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# THE 2019 YEAR BOOK

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INCLUDING CLUB RECORDS  
AND OTHER ITEMS  
OF INTEREST

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No. 30

2019

Free to AAAC Members



The AAAC Yearbook 2019 is edited by Stan Walker and compiled by Denis Shepherd with assistance from Lewis Clow, Eoghan MacNamara and Kathleen Madigan

## 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 2018 & 2018-19 seasons
- An Athlete's Journey – A Profile of Robbie Farquhar
- Club All-time Top 20 lists – Senior events
- Club All-time Top 10 lists – U20, U17 & U15 events
- Club All-time Top 10 lists – Veteran men & women
- Club All-time Indoor Rankings – Senior events
- 2018 Top 5 Rankings for all age groups
- Club Records for all age groups
- Club Indoor Records for all age groups
- End of an Era – Joyce & Ken Hogg



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## MAJOR GAMES REPRESENTATIVES

### World Championships

2017	Zoey Clark	Women's 400m, 4x400m
2018	Zoey Clark	Women's 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)
<b>2018</b>	<b>Zoey Clark</b>	<b>400m, 4x400m</b>
<b>2018</b>	<b>Kelsey Stewart</b>	<b>4x400m</b>

### 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
<b>2018</b>	<b>Zoey Clark</b>	<b>4x400m</b>

### 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 x-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
2011	Zoey Clark	U20 women's 4x400m
2013	Laura Mahady	Indoor O55 women's 800m
2013	Laura Mahady	Indoor O55 women'4x200m
2014	Rhona Auckland	U23 women's x-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
<b>2018</b>	<b>Lewis Clow</b>	<b>100, 200, LJ</b>

## 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
<b>2018</b>	<b>Anne Howie</b>	<b>O55 1500</b>

### 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, R 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



## TRACK & FIELD, 2018

### International & Representative Matches

#### Commonwealth Games

##### Gold Coast, Australia, April 9<sup>th</sup>-14<sup>th</sup>, 2018

###### Women:

Zoey Clark: 4<sup>th</sup>, 400m SF1(52.06); 6<sup>nd</sup>, 4x400m (3:29.18)

#### Loughborough International

##### Loughborough, May 20<sup>th</sup>, 2018

###### Women:

Kelsey Stewart: 5<sup>th</sup>, 400m (54.70)

#### SIAB British Schools International

##### Grangemouth, July 21<sup>st</sup>, 2018

###### Under-17 men:

Craig Strachan: 3<sup>rd</sup>, 200m (22.19)

James McIntosh: 7<sup>th</sup>, LJ (6.52m)

###### Under-17 women:

Jane Davidson: 5<sup>th</sup>, 80H (11.50)

#### CAU Inter Counties

##### SportCity, July 28<sup>th</sup>, 2018

###### Men

Sam Lyon: 10<sup>th</sup>, LJ (6.96m)

###### Women

Kelsey Stewart: 4<sup>th</sup>, 400m (55.28)

#### Celtic Games

##### Grangemouth, August 4<sup>th</sup>, 2018

###### Under-18 men:

Robbie Farquhar: 2<sup>nd</sup>, 100m (11.07); 2<sup>nd</sup>, 110H (14.59)

Struan Linton: 4<sup>th</sup>, 200m (23.02)

Harry Hall: 6<sup>th</sup>, 800m (2:01.76)

###### Under-18 women:

Carmen Neat: 2<sup>nd</sup>, HJ (1.66m)

#### CP World Games

##### Barcelona, August 10<sup>th</sup>, 2018

###### T37 men:

Lewis Clow: 3<sup>rd</sup>, LJ (4.74m)

#### England Manchester International

##### Sportcity, August 15<sup>th</sup>, 2018

###### Women:

Kelsey Stewart: 4<sup>th</sup>, 54.78

#### UK School Games

##### Loughborough, August 31<sup>st</sup>-September 1<sup>st</sup>, 2018

###### Under-17 men:

Craig Strachan: 2<sup>nd</sup>, 200m (22.27)

###### Under-17 women:

Jane Davidson: 4<sup>th</sup>, 80H (11.57)

Carmen Nat: 1<sup>st</sup>, HJ (1.69m)

### European Medallists

#### European Championships

##### Berlin, August 11<sup>th</sup>, 2018

###### Women:

Zoey Clark: 3<sup>rd</sup>, 4x400m (3:27.40)

### British Medallists

#### England Under-23 Championships

##### Bedford, June 17<sup>th</sup>, 2018

###### Women:

Kelsey Stewart: 3<sup>rd</sup>, 800m (2:09.83)

#### British Masters Championships

##### Birmingham, August 25<sup>th</sup>-26<sup>th</sup>, 2018

###### Over-50 men:

James Macgregor: 2<sup>nd</sup>, HJ (1.55m)

###### Over-55 women:

Anne Howie: 3<sup>rd</sup>, 400m (73.95); 3<sup>rd</sup>, 800m (2:41.63); 1<sup>st</sup>, 1500m (5:21.76)

### Scottish Medallists

#### Scottish Relay Championships, Grangemouth, April 14<sup>th</sup>, 2018

##### Under-15 boys:

Kai Crawford, Gaspard Lecrivaon, Lewis Watt: 2<sup>nd</sup>, 3x800m (6:47.48)

#### Scottish 3,000m Championships

##### Scotstoun, Glasgow, June 1<sup>st</sup>, 2018

###### Senior men:

Michael Ferguson: 3<sup>rd</sup> (8:22.66)

###### Under-20 women:

Naomi Lang: 1<sup>st</sup> (9:34.03)

#### Scottish Combined Events Championships

##### Grangemouth, July 14<sup>th</sup>-15<sup>th</sup>, 2018

###### Under-13 girls:

Angela Kelly: 3<sup>rd</sup>, Pent (2434)

#### Scottish Masters Championships

##### Grangemouth, July 14<sup>th</sup>, 2018

###### Over-45 men:

Stan Walker: 3<sup>rd</sup>, 100m (12.60); 3<sup>rd</sup>, 200m (25.83); 2<sup>nd</sup>, LJ (4.42m)

###### Over-50 men:

Eddie McKenzie: 1<sup>st</sup>, SP (10.81m); 2<sup>nd</sup>, DT (34.06m); 1<sup>st</sup>, JT (35.57m)

###### Over-65 men:

Bill Lonsdale: 3<sup>rd</sup>, 100m (15.24); 3<sup>rd</sup>, 800m (2:57.95); 2<sup>nd</sup>, LJ (4.15m); 2<sup>nd</sup>, TJ (9.00m)

###### Over-35 women:

Marie Dobson: 1<sup>st</sup>, 400H (83.37); 1<sup>st</sup>, JT (19.49m)

###### Over-40 women:

Julie Tuck: 1<sup>st</sup>, 80H (13.05); 1<sup>st</sup>, LJ (4.59m); 2<sup>nd</sup>, DT (27.59m)

Emma Williams: 3<sup>rd</sup>, DT (21.37m); 2<sup>nd</sup>, HT (25.88m)

###### Over-55 women:

Anne Howie: 2<sup>nd</sup>, 800m (2:39.35); 2<sup>nd</sup>, 1500m (5:22.99)

#### Scottish Senior and Under-17 Championships

##### Grangemouth, August 11<sup>th</sup>-12<sup>th</sup>, 2018

###### Men:

Michael Ferguson: 3<sup>rd</sup>, 1500m (3:54.49)

###### Under-17 men:

Craig Strachan: 1<sup>st</sup>, 100m (11.26); 2<sup>nd</sup>, 200m (22.43)

James McIntosh: 3<sup>rd</sup>, 400m (52.16)

Harry Hall: 3<sup>rd</sup>, 800m (2:01.88)

Adam Brown: 3<sup>rd</sup>, 1500m (4:10.45)

###### Women:

Kelsey Stewart: 1<sup>st</sup>, 400m (54.89)

Zoe Bates: 3<sup>rd</sup>, 1500m (4:41.79)

###### Under-17 women:

Jane Davidson: 1<sup>st</sup>, 80H (11.99); 3<sup>rd</sup>, LJ (5.33m)

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

##### Aberdeen, August 18<sup>th</sup>-19<sup>th</sup>, 2018

###### Under-20 men:

Robbie Farquhar: 3<sup>rd</sup>, 100m (11.16); 1<sup>st</sup>, 110H (15.10)

James McIntosh: 3<sup>rd</sup>, 200m (22.65)

John Angus: 2<sup>nd</sup>, SP (12.30m)

###### Under-15 boys:

Timi Fatona: 3<sup>rd</sup>, 100m (11.96); 3<sup>rd</sup>, 200m (24.24)

Lewis Watt: 2<sup>nd</sup>, 800m (2:03.39)

William Hodi: 3<sup>rd</sup>, TJ (11.28m)

###### Under-20 women:

Maddy Silcock: 1<sup>st</sup>, 100m (12.35)

Joda Kokovworho: 2<sup>nd</sup>, 200m (25.53)

Rebecca Olaleye: 3<sup>rd</sup>, 200m (25.66)

Rebecca Eggeling: 3<sup>rd</sup>, 1500m (4:43.95)

Carmen Neat: 1<sup>st</sup>, HJ (1.69m)

Jane Davidson: 1<sup>st</sup>, LJ (5.59m)

###### Under-13 girls:

Angela Kelly: 2<sup>nd</sup>, SP (9.31m)| 2<sup>nd</sup>, DT (30.48m)

### District Medallists

#### East District Championships

##### Grangemouth, May 12<sup>th</sup>-13<sup>th</sup>, 2018

###### Senior men:

Robbie Shaw: 3<sup>rd</sup>, 100m (11.63); 3<sup>rd</sup>, 200m (22.90)

Michael Ferguson: 2<sup>nd</sup>, 800m (1:56.74); 1<sup>st</sup>, 1500m (3:58.16)

James Macgregor: 1<sup>st</sup>, HJ (1.61m)

###### Under-20 men:



Robbie Farquhar: 2<sup>nd</sup>, 100m (11.15); 3<sup>rd</sup>, 110H (17.38); 3<sup>rd</sup>, LJ (6.63m)  
Struan Linton: 1<sup>st</sup>, 200m (22.66)

John Angus: 1<sup>st</sup>, SP (12.28m); 1<sup>st</sup>, DT (34.11m)

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

Craig Strachan: 1<sup>st</sup>, 200m (22.12)  
James McIntosh: 1<sup>st</sup>, LJ (6.49m); 2<sup>nd</sup>, TJ (12.01m)  
Athol Gordon: 1<sup>st</sup>, SP (9.94m); 3<sup>rd</sup>, DT (25.90m); 2<sup>nd</sup>, JT (39.32m)

#### **Under-15 boys:**

Lewis Watt: 1<sup>st</sup>, 800m (2:02.21)

#### **Senior women:**

Kelsey Stewart: 1<sup>st</sup>, 200m (24.57)  
Roisin Harrison: 2<sup>nd</sup>, 200m (24.68m)  
Naomi Lang: 1<sup>st</sup>, 1500m (4:32.64)  
Catriona Pennet: 1<sup>st</sup>, 100H (14.91)  
Erin Runcie: 1<sup>st</sup>, DT (33.26m); 2<sup>nd</sup>, HT (34.83m)  
Emma Williams: 2<sup>nd</sup>, DT (20.25m); 3<sup>rd</sup>, HT (26.60m)

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

Joda Kokovworho: 3<sup>rd</sup>, 200m (25.08)

Naomi Lang: 1<sup>st</sup>, 800m (2:12.12)

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

Jane Davidson: 1<sup>st</sup>, 80H (11.95); 2<sup>nd</sup>, 300H (45.94); 2<sup>nd</sup>, LJ (5.29m)

#### **Under-15 girls:**

Sophie Jennings: 3<sup>rd</sup>, SP (8.83m)

#### **Under-13 girls:**

Phoebe Armstrong: 1<sup>st</sup>, 1500m (5:07.70)  
Angela Kelly: 1<sup>st</sup>, SP (10.18m); 1<sup>st</sup>, DT (26.20m)

#### **North District Championships**

##### **Inverness, May 11<sup>th</sup>-12<sup>th</sup>, 2018**

#### **Senior men:**

Kieran Fraser: 1<sup>st</sup>, 400m (50.31)  
Eoghan MacNamara: 2<sup>nd</sup>, 800m (2:06.91); 1<sup>st</sup>, 1500m (4:17.49)  
Eddie McKenzie: 3<sup>rd</sup>, SP (9.53m); 2<sup>nd</sup>, DT (26.75m); 2<sup>nd</sup>, HT (21.52m);  
1<sup>st</sup>, JT (32.87m)

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

Ryan Matheson: 2<sup>nd</sup>, 100m (12.41)

#### **Under-15 boys:**

William Hodi: 1<sup>st</sup>, HJ (1.54m); 2<sup>nd</sup>, TJ (11.11m); 2<sup>nd</sup>, JT (27.78m)

#### **Senior women:**

Taylah Spence: 1<sup>st</sup>, 100m (12.36); 1<sup>st</sup>, 200m (25.99)

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

Rebecca Matheson: 1<sup>st</sup>, 100m (12.14); 1<sup>st</sup>, 200m (25.45)

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

Mia Keogh: 2<sup>nd</sup>, 100m (12.88); 3<sup>rd</sup>, 200m (26.81)

#### **Club Champions**

#### **Senior men:**

Andrew Baldwin (sprints)  
Fearghas Thomson (middle distance)  
Kieran Gauld (jumps)  
Eddie McKenzie (throws).

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

No award (track)  
No award (field)

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

No award (track)  
Athol Gordon (field)

#### **Veteran:** Mark Davidson

**Veteran Over 40:** Mark Davidson

**Veteran Over 50:** Bob Masson

**Overall age-graded:** Bob Masson

#### **Boys**

**Under-15:** William Hodi

**Under-13:** Finn Bryce

**Under-11:** Dean Fearn

#### **Senior women:**

Roisin Harrison (sprints)  
Anne Howie (middle distance)  
No award (jumps)  
Erin Runcie (throws)

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

Lindsey Brown (track)  
No award (field)

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

No award (track)  
Jane Davidson (field)

**Veteran:** Julie Tuck

No award (over-45)

**Overall age-graded:** Julie Tuck

#### **Girls**

**Under-15:** Sophie Jennings

**Under-13:** Angela Kelly

**Under-11:** Lucy Todd

#### **ROAD RUNNING, 2018-19**

#### **Club Champions**

##### **10km Championships**

##### **Aberdeen, May 20<sup>th</sup>, 2018**

**Men:** Fearghas Thomson 34:50

**Women:** Hannah Cameron 38:58

##### **Half-Marathon Championships**

##### **Aberdeen, August 26<sup>th</sup>, 2018**

**Men:** Daniel Hatfield 84:15

**Over-40 men:** Alistair Sey 1:41:04

**Over-50 men:** Alistair Sey 1:41:04

**Women:** Marie Ferguson, 99:55

##### **Scottish Junior Championships**

##### **Edinburgh, March 17<sup>th</sup>, 2019**

#### **Under-15 boys (4km):**

Sam Griffin: 3<sup>rd</sup>, 12:00 (winner: Lucas Cairns, Inverness Harriers, 11:57)

#### **Under-13 girls (3km):**

Phoebe Armstrong: 3<sup>rd</sup>, 10:27 (winner: Anna Cairns, Inverness Harriers, 10:13)

#### **FELL RUNNING, 2018**

#### **International & Representative Matches**

##### **Home Countries Junior International**

##### **Glendalough, September 8<sup>th</sup>, 2018**

#### **Under-20 women (6.7km/338m):**

Anisha Badial: 6<sup>th</sup>, 34:33 (winner: Grace Carson, N Ireland, 31:26).  
Team: 1 England 13; 2 Scotland 19; 3 Wales 26; 4 N Ireland 28; 5 Ireland 47

#### **CROSS-COUNTRY, 2018-2019**

#### **International & Representative Matches**

##### **GB and N Ireland Masters' International**

##### **Swansea November 17<sup>th</sup>, 2018**

#### **Over-55 women (6km):**

Anne Howie: 7<sup>th</sup> (2<sup>nd</sup> Scot), 25:24 (winner: Fiona Matheson, SCO, 23:15) Silver Team Medal

##### **Scottish Inter District**

##### **Stirling, January 12<sup>th</sup>, 2019**

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

Adam Brown: 18<sup>st</sup>, 17:38; Michael Watt: 20<sup>th</sup>, 17:40 (winner: Hamish Armitt, Giffnock North, East, 16:15). Team: 1 West 36; 2 East 54; 3 North 147

#### **Under-15 boys (4km):**

Samuel Griffin: 12<sup>th</sup> 14:11 (winner: Lucan Cairns, Inverness H, North, 13:29) Team: 1 West 48; 2 East 59; 3 North 106

#### **Under-13 boys (3km):**

Dylan Pearson: 27<sup>th</sup>, 11:42; Aleksander Jovicic: 32<sup>nd</sup>, 12:04 (winner: Finlay Ross, Harmeny AC, East, 10:25). Team: 1 East 46; 2 West 46; 3 North 95

#### **Senior & junior women (6km):**

Clare Stewart (Students): 42<sup>nd</sup>, 23:46; Zoe Bates (Students): 20<sup>th</sup>, 24:09 (winner: Mhairi MacIannan, Edinburgh U, Students, 20:40).  
Team: 1 East 41; 2 Students 61; 3 West 93; 4 North 144

#### **Under-17 women (5km):**

Caitlin Purcell: 13<sup>th</sup>, 20:21; Kirsty Purcell: 15<sup>th</sup>, 20:31; Kirsty Oldham: 23<sup>rd</sup>, 21:10 (Winner: Cera Gemmell (Tm E Lothian, East, 18:33).

Team: 1 East 45; 2 West 62; 3 North 131

#### **Under-13 girls (3km):**

Phoebe Armstrong: 3<sup>rd</sup>, 11:30; Johanna Mackenzie: 4<sup>th</sup>, 11:30 (winner: Anna Cairns, Inverness H, North, 11:25). Team: 1 East 48; 2 West 60; 3 North 91

#### IAAAF International

##### Dundonald, January 19<sup>th</sup>, 2019

###### Senior women (8km):

Zoe Bates: 36<sup>th</sup>, 30:43 (winner: Meskerem Mamo, Ethiopia, 26:10)

#### CAU Inter Counties Championships

##### Loughborough, March 9<sup>th</sup>, 2019

###### Under-17 men (6km):

Adam Brown: 89<sup>th</sup>, 20:36 (winner: Sam Charlton, North-East, 18:48)

###### Under-15 boys (4km):

Sam Griffin: 36<sup>th</sup>, 14:03 (winner: Louis Small, Kent 13:07). Team: 1

Kent 74; 7 Scotland East 189

###### Senior women (10km):

Isla Scott-Pearce: 180<sup>th</sup>, 46:31 (winner: Jennifer Nesbitt,

Worcestershire, 37:52)

###### Under-20 women (6km):

Naomi Lang: 11<sup>th</sup>, 22:12 (winner: Grace Brock, Cornwall, 21:19).

Team: 1 Scotland East 41; 2 Surrey 78

#### SIAB Schools International

##### Dublin, March 23<sup>rd</sup>, 2019

###### Under-17 women (4km, no times):

Kirsty Purcell: 21<sup>st</sup> (winner: Beatrice Wood, England). Team: 1 England

26; 2 Scotland 67; 3 Ireland 102; 4 Wales 144

###### Under-15 girls (3km):

Phoebe Armstrong: 16<sup>th</sup>, 11:02 (winner: Holly Weedall (England)

10:14. Team: 1 England 25; 2 Scotland 68; 3 Wales 122; 4 Ireland 127

#### Scottish Medallists

#### Lindsays Scottish Short Course Championships

##### Lanark, November 10<sup>th</sup>, 2018

###### Senior men (4km):

Michael Ferguson: 3<sup>rd</sup>, 11:40 (winner: Sol Sweeney, Glasgow U, 11:32)

#### Lindsays Scottish Championships

##### Falkirk, February 23<sup>rd</sup>, 2019

###### Under-15 boys (4.1km):

Sam Griffin: 3<sup>rd</sup>, 14:06 (winner: Harry Henriksen, Lasswade AAC, 14:02)

###### Under-13 boys (3.1km):

Hamish McKay (9<sup>th</sup>), Dylan Pearson (18<sup>th</sup>), Aleksander Jovcic (22<sup>nd</sup>),

Theo Jones (35<sup>th</sup>): 2<sup>nd</sup> team, 84pt (winners: Giffnock North, 54)

###### Under-20 women (7.5km):

Naomi Lang (Edinburgh U): 3<sup>rd</sup>, 29:02 (winner: Eloise Walker,

Edinburgh AC, 28:25)

###### Under-17 women (6km):

Kirsty Purcell (6<sup>th</sup>), Caitlin Purcell (12<sup>th</sup>), Kirsty Oldham (21<sup>st</sup>): 2<sup>nd</sup> team,

39pt (winners: Giffnock North, 28)

###### Under-13 girls (3.1km):

Phoebe Armstrong: 3<sup>rd</sup>, 12:57 (winner: Anna Cairns, Inverness H,

12:49)

#### District Medallists

#### East District Relay Championships

##### Glamis, October 13<sup>th</sup>, 2018

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

Aleksander Jovcic, Kai Crawford, Adam Brown: 3<sup>rd</sup>, 28:20 (winners:

Edinburgh AC, 27:56)

#### Lindsays East District Championships

##### Balgownie, December 8<sup>th</sup>, 2018

###### Senior men (8.5km):

Michael Ferguson (4<sup>th</sup>), James Hoad (13<sup>th</sup>, Will Mackay (17<sup>th</sup>), Steven

Murray (32<sup>nd</sup>), Euan Webster (34<sup>th</sup>), Rory Stead (40<sup>th</sup>); 3<sup>rd</sup> team, 140pt

(winners: Central AC, 71)

###### Under-20 men (6.5km):

Tyler White: 2<sup>nd</sup>, 21:07 (winner: James Donald, Dundee Hawkhill H,

21:02)

Tyler White, Aaron Odentz (8<sup>th</sup>), Fraser Cruickshank (11<sup>th</sup>): 1<sup>st</sup> team,

21pt (won by 6 from Fife AC)

###### Under-13 boys (3.2km):

Hamish McKay (4<sup>th</sup>), Aleksander Jovcic (7<sup>th</sup>), Dylan (10<sup>th</sup>): 1<sup>st</sup> team, 21pt (won by 2 from Team E Lothian)

###### Veteran women Over-50 (8.5km):

Veronique Oldham: 2<sup>nd</sup>, 35:43 (winner: Fiona Matheson, Falkirk Victoria H, 34:27)

###### Under-20 women (6.5km):

Zoe Bates: 2<sup>nd</sup>, 24:44 (winner: Holly Page, Edinburgh U, 23:45)

###### Under-17 women (5.5km):

Caitlin Purcell (7<sup>th</sup>), Kirsty Purcell (11<sup>th</sup>), Kirsty Oldham (12<sup>th</sup>): 2<sup>nd</sup> team,

30pt (winners: Edinburgh AC, 14)

###### Under-15 women (4km):

Charlotte Narducci (7<sup>th</sup>), Kirstin Grant (22<sup>nd</sup>), Maisie Aspinall (30<sup>th</sup>): 3<sup>rd</sup>

team, 72pt (winners: Fife AC, 8)

###### Under-13 girls (3.2km):

Johanna Mackenzie (4<sup>th</sup>), Phoebe Armstrong: (5<sup>th</sup>), Abby Farquhar

(22<sup>nd</sup>): 1<sup>st</sup> team, 31pt (won my 1 from Fife AC)

#### Club Champions

#### Aberdeen AAC Championships

##### Balgownie, March 17<sup>th</sup>, 2019 (and points championships for the season)

**Senior men:** No race entries (points: James Hoad)

**Veteran:** Malcolm Stone (also points)

**U20:** No race entries (points: Aaron Oedentz)

**U17:** Adam Brown (points: Hamish Brown)

**U15:** Finlay Cooper (points: Sam Griffin)

**U13:** Dylan Pearson (points: Hamish McKay)

**U11:** Archie Baxter (points: Oscar Cook)

**Senior women:** Holly Morrison (also points)

**Veteran:** No race entries (points: Marianne Lang)

**U20:** Not awarded

**U17:** Kirsty Purcell (points: Caitlin Purcell)

**U15:** Kirstin Grant (points: Charlotte Narducci)

**U13:** Phoebe Armstrong (also points)

**U11:** Lucy Todd (also points)

#### INDOOR TRACK & FIELD, 2018-2019

#### International & Representative Matches

##### European Championships

##### Glasgow, March 1<sup>st</sup>-3<sup>rd</sup>, 2019

###### Women:

Zoey Clark: 5<sup>th</sup> ht 1, 400m (53.85); 2<sup>nd</sup>, 4x400m (3:29.55)

#### British Medallists

##### British Championships

##### Birmingham, February 10<sup>th</sup>, 2019

###### Women:

Zoey Clark: 1<sup>st</sup>, 400m (52.85)

#### Scottish Medallists

##### 3000m Championships

##### Emirates Arena, January 4<sup>th</sup>, 2019

###### Veteran women over-55:

Anne Howie: 1<sup>st</sup>, 11:34.04

##### Senior and Under-17 Championships

##### Emirates Arena, January 26<sup>th</sup>, 2019

###### Under-17 men:

Tobi Fatona: 3<sup>rd</sup>, 60m (7.20)

###### Women:

Zoey Clark: 2<sup>nd</sup>, 60m (7.42); 1<sup>st</sup>, 200m (23.60)

Jane Davidson: 1<sup>st</sup>, 60H (8.80)

Catriona Pennet: 3<sup>rd</sup>, 60H (9.12)

##### Under-20, Under-15 & Under-13 Championships

##### Emirates Arena, February 2<sup>nd</sup>-3<sup>rd</sup>, 2019

###### Under-20 men:

Robbie Farquhar: 2<sup>nd</sup>, 60m (7.12); 2<sup>nd</sup>, 60H (8.33)

Craig Strachan: 2<sup>nd</sup>, 200m (22.64)

###### Under-15 boys:

Timi Fatona: 1<sup>st</sup>, 60m (7.30); 1<sup>st</sup>, 200m (23.32)

Kai Crawford: 2<sup>nd</sup>, 800m (2:09.55)

###### Under-13 boys:

Rhys Crawford: 1<sup>st</sup>, 800m (2:25.26)

Finn Bryce: 3<sup>rd</sup>, SP (7.30m)

**Under-20 women:**

Rebecca Olaleye: 3<sup>rd</sup>, 200m (25.73)

Jane Davidson: 1<sup>st</sup>, 60H (8.79)

Carmen Neat: 1<sup>st</sup>, HJ (1.72m)

**Under-15 girls:**

Phoebe Armstrong: 2<sup>nd</sup>, 1500m (5:00.91)

**Combined Events Championships**

**Emirates Arena, February 16<sup>th</sup>-17<sup>th</sup>, 2019**

**Over-70 men:**

Bob Masson: 1<sup>st</sup>, Hept (4,870)

**Under-13 boys:**

Finn Bryce: 2<sup>nd</sup>, Pent (1,402)

**Masters Championships**

**Emirates Arena, February 17<sup>th</sup>, 2019**

**Over-50 men:**

Mark Davidson: 1<sup>st</sup>, 60m (7.72); 2<sup>nd</sup>, 60H (9.24)

**Over-60 men:**

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

**Over-70 men:**

Bob Masson: 2<sup>nd</sup>, 60H (11.85); 1<sup>st</sup>, HJ (1.33m) 1<sup>st</sup>, PV (2.47m)

**Over-35 women:**

Catriona Pennet: 2<sup>nd</sup>, 60m (8.41); 1<sup>st</sup>, 60H (9.35)

**Over-40 women:**

Julie Tuck: 2<sup>nd</sup>, 60m (8.72); 1<sup>st</sup>, 60H (9.77)

AAAC would like to thank

***Friends of Aberdeen AAC***

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



# Aberdeen AAC an Athlete's Journey

Robbie Farquhar



Initially, Robbie was a hockey player who dabbled in athletics and who wanted to improve his long jump and triple jump. Robbie's outstanding athletic talent has only really come to the forefront over the last couple of years; however, his potential has been evident since his first club competition in December 2011 when he ran an indoor 60m sprint and 60m hurdles as an U11. It may appear to some that he has been something of an overnight success, but Robbie has certainly done the hard yards, learning his 'trade' in all athletics events over the last 7 years.

2012 saw Robbie start his multi event journey competing in a whole range of events: 60m sprints and hurdles, cross country races, 800m, high jump, long jump, shot put, discus, javelin and an U13 quadrathlon. This was Robbie's first combined event, taking place in Perth, where he finished in second.

Multi events were to become Robbie's main focus over subsequent years; all the time he was learning skills and developing the physical and mental attributes that would stand him in good stead in the future. During this period of evolution, Robbie competed in a wide spread of events in competitions ranging from club competitions and club leagues to Scottish national age group and Scottish Schools events.

As Robbie was moving up to U17 he stopped hockey to focus more on athletics. This paid off quickly as he

won a long jump bronze at the Scottish Schools indoor championships. It was at this point that Robbie decided to commit to multi events. By the end of the summer season Robbie was hooked on decathlon, even though there was a dreaded 1500m as the last event! At this point Robbie stated, "This time next year I could score 6000 points!"

2016 saw Robbie earn his first Scottish international vest, being selected for the 100m hurdles at the Celtic Games in Swansea where he finished in second place. Further international vests followed in 2017 with appearances at: SIAB Indoor Combined Events International at the Emirates Arena, Glasgow; SIAB International in Dublin where he competed in long jump and 100m hurdles; UK Schools Games in Loughborough where he competed in 100m hurdles finishing in 3<sup>rd</sup> place.

2017 also saw Robbie start to compete at England Athletics championships and begin to make his mark at UK level. He achieved UK Top 10 rankings in 150m, long jump, heptathlon and decathlon with a UK No. 1 ranking in pentathlon.

Robbie produced a long jump of 6.94m while representing Scottish Schools at the SIAB International in Dublin, breaking the club U17 record which had stood for 40 years. In August 2017 Robbie broke the 6000 point barrier for the decathlon.



2018 saw further international appearances for Robbie: at the Intertrust Athletics Games in St Peter Port, Guernsey where he competed in 100m and LJ and at the Celtic Games in Grangemouth where he competed in 110m hurdles and 100m.

2018 also saw Robbie win Aberdeenshire Sports Council Young Male Athlete of the Year on the back of his outstanding performances in 2017.

Robbie's progress since the early days has in fact been steady rather than spectacular, a result of learning his 'trade' over the range of multi event disciplines and improving his mental and physical skills and essential attributes of strength, speed and skills.

Throughout all these years, Robbie has enjoyed tremendous encouragement, support and guidance from his parents with dad Ray providing a more laid-back contrast to mum Judith's more excitable nature (!) and Robbie would certainly acknowledge the significant contribution they have both made, and continue to make, to his success.

Robbie's lead coach Kenny Lyon has been a fantastic asset to him, spending huge quantities of time delivering his coaching skills, experience and knowledge for Robbie's benefit. Kenny has unquestionably been a major factor in Robbie's progress and success to date, whilst Frank Gauld, hurdles coach, has had the huge pleasure of working with Robbie on his hurdles over the last 3 years or so.

Robbie has a tremendous yearning to achieve, a burning drive to learn and improve, and a thirst for knowledge and understanding of his events.

Robbie's UK and Scottish rankings over the last couple of years give us an indication of his wide range of abilities and high standards achieved; -

#### UKA National Top 10 Rankings

2017 - U17 Pentathlon – 1<sup>st</sup>  
2017 - U17 Heptathlon – 2<sup>nd</sup>  
2017 - U17 Heptathlon (indoors) – 2<sup>nd</sup>  
2017 – U17 Decathlon – 4<sup>th</sup>  
2017 – 150m – 8<sup>th</sup>  
2017 – 110m hurdles – 19<sup>th</sup>  
2017 - Long Jump (indoors) – 6<sup>th</sup>  
2018 - Long Jump (indoors) – 7<sup>th</sup>

#### Scottish National Top 10 Rankings

2017 – U17 60m hurdles – 1<sup>st</sup>  
2017 – U17 100m hurdles – 2<sup>nd</sup>  
2017 – U17 Long Jump – 3<sup>rd</sup>  
2017 – U17 Decathlon – 3<sup>rd</sup>  
2017 - U17 Heptathlon (indoors) – 2<sup>nd</sup>  
2017 – U17 Octathlon – 3<sup>rd</sup>  
2018 – U20 110m hurdles – 1<sup>st</sup>  
2018 – U20 Heptathlon (indoor) – 2<sup>nd</sup>  
2018 – U20 60m hurdles – 2<sup>nd</sup>  
2018 – U20 60m – 5<sup>th</sup>  
2018 – U20 Decathlon – 5<sup>th</sup>  
2018 – U20 100m – 6<sup>th</sup>

Robbie has generally a quiet nature and has huge determination, great self-confidence and a fire in his eyes that burns fiercely. Robbie is a bit different from a lot of athletes: he has enormous desire to improve and succeed but a real down-to-earth humility at the same time and he's not afraid to ask questions, challenge concepts or suggest ideas for improvement.

There is no doubt that Robbie's success story is set to run...and run...and conquer all hurdles in his way.



With thanks to Frank Gauld and Kenny Lyon

## ABERDEEN AAC'S CLUB PERFORMANCES IN 2018

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

1	<b>Aberdeen AAC</b>	<b>32</b>
2	Shettleston Harriers	22
3	Falkirk Victoria Harriers	18
4	VP Glasgow	17.5
5	Inverness Harriers	16
6	Central AC	15.5
7	Kilbarchan AAC	14
8	Pitreavie AAC	9

### Scottish Women's League

1	Edinburgh AC	23
2	Team West	21
3	Forth Valley	18
4	VP Glasgow	16
5	Lothian	9.5
6	<b>Aberdeen AAC Select</b>	<b>9</b>
4	Tayside & NE Fife	8.5
8	Pitreavie AAC	3

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

1	Island Team (531)	23	
2	<b>Aberdeen AAC (530)</b>		<b>23</b>
3	Dundee Hawkhill Harriers	16	
4	Inverness Harriers	15	
5	Team North	13	
6	Banchory Stonehaven AC	9	
7	Arbroath & District AC	6	
8	Montrose and Perth	4	

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

1	Island Select (1528.5)	21
2	Dundee Hawkhill Harriers (1394)	21
3	Inverness Harriers	20
4	<b>Aberdeen AAC</b>	<b>14</b>
5	Team North	13
6	Banchory Stonehaven AC	9
7	Montrose and Perth	7
8	Arbroath & District AC	3

### Youth Development League Under-17 Challenge Scottish Final (Men and Women combined), Grangemouth, 29th July 2018

1	<b>Aberdeen AAC</b>	<b>149</b>
2	Giffnock North	142
3	Team North Lanarkshire	131
4	Island Select	115
5	Team South Lanarkshire	87
6	VP Glasgow	73
7	Edinburgh AC	69
8	Kilmarnock Harriers	62

### 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	<b>Aberdeen AAC</b>	<b>23</b>
2	Dundee Hawkhill Harriers	22
3	Banchory Stonehaven AC )	16.5
4	Ellon AAC & Peterhead AAC	16
5	Perth Strathtay Harriers	11
6	Arbroath & District.AC	9.5
7	Fife AC	6
8	Montrose & District AC	41

## RAM Grampian League (East Section) – Women

1	Dundee Hawkhill Harriers (807)	21
3	Ellon AAC & Peterhead AAC (796)	21
3	<b>Aberdeen AAC (774)</b>	<b>21</b>
4	Banchory Stonehaven AC	15
5	Arbroath & District AC	11
6	Perth Strathtay Harriers	8
7	Fife AC	6
8	Montrose & District AC	5

## RAM Grampian League – Final, Inverness, 9th September 2018

### Aberdeen AAC placings:

Senior Men:	2nd
U17 Men:	1st
U15 Boys	5th
U13 Boys	4th
U11 Boys	5th
Senior women	2nd
U17 Women:	1st
U15 Girls:	5th
U13 Girls:	6th
U11 Girls:	not qualified

## ALL TIME TOP 20s - SENIOR EVENTS

### MEN 60m

7.0	MARK DAVIDSON	CA Stadium	03.04.94
7.0	MURRAY KING	Balgownie	02.09.88
7.0	BARRY MIDDLETON	CA Stadium	06.04.97
7.0	STAN WALKER	Grangemouth	29.03.87
7.03	Desmond Ojei	CA Stadium	30.08.17
7.1	Martin Johnston	Balgownie	06.06.84
7.1	Duncan Mathieson	Balgownie	02.09.88
7.1	Donald Ross	CA Stadium	03.04.94
7.1	Ray Smith	Balgownie	02.07.85
<b>7.16</b>	<b>David Irvine</b>	<b>CA Stadium</b>	<b>29.08.18</b>
7.2	Ahmed Al-Kowarri	CA Stadium	07.04.02
7.2	Paul Davidson	CA Stadium	03.04.94
7.2	Bob Drummond	CA Stadium	04.04.93
7.2	Neil Fachie	CA Stadium	02.04.06
7.2	Kenny Lyon	Balgownie	02.09.88
7.2	Lee Williamson	CA Stadium	05.04.09
<b>7.22</b>	<b>Struan Linton</b>	<b>CA Stadium</b>	<b>29.08.18</b>
7.23	Gavin Irvine	CA Stadium	06.04.13
7.3	R Elrick / A Love / S Mathieson		95/95/98
7.3	K Morice /C Loney / I Garioch		98/00/02
7.3	S 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	Scotstoun	30.08.14
10.9	Alan Mackenzie	Meadowbank	09.06.73
10.91	Barry Middleton	Meadowbank	05.06.96
10.92	Paul Allan	Stadthagen	23.06.90
10.94	Ian Garioch	Inverness	12.04.08
11.0	Duncan Mathieson /David Oliver		90 / 76
11.0	Don Oliver ' Robbie Shaw		74 / 17
<b>11.0</b>	<b>Craig Strachan</b>		<b>18</b>

### 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
<b>22.01</b>	<b>Craig Strachan</b>	<b>Grangemouth</b>	<b>24.06.18</b>
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

### MEN 300m

34.4	MARTIN JOHNSTON	Grangemouth	10.03.85
34.8	Barry Middleton	CA Stadium	06.04.97
35.1	Mark Davidson	CA Stadium	05.04.92
35.30	Sam Lyon	CA Stadium	29.08.13
35.4	Ahmed Al-Kowarri	CA Stadium	07.04.96
35.5	Ronald Smith	London (Par Hill)	12.04.09
35.8	Daniel Rees	CA Stadium	16.05.16
<b>35.89</b>	<b>Kieran Fraser</b>	<b>CA Stadium</b>	<b>16.05.18</b>
35.9	Paul Davidson	CA Stadium	06.04.97

36.3	Ray Elrick	CA Stadium	05.04.98
36.3	Murray King	CA Stadium	07.04.96
36.46	Ewan Calder	CA Stadium	17.05.17
<b>36.57</b>	<b>James McIntosh</b>	<b>CA Stadium</b>	<b>16.05.18</b>
36.6	Richard Gray	CA Stadium	06.04.03
36.6	Stuart Mathieson	CA Stadium	10.08.97
36.70	Marcus Archer	CA Stadium	17.05.17
36.82	Robbie Shaw	CA Stadium	29.08.13
<b>36.94</b>	<b>Christian V-Hristov</b>	<b>CA Stadium</b>	<b>16.05.18</b>
37.0	Cameron Brown	CA Stadium	28.08.14
37:3	Gareth Lake	CA Stadium	16.05.16

### 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
<b>49.81</b>	<b>Marcus Archer</b>	<b>Grangemouth</b>	<b>11.08.18</b>
50.08	Bruce Gibb	Newham	22.08.09
50.1	Thomas Blackie	Grangemouth	16.06.85
50.3	Steven Ledingham	Balgownie	02.07.85
<b>50.31</b>	<b>Kieran Fraser</b>	<b>Inverness</b>	<b>12.05.18</b>

### 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
3:54.32	Ben Hukins	Scotstoun	28.07.00
3:54.7*	Mel Edwards	Chiswick	25.07.64
3:55.1	Fraser Clyne	Coatbridge	28.06.81
3:55.8	Ross Arbuckle	Meadowbank	26.08.79
3:55.9	Colin McClean	Grangemouth	14.05.86
3:56.39	Ewan Calvert	Meadowbank	30.05.92

\*Converted from mile time

**MEN 3000m**

8:14.6	FRASER CLYNE	Grangemouth	28.05.81
8:18.8	Graham Laing	Brisbane	25.09.82
8:19.5	Mel Edwards	Twickenham	25.08.68
<b>8:22.66</b>	<b>Michael Ferguson</b>	<b>Glasgow (S)</b>	<b>01.06.18</b>
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
8:36.08	Rory Muir	Grangemouth	03.08.16
<b>8:36.15</b>	<b>Callum Symmons</b>	<b>Glasgow (S)</b>	<b>01.06.18</b>
8:36.69	Iain Donnan	Scotstoun	30.08.03
8:39.1	David Duguid	CA Stadium	23.07.89

**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
<b>14:25.72</b>	<b>James Hoad</b>	<b>Loughborough</b>	<b>23.06.18</b>
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
<b>14:30.76</b>	<b>Will MacKay</b>	<b>Scotstoun</b>	<b>27.07.18</b>
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
14:45.59	Ben Hukins	Grangemouth	17.04.11
14:45.73	Ray Creswell	Meadowbank	05.08.90
14:47.9	Peter Wilson	Balgownie	24.05.83

\*3-mile race (shorter distance)

**MEN 10,000m**

29:23	FRASER CLYNE	Balgownie	06.05.83
29:23	GRAHAM LAING	Balgownie	06.05.83
28:27.0*	Mel Edwards	Grangemouth	23.06.67
28:45.0*	Alastair Wood	Linkfield	05.06.68
	30:25.4	Grangemouth	27.06.69
29:02.0*	Steve Taylor	Linkfield	31.05.67
	30:18.6	Meadowbank	25.06.71
30:26.62	Chris Hall	Haringey	20.08.88
30:28.0	Peter Wilson	Balgownie	24.05.83
30:30.35	Will MacKay	Hutcheson's	17.04.15
30:34.0	Jim Doig	CA Stadium	08.05.90
30:41.9	Ian Matheson	Grangemouth	16.06.85
30:54	Donald Ritchie	Meadowbank	21.08.71
30:56.0	Chris Armstrong	Wishaw	17.05.87
30:56.0	Craig Ross	Balgownie	06.04.83
30:58.2	Graham Milne	Balgownie	24.04.84
31:04.8	David Duguid	CA Stadium	04.05.89
31:09.1	Colin Farquharson	Balgownie	04.06.85
31:11.4	Michael Murray	CA Stadium	04.05.89
<b>31:12.86</b>	<b>James Hoad</b>	<b>Kilmarnock</b>	<b>26.08.18</b>
31:15.5	Charles McIntyre	Balgownie	04.06.85
31:22.7	Ray Creswell	Meadowbank	03.07.92

\*6-mile race (shorter distance)

**MEN HALF MARATHON**

61:34	GRAHAM LAING	The Hague	19.03.83
62:54	Fraser Clyne	Morpeth	01.01.85
64:25	Simon Axon	Gateshead	08.06.86
65:02	Chris Hall	Arbroath	28.06.87
65:38	Bruce Chinnick	Kinloss	02.05.87
66:11	Peter Wilson	Fraserburgh	14.10.84
66:29	Colin Youngson	Inverness	22.03.87

66:38	Alan Reid II	Inverness	15.03.92
66:41	Kevin Best	Peterhead	18.08.85
66:53	George Reynolds	Linkfield	31.08.86
<b>66:55</b>	<b>Will Mackay</b>	<b>Cardiff</b>	<b>07.10.18</b>
66:57	Graham Milne	Fraserburgh	14.10.84
67:13	David Clark	Linkfield	07.07.85
67:27	Charles McIntyre	Buckie	30.06.85
67:39	Michael McCulloch	Inverness	23.03.85
67:42	Donald Ritchie	London	19.04.83
68:00	Pat McErlean	Ayr	08.09.85
68:07	Will Mackay	Lossiemouth	19.02.17
68:36	David Duguid	Linkfield	27.08.89
68:38	James Hoad	Glasgow	01.10.17

**MEN MARATHON**

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

**MEN 3000m STEEPLECHASE**

8:47.8	BILL EWING	Grangemouth	08.06.68
9:05.87	Gary Zeuner	Meadowbank	20.06.87
9:06.3	Frank Boyne	Crown Point	15.08.93
9:08.1	Fraser Clyne	Meadowbank	07.07.79
9:08.11	Stephen Wright	Crown Point	06.07.91
9:13.9	David Duguid	Balgownie	02.09.87
9:14.46	Ray Creswell	Crown Point	22.07.89
9:20.8	Chris Armstrong	Cosford	16.06.87
9:28.6	Ian Matheson	Ayr	19.06.88
9:30.6	Michael Turner	Meadowbank	28.07.85
9:33.19	Philip Stankler	Meadowbank	06.07.86
9:33.9	Alan Reid II	Inverness	16.05.93
9:36.5	Robin Sutherland	Coatbridge	17.05.92
9:37.64	David Munro	Grangemouth	05.08.12
9:40.79	Chris Smith	Scotstoun	26.06.99
9:41.0	Ian Johnstone	Balgownie	08.05.77
9:42.6	Michael Murray	Balgownie	03.06.86
<b>9:45.01</b>	<b>Will MacKay</b>	<b>Grangemouth</b>	<b>24.06.18</b>
9:47.2	Graham Laing	Balgownie	11.09.77
9:48.1	Mark Caird	Crown Point	26.05.91

**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
16.6	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





**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	Invee4rrness	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
52.96	Paul Allan	Hendon	25.08.91
52.86	Tom Leeson	CA Stadium	28.04.96
49.62	Michael Spink	CA Stadium	02.04.95
49.26	Keith Simpson	Scotstoun	14.06.98
47.98	Edward McKenzie	CA Stadium	11.05.91
<b>47.43</b>	<b>Sam Lyon</b>	<b>CA Stadium</b>	<b>24.06.18</b>
46.51	Jools Peters	Belfast	14.08.16
45.92	Kenny Lyon	CA Stadium	02.04.89
45.88	Mark Dobbie	Pitreavie	02.06.96

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

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

3:19.3	P DAVIDSON,	Grangemouth	03.08.97
	MATHIESON, MIDDLETON, AL-KOWARRI		
3:19.5	P Davidson, Singer,	Meadowbank	06.08.95
	Middleton, M Davidson		
3:21.0	Walker, M Davidson	Dundee	26.06.88
	King, Allan		
3:22.0	Rees, Ferguson, Calder,	CA Stadium	03.07.16
	Nelson		
3:22.9	Al-Kowarri, Middleton,	CA Stadium	28.04.96
	P Davidson, M Davidson		
3:22.94	King, Smith,	Meadowbank	23.08.87
	Mathieson, M.Davidson		
3:23.42	Calder, Millar, Rule, G Irvine	Grangemouth	13.08.17
		CA Stadium	12.06.16
3:23.56	Muir, Calder, Nelson,		
	Ferguson		
3:23.6	Ledingham, Murray,	Meadowbank	21.08.83
	Creswell, Johnston		
3:24.27	Rees, Millar, Nelson,	CA Stadium	22.08.16
	Muir		

**WOMEN 60m**

7.5	DAWN KITCHEN	Balgownie	02.07.85
7.7	Katrina Leys	CA Stadium	04.04.93
7.7	Sarah Still	CA Stadium	01.04.01
7.8	Dawn Flockart	CA Stadium	02.04.95
7.8	Kathleen Madigan	Balgownie	28.05.86
7.9	Aileen Connelly	CA Stadium	03.04.05
7.9	Linda Davidson	CA Stadium	03.04.94
7.9	Catriona Pennet	CA Stadium	06.04.03
7.9	Kim Smith	Grangemouth	29.03.87
7.9	Susan Tengatenga	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
<b>12.12</b>	<b>Sharon Jakisa</b>	<b>Grangemouth</b>	<b>11.08.18</b>
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
<b>12.20</b>	<b>Roisin Harrison</b>	<b>Tullamore IRL</b>	<b>30.06.18</b>
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
<b>12.36</b>	<b>Taylah Spence</b>	<b>Inverness</b>	<b>12.05.18</b>

#### WOMEN 200m

23.14	ZOEY CLARK	Eton	03.06.17
23.9	Dawn Flockhart	CA Stadium	09.06.96
<b>24.24</b>	<b>Roisin Harrison</b>	<b>Glasgow (S)</b>	<b>24.06.18</b>
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
24.85	Eilidh De Klerk	CA Stadium	23.07.17
24.94	Aileen Connelly	Grangemouth	07.08.05
24.96	Rebecca Matheson	Grangemouth	27.08.17
25.0	Katie Forbes	Darlington	28.05.17
25.0	Katrina Leys	Coatbridge	02.08.98
25.0	Kim Smith	Coatbridge	02.09.84
25.05	Lesley-Ann Mearns	Birmingham	14.08.05
<b>25.08</b>	<b>Joda Kokoworho</b>	<b>Grangemouth</b>	<b>13.05.18</b>
25.1	Kathleen Madigan	Coatbridge	04.05.86
25.2	Helen Windass	Coatbridge	17.05.98
25.23	Taylah Spence	Visby	29.06.17
25.3	Suzanne Middleton	CA Stadium	25.07.99
25.38	Maddy Silcock	Grangemouth	12.05.17

#### 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
<b>40.53</b>	<b>Rebecca Matheson</b>	<b>CA Stadium</b>	<b>16.05.18</b>
40.6	Helen Windass	CA Stadium	05.06.97
40.7	Nicola Gauld	CA Stadium	07.04.02
40.9	Lorna Johnston	Grangemouth	16.06.00
41.0	Katrina Leys	CA Stadium	04.04.93
41.10	Jade MacLaren	CA Stadium	16.05.16
41.1	Aileen Connelly	CA Stadium	03.04.05
41.21	Rebecca Mortimer	Grangemouth	20.08.05
41.3	Morag Keenan	Meadowbank	19.06.93
41.35	Roisin Harrison	CA Stadium	17.05.17
41.4	Emma Cloggie	CA Stadium	18.04.04
<b>41.4</b>	<b>Carmen Neat</b>	<b>Perth</b>	<b>27.05.18</b>
41.42	Ademide Ademuyewo	CA Stadium	29.08.13
<b>41:73</b>	<b>Georgia Morrison</b>	<b>Kilmarnock</b>	<b>12.05.18</b>
41.9	Sarah Still	CA Stadium	04.04.93

#### WOMEN 400m

<b>51.36</b>	<b>ZOEY CLARK</b>	<b>London (O)</b>	<b>22.07.18</b>
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
<b>57.73</b>	<b>Georgia Morrison</b>	<b>CA Stadium</b>	<b>18.08.18</b>
57.77	Carmen Collins	Meadowbank	17.05.92
<b>58.06</b>	<b>Hannah Cameron</b>	<b>CA Stadium</b>	<b>30.05.18</b>
58.6	Debra Carle	Balgownie	11.08.81

#### WOMEN 800m

2:04.40	JADE MacLAREN	Watford	24.06.17
2:05.11	Nicola Gauld	Birmingham	01.07.06
<b>2:06.41</b>	<b>Kelsey Stewart</b>	<b>Stretford</b>	<b>18.08.18</b>
2:07.7	Susan Hendry	Scotstoun	29.07.00
2:08.00	Emma Leask	Oxford	18.07.15
<b>2:08.64</b>	<b>Hannah Cameron</b>	<b>Glasgow (S)</b>	<b>01.06.18</b>
2:10.67	Emma Cloggie	Solihull	24.06.06
2:11.38	Rebecca Eggeling	Loughborough	02.09.16
<b>2:12:12</b>	<b>Naomi Lang</b>	<b>Grangemouth</b>	<b>12.05.18</b>
2:13.36	Dawn Simpson	Ayr	13.08.88
2:14.3	Carolyn Sheehan	Inverness	19.08.84
2:14.44	Ellie Buchan	Trafford	27.06.09
2:14.49	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	Bradenon	08.04.17
2:16.09	Lynsey Still	Pitreavie	08.07.95
2:16.22	Carly Hall	Pitreavie	20.06.09
<b>2:16:28</b>	<b>Georgia Morrison</b>	<b>Grangemouth</b>	<b>09.06.18</b>
2:16.4	Sonia McLaren	Vancouver	02.07.82

#### WOMEN 1500m

4:11.80	NICOLA GAULD	Twickenham	04.06.08
4:17.4	Kathryn Mearns	Grangemouth	18.07.82
<b>4:20.92</b>	<b>Naomi Lang</b>	<b>Watford</b>	<b>26.05.18</b>
4:26.80	Gemma Cormack	Hutcheson's	24.07.15
4:30.92	Kate Rice	Copeland	08.08.90
<b>4:31.06</b>	<b>Zoe Bates</b>	<b>Bedford</b>	<b>06.05.18</b>
4:31.14	Hannah Addison	Stretford	27.06.17
4:31.29	Rebecca Eggeling	Bedford	17.06.17
4:31.96	Rhona Auckland	CA Stadium	20.04.14
<b>4:32.38</b>	<b>Hannah Cameron</b>	<b>CA Stadium</b>	<b>16.05.18</b>
4:35.00	Sonia McLaren	Phoenix, USA	06.04.85
4:38.5	Debbie Kilner	CA Stadium	09.09.95
4:38.98	Christie Noble	Watford	28.07.10
4:40.22	Carly Hall	Meadowbank	20.06.10
4:41.9	Lynda Bain	Inverness	22.05.88
4:41.9	Clare Miller	CA Stadium	04.08.02
4:42.0	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

#### 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
<b>9:34.03</b>	<b>Naomi Lang</b>	<b>Glasgow (S)</b>	<b>01.06.18</b>
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
<b>10:11.53</b>	<b>Zoe Bates</b>	<b>CA Stadium</b>	<b>18.04.18</b>
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

#### 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





**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
<b>5.59</b>	<b>Jane Davidson</b>	<b>CA Stadium</b>	<b>18.08.18</b>
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
5.25	Aileen Connelly	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 Kamyra	CA Stadium	30.08.09
11.07	Dawn Flockhart	Grangemouth	10.07.93
11.03	Cheryl McHardy	Sheffield	16.08.98
10.70	Janet Abladey	London (O)	05.05.12
10.68	Nicola Gauld	CA Stadium	05.07.98
10.43	Nicola Kemp	Inverness	12.06.97
10.24	Zoe Davidson	Dundee	25.04.04
10.21	Kate MacKay	Dundee	28.06.15
10.11	Jennifer Reid	Banchory	27.08.94
10.02	Heather Pirie	Grangemouth	15.05.94
9.93	Elisa Primault	Grangemouth	26.04.14
9.87	Wendy Pennet	Dundee	12.04.98
9.86	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

**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
<b>28.51</b>	<b>Julie Tuck</b>	<b>CA Stadium</b>	<b>30.08.18</b>
27.80	Cheryl McHardy	CA Stadium	31.08.00

27.41	Angela Smith	CA Stadium	02.09.99
<b>27.18</b>	<b>Una McGee</b>	<b>CA Stadium</b>	<b>17.06.18</b>
27.02	Iona Colquhoun	Grangemouth	11.06.16
26.75	Kathy Rapley	Barry	14.07.98
26.52	Lesley Fowler	CA Stadium	29.08.96
26.20	Pamela Morrison	CA Stadium	31.08.89
26.02	Jennifer Reid	Banchory	04.09.94
25.74	Gertrude Krenzien	Grangemouth	22.04.79
25.68	Lesley Munro	Inverness	10.04.88

**WOMEN HAMMER**

43.79	JACQUI LONEY	Coatbridge	27.07.03
43.52	Helen Cowe	CA Stadium	06.07.93
39.58	Marian Simpson	CA Stadium	26.09.96
37.77	Emily Ruyle	Meadowbank	13.07.14
37.60	Linda Low	Inverness	11.05.97
35.09	Erin Runcie	Grangemouth	22.04.17
31.86	Kathleen Madigan	Dundee	08.06.14
29.18	Fiona Pirie	Elgin	03.07.93
28.88	Fiona Davidson	CA Stadium	16.08.17
28.00	Samantha Edgar	CA Stadium	04.06.17
<b>26.60</b>	<b>Emma Williams</b>	<b>Grangemouth</b>	<b>13.05.18</b>
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
20.94	Joyce Hogg	CA Stadium	16.06.94
20.30	Zoe Davidson	Dundee	10.07.05

**WOMEN JAVELIN**

<b>OLD</b>			
38.70	LYNDSAY PEDDIE	Inverness	26.04.87
37.46	Gwen Summers	Linkfield	01.06.60
30.26	Pamela Bruce	Balgownie	21.07.79
30.12	Anita Smith	Pitreavie	24.04.83
29.64	Shirley Antoine	Pitreavie	24.04.83
<b>NEW</b>			
38.28	LINDA LOW	Inverness	12.05.96
35.98	Ellie Workman	Perth	26.04.09
35.78	Emily Dougall	CA Stadium	29.05.94
33.09	Kimberley Miles	Sheffield	02.09.01
31.26	Lesley Fowler	CA Stadium	07.05.95
30.66	Marian Simpson	Coatbridge	23.05.93
30.32	Gillian Wilson	Meadowbank	18.08.91
29.56	Alix Still	Bradenton	21.05.17
29.28	Kathy Rapley	CA Stadium	04.08.02
28.89	Sophie Anderson	Grangemouth	26.08.12
28.78	Emily Ruyle	Meadowbank	13.07.14
28.74	Gail Murchie	CA Stadium	22.08.91
28.46	Laura Hepburn	CA Stadium	30.08.09
28.40	Barbara MacDonald	CA Stadium	07.04.96
27.42	Vicky Clark	Grangemouth	16.05.93

**WOMEN HEPTATHLON (TOP 15)**

5014	SARAH STILL	Waterford	03.09.00
(14.73, 1.66, 9.45, 24.48, 5.68, 20.86, 2:18.59)			
4928	Alix Still	Bradenton	21.05.17
(14.84, 1.62, 9.71, 25.75, 5.61, 29.56, 2:23.48)			
4248	Jade Halket	Grangemouth	06.07.14
(15.62, 1.48, 9.38, 26.53, 5.27, 22.21, 2:30.78)			
3841	Sophia Hamilton	CA Stadium	03.07.16
(16.51, 1.45, 8.54, 26.38, 4.84, 20.67, 2:37.08)			
3824	Ellie Workman	Pitreavie	
(16.75, 1.58, 9.33, 28.22, 4.96, 30.13, 3:00.56)			
3802	Gail Murchie	CA Stadium	20.09.92
(15.3; 1.42; 8.59; 26.2; 4.94; 24.94; 2:59.0)			
3783	Lyndsay Peddie	Grangemouth	20.08.83
(16.1; 1.60; 8.65; 28.0; 5.14; 30.18; 3:14.4)			
3698	Kate MacKay	Grangemouth	02.07.17
(17.10, 1.60, 8.03, 28.50, 4.88, 21.20, 2:42.38)			
3623	Shona Simpson	Grangemouth	03.06.90
3385	Grace Angus	CA Stadium	03.07.16
3318	Nicola Kemp	CA Stadium	09.06.93
3231	Joan Reid	Grangemouth	20.06.82
3126	Wendy Pennet	CA Stadium	08.08.99
3096	Kimberley Miles	Grangemouth	25.08.02

2904 Valerie Tyrie Balgownie 19.05.82

**WOMEN PENTATHLON (TOP 13)**

2836 KATE MACKAY Grangemouth 03.06.17  
(16.39, 8.03, 5.03, 1.58, 2:47.57)  
2691 Lyndsay Peddie Grangemouth 20.08.83  
(16.1; 1.60; 8.65; 5.14; 3:14.4)  
2610 Grace Angus Livingston 08.08.15  
2539 Rebecca Dougall Grangemouth 13.06.98  
2511 Sylvia Kamyia Grangemouth 03.06.06  
2492 Sophia Hamilton Grangemouth 14.06.14  
2456 Joan Reid Balgownie 10.08.80  
2196 Valerie Tyrie Balgownie 19.05.82  
2095 Shona Simpson Balgownie 26.08.86  
2071 Shirley Antoine Balgownie 15.08.81  
1658 Shona McKinnon Scotstoun 07.07.02  
1487 Lindsey Campbell Balgownie 15.08.81  
(1962 Tables)  
2298 Teresa Anderson Meadowbank 27/28.08.76

**WOMEN 4x100m (TOP 10)**

**47.80 SILCOCK, Scotstoun 24.06.18**  
**KOKOVWORHO, HARRISON, REBECCA MATHESON**  
47.95 Carter, Forbes, Silcock, Grangemouth 22.04.17  
Rebecca Matheson  
48.4 Madigan, Edon, Leslie, Meadowbank 17.08.86  
Vaughan  
48.74 Badial, Forbes, A Still, CA Stadium 16.08.15  
R Matheson  
48.9 Vaughan, Madigan, Meadowbank 16.08.87  
Leslie, Edon  
48.9 S Still, Windass, CA Stadium 09.06.96  
L Davidson, Flockhart  
48.94 K Stewart, K Forbes, CA Stadium 03.07.16  
Young, Rebecca Matheson  
49.0 L Davidson, Leys, CA Stadium 18.07.93  
Lyon, Flockhart  
49.3 Gauld, Leys, Scotstoun 25.04.99  
L Davidson, S Still  
49.33 Murchie, Leys, Meadowbank 06.09.92  
Quirie, L Davidson

**WOMEN 4x400m (TOP 10)**

3:50.0 WINDASS, HENDRY, Coatbridge 04.08.96  
WATT, FLOCKHART  
3:55.04 Stewart, C Pennet, Grangemouth 06.07.14  
Dobson, Harrison  
3:56.48 Leask, Harrison, CA Stadium 03.07.16  
Rebecca Matheson, K Stewart  
3:57.5 Windass, L Davidson, CA Stadium 09.06.96  
Hendry, Flockhart  
3:57.5 Dobson, Pennet, Grangemouth 25.07.04  
Connelly, Gauld  
3:59.81 Rebecca Matheson, J Scotstoun 13.08.17  
Harrison, Nicol, Stewart  
4:00.06 Michalska, Fraser, Meadowbank 05.09.93  
L Still, Hendry  
4:00.5 Dobson, Gauld, Grangemouth 11.06.00  
S Still, Hendry  
4:02.2 Hendry, Murchie, Coatbridge 12.09.93  
L Davidson, Michalska  
4:02.30 Wylie, Dobson, CA Stadium 06.09.09  
C Pennet, Kamyia

## Aberdeen AAC – A Year in 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
<b>11.0</b>	<b>Craig Strachan</b>	<b>Perth</b>	<b>27.05.18</b>
<b>11.02</b>	<b>Robbie Farquhar</b>	<b>St Peter Port</b>	<b>23.06.18</b>
11.04	Mark Davidson	Stoke	25.07.87
11.1	K Carter (11.1y)/D Fairley/A Carnie		67/84/88

y = 100 yards time plus 0.9s

### **U-20 MEN 200m**

21.6	MARTIN JOHNSTON	Balgownie	30.07.83
21.7	Mark Davidson	Meadowbank	30.05.87
22.0	Ian Garioch	Inverness	25.05.08
22.0	Murray King	Livingston	24.05.86
<b>22.01</b>	<b>Craig Strachan</b>	<b>Grangemouth</b>	<b>24.06.18</b>
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 / Alexander Carnie		88 / 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 Freeland	Crown Point	31.05.86
15:16.0	Colin McKay	Glenrothes	16.04.78
15:26.10	Neil Martin	Meadowbank	23.07.83
<b>15:33.12</b>	<b>Tyler White</b>	<b>Scotstoun</b>	<b>27.07.18</b>
15:38.58	Sam Burgess	Meadowbank	21.04.12

### **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 Freeland	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
<b>15.10</b>	<b>Robbie Farquhar</b>	<b>CA Stadium</b>	<b>18.08.18</b>
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

### **U-20 MEN 400m HURDLES**

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

**U-20 MEN HIGH JUMP**

2.00	DUNCAN MATHIESON	Dundee	21.06.87	41.87	Barry Dobbie	CA Stadium	18.04.99
1.98	Keith Oag	Dublin	13.08.94	40.70	Conor Hewitson	CA Stadium	16.08.17
1.91	Ian Bailey	Pitreavie	16.06.84	39.38	Paul Allan	Crown Point	18.06.89
1.91	Ryan Hewitson	Ashford	21.07.12	38.58	Peter Fraser	CA Stadium	28.05.96
1.91	Kevin Lutton	CA Stadium	09.05.01	35.84	David Robinson	Coatbridge	22.07.79
1.91	Miller Mathieson jun	Balgownie	28.08.83	34.40	Paul Henderson	CA Stadium	07.09.06
1.90	Paul Allan	Crown Point	22.07.89	32.50	Michael Spink	CA Stadium	16.06.94
1.90	Grant Robertson	CA Stadium	05.04.14	28.86	Andrew McCallum	CA Stadium	16.06.94
1.90	Dinkar Sabnis	Meadowbank	09.05.92				
<b>1.88</b>	<b>G Stewart / R Farquhar</b>		<b>72 / 18</b>				

**U-20 MEN POLE VAULT**

4.00	DAVID MANN	Grangemouth	21.07.13
<b>3.92</b>	<b>Robbie Farquhar</b>	<b>Bedford</b>	<b>27.05.18</b>
3.90	Alasdair Lowe	Kilmarnock	28.05.16
3.60	Kenny Lyon	Oxford	15.06.79
3.50	Mark Dobbie	CA Stadium	16.07.95
3.50	Frank Fenton	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	Linkfield	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	Linkfield	03.05.62
13.34	Kenny Lyon	Grangemouth	23.06.79
13.27	Stewart Clark	Grangemouth	14.08.11
13.13	Sam Lyon	Grangemouth	12.06.09
13.10	Paul McAndrew	CA Stadium	02.06.96
13.06	Michael Spink	CA Stadium	13.06.92

**U-20 MEN SHOT**

14.24	PAUL ALLAN	Dumfries	15.07.89
13.46	Gordon Smith	Grangemouth	13.05.87
13.25	David Minty	Grangemouth	13.05.92
13.13	Peter Venters	Meadowbank	28.05.77
<b>12.57</b>	<b>John Angus</b>	<b>Livingston</b>	<b>19.05.18</b>
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

**U-20 MEN DISCUS**

42.26	PAUL ALLAN	CA Stadium	09.07.89
37.42	David Minty	Inverness	14.09.91
<b>36.83</b>	<b>John Angus</b>	<b>CA Stadium</b>	<b>17.06.18</b>
36.76	Peter Venters	Grangemouth	11.06.77
36.22	Duncan Mathieson	Gateshead	22.05.88
36.16	Fraser Benzie	Grangemouth	10.06.01
35.88	James Laird	Linkfield	25.06.62
35.54	Mark Dobbie	CA Stadium	16.07.95
<b>34.39</b>	<b>Robbie Farquhar</b>	<b>Grangemouth</b>	<b>15.07.18</b>
34.38	Douglas McAllister	Pitreavie	15.06.74

**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
38.58	Peter Fraser	CA Stadium	28.05.96
35.84	David Robinson	Coatbridge	22.07.79
34.40	Paul Henderson	CA Stadium	07.09.06
32.50	Michael Spink	CA Stadium	16.06.94
28.86	Andrew McCallum	CA Stadium	16.06.94

**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
<b>6158</b>	<b>Robbie Farquhar</b>	<b>Bedford</b>	<b>27.05.18</b>
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
<b>25.08</b>	<b>Joda Kokovworho</b>	<b>Grangemouth</b>	<b>13.05.18</b>
25.1	Katrina Leys	Coatbridge	13.09.92
25.1	Kathleen Madigan	Coatbridge	04.05.86
25.14	Katie Forbes	Bedford	18.06.17

**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
<b>57.73</b>	<b>Georgia Morrison</b>	<b>CA Stadium</b>	<b>18.08.18</b>
57.77	Carmen Collins	Meadowbank	17.05.92

**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
<b>2:12.12</b>	<b>Naomi Lang</b>	<b>Grangemouth</b>	<b>12.05.18</b>



2:12.64	Susan Hendry	Meadowbank	24.06.95
2:13.36	Dawn Simpson	Ayr	13.08.88
2:14.44	Ellie Buchan	Trafford	27.06.09
2:14.49	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

<b>4:20.92</b>	<b>NAOMI LANG</b>	<b>Watford</b>	<b>26.05.18</b>
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
4:39.54	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
<b>9:34.03</b>	<b>Naomi Lang</b>	<b>Scotstoun</b>	<b>01.06.18</b>
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
10:11.53	Zoe Bates	CA Stadium	18.04.18
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

#### U-20 WOMEN 5000m (Top 2)

16:45.09	NAOMI LANG	Grangemouth	26.08.17
<b>18:41.67</b>	<b>Clare Stewart</b>	<b>CA Stadium</b>	<b>07.07.18</b>

#### U-20 WOMEN 10000m (Top 1)

<b>39:18.85</b>	<b>CLARE STEWART</b>	<b>CA Stadium</b>	<b>13.06.18</b>
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#### 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 Kamyra	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 Kamyra	Grangemouth	09.06.07
65.48	Angela Shearer	Caen (France)	29.05.02
65.80	Lise Theron	Grangemouth	23.05.15
65.90	Catriona Pennet	Derby	08.09.02
66.0	Bridie McGlashan	Balgownie	19.08.86
66.51	Marie Dobson	Meadowbank	13.05.01
67.9	Lynsey Still	CA Stadium	07.05.95
68.1	Sophia Hamilton	Perth	17.05.15
68.77	Rachel Watson	CA Stadium	02.09.17

#### U-20 WOMEN HIGH JUMP

<b>1.73</b>	<b>CARMEN NEAT</b>	<b>Grangemouth</b>	<b>21.07.18</b>
1.69	Ellie Workman	Birmingham	15.08.09
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 9)

2.90	SAM SOMERS	Meadowbank	20.04.12
2.70	Sophia Hamilton	CA Stadium	08.05.16
<b>2.60</b>	<b>Ailsa Gault</b>	<b>CA Stadium</b>	<b>01.07.18</b>
2.30	Erin Runcie	CA Stadium	30.06.13
2.25	Wendy Pennet	Dundee	28.05.00
2.20	Freya McKay	CA Stadium	24.08.14
2.10	Samantha Edgar	CA Stadium	24.08.14
2.10	Alix Still	Hutcheson's	20.06.14
2.05	Heather Pirie	CA Stadium	04.08.94

#### U-20 WOMEN LONG JUMP

5.74	SARAH STILL	CA Stadium	12.06.94
5.71	Kirsten Young	CA Stadium	26.06.05
5.67	Alix Still	Bradenton	03.03.17
<b>5.59</b>	<b>Jane Davidson</b>	<b>CA Stadium</b>	<b>18.08.18</b>
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

#### U-20 WOMEN TRIPLE JUMP

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

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

10.69	ALISON HORNE	Forres	05.07.14
10.29	Sarah Lyon	Tullamore	04.07.99
9.89	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
<b>27.18</b>	<b>Una McGee</b>	<b>CA Stadium</b>	<b>17.06.18</b>
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

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

#### ALL TIME TOP 10s – U-17 EVENTS

4:08.5	Robert Mitchell	Meadowbank	28.05.77
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#### U-17 MEN 100m

<b>11.0</b>	<b>CRAIG STRACHAN</b>	<b>Perth</b>	<b>27.05.18</b>
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
<b>11.4</b>	<b>Tobi Fatona</b>	<b>Perth</b>	<b>27.05.18</b>
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

#### 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 200m

<b>22.01</b>	<b>CRAIG STRACHAN</b>	<b>Grangemouth</b>	<b>24.06.18</b>
22.6	Mark Davidson	Glenrothes	23.06.85
<b>22.62</b>	<b>James Mcintosh</b>	<b>CA Stadium</b>	<b>19.08.18</b>
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

#### 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 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
50.83	Michael Ferguson	Grangemouth	10.06.11
<b>50.86</b>	<b>James Mcintosh</b>	<b>CA Stadium</b>	<b>18.08.18</b>
51.1	Colin Wilson	Grangemouth	15.06.91
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

#### 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 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 400m HURDLES

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

#### U-17 MEN 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

#### 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
<b>3.00</b>	<b>Athol Gordon</b>	<b>CA Stadium</b>	<b>01.07.18</b>
2.95	Duncan Mathieson	Dundee	25.08.85
2.85	Mark Petchey	Balgownie	14.06.83

**U-17 MEN LONG JUMP**

6.94	ROBBIE FARQUHAR	Dublin	15.07.17
6.82	Derek Elmslie	Heriot-Watt	22.05.77
6.62	William Stark	Dublin	17.07.93
6.60	Duncan Mathieson	Balgownie	13.08.85
6.57	James Mcintosh	Grangemouth	09.06.18
6.24	Mark Dobbie	Bourgoin-Jallieu	18.09.93
6.24	William Smy	Banchory	17.08.08
6.18	Stewart Clark	Dundee	02.08.09
6.14	Peter Sutherland	Dundee	06.06.04
6.12	Dinkar Sabnis	Inverness	08.04.90

**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
11.87	Neil Gillanders	Dundee	25.08.85

**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
43.59	Athol Gordon	CA Stadium	07.07.18
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

**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
4057	Andrew McCallum	Linwood	25.07.93
3582	Chris Jones	CA Stadium	09.07.89
3356	Fraser Benzie	CA Stadium	08.08.99
3287	Jamie Thomson	Scotsotun	21.05.06
3181	Ronald Smith	CA Stadium	15.07.95

**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
<b>41.4</b>	<b>Carmen Neat</b>	<b>Perth</b>	<b>27.05.18</b>
41.5	Nicola Gauld	Coatbridge	17.05.98
41.7	Rebecca Matheson	Dundee	02.08.15

**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
<b>57.73</b>	<b>Georgia Morrison</b>	<b>CA Stadium</b>	<b>18.08.18</b>
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

#### 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
<b>2:16:28</b>	<b>Georgia Morrison</b>	<b>Grangemouth</b>	<b>09.06.18</b>
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

#### 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
<b>11.50</b>	<b>Jane Davidson</b>	<b>Grangemouth</b>	<b>21.07.18</b>
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
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
<b>45.19</b>	<b>Carmen Neat</b>	<b>CA Stadium</b>	<b>29.04.18</b>

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

#### 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

<b>1.73</b>	<b>CARMEN NEAT</b>	<b>Grangemouth</b>	<b>21.07.18</b>
1.69	Ellie Workman	Birmingham	15.08.09
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 Caldwell	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	Balownie	18.09.77
<b>5.59</b>	<b>Jane Davidson</b>	<b>CA Stadium</b>	<b>18.08.18</b>
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

#### U-17 WOMEN TRIPLE JUMP

11.48	KIRSTEN YOUNG	Birmingham	15.08.04
11.44	Donna Quirie	Birmingham	08.08.93
11.03	Cheryl McHardy	Sheffield	16.08.98
10.68	Nicola Gauld	CA Stadium	05.07.98
10.40	Sylvia Kamyia	Dundee	05.06.05
10.21	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, from 2014)(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
<b>27.18</b>	<b>Una McGee</b>	<b>CA Stadium</b>	<b>17.06.18</b>
27.02	Iona Colquhoun	Grangemouth	11.06.16
26.02	Jennifer Reid	Banchory	04.09.94
25.88	Lesley Fowler	Arbroath	20.08.95

**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 6)**

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
<b>22.26</b>	<b>Una McGee</b>	<b>CA Stadium</b>	<b>01.07.18</b>
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, from 2014)(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
<b>11.93</b>	<b>Timi Fatona</b>	<b>CA Stadium</b>	<b>07.07.18</b>

**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
<b>24.19</b>	<b>Timi Fatona</b>	<b>CA Stadium</b>	<b>07.07.18</b>
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

**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
<b>2:01.02</b>	<b>Lewis Watt</b>	<b>Scotstoun</b>	<b>01.06.18</b>
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

**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
<b>4:24.98</b>	<b>Lewis Watt</b>	<b>Scotstoun</b>	<b>27.07.18</b>



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

#### U-15 BOYS 3000m

9:34.4	Alex Thoires	Dundee	29.06.03
9:39.2	Steven Rusling	Grangemouth	17.08.02
9:43.8	Mark Kennedy	CA Stadium	23.07.00
10:00.2	Alan Wales	Dundee	27.06.99
10:00.7	Mark Haskett	CA Stadium	21.05.03
10:02.5	James Joy	CA Stadium	26.06.05
<b>10:09.75</b>	<b>Samuel Griffin</b>	<b>CA Stadium</b>	<b>18.04.18</b>
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

#### 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
11.28	William Hodi	CA Stadium	19.08.18
11.18	Alasdair Lowe	CA Stadium	25.04.12

#### 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
33.64	Edward McKenzie	Glenrothes	22.08.81
33.42	John Angus	CA Stadium	16.09.15
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	16.09.78
30.57	Conor Hewitson	Grangemouth	26.08.12
26.43	Kevin Lutton	CA Stadium	27.05.99
25.76	Barry Dobbie	CA Stadium	16.06.94
20.04	Keith Simpson	CA Stadium	29.05.95
16.60	Gareth Orme	CA Stadium	29.05.95
14.13	Calum Davidson	CA Stadium	02.07.13
13.82	Fraser Benzie	CA Stadium	26.09.96

#### U-15 BOYS JAVELIN

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

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

2354	MURRAY ADDISON	CA Stadium	02.07.16
<b>2300</b>	<b>William Hodi</b>	<b>Grangemouth</b>	<b>14.07.18</b>
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.

#### U-15 GIRLS 100m

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

76/88/89/95/99/11/11

**U-15 GIRLS 200m**

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

02/78/87/90/92

**U-15 GIRLS 800m**

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

**U-15 GIRLS 1500m**

4:43.5	CAROLYN SHEEHAN	Crawley	21.07.84
4:43.9	Ellie Buchan	CA Stadium	05.09.07
4:46.6	Allison Diamond	Grangemouth	05.06.82
4:49.37	Naomi Lang	Hutcheson's	21.06.14
4:49.69	Eilidh Prise	Inverness	05.09.10
4:49.9	Dawn Simpson	Wishaw	07.08.88
4:50.36	Rebecca Eggeling	Greensboro USA	25.07.13
4:52.0	Michelle Cherry	Coatbridge	17.06.84
4:52.8	Caroline Clarkson	Coatbridge	26.05.91
4:54.74	Kirsty Oldham	Grangemouth	11.06.16

**U-15 GIRLS 75m HURDLES**

11.24	SANDRA GUNN	Grangemouth	23.06.90
11.60	Grace Carter	Kilmarnock	10.08.14
11.62	Catrina Pennet	Inverness	13.09.98
11.7	Jenny Bole	Balgownie	17.06.79
11.70	Hannah Mathieson	Inverness	09.07.00
11.7	Lyndsay Peddie	Balgownie	07.09.80
11.73	Jane Davidson	Grangemouth	21.08.16
11.8	Gemma Hair	Coatbridge	21.05.95
11.8	Amanda Lochhead	Grangemouth	12.07.80
11.80	Yasmin Milne	Grangemouth	14.06.08
11.8	Katy Philip	Crown Point	15.06.91

**U-15 GIRLS HIGH JUMP**

1.61	CARMEN NEAT	CA Stadium	08.05.16
1.58	Kate MacKay	CA Stadium	24.08.14
1.58	Anne Watt	Balgownie	06.09.81
1.57	Suzie Robertson	Grangemouth	01.06.91
<b>1.53</b>	<b>Ella Thoms</b>	<b>Inverness</b>	<b>09.09.18</b>
1.52	Jane Davidson	Grangemouth	04.06.16
1.50	Emma Caldwell	Scotstoun	29.08.10
1.50	Kimberley Miles	CA Stadium	12.09.99
1.50	Kate Murdoch	CA Stadium	30.08.09
1.50	Lyndsay Peddie	Balgownie	06.09.81

**U-15 GIRLS LONG JUMP**

5.38	DEIRDRE AULD	Meadowbank	18.06.77
5.33	Kirsten Young	CA Stadium	20.04.03
5.27	Sarah Still	Dundee	09.09.90
5.12	Laura Beveridge	Balgownie	21.06.81
5.11	Jenny Bole	Balgownie	10.09.78
5.10	Lyndsay Peddie	Meadowbank	13.06.81
5.07	Linda Davidson	Balgownie	12.06.83

5.01	Jennifer Lynch	Balgownie	23.08.75
5.01	Donna Quirie	Waterford	11.08.90
4.97	Claire Middleton	Pitreavie	14.06.92

**U-15 GIRLS SHOT (3.25kg)**

12.18	HELEN COWE	Swansea	08.08.81
10.29	Rhona MacLennan	Coatbridge	02.09.84
10.14	Sophie Anderson	CA Stadium	17.06.12
10.13	Marian Simpson	Coatbridge	31.05.92
10.00	Sarah Lyon	Inverness	13.09.98
9.88	Gail Murchie	Livingston	17.05.86
9.61	Jennifer Reid	Crown Point	16.08.92
9.60	Lyndsay Peddie	Balgownie	15.08.81
9.49	Pamela Bruce	Pitreavie	06.05.78
9.37	Laura Crockford	Meadowbank	12.05.96

**U-15 GIRLS SHOT (3kg, from 2014)**

9.37	ALIX STILL		2014
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**U-15 GIRLS DISCUS**

31.92	HELEN COWE	Balgownie	16.08.81
28.06	Pamela Bruce	Balgownie	03.09.78
26.10	Marian Simpson	Coatbridge	13.09.92
25.82	Cheryl McHardy	Pitreavie	17.08.96
25.34	Lorraine Dearie	Glenrothes	14.09.86
24.78	Gillian Tindall	Glenrothes	02.09.79
24.36	Lesley Fowler	Dundee	22.08.93
24.34	Alanah O'Donnell	Hutcheson's	21.06.14
24.34	Angela Smith	CA Stadium	09.06.96
23.08	Kathy Rapley	Grangemouth	14.05.95

**U-15 GIRLS HAMMER (Top 6)**

31.31	ERIN WILLIAMS	Livingston	09.09.17
24.69	Kristie Hindle	Grangemouth	28.07.13
24.03	Sophie Anderson	Grangemouth	26.08.12
16.97	Morag Shepherd	CA Stadium	21.05.17
15.32	Iona McGuire	CA Stadium	17.06.18
14.49	Iona Colquhoun	Dundee	04.05.14

**U-15 GIRLS JAVELIN (600g, from 1991)**

30.32	EMILY DOUGALL	Grangemouth	24.06.92
28.89	Sophie Anderson	Grangemouth	26.08.12
28.74	Marian Simpson	Meadowbank	17.05.92
27.22	Laura Crockford	Meadowbank	12.05.96
26.82	Kathy Rapley	CA Stadium	03.09.95
25.73	Jade Christie	CA Stadium	25.07.99
24.72	Lesley Fowler	Meadowbank	05.09.93
23.84	Jennifer Reid	CA Stadium	31.05.92
23.60	Angela Shearer	CA Stadium	05.09.99
23.46	Emma Coutts	Crown Point	27.04.97

**U-15 GIRLS JAVELIN (500g, from 2014)**

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

2859	LYNDSAY PEDDIE	Balgownie	15.08.81
2856	Jennifer Lynch	Grangemouth	09.08.75
2842	Deirdre Auld	Pitreavie	14.05.77
2773	Carmen Neat	York	27.08.16
2754	Catrina Pennet	Scotstoun	03.05.98
2678	Jane Davidson	Grangemouth	04.06.16
2675	Amanda Lochhead	Grangemouth	24.08.80
2642	Shelda Stalker	Pitreavie	27.06.81
2640	Linda Davidson	Wishaw	05.06.83
2627	Rhona MacLennan	Wishaw	05.06.83

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

**ALL TIME TOP 10s – VETERAN\* EVENTS****\*Men over-40, women over-35****VETERAN MEN 100m**

11.7	ALAN MACKENZIE	Nairn	18.08.90
11.7	TREVOR MADIGAN	Balgownie	31.08.85
11.7	ROBIN RILLEY	Not known	1979
11.7	STAN WALKER	CA Stadium	13.09.09
11.9	Chris Coulter	Balgownie	05.09.87
11.91	Mark Davidson	Pitreavie	15.06.14
12.0	Forbes Bruce	Balgownie	08.08.81
12.0	Brian Gordon	Linksfeld	03.09.88
12.0	Malcolm Clarkson	Balgownie	05.09.87
12.1	A Stirling/D Shepherd		87/92

**VETERAN MEN 200m**

23.83	STAN WALKER	Grangemouth	18.05.11
24.1	Robin Riley	Balgownie	09.09.79
24.42	Mark Davidson	Pitreavie	15.06.14
24.6	Frank Gauld	CA Stadium	10.06.00
24.6	Denis Shepherd	CA Stadium	26.08.92
24.7	Malcolm Clarkson	Linksfeld	06.09.88
24.7	Allan Stirling	Crown Point	28.06.87
24.8	Brian Gordon	Grangemouth	27.08.88
25.0	Trevor Madigan	Coatbridge	14.07.85
25.2	Alan Fulton	CA Stadium	22.08.91

**VETERAN MEN 400m**

53.0	DENIS SHEPHERD	CA Stadium	29.06.93
54.8	Alan Fulton	CA Stadium	18.06.91
54.8	Frank Gauld	CA Stadium	10.06.00
55.2	Allan Stirling	Malmö (SWE)	28.07.86
56.0	Mike Simpson	CA Stadium	27.05.97
56.2	Roderick MacFarquhar	Balgownie	11.08.82
56.40	Kenny Lyon	Sheffield	08.09.01
56.52	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	Linksfeld	06.09.88
4:23.4	John Ballentine	Linwood	25.07.93
4:25.3	Charlie Haskett	CA Stadium	24.08.00
4:27.5	Dave Armitage	CA Stadium	26.08.93
4:28.4	Bill Scullion	CA Stadium	26.08.93
4:28.9	Graham Milne	Peterhead	13.05.90

**VETERAN MEN 3000m**

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

**VETERAN MEN 5000m**

14:57.0	ALISTAIR WOOD	Meadowbank	12.07.75
15:24.8	Colin Youngson	Grangemouth	29.06.91
15:28.0	Roderick MacFarquhar	Balgownie	24.05.83
15:48.0	Graham Milne	Balgownie	29.06.88
15:54.6	George Sim	Inverness	18.05.92
15:57.2	Mike Simpson	CA Stadium	14.08.97
16:14.2	Mel Edwards	Balgownie	15.05.85
16:23.26	John Ballentine	Jarrow	17.07.93
16:27.51	Frank Boyne	Grangemouth	29.08.10
16:30.4	Davy Grubb	CA Stadium	04.07.89

**VETERAN MEN 10000m**

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

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

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

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

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

**VETERAN MEN 400m HURDLES (Top 8)**

59.0	DENIS SHEPHERD	CA Stadium	01.06.93
66.2	Allan Stirling	Balgownie	09.09.87
66.9	Kenny Lyon	CA Stadium	28.06.01
67.4	Dave Walker	CA Stadium	01.06.93
68.8	Trevor Madigan	Balgownie	19.08.86
72.4*	Edward McKenzie	Inverness	12.05.07
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	Mariehamn (Finland)	29.06.91
72:27	Ken Hogg	Dyce	27.03.88
73:26	Ben Preece	Inverness	20.03.88

**VETERAN MEN MARATHON**

2:18:01	DAVID CLARK	Florence (Italy)	02.12.84
2:21:14	Alistair Wood	Edinburgh	28.06.75
2:21:26	Donald Ritchie	London	21.04.85
2:28:25	Fraser Clyne	Greenock	15.09.96
2:28:38	Colin Youngson	Linksfeld	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
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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
14.12	<b>Julie Tuck</b>	<b>CA Stadium</b>	<b>29.08.18</b>
14.2	Linda Michie	CA Stadium	24.08.05
14.3	Shona McKinnon	CA Stadium	10.06.00
14.4	Joyce Hogg / Tracy Wilson / Laura Mahady		88/93/09

#### VETERAN WOMEN 200m

26.5	JANET LYON	Coatbridge	08.06.97
26.7	Kathleen Madigan	Dundee	10.04.05
28.2	Ann Imrie	CA Stadium	24.08.94
28.7	Laura Mahady	CA Stadium	19.08.09
29.4	Joyce Hogg	Linkfield	06.09.88
30.0	Linda Michie	CA Stadium	30.08.06
30.2	Shona McKinnon	CA Stadium	28.08.02
30.6	Tracey Wilson	CA Stadium	03.04.94
31.3	Penny Johnson	Kirkwall	08.09.13
32.30	Marie Dobson	CA Stadium	07.07.18

#### 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  
**2:39.35 Anne Howie Grangemouth 14.07.18**

#### 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  
**5:15.95 Anne Howie Scotstoun 27.07.18**  
5:20.7 Annette Orme Dundee 04.06.95  
5:21.8 Joyce Hogg CA Stadium 06.09.88

#### 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  
**20:28.99 Anne Howie CA Stadium 07.07.18**  
20:46.7 Nicola Smith CA Stadium 16.05.11  
21:15.49 Sarah Knox CA Stadium 05.05.16

#### 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  
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

#### VETERAN WOMEN HALF MARATHON

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

#### VETERAN WOMEN MARATHON

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

#### VETERAN WOMEN 80m HURDLES (Top 5)

**13.05 JULIE TUCK Grangemouth 14.07.18**  
14.6 Janet Lyon CA Stadium 04.04.04  
15.8 Ann Imrie CA Stadium 02.04.00  
16.0 Joyce Hogg CA Stadium 07.04.91  
16.4 Shona MacKinnon CA Stadium 16.04.04

#### VETERAN WOMEN 400m HURDLES (Top 3)

73.0 JANET LYON CA Stadium 27.06.00  
75.5 Joyce Hogg Coatbridge 24.06.90  
**83.37 Marie Dobson Grangemouth 14.07.18**

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

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

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

2.81 JANET LYON CA Stadium 14.05.04

#### VETERAN WOMEN LONG JUMP

5.25 FIONA DAVIDSON Grangemouth 11.07.15  
4.74 Linda Michie CA Stadium 05.07.06  
**4.59 Julie Tuck Grangemouth 14.07.18**  
4.49 Shona MacKinnon CA Stadium 10.06.00  
4.45 Janet Lyon CA Stadium 04.04.04  
4.36 Joyce Hogg Cwmbran 24.07.88  
4.23 Kathleen Madigan CA Stadium 28.05.05  
4.05 Heather Young CA Stadium 21.08.02  
3.99 Ann Imrie CA Stadium 23.08.95  
3.73 Irene Dougall CA Stadium 02.09.92

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

11.39 FIONA DAVIDSON Aarhus 29.07.17  
9.25 Shona MacKinnon Pitreavie 19.05.01  
8.69 Linda Michie Dundee 10.07.05  
8.46 Joyce Hogg Crown Point 15.07.90  
7.38 Heather Young Grangemouth 21.06.03

#### VETERAN WOMEN SHOT

8.82 LINDA MICHIE CA Stadium 05.07.06  
8.45 Kathleen Madigan Newtonmore 05.08.06  
8.30 Fiona Davidson CA Stadium 05.05.16  
8.17 Shona MacKinnon Drumadrochit 26.08.00  
7.76 Joyce Hogg Cwmbran 23.07.88  
7.47 Janet Lyon CA Stadium 28.08.97  
7.44 Anne Lindsay Grangemouth 27.08.88  
7.14 Margaret Lyon CA Stadium 26.07.98  
7.14 Heather Young Coatbridge 25.07.04  
7.13 Sheena Pirie CA Stadium 16.05.91

#### VETERAN WOMEN DISCUS

**28.51 JULIE TUCK CA Stadium 30.08.18**  
23.94 Anne Lindsay Grangemouth 19.06.88  
**23.81 Emma Williams Grangemouth 11.08.18**  
23.52 Fiona Davidson CA Stadium 29.04.12  
22.34 Ann Imrie CA Stadium 10.08.97  
20.94 Dorothy Davidson Balgownie 24.02.85  
19.89 Kathleen Madigan Perth 11.05.14  
19.52 Shona MacKinnon CA Stadium 24.07.00  
19.30 Joyce Hogg CA Stadium 21.06.89  
19.26 Linda Michie CA Stadium 31.08.06

#### VETERAN WOMEN HAMMER (Top 6)

31.86 KATHLEEN MADIGAN Dundee 08.06.14  
28.88 Fiona Davidson CA Stadium 16.08.17  
**26.60 Emma Williams Grangemouth 13.05.18**  
20.94 Joyce Hogg CA Stadium 16.06.94  
14.61 Linda Michie CA Stadium 07.09.06  
14.05 Heather Young Coatbridge 25.07.04



**VETERAN WOMEN JAVELIN (Top 9)**

(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
<b>19.09</b>	<b>Marie Dobson</b>	<b>CA Stadium</b>	<b>08.04.18</b>
17.94	Joyce Hogg	CA Stadium	22.08.91
14.60	Emma Williams	Aberdeen	13.06.18
14.08	Helen Wilson	Dundee	18.06.89
13.03	Margaret Lyon	CA Stadium	04.04.99

**VETERAN WOMEN HEPTATHLON (Top 1)**

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

2750	SHONA MCKINNON	Pitreavie	31.05.03
2450	Joyce Hogg	Coatbridge	09.09.89

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

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

6.89	STEPHEN DUNLOP	Sheffield	21.02.14
6.91	Desmond Ojei	Aberdeen SV	22.01.17
6.99	Barry Middleton	Kelvin Hall	13.01.96
7.0	Mark Davidson	Kelvin Hall	04.01.89
7.0	Murray King	Kelvin Hall	26.01.91
7.05	Ryan Oswald	Aberdeen SV	22.01.17
<b>7.06</b>	<b>David Irvine</b>	<b>Aberdeen SV</b>	<b>21.01.18</b>
7.06	Duncan Mathieson	Kelvin Hall	15.02.97
7.09	Gavin Irvine	Aberdeen SV	22.01.17
7.1	Richard Chessor	Kelvin Hall	23.04.03
7.1	Ian Garioch	Aberdeen SV	12.12.09
<b>7.12</b>	<b>Christian V-Hristov</b>	<b>Emirates A</b>	<b>10.02.18</b>
<b>7.13</b>	<b>Robbie Farquhar</b>	<b>Emirates A</b>	<b>11.03.18</b>
<b>7.18</b>	<b>Robbie Shaw</b>	<b>Aberdeen SV</b>	<b>17.12.17</b>
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
<b>7.26</b>	<b>Struan Linton</b>	<b>Aberdeen SV</b>	<b>18.03.18</b>
7.29	Sam Lyon	Aberdeen SV	26.01.14
7.3/7.30	Dinkar Sabnis / Donald Ross		91 / 94

**MEN 200m (Top 20)**

21.86	STEPHEN DUNLOP	Emirates A	08.02.14
21.90	Mark Davidson	Kelvin Hall	17.02.90
22.07	Barry Middleton	Kelvin Hall	19.01.97
22.08	Sam Lyon	Emirates A	08.02.14
22.38	Gavin Irvine	Emirates A	02.03.13
<b>22.39</b>	<b>Robbie Shaw</b>	<b>Emirates A</b>	<b>13.01.18</b>
<b>22.57</b>	<b>Christian V-Hristov</b>	<b>Emirates A</b>	<b>10.02.18</b>
22.60	Murray King	Kelvin Hall	15.01.89
22.71	Ian Garioch	Kelvin Hall	28.10.09
22.87	David Irvine	Emirates A	28.01.17
<b>22.92</b>	<b>Marcus Archer</b>	<b>Emirates A</b>	<b>28.01.18</b>
23.1	Richard Chessor	Kelvin Hall	23.04.03
23.20	Ahmed Al-Kowarri	Kelvin Hall	13.01.96
<b>23.21</b>	<b>Thomas Carter</b>	<b>Aberdeen</b>	<b>28.01.18</b>
<b>23.22</b>	<b>Robbie Farquhar</b>	<b>Emirates A</b>	<b>10.11.17</b>
<b>23.25</b>	<b>Ross Freck</b>	<b>Emirates A</b>	<b>13.01.18</b>
23.27	Ewan Calder	Emirates E	28.01.17
23.31	Ronald Smith	Kelvin Hall	31.01.99
23.41	Daniel Rees	Emirates A	14.01.17
23.47	Donald Ross	Kelvin Hall	23.01.94

**MEN 400m (Top 20)**

47.44	BARRY MIDDLETON	Birmingham	25.01.97
47.65	Mark Davidson	Athens	11.02.89
48.84	Ian Garioch	Kelvin Hall	06.02.10
49.66	Daniel Rees	Sheffield	19.02.17
<b>49.89</b>	<b>Robbie Shaw</b>	<b>Emirates A</b>	<b>22.12.17</b>
50.25	Duncan Mathieson	Kelvin Hall	25.02.89
50.32	Paul Davidson	Kelvin Hall	15.01.95
<b>50.74</b>	<b>Fergus Rule</b>	<b>Emirates A</b>	<b>10.03.18</b>
50.88	Ahmed Al-Kowarri	Kelvin Hall	15.02.04
50.93	Murray King	Kelvin Hall	11.12.88
51.07	Paul Allan	Kelvin Hall	25.02.89
<b>51.20</b>	<b>Kieran Fraser</b>	<b>Emirates A</b>	<b>28.01.18</b>
51.40	Ewan Calder	Emirates A	06.02.14
51.49	Ronald Smith	Kelvin Hall	28.02.09
<b>51.87</b>	<b>James Mcintosh</b>	<b>Emirates A</b>	<b>28.01.18</b>
<b>51.96</b>	<b>Gavin Irvine</b>	<b>Emirates A</b>	<b>10.02.18</b>

52.15	Marcus Archer	Emirates A	06.03.16
52.19	Kenny Lyon	Kelvin Hall	25.02.89
52.39	Seumas Thomson	Sheffield	18.02.17
52.40	Andrew Grant	Kelvin Hall	12.03.05

**MEN 800m**

1:51.90	MYLES EDWARDS	Lee Valley	26.01.14
1:54.07	Rory Muir	Emirates A	19.10.16
1:56.45	Stewart Millar	Emirates A	11.02.17
1:56.75	Frank Boyne	Kelvin Hall	07.02.93
1:57.31	Adam Watt	Kelvin Hall	17.02.02
1:57.8	Mark Davidson	Kelvin Hall	25.02.89
1:57.9	Ewan Calvert	Kelvin Hall	12.02.92
1:59.34	Steven Rusling	Kelvin Hall	18.01.04
2:00.07	Stewart Mason	Kelvin Hall	30.01.99
2:00.17	Fearghas Thomson	Sheffield	19.02.16
2:00.33	Matthew Kilner	Emirates A	15.02.14
2:00.43	Steven Murray	Emirates A	15.02.14
<b>2:00.53</b>	<b>Charlie Beeson</b>	<b>Emirates A</b>	<b>13.01.18</b>
2:01.13	David Stephen	Ingliston	31.01.87
2:01.31	Alasdair Love	Kelvin Hall	15.01.95
2:01.56	Robert Thornhill	Kelvin Hall	06.11.02
2:01.64	Callum Symmons	Emirates A	05.02.15
2:02.01	Mark Kennedy	Kelvin Hall	12.01.02
2:02.50	Eoghan Macnamara	Emirates A	19.10.16
<b>2:02.99</b>	<b>Harry Hall</b>	<b>Emirates A</b>	<b>08.02.18</b>

**MEN 1000m (Top 10)**

2:30.94	MARK KENNEDY	Kelvin Hall	06.03.04
2:45.79	Paul Allan	Kelvin Hall	04.02.90
2:48.19	Daniel Rees	Emirates A	15.03.15
2:48.50	Barry Middleton	Emirates A	15.02.92
2:50.28	Paul Torry	Kelvin Hall	12.03.00
2:52.24	Robert Miller	Kelvin Hall	26:01.03
2:54.6	Kenny Lyon	Kelvin Hall	26.02.89
2:55.06	Stephen Miller	Kelvin Hall	26.01.03
2:55.1	Duncan Mathieson	Kelvin Hall	26.02.89
2:56.02	Mark Dobbie	Kelvin Hall	19.02.95

**MEN 1500m (Top 10)**

3:50.47	MYLES EDWARDS	Emirates A	24.01.15
4:01.57	David Stephen	Ingliston	01.02.87
4:02.6	Mark Kennedy	Kelvin Hall	12.02.04
4:02.91	Michael Ferguson	Emirates A	02.03.13
4:04.40	Adam Watt	Kelvin Hall	02.03.03
4:05.8	Alan Wales	Kelvin Hall	31.01.02
4:07.3	Willie Duncan	Kelvin Hall	12.02.04
4:07.52	Eoin Durkan	Sheffield	25.02.12
4:10.13	Stewart Millar	Emirates A	04.02.15
4:10.44	Michael Anderson	Kelvin Hall	21.02.93

**MEN 3000m (TOP 10)**

8:23.10	MYLES EDWARDS	Emirates A	03.01.15
8:27.22	Alan Wales	Sheffield	26.02.06
8:29.68	Mark Haskett	Emirates A	09.02.13
8:31.63	Ben Hukins	Cardiff	11.03.00
8:32.88	Ray Creswell	Kelvin Hall	14.01.89
8:48.70	Chris Smith	Kelvin Hall	12.03.98
8:52.83	Frank Boyne	Kelvin Hall	15.01.94
8:58.7	Colin Youngson	Kelvin Hall	26.02.89
9:10.85	Michael Ferguson	Emirates A	09.02.13
9:12.4	Roderick MacFarquhar	Kelvin Hall	26.03.89

**MEN 60m HURDLES (TOP 10)**

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

**MEN HIGH JUMP**

1.99	DUNCAN MATHIESON	Kelvin Hall	25.02.89
1.97	Ryan Hewitson	Aberdeen SV	04.04.15
1.92	Keith Oag	Kelvin Hall	04.03.95
1.90	Andrew Grant	Kelvin Hall	26.01.02
1.90	Kevin Lutton	Kelvin Hall	24.02.01
1.87	Grant Robertson	Aberdeen SV	26.01.14
1.86	Paul Allan	Kelvin Hall	03.02.90
1.85	Ian Lind	Kelvin Hall	03.02.90
1.85	Craig Noble	Kelvin Hall	05.02.93
<b>1.83</b>	<b>Robbie Farquhar</b>	<b>Emirates A</b>	<b>03.02.18</b>
1.82	Tom Leeson	Kelvin Hall	16.02.97
1.80	David Partridge	Aberdeen SV	24.03.13
1.80	Daniel Rees	Emirates A	06.02.16
1.80	Dinkar Sabnis	Kelvin Hall	02.12.90
1.80	Michael Spink	Kelvin Hall	24.01.93
1.79	Robert Miller	Kelvin Hall	09.02.02
1.79	William Stark	Kelvin Hall	07.03.93
1.78	Alasdair Lowe	Aberdeen SV	14.12.14
1.77	Sam Lyon	Aberdeen SV	21.03.10
1.75	Paul Torry	Kelvin Hall	11.03.00

**MEN POLE VAULT**

4.15	JOOLS PETERS	Aberdeen SV	15.09.16
4.10	David Mann	Emirates A	19.01.13
4.00	Duncan Mathieson	Kelvin Hall	16.02.97
3.80	Tom Leeson	Kelvin Hall	16.02.97
3.80	Alasdair Lowe	Emirates A	04.02.15
<b>3.78</b>	<b>Robbie Farquhar</b>	<b>Sheffield</b>	<b>06.01.18</b>
3.70	Kenny Lyon	Kelvin Hall	26.02.89
3.70	Callum Robertson	Aberdeen SV	07.09.17
3.60	Robert Masson	Kelvin Hall	26.03.89
3.50	Fraser Benzie	Kelvin Hall	26.01.02
3.50	Douglas McAllister	Perth	20.03.76
3.40	Mark Dobbie	Kelvin Hall	18.02.96
3.25	Sam Lyon	Aberdeen SV	17.09.14
3.22	Hamish Leeson	Emirates A	06.03.16
3.21	Daniel Rees	Emirates A	15.03.15
3.20	Paul Allan	Kelvin Hall	26.02.89
3.20	Paul Torry	Kelvin Hall	10.02.02
3.10	Robert Miller	Kelvin Hall	26.01.03
<b>3.09</b>	<b>Athol Gordon</b>	<b>Emirates A</b>	<b>27.07.18</b>
3.00	Chris Jones	Kelvin Hall	18.02.90

**MEN LONG JUMP**

7.14	DUNCAN MATHIESON	Kelvin Hall	26.01.91
7.07	Dinkar Sabnis	Kelvin Hall	23.01.94
7.01	Sam Lyon	Emirates A	02.02.14
6.93	William Stark	Kelvin Hall	16.01.00
6.87	Chukwudi Onyia	Aberdeen SV	16.12.12
<b>6.86</b>	<b>Robbie Farquhar</b>	<b>Sheffield</b>	<b>25.02.18</b>
6.72	Robert Miller	Kelvin Hall	02.03.03
6.62	Mark Dobbie	Kelvin Hall	17.02.96
6.45	Stewart Clark	Aberdeen SV	12.12.09
6.42	Tom Leeson	Kelvin Hall	15.02.97
6.34	Paul Allan	Kelvin Hall	03.02.90
6.29	Kenny Lyon	Kelvin Hall	25.02.89
6.25	Keith Oag	Kelvin Hall	17.02.96
6.22	Ian Garioch	Aberdeen SV	12.12.10
6.21	Michael Spink	Kelvin Hall	10.02.94
<b>6.13</b>	<b>James McIntosh</b>	<b>Emirates A</b>	<b>28.01.18</b>
6.11	Hamish Leeson	Emirates A	14.03.15
5.95	Patrick Gray	Kelvin Hall	06.02.05
5.95	Richard Singer	Kelvin Hall	04.03.95
5.93	Bruce Sorbie	Emirates A	07.02.13

**MEN TRIPLE JUMP (Top 10)**

15.24	CHUKWUDI ONYIA	Sheffield	08.02.14
13.97	William Stark	Kelvin Hall	23.01.94
13.77	Dinkar Sabnis	Kelvin Hall	14.03.92
13.62	Sam Lyon	Kelvin Hall	19.02.12
13.52	Paul Allan	Kelvin Hall	14.02.90
12.76	Robert Miller	Kelvin Hall	02.03.03
12.74	Stewart Clark	Emirates A	28.01.17
12.40	Paul McAndrew	Kelvin Hall	03.02.96
12.39	Michael Spink	Kelvin Hall	21.02.93
12.35	Hamish Leeson	Emirates A	19.10.16

**MEN SHOT (Top 10)**

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

**MEN HEPTATHLON (TOP 5)**

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

**WOMEN 60m**

7.52	ZOEY CLARK	Sheffield	20.02.15
7.70	Katie Forbes	Emirates A	28.01.17
7.74	Dawn Kitchen	Meadowbank	19.01.86
<b>7.77</b>	<b>Rebecca Matheson</b>	<b>Emirates A</b>	<b>11.03.18</b>
7.78	Dawn Flockhart	Kelvin Hall	15.01.95
7.79	Aileen Connelly	Kelvin Hall	14.01.06
7.83	Katrina Leys	Birmingham	21.02.93
7.83	Lesley-Ann Mearns	Kelvin Hall	17.02.05
7.84	Gail Murchie	Kelvin Hall	24.01.93
<b>7.85</b>	<b>Kelsey Stewart</b>	<b>Aberdeen SV</b>	<b>18.03.18</b>
7.9	Susan Tengtanga	Aberdeen SV	12.12.09
7.91	Roisin Harrison	Aberdeen SV	24.01.16
<b>7.91</b>	<b>Rebecca Olaley</b>	<b>Aberdeen SV</b>	<b>28.01.18</b>
7.91	Alison Wylie	Emirates A	17.02.13
7.92	Kirsten Young	Kelvin Hall	06.02.05
<b>7.93</b>	<b>Joda Kokovworho</b>	<b>Emirates A</b>	<b>11.03.18</b>
7.95	Corrie Butler	Kelvin Hall	24.02.91
7.95	Louise Paterson	Kelvin Hall	21.02.92
<b>7.95</b>	<b>Maddy Silcock</b>	<b>Emirates A</b>	<b>08.02.18</b>
7.96	Kathleen Madigan /Sarah Still		87 / 99

**WOMEN 200m**

<b>23.58</b>	<b>ZOEY CLARK</b>	<b>Emirates A</b>	<b>28.01.18</b>
24.86	Dawn Flockhart	Kelvin Hall	22.01.95
25.10	Rebecca Matheson	Emirates A	06.03.16
25.34	Aileen Connelly	Cardiff	05.02.06
<b>25.35</b>	<b>Joda Kokovworho</b>	<b>Emirates A</b>	<b>07.02.18</b>
25.51	Roisin Harrison	Emirates A	30.01.16
25.51	Lesley-Ann Mearns	Kelvin Hall	17.02.05
25.57	Katrina Leys	Kelvin Hall	24.01.99
<b>25.85</b>	<b>Rebecca Olaley</b>	<b>Emirates A</b>	<b>10.03.18</b>
25.96	Alison Wylie	Emirates A	17.02.13
25.6	Louise Paterson	Kelvin Hall	14.03.92
26.02	Ademide Ademuyewo	Emirates A	17.02.13
26.49	Alix Still	Emirates A	30.01.16
26.63	Rebecca Mortimer	Kelvin Hall	15.01.06
26.64	Sandra Gunn	Kelvin Hall	01.03.92
26.93	Jane Davidson	Emirates A	01.02.17
26.64	Sarah Still	Kelvin Hall	21.02.93
26.96	Susan Tengtanga	Kelvin Hall	20.02.10
<b>26.96</b>	<b>Georgia Morrison</b>	<b>Emirates A</b>	<b>13.01.18</b>
27.06	Emma Caldwell	Kelvin Hall	03.03.12

**WOMEN 400m (Top 10)**

<b>52.12</b>	<b>ZOEY CLARK</b>	<b>Birmingham</b>	<b>18.02.18</b>
55.27	Emma Cloggie	Birmingham	05.03.06
56.14	Kelsey Stewart	Sheffield	14.02.16
56.24	Susan Hendry	Birmingham	19.02.95
57.83	Ademide Ademuyewo	Emirates A	18.01.14
<b>58.30</b>	<b>Georgia Morrison</b>	<b>Emirates A</b>	<b>10.03.18</b>
58.54	Nicola Gauld	Kelvin Hall	26.01.02
59.06	Aileen Connelly	Kelvin Hall	12.03.05
59.15	Fiona Davidson	Kelvin Hall	09.01.99
59.80	Lorna Johnston	Kelvin Hall	13.01.01

**WOMEN 800m**

2:08.87	KELSEY STEWART	Emirates A	28.01.17
<b>2:10.62</b>	<b>Rebecca Eggeling</b>	<b>Emirates A</b>	<b>10.03.18</b>
2:11.47	Nicola Gauld	Kelvin Hall	18.01.04
2:13.15	Susan Hendry	Kelvin Hall	15.12.96
2:14.06	Emma Leask	Sheffield	21.02.16
2:14.32	Emma Cloggie	Birmingham	20.02.05
2:16.13	Hannah Cameron	Sheffield	17.02.17
2:16.58	Ellie Buchan	Kelvin Hall	04.02.10
2:16.64	Naomi Lang	Emirates A	02.02.17
2:18.28	Lynsey Still	Kelvin Hall	03.02.96
<b>2:18.94</b>	<b>Georgia Morrison</b>	<b>Emirates A</b>	<b>28.01.18</b>
2:22.20	Sarah Still	Kelvin Hall	18.02.01
2:22.75	Lise Theron	Emirates A	05.02.15
2:22.77	Sonia Armitage	Linz, Austria	17.03.06
2:23.16	Christie Noble	Kelvin Hall	17.02.05
2:23.53	Alix Still	New York	11.03.17
2:24.8	Heather Wisley	Kelvin Hall	25.03.90
2:25.26	Caroline Clarkson	Kelvin Hall	21.02.93
2:26.65	Rebecca Duggall	Kelvin Hall	15.12.96
2:26.99	Kate Murdoch	Kelvin Hall	18.01.09

**WOMEN 1500m (Top 10)**

4:26.20	NICOLA GAULD	Cardiff	05.02.06
<b>4:31.48</b>	<b>Naomi Lang</b>	<b>Emirates A</b>	<b>28.01.18</b>
<b>4:33.02</b>	<b>Rebecca Eggeling</b>	<b>Emirates A</b>	<b>07.02.18</b>
<b>4:39.11</b>	<b>Hannah Cameron</b>	<b>Emirates A</b>	<b>28.01.18</b>
4:45.85	Sonia Armitage	Linz, Austria	20.03.06
4:46.81	Ellie Buchan	Cardiff	03.02.08
4:48.54	Gemma Cormack	Emirates A	12.01.13
4:50.90	Eilidh Prise	Kelvin Hall	09.02.12
4:51.1	Heather Wisley	Kelvin Hall	25.03.90
4:55.78	Carly Hall	Kelvin Hall	23.01.11

**WOMEN 3000m (TOP 6)**

<b>9:49.98</b>	<b>NAOMI LANG</b>	<b>Emirates A</b>	<b>07.01.18</b>
9:56.20	Rhona Auckland	Kelvin Hall	09.02.12
10:23.35	Gemma Cormack	Emirates A	12.01.13
10:44.37	Janet Fraser	Kelvin Hall	14.01.89
11:23.81	Laura Mahady	Kelvin Hall	12.02.05
12:23.44	Chantelle Clark	Kelvin Hall	15.01.06

**WOMEN 60m HURDLES (TOP 10)**

8.79	CATRIONA PENNET	Kelvin Hall	15.02.04
8.84	Sarah Still	Kelvin Hall	12.03.00
8.94	Gail Murchie	Kelvin Hall	07.02.93
8.98	Grace Carter	Aberdeen SV	19.03.17
9.16	Kate MacKay	Emirates A	05.03.17
9.28	Alix Still	New York	11.03.17
9.3	Yasmin Milne	Aberdeen SV	20.03.11
9.47	Sylvia Kamyra	Kelvin Hall	28.02.09
9.53	Sophia Hamilton	Aberdeen SV	04.04.15
9.61	Ellie Workman	Kelvin Hall	14.02.10

**WOMEN HIGH JUMP (Top 10)**

1.71	ELLIE WORKMAN	Kelvin Hall	05.02.09
<b>1.69</b>	<b>Carmen Neat</b>	<b>Emirates A</b>	<b>28.01.18</b>
1.66	Kate MacKay	Emirates A	30.01.16
1.66	Sarah Still	Kelvin Hall	18.02.01
1.64	Alix Still	New York	11.03.17
1.60	Beth Philip	Kelvin Hall	27.10.91
1.60	Heather Pirie	Kelvin Hall	06.02.94
<b>1.59</b>	<b>Jane Davidson</b>	<b>Emirates A</b>	<b>10.11.17</b>
1.55	Nicola Gauld	Kelvin Hall	30.01.97
1.55	Kimberley Miles	Kelvin Hall	08.12.01

**WOMEN POLE VAULT (Top 10)**

3.00	LAURA KUTT	Kelvin Hall	04.02.12
2.90	Sam Somers	Aberdeen SV	04.01.12
2.70	Janet Lyon	Kelvin Hall	09.02.02
2.65	Sophia Hamilton	Aberdeen SV	15.09.16
<b>2.58</b>	<b>Ailsa Gault</b>	<b>Aberdeen SV</b>	<b>23.06.18</b>
2.35	Erin Runcie	Aberdeen SV	24.03.13
2.15	Chloe Allan	Aberdeen SV	04.12.11
2.10	Alix Still	Aberdeen SV	05.01.14
2.06	Sophie Anderson	Aberdeen SV	28.09.11
1.95	Freya McKay	Aberdeen SV	17.09.14

**WOMEN LONG JUMP**

5.88	LINDA DAVIDSON	Birmingham	21.02.93
5.82	Sarah Still	Kelvin Hall	12.03.00
5.61	Katie Forbes	Emirates A	30.01.16
5.36	Kirsten Young	Kelvin Hall	06.02.05
5.35	Alix Still	New York	11.03.17
<b>5.30</b>	<b>Jane Davidson</b>	<b>Emirates A</b>	<b>10.11.17</b>
5.21	Donna Quirie	Kelvin Hall	21.02.93
5.21	Ellie Workman	Kelvin Hall	22.02.09
5.16	Sophia Hamilton	Emirates A	05.03.17
5.14	Grace Angus	Emirates A	11.02.17
<b>5.14</b>	<b>Fiona Davidson</b>	<b>Aberdeen SV</b>	<b>04.02.18</b>
5.13	Saffron Cummings	Emirates A	15.02.14
5.13	Kirstie Duncan	Aberdeen SV	11.12.11
5.13	Nicola Kemp	Kelvin Hall	21.02.93
5.06	Grace Carter	Aberdeen SV	26.02.97
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

**WOMEN TRIPLE JUMP (Top 10)**

11.18	LINDA DAVIDSON	Kelvin Hall	26.01.92
11.03	Fiona Davidson	Kelvin Hall	16.01.05
11.00	Kirsten Young	Birmingham	26.02.05
10.87	Sylvia Kamyra	Kelvin Hall	17.01.10
10.52	Janet Abladey	Kelvin Hall	04.02.12
10.48	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 SHOT (Top 10)**

13.89	HELEN COWE	Kelvin Hall	27.02.93
11.38	Emily Ruyle	Aberdeen SV	26.01.14
10.32	Alison Horne	Emirates A	15.02.14
9.71	Sarah Still	Kelvin Hall	18.02.01
9.38	Erin Runcie	Aberdeen SV	21.02.16
9.31	Gail Murchie	Kelvin Hall	06.03.93
9.22	Alix Still	New York	11.03.17
9.20	Fiona Pirie	Kelvin Hall	24.01.93
8.99	Sarah Lyon	Kelvin Hall	31.01.99
8.96	Ellie Workman	Kelvin Hall	22.02.09
8.93	Saffron Cummings	Aberdeen SV	23.02.14

**WOMEN PENTATHLON (TOP 12)**

3778	SARAH STILL	Kelvin Hall	13.03.00
	(5.82; 8.84; 1.62; 9.52; 2:23.11)		
3547	Alix Still	New York	11.03.17
	(9.28, 9.22, 5.35, 1.64, 2:23.53)		
3159	Ellie Workman	Sheffield	09.01.11
	(9.77, 1.62, 9.79, 4.88, 2:37.59)		
3113	Kate MacKay	Emirates A	05.03.17
2909	Sophie Hamilton	Emirates A	05.03.17
2866	Gail Murchie	Kelvin Hall	06.03.93
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

## 2018 TOP 5 CLUB RANKINGS

Covering the athletics year ended 31 October 2018

### SENIOR MEN

<b>60m</b>		11:03.04	Andrew Ferguson	27.36	Iain Boyd (T37)
6.91i	Desmond Ojei				
7.06i (7.16)	David Irvine				
7.12i	Christian V-Hristov				
7.18i	Robbie Shaw				
7.37i	Marcus Archer				
<b>100m</b>					
11.05	Christian V-Hristov				
11.11	Marcus Archer				
11.28	David Irvine				
11.49	Robbie Shaw				
11.66	Ross Freck				
<b>200m</b>					
22.39i (22.74)	Robbie Shaw				
22.57i	Christian V-Hristov				
22.58	Gavin Irvine				
22.70	Marcus Archer				
23.05i	David Irvine				
<b>300m</b>					
35.89	Kieran Fraser				
36.28	Daniel Rees				
36.94	Christian V-Hristov				
37.48	Ben Nelson				
38.38	Michael Ferguson				
<b>400m</b>					
49.68i	Daniel Rees				
49.74	Robbie Shaw				
49.81	Marcus Archer				
50.31	Kieran Fraser				
52.4	Ben Nelson				
<b>800m</b>					
1:53.02	Michael Ferguson				
1:56.38	Rory Muir				
1:59.55	Ben Nelson				
2:02.20	Eoghan MacNamara				
2:02.56	Steven Murray				
<b>1000m</b>					
3:57.90i	Bill Lonsdale (M65)				
<b>1,500m</b>					
3:50.50	Michael Ferguson				
4:05.92	Rory Muir				
4:06.76	Steven Murray				
4:12.64	James Hoad				
4:14.8	Fearghas Thomson				
<b>3,000m</b>					
8:22.66	Michael Ferguson				
8:36.15	Callum Symmons				
8:43.72	Will MacKay				
9:07.1	Fearghas Thomson				
9:20.07	Owain Bristow				
<b>5,000m</b>					
14:25.72	James Hoad				
14:30.76	Will MacKay				
15:25.54	Callum Symmons				
15:46.38	Myles Edwards				
16:06.56	Fearghas Thomson				
<b>10,000m</b>					
30:32.43	Will MacKay				
31:12.86	James Hoad				
<b>3,000m Steeplechase</b>					
9:45.01	Will MacKay				
9:50.64	Fearghas Thomson				
10:10.92	Eoghan MacNamara				
10:23.74	Steven Murray				

### 110m Hurdles

15.47	Ryan Hewitson
15.73	Daniel Rees
21.23	Kieran Gauld
<b>400m Hurdles</b>	
53.51	Daniel Rees
61.38	Ryan Hewitson
62.91	Eoghan Macnamara
63.66	Ewan Calder
68.97	Callum Robertson

### High Jump

1.97	Ryan Hewitson
1.80	Daniel Rees
1.65i	Jon Hosie
1.63	James Macgregor (M50)
1.60i	Scott Macgregor

### Pole Vault

3.65i (3.60)	Callum Robertson
2.68i (2.60)	Bob Masson (M70)

### Long Jump

7.19	Sam Lyon
5.39	Ryan Hewitson
5.15	Kieran Gauld
5.02	Mark Davidson (M45)
4.86	Fraser Cruickshank

### Triple Jump

14.45	Sam Lyon
11.27	Jon Hosie
10.87	Kieran Gauld
9.35	Archie Ashley
9.01	Bill Lonsdale (M65)

### Shot

10.59i	Jools Peters
10.09	Eddie McKenzie (M50)
9.26	John Fyvie
8.79	Conor Hewitson
7.58	Stuart Ferguson

### Discus

29.97	John Fyvie
29.95	Eddie McKenzie (M50)
28.34	Conor Hewitson
26.28	Bob Masson (M70)
21.05	Kieran Gauld

### Hammer

41.14	John Fyvie
31.33	Conor Hewitson
21.52	Eddie McKenzie (M50)
17.06	Bill Lonsdale (M65)

### Javelin

47.43	Sam Lyon
33.99	Callum Robertson
32.87	Eddie McKenzie (M50)
32.63	Conor Hewitson
27.55	Kieran Gauld

### PARA MEN

<b>60m</b>		8.27i	Lewis Clow (T37)
<b>100m</b>		12.6	Lewis Clow (T37)
		13.68	Iain Boyd (T37)
<b>200m</b>		26.06	Lewis Clow (T37)

### 300m

44.06	Iain Boyd (T37)
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### 400m

61.00	Iain Boyd (T37)
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### Long Jump

4.74	Lewis Clow (F37)
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### VETERAN MEN

#### 60m

7.98i	Stan Walker (M45)
8.84i	Bill Skinner (M55)
9.69i	Bill Lonsdale (M65)

#### 100m

12.47	Mark Davidson (M45)
12.5	Stan Walker (M45)
15.0	Bill Lonsdale (M65)
15.83	Graham Mckenzie (M65)
16.70	Bob Masson (M70)

#### 150m

23.90	Graham Mckenzie (M65)
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#### 200m

25.83	Stan Walker (M45)
28.85i (29.01)	Bill Skinner (M55)
31.16	Bill Lonsdale (M65)
33.43	Graham Mckenzie (M65)

#### 300m

42.20	Stan Walker (M45)
70.98	Alan Fulton (M70)

#### 400m

67.18i	Bill Skinner (M55)
93.94	Alan Fulton (M70)

#### 800m

2:56.1	Bill Lonsdale (M65)
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#### 1,500m

5:57.01	Bill Skinner (M55)
5:59.27	Mark Davidson (M45)
6:33.87	Bill Lonsdale (M65)
7:05.27	Graham Mckenzie (M65)
7:17.88	Bob Masson (M70)

#### 3,000m

10:50.26	Paul Eggeling (M50)
18:08.77	Alan Fulton (M70)

#### High Jump

1.63	James Macgregor (M50)
1.35i (1.10)	Bill Lonsdale (M65)

#### Pole Vault

2.68i (2.60)	Bob Masson (M65)(M70)
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#### Long Jump

5.02	Mark Davidson (M45)
4.42	Stan Walker (M45)
4.41	Bill Lonsdale (M65)
4.36	Bill Skinner (M55)
3.79	Bob Masson (M70)

#### Triple Jump

9.01	Bill Lonsdale (M65)
8.89i	Bill Skinner (M55)

#### Shot (7.26K)

10.09	Eddie McKenzie (M50)
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<b>Shot (6K)</b>		38.18	Callum Davidson			
10.81	Edward McKenzie (M50)	40.62	Cameron Callow		<b>Discus (1.75K)</b>	
		56.53	Mohamed Khalifa		36.83	John Angus
					34.39	Robbie Farquhar
<b>Shot (5K)</b>		<b>400m</b>			<b>Hammer (6K)</b>	
8.18i	Bill Lonsdale (M65)	50.74i (50.97)	Fergus Rule		27.96	John Angus
		51.83	Stewart Millar			
<b>Shot (4K)</b>		52.28	Robbie Farquhar			
10.17	Bob Masson (M70)	53.66	Callum Davidson			
		54.00	Cameron Brown			
<b>Discus (2K)</b>		<b>600m</b>			<b>Javelin</b>	
29.95	Edward McKenzie (M50)	1:24.17	Charlie Beeson		43.09	Oliver Nash
26.28	Bob Masson (M70)				35.04	Robbie Farquhar
					25.38	Harry Kilner
<b>Discus (1.5K)</b>		<b>800m</b>			<b>Decathlon</b>	
34.06	Edward McKenzie (M50)	1:55.25	Stewart Millar		6158	Robbie Farquhar
30.81	Bob Masson (M70)	2:00.08	Tyler White			
28.34	Mark Davidson (M45)	2:00.53i	Charlie Beeson		<b>Heptathlon</b>	
20.25	William Skinner (M55)	2:00.64	Nic Tierney		4799i	Robbie Farquhar
18.64	James Macgregor (M50)	2:03.42	Aaron Odentz			
					<b>UNDER-17 MEN</b>	
<b>Discus (1K)</b>		<b>1000m</b>			<b>60m</b>	
35.43	Bob Masson (M70)	2:58.54i	Robbie Farquhar		7.42	Tobi Fatona
24.00	Bill Lonsdale (M65)				7.71i	James McIntosh
13.35	Graham McKenzie (M65)				8.03i	Christopher McCaughtrie
					8.12i	Max McKenzie
<b>Hammer (7.26 K)</b>		<b>1,500m</b>			<b>100m</b>	
21.52	Edward McKenzie (M50)	4:02.11	Tyler White		11.0	Craig Strachan
17.06	Bill Lonsdale (M65)	4:12.12i	Jack Gillespie		11.4	Tobi Fatona
		4:14.19	Nic Tierney		11.78	James McIntosh
		4:16.49	Aaron Odentz		12.33	Joshua Carroll
		4:20.29	Joseph Barton		12.41	Ryan Matheson
<b>Hammer (4K)</b>		<b>3,000m</b>			<b>150m</b>	
29.81	Bob Masson (M70)	9:21.69	Jack Gillespie		17.24	James McIntosh
		9:26.49i (9:36.41)	Aaron Odentz		19.14	Joshua Carroll
			Joseph Barton		19.55	Christopher McCaughtrie
<b>Javelin (800g)</b>			Daniel Hatfield		21.41	Archie Ashley
32.87	Edward McKenzie (M50)		Keaton Bramwell			
26.12	Bob Masson (M65)				<b>200m</b>	
					22.01	Craig Strachan
<b>Javelin (700g)</b>		<b>5,000m</b>			22.62	James McIntosh
35.57	Edward McKenzie (M50)	15:33.12	Tyler White		23.25	Tobi Fatona
26.30	William Skinner (M55)	16:28.85	Joseph Barton		24.83	Harry Hall
		16:59.54	Aaron Odentz		25.16	Joshua Carroll
		17:33.40	Daniel Hatfield			
<b>Javelin (600g)</b>		<b>60m hurdles (3'3")</b>			<b>300m</b>	
21.17	Bill Lonsdale (M65)	8.40i	Robbie Farquhar		36.57	James McIntosh
					38.18	Harry Hall
<b>Javelin (500g)</b>		<b>110m Hurdles (3'3")</b>			38.50	Tobi Fatona
32.82	Bob Masson (M65)	15.10	Robbie Farquhar			
					<b>400m</b>	
<b>Pentathlon (M60)</b>		<b>400m Hurdles</b>			50.86	James McIntosh
2924i (2660)	Bill Lonsdale (M65)	61.81	Albert Ibekwe		52.83	Harry Hall
		94.94	Mohamed Khalifa		53.17	Craig Strachan
					55.80	Adam Brown
<b>UNDER-20 MEN</b>		<b>High Jump</b>			<b>800m</b>	
<b>60m</b>		1.88	Robbie Farquhar		1:58.04	Harry Hall
7.13i	Robbie Farquhar				2:01.40	Adam Brown
7.22	Struan Linton				2:06.63	Michael Watt
7.32	Seyi Fatona				2:11.25	James McIntosh
7.37i	Albert Ibekwe				2:14.54	Ross MacMillan
7.41i	Fergus Rule				<b>1,500m</b>	
					4:10.45	Adam Brown
<b>100m</b>		<b>Pole Vault</b>			4:18.24	Harry Hall
11.02	Robbie Farquhar	3.92	Robbie Farquhar		4:19.00	Michael Watt
11.39	Struan Linton				4:32.52	Ross MacMillan
11.49	Areeb Sherjil				4:55.26	Craig Scott
11.64	Seyi Fatona					
11.75	Albert Ibekwe				<b>3,000m</b>	
					9:14.14	Adam Brown
<b>150m</b>		<b>Long Jump</b>			9:30.80	Michael Watt
17.13	Struan Linton	7.11i (6.87)	Robbie Farquhar		9:38.68	Harry Hall
17.43	Areeb Sherjil	6.03	Albert Ibekwe		9:52.4	Ross MacMillan
17.89	Albert Ibekwe	4.99	Scott Sutherland		10:38.4	Oscar Lecore
17.94	Callum Davidson					
18.48	John Angus				<b>100m Hurdles</b>	
					17.82	Archie Ashley
<b>200m</b>		<b>Triple Jump</b>				
22.66	Struan Linton	11.07	Oliver Nash			
22.95	Areeb Sherjil					
23.17	Fergus Rule					
23.22i	Robbie Farquhar					
23.34	Seyi Fatona					
<b>300m</b>		<b>Shot (7.26k)</b>				
		11.08	John Angus			
		<b>Shot (6.25k)</b>				
		12.57	John Angus			
		11.24	Robbie Farquhar			
		8.44	Albert Ibekwe			
		<b>Discus (2K)</b>				
		33.55	John Angus			
		26.58	Robbie Farquhar			

<b>High Jump</b>		5:10.41	Thomas McKenzie	<b>200m</b>	
1.70	James McIntosh	<b>3000m</b>		30.12	Hamish McKay
1.65	Athol Gordon	10:09.75	Sam Griffin	30.4	Caleb Brock
1.40	Ryan Matheson	11:23.53	Rowan Gillies	30.6	Aleksander Jovcic
<b>Pole Vault</b>		11:28.49	Patrick Lang	31.0	Jamie Renfrew
3.09i (3.00)	Athol Gordon	11:35.84	Finlay Cooper	31.20	Sam Baverstock
		12:30.32	Dylan Dickie	<b>800m</b>	
<b>Long Jump</b>		<b>80m Hurdles</b>		2:26.39	Rhys Crawford
6.57	James McIntosh	15.45	Callum McGregor	2:27.83	Hamish McKay
5.12	Athol Gordon	17.5	Jasper Lecore	2:29.08	Aleksander Jovcic
4.67	Tobi Fatona	<b>High Jump</b>		2:31.11 (2:35.05)	Finn Bryce
4.53	Ryan Matheson	1.60	Gaspard Lecrivain	2:35.05	Caleb Brock
<b>Triple Jump</b>		1.57	William Hodi	<b>1200m</b>	
12.47	James McIntosh	1.43	Callum McGregor	3:55.4	Aleksander Jovcic
9.02	Tobi Fatona	1.27	Dylan Dickie	4:01.0	Hamish McKay
<b>Shot (5K)</b>		<b>Pole Vault</b>		4:08.4	Finn Bryce
10.05	Athol Gordon	2.40i	William Hodi	4:23.0	Samuel Stephenson
7.04	James McIntosh	<b>Long Jump</b>		4:25.0	Sam Baverstock
6.77	Ryan Matheson	5.37	William Hodi	<b>1,500m</b>	
5.91	Hamish Brown	4.71	Josh Ganniccliffe	4:57.32	Aleksander Jovcic
<b>Discus (1.5K)</b>		4.53	Lewis Watt	5:00.2	Rhys Crawford
29.37	Athol Gordon	4.39	Callum McGregor	5:00.60	Hamish McKay
14.64	Adam Brown	3.91	Thomas McKenzie	5:12.48	Finn Bryce
14.57	Christopher McCaughtrie	<b>Triple Jump</b>		5:16.74	Samuel Stephenson
<b>Javelin (700g)</b>		11.28	William Hodi	<b>60m Hurdles (2'6")</b>	
43.59	Athol Gordon	9.96	Callum McGregor	11.81i	Lewis Ingram
25.10	Oscar Lecore	8.57	Jacob Cooper	12.92i	Jamie Renfrew
16.09	James McIntosh	<b>Shot (4K)</b>		<b>75m Hurdles (2'6")</b>	
14.80	Adam Brown	9.04	William Hodi	16.48	Lewis Ingram
<b>UNDER-15 BOYS</b>		7.43	Jasper Lecore	16.79	Jamie Renfrew
<b>60m</b>		6.59	Dylan Dickie	<b>High Jump</b>	
7.67i	Timi Fatona	6.14	Alasdair Nunn	1.41i (1.33)	Lewis Ingram
8.20i	Conall Gove	5.65	Kai Crawford	1.25	Finn Bryce
9.67i	Dylan Dickie	<b>Discus (1.25K)</b>		1.15	Aleksander Jovcic
<b>100m</b>		25.58	William Hodi	1.15	Jamie Renfrew
11.93	Timi Fatona	19.47	Jasper Lecore	1.10	Baversotck/Crawford/McGuire
13.37	William Hodi	15.66	Dylan Dickie	<b>Long Jump</b>	
13.68	Gaspard Lecrivain	13.43	Sam Griffin	4.15i (4.13)	Finn Bryce
13.7	Callum McGregor	10.80	Kai Crawford	3.99	Lewis Ingram
14.05	Fergus Gault	<b>Javelin (600g)</b>		3.84	Caleb Brock
<b>150m</b>		28.74	William Hodi	3.55	Jamie Renfrew
28.66	Callum McGregor	21.82	Gaspard Lecrivain	3.35	Sam Baverstock
29.09	Jasper Lecore	18.01	Callum McGregor	<b>Shot (3.25K)</b>	
<b>200m</b>		11.73	Kai Crawford	6.57	Finn Bryce
24.19	Timi Fatona	10.18	Dylan Dickie	6.22i (5.79)	Lewis Ingram
26.00	Lewis Watt	<b>Pentathlon</b>		6.06	Rhys Crawford
26.28	Conall Gove	2300	William Hodi	5.86	Aleksander Jovcic
26.50	Gaspard Lecrivain	<b>UNDER-13 BOYS</b>		5.55	Sam Baverstock
27.30	William Hodi	<b>60m</b>		<b>Discus (1K)</b>	
<b>300m</b>		9.33i	Finn Bryce	15.70	Finn Bryce
41.75i (42.21)	Rowan Gillies	9.42i	Lewis Ingram	14.06	Caleb McGuire
42.3	Gaspar Lecrivain	9.50i	Caleb Brock	10.94	Aleksander Jovcic
43.04	Callum McGregor	9.67i	Jamie Renfrew	10.75	Sam Baverstock
46.50	Dylan Dickie	9.89i	Sam Baverstock	10.19	Rhys Crawford
50.31	Finlay Cooper	<b>100m</b>		<b>Javelin</b>	
<b>800m</b>		14.29	Lewis Mutch	23.85	Finn Bryce
2:01.02	Lewis Watt	14.79	Aleksander Jovcic	21.62	Aleksander Jovcic
2:10.10	Gaspar Lecrivain	14.8	Jamie Renfrew	18.24	Lewis Ingram
2:12.92	Sam Griffin	14.88	Hamish McKay	17.95	Caleb McGuire
2:13.89	Kai Crawford	15.02	Caleb Brock	13.20	Rhys Crawford
2:22.69	Alasdair Nunn	<b>150m</b>		<b>Pentathlon</b>	
<b>1,500m</b>		23.83	Hamish McKay	1134i	Lewis Ingram
4:24.98	Lewis Watt	24.01	Jack Soloman	<b>UNDER-11 BOYS</b>	
4:29.44	Gaspar Lecrivain	26.09	Samuel Stephenson	<b>60m</b>	
4:30.40	Sam Griffin	31.98	Jamie Renfrew	9.44i	Dean Fearn
4:34.34i (4:46.31)	Kai Crawford	34.05	Caleb McGuire	9.86i	Matthew Stratton





**Discus**

28.51	Julie Tuck (W40)
23.81	Emma Williams (W40)
20.15	Fiona Davidson (W45)
17.07	Sarah Knox (W45)
14.61	Ruth Watson (W5)

**Hammer**

28.15	Fiona Davidson (W45)
26.60	Emma Williams (W40)

**Javelin**

19.09	Marie Dobson (W35)
14.60	Emma Williams (W40)

**UNDER-20 WOMEN****60m**

7.77i	Rebecca Matheson
7.91i	Rebecca Olaleye
7.93i	Joda Kokovworho
7.95i	Maddy Silcock
8.15i	Katie Forbes

**100m**

12.14	Rebecca Matheson
12.2	Maddy Silcock
12.52	Joda Kokovworho
12.62	Rebecca Olaleye
12.84	Rhia Badial

**150m**

21.57	Ailsa Gault
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**200m**

25.06	Rebecca Matheson
25.08	Joda Kokovworho
25.66	Rebecca Olaleye
25.70	Maddy Silcock
26.55	Rhia Badial

**300m**

40.53	Rebecca Matheson
45.93	Lindsey Brown
46.34	Katie MacDonald
46.94	Ailsa Gault

**400m**

61.66	Lindsey Brown
66.00i	Kate MacKay
68.08	Ailsa Gault

**800m**

2:10.62i (2:17.87)	Rebecca Eggeling
2:12.12	Naomi Lang
2:59.14	Ailsa Gault

**1,500m**

4:20.92	Naomi Lang
4:33.02i (4:43.95)	Rebecca Eggeling
4:49.43	Clare Stewart
5:06.31	Hannah Mutch

**3,000m**

9:34.03	Naomi Lang
10:32.77	Clare Stewart
11:02.90	Hannah Mutch

**5,000m**

18:41.67	Clare Stewart
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**10,000m**

39:18.85	Clare Stewart
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**High Jump**

1.58i (1.55)	Kate McKay
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**Long Jump**

4.56i (4.45)	Ailsa Gault
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**Triple Jump**

8.89	Ailsa Gault
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**Shot**

6.13	Ailsa Gault
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**Javelin**

16.45	Ailsa Gault
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**UNDER-17 WOMEN****60m**

8.28i	Jane Davidson
8.53	Erin Williams
8.58i	Eilidh Shanks
8.78i	Morag Shepherd
8.80	Jessica Daniel

**100m**

12.52	Jane Davidson
12.88	Mia Keogh
13.66	Sophie Dickie-Moir
13.86	Viv Archibald
13.9	Morag Shepherd

**150m**

19.74	Jane Davidson
21.41	Erin Williams
21.63	Viv Archibald
21.72	Jessica Daniel
21.79	Morag Shepherd

**200m**

26.74	Carmen Neat
26.81	Mia Keogh
26.81	Georgia Morrison
27.08	Jane Davidson
28.4	Erin Williams

**300m**

41.4	Carmen Neat
41.73	Georgia Morrison
43.7	Mia Keogh
45.61	Caitlin Purcell
45.85	Kirsty Purcell

**800m**

2:16.28	Georgia Morrison
2:20.10	Caitlin Purcell
2:22.11	Kirsty Purcell
2:22.19	Kirsty Oldham
2:33.00	Janani Mohan

**1,500m**

4:56.99	Caitlin Purcell
4:58.51	Kirsty Oldham
5:01.58	Kirsty Purcell
5:12.16	Janani Mohan
5:38.73	Eilidh Dempsey

**3,000m**

10:47.88	Caitlin Purcell
10:49.3	Kirsty Oldham
11:01.79	Kirsty Oldham
12:08.05	Eilidh Dempsey

**60m Hurdles**

8.86i	Jane Davidson
9.26i	Carmen Neat
9.87i	Erin Williams

**80m Hurdles**

11.50	Jane Davidson
12.50	Carmen Neat
13.26	Erin Williams
14.03	Jessica Daniel
16.24	Morag Shepherd

**300m Hurdles**

45.19	Carmen Neat
45.35	Jane Davidson
50.11	Erin Williams
50.56	Jessica Daniel
56.62	Morag Shepherd

**High Jump**

1.73	Carmen Neat
1.59i (1.50)	Jane Davidson
1.55	Abigail Robertson
1.40	Erin Williams
1.30	Jessica Daniel

**Long Jump**

5.59	Jane Davidson
4.99	Erin Williams
4.54	Abigail Robertson
4.05	Jessica Daniel
3.60	Kirsty Purcell

**Triple Jump**

9.26	Jane Davidson
8.18	Abbie Burns

**Shot (3K)**

9.93	Jane Davidson
8.52	Una McGee
8.11i (8.09)	Morag Shepherd
5.54	Jessica Daniel

**Discus**

27.18	Una McGee
18.04	Erin Williams
15.23	Morag Shepherd
12.62	Kirsty Oldham

**Hammer (3K)**

30.70	Erin Williams
22.26	Una McGee

**Javelin (500g)**

24.88	Jane Davidson
19.57	Erin Williams
12.27	Morag Shepherd
9.99	Kirsty Oldham

**Pentathlon (indoor)**

3338i	Jane Davidson
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**Pentathlon**

2950	Jane Davidson
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**UNDER-15 GIRLS****60m**

8.63i	Sophie Jennings
8.71i	Tara Madden
9.23i	Alice Mearns
9.48i	Taya Bryce
9.57i	Lydia Barker

**100m**

13.1	Iona Brodie
13.47	Sophie Jennings
14.57	Taya Bryce
14.8	Hannah Ingram
15.47	Rachel Fraser

**150m**

22.57	Maisie Aspinall
24.39	Kirsten Shanks
24.47	Morven Cuthill
24.63	Lydia Barker

**200m**

27.55	Sophie Jennings
28.08	Iona Brodie
28.65	Sophie Dickie-Moir
30.15	Adele Gillespie
31.86	Alice Mearns

**300m**  
47.4 Taya Bryce  
48.38 Iona McGuire  
49.11 Adele Gillespie

**800m**  
2:30.55 Iona McGuire  
2:32.88 Adele Gillespie  
2:37.52 Connie Hatfield  
2:43.31 Sophie Jennings  
2:47.23 Kirstin Grant

**1,500m**  
5:19.1 Iona McGuire  
5:29.9 Kirstin Grant  
5:40.0 Charlotte Narducci  
6:07.87 Morven Cuthill  
6:10.25 Kirsten Shanks

**3,000m**  
11:58.83 Iona McGuire  
12:42.25 Kirstin Grant  
12:54.32 Charlotte Narducci

**60m Hurdles**  
10.38i Sophie Jennings  
12.05i Iona McGuire  
12.27i Alice Mearns  
12.91i Hannah Ingram

**75m Hurdles**  
13.11 Sophie Jennings  
15.12 Iona Mc Guire  
15.61 Lydia Barker  
16.0 Taya Bryce  
16.14 Alice Mearns

**High Jump**  
1.53 Ella Thoms  
1.31 Sophie Jennings  
1.30 Hannah Ingram  
1.20 Lydia Barker

**Long Jump**  
4.05i (4.00) Sophie Jennings  
4.03 Iona Brodie  
3.89i (3.75) Hannah Ingram  
3.74 Lydia Barker  
3.66 Taya Bryce

**Triple Jump**  
8.18i (8.00) Hannah Ingram  
7.64 Lydia Barker

**Shot**  
8.28i (8.03) Sophie Jennings  
7.25 Taya Bryce  
6.12 Lydia Barker  
5.93 Hannah Ingram  
5.68 Iona Brodie

**Discus**  
19.65 Sophie Jennings  
13.13 Iona McGuire

**Hammer**  
15.32 Iona McGuire

**Javelin**  
19.72 Lydia Barker

**Long Jump**  
3.25 Sarah McAllister  
2.94 Lucy Todd  
2.86 Ellis Rochford

**Shot**  
4.01 Lucy Todd  
3.62 Ellis Rochford

13.65 Sophie Jennings  
12.99 Taya Bryce  
9.40 Iona McGuire

**UNDER-13 GIRLS**

**60m**  
9.03i Angela Kelly  
9.20i Phoebe Armstrong  
9.37i Bianca Tihon  
9.70i Alice Robertson  
9.90i Anna McNeill

**75m**  
11.17 Angela Kelly  
11.69 Rebecca Jennings  
11.71 Phoebe Armstrong  
12.86 Abby Farquhar

**100m**  
14.0 Angela Kelly  
14.55 Phoebe Armstrong  
14.75 Bianca Tihon  
14.87 Oyenmwen Izedin mw  
15.16 Rebecca Jennings

**150m**  
22.56 Angela Kelly  
23.81 Rebecca Jennings  
24.09 Anna McNeill  
25.21 Abby Farquhar  
26.42 Emily Cook

**200m**  
29.00 Angela Kelly  
29.1 Phoebe Armstrong  
30.87 Oyenmwen Izedin mw  
31.0 Rebecca Jennings  
32.06 Bianca Tihon

**800m**  
2:27.72 Phoebe Armstrong  
2:45.77 Abby Farquhar  
2:46.47 Anna McNeill  
2:47.66 Angela Kelly  
3:08.09 Rebecca Jennings

**1,200m**  
3:58.4 Phoebe Armstrong  
4:35.0 Abby Farquhar  
5:30.03 Esther Barker

**1,500m**  
4:59.69 Phoebe Armstrong  
5:40.6 Abby Farquhar  
6:21.50 Lauren Bibby

**60m Hurdles**  
10.46i Angela Kelly  
10.51i Phoebe Armstrong

**70m Hurdles**  
12.43 Angela Kelly  
12.96 Phoebe Armstrong  
15.4 Rebecca Jennings  
19.20 Esther Barker

**High Jump**  
1.44 Angela Kelly  
1.20 Bianca Tihon  
1.10 Abby Farquhar  
1.10 Rebecca Jennings  
1.05 Lauren Bibby

**Long Jump**  
4.55 Angela Kelly  
3.89 Phoebe Armstrong  
3.60 Abby Farquhar  
3.36i Alice Robertson  
3.19 Rebecca Jennings

**Shot**  
10.37 Angela Kelly  
4.84 Rebecca Jennings  
4.81 Abby Farquhar  
4.48 Esther Barker  
3.52i Anna McNeill

**Discus**  
30.48 Angela Kelly  
13.46 Esther Barker  
11.24 Rebecca Jennings

**Javelin**  
17.01 Angela Kelly  
13.09 Esther Barker  
10.78 Bianca Tihon  
9.73 Abby Farquhar  
9.15 Emily Cook

**Pentathlon**  
2434 Angela Kelly

**Pentathlon (indoor)**  
2524i Angela Kelly

**UNDER-11 GIRLS**

**60m**  
10.64i Lucy Todd

**80m**  
12.84 Sarah McAllister  
14.00 Lucy Todd

**100m**  
15.19 Josie Laing  
15.7 Sarah McAllister  
17.13 Lucy Todd  
18.00 Patricia Lau  
18.28 Ellis Rochford

**150m**  
26.44 Sarah McAllister

**200m**  
33.9 Sarah McAllister  
34.97 Lucy Todd  
42.71 Sophia Myles

**600m**  
2:10.61 Sarah McAllister  
2:12.05 Lucy Todd

**800m**  
2:46.87 Lucy Todd  
2:52.5 Sarah McAllister  
3:12.24 Ellis Rochford  
3:17.64 Grace Stephenson  
3:17.76 Esther Barker

**1200m**  
4:42.85 Lucy Todd

**High Jump**  
1.04 Sarah McAllister  
0.90 Lucy Todd

## CLUB RECORDS AS AT 01/01/2019

### 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	Pdraig White	10
Dec.	7535	Duncan Mathieson	90
4x100	42.1	D Mathieson, King, Drummond, M Davidson	88
4x200	1:35.3	Fachie, McCabe, Mutch, J Joy	08
4x400	3:19.3	P Davidson, Middleton, D Mathieson, Al-Kowarri	97
3x800	5:48.25	Symmons, M Ferguson, Muir	17

### T37/F37 MEN

<b>100</b>	<b>12.6</b>	<b>Lewis Clow</b>	<b>18</b>
<b>200</b>	<b>26.06</b>	<b>Lewis Clow</b>	<b>18</b>
300	43.79	Lewis Clow	15
<b>400</b>	<b>61.00</b>	<b>Iain Boyd</b>	<b>18</b>
<b>LJ</b>	<b>4.74</b>	<b>Lewis Clow</b>	<b>18</b>

### 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
<b>4x100</b>	<b>44.20</b>	<b>T Fatona, Linton, Farquhar, Sherjil</b>	<b>18</b>
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
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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
<b>100</b>	<b>11.0</b>	<b>Craig Strachan</b>	<b>18</b>
<b>200</b>	<b>22.1</b>	<b>Craig Strachan</b>	<b>18</b>
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 Thoirs	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
<b>3x800</b>	<b>6:47.48</b>	<b>K Crawford, Lecrivain, L Watt</b>	<b>18</b>

### 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,	

4x200	1:56.7	B Benzie, Maslen Forbes, Flett,	97
4x400	4:35.8	B Benzie, Maslen 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	106
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
HJ	1.68	James Macgregor	16
PV	3.45	Robert Masson	99
LJ	5.42	Tom Leeson	15
TJ	11.23	Tom Leeson	15
SP	11.34	Robert Masson	97
<b>SP (sen)</b>	<b>10.09</b>	<b>Edward McKenzie</b>	<b>18</b>
DT	38.09	Robert Masson	98
<b>DT (sen)</b>	<b>29.95</b>	<b>Edward McKenzie</b>	<b>18</b>
JT	40.24	Tom Leeson	15
HT	34.35	Robert Masson	98
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
<b>SP</b>	<b>10.17</b>	<b>Bob Masson</b>	<b>18</b>
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
<b>400</b>	<b>51.36</b>	<b>Zoey Clark</b>	<b>18</b>
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
<b>HJ</b>	<b>1.73</b>	<b>Carmen Neat</b>	<b>18</b>
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
<b>4x100</b>	<b>47.80</b>	<b>Silcock, Kokovworho, Harrison, R Matheson</b>	<b>18</b>
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
<b>1500</b>	<b>4:20.92</b>	<b>Naomi Lang</b>	<b>18</b>
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
<b>HJ</b>	<b>1.73</b>	<b>Carmen Neat</b>	<b>18</b>
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
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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 Kamya	05
400H	66.0	Bridie McGlashan	86
<b>HJ</b>	<b>1.73</b>	<b>Carmen Neat</b>	<b>18</b>
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
<b>3x800</b>	<b>7:38.13</b>	<b>C Purcell, K Purcell, L McNeill</b>	<b>18</b>
Medley	4:31.5	Keenan, C Fraser, N Fraser, Clarkson	94

#### UNDER-15 GIRLS

100	12.37	Lesley-Ann Mearns	05
200	25.05	Lesley-Ann Mearns	05
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)	12.18	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
<b>1200</b>	<b>3:58.4</b>	<b>Phoebe Armstrong</b>	<b>18</b>
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
<b>SP</b>	<b>10.37</b>	<b>Angela Kelly</b>	<b>18</b>
<b>DT</b>	<b>30.48</b>	<b>Angela Kelly</b>	<b>18</b>
JT	26.31	Sophie Anderson	10
<b>Pent.</b>	<b>2434</b>	<b>Angela Kelly</b>	<b>18</b>
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
<b>80H</b>	<b>13.05</b>	<b>Julie Tuck</b>	<b>18</b>
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
<b>DT</b>	<b>28.51</b>	<b>Julie Tuck</b>	<b>18</b>
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
<b>80H</b>	<b>13.05</b>	<b>Julie Tuck</b>	<b>18</b>
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
<b>DT</b>	<b>28.51</b>	<b>Julie Tuck</b>	<b>18</b>
JT	28.40	Barbara MacDonald	96
HT	31.86	Kathleen Madigan	14

#### VETERAN WOMEN (OVER 45)

60	8.7	Ann Imrie	95
100	13.6	Ann Imrie	95
200	28.2	Ann Imrie	94
300	46.8	Laura Mahady	11
400	61.05	Laura Mahady	09
800	2:19.50	Laura Mahady	09
1500	4:45.36	Sonia Armitage	07
3000	10:37.65	Sonia Armitage	07
5000	19:02.1	Laura Mahady	08
10000	42:20.6	Kathryn Mearns	03
80H	16.6	Ann Imrie	99
100H	21.4	Ann Imrie	94
½ Mar	1:36:38	Maureen MacInnes	06
Mar	3:32:33	Betty May	91

HJ	1.30	Shona McKinnon	09	10000	49:33.1	Ann Clark	09
PV	2.60	Janet Lyon	07/08	80H	15.8	Ann Imrie	00
LJ	4.28	Janet Lyon	08	½ Mar	1:52:23	Janice Forsyth	10
TJ	8.27	Shona McKinnon	09	Mar	4:20:27	Janice Forsyth	11
SP	6.79	Janet Lyon	08	PV	2.60	Janet Lyon	12
DT	22.34	Ann Imrie	97	LJ	3.94	Janet Lyon	12
HT	20.26	Joyce Hogg	97	SP	7.32	Janet Lyon	12
JT	19.36	Shona McKinnon	10	DT	20.69	Ann Imrie	00

#### 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

#### 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
<b>1500</b>	<b>5:15.95</b>	<b>Anne Howie</b>	<b>18</b>
<b>3000</b>	<b>11:58.52</b>	<b>Anne Howie</b>	<b>18</b>
<b>5000</b>	<b>20:28.99</b>	<b>Anne Howie</b>	<b>18</b>
10000	50:37.5	Ann Clark	10

### 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

SP	12.75	John Angus	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
<b>200</b>	<b>24.47</b>	<b>Timi Fatona</b>	<b>18</b>
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
<b>3000</b>	<b>10:17.15</b>	<b>Sam Griffin</b>	<b>18</b>
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

#### T37 MEN

<b>60</b>	<b>8.27</b>	<b>Lewis Clow</b>	<b>17</b>
200	27.41	Lewis Clow	16

#### 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
<b>HJ</b>	<b>1.41</b>	<b>Lewis Ingram</b>	<b>18</b>
LJ	4.32	Craig Mathieson	95
SP	9.00	Kevin Lutton	97
Pent	1188	Bruce Benzie	97

#### 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
<b>60H</b>	<b>8.40</b>	<b>Robbie Farquhar</b>	<b>18</b>
HJ	1.97	Ryan Hewitson	15
PV	4.10	David Mann	13
<b>LJ</b>	<b>6.86</b>	<b>Robbie Farquhar</b>	<b>18</b>
TJ	13.97	William Stark	94
SP	13.46	Paul Allan	89
<b>Hept</b>	<b>4799</b>	<b>Robbie Farquhar</b>	<b>18</b>

#### 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

#### UNDER-20 T37 MEN

60	8.47	Lewis Clow	14
200	29.94	Iain Boyd	15

#### UNDER-17 MEN

<b>60</b>	<b>7.20</b>	<b>Robbie Farquhar</b>	<b>17</b>
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
<b>3000</b>	<b>9:44.20</b>	<b>Michael Watt</b>	<b>18</b>
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

#### 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
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#### 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	3554	Bill Lonsdale	18

#### 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
<b>60H</b>	<b>11.92</b>	<b>Bob Masson</b>	<b>18</b>
HJ	1.30	Trevor Madigan	16
<b>PV</b>	<b>2.63</b>	<b>Bob Masson</b>	<b>18</b>
LJ	4.28	Trevor Madigan	16
<b>SP</b>	<b>10.17</b>	<b>Bob Masson</b>	<b>18</b>

#### 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

<b>60</b>	<b>7.49</b>	<b>Zoey Clark</b>	<b>18</b>
<b>200</b>	<b>23.58</b>	<b>Zoey Clark</b>	<b>18</b>
<b>400</b>	<b>52.12</b>	<b>Zoey Clark</b>	<b>18</b>
800	2:08.87	Kelsey Stewart	17
1500	4:26.20	Nicola Gauld	06
<b>3000</b>	<b>9:49.98</b>	<b>Naomi Lang</b>	<b>18</b>
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
<b>800</b>	<b>2:10.62</b>	<b>Rebecca Eggeling</b>	<b>18</b>
<b>1500</b>	<b>4:31.48</b>	<b>Naomi Lang</b>	<b>18</b>
<b>3000</b>	<b>9:49.98</b>	<b>Naomi Lang</b>	<b>18</b>
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
<b>SP (3kg)</b>	<b>8.28</b>	<b>Sophie Jennings</b>	<b>18</b>
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
<b>1500</b>	<b>5:09.43</b>	<b>Phoebe Armstrong</b>	<b>18</b>
60H	10.00	Catriona Pennet	96
HJ	1.46	Kate MacKay	12
<b>LJ</b>	<b>4.53</b>	<b>Angela Kelly</b>	<b>18</b>
<b>SP</b>	<b>10.18</b>	<b>Angela Kelly</b>	<b>18</b>
<b>Pent</b>	<b>2524</b>	<b>Angela Kelly</b>	<b>18</b>

#### 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
<b>LJ</b>	<b>5.14</b>	<b>Fiona Davidson</b>	<b>18</b>
TJ	11.02	Fiona Davidson	14
SP	8.48	Kathleen Madigan	13

Pent.	2380	Shona McKinnon	02
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#### 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
<b>LJ</b>	<b>5.14</b>	<b>Fiona Davidson</b>	<b>18</b>
TJ	11.02	Fiona Davidson	14
SP	8.48	Kathleen Madigan	13
Pent	2286	Shona McKinnon	04

#### VETERAN WOMEN (OVER 45)

<b>60</b>	<b>8.25</b>	<b>Fiona Davidson</b>	<b>18</b>
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
<b>LJ</b>	<b>5.14</b>	<b>Fiona Davidson</b>	<b>18</b>
<b>TJ</b>	<b>10.45</b>	<b>Fiona Davidson</b>	<b>18</b>
<b>SP</b>	<b>8.00</b>	<b>Fiona Davidson</b>	<b>18</b>

#### 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
<b>1500</b>	<b>5:22.15</b>	<b>Anne Howie</b>	<b>18</b>
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
<b>1500</b>	<b>5:22.15</b>	<b>Anne Howie</b>	<b>18</b>

## End of an Era – Joyce & Ken Hogg



Little did Joyce and Ken realise that their coaching journey would last for 33 years, taking them throughout Britain and Europe supporting many talented athletes. With sporting backgrounds Joyce (athletics, badminton and hockey) and Ken (football and squash) were caught up in the marathon boom in the eighties and joined Aberdeen AAC. In their time with the club they have been athletes, officials, team managers and committee members. Their coaching journey started, as it has for many others as parents, when the club required volunteers in 1986, a situation which has not changed.

As coaches, Joyce and Ken attended many courses and conferences, becoming senior coaches in 1998 (now Level 4 coaches). To experience the events they would coach they competed for the club on the track, road and cross country. Their philosophy has been long term athlete development. They see coaching athletes as more than just pursuit of success on the track, but to achieve personal development and fulfilment. They treat each athlete as an individual, trying to manage their athletics careers alongside their studies at school, university or working careers.

Recognising the athletes' commitment to compete at the highest level possible, they plan their training and racing programme to achieve the best performances possible, encouraging athletes to attend events for higher competition opportunities, this being a pathway to fulfilling their potential at senior level.

Over the years, the group has evolved from a junior to senior group with many athletes aspiring to perform at the highest level and being selected for GB teams. They have coached many athletes who are listed in the club all time age group and senior rankings, for 400m, 800m, 1500m, 3000m, 5000m, 10000m and steeplechase. Every personal best, medal and representative honour achieved by athletes has brought a sense of satisfaction to Joyce and Ken.

- Chris Smith winning a medal in every age group at the East District cross country championships and a Scottish senior gold at 3000m steeplechase. He is still competing well in senior competitions and represented GB at World and European mountain running championships, although then being a masters athlete.
- Ally Love winning gold at Scottish Schools and Scottish U20 400m hurdles, maintaining his passion for athletics, returning to Aberdeen and re-joining the club. It was a great joy to Joyce and Ken when Ally became the Regional Athletics Development Manager and also when he moved on to become Scottish Athletics Events Manager.
- Jillian Grams had success at Scottish Schools cross country championships winning 2 gold medals at Group A, this leading to her gaining a scholarship to university in America.
- Debbie Kilner being the first Aberdeen AAC woman to win the senior Scottish cross country title for 37 years, a feat repeated by Rhona Auckland 18 years later. Debbie was invited to compete in a guest race at the world cross country championships in Durham in 1995 to which Joyce and Ken, as lead coaches, took a group of athletes from the Grampian endurance squad.



- Emma Cloggie's 3 brilliantly executed races in the heat, semi-final and final to win the England Athletics indoor U20 400m, in 55.27, a club Indoor record which still stands.
- Darren Shinnie's commitment to training was rewarded with victories at Scottish and Scottish Schools events and he was the youngest winner of the Baker Hughes 10k in 2006.
- Laura Mahady winning British, European and world masters titles, indoor and outdoor, in 400m and 800m at W50 and W55.
- Being instrumental in Rhona Auckland's progress from junior club athlete to her GB representation at the world cross country championships in China in 2015. On this journey Rhona won both the Scottish 4k and national cross country titles, BUCS 5000m and 10,000m, England U23 5000m and the British senior 10000m championships. She represented GB at European junior, European U23 and world cross country championships and senior European Cup 10,000m championships. The excitement for Joyce and Ken was incredible when she won the European U23 cross country championships and the silver medal in the 10,000m at the European U23 Championships.
- Michael Ferguson's titles at U20 East District cross country, U20 800m and at Scottish Universities. Michael has represented Scotland several times both over cross country and on the track.
- Broc Drury winning Scottish national U20 cross country title.
- Kelsey Stewart winning Scottish age group, England Athletics and Scottish Universities titles as well as medals at the Scottish senior 400m for 5 years in succession, attaining gold in the last 2 years. Also Kelsey's selection for the 4x400m squads for GB U20 and U23 at the European championships and for Scotland at the Commonwealth Game and other Scottish internationals.
- The success of the men's team in the Scottish Athletics League in recent years.
- These athletes brought Joyce and Ken many coaching awards and Aberdeen AAC life membership.
- Joyce and Ken were also delighted to be invited to carry the Commonwealth Relay Baton in 2014.

On retirement in 2007, Joyce and Ken worked with Universities endurance athletes, looking to the development and integration of athletes into Aberdeen AAC and encouraging greater use of the imminent new athletics facility.

Ken and Joyce then worked with ASV to introduce the athletics sessions which have developed into the athlete pathway to Aberdeen AAC. Joyce, as coaching coordinator, also developed the coach pathways for volunteers and coaches at ASV sessions, using her knowledge and experience to mentor these coaches.

Joyce and Ken say that throughout their years of coaching, they have learned something new from every athlete and have used that knowledge to benefit each generation of athletes. No day passes without them recollecting a story of one or other of the many athletes they have worked with.

Joyce and Ken, your contribution to the club has been extraordinary and your presence every day at the track will be missed. Thank you for your years of hard work and the commitment and encouragement you have shown to developing both athletes and coaches through the years. Everyone at Aberdeen Amateur Athletic Club would like to wish you both a long and happy retirement.



## 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

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 – 2018/2019

President	Mark Davidson
Vice President	Stan Walker
Secretary	Elaine Shephard
Finance Officer	Eddie Mckenzie
Coaching Coordinator	James Joy
Competition Coordinator	Matt Stephenson
Officials Coordinator	Emma Williams
Committee Members	Carol Baverstock
	Alan Dick
	Ben Nelson
	Rachel Watson
	Richard Daniel
	Neil Brown
Club Manager	Brian Pahlmann
Pathways Development Officer	Ruth Watson



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