



ABERDEEN AMATEUR ATHLETIC CLUB
www.aberdeenaac.co.uk



THE 2020 YEAR BOOK

INCLUDING CLUB RECORDS AND RANKINGS

No. 31

Free to AAAC Members



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The AAAC Yearbook 2020 was edited by Eoghan MacNamara, John Purcell and Rachel Gordon and compiled by Denis Shepherd with assistance from Bob Masson

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CLUB RECORDS (AS AT 01/01/2020)

SENIOR MEN

60	7.0	S Walker/M Davidson/B Middleton	87/94/97
100	10.50	Mark Davidson	89
200	21.07	Mark Davidson	89
300	34.4	Martin Johnston	85
400	46.9	Mark Davidson	89
800	1:49.3	Ewan Calvert	94
1500	3:44.67	Alan Wales	06
3000	8:14.6	Fraser Clyne	81
5000	14:18.90	Ian Matheson	89
10000	29:23	F Clyne / G Laing	83
110H	14.9	Duncan Mathieson	89
400H	50.79	Mark Davidson	89
2000SC	5:37.8	Bill Ewing	67
3000SC	8:47.8	Bill Ewing	68
½ Mar	61:34	Graham Laing	83
Mar	2:11:50	Fraser Clyne	84
HJ	2.07	Duncan Mathieson	90/97
PV	4.25	Jools Peters	17
LJ	7.62	Duncan Mathieson	95
TJ	15.16	Chukwudi Onyia	13
SP	16.29	Gordon Smith	94
DT	53.66	Scot Thompson	10
JT	58.75	Peter Fraser	98
HT	62.73	Padraig White	10
Dec.	7535	Duncan Mathieson	90
4x100	42.1	D Mathieson, M King, R Drummond, M Davidson	88
4x200	1:35.3	N Fachie, F McCabe, P Mutch, J Joy	08
4x400	3:19.3	P Davidson, B Middleton, D Mathieson, A Al-Kowarri	97
3x800	5:48.25	C Symmons, M Ferguson, R Muir	17

T37/F37 MEN

100	12.6	Lewis Clow	18
200	25.77	Iain Boyd	19
300	43.79	Lewis Clow	15
400	60.49	Iain Boyd	19
LJ	4.74	Lewis Clow	18

UNDER-20 MEN

60	7.1	Barry Middleton	94
100	10.8	C Paterson / S Walker	72/88
200	21.6	Martin Johnston	83
300	35.4	Ahmed Al-Kowarri	96
400	48.17	Mark Davidson	87
800	1:51.86	Ewan Calvert	92
1500	3:50.34	Alan Wales	02
3000	8:34.65	Darren Shinnie	04
5000	14:46.0	Ian Matheson	83
10000	30:49.0	Ian Matheson	83
110H	14.93	Duncan Mathieson	88
400H	53.53	Barry Middleton	94
2000SC	6:02.66	Stephen Wright	89
3000SC	9:12.0	Stephen Wright	90
HJ	2.00	Duncan Mathieson	87
PV	4.00	David Mann	13
LJ	7.21	Duncan Mathieson	88
TJ	14.55	William Stark	95
SP	14.24	Paul Allan	89
DT	42.26	Paul Allan	89
JT	57.48	Peter Fraser	96
HT	48.83	Matthew Maitland	02
Dec	6652	Duncan Mathieson	88
4x100	44.20	Tobi Fatona, S Linton, R Farquhar, A Sherjil	19

4x200	1:36.0	R Gray, S Rankin, J Oxley, C Maslen	01
4x400	3:25.93	M Ferguson, J Chapman, E Calder, L Alexander	14
3x800	6:08.85	A Brown, H Hall, L Watt	19

UNDER-20 T37 MEN

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

UNDER-17 MEN

60	7.3	Ahmed Al-Kowarri	95
100	11.0	Craig Strachan	18
200	22.1	Craig Strachan	18
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	D Milne, S Rankin, J Oxley, C Maslen	01
4x200	1:36.0	R Gray, S Rankin, J Oxley, C Maslen	01
4x400	3:29.87	J Chapman, S Murray, L Alexander, E Calder	13
3x800	6:11.77	M Kilner, C Symmons, S Murray	13

UNDER-15 BOYS

100	11.47	Timi Fatona	19
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	4:14.63	Kai Crawford	19
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	A Phommavanh, H Hall, J Angus, L Bisset	15
4x200	2:07.6	A Young, A Crighton, G Irvine, R Walton	09
4x400	3:53.2	H Hall, F Rule, L Bisset. A Phommavanh	15
3x800	6:47.48	K Crawford, G Lecrivain, L Watt	18

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	S Forbes, I Flett, B Benzie, C Maslen	97
4x200	1:56.7	S Forbes, I Flett, B Benzie, C Maslen	97
4x400	4:35.8	A Rose, A Watt, M Maitland, G 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	M Maitland, G Sullivan, R Smith, C Mathieson	93
4x200	2:09.6	M Maitland, C Mathieson, R Smith, G Sullivan	93

VETERAN MEN (Over 35) (as from 2005)

60	7.4	Stan Walker	09
100	11.6	Stan Walker	08
200	23.4	Stan Walker	09
300	37.85	Stan Walker	09
400	53.97	Fintan McCabe	09
800	2:10.2	Alasdhair Love	13
1500	4:29.8	David Duguid	05
3000	10:13.2	Keith Charlton	05
5000	16:53.94	Frank Boyne	07
10000	38:42.3	Dave Armitage	07
110H	19.66	Edward McKenzie	06
400H	61.71	Alasdhair Love	13
3000SC	10:11.2	Frank Boyne	05
HJ	1.68	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	M Astell, J McKeown, F McCabe, S Walker	08

VETERAN MEN (Over 40)

60	7.7	Stan Walker	11
100	11.7	Riley/Mackenzie/Walker	79/90/09
200	23.83	Stan Walker	11
300	37.85	Stan Walker	09
400	53.0	Denis Shepherd	93
800	2:01.0	Denis Shepherd	93
1500	4:08.0	Hunter Watson	77
3000	8:50.9	Colin Youngson	90
5000	14:58	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	Bob 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	Bob 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	M Clarkson, B Gordon, T Madigan, A 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	Bob Masson	99
SP	12.74	Edward McKenzie	15
SP (sen)	11.60	Edward McKenzie	12
DT	39.86	Bob Masson	92
DT (sen)	33.45	Darren Chapman	12
HT	34.35	Bob Masson	98
HT (sen)	31.30	Edward McKenzie	12
JT	40.64	Bob 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	12.41	Stan Walker	19
200	25.53	Stan Walker	19
300	41.41	Stan Walker	19
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	Bob Masson	99
LJ	5.42	Tom Leeson	15
TJ	11.23	Tom Leeson	15
SP	11.34	Bob Masson	97
SP (sen)	10.09	Edward McKenzie	18
DT	38.09	Bob Masson	98
DT (sen)	29.95	Edward McKenzie	18
JT	40.24	Tom Leeson	15
HT	34.35	Bob Masson	98
WT	9.82	Edward McKenzie	16
Dec	6251	Bob 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	Bob Masson	04
½ Mar	82:42	Bill Scullion	04
Mar	2:57:41	Bill Scullion	00
HJ	1.50	Bob Masson	02
PV	3.20	Bob Masson	03
LJ	5.02	Trevor Madigan	06
TJ	10.04	Bill Skinner	14
SP	10.84	Bob Masson	04
DT	35.83	Bob Masson	02
JT	40.53	Bob Masson	02
HT	32.40	Bob Masson	10
DEC	6006	Bob 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	Bob Masson	07
300H	53.09	Bob 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	Bob Masson	10
LJ	5.02	Trevor Madigan	06
TJ	9.79	Trevor Madigan	06
SP	10.15	Bob Masson	07
DT	42.45	Bob Masson	12
JT	37.37	Bob Masson	08
HT	32.40	Bob Masson	10
Dec	6490	Bob 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	Bob Masson	12
HJ	1.40	Bill Lonsdale	17
PV	2.90	Bob Masson	12/13
LJ	4.45	Bill Lonsdale	17
TJ	9.23	Bill Lonsdale	17
SP	9.41	Bob Masson	12
DT	42.45	Bob Masson	12
HT	29.51	Bob Masson	12
JT	33.36	Bob 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
TJ	7.88	Bob Masson	19
SP	10.17	Bob Masson	18
DT	38.13	Bob Masson	19
HT	30.83	Bob Masson	19
JT (800g)	27.34	Bob Masson	19
JT	35.25	Bob Masson	17

VETERAN MEN (Over 75)

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

SENIOR WOMEN

60	7.5	Dawn Kitchen	85
100	11.54	Zoey Clark	17
200	23.14	Zoey Clark	17
300	38.66	Kelsey Stewart	13
400	51.36	Zoey Clark	18
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 Kamya	09
½ Mar	73:22	Lynda Bain	85
Mar	2:33:38	Lynda Bain	85
HJ	1.74	Carmen Neat	19
PV	3.00	Laura Kutt	11
LJ	5.95	Linda Davidson	92
TJ	12.06	Fiona Watt	96
SP	14.24	Helen Cowe	93
DT	48.64	Helen Cowe	94
JT	38.28	Linda Low	96
HT	43.79	Jacqui Loney	03
Pent.	2836	Kate MacKay	17
Hept.	5014	Sarah Still	00
4x100	47.35	Rebecca Matheson, T Spence,	19
		R Harrison, R Badial	
4x200	1:44.36	R Badial, T Spence,	19
		J Davidson, Rebecca Matheson	
4x400	3:50.0	H Windass, S Hendry, F Watt, D Flockhart	96
3x800	7:12.71	K Purcell, P Armstrong,	19
		C Purcell	
Medley	4:07.7	K Madigan, J Edon, D Kitchen, C Sheehan	85

UNDER-20 WOMEN

60	7.8	K Madigan/S Still	86/93
100	11.9	Louise Paterson	91
200	24.45	Zoey Clark	13
300	38.66	Kelsey Stewart	13
400	54.41	Kelsey Stewart	16
800	2:07.28	Kelsey Stewart	16
1500	4:20.92	Naomi Lang	18
3000	9:29.28	Rhona Auckland	12
5000	16:45.09	Naomi Lang	17
10000	34:53.24	Rhona Auckland	12
100H	14.36	Catriona Pennet	02
400H	63.20	Rebecca Dougall	99
HJ	1.74	Carmen Neat	19
PV	2.90	Sam Somers	12
LJ	5.74	Sarah Still	94
TJ	11.48	Kirsten Young	04
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	G Carter, K Forbes, M Silcock, Rebecca Matheson	17
4x400	4:06.6	L Still, M Keenan, S Hendry, H Pirie	94
3x800	7:12.71	K Purcell, P Armstrong, C Purcell	19

UNDER-17 WOMEN

60	7.8	Kathleen Madigan	86
100	11.9	Louise Paterson	91
200	24.7	Louise Paterson	90
300	38.66	Kelsey Stewart	13
400	55.10	Kelsey Stewart	13
800	2:11.38	Rebecca Eggeling	16
1500	4:32.7	Kathryn Shepherd	74

3000	9:56.60	Naomi Lang	16
80H	11.48	Yasmin Milne	10
100H	15.5	Lyndsay Peddie	83
300H	44.14	Sylvia Kamya	05
400H	66.0	Bridie McGlashan	86
HJ	1.73	Carmen Neat	18
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	R Badial, K Forbes, A Still, Rebecca Matheson	15
4x200	1:49.3	T Barlow, A Shearer, C Pennet, L Johnston	00
3x800	7:12.71	K Purcell, P Armstrong,	19
		C Purcell	
Medley	4:31.5	M Keenan, C Fraser, N Fraser, C Clarkson	94

UNDER-15 GIRLS

100	12.37	Lesley-Ann Mearns	05
200	25.05	Lesley-Ann Mearns	05
300	40.93	Tamsin Fowlie	19
800	2:13.36	Dawn Simpson	88
1500	4:43.6	Carolyn Sheehan	84
3000	10:51.57	Phoebe Armstrong	19
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 (3K)	10.67	Angela McAuslan-Kelly	19
SP(3.25K)	12.18	Helen Cowe	81
DT	31.92	Helen Cowe	81
HT	38.17	Angela McAuslan-Kelly	19
JT(600g)	30.32	Emily Dougall	92
JT(500g)	29.15	Iona Colquhoun	14
Pent.	2773	Carmen Neat	17
4x100	51.1	L Kelly, L Beveridge, A Grant, M Bruce	82
4x200	1:58.4	K Murdoch, S Williams, A MacDonald, S Somers	09
3x800	7:12.6	M Cherry, H McInnes, C Sheehan	84

UNDER-13 GIRLS

60	8.6	Lisa Burr	98
75	10.4	Lesley-Ann Mearns	03
100	12.8	Michelle Bruce	81
150	20.1	Lesley-Ann Mearns	03
200	26.3	Michelle Bruce	81
800	2:19.0	M Cherry / D Simpson	83/86
1200	3:58.4	Phoebe Armstrong	18
1500	4:54.7	Dawn Simpson	86
70H	11.21	Sandra Gunn	88
HJ	1.45	Kate MacKay/Carmen Neat	12/14
LJ	5.01	Sarah Still	88
SP	10.37	Angela Kelly	18
DT	30.48	Angela Kelly	18
JT	26.31	Sophie Anderson	10
Pent.	2434	Angela Kelly	18
4x100	53.7	D Carle, G Stephen, K Mathieson, J Bole	77
4x200	1:58.7	H Mathieson, N Rossiter, S Mathieson, A Shearer	97
3x800	7:57.8	L Still, D Simpson, Clarkson	90

UNDER-11 GIRLS

60	9.3	Hannah Mathieson	96
100	14.1	Bruce / Madigan / Gunn	9/80/86
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	L Stewart, G Wilson, S Still, S Gunn	86
4x200	2:10.3	A Henderson, G Wilson, S Still, S Gunn	86

VETERAN WOMEN (OVER 35)

60	8.1	J Lyon/K Madigan	97/07
100	12.82	Kathleen Madigan	07
200	26.5	Janet Lyon	97
300	44.03	Kathleen Madigan	08
400	61.05	Laura Mahady	09
800	2:19.3	Sonia Armitage	04
1500	4:39.12	Sonia Armitage	96
3000	9:51.9	Heather Wisley	90
5000	17:16.32	Nicola Gauld	17
10000	37:18.2	Heather Wisley	89
80H	13.05	Julie Tuck	18
100H	15.00	Catriona Pennet	19
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 / Julie Tuck	08/19
PV	2.81	Janet Lyon	04
LJ	5.25	Fiona Davidson	15
TJ	11.39	Fiona Davidson	17
SP	9.11	Julie Tuck	19
DT	28.51	Julie Tuck	18
JT	28.40	Barbara MacDonald	96
HT	31.86	Kathleen Madigan	14
Hept	2751	Shona McKinnon	02

VETERAN WOMEN (OVER 40)

60	8.3	Kathleen Madigan	10
100	13.09	Kathleen Madigan	10
200	26.9	Janet Lyon	04
300	44.6	Kathleen Madigan	10
400	61.05	Laura Mahady	09
800	2:19.3	Sonia Armitage	04
1500	4:45.36	Sonia Armitage	07
3000	10:25.4	Sonia Armitage	02
5000	18:15.3	Sonia Armitage	03
10000	38:18.5	Sonia Armitage	02
80H	13.28	Julie Tuck	19
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	1.40	Julie Tuck	19
PV	2.81	Janet Lyon	04
LJ	5.25	Fiona Davidson	15
TJ	11.39	Fiona Davidson	17
SP	9.11	Julie Tuck	19
DT	22.34	Ann Imrie	97
JT	28.40	Barbara MacDonald	96
HT	31.86	Kathleen Madigan	14

VETERAN WOMEN (OVER 45)

60	8.7	Ann Imrie	95
100	13.6	Ann Imrie	95
200	28.2	Ann Imrie	94
300	46.8	Laura Mahady	11
400	61.05	Laura Mahady	09
800	2:19.50	Laura Mahady	09
1500	4:45.36	Sonia Armitage	07
3000	10:37.65	Sonia Armitage	07
5000	19:02.1	Laura Mahady	08
10000	42:20.6	Kathryn Mearns	03
80H	16.6	Ann Imrie	99
100H	21.4	Ann Imrie	94
½ Mar	1:36:38	Maureen MacInnes	06
Mar	3:32:33	Betty May	91
HJ	1.30	Shona McKinnon	09
PV	2.60	Janet Lyon	07/08
LJ	4.28	Janet Lyon	08
TJ	8.27	Shona McKinnon	09
SP	8.45	Fiona Davidson	19
DT	22.34	Ann Imrie	97
HT	30.72	Fiona Davidson	19
JT	19.36	Shona McKinnon	10

VETERAN WOMEN (OVER 50)

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

VETERAN WOMEN (OVER 55)

100	15.54	Penny Johnson	16
200	31.02	Laura Mahady	16
400	64.6	Laura Mahady	13
800	2:27.05	Laura Mahady	13
1500	5:15.95	Anne Howie	18
3000	11:29.97	Anne Howie	19
5000	20:28.99	Anne Howie	18
10000	50:37.5	Ann Clark	10



Anne Howie and Julie Tuck

INDOOR RECORDS (AS AT 01/01/2020)

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	2:28.95	Michael Ferguson	19
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, R Oswald, R Shaw, R Freck	17

T37 MEN

60	8.27	Lewis Clow	17
200	27.41	Lewis Clow	16

UNDER-20 MEN

60	6.97	Robbie Farquhar	19
200	22.38	Gavin Irvine	13
400	49.30	Barry Middleton	94
800	1:55.87	Lewis Watt	19
1000	2:30.94	Mark Kennedy	04
1500	4:02.6	Mark Kennedy	04
3000	9:34.81	Michael Ferguson	12
60H	8.33	Robbie Farquhar	19
HJ	1.97	Ryan Hewitson	15
PV	4.10	David Mann`	13
LJ	7.00	Robbie Farquhar	18
TJ	13.97	William Stark	94
SP	13.46	Paul Allan	89
Hept	4799	Robbie Farquhar	18

UNDER-20 T37 MEN

60	8.47	Lewis Clow	14
200	29.94	Iain Boyd	15

UNDER-17 MEN

60	7.20	Robbie Farquhar / Tobi Fatona	17/19
200	23.63	Cameron Brown	14
400	51.1	Ahmed Al-Kowarri	94
800	1:55.87	Lewis Watt	19
1000	2:52.75	Barry Middleton	91
1500	4:15.27	Adam Watt	01
3000	9:44.20	Michael Watt	18
60H	8.50	Richard Singer	95
HJ	1.90	K Lutton/R Hewitson	01/12
PV	3.70	Robbie Farquhar	17
LJ	6.57	Robbie Farquhar	17
TJ	12.67	William Stark	93
SP	12.75	John Angus	17
Hept	4472	Robbie Farquhar	17
Pent	3045	Richard Singer	95
4x200	1:35.95	F Rule, L Bisset, J Angus, J McIntosh	17

UNDER-15 BOYS

60	7.30	Timi Fatona	19
200	23.32	Timi Fatona	19
400	59.55	Jamie Thomson	04
800	2:06.08	Harry Hall	16
1000	3:09.68	William Stark	91
1500	4:28.82	Kai Crawford	19
3000	10:17.15	Sam Griffin	18
60H	9.92	Stephen Miller	00
HJ	1.68	Kevin Lutton	99
PV	2.95	Alasdair Lowe	12
LJ	5.54	William Stark	91
TJ	9.31	Alasdair Lowe	12
SP	10.60	John Angus	15
Pent	2484	William Stark	91

UNDER-13 BOYS

60	8.57	Scott Rankin	98
200	29.47	Ruairi Neil	03
800	2:24.80	Kai Crawford	17
60H	11.08	Bruce Benzie	97
HJ	1.41	Lewis Ingram	18
LJ	4.32	Craig Mathieson	95
SP	9.00	Kevin Lutton	97
Pent	1402	Finn Bryce	19

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	Bob Masson	09
LJ	5.44	Kenny Lyon	07
TJ	10.04	Bill Lonsdale	06
SP	12.18	Fintan McCabe	08
DT	31.62	Edward McKenzie	07
Weight	8.57	Edward McKenzie	07
Pent	2162	Edward McKenzie	07

VETERAN MEN (OVER 40)

60	7.6	Alan MacKenzie/Stan Walker	89/10&11
200	24.50	Stan Walker	15
400	54.60	Denis Shepherd	93
800	2:07.45	Denis Shepherd	93
1000	3:16.27	Kenny Lyon	03
1500	4:17.4	Colin Youngson	92
3000	8:58.7	Colin Youngson	89
60H	10.1	Darren Chapman	10
HJ	1.68	Denis Shepherd	93
LJ	5.62	Trevor Madigan	87
TJ	11.64	Kenny Lyon	01
PV	3.60	Bob 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	A Mackenzie, T Madigan, A Stirling, M 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	Bob 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	7.72	Mark Davidson	19
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	9.24	Mark Davidson	19
HJ	1.66	James Macgregor	16
LJ	5.24	Trevor Madigan	95
TJ	11.14	Trevor Madigan	95
PV	3.45	Bob Masson	98
SP	9.89	Kenny Lyon	12
Pent	2978	Bill Lonsdale	06
Hept	4403	Bob Masson	99

VETERAN MEN (OVER 55)

60	8.38	Trevor Madigan	06
200	28.41	Bill Skinner	15
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	Bob 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	Bob Masson	09
1500	5:23.96	Colin Youngson	08
3000	11:14.58	Colin Youngson	08
60H	11.7	Bob Masson	10
HJ	1.41	Bill Lonsdale	17
PV	3.02	Bob Masson	09
LJ	4.45	Trevor Madigan	06
TJ	9.93	Trevor Madigan	06
SP	10.16	Bob Masson	11
Hept	4304	Bob Masson	09

VETERAN MEN (OVER 65)

60	8.76	Trevor Madigan	10
200	31.60	Trevor Madigan	15
400	73.31	Hugo Fletcher	00
800	3:09.0	Hugo Fletcher	00
1000	3:50.92	Bill Lonsdale	17
1500	5:40.87	Colin Youngson	13
3000	11:35.87	Colin Youngson	13
60H	12.04	Bob Masson	13
HJ	1.41	Bill Lonsdale	17
PV	2.90	Bob Masson	12
LJ	4.28	Trevor Madigan	16
TJ	8.99	Trevor Madigan	10
SP	9.86	Bob 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
1000	4:27.36	Bob Masson	19
1500	8:25.05	Hugo Fletcher	09
60H	11.82	Bob Masson	19
HJ	1.33	Bob Masson	19
PV	2.70	Bob Masson	19
LJ	4.28	Trevor Madigan	16
SP	10.26	Bob Masson	19
Hept	4870	Bob Masson	19

VETERAN MEN (OVER 75)

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

SENIOR WOMEN

60	7.42	Zoey Clark	19
200	23.58	Zoey Clark	18
400	52.12	Zoey Clark	18
800	2:07.87	Hannah Cameron	19
1500	4:26.20	Nicola Gauld	06
3000	9:49.98	Naomi Lang	18
60H	8.79	Catriona Pennet / Jane Davidson	04/19
HJ	1.75	Carmen Neat	19
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, A Ademuyewo, E De Klerk, G Carter	17

UNDER-20 WOMEN

60	7.69	Zoey Clark	13
200	24.94	Zoey Clark	13
400	55.27	Emma Cloggie	06
800	2:10.62	Rebecca Eggeling	18
1500	4:31.48	Naomi Lang	18
3000	9:49.98	Naomi Lang	18
60H	8.79	Jane Davidson	19
HJ	1.75	Carmen Neat	19
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	E Shanks, L McNeil, S Jennings, J Kokovworho	17
Pent	3436	Alix Still	16

UNDER-15 GIRLS

60	7.83	Lesley-Ann Mearns	05
200	25.51	Lesley-Ann Mearns	05
800	2:17.60	Emma Cloggie	02
1500	4:57.90	Hannah Smith	94
60H	9.30	Hannah Mathieson	00
HJ	1.58	Carmen Neat	16
PV	2.06	Sophie Anderson	11
LJ	5.02	Donna Quirie	91
SP(3.25kg)	8.68	Catriona Pennet	98
SP(3kg)	10.49	Angela McAuslan-Kelly	19
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
1500	5:09.43	Phoebe Armstrong	18
60H	10.00	Catriona Pennet	96
HJ	1.46	Kate MacKay	12
LJ	4.53	Angela Kelly	18
SP	10.18	Angela Kelly	18
Pent	2524	Angela Kelly	18

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	11:14.77	Laura Mahady	08
60H	9.08	Catriona Pennet	19
HJ	1.36	Shona McKinnon	03
PV	2.70	Janet Lyon	02/04
LJ	5.14	Fiona Davidson	18
TJ	11.02	Fiona Davidson	14
SP	8.64	Fiona Davidson	19
Pent.	2380	Shona McKinnon	02

VETERAN WOMEN (OVER 40)

60	8.17	Fiona Davidson	17
200	27.96	Janet Lyon	04
400	64.11	Laura Mahady	13
800	2:22.77	Sonia Armitage	06
1500	4:45.85	Sonia Armitage	06
3000	11:14.77	Laura Mahady	08
60H	9.77	Julie Tuck	19
HJ	1.32	Shona McKinnon	09
PV	2.70	Janet Lyon	02/04
LJ	5.14	Fiona Davidson	18

TJ	11.02	Fiona Davidson	14
SP	8.64	Fiona Davidson	19
Pent	2286	Shona McKinnon	04

VETERAN WOMEN (OVER 45)

60	8.25	Fiona Davidson	18
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	11:14.77	Laura Mahady	08
HJ	1.32	Shona McKinnon	09
PV	2.50	Janet Lyon	11
LJ	5.14	Fiona Davidson	18
TJ	10.45	Fiona Davidson	18
SP	8.64	Fiona Davidson	19

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
1500	5:17.22	Anne Howie	19
PV	2.35	Janet Lyon	14
HJ	0.99	Sally Thomson	19
LJ	3.59	Shona McKinnon	13
SP	8.64	Fiona Davidson	19

VETERAN WOMEN (OVER 55)

60	9.39	Penny Johnson	16
200	32.12	Penny Johnson	16
400	64.11	Laura Mahady	13
800	2:27.84	Laura Mahady	13
1500	5:17.22	Anne Howie	19



Catriona Pennet



Anne Howie

2019 TOP 5 CLUB RANKINGS

Covering the athletics year ended 31 October 2019

SENIOR MEN

60m	
7.09i	Gavin Irvine
7.12i	Marcus Archer
7.34i	Robbie Shaw
7.45i	Thomas Carter
7.52i	Ross Freck
100m	
11.08	Gavin Irvine
11.11	Marcus Archer
11.40	Robbie Shaw
11.69	Ross Freck
11.85	Andrew Baldwin
150m	
16.7	Gavin Irvine
18.2	Steven Murray
18.2	Ben Nelson
18.7	Jordan Thomson
19.3	Stan Walker (M45)
200m	
22.26	Gavin Irvine
22.55i	Marcus Archer
23.07i	Robbie Shaw
23.09	Thomas Carter
23.15	Ross Freck
300m	
36.42	Robbie Shaw
36.93	Thomas Carter
41.41	Stan Walker (M50)
42.04	Iain Boyd (T37)
400m	
50.27	Marcus Archer
50.66	Robbie Shaw
52.01	Michael Ferguson
52.83	Ben Nelson
52.94	Thomas Carter
600m	
1:27.8	Steven Murray
1:27.8	Ben Nelson
800m	
1:53.73	Michael Ferguson
1:55.07	Rory Muir
1:58.41	Steven Murray
1:58.97	Stewart Millar
1:59.75	Ben Nelson
1000m	
4:27.36i	Bob Masson (M70)
1,500m	
3:48.43	Michael Ferguson
4:00.06	Steven Murray
4:00.46	Rory Muir
4:05.93	Aaron Odentz
6:03.40	Mark Davidson (M50)
3,000m	
8:27.87	Michael Ferguson
9:04.89i	Steven Murray
9:20.09	David Buglass
9:28.08i	Joe Barton
9:31.17	Fearghas Thomson

5,000m

14:41.97	James Hoad
15:53.41	David Buglass
15:58.26	Joe Barton
15:59.85	Philip Neilson
16:25.16	Fearghas Thomson

10,000m

30:35.53	James Hoad
31:32.54	Will MacKay
34:37.63	Joe Barton

3,000m Steeplechase

10:03.24	Fearghas Thomson
10:28.93	Steven Murray
10:31.50	Eoghan MacNamara
10:44.44	Aaron Odentz
10:57.37	Andrew Ferguson

110m Hurdles

16.00	Ryan Hewitson
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400m Hurdles

64.38	Eoghan MacNamara
70.75	Andrew Ferguson

High Jump

1.85	Ryan Hewitson
1.65	Sam Lyon
1.61i	James Macgregor (M50)
1.33i	Bob Masson (M70)
1.20	Stan Walker (M50)

Pole Vault

2.70i	Bob Masson (M70)
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Long Jump

6.71	Sam Lyon
4.81	Mark Davidson (M50)
4.56	Lewis Clow (T37)
4.28i	Bill Skinner (M55)
4.09	James Macgregor (M50)

Triple Jump

13.31	Sam Lyon
11.64	Ryan Hewitson
9.65i	Bill Skinner (M55)
8.63	Bill Lonsdale (M65)
7.88i	Bob Masson (M70)

Shot

9.97	Eddie McKenzie (M50)
9.13	Conor Hewitson
9.08	Sam Lyon

Discus

28.27	Conor Hewitson
27.62	Eddie McKenzie (M50)
26.25	Bob Masson (M70)

Hammer

28.27	Conor Hewitson
22.96	Eddie McKenzie (M50)

Javelin

41.65	Sam Lyon
36.09	Eddie McKenzie (M50)
32.23	Conor Hewitson
27.34	Bob Masson (M70)

PARA MEN

60m

8.28i	Lewis Clow (T37)
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100m

13.03	Iain Boyd (T37)
13.1	Lewis Clow (T37)

200m

25.77	Iain Boyd (T37)
26.71	Lewis Clow (T37)

300m

42.04	Iain Boyd (T37)
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400m

60.49	Iain Boyd (T37)
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Long Jump

4.56	Lewis Clow (F37)
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VETERAN MEN

60m

7.72i	Mark Davidson (M50)
8.16	Stan Walker (M45)
8.7i	Bill Skinner (M55)
9.35i	Trevor Madigan (M70)
9.83i	Bob Masson (M70)

100m

12.41	Stan Walker (M50)
12.57	Mark Davidson (M50)
14.14	Bill Skinner (M60)
16.18	Bob Masson (M70)

150m

19.3	Stan Walker (M45)
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200m

25.53	Stan Walker (M50)
28.94i	Bill Skinner (M55)

300m

41.41	Stan Walker (M50)
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400m

66.93	Bill Skinner (M60)
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800m

2:50.46	Bill Skinner (M60)
3:04.73i	Bill Lonsdale (M65)

1,000m

4:27.36i	Bob Masson (M70)
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1,500m

6:03.40	Mark Davidson (M50)
7:14.67	Bob Masson (M70)

3,000m

10:57.65	Paul Eggeling (M50)
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5,000m

18:33.0	Paul Eggeling (M50)
19:07.00	Athol Burnett (M55)

60m Hurdles (M50)

9.24i	Mark Davidson (M50)
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60m Hurdles (M70)

11.82i	Bob Masson (M70)
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High Jump

1.61i	James Macgregor (M50)
1.33i	Bob Masson (M70)
1.20	Stan Walker (M50)

Pole Vault

2.70i Bob Masson (M70)

Long Jump4.81 Mark Davidson (M50)
4.28i Bill Skinner (M55)
4.19i Bill Lonsdale (M65)
3.99i Bob Masson (M70)
3.79 Trevor Madigan (M70)**Triple Jump**9.65i Bill Skinner (M55)
8.63i Bill Lonsdale (M65)
7.88i Bob Masson (M70)**Shot (7.26K)**

9.97 Eddie McKenzie (M50)

Shot (6K)

11.11 Eddie McKenzie (M50)

Shot (5K)10.61 Mark Davidson (M50)
8.82 Bob Masson (M70)
8.25 Bill Skinner (M60)**Shot (4K)**

10.26i (9.32) Bob Masson (M70)

Discus (2K)27.62 Eddie McKenzie (M50)
26.25 Bob Masson (M70)**Discus (1.5K)**

33.45 Eddie McKenzie (M50)

Discus (1K)

38.13 Bob Masson (M70)

Hammer (7.26K)

22.96 Eddie McKenzie (M50)

Hammer (6K)

27.92 Eddie McKenzie (M50)

Hammer (4K)

30.83 Bob Masson (M70)

Javelin (800g)36.09 Eddie McKenzie (M50)
27.34 Bob Masson (M70)**Javelin (700g)**

36.01 Eddie McKenzie (M50)

Javelin (500g)

32.06 Bob Masson (M70)

Heptathlon (M70)

4870i Bob Masson (M70)

UNDER-20 MEN**60m**7.07i Robbie Farquhar
7.16i Craig Strachan
7.20i Struan Linton
7.50i James Mcintosh
7.63i Callum Davidson**100m**10.85 Robbie Farquhar
10.98 Struan Linton
11.31 James Mcintosh
11.35 Craig Strachan
11.86 Callum Davidson**150m**17.0 James Mcintosh
18.1 Mikhail Mohammed**200m**22.29 James Mcintosh
22.39 Struan Linton
22.57 Craig Strachan
24.30 Callum Davidson**300m**

35.49 James Mcintosh

400m48.92 James Mcintosh
53.01 Adam Brown**600m**

1:45.5 Jan M Barraclough

800m1:57.66 Nic Tierney
2:00.58 Adam Brown
2:00.81i Harry Hall
2:03.44 Sunny McGrath
2:06.70 Michael Watt**1,500m**4:06.46 Adam Brown
4:06.55 Sunny McGrath
4:20.27 Harry Hall
4:24.00 Michael Watt
4:33.55i Keaton Bramwell**3,000m**9:00.25 Sunny McGrath
9:09.38 Adam Brown
9:41.41i Michael Watt
9:42.05 Nic Tierney
11:06.01 Hamish Brown**5,000m**15:41.6 Sunny McGrath
22:14.36 Hamish Brown**10,000m**

35:53.74 Michael Watt

60m hurdles (3'3")

8.33i Robbie Farquhar

110m Hurdles (3'3")15.38 Robbie Farquhar
21.66 Cameron Callow**High Jump**1.70 James Mcintosh
1.45 Robbie Farquhar
1.42 Johnathan Irvine**Long Jump**7.16 Robbie Farquhar
6.45 James Mcintosh**Triple Jump**

11.91 Robbie Farquhar

Shot (7.26K)

10.64 John Angus

Shot (6K)

11.77 John Angus

Discus (1.75K)

33.69 John Angus

UNDER-17 MEN**60m**7.20i Tobi Fatona
7.47 Athol Gordon
7.79i Joshua Carroll
7.96i Colm Horgan
7.99i Adam Taylor**100m**11.13 Tobi Fatona
11.86 Sideeq Remi-Shodipo
12.08 William Hodi
12.19 Joshua Carroll
13.25 Fergus Gault**150m**18.6 Colm Horgan
19.2 Fergus Gault**200m**22.72 Tobi Fatona
24.78 Sideeq Remi-Shodipo
25.09 Joshua Carroll
25.31 William Hodi
27.31 Fergus Gault**400m**53.71 Lewis Watt
56.21 William Hodi
56.38 Shaun MacDonald
58.84 Alasdair Nunn**600m**1:28.6 Lewis Watt
1:42.2 Alasdair Nunn**800m**2:00.83 Lewis Watt
2:04.03 Shaun MacDonald
2:10.92 Ross MacMillan
2:12.57 Sam Griffin
2:17.08 Alasdair Nunn**1,000m**

3:24.99i Athol Gordon

1,500m4:18.19 Shaun MacDonald
4:21.70 Sam Griffin
4:27.98 Lewis Watt
4:36.57 Ross MacMillan
4:54.64 Alasdair Nunn**3,000m**9:24.40 Sam Griffin
10:16.42 Ross MacMillan
11:01.15 Alasdair Nunn
11:05.34 Jacob Cooper
11:07.68 Patrick Lang**1,500m Steeplechase**

4:53.31 Sam Griffin

60m Hurdles9.20i Athol Gordon
9.38i William Hodi**100m Hurdles**

15.03 William Hodi

400m Hurdles

59.15 William Hodi

High Jump1.75 William Hodi
1.65i Athol Gordon
1.35 Fergus Gault**Pole Vault**3.40i Athol Gordon
3.20i William Hodi**Long Jump**5.86 William Hodi
4.95i Athol Gordon
4.55i Josh Gannicliffe
4.24 Jacob Cooper

Triple Jump

13.03 William Hodi
8.00 Jacob Cooper

Shot (5K)

12.43i Athol Gordon
9.20 William Hodi
7.61i Fergus Gault
4.31 Tobi Fatona

Discus (1.5K)

30.27 William Hodi

Hammer (5K)

19.86 William Hodi

Javelin (700g)

39.76 Athol Gordon
30.74 William Hodi

Heptathlon (indoor)

3717i Athol Gordon

UNDER-15 BOYS**60m**

7.30i Timi Fatona
8.79i Dylan Dickie
9.71i Sam Baverstock
9.83i Lewis Ingram
9.91 Zeb Khan

100m

11.47 Timi Fatona
12.97 Kene Ileagu
13.25 Jasper Lecore
13.4 Callum McGregor
14.49 Caleb Brock

150m

23.9 Sam Baverstock

200m

23.32i Timi Fatona
25.65 Callum McGregor
27.20 Jasper Lecore
27.42 Dylan Dickie
29.22 Calum Gorman

300m

44.18 Dylan Dickie
45.37 Caleb Brock
45.83 Calum Gorman
45.91 Hamish McKay
46.94 Finlay Cooper

800m

2:01.39 Kai Crawford
2:17.99 Dylan Dickie
2:19.7 Calum Gorman
2:23.5 Aleksander Jovcic
2:24.12i Callum McGregor

1,500m

4:14.63 Kai Crawford
4:39.78 Calum Gorman
4:43.85 Dylan Dickie
4:44.82 Aleksander Jovcic
4:44.86 Hamish McKay

3000m

9:46.07 Kai Crawford
10:20.85 Hamish McKay
10:29.39 Calum Gorman
10:32.21 Aleksander Jovcic
10:57.38 Thomas MacKenzie

80m Hurdles

13.42 Callum McGregor
17.32 Lewis Ingram
17.5 Jasper Lecore

High Jump

1.50 Callum McGregor
1.45 Calum Gorman
1.45 Lewis Ingram
1.35 Kene Ileagu
1.35 Jasper Lecore

Pole Vault

2.80 Callum McGregor
1.80i Lewis Ingram

Long Jump

4.82 Callum McGregor
4.46 Jasper Lecore
4.34 Calum Gorman
3.99 Caleb McGuire
3.83 Lewis Ingram

Triple Jump

6.31i Zeb Khan

Shot (4K)

9.70 Callum McGregor
7.07 Dylan Dickie
6.82 Jake Dickie
6.70 Sam Baverstock
5.72 Caleb McGuire

Discus (1.25K)

21.05 Dylan Dickie
19.31 Jake Dickie
12.88 Caleb McGuire
12.42 Lewis Ingram

Hammer (4K)

23.70 Jake Dickie

Javelin (600g)

19.77 Caleb McGuire
18.45 Aleksander Jovcic
18.26 Zeb Khan
17.99 Jake Dickie
17.30 Lewis Ingram

Pentathlon (indoor)

1821i Callum McGregor

UNDER-13 BOYS**60m**

9.04i Finn Bryce
9.63i Jamie Renfrew
10.09 Ethan Thomson

100m

14.11 Daniel Greenwood
14.50 Rhys Crawford
14.60 Alexander Arris
14.94 Finn Bryce
15.29 Oscar Chirnside

200m

29.26 Daniel Greenwood
29.38 Rhys Crawford
29.66 Finn Bryce
30.57 Alexander Arris
31.60 Sam Baverstock

800m

2:19.99 Rhys Crawford
2:34.26 Finn Bryce
2:34.60 Dylan Pearson
2:35.28 Alexander Arris

2:37.49 Oscar Chirnside

1,500m

4:56.60 Rhys Crawford
4:59.54 Dylan Pearson
5:09.14 Oscar Chirnside
5:25.15 Finlay McKay
5:30.44 Alexander Arris

60m Hurdles (2'6")

11.09i Finn Bryce
13.68i Jamie Renfrew

75m Hurdles (2'6")

14.26 Finn Bryce
17.61 Jamie Renfrew
18.23 Finlay Collins

High Jump

1.38 Finn Bryce
1.10 Oscar Chirnside
1.10 Daniel Greenwood

Long Jump

4.59 Finn Bryce
3.97 Finlay Rae
3.81 Rhys Crawford
3.53 Oscar Chirnside
3.43 Jamie Renfrew

Shot (3K)

8.29 Finn Bryce
6.61 Rhys Crawford
4.89 Finlay Collins
4.55 Ethan Thomson
4.45 Finlay Rae

Discus (1K)

18.18 Finn Bryce
16.44 Rhys Crawford
9.86 Harris Callander

Javelin (400g)

29.54 Finn Bryce
13.08 Rhys Crawford
11.54 Finlay Collins
9.01 Harris Callander
7.7 Jamie Renfrew

Pentathlon

1137 Finn Bryce

Pentathlon (indoor)

1402i Finn Bryce

UNDER-11 BOYS**60m**

9.71i Ruben Costello
9.73i Dexter Tough
10.06i Oscar Cook
10.40i Archie Baxter

80m

12.7 Dexter Tough
14.1 James Newman

100m

14.89 Dexter Tough
15.29 Alex Henthorn
15.32 Reuben McAllister
15.39 Ruben Costello
16.43 Archie Baxter

200m
 32.1 Dexter Tough
 34.01 Ruben Costello
 34.17 Tochi Uzu
 34.48 Reuben McAllister
 35.23 Archie Baxter

600m
 2:11.5 Aiden MacDonald
 2:24.2 James Newman

800m
 2:44.63 Reuben McAllister
 2:54.51 Alex Henthorn
 3:03.37 Dexter Tough
 3:07.06 Dylan Wilson
 3:07.20 Aiden MacDonald

1200m
 4:15.27 Reuben McAllister
 4:47.04 Aiden MacDonald

High Jump
 1.15 Ruben Costello
 1.10 Dexter Tough
 1.00i Reuben McAllister
 0.95 Calum Leitch
 0.90i Dylan Wilson

Long Jump
 3.71 Dexter Tough
 3.65 Reuben McAllister
 3.55 Archie Baxter
 3.48 Ruben Costello
 3.29 Alex Henthorn

Shot (2.72K)
 5.28i Oscar Cook
 5.04 Dylan Wilson
 4.87 Alex Henthorn
 4.57 Aiden MacDonald
 4.49 Dexter Tough

Discus (0.75K)
 14.20 Ruben Costello
 9.61 Tochi Uzu

Javelin (400g)
 11.11 Dylan Wilson

SENIOR WOMEN

60m
 7.42i Zoey Clark
 7.67i Rebecca Matheson
 7.83i Sharon Jakisa
 7.84i Roisin Harrison
 7.95i Taylah Spence

100m
 11.98 Roisin Harrison
 12.03 Rebecca Matheson
 12.3 Taylah Spence
 13.1 Alice Tait
 13.81 Julie Tuck (W40)

150m
 20.1 Alice Tait

200m
 23.60i Zoey Clark
 24.05 Roisin Harrison
 24.52 Rebecca Matheson
 24.65 Taylah Spence
 24.95 Kelsey Stewart

400m
 52.8 Zoey Clark
 55.21 Kelsey Stewart
 55.94 Roisin Harrison
 57.54 Hannah Cameron
 57.68 Rebecca Matheson

800m
 2:06.82 Hannah Cameron
 2:25.55 Eilidh Prise
 2:30.97 Hannah Mutch
 2:36.82i Anne Howie (W55)
 2:39.63 Veronique Oldham(W50)

1,500m
 4:34.28 Hannah Cameron
 5:17.22i Anne Howie (W55)
 5:19.05 Hannah Mutch

3,000m
 11:23.42 Jennifer Harrison
 11:29.97 Anne Howie (W55)
 11:46.57 Holly Morrison

60m Hurdles
 9.08i Catriona Pennet (W35)

100m Hurdles
 14.99 Catriona Pennet (W35)

400m Hurdles
 67.80 Jade Halket

High Jump
 1.40 Julie Tuck (W40)
 1.25 Jade Halket
 0.99i Sally Thomson (W50)

Long Jump
 4.96 Julie Tuck (W40)
 4.83 Grace Angus
 4.07i Jessica Brook

Triple Jump
 8.98 Fiona Davidson (W45)

Shot (4K)
 9.11 Julie Tuck (W40)
 8.64i Fiona Davidson (W45)
 8.60 Jade Halket
 7.93 Catriona Pennet (W35)
 7.15 Jessica Brook

Discus (1K)
 28.12 Julie Tuck (W40)
 24.93 Emma Williams (W40)
 21.22 Fiona Davidson (W45)
 17.07 Sarah Knox (W45)
 13.91 Sheryl Paul (W40)

Hammer (4K)
 30.72 Fiona Davidson (W45)
 26.73 Emma Williams (W40)
 18.63 Sheryl Paul (W40)

Javelin (600g)
 25.68 Julie Tuck (W40)
 21.77 Catriona Pennet (W35)
 18.16 Jade Halket

VETERAN WOMEN

60m
 8.41i Catriona Pennet
 8.65i Julie Tuck (W40)

100m
 13.81 Julie Tuck (W40)
 16.18 Sheryl Paul (W40)

200m
 27.25 Catriona Pennet

800m
 2:36.82 Anne Howie (W55)
 2:39.63 Veronique Oldham(W50)

1500m
 5:17.22i Anne Howie (W55)

3,000m
 11:29.97 Anne Howie (W55)

60m Hurdles
 9.77i Julie Tuck (W40)

80m Hurdles
 13.28 Julie Tuck (W40)

100m Hurdles
 14.99 Catriona Pennet (W35)

Long Jump
 4.96 Julie Tuck (W40)

Triple Jump
 8.98 Fiona Davidson (W45)

Shot (4K)
 9.11 Julie Tuck (W40)
 8.64i Fiona Davidson (W45)
 7.93 Catriona Pennet (W35)
 6.33 Sheryl Paul (W40)

Discus (1K)
 28.12 Julie Tuck (W40)
 24.93 Emma Williams (W40)
 21.22 Fiona Davidson (W45)
 17.07 Sarah Knox (W45)
 13.91 Sheryl Paul (W40)

Hammer (4K)
 30.72 Fiona Davidson (W45)
 26.73 Emma Williams (W40)
 18.63 Sheryl Paul (W40)

Javelin (600g)
 25.68 Julie Tuck (W40)
 21.77 Catriona Pennet (W35)

UNDER-20 WOMEN

60m
 7.84 Rhia Badial
 7.89i Jane Davidson
 8.0i Rebecca Olaleye
 8.1i Carmen Neat
 8.55i Ailsa Gault

100m
 12.45 Rhia Badial
 12.46 Jane Davidson
 13.41 Georgia Morrison
 13.67 Ailsa Gault
 14.17 Vivienne Archibald

150m
 19.0 Carmen Neat
 19.1 Rhia Badial

200m
 25.73i Rebecca Olaleye
 26.27 Rhia Badial
 26.55 Georgia Morrison
 26.80i Jane Davidson
 28.58 Ailsa Gault

300m
 41.01i Georgia Morrison

400m
57.62 Georgia Morrison

800m
2:38.1 Kirsty Oldham

1,500m
4:27.84 Naomi Lang
5:17.16 Kirsty Oldham

3,000m
9:34.03 Naomi Lang

5,000m
17:09.52 Naomi Lang

60m Hurdles
8.79i Jane Davidson
9.38i Carmen Neat

100m Hurdles
14.67 Jane Davidson

High Jump
1.75i (1.74) Carmen Neat
1.42i Jane Davidson
1.25 Ailsa Gault

Long Jump
5.52i Jane Davidson
4.61 Ailsa Gault

Pole Vault
2.70 Ailsa Gault

Triple Jump
9.39 Ailsa Gault

Shot (4K)
8.12i Jane Davidson
4.76 Ailsa Gault

Discus (1K)
19.70 Jane Davidson

Javelin (600g)
24.07 Jane Davidson
15.41 Ailsa Gault

UNDER-17 WOMEN

60m
8.21i Mia Keogh
8.4i Sadie Marr
8.45i Sophie Jennings
8.47 Erin Williams
8.49i Iona Brodie

100m
12.77 Mia Keogh
12.85 Iona Brodie
13.32 Sophie Jennings
13.32 Sadie Marr
13.35 Erin Williams

150m
19.7 Mia Keogh
20.2 Jess Daniel

200m
26.50 Mia Keogh
27.02 Iona Brodie
27.75i Sophie Jennings
27.95 Sadie Marr
27.96 Jess Daniel

300m
42.15 Mia Keogh
44.4 Jess Daniel
44.48 Caitlin Purcell
45.29 Sophie Jennings
45.38 Kirsty Purcell

600m
1:41.5 Kirsty Purcell
1:42.6 Caitlin Purcell

800m
2:16.21 Kirsty Purcell
2:19.90 Caitlin Purcell
2:35.1 Emma Swanson
2:40.27 Iona McGuire
2:52.88 Erin Williams

1,500m
4:46.98 Kirsty Purcell
4:51.68 Caitlin Purcell
5:11.21 Emma Swanson
5:55.55 Iona McGuire

3,000m
10:25.45 Kirsty Purcell
10:43.70 Caitlin Purcell
11:13.26 Emma Swanson

1,500m Steeplechase
6:24.9 Emma Swanson

60m Hurdles
9.65i Erin Williams
10.19i Sophie Jennings
10.33i Jess Daniel

80m Hurdles
12.67 Erin Williams
13.13 Sophie Jennings
13.85 Jess Daniel
14.39 Abigail Robertson

300m Hurdles
49.09 Sophie Jennings
49.18 Jess Daniel
50.18 Erin Williams
54.66 Iona McGuire

High Jump
1.57 Abigail Robertson
1.42i Erin Williams
1.30 Jess Daniel
1.30 Sophie Jennings

Pole Vault
1.90i Hannah Ingram
1.80 Sophie Jennings

Long Jump
5.12 Erin Williams
4.61 Sophie Jennings
4.59i Abigail Robertson
4.52 Jessica Daniel
3.69 Morag Shepherd

Triple Jump
9.31 Abigail Robertson
9.02 Sophie Jennings

Shot (3K)
8.67 Una McGee
8.22i Morag Shepherd
8.09 Sophie Jennings
6.94 Erin Williams
5.32 Iona McGuire

Discus (1K)
30.54 Una McGee
22.18 Erin Williams
20.21 Sophie Jennings
16.61 Hannah Ingram
13.13 Jess Daniel

Hammer (3K)
33.55 Erin Williams
23.50 Una McGee

Javelin (500g)
20.74 Erin Williams
17.50 Una McGee
11.13 Iona McGuire

Pentathlon
2561 Erin Williams

UNDER-15 GIRLS

60m
8.07 Tamsin Fowlie
8.53i Tara Madden
8.71i Angela Kelly
8.99i Alice Mearns
9.22i Alice Robertson

100m
12.8 Tamsin Fowlie
13.24 Cara Davie
13.45 Morven White
13.8 Angela McAuslan-Kelly
14.12 Rosie Meyer

150m
19.1 Tamsin Fowlie
21.0 Tara Madden

200m
25.47 Tamsin Fowlie
27.55 Cara Davie
27.99 Morven White
28.69 Angela McAuslan-Kelly
29.46 Rosie Meyer

300m
40.93 Tamsin Fowlie
46.3 Angela McAuslan-Kelly
46.34 Phoebe Armstrong
49.50 Alice Mearns
52.7 Oyenmwem Izedonmwem

800m
2:19.57 Phoebe Armstrong
2:33.27 Kirstin Grant
2:35.42 Charlotte Narducci
2:45.18 Angela McAuslan-Kelly
2:49.86 Anna Jackson

1,500m
4:51.80 Phoebe Armstrong
5:10.35 Kirstin Grant
5:13.30 Charlotte Narducci
5:35.84 Anna Jackson
6:31.38 Gabija Kavaliauskaite

3,000m
10:51.57 Phoebe Armstrong
11:10.12 Johanna Mackenzie
11:43.74 Kirstin Grant

60m Hurdles
11.29i Angela Kelly
11.51i Lydia Barker

75m Hurdles

12.87	Rosie Meyer
13.09	Angela McAuslan-Kelly
14.33	Lydia Barker
14.86	Alice Mearns
17.88	Oluwasekemi Adenuga

High Jump

1.50	Angela McAuslan-Kelly
1.42i	Cara Davie
1.30	Lydia Barker
1.30	Rosie Meyer
1.08i	Gabija Kavaliauskaite

Long Jump

4.81	Angela McAuslan-Kelly
4.39	Lydia Barker
4.39	Rosie Meyer
3.98	Phoebe Armstrong
3.63	Alice Mearns

Shot (3K)

10.67	Angela McAuslan-Kelly
9.17	Cara Davie
8.02	Lydia Barker
7.91	Rosie Meyer
7.60	Tamsin Fowlie

Discus (1K)

28.79	Angela McAuslan-Kelly
19.13	Tamsin Fowlie
17.02	Lydia Barker

Hammer (3K)

38.17	Angela McAuslan-Kelly
21.05	Lydia Barker

Javelin (500g)

24.11	Lydia Barker
21.96	Rosie Meyer
18.34	Angela McAuslan-Kelly
10.75	Morven White

Pentathlon

2694	Angela McAuslan-Kelly
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Pentathlon (indoor)

2495i	Angela McAuslan-Kelly
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UNDER-13 GIRLS**60m**

8.88i	Josie Laing
9.13i	Neve Baxter
9.51i	Anna McNeill
9.60	Abby Farquhar
9.77	Jezzica Khan

75m

11.04	Neve Baxter
11.48	Abby Farquhar
12.13	Freya McHattie
12.26	Lois Macmillan
12.92	Ava Brookes

100m

14.11	Josie Laing
14.47	Neve Baxter
14.98	Anna McNeill
14.99	Abby Farquhar
15.17	Ellie McGee

150m

21.72	Josie Laing
22.13	Neve Baxter
24.3	Ellie McGee
26.06	Ellis Rochford

200m

30.31	Anna McNeill
30.51	Josie Laing
31.18	Abby Farquhar
32.54	Jezzica Khan
32.61	Ellie McGee

600m

2:24.4	Lois Macmillan
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800m

2:35.68	Anna McNeill
2:42.44	Lucy Todd
2:42.45	Abby Farquhar
2:57.05	Sarah McAllister
2:59.43	Josie Laing

1,200m

4:11.21	Abby Farquhar
4:17.46	Lucy Todd
4:38.79	Sarah McAllister
5:06.01	Lois Macmillan
5:17.77	Ellis Rochford

1,500m

5:10.87	Anna McNeill
5:52.86	Abby Farquhar

60m Hurdles

11.50	Josie Laing
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70m Hurdles

12.47	Josie Laing
12.76	Ellie McGee
14.77	Lucy Todd
15.82	Jezzica Khan

High Jump

1.31	Ellie McGee
1.20	Jezzica Khan
1.15	Sarah McAllister

Long Jump

4.35	Josie Laing
4.16	Ellie McGee
3.91	Anna McNeill
3.77	Jezzica Khan
3.70	Abby Farquhar

Shot (2.72K)

7.55	Ellie McGee
6.84	Josie Laing
6.58	Esther Barker
6.02	Jezzica Khan
5.69i	Emily Cook

Discus (0.75K)

17.99	Esther Barker
15.91	Ellie McGee
15.22	Josie Laing
10.69	Jezzica Khan
10.23	Grace Scott

Javelin (400g)

15.79	Ellie McGee
12.98	Esther Barker
10.67	Lois Macmillan
8.87	Jezzica Khan

Pentathlon

1596	Ellie McGee
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UNDER-11 GIRLS**60m**

9.66i	Evie Gordon
10.72i	Sophie Douglas

80m

12.9	Evie Gordon
15.4	Sophie Imlach

100m

14.72	Evie Gordon
16.65	Anna Watson
17.00	Sophie Douglas
17.29	Sophie Imlach
17.93	Sophie Farquhar

150m

24.9	Evie Gordon
26.6	Sophie Douglas

200m

31.51	Evie Gordon
36.37	Sophie Imlach
38.04	Sophie Douglas
39.81	Sophie Farquhar

600m

2:12.8	Sophie Imlach
2:17.1	Grace Stephenson

800m

3:00.89	Sophie Imlach
3:11.46	Grace Stephenson
3:11.60	Evie Gordon
3:26.80	Sophie Farquhar
3:27.32	Sophie Douglas

1200m

4:48.98	Sophie Imlach
4:56.77	Grace Stephenson

High Jump

1.00	Sophie Douglas
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Long Jump

3.01	Sophie Douglas
2.95	Evie Gordon
2.66	Sophie Farquhar
2.48	Sophie Imlach
2.15	Grace Stephenson

Shot (2.72K)

4.42	Evie Gordon
3.60	Grace Stephenson
3.47	Sophie Farquhar
3.20	Sophie Douglas

Javelin (400g)

5.45	Evie Gordon
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TRACK & FIELD, 2018

(updates from 2019 Yearbook)

Scottish Senior and Under-17 Championships

Grangemouth, August 11th-12th, 2018

Men

Daniel Rees: 1st, 110H (16.33)

TRACK & FIELD, 2019

International & Representative Matches

IAAF World Championships

Doha, Qatar, 27th September–6th October, 2019

Women

Zoey Clark: 4th, 4x400m (3:23.02); 4th, mixed 4x400m (3:12.27)

World Relays

Doha, Qatar, 11th-12th May, 2019

Women

Zoey Clark: 6th, 4x400m (3:28.96)

Loughborough International

Loughborough, May 19th, 2019

Men

Michael Ferguson: 15th, 1500m (3:51.59)

Women

Naomi Lang: 13th, 1500m (4:29.23)

Irish Universities v Scottish Universities

Antrim, May 25th, 2019

Men

Robbie Farquhar: 2nd, LJ (6.64m)

International Meeting

Savona, Italy, May 29th, 2019

Women

Zoey Clark: 1st, 400m race 2 (53.04)

Resisprint International

La Chaux-de-Fonds, Switzerland, June 30th, 2019

Women

Zoey Clark: 5th, 200m race 2 (23.68); 2nd, 400m race 3 (52.67)

SIAB British Schools International

Swansea, July 20th, 2019

Under-17 men

William Hodi: 6th, 400H (59.58)

Welsh Athletics International

Cardiff, July 24th, 2019

Women

Naomi Lang: 2nd, 3000m (10:01.12)

Under-20 women

Georgia Morrison: 8th, 400m (61.52)

Folksam Grand Prix

Gothenburg, Sweden, August 16th, 2019

Women

Zoey Clark: 3rd, 400m (53.92)

European Medallists

European Masters Championships

Jesolo, Italy, September 5th – 15th, 2019

Over-35 women

Catriona Pennet: 2nd, 100H (15.10)

British Medallists

England Athletics Senior Championships

Manchester, July 28th, 2019

Women

Hannah Cameron: 3rd, 800m (2:10.33)

British Masters Championships

Birmingham, August 10th-11th, 2019

Over-50 men

James Macgregor: 2nd, HJ (1.60m)

Over-40 women

Julie Tuck: 1st, 80H (15.35); 2nd, LJ (4.89m); 3rd, SP (8.44m)

Over-55 women

Anne Howie: 1st, 800m (2:41.08); 1st, 1500m (5:24.29)

British Championships

Birmingham, August 24th-25th, 2019

Women

Zoey Clark: 3rd, 400m (52.52)

Scottish Medallists

Scottish Under-20 and Under-17 3,000m Championships

Scotstoun, Glasgow, May 31st, 2019

Under-20 women

Naomi Lang: 3rd, 9:55.44

Scottish Combined Events Championships

Grangemouth, July 13th-14th, 2019

Under-13 girls

Angela McAuslan-Kelly: 3rd, Pent (2694)

Scottish Masters Championships

Grangemouth, July 13th, 2019

Over-50 men

Stan Walker: 1st, 100m (12.49); 1st, 200m (25.54)
Eddie McKenzie: 1st, SP (10.54m); 2nd, DT (33.45m);
1st, JT (34.67m)

Over-60 men

Bill Skinner: 1st, 100m (14.36); 1st, 400m (66.93)
James Macgregor: 1st, HJ (1.55m)

Over-70 men

Bob Masson: 1st, PV (2.50m); 1st, SP (9.21m);
1st, DT (36.71m); 1st, JT (31.34m)

Over-35 women

Catriona Pennet: 1st, 200m (27.25); 1st, 100H (14.99)

Over-40 women

Julie Tuck: 1st, 100 (13.81); 1st, 80H (13.28); 1st, LJ (4.96m);
1st, SP (8.82m); 1st DT (28.12m); 1st, JT (24.92m)

Over-55 women

Anne Howie: 1st, 800m (2:40.99); 1st, 1500m (5:24.88)

Scottish Senior and Under-17 Championships

Grangemouth, August 17th-18th, 2019

Men

James McIntosh: 3rd, 400m (48.92)
Michael Ferguson: 1st, 1500m (3:59.52)

Under-17 men

William Hodi: 3rd, 400H (59.15); 1st, TJ (13.03m)

Women

Roisin Harrison: 1st, 200m (24.06)
Hannah Cameron: 3rd, 800m (2:09.56)
Naomi Lang: 3rd, 1500m (4:31.70); 3rd, 5000m (17:00.52)

Under-17 women

Tamsin Fowlie: 3rd, 300m (40.93)
Kirsty Purcell: 3rd, 800m (2:16.46)
Abigail Robertson: 3rd, HJ (1.57m)

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

Grangemouth, August 10th-11th, 2019

Under-20 men

Struan Linton: 3rd, 100m (11.39)

Under-15 boys

Timi Fatona: 1st, 100m (11.48); 2nd, 200m (23.33)
Kai Crawford: 3rd, 800m (2:05.12)
Callum McGregor: 2nd, PV (2.80m)

Under-20 women

Jane Davidson: 1st, 100H (15.05)

Under-15 girls

Tamsin Fowlie: 2nd, 100m (12.48); 1st, 200m (25.47)
Angela McAuslan-Kelly: 3rd, SP (10.26m)

Scottish Relay Championships

Dunfermline, September 15th, 2019

Senior men

Adam Brown, Harry Hall, Lewis Watt: 1st, 3x800m (6:08.85)

Under-17 women

Kirsty Purcell, Phoebe Armstrong, Caitlin Purcell: 3rd, 3x800m (7:12.71)

Irish Medallists

Irish Senior Championships

Dublin, 27th-28th July, 2019

Women

Roisin Harrison: 2nd, 200m (24.32)

District Medallists

East District Championships

Grangemouth, May 11th-12th, 2019

Under-17 men

Lewis Watt: 3rd, 800m (2:03.96)

Under-15 boys

Kai Crawford: 2nd, 800m (2:07.22)

Under-13 boys

Rhys Crawford: 1st, 800m (2:21.76)
Dylan Pearson: 2nd, 1500m (4:59.54)
Finn Bryce: 3rd, LJ (4.53m); 2nd, SP (7.81m)

Under-17 women

Kirsty Purcell: 3rd, 800m (2:16.21); 3rd, 1500m (4:47.19)
Erin Williams: 3rd, LJ (5.12m)
Una McGee: 1st, DT (28.95m)

Under-15 girls

Phoebe Armstrong: 1st, 1500m (4:51.80)
Angela McAuslan-Kelly: 1st, DT (27.98m); 2nd, HT (33.35m)

Under-13 girls

Anna McNeill: 3rd, 1500m (5:10.87)

North District Championships

Inverness, May 10th-11th, 2019

Under-17 men

Shaun MacDonald: 1st, 800m (2:04.03)
William Hodi: 1st, 100H (15.25); 1st, TJ (12.03m); 1st, JT (30.74m)

Under-17 women

Mia Keogh: 2nd, 100m (13.26); 2nd, 200m (26.75)

Under-15 girls

Tamsin Fowlie: 1st, 100m (13.04); 1st, 200m (26.12); 1st, 300m (42.12)

Club Champions

Senior Men

Thomas Carter (sprints)
Steven Murray (middle distance)
Bob Masson (jumps)
No award (throws)

Under-20

No award (track)
No award (field)

Under-17

No award (track)
William Hodi (field)

Veteran

Mark Davidson

Veteran Over 40

Mark Davidson

Veteran Over 50

Mark Davidson

Overall age-graded

Mark Davidson

Boys

Under-15: Aleksander Jovicic

Under-13: Rhys Crawford

Under-11: Alex Henthorn

Senior Women

Rebecca Matheson (sprints)
No award (middle distance)
No award (jumps)
Fiona Davidson (throws)

Under-20

No award (track)
Jane Davidson (field)

Under-17

Sophie Jennings (track)
Sophie Jennings (field)

Veteran

Julie Tuck

Veteran Over 45

No award

Overall age-graded:

Julie Tuck

Girls

Under-15: Lydia Barker

Under-13: Josie Laing

Under-11: Evie Gordon

AAAC would like to thank

Friends of Aberdeen AAC

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

CROSS-COUNTRY, 2018-2019

(updates from 2019 Yearbook)

SIAB Schools International

Dublin, March 23rd, 2019

Mixed Relay (legs/distances not known)

Caitlin Purcell (Scotland): 3rd, 19:08 (winners: England, 18:42)

CROSS-COUNTRY, 2019-2020

International & Representative Matches

GB and N Ireland Masters' International

Aintree, November 16th, 2019

Over-55 women (6km)

Anne Howie: 6th (1st Scot), 24:39

(winner: Clare Elms, ENG, 22:31)

Team: 1 England 10; 2 Ireland 16; 3 Scotland 23

Celtic Countries International

Stirling, January 11th, 2020

Under-17 men (6km)

Sam Griffin: 6th, 21:19

(winner: Andrew McGill, Scotland 20:16)

Team: 1 Scotland 8; 2 Wales 17; 3 DEV Ireland 28

Scottish Inter District

Stirling, January 11th, 2020

Senior men (8km)

James Hoad (East): 26th, 28:35; Myles Edwards (East): 29th, 28:41; Steven Murray (Scottish Students): 47th, 30:56

(winner: Sean Chalmers, North, 26:28)

Team: 1 East 40; 2 Scottish Students 85; 3 West 104; 3 North 147

Under-15 boys (4km)

Hamish McKay: 11th, 14:45; Dylan Dickie: 19th, 15:00

(winner: Connor Bell, East, 13:51)

Team: 1 East 27; 2 West 63; 3 North 157

Under-13 boys (3km)

Rhys Crawford: 9th, 12:37

(winner: Rowan Whitworth, East, 11:45)

Team: 1 West 40; 2 East 41; 3 North 161

Under-17 women (6km)

Kirsty Purcell: 2nd, 24:04; Caitlin Purcell: 3rd, 24:11

(winner: Pippa Carcas, East, 23:11)

Team: 1 East 25; 2 West 53

Under-15 girls (4km)

Phoebe Armstrong: 20th, 16:45

(winner: Anna Cairns, North, 15:22)

Team: 1 East 44; 2 West 52; 3 North 115

Under-13 girls (3km)

Anna McNeil: 9th, 13:43; Lucy Todd: 24th, 14:20

(winner: Millie McClelland-Brooks, West 13:05)

Team: 1 West 29; 2 East 78; 3 North 113

CAU Inter Counties Championships

Loughborough, March 7th, 2020

Under-20 men (8km)

Adam Brown: 57th, 34:48 (winner: Matthew Stonier, Kent, 31:37) Team: 1 Cambridgeshire 58; 9 Scotland East 159

Under-15 boys (4km)

Hamish McKay: 96th, 16:11 (winner: Lewis Sullivan, Suffolk 14:30). Team: 1 Suffolk 34; 3 Scotland East 76

Under-17 women (5km)

Kirsty Purcell: 63rd, 23:46; Caitlin Purcell 76th, 24:01 (winner: Beatrice Wood, Wiltshire, 20:59). Team: 1 Scotland East 66; 2 Scotland West 87

Scottish Medallists

Lindsays Scottish Short Course Championships

Kirkcaldy, November 9th, 2019

Under-15 girls (2km)

Phoebe Armstrong (8th), Kirstin Grant (14th), Charlotte Narducci (28th): 3rd team, 50pt (winners: Fife AC, 23)

Lindsays Scottish Championships

Falkirk, February 22nd, 2020

Under-15 boys (4.1km)

Hamish McKay (6th), Dylan Dickie (22nd), Calum Gorman (32nd), Aleksander Jovicic (40th): 3rd team, 100pt (winners: Giffnock North, 68)

District Medallists

East District Relay Championships

Livingston, October 12th, 2019

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

Rhys Crawford, Kai Crawford, Lewis Watt: 2nd, 26:39 (winners: Edinburgh AC, 26:27)

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

Anna McNeill, Phoebe Armstrong, Kirsty Purcell: 2nd, 29:38 (winners: Fife AC, 29:23)

Lindsays East District Championships

Dundee, December 7th, 2019

Under-17 men (5.7km)

Samuel Griffin (4th), Lewis Watt (8th), Patrick Lang (26th): 2nd team, 38pt (winners: Dundee Hawkhill Harriers, 30)

Under-13 boys (3.2km)

Rhys Crawford (11th), Finlay McKay (17th), Oscar Chirside (21st): 1st team, 49pt (won by 5 from Moorfoot Runners)

Under-17 women (5.7km)

Kirsty Purcell (8th), Caitlin Purcell (12th), Jessica Carns (18th): 3rd team, 38pt (winners: Fife AC, 24)

Club Champions

Aberdeen AAC Championships

Scottish Championships, Falkirk, February 22nd, 2020 and Internal Club Race, Balgownie, March 14th, 2020 (and points championships for the season)

Senior men: Aaron Odentz (also points)

Veteran: No Award (no points champion)

U20: Adam Brown (also points)

U17: Patrick Lang (also points)

U15: Hamish McKay (also points)

U13: Rhys Crawford (points: Finlay McKay)

U11: Reuben McAllister (also points)

Senior women: Eilidh Prise (points: Jennifer Harrison)

Veteran: Marianne Lang (points: Veronique Oldham)

U20: Cliona McCheyne (no points champion)

U17: Kirsty Purcell (also points)

U15: Kirstin Grant (also points)

U13: Anna McNeill (points: Abby Farquhar)

U11: Olivia Dinnes (also points)

ROAD RUNNING, 2019

Scottish Medallists

Scottish Junior Championships

Edinburgh, March 17th, 2019

Under-15 boys (4km):

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

Under-13 girls (3km):

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

Club Champions

10km Championships

Aberdeen, May 5th, 2019

Men: Will Mackay 32:32

Women: Veronique Oldham 39:48

Half-Marathon Championships

Aberdeen, August 25th, 2019

Men: James Hoad 69:06

Over-40 men: Athol Burnett 1:45:54

Over-50 men: Athol Burnett 1:45:54

Women: Elspeth Aspinall 1:43:29

HILL RUNNING, 2019

International & Representative Matches

International Mountain Running Youth Cup

Susa, Italy, August 24th, 2019

Under-18 men (4.1km/200m):

Sunny McGrath: 17th, 17:56 (winner: Hugo Schropfer, France, 16:54). Team: 1 France 6; 10 Scotland 87

Home Countries Junior International

Llanberis, September 21st, 2019

Under-20 men (7km/447m):

Sunny McGrath: 25th, 35:02 (winner: Joseph Dugdale, Cumberland FR, 30:27)

Scottish Medallists

Scottish Senior Championships, 2019

Women:

Veronique Oldham; 3rd, 140pt (winner: Hilary Ritchie, Fife AC, 97)

INDOOR TRACK & FIELD, 2018-2019

(updates from 2019 Yearbook)

World Medallists

World Masters Championships

Torun, Poland, March 24th-30th, 2019

Over-35 women:

Catriona Pennet: 2nd, 60H (9.08)

Over-55 women:

Anne Howie: 3rd, 1500m (5:17.22)

Scottish Medallists

Senior and Under-17 Championships

Emirates Arena, January 26th, 2019

Under-17 men:

William Hodi: 3rd, TJ (12.50m)

Masters Championships

Emirates Arena, February 17th, 2019

Over-50 men:

James Macgregor: 1st, HJ (1.60m)

Over-55 men:

Bill Skinner: 1st, LJ (4.28m); 2nd, TJ (9.65m)

Over-40 women:

Julie Tuck: 1st, 60m (8.72); 1st, 60H (9.77); 2nd, SP (8.32m)

Over-45 women:

Fiona Davidson: 1st, SP (8.64m)

INDOOR TRACK & FIELD, 2019-2020

Scottish Medallists

3000m Championships

Emirates Arena, January 3rd, 2020

Veteran women over-55:

Anne Howie: 1st, 11:16.68

Senior and Under-17 Championships

Emirates Arena, January 26th, 2020

Men:

Michael Ferguson: 3rd, 1500m (4:00.98)

Under-17 men:

Lewis Watt: 1st, 800m 1:55:11

William Hodi: 2nd, TJ (13.19m)

Women:

Rebecca Matheson: 2nd, 200m (24.62)

Carmen Neat: 3rd, HJ (1.69m)

Under-17 women:

Tamsin Fowlie: 3rd, 200m (25.84)

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

Emirates Arena, February 29th- March 1st, 2020

Under-20 men:

Robbie Farquhar: 1st, 60m (7.04), 1st, LJ (7.26m)

Under-20 women:

Jane Davidson: 1st, 60H (8.69), 1st, 60m (7.68)

Under-15 girls:

Rosie Meyer: 2nd, PV (2.41m)

Masters Championships

Emirates Arena, February 2nd, 2020

Over-50 men:

Mark Davidson: 1st, 60m (7.80); 1st, 200m (25.17); 1st, 60H (9.24)

Over-60 men:

James Macgregor: 1st, HJ (1.60m)

Over-70 men:

Bob Masson: 1st, 60H (11.89); 1st, PV (2.67m); 1st, SP (10.47m)

Over-45 women:

Julie Tuck: 1st, 60m (8.55); 1st, 60H (10.14); 1st, LJ (4.95m); 1st, SP (9.87m)

Fiona Davidson: 3rd, 60m (8.85); 2nd, LJ (4.24m); 3rd, SP (8.32m)

ABERDEEN AAC'S TRACK & FIELD CLUB PERFORMANCES IN 2019

Scottish Men's League (Div.1)

1	Aberdeen AAC	32
2	Edinburgh AC	23
3	Inverness Harriers	20
4	Central AC	18.5
5	Shettleston Harriers	18
6	Falkirk Victoria Harriers	13
7	Corstorphine	10
8	VP Glasgow	9.5

Scottish Women's League

1	VP Glasgow	22
2	Aberdeen AAC Select	21
3	Team West	19
4	Edinburgh AC	14
5	Tayside & NE Fife	13
6	Forth Valley	9
7	Pitreavie AAC	6
8	Lothian	4

Youth Development League

Under-17 Challenge NE Section

(Men and Women combined)

1	Aberdeen AAC (458.5)	21
2	Team North (425.5)	21
3	Dundee Hawkhill Harriers	18
4	Island Team	17
5	Inverness Harriers (266)	11
6	Montrose and Perth (235)	11
7	Banchory Stonehaven AC	5
8	Arbroath & District AC	4

Youth Development League

Under-15 and Under-13 NE Section

(Boys and Girls combined)

1	Island Select	22
2	Inverness Harriers (1379)	20
3	Dundee Hawkhill Harriers (1309)	20
4	Aberdeen AAC (1199)	14
5	Team North (1155)	14
6	Montrose and Perth	8
7	Banchory Stonehaven AC	7
8	Arbroath & District AC	3

Youth Development League

Under-17 Challenge Scottish Final

(Men and Women combined)

Grangemouth, 4th August 2019

1	Giffnock North	190
2	Aberdeen AAC	130
3	Team North Lanarkshire	124
4	Team South Lanarkshire	121
5	VP Glasgow	108
6	Kilmarnock	100
7	Edinburgh AC	75
8	Team North	70

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	Dundee Hawkhill Harriers	23
2	Aberdeen AAC	22
3	Ellon AAC & Peterhead AAC	16
4	Arbroath & District AC	14
5	Perth Straththay Harriers	12.5
6	Banchory Stonehaven AC	11.5
7	Fife AC	6
8	Montrose & District AC	3

RAM Grampian League (East Section) Women

1	Aberdeen AAC	22
2	Dundee Hawkhill Harriers	20
3	Ellon AAC & Peterhead AAC	17
4	Banchory Stonehaven AC	16
5	Perth Straththay Harriers	13
6	Arbroath & District AC	11
7	Fife AC	6
8	Montrose & District AC	3

RAM Grampian League – Final

Aberdeen, 9th September 2019

Aberdeen AAC placings:

Senior Men	1 st
U17 Men	not qualified
U15 Boys	5 th
U13 Boys	5 th
U11 Boys	3 rd
Senior women	1 st
17 Women	1 st
U15 Girls	2 nd
U13 Girls	5 th
U11 Girls	not qualified

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



RAM League, Women East Section Winners



RAM League Final, Men's Team

ABERDEEN AAC'S CROSS COUNTRY CLUB PERFORMANCES IN 2019-20

East District Cross-Country League 2019-2020

Overall Men

1	Aberdeen AAC	1635
2	Falkirk Victoria Harriers	3041
3	Dundee Hawkhill Harriers	3145

Senior Men

1	Central AC	160
2	Edinburgh University	335
4	Aberdeen AAC	584

U17 Men

1	Dundee Hawkhill Harriers	76
2	Falkirk Victoria Harriers	165
6	Aberdeen AAC	360

U15 Boys

1	Harmeny AC	122
2	Aberdeen AAC	124
3	Costorphine AAC	148

U13 Boys

1	Edinburgh AC	74
2	Harmeny AC	144
7	Aberdeen AAC	231

U11 Boys

1	Edinburgh AC	56
2	Harmeny AC	61
11	Aberdeen AAC	336

Overall Women

1	Edinburgh AC	687
2	Falkirk Victoria Harriers	790
5	Aberdeen AAC	1892

Senior Women

1	Edinburgh AC	151
2	Fife AC	235
18	Aberdeen AAC	1231

Masters Women

1	Perth Road Runners	164
2	Carnegie Harriers	183
15	Aberdeen AAC	619

U17 Women and U15 Girls combined

1	Edinburgh AC	68
2	Aberdeen AAC	109
3	Falkirk Victoria Harriers	135

U13 Girls

1	Falkirk Victoria Harriers	118
2	Edinburgh AC	130
7	Aberdeen AAC	330

U11 Girls

1	Edinburgh AC	75
2	Harmeny AC	104
9	Aberdeen AAC	323

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



R Crawford, L Watt, K Crawford, East XC Relays, Silver



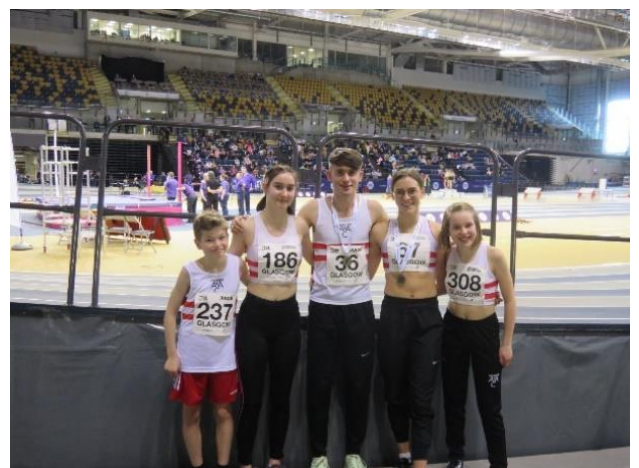
P Armstrong, K Purcell & A McNeill, East XC Relays, Silver





Our Year In Photos











ALL TIME TOP 20s - SENIOR MEN

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
7.16	David Irvine	CA Stadium	29.08.18
7.2	Ahmed Al-Kowarri	CA Stadium	07.04.02
7.2	Paul Davidson	CA Stadium	03.04.94
7.2	Bob Drummond	CA Stadium	04.04.93
7.2	Neil Fachie	CA Stadium	02.04.06
7.2	Kenny Lyon	Balgownie	02.09.88
7.2	Lee Williamson	CA Stadium	05.04.09
7.22	Struan Linton	CA Stadium	29.08.18
7.23	Gavin Irvine	CA Stadium	06.04.13
7.3	R Elrick / A Love / S Mathieson/ K Morice /C Loney I Garioch / S Lyon	95/95/98/98/00/02/12	

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	Robbie Farquhar	Grangemouth	31.08.19
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
10.98	Struan Linton	CA Stadium	01.09.19
11.0	Don Oliver/David Oliver/D Mathieson/Shaw/ Strachan	74/76/90/17/18	

MEN 200m

21.07	MARK DAVIDSON	Crown Point	12.08.89
21.4	Martin Johnston	Crown Point	19.07.86
21.6	Murray King	Linkfield	06.09.88
21.62	Stephen Dunlop	Dublin	29.05.16
21.8	Barry Middleton	CA Stadium	28.07.96
21.9	Brian Gordon	Balgownie	01.07.73
21.99	Ian Garioch	Inverness	08.05.10
22.01	Craig Strachan	Grangemouth	24.06.18
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
22.26	Gavin Irvine	Grangemouth	04.05.19
22.29	James McIntosh	CA Stadium	31.08.19
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
22.39	Struan Linton	CA Stadium	28.07.19
22.4	John Dixon / Paul Davidson	66 / 95	

MEN 300m

34.4	MARTIN JOHNSTON	Grangemouth	10.03.85
34.8	Barry Middleton	CA Stadium	06.04.97
35.1	Mark Davidson	CA Stadium	05.04.92
35.30	Sam Lyon	CA Stadium	29.08.13
35.4	Ahmed Al-Kowarri	CA Stadium	07.04.96
35.49	James McIntosh	Crown Point	27.05.19
35.5	Ronald Smith	London(Par Hill)	12.04.09
35.8	Daniel Rees	CA Stadium	16.05.16
35.89	Kieran Fraser	CA Stadium	16.05.18
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
36.42	Robbie Shaw	CA Stadium	07.04.19
36.46	Ewan Calder	CA Stadium	17.05.17
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
36.93	Thomas Carter	CA Stadium	07.04.19
36.94	Christian V-Hristov	CA Stadium	16.05.18
37.0	Cameron Brown	CA Stadium	28.08.14

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
48.92	James McIntosh	Grangemouth	17.08.19
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
49.81	Marcus Archer	Grangemouth	11.08.18
50.08	Bruce Gibb	Newham	22.08.09
50.1	Thomas Blackie	Grangemouth	16.06.85
50.3	Steven Ledingham	Balgownie	02.07.85

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	Crown Point	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 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
30:35.53	James Hoad	Parliament Hill	06.07.19
30:41.9	Ian Matheson	Grangemouth	16.06.85
30:54	Donald Ritchie	Meadowbank	21.08.71
30:56.0	Chris Armstrong	Wishaw	17.05.87
30:56.0	Craig Ross	Balgownie	06.04.83
30:58.2	Graham Milne	Balgownie	24.04.84
31:04.8	David Duguid	CA Stadium	04.05.89
31:09.1	Colin Farquharson	Balgownie	04.06.85
31:11.4	Michael Murray	CA Stadium	04.05.89
31:15.5	Charles McIntyre	Balgownie	04.06.85
31:22.7	Ray Creswell	Meadowbank	03.07.92

*6-mile race (shorter distance)

MEN 3000m

8:14.6	FRASER CLYNE	Grangemouth	28.05.81
8:18.8	Graham Laing	Brisbane	25.09.82
8:19.5	Mel Edwards	Twickenham	25.08.68
8:22.66	Michael Ferguson	Scotstoun	01.06.18
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	Scotstoun	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
8:36.15	Callum Symmons	Scotstoun	01.06.18
8:36.69	Iain Donnan	Scotstoun	30.08.03
8:39.1	David Duguid	CA Stadium	23.07.89

MEN HALF MARATHON

61:34	GRAHAM LAING	The Hague	19.03.83
62:54	Fraser Clyne	Morpeth	01.01.85
64:25	Simon Axon	Gateshead	08.06.86
65:02	Chris Hall	Arbroath	28.06.87
65:38	Bruce Chinnick	Kinloss	02.05.87
66:11	Peter Wilson	Fraserburgh	14.10.84
66:29	Colin Youngson	Inverness	22.03.87
66:38	Alan Reid II	Inverness	15.03.92
66:41	Kevin Best	Peterhead	18.08.85
66:53	George Reynolds	Linkfield	31.08.86
66:55	Will Mackay	Cardiff	07.10.18
66:56	James Hoad	Bath	17.03.19
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
68:36	David Duguid	Linkfield	27.08.89
68:42	Craig Ross	Blairgowrie	20.08.83

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
14:25.72	James Hoad	Loughborough	23.06.18
13:55.2*	Alastair Wood	Westerlands	12.06.62
	14:48.0	Meadowbank	07.05.82
14:26.6	Bruce Chinnick	Inverness	23.05.87
14:28.77	Alan Reid II	Grangemouth	26.08.89
14:30.06	Michael Ferguson	Bedford	01.05.17
14:30.8	Bill Ewing	Grangemouth	31.05.69
14:32.5	Graham Milne	Melbourne	11.03.75
14:30.76	Will MacKay	Scotstoun	27.07.18
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 MARATHON

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

MEN 3000m STEEPLECHASE

8:47.8	BILL EWING	Grangemouth	08.06.68
9:05.87	Gary Zeuner	Meadowbank	20.06.87
9:06.3	Frank Boyne	Crown Point	15.08.93
9:08.1	Fraser Clyne	Meadowbank	07.07.79
9:08.11	Stephen Wright	Crown Point	06.07.91
9:13.9	David Duguid	Balgownie	02.09.87
9:14.46	Ray Creswell	Crown Point	22.07.89
9:20.8	Chris Armstrong	Cosford	16.06.87
9:28.6	Ian Matheson	Ayr	19.06.88
9:30.6	Michael Turner	Meadowbank	28.07.85
9:33.19	Philip Stankler	Meadowbank	06.07.86
9:33.9	Alan Reid II	Inverness	16.05.93
9:36.5	Robin Sutherland	Coatbridge	17.05.92
9:37.64	David Munro	Grangemouth	05.08.12
9:40.79	Chris Smith	Scotstoun	26.06.99
9:41.0	Ian Johnstone	Balgownie	08.05.77
9:42.6	Michael Murray	Balgownie	03.06.86
9:45.01	Will MacKay	Grangemouth	24.06.18
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
17.0	Keith Oag	Inverness	20.08.95

MEN 400m HURDLES

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

MEN HIGH JUMP

2.07	DUNCAN MATHIESON	Stadthagen	23.06.90
2.00	David Polson	Meadowbank	19.07.81
2.00	Dinkar Sabnis	Grangemouth	29.08.93
1.98	Ryan Hewitson	Grangemouth	08.05.16
1.98	Keith Oag	Dublin	13.08.94
1.95	Paul Allan	CA Stadium	08.09.91
1.95	Ian Bailey	Meadowbank	29.06.86
1.95	Miller Mathieson	Coatbridge	22.07.84
1.91	Kevin Lutton	CA Stadium	09.05.01
1.90	Grant Robertson	CA Stadium	05.04.14
1.90	William Stark	Scotstoun	16.05.99
1.88	Robbie Farquhar	Grangemouth	14.07.18
1.88	George Stewart	Meadowbank	11.06.72
1.85	Andrew Grant	Meadowbank	13.05.01
1.85	Craig Noble	CA Stadium	07.06.92
1.85	William Smy	Dundee	02.08.09
1.84	Michael Corrie	Balgownie	22.06.75
1.83	James Shand	Aberdeen	02.06.62
1.83	Michael Spink	CA Stadium	20.05.93
1.81	Daniel Rees	Kilmarnock	28.05.16

MEN POLE VAULT

4.25	JOOLS PETERS	Grangemouth	26.08.17
4.20	Duncan Mathieson	London	07.07.90
4.00	Paul Allan	Meadowbank	14.07.93
4.00	David Mann	Grangemouth	21.07.13
3.92	Robbie Farquhar	Bedford	27.05.18
3.91	Douglas McAllister	Meadowbank	27.08.78
3.90	Tom Leeson	Ayr	21.07.96
3.90	Alasdair Lowe	Kilmarnock	28.05.16
3.80	John Kidd	CA Stadium	02.06.19
3.75	Kenny Lyon	Meadowbank	06.07.86
3.70	Robert Masson	Meadowbank	07.09.80
3.61	Callum Robertson	Grangemouth	22.04.17
3.50	Mark Dobbie	CA Stadium	16.07.95
3.50	Frank Fenton	Balgownie	26.04.79
3.50	Daniel Rees	Grangemouth	12.07.15
3.40	Fraser Benzie	Grangemouth	25.06.00
3.40	Michael Kennedy	Balgownie	28.04.84
3.40	Sam Lyon	Grangemouth	20.06.10
3.37	Hamish Leeson	Kilmarnock	14.05.16
3.35	Derek Beaton / Miller Mathieson		92 / 84

MEN LONG JUMP

7.62	DUNCAN MATHIESON	West London	30.07.95
7.19	Sam Lyon	Grangemouth	24.06.18
7.16	Robbie Farquhar	Grangemouth	18.08.19
7.07	William Stark	Pitreavie	08.07.95
7.06	Dinkar Sabnis	CA Stadium	22.08.93
6.98	Paul Allan	Prague	26.05.90
6.91	Charles Smith	Linkfield	10.06.63
6.88	Chukwudi Onyia	Grangemouth	20.04.14
6.87	Robert Miller	CA Stadium	18.05.03
6.83	Murray King	Balgownie	15.06.88
6.82	Derek Elmslie	Heriot-Watt	07.05.77
6.78	James Laird	Linkfield	03.05.62
6.73	Kenny Lyon	Balgownie	14.06.80
6.73	David Polson	Balgownie	17.05.83
6.73	John Waters	Linkfield	19.06.61
6.69	Tom Leeson	Antrim	31.08.96
6.67	Michael Catto	Balgownie	02.08.80
6.66	Michael Ashford	Meadowbank	29.06.74
6.65	Mark Dobbie	Meadowbank	15.05.94
6.63	Simon Sawhney	CA Stadium	20.05.07

MEN TRIPLE JUMP

15.16	CHUKWUDI ONYIA	Eton	06.07.13
14.81	Sam Lyon	CA Stadium	15.08.15
14.55	William Stark	Crown Point	11.06.95
14.43	Stan Malone	Grangemouth	12.05.79
14.42	Duncan Mathieson	Birmingham	15.07.90
14.09	Dinkar Sabnis	Banchory	29.08.91
13.68	Paul Allan	CA Stadium	14.06.89
13.58	Kenny Lyon	Meadowbank	06.07.86
13.57	James Laird	Dundee	17.09.60
13.52	Miller Mathieson	Meadowbank	19.08.84
13.43	John Waters	Linkfield	19.06.61
13.27	Stewart Clark	Grangemouth	14.08.11
13.23	James Shand	Linkfield	02.06.62
13.12	David Polson	Inverness	24.07.82
13.10	Paul McAndrew	CA Stadium	02.06.96
13.06	Michael Spink	CA Stadium	26.07.92
13.03	William Hodi	Grangemouth	17.08.19
12.98	David Fairley	Coatbridge	22.07.84
12.84	Robert Miller	CA Stadium	01.05.02
12.83	Ian Bailey	Meadowbank	29.06.86

MEN SHOT

16.29	GORDON SMITH	Banchory	01.05.94
16.28	Scot Thompson	Newham	22.08.09
14.42	Paul Allan	Crown Point	15.08.93
14.21	Bruce Shepherd	Inverness	05.04.92
13.79	James Laird	Dundee	23.04.67
13.55	Duncan Mathieson	Linwood	19.07.97
13.45	Craig Anderson	CA Stadium	19.04.98
13.42	Bruce MacKay	Newtonmore	04.08.76
13.12	Tekis Lekkas	Inverness	02.08.98
13.04	Darren Chapman	CA Stadium	18.04.10
12.90	Peter Venters	Grangemouth	11.07.82
12.45	Fintan McCabe	Grangemouth	13.07.08
12.09	Tom Leeson	Ayr	20.07.96
11.90	Graham Porterfield	Grangemouth	16.07.16
11.86	John Fyvie	CA Stadium	26.06.14
11.82	Edward McKenzie	Inverness	13.05.01
11.82	David Minty	Inverness	12.09.92
11.80	Padraig White	Pitreavie	24.04.10
11.79	Jools Peters	Berfast	13.08.16
11.58	Jack Davidson/Craig Loney		80 / 02

MEN DISCUS

53.66	SCOT THOMPSON	Barnet Cothall	05.06.10
43.66	Paul Allan	Dundee	22.08.93
42.76	Bruce Shepherd	CA Stadium	13.06.91
42.17	Tekas Lekkas	Inverness	02.08.98
40.90	Bruce MacKay	Meadowbank	22.06.74
40.46	Duncan Mathieson	Crown Point	11.06.95
40.00	Peter Venters	Balgownie	03.06.84
36.96	David Minty	Inverness	12.09.92
36.64	James Laird	Linkfield	17.05.67
36.15	Fintan McCabe	Inverness	12.04.08
35.98	Tom Leeson	CA Stadium	21.05.95
35.20	John McCorquodale	Birmingham	19.06.77
35.12	Douglas McAllister	Coatbridge	14.08.77
34.91	John Fyvie	Grangemouth	08.05.16
34.78	Edward McKenzie	Inverness	11.09.94
34.04	Jools Peters	Grangemouth	06.07.14
33.95	Robert Miller	Inverness	12.09.04
33.92	Robert Masson	Inverness	13.06.92
33.70	Ian Christie	Meadowbank	17.06.84
33.66	Peter Fraser	Greenock	26.04.98

MEN HAMMER

62.73	PADRAIG WHITE	Pitreavie	24.04.10
53.18	Bruce Shepherd	Inverness	13.07.96
49.44	Scot Thompson	CS Stadium	19.08.10
44.63	John Fyvie	Grangemouth	08.05.16
41.87	Barry Dobbie	CA Stadium	18.04.99
41.68	Peter Venters	Balgownie	29.05.83
41.48	Craig Loney	Inverness	11.05.03
41.38	David Minty	East Kilbride	26.04.92
41.22	Graham Applegate	Meadowbank	06.05.73
40.31	Matthew Maitland	Scotstoun	14.07.02
39.38	Paul Allan	Crown Point	18.06.89
39.01	Peter Fraser	CA Stadium	18.04.99
37.41	Graham Porterfield	CA Stadium	02.07.16
37.04	Bruce MacKay	Grangemouth	02.05.70
35.64	David Robinson	Coatbridge	22.07.79
34.19	Conor Hewitson	CA Stadium	25.06.17
33.57	Edward McKenzie	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	Linkfield	15.05.61
54.64	Kenneth McKenzie	Linkfield	23.05.71
52.98	Roger Benton	Meadowbank	29.06.86
52.42	John Wiseman	Scotstoun	14.06.75
49.40	James Laird	Linkfield	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
47.43	Sam Lyon	CA Stadium	24.06.18
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

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

MEN DECATHLON

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



Aaron Odentz

MEN 4x400m RELAY (TOP 10)

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



Michael Ferguson



Robbie Shaw, Thomas Carter & Ross Freck

ALL TIME TOP 20s - SENIOR WOMEN

WOMEN 60m

7.5	DAWN KITCHEN	Balgownie	02.07.85
7.7	Katrina Leys	CA Stadium	04.04.93
7.7	Sarah Still	CA Stadium	01.04.01
7.8	Dawn Flockhart	CA Stadium	02.04.95
7.8	Kathleen Madigan	Balgownie	28.05.86
7.84	Rhia Badial	CA Stadium	07.04.19
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 Tengtenga	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
8.02	Jane Davidson	CA Stadium	07.04.19

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
11.98	Roisin Harrison	Grangemouth	11.05.19
12.03	Rebecca Matheson	Bedford	05.05.19
12.04	Maddy Silcock	Loughborough	21.05.17
12.09	Katie Forbes	Bedford	17.06.17
12.1	Katrina Leys	Crown Point	16.08.92
12.1	Kim Smith	Inverness	19.04.87
12.12	Aileen Connelly	Belfast	10.06.06
12.2	Fiona Auld	Balgownie	22.08.76
12.2	Hayley Bowers	Peterhead	24.05.98
12.2	Zoey Clark	Perth	01.05.11
12.2	Dawn Kitchen	Dundee	25.08.85
12.2	Kathleen Madigan	Dundee	25.07.87
12.22	Eilidh De Klerk	Scotstoun	09.08.17
12.28	Gwen Vaughan	Meadowbank	14.06.86
12.29	Joda Kokoworho	Dublin	05.08.17
12.3	Taylah Spence	Kirkwall	26.05.19

WOMEN 200m

23.14	ZOEY CLARK	Eton	03.06.17
23.9	Dawn Flockhart	CA Stadium	09.06.96
24.05	Roisin Harrison	Grangemouth	12.05.19
24.33	Kelsey Stewart	Scotstoun	13.08.17
24.4	Dawn Kitchen	Coatbridge	07.09.86
24.4	Sarah Still	CA Stadium	01.09.99
24.52	Rebecca Matheson	Bedford	06.05.19
24.65	Taylah Spence	Gibraltar	11.07.19
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
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
25.08	Joda Kokoworho	Grangemouth	13.05.18
25.1	Kathleen Madigan	Coatbridge	04.05.86
25.2	Helen Windass	Coatbridge	17.05.98
25.3	Suzanne Middleton	CA Stadium	25.07.99
25.38	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
40.53	Rebecca Matheson	CA Stadium	16.05.18
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
40.93	Tamsin Fowlie	Grangemouth	18.08.19
41.0	Katrina Leys	CA Stadium	04.04.93
41.10	Jade MacLaren	CA Stadium	16.05.16
41.1	Aileen Connelly	CA Stadium	03.04.05
41.21	Rebecca Mortimer	Grangemouth	20.08.05
41.3	Morag Keenan	Meadowbank	19.06.93
41.35	Roisin Harrison	CA Stadium	17.05.17
41.4	Emma Cloggie	CA Stadium	18.04.04
41.4	Carmen Neat	Perth	27.05.18
41.42	Ademide Ademuyewo	CA Stadium	29.08.13
41.9	Sarah Still	CA Stadium	04.04.93

WOMEN 400m

51.36	ZOEY CLARK	London (O)	22.07.18
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
55.94	Roisin Harrison	CA Stadium	25.08.19
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
57.54	Hannah Cameron	CA Stadium	14.04.19
57.62	Georgia Morrison	Bedford	22.06.19
57.67	Emma Leask	Jersey	30.06.15
57.68	Rebecca Matheson	CA Stadium	01.09.19
57.72	Sarah Nicol	Bradenton	17.03.17

WOMEN 800m

2:04.40	JADE MacLAREN	Watford	24.06.17
2:05.11	Nicola Gauld	Birmingham	01.07.06
2:06.41	Kelsey Stewart	Stretford	18.08.18
2:06.82	Hannah Cameron	Kilmarnock	11.06.19
2:07.7	Susan Hendry	Scotstoun	29.07.00
2:08.00	Emma Leask	Oxford	18.07.15
2:10.67	Emma Cloggie	Solihull	24.06.06
2:11.38	Rebecca Eggeling	Loughborough	02.09.16
2:12.12	Naomi Lang	Grangemouth	12.05.18
2:13.36	Dawn Simpson	Ayr	13.08.88
2:14.3	Carolyn Sheehan	Inverness	19.08.84
2:14.44	Ellie Buchan	Trafford	27.06.09
2:14.49	Hannah Addison	Chester-le-Street	19.06.17
2:14.67	Gemma Cormack	Grangemouth	30.08.15
2:14.73	Zoe Bates	CA Stadium	09.07.17
2:15.72	Sarah Nicol	Bradenton	08.04.17
2:16.09	Lynsey Still	Pitreavie	08.07.95
2:16.21	Kirsty Purcell	Grangemouth	11.05.19
2:16.22	Carly Hall	Pitreavie	20.06.09
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
4:20.92	Naomi Lang	Watford	26.05.18
4:26.80	Gemma Cormack	Hutcheson's	24.07.15
4:30.92	Kate Rice	Copeland	08.08.90
4:31.06	Zoe Bates	Bedford	06.05.18
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
4:32.38	Hannah Cameron	CA Stadium	16.05.18
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
9:34.03	Naomi Lang	Glaasgow (S)	01.06.18
9:50.51	Rebecca Eggeling	Scotstoun	02.06.17
9:50.9	Sonia McLaren	Bellingham, US	16.04.83
9:51.0	Lynda Bain	Dundee	26.06.88
9:51.9	Heather Wisley	Coatbridge	20.05.90
9:53.2	Tracey Brindley	Crown Point	27.04.97
9:54.5	Kate Rice	Grangemouth	02.09.90
9:58.8	Debbie Kilner	CA Stadium	01.06.95
9:58.80	Christie Noble	London	14.08.10
10:10.59	Ellie Buchan	Grangemouth	30.08.15
10:11.09	Clare Stewart	Grangemouth	16.14.07
10:11.53	Zoe Bates	CA Stadium	18.04.18
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	Scotstoun	28.07.17
17:29.82	Ellie Buchan	CA Stadium	15.08.15
17:48.80	Sonia Armitage	Chester-le-Street	31.07.99
17:56.37	Christie Noble	London	17.07.10
18:04.2	Helen Grant	CA Stadium	29.06.95
18:06.07	Charlotte Forbes	Oxford	20.05.06
18:41.67	Clare Stewart	CA Stadium	07.07.18
18:49.7	Rhona Buchan	CA Stadium	29.08.07
18:50.21	Isla Scott-Pearce	Scotstoun	28.07.17
19:02.1	Laura Mahady	CA Stadium	28.05.08
19:07.8	Kathryn Mearns	CA Stadium	14.08.97
19:09.99	Eilidh Prise	CA Stadium	24.08.14
19:18.1	Carly Hall	CA Stadium	01.07.09
20:15.9	Margaret Stafford	CA Stadium	04.06.91

WOMEN 10000m

32:22.79	RHONA AUCKLAND	Tallinn	10.07.15
36:22.7	Debbie Kilner	CA Stadium	02.05.95
37:18.2	Heather Wisley	CA Stadium	04.05.89
37:36.3	Helen Grant	CA Stadium	02.05.95
37:55.0	Sue Lanham	CA Stadium	05.05.92
38:18.5	Sonia Armitage	CA Stadium	04.07.02
38:30.0	Jillian Grams	CA Stadium	05.05.92
38:57.7	Pamela Tosh	CA Stadium	22.06.09
39:18.85	Clare Stewart	CA Stadium	13.06.18
40:36.1	Susan Lamb	CA Stadium	03.05.94
42:20.6	Kathryn Mearns	CA Stadium	03.07.03
43:41.48	Sarah Knox	CA Stadium	14.06.17
46:29.3	Trish McLauchlan	CA Stadium	22.06.09
46:43.0	Maureen MacInnes	CA Stadium	22.06.09
47:03.5	Jane MacKay	CA Stadium	22.06.09
48:40.8	Janice Gordon	CA Stadium	04.07.02
48:42.8	Nancy MacKinnon	CA Stadium	04.07.02
49:33.1	Ann Clark	CA Stadium	22.06.09

WOMEN HALF MARATHON

1:13:22	LYNDA BAIN	Aberdeen	07.07.85
1:16:47	Tracey Brindley	Inverness	09.03.97
1:18:17	Debbie Kilner	Newcastle	17.09.95
1:20:40	Pamela Tosh	Inverness	14.03.10
1:22:09	Ulli Simpson	Aberdeen	26.08.90
1:22:36	Sonia McLaren	Aberdeen	07.07.85
1:23:27	Janine Robertson	Inverness	22.03.87
1:23:40	Ginnie Pollard	Aberdeen	28.08.93
1:24:07	Margaret Stafford	Dyce	27.03.88
1:24:01	Helen Grant	Peterhead	24.09.95
1:24:20	Ellie Buchan	Edinburgh	31.05.15
1:24:53	Susan Lamb	Dyce	27.03.88
1:24:57	Clare Miller	Inverness	08.03.98
1:25:49	Valerie Allan	Elgin	07.08.88
1:25:51	Heather Wisley	Aberdeen	28.08.88
1:25:56	Kerry Prise	Dyce	16.08.15
1:27:48	Diana Jermieson	Rannoch	25.06.89
1:28:50	Angela Hepburn	Elgin	04.09.05
1:29:35	Jackie Nuttall	Dyce	27.03.88
1:29:56	Jennifer Harrison	Newcastle	08.09.19

WOMEN MARATHON

2:33:38	LYNDA BAIN	London	21.04.85
2:59:13	Pamela Tosh	Fort William	18.04.10
3:00:32	Margaret Stafford	London	22.04.90
3:01:57	Janine Robertson	Aberdeen	15.09.85
3:03:49	Morag Taggart	Aberdeen	19.09.82
3:15:52	Diana Jermieson	Aberdeen	28.05.89
3:17:27	Maggie Oliver	Rannoch	28.06.87
3:18:57	Angela Hepburn	Fort William	18.04.10
3:19:41	Lucy Taylor	London	23.04.17
3:21:16	Margaret Buchan	Aberdeen	19.09.82
3:24:22	Olive Fraser	London	23.04.89
3:25:29	Margaret McDonald	Elgin	10.08.86
3:25:41	Jackie Nuttall	Aberdeen	16.09.84
3:27:42	Leona Hart	Dundee	28.04.85
3:28:21	Linda Trahan	Elgin	07.08.88
3:28:43	Joan Molloy	Fortrose	29.10.88
3:30:15	Ulli Simpson	Aberdeen	16.09.84
3:32:29	Lillian MacDonald	Aberdeen	15.09.85
3:32:33	Betty May	London	21.04.91
3:37:09	Maureen McInnes	Amsterdam	15.10.06

WOMEN 100m HURDLES

13.97	CATRIONA PENNET	Bedford	26.06.04
14.37	Gail Murchie	Grangemouth	15.05.93
14.61	Sarah Still	CA Stadium	07.08.99
14.67	Jane Davidson	Grangemouth	11.05.19
14.68	Yasmin Milne	Scotstoun	30.07.11
14.8	Sylvia Kamyra	Dundee	02.08.09
14.81	Alix Still	Grangemouth	01.07.17
15.36	Lisa Humphreys	Meadowbank	24.05.13
15.56	Grace Carter	Scotstoun	20.08.17
15.62	Jade Halket	Grangemouth	05.07.14
15.7	Deirdre Auld	Balgownie	17.06.79
15.9	Grace Angus	Dundee	28.06.15
16.0	Valerie Tyrrie	Balgownie	06.09.81
16.1	Bridie McGlashan	Meadowbank	26.04.87
16.1	Lyndsay Peddie	Grangemouth	20.08.83
16.2	Lea Masson	Balgownie	09.04.78
16.24	Rebecca Dougall	Grangemouth	11.07.99
16.3	Wendy Pennet	CA Stadium	05.04.98
16.38	Sophia Hamilton	CA Stadium	29.06.14
16.39	Kate MacKay	Grangemouth	03.06.17

WOMEN 400m HURDLES

61.80	SYLVIA KAMYRA	CA Stadium	30.08.09
62.34	Catriona Pennet	Manchester	31.07.04
63.20	Rebecca Dougall	Grangemouth	12.06.99
64.7	Marie Dobson	CA Stadium	04.09.11
64.91	Jade Halket	Grangemouth	26.08.18
65.3	Valerie Tyrrie	Grangemouth	13.06.82
65.48	Angela Shearer	Caen	29.05.02
65.80	Lise Theron	Grangemouth	23.05.15
66.7	Fiona Davidson	Coatbridge	03.08.97
66.9	Janet Edon	Meadowbank	14.05.88
67.7	Gail Murchie	Pitreavie	14.06.92
67.9	Lynsey Still	CA Stadium	07.05.95
68.1	Sophia Hamilton	Perth	17.05.15
68.77	Rachel Watson	CA Stadium	02.09.17
69.52	Kate MacKay	Grangemouth	13.05.17
70.0	Rosslyn Duncan	Coatbridge	02.09.84
70.2	Laura Henderson	CA Stadium	05.08.01
70.40	Lisa Humphreys	Inverness	17.09.11
70.4	Joan Reid	Balgownie	08.06.82
70.7	Trisha Ronney	Wishaw	06.09.87

WOMEN 3000m STEEPLECHASE

11:08.84	ISLA SCOTT-PEARCE	Dublin	27.05.17
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WOMEN HIGH JUMP

1.74	CARMEN NEAT	CA Stadium	28.04.19
1.69	Ellie Workman	Birmingham	15.08.09
1.68	Sarah Still	CA Stadium	07.08.99
1.67	Alix Still	Tallahassee	01.07.17
1.66	Lyndsay Peddie	Balgownie	30.07.83
1.65	Beth Philip	CA Stadium	07.07.91
1.64	Kate MacKay	Dundee	29.05.16
1.61	Shirley Gray	Balgownie	19.06.77
1.60	Nicola Gauld	Scotstoun	30.04.00
1.60	Heather Pirie	Coatbridge	13.09.92
1.60	Donna Quirie	CA Stadium	30.06.93
1.59	Emma Caldwell	Grangemouth	29.07.12
1.59	Deborah Johnston	Balgownie	27.02.85
1.58	Anne Watt	Balgownie	06.09.81
1.57	Abigail Robertson	Grangemouth	17.08.19
1.57	Suzie Robertson	Grangemouth	01.06.91
1.56	Linda Davidson	CA Stadium	17.05.95
1.56	Kimberley Miles	CA Stadium	02.07.00
1.55	Diane Burr	Coatbridge	21.05.95
1.55	Rosslyn Duncan	Banchory	13.05.84
1.55	Joan Reid	Coatbridge	08.06.80

WOMEN POLE VAULT

3.00	LAURA KUTT	Grangemouth	16.04.11
2.90	Sam Somers	CA Stadium	20.04.12
2.81	Janet Lyon	CA Stadium	14.05.04
2.70	Ailsa Gault	Grangemouth	07.06.19
2.70	Sophie Hamilton	CA Stadium	08.05.16
2.30	Erin Runcie	CA Stadium	30.06.13
2.25	Wendy Pennet	Dundee	28.05.00
2.20	Freya McKay	CA Stadium	24.08.14
2.10	Samantha Edgar	CA Stadium	24.08.14
2.10	Alix Still	Hampden	20.06.14
2.05	Heather Pirie	CA Stadium	04.08.94
2.00	Fiona Watt	CA Stadium	31.08.96
1.80	Hannah Ingram	CA Stadium	02.06.19
1.80	Sophie Jennings	CA Stadium	02.06.19

WOMEN LONG JUMP

5.95	LINDA DAVIDSON	Meadowbank	03.07.92
5.85	Sarah Still	CA Stadium	25.07.99
5.71	Lea Masson	Balgownie	08.04.79
5.71	Kirsten Young	CA Stadium	26.06.05
5.67	Alix Still	Bradenton	03.03.17
5.59	Jane Davidson	CA Stadium	18.08.18
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	Hampden	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
30.54	Una McGee	Grangemouth	17.08.19
30.38	Marie Fraser	Pitreavie	20.04.80
29.28	Pamela Bruce	Pitreavie	20.04.80
28.79	Angela McAuslan-Kelly	CA Stadium	14.04.19
28.51	Julie Tuck	CA Stadium	30.08.18
27.80	Cheryl McHardy	CA Stadium	31.08.00
27.41	Angela Smith	CA Stadium	02.09.99
27.02	Iona Colquhoun	Grangemouth	11.06.16
26.75	Kathy Rapley	Barry	14.07.98
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

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
30.72	Fiona Davidson	Grangemouth	21.07.19
29.18	Fiona Pirie	Elgin	03.07.93
28.00	Samantha Edgar	CA Stadium	04.06.17
26.73	Emma Williams	CA Stadium	14.04.19
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

OLD:			
38.70	LYNDSAY PEDDIE	Inverness	26.04.87
37.46	Gwen Summers	Linkfield	01.06.60
30.26	Pamela Bruce	Balgownie	21.07.79
30.12	Anita Smith	Pitreavie	24.04.83
29.64	Shirley Antoine	Pitreavie	24.04.83
NEW:			
38.28	LINDA LOW	Inverness	12.05.96
35.98	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

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

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 Kamy	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)

47.35	REBECCA MATHESON, Scotstoun	16.06.19
	T SPENCE, R HARRISON, R BADIAL	
47.80	M Silcock, Scotstoun	24.06.18
	J Kokovworho, R Harrison, Rebecca Matheson	
47.95	G Carter, K Forbes, Grangemouth	22.04.17
	M Silcock, Rebecca Matheson	
48.4	K Madigan, J Edon, Meadowbank	17.08.86
	F Leslie, V Vaughan	
48.74	R Badial, K Forbes, CA Stadium	16.08.15
	A Still, Rebecca Matheson	
48.9	V Vaughan, K Madigan, Meadowbank	16.08.87
	F Leslie, J Edon	
48.9	S Still, H Windass, CA Stadium	09.06.96
	L Davidson, D Flockhart	
48.94	K Stewart, K Forbes, CA Stadium	03.07.16
	K Young, Rebecca Matheson	
49.0	Linda Davidson, CA Stadium	18.07.93
	K Leys, J Lyon, D Flockhart	
49.3	N Gauld, K Leys, Scotstoun	25.04.99
	Linda Davidson, S Still	



Womens League, Scotstoun, 4x100 Relay T Spence, R Matheson, R Harrison & R Badial (Club Record)

WOMEN 4x400m (TOP 10)

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



National Relays 3x800m K Purcell, P Armstrong & C Purcell (Club Record)



RAM League Final Women's Relay T Spence, J Davidson, R Badial & R Matheson



Scottish Championships, Roisin Harrison

ALL TIME TOP 10 – U-20 MEN

U-20 MEN 100m

10.8	CAMPBELL PATERSON	Balgownie	06.05.72
10.8	STAN WALKER	Pitreavie	14.05.88
10.85	Robbie Farquhar	Grangemouth	31.08.19
10.90	Gavin Irvine	Scotstoun	30.08.14
10.9	Martin Johnston	Balgownie	14.08.83
10.94	Ian Garioch	Inverness	12.04.08
10.98	Struan Linton	CA Stadium	01.09.19
11.0	Murray King	Inverness	13.04.86
11.0	Craig Strachan	Perth	27.05.18
11.04	Mark Davidson	Stoke	25.07.87

U-20 MEN 200m

21.6	MARTIN JOHNSTON	Balgownie	30.07.83
21.7	Mark Davidson	Meadowbank	30.05.87
22.0	Ian Garioch	Inverness	25.05.08
22.0	Murray King	Livingston	24.05.86
22.01	Craig Strachan	Grangemouth	24.06.18
22.29	James Mcintosh	CA Stadium	31.08.19
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
22.39	Struan Linton	CA Stadium	28.07.19

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
48.92	James Mcintosh	Grangemouth	17.08.19
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

U-20 MEN 800m

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

U-20 MEN 1500m

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

U-20 MEN 3000m

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

U-20 MEN 5000m

14:46.0	IAN MATHESON	Meadowbank	28.08.83
14:49.33	Iain Donnan	Meadowbank	16.05.04
14:53.0	Graham Laing	Meadowbank	28.06.75
14:53.3	Darren Shinnie	Bedford	22.07.06
15:00.30	Stephen Wright	Meadowbank	05.08.90
15:14.5	Joe Freel	Crown Point	31.05.86
15:16.0	Colin McKay	Glenrothes	16.04.78
15:26.10	Neil Martin	Meadowbank	23.07.83
15:33.12	Tyler White	Scotstoun	27.07.18
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 Freel	Balgownie	27.05.86
33:19.02	Sam Burgess	CA Stadium	25.08.13
33:23.9	David Duguid	Balgownie	04.06.85
33:50.2	Ross Milne	CA Stadium	02.05.96
34:15.0	Andrew Moffat	Balgownie	24.04.84
35:42.2	Eric Jenkins	Balgownie	01.05.79
35:42.7	Stewart Mason	CA Stadium	01.05.97

U-20 MEN 2000m STEEPLECHASE

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

U-20 MEN 3000m STEEPLECHASE

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

U-20 MEN 110m HURDLES

14.93	DUNCAN MATHIESON	Meadowbank	10.07.88
14.97	Robert Miller	Derby	07.09.03
15.10	Robbie Farquhar	CA Stadium	18.08.18
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	Alasdair Love	Ayr	18.07.95
56.8	Murray King	Crown Point	07.06.86
57.24	Jonathan Mann	Leigh	02.07.11

U-20 MEN HIGH JUMP

2.00	DUNCAN MATHIESON	Dundee	21.06.87
1.98	Keith Oag	Dublin	13.08.94
1.91	Ian Bailey	Pitreevie	16.06.84
1.91	Ryan Hewitson	Ashford	21.07.12
1.91	Kevin Lutton	CA Stadium	09.05.01
1.91	Miller Mathieson jun	Balgownie	28.08.83
1.90	Paul Allan	Crown Point	22.07.89
1.90	Grant Robertson	CA Stadium	05.04.14
1.90	Dinkar Sabnis	Meadowbank	09.05.92
1.88	G Stewart / R Farquhar		72 / 18

U-20 MEN POLE VAULT

4.00	DAVID MANN	Grangemouth	21.07.13
3.92	Robbie Farquhar	Bedford	27.05.18
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
7.16	Robbie Farquhar	Grangemouth	18.08.19
7.07	William Stark	Pitreevie	08.07.95
7.01	Dinkar Sabnis	Ayr	27.06.92
6.87	Robert Miller	CA Stadium	18.05.03
6.82	Derek Elmslie	Heriot-Watt	07.05.77
6.79	Murray King	Balgownie	29.06.87
6.78	James Laird	Linkfield	03.05.62
6.66	Mike Ashford	Meadowbank	29.06.74
6.65	Mark Dobbie	Meadowbank	15.05.94

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
12.57	John Angus	Livingston	19.05.18
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



Struan Linton

U-20 MEN DISCUS

42.26	PAUL ALLAN	CA Stadium	09.07.89
37.42	David Minty	Inverness	14.09.91
36.83	John Angus	CA Stadium	17.06.18
36.76	Peter Venters	Grangemouth	11.06.77
36.22	Duncan Mathieson	Gateshead	22.05.88
36.16	Fraser Benzie	Grangemouth	10.06.01
35.88	James Laird	Linkfield	25.06.62
35.54	Mark Dobbie	CA Stadium	16.07.95
34.39	Robbie Farquhar	Grangemouth	15.07.18
34.38	Douglas McAllister	Pitreevie	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	Pitreevie	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
6158	Robbie Farquhar	Bedford	27.05.18
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



James McIntosh

ALL TIME TOP 10 – U-20 WOMEN

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

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	Scotstoun	09.08.17
12.29	Joda Kokovworho	Dublin	05.08.17

U-20 WOMEN 200m

24.45	ZOEY CLARK	Wigan	07.07.13
24.7	Louise Paterson	Crown Point	16.06.90
24.8	Kelsey Stewart	Pitreavie	23.05.14
24.85	Eilidh De Klerk	CA Stadium	23.07.17
25.05	Lesley-Ann Mearns	Birmingham	14.08.05
25.06	Rebecca Matheson	Inverness	12.05.17
25.08	Joda Kokovworho	Grangemouth	13.05.18
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
57.62	Georgia Morrison	Bedford	22.06.19
57.72	Sarah Nicol	Bradenton	17.03.17
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
2:12.12	Naomi Lang	Grangemouth	12.05.18
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

4:20.92	NAOMI LANG	Watford	26.05.18
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
9:34.03	Naomi Lang	Scotstoun	01.06.18
9:50.51	Rebecca Eggeling	Scotstoun	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
10:25.45	Kirsty Purcell	CA Stadium	17.04.19
10:31.0	Jillian Grams	Coatbridge	31.05.92
10:34.23	Charlotte Forbes	Derby	14.08.05

U-20 WOMEN 5000m

16:45.09	NAOMI LANG	Grangemouth	26.08.17
18:41.67	Clare Stewart	CA Stadium	07.07.18

U-20 WOMEN 10000m

39:18.85	CLARE STEWART	CA Stadium	13.06.18
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U-20 WOMEN 100m HURDLES

14.36	CATRIONA PENNET	Derby	08.09.02
14.67	Jane Davidson	Grangemouth	11.05.19
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	Scotstoun	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

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

1.74	CARMEN NEAT	CA Stadium	28.04.19
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

2.90	SAM SOMERS	Meadowbank	20.04.12
2.70	Ailsa Gault	Grangemouth	07.06.19
2.70	Sophia Hamilton	CA Stadium	08.05.16
2.30	Erin Runcie	CA Stadium	30.06.13
2.25	Wendy Pennet	Dundee	28.05.00
2.20	Freya McKay	CA Stadium	24.08.14
2.10	Samantha Edgar	CA Stadium	24.08.14
2.10	Alix Still	Hutcheson's	20.06.14
2.05	Heather Pirie	CA Stadium	04.08.94
1.80	Hannah Ingram/Sophie Jennings		02.06.19

U-20 WOMEN LONG JUMP

5.74	SARAH STILL	CA Stadium	12.06.94
5.71	Kirsten Young	CA Stadium	26.06.05
5.67	Alix Still	Bradenton	03.03.17
5.59	Jane Davidson	CA Stadium	18.08.18
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 Kama	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
30.54	Una McGee	Grangemouth	17.08.19
28.79	Angela McAuslan-Kelly	CA Stadium	14.04.19
27.41	Angela Smith	CA Stadium	02.09.99
27.34	Cheryl McHardy	Coatbridge	03.08.97
27.02	Iona Colquhoun	Grangemouth	11.06.16
26.75	Kathy Rapley	Barry	14.07.98
26.58	Fiona Pirie	CA Stadium	21.07.91

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)

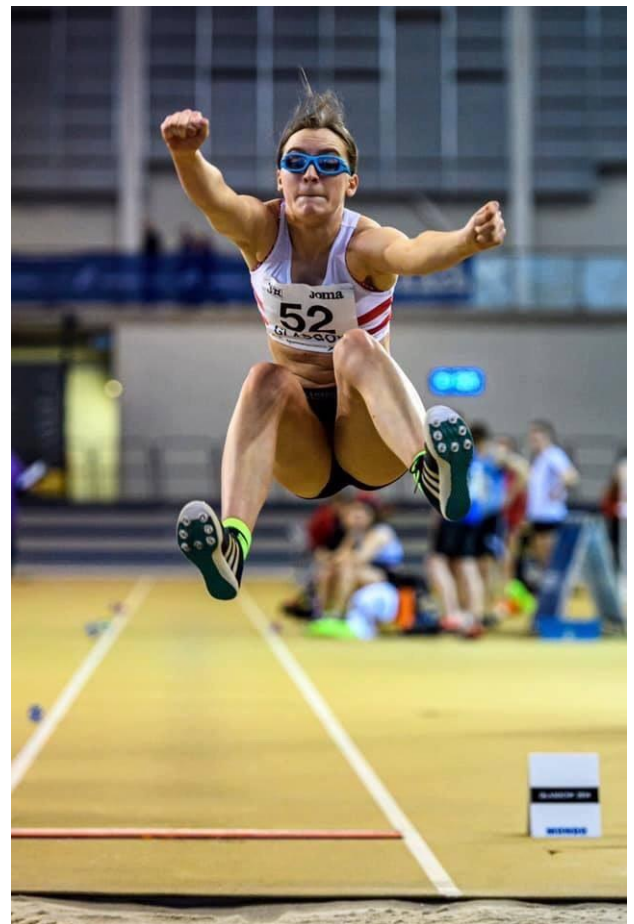
35.98	ELLIE WORKMAN	Perth	26.04.09
35.78	Emily Dougall	CA Stadium	29.05.94
33.09	Kimberley Miles	Sheffield	02.09.01
31.26	Lesley Fowler	CA Stadium	07.05.95
30.66	Marian Simpson	Coatbridge	23.05.93
30.32	Gillian Wilson	Meadowbank	18.08.91
29.56	Alix Still	Bradenton	21.05.17
28.89	Sophie Anderson	Grangemouth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



Erin Williams & Jane Davidson



Jane Davidson

ALL TIME TOP 10 – U-17 MEN

U-17 MEN 100m

11.0	CRAIG STRACHAN	Perth	27.05.18
11.1	Alexander Carnie	Grangemouth	22.06.88
11.13	Tobi Fatona	Inverness	19.05.19
11.2	Ahmed Al-Kowarri	CA Stadium	23.07.95
11.3	Derek Giulianotti	Glenrothes	24.08.80
11.3	Mark Davidson	Dundee	25.08.85
11.3	Steve Mathers	Inverness	03.07.88
11.4	Martin Johnston	Balgownie	17.08.80
11.4	Richard Singer	CA Stadium	07.06.95
11.4	Patrick Slater	Dundee	28.06.81
11.4	Graham Thomson	CA Stadium	01.09.02

U-17 MEN 200m

22.01	CRAIG STRACHAN	Grangemouth	24.06.18
22.6	Mark Davidson	Glenrothes	23.06.85
22.62	James McIntosh	CA Stadium	19.08.18
22.7	Derek Elmslie	Meadowbank	03.09.77
22.7	Alexander Carnie	Inverness	03.07.88
22.72	Tobi Fatona	Grangemouth	18.08.19
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

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
50.86	James McIntosh	CA Stadium	18.08.18
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 800m

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

U-17 MEN 1500m

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

U-17 MEN 3000m

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

U-17 MEN 1500m STEEPLECHASE

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

U-17 MEN 100m HURDLES

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

U-17 MEN 400m HURDLES

55.37	RICHARD SINGER	Colwyn Bay	15.07.95
57.38	Richard Gray	Tullamore	03.08.02
57.8	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
59.15	William Hodi	Grangemouth	17.08.19
59.2	Paul Allan	Balgownie	19.08.86
59.27	Robert Miller	Grangemouth	17.08.00

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
3.00	Athol Gordon	CA Stadium	01.07.18
3.00	William Hodi	Grangemouth	16.06.19
2.95	Duncan Mathieson	Dundee	25.08.85

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
13.03	William Hodi	Grangemouth	17.08.19
12.94	Stewart Clark	Perth	07.06.09
12.74	Dinkar Sabnis	Grangemouth	26.08.90
12.70	Derek Elmslie	Meadowbank	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
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

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	Scotstoun	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



Lewis Watt



Timi Fatona



3x800m Relays L Watt, A Brown & H Hall

ALL TIME TOP 10 – U-17 WOMEN

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
12.37	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
25.47	Tamsin Fowlie	Grangemouth	10.08.19
25.5	Katrina Leys	Coatbridge	28.05.89
25.5	Michelle Bruce	Grangemouth	13.06.82

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
40.93	Tamsin Fowlie	Grangemouth	18.08.19
41.21	Rebecca Mortimer	Grangemouth	20.08.05
41.3	Morag Keenan	Meadowbank	19.06.93
41.4	Emma Cloggie	CA Stadium	18.04.04
41.4	Carmen Neat	Perth	27.05.18
41.5	Nicola Gauld	Coatbridge	17.05.98

U-17 WOMEN 400m

55.10	KELSEY STEWART	Colwyn Bay	03.08.13
55.96	Zoey Clark	Scotstoun	08.05.11
57.24	Louise Paterson	Waterford	11.08.90
57.4	Lorna Johnston	CA Stadium	13.09.00
57.7	Dawn Kitchen	Meadowbank	17.06.78
57.73	Georgia Morrison	CA Stadium	18.08.18
58.5	Bridie McGlashan	Glenrothes	14.09.86
58.6	Deebra 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
2:16.21	Kirsty Purcell	Grangemouth	11.05.19
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
4:46.98	Kirsty Purcell	Inverness	19.05.19
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

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
10:25.45	Kirsty Purcell	CA Stadium	17.04.19
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
10:43.70	Caitlin Purcell	CA Stadium	17.04.19

U-17 WOMEN 100m HURDLES

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

*2'6" hurdles

U-17 WOMEN 80m HURDLES

11.48	YASMIN MILNE	Grangemouth	11.06.10
11.50	Jane Davidson	Grangemouth	21.07.18
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
45.19	Carmen Neat	CA Stadium	29.04.18
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

1.73	CARMEN NEAT	Grangemouth	21.07.18
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

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
1.80	Hannah Ingram	CA Stadium	02.06.19
1.80	Sophie Jennings	CA Stadium	02.06.19

U-17 WOMEN LONG JUMP

5.71	KIRSTEN YOUNG	CA Stadium	26.06.05
5.64	Lea Masson	Balownie	18.09.77
5.59	Jane Davidson	CA Stadium	18.08.18
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 Kamyra	Dundee	05.06.05
10.21	Kate MacKay	Dundee	28.06.15
10.11	Jennifer Reid	Banchory	27.08.94
9.83	Emma Cloggie	Banchory	31.08.02
9.77	Nikki Corsie	Meadowbank	20.06.98
9.72	Chloe Davie	Lerwick	14.09.14

U-17 WOMEN SHOT (4kg)

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

U-17 WOMEN SHOT (3kg)

12.45	ALISON HORNE	CA Stadium	20.04.14
10.67	Angela McAuslan-Kelly	CA Stadium	07.04.19
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
30.54	Una McGee	Grangemouth	17.08.19
29.28	Pamela Bruce	Pitreavie	20.04.80
28.79	Angela McAuslan-Kelly	CA Stadium	14.04.19
27.34	Cheryl McHardy	Coatbridge	03.08.97
27.02	Iona Colquhoun	Grangemouth	11.06.16
26.02	Jennifer Reid	Banchory	04.09.94

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)

38.17	ANGELA McAUSLAN-KELLY	CA Stadium	21.08.19
33.55	Erin Williams	CA Stadium	21.08.19
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
23.50	Una McGee	Perth	30.06.19
21.05	Lydia Barker	CA Stadium	23.06.19
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)

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 10 – U-15 BOYS

U-15 BOYS 100m

11.47	TIMI FATONA	Grangemouth	08.06.19
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

U-15 BOYS 200m

23.1	ALEXANDER CARNE	Crown Point	07.09.86
23.33	Timi Fatona	Grangemouth	10.08.19
23.5	Ahmed Al-Kowarri	Grangemouth	23.06.93
23.86	Stuart Bridgeford	Hutcheson's	20.06.14
24.06	Lewis Bisset	Grangemouth	22.05.15
24.2	Mark Davidson	Balgownie	30.07.83
24.32	Stuart Mathieson	Pitreavie	09.07.95
24.44	Tobi Fatona	Scotstoun	20.08.17
24.45	William Stark	CA Stadium	22.06.91
24.5	Paul Manson	Coatbridge	02.09.78

U-15 BOYS 300m

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

U-15 BOYS 400m

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

U-15 BOYS 800m

1:59.80	HARRY HALL	Bedford	27.08.16
2:00.77	Steven Rusling	Birmingham	11.08.02
2:01.02	Lewis Watt	Scotstoun	01.06.18
2:01.39	Kai Crawford	CA Stadium	28.07.19
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

U-15 BOYS 1500m

4:14.63	KAI CRAWFORD	Scotstoun	26.07.19
4:16.50	Harry Hall	Crown Point	29.07.16
4:21.2	Steven Rusling	CA Stadium	04.08.02
4:24.50	Alan Wales	Grangemouth	10.07.99
4:24.98	Lewis Watt	Scotstoun	27.07.18
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

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
9:46.07	Kai Crawford	CA Stadium	17.04.19
10:00.2	Alan Wales	Dundee	27.06.99
10:00.7	Mark Haskett	CA Stadium	21.05.03
10:02.5	James Joy	CA Stadium	26.06.05
10:09.75	Samuel Griffin	CA Stadium	18.04.18
10:14.2	Robin Sutherland	Balgownie	07.05.86
10:14.4	Stuart Forbes	CA Stadium	03.05.98

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
2.80	Callum McGregor	Grangemouth	10.08.19
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

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 Crichton	Grangemouth	13.06.09
11.30	Geoffrey Burton	Balgownie	12.08.78
11.17	Edward McKenzie	Balgownie	01.08.81
11.11	David Gagel	Balgownie	20.08.78
10.94	Peter Fraser		1992
10.72	Neil Gillanders	Balgownie	11.09.83
10.66	William Stark	CA Stadium	07.04.91

U-15 BOYS DISCUS

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

U-15 BOYS HAMMER

32.76	JOHN ANGUS	Grangemouth	23.08.15
32.38	George Petrie	Balgownie	21.08.77
31.90	David Gagel	Balgownie	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
23.70	Jake Dickie	Livingston	24.08.19
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

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

2354	MURRAY ADDISON	CA Stadium	02.07.16
2300	William Hodi	Grangemouth	14.07.18
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.



Jake Dickie



Scottish Nationals, Grangemouth, Timi Fatona



Finn Bryce

ALL TIME TOP 10 – U-15 GIRLS

U-15 GIRLS 100m

12.37	LESLEY-ANN MEARNES	Birmingham	13.08.05
12.4	Michelle Bruce	Grangemouth	13.06.82
12.48	Tamsin Fowlie	Grangemouth	10.08.19
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

U-15 GIRLS 200m

25.05	LESLEY-ANN MEARNES	Birmingham	14.08.05
25.47	Tamsin Fowlie	Grangemouth	10.08.19
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	Cussell/Leys/Lumsden/Reid/Cloggie		78/87/90/92/02

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
2:19.57	Phoebe Armstrong	Inverness	19.05.19
2:19.7	Kate Murdoch	Meadowbank	31.05.09
2:20.31	Kelsey Stewart	CA Stadium	05.06.11

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
4:51.80	Phoebe Armstrong	Grangemouth	12.05.19
4:52.0	Michelle Cherry	Coatbridge	17.06.84
4:52.8	Caroline Clarkson	Coatbridge	26.05.91

U-15 GIRLS 75m HURDLES

11.24	SANDRA GUNN	Grangemouth	23.06.90
11.60	Grace Carter	Kilmarnock	10.08.14
11.62	Catriona Pennet	Inverness	13.09.98
11.7	Jenny Bole	Balgownie	17.06.79
11.70	Hannah Mathieson	Inverness	09.07.00
11.7	Lyndsay Peddie	Balgownie	07.09.80
11.73	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
1.53	Ella Thoms	Inverness	09.09.18
1.52	Jane Davidson	Grangemouth	04.06.16
1.50	Emma Caldow	Scotstoun	29.08.10
1.50	Angela McAuslan-Kelly	Grangemouth	14.07.19
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)

12.45	ALISON HORNE	CA Stadium	20.04.14
10.67	Angela McAuslan-Kelly	CA Stadium	07.04.19
10.64	Saffron Cummings	Perth	11.05.14
10.00	Erin Runcie	CA Stadium	23.08.14

U-15 GIRLS DISCUS

31.92	HELEN COWE	Balgownie	16.08.81
28.79	Angela McAuslan-Kelly	CA Stadium	14.04.19
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

U-15 GIRLS HAMMER

38.17	ANGELA McAUSLAN-KELLY	CA Stadium	21.08.19
31.31	Erin Williams	Livingston	09.09.17
24.69	Kristie Hindle	Grangemouth	28.07.13
24.03	Sophie Anderson	Grangemouth	26.08.12
21.05	Lydia Barker	CA Stadium	23.06.19
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)

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)

29.15	Iona Colquhoun	CA Stadium	24.08.14
24.11	Lydia Barker	CA Stadium	25.08.19

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	Catriona Pennet	Scotstoun	03.05.98
2694	Angela McAuslan-Kelly	Grangemouth	14.07.19
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

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



Angela McAuslan-Kelly



Johanna Mackenzie



Phoebe Armstrong



Tamsin Fowlie

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ALL TIME TOP 10 – VETERAN MEN

(Over-40)

VETERAN MEN 100m

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

VETERAN MEN 200m

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

VETERAN MEN 400m

53.0	DENIS SHEPHERD	CA Stadium	29.06.93
54.8	Alan Fulton	CA Stadium	18.06.91
54.8	Frank Gauld	CA Stadium	10.06.00
55.2	Allan Stirling	Malmo (SWE)	28.07.86
56.0	Mike Simpson	CA Stadium	27.05.97
56.2	Roderick MacFarquhar	Balgownie	11.08.82
56.40	Kenny Lyon	Sheffield	08.09.01
56.52	Stan Walker	CA Stadium	02.07.16
56.6	Jim Burr	CA Stadium	13.09.95
56.8	Bill Scullion	CA Stadium	16.06.93

VETERAN MEN 800m

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

VETERAN MEN 1500m

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

VETERAN MEN 3000m

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

VETERAN MEN 5000m

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

VETERAN MEN 10000m

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

VETERAN MEN 3000m STEEPLECHASE (Top 3)

10:25.99	FRANK BOYNE	Meadowbank	19.04.99
10:31.7	Dave Armitage	Grangemouth	04.09.91
11:50.4	Gordon Ramsay	CA Stadium	30.06.94

VETERAN MEN 100m HURDLES

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

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	Linksfield	22.05.88
2:32:57	George Sim	Dundee	12.05.91
2:33:39	Roderick MacFarquhar	Aberdeen	16.09.84
2:36:15	Ben Preece	London	23.04.89
2:34:53	Bill Adams	London	21.04.91
2:39:06	Jim Morrison	London	09.05.82

VETERAN MEN HIGH JUMP

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

VETERAN MEN POLE VAULT

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

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



Mark Davidson

ALL TIME TOP 10 – VETERAN WOMEN (Over-35)

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
13.81	Julie Tuck	Grangemouth	13.07.19
13.9	Heather Wisley	Grangemouth	27.08.88
14.2	Linda Michie	CA Stadium	24.08.05
14.3	Shona McKinnon	CA Stadium	10.06.00
14.4	Joyce Hogg/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
27.25	Catriona Pennet	Grangemouth	13.07.19
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

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
2:37.87	Anne Howie	CA Stadium	25.08.19
2:39.1	Annette Orme	CA Stadium	24.08.95

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	Linkfield	29.08.93
85:42	Hazel Gaskell	Linkfield	29.08.93
85:51	Heather Wisley	Linkfield	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
90:55	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

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 McKinnon	CA Stadium	16.04.04

VETERAN WOMEN 100m HURDLES

14.99	CATRIONA PENNET	Grangemouth	13.07.18
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VETERAN WOMEN 400m HURDLES

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
1.40	JULIE TUCK	CA Stadium	14.04.19
1.35	Janet Lyon	Meadowbank	31.08.97
1.35	Shona McKinnon	Pitreavie	13.07.02
1.30	Joyce Hogg	CA Stadium	06.06.89

VETERAN WOMEN POLE VAULT

2.81	JANET LYON	CA Stadium	14.05.04
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VETERAN WOMEN LONG JUMP

5.25	FIONA DAVIDSON	Grangemouth	11.07.15
4.96	Julie Tuck	Grangemouth	13.07.19
4.74	Linda Michie	CA Stadium	05.07.06
4.49	Shona McKinnon	CA Stadium	10.06.00
4.45	Janet Lyon	CA Stadium	04.04.04
4.36	Joyce Hogg	Cwmbran	24.07.88
4.23	Kathleen Madigan	CA Stadium	28.05.05
4.05	Heather Young	CA Stadium	21.08.02
3.99	Ann Imrie	CA Stadium	23.08.95
3.73	Irene Dougall	CA Stadium	02.09.92

VETERAN WOMEN TRIPLE JUMP

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

VETERAN WOMEN SHOT

9.11	JULIE TUCK	CA Stadium	28.07.19
8.82	Linda Michie	CA Stadium	05.07.06
8.45	Fiona Davidson	Perth	05.05.19
8.45	Kathleen Madigan	Newtonmore	05.08.06
8.17	Shona McKinnon	Drumadrochit	26.08.00
7.93	Catrina Pennet	Scotstoun	16.06.19
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/Heather Young		98 / 04

VETERAN WOMEN DISCUS

28.51	JULIE TUCK	CA Stadium	30.08.18
24.93	Emma Williams	CA Stadium	01.09.19
23.94	Anne Lindsay	Grangemouth	19.06.88
23.52	Fiona Davidson	CA Stadium	29.04.12
22.34	Ann Imrie	CA Stadium	10.08.97
20.94	Dorothy Davidson	Balgownie	24.02.85
19.89	Kathleen Madigan	Perth	11.05.14
19.52	Shona McKinnon	CA Stadium	24.07.00
19.30	Joyce Hogg	CA Stadium	21.06.89
19.26	Linda Michie	CA Stadium	31.08.06

VETERAN WOMEN HAMMER

31.86	KATHLEEN MADIGAN	Dundee	08.06.14
30.72	Fiona Davidson	Grangemouth	21.07.19
26.73	Emma Williams	CA Stadium	14.04.19
20.94	Joyce Hogg	CA Stadium	16.06.94
18.63	Sheryl Paul	Livingston	24.08.19
14.61	Linda Michie	CA Stadium	07.09.06
14.05	Heather Young	Coatbridge	25.07.04

VETERAN WOMEN JAVELIN

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

28.40	BARBARA MACDONALD	CA Stadium	07.04.96
25.68	Julie Tuck	CA Stadium	07.04.19
23.68	Shona McKinnon	Pitreavie	13.07.02
21.77	Catrina Pennet	Grangemouth	21.07.19
21.65	Kathleen Madigan	CA Stadium	20.06.13
20.09	Linda Michie	CA Stadium	22.06.06
19.09	Marie Dobson	CA Stadium	08.04.18
17.94	Joyce Hogg	CA Stadium	22.08.91
17.93	Emma Williams	Scotstoun	13.08.17
14.08	Helen Wilson	Dundee	18.06.89

VETERAN WOMEN HEPTATHLON

2600	SHONA MCKINNON	Grangemouth	25.08.02
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VETERAN WOMEN PENTATHLON

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



Julie Tuck & Fiona Davidson



Julie Tuck

ALL TIME INDOOR RANKINGS – MEN

MEN 60m

6.89	STEPHEN DUNLOP	Sheffield	21.02.14
6.91	Desmond Ojei	Aberdeen SV	22.01.17
6.97	Robbie Farquhar	Aberdeen SV	15.12.19
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
7.06	David Irvine	Aberdeen SV	21.01.18
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
7.12	Marcus Archer	Emirates A	26.01.19
7.12	Christian V-Hristov	Emirates A	10.02.18
7.14	James McIntosh	Aberdeen SV	15.12.19
7.16	Craig Strachan	Aberdeen SV	20.01.19
7.18	Robbie Shaw	Aberdeen SV	17.12.17
7.20	Tobi Fatona	Emirates A	26.01.19
7.20	Struan Linton	Aberdeen SV	20.01.19
7.2	Chukwudi Onyia	Aberdeen SV	16.12.12

MEN 200m

21.86	STEPHEN DUNLOP	Emirates A	08.02.14
21.90	Mark Davidson	Kelvin Hall	17.02.90
22.07	Barry Middleton	Kelvin Hall	19.01.97
22.08	Sam Lyon	Emirates A	08.02.14
22.38	Gavin Irvine	Emirates A	02.03.13
22.39	Robbie Shaw	Emirates A	13.01.18
22.55	Marcus Archer	Emirates A	26.01.19
22.57	Craig Strachan	Emirates	07.02.19
22.57	Christian V-Hristov	Emirates A	10.02.18
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
22.95	James McIntosh	Emirates A	02.02.19
23.1	Richard Chessor	Kelvin Hall	23.04.03
23.20	Ahmed Al-Kowarri	Kelvin Hall	13.01.96
23.21	Thomas Carter	Emirates A	28.01.18
23.22	Robbie Farquhar	Emirates A	10.11.17
23.23	Tobi Fatona	Emirates A	26.01.19
23.25	Ross Freck	Emirates A	13.01.18
23.27	Ewan Calder	Emirates E	28.01.17

MEN 400m

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
49.89	Robbie Shaw	Emirates A	22.12.17
50.25	Duncan Mathieson	Kelvin Hall	25.02.89
50.32	Paul Davidson	Kelvin Hall	15.01.95
50.64	Marcus Archer	Emirates A	09.02.19
50.74	Fergus Rule	Emirates A	10.03.18
50.88	Ahmed Al-Kowarri	Kelvin Hall	15.02.04
50.93	Murray King	Kelvin Hall	11.12.88
51.07	Paul Allan	Kelvin Hall	25.02.89
51.20	Kieran Fraser	Emirates A	28.01.18
51.40	Ewan Calder	Emirates A	06.02.14
51.49	Ronald Smith	Kelvin Hall	28.02.09
51.87	James McIntosh	Emirates A	28.01.18
51.96	Gavin Irvine	Emirates A	10.02.18
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
1:55.87	Lewis Watt	Emirates A	21.12.19
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
2:00.53	Charlie Beeson	Emirates A	13.01.18
2:00.81	Harry Hall	Emirates A	03.02.19
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

MEN 1000m

2:28.95	MICHAEL FERGUSON	Sheffield	16.11.19
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	Kelvin Hall	15.02.92
2:50.28	Paul Torry	Kelvin Hall	12.03.00
2:52.24	Robert Miller	Kelvin Hall	26.01.03
2:54.6	Kenny Lyon	Kelvin Hall	26.02.89
2:55.06	Stephen Miller	Kelvin Hall	26.01.03
2:55.1	Duncan Mathieson	Kelvin Hall	26.02.89

MEN 1500m

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
4:11.36	Callum Symmons	Emirates A	04.02.15
4:12.1	Robin Sutherland	Kelvin Hall	13.02.91
4:12.12	Jack Gillespie	Emirates A	11.03.18
4:12.87	Cameron Strachan	Kelvin Hall	28.10.09
4:15.97	Sunny McGrath	Emirates A	06.02.19
4:13.22	Conor O'Riordan	Emirates A	03.02.16
4:17.4	Stewart Mason	Kelvin Hall	24.11.99
4:17.4	Colin Youngson	Kelvin Hall	07.03.92
4:18.48	Eoghan MacNamara	Sheffield	20.02.16
4:20.90	Richard Wainford	Kelvin Hall	07.12.02

MEN 3000m

8:23.10	MYLES EDWARDS	Emirates A	03.01.15
8:25.26	Michael Ferguson	Cardiff	08.12.19
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
9:04.89	Steven Murray	Sheffield	16.02.19

MEN 60m HURDLES

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
1.83	Robbie Farquhar	Emirates A	03.02.18
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
3.78	Robbie Farquhar	Sheffield	06.01.18
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
3.40	Athol Gordon	Emirates A	06.02.19
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	William Hodi	Aberdeen SV	05.09.19
3.20	Paul Torry	Kelvin Hall	10.02.02
3.10	Robert Miller	Kelvin Hall	26.01.03



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
6.96	Robbie Farquhar	Sheffield	24.02.19
6.93	William Stark	Kelvin Hall	16.01.00
6.87	Chukwudi Onyia	Aberdeen SV	16.12.12
6.72	Robert Miller	Kelvin Hall	02.03.03
6.62	Mark Dobbie	Kelvin Hall	17.02.96
6.45	Stewart Clark	Aberdeen SV	12.12.09
6.43	James Mcintosh	Aberdeen SV	21.12.19
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
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

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
12.50	William Hodi	Emirates A	26.01.19
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

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

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



Robbie Farquhar & Struan Linton

ALL TIME INDOOR RANKINGS – WOMEN

WOMEN 60m

7.42	ZOEY CLARK	Emirates A	26.01.19
7.67	Rebecca Matheson	Aberdeen SV	20.01.19
7.70	Katie Forbes	Emirates A	28.01.17
7.74	Dawn Kitchen	Meadowbank	19.01.86
7.76	Roisin Harrison	Aberdeen SV	15.12.19
7.78	Dawn Flockhart	Kelvin Hall	15.01.95
7.78	Sharon Jakisa	Aberdeen SV	15.12.19
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	Jane Davidson	Aberdeen SV	15.12.19
7.84	Gail Murchie	Kelvin Hall	24.01.93
7.85	Kelsey Stewart	Aberdeen SV	18.03.18
7.9	Susan Tengtenga	Aberdeen SV	12.12.09
7.91	Rebecca Olaleye	Aberdeen SV	28.01.18
7.91	Alison Wylie	Emirates A	17.02.13
7.92	Kirsten Young	Kelvin Hall	06.02.05
7.93	Joda Kokovworho	Emirates A	11.03.18
7.95	C Butler/L Paterson/M Silcock/R Badial/T Spence		91/92/18/19/19

WOMEN 200m

23.58	ZOEY CLARK	Emirates A	28.01.18
24.64	Rebecca Matheson	Sheffield	17.02.19
24.86	Dawn Flockhart	Kelvin Hall	22.01.95
25.34	Aileen Connelly	Cardiff	05.02.06
25.35	Joda Kokovworho	Emirates A	07.02.18
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
25.73	Rebecca Olaleye	Emirates A	02.02.19
25.96	Alison Wylie	Emirates A	17.02.13
25.6	Louise Paterson	Kelvin Hall	14.03.92
25.97	Taylah Spence	Sheffield	17.02.19
26.02	Ademide Ademuyewo	Emirates A	17.02.13
26.49	Alix Still	Emirates A	30.01.16
26.59	Georgia Morrison	Emirates	12.01.19
26.63	Rebecca Mortimer	Kelvin Hall	15.01.06
26.64	Sandra Gunn	Kelvin Hall	01.03.92
26.64	Sarah Still	Kelvin Hall	21.02.93
26.80	Jane Davidson	Emirates A	07.02.19
26.96	Susan Tengtenga	Kelvin Hall	20.02.10

WOMEN 400m

52.12	ZOEY CLARK	Birmingham	18.02.18
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
57.91	Goergia Morrison	Emirates A	02.02.19
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



Carmen Neat

WOMEN 800m

2:07.87	HANNAH CAMERON	Birmingham	09.02.19
2:08.87	Kelsey Stewart	Emirates A	28.01.17
2:10.62	Rebecca Eggeling	Emirates A	10.03.18
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
2:16.58	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
2:22.20	Sarah Still	Kelvin Hall	18.02.01
2:22.33	Caitlin Purcell	Emirates A	26.01.19
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 Dougall	Kelvin Hall	15.12.96
2:26.99	Kate Murdoch	Kelvin Hall	18.01.09

WOMEN 1500m

4:26.20	NICOLA GAULD	Cardiff	05.02.06
4:31.48	Naomi Lang	Emirates A	28.01.18
4:33.02	Rebecca Eggeling	Emirates A	07.02.18
4:39.11	Hannah Cameron	Emirates A	28.01.18
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

9:49.98	NAOMI LANG	Emirates A	07.01.18
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
11:03.62	Isla Scott-Pearce	Emirates A	07.01.18
11:23.81	Laura Mahady	Kelvin Hall	12.02.05
12:23.44	Chantelle Clark	Kelvin Hall	15.01.06

WOMEN 60m HURDLES

8.79	JANE DAVIDSON	Emirates A	02.02.19
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
9.38	Carmen Neat	Aberdeen SV	24.02.19
9.47	Sylvia Kamyra	Kelvin Hall	28.02.09

WOMEN HIGH JUMP

1.75	CARMEN NEAT	Emirates A	07.02.19
1.71	Ellie Workman	Kelvin Hall	05.02.09
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
1.59	Jane Davidson	Emirates A	10.11.17
1.55	Nicola Gauld/Kimberley Miles/Abigail Robertson		97/ 01/ 19

WOMEN POLE VAULT

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
2.60	Ailsa Gault	Aberdeen SV	05.09.19
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
5.57	Jane Davidson	Aberdeen SV	15.12.19
5.36	Kirsten Young	Kelvin Hall	06.02.05
5.35	Alix Still	New York	11.03.17
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
5.14	Fiona Davidson	Aberdeen SV	04.02.18
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	26.02.17
5.01	Erin Williams	Emirates A	26.01.19
5.00	Kate MacKay	Emirates A	05.03.17
5.00	Catriona Pennet	Kelvin Hall	15.01.00
4.98	Diane Burr	Kelvin Hall	27.10.93
4.96	Claire Middleton	Kelvin Hall	01.03.92

WOMEN TRIPLE JUMP

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 Kamy	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



Scottish Indoor Nationals, Evie Gordon U13 60m



WOMEN SHOT

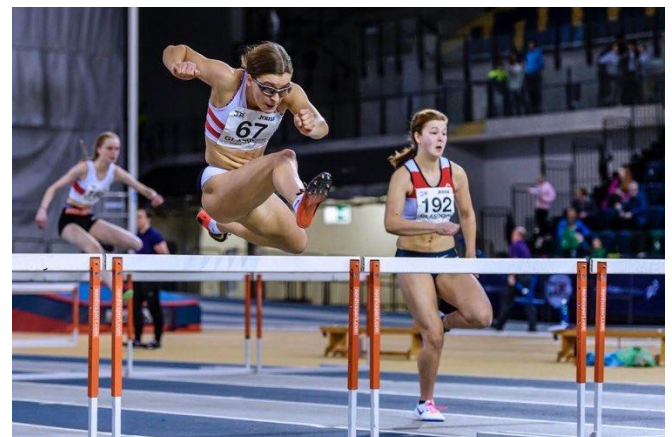
13.89	HELEN COWE	Kelvin Hall	27.02.93
11.38	Emily Ruyle	Aberdeen SV	26.01.14
10.32	Alison Horne	Emirates A	15.02.14
9.71	Sarah Still	Kelvin Hall	18.02.01
9.38	Erin Runcie	Aberdeen SV	21.02.16
9.31	Gail Murchie	Kelvin Hall	06.03.93
9.22	Alix Still	New York	11.03.17
9.20	Fiona Pirie	Kelvin Hall	24.01.93
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

3778	SARAH STILL	Kelvin Hall	12.03.00	(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	



Scottish Indoor Nationals, Jane Davidson U20 60m



Scottish Indoor Nationals, Jane Davidson U20 60m Hurdles

MEMBERSHIP INFORMATION

HONORARY LIFE MEMBERS

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

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 Shepherd
Grant Smith	Colin Young
Colin Youngson	

COMMITTEE – 2019/2020

President	Mark Davidson
Vice President	Eddie McKenzie
Secretary	Wendy Arthur
Finance Officer	Richard Daniel
Coaching Coordinator	James Joy
Competition Coordinator	Matt Stephenson
Officials Coordinator	Emma Williams
Committee Members	Brian MacMillan
	John Purcell
	Ben Nelson
	Rachel Gordon
	Eoghan MacNamara
	Roisin Harrison
	Brian Pahlmann
	Ruth Watson

Club Manager	
Pathways Development Officer	

If you think that you have bettered an existing club record, please contact Eoghan MacNamara at eoghanmac93@live.com. Please refer to Criteria for Club Records

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