



**ABERDEEN AMATEUR ATHLETIC CLUB**  
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## THE 2022 YEAR BOOK

INCLUDING CLUB RECORDS AND RANKINGS

No. 33

Free to AAAC Members



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The AAAC Yearbook 2022 was edited by Eoghan MacNamara and John Purcell and compiled by Denis Shepherd with assistance from Bob Masson

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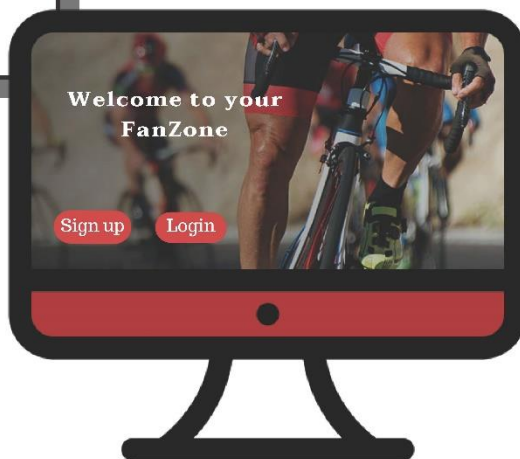
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## CLUB RECORDS (AS AT 01/01/2022)

### 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       |
| Mile   | 4:05.41  | Michael Ferguson                                      | 20       |
| 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,<br>R Drummond, M Davidson        | 88       |
| 4x200  | 1:35.3   | N Fachie, F McCabe,<br>P Mutch, J Joy                 | 08       |
| 4x400  | 3:19.3   | P Davidson, B Middleton,<br>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        |
| Mile   | 4:25.12 | <b>Kai Crawford</b>                             | <b>21</b> |
| 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,<br>R Farquhar, A Sherjil | 19        |

|              |                |   |           |
|--------------|----------------|---|-----------|
| 4x200        | 1:36.0         | R Gray, S Rankin,<br>J Oxley, C Maslen          | 01        |
| 4x400        | 3:25.93        | M Ferguson, J Chapman,<br>E Calder, L Alexander | 14        |
| <b>3x800</b> | <b>6:08.85</b> | <b>D MacDonald L Watt, K Crawford</b>           | <b>21</b> |

### 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        |
| <b>800</b>  | <b>1:53.16</b> | <b>Kai Crawford</b>                           | <b>21</b> |
| <b>1500</b> | <b>3:56.51</b> | <b>Kai Crawford</b>                           | <b>21</b> |
| <b>Mile</b> | <b>4:25.12</b> | <b>Kai Crawford</b>                           | <b>21</b> |
| 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,<br>J Oxley, C Maslen       | 01        |
| 4x200       | 1:36.0         | R Gray, S Rankin,<br>J Oxley, C Maslen        | 01        |
| 4x400       | 3:29.87        | J Chapman, S Murray,<br>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        |
| <b>Mile</b> | <b>4:46.42</b> | <b>Rhys Crawford</b>                       | <b>21</b> |
| <b>3000</b> | <b>9:32.27</b> | <b>Rhys Crawford</b>                       | <b>21</b> |
| 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,<br>J Angus, L Bisset | 15        |
| 4x200       | 2:07.6         | A Young, A Crighton, G Irvine,<br>R Walton | 09        |
| 4x400       | 3:53.2         | H Hall, F Rule,<br>L Bisset, A Phommavanh  | 15        |
| 3x800       | 6:47.48        | F McKay, T Reynolds, R Crawford            | 21        |

**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,<br>B Benzie, C Maslen  | 97 |
| 4x200 | 1:56.7  | S Forbes, I Flett,<br>B Benzie, C Maslen  | 97 |
| 4x400 | 4:35.8  | A Rose, A Watt,<br>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,<br>Rob Smith, C Mathieson | 93 |
| 4x200 | 2:09.6 | M Maitland, C Mathieson,<br>Rob 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,<br>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,<br>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(11.34K) | 11.28   | Edward McKenzie      | 20 |
| 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           |
| <b>HJ</b>        | <b>1.61</b> | <b>James Macgregor</b> | <b>20/21</b> |
| PV               | 3.20        | Bob Masson             | 03           |
| LJ               | 5.02        | Trevor Madigan         | 06           |
| TJ               | 10.04       | Bill Skinner           | 14           |
| SP(4K)           | 10.84       | Bob Masson             | 04           |
| <b>SP(7.26K)</b> | <b>9.74</b> | <b>Edward McKenzie</b> | <b>21</b>    |
| 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        |
| <b>Mile</b>  | <b>4:46.86</b> | <b>Hannah Cameron</b>                            | <b>21</b> |
| 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 Kama                                      | 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, R Harrison, R Badial | 19        |
| 4x200        | 1:44.36        | R Badial, T Spence, J Davidson, Rebecca Matheson | 19        |
| 4x400        | 3:50.0         | H Windass, S Hendry, F Watt, D Flockhart         | 96        |
| <b>3x800</b> | <b>7:01.93</b> | <b>G MacDonald, C Purcell, K Purcell</b>         | <b>21</b> |
| 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        |
| <b>Mile</b>  | <b>5:04.87</b> | <b>Kirsty Purcell</b>                           | <b>21</b> |
| 3000         | 9:29.28        | Rhona Auckland                                  | 12        |
| 5000         | 16:45.09       | Naomi Lang                                      | 17        |
| 10000        | 34:53.24       | Rhona Auckland                                  | 12        |
| 100H         | 14.36          | Catriona Pennet                                 | 02        |
| 400H         | 63.20          | Rebecca Dougall                                 | 99        |
| 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        |
| <b>3x800</b> | <b>7:01.93</b> | <b>G MacDonald, C Purcell, K Purcell</b>        | <b>21</b> |

## 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 Kama                                   | 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        |
| <b>HT (3K)</b>   | <b>44.69</b> | <b>Angela McAuslan-Kelly</b>                  | <b>21</b> |
| JT (600g)        | 35.98        | Ellie Workman                                 | 09        |
| <b>JT (500g)</b> | <b>31.42</b> | <b>Abbie Crawford</b>                         | <b>21</b> |
| 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, C Purcell             | 19        |
| 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,<br>S Still, S Gunn   | 86       |
| 4x200 | 2:10.3 | A Henderson, G Wilson,<br>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        |
| <b>100H</b> | <b>14.88</b> | <b>Catriona Pennet</b>      | <b>21</b> |
| 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        |
| <b>DT</b> | <b>26.42</b> | <b>Julie Tuck</b> | <b>21</b> |
| JT        | 28.40        | Barbara MacDonald | 96        |
| HT        | 31.86        | Kathleen Madigan  | 14        |

### VETERAN WOMEN (OVER 45)

|     |       |              |    |
|-----|-------|--------------|----|
| 60  | 8.7   | Ann Imrie    | 95 |
| 100 | 13.6  | Ann Imrie    | 95 |
| 200 | 28.2  | Ann Imrie    | 94 |
| 300 | 46.8  | Laura Mahady | 11 |
| 400 | 61.05 | Laura Mahady | 09 |

|           |              |                       |           |
|-----------|--------------|-----------------------|-----------|
| 800       | 2:19.50      | Laura Mahady          | 09        |
| 1500      | 4:45.36      | Sonia Armitage        | 07        |
| 3000      | 10:37.65     | Sonia Armitage        | 07        |
| 5000      | 19:02.1      | Laura Mahady          | 08        |
| 10000     | 42:20.6      | Kathryn Mearns        | 03        |
| 80H       | 16.6         | Ann Imrie             | 99        |
| 100H      | 21.4         | Ann Imrie             | 94        |
| ½ Mar     | 1:36:38      | Maureen MacInnes      | 06        |
| Mar       | 3:32:33      | Betty May             | 91        |
| HJ        | 1.30         | Shona McKinnon        | 09        |
| PV        | 2.60         | Janet Lyon            | 07/08     |
| LJ        | 4.74         | Fiona Davidson        | 20        |
| <b>TJ</b> | <b>9.93</b>  | <b>Fiona Davidson</b> | <b>21</b> |
| SP        | 8.45         | Fiona Davidson        | 19        |
| <b>DT</b> | <b>26.42</b> | <b>Julie Tuck</b>     | <b>21</b> |
| 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        |
| <b>HJ</b> | <b>0.96</b> | <b>Sally Thomson</b> | <b>21</b> |
| 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 |



Fiona Davidson



## INDOOR RECORDS (AS AT 01/01/2022)

### 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  | 3:49.27 | Michael Ferguson                       | 20 |
| 3000  | 8:15.60 | Michael Ferguson                       | 20 |
| 60H   | 8.32    | Duncan Mathieson                       | 97 |
| HJ    | 1.99    | Duncan Mathieson                       | 89 |
| PV    | 4.15    | Jools Peters                           | 16 |
| LJ    | 7.26    | Robbie Farquhar                        | 20 |
| 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,<br>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  | 22.25   | James Mcintosh   | 20 |
| 400  | 49.30   | Barry Middleton  | 94 |
| 800  | 1:55.11 | Lewis Watt       | 20 |
| 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   | 7.26    | Robbie Farquhar  | 20 |
| 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   | 1:55.11 | Lewis Watt                               | 20    |
| 1000  | 2:52.75 | Barry Middleton                          | 91    |
| 1500  | 4:11.85 | Lewis Watt                               | 20    |
| 3000  | 9:38.92 | Kai Crawford                             | 20    |
| 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    | 13.28   | William Hodi                             | 20    |
| SP    | 12.75   | John Angus                               | 17    |
| Hept  | 4472    | Robbie Farquhar                          | 17    |
| Pent  | 3045    | Richard Singer                           | 95    |
| 4x200 | 1:35.95 | F Rule, L Bisset,<br>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  | 2:24.15 | Rhys Crawford   | 19 |
| 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,<br>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  | 25.17   | Mark Davidson   | 20    |
| 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   | 19/20 |
| 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        |
| PV        | 3.21        | Bob Masson             | 03        |
| <b>HJ</b> | <b>1.57</b> | <b>James Macgregor</b> | <b>21</b> |
| 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  | 11.74   | Bob Masson     | 20 |
| HJ   | 1.33    | Bob Masson     | 19 |
| PV   | 2.70    | Bob Masson     | 19 |
| LJ   | 4.28    | Trevor Madigan | 16 |
| SP   | 10.47   | Bob Masson     | 20 |
| 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        |
| <b>400</b> | <b>52.03</b> | <b>Zoey Clark</b>                             | <b>21</b> |
| 800        | 2:07.87      | Hannah Cameron                                | 19        |
| 1500       | 4:26.20      | Nicola Gauld                                  | 06        |
| 3000       | 9:49.98      | Naomi Lang                                    | 18        |
| 60H        | 8.69         | Jane Davidson                                 | 20        |
| HJ         | 1.77         | Carmen Neat                                   | 20        |
| 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   | 7.68    | Jane Davidson    | 20 |
| 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  | 8.69    | Jane Davidson    | 20 |
| HJ   | 1.77    | Carmen Neat      | 20 |
| PV   | 2.90    | Sam Somers       | 12 |
| LJ   | 5.65    | Jane Davidson    | 20 |
| 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        |
| <b>SP (3kg)</b> | <b>11.68</b> | <b>Angela McAuslan-Kelly</b>                    | <b>21</b> |
| 4x200           | 1:51.92      | E Shanks, L McNeil,<br>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         | 2.41    | Rosie Meyer           | 20 |
| 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    | 9.87     | Julie Tuck       | 20    |
| 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  | 9.71     | Julie Tuck     | 20    |
| 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   | 9.87     | Julie Tuck     | 20    |
| 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 |
| 60H  | 9.71     | Julie Tuck       | 20 |
| 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   | 9.87     | Julie Tuck       | 20 |

## 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 |
| 3000 | 11:16.68 | Anne Howie     | 20 |
| 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        |
| 3000      | 11:16.68    | Anne Howie           | 20        |
| <b>HJ</b> | <b>0.97</b> | <b>Sally Thomson</b> | <b>21</b> |



Alan Fulton



OGM – May 2021

## 2021 TOP 5 CLUB RANKINGS

Covering the athletics year ended 31 October 2021

### SENIOR MEN

|                    |                       |
|--------------------|-----------------------|
| <b>100m</b>        |                       |
| 10.87              | Struan Linton         |
| 11.13              | Robbie Farquhar       |
| 11.32              | Marcus Archer         |
| 11.37              | David Irvine          |
| 11.52              | Robbie Shaw           |
| <b>200m</b>        |                       |
| 22.14              | Struan Linton         |
| 22.80              | Marcus Archer         |
| 23.01              | Thomas Carter         |
| 23.62              | Andrew Baldwin        |
| 23.84              | Robbie Shaw           |
| <b>400m</b>        |                       |
| 51.54              | Robbie Shaw           |
| 51.79              | Andrew Baldwin        |
| 52.06              | Ben Nelson            |
| 53.50              | Thomas Carter         |
| 54.46              | Harry Hall            |
| <b>800m</b>        |                       |
| 1:52.74            | Michael Ferguson      |
| 1:55.05            | Ben Nelson            |
| 1:58.45            | Alex Bates            |
| 1:59.14            | Eoghan Macnamara      |
| 2:10.42            | Michael Kilbride      |
| <b>1,500m</b>      |                       |
| 3:47.88            | Michael Ferguson      |
| 3:53.68            | Myles Edwards         |
| 4:09.58            | Steven Murray         |
| 4:10.23+           | Eoghan Macnamara      |
| 4:10.50            | Stewart Millar        |
| <b>Mile</b>        |                       |
| 4:09.70            | Michael Ferguson      |
| 4:27.30            | Eoghan Macnamara      |
| 4:30.99            | Aaron Odentz          |
| 4:40.61            | Philip Neilson        |
| 4:40.68            | Alex Bates            |
| <b>3,000m</b>      |                       |
| 8:16.77            | Michael Ferguson      |
| 8:59.16            | Aaron Odentz          |
| 9:12.19            | Andrew Casey          |
| 9:25.70            | Fearghas Thomson      |
| 9:48.10            | Andrew Ferguson       |
| <b>5,000m</b>      |                       |
| 15:08.79           | Myles Edwards         |
| 15:30.45           | Aaron Odentz          |
| 16:19.79           | Fearghas Thomson      |
| <b>High Jump</b>   |                       |
| 1.61               | James Macgregor (M55) |
| <b>Pole Vault</b>  |                       |
| 2.65i              | Bob Masson (M70)      |
| <b>Long Jump</b>   |                       |
| 6.81               | Robbie Farquhar       |
| <b>Shot</b>        |                       |
| 9.74               | Eddie McKenzie (M55)  |
| <b>VETERAN MEN</b> |                       |
| <b>100m</b>        |                       |
| 12.74              | Stan Walker (M50)     |
| <b>200m</b>        |                       |
| 26.37              | Stan Walker (M50)     |
| 29.54              | Bill Skinner (M60)    |

|                       |                       |
|-----------------------|-----------------------|
| <b>400m</b>           |                       |
| 69.74                 | Bill Skinner (M60)    |
| 90.42                 | Alan Fulton (M70)     |
| <b>High Jump</b>      |                       |
| 1.61                  | James Macgregor (M55) |
| <b>Pole Vault</b>     |                       |
| 2.65i                 | Bob Masson (M70)      |
| <b>Shot (7.26K)</b>   |                       |
| 9.74                  | Eddie McKenzie (M50)  |
| <b>Shot (6K)</b>      |                       |
| 10.26                 | Eddie McKenzie (M50)  |
| <b>Discus (1.5K)</b>  |                       |
| 32.40                 | Eddie McKenzie (M55)  |
| <b>Discus (1K)</b>    |                       |
| 34.18                 | Bob Masson (M70)      |
| <b>Hammer (6K)</b>    |                       |
| 29.87                 | Eddie McKenzie (M50)  |
| <b>Javelin (700g)</b> |                       |
| 32.01                 | Eddie McKenzie (M50)  |
| <b>Javelin (500g)</b> |                       |
| 30.35                 | Bob Masson (M70)      |

### UNDER-20 MEN

|                            |                     |
|----------------------------|---------------------|
| <b>100m</b>                |                     |
| 11.78                      | William Hodi        |
| 12.22                      | Sideeq Remi-Shodipo |
| 12.75                      | Coby Keith          |
| <b>200m</b>                |                     |
| 22.98                      | James Mcintosh      |
| 24.76                      | Josua Carroll       |
| <b>400m</b>                |                     |
| 51.26                      | James Mcintosh      |
| 52.41                      | William Hodi        |
| 53.04                      | Lewis Watt          |
| <b>800m</b>                |                     |
| 1:55.12                    | Lewis Watt          |
| 1:55.39                    | Adam Brown          |
| <b>1500m</b>               |                     |
| 3:59.01                    | Adam Brown          |
| 4:09.67+                   | Lewis Watt          |
| 4:41.78                    | William Hodi        |
| <b>Mile</b>                |                     |
| 4:27.72                    | Lewis Watt          |
| <b>3,000m</b>              |                     |
| 10:15.65                   | Patrick Lang        |
| <b>110m Hurdles (3'6")</b> |                     |
| 17.40                      | William Hodi        |
| <b>110m Hurdles (3'3")</b> |                     |
| 15.34                      | William Hodi        |
| <b>400m Hurdles</b>        |                     |
| 56.52                      | William Hodi        |
| <b>High Jump</b>           |                     |
| 1.80                       | William Hodi        |
| <b>Pole Vault</b>          |                     |
| 3.60                       | William Hodi        |

|                       |              |
|-----------------------|--------------|
| <b>Long Jump</b>      |              |
| 6.59                  | William Hodi |
| <b>Triple Jump</b>    |              |
| 14.08                 | William Hodi |
| <b>Shot (7.26K)</b>   |              |
| 9.35                  | William Hodi |
| <b>Shot (6K)</b>      |              |
| 10.13                 | William Hodi |
| <b>Discus (1.75K)</b> |              |
| 30.58                 | William Hodi |
| <b>Javelin)</b>       |              |
| 36.29                 | William Hodi |
| <b>Decathlon</b>      |              |
| 5977                  | William Hodi |

### UNDER-17 MEN

|                       |                   |
|-----------------------|-------------------|
| <b>100m</b>           |                   |
| 12.26                 | Kene Ileagu       |
| 13.72                 | Zeb Khan          |
| 13.95                 | Ben Cuthill       |
| <b>200m</b>           |                   |
| 25.42                 | Kene Ileagu       |
| 28.32                 | Zeb Khan          |
| <b>400m</b>           |                   |
| 54.74                 | Callum McGregor   |
| 55.12                 | Dylan Dickie      |
| <b>800m</b>           |                   |
| 1:53.16               | Kai Crawford      |
| 2:02.61               | Aleksander Jovcic |
| 2:14.19               | Dylan Dickie      |
| 2:06.03               | Caleb Brock       |
| <b>1,500m</b>         |                   |
| 3:56.51               | Kai Crawford      |
| 4:09.54               | Hamish Mckay      |
| 4:27.64               | Aleksander Jovcic |
| 4:30.12               | Samuel Stephenson |
| 4:36.01               | Dylan Dickie      |
| <b>Mile</b>           |                   |
| 4:25.12               | Kai Crawford      |
| 4:28.87i              | Sam Griffin       |
| <b>3,000m</b>         |                   |
| 8:54.27               | Hamish Mckay      |
| 9:05.42               | Kai Crawford      |
| 9:39.14               | Aleksander Jovcic |
| 9:50.19               | Samuel Stephenson |
| 10:10.18              | Harry Jackson     |
| <b>High Jump</b>      |                   |
| 1.58                  | Lewis Ingram      |
| <b>Shot (5K)</b>      |                   |
| 6.93                  | Jake Dickie       |
| <b>Discus (1.5K)</b>  |                   |
| 24.60                 | Jake Dickie       |
| <b>Javelin (700g)</b> |                   |
| 21.10                 | Jake Dickie       |

**UNDER-15 BOYS**

|                       |                   |
|-----------------------|-------------------|
| <b>100m</b>           |                   |
| 12.93                 | Craig Amaeshi     |
| 13.17                 | Daniel Greenwood  |
| 14.61                 | Alexander Arris   |
| <b>200m</b>           |                   |
| 26.41                 | Daniel Greenwood  |
| 27.04                 | Finn Bryce        |
| 28.61                 | Alexander Arris   |
| 28.87                 | Finlay Rae        |
| 35.08                 | Finlay Collins    |
| <b>300m</b>           |                   |
| 40.61                 | Rhys Crawford     |
| 45.17                 | Alexander Arris   |
| 45.98                 | Finlay Rae        |
| <b>800m</b>           |                   |
| 2:01.32               | Rhys Crawford     |
| 2:09.21               | Thomas Reynolds   |
| 2:09.75               | Samuel Stephenson |
| 2:13.78               | Finlay Rae        |
| 2:22.56               | Oscar Chirnside   |
| <b>1500m</b>          |                   |
| 4:18.14               | Rhys Crawford     |
| 4:34.71               | Thomas Reynolds   |
| 4:42.07               | Oscar Chirnside   |
| 4:44.88               | Finlay Mckay      |
| 4:54.11               | Finlay Rae        |
| <b>Mile</b>           |                   |
| 4:46.42               | Rhys Crawford     |
| <b>3000m</b>          |                   |
| 9:32.27               | Rhys Crawford     |
| 10:19.78              | Oscar Chirnside   |
| <b>80m Hurdles</b>    |                   |
| 13.04                 | Finn Bryce        |
| 17.28                 | Finlay Collins    |
| <b>High Jump</b>      |                   |
| 1.51                  | Finn Bryce        |
| <b>Pole Vault</b>     |                   |
| 2.45i                 | Finn Bryce        |
| <b>Long Jump</b>      |                   |
| 5.06                  | Finn Bryce        |
| <b>Shot (4K)</b>      |                   |
| 9.64                  | Finn Bryce        |
| 5.56                  | Finlay Collins    |
| <b>Discus</b>         |                   |
| 29.05                 | Finn Bryce        |
| <b>Javelin (600g)</b> |                   |
| 39.51                 | Finn Bryce        |
| 14.49                 | Finlay Collins    |
| <b>Pentathlon</b>     |                   |
| 2103                  | Finn Bryce        |

**UNDER-13 BOYS**

|                           |                   |
|---------------------------|-------------------|
| <b>75m</b>                |                   |
| 11.08                     | Alex Henthorn     |
| 11.42                     | Dexter Tough      |
| 12.87                     | Sam Brooks        |
| <b>100m</b>               |                   |
| 14.03                     | Alex Henthorn     |
| 14.16                     | Dexter Tough      |
| 14.51                     | Ruben Costello    |
| 15.40                     | Samuel Murray     |
| 15.77                     | Calum Leitch      |
| <b>200m</b>               |                   |
| 28.60                     | Alex Henthorn     |
| 29.44                     | Dexter Tough      |
| 30.25                     | Ruben Costello    |
| 32.02                     | Alexander Okolo   |
| 32.550                    | Samuel Murray     |
| <b>800m</b>               |                   |
| 2:30.47                   | Alex Henthorn     |
| 2:41.74                   | Reuben McAllister |
| 2:56.53                   | Sam Brooks        |
| <b>1200m</b>              |                   |
| 4:18.35                   | Alex Henthorn     |
| 4:25.38                   | Reuben McAllister |
| 4:29.96                   | Calum Leitch      |
| 4:44.45                   | Sam Brooks        |
| <b>1500m</b>              |                   |
| 5:29.45                   | Reuben McAllister |
| 5:38.40                   | Alex Henthorn     |
| 5:39.48                   | Alexander Okolo   |
| 5:50.34                   | Sam Brooks        |
| <b>60m Hurdles (2'6")</b> |                   |
| 15.32                     | Samuel Murray     |
| 15.47                     | Calum Leitch      |
| <b>High Jump</b>          |                   |
| 1.21i                     | Calum Leitch      |
| <b>Long Jump</b>          |                   |
| 2.68                      | Sam Brooks        |
| <b>Shot (3K)</b>          |                   |
| 5.33                      | Aiden MacDonald   |
| 5.24                      | Alex Henthorn     |
| <b>UNDER-11 BOYS</b>      |                   |
| <b>75m</b>                |                   |
| 11.62                     | Cameron Kennedy   |
| 12.30                     | Paul Mearns       |
| 13.58                     | Struan Mckay      |
| <b>100m</b>               |                   |
| 15.82                     | Cameron Kennedy   |
| 16.95                     | Paul Mearns       |
| 17.63                     | Struan Mckay      |
| 18.80                     | Jakob Whitham     |
| <b>200m</b>               |                   |
| 35.01                     | Paul Mearns       |
| <b>800m</b>               |                   |
| 2:56.41                   | Struan Mckay      |
| 2:56.59                   | Lucas Sim         |
| <b>Shot (2.72K)</b>       |                   |
| 3.46                      | Josiah Barker     |

**SENIOR WOMEN**

|                      |                      |
|----------------------|----------------------|
| <b>60m</b>           |                      |
| 7.48l                | Zoey Clark           |
| <b>100m</b>          |                      |
| 11.88                | Roisin Harrison      |
| 11.92                | Sharon Jakisa        |
| 12.16                | Rebecca Matheson     |
| 12.82                | Mhia Mouat           |
| 13.19                | Rhia Badial          |
| <b>200m</b>          |                      |
| 23.81                | Roisin Harrison      |
| 24.41                | Zoey Clark           |
| 24.41                | Rebecca Matheson     |
| 24.85                | Kelsey Stewart       |
| 25.14                | Sharon Jakisa        |
| <b>400m</b>          |                      |
| 51.79                | Zoey Clark           |
| 55.04                | Roisin Harrison      |
| 58.71                | Georgia Morrison     |
| 61.58                | Phoebe Moncur        |
| 62.47                | Mhia Mouat           |
| <b>800m</b>          |                      |
| 2:07.31              | Hannah Cameron       |
| 2:14.85              | Zoe Bates            |
| <b>1500m</b>         |                      |
| 4:23.56              | Hannah Cameron       |
| 4:26.25              | Zoey Bates           |
| 4:32.71+             | Naomi Lang           |
| 5:26.06              | Anne Howie (W55)     |
| <b>Mile</b>          |                      |
| 4:46.86              | Hannah Cameron       |
| 4:55.33              | Naomi Lang           |
| 4:56.76              | Zoe Bates            |
| <b>3000m</b>         |                      |
| 11:34.21             | Anne Howie (W55)     |
| <b>5000m</b>         |                      |
| 16:09.16             | Naomi Lang           |
| <b>100m Hurdles</b>  |                      |
| 14.88                | Catrina Pennet (W35) |
| <b>High Jump</b>     |                      |
| 1.78                 | Carmen Neat          |
| 0.97i                | Sally Thomson (W50)  |
| <b>Long Jump</b>     |                      |
| 4.72                 | Fiona Davidson (W45) |
| 3.96i                | Jessica Brook        |
| <b>Triple Jump</b>   |                      |
| 9.93                 | Fiona Davidson (W45) |
| <b>Discus</b>        |                      |
| 26.42                | Julie Tuck (W45)     |
| 23.34                | Emma Williams (W45)  |
| <b>Hammer (4K)</b>   |                      |
| 21.69                | Sheryl Paul (W50)    |
| <b>VETERAN WOMEN</b> |                      |
| <b>1500m</b>         |                      |
| 5:26.06              | Anne Howie (W55)     |
| <b>3000m</b>         |                      |
| 11:34.21             | Anne Howie (W55)     |
| <b>100m Hurdles</b>  |                      |
| 14.88                | Catrina Pennet (W35) |

**Long Jump**  
4.72 Fiona Davidson (W45)

**Triple Jump**  
9.93 Fiona Davidson (W45)

**Discus**  
26.42 Julie Tuck (W45)  
23.34 Emma Williams (W45)

## UNDER-20 WOMEN

**100m**  
12.89 Erin Williams  
12.93 Iona Brodie  
13.03 Jane Davidson

**200m**  
26.85 Iona Brodie  
26.46 Jane Davidson  
27.16 Emma Barclay  
27.23 Sophie Jennings  
27.31 Erin Williams

**800m**  
2:14.32 Kirsty Purcell  
2:15.36 Caitlin Purcell

**1500m**  
4:33.33 Kirsty Purcell  
4:36.67 Caitlin Purcell

**Mile**  
5:04.87 Kirsty Purcell  
5:05.38 Caitlin Purcell

**3000m**  
10:11.64 Kirsty Purcell  
10:14.84 Caitlin Purcell

**100m Hurdles**  
14.62 Jane Davidson  
14.79 Briagha Cook

**400m Hurdles**  
67.70 Sophie Jennings  
68.35 Emma Barclay

**High Jump**  
1.51 Abigail Robertson

**Long Jump**  
5.22 Jane Davidson  
5.20 Briagha Cook  
5.04 Erin Williams

**Javelin (600g)**  
27.94 Jane Davidson

## UNDER-17 WOMEN

**100m**  
13.28 Gracie Gray-Giles  
13.31 Tamsin Fowlie  
13.39 Morven White  
13.54 Cara Davie  
13.99 Oluwasekemi Adenuga

**200m**  
26.44 Tamsin Fowlie  
26.57 Gracie Gray-Giles  
27.24 Cara Davie  
27.62 Morven White  
28.34 Angela McAuslan-Kelly

**300m**  
42.30 Tamsin Fowlie  
43.67 Gracie Gray-Giles

**800m**  
2:23.13 Grace MacDonald  
2:29.86 Charlotte Narducci  
2:30.40 Kirstin Grant  
2:32.79 Jessica Beaton  
2:45.27 Anna Jackson

**1500m**  
4:58.64 Charlotte Narducci  
5:23.31 Anna Jackson  
5:29.69 Kirstin Grant  
5:32.65 Gabija Kavaliauskaite  
5:41.15 Jessica Beaton

**3000m**  
11:48.13 Anna Jackson  
12:12.15 Kirstin Grant

**80m Hurdles**  
12.35 Cara Davie  
13.38 Lydia Barker  
13.47 Angela McAuslan-Kelly

**400m Hurdles**  
49.89 Lydia Barker  
50.08 Angela McAuslan-Kelly

**High Jump**  
1.54 Cara Davie  
1.50 Angela McAuslan-Kelly

**Pole Vault**  
2.55i Rosie Meyer

**Long Jump**  
5.05 Cara Davie  
4.57 Angela McAuslan-Kelly

**Triple Jump**  
10.71 Abbie Crawford

**Shot (3K)**  
12.30 Angela McAuslan-Kelly  
9.46 Cara Davie  
8.50 Rosie Meyer

**Discus**  
33.48 Angela McAuslan-Kelly  
21.25 Lydia Barker

**Hammer**  
44.69 Angela McAuslan-Kelly  
24.42 Lydia Barker

**Javelin (600g)**  
30.67 Rosie Meyer  
26.35 Abbie Crawford

**Javelin (500g)**  
31.42 Abbie Crawford  
27.74 Rosie Meyer

**Pentathlon (indoor)**  
2918i Cara Davie

## UNDER-15 GIRLS

**100m**  
14.43 Josie Laing  
14.47 Rhona Bomfrey  
14.65 Katy Farrands  
14.93 Ellie McGee  
15.33 Sarah Mcallister

**200m**  
30.71 Katy Farrands  
30.96 Grace Dinnes  
31.61 Ellie McGee  
32.31 Lois Macmillan  
32.32 Sarah Mcallister

**300m**  
47.03 Ashton Bow  
51.17 Lois Macmillan  
52.57 Freya Mchattie  
53.22 Jezzica Khan  
56.80 Grace Dinnes

**800m**  
2:26.14 Abby Farquhar  
2:37.69 Sarah Mcallister  
2:37.69 Ellis Rochford  
2:42.31 Katie Sim  
2:42.61 Lucy Todd

**1500m**  
5:09.16 Abby Farquhar  
5:31.70 Lucy Todd  
5:37.07 Ellis Rochford  
5:46.62 Sarah Mcallister  
5:50.07 Katie Sim

**75m Hurdles**  
12.69 Josie Laing  
13.45 Ellie McGee

**High Jump**  
1.35 Jezzica Khan  
1.35 Ellie McGee

**Pole Vault**  
1.80i Ellie McGee

**Long Jump**  
4.36 Josie Laing  
4.28 Ellie McGee  
4.04 Jezzica Khan  
3.27 Jessica Freeman

**Triple Jump**  
8.85 Ellie McGee

**Shot (3K)**  
9.70 Josie Laing  
7.85 Ellie McGee  
7.41 Esther Barker  
6.22 Jezzica Khan  
5.91 Jessica Freeman

**Discus**  
21.37 Esther Barker  
18.19 Josie Laing

**Javelin (500g)**  
17.25 Esther Barker  
14.52 Ellie McGee  
13.60 Jessica Freeman

**Pentathlon**  
19.16 Ellie McGee

## UNDER-13 GIRLS

**75m**  
10.90 Anna Watson  
10.95 Evie Gordon  
11.86 Olivia Dinnes  
11.98 Sophie Imlach  
12.43 Ciara Pratt

**100m**  
13.87 Evie Gordon  
14.01 Anna Watson  
14.63 Grace McIntosh  
15.79 Sophie Imlach

**150m**  
20.83 Evie Gordon  
22.76 Olivia Dinnes  
23.71 Jessica Needs

**200m**

29.90 Evie Gordon  
 31.41 Sophie Imlach  
 31.80 Olivia Dinnes  
 34.94 Alexa Moir

**800m**

2:42.89 Jessica Needs  
 2:44.47 Olivia Dinnes  
 2:44.57 Sophie Imlach  
 2:52.06 Grace Stephenson  
 3:00.15 Edith Hilton

**1200m**

4:23.12 Jessica Needs  
 4:27.53 Sophie Imlach  
 4:27.65 Olivia Dinnes

**1500m**

5:27.06 Jessica Needs  
 5:44.35 Sophie Imlach  
 5:54.67 Edith Hilton  
 5:57.27 Olivia Dinnes

**70m Hurdles**

15.30 Sophie Imlach  
 16.53 Grace Stephenson

**High Jump**

1.24i Anastasia Enoch  
 1.24i Lulu Nkempchor  
 1.00i Grace Stephenson

**Long Jump**

4.20 Evie Gordon  
 3.53 Sophie Imlach  
 3.22 Alexa Moir  
 3.01 Jessica Needs  
 2.67 Edith Hilton

**Shot (2.72K)**

5.94 Evie Gordon

**Javelin (400g)**

15.33 Ciara Pratt  
 9.50 Alexa Moir  
 9.07 Jessica Needs

**UNDER-11 GIRLS****75m**

13.05 Christina McNeill  
 14.30 Agnes Brock  
 14.74 Emma Goodbrand  
 17.18 Sophie Needs

**100m**

15.73 Katy Rae  
 16.20 Sophie Douglas  
 18.32 Mya Mackie  
 22.75 Sophie Needs

**200m**

33.02 Rachel Gove  
 33.34 Sophie Douglas  
 33.70 Katy Rae  
 37.31 Christina McNeill

**800m**

2:55.39 Katy Rae  
 3:01.72 Rachel Gove  
 16.20 Sophie Douglas  
 18.32 Mya Mackie  
 22.75 Sophie Needs

**High Jump**

0.91i Agnes Brock

**Long Jump**

2.96 Christina McNeill  
 2.73 Agnes Brock  
 2.42 Mya Mackie

**Shot (2.72K)**

3.28 Mya Mackie

**Javelin (400g)**

11.39 Agnes Brock  
 5.92 Christina McNeill

**Lucy Todd****Thomas Reynolds****Kerry Mathers****Maximum Effort!****Eoghan, Kai and Adam****Jogscotland****Ed Fish****Craig Dillon**

## TRACK & FIELD, 2021

### International & Representative Matches

#### Olympic Games

Tokyo, July 30<sup>th</sup>-August 8<sup>th</sup>, 2021

#### **Women:**

Zoey Clark: Great Britain & NI 3<sup>rd</sup>, 4x400m h2 (50.94 leg 2), 3:23.99 (winners: USA 3:20.86)  
Great Britain & NI 5<sup>th</sup> in final (winners USA, 3:16.85)

#### **Mixed:**

Zoey Clark: Great Britain & NI 4<sup>th</sup>, 4x400m h2 (50.49 leg 2), 3:11.95 (winners: Poland 3:10.44)  
Great Britain & NI 6<sup>th</sup> in final (winners Poland, 3:09.87)



Zoey Clark

#### World Relays

Chorzow, Poland, May 1<sup>st</sup>-2<sup>nd</sup>, 2021

#### **Women:**

Zoey Clark: Great Britain & NI 1<sup>st</sup>, 4x400m h3, (51.82 leg 2), 3:28.83  
Great Britain & NI 3<sup>rd</sup> in final (winners Cuba, 3:28.41)

#### **Mixed:**

Zoey Clark: Great Britain 5<sup>th</sup> (52.41 leg 2), 3:18.87 (winners Italy, 3:16.60)

#### Loughborough International

Loughborough, May 23<sup>rd</sup>, 2021

Zoey Clark: 1<sup>st</sup>, 400m (52.57); 2<sup>nd</sup>, 4x400m (3:38.46)



Kelsey Stewart & Zoey Clark

#### SIAB Schools Home International

Derby, September 25<sup>th</sup>, 2021

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

Kai Crawford: 1<sup>st</sup>, 800m (1:53.16)

### British Medallists

#### England U20 and U23 Championships

Bedford, June 19<sup>th</sup>-20<sup>th</sup>, 2021

#### **U23 Women:**

Carmen Neat: 2<sup>nd</sup>, HJ 1.63m

#### England U17 and U15 Championships

Sportcity, Manchester, August 7<sup>th</sup>-8<sup>th</sup>, 2021

#### **U17 Men:**

Kai Crawford: 3<sup>rd</sup>, 800m (1:53.80)



Kai Crawford

#### **U15 Boys:**

Rhys Crawford: 3<sup>rd</sup>, 800m (2:01.58)



Rhys Crawford

#### British Masters Championships

Derby, August 20<sup>th</sup>-22<sup>nd</sup>, 2021

#### **Over-55 Men:**

James Macgregor: 2<sup>nd</sup>, HJ (1.50m)

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

Bill Lonsdale: 3<sup>rd</sup>, LJ (3.88m); 2<sup>nd</sup>, TJ (8.31m)



James Macgregor



## Scottish Medallists

### U20 and U17 3000m Championships

Linwood, June 4<sup>th</sup>, 2021

#### **U20 Women:**

Kirsty Purcell: 2<sup>nd</sup> (10:11.64)

Caitlin Purcell: 3<sup>rd</sup>, (10:14.84)



**Caitlin & Kirsty Purcell**

### Masters Championships

Kilmarnock, July 10<sup>th</sup>, 2021

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

Stan Walker: 1<sup>st</sup>, 100m (12.80); 1<sup>st</sup>, 200m (26.37)

Eddie McKenzie: 3<sup>rd</sup>, JT (31.78m)

#### **Over-55 Men:**

James Macgregor: 1<sup>st</sup>, HJ (1.52m)



**Stan Walker**

### Combined Events Championships

Kilmarnock, July 9<sup>th</sup>-10<sup>th</sup>, 2021

#### **U20 Men:**

William Hodi: 1<sup>st</sup>, Dec (5977)



**William Hodi**

### 4J Studios Senior and U17 Championships

Grangemouth, August 14<sup>th</sup>-15<sup>th</sup>, 2021

#### **Men:**

William Hodi: 2<sup>nd</sup>, TJ (13.89)

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

Kai Crawford: 1<sup>st</sup>, 800m (1:55.03)



**Kai Crawford**

#### **Women:**

Roisin Harrison: 1<sup>st</sup>, 100m (12.02)

Hannah Cameron: 2<sup>nd</sup>, 800m (2:10.61)

Jane Davidson: 2<sup>nd</sup>, 100H (14.68)

Briagha Cook: 3<sup>rd</sup>, 100H (14.79)



**Roisin Harrison**



**Jane Davidson & Briagha Cook**

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

Rosie Meyer: 3<sup>rd</sup>, PV (2.20m)

Angela McAuslan-Kelly: 3<sup>rd</sup>, SP (12.30m); 2<sup>nd</sup>, DT (33.25m)

Abbie Crawford: 3<sup>rd</sup>, JT (31.14m)



**Angela McAuslan-Kelly**

**4J Studios U20, U15 and U13 Championships**

Aberdeen, August 29<sup>th</sup>-30<sup>th</sup>, 2021

**Under-20 Men:**

Kai Crawford: 2<sup>nd</sup>, 800m (1:54.21)

William Hodi: 1<sup>st</sup>, 400H (56.52); 3<sup>rd</sup>, LJ (6.44m); 1<sup>st</sup>, TJ (13.23m)



**William Hodi**

**Under-15 Boys:**

Rhys Crawford: 1<sup>st</sup>, 800m (2:05.07)

Finn Bryce: 3<sup>rd</sup>, DT (59.05m); 3<sup>rd</sup>, JT (39.51m)



**Finn Bryce**

**Under-20 Women:**

Kirsty Purcell: 3<sup>rd</sup>, 1500m (4:42.37)

Jane Davidson: 1<sup>st</sup>, 100H (14.62)

Rosie Meyer: 3<sup>rd</sup>, JT (30.67m)



**Jane Davidson**



**Rosie Meyer**

**4J Studios Relay Championships**

Linwood, September 11<sup>th</sup>, 2021

**Men:**

Duncan MacDonald, Lewis Watt, Kai Crawford: 2<sup>nd</sup>, 3x800m (6:03.02)

**Women:**

Grace MacDonald, Caitlin Purcell, Kirsty Purcell: 1<sup>st</sup>, 3x800m (7:01.93)



**U15 Boys:**

Finlay McKay, Thomas Reynolds, Rhys Crawford: 1<sup>st</sup>, 3x800m (6:41.88)



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## HILL RUNNING, 2021

### International & Representative Matches

#### Home Countries Junior International

Slieve Meelbeg nr Newcastle, N Ireland, September 4<sup>th</sup>, 2021

#### **Under-20 men (4km/393m):**

Sam Griffin: 7<sup>th</sup>, 22:25 (winner: Matthew Knowles, England, 20:47)

### Scottish Medallists

#### Scottish Hill Runners' Championships, 2021

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

Veronique Oldham: 2<sup>nd</sup>, 116pt (winner: Heather Anderson, Fife AC, 123)



Sam Griffin

## CROSS-COUNTRY, 2021-22

### International & Representative Matches

#### Scottish Inter-District Championships

Irvine, January 15<sup>th</sup>, 2022

#### **Senior/U20 Men (7km):**

Aaron Odentz (East): 29<sup>th</sup>, 23:35 (winner: Kristian Jones, Dundee HH/East, 21:16)

Team: 1 Scottish Students 49; 2 West 93; 3 East 95; 4 North 173



Aaron Odentz

#### **U17 Men (6km)**

Aleksander Jovicic (East): 26<sup>th</sup>, 22:46 (winner: Corey Campbell, Team E Lothian/East, 19:38)

Team: 1 East 22; 2 West 64; 3 North 147

#### **U15 Boys (4km):**

Rhys Crawford (East): 4<sup>th</sup>, 13:57; Thomas Reynolds (East): 10<sup>th</sup>, 14:21; Oscar Chirnside (East): 20<sup>th</sup>, 14:45; Finlay McKay (East): 23<sup>rd</sup>, 14:54 (winner: Craig Shennan, Giffnock North/West, 13:23)

Team: 1 East 33; 2 West 50; 3 North 179



Oscar Chirnside



Rhys Crawford

#### **Senior/U20 Women (7km):**

Kirsty Purcell (Scottish Students): 23<sup>rd</sup>, 27:19; Caitlin Purcell (Scottish Students): 25<sup>th</sup>, 27:23 (winner: Mhairi MacLennan, Inverness H/North, 24:30)

Team: 1 East 57; 2 West 86; 3 Scottish Students 88; 4 North 182

#### **U17 Women (6km):**

Hannah Taylor: 9<sup>th</sup>, 25:08 (winner: Louisa Brown, Garscube H/West, 22:11)

Team: 1 West 35; 2 East 48; 3 North 168



Hannah Taylor

#### **U13 Girls (3km)**

Jessica Needs (North): 37<sup>th</sup>, 13:49 (winner: Lois Macrae, Inverness H/North, 11:59)

Team: 1 East 40; 2 West 54; 3 North 98

**World Athletics Northern Ireland International and Celtic International**

Belfast, January 22<sup>nd</sup>, 2022

**U20 Women (4km):**

Kirsty Purcell: 10<sup>th</sup>, 14:52 (winner: Hannah Ryding, Scotland, 13:56)

Home Countries team: 1 Scotland 15; 2 England 27; 3 Northern Ireland 47; 4 Wales 129

Celtic team: 1 Scotland 15; 2 Ireland 26; 3 Northern Ireland 47; 4 Wales 129



**Kirsty Purcell**

**CAU Inter Counties Championships**

Loughborough, March 12<sup>th</sup>, 2022

**Under-20 Women (6km):**

Kirsty Purcell: 13<sup>th</sup>, 27:02; Caitlin Purcell: 14<sup>th</sup>, 27:06 (winner: Pippa Roessler, Surrey, 25:31)

Scotland East: no team

**Under-17 Women (5km):**

Hannah Taylor: 59<sup>th</sup>, 22:42 (winner: Hannah Ryding, Scotland West, 19:46)

Scotland East: 5<sup>th</sup> team, 133pt (winners: Scotland West, 54)



**Caitlin Purcell, Hannah Taylor & Kirsty Purcell**

**Scottish Medallists**

**Lindsays Short Course Championships**

Perth, November 6<sup>th</sup>, 2021

**U15 Boys (2km):**

Rhys Crawford: 2<sup>nd</sup>, 5:58 (winner: Oliver Patton, Kilbarchan AAC, 5:57)

Rhys Crawford, Thomas Reynolds (9<sup>th</sup>), Oscar Chirnside (14<sup>th</sup>): 1<sup>st</sup> team, 25pt (won by 4pt from Giffnock North)



**U15 Boys**

**U17 Women (3km):**

Hannah Taylor (8<sup>th</sup>), Grace MacDonald (12<sup>th</sup>), Aimee Tawse (16<sup>th</sup>): 3<sup>rd</sup> team, 36pt (winners: Giffnock North, 27pt)



**U17 Women**

**Scottish Masters' Championships**

Balgownie, February 5<sup>th</sup>, 2022

**Over-55 Women (6.08km):**

Veronique Oldham: 1<sup>st</sup>, 25:41 (won by 1:11 from Susan Ridley, Edinburgh AC)



**Veronique Oldham**

## Lindsays Scottish Championships

Falkirk, February 26<sup>th</sup>, 2022

### **U15 Boys (2km):**

Rhys Crawford: 11<sup>th</sup>, Thomas Reynolds(14<sup>th</sup>), Finlay McKay (18<sup>th</sup>), Oscar Chirnside (20<sup>th</sup>): 2<sup>nd</sup> team, 63pt (winners: Giffnock North, 37pt)



**U15 Boys**



**Naomi Lang**

## **District Medallists**

### Lindsays East District Relays

Galashiels, October 9<sup>th</sup>, 2021

### **Men (4x4km):**

Aaron Odentz, Myles Edwards, Michael Ferguson, Fearghas Thomson: 3<sup>rd</sup>, 54:51 (winner: Central AC, 53:48)



**Michael Ferguson**



**Men's Team**



**Eoghan Macnamara**

## Lindsays East District Championships

Stirling, December 4<sup>th</sup>, 2021

### **U15 Boys (4.2km):**

Rhys Crawford (7<sup>th</sup>), Thomas Reynolds (11<sup>th</sup>), Oscar Chirnside (12<sup>th</sup>): 2<sup>nd</sup> team, 30pt (winners: Moorfoot Runners, 29)

### **Women (8.6k):**

Naomi Lang: 2<sup>nd</sup>, 33:41 (winner: Morag Miller, Central AC, 32:50)

Naomi Lang, Hannah Cameron (14<sup>th</sup>), Zoe Bates (17<sup>th</sup>), Jennifer Donaldson (25<sup>th</sup>): 2<sup>nd</sup> team. 58pt (winners: Edinburgh AC, 56)

### **U20 Women (6.4km):**

Kirsty Purcell (for Edinburgh University): 2<sup>nd</sup>, 28:10; Caitlin Purcell (for Edinburgh University): 3<sup>rd</sup>, 28:15 (winner: Hannah Anderson, Edinburgh University, 27:42)



**Sophie Imlach**

## INDOOR TRACK & FIELD, 2021-22

### International & Representative Matches

#### SIAB International Pentathlon

Emirates, Glasgow, December 4<sup>th</sup>, 2021

#### **U16 Boys:**

Finn Bryce: 12<sup>th</sup> (2512pt). Team: 1 England 10.062; 2 Scotland 8,432; 3 Wales 8,370

#### **Scottish Medallists**

#### 4J Studios Senior Part 1 and U17 Championships

Emirates, Glasgow, January 22<sup>nd</sup>, 2022

#### **U17 Men:**

Rhys Crawford: 1<sup>st</sup>, 800m (1:59.28)  
Aleksander Jovcic: 2<sup>nd</sup>, 800m (1:59.43)

#### **Senior Women:**

Zoey Clark: 1<sup>st</sup>, 60m (7.50); 1<sup>st</sup>, 200m (23.36)  
Rebecca Matheson: 3<sup>rd</sup>, 60m (7.63); 3<sup>rd</sup>, 200m (24.61)  
Jane Davidson: 1<sup>st</sup>, 60H (8.84)

#### **U17 Women:**

Hannah Taylor: 1<sup>st</sup>, 800m (2:16.62)  
Grace MacDonald: 3<sup>rd</sup>, 800m (2:17.99)  
Rosie Meyer: 1<sup>st</sup>, PV (2.64m)

#### 4J Studios Masters' 3000m Championships

Emirates, Glasgow, January 30<sup>th</sup>, 2022

#### **Over-60 Women:**

Anne Howie: 2<sup>nd</sup>, 11:20.58

#### 4J Studios Combined Events Championships

Emirates, Glasgow, January 29<sup>th</sup>-30<sup>th</sup>, 2022

#### **U20 Men:**

William Hodi: 1<sup>st</sup>, Hept (4993)

#### 4J Studios Masters' Championships

Emirates, Glasgow, February 13<sup>th</sup>, 2022

#### **Over-55 Men:**

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

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

John Maccorquodale: 1<sup>st</sup>, SP (8.90m)

#### **Over-60 Women:**

Anne Howie: 2<sup>nd</sup>, 1500m (5:21.50)

#### 4J Studios Senior Championships Part 2

Emirates, Glasgow, February 18<sup>th</sup>-19<sup>th</sup>, 2022

#### **Men:**

Stewart Millar: 2<sup>nd</sup>, 800m (1:53.97)  
Myles Edwards: 1<sup>st</sup>, 1500m (3:56.63)

#### 4J Studios U20 / U15 / U13 Championships

Emirates, Glasgow, February 19<sup>th</sup>-20<sup>th</sup>, 2022

#### **U13 Boys:**

Alex Henthorn: 3<sup>rd</sup>, 60m (8.66); 3<sup>rd</sup>, 800m (2:29.70)

#### **U20 Women:**

Hannah Taylor: 1<sup>st</sup>, 1500m (4:38.83)  
Caitlin Purcell: 2<sup>nd</sup>, 1500m (4:40.99)

#### **U13 Girls:**

Emily Taylor: 3<sup>rd</sup>, 1500m (5:24.81)



Hannah Taylor



Aleksander Jovcic & Rhys Crawford



Rebecca Matheson



Catriona Pennet & Jane Davidson

# ABERDEEN AAC'S CROSS COUNTRY CLUB PERFORMANCES IN 2021-22

## East District Cross-Country League 2021-2022

### Overall Men – no team

#### Senior Men

|   |                     |             |
|---|---------------------|-------------|
| 1 | Central AC          | 259         |
| 2 | Corstorphine AAC    | 461         |
| 5 | <b>Aberdeen AAC</b> | <b>1002</b> |

### Masters Men – no team

#### U17 Men

|   |                          |            |
|---|--------------------------|------------|
| 1 | Dundee Hawkhill Harriers | 76         |
| 2 | <b>Aberdeen AAC</b>      | <b>124</b> |
| 3 | Team Borders             | 149        |

#### U15 Boys

|   |                     |           |
|---|---------------------|-----------|
| 1 | <b>Aberdeen AAC</b> | <b>65</b> |
| 2 | Harmeny AAC         | 83        |
| 3 | Lasswade AAC        | 89        |

### U13 Boys – no team

#### U11 Boys

|   |                     |            |
|---|---------------------|------------|
| 1 | Harmeny AAC         | 32         |
| 2 | Costorphine AAC     | 240        |
| 4 | <b>Aberdeen AAC</b> | <b>342</b> |

### Overall Women

|   |                     |             |
|---|---------------------|-------------|
| 1 | Edinburgh AC        | 798         |
| 2 | Harmeny AAC         | 1246        |
| 3 | <b>Aberdeen AAC</b> | <b>1647</b> |

### Senior Women

|   |                      |            |
|---|----------------------|------------|
| 1 | Edinburgh AC         | 136        |
| 2 | Hunters Bog Trotters | 224        |
| 8 | <b>Aberdeen AAC</b>  | <b>739</b> |

### Masters Women

|    |                      |            |
|----|----------------------|------------|
| 1  | Hunters Bog Trotters | 54         |
| 2  | Edinburgh AC         | 68         |
| 10 | <b>Aberdeen AAC</b>  | <b>665</b> |

### U17 Women and U15 Girls combined

|   |                           |            |
|---|---------------------------|------------|
| 1 | Edinburgh AC              | 41         |
| 2 | Falkirk Victoria Harriers | 86         |
| 3 | <b>Aberdeen AAC</b>       | <b>147</b> |

### U13 Girls

|    |                     |            |
|----|---------------------|------------|
| 1  | Harmeny AAC         | 118        |
| 2  | Team Borders        | 130        |
| 12 | <b>Aberdeen AAC</b> | <b>552</b> |

### U11 Girls

|   |                     |            |
|---|---------------------|------------|
| 1 | Harmeny AAC         | 110        |
| 2 | Haddington RC       | 146        |
| 5 | <b>Aberdeen AAC</b> | <b>209</b> |

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



U11's at Camperdown



U15 Boys at Deans



Struan McKay



James Shinnie



# **VOLUNTEERS**

## **Thanks for everything you do!**







# COMMUNITY

## Providing opportunities





# AWARDS

Recognition of the Hard Work!



## 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<br>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        |
| <b>10.87</b> | <b>Struan Linton</b>                                  | <b>Grangemouth</b> | <b>14.08.21</b> |
| 10.9         | Michael Catto   | Balgownie          | 20.04.80        |
| 10.9         | Richard Chessor                                       | Meadowbank         | 27.04.03        |
| 10.9         | Brian Gordon  | Balgownie          | 17.05.72        |
| 10.90        | Gavin Irvine  | Scotstoun          | 30.08.14        |
| 10.9         | Alan Mackenzie  | Meadowbank         | 09.06.73        |
| 10.91        | Barry Middleton                                       | Meadowbank         | 05.06.96        |
| 10.92        | Paul Allan  | Stadthagen         | 23.06.90        |
| 10.94        | Ian Garioch   | Inverness          | 12.04.08        |
| 11.0         | Don Oliver/David Oliver/D Mathieson/Shaw/<br>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        |
| <b>22.14</b> | <b>Struan Linton</b>       | <b>Grangemouth</b> | <b>15.08.21</b> |
| 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        |
| 22.4         | 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        |
| <b>1:53.16</b> | <b>Kai Crawford</b> | <b>Derby</b>      | <b>25.09.21</b> |
| 1:53.4         | Frank Boyne         | CA Stadium        | 18.07.93        |
| 1:53.46        | Adam Watt           | Manchester        | 31.05.03        |
| 1:53.5         | Ross Arbuckle       | Pitreavie         | 27.05.79        |
| 1:53.51        | James Joy           | Solihull          | 10.07.10        |
| 1:54.24        | Ray Creswell        | Meadowbank        | 05.06.88        |
| 1:54.3         | Brian Gordon        | Meadowbank        | 23.06.73        |
| 1:54.7         | David Stephen       | Balgownie         | 28.07.84        |
| 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        |

**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 3000m**

|                |                         |                  |                 |
|----------------|-------------------------|------------------|-----------------|
| 8:14.6         | FRASER CLYNE            | Grangemouth      | 28.05.81        |
| <b>8:16.77</b> | <b>Michael Ferguson</b> | <b>Linwood</b>   | <b>04.06.21</b> |
| 8:18.8         | Graham Laing            | Brisbane         | 25.09.82        |
| 8:19.5         | Mel Edwards             | Twickenham       | 25.08.68        |
| 8:22.8         | Bill Ewing              | Varnamo          | 07.08.68        |
| 8:23.07        | Stephen Wright          | Gateshead        | 15.07.92        |
| 8:24.82        | Ray Creswell            | Meadowbank       | 12.07.89        |
| 8:26.04        | Broc Drury              | 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 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 |
| 14:24.53 | Michael Ferguson | CA Stadium     | 05.09.20 |
| 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 |
| 14:30.8  | 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 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 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 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 Astadium  | 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        |
| <b>56.52</b> | <b>William Hodi</b> | <b>CA Stadium</b> | <b>28.08.21</b> |
| 56.6         | Alasdhair 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        |

**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        |
| <b>3.60</b> | <b>William Hodi</b> | <b>Kilmarnock</b> | <b>11.07.21</b> |
| 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       | 22.04.10        |
| 3.37        | Hamish Leeson       | Kilmarnock        | 14.05.16        |

**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        |
| <b>14.08</b> | <b>William Hodi</b> | <b>Dunfermline</b> | <b>29.05.21</b> |
| 13.68        | Paul Allan          | CA Stadium         | 14.06.89        |
| 13.58        | Kenny Lyon          | Meadowbank         | 06.07.86        |
| 13.57        | James Laird         | Dundee             | 17.09.60        |
| 13.52        | Miller Mathieson    | Meadowbank         | 19.08.84        |
| 13.43        | John Waters         | Linksfield         | 19.06.61        |
| 13.27        | Stewart Clark       | Grangemouth        | 14.08.11        |
| 13.23        | James Shand         | Linksfield         | 02.06.62        |
| 13.12        | David Polson        | Inverness          | 24.07.82        |
| 13.10        | Paul McAndrew       | CA Stadium         | 02.06.96        |
| 13.06        | Michael Spink       | CA Stadium         | 26.07.92        |
| 12.98        | David Fairley       | Coatbridge         | 22.07.84        |
| 12.84        | Robert Miller       | CA Stadium         | 01.05.02        |
| 12.83        | Ian Bailey          | Meadowbank         | 29.06.86        |

**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              | Belfast     | 13.08.16 |
| 11.58 | Jack Davidson/Craig Loney |             | 80 / 02  |

**MEN DISCUS**

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

**MEN HAMMER**

|       |                    |               |          |
|-------|--------------------|---------------|----------|
| 62.73 | PADRAIG WHITE      | Pitreavie     | 24.04.10 |
| 53.18 | Bruce Shepherd     | Inverness     | 13.07.96 |
| 49.44 | Scot Thompson      | CS Stadium    | 19.08.10 |
| 44.63 | John Fyvie         | Grangemouth   | 08.05.16 |
| 41.87 | Barry Dobbie       | CA Stadium    | 18.04.99 |
| 41.68 | Peter Venters      | Balgownie     | 29.05.83 |
| 41.48 | Craig Loney        | Inverness     | 11.05.03 |
| 41.38 | David Minty        | East Kilbride | 26.04.92 |
| 41.22 | Graham Applegate   | Meadowbank    | 06.05.73 |
| 40.31 | Matthew Maitland   | Scotstoun     | 14.07.02 |
| 39.38 | Paul Allan         | Crown Point   | 18.06.89 |
| 39.01 | Peter Fraser       | CA Stadium    | 18.04.99 |
| 37.41 | Graham Porterfield | CA Stadium    | 02.07.16 |
| 37.04 | Bruce MacKay       | Grangemouth   | 02.05.70 |
| 35.64 | David Robinson     | Coatbridge    | 22.07.79 |
| 34.19 | Conor Hewitson     | CA Stadium    | 25.06.17 |
| 33.57 | Edward McKenzie    | Inverness     | 09.05.09 |
| 30.98 | Bob Ingram         | Dundee        | 25.08.85 |
| 30.58 | Michael Spink      | Crown Point   | 11.06.95 |
| 30.40 | Robert Masson      | CA Stadium    | 28.07.96 |

**MEN JAVELIN**

|             |                  |             |          |
|-------------|------------------|-------------|----------|
| <b>OLD:</b> |                  |             |          |
| 56.02       | JOHN WATERS      | Linksfield  | 15.05.61 |
| 54.64       | Kenneth McKenzie | Linksfield  | 23.05.71 |
| 52.98       | Roger Benton     | Meadowbank  | 29.06.86 |
| 52.42       | John Wiseman     | Scotstoun   | 14.06.75 |
| 49.40       | James Laird      | Linksfield  | 03.05.62 |
| <b>NEW:</b> |                  |             |          |
| 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**

|             |                    |             |   |
|-------------|--------------------|-------------|---|
| <b>OLD:</b> |                    |             |   |
| 5694        | KENNY LYON         | Balgownie   | 02/03.08.80<br>(11.50; 6.57; 9.04; 1.77; 53.0; 17.9; 24.26; 3.20; 39.36;<br>4:33.9) |
| 5474        | Douglas McAllister | Balgownie   | 21/22.08.76<br>(11.02; 6.02; 9.90; 1.57; 55.0; 17.6; 31.16; 3.75; 31.90;<br>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   |



Ian Boyd

### 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                  |          |



Michael Ferguson

### 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                       |          |



Myles Edwards



Michael Kilbride

## 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        |
| 11.86        | Roisin Harrison      | CA Stadium         | 06.09.20        |
| 11.9         | Louise Paterson      | CA Stadium         | 09.06.91        |
| <b>11.92</b> | <b>Sharon Jakisa</b> | <b>Grangemouth</b> | <b>13.06.21</b> |
| 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         | 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        |
| <b>23.81</b> | <b>Roisin Harrison</b>  | <b>Scotstoun</b>  | <b>31.07.21</b> |
| 23.9         | Dawn Flockhart          | CA Stadium        | 09.06.96        |
| 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        |
| <b>24.41</b> | <b>Rebecca Matheson</b> | <b>Kilmarnock</b> | <b>08.05.21</b> |
| 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        |
| <b>25.14</b> | <b>Sharon Jakisa</b>    | <b>Scotstoun</b>  | <b>30.07.21</b> |
| 25.2         | Helen Windass           | Coatbridge        | 17.05.98        |
| 25.3         | Suzanne Middleton       | CA Stadium        | 25.07.99        |

### 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 |
| 55.04 | Roisin Harrison   | Grangemouth | 18.07.21 |
| 55.69 | Susan Hendry      | Solihull    | 05.08.00 |
| 56.20 | Emma Cloggie      | Grangemouth | 10.06.05 |
| 56.7  | Helen Windass     | Scotstoun   | 26.04.98 |
| 56.75 | Jade MacLaren     | Grangemouth | 14.05.16 |
| 56.80 | Aileen Connelly   | Scotstoun   | 14.05.05 |
| 57.0  | Nicola Gauld      | CA Stadium  | 21.04.02 |
| 57.2  | Bridie McGlashan  | Meadowbank  | 26.04.87 |
| 57.24 | Louise Paterson   | Waterford   | 11.08.90 |
| 57.4  | Lorna Johnston    | CA Stadium  | 13.09.00 |
| 57.50 | Ademide Ademuyewo | Meadowbank  | 25.08.13 |
| 57.54 | 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        |
| <b>2:14.32</b> | <b>Kirsty Purcell</b>  | <b>CA Stadium</b> | <b>27.06.21</b> |
| 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        |
| <b>2:15.36</b> | <b>Caitlin Purcell</b> | <b>CA Stadium</b> | <b>28.08.21</b> |
| 2:15.72        | Sarah Nicol            | Bradenton         | 08.04.17        |
| 2:16.09        | Lynsey Still           | Pitreevie         | 08.07.95        |
| 2:16.22        | Carly Hall             | Pitreevie         | 20.06.09        |



**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        |
| <b>4:23.56</b> | <b>Hannah Cameron</b>  | <b>Scotstoun</b> | <b>30.07.21</b> |
| <b>4:26.25</b> | <b>Zoe Bates</b>       | <b>Watford</b>   | <b>12.06.21</b> |
| 4:26.80        | Gemma Cormack          | Hutcheson's      | 24.07.15        |
| 4:30.92        | Kate Rice              | Copeland         | 08.08.90        |
| 4:31.14        | Hannah Addison         | Stretford        | 27.06.17        |
| 4:31.29        | Rebecca Eggeling       | Bedford          | 17.06.17        |
| 4:31.96        | Rhona Auckland         | CA Stadium       | 20.04.14        |
| <b>4:33.33</b> | <b>Kirsty Purcell</b>  | <b>Scotstoun</b> | <b>30.07.21</b> |
| 4:35.00        | Sonia McLaren          | Phoenix, USA     | 06.04.85        |
| <b>4:36.67</b> | <b>Caitlin Purcell</b> | <b>Scotstoun</b> | <b>30.07.21</b> |
| 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        |

**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        |
| <b>10:11.64</b> | <b>Kirsty Purcell</b>  | <b>Linwood</b> | <b>04.06.21</b> |
| 10:13.65        | Clare Miller           | Meadowbank     | 28.04.02        |
| <b>10:14.84</b> | <b>Caitlin Purcell</b> | <b>Linwood</b> | <b>04.06.21</b> |
| 10:15.51        | Susan Lamb             | Meadowbank     | 10.09.95        |
| 10:18.8         | Sue Lanham             | CA Stadium     | 22.07.90        |

**WOMEN 5000m**

|                 |                   |                   |                 |
|-----------------|-------------------|-------------------|-----------------|
| 15:27.60        | RHONA AUCKLAND    | London            | 25.07.15        |
| <b>16:09.16</b> | <b>Naomi Lang</b> | <b>Watford</b>    | <b>12.06.21</b> |
| 16:44.63        | Tracey Brindley   | Birmingham        | 26.07.98        |
| 16:51.1         | Lynda Bain        | CA Stadium        | 04.07.89        |
| 17:09.8         | Debbie Kilner     | CA Stadium        | 29.06.95        |
| 17:09.94        | Clare Miller      | Meadowbank        | 12.05.02        |
| 17:16.32        | 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 |
| 1:25:47 | Jennifer Harrison | Lossiemouth | 16.02.20 |
| 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 |

**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 MacInnes  | Amsterdam    | 15.10.06 |

**WOMEN 100m HURDLES**

|              |                     |                   |                 |
|--------------|---------------------|-------------------|-----------------|
| 13.97        | CATRIONA PENNET     | Bedford           | 26.06.04        |
| 14.37        | Gail Murchie        | Grangemouth       | 15.05.93        |
| 14.59        | Jane Davidson       | CA Stadium        | 05.09.20        |
| 14.61        | Sarah Still         | CA Stadium        | 07.08.99        |
| 14.68        | Yasmin Milne        | Scotstoun         | 30.07.11        |
| <b>14.79</b> | <b>Briagha Cook</b> | <b>CA Stadium</b> | <b>15.08.21</b> |
| 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 Tyrie       | Balgownie         | 06.09.81        |
| 16.1         | Bridie McGlashan    | Meadowbank        | 26.04.87        |
| 16.1         | Lyndsay Peddie      | Grangemouth       | 20.08.83        |
| 16.2         | Lea Masson          | Balgownie         | 09.04.78        |
| 16.24        | Rebecca Dougall     | Grangemouth       | 11.07.99        |
| 16.3         | Wendy Pennet        | CA Stadium        | 05.04.98        |
| 16.38        | Sophia Hamilton     | CA Stadium        | 29.06.14        |

**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 Tyrie              | Grangemouth        | 13.06.82        |
| 65.48        | Angela Shearer             | Caen               | 29.05.02        |
| 65.80        | Lise Theron                | Grangemouth        | 23.05.15        |
| 66.7         | Fiona Davidson             | Coatbridge         | 03.08.97        |
| 66.9         | Janet Edon                 | Meadowbank         | 14.05.88        |
| <b>67.70</b> | <b>Sophie Jennings</b>     | <b>Inverness</b>   | <b>30.05.21</b> |
| 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        |
| <b>68.35</b> | <b>Emma Barclay</b>        | <b>Grangemouth</b> | <b>28.08.21</b> |
| 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        |
| 70.40/70.4   | Lisa Humphreys / Joan Reid |                    | 11 / 82         |

**WOMEN 3000m STEEPLECHASE**

|          |                   |        |          |
|----------|-------------------|--------|----------|
| 11:08.84 | ISLA SCOTT-PEARCE | Dublin | 27.05.17 |
|----------|-------------------|--------|----------|

**WOMEN HIGH JUMP**

|             |                    |                   |                 |
|-------------|--------------------|-------------------|-----------------|
| <b>1.78</b> | <b>CARMEN NEAT</b> | <b>CA Stadium</b> | <b>31.05.21</b> |
| 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        |
| <b>2.50</b> | <b>Rosie Meyer</b> | <b>CA Stadium</b> | <b>28.08.21</b> |
| 2.30        | Erin Runcie        | CA Stadium        | 30.06.13        |
| 2.25        | Wendy Pennet       | Dundee            | 28.05.00        |
| 2.20        | Freya McKay        | CA Stadium        | 24.08.14        |
| 2.10        | Samantha Edgar     | CA Stadium        | 24.08.14        |
| 2.10        | Alix Still         | 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        |
| <b>10.71</b> | <b>Abbie Crawford</b> | <b>CA Stadium</b> | <b>29.08.21</b> |
| 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        |

**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        |
| <b>33.48</b> | <b>Angela McAuslan-Kelly Derby</b> | <b>25.08.21</b>    |                 |
| 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        |
| 28.51        | 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        |
| <b>27.24</b> | <b>Erin Williams</b>               | <b>Grangemouth</b> | <b>14.08.21</b> |
| 27.02        | Iona Colquhoun                     | Grangemouth        | 11.06.16        |
| 26.75        | Kathy Rapley                       | Barry              | 14.07.98        |
| 26.52        | Lesley Fowler                      | CA Stadium         | 29.08.96        |
| 26.20        | Pamela Morrison                    | CA Stadium         | 31.08.89        |
| 26.02        | Jennifer Reid                      | Banchory           | 04.09.94        |
| 25.74        | Gertrude Krenzien                  | Grangemouth        | 22.04.79        |

**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        |
| <b>21.69</b> | <b>Sheryl Paul</b> | <b>Grangemouth</b> | <b>22.08.21</b> |
| 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        |

**WOMEN JAVELIN**

|              |                    |                   |                 |
|--------------|--------------------|-------------------|-----------------|
| <b>OLD:</b>  |                    |                   |                 |
| 38.70        | LYNDSAY PEDDIE     | Inverness         | 26.04.87        |
| 37.46        | Gwen Summers       | Linkfield         | 01.06.60        |
| 30.26        | Pamela Bruce       | Balgownie         | 21.07.79        |
| 30.12        | Anita Smith        | Pitreavie         | 24.04.83        |
| 29.64        | Shirley Antoine    | Pitreavie         | 24.04.83        |
| <b>NEW:</b>  |                    |                   |                 |
| 38.28        | LINDA LOW          | Inverness         | 12.05.96        |
| 35.98        | Ellie Workman      | Perth             | 26.04.09        |
| 35.78        | Emily Dougall      | CA Stadium        | 29.05.94        |
| 33.09        | Kimberley Miles    | Sheffield         | 02.09.01        |
| 31.26        | Lesley Fowler      | CA Stadium        | 07.05.95        |
| <b>30.67</b> | <b>Rosie Meyer</b> | <b>CA Stadium</b> | <b>28.08.21</b> |
| 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        |

**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 Kanya     | 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                    |          |

**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                     |          |



**Zoe Bates & Hannah Cameron**



**Zoey Clark**



**Catriona, Briagha and Jane**



**Roisin Harrison**



**Georgia Morrison**

## 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        |
| <b>1:53.16</b> | <b>Kai Crawford</b> | <b>Derby</b> | <b>25.09.21</b> |
| 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        |

### 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        |
| <b>3:56.51</b> | <b>Kai Crawford</b> | <b>Scotstoun</b>   | <b>30.07.21</b> |
| 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        |
| <b>3:59.01</b> | <b>Adam Brown</b>   | <b>Grangemouth</b> | <b>30.05.21</b> |

### 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        |
| <b>8:54.27</b> | <b>Hamish McKay</b> | <b>Manchester</b> | <b>08.08.21</b> |

### 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        |
| <b>15.34</b> | <b>William Hodi</b> | <b>Inverness</b> | <b>04.07.21</b> |
| 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        |

### 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        |
| <b>56.52</b> | <b>William Hodi</b> | <b>CA Stadium</b> | <b>28.08.21</b> |
| 56.6         | Alasdair Love       | Ayr               | 18.07.95        |
| 56.8         | Murray King         | Crown Point       | 07.06.86        |

### U-20 MEN HIGH JUMP

|      |                        |             |          |
|------|------------------------|-------------|----------|
| 2.00 | DUNCAN MATHIESON       | Dundee      | 21.06.87 |
| 1.98 | Keith Oag              | Dublin      | 13.08.94 |
| 1.91 | Ian Bailey             | Pitreavie   | 16.06.84 |
| 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        |
| <b>3.60</b> | <b>William Hodi</b> | <b>Kilmarnock</b> | <b>11.07.21</b> |
| 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        |

### 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    | Pitreavie   | 08.07.95 |
| 7.01 | Dinkar Sabnis    | Ayr         | 27.06.92 |
| 6.87 | Robert Miller    | CA Stadium  | 18.05.03 |
| 6.82 | Derek Elmslie    | Heriot-Watt | 07.05.77 |
| 6.79 | Murray King      | Balgownie   | 29.06.87 |
| 6.78 | James Laird      | Linksfild   | 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        |
| <b>14.08</b> | <b>William Hodi</b> | <b>Dunfermline</b> | <b>29.05.21</b> |
| 13.84        | Sam Lyon            | Grangemouth        | 20.06.10        |
| 13.68        | Paul Allan          | CA Stadium         | 14.06.89        |
| 13.45        | James Laird         | Linksfild          | 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        |

### 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 |

### 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        | Linksfild   | 25.06.62 |
| 35.54 | Mark Dobbie        | CA Stadium  | 16.07.95 |
| 34.39 | Robbie Farquhar    | Grangemouth | 15.07.18 |
| 34.38 | Douglas McAllister | Pitreavie   | 15.06.74 |

### U-20 MEN HAMMER

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 48.83 | MATTHEW MAITLAND | Grangemouth | 26.05.02 |
| 47.00 | David Minty      | Meadowbank  | 01.06.91 |
| 41.87 | Barry Dobbie     | CA Stadium  | 18.04.99 |
| 40.70 | Conor Hewitson   | CA Stadium  | 16.08.17 |
| 39.38 | Paul Allan       | Crown Point | 18.06.89 |
| 38.58 | Peter Fraser     | CA Stadium  | 28.05.96 |
| 35.84 | David Robinson   | Coatbridge  | 22.07.79 |
| 34.40 | Paul Henderson   | CA Stadium  | 07.09.06 |
| 32.50 | Michael Spink    | CA Stadium  | 16.06.94 |
| 28.86 | Andrew McCallum  | CA Stadium  | 16.06.94 |

### U-20 MEN JAVELIN

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

### U-20 MEN DECATHLON

|             |                      |                   |                 |
|-------------|----------------------|-------------------|-----------------|
| 6652        | DUNCAN MATHIESON     | Lorca             | 19.06.88        |
| 6560        | Paul Allan           | CA Stadium        | 30.07.89        |
| 6158        | Robbie Farquhar      | Bedford           | 27.05.18        |
| <b>5977</b> | <b>William Hodi</b>  | <b>Kilmarnock</b> | <b>11.07.21</b> |
| 5915        | Mark Davidson        | Stoke             | 26.07.87        |
| 5852        | Daniel Rees          | Grangemouth       | 12.07.15        |
| 5632        | Mark Dobbie          | CA Stadium        | 16.07.95        |
| 5397        | Paul Torry           | Bedford           | 15.07.01        |
| 5324        | Miller Mathieson jun | Grangemouth       | 20.06.82        |
| 5308        | Kenny Lyon           | Oxford            | 15.06.79        |



Adam Brown



Lewis Watt

## 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        |
| <b>2:14.32</b> | <b>Kirsty Purcell</b> | <b>CA Stadium</b> | <b>27.06.21</b> |
| 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        |

### 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        |
| <b>4:33.33</b> | <b>Kirsty Purcell</b>  | <b>Scotstoun</b> | <b>30.07.21</b> |
| <b>4:36.67</b> | <b>Caitlin Purcell</b> | <b>Scotstoun</b> | <b>30.07.21</b> |
| 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        |

### 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        |
| <b>10:11.64</b> | <b>Kirsty Purcell</b>  | <b>Linwood</b> | <b>04.06.21</b> |
| <b>10:14.84</b> | <b>Caitlin Purcell</b> | <b>Linwood</b> | <b>04.06.21</b> |
| 10:20.6         | Eilidh Prise           | CA Stadium     | 13.06.12        |
| 10:31.0         | Jillian Grams          | Coatbridge     | 31.05.92        |

### 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 |
|----------|---------------|------------|----------|

### U-20 WOMEN 100m HURDLES

|              |                                 |                   |                 |
|--------------|---------------------------------|-------------------|-----------------|
| 14.36        | CATRIONA PENNET                 | Derby             | 08.09.02        |
| 14.59        | Jane Davidson                   | CA Stadium        | 05.09.20        |
| 14.68        | Yasmin Milne                    | Scotstoun         | 30.07.11        |
| <b>14.79</b> | <b>Briagha Cook</b>             | <b>CA Stadium</b> | <b>15.08.21</b> |
| 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 / Gail Murchie |                   | 87 / 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        |
| <b>67.70</b> | <b>Sophie Jennings</b> | <b>Inverness</b> | <b>30.05.21</b> |
| 67.9         | Lynsey Still           | CA Stadium       | 07.05.95        |
| 68.1         | Sophia Hamilton        | Perth            | 17.05.15        |

### 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        |
| <b>2.50</b> | <b>Rosie Meyer</b> | <b>CA Stadium</b> | <b>28.08.21</b> |
| 2.30        | Erin Runcie        | CA Stadium        | 30.06.13        |
| 2.25        | Wendy Pennet       | Dundee            | 28.05.00        |
| 2.20        | Freya McKay        | CA Stadium        | 24.08.14        |
| 2.10        | Samantha Edgar     | CA Stadium        | 24.08.14        |
| 2.10        | Alix Still         | Hutcheson's       | 20.06.14        |
| 2.05        | Heather Pirie      | CA Stadium        | 04.08.94        |

### U-20 WOMEN LONG JUMP

|      |                |             |          |
|------|----------------|-------------|----------|
| 5.74 | SARAH STILL    | CA Stadium  | 12.06.94 |
| 5.71 | Kirsten Young  | CA Stadium  | 26.06.05 |
| 5.67 | Alix Still     | Bradenton   | 03.03.17 |
| 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        |
| <b>10.71</b> | <b>Abbie Crawford</b> | <b>CA Stadium</b> | <b>29.08.21</b> |
| 10.68        | Nicola Gauld          | CA Stadium        | 05.07.98        |
| 10.67        | Sylvia Kamyra         | Dundee            | 22.06.08        |
| 10.38        | Nicola Kemp           | Coatbridge        | 21.05.95        |
| 10.24        | Zoe Davidson          | Dundee            | 25.04.04        |
| 10.21        | Kate MacKay           | Dundee            | 28.06.15        |
| 10.11        | Jennifer Reid         | Banchory          | 27.08.94        |

### 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        |
| <b>33.48</b> | <b>Angela McAuslan-Kelly Derby</b> | <b>CA Stadium</b>  | <b>25.08.21</b> |
| 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        |
| 27.41        | Angela Smith                       | CA Stadium         | 02.09.99        |
| 27.34        | Cheryl McHardy                     | Coatbridge         | 03.08.97        |
| <b>27.24</b> | <b>Erin Williams</b>               | <b>Grangemouth</b> | <b>14.08.21</b> |
| 27.02        | Iona Colquhoun                     | Grangemouth        | 11.06.16        |
| 26.75        | Kathy Rapley                       | Barry              | 14.07.98        |

### 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        |
| <b>30.67</b> | <b>Rosie Meyer</b> | <b>CA Stadium</b> | <b>28.08.21</b> |
| 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        |

### 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 |



Sophie Jennings



Angela McAuslan-Kelly



Kirsty & Caitlin Purcell



## 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

|                |                     |              |                 |
|----------------|---------------------|--------------|-----------------|
| <b>1:53.16</b> | <b>KAI CRAWFORD</b> | <b>Derby</b> | <b>25.09.21</b> |
| 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        |

### U-17 MEN 1500m

|                |                     |              |                 |
|----------------|---------------------|--------------|-----------------|
| <b>3:56.51</b> | <b>KAI CRAWFORD</b> | <b>Derby</b> | <b>30.07.21</b> |
| 4:01.1         | Ross Arbuckle       | Meadowbank   | 28.05.78        |
| 4:04.11        | Alan Wales          | Cardiff      | 04.07.03        |
| 4:04.3         | Adam Watt           | Grangemouth  | 17.06.01        |
| 4:05.2         | Gary Riddell        | Inverness    | 24.08.86        |
| 4:05.9         | David Stephen       | Glenrothes   | 24.08.80        |
| 4:06.34        | Mark Kennedy        | Scotstoun    | 20.07.02        |
| 4:06.5         | Frank Boyne         | Glenrothes   | 06.06.82        |
| 4:07.6         | Lewis Walker        | Grangemouth  | 31.08.75        |
| 4:08.22        | Darren Shinnie      | Grangemouth  | 24.08.03        |

### U-17 MEN 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        |
| <b>8:54.27</b> | <b>Hamish McKay</b> | <b>Manchester</b> | <b>08.08.21</b> |
| 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        |
| <b>9:05.42</b> | <b>Kai Crawford</b> | <b>CA Stadium</b> | <b>27.06.22</b> |
| 9:06.05        | Alex Thoires        | Grangemouth       | 11.06.05        |

### 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 |
| 6.34 | William Hodi     | Meadowmill       | 12.09.20 |
| 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 |

### U-17 MEN TRIPLE JUMP

|       |                  |             |          |
|-------|------------------|-------------|----------|
| 13.82 | WILLIAM STARK    | Grangemouth | 29.08.93 |
| 13.76 | William Hodi     | Meadowmill  | 30.08.20 |
| 13.13 | Sam Lyon         | Grangemouth | 12.06.09 |
| 12.94 | Stewart Clark    | Perth       | 07.06.09 |
| 12.74 | Dinkar Sabnis    | Grangemouth | 26.08.90 |
| 12.70 | Derek Elmslie    | 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.



Hamish McKay



Kai Crawford



Dylan Dickie



Caleb Brock

## 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  | Debbra Carle     | Balgownie  | 11.08.81 |
| 58.86 | Jaclyn Anderson  | Meadowbank | 04.09.94 |
| 58.9  | Emma Cloggie     | CA Stadium | 18.08.04 |

### U-17 WOMEN 800m

|         |                  |              |          |
|---------|------------------|--------------|----------|
| 2:11.38 | REBECCA EGGELING | Loughborough | 02.09.16 |
| 2:13.29 | Kelsey Stewart   | Manchester   | 01.06.13 |
| 2:13.36 | Dawn Simpson     | Ayr          | 13.08.88 |
| 2:14.3  | Carolyn Sheehan  | Inverness    | 19.08.84 |
| 2:14.44 | Ellie Buchan     | Trafford     | 27.06.09 |
| 2:15.36 | Emma Cloggie     | Solihull     | 06.08.03 |
| 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        |
| <b>2.60</b> | <b>Rosie Meyer</b> | <b>CA Stadium</b> | <b>28.08.21</b> |
| 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        |
| <b>10.71</b> | <b>Abbie Crawford</b> | <b>CA Stadium</b> | <b>29.08.21</b> |
| 10.68        | Nicola Gauld          | CA Stadium        | 05.07.98        |
| 10.40        | Sylvia Kama           | 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        |

### 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        |
| <b>12.30</b> | <b>Angela McAuslan-Kelly</b> | <b>CA Stadium</b> | <b>14.08.21</b> |
| 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        |
| <b>33.48</b> | <b>Angela McAuslan-Kelly</b> | <b>Derby</b> | <b>25.08.21</b> |
| 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        |
| 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)

|              |                              |                    |                 |
|--------------|------------------------------|--------------------|-----------------|
| <b>44.69</b> | <b>ANGELA McAUSLAN-KELLY</b> | <b>Grangemouth</b> | <b>14.08.21</b> |
| 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        |
| <b>24.42</b> | <b>Lydia Barker</b>          | <b>CA Stadium</b>  | <b>27.06.21</b> |
| 23.50        | Una McGee                    | Perth              | 30.06.19        |
| 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 |

### U-17 WOMEN JAVELIN (500g)

|              |                       |                   |                 |
|--------------|-----------------------|-------------------|-----------------|
| <b>31.42</b> | <b>ABBIE CRAWFORD</b> | <b>Inverness</b>  | <b>26.09.21</b> |
| 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        |
| <b>27.74</b> | <b>Rosie Meyer</b>    | <b>Livingston</b> | <b>24.07.21</b> |

### 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



Rosie Meyer

## 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        |
| <b>40.61</b> | <b>Rhys Crawford</b> | <b>CA Stadium</b> | <b>01.08.21</b> |
| 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        |

### 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        |
| <b>2:01.32</b> | <b>Rhys Crawford</b> | <b>Linwood</b> | <b>04.06.21</b> |
| 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        |

### U-15 BOYS 1500m

|                |                      |                  |                 |
|----------------|----------------------|------------------|-----------------|
| 4:14.63        | KAI CRAWFORD         | Scotstoun        | 26.07.19        |
| 4:16.50        | Harry Hall           | Crown Point      | 29.07.16        |
| <b>4:18.14</b> | <b>Rhys Crawford</b> | <b>Scotstoun</b> | <b>30.07.21</b> |
| 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        |

### U-15 BOYS 3000m

|                |                      |                   |                 |
|----------------|----------------------|-------------------|-----------------|
| <b>9:32.27</b> | <b>RHYS CRAWFORD</b> | <b>CA Stadium</b> | <b>04.07.21</b> |
| 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        |

### 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        |
| <b>29.05</b> | <b>Finn Bryce</b> | <b>CA Stadium</b> | <b>28.08.21</b> |

### 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        |
| <b>39.51</b> | <b>Finn Bryce</b> | <b>CA Stadium</b> | <b>28.08.21</b> |
| 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        |

### 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        |
| <b>2103</b> | <b>Finn Bryce</b> | <b>Kilmarnock</b> | <b>10.07.21</b> |
| 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        |

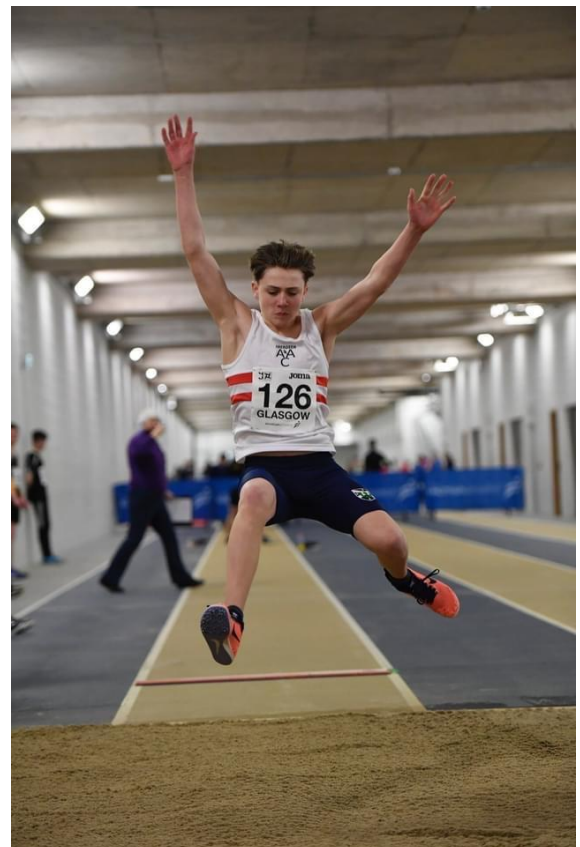
\*The above Pentathlon scores were those produced at the time and do not allow for changes in implements or scoring systems.



Jake Dickie



Rhys Crawford & Aleksander Jovicic



Finn Bryce



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 |
| 28.25 | Rosie Meyer    | Meadowmill | 12.09.20 |
| 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 Pernet       | 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.



**Abby Farquhar**



**Super Teams**



**Ella Creamer**



**Girls U15 Track Relays Team**



**Ellis Rochford**



**Angela McAuslan-Kelly**



## 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  | 19.04.09 |
| 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.



Bob Masson

## 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       | Linksfield  | 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       | Linksfield      | 21.08.88 |
| 67.1  | Nancy MacKinnon  | CA Stadium      | 10.05.89 |
| 68.4  | Kathryn Mearns   | CA Stadium      | 24.05.00 |
| 70.1  | Ann Imrie        | CA Stadium      | 14.09.94 |
| 72.5  | Annette Orme     | CA Stadium      | 16.06.92 |

### VETERAN WOMEN 800m

|         |                 |             |          |
|---------|-----------------|-------------|----------|
| 2:19.3  | SONIA ARMITAGE  | CA Stadium  | 08.08.04 |
| 2:19.50 | 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        | Linksfield | 29.08.93 |
| 85:42 | Hazel Gaskell     | Linksfield | 29.08.93 |
| 85:51 | Heather Wisley    | Linksfield | 28.08.88 |
| 86:54 | Sonia Armitage    | Aviemore   | 19.10.08 |
| 87:48 | Diana Jermieson   | Rannoch    | 25.06.89 |
| 88:50 | Angela Hepburn    | Elgin      | 04.09.05 |
| 89:35 | Jackie Nuttall    | Dyce       | 27.03.88 |
| 89:43 | Margaret Stafford | Inverdee   | 29.03.92 |
| 90:55 | 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

|       |                 |             |          |
|-------|-----------------|-------------|----------|
| 14.88 | CATRIONA PENNET | Grangemouth | 13.06.21 |
|-------|-----------------|-------------|----------|

**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 6)**

|             |                      |                   |                 |
|-------------|----------------------|-------------------|-----------------|
| 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        |
| <b>0.96</b> | <b>Sally Thomson</b> | <b>CA Stadium</b> | <b>23.05.21</b> |

**VETERAN WOMEN POLE VAULT**

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

**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              | Drumnadrochit | 26.08.00 |
| 7.93 | Catriona 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        |
| <b>21.69</b> | <b>Sheryl Paul</b> | <b>Grangemouth</b> | <b>22.08.21</b> |
| 20.94        | Joyce Hogg         | CA Stadium         | 16.06.94        |
| 14.61        | Linda Michie       | CA Stadium         | 07.09.06        |
| 14.05        | Heather Young      | Coatbridge         | 25.07.04        |

**VETERAN WOMEN JAVELIN**

(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 | Catriona 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 |
|------|----------------|-------------|----------|

**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



**Catriona Pennet**

**AAAC would like to thank**

*Friends of Aberdeen AAC*

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

## ALL TIME INDOOR RANKINGS – MEN

### MEN 60m

|             |                              |                    |                 |
|-------------|------------------------------|--------------------|-----------------|
| 6.89        | STEPHEN DUNLOP               | Sheffield          | 21.02.14        |
| 6.91        | Desmond Ojei                 | Aberdeen SV        | 22.01.17        |
| <b>6.95</b> | <b>Struan Linton</b>         | <b>Aberdeen SV</b> | <b>06.02.22</b> |
| 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        |
| <b>7.05</b> | <b>David Irvine</b>          | <b>Aberdeen SV</b> | <b>16.01.22</b> |
| 7.05        | Ryan Oswald                  | Aberdeen SV        | 22.01.17        |
| 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        |
| 7.17        | Liam Suttie                  | Aberdeen SV        | 12.01.20        |
| 7.18        | Robbie Shaw                  | Aberdeen SV        | 17.12.17        |
| 7.2/7.20    | Chukwudi Onyia / Tobi Fatona |                    | 12 / 19         |

### 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 |
| 22.25 | James McIntosh      | Emirates A  | 18.01.20 |
| 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 |
| 22.92 | Thomas Carter       | Sheffield   | 16.02.20 |
| 23.1  | Richard Chessor     | Kelvin Hall | 23.04.03 |
| 23.20 | Ahmed Al-Kowarri    | Kelvin Hall | 13.01.96 |
| 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 |
| 49.75 | James McIntosh   | Emirates A  | 18.01.20 |
| 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 |
| 51.96 | Gavin Irvine     | Emirates A  | 10.02.18 |
| 52.03 | Thomas Carter    | Emirates A  | 18.01.20 |
| 52.19 | Kenny Lyon       | Kelvin Hall | 25.02.89 |
| 52.39 | Seumas Thomson   | Sheffield   | 18.02.17 |

### MEN 800m

|                |                          |                   |                 |
|----------------|--------------------------|-------------------|-----------------|
| 1:51.90        | MYLES EDWARDS            | Lee Valley        | 26.01.14        |
| 1:53.49        | Michael Ferguson         | Emirates A        | 08.02.20        |
| <b>1:53.84</b> | <b>Stewart Millar</b>    | <b>Lee Valley</b> | <b>09.02.22</b> |
| 1:54.07        | Rory Muir                | Emirates A        | 19.10.16        |
| 1:55.11        | Lewis Watt               | Emirates A        | 26.01.20        |
| 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        |
| <b>1:59.28</b> | <b>Rhys Crawford</b>     | <b>Emirates A</b> | <b>22.01.22</b> |
| 1:59.34        | Steven Rusling           | Kelvin Hall       | 18.01.04        |
| <b>1:59.43</b> | <b>Aleksander Jovcic</b> | <b>Emirates A</b> | <b>22.01.22</b> |
| <b>1:59.60</b> | <b>Kai Crawford</b>      | <b>Emirates A</b> | <b>18.02.22</b> |
| 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        |

### 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

|                |                          |                   |                 |
|----------------|--------------------------|-------------------|-----------------|
| 3:49.27        | MICHAEL FERGUSON         | Sheffield         | 05.01.20        |
| 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        |
| 4:04.40        | Adam Watt                | Kelvin Hall       | 02.03.03        |
| <b>4:05.41</b> | <b>Sam Griffin</b>       | <b>Emirates A</b> | <b>09.02.22</b> |
| 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        |
| <b>4:09.25</b> | <b>Aleksander Jovcic</b> | <b>Emirates A</b> | <b>09.02.22</b> |
| 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        |
| 4:11.85        | Lewis Watt               | Emirates A        | 05.02.20        |
| 4:12.1         | Robin Sutherland         | Kelvin Hall       | 13.02.91        |
| 4:12.12        | Jack Gillespie           | Emirates A        | 11.03.18        |
| <b>4:12.76</b> | <b>Rhys Crawford</b>     | <b>Emirates A</b> | <b>20.02.22</b> |
| <b>4:12.78</b> | <b>Kai Crawford</b>      | <b>Emirates A</b> | <b>20.02.22</b> |
| 4:12.87        | Cameron Strachan         | Kelvin Hall       | 28.10.09        |
| 4:15.97        | Sunny McGrath            | Emirates A        | 06.02.19        |

### MEN 3000m

|         |                  |             |          |
|---------|------------------|-------------|----------|
| 8:15.60 | MICHAEL FERGUSON | Emirates A  | 03.01.20 |
| 8:23.10 | Myles Edwards    | Emirates A  | 03.01.15 |
| 8:27.22 | Alan Wales       | Sheffield   | 26.02.06 |
| 8:29.68 | Mark Haskett     | Emirates A  | 09.02.13 |
| 8:31.63 | Ben Hukins       | Cardiff     | 11.03.00 |
| 8:32.88 | Ray Creswell     | Kelvin Hall | 14.01.89 |
| 8:48.70 | Chris Smith      | Kelvin Hall | 12.03.98 |
| 8:52.83 | Frank Boyne      | Kelvin Hall | 15.01.94 |
| 8:58.7  | Colin Youngson   | Kelvin Hall | 26.02.89 |
| 9:04.79 | Steven Murray    | Sheffield   | 08.02.20 |

**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 / William Hodi |             | 00 / 20  |

**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 | William Hodi       | Aberdeen SV | 16.01.20 |
| 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 | Paul Torry         | Kelvin Hall | 10.02.02 |
| 3.10 | Robert Miller      | Kelvin Hall | 26.01.03 |

**MEN LONG JUMP**

|      |                  |             |          |
|------|------------------|-------------|----------|
| 7.26 | ROBBIE FARQUHAR  | Emirates A  | 29.02.20 |
| 7.14 | Duncan Mathieson | Kelvin Hall | 26.01.91 |
| 7.07 | Dinkar Sabnis    | Kelvin Hall | 23.01.94 |
| 7.01 | Sam Lyon         | Emirates A  | 02.02.14 |
| 6.93 | William Stark    | Kelvin Hall | 16.01.00 |
| 6.87 | Chukwudi Onyia   | Aberdeen SV | 16.12.12 |
| 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 |
| 6.33 | William Hodi     | Sheffield   | 14.03.20 |
| 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 |

**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 |
| 13.28 | William Hodi   | Emirates A  | 05.02.20 |
| 12.76 | Robert Miller  | Kelvin Hall | 02.03.03 |
| 12.74 | Stewart Clark  | Emirates A  | 28.01.17 |
| 12.40 | Paul McAndrew  | Kelvin Hall | 03.02.96 |
| 12.39 | Michael Spink  | Kelvin Hall | 21.02.93 |
| 12.35 | Hamish Leeson  | Emirates A  | 19.10.16 |

**MEN SHOT**

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



## ALL TIME INDOOR RANKINGS – WOMEN

### WOMEN 60m

|             |                                |                    |                 |
|-------------|--------------------------------|--------------------|-----------------|
| 7.42        | ZOEY CLARK                     | Emirates A         | 26.01.19        |
| <b>7.60</b> | <b>Rebecca Matheson</b>        | <b>Aberdeen SV</b> | <b>16.01.22</b> |
| 7.68        | Jane Davidson                  | Emirates A         | 01.03.20        |
| 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        |
| <b>7.80</b> | <b>Rhia Badial</b>             | <b>Aberdeen SV</b> | <b>16.01.22</b> |
| 7.83        | Katrina Leys                   | Birmingham         | 21.02.93        |
| 7.83        | Lesley-Ann Mearns              | Kelvin Hall        | 17.02.05        |
| 7.84        | Gail Murchie                   | Kelvin Hall        | 24.01.93        |
| 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        | Butler/Paterson/Silcock/Spence |                    | 91/92/18/19     |

### WOMEN 200m

|              |                     |                   |                     |
|--------------|---------------------|-------------------|---------------------|
| 23.58        | ZOEY CLARK          | Emirates A        | 28.01.18            |
| 24.33        | Rebecca Matheson    | Sheffield         | 16.02.20            |
| 24.86        | Dawn Flockhart      | Kelvin Hall       | 22.01.95            |
| 25.30        | Sharon Jakisa       | Emirates A        | 23.02.20            |
| 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            |
| <b>25.72</b> | <b>Emma Barclay</b> | <b>Emirates A</b> | <b>12.02.22</b>     |
| 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            |
| 25.84        | Tamsin Fowle        | Emirates A        | 26.01.20            |
| 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        | S Gunn / S Still    |                   | 01.03.92 / 21.02.93 |

### WOMEN 400m

|              |                        |                   |                 |
|--------------|------------------------|-------------------|-----------------|
| <b>52.03</b> | <b>ZOEY CLARK</b>      | <b>Emirates A</b> | <b>16.02.21</b> |
| <b>53.12</b> | <b>Roisin Harrison</b> | <b>Abbotstown</b> | <b>05.02.22</b> |
| 55.27        | Emma Cloggie           | Birmingham        | 05.03.06        |
| 56.14        | Kelsey Stewart         | Sheffield         | 14.02.16        |
| 56.24        | Susan Hendry           | Birmingham        | 19.02.95        |
| 57.83        | Ademide Ademuyewo      | Emirates A        | 18.01.14        |
| 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        |
| 60.23        | Marie Dobson           | Kelvin Hall       | 26.02.11        |
| 61.2         | Emma Leask             | Emirates A        | 17.01.15        |
| 62.50        | Isla Scott-Pearce      | Sheffield         | 20.02.16        |
| 63.2         | Jennifer Harrison      | Emirates A        | 17.01.15        |
| 63.55        | Rachel Watson          | Emirates A        | 10.02.18        |
| 63.73        | Lindsey Brown          | Emirates A        | 11.02.17        |
| 63.9         | Trisha Ronney          | Kelvin Hall       | 28.02.88        |
| 64.11        | Laura Mahady           | San Sebastian     | 20.03.13        |
| 64.82        | Rebecca Dougall        | Kelvin Hall       | 17.01.98        |

### 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        |
| 2:15.59        | Kirsty Purcell         | Emirates A        | 06.02.20        |
| 2:16.58        | Ellie Buchan           | Kelvin Hall       | 04.02.10        |
| <b>2:16.62</b> | <b>Hannah Taylor</b>   | <b>Emirates A</b> | <b>22.01.22</b> |
| 2:16.64        | Naomi Lang             | Emirates A        | 02.02.17        |
| <b>2:17.99</b> | <b>Grace Macdonald</b> | <b>Emirates A</b> | <b>22.01.22</b> |
| 2:18.28        | Lynsey Still           | Kelvin Hall       | 03.02.96        |
| 2:22.20        | Sarah Still            | Kelvin Hall       | 18.02.01        |
| 2:22.23        | Caitlin Purcell        | Emirates A        | 06.02.20        |
| 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        |

### 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        |
| <b>4:38.83</b> | <b>Hannah Taylor</b>   | <b>Emirates A</b> | <b>20.02.22</b> |
| 4:39.11        | Hannah Cameron         | Emirates A        | 28.01.18        |
| <b>4:40.99</b> | <b>Caitlin Purcell</b> | <b>Emirates A</b> | <b>20.02.22</b> |
| 4:41.34        | Kirsty Purcell         | Emirates A        | 05.02.20        |
| 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        |
| <b>4:49.34</b> | <b>Grace Macdonald</b> | <b>Emirates A</b> | <b>20.02.22</b> |
| 4:50.90        | Eilidh Prise           | Kelvin Hall       | 09.02.12        |
| 4:51.1         | Heather Wisley         | Kelvin Hall       | 25.03.90        |

### WOMEN 3000m

|                 |                        |                   |                 |
|-----------------|------------------------|-------------------|-----------------|
| 9:49.98         | NAOMI LANG             | Emirates A        | 07.01.18        |
| 9:56.20         | Rhona Auckland         | Kelvin Hall       | 09.02.12        |
| 10:02.01        | Hannah Cameron         | Emirates A        | 03.01.20        |
| <b>10:15.82</b> | <b>Kirsty Purcell</b>  | <b>Emirates A</b> | <b>18.02.22</b> |
| <b>10:17.56</b> | <b>Caitlin Purcell</b> | <b>Emirates A</b> | <b>18.02.22</b> |
| 10:23.35        | Gemma Cormack          | Emirates A        | 12.01.13        |
| 10:44.37        | Janet Fraser           | Kelvin Hall       | 14.01.89        |
| 11:14.77        | Laura Mahady           | Clermont-Ferr'd   | 19.03.08        |
| 11:16.68        | Anne Howie             | Emirates A        | 03.01.20        |
| 12:23.44        | Chantelle Clark        | Kelvin Hall       | 15.01.06        |

### WOMEN 60m HURDLES

|             |                      |                   |                 |
|-------------|----------------------|-------------------|-----------------|
| <b>8.59</b> | <b>JANE DAVIDSON</b> | <b>Birmingham</b> | <b>26.02.22</b> |
| 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        |
| <b>9.07</b> | <b>Briagha Cook</b>  | <b>Emirates A</b> | <b>12.02.22</b> |
| 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        |

### WOMEN HIGH JUMP

|      |  |               |          |
|------|--|---------------|----------|
| 1.77 | CARMEN NEAT                                    | Loiughborough | 11.01.20 |
| 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        |
| <b>2.64</b> | <b>Rosie Meyer</b> | <b>Emirates A</b> | <b>22.01.22</b> |
| 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        |

### WOMEN LONG JUMP

|             |                      |                    |                 |
|-------------|----------------------|--------------------|-----------------|
| 5.88        | LINDA DAVIDSON       | Birmingham         | 21.02.93        |
| 5.82        | Sarah Still          | Kelvin Hall        | 12.03.00        |
| <b>5.65</b> | <b>Jane Davidson</b> | <b>Aberdeen SV</b> | <b>08.02.20</b> |
| 5.61        | Katie Forbes         | Emirates A         | 30.01.16        |
| 5.36        | Kirsten Young        | Kelvin Hall        | 06.02.05        |
| 5.35        | Alix Still           | New York           | 11.03.17        |
| <b>5.31</b> | <b>Briagha Cook</b>  | <b>Emirates A</b>  | <b>12.02.22</b> |
| 5.21        | Donna Quirie         | Kelvin Hall        | 21.02.93        |
| 5.21        | Ellie Workman        | Kelvin Hall        | 22.02.09        |
| 5.16        | Sophia Hamilton      | Emirates A         | 05.03.17        |
| 5.14        | Grace Angus          | Emirates A         | 11.02.17        |
| 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        |
| <b>5.09</b> | <b>Erin Williams</b> | <b>Aberdeen SV</b> | <b>06.02.22</b> |
| 5.06        | Grace Carter         | Aberdeen SV        | 26.02.17        |
| 5.00        | Kate MacKay          | Emirates A         | 05.03.17        |
| 5.00        | Catriona Pennet      | Kelvin Hall        | 15.01.00        |
| 4.98        | Diane Burr           | Kelvin Hall        | 27.10.93        |

### 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 Kamyra  | Kelvin Hall | 17.01.10 |
| 10.52 | Janet Abladey  | Kelvin Hall | 04.02.12 |
| 10.48 | Kate MacKay    | Emirates A  | 30.01.16 |
| 10.44 | Donna Quirie   | Kelvin Hall | 06.02.94 |
| 10.26 | Nicola Gauld   | Kelvin Hall | 15.11.00 |
| 10.15 | Heather Pirie  | Kelvin Hall | 22.01.95 |
| 9.98  | Nicola Kemp    | Kelvin Hall | 06.02.94 |

### WOMEN SHOT

|       |              |             |          |
|-------|--------------|-------------|----------|
| 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 |
| 9.87  | Julie Tuck   | Emirates A  | 02.02.20 |
| 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 |

### 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 |



Rosie Meyer



Grace Macdonald



## MEMBERSHIP INFORMATION

### HONORARY LIFE MEMBERS

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

### HONORARY MEMBERS

|                |                |
|----------------|----------------|
| David Beattie  | June Ingram    |
| Forbes Bruce   | Murdo Jessiman |
| John Crossman  | Kenneth Lyon   |
| Robert Dickson | Eleanor Mackay |
| Andy Dobbie    | Edward McKenna |
| Linda Dobbie   | Frances Murray |
| Ernie Dunster  | Sheena Pirie   |
| Hugo Fletcher  | John Shepherd  |
| Frank Gauld    | Grant Smith    |
| Liz Hewitson   | Colin Young    |

### COMMITTEE – 2021/2022

|                                      |                  |
|--------------------------------------|------------------|
| <b>President</b>                     | Mark Davidson    |
| <b>Vice President</b>                | Eoghan MacNamara |
| <b>Secretary</b>                     | Wendy Arthur     |
| <b>Finance Officer</b>               | Matt Stephenson  |
| <b>Coaching Coordinator</b>          | James Joy        |
| <b>Competition Coordinator</b>       | John Purcell     |
| <b>Officials Coordinator</b>         | VACANT           |
| <b>Committee Members</b>             | Michael Ferguson |
|                                      | Rachel Gordon    |
|                                      | Roisin Harrison  |
|                                      | Eddie McKenzie   |
|                                      | Fearghas Thomson |
|                                      | Alison McGee     |
|                                      | Ben Nelson       |
| <b>Club Manager</b>                  | Brian Pahlmann   |
| <b>Community Development Officer</b> | Ruth Watson      |

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

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