
4.23	Kathleen Madigan	CA Stadium	28.05.05				
4.05	Heather Young	CA Stadium	21.08.02				
3.99	Ann Imrie	CA Stadium	23.08.95				
3.73	Irene Dougall	CA Stadium	02.09.92				

ALL TIME INDOOR RANKINGS (SENIOR EVENTS)

MEN 60m (Top 20)

6.89	STEPHEN DUNLOP	Sheffield	21.02.14	7.09	Gavin Irvine	Aberdeen SV	22.01.17
6.91	Desmond Ojei	Aberdeen SV	22.01.17	7.1	Richard Chessor	Kelvin Hall	23.04.03
6.99	Barry Middleton	Kelvin Hall	13.01.96	7.1	Ian Garioch	Aberdeen SV	12.12.09
7.0	Mark Davidson	Kelvin Hall	04.01.89	7.13	David Irvine	Emirates A	28.01.17
7.0	Murray King	Kelvin Hall	26.01.91	7.16	Christian V-Hristov	Emirates A	28.01.17
7.05	Ryan Oswald	Aberdeen SV	22.01.17	7.20	Robbie Farquhar	Emirates A	04.03.17
7.06	Duncan Mathieson	Kelvin Hall	15.02.97	7.2	Chukwudi Onyia	Aberdeen SV	16.12.12
				7.21	Neil Fachie	Kelvin Hall	30.11.05
				7.25	Ronald Smith	Kelvin Hall	31.01.99
				7.26	Robbie Shaw	Aberdeen SV	24.01.16
				7.29	Sam Lyon	Aberdeen SV	26.01.14
				7.30	Donald Ross	Kelvin Hall	23.01.94

3.70	Callum Robertson	Aberdeen SV	07.09.17	7.78	Dawn Flockhart	Kelvin Hall	15.01.95
3.60	Robert Masson	Kelvin Hall	26.03.89	7.79	Aileen Connelly	Kelvin Hall	14.01.06
3.50	Fraser Benzie	Kelvin hall	26.01.02	7.83	Katrina Leys	Birmingham	21.02.93
3.50	Douglas McAllister	Perth	20.03.76	7.83	Lesley-Ann Mearns	Kelvin Hall	17.02.05
3.40	Mark Dobbie	Kelvin Hall	18.02.96	7.84	Gail Murchie	Kelvin Hall	24.01.93
3.25	Sam Lyon	Aberdeen SV	17.09.14	7.85	Rebecca Matheson	Emirates A	30.01.16
3.22	Hamish Leeson	Emirates A	06.03.16	7.9	Susan Tengtenga	Aberdeen SV	12.12.09
3.21	Daniel Rees	Emirates A	15.03.15	7.91	Roisin Harrison	Aberdeen SV	24.01.16
3.20	Paul Allan	Kelvin Hall	26.02.89	7.91	Alison Wylie	Emirates A	17.02.13
3.20	Paul Torry	Kelvin Hall	10.02.02	7.92	Kirsten Young	Kelvin Hall	06.02.05
3.10	Robert Miller	Kelvin Hall	26.01.03	7.95	Corrie Butler	Kelvin Hall	24.02.91
3.00	Chris Jones	Kelvin Hall	18.02.90	7.95	Louise Paterson	Kelvin Hall	21.02.92
2.90	Hugh Kilpatrick / Craig Loney		90 / 04	7.96	Kathleen Madigan	Meadowbank	15.02.87
				7.96	Sarah Still	Kelvin Hall	24.01.99
				7.98	Kelsey Stewart	Aberdeen SV	18.12.16
				8.0	Joda Kokoworho	Aberdeen SV	26.02.17
				8.02	Sandra Gunn	Kelvin Hall	24.02.91
MEN LONG JUMP							
7.14	DUNCAN MATHIESON	Kelvin Hall	26.01.91	WOMEN 200m			
7.07	Dinkar Sabnis	Kelvin Hall	23.01.94	23.96	ZOEY CLARK	Emirates A	01.02.15
7.01	Sam Lyon	Emirates A	02.02.14	24.86	Dawn Flockhart	Kelvin Hall	22.01.95
6.93	William Stark	Kelvin Hall	16.01.00	25.10	Rebecca Matheson	Emirates A	06.03.16
6.87	Chukwudi Onyia	Aberdee SV	16.12.12	25.34	Aileen Connelly	Cardiff	05.02.06
6.72	Robert Miller	Kelvin Hall	02.03.03	25.51	Roisin Harrison	Emirates A	30.01.16
6.62	Mark Dobbie	Kelvin Hall	17.02.96	25.51	Lesley-Ann Mearns	Kelvin Hall	17.02.05
6.57	Robbie Farquhar	Emirates A	28.01.17	25.57	Katrina Leys	Kelvin Hall	24.01.99
6.45	Stewart Clark	Aberdeen SV	12.12.09	25.96	Alison Wylie	Emirates A	17.02.13
6.42	Tom Leeson	Kelvin Hall	15.02.97	25.6	Louise Paterson	Kelvin Hall	14.03.92
6.34	Paul Allan	Kelvin Hall	03.02.90	26.02	Ademide Ademuyewo	Emirates A	17.02.13
6.29	Kenny Lyon	Kelvin Hall	25.02.89	26.49	Alix Still	Emirates A	30.01.16
6.25	Keith Oag	Kelvin Hall	17.02.96	26.63	Rebecca Mortimer	Kelvin Hall	15.01.06
6.22	Ian Garioch	Aberdeen SV	12.12.10	26.64	Sandra Gunn	Kelvin Hall	01.03.92
6.21	Michael Spink	Kelvin Hall	10.02.94	26.93	Jane Davidson	Emirates A	01.02.17
6.11	Hamish Leeson	Emirates A	14.03.15	26.64	Sarah Still	Kelvin Hall	21.02.93
5.95	Patrick Gray	Kelvin Hall	06.02.05	26.69	Molly Morgan	Emirates A	19.02.16
5.95	Richard Singer	Kelvin Hall	04.03.95	26.96	Susan Tengtenga	Kelvin Hall	20.02.10
5.93	Bruce Sorbie	Emirates A	07.02.13	27.06	Emma Caldwell	Kelvin Hall	03.03.12
5.92	Neil Fachie	Kelvin Hall	02.03.03	27.1	Emma Cloggie	Kelvin Hall	18.01.09
				27.1	Susan Hendry	Kelvin Hall	25.10.95
				27.13	Sophie Clayton	Emirates A	19.01.13
MEN TRIPLE JUMP (Top 10)							
15.24	CHUKWUDI ONYIA	Sheffield	08.02.14	WOMEN 400m (Top 10)			
13.97	William Stark	Kelvin Hall	23.01.94	53.02	ZOEY CLARK	Vienna	30.01.16
13.77	Dinkar Sabnis	Kelvin Hall	14.03.92	55.27	Emma Cloggie	Birmingham	05.03.06
13.62	Sam Lyon	Kelvin Hall	19.02.12	56.14	Kelsey Stewart	Sheffield	14.02.16
13.52	Paul Allan	Kelvin Hall	14.02.90	56.24	Susan Hendry	Birmingham	19.02.95
12.76	Robert Miller	Kelvin Hall	02.03.03	57.83	Ademide Ademuyewo	Emirates A	18.01.14
12.53	Stewart Clark	Kelvin Hall	21.01.12	58.54	Nicola Gauld	Kelvin Hall	26.01.02
12.40	Paul McAndrew	Kelvin Hall	03.02.96	59.06	Aileen Connelly	Kelvin Hall	12.03.05
12.39	Michael Spink	Kelvin Hall	21.02.93	59.15	Fiona Davidson	Kelvin Hall	09.01.99
12.35	Hamish Leeson	Emirates A	19.10.16	59.80	Lorna Johnston	Kelvin Hall	13.01.01
				60.07	Molly Morgan	Emirates A	04.02.17
MEN SHOT (Top 10)							
16.98	SCOT THOMPSON	Cardiff	21.02.10	WOMEN 800m (Top 12)			
14.10	Paul Allan	Kelvin Hall	10.03.93	2:08.87	KELSEY STEWART	Emirates A	28.01.17
13.62	Duncan Mathieson	Kelvin Hall	15.02.97	2:11.47	Nicola Gauld	Kelvin Hall	18.01.04
13.23	Donald Clerk	Perth	20.03.76	2:13.15	Susan Hendry	Kelvin Hall	15.12.96
12.88	Bruce McKay	Perth	20.03.76	2:14.06	Emma Leask	Sheffield	21.02.16
12.70	Bruce Shepherd	Kelvin Hall	26.01.92	2:14.32	Emma Cloggie	Birmingham	20.02.05
12.63	Gordon Smith	Kelvin Hall	16.01.88	2:14.67	Rebecca Eggeling	Emirates A	02.02.17
12.27	Darren Chapman	Aberdeen SV	21.03.10	2:16.13	Hannah Cameron	Sheffield	17.02.17
12.18	Fintan McCabe	Kelvin Hall	16.02.08	2:16.58	Ellie Buchan	Kelvin Hall	04.02.10
12.06	Tom Leeson	Kelvin Hall	15.02.97	2:16.64	Naomi Lang	Emirates A	02.02.17
				2:18.28	Lynsey Still	Kelvin Hall	03.02.96
				2:22.20	Sarah Still	Kelvin Hall	18.02.01
				2:22.75	Lise Theron	Emirates A	05.02.15
MEN HEPTATHLON (TOP 5)							
5275	DUNCAN MATHIESON	Kelvin Hall	16.02.97	WOMEN 1500m (Top 10)			
(7.06; 7.06; 13.62; 1.94; 8.32; 4.00; 3:05.43)				4:26.20	NICOLA GAULD	Cardiff	05.02.06
4629	Paul Allan	Kelvin Hall	04.02.90	4:33.17	Rebecca Eggeling	Emirates A	01.02.17
(7.5; 12.79; 1.86; 6.34; 8.95; 3.20; 2:45.79)				4:45.18	Naomi Lang	Emirates A	01.02.17
4592	Tom Leeson	Kelvin Hall	16.02.97	4:45.85	Sonia Armitage	Linz, Austria	20.03.06
(7.45; 6.42; 12.06; 1.82; 8.60; 3.80; 3:14.17)				4:46.81	Ellie Buchan	Cardiff	03.02.08
3946	Paul Torry	Kelvin Hall	10.02.02	4:48.54	Gemma Cormack	Emirates A	12.01.13
3794	Mark Dobbie	Kelvin Hall	16.02.97	4:50.90	Eilidh Prise	Kelvin Hall	09.02.12
WOMEN 60m							
7.52	ZOEY CLARK	Sheffield	20.02.15				
7.70	Katie Forbes	Emirates A	28.01.17				
7.74	Dawn Kitchen	Meadowbank	19.01.86				

4:51.1	Heather Wisley	Kelvin Hall	25.03.90	5.13	Kirstie Duncan	Aberdeen SV	11.12.11
4:55.78	Carly Hall	Kelvin Hall	23.01.11	5.13	Nicola Kemp	Kelvin Hall	21.02.93
4:57.90	Hannah Smith	Kelvin Hall	15.01.94	5.10	Jane Davidson	Emirates A	02.02.17
				5.06	Grace Carter	Aberdeen SV	26.02.17
				5.00	Kate MacKay	Emirates A	05.03.17
				5.00	Catriona Pennet	Kelvin Hall	15.01.00
				4.98	Dianne Burr	Kelvin Hall	27.10.93
				4.96	Claire Middleton	Kelvin Hall	01.03.92
				4.95	Nikki Corsie	Kelvin Hall	27.01.01
				4.94	Yasmin Milne	Kelvin Hall	22.02.09
WOMEN 3000m (TOP 5)				WOMEN TRIPLE JUMP (Top 10)			
9:56.20	RHONA AUUCKLAND	Kelvin Hall	09.02.12	11.18	LINDA DAVIDSON	Kelvin Hall	26.01.92
10:23.35	Gemma Cormack	Emirates A	12.01.13	11.03	Fiona Davidson	Kelvin Hall	16.01.05
10:44.37	Janet Fraser	Kelvin Hall	14.01.89	11.00	Kirsten Young	Birmingham	26.02.05
11:23.81	Laura Mahady	Kelvin Hall	12.02.05	10.87	Sylvia Kamy	Kelvin Hall	17.01.10
12:23.44	Chantelle Clark	Kelvin Hall	15.01.06	10.52	Janet Abladey	Kelvin Hall	04.02.12
				10.48	Kate MacKay	Emirates A	30.01.16
				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
WOMEN 60m HURDLES (TOP 10)				WOMEN SHOT (Top 10)			
8.79	CATRIONA PENNET	Kelvin Hall	15.02.04	13.89	HELEN COWE	Kelvin Hall	27.02.93
8.84	Sarah Still	Kelvin Hall	12.03.00	11.38	Emily Ruyle	Aberdeen SV	26.01.14
8.94	Gail Murchie	Kelvin Hall	07.02.93	10.32	Alison Horne	Emirates A	15.02.14
8.98	Grace Carter	Aberdeen SV	19.03.17	9.71	Sarah Still	Kelvin Hall	18.02.01
9.16	Kate MacKay	Emirates A	05.03.17	9.38	Erin Runcie	Aberdeen SV	21.02.16
9.28	Alix Still	New York	11.03.17	9.31	Gail Murchie	Kelvin Hall	06.03.93
9.3	Yasmin Milne	Aberdeen SV	20.03.11	9.22	Alix Still	New York	11.03.17
9.47	Sylvia Kamy	Kelvin Hall	28.02.09	9.20	Fiona Pirie	Kelvin Hall	24.01.93
9.53	Sophia Hamilton	Aberdeen SV	04.04.15	8.99	Sarah Lyon	Kelvin Hall	31.01.99
9.61	Ellie Workman	Kelvin Hall	14.02.10	8.96	Ellie Workman	Kelvin Hall	22.02.09
				8.93	Saffron Cummings	Aberdeen SV	23.02.14
WOMEN HIGH JUMP (Top 10)				WOMEN POLE VAULT (Top 10)			
1.71	ELLIE WORKMAN	Kelvin Hall	05.02.09	3.00	LAURA KUTT	Kelvin Hall	04.02.12
1.66	Kate MacKay	Emirates A	30.01.16	2.90	Sam Somers	Aberdeen SV	04.01.12
1.66	Sarah Still	Kelvin Hall	18.02.01	2.70	Janet Lyon	Kelvin Hall	09.02.02
1.64	Carmen Neat	Aberdeen SV	31.08.17	2.65	Sophia Hamilton	Aberdeen SV	15.09.16
1.64	Alix Still	New York	11.03.17	2.35	Erin Runcie	Aberdeen SV	24.03.13
1.60	Beth Philip	Kelvin Hall	27.10.91	2.15	Chloe Allan	Aberdeen SV	04.12.11
1.60	Heather Pirie	Kelvin Hall	06.02.94	2.10	Alix Still	Aberdeen SV	05.01.14
1.55	Jane Davidson	Emirates A	02.02.17	2.06	Sophie Anderson	Aberdeen SV	28.09.11
1.55	Nicola Gauld	Kelvin Hall	30.01.97	1.95	Freya McKay	Aberdeen SV	17.09.14
1.55	Kimberley Miles	Kelvin Hall	08.12.01	1.91	Lise Theron	Aberdeen SV	28.09.11
WOMEN LONG JUMP				WOMEN PENTATHLON (TOP 12)			
5.88	LINDA DAVIDSON	Birmingham	21.02.93	3778	SARAH STILL	Kelvin Hall	13.03.00
5.82	Sarah Still	Kelvin Hall	12.03.00		(5.82; 8.84; 1.62; 9.52; 2:23.11)		
5.61	Katie Forbes	Emirates A	30.01.16	3547	Alix Still	New York	11.03.17
5.36	Kirsten Young	Kelvin Hall	06.02.05		(9.28, 9.22. 5.35, 1.64, 2:23.53)		
5.35	Alix Still	New York	11.03.17	3159	Ellie Workman	Sheffield	09.01.11
5.21	Donna Quirie	Kelvin Hall	21.02.93		(9.77, 1.62, 9.79, 4.88, 2:37.59)		
5.21	Ellie Workman	Kelvin Hall	22.02.09	3113	Kate MacKay	Emirates A	05.03.17
5.16	Sophia Hamilton	Emirates A	05.03.17	2909	Sophia Hamilton	Emirates A	05.03.17
5.14	Grace Angus	Emirates A	11.02.17	2866	Gail Murchie	Kelvin Hall	06.03.93
5.13	Saffron Cummings	Emirates A	15.02.14	2745	Heather Pirie	Kelvin Hall	19.02.95
				2724	Grace Angus	Emirates A	15.03.15
				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

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2017 TOP 5 CLUB RANKINGS

Covering the athletics year ended 31 October 2017

SENIOR MEN

60m	
6.91i (7.03)	Desmond Ojei
7.05i	Ryan Oswald
7.06i	Gavin Irvine
7.13i	David Irvine
7.16i	Christian V-Hristov

100m	
10.77	Desmond Ojei
11.00	Robbie Shaw
11.01	David Irvine
11.08	Christian V-Hristov
11.54	Ross Freck

150m	
16.59	Ryan Oswald
16.92	David Irvine
18.14	Jason Donaldson
18.39	Stan Walker (M45)
19.90	Lewis Clow (T37)

200m	
22.23	Robbie Shaw
22.55	Christian V-Hristov
22.87i (23.14)	David Irvine
23.06	Ross Freck
23.26	Ryan Hewitson

300m	
36.46	Ewan Calder
38.07	David Irvine
38.55	Fraser McGillivray
39.73	Stan Walker (M45)
43.89	Lewis Clow (T37)

400m	
49.16	Robbie Shaw
49.64	Daniel Rees
50.46	Ewan Calder
50.58	Gavin Irvine
51.21	Seumas Thomson

800m	
1:54.51	Michael Ferguson
1:59.10	Steven Murray
1:59.36	Broc Drury
2:05.92	James Hoad
2:07.40	Seumas Thomson

1000m	
3:50.92	Bill Lonsdale (M65)

1,500m	
3:55.33	Michael Ferguson
4:03.06	Broc Drury
4:07.28	Steven Murray
4:10.02	Rory Stead

3,000m	
8:26.04	Broc Drury
8:40.08	Will Mackay
8:57.61	Callum Symmons
9:17.95	Steven Murray
9:24.36	Andrew Ferguson

5,000m	
14:30.06	Michael Ferguson
14:37.00	Broc Drury
14:59.93	Will MacKay
15:08.00	James Hoad
16:13.58	Euan Webster

10,000m	
30:54.89	Will MacKay
31:53.56	Rory Stead
34:18.63	Euan Webster
34:49.34	Andrew Ferguson

3,000m Steeplechase	
9:52.93	Fearghas Thomson
10:22.39	Euan Webster

110m Hurdles	
15.27	Ryan Hewitson
15.62	Daniel Rees
21.25	Kieran Gauld
21.35	Hamish Leeson

400m Hurdles	
52.95	Daniel Rees
56.66	Seumas Thomson
60.87	Fearghas Thomson
72.32	Kieran Gauld
72.32	Alasdair Love (M35)

High Jump	
1.90	Ryan Hewitson
1.65	James Macgregor (M50)
1.61i	Hamish Leeson
1.41i (1.40)	Bill Lonsdale (M65)
1.40	Kieran Gauld

Pole Vault	
4.25	Jools Peters
3.70i (3.60)	Callum Robertson
2.77i (2.65)	Bob Masson (M65)(M70)
2.45i (2.40)	Eddie McKenzie (M50)
2.30	Kieran Gauld

Long Jump	
7.05	Sam Lyon
6.22	Hamish Leeson
5.80i (5.64)	Kieran Gauld
4.70	Stan Walker (M45)
4.56i	Bill Skinner (M55)

Triple Jump	
14.53	Sam Lyon
12.56	Hamish Leeson
10.31	Kieran Gauld
9.34i (9.26)	Bill Skinner (M55)

Shot	
10.19	John Fyvie
10.01	Eddie McKenzie (M50)
7.55	John McKeown (M45)
6.80	Stan Walker (M45)
6.72i	Kevin Ingram (M45)

Discus	
32.34	John Fyvie
28.83	Eddie McKenzie (M50)
26.97	Bob Masson (M70)

22.75	Kieran Gauld
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Hammer	
41.48	John Fyvie
25.12	Eddie McKenzie (M50)
19.08	Kieran Gauld

Javelin	
43.98	Sam Lyon
32.94	Eddie McKenzie (M50)
26.12	Bob Masson (M65)
25.82	Kieran Gauld

PARA MNU20 MEN

60m	
8.30i (8.35)	Lewis Clow (T37)

100m	
12.75	Lewis Clow (T37)
14.03	Iain Boyd (T37) U20

150m	
19.90	Lewis Clow (T37)
20.73	Iain Boyd (T37) U20

200m	
26.21	Lewis Clow (T37)
27.99	Iain Boyd (T37) U20

300m	
43.89	Lewis Clow (T37)
45.11	Iain Boyd (T37) U20

400m	
64.95	Iain Boyd (T37) U20

Long Jump	
4.44	Lewis Clow (F37)

VETERAN MEN

60m	
7.71i	Mark Davidson
7.80i (8.05)	Stan Walker (M45)
8.75i	Bill Skinner (M55)
9.29i	Trevor Madigan (M70)
10.30i	Bob Masson (M65)

100m	
12.1	Stan Walker (M45)
13.74	Eddie McKenzie (M50)
13.81	Bill Skinner (M55)
15.30	Bill Lonsdale (M65)
16.61	Bob Masson (M70)

150m	
18.39	Stan Walker (M45)
21.99	Bill Skinner (M55)
23.18.1	Trevor Madigan (M70)

200m	
24.74	Stan Walker (M45)
28.09	Bill Skinner (M55)
30.47	Bill Lonsdale (M65)

300m	
39.73	Stan Walker (M45)
47.14	Bill Skinner (M55)

400m
57.31 Stan Walker (M45)
63.29 Bill Skinner (M55)
69.33 Eddie McKenzie (M50)
70.45 Bill Lonsdale (M65)
78.64i Alan Fulton (M65)

800m
2:29.01 Athol Burnett (M55)
2:49.64 Bill Skinner (M55)
2:54.17 Alan Fulton (M65)

1,500m
5:05.12 Paul Eggeling (M45)
6:10.28 Bill Lonsdale (M65)
6:22.84 Stan Walker (M45)
7:10.37 Bob Masson (M70)
7:23.58 Eddie McKenzie (M50)

3,000m
12:18.00 Alistair Sey (M55)
12:25.45 Bruce Callow (M45)

5,000m
21:13.9 Alistair Sey (M55)

High Jump
1.65 James Macgregor (M50)
1.41i (1.40) Bill Lonsdale (M65)
1.34 Eddie McKenzie (M50)
1.30i Bill Skinner (M55)
1.25i Trevor Madigan (M70)

Pole Vault
2.77i (2.65) Bob Masson (M65)(M70)
2.45i (2.40) Eddie McKenzie (M50)
1.10 Bill Lonsdale (M65)

Long Jump
4.70 Stan Walker (M45)
4.56i Bill Skinner (M55)
4.45 Bill Lonsdale (M65)
4.08 Eddie McKenzie (M50)
3.67 Bob Masson (M70)

Triple Jump
9.34i Bill Skinner (M55)
9.23 Bill Lonsdale (M65)

Shot (7.26K)
10.01 Eddie McKenzie (M50)
7.55 John McKeown (M45)
6.80 Stan Walker (M45)
6.72i Kevin Ingram (M45)

Shot (6K)
11.03 Edward McKenzie (M50)

Shot (5 K)
9.17i (8.73) Bob Masson (M65) (M70)
8.33 Stan Walker (M45)
8.15i (7.98) Bill Lonsdale (M65)
8.11 James MacGregor (M50)

Shot (4K)
9.49 Bob Masson (M70)
6.22 Colin Young (M75)

Discus (2 K)
29.83 Edward McKenzie (M50)
26.97 Bob Masson (M70)

Discus (1.5K)
34.71 Edward McKenzie (M50)
30.04 Kenny Lyon (M55)

Discus (1K)
36.88 Bob Masson (M70)
21.99 Bill Lonsdale (M65)

Hammer (7.26 K)
25.12 Edward McKenzie (M50)

Hammer (4K)
30.56 Bob Masson (M70)

Javelin (800g)
32.94 Edward McKenzie (M50)
26.12 Bob Masson (M65)

Javelin (600g)
24.22 Bill Lonsdale (M65)

Javelin (500g)
35.25 Bob Masson (M65)

Pentathlon (M60)
3191i (2790) Bill Lonsdale (M65)

Decathlon (M50)
4290 Eddie McKenzie (M50)

Decathlon (M60)
4331 Bill Lonsdale (M65)

UNDER-20 MEN

60m
7.36i (7.48) Harry Kilner
7.51i Thomas Carter
7.52i Marcus Archer
7.52i Gregor Duncan
7.58 Cameron Brown

100m
11.25 Cameron Brown
11.43 Marcus Archer
11.63 Seyi Fatona
11.66 Thomas Carter
11.69 Harry Kilner

150m
17.58 Thomas Carter
17.59 Areeb Sherjil
17.68 Harry Kilner
17.80 Gregor Duncan
18.16 Cameron Brown

200m
22.87 Cameron Brown
23.29 Thomas Carter
23.37 Harry Kilner
23.59 Marcus Archer
23.59i Desmond Ojei

300m
36.70 Marcus Archer
37.15 Cameron Brown
37.22 Harry Kilner
37.66 Gregor Duncan
40.34 Samuel Oyewusi

400m
51.28 Marcus Archer
52.74 Thomas Carter
52.88 Charlie Beeson
53.49 Harry Kilner
55.06 Aaron Odentz

600m

1:24.17 Charlie Beeson
800m
1:55.89 Stewart Millar
1:57.77 Charlie Beeson
2:01.80 Aaron Odentz

1,500m
4:04.39 Stewart Millar
4:08.10 Aaron Odentz
4:17.01 Fraser Cruickshank
4:17.77 Charlie Beeson
4:24.11 Daniel Hatfield

3,000m
9:11.95 Aaron Odentz
9:23.27 Fraser Cruickshank
9:26.85 Daniel Hatfield

5,000m
16:31.11 Fraser Cruickshank
17:27.3 Daniel Hatfield

3,000m Steeplechase
10:31.56 Fraser Cruickshank

60m hurdles (3'3")
9.09i Scott Macgregor

110m Hurdles (3'3")
16.29 Scott Macgregor

High Jump
1.66i Jon Hosie
1.65 Scott Macgregor
1.61i Hamish Leeson

Pole Vault
2.60 Martin Brown

Long Jump
5.93 Martin Brown
5.59 Jon Hosie
5.35i Harry Kilner

Triple Jump
12.32 Martin Brown
11.88i (11.78) Jon Hosie

Shot (7.26k)
8.84 Conor Hewitson

Shot (6k)
9.99 Conor Hewitson

Discus (1.75K)
21.67 Conor Hewitson

Hammer (7.26K)
34.19 Conor Hewitson

Hammer (6K)
40.70 Conor Hewitson

Javelin
37.06 Conor Hewitson

UNDER-17 MEN

60m
7.20i Robbie Farquhar
7.4i Lewis Bisset
7.44i Fergus Rule
7.45i Areeb Sherjil

7.61i	Albert Ibekwe	3.70i (3.68)	Robbie Farquhar	48.84	Calum Millar
100m		Long Jump		800m	
11.41	Robbie Farquhar	6.94	Robbie Farquhar	2:08.97	Lewis Watt
11.56	Fergus Rule	5.96	James McIntosh	2:15.49	Gaspar Lecrivain
11.67	Albert Ibekwe	5.60	John Angus	2:21.63	Sam Griffin
11.87	James McIntosh	5.19	Aidan Smith	2:23.87	Ross MacMillan
11.95	Lewis Bisset	4.83i	Saul Potts	2:30.67	Oscar Lecore
150m		Triple Jump		1,500m	
17.65	Robbie Farquhar	12.27	Albert Ibekwe	4:30.15	Lewis Watt
17.67	Fergus Rule	11.96	Oliver Nash	4:44.60	Gaspar Lecrivain
17.97	James McIntosh	11.39	James McIntosh	4:48.2	Ross MacMillan
18.28	Lewis Bisset			4:51.25	Sam Griffin
18.66	Benoit Thies				
200m		Shot (5K)		80m Hurdles	
23.07	Robbie Farquhar	13.13	John Angus	12.65	Athol Gordon
23.28	Fergus Rule	11.14	Robbie Farquhar	13.72	Archie Ashley
23.50	James McIntosh	9.04	Steven Sey	15.70	Angus Hasler
24.50	Benoit Thies	9.02i	Murray Addison		
24.58	Oliver Nash	8.08	Benoit Thies		
300m		Discus (1.5K)		High Jump	
37.16	Fergus Rule	37.33	John Angus	1.55	Athol Gordon
37.74	James McIntosh	32.04	Robbie Farquhar	1.45	Oscar Lecore
39.01	Benoit Thies	28.66	Steven Sey	1.40	Ryan Matheson
				1.35	Angus Hasler
				1.30	A Ashley/L Watt
400m		Hammer (5K)		Long Jump	
50.53	Fergus Rule	13.30	Keaton Bramwell	4.54	Oscar Lecore
52.69	James McIntosh	13.16	Cameron Stone	4.44	Athol Gordon
52.73	Robbie Farquhar	10.13	Cameron Callow	4.40	Angus Hasler
53.00	Jack Gillespie			4.18	Sam Griffin
53.89	Harry Hall			4.16	Gaspar Lecrivain
800m		Javelin (700g)		Triple Jump	
1:59.45	Jack Gillespie	42.58	Oliver Nash	10.46	Oscar Lecore
2:01.01	Harry Hall	34.97	Robbie Farquhar	9.57	Angus Hasler
2:03.91	Nic Tierney	27.10	Steven Sey		
2:07.63	Fergus Rule	2.06	John Angus		
2:09.67	Michael Watt				
1000m		Decathlon		Shot (4K)	
3:01.87i	Robbie Farquhar	6030	Robbie Farquhar	10.24	Athol Gordon
				8.24	Oscar Lecore
1,500m		Heptathlon (indoor)		7.18	Lewis Watt
4:15.88	Edouard Lecrivain	4562i	Robbie Farquhar	5.29	Calum Millar
4:16.30	Nic Tierney				
4:19.80i (4:22.58)	Jack Gillespie			Discus (1.25K)	
4:23.46	Harry Hall			29.70	Athol Gordon
4:29.27	Michael Watt			19.13	Oscar Lecore
				13.33	Ryan Matheson
3,000m		Pentathlon			
9:10.78	Jack Gillespie	3053	Robbie Farquhar		
9:36.15	Nic Tierney			Javelin (600g)	
9:55.23	Michael Watt			32.45	Athol Gordon
10:02.68	Cameron Stone			23.81	Oscar Lecore
10:04.00	Adam Brown			18.18	Angus Hasler
				15.27	Lewis Watt
				9.16	Sam Griffin
60m Hurdles		150m		Pentathlon	
8.52i	Robbie Farquhar	20.30	Ryan Matheson	1950	Athol Gordon
9.79i	Murray Addison	20.65	Oscar Lecore		
		20.67	Archie Ashley		
100m Hurdles		200m		UNDER-15 BOYS	
13.73	Robbie Farquhar	24.44	Tobi Fatona	60m	
15.33	Albert Ibekwe	25.88	Ryan Matheson	7.76	Tobi Fatona
		27.30	Gaspar Lecrivain	8.36i	Ryan Matheson
400m Hurdles		27.5	Athol Gordon	8.73i	Liam MacFarlane
72.8	Cameron Callow	27.79	Archie Ashley		
High Jump		300m			
1.80	Robbie Farquhar	43.76	Gaspar Lecrivain		
Pole Vault		45.30	Angus Hasler		

27.36	Caleb McGuire	80m		21.44	Finn Bryce
		12.5	Rhys Crawford	15.38	Rhys Crawford
200m		12.9	Jamie Renfrew	12.55	Micah Pillai
25.22	Timi Fatona				
27.62	Connall Gove				
29.4	Kai Crawford	100m			
29.59	Jasper Lecore	14.83	Dean Fearn		
30.25	Callum McGregor	15.01	Rhys Crawford		
		15.35	Jack Solomon		
600m		15.46	Jamie Renfrew		
2:00.87	Lewis Ingram	15.76	Micah Pillai		
2:07.23	Sam Baverstock				
800m		150m			
2:21.79	Kai Crawford	23.03	Harry Bisset		
2:31.85	Timi Fatona	24.7	Rhys Crawford		
2:33.54	Hamish McKay	25.12	Finn Bryce		
2:33.85	Callum McGregor	25.2	Jamie Renfrew		
2:34.27	Aleksander Jovcic	27.35	Oliver Paul		
		200m			
1200m		31.50	Rhys Crawford		
3:49.85	Kai Crawford	31.90	Harry Bisset		
4:11.9	Aleksander Jovcic	32.37	Jamie Renfrew		
4:23.2	Archie McDonald	32.81	Finn Bryce		
4:40.0	Sam Baverstock	32.87	Jack Solomon		
4:56.4	Samuel Stephenson				
		600m			
1,500m		1:53.9	Rhys Crawford		
4:53.76	Kai Crawford	1:58.02	Finn Bryce		
5:11.1	Aleksander Jovcic	2:04.5	Micah Pillai		
5:13.60	Hamish McKay	2:11.6	Jamie Renfrew		
5:18.8	Callum McGregor				
5:19.5	Archie McDonald				
		800m			
60m Hurdles (2'6")		2:35.96	Rhys Crawford		
12.44i	Lewis Ingram	2:36.06	Finn Bryce		
		2:50.31	Dean Fearn		
		2:53.61	Micah Pillai		
		2:54.72	Finlay McKay		
75m Hurdles (2'6")		1200m			
14.8	Callum McGregor	4:21.90	Finn Bryce		
16.43	Jasper Lecore	4:25.17	Rhys Crawford		
		4:30.18	Micah Pillai		
		4:31.05	Finlay McKay		
		4:52.31	Jamie Renfrew		
High Jump		1500m			
1.40	Lewis Ingram	5:34.37	Rhys Crawford		
1.40	Callum McGregor				
1.10	Archie McDonald				
		High Jump			
Long Jump		1.15	Finn Bryce		
4.36	Callum McGregor	1.15	Jamie Renfrew		
4.25	Lewis Ingram	1.10	Rhys Crawford		
4.09	Jasper Lecore	1.10	Dean Fearn		
3.80	Hamish McKay	1.00	Micah Pillai		
3.78	Archie McDonald				
		Long Jump			
Shot (3.25K)		4.00	Finn Bryce		
7.55	Jasper Lecore	3.85	Dean Fearn		
6.85	Callum McGregor	3.73	Micah Pillai		
5.88	Lewis Ingram	3.61	Jamie Renfrew		
5.39	Kai Crawford	3.42	Rhys Crawford		
4.94	Sam Baverstock				
		Shot			
Discus (1K)		6.55	Dean Fearn		
13.25	Jasper Lecore	6.07	Finn Bryce		
13.14	Callum McGregor	5.38	Rhys Crawford		
11.44	Lewis Ingram	5.12	Jordan Green		
10.96	Aleksander Jovcic	4.98	Micah Pillai		
8.59	Mackenzie Young				
		Discus			
Javelin		7.11	Oliver Paul		
20.55	Callum McGregor				
18.03	Jasper Lecore				
12.99	Lewis Ingram				
7.23	Mackenzie Young				

SENIOR WOMEN

60m

8.06i	Sophia Hamilton
8.17i	Fiona Davidson (W40)
8.35i	Catriona Pennet
9.98i	Ruth Watson (W50)

100m

11.54	Zoey Clark
12.34	Roisin Harrison
12.48	Kelsey Stewart
12.67	Sophia Hamilton
12.81	Molly Morgan

200m

23.14	Zoey Clark
24.33	Kelsey Stewart
24.76	Roisin Harrison
25.56	Molly Morgan
26.5	Sophia Hamilton

300m

38.92	Kelsey Stewart
41.35	Roisin Harrison

400m

51.81	Zoey Clark
53.63	Kelsey Stewart
57.71	Jade MacLaren
58.37	Hannah Cameron
59.16	Molly Morgan

800m

2:04.40	Jade MacLaren
2:07.21	Kelsey Stewart
2:12.57	Hannah Cameron
2:15.82	Emma Leask
2:36.61i	Sonia Armitage (W55)

1,500m

4:41.93	Hannah Cameron
5:17.97	Ellen Stickle
5:23.17	Carly McNeil
5:29.73i (5:40.01)	Sonia Armitage (W55)
5:41.17	Sarah Knox (W45)

3,000m

10:44.1	Isla Scott-Pearce
11:18.16	Ellen Stickle
12:03.31	Mella Slattery
12:10.14	Lynsey Still (W35)
12:11.41	Sarah Knox (45)

5,000m

17:16.32	Nicola Gauld
18:50.21	Isla Scott-Pearce
21:33.6	Sarah Knox (W45)
23:32.5	Jane MacKay (W45)

10,000m

43:41.48	Sarah Knox (W45)
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3,000m Steeplechase

11:08.84	Isla Scott-Pearce
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60m Hurdles

8.85i	Catriona Pennet
9.69i	Sophia Hamilton

100m Hurdles

UNDER-11 BOYS

Javelin

14.84 Catriona Pennet
17.28 Sophia Hamilton

400m Hurdles

82.90 Marie Dobson

High Jump

1.50 Sophia Hamilton
1.45 Catriona Pennet
1.30 Fiona Davidson (W40)

Pole Vault

2.60i Sophia Hamilton

Long Jump

5.21 Fiona Davidson (W40)
5.16i (4.96) Sophia Hamilton

Triple Jump

11.39 Fiona Davidson (W40)
9.86 Sophia Hamilton

Shot

8.87 Sophia Hamilton
8.78i (8.70) Erin Runcie
8.19 Fiona Davidson (W40)
5.98 Emma Williams (W40)

Discus

34.71 Erin Runcie
22.06 Sophia Hamilton
21.01 Fiona Davidson (W40)
16.95 Emma Williams (W40)

Hammer

35.09 Erin Runcie
28.88 Fiona Davidson (W40)
24.45 Emma Williams (W40)

Javelin

25.28 Sophia Hamilton
20.32 Catriona Pennet
17.40 Erin Runcie
7.93 Emma Williams (W40)

Heptathlon

3719 Sophia Hamilton

Pentathlon(indoor)

2909 Sophia Hamilton

VETERAN WOMEN

60m

8.17i Fiona Davidson (W40)
9.98i Ruth Watson (W50)

100m

13.19 Fiona Davidson (W40)

800m

2:36.61i (2:42.43)
Sonia Armitage (W55)
2:36.76 Lynsey Still

1500m

5:29.73i (5:40.01)
Sonia Armitage (W55)
5:41.17 Sarah Knox (W45)

3,000m

12:10.14 Lynsey Still
12:11.41 Sarah Knox (W45)
13:18.86 Jane MacKay (W45)

5,000m

17:16.32 Nicola Gauld
21:33.6 Sarah Knox (W45)
23:32.5 Jane MacKay (W45)

10,000m

43:41.48 Sarah Knox (W45)

High Jump

1.30 Fiona Davidson (W40)

Long Jump

5.21 Fiona Davidson (W40)

Triple Jump

11.39 Fiona Davidson (W40)

Shot (4K)

8.19 Fiona Davidson (W40)
5.98 Emma Williams (W40)

Shot (3K)

6.99i Ruth Watson (W50)

Discus

21.01 Fiona Davidson (W40)
16.95 Emma Williams (W40)

Hammer

28.88 Fiona Davidson (W40)
24.45 Emma Williams (W40)

Javelin

7.93 Emma Williams (W40)

UNDER-20 WOMEN

60m

7.70i Katie Forbes
7.98i Kelsey Stewart
8.00i Rebecca Matheson
8.03i Grace Carter
8.08i Taylah Spence

100m

12.04 Maddy Silcock
12.09 Katie Forbes
12.20 Rebecca Matheson
12.22 Eilidh de Klerk
12.47 Rebecca Olaleye

150m

18.79 Katie Forbes
19.95 Rebecca Olaleye
19.98 Rhia Badial
20.53 Lindsey Brown
20.92 Rachelle Matheson

200m

24.85 Eilidh de Klerk
25.06 Rebecca Matheson
25.14 Katie Forbes
25.38 Maddy Silcock
25.75 Alix Still

300m

40.73 Rebecca Matheson
43.58 Taylah Spence
44.41 Lindsey Brown
46.31 Rachelle Matheson

400m

57.72 Sarah Nicol
59.03 Eilidh De Klerk
62.38 Lindsey Brown
63.44 Rachel Watson

800m

2:11.84 Rebecca Eggeling
2:13.00 Naomi Lang
2:14.49 Hannah Addison
2:14.73 Zoe Bates
2:15.72 Sarah Nicol

1,500m

4:31.14 Hannah Addison
4:31.29 Rebecca Eggeling
4:31.94 Zoe Bates
4:32.52 Naomi Lang
4:47.41 Clare Stewart

3,000m

9:39.65 Naomi Lang
9:50.51 Rebecca Eggeling
10:11.09 Clare Stewart
12:09.58 Rachel Watson

5,000m

16:45.09 Naomi Lang

60m Hurdles

8.98i Grace Carter
9.16i Kate MacKay
9.28i Alix Still
9.66i Grace Angus

100m Hurdles

14.81 Alix Still
15.56 Grace Carter
16.22 Grace Angus
16.39 Kate MacKay
17.5 Lauren Watson

400m Hurdles

68.77 Rachel Watson
69.52 Kate MacKay
75.26 Rachel Palmer
75.86 Lauren Watson

High Jump

1.67 Alix Still
1.66i (1.60) Kate McKay
1.47i Grace Angus
1.35i Jessica Brook

Long Jump

5.67 Alix Still
5.39 Katie Forbes
5.14i Grace Angus
5.06i Grace Carter
5.03 Kate MacKay

Triple Jump

9.85 Chloe Davie
9.61 Lauren Watson
9.52 Kate MacKay

Shot

9.89 Alix Still
8.20i (8.03) Kate MacKay
7.67i Grace Angus
6.59i Jessica Brook

Hammer

28.00 Samantha Edgar

Javelin

29.56 Alix Still
21.20 Kate MacKay

13.90 Grace Angus

Heptathlon

4928 Alix Still
3698 Kate MacKay

Pentathlon

2836 Kate MacKay

Pentathlon (indoor)

3547i Alix Still
3113i Kate MacKay
2719i Grace Angus

UNDER-17 WOMEN

60m

8.0i (8.08) Joda Kokovworho
8.24i Jane Davidson
8.80i Eilidh Shanks
8.83i Amy Geddes
8.84 Ailsa Gault

100m

12.29 Joda Kokovworho
12.96 Jane Davidson
13.66 Eilidh Shanks
13.7 Abbie Burns
14.04 Cassidy Mathers

150m

19.47 Joda Kokovworho
21.59 Eilidh Shanks
21.9 Abbie Burns
22.0 Ailsa Gault

200m

25.57 Joda Kokovworho
26.79 Jane Davidson
28.42 Eilidh Shanks
28.94 Abbie Burns
29.88 Ailsa Gault

300m

45.15 Laura McNeill
47.34 Kirsty Oldham
47.90 Eilidh Shanks
48.40 Ailsa Gault
49.85 Abbie Burns

800m

2:20.42 Laura McNeill
2:23.54 Kirsty Oldham
2:33.11 Janani Mohan
2:37.57i Carmen Neat
2:43.60i Jane Davidson

1,500m

4:54.70 Kirsty Oldham
5:18.38 Laura McNeill
5:25.84 Elizabeth McCall
6:01.93 Lucy George

3,000m

10:43.4 Kirsty Oldham
11:33.07 Laura McNeill

60m Hurdles

9.05i Jane Davidson

80m Hurdles

11.99 Jane Davidson
12.51 Carmen Neat

300m Hurdles

45.16 Jane Davidson
46.70 Carmen Neat

High Jump

1.67 Carmen Neat
1.55i (1.45) Jane Davidson

Long Jump

5.27 Jane Davidson
4.73i Carmen Neat
4.52 Ailsa Gault
4.27 Eilidh Shanks
3.97 Joda Kokovworho

Triple Jump

8.66 Joda Kokovworho
8.23 Abbie Burns
6.99 Eilidh Shanks

Shot (3K)

9.99i (8.55) Carmen Neat
8.91 Jane Davidson
8.79 Lucy George
5.89 Cassidy Mathers
5.19 Abbie Burns

Discus

18.93 Cassidy Mathers
16.35 Laura McNeill
15.00 Lucy George
13.62 Kirsty Oldham
11.02 Abbie Burns

Javelin (500g)

24.28 Jane Davidson
14.92 Vivienne Archibald
14.30 Ailsa Gault
13.69 Kirsty Ross
11.26 Abbie Burns

Pentathlon (indoor)

3089 Jane Davidson

Heptathlon

3947 Jane Davidson

UNDER-15 GIRLS

60m

8.57i Erin Williams
8.80i Lindsey Ireland
8.83i Sophie Jennings
8.9i Morag Shepherd
9.3i Hannah Ingram

100m

13.56 Erin Williams
13.62 Erin Thomson
13.72 Morag Shepherd
13.75 Sophie Jennings
13.93 Iona Brodie

150m

20.79 Erin Williams
21.81 Morag Shepherd
22.25 Sophie Dickie-Moir
22.36 Sophie Jennings
22.97 Jessica Daniel

200m

27.92 Erin Thomson
28.09 Erin Williams
28.38 Morag Shepherd
29.37 Ella Bruce
29.60 Iona Brodie/Sophie Jennings

300m

46.62 Iona Brodie
46.78 Erin Williams
47.48 Kirsty Purcell
47.59 Morag Shepherd
48.29 Ella Bruce

600m

1:54.13 Iona McGuire

800m

2:22.02 Caitlin Purcell
2:23.50 Kirsty Purcell
2:26.46 Adele Gillespie
2:36.78 Mia Lovie
2:37.56 Emma Calder

1,500m

4:56.14 Caitlin Purcell
5:04.3 Kirsty Purcell
5:28.5 Iona McGuire
5:52.64 Zoe Edward
5:52.7 Natallia Mudkavi

60m Hurdles

9.70i Erin Williams
10.57i Sophie Jennings
12.0i Jessica Daniel
12.06i Morag Shepherd
12.38i Iona McGuire

75m Hurdles

12.66 Erin Williams
12.86 Sophie Jennings
13.72 Jessica Daniel
15.12 Taya Bryce
15.19 Morag Shepherd

High Jump

1.51 Ella Thoms
1.41 Hannah Ingram
1.35 Erin Williams
1.33 Sophie Jennings
1.30i Jessica Daniel

Long Jump

4.72 Erin Williams
4.11 Sophie Jennings
4.02 Natallia Mudkavi
3.92 Ella Bruce
3.88 Iona Brodie

Triple Jump

8.48 Hannah Ingram

Shot

7.72i (7.35) Morag Shepherd
7.04i (6.96) Sophie Jennings
6.78 Kiara Kokovworho
5.93 Hannah Ingram
5.88 Isabella Gore

Discus

15.95 Hannah Ingram
14.85 Sophie Jennings
13.64 Erin Williams
13.38 Morag Shepherd
11.92 Iona McGuire

Hammer

31.31 Erin Williams
16.97 Morag Shepherd

Javelin

17.92 Erin Williams

15.59 Taya Bryce
15.23 Sophie Jennings
14.48 Erin Thomson
14.42 Hannah Ingram

Pentathlon

1997 Sophie Jennings

Pentathlon (indoor)

2153 Sophie Jennings

UNDER-13 GIRLS

60m

9.31i Angela Kelly
9.33i Phoebe Armstrong
10.2i Daisy Waite

75m

12.31 Rachel Fraser
12.68 Lydia Barker
14.76 Charlotte Narducci

100m

14.39 Angela Kelly
14.60 Tara Madden
14.62 Phoebe Armstrong
14.74 Alice Mearns
14.80 Camryn-xan Weideman

150m

22.52 Phoebe Armstrong
23.09 Angela Kelly
24.2 Lydia Barker
24.37 Rachel Fraser

200m

29.46 Phoebe Armstrong
29.77 Angela Kelly
32.87 Rachel Fraser
33.22 Lydia Barker
37.4 Charlotte Narducci

600m

1:45.75 Phoebe Armstrong

800m

2:31.58 Phoebe Armstrong
2:51.07 Emma Hardy
3:03.40 Angela Kelly
3:06.3 Charlotte Narducci
3:06.40 Alice Mearns

1,200m

3:58.94 Phoebe Armstrong
4:59.24 Charlotte Narducci

1,500m

5:05.91 Phoebe Armstrong
6:40.27 Kirsten Shanks

60m Hurdles

11.40i Angela Kelly
11.55i Phoebe Armstrong

70m Hurdles

13.18 Phoebe Armstrong
13.3 Angela Kelly

High Jump

1.35 Angela Kelly
1.20 Lydia Barker
1.15 Emma Hardy

Long Jump

4.22 Angela Kelly
4.10 Phoebe Armstrong
3.73 Alice Mearns
3.68 Lydia Barker
3.61 Emma Hardy

Shot

8.36 Angela Kelly
5.84 Emma Hardy
5.31 Lydia Barker
4.63 Alice Mearns
4.38 Daisy Waite

Discus

22.03 Angela Kelly
11.94 Lydia Barker

Javelin

18.63 Angela Kelly
13.68 Lydia Barker
7.49 Phoebe Armstrong

Pentathlon

1529 Emma Hardy

Pentathlon (indoor)

1801i Angela Kelly

UNDER-11 GIRLS

80m

13.3 Rebecca Jennings

100m

15.91 Rebecca Jennings
16.13 Anna McNeill
16.91 Abby Farquhar
17.05 Esther Barker

17.53 Sarah McAllister

150m

26.17 Rebecca Jennings
27.44 Esther Barker

200m

33.9 Anna McNeill
35.45 Rebecca Jennings
36.69 Esther Barker

600m

2:02.9 Anna McNeill
2:12.95 Lucy Todd
2:14.7 Abby Farquhar
2:15.17 Rebecca Jennings

800m

2:52.39 Anna McNeill
3:04.28 Abby Farquhar
3:17.11 Lucy Todd
3:19.37 Esther Barker
3:20.45 Rebecca Jennings

1200m

5:14.88 Lucy Todd

High Jump

0.97 Daisy Waite

Long Jump

3.24 Abby Farquhar
3.19 Anna McNeill
3.02 Esther Barker
2.83 Rebecca Jennings
2.64 Lucy Todd

Shot

4.54 Esther Barker
3.87 Anna McNeill
3.65 Rebecca Jennings
3.56 Abby Farquhar
3.10 Lucy Todd

Discus

7.15 Anna McNeill
6.45 Esther Barker

Javelin

7.69 Esther Barker
5.89 Abby Farquhar
5.15 Rebecca Jennings

CLUB RECORDS AS AT 01/01/2018

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	4.25	Jools Peters	17
LJ	7.62	Duncan Mathieson	95
TJ	15.16	Chukwudi Onyia	13
SP	16.29	Gordon Smith	94
DT	53.66	Scot Thompson	10
JT	58.75	Peter Fraser	98
HT	62.73	Padraig White	10
Dec.	7535	Duncan Mathieson	90
4x100	42.1	D Mathieson, King,	
Drummond, M Davidson			88
4x200	1:35.3	Fachie, McCabe,	
Mutch, J Joy			08
4x400	3:19.3	P Davidson, Middleton,	97
		D Mathieson, Al-Kowarri	
3x800	5:48.25	Symmons, M Ferguson,	
		Muir	17

T37/F37 MEN

100	12.65	Lewis Clow	15
200	26.21	Lewis Clow	17
300	43.79	Lewis Clow	15
400	62.15	Lewis Clow	16
LJ	4.44	Lewis Clow	17

UNDER-20 MEN

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

Irvine, Walton			09
4x400	3:25.93	M Ferguson, Chapman,	
		Calder, Alexander	14
3x800	6:11.77	M Kilner, Symmons,	
		S Murray	13

UNDER-20 T37 MEN

100	12.82	Lewis Clow	14
200	27.13	Lewis Clow	14
300	45.11	Iain Boyd	17
400	64.95	Iain Boyd	17

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	13.73	Robbie Farquhar	17
400H	55.37	Richard Singer	95
1500SC	4:25.0	Frank Boyne	82
HJ	1.98	Keith Oag	94
PV	3.77	Alasdair Lowe	14
LJ	6.94	Robbie Farquhar	17
TJ	13.82	William Stark	93
SP	13.27	Kevin Lutton	01
DT	41.46	Peter Fraser	94
JT	58.36	Peter Fraser	94
HT	45.50	David Robinson	78
Oct.	4729	Robbie Farquhar	17
Dec.	6030	Robbie Farquhar	17
4x100	45.92	Milne, Rankin,	
		Oxley, Maslen	01
4x200	1:36.0	Gray, Rankin,	
		Oxley, Maslen	01
4x400	3:29.87	Chapman, Murray,	
		Alexander, Calder	13
3x800	6:11.77	M Kilner, Symmons, Murray	13

UNDER-15 BOYS

100	11.5	Alexander Carnie	86
200	23.1	Alexander Carnie	86
300	39.05	James McIntosh	16
400	52.5	Colin Donald	82
800	1:59.80	Harry Hall	16
1500	4:16.50	Harry Hall	16
3000	9:34.4	Alex Thoires	03
80H	11.95	Bruce Sorbie	12
HJ	1.75	Kevin Lutton	99
PV	3.10	Alasdair Lowe	12
LJ	6.02	Robbie Farquhar	15
TJ	12.10	William Stark	91
SP	12.91	John Angus	15
DT	33.91	Kevin Lutton	99
JT	50.70	Keith Simpson	96
HT	32.76	John Angus	15
Pent.	2354	Murray Addison	16
4x100	48.55	Phommavanh, Hall,	
		Angus, Bisset	15
4x200	2:07.6	Young, Crighton,	
		Irvine, Walton	09
4x400	3:53.2	Hall, Rule, Bisset.	
		Phommavanh	15
3x800	6:48.82	A Robertson, A Brown,	
		Hall	17

UNDER-13 BOYS

60	8.5	Christopher Maslen	97
100	11.99	Timi Fatona	17
200	25.22	Timi Fatona	17
400	59.4	Andrew Keelan	86
800	2:14.21	Harry Hall	14
1500	4:49.4	Harry Hall	14
75H	12.9	William Stark	89
HJ	1.52	Duncan Mathieson	81
LJ	5.03	Harry Hall	14
TJ	10.13	Douglas Cumming	93
SP	10.27	Adam Crighton	08
DT	26.42	Kevin Lutton	97
JT	36.42	Kevin Lutton	97
Pent.	1802	David Braun	93
4x100	54.7	Forbes, Flett, B Benzie, Maslen	97
4x200	1:56.7	Forbes, Flett, B Benzie, Maslen	97
4x400	4:35.8	Rose, Watt, Maitland, Sullivan	94

UNDER-11 BOYS

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

VETERAN MEN (Over 35) (as from 2005)

60	7.4	Stan Walker	09
100	11.6	Stan Walker	08
200	23.4	Stan Walker	09
300	37.85	Stan Walker	09
400	53.97	Fintan McCabe	09
800	2:10.2	Alasdair Love	13
1500	4:29.8	David Duguid	05
3000	10:13.2	Keith Charlton	05
5000	16:53.94	Frank Boyne	07
10000	38:42.3	Dave Armitage	07
110H	19.66	Edward McKenzie	06
400H	61.71	Alasdair Love	13
3000SC	10:11.2	Frank Boyne	05
HJ	1.68	James Macgregor	16
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	37.41	Graham Porterfield	16
WT	10.35	Edward McKenzie	06
Pent	1986	Edward McKenzie	06
Dec.	4053	Edward McKenzie	05
Wt Pent	2190	Edward McKenzie	06
4x200	1:40.06	Astell, McKeown, McCabe, Walker	08

VETERAN MEN (Over 40)

60	7.7	Stan Walker	11
100	11.7	Rilley/Mackenzie/Walker	79/90/09
200	23.83	Stan Walker	11
300	37.85	Stan Walker	09
400	53.0	Denis Shepherd	93
800	2:01.0	Denis Shepherd	93
1500	4:08.0	Hunter Watson	77
3000	8:50.9	Colin Youngson	90

5000	14:58	Alastair Wood	75
10000	30:35.2	Alastair 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	1.68	James Macgregor	16
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)	43.88	Bob Masson	89
WT	9.66	Edward McKenzie	10
Dec.	5647	Kenny Lyon	01
Wt Pent	2260	Edward McKenzie	09
4x100	47.4	Clarkson, Gordon, Madigan, Stirling	89

VETERAN MEN (Over 45)

60	7.8	T Madigan / G Middleton	95
100	11.91	Mark Davidson	14
200	24.02	Stan Walker	15
300	39.10	Stan Walker	15
400	54.8	Frank Gauld	00
800	2:06.1	Alan Fulton	95
1500	4:18.7	Colin Youngson	93
3000	9:29.0	John Ballentine	92
5000	15:42.7	Colin Youngson	93
10000	32:45.10	Colin Youngson	93
3000SC	10:48.23	Frank Boyne	11
110H	20.51	Edward McKenzie	15
110H (sen)	21.12	Edward McKenzie	15
400H	72.3	Kenny Lyon	10
400H (sen)	72.3	Kenny Lyon	10
½ Mar	70:50	Bill Adams	94
Mar	2:30:40	Donald Ritchie	91
HJ	1.68	James Macgregor	16
LJ	5.52	Kenny Lyon	06
TJ	11.32	Trevor Madigan	90
PV	3.45	Robert Masson	99
SP	12.74	Edward McKenzie	15
SP (sen)	11.60	Edward McKenzie	12
DT	39.86	Robert Masson	92
DT (sen)	33.45	Darren Chapman	12
HT	34.35	Robert Masson	98
HT (sen)	31.30	Edward McKenzie	12
JT	40.64	Robert Masson	95
JT (sen)	40.64	Bob Masson	95
WT	9.20	Edward McKenzie	12
Pent	2805	Kenny Lyon	06
Dec.	4616	Edward McKenzie	15
Wt Pent	2652	Edward McKenzie	12

VETERAN MEN (Over 50)

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

Mar	2:31:48	Alastair Wood	83	PV	2.90	Robert Masson	12/13
HJ	1.68	James Macgregor	16	LJ	4.45	Bill Lonsdale	17
PV	3.45	Robert Masson	99	TJ	9.23	Bill Lonsdale	17
LJ	5.42	Tom Leeson	15	SP	9.41	Robert Masson	12
TJ	11.23	Tom Leeson	15	DT	42.45	Robert Masson	12
SP	11.34	Robert Masson	97	HT	29.51	Robert Masson	12
DT	38.09	Robert Masson	98	JT	33.36	Robert Masson	12
JT	40.24	Tom Leeson	15	Pent	2790	Bill Lonsdale	17
HT	34.35	Robert Masson	98	Dec	4331	Bill Lonsdale	17
WT	9.82	Edward McKenzie	16				
Dec	6251	Robert Masson	99				
Wt Pent	2462	Edward McKenzie	16				

VETERAN MEN (Over 55)

60	8.5	Trevor Madigan	01
100	12.9	Trevor Madigan	00
200	27.09	Bill Skinner	14
300	44.4	Trevor Madigan	00
400	61.21	Allan Stirling	01
800	2:27.20	Alan Fulton	05
1500	4:56.0	Bill Scullion	02
3000	10:21.5	Colin Youngson	04
5000	17:18.0	Colin Youngson	03
10000	36:59.4	John Ballentine	97
100H	19.1	Robert Masson	04
½ Mar	82:42	Bill Scullion	04
Mar	2:57:41	Bill Scullion	00
HJ	1.50	Robert Masson	02
PV	3.20	Robert Masson	03
LJ	5.02	Trevor Madigan	06
TJ	10.04	Bill Skinner	14
SP	10.84	Robert Masson	04
DT	35.83	Robert Masson	02
JT	40.53	Robert Masson	02
HT	32.40	Robert Masson	10
DEC	6006	Robert Masson	04

VETERAN MEN (Over 60)

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

VETERAN MEN (Over 65)

60	9.0	Trevor Madigan	10/11
100	13.8	Trevor Madigan	09
200	29.49	Trevor Madigan	11
300	51.4	Trevor Madigan	10
400	70.45	A Fulton / B Lonsdale	14/17
800	2:50.8	Hugo Fletcher	99
1500	5:33.41	Colin Youngson	13
3000	11:57.36	Colin Youngson	13
5000	20:32.94	Colin Youngson	13
½ Mar	96:08	Colin Youngson	13
Mar.	3:31:16	James Youngson	81
300H	57.5	Robert Masson	12
HJ	1.40	Bill Lonsdale	17

PV	2.90	Robert Masson	12/13
LJ	4.45	Bill Lonsdale	17
TJ	9.23	Bill Lonsdale	17
SP	9.41	Robert Masson	12
DT	42.45	Robert Masson	12
HT	29.51	Robert Masson	12
JT	33.36	Robert Masson	12
Pent	2790	Bill Lonsdale	17
Dec	4331	Bill Lonsdale	17

VETERAN MEN (Over 70)

60	11.2	Hugo Fletcher	06
100	14.58	Trevor Madigan	14
200	35.5	Hugo Fletcher	05
300	63.4	Hugo Fletcher	06
400	80.0	Hugo Fletcher	05
800	3:12.5	Hugo Fletcher	04
1500	6:45.8	George Cruickshank	05
5000	23:57.5	George Cruickshank	05
HJ	1.30	Trevor Madigan	14
PV	2.65	Bob Masson	17
LJ	4.22	Trevor Madigan	16
SP	9.49	Bob Masson	17
DT	36.88	Bob Masson	17
HT	30.56	Bob Masson	17
JT	35.25	Bob Masson	17

VETERAN MEN (Over 75)

60	13.1	Hugo Fletcher	10
100	20.2	Hugo Fletcher	10
200	43.6	Hugo Fletcher	11
300	74.4	Hugo Fletcher	10
400	97.3	Hugo Fletcher	09
800	3:34.8	George Cruickshank	09
1500	7:15.3	George Cruickshank	09
Mar	4:32:14	George Cruickshank	09
	(chip time 4:31:31)		
SP	6.22	Colin Young	17
DT	13.12	Hugo Fletcher	11
HT	12.60	Hugo Fletcher	10
JT	10.16	Hugo Fletcher	10

SENIOR WOMEN

60	7.5	Dawn Kitchen	85
100	11.54	Zoey Clark	17
200	23.14	Zoey Clark	17
300	38.66	Kelsey Stewart	13
400	51.81	Zoey Clark	17
800	2:04.40	Jade MacLaren	17
1500	4:11.80	Nicola Gauld	08
3000	9:04.21	Nicola Gauld	08
5000	15:27.60	Rhona Auckland	15
10000	32:22.79	Rhona Auckland	15
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
PV	3.00	Laura Kutt	11
HJ	1.69	Ellie Workman	09
LJ	5.95	Linda Davidson	92
TJ	12.06	Fiona Watt	96
SP	14.24	Helen Cowe	93
DT	48.64	Helen Cowe	94
JT	38.28	Linda Low	96
HT	43.79	Jacqui Loney	03
Pent.	2836	Kate MacKay	17
Hept.	5014	Sarah Still	00
4x100	47.95	Carter, Forbes, Silcock, R Matheson	17
4x200	1:51.0	Humphreys, Dawson, Stirling, Milne	09
4x400	3:50.0	Windass, Hendry, Watt, Flockhart	96
3x800	7:40.09	Collett, Colquhoun, Eggeling	17

Medley 4:07.7 Madigan, Edon, Kitchen,
Sheehan 85

UNDER-20 WOMEN

60	7.8	K Madigan/S Still	86/93
100	11.9	Louise Paterson	91
200	24.45	Zoey Clark	13
300	38.66	Kelsey Stewart	13
400	54.41	Kelsey Stewart	16
800	2:07.28	Kelsey Stewart	16
1500	4:30.92	Kate Rice	90
3000	9:29.28	Rhona Auckland	12
5000	16:45.09	Naomi Lang	17
10000	34:53.24	Rhona Auckland	12
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	2.90	Sam Somers	12
SP	10.29	Sarah Lyon	99
DT	35.21	Erin Runcie	14
HT	39.58	Marian Simpson	96
JT	35.98	Ellie Workman	09
Hept.	4928	Alix Still	17
4x100	47.95	Carter, Forbes, Silcock, R Matheson	17
4x400	4:06.6	L Still, Keenan, Hendry, H Pirie	94

UNDER-17 WOMEN

60	7.8	Kathleen Madigan	86
100	11.9	Louise Paterson	91
200	24.7	Louise Paterson	90
300	38.66	Kelsey Stewart	13
400	55.10	Kelsey Stewart	13
800	2:11.38	Rebecca Eggeling	16
1500	4:32.7	Kathryn Shepherd	74
3000	9:56.60	Naomi Lang	16
80H	11.48	Yasmin Milne	10
100H	15.5	Lyndsay Peddie	83
300H	44.14	Sylvia Kamy	05
400H	66.0	Bridie McGlashan	86
HJ	1.69	Ellie Workman	09
PV	2.80	Sam Somers	11
LJ	5.71	Kirsten Young	05
TJ	11.48	Kirsten Young	04
SP (4K)	11.85	Helen Cowe	83
SP (3K)	12.45	Alison Horne	14
DT	38.08	Helen Cowe	83
HT (4K)	31.58	Marian Simpson	94
HT (3K)	31.31	Erin Williams	17
JT (600g)	35.98	Ellie Workman	09
JT (500g)	30.91	Iona Colquhoun	15
Pent.	3289	Alix Still	16
Hept.	4583	Alix Still	16
4x100	48.74	Badial, Forbes, A Still, R Matheson	15
4x200	1:49.3	Barlow, Shearer, C Pennet, L Johnston	00
3x800	7:40.09	Collett, Colquhoun, Eggeling	17
Medley	4:31.5	Keenan, C Fraser, N Fraser, Clarkson	94

UNDER-15 GIRLS

100	12.37	Lesley-Ann Mearns	05
200	25.05	Lesely-Ann Mearns	05
300	43.87	Talia Mathers	14
800	2:13.36	Dawn Simpson	88
1500	4:43.6	Carolyn Sheehan	84
75H	11.24	Sandra Gunn	90
HJ	1.61	Carmen Neat	16
PV	2.20	Erin Runcie/Freya McKay	12/14
LJ	5.38	Deidre Auld	77

SP	(3.25K)	2.18	Helen Cowe	81
SP (3K)	9.37		Alix Still	14
DT	31.92		Helen Cowe	81
HT	31.31		Erin Williams	17
JT (600g)	30.32		Emily Dougall	92
JT (500g)	29.15		Iona Colquhoun	14
Pent.	2773		Carmen Neat	17
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	3:59.52	Rebecca Eggeling	12
1500	4:54.7	Dawn Simpson	86
70H	11.21	Sandra Gunn	88
HJ	1.45	Kate MacKay/Carmen Neat	12/14
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	17:16.32	Nicola Gauld	17
10000	37:18.2	Heather Wisley	89
80H	14.6	Janet Lyon	04
100H	17.6	Janet Lyon	04
400H	73.0	Janet Lyon	00
½ Mar	82:09	Ulli Simpson	90
Mar	3:00:32	Margaret Stafford	90
HJ	1.40	Fiona Davidson	08
PV	2.81	Janet Lyon	04
LJ	5.25	Fiona Davidson	15
TJ	11.39	Fiona Davidson	17
SP	8.82	Linda Michie	06
DT	23.94	Anne Lindsay	88
JT	28.40	Barbara MacDonald	96
HT	31.86	Kathleen Madigan	14
Hept	2751	Shona McKinnon	02

VETERAN WOMEN (OVER 40)

60	8.3	Kathleen Madigan	10
100	13.09	Kathleen Madigan	10
200	26.9	Janet Lyon	04
300	44.6	Kathleen Madigan	10
400	61.05	Laura Mahady	09
800	2:19.3	Sonia Armitage	04
1500	4:45.36	Sonia Armitage	07
3000	10:25.4	Sonia Armitage	02
5000	18:15.3	Sonia Armitage	03
10000	38:18.5	Sonia Armitage	02
80H	14.6	Janet Lyon	04
100H	17.6	Janet Lyon	04
400H	75.5	Joyce Hogg	90
½ Mar	1:29:01	Ulli Simpson	96
Mar	3:24:22	Olive Fraser	89
HJ	1.35	Fiona Davidson	13/16
PV	2.81	Janet Lyon	04
LJ	5.25	Fiona Davidson	15
TJ	11.39	Fiona Davidson	17
SP	8.43	Kathleen Madigan	12
DT	22.34	Ann Imrie	97
JT	28.40	Barbara MacDonald	96
HT	31.86	Kathleen Madigan	14

VETERAN WOMEN (OVER 45)

60	8.7	Ann Imrie	95
100	13.6	Ann Imrie	95
200	28.2	Ann Imrie	94
300	46.8	Laura Mahady	11
400	61.05	Laura Mahady	09
800	2:19.50	Laura Mahady	09
1500	4:45.36	Sonia Armitage	07
3000	10:37.65	Sonia Armitage	07
5000	19:02.1	Laura Mahady	08
10000	42:20.6	Kathryn Mearns	03
80H	16.6	Ann Imrie	99
100H	21.4	Ann Imrie	94

INDOOR RECORDS AS AT 01/01/2018**SENIOR MEN**

60	6.89	Stephen Dunlop	14
200	21.86	Stephen Dunlop	16
400	47.44	Barry Middleton	97
800	1:51.90	Myles Edwards	14
1000	2:30.94	Mark Kennedy	04
1500	3:50.47	Myles Edwards	15
3000	8:23.10	Myles Edwards	15
60H	8.32	Duncan Mathieson	97
HJ	1.99	Duncan Mathieson	89
PV	4.15	Jools Peters	16
LJ	7.14	Duncan Mathieson	91
TJ	15.24	Chukwudi Onyia	14
SP	16.98	Scot Thompson	10
DT	31.62	Edward Mckenzie	07
Hept	5275	Duncan Mathieson	97
4x200	1:30.61	D Irvine, Oswald, Shaw, Freck	17

T37 MEN

60	8.28	Lewis Clow	15
200	27.41	Lewis Clow	16

UNDER-20 MEN

60	7.1	Gavin Irvine	12
200	22.38	Gavin Irvine	13
400	49.30	Barry Middleton	94
800	1:56.45	Stewart Millar	17
1000	2:30.94	Mark Kennedy	04
1500	4:02.6	Mark Kennedy	04
3000	9:34.81	Michael Ferguson	12
60H	8.48	Ryan Hewitson	15
HJ	1.97	Ryan Hewitson	15
PV	4.10	David Mann	13

½ Mar	1:36:38	Maureen MacInnes	06
Mar	3:32:33	Betty May	91
HJ	1.30	Shona McKinnon	09
PV	2.60	Janet Lyon	07/08
LJ	4.28	Janet Lyon	08
TJ	8.27	Shona McKinnon	09
SP	6.79	Janet Lyon	08
DT	22.34	Ann Imrie	97
HT	20.26	Joyce Hogg	97
JT	19.36	Shona McKinnon	10

VETERAN WOMEN (OVER 50)

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

VETERAN WOMEN (OVER 55)

100	15.54	Penny Johnson	16
200	31.02	Laura Mahady	16
400	64.6	Laura Mahady	13
800	2:27.05	Laura Mahady	13
3000	14:44.8	Janice Forsyth	12
5000	24:19.9	Ann Clark	10
10000	50:37.5	Ann Clark	10

LJ	6.72	Robert Miller	03
TJ	13.97	William Stark	94
SP	13.46	Paul Allan	89
Hept	4529	Robert Miller	03

UNDER-20 T37 MEN

60	8.47	Lewis Clow	14
200	29.94	Iain Boyd	15

UNDER-17 MEN

60	7.20	Robbie Farquhar	17
200	23.63	Cameron Brown	14
400	51.1	Ahmed Al-Kowarri	94
800	1:57.89	Stewart Millar	15
1000	2:52.75	Barry Middleton	91
1500	4:15.27	Adam Watt	01
60H	8.50	Richard Singer	95
HJ	1.90	K Lutton/R Hewitson	01/12
PV	3.70	Robbie Farquhar	17
LJ	6.57	Robbie Farquhar	17
TJ	12.67	William Stark	93
SP	12.75	John Agnus	17
Hept	4472	Robbie Farquhar	17
Pent	3045	Richard Singer	95
4x200	1:35.95	Rule, Bisset, Angus, McIntosh	17

UNDER-15 BOYS

60	7.66	Lewis Bisset	15
200	24.97	Stuart Mathieson	95
400	59.55	Jamie Thomson	04
800	2:06.08	Harry Hall	16
1000	3:09.68	William Stark	91
1500	4:36.10	Steven Rusling	02

60H	9.92	Stephen Miller	00
HJ	1.68	Kevin Lutton	99
PV	2.95	Alasdair Lowe	12
LJ	5.54	William Stark	91
TJ	9.31	Alasdair Lowe	12
SP	10.60	John Angus	15
Pent	2484	William Stark	91

UNDER-13 BOYS

60	8.57	Scott Rankin	98
200	29.47	Ruairi Neil	03
800	2:24.80	Kai Crawford	17
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	24.50	Stan Walker	15
400	57.36	John McKeown	10
800	2:24.67	Nicol Baird	15
1000	3:16.17	Bill Lonsdale	06
1500	4:34.71	Frank Boyne	08
3000	10:07.39	Frank Boyne	08
60H	10.61	Edward McKenzie	06
HJ	1.57	Bill Lonsdale	06
PV	3.02	Robert Masson	09
LJ	5.44	Kenny Lyon	07
TJ	10.04	Bill Lonsdale	06
SP	12.18	Fintan McCabe	08
DT	31.62	Edward McKenzie	07
Weight	8.57	Edward McKenzie	07
Pent	2162	Edward McKenzie	07

VETERAN MEN (OVER 40)

60	7.6	Alan MacKenzie / Stan Walker	89/10&11
200	24.50	Stan Walker	15
400	54.60	Denis Shepherd	93
800	2:07.45	Denis Shepherd	93
1000	3:16.27	Kenny Lyon	03
1500	4:17.4	Colin Youngson	92
3000	8:58.7	Colin Youngson	89
60H	10.1	Darren Chapman	10
HJ	1.68	Denis Shepherd	93
LJ	5.62	Trevor Madigan	87
TJ	11.64	Kenny Lyon	01
PV	3.60	Robert Masson	89
SP	12.27	Darren Chapman	10
SP (sen)	12.27	Darren Chapman	10
DT	31.62	Edward McKenzie	07
Weight	9.63	Edward McKenzie	11
Pent	2239	Edward McKenzie	11
Hept	3851	Kenny Lyon	03
4X200	1:41.2	Mackenzie, Madigan, Stirling, Clarkson	90

VETERAN MEN (OVER 45)

60	7.65	Mark Davidson	14
200	24.50	Stan Walker	15
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	1.66	James Macgregor	16
LJ	5.43	Trevor Madigan	90
TJ	11.14	Trevor Madigan	90
PV	3.45	Robert Masson	98
SP	11.44	Darren Chapman	12
SP (sen)	11.44	Darren Chapman	12
Hept	3896	Kenny Lyon	08

VETERAN MEN (OVER 50)

60	7.86	Allan Stirling	97
200	26.61	Trevor Madigan	95
400	57.74	Allan Stirling	99
800	2:12.9	John Ballentine	93
1000	3:16.47	Bill Lonsdale	06
1500	4:23.23	John Ballentine	94
3000	9:29.15	John Ballentine	94
60H	11.20	Robert Masson	99/00
HJ	1.66	James Macgregor	16
LJ	5.24	Trevor Madigan	95
TJ	11.14	Trevor Madigan	95
PV	3.45	Robert Masson	98
SP	9.89	Kenny Lyon	12
Pent	2978	Bill Lonsdale	06
Hept	4403	Robert Masson	99

VETERAN MEN (OVER 55)

60	8.38	Trevor Madigan	06
200	28.46	Trevor Madigan	06
400	61.05	Alan Fulton	04
800	2:24.00	Bill Scullion	04
1000	3:29.45	Bill Lonsdale	07
1500	5:07.65	Colin Youngson	04
3000	9:56.91	Colin Youngson	03
60H	12.27	Bill Lonsdale	07
HJ	1.46	Bill Lonsdale	07
PV	3.21	Robert Masson	03
LJ	4.74	Bill Skinner	15
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	1.41	Bill Lonsdale	1710
PV	3.02	Robert Masson	09
LJ	4.45	Trevor Madigan	06
TJ	9.93	Trevor Madigan	06
SP	10.16	Robert Masson	11
Hept	4304	Robert Masson	09

VETERAN MEN (OVER 65)

60	8.76	Trevor Madigan	10
200	31.60	Trevor Madigan	15
400	73.31	Hugo Fletcher	00
800	3:09.0	Hugo Fletcher	00
1000	3:50.92	Bill Lonsdale	17
1500	5:40.87	Colin Youngson	13
3000	11:35.87	Colin Youngson	13
60H	12.04	Robert Masson	13
HJ	1.41	Bill Lonsdale	17
PV	2.90	Robert Masson	12
LJ	4.28	Trevor Madigan	16
TJ	8.99	Trevor Madigan	10
SP	9.86	Robert Masson	14
Pent	3191	Bill Lonsdale	17
Hept	3239	Robert Masson	13

VETERAN MEN (OVER 70)

60	9.02	Trevor Madigan	15
200	31.60	Trevor Madigan	15
400	80.72	Hugo Fletcher	05
800	3:52.23	Hugo Fletcher	08
1500	8:25.05	Hugo Fletcher	09
HJ	1.30	Trevor Madigan	16
PV	2.30	Bob Masson	17
LJ	4.28	Trevor Madigan	16

SP 5.24 Hugo Fletcher 06

VETERAN MEN (OVER 75)

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

SENIOR WOMEN

60 7.52 Zoey Clark 15
200 23.96 Zoey Clark 15
400 53.02 Zoey Clark 16
800 2:08.87 Kelsey Stewart 17
1500 4:26.20 Nicola Gauld 06
3000 9:56.20 Rhona Auckland 12
60H 8.79 Catriona Pennet 04
HJ 1.71 Ellie Workman 09
LJ 5.88 Linda Davidson 93
TJ 11.18 Linda Davidson 92
PV 2.95 Laura Kutt 11
SP 13.89 Helen Cowe 93
Pent 3778 Sarah Still 00
4x200 1:43.03 R Matheson, Ademuyewo, De Klerk, Carter 17

UNDER-20 WOMEN

60 7.69 Zoey Clark 13
200 24.94 Zoey Clark 13
400 55.27 Emma Cloggie 06
800 2:10.92 Kelsey Stewart 16
1500 4:33.17 Rebecca Eggeling 17
3000 9:56.20 Rhona Auckland 12
60H 8.98 Grace Carter 17
HJ 1.71 Ellie Workman 09
PV 2.90 Sam Somers 12
LJ 5.61 Katie Forbes 16
TJ 11.00 Kirsten Young 05
SP 10.86 Alison Horne 15
Pent 3547 Alix Still 17

UNDER-17 WOMEN

60 7.82 Zoey Clark 11
200 25.16 Zoey Clark 11
300 39.81 Zoey Clark 11
400 57.64 Kelsey Stewart 13
800 2:17.60 Emma Cloggie 02
1500 4:46.81 Ellie Buchan 08
3000 12:23.44 Chantelle Clark 06
60H 8.83 Yasmin Milne 10
HJ 1.71 Ellie Workman 09
PV 2.85 Sam Somers 11
LJ 5.61 Katie Forbes 16
TJ 11.00 Kirsten Young 05
SP (4kg) 8.99 Sarah Lyon 99
SP (3kg) 10.70 Alix Still 16
4x200 1:51.92 Shanks, L McNeil, S Jennings, Kokovworho 17
Pent 3436 Alix Still 16

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 1.58 Carmen Neat 16
PV 2.06 Sophie Anderson 11
LJ 5.02 Donna Quirie 91
SP (3.25kg) 8.68 Catriona Pennet 98

SP (3kg) 7.72 Morag Shepherd 17
Pent 2797 Carmen Neat 16

UNDER-13 GIRLS

60 8.56 Lesley-Ann Mearns 03
200 28.66 Lesley-Ann Mearns 03
800 2:33.17 Phoebe Armstrong 17
60H 10.00 Catriona Pennet 96
HJ 1.46 Kate MacKay 12
LJ 4.48 Sandra Gunn 88
SP 7.73 Angela Kelly 17
Pent 2030 Catriona Pennet 96

VETERAN WOMEN (OVER 35)

60 8.17 Fiona Davidson 17
200 27.41 Kathleen Madigan 06
400 64.11 Laura Mahady 13
800 2:22.77 Sonia Armitage 06
1500 4:45.85 Sonia Armitage 06
3000 11:19.1 Laura Mahady 06
60H 10.80 Janet Lyon 01
HJ 1.36 Shona McKinnon 03
PV 2.70 Janet Lyon 02/04
LJ 4.93 Fiona Davidson 15/17
TJ 11.02 Fiona Davidson 14
SP 8.48 Kathleen Madigan 13
Pent. 2380 Shona McKinnon 02

VETERAN WOMEN (OVER 40)

60 8.17 Fiona Davidson 17
200 27.96 Janet Lyon 04
400 64.11 Laura Mahady 13
800 2:22.77 Sonia Armitage 06
1500 4:45.85 Sonia Armitage 06
3000 11:19.1 Laura Mahady 06
60H 10.90 Janet Lyon 02
HJ 1.32 Shona McKinnon 09
PV 2.70 Janet Lyon 02/04
LJ 4.93 Fiona Davidson 15/17
TJ 11.02 Fiona Davidson 14
SP 8.48 Kathleen Madigan 13
Pent 2286 Shona McKinnon 04

VETERAN WOMEN (OVER 45)

60 8.78 Kathleen Madigan 15
200 29.13 Kathleen Madigan 15
400 64.11 Laura Mahady 13
800 2:22.77 Sonia Armitage 06
1500 4:45.85 Sonia Armitage 06
3000 11:19.1 Laura Mahady 06
HJ 1.32 Shona McKinnon 09
PV 2.50 Janet Lyon 11
LJ 3.87 Shona McKinnon 11
TJ 8.09 Shona McKinnon 10

VETERAN WOMEN (OVER 50)

60 9.30 Penny Johnson 16
200 31.22 Penny Johnson 14
400 64.11 Laura Mahady 13
800 2:27.84 Laura Mahady 13
PV 2.35 Janet Lyon 14
LJ 3.59 Shona McKinnon 13
SP 7.24 Ruth Watson 16

VETERAN WOMEN (OVER 55)

60 9.39 Penny Johnson 16
200 32.12 Penny Johnson 16
400 64.11 Laura Mahady 13
800 2:27.84 Laura Mahady 13
1500 5:26.44 Sonia Armitage 16

MEMBERSHIP INFORMATION

HONORARY LIFE MEMBERS

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

HONORARY MEMBERS – 2016/2017

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

COMMITTEE – 2016/2017

President	Mark Davidson
Vice President	Stan Walker
Secretary	Elaine Shephard
Finance Officer	Eddie Mckenzie
Coaching Coordinator	Joyce Hogg
Competition Coordinator	Nichola Crawford
Officials Coordinator	Emma Williams
Committee Members	Carol Baverstock
	Alan Dick
	Kevin Ingram
	Brian Macmillan
	Eoghan Macnamara
Club Manager	Brian Pahlmann
Pathways Development Officer	Ruth Watson

TROPHY WINNERS 2017 MEN

Anderson Shield – Sprints	Stan Walker
Middle Distance Shield	Steven Murray
Bond Cup – Jumps	No award
Throws Cup	Eddie McKenzie
AI Kindregan – 800 metres	Broc Drury
Simon Wynn – 1500 metres	Michael Ferguson
Overall Veteran Cup	Stan Walker
Veteran Over-40 Cup	Stan Walker
Veteran O-50 Shield	Bill Lonsdale
Veteran age-graded Cup	Bob Masson
Geoff Burton U-17 Men's Throws	Robbie Farquhar
Junior Men's Merit Cup	Stewart Millar
King Trophy – U-17 Merit	Robbie Farquhar
City of Aberdeen – U-15 Merit	Lewis Watt
Angus Cup – U-13 Merit	Timi Fatona
U-11 Merit Shield	Rhys Crawford
10km Road Salver	Broc Drury
Half Marathon	James Hoad
Alex King Trophy (over-40 half-m)	Alistair Sey
James Youngson Trophy (over-50 hm)	Alistair Sey
Douglas Smart Memorial Shield	Finn Bryce
Novice Javelin Thrower	
Jackie Dunster	Fergus Rule
Most Improved Athlete	

TROPHY WINNERS – 2017 WOMEN

Sprints Shield	Kelsey Stewart
Middle Distance Shield	Sara Knox
Jumps Shield	Fiona Davidson
Throws Trophy	Erin Runcie
Ron Kitchen Shield – 400 metres	Kelsey Stewart
Joy L Edwards – High Jump	Carmen Neat
Veteran O-35	No Award
Veteran O-45	No Award
Veteran age-graded Cup	No Award
Ladies' Merit Cup	Zoey Clark
U-20 Merit Cup	Naomi Lang
U-17 Merit Cup	Joda Kokovworho
Bank of Scotland U-15 Merit Cup	Erin Williams
U-13 Merit Cup	Pheobe Armstrong
Founders' Cup – U-11 Merit	Anna McNeill
John Leys Memorial Trophy	?
Miller Mathieson Quaich	?
Half Marathon	Mella Slattery
10km Salver	Nicola Gauld
Hunter Construction Trophy	SW 4 x 100m relay
best team performance	

Aberdeen Amateur Athletic Club (AAAC) greatly values our connections with primary and secondary schools in Aberdeen City and Aberdeenshire, achieved in partnership with Active Schools and Aberdeen Sports Village. Research shows that more than 90% of Scotland's International athletes identify their school teacher(s) as the person (s) responsible for motivating them to participate in the sport. AAAC are therefore keen to develop a simple pathway for potential athletes from school into the club.

HOW WE DO THIS

School Running Club/AAAC Affiliation: AAAC are affiliated to the running clubs at Westpark and Seaton Primary Schools, and support their development.

Satellite clubs/ Active Schools Partnership sessions: Satellite sessions, led mainly during school terms by AAAC coaches in partnership with Active Schools, attract some 200 pupils at Gordon Schools, Huntly, Albyn School, Garioch Sports Centre in Inverurie, Cults Academy, Milltimber Primary, Greenbrae Primary, Heathryburn Primary and Airyhall Primary.

Kids at Aberdeen Sports Village athletics sessions: These sessions are run by the Village and are led by AAAC and ASV coaches. Participants pay per session on arrival but need to be registered in advance at www.aberdeensportsvillage.com/tots-to-teens. Unless otherwise advertised, these sessions run during term time and school holidays. Details are:

- Athletics - Monday 4.15 – 5.15pm, P1-P3
- Athletics - Tuesday 4.15 - 5.15pm, P4-P7
- Athletics - Wednesday 4.15 -,5.15pm, S1-S6

Athletics Running Club - Wednesday 4.15 - 5.15pm, P1-P7
Race Running and Disability Athletics - Friday 5 -,6pm, 8 yrs + with disabilities

- Athletics - Friday 6 - 7pm, P4 -S6
- Athletics - Friday 6 -,7pm, Adults
- Athletics - Saturday 12 -1pm, P1-P7
- RunJumpThrow - Saturday 1.15 -2.00pm, 3-5 yrs

School Visits: AAAC try to visit as many schools as possible each year to give children the opportunity to try athletics. These sessions follow the principles of long-term athlete development ensuring that the activities, skills and competition are all relevant to the age and stage of the participant. More importantly these sessions are intended to be fun. The format of the sessions varies depending on the requirements of the school and can be a curricular "taster" session covering most athletics events, event specific curricular sessions i.e for sprints, jumps, throws or endurance, or a block of extracurricular sessions. AAAC do occasionally organise year group Sportshall competitions for schools.

Competitions: AAAC organises a primary schools track and field championships each year at Aberdeen Sports Village. We also support the Albyn and Robert Gordon College primary and secondary schools cross-country championships at Balgownie, Run Balmoral and the Great Aberdeen Run. Our coaches are also involved in the Active Schools giant heptathlon competition, the Assisted Special Needs Athletics Festival, Aberdeen Youth Games, Grampian Parasport Day and Aberdeen Sports Village Golden Games.



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