

# THE 2023 YEAR BOOK

INCLUDING CLUB RECORDS AND RANKINGS

No. 34

Free to AAAC Members



**OSCR**  
Scottish Charity Regulator  
www.oscr.org.uk

**Registered  
SCIO  
SC050149**

The AAAC Yearbook 2023 was edited by Eoghan MacNamara and John Purcell and compiled by Denis Shepherd with assistance from Bob Masson

# Become one of your clubs best signings



## How does it work?

It's so easy to become a Fantastic Fanatic.

Enter your details on our secure online platform  
[www.fantasticfanatics.com](http://www.fantasticfanatics.com)

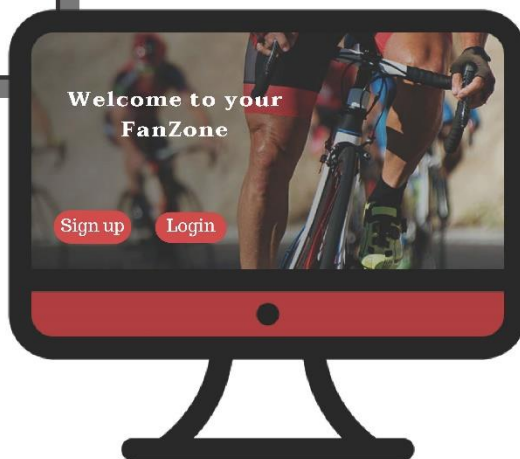
- Register your everyday debit and credit card(s)
- Select up to 3 clubs as beneficiaries
- Shop with retail partners
- Commission is paid to the club of your choice
- Free prize draws for the chance to win cash prizes

Fantastic Fanatics is not ALL about fundraising for sports clubs

it's also a platform where our amazing fans & members will be rewarded for

fundraising performance and, given the opportunity to win cash prizes!

Whether a fan, a parent or a club member, our online Fanzone allows you to track your own fundraising performance, while the Clubzone allows your club to track funds raised in near real-time.



## MEMBERS BENEFITS

-  No cost to you or your club.
-  Opportunity to win substantial cash prizes.
-  Fan satisfaction having helped your club.
-  No need for a separate membership card. Register your everyday debit and credit cards.
-  Wide range of retail partners to choose from.
-  Rewards for funds raised through tier membership.
-  Nothing to do, other than register and spend as usual.
-  Seamless card linked satisfaction.

[www.fantasticfanatics.com](http://www.fantasticfanatics.com)



# CONTENTS

|  | Page |
|--|------|
| Club Records for all age groups            | 1    |
| Club Indoor Records for all age groups     | 6    |
| Top 5 Rankings for all age groups 2022     | 9    |
| Track & Field 2022                         | 14   |
| Hill Running 2022                          | 17   |
| Cross Country 2022-23                      | 17   |
| Road Running 2023                          | 18   |
| Indoor Track & Field 2022-23               | 19   |
| Club Track & Field Leagues 2022            | 20   |
| Club Cross Country Leagues 2022-23         | 20   |
| Club All-time Top 20 lists – Men           | 24   |
| Club All-time Top 20 lists – Women         | 29   |
| Club All-time Top 10 lists – U20 Men       | 34   |
| Club All-time Top 10 lists – U20 Women     | 36   |
| Club All-time Top 10 lists – U17 Men       | 38   |
| Club All-time Top 10 lists – U17 Women     | 40   |
| Club All-time Top 10 lists – U15 Boys      | 42   |
| Club All-time Top 10 lists – U15 Girls     | 44   |
| Club All-time Top 10 lists – Veteran Men   | 46   |
| Club All-time Top 10 lists – Veteran Women | 48   |
| Club All-time Indoor Rankings – Men        | 50   |
| Club All-time Indoor Rankings – Women      | 52   |
| Membership Information                     | 54   |



You **Shop.**  
Retailers **Donate.**  
We **Raise.**

## CLUB RECORDS (AS AT 01/01/2023)

### 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        |
| <b>5000</b>  | <b>14:17.96</b> | <b>Michael Ferguson</b>                               | <b>22</b> |
| 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        |
| <b>½ Mar</b> | <b>63:25</b>    | <b>Fraser Clyne</b>                                   | <b>86</b> |
| 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        |
| <b>800</b> | <b>1:51.06</b> | <b>Lewis Watt</b>                               | <b>22</b> |
| 1500       | 3:50.34        | Alan Wales                                      | 02        |
| Mile       | 4:25.12        | Kai Crawford                                    | 21        |
| 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        |
| <b>PV</b>  | <b>4.17</b>    | <b>William Hodi</b>                             | <b>22</b> |
| 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 |
| 3x800 | 6:08.85 | D MacDonald L Watt, K Crawford                  | 21 |

### UNDER-20 T37 MEN

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

### UNDER-17 MEN

|              |                |   |           |
|--------------|----------------|---|-----------|
| 60           | 7.3            | Ahmed Al-Kowarri                              | 95        |
| 100          | 11.0           | Craig Strachan                                | 18        |
| 200          | 22.1           | Craig Strachan                                | 18        |
| 300          | 36.0           | Ahmed Al-Kowarri                              | 95        |
| 400          | 49.21          | Ahmed Al-Kowarri                              | 95        |
| 800          | 1:53.16        | Kai Crawford                                  | 21        |
| 1500         | 3:56.51        | Kai Crawford                                  | 21        |
| Mile         | 4:25.12        | Kai Crawford                                  | 21        |
| 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        |
| <b>3x800</b> | <b>6:07.54</b> | <b>C Brock, H McKay, R Crawford</b>           | <b>22</b> |

### 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        |
| Mile         | 4:46.42        | Rhys Crawford                                       | 21        |
| 3000         | 9:32.27        | Rhys Crawford                                       | 21        |
| 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        |
| <b>4X300</b> | <b>2:42.88</b> | <b>M Addison, H Hall, R Matheson<br/>J McIntosh</b> | <b>16</b> |
| 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        |
| <b>Mile</b> | <b>5:37.11</b> | <b>Reuben McAllister</b>                  | <b>22</b> |
| 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 6K           | 11.34        | Bob Masson             | 97        |
| <b>SP 6K</b>    | <b>11.34</b> | <b>Edward McKenzie</b> | <b>22</b> |
| <b>SP 7.26K</b> | <b>10.21</b> | <b>Edward McKenzie</b> | <b>22</b> |
| 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        |
| HJ              | 1.61         | James Macgregor        | 20/21     |
| 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 6K</b>    | <b>11.34</b> | <b>Edward McKenzie</b> | <b>22</b> |
| <b>SP 7.26K</b> | <b>10.21</b> | <b>Edward McKenzie</b> | <b>22</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        |
| <b>3000</b> | <b>18:10.04</b> | <b>Alan Fulton</b> | <b>22</b> |
| 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) |                    |           |
| <b>HJ</b> | <b>1.27</b>         | <b>Bob Masson</b>  | <b>22</b> |
| <b>PV</b> | <b>2.47</b>         | <b>Bob Masson</b>  | <b>22</b> |
| <b>SP</b> | <b>9.10</b>         | <b>Bob Masson</b>  | <b>22</b> |
| <b>DT</b> | <b>34.30</b>        | <b>Bob Masson</b>  | <b>22</b> |
| <b>HT</b> | <b>29.11</b>        | <b>Bob Masson</b>  | <b>22</b> |
| <b>JT</b> | <b>31.18</b>        | <b>Bob Masson</b>  | <b>22</b> |

## SENIOR WOMEN

|              |                  |  |           |
|--------------|------------------|--|-----------|
| 60           | 7.5              | Dawn Kitchen   | 85        |
| <b>100</b>   | <b>11.46</b>     | <b>Zoey Clark</b>                                      | <b>22</b> |
| 200          | 23.14            | Zoey Clark   | 17        |
| 300          | 38.66            | Kelsey Stewart   | 13        |
| <b>400</b>   | <b>51.22</b>     | <b>Zoey Clark</b>                                      | <b>22</b> |
| 800          | 2:04.40          | Jade MacLaren  | 17        |
| 1500         | 4:11.80          | Nicola Gauld   | 08        |
| Mile         | 4:46.86          | Hannah Cameron   | 21        |
| 3000         | 9:04.21          | Nicola Gauld   | 08        |
| 5000         | 15:27.60         | Rhona Auckland   | 15        |
| 10000        | 32:22.79         | Rhona Auckland   | 15        |
| 100H         | 13.97            | Catriona Pennet  | 04        |
| 400H         | 61.80            | Sylvia Kamyra  | 09        |
| ½ Mar        | 73:22            | Lynda Bain   | 85        |
| Mar          | 2:33:38          | Lynda Bain   | 85        |
| HJ           | 1.74             | Carmen Neat  | 19        |
| <b>PV</b>    | <b>3.11</b>      | <b>Grace Brennan</b>                                   | <b>22</b> |
| LJ           | 5.95             | Linda Davidson   | 92        |
| TJ           | 12.06            | Fiona Watt   | 96        |
| SP           | 14.24            | Helen Cowe   | 93        |
| DT           | 48.64            | Helen Cowe   | 94        |
| JT           | 38.28            | Linda Low  | 96        |
| <b>HT</b>    | <b>50.41</b>     | <b>Angela McAuslan-Kelly</b>                           | <b>22</b> |
| Pent.        | 2836             | Kate MacKay  | 17        |
| Hept.        | 5014             | Sarah Still  | 00        |
| 4x100        | 47.35            | Rebecca Matheson, T Spence, 19<br>R Harrison, R Badial |           |
| 4x200        | 1:44.36          | R Badial, T Spence, 19<br>J Davidson, Rebecca Matheson |           |
| 4x400        | 3:50.0           | H Windass, S Hendry, 96<br>F Watt, D Flockhart         |           |
| <b>3x800</b> | <b>7:12.71 A</b> | <b>Farquhar, H Taylor, G MacDonald</b>                 | <b>22</b> |
| Medley       | 4:07.7           | K Madigan, J Edon, 85<br>D Kitchen, C Sheehan          |           |

## 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>5:02.75</b>   | <b>Kirsty Purcell</b>                                 | <b>22</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           | <b>50.41</b>     | <b>Angela McAuslan-Kelly</b>                          | <b>22</b> |
| JT           | 35.98            | Ellie Workman   | 09        |
| Hept.        | 4928             | Alix Still  | 17        |
| 4x100        | 47.95            | G Carter, K Forbes, 17<br>M Silcock, Rebecca Matheson |           |
| 4x400        | 4:06.6           | L Still, M Keenan, S Hendry, H Pirie                  | 94        |
| <b>3x800</b> | <b>7:12.71 A</b> | <b>Farquhar, H Taylor, G MacDonald</b>                | <b>22</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        |
| <b>800</b> | <b>2:08.83</b> | <b>Hannah Taylor</b> | <b>22</b> |
| 1500       | 4:32.7         | Kathryn Shepherd     | 74        |

|                |                  |   |           |
|----------------|------------------|---|-----------|
| <b>Mile</b>    | <b>5:03.61</b>   | <b>Hannah Taylor</b>                                | <b>22</b> |
| 3000           | 9:56.60          | Naomi Lang  | 16        |
| 80H            | 11.48            | Yasmin Milne  | 10        |
| 100H           | 15.5             | Lyndsay Peddie                                      | 83        |
| 300H           | 44.14            | Sylvia Kamyra                                       | 05        |
| 400H           | 66.0             | Bridie McGlashan                                    | 86        |
| HJ             | 1.73             | 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        |
| <b>SP (3K)</b> | <b>12.47</b>     | <b>Angela McAuslan-Kelly</b>                        | <b>22</b> |
| DT             | 38.08            | Helen Cowe  | 83        |
| HT (4K)        | 31.58            | Marian Simpson                                      | 94        |
| <b>HT (3K)</b> | <b>58.55</b>     | <b>Angela McAuslan-Kelly</b>                        | <b>22</b> |
| JT (600g)      | 35.98            | Ellie Workman                                       | 09        |
| JT (500g)      | 31.42            | Abbie Crawford                                      | 21        |
| Pent.          | 3289             | Alix Still  | 16        |
| Hept.          | 4583             | Alix Still  | 16        |
| 4x100          | 48.74            | R Badial, K Forbes, 15<br>A Still, Rebecca Matheson |           |
| 4x200          | 1:49.3           | T Barlow, A Shearer, 00<br>C Pennet, L Johnston     |           |
| <b>3x800</b>   | <b>7:12.71 A</b> | <b>Farquhar, H Taylor, G MacDonald</b>              | <b>22</b> |
| Medley         | 4:31.5           | M Keenan, C Fraser, 94<br>N Fraser, C Clarkson      |           |

## 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        |
| <b>Mile</b> | <b>5:48.27</b> | <b>Sarah McAllister</b>                            | <b>22</b> |
| 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, 82<br>A Grant, M Bruce       |           |
| 4x200       | 1:58.4         | K Murdoch, S Williams, 09<br>A MacDonald, S Somers |           |
| 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, 97<br>S Mathieson, A Shearer |           |
| <b>3x800</b> | <b>7:52.57</b> | <b>O Dinnes, E Taylor, S Imlach</b>                   | <b>22</b> |

## 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>14.66</b> | <b>Catriona Pennet</b>      | <b>22</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 |
| DT    | 26.42   | Julie Tuck        | 21 |
| 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        |
| <b>80H</b> | <b>13.85</b> | <b>Julie Tuck</b> | <b>22</b> |
| 100H       | 21.4         | Ann Imrie         | 94        |
| ½ Mar      | 1:36:38      | Maureen MacInnes  | 06        |
| Mar        | 3:32:33      | Betty May         | 91        |
| <b>HJ</b>  | <b>1.35</b>  | <b>Julie Tuck</b> | <b>22</b> |
| PV         | 2.60         | Janet Lyon        | 07/08     |
| LJ         | 4.74         | Fiona Davidson    | 20        |
| TJ         | 9.93         | Fiona Davidson    | 21        |
| SP         | 8.45         | Fiona Davidson    | 19        |
| DT         | 26.42        | Julie Tuck        | 21        |
| 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>1.07</b> | <b>Sally Thomson</b> | <b>22</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 |

## VETERAN WOMEN (OVER 60)

|             |                 |                   |           |
|-------------|-----------------|-------------------|-----------|
| <b>800</b>  | <b>2:41.41</b>  | <b>Anne Howie</b> | <b>22</b> |
| <b>1500</b> | <b>5:18.63</b>  | <b>Anne Howie</b> | <b>22</b> |
| <b>3000</b> | <b>11:20.45</b> | <b>Anne Howie</b> | <b>22</b> |



Zoey Clark – Commonwealth Games



## INDOOR RECORDS (AS AT 01/01/2023)

### 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           |
| <b>PV</b> | <b>4.15</b> | Jools Peters / <b>William Hodi</b>     | <b>16/22</b> |
| 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        |
| <b>800</b>  | <b>1:53.87</b> | <b>Rhys Crawford</b> | <b>23</b> |
| 1000        | 2:30.94        | Mark Kennedy         | 04        |
| 1500        | 4:02.6         | Mark Kennedy         | 04        |
| <b>3000</b> | <b>8:55.13</b> | <b>Hamish McKay</b>  | <b>23</b> |
| 60H         | 8.33           | Robbie Farquhar      | 19        |
| HJ          | 1.97           | Ryan Hewitson        | 15        |
| <b>PV</b>   | <b>4.15</b>    | <b>William Hodi</b>  | <b>22</b> |
| LJ          | 7.26           | Robbie Farquhar      | 20        |
| TJ          | 13.97          | William Stark        | 94        |
| SP          | 13.46          | Paul Allan           | 89        |
| <b>Hept</b> | <b>4993</b>    | <b>William Hodi</b>  | <b>22</b> |

### 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        |
| <b>3000</b> | <b>9:12.19</b> | <b>Rhys Crawford</b>                     | <b>23</b> |
| 60H         | 8.50           | Richard Singer                           | 95        |
| HJ          | 1.90           | K Lutton/R Hewitson                      | 01/12     |
| PV          | 3.70           | Robbie Farquhar                          | 17        |
| LJ          | 6.57           | Robbie Farquhar                          | 17        |
| TJ          | 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        |
| <b>SP6K</b> | <b>11.25</b> | <b>Eddie McKenzie</b> | <b>23</b> |
| 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>1.58</b>  | <b>James Macgregor</b> | <b>23</b> |
| LJ          | 4.74         | Bill Skinner           | 15        |
| TJ          | 9.93         | Trevor Madigan         | 06        |
| <b>SP6K</b> | <b>11.25</b> | <b>Eddie McKenzie</b>  | <b>23</b> |
| 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        |
| <b>TJ</b> | <b>8.25</b> | <b>Bob Masson</b> | <b>22</b> |
| 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        |
| <b>HJ</b> | <b>1.28</b>  | <b>Bob Masson</b> | <b>23</b> |
| <b>PV</b> | <b>2.60</b>  | <b>Bob Masson</b> | <b>22</b> |
| <b>LJ</b> | <b>3.65</b>  | <b>Bob Masson</b> | <b>23</b> |
| <b>TJ</b> | <b>7386</b>  | <b>Bob Masson</b> | <b>23</b> |
| <b>SP</b> | <b>10.14</b> | <b>Bob Masson</b> | <b>22</b> |

**SENIOR WOMEN**

|             |                |  |           |
|-------------|----------------|--|-----------|
| 60          | 7.42           | Zoey Clark                                       | 19        |
| <b>200</b>  | <b>23.36</b>   | <b>Zoey Clark</b>                                | <b>22</b> |
| 400         | 52.03          | Zoey Clark                                       | 21        |
| <b>800</b>  | <b>2:05.71</b> | <b>Hannah Cameron</b>                            | <b>23</b> |
| 1500        | 4:26.20        | Nicola Gauld                                     | 06        |
| <b>3000</b> | <b>9:31.78</b> | <b>Stefanie Tucker</b>                           | <b>23</b> |
| <b>60H</b>  | <b>8.45</b>    | <b>Jane Davidson</b>                             | <b>23</b> |
| HJ          | 1.77           | Carmen Neat                                      | 20        |
| LJ          | 5.88           | Linda Davidson                                   | 93        |
| TJ          | 11.18          | Linda Davidson                                   | 92        |
| <b>PV</b>   | <b>3.23</b>    | <b>Grace Brennan</b>                             | <b>23</b> |
| SP          | 13.89          | Helen Cowe                                       | 93        |
| Pent        | 3778           | Sarah Still                                      | 00        |
| 4x200       | 1:43.03        | R Matheson, A Ademuyewo,<br>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        |
| <b>1500</b> | <b>4:38.83</b> | <b>Hannah Taylor</b>                            | <b>22</b> |
| 3000        | 12:23.44       | Chantelle Clark                                 | 06        |
| 60H         | 8.83           | Yasmin Milne                                    | 10        |
| HJ          | 1.71           | Ellie Workman                                   | 09        |
| PV          | 2.85           | Sam Somers                                      | 11        |
| LJ          | 5.61           | Katie Forbes                                    | 16        |
| TJ          | 11.00          | Kirsten Young                                   | 05        |
| SP (4kg)    | 8.99           | Sarah Lyon                                      | 99        |
| SP (3kg)    | 11.68          | Angela McAuslan-Kelly                           | 21        |
| 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        |
| <b>1500</b> | <b>5:02.98</b> | <b>Emily Taylor</b> | <b>23</b> |
| 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        |
| <b>60H</b> | <b>8.97</b> | <b>Catriona Pennet</b> | <b>22</b> |
| 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        |



Rebecca Matheson – 4x100m Commonwealth Games

### 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   | 8.5      | 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)

|           |              |                       |           |
|-----------|--------------|-----------------------|-----------|
| <b>60</b> | <b>8.65</b>  | <b>Fiona Davidson</b> | <b>23</b> |
| 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        |
| <b>HJ</b> | <b>1.05</b>  | <b>Sally Thomson</b>  | <b>22</b> |
| PV        | 2.35         | Janet Lyon            | 14        |
| <b>LJ</b> | <b>4.68</b>  | <b>Fiona Davidson</b> | <b>23</b> |
| <b>TJ</b> | <b>10.09</b> | <b>Fiona Davidson</b> | <b>23</b> |
| 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>1.05</b> | <b>Sally Thomson</b> | <b>22</b> |

### VETERAN WOMEN (OVER 60)

|             |                 |                   |           |
|-------------|-----------------|-------------------|-----------|
| <b>1500</b> | <b>5:21.50</b>  | <b>Anne Howie</b> | <b>22</b> |
| <b>3000</b> | <b>11:20.58</b> | <b>Anne Howie</b> | <b>22</b> |



Hannah Cameron – 800m National Champion

## 2022 TOP 5 CLUB RANKINGS

Covering the athletics year ended 31 October 2022

### SENIOR MEN

**60m**  
6.95i Struan Linton  
7.05i David Irvine  
7.28i Marcus Archer  
7.59i Callum Davidson  
7.62i Sideeq Remi-Shodipo

**100m**  
10.89 Liam Suttoo  
10.97 Struan Linton  
11.4 Marcus Archer  
11.49 Tobi Fatona  
11.87 Andrew Baldwin

**200m**  
21.81 Liam Suttie  
22.30 Struan Linton  
22.86 Marcus Archer  
23.29 James Mcintosh  
23.42 Callum Davidson

**300m**  
36.58 James Mcintosh  
37.17 Callum Davidson  
37.36 Adam Brown  
49.91 Bill Skinner (M60)

**400m**  
50.92 James Mcintosh  
51.20 Marcus Archer  
52.5 Andrew Baldwin  
52.92 Cameron Callow  
53.26 Callum Davidson

**800m**  
1:52.71 Stewart Millar  
1:52.94i Michael Ferguson  
1:55.48 Adam Brown  
2:01.24 Ben Nelson  
2:03.58 Rory Muir

**1,500m**  
3:48.24 Michael Ferguson  
3:50.26 Myles Edwards  
3:52.05 Adam Brown  
3:55.81 Stewart Millar  
4:07.20 Steven Murray

**Mile**  
4:05.95 Michael Ferguson  
4:11.22 Myles Edwards  
4:11.23 Adam Brown  
4:44.73 Andrew Casey

**3,000m**  
8:23.72 Michael Ferguson  
8:32.02 Adam Brown  
8:54.18 Steven Murray  
8:56.18 Fearghas Thomson  
10:57.89i Ross Stone

**5,000m**  
14:17.96 Michael Ferguson  
15:43.55 Fearghas Thomson  
16:08.99 Rory Muir  
16:22.28 Eoghan MacNamara

**3,000m Steeplechase**  
9:42.97 Fearghas Thomson

**High Jump**  
1.60 Lewis Dalgarno  
1.58 James Macgregor (M55)  
1.27 Bob Mason (M75)

**Pole Vault**  
3.15i Callum Robertson  
2.60i Bob Masson (M75)

**Long Jump**  
4.06i Bill Skinner (M60)  
3.61i Bob Masson (M70)

**Triple Jump**  
8.32 Bill Skinner (M60)

**Shot**  
10.21 Eddie McKenzie (M55)  
9.62 Craig Loney (M40)

**Discus**  
31.64 Eddie McKenzie (M55)  
29.44 Craig Loney (M40)

**Hammer**  
23.64 Eddie McKenzie (M55)

**Javelin**  
30.63 Eddie McKenzie (M55)

### VETERAN MEN

**60m**  
8.15i Stan Walker (M50)  
8.25i Bill Skinner (M65)

**100m**  
14.58 Bill Skinner (M65)  
18.12 Bob Masson (M75)

**200m**  
30.08 Bill Skinner (M65)

**300m**  
49.91 Bill Skinner (M65)

**400m**  
106.42 Alan Fulton (M70)

**800m**  
2:34.93 Frank Boyne (M55)  
2:56.33 Bill Skinner (M65)  
4:09.10 Alan Fulton (M70)

**1,500m**  
8:10.70 Alan Fulton (M70)

**3,000m**  
18:10.04 Alan Fulton (M70)

**Indoor over-70 60m Hurdles**  
12.17i Bob Masson (M70)

**High Jump**  
1.58 James Macgregor (M55)  
1.27 Bob Masson (M75)

**Pole Vault**  
2.60i Bob Masson (M75)

**Long Jump**  
4.06i Bill Skinner (M60)  
3.61i Bob Masson (M75)

**Triple Jump**  
8.32 Bill Skinner (M65)  
8.25i Bob Masson (M70)

**Shot (7.26K)**  
10.21 Eddie McKenzie (M55)  
9.62 Craig Loney (M40)

**Shot (6K)**  
11.34 Eddie McKenzie (M55)

**Shot (5K)**  
9.09 John MacCorquodale (M60)

**Shot (4K)**  
9.78 Bob Masson (M70)

**Discus (2K)**  
31.64 Eddie McKenzie (M55)  
29.44 Craig Loney (M40)

**Discus (1.5K)**  
32.58 Eddie McKenzie (M55)

**Discus (1K)**  
34.30 Bob Masson (M75)  
13.34 John MacCorquodale (M65)

**Hammer (7.26K)**  
23.64 Eddie McKenzie (M55)

**Hammer (6K)**  
28.93 Eddie McKenzie (M50)

**Hammer (5K)**  
22.12 John MacCorquodale (M60)

**Hammer (4K)**  
29.11 Bob Masson (M75)

**Javelin (800g)**  
30.63 Eddie McKenzie (M55)

**Javelin (700g)**  
27.66 Eddie McKenzie (M55)

**Javelin (600g)**  
29.92 John MacCorquodale (M60)

**Javelin (500g)**  
31.18 Bob Masson (M75)

### UNDER-20 MEN

**60m**  
7.44i William Hodi  
7.78i Kene Ileagu  
7.90i Coby Keith  
7.94i Dylan Dickie

**100m**  
11.43 William Hodi

**200m**  
24.49 Kene Ileagu

**400m**  
50.81 William Hodi  
51.10 Lewis Watt  
58.30 Kieran Downie

**800m**  
1:51.06 Lewis Watt  
1:54.16 Kai Crawford  
2:00.57 Duncan MacDonald  
2:20.09 Kieran Downie

**1000m**  
2:44.15i William Hodi

**1500m**  
4:05.41 Sam Griffin  
4:12.78i Kai Crawford  
4:34.17 Duncan MacDonald  
4:36.00 William Hodi

**3,000m**  
8:41.4 Sam Griffin  
10:16.73 Kieran Downie  
10:40.00 Patrick Lang

**5,000m**  
15:39.18 Sam Griffin  
18:39.74 Kieran Downie

**60m Hurdles (3'3")**  
8.35i William Hodi

**110m Hurdles (3'3")**

15.02 William Hodi

**400m Hurdles**

57.08 William Hodi

**High Jump**

1.90 William Hodi

**Pole Vault**

4.17 William Hodi

**Long Jump**

6.81 William Hodi

**Triple Jump**

14.30 William Hodi

**Shot (6K)**

11.32 William Hodi

**Discus (1.75K)**

33.95 William Hodi

**Indoor Heptathlon (U20)**

4993 William Hodi

**Decathlon (U20)**

6580 William Hodi

**UNDER-17 MEN****60m**

7.65i Mutasim Ibrahim Abubakar

7.78i Craig Amaeshi

7.93i Alexander Chukwuyen Nkemchor

7.99i Finn Bryce

8.15 Daniel Greenwood

**100m**

11.62 Mutasim Ibrahim Abubakar

12.15 Craig Amaeshi

12.19 Pelumi Ohinowo

12.35 Finn Bryce

12.5 Alexander Chukwuyen Nkemchor

**200m**

25.39 Ben Cuthill

25.65 Finn Bryce

25.66 Craig Amaeshi

27.05 Daniel Greenwood

27.19 Alexander Chukwuyen Nkemchor

**300m**

40.86 Finn Bryce

**400m**

54.0 Rhys Crawford

55.92 Caleb McGuire

56.39 Caleb Brock

57.49 Finn Bryce

59.94 Ben Cuthill

**800m**

1:58.58 Rhys Crawford

1:59.43i Aleksander Jovcic

2:05.55 Caleb Brock

2:06.30 Caleb McGuire

2:06.44 Hamish McKay

**1000m**

3:06.11i Finn Bryce

**1,500m**

4:06.38 Hamish McKay

4:09.25i Aleksander Jovcic

4:09.82 Rhys Crawford

4:21.19 Caleb Brock

4:26.13i Thomas Reynolds

**Mile**

4:27.23 Rhys Crawford

4:28.15 Aleksander Jovcic

4:29.47 Hamish McKay

4:46.58 Caleb Brock

4:48.34 Thomas Reynolds

**3,000m**

8:45.62 Hamish McKay

9:07.61 Aleksander Jovcic

9:31.02 Rhys Crawford

9:36.00 Thomas Reynolds

9:41.76 Caleb Brock

**60m Hurdles (3'0")**

9.51i Finn Bryce

**100m Hurdles (3'0")**

15.47 Finn Bryce

**High Jump**

1.65 Lewis Ingram

1.55 Finn Bryce

1.55 Finlay Collins

**Pole Vault**

3.26i Finn Bryce

**Long Jump**

5.30 Dean Fearn

4.02i Finlay Collins

**Triple Jump**

8.23 Finlay Collins

**Shot (5K)**

11.01i Jake Dickie

9.43 Finn Bryce

6.57 Caleb Brock

6.07 Nate Rennie

4.88 Calum Leitch

**Discus (1.5K)**

35.43 Finn Bryce

16.95 Caleb McGuire

11.94 Finlay Collins

**Javelin (700g)**

39.37 Finn Bryce

19.79 Finlay Collins

**Schools U17 Pentathlon**

2509 Finn Bryce

**Indoor Heptathlon**

3361i Finn Bryce

**Decathlon**

4555 Finn Bryce

**UNDER-15 BOYS****60m**

8.36 Luk Miller-Gallego

8.86i Calum Leitch

9.32i Samuel Murray

9.51 Riley Murchie

10.15i Joshua Hepworth

**100m**

12.74 Michael Onyemeziem

12.92 Luk Miller-Gallego

13.21 Dylan Bunney

13.39 Ethan Esslemont

13.43 Harrison Smith

**150m**

24.41 Sam Brooks

**200m**

25.94 Luk Miller-Gallego

27.13 Dylan Bunney

27.15 Alexander Arris

27.20 Harrison Smith

27.62 Michael Onyemeziem

**300m**

41.1 Dylan Bunney

41.98 Luk Miller-Gallego

44.4 Finlay Rae

44.8 Harrison Smith

45.41 Calum Leitch

**800m**

2:16.67 Finlay Rae

2:17.8 Harris Callander

2:17.95 Alexander Arris

2:19.1 Oscar Chirnside

2:24.04 Konrad Omenzetter

**1,500m**

4:32.18 Harris Callander

4:35.31 Oscar Chirnside

4:55.43 Alexander Arris

4:59.81 Aiden MacDonald

**Mile**

4:52.69 Harris Callander

5:02.59 Oscar Chirnside

5:21.69 Alexander Arris

**60m Hurdles**

10.57i Calum Leitch

**80m Hurdles**

13.59 Calum Leitch

**High Jump**

1.32 Calum Leitch

1.27 Michael Onyemeziem

**Long Jump**

5.06 Finn Bryce

4.77 Harrison Smith

4.47 Michael Onyemeziem

4.44 Alexander Arris

4.29 Finlay Rae

**Shot (4K)**

8.23 Dylan Bunney

8.02 Harrison Smith

7.03 Michael Onyemeziem

6.53 Luk Miller-Gallego

5.87 Harris Callander

**Discus**

13.89 Harris Callander

**Javelin (600g)**

13.57 Oscar Chirnside

12.60 Harris Callander

12.03 Calum Leitch

**UNDER-13 BOYS****60m**

8.66i Alex Henthorn

8.78i Cameron Kennedy

9.51 Riley Murchie

10.19 Sam Brooks

11.30i Zain Almasri

**75m**

10.58 Cameron Kennedy

10.63 Alex Henthorn

11.83 Reuben McAllister

13.48 Alex Imlach

**100m**  
 13.59 Cameron Kennedy  
 16.71 Alex Henthorn  
 14.76 Samuel Murray  
 14.91 Cameron Fagan  
 15.52 Riley Murchie

**150m**  
 22.09 Cameron Kennedy  
 22.84 Samuel Murray  
 24.41 Sam Brooks

**200m**  
 27.77 Alex Henthorn  
 30.7 Cameron Kennedy  
 31.29 Samuel Murray  
 31.85 Reuben McAllister  
 32.54 Riley Murchie

**800m**  
 2:20.03 Alex Henthorn  
 2:37.86 Struan Mckay  
 2:38.89 Reuben McAllister  
 2:48.31 Sam Brooks  
 2:49.63 Cameron Fagan

**1200m**  
 3:52.60 Alex Henthorn  
 4:06.05 Struan Mckay  
 4:11.49 Reuben McAllister  
 4:25.94 Sam Brooks

**High Jump**  
 0.93 Jay Catillo

**Long Jump**  
 3.39 Nathan Grant  
 3.14 Charlie Fraser  
 3.04 William Miller  
 2.58 Jay Castillo  
 2.47 Summit Olowoleru

**Shot (2.72K)**  
 5.90 Nathan Gerrard  
 4.15 Summit Oloweru  
 4.07 Jay Castillo  
 3.29 Andrew Fulton  
 3.21 Mark Jack

**Javelin (400g)**  
 10.84 Nathan Gerrard

## SENIOR WOMEN

**60m**  
 7.50i Zoey Clark  
 7.63i Rebecca Matheson  
 7.80i Rhia Badial  
 7.87i Jane Davidson  
 8.12i Erin Williams

**100m**  
 11.46 Zoey Clark  
 11.87 Kelsey Stewart  
 11.91 Rebecca Matheson  
 12.34 Jane Davidson  
 12.39 Charlotte Bevan

**200m**  
 23.36i Zoey Clark  
 23.40 Roisin Harrison  
 24.37i Rebecca Matheson  
 24.64 Kelsey Stewart  
 25.34 Charlotte Bevan

**400m**  
 51.22 Zoey Clark  
 52.63 Roisin Harrison  
 56.17 Rebecca Matheson  
 59.04i Georgia Morrison  
 59.46 Emma Barclay

**800m**  
 2:06.96 Hannah Cameron  
 2:25.76 Emma Barclay  
 2:41.41 Anne Howie (W60)  
 2:48.28 Briagha Cook

**1500m**  
 4:27.48 Hannah Cameron  
 5:18.63 Anne Howie (W60)

**Mile**  
 4:48.95 Hannah Cameron

**3,000m**  
 9:25.16 Naomi Lang  
 9:56.10 Hannah Cameron  
 11:20.45 Anne Howie (W60)  
 11:58.70 Katie Watson

**5000m**  
 16:15.51 Naomi Lang

**60m Hurdles**  
 8.59i Jane Davidson  
 8.97i Catriona Pennet (W35)  
 9.07i Briagha Cook  
 9.78i Erin Williams

**100m Hurdles**  
 14.08 Jane Davidson  
 14.66 Catriona Pennet (W35)  
 15.35 Erin Williams  
 15.78 Briagha Cook

**High Jump**  
 1.67 Allie Routledge  
 1.48 Briagha Cook  
 1.35 Julie Tuck (W45)  
 1.07 Sally Thomson (W55)

**Long Jump**  
 5.80 Alix Still  
 5.59 Jane Davidson  
 5.55 Briagha Cook  
 5.09i Erin Williams  
 4.71i Julie Tuck (W45)

**Triple Jump**  
 10.04i Fiona Davidson (W45)  
 8.66 Phoebe Moncur

**Shot (4K)**  
 8.42 Briagha Cook

**Discus**  
 29.02 Erin Williams  
 24.99 Julie Tuck (W45)

**Hammer (4K)**  
 34.12 Erin Williams  
 25.05 Fiona Davidson (W45)

**Javelin (600g)**  
 31.08 Alix Still  
 28.97 Jane Davidson  
 16.50 Briagha Cook

**Heptathlon**  
 3901 Briagha Cook

## VETERAN WOMEN

**60m**  
 8.43i Catriona Pennet  
 8.70 Fiona Davidson (W45)  
 8.70i Julie Tuck (W45)

**800m**  
 2:41.41 Anne Howie (W60)

**1500m**  
 5:18.63 Anne Howie (W60)

**3,000m**  
 11:20.45 Anne Howie (W60)

**60m Hurdles**  
 8.97i Catriona Pennet (W35)

**Over-40 60m Hurdles**  
 9.89i Julie Tuck (W45)

**Over-40 80m Hurdles**  
 13.85 Julie Tuck (W45)

**100m Hurdles**  
 14.66 Catriona Pennet (W35)

**High Jump**  
 1.35 Julie Tuck (W45)  
 1.07 Sally Thomson (W55)

**Long Jump**  
 4.71i Julie Tuck (W45)  
 4.58i Fiona Davidson (W45)

**Triple Jump**  
 10.04i Fiona Davidson (W45)

**Discus**  
 24.99 Julie Tuck (W45)

**Hammer (4K)**  
 25.05 Fiona Davidson (W45)

## UNDER-20 WOMEN

**60m**  
 8.04i Tamsin Fowlie  
 8.43i Iona Brodie  
 8.60i Coirilidh Cook  
 8.81i Abbie Crawford  
 8.82i Lydia Barker

**100m**  
 12.72 Tamsin Fowlie  
 14.30 Cara Davie

**200m**  
 25.73 Tamsin Fowlie  
 27.63i Iona Brodie  
 28.25 Coirilidh Cook

**300m**  
 47.80 Aimee Tawse

**400m**  
 69.98 Anna Jackson

**800m**  
 2:12.65 Caitlin Purcell  
 2:18.36 Kirsty Purcell  
 2:26.70 Aimee Tawse  
 2:34.02 Anna Jackson

**1,500m**  
 4:33.59 Caitlin Purcell  
 4:40.99 Kirsty Purcell  
 5:02.24 Aimee Tawse  
 5:14.15i Charlotte Narducci  
 5:27.00 Ellie Sinclair

**Mile**  
 5:02.75 Kirsty Purcell  
 5:03.26 Caitlin Purcell  
 5:28.22 Aimee Tawse

**3,000m**  
 9:59.71 Caitlin Purcell  
 10:15.82i Kirsty Purcell  
 11:14.04 Anna Jackson  
 11:21.84 Aimee Tawse

**5,000m**

18:11.41 Kirsty Purcell

**60m Hurdles**9.94i Coirilidh Cook  
11.32i Grace Brennan**100m Hurdles**

17.01 Ella Creamer

**200m Hurdles**31.48 Coirilidh Cook  
32.31 Grace Brennan  
32.95 Ella Creamer**400m Hurdles**

73.74 Ella Creamer

**High Jump**

1.35 Tamsin Fowlie

**Long Jump**4.94 Abbie Crawford  
4.89 Coirilidh Cook**Triple Jump**10.31i Abbie Crawford  
10.21i Tamsin Fowlie  
8.85 Ellie McGee**Shot (4K)**

7.81i Cara Davie

**Discus**

17.35 Tamsin Fowlie

**Hammer**50.41 Angela McAuslan-Kelly  
15.22 Tamsin Fowlie**Javelin (600g)**

29.78 Abbie Crawford

**UNDER-17 WOMEN****60m**8.71i Rhona Bomfrey  
8.77i Oluwasekemi Adenuga  
8.8 Ellie McGee  
8.92i Angela McAuslan-Kelly  
10.00i Harley Keith**100m**13.30 Oluwasekemi Adenuga  
13.57 Rhona Bomfrey  
14.07 Ellie McGee  
14.41 Abby Farquhar  
14.47 Faith McBain**200m**27.15 Hannah Taylor  
28.53 Rhona Bomfrey  
29.03 Ellie McGee  
28.69 Oluwasekemi Adenuga**300m**41.51 Hannah Taylor  
42.07 Grace MacDonald  
45.05 Abby Farquhar  
43.41 Rhona Bomfrey  
49.28 Ellie McGee**400m**56.98 Hannah Taylor  
59.91 Grace MacDonald**800m**2:08.83 Hannah Taylor  
2:15.62 Grace MacDonald  
2:24.25 Abby Farquhar  
2:42.89 Rhona Bomfrey  
3:09.49 Ellie McGee I**1,500m**4:38.83i Hannah Taylor  
4:49.34i Grace MacDonald  
5:05.11 Abby Farquhar**Mile**5:03.61 Hannah Taylor  
5:17.08 Grace MacDonald  
5:31.36 Abby Farquhar**3,000m**10:46.76 Hannah Taylor  
10:53.70 Grace MacDonald  
11:28.71 Abby Farquhar**60m Hurdles**10.03i Ellie McGee  
10.18i Rosie Meyer**80m Hurdles**

12.76 Ellie McGee

**300m Hurdles**

51.25 Ellie McGee

**High Jump**1.39i Ellie McGee  
1.32 Rhona Bomfrey**Pole Vault**2.75 Rosie Meyer  
2.20i Ellie McGee**Long Jump**4.50 Ellie McGee  
4.09 Rhona Bomfrey  
3.73i Emma Cavanagh**Triple Jump**

8.92 Ellie McGee

**Shot (3K)**12.47 Angela McAuslan-Kelly  
9.53i Rosie Meyer  
8.31 Ellie McGee  
8.00 Esther Barker  
5.81 Rhona Bomfrey**Discus**35.56 Angela McAuslan-Kelly  
24.44 Esther Barker  
22.34 Ellie McGee  
10.72 Rhona Bomfrey**Hammer**

58.55 Angela McAuslan-Kelly

**Javelin (500g)**28.16 Rosie Meyer  
16.05 Ellie McGee**Indoor Pentathlon**

2054i Ellie McGee

**Heptathlon**

2804 Ellie McGee

**UNDER-15 GIRLS****60m**8.58i Evie Gordon  
8.81i Elurinma Nkemchor  
8.98 Erin Daly  
9.00i Grace Dinnes  
9.08i Brooke Rosie**100m**13.10 Tammy Oshinowo  
13.80 Evie Gordon  
14.00 Anna Watson  
14.05 Josie Laing  
14.32 Elurinma Nkemchor**200m**29.57 Evie Gordon  
30.45 Erin Daly  
31.02 Jessica Needs  
31.14 Anna MacPherson  
31.25 Brooke Rosie**300m**47.48 Sarah Taylor  
49.34 Erin Daly  
49.56 Jessica Needs  
49.70 Freya Mchattie  
51.63 Katie Sim**800m**2:27.85 Jessica Needs  
2:35.25 Olivia Dinnes  
2:35.45 Katie Sim  
2:39.10 Sarah McAllister  
2:51.71 Lois Macmillan**1500m**4:59.69 Jessica Needs  
5:29.75 Sarah Taylor  
5:36.33 Sarah McAllister  
5:39.74 Edith Hilton  
5:39.9 Katie Sim**Mile**5:48.27 Sarah McAllister  
6:13.55 Katie Sim**3,000m**11:44.82 Sarah McAllister  
12:35.51 Katie Sim  
13:29.77 Grace Dinnes**60m Hurdles**9.89i Josie Laing  
14.61i Elanna Brennan Buter**75m Hurdles**12.38 Josie Laing  
13.80 Tammy Oshinowo  
16.75 Grace Stephenson  
17.86 Anna MacPherson**High Jump**1.25 Elurinma Nkemchor  
1.20 Josie Laing  
1.20 Grace Stephenson**Long Jump**4.49 Evie Gordon  
3.72 Alexa Moir  
3.65 Sarah Taylor  
3.57 Grace Dinnes  
3.49i Ciara Pratt**Shot (3K)**10.41 Josie Laing  
7.98 Grace Dinnes  
6.70i Evie Gordon  
5.89 Sarah Taylor  
5.09 Edith Hilton**Discus**12.00 Sarah McAllister  
9.54 Rachael Mennie**Hammer**29.13 Josie Laing  
17.51 Erin Daly  
9.49 Lois Macmillan  
8.09 Jessica Needs

**Javelin (500g)**

|       |               |
|-------|---------------|
| 12.68 | Alix Findlay  |
| 12.29 | Jessica Needs |
| 11.98 | Evie Gordon   |
| 10.21 | Alexa Moir    |
| 9.04  | Grace Dinnes  |

**UNDER-13 GIRLS****60m**

|       |               |
|-------|---------------|
| 8.92i | Olivia Dinnes |
| 9.21i | Sophie Imlach |
| 9.43i | Rachel Gove   |
| 9.49  | Katy Rae      |
| 9.77i | Daisy Forbes  |

**75m**

|       |              |
|-------|--------------|
| 12.18 | Rachel Gove  |
| 12.42 | Daisy Forbes |
| 12.42 | Mya Mackie   |

**100m**

|       |                 |
|-------|-----------------|
| 14.50 | Olivia Dinnes   |
| 14.92 | Sophie Imlach   |
| 15.05 | Louisa McIntosh |
| 15.41 | Daisy Fyfe      |
| 15.5  | Katy Rae        |

**150m**

|       |               |
|-------|---------------|
| 22.65 | Olivia Dinnes |
| 24.23 | Rachel Gove   |

**200m**

|       |               |
|-------|---------------|
| 30.10 | Sophie Imlach |
| 30.12 | Olivia Dinnes |
| 31.42 | Rachel Gove   |
| 33.10 | Daisy Forbes  |
| 33.25 | Katy Rae      |

**800m**

|         |               |
|---------|---------------|
| 2:35.0  | Sophie Imlach |
| 2:35.25 | Olivia Dinnes |
| 2:38.76 | Emily Taylor  |
| 2:42.15 | Rachel Gove   |
| 2:43.1  | Katy Rae      |

**1200m**

|         |               |
|---------|---------------|
| 4:07.98 | Olivia Dinnes |
| 4:10.37 | Sophie Imlach |
| 4:10.63 | Emily Taylor  |
| 4:27.06 | Katy Rae      |

**1500m**

|         |               |
|---------|---------------|
| 5:10.24 | Emily Taylor  |
| 5:30.00 | Olivia Dinnes |

**60m Hurdles**

|        |               |
|--------|---------------|
| 10.70i | Sophie Imlach |
|--------|---------------|

**70m Hurdles**

|       |               |
|-------|---------------|
| 12.67 | Sophie Imlach |
| 16.24 | Mya Mackie    |
| 16.79 | Daisy Forbes  |

**High Jump**

|      |               |
|------|---------------|
| 1.25 | Daisy Forbes  |
| 1.20 | Sophie Imlach |
| 1.10 | Olivia Dinnes |
| 1.10 | Rachel Gove   |
| 1.05 | Ciara Pratt   |

**Long Jump**

|       |               |
|-------|---------------|
| 3.79  | Sophie Imlach |
| 3.41  | Rachel Gove   |
| 3.32i | Evie Burnett  |
| 3.30  | Katy Rae      |
| 3.07  | Emily Taylor  |

**Shot (2.72K)**

|       |               |
|-------|---------------|
| 6.76i | Indi Horne    |
| 5.02  | Katy Rae      |
| 1.10  | Olivia Dinnes |
| 4.32  | Ciara Pratt   |

**Discus**

|       |               |
|-------|---------------|
| 11.74 | Katy Rae      |
| 8.88  | Olivia Dinnes |

**Javelin (400g)**

|       |               |
|-------|---------------|
| 11.97 | Sophie Imlach |
| 11.17 | Rachel Gove   |
| 10.24 | Olivia Dinnes |
| 8.41  | Mya Mackie    |
| 7.85  | Emily Taylor  |

**UNDER-11 GIRLS****60m**

|        |                          |
|--------|--------------------------|
| 9.56i  | Chukwumenime Nkemchor    |
| 10.27i | Kawthar Ibrahim Abukabar |
| 10.62i | Lucy Windle              |
| 11.23i | Violet Balfour           |

**100m**

|       |                       |
|-------|-----------------------|
| 15.14 | Chukwumenime Nkemchor |
| 15.18 | Adele Stankeviciene   |
| 16.55 | Sophia Edgar          |
| 17.01 | Olivia Martin         |
| 17.18 | Emma Gove             |

**200m**

|       |                       |
|-------|-----------------------|
| 33.32 | Adele Stankeviciene   |
| 34.19 | Chukwumenime Nkemchor |
| 35.82 | Erin Jones            |
| 36.85 | Alana Robertson       |
| 37.10 | Emma Gove             |

**800m**

|         |                       |
|---------|-----------------------|
| 3:42.66 | Sophie Needs          |
| 2:51.1  | Chukwumenime Nkemchor |
| 3:03.84 | Alana Robertson       |
| 3:07.54 | Erin Jones            |
| 3:11.07 | Emma Gove             |

**1200m**

|         |                       |
|---------|-----------------------|
| 5:04.41 | Chukwumenime Nkemchor |
| 5:04.66 | Alana Robertson       |

**Long Jump**

|       |                     |
|-------|---------------------|
| 3.25  | Sophia Edgar        |
| 3.07  | Adele Stankeviciene |
| 2.92  | Erin Jones          |
| 2.75  | Eve McAllister      |
| 2.72i | Violet Balfour      |

**Shot (2.72K)**

|       |                |
|-------|----------------|
| 3.75  | Erin Jones     |
| 3.72i | Violet Balfour |
| 3.61  | Sophie Needs   |
| 3.17  | Olivia Martin  |
| 2.65  | Lucy Windle    |

**Javelin (400g)**

|       |                       |
|-------|-----------------------|
| 6.15  | Chukwumenime Nkemchor |
| 5.96  | Lucy Windle           |
| 4.78  | Alana Robertson       |
| 5.06  | Finn Bryce            |
| 35.01 | Paul Mearns           |

**U13 Boys – RAM League****Hamish McKay****Sophie Imlach****Anna Jackson & Abby Farquhar**



## TRACK & FIELD, 2022

### International & Representative Matches

#### World Championships

Eugene, Oregon, July 15<sup>th</sup>-24<sup>th</sup>, 2022

#### **Mixed:**

Zoey Clark: Great Britain & NI 6<sup>th</sup>, 4x400m h1 (51.49 leg 2), 3:14.75

#### European Championships

Munich, August 15<sup>th</sup>-21<sup>st</sup>, 2022

#### **Women:**

Zoey Clark: Great Britain & NI 1<sup>st</sup>, 4x400m h1 (51.21 leg 1), 3:23.79  
Great Britain & NI 3<sup>rd</sup> in final, 3:21.74

#### Commonwealth Games

Birmingham, August 2<sup>nd</sup>-7<sup>th</sup>, 2022

#### **Women:**

Zoey Clark: 8<sup>th</sup>, 400m (51.90); also 2<sup>nd</sup>, h3 (51.84) and 4<sup>th</sup>, sf (51.99); 3<sup>rd</sup>, 4x400m, 3:30.15 (51.9 leg 2)

Rebecca Matheson: Scotland 8<sup>th</sup>, 4x100m (leg 1), 45.01

#### Loughborough International

Loughborough, May 22<sup>nd</sup>, 2022

Hannah Cameron: 4<sup>th</sup>, 800m (2:09.03)

#### SIAB Schools Home International

Belfast, July 16<sup>th</sup>, 2022

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

Finn Bryce: 8<sup>th</sup>, PV (3.25m)

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

Hannah Taylor: 4<sup>th</sup>, 800m (2:12.07)  
Rosie Meyer: 5<sup>th</sup>, PV (2.75m)  
Angela McAuslan-Kelly: 7<sup>th</sup>, DT (32.60m) & 3<sup>rd</sup>, HT (48.52m)

#### Schools Games

Loughborough, September 2<sup>nd</sup>-3<sup>rd</sup>, 2022

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

Hannah Taylor: 1<sup>st</sup>, 800m (2:09.52)  
Angela McAuslan-Kelly: 1<sup>st</sup>, HT (57.37m)

### British Medallists

#### British Masters Championships

Derby, June 10<sup>th</sup>-12<sup>th</sup>, 2022

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

James Macgregor: 2<sup>nd</sup>, HJ (1.58m)

#### England U17 and U15 Championships

Bedford, August 27-28<sup>th</sup>, 2022

#### **U17 Women:**

Angela McAuslan-Kelly: 1<sup>st</sup>, HT (58.55m)

### Scottish Medallists

#### 4J Studios Masters Championships

Dundee, July 9-10<sup>th</sup>, 2022

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

James Macgregor: 1<sup>st</sup>, HJ (1.58m)

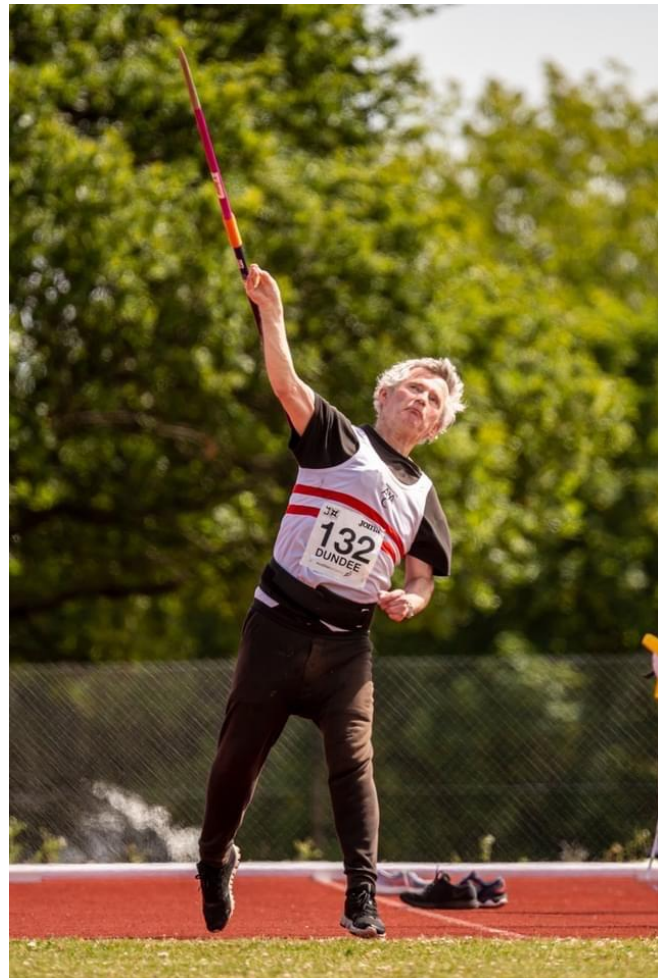
Eddie McKenzie: 2<sup>nd</sup>, SP (10.78m); 2<sup>nd</sup>, DT (32.58m); 2<sup>nd</sup>, HT (28.93m); 2<sup>nd</sup>, JT (27.66m)

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

Bill Skinner: 1<sup>st</sup>, 100m (14.58); 1<sup>st</sup>, 200m (30.08); 1<sup>st</sup>, LJ (3.97m); 1<sup>st</sup>, TJ (8.32m)

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

John Maccorquodale: 2<sup>nd</sup>, SP (8.13m); 1<sup>st</sup>, DT (23.34m); 1<sup>st</sup>, HT (18.03m); 1<sup>st</sup>, JT (22.24m)



John Maccorquodale

#### **Over-70 Men:**

Alan Fulton: 1<sup>st</sup>, 400m (106.42); 3<sup>rd</sup>, 800m (4:09.10)

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

Bob Masson: 1<sup>st</sup>, PV (2.47m); 1<sup>st</sup>, DT (33.68m); 1<sup>st</sup>, JT (30.10m)



Bob Masson

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

Anne Howie: 1<sup>st</sup>, 800m (2:41.41); 1<sup>st</sup>, 1500m (5:25.79)

### 4J Studios Combined Events Championships

Dundee, July 9-10<sup>th</sup>, 2022

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

William Hodi: 1<sup>st</sup>, Dec (6580)

#### **Women:**

Briagha Cook: 1<sup>st</sup>, Hept (3901)



**Briagha Cook**

### 4J Studios Senior and U17 Championships

Aberdeen, August 13-14<sup>th</sup>, 2022

#### **Men:**

Fearghas Thomson: 3<sup>rd</sup>, S000SC (9:42.97)

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

Finn Bryce: 1<sup>st</sup>, PV (3.25m); 3<sup>rd</sup>, DT (35.43m)



**Finn Bryce**

#### **Women:**

Kelsey Stewart: 3<sup>rd</sup>, 100m (12.09); 3<sup>rd</sup>, 200m (24.83)

Roisin Harrison: 1<sup>st</sup>, 200m (23.66)

Hannah Cameron: 1<sup>st</sup>, 800m (2:08.52)

Jane Davidson: 1<sup>st</sup>, 100H (14.08)

Catrina Pennet: 3<sup>rd</sup>, 100H (14.66)

Grace Brennan: 3<sup>rd</sup>, PV (3.10m)

Aix Still: 1<sup>st</sup>, LJ (5.80m)

Briagha Cook: 3<sup>rd</sup>, LJ (5.55m)



**Roisin Harrison & Kelsey Stewart**

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

Hannah Taylor: 1<sup>st</sup>, 800m (2:12.53)

Angela McAuslan-Kelly: 3<sup>rd</sup>, SP (11.55m); 2<sup>nd</sup>, DT (33.08m); 1<sup>st</sup>, HT (57.57m)



**Hannah Taylor**

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

Grangemouth, August 27-28<sup>th</sup>, 2022

#### **Under-13 Boys:**

Alex Henthorn: 1<sup>st</sup>, 800m (2:20.03)



**Alex Henthorn**

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

Hannah Taylor: 3<sup>rd</sup>, 400m (56.98); 1<sup>st</sup>, 800m (2:11.39)

Caitlin Purcell: 3<sup>rd</sup>, 800m (2:12.65), 2<sup>nd</sup>, 1500m (4:33.59)

Grace Brennan: 2<sup>nd</sup>, PV (3.11m)



**Hannah Taylor & Caitlin Purcell 800m**

#### 4J Studios Relay Championships

Grangemouth, September 10<sup>th</sup>, 2022

**U17 Men:** Caleb Brock, Hamish Mckay, Rhys Crawford: 2<sup>nd</sup>, 3x800m (6:07.54)

**U17 Women:** Abby Farquhar, Hannah Taylor, Grace MacDonald: 1<sup>st</sup>, 3x800m (6:56.05)



**U17 Women 3x800m Relay**

**District Medallists**

#### 4J Studios East District Championships

Grangemouth, May 14-15<sup>th</sup>, 2022

##### **U17 Men:**

Rhys Crawford: 1<sup>st</sup>, 800m (2:01.20)  
Aleksander Jovcic: 2<sup>nd</sup>, 800m (2:01.73)  
Hamish Mckay: 3<sup>rd</sup>, 1500m (4:12.62)  
Finn Bryce: 1<sup>st</sup>, JT (37.37m)

##### **U13 Boys:**

Alex Henthorn: 3<sup>rd</sup>, 100m (13.71); 1<sup>st</sup>, 800m (2:24.72)  
Struan Mckay: 3<sup>rd</sup>, 1500m (5:16.85)

##### **Women:**

Rebecca Matheson: 3<sup>rd</sup>, 100m (11.97); 1<sup>st</sup>, 200m (24.74)  
Kelsey Stewart: 2<sup>nd</sup>, 200m (25.17)  
Zoey Clark: 1<sup>st</sup>, 400m (51.92)  
Catriona Pennet: 3<sup>rd</sup>, 100H (14.70)



**Zoey Clark**

##### **U17 women:**

Hannah Taylor: 1<sup>st</sup>, 800m (2:14.67); 1<sup>st</sup>, 1500m (4:42.22)  
Grace MacDonald: 2<sup>nd</sup>, 800m (2:16.60)  
Rosie Meyer: 1<sup>st</sup>, PV (2.61m); 1<sup>st</sup>, JT (27.71m)  
Angela McAuslan-Kelly: 1<sup>st</sup>, DT (35.12m); 1<sup>st</sup>, HT (48.51m)



**Rosie Meyer**

#### 4J Studios North District Championships

Inverness, May 13-14<sup>th</sup>, 2022

##### **Men:**

Fearghas Thomson: 2<sup>nd</sup>, 5000m (16:13.98)  
Eddie McKenzie: 2<sup>nd</sup>, DT (31.64m); 1<sup>st</sup>, HT (23.64m)

##### **U20 Men:**

Alexander Scott: 2<sup>nd</sup>, 200m (24.38)  
Duncan MacDonald: 1<sup>st</sup>, 1500m (4:34.17)  
Sam Griffin: 1<sup>st</sup>, 5000m (15:39.18)

##### **U15 Girls:**

Jessica Needs: 3<sup>rd</sup>, 800m (2:33.71)

# EARN

# CASHBACK TO

# SUPPORT

# YOUR CLUB

Use Tru Wealth for any financial planning needs  
and earn £100 for your local club.

Terms & Conditions Apply

[letstalk@truwealth.co.uk](mailto:letstalk@truwealth.co.uk)  
**0141 212 3983**

**Tru Wealth**  
CASH4CLUBS

Official partners of

Tru Wealth Ltd. is an Appointed Representative of Merton H & L Ltd which is authorised and regulated by the Financial Conduct Authority. Tru Wealth Ltd FCA Number 376083 Registered in Scotland no. SC448074. Registered address: Munnichoff House, 5th Floor 88 West Nile Street, Glasgow, G1 2LT

## HILL RUNNING, 2022

### International & Representative Matches

#### Home Countries Junior International

Ambleside, September 3<sup>rd</sup>, 2022

#### **Under-20 men (5.7km/296m):**

Sam Griffin: 8<sup>th</sup> (3<sup>rd</sup> Scot), 25:13 (winner: Struan Bennet, Scotland, 23:33)  
Scotland 1<sup>st</sup> team (won by 6pt from England)



Sam Griffin

### Scottish Medallists

#### Scottish Hill Runners' Championships, 2022

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

Veronique Oldham: 1<sup>st</sup>, 100pt (won by 40pt from Louise Burt, Fife AC)

## CROSS-COUNTRY, 2022-23

### International & Representative Matches

#### Scottish Inter-District Championships

Scone, January 14<sup>th</sup>, 2023

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

Michael Ferguson (East): 19<sup>th</sup>, 26:48 (winner: Jamie Crowe, Central AC/East, 24:55)  
Team: 1 East 29; 2 Scottish Students 90; 3 West 90

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

Hamish Mckay: 4<sup>th</sup>, 20:05; Caleb McGuire: 26<sup>th</sup>, 22:25;  
Aleksander Jovcic: 27<sup>th</sup>, 22:25 (winner: Craig Shennan, Giffnock North/West, 19:38)  
Team: 1 East 32; 2 West 50; 3 North 175



Hamish Mckay

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

Oscar Chirnside: 7<sup>th</sup>, 14:17; Harris Callander: 21<sup>st</sup>, 14:49  
(winner: Tristan Robin, Giffnock North/West, 13:37)  
Team: 1 West 46; 2 East 47; 3 North 156

#### **U13 boys (3km):**

Alex Henthorn: 16<sup>th</sup>, 12:17 (winner: Ruairidh Laing, VPCG/West, 11:15)  
Team: 1 West 29; 2 East 49; 3 North 186



Alex Henthorn

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

Naomi Lang (Students): 5<sup>th</sup>, 30:09; Kirsty Purcell (East): 33<sup>rd</sup>, 32:34; Caitlin Purcell (East): 39<sup>th</sup>, 33:04 (winner: Megan Keith, Edinburgh U/Students, 28:58)  
Team: 1 East 46 2 Students 60; 3 West 79

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

Abby Farquhar: 22<sup>nd</sup>, 26:18 (winner: Amy Teasdale, Kilbarchan AAC/West, 22:54)  
Team: 1 West 32; 2 East 65; 3 North 121

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

Emily Taylor: 13<sup>th</sup>, 13:20; Olivia Dinnes: 27<sup>th</sup>, 14:03 (winner: Cerys Wright, Team E Lothian, 12:12)  
Team: 1 East 35; 2 West 48; 3 North 178



U13 Boys

## CAU Inter Counties Championships

Loughborough, March 11<sup>th</sup>, 2023

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

Hamish Mckay: 2<sup>nd</sup> counter, 16<sup>th</sup>, 21:00 (winner: Craig Shennan, Scotland West, 20:19)

Team: 1 Essex 76pt; 2 Scotland East 79; 3 Scotland West 87

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

Oscar Chirnside: 35<sup>th</sup> (15:12) (winner: George Wilson, Lincolnshire, 14:10)

Team: 1 Scotland West 36; 2 Yorkshire 97; 3 Scotland East 99

## SIAB Schools International

Sefton Park, Liverpool, March 25<sup>th</sup>, 2022

### **U15 Girls (3km):**

Jessica Needs: 32<sup>nd</sup>, 11:53 (winner: Lois Macrae, Scotland, 10:39)

Team: 1 England 31; 2 Ireland 91; 3 Wales 98; 4 Scotland 108

### **Mixed Relay (4 x 1.5km)**

Rhys Crawford (Scotland): 1<sup>st</sup>, 19:37 (won by 11 sec) (4:29 leg 3)



Jessica Needs & Rhys Crawford

## **Scottish Medallists**

### Lindsays Scottish Relay Championships

Cumbernauld, October 22<sup>nd</sup>, 2022

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

Alex Henthorn, Harris Callander, Hamish Mckay: 1<sup>st</sup>, 27:07 (won by 10sec from Giffnock North B)

### Lindsays Short Course Championships

Kirkcaldy, November 5<sup>th</sup>, 2022

### **U17 Men (3km):**

Hamish Mckay (4<sup>th</sup>), Rhys Crawford (17<sup>th</sup>), Aleksander Jovcic (17<sup>th</sup>): 1<sup>st</sup> team, 34pt (won by 4pt from Giffnock North)

## **District Medallists**

### Lindsays East District Championships

Stirling, December 3<sup>rd</sup>, 2022

### **U17 Men (5.7km):**

Hamish Mckay: 3<sup>rd</sup>, 18:48 (winner: Corey Campbell, Team East Lothian, 18:23)

Hamish Mckay, Rhys Crawford (10<sup>th</sup>), Aleksander Kovcic (12<sup>th</sup>) 2<sup>nd</sup> team, 25pt (winners: Team East Lothian, 16)



U17 Boys

### **U13 Girls (3.2km):**

Emily Taylor (5<sup>th</sup>), Olivia Dinnes (15<sup>th</sup>), Rachel Gove (19<sup>th</sup>): 2<sup>nd</sup> team, 39pt (winners: Team East Lothian, 19)



U13 Girls

## **ROAD RUNNING, 2023**

## **Scottish Medallists**

### ScottishAthletics Scottish Relay Championships

Livingston, March 25<sup>th</sup>, 2023

### **Women (3.1-5.8-3.1-5.8 miles):**

Caitlin Purcell, Stefanie Tucker, Zoe Bates, Hannah Cameron: 2<sup>nd</sup>, 1:47:28 (winners: Shettleston Harriers, 1:43:49)



Stefanie Tucker, Caitlin Purcell, Zoe Bates & Hannah Cameron

## INDOOR TRACK & FIELD, 2021-22

### International & Representative Matches

#### World Indoor Championships

Belgrade, March 18-20<sup>th</sup>, 2022

#### Women:

Roisin Harrison: Ireland 3<sup>rd</sup>, 4x400m h2 (53.27 leg 2), 3:30.97

## INDOOR TRACK & FIELD, 2022-23

### British Medallists

#### British Masters AF Championships

Sheffield, February 18-29<sup>th</sup>, 2023

#### Over-55 Men:

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

### Scottish Medallists

#### 4J Studios Combined Events Championships

Emirates, Glasgow, January 28<sup>th</sup>-29<sup>th</sup>, 2023

#### Under-17 Men:

Finn Bryce: 2<sup>nd</sup>, Hept (4205)



Finn Bryce

#### 4J Studios Senior and Under-17 Championships

Emirates, Glasgow, February 4<sup>th</sup>, 2023

#### U17 Men:

Rhys Crawford: 3<sup>rd</sup>, 800m (1:59.66)

Finn Bryce: 2<sup>nd</sup>, 60H (9.02); 1<sup>st</sup>, SP (11.31m)

#### Senior Women:

Emma Barclay: 2<sup>nd</sup>, 400m (57.80)

Hannah Cameron: 1<sup>st</sup>, 800m (2:09.25)

Jane Davidson: 1<sup>st</sup>, 60H (8.64)

Grace Brennan: 2<sup>nd</sup>, PV (3.14m)



Jane Davidson



Hannah Cameron

#### 4J Studios Masters' Championships

Emirates, Glasgow, February 11<sup>th</sup>, 2023

#### Over-55 Men:

James Macgregor: 1<sup>st</sup>, HJ (1.56m)

#### Over-50 Women:

Fiona Davidson: 1<sup>st</sup>, 60m (8.77); 1<sup>st</sup>, TJ (9.79m)

#### 4J Studios Under-20/Under-15/Under-13 Championships

Emirates, Glasgow, February 18<sup>th</sup>-19<sup>th</sup>, 2023

#### Under-13 Boys:

Cameron Kennedy: 2<sup>nd</sup>, 60m (8.12)

#### Under-20 Women:

Grace MacDonald: 2<sup>nd</sup>, 400m (57.57)



Grace MacDonald

#### Under-13 Girls:

Emily Taylor: 1<sup>st</sup>, 1500m (5:09.28)



Emily Taylor

## ABERDEEN AAC'S TRACK & FIELD CLUB PERFORMANCES IN 2022

There were no club competitions in the Men's, Women's, or Under-17 Youth Development Leagues in 2022.

### Youth Development League

#### Under-15 and Under-13 NE Section

(Boys and Girls combined)

|   |                          |           |
|---|--------------------------|-----------|
| 1 | Team North               | 19        |
| 2 | Inverness Harriers       | 18        |
| 3 | Dundee Hawkhill Harriers | 16        |
| 4 | <b>Aberdeen AAC</b>      | <b>13</b> |
| 5 | Banchory Stonehaven AC   | 8         |
| 6 | Arbroath & District AC   | 7         |
| 7 | Montrose and Perth       | 2         |

#### Under-15 and Under-13 Scottish Final

(Boys and Girls combined)

Aberdeen AAC – not qualified

#### RAM Grampian League (East Section) Men

|   |                                |           |
|---|--------------------------------|-----------|
| 1 | Dundee Hawkhill Harriers       | 23        |
| 2 | <b>Aberdeen AAC</b>            | <b>22</b> |
| 3 | Banchory Stonehaven AC         | 18        |
| 4 | Ellon AAC & Peterhead AAC      | 14        |
| 5 | Arbroath & District AC         | 9         |
| 6 | Montrose & District AC         | 8         |
| 7 | Perth Strathtay Harriers (248) | 7         |
| 8 | Fife AC (238)                  | 7         |

#### RAM Grampian League (East Section) Women

|   |                                |           |
|---|--------------------------------|-----------|
| 1 | Dundee Hawkhill Harriers       | 22        |
| 2 | <b>Aberdeen AAC</b>            | <b>21</b> |
| 3 | Banchory Stonehaven AC         | 19        |
| 4 | Ellon AAC & Peterhead AAC      | 16        |
| 5 | Arbroath & District AC         | 10        |
| 6 | Montrose & District AC         | 9         |
| 7 | Perth Strathtay Harriers (198) | 5         |
| 8 | Fife AC (172)                  | 5         |

#### RAM Grampian League – Final Inverness, 4<sup>th</sup> September 2022

##### Aberdeen AAC placings:

|              |                 |
|--------------|-----------------|
| Senior Men   | 5 <sup>th</sup> |
| U17 Men      | 4 <sup>th</sup> |
| U15 Boys     | 3 <sup>rd</sup> |
| U13 Boys     | 4 <sup>th</sup> |
| U11 Boys     | 6 <sup>th</sup> |
| Senior women | 5 <sup>th</sup> |
| U17 Women    | 3 <sup>rd</sup> |
| U15 Girls    | 5 <sup>th</sup> |
| U13 Girls    | 3 <sup>rd</sup> |
| U11 Girls    | 6 <sup>th</sup> |

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

## ABERDEEN AAC'S CROSS COUNTRY CLUB PERFORMANCES IN 2022-23

### East District Cross-Country League 2022-2023

Aberdeen AAC did not finish any teams in the 2022-23 East League.



Mens 4x100m – RAM League



Kerry Mathers – Spring OGM



Ed Fish – Spring OGM



Adam Brown – Mel's Mile, Union Street



**VOLUNTEERS**  
**Thanks for everything you do!**







# COMMUNITY

## Providing opportunities



**COMMUNITY  
SPORTS PROJECT  
of the Year  
WINNER**  
**AAAC CHILDREN'S  
ATHLETIC SESSIONS**

SPONSORED BY Burness Paull

EveningExpress  
**ABERDEEN'S  
SPORTS  
AWARDS  
2023**





# 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        |
| 10.87        | Struan Linton      | Grangemouth      | 14.08.21        |
| <b>10.89</b> | <b>Liam Suttie</b> | <b>Inverness</b> | <b>04.09.22</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        |

### 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        |
| 21.81 | <b>Liam Suttie</b> | <b>CA Stadium</b> | <b>05.06.22</b> |
| 21.9  | Brian Gordon       | Balgownie         | 01.07.73        |
| 21.99 | Ian Garioch        | Inverness         | 08.05.10        |
| 22.01 | Craig Strachan     | Grangemouth       | 24.06.18        |
| 22.1  | David Oliver       | Balgownie         | 18.08.76        |
| 22.14 | Struan Linton      | Grangemouth       | 15.08.21        |
| 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        |

### 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        |
| <b>1:51.06</b> | <b>Lewis Watt</b>             | <b>SportCity</b>    | <b>28.05.22</b> |
| 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        |
| <b>1:52.71</b> | <b>Stewart Millar</b>         | <b>Watford</b>      | <b>11.06.22</b> |
| 1:52.91        | Alan Wales                    | Loughborough        | 18.05.05        |
| 1:53.00        | Thomas Blackie                | Meadowbank          | 22.06.85        |
| 1:53.16        | Kai Crawford                  | Derby               | 25.09.21        |
| 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 / Lewis Walker | 05.07.89 / 08.05.77 |                 |

**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        |
| <b>3:52.06</b> | <b>Adam Brown</b>     | <b>Scotstoun</b> | <b>29.07.22</b> |
| 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        |
| <b>3:55.81</b> | <b>Stewart Millar</b> | <b>Scotstoun</b> | <b>29.07.22</b> |

\*Converted from mile time

**MEN 10,000m**

|           |                   |                 |          |
|-----------|-------------------|-----------------|----------|
| 29:23     | FRASER CLYNE      | Balgownie       | 06.05.83 |
| 29:23     | GRAHAM LAING      | Balgownie       | 06.05.83 |
| 28:27.0*  | Mel Edwards       | Grangemouth     | 23.06.67 |
| 28:45.0*  | Alastair Wood     | Linksfied       | 05.06.68 |
|           | 30:25.4           | Grangemouth     | 27.06.69 |
| 29:02.0*  | Steve Taylor      | Linksfied       | 31.05.67 |
|           | 30:18.6           | Meadowbank      | 25.06.71 |
| 30:26.62  | Chris Hall        | Haringey        | 20.08.88 |
| 30:28.0   | Peter Wilson      | Balgownie       | 24.05.83 |
| 30:30.35  | Will MacKay       | Hutcheson's     | 17.04.15 |
| 30:34.0   | Jim Doig          | CA Stadium      | 08.05.90 |
| 30 :35.53 | James Hoad        | Parliament Hill | 06.07.19 |
| 30:41.9   | Ian Matheson      | Grangemouth     | 16.06.85 |
| 30:54     | Donald Ritchie    | Meadowbank      | 21.08.71 |
| 30:56.0   | Chris Armstrong   | Wishaw          | 17.05.87 |
| 30:56.0   | Craig Ross        | Balgownie       | 06.04.83 |
| 30:58.2   | Graham Milne      | Balgownie       | 24.04.84 |
| 31:04.8   | David Duguid      | CA Stadium      | 04.05.89 |
| 31:09.1   | Colin Farquharson | Balgownie       | 04.06.85 |
| 31:11.4   | Michael Murray    | CA Stadium      | 04.05.89 |
| 31 :15.5  | Charles McIntyre  | Balgownie       | 04.06.85 |
| 31:22.7   | Ray Creswell      | Meadowbank      | 03.07.92 |

\*6-mile race (shorter distance)

**MEN 3000m**

|                |                   |                   |                 |
|----------------|-------------------|-------------------|-----------------|
| 8:14.6         | FRASER CLYNE      | Grangemouth       | 28.05.81        |
| 8:16.77        | Michael Ferguson  | Linwood           | 04.06.21        |
| 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        |
| <b>8:32.02</b> | <b>Adam Brown</b> | <b>CA Stadium</b> | <b>27.04.22</b> |
| 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        |

**MEN HALF MARATHON**

|               |                     |                  |                 |
|---------------|---------------------|------------------|-----------------|
| <b>63:25*</b> | <b>FRASER CLYNE</b> | <b>Gateshead</b> | <b>08.06.86</b> |
| <b>63:30*</b> | <b>Graham Laing</b> | <b>The Hague</b> | <b>19.03.83</b> |
| <b>64:40</b>  | <b>Simon Axon</b>   | <b>Gateshead</b> | <b>08.06.86</b> |
| 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     | Linksfied        | 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         | Linksfied        | 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        | Linksfied        | 27.08.89        |
| 68:42         | Craig Ross          | Blairgowrie      | 20.08.83        |

\*Fraser Clyne ran an over-distance course in 1985 at 62:54 half-marathon pace. Graham Laing ran 61:34 on a short course (600m) in 1983.

**MEN 5000m**

|                 |                         |                  |                 |
|-----------------|-------------------------|------------------|-----------------|
| <b>14:17.96</b> | <b>Michael Ferguson</b> | <b>Stretford</b> | <b>23.07.22</b> |
| 14:18.90        | IAN MATHESON            | Crown Point      | 22.07.89        |
| 13:46.0*        | STEVE TAYLOR            | Pitreavie        | 08.06.66        |
| 14:19.62        | Fraser Clyne            | Meadowbank       | 20.06.81        |
| 14:20.5         | Graham Laing            | Meadowbank       | 30.05.81        |
| 14:20.58        | Chris Hall              | Birmingham       | 22.05.88        |
| 14:22.5         | Mel Edwards             | Crystal Palace   | 20.08.68        |
| 14:25.72        | James Hoad              | Loughborough     | 23.06.18        |
| 13:55.2*        | Alastair Wood           | Westerlands      | 12.06.62        |
|                 | 14:48.0                 | Meadowbank       | 07.05.82        |
| 14:26.6         | Bruce Chinnick          | Inverness        | 23.05.87        |
| 14:28.77        | Alan Reid II            | Grangemouth      | 26.08.89        |
| 14:30.8         | Bill Ewing              | Grangemouth      | 31.05.69        |
| 14:32.5         | Graham Milne            | Melbourne        | 11.03.75        |
| 14:30.76        | Will MacKay             | Scotstoun        | 27.07.18        |
| 14:33.4         | Stephen Wright          | Coatbridge       | 18.08.91        |
| 14:37.00        | Broc Drury              | Bedford          | 01.05.17        |
| 14:42.5         | Gary Zeuner             | Crown Point      | 13.06.87        |
| 14:45.59        | Ben Hukins              | Grangemouth      | 17.04.11        |
| 14:45.73        | Ray Creswell            | Meadowbank       | 05.08.90        |
| 14:47.9         | Peter Wilson            | Balgownie        | 24.05.83        |

\*3-mile race (shorter distance)

**MEN MARATHON**

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

**MEN 3000m STEEPLECHASE**

|                |                         |                   |                 |
|----------------|-------------------------|-------------------|-----------------|
| 8:47.8         | BILL EWING              | Grangemouth       | 08.06.68        |
| 9:05.87        | Gary Zeuner             | Meadowbank        | 20.06.87        |
| 9:06.3         | Frank Boyne             | Crown Point       | 15.08.93        |
| 9:08.1         | Fraser Clyne            | Meadowbank        | 07.07.79        |
| 9:08.11        | Stephen Wright          | Crown Point       | 06.07.91        |
| 9:13.9         | David Duguid            | Balgownie         | 02.09.87        |
| 9:14.46        | Ray Creswell            | Crown Point       | 22.07.89        |
| 9:20.8         | Chris Armstrong         | Cosford           | 16.06.87        |
| 9:28.6         | Ian Matheson            | Ayr               | 19.06.88        |
| 9:30.6         | Michael Turner          | Meadowbank        | 28.07.85        |
| 9:33.19        | Philip Stankler         | Meadowbank        | 06.07.86        |
| 9:33.9         | Alan Reid II            | Inverness         | 16.05.93        |
| 9:36.5         | Robin Sutherland        | Coatbridge        | 17.05.92        |
| 9:37.64        | David Munro             | Grangemouth       | 05.08.12        |
| 9:40.79        | Chris Smith             | Scotstoun         | 26.06.99        |
| 9:41.0         | Ian Johnstone           | Balgownie         | 08.05.77        |
| 9:42.6         | Michael Murray          | Balgownie         | 03.06.86        |
| <b>9:42.97</b> | <b>Fearghas Thomson</b> | <b>CA Stadium</b> | <b>13.08.22</b> |
| 9:45.01        | Will MacKay             | Grangemouth       | 24.06.18        |
| 9:47.2         | Graham Laing            | Balgownie         | 11.09.77        |

**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 |
| 56.52 | William Hodi    | CA Stadium  | 28.08.21 |
| 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        |
| <b>1.90</b> | <b>William Hodi</b> | <b>Chelmsford</b> | <b>07.05.22</b> |
| 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        |

**MEN POLE VAULT**

|             |                     |               |                 |
|-------------|---------------------|---------------|-----------------|
| 4.25        | JOOLS PETERS        | Grangemouth   | 26.08.17        |
| 4.20        | Duncan Mathieson    | London        | 07.07.90        |
| <b>4.17</b> | <b>William Hodi</b> | <b>Dundee</b> | <b>10.07.22</b> |
| 4.00        | Paul Allan          | Meadowbank    | 14.07.93        |
| 4.00        | David Mann          | Grangemouth   | 21.07.13        |
| 3.92        | Robbie Farquhar     | Bedford       | 27.05.18        |
| 3.91        | Douglas McAllister  | Meadowbank    | 27.08.78        |
| 3.90        | Tom Leeson          | Ayr           | 21.07.96        |
| 3.90        | Alasdair Lowe       | Kilmarnock    | 28.05.16        |
| 3.80        | John Kidd           | CA Stadium    | 02.06.19        |
| 3.75        | Kenny Lyon          | Meadowbank    | 06.07.86        |
| 3.70        | Robert Masson       | Meadowbank    | 07.09.80        |
| 3.61        | Callum Robertson    | Grangemouth   | 22.04.17        |
| 3.50        | Mark Dobbie         | CA Stadium    | 16.07.95        |
| 3.50        | Frank Fenton        | Balgownie     | 26.04.79        |
| 3.50        | Daniel Rees         | Grangemouth   | 12.07.15        |
| 3.40        | Fraser Benzie       | Grangemouth   | 25.06.00        |
| 3.40        | Michael Kennedy     | Balgownie     | 28.04.84        |
| 3.40        | Sam Lyon            | Grangemouth   | 20.06.10        |
| 3.37        | Hamish Leeson       | Kilmarnock    | 14.05.16        |

**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        |
| <b>6.81</b> | <b>William Hodi</b> | <b>Dundee</b> | <b>09.07.22</b> |
| 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        |

**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        |
| <b>14.30</b> | <b>William Hodi</b> | <b>Chelmsford</b> | <b>01.05.22</b> |
| 14.09        | Dinkar Sabnis       | Banchory          | 29.08.91        |
| 13.68        | Paul Allan          | CA Stadium        | 14.06.89        |
| 13.58        | Kenny Lyon          | Meadowbank        | 06.07.86        |
| 13.57        | James Laird         | Dundee            | 17.09.60        |
| 13.52        | Miller Mathieson    | Meadowbank        | 19.08.84        |
| 13.43        | John Waters         | Linkfield         | 19.06.61        |
| 13.27        | Stewart Clark       | Grangemouth       | 14.08.11        |
| 13.23        | James Shand         | Linkfield         | 02.06.62        |
| 13.12        | David Polson        | Inverness         | 24.07.82        |
| 13.10        | Paul McAndrew       | CA Stadium        | 02.06.96        |
| 13.06        | Michael Spink       | CA Stadium        | 26.07.92        |
| 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        | Linkfield      | 17.05.67 |
| 36.15 | Fintan McCabe      | Inverness      | 12.04.08 |
| 35.98 | Tom Leeson         | CA Stadium     | 21.05.95 |
| 35.20 | John McCorquodale  | Birmingham     | 19.06.77 |
| 35.12 | Douglas McAllister | Coatbridge     | 14.08.77 |
| 34.91 | John Fyvie         | Grangemouth    | 08.05.16 |
| 34.78 | Edward McKenzie    | Inverness      | 11.09.94 |
| 34.04 | Jools Peters       | Grangemouth    | 06.07.14 |
| 33.95 | Robert Miller      | Inverness      | 12.09.04 |
| 33.92 | Robert Masson      | Inverness      | 13.06.92 |
| 33.70 | Ian Christie       | Meadowbank     | 17.06.84 |
| 33.66 | Peter Fraser       | Greenock       | 26.04.98 |

**MEN HAMMER**

|       |                    |               |          |
|-------|--------------------|---------------|----------|
| 62.73 | PADRAIG WHITE      | Pitreavie     | 24.04.10 |
| 53.18 | Bruce Shepherd     | Inverness     | 13.07.96 |
| 49.44 | Scot Thompson      | CS Stadium    | 19.08.10 |
| 44.63 | John Fyvie         | Grangemouth   | 08.05.16 |
| 41.87 | Barry Dobbie       | CA Stadium    | 18.04.99 |
| 41.68 | Peter Venters      | Balgownie     | 29.05.83 |
| 41.48 | Craig Loney        | Inverness     | 11.05.03 |
| 41.38 | David Minty        | East Kilbride | 26.04.92 |
| 41.22 | Graham Applegate   | Meadowbank    | 06.05.73 |
| 40.31 | Matthew Maitland   | Scotstoun     | 14.07.02 |
| 39.38 | Paul Allan         | Crown Point   | 18.06.89 |
| 39.01 | Peter Fraser       | CA Stadium    | 18.04.99 |
| 37.41 | Graham Porterfield | CA Stadium    | 02.07.16 |
| 37.04 | Bruce MacKay       | Grangemouth   | 02.05.70 |
| 35.64 | David Robinson     | Coatbridge    | 22.07.79 |
| 34.19 | Conor Hewitson     | CA Stadium    | 25.06.17 |
| 33.57 | Edward McKenzie    | 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      | Linkfield   | 15.05.61 |
| 54.64       | Kenneth McKenzie | Linkfield   | 23.05.71 |
| 52.98       | Roger Benton     | Meadowbank  | 29.06.86 |
| 52.42       | John Wiseman     | Scotstoun   | 14.06.75 |
| 49.40       | James Laird      | Linkfield   | 03.05.62 |
| <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 |
| (11.50; 6.57; 9.04; 1.77; 53.0; 17.9; 24.26; 3.20; 39.36; 4:33.9) |                    |             |             |
| 5474  | Douglas McAllister | Balgownie   | 21/22.08.76 |
| (11.02; 6.02; 9.90; 1.57; 55.0; 17.6; 31.16; 3.75; 31.90; 5:18.7) |                    |             |             |
| 5188  | Robert Masson      | Grangemouth | 11/12.07.81 |
| 5124  | Michael Catto      | Glenrothes  | 12/13.06.80 |
| 5028  | Allan Kenny        | Scotstoun   | 19/20.07.75 |
| 4727  | Steven Ledingham   | Grangemouth | 04/05.08.84 |
| 4640  | David Oliver       | Balgownie   | 30/31.07.77 |
| 4529  | Edward McKenzie    | Coatbridge  | 17/18.05.86 |
| 3960  | Ray Smith          | Balgownie   | 02/03.08.80 |

## MEN DECATHLON

### NEW:

|      |                  |             |   |
|------|------------------|-------------|---|
| 7535 | DUNCAN MATHIESON | Stadthagen  | 23/24.06.90   |
|      |                  |             | (11.06; 7.27; 12.94; 2.07; 49.20; 15.03; 36.54; 4.10; 55.90; 4:42.64) |
| 7240 | Paul Allan       | Hendon      | 24/25.08.91   |
|      |                  |             | (11.28; 6.92; 13.82; 1.94; 49.99; 16.03; 43.52; 3.70; 52.96; 4:31.9)  |
| 6371 | Tom Leeson       | Antrim      | 31.08/01.09.96  |
|      |                  |             | (11.65; 6.69; 11.57; 1.79; 52.86; 15.56; 35.40; 3.80; 52.12; 5:12.97) |
| 6058 | Robert Miller    | Hexham      | 17/18.07.04   |
| 5915 | Mark Davidson    | Stoke       | 25/26.06.87   |
| 5397 | Paul Torry       | Bedford     | 14/15.07.01   |
| 5264 | Kenny Lyon       | CA Stadium  | 22/23.06.91   |
| 5203 | Dinkar Sabnis    | Cardiff     | 29/30.08.92   |
| 5179 | Jools Peters     | Belfast     | 13/14.08.16   |
| 5164 | Mark Dobbie      | Kilkenny    | 26/27.08.95   |
| 4053 | Edward McKenzie  | Rotherham   | 17/18.09.05   |
| 3711 | Kevin Morice     | Grangemouth | 14/15.07.07   |

## MEN 4x100m RELAY (TOP 10)

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

## 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                       |          |



Fergus Thomson



Stewart Millar



Michael Ferguson



Adam Brown

## 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

|              |                         |                     |                 |
|--------------|-------------------------|---------------------|-----------------|
| <b>11.46</b> | <b>ZOEY CLARK</b>       | <b>Kingston</b>     | <b>04.06.22</b> |
| 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        |
| <b>11.87</b> | <b>Kelsey Stewart</b>   | <b>Leiden (NED)</b> | <b>11.06.22</b> |
| 11.9         | Louise Paterson         | CA Stadium          | 09.06.91        |
| <b>11.91</b> | <b>Rebecca Matheson</b> | <b>Geneva</b>       | <b>11.06.22</b> |
| 11.92        | Sharon Jakisa           | Grangemouth         | 13.06.21        |
| 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        |

### WOMEN 200m

|              |                        |                        |                 |
|--------------|------------------------|------------------------|-----------------|
| 23.14        | ZOEY CLARK             | Eton                   | 03.06.17        |
| <b>23.40</b> | <b>Roisin Harrison</b> | <b>Tullamore (IRL)</b> | <b>23.07.22</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        |
| 24.41        | Rebecca Matheson       | Kilmarnock             | 08.05.21        |
| 24.65        | Taylah Spence          | Gibraltar              | 11.07.19        |
| 24.7         | Louise Paterson        | Crown Point            | 16.06.90        |
| 24.85        | Eilidh De Klerk        | CA Stadium             | 23.07.17        |
| 24.94        | Aileen Connelly        | Grangemouth            | 07.08.05        |
| 25.0         | Katie Forbes           | Darlington             | 28.05.17        |
| 25.0         | Katrina Leys           | Coatbridge             | 02.08.98        |
| 25.0         | Kim Smith              | Coatbridge             | 02.09.84        |
| 25.05        | Lesley-Ann Mearns      | Birmingham             | 14.08.05        |
| 25.08        | Joda Kokoworho         | Grangemouth            | 13.05.18        |
| 25.1         | Kathleen Madigan       | Coatbridge             | 04.05.86        |
| 25.14        | Sharon Jakisa          | Scotstoun              | 30.07.21        |
| 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        |
| <b>41.51</b> | <b>Hannah Taylor</b> | <b>CA Stadium</b> | <b>19.06.22</b> |

### WOMEN 400m

|              |                         |                        |                 |
|--------------|-------------------------|------------------------|-----------------|
| <b>51.22</b> | <b>ZOEY CLARK</b>       | <b>Geneva</b>          | <b>11.06.22</b> |
| <b>52.63</b> | <b>Roisin Harrison</b>  | <b>Tullamore (IRL)</b> | <b>24.07.22</b> |
| 53.63        | Kelsey Stewart          | Bedford                | 18.06.17        |
| 53.99        | Dawn Kitchen            | Meadowbank             | 23.07.85        |
| 54.4         | Dawn Flockhart          | Birmingham             | 19.08.95        |
| 55.69        | Susan Hendry            | Solihull               | 05.08.00        |
| <b>56.17</b> | <b>Rebecca Matheson</b> | <b>Bern</b>            | <b>14.06.22</b> |
| 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        |
| <b>56.98</b> | <b>Hannah Taylor</b>    | <b>Grangemouth</b>     | <b>28.08.22</b> |
| 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        |

### 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        |
| <b>2:08.83</b> | <b>Hannah Taylor</b>   | <b>Stretford</b>   | <b>23.07.22</b> |
| 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        |
| <b>2:12.65</b> | <b>Caitlin Purcell</b> | <b>Grangemouth</b> | <b>27.08.22</b> |
| 2:13.36        | Dawn Simpson           | Ayr                | 13.08.88        |
| 2:14.3         | Carolyn Sheehan        | Inverness          | 19.08.84        |
| 2:14.32        | Kirsty Purcell         | CA Stadium         | 27.06.21        |
| 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>2:15.62</b> | <b>Grace MacDonald</b> | <b>Crownpoint</b>  | <b>03.06.22</b> |
| 2:15.72        | Sarah Nicol            | Bradenton          | 08.04.17        |



**WOMEN 1500m**

|                |                        |                    |                 |
|----------------|------------------------|--------------------|-----------------|
| 4:11.80        | NICOLA GAULD           | Twickenham         | 04.06.08        |
| 4:17.4         | Kathryn Mearns         | Grangemouth        | 18.07.82        |
| 4:20.92        | Naomi Lang             | Watford            | 26.05.18        |
| 4:23.56        | Hannah Cameron         | Scotstoun          | 30.07.21        |
| 4:26.25        | Zoe Bates              | Watford            | 12.06.21        |
| 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        |
| 4:33.33        | Kirsty Purcell         | Scotstoun          | 30.07.21        |
| <b>4:33.59</b> | <b>Caitlin Purcell</b> | <b>Grangemouth</b> | <b>28.08.22</b> |
| 4:35.00        | Sonia McLaren          | Phoenix, USA       | 06.04.85        |
| 4:38.5         | Debbie Kilner          | CA Stadium         | 09.09.95        |
| 4:38.98        | Christie Noble         | Watford            | 28.07.10        |
| 4:40.22        | Carly Hall             | Meadowbank         | 20.06.10        |
| 4:41.9         | Lynda Bain             | Inverness          | 22.05.88        |
| 4:41.9         | Clare Miller           | CA Stadium         | 04.08.02        |
| 4:42.0         | Freyja Prentice        | Cheltenham         | 11.07.12        |
| 4:42.2         | Carolyn Sheehan        | Balgownie          | 20.08.86        |

**WOMEN 3000m**

|                |                        |                   |                 |
|----------------|------------------------|-------------------|-----------------|
| 9:04.21        | NICOLA GAULD           | Watford           | 14.06.08        |
| 9:16.4         | Kathryn Mearns         | Grangemouth       | 10.07.82        |
| 9:18.3         | Rhona Auckland         | London            | 25.07.15        |
| <b>9:25.16</b> | <b>Naomi Lang</b>      | <b>CA Stadium</b> | <b>27.04.22</b> |
| 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        |
| <b>9:56.10</b> | <b>Hannah Cameron</b>  | <b>CA Stadium</b> | <b>27.04.22</b> |
| 9:58.8         | Debbie Kilner          | CA Stadium        | 01.06.95        |
| 9:58.80        | Christie Noble         | London            | 14.08.10        |
| <b>9:59.71</b> | <b>Caitlin Purcell</b> | <b>Stretford</b>  | <b>28.06.22</b> |
| 10:10.59       | Ellie Buchan           | Grangemouth       | 30.08.15        |
| 10:11.09       | Clare Stewart          | Grangemouth       | 16.14.07        |
| 10:11.53       | Zoe Bates              | CA Stadium        | 18.04.18        |
| 10:11.64       | Kirsty Purcell         | Linwood           | 04.06.21        |
| 10:13.65       | Clare Miller           | Meadowbank        | 28.04.02        |
| 10:15.51       | Susan Lamb             | Meadowbank        | 10.09.95        |

**WOMEN 5000m**

|                 |                       |                   |                 |
|-----------------|-----------------------|-------------------|-----------------|
| 15:27.60        | RHONA AUCKLAND        | London            | 25.07.15        |
| 16:09.16        | Naomi Lang            | Watford           | 12.06.21        |
| 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        |
| <b>18:11.41</b> | <b>Kirsty Purcell</b> | <b>CA Stadium</b> | <b>24.07.22</b> |
| 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        |

**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        |
| <b>1:23.46</b> | <b>Jennifer Donaldson</b> | <b>Inverness</b> | <b>13.03.22</b> |
| 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        |
| <b>1:27:04</b> | <b>Zoe Bates</b>          | <b>Inverness</b> | <b>13.03.22</b> |
| 1:27:48        | Diana Jermieson           | Rannoch          | 25.06.89        |

**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        |
| <b>3:00:50c</b> | <b>Jennifer Donaldson</b> | <b>London</b> | <b>02.10.22</b> |
| 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        |

C Only chip time available

**WOMEN 100m HURDLES**

|              |                      |                    |                 |
|--------------|----------------------|--------------------|-----------------|
| 13.97        | CATRIONA PENNET      | Bedford            | 26.06.04        |
| <b>14.08</b> | <b>Jane Davidson</b> | <b>CA Stadium</b>  | <b>14.08.22</b> |
| 14.37        | Gail Murchie         | Grangemouth        | 15.05.93        |
| 14.61        | Sarah Still          | CA Stadium         | 07.08.99        |
| 14.68        | Yasmin Milne         | Scotstoun          | 30.07.11        |
| 14.79        | Briagha Cook         | CA Stadium         | 15.08.21        |
| 14.8         | Sylvia Kamyra        | Dundee             | 02.08.09        |
| 14.81        | Alix Still           | Grangemouth        | 01.07.17        |
| <b>15.35</b> | <b>Erin Williams</b> | <b>Grangemouth</b> | <b>21.08.22</b> |
| 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        |

**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 |
| 67.70      | Sophie Jennings            | Inverness   | 30.05.21 |
| 67.7       | Gail Murchie               | Pitreavie   | 14.06.92 |
| 67.9       | Lynsey Still               | CA Stadium  | 07.05.95 |
| 68.1       | Sophia Hamilton            | Perth       | 17.05.15 |
| 68.35      | Emma Barclay               | Grangemouth | 28.08.21 |
| 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**

|             |                           |                  |                 |
|-------------|---------------------------|------------------|-----------------|
| 1.78        | CARMEN NEAT               | CA Stadium       | 31.05.21        |
| 1.69        | Ellie Workman             | Birmingham       | 15.08.09        |
| 1.68        | Sarah Still               | CA Stadium       | 07.08.99        |
| <b>1.67</b> | <b>Allie Routledge</b>    | <b>SportCity</b> | <b>26.06.22</b> |
| 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 Caldow               | 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        | J Reid / R Duncan/ D Burr |                  | 80/84/95        |

**WOMEN POLE VAULT**

|             |                      |                    |                 |
|-------------|----------------------|--------------------|-----------------|
| <b>3.11</b> | <b>Grace Brennan</b> | <b>Grangemouth</b> | <b>27.08.22</b> |
| 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        |
| <b>2.75</b> | <b>Rosie Meyer</b>   | <b>Belfast</b>     | <b>16.07.22</b> |
| 2.70        | Ailsa Gault          | Grangemouth        | 07.06.19        |
| 2.70        | Sophie Hamilton      | CA Stadium         | 08.05.16        |
| 2.30        | Erin Runcie          | CA Stadium         | 30.06.13        |
| 2.25        | Wendy Pennet         | Dundee             | 28.05.00        |
| 2.20        | Freya McKay          | CA Stadium         | 24.08.14        |
| 2.10        | Samantha Edgar       | CA Stadium         | 24.08.14        |
| 2.10        | Alix Still           | Hampden            | 20.06.14        |
| 2.05        | Heather Pirie        | CA Stadium         | 04.08.94        |
| 2.00        | Fiona Watt           | CA Stadium         | 31.08.96        |
| 1.80        | Hannah Ingram        | CA Stadium         | 02.06.19        |
| 1.80        | Sophie Jennings      | CA Stadium         | 02.06.19        |

**WOMEN LONG JUMP**

|             |                     |                   |                 |
|-------------|---------------------|-------------------|-----------------|
| 5.95        | LINDA DAVIDSON      | Meadowbank        | 03.07.92        |
| 5.85        | Sarah Still         | CA Stadium        | 25.07.99        |
| <b>5.80</b> | <b>Alix Still</b>   | <b>CA Stadium</b> | <b>14.08.22</b> |
| 5.71        | Lea Masson          | Balgownie         | 08.04.79        |
| 5.71        | Kirsten Young       | CA Stadium        | 26.06.05        |
| 5.59        | Jane Davidson       | CA Stadium        | 18.08.18        |
| 5.56        | Deirdre Auld        | Balgownie         | 13.04.80        |
| <b>5.55</b> | <b>Briagha Cook</b> | <b>CA Stadium</b> | <b>14.08.22</b> |
| 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        |

**WOMEN TRIPLE JUMP**

|       |                 |             |          |
|-------|-----------------|-------------|----------|
| 12.06 | FIONA WATT      | Meadowbank  | 02.06.96 |
| 11.81 | Linda Davidson  | Grangemouth | 10.07.93 |
| 11.48 | Kirsten Young   | Birmingham  | 15.08.04 |
| 11.44 | Donna Quirie    | Birmingham  | 08.08.93 |
| 11.27 | Sylvia Kamyra   | CA Stadium  | 30.08.09 |
| 11.07 | Dawn Flockhart  | Grangemouth | 10.07.93 |
| 11.03 | Cheryl McHardy  | Sheffield   | 16.08.98 |
| 10.71 | Abbie Crawford  | CA Stadium  | 29.08.21 |
| 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>35.56</b> | <b>Angela McAuslan-Kelly</b> | <b>Inverness</b>  | <b>16.04.22</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        |
| <b>29.02</b> | <b>Erin Williams</b>         | <b>CA Stadium</b> | <b>13.08.22</b> |
| 28.51        | Julie Tuck                   | CA Stadium        | 30.08.18        |
| 27.80        | Cheryl McHardy               | CA Stadium        | 31.08.00        |
| 27.41        | Angela Smith                 | CA Stadium        | 02.09.99        |
| 27.02        | Iona Colquhoun               | Grangemouth       | 11.06.16        |
| 26.75        | Kathy Rapley                 | Barry             | 14.07.98        |
| 26.52        | Lesley Fowler                | CA Stadium        | 29.08.96        |
| 26.20        | Pamela Morrison              | CA Stadium        | 31.08.89        |
| 26.02        | Jennifer Reid                | Banchory          | 04.09.94        |

**WOMEN HAMMER**

|              |                              |                    |                 |
|--------------|------------------------------|--------------------|-----------------|
| <b>50.41</b> | <b>ANGELA McAUSLAN-KELLY</b> | <b>Grangemouth</b> | <b>22.10.22</b> |
| 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        |
| <b>34.12</b> | <b>Erin Williams</b>         | <b>CA Stadium</b>  | <b>24.08.22</b> |
| 31.86        | Kathleen Madigan             | Dundee             | 08.06.14        |
| 30.72        | Fiona Davidson               | Grangemouth        | 21.07.19        |
| 29.18        | Fiona Pirie                  | Elgin              | 03.07.93        |
| 28.00        | Samantha Edgar               | CA Stadium         | 04.06.17        |
| 26.73        | Emma Williams                | CA Stadium         | 14.04.19        |
| 25.87        | Catrin Dickson               | Grangemouth        | 09.06.06        |
| 24.27        | Kristie Hindle               | Meadowbank         | 18.05.14        |
| 23.16        | Katherine Masson             | CA Stadium         | 16.06.95        |
| 22.70        | Kylie Davidson               | Grangemouth        | 11.06.04        |
| 21.69        | Sheryl Paul                  | Grangemouth        | 22.08.21        |
| 21.24        | Laura Hepburn                | Inverness          | 16.09.07        |
| 21.22        | Angela Smith                 | CA Stadium         | 30.07.00        |

**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>31.08</b> | <b>Alix Still</b>     | <b>CA Stadium</b> | <b>14.08.22</b> |
| 30.67        | Rosie Meyer           | CA Stadium        | 28.08.21        |
| 30.66        | Marian Simpson        | Coatbridge        | 23.05.93        |
| 30.32        | Gillian Wilson        | Meadowbank        | 18.08.91        |
| <b>29.78</b> | <b>Abbie Crawford</b> | <b>CA Stadium</b> | <b>14.08.22</b> |
| 29.28        | Kathy Rapley          | CA Stadium        | 04.08.02        |
| <b>28.97</b> | <b>Jane Davidson</b>  | <b>Bedford</b>    | <b>20.08.22</b> |
| 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        |

**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)        |                     |               |                 |
| <b>3901</b>   | <b>Briagha Cook</b> | <b>Dundee</b> | <b>10.07.22</b> |
| <b>(15.81, 1.48, 8.42, 26.46, 5.41, 16.50, 2:48.28)</b> |                     |               |                 |
| 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 Tyrrie      | 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 Kamyra    | Grangemouth | 03.06.06    |
| 2492                               | Sophia Hamilton  | Grangemouth | 14.06.14    |
| 2456                               | Joan Reid        | Balgownie   | 10.08.80    |
| 2196                               | Valerie Tyrrie   | 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)**

|              |  |          |
|--------------|--|----------|
| <b>47.35</b> | 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                     |          |



**Kelsey Stewart**



**Jane Davidson & Erin Williams**



**Jennifer Donaldson**



**Kerry Mathers**



**Joanna Roberston**

## 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

|                |                   |                  |                 |
|----------------|-------------------|------------------|-----------------|
| <b>1:51.06</b> | <b>LEWIS WATT</b> | <b>SportCity</b> | <b>28.05.22</b> |
| 1:51.86        | EWAN CALVERT      | Corby            | 25.05.92        |
| 1:52.86        | Michael Ferguson  | Scotstoun        | 02.08.13        |
| 1:52.99        | Alan Wales        | Solihull         | 22.05.05        |
| 1:53.00        | Thomas Blackie    | Meadowbank       | 22.06.85        |
| 1:53.16        | Kai Crawford      | Derby            | 25.09.21        |
| 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        |

### U-20 MEN 1500m

|         |                  |             |          |
|---------|------------------|-------------|----------|
| 3:50.34 | ALAN WALES       | Namur       | 31.08.02 |
| 3:55.16 | Michael Ferguson | Hutcheson's | 17.05.14 |
| 3:55.8  | Ross Arbuckle    | Meadowbank  | 26.08.79 |
| 3:56.0  | Frank Boyne      | Dundee      | 26.08.84 |
| 3:56.39 | Ewan Calvert     | Meadowbank  | 30.05.92 |
| 3:56.51 | Kai Crawford     | Scotstoun   | 30.07.21 |
| 3:56.8  | Darren Shinnie   | Wishaw      | 25.07.04 |
| 3:58.4  | Ray Creswell     | Grangemouth | 11.07.82 |
| 3:58.74 | James Joy        | Grangemouth | 12.06.09 |
| 3:59.01 | Adam Brown       | Grangemouth | 30.05.21 |

### 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        |
| <b>8:41.4</b>  | <b>Sam Griffin</b>  | <b>Grangemouth</b> | <b>10.06.22</b> |
| 8:42.4         | Ross Arbuckle       | Meadowbank         | 19.08.78        |
| 8:45.19        | William Duncan      | Sheffield          | 16.08.03        |
| <b>8:45.62</b> | <b>Hamish Mckay</b> | <b>Bedford</b>     | <b>28.08.22</b> |
| 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        |

### 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        |
| <b>15.02</b> | <b>William Hodi</b> | <b>Dundee</b> | <b>10.07.22</b> |
| 15.10        | Robbie Farquhar     | CA Stadium    | 18.08.18        |
| 15.21        | Ryan Hewitson       | CA Stadium    | 24.08.14        |
| 15.3         | Mark Davidson       | Meadowbank    | 30.05.87        |
| 15.3         | Murray King         | Meadowbank    | 30.05.87        |
| 15.5         | Steven Ledingham    | Pitreavie     | 19.06.82        |
| 15.53        | Daniel Rees         | Grangemouth   | 12.07.15        |
| 15.60        | Paul Allan          | Crown Point   | 09.07.89        |

### U-20 MEN 400m HURDLES

|       |                  |              |          |
|-------|------------------|--------------|----------|
| 53.53 | BARRY MIDDLETON  | Meadowbank   | 14.08.94 |
| 54.8  | Mark Davidson    | Crown Point  | 13.06.87 |
| 55.20 | Robert Miller    | Loughborough | 08.06.03 |
| 55.9  | Steven Ledingham | Meadowbank   | 17.06.83 |
| 55.99 | Daniel Rees      | Kilmarnock   | 05.07.15 |
| 56.1  | Paul Allan       | CA Stadium   | 29.06.89 |
| 56.50 | Ronald Smith     | Grangemouth  | 11.07.99 |
| 56.52 | William Hodi     | CA Stadium   | 28.08.21 |
| 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        |
| <b>1.90</b> | <b>William Hodi</b>  | <b>Chelmsford</b> | <b>07.05.22</b> |
| 1.90        | Grant Robertson      | CA Stadium        | 05.04.14        |
| 1.90        | Dinkar Sabnis        | Meadowbank        | 09.05.92        |

### U-20 MEN POLE VAULT

|             |                     |               |                 |
|-------------|---------------------|---------------|-----------------|
| <b>4.17</b> | <b>WILLIAM HODI</b> | <b>Dundee</b> | <b>10.07.22</b> |
| 4.00        | DAVID MANN          | Grangemouth   | 21.07.13        |
| 3.92        | Robbie Farquhar     | Bedford       | 27.05.18        |
| 3.90        | Alasdair Lowe       | Kilmarnock    | 28.05.16        |
| 3.60        | Kenny Lyon          | Oxford        | 15.06.79        |
| 3.50        | Mark Dobbie         | CA Stadium    | 16.07.95        |
| 3.50        | Frank Fenton        | Balgownie     | 26.04.79        |
| 3.50        | Duncan Mathieson    | Lorca         | 19.06.88        |
| 3.40        | Fraser Benzie       | Grangemouth   | 25.06.00        |
| 3.40        | Sam Lyon            | Grangemouth   | 20.06.10        |

### 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        |
| <b>6.81</b> | <b>William Hodi</b> | <b>Dundee</b> | <b>09.07.22</b> |
| 6.79        | Murray King         | Balgownie     | 29.06.87        |
| 6.78        | James Laird         | Linkfield     | 03.05.62        |
| 6.66        | Mike Ashford        | Meadowbank    | 29.06.74        |

### U-20 MEN TRIPLE JUMP

|              |                     |                   |                 |
|--------------|---------------------|-------------------|-----------------|
| 14.55        | WILLIAM STARK       | Crown Point       | 11.06.95        |
| <b>14.30</b> | <b>William Hodi</b> | <b>Chelmsford</b> | <b>01.05.22</b> |
| 14.09        | Dinkar Sabnis       | Banchory          | 29.08.91        |
| 13.84        | Sam Lyon            | Grangemouth       | 20.06.10        |
| 13.68        | Paul Allan          | CA Stadium        | 14.06.89        |
| 13.45        | James Laird         | Linkfield         | 03.05.62        |
| 13.34        | Kenny Lyon          | Grangemouth       | 23.06.79        |
| 13.27        | Stewart Clark       | Grangemouth       | 14.08.11        |
| 13.13        | Sam Lyon            | Grangemouth       | 12.06.09        |
| 13.10        | Paul McAndrew       | CA Stadium        | 02.06.96        |

### 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        |
| <b>11.32</b> | <b>William Hodi</b> | <b>Bedford</b> | <b>28.05.22</b> |
| 11.27        | Douglas McAllister  | Scotstoun      | 19.07.75        |

### U-20 MEN DISCUS

|       |                    |             |          |
|-------|--------------------|-------------|----------|
| 42.26 | PAUL ALLAN         | CA Stadium  | 09.07.89 |
| 37.42 | David Minty        | Inverness   | 14.09.91 |
| 36.83 | John Angus         | CA Stadium  | 17.06.18 |
| 36.76 | Peter Venters      | Grangemouth | 11.06.77 |
| 36.22 | Duncan Mathieson   | Gateshead   | 22.05.88 |
| 36.16 | Fraser Benzie      | Grangemouth | 10.06.01 |
| 35.88 | James Laird        | Linkfield   | 25.06.62 |
| 35.54 | Mark Dobbie        | CA Stadium  | 16.07.95 |
| 34.39 | Robbie Farquhar    | Grangemouth | 15.07.18 |
| 34.38 | Douglas McAllister | 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        |
| <b>6580</b> | <b>William Hodi</b>  | <b>Dundee</b> | <b>10.07.22</b> |
| 6560        | Paul Allan           | CA Stadium    | 30.07.89        |
| 6158        | Robbie Farquhar      | Bedford       | 27.05.18        |
| 5915        | Mark Davidson        | Stoke         | 26.07.87        |
| 5852        | Daniel Rees          | Grangemouth   | 12.07.15        |
| 5632        | Mark Dobbie          | CA Stadium    | 16.07.95        |
| 5397        | Paul Torry           | Bedford       | 15.07.01        |
| 5324        | Miller Mathieson jun | Grangemouth   | 20.06.82        |
| 5308        | Kenny Lyon           | Oxford        | 15.06.79        |



Kai Crawford



Finn Bryce

## 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        |
| <b>56.98</b> | <b>Hannah Taylor</b> | <b>Grangemouth</b> | <b>28.08.22</b> |
| 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        |

### U-20 WOMEN 800m

|                |                        |                    |                 |
|----------------|------------------------|--------------------|-----------------|
| 2:07.28        | KELSEY STEWART         | Oxford             | 23.07.16        |
| <b>2:08.83</b> | <b>Hannah Taylor</b>   | <b>Stretford</b>   | <b>23.07.22</b> |
| 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        |
| <b>2:12.65</b> | <b>Caitlin Purcell</b> | <b>Grangemouth</b> | <b>27.08.22</b> |
| 2:13.36        | Dawn Simpson           | Ayr                | 13.08.88        |
| 2:14.32        | Kirsty Purcell         | CA Stadium         | 27.06.21        |
| 2:14.44        | Ellie Buchan           | Trafford           | 27.06.09        |

### U-20 WOMEN 1500m

|                |                        |                    |                 |
|----------------|------------------------|--------------------|-----------------|
| 4:20.92        | NAOMI LANG             | Watford            | 26.05.18        |
| 4:30.92        | Kate Rice              | Copeland           | 08.08.90        |
| 4:31.14        | Hannah Addison         | Stretford          | 27.06.17        |
| 4:31.29        | Rebecca Eggeling       | Bedford            | 17.06.17        |
| 4:31.94        | Zoe Bates              | Bromley            | 16.07.17        |
| 4:33.33        | Kirsty Purcell         | Scotstoun          | 30.07.21        |
| <b>4:33.59</b> | <b>Caitlin Purcell</b> | <b>Grangemouth</b> | <b>28.08.22</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        |
| <b>9:59.71</b> | <b>Caitlin Purcell</b> | <b>Stretford</b> | <b>28.06.22</b> |
| 10:11.09       | Clare Stewart          | Grangemouth      | 16.04.17        |
| 10:11.53       | Zoe Bates              | CA Stadium       | 18.04.18        |
| 10:11.64       | Kirsty Purcell         | Linwood          | 04.06.21        |
| 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        |
| <b>18:11.41</b> | <b>Kirsty Purcell</b> | <b>CA Stadium</b> | <b>24.07.22</b> |
| 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 |
| 14.79 | Briagha Cook                    | CA Stadium  | 15.08.21 |
| 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

|             |                      |                    |                 |
|-------------|----------------------|--------------------|-----------------|
| <b>3.11</b> | <b>GRACE BRENNAN</b> | <b>Grangemouth</b> | <b>27.08.22</b> |
| 2.90        | SAM SOMERS           | Meadowbank         | 20.04.12        |
| <b>2.75</b> | <b>Rosie Meyer</b>   | <b>Belfast</b>     | <b>16.07.22</b> |
| 2.70        | Ailsa Gault          | Grangemouth        | 07.06.19        |
| 2.70        | Sophia Hamilton      | CA Stadium         | 08.05.16        |
| 2.30        | Erin Runcie          | CA Stadium         | 30.06.13        |
| 2.25        | Wendy Pennet         | Dundee             | 28.05.00        |
| 2.20        | Freya McKay          | CA Stadium         | 24.08.14        |
| 2.10        | Samantha Edgar       | CA Stadium         | 24.08.14        |
| 2.10        | Alix Still           | Hutcheson's        | 20.06.14        |

### U-20 WOMEN LONG JUMP

|      |                |             |          |
|------|----------------|-------------|----------|
| 5.74 | SARAH STILL    | CA Stadium  | 12.06.94 |
| 5.71 | Kirsten Young  | CA Stadium  | 26.06.05 |
| 5.67 | Alix Still     | Bradenton   | 03.03.17 |
| 5.59 | Jane Davidson  | CA Stadium  | 18.08.18 |
| 5.59 | Linda Davidson | Crown Point | 29.05.88 |
| 5.53 | Donna Quirie   | Grangemouth | 27.06.93 |
| 5.52 | Katie Forbes   | CA Stadium  | 19.06.16 |
| 5.47 | Ellie Workman  | Grangemouth | 13.06.09 |
| 5.40 | Cheryl McHardy | CA Stadium  | 26.07.98 |
| 5.30 | Nicola Kemp    | Peterhead   | 06.06.93 |

### U-20 WOMEN TRIPLE JUMP

|       |                |            |          |
|-------|----------------|------------|----------|
| 11.48 | KIRSTEN YOUNG  | Birmingham | 15.08.04 |
| 11.44 | Donna Quirie   | Birmingham | 08.08.93 |
| 11.03 | Cheryl McHardy | Sheffield  | 16.08.98 |
| 10.71 | Abbie Crawford | CA Stadium | 29.08.21 |
| 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

|              |                              |                   |                 |
|--------------|------------------------------|-------------------|-----------------|
| <b>35.56</b> | <b>ANGELA McAUSLAN-KELLY</b> | <b>Inverness</b>  | <b>16.04.22</b> |
| 35.21        | Erin Runcie                  | CA Stadium        | 28.08.14        |
| 32.30        | Marian Simpson               | Meadowbank        | 17.06.95        |
| 32.14        | Alison Horne                 | CA Stadium        | 23.08.14        |
| 30.54        | Una McGee                    | Grangemouth       | 17.08.19        |
| <b>29.02</b> | <b>Erin Williams</b>         | <b>CA Stadium</b> | <b>13.08.22</b> |
| 27.41        | Angela Smith                 | CA Stadium        | 02.09.99        |
| 27.34        | Cheryl McHardy               | Coatbridge        | 03.08.97        |
| 27.02        | Iona Colquhoun               | Grangemouth       | 11.06.16        |
| 26.75        | Kathy Rapley                 | Barry             | 14.07.98        |

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

|              |                              |                    |                 |
|--------------|------------------------------|--------------------|-----------------|
| <b>50.41</b> | <b>ANGELA McAUSLAN-KELLY</b> | <b>Grangemouth</b> | <b>22.10.22</b> |
| 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        |

### U-20 WOMEN JAVELIN (600g)

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

|              |                       |                   |                 |
|--------------|-----------------------|-------------------|-----------------|
| 35.98        | ELLIE WORKMAN         | Perth             | 26.04.09        |
| 35.78        | Emily Dougall         | CA Stadium        | 29.05.94        |
| 33.09        | Kimberley Miles       | Sheffield         | 02.09.01        |
| 31.26        | Lesley Fowler         | CA Stadium        | 07.05.95        |
| 30.67        | Rosie Meyer           | CA Stadium        | 28.08.21        |
| 30.66        | Marian Simpson        | Coatbridge        | 23.05.93        |
| 30.32        | Gillian Wilson        | Meadowbank        | 18.08.91        |
| <b>29.78</b> | <b>Abbie Crawford</b> | <b>CA Stadium</b> | <b>14.08.22</b> |
| 29.56        | Alix Still            | Bradenton         | 21.05.17        |
| 28.89        | Sophie Anderson       | Grangemouth       | 26.08.12        |

### 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 |



Briagha Cook



Grace Brennan



Caitlin & Kirsty 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

|         |                |            |          |
|---------|----------------|------------|----------|
| 1:53.16 | KAI CRAWFORD   | Derby      | 25.09.21 |
| 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

|                |                     |                  |                 |
|----------------|---------------------|------------------|-----------------|
| 3:56.51        | KAI CRAWFORD        | Derby            | 30.07.21        |
| 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        |
| <b>4:06.38</b> | <b>Hamish McKay</b> | <b>Scotstoun</b> | <b>29.07.22</b> |
| 4:06.5         | Frank Boyne         | Glenrothes       | 06.06.82        |
| 4:07.6         | Lewis Walker        | Grangemouth      | 31.08.75        |

### U-17 MEN 3000m

|                |                     |                |                 |
|----------------|---------------------|----------------|-----------------|
| 8:42.4         | ROSS ARBUCKLE       | Meadowbank     | 19.08.78        |
| 8:45.19        | William Duncan      | Sheffield      | 16.08.03        |
| <b>8:45.62</b> | <b>Hamish McKay</b> | <b>Bedford</b> | <b>28.08.22</b> |
| 8:46.12        | Darren Shinnie      | Sheffield      | 16.08.03        |
| 8:55.57        | Adam Watt           | Meadowbank     | 13.05.01        |
| 8:56.09        | Alan Wales          | Grangemouth    | 10.06.01        |
| 8:57.2         | David Stephen       | Balgownie      | 24.06.80        |
| 9:05.25        | James Joy           | Grangemouth    | 09.06.07        |
| 9:05.42        | Kai Crawford        | CA Stadium     | 27.06.21        |
| 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        |
| <b>3.25</b> | <b>Finn Bryce</b> | <b>Belfast</b>   | <b>16.07.22</b> |
| 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        |

### 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        |
| <b>35.43</b> | <b>Finn Bryce</b> | <b>CA Stadium</b> | <b>14.08.22</b> |
| 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        |

### 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 7)

|             |                   |               |                 |
|-------------|-------------------|---------------|-----------------|
| 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        |
| <b>4555</b> | <b>Finn Bryce</b> | <b>Dundee</b> | <b>10.07.22</b> |
| 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



Caleb Brock



Caleb Mcguire

## 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        |
| <b>56.98</b> | <b>Hannah Taylor</b> | <b>Grangemouth</b> | <b>28.08.22</b> |
| 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         | Debra Carle          | Balgownie          | 11.08.81        |
| 58.86        | Jaclyn Anderson      | Meadowbank         | 04.09.94        |

### U-17 WOMEN 800m

|                |                        |                   |                 |
|----------------|------------------------|-------------------|-----------------|
| <b>2:08.83</b> | <b>HANNAH TAYLOR</b>   | <b>Stretford</b>  | <b>23.07.22</b> |
| 2:11.38        | REBECCA EGGELING       | Loughborough      | 02.09.16        |
| 2:13.29        | Kelsey Stewart         | Manchester        | 01.06.13        |
| 2:13.36        | Dawn Simpson           | Ayr               | 13.08.88        |
| 2:14.3         | Carolyn Sheehan        | Inverness         | 19.08.84        |
| 2:14.44        | Ellie Buchan           | Trafford          | 27.06.09        |
| 2:15.36        | Emma Cloggie           | Solihull          | 06.08.03        |
| <b>2:15.62</b> | <b>Grace MacDonald</b> | <b>Crownpoint</b> | <b>03.06.22</b> |
| 2:16.21        | Kirsty Purcell         | Grangemouth       | 11.05.19        |
| 2:16.57        | Naomi Lang             | CA Stadium        | 08.05.16        |

### 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        |
| <b>4:42.22</b> | <b>Hannah Taylor</b> | <b>Grangemouth</b> | <b>15.05.22</b> |
| 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        |

### 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        |
| <b>2.75</b> | <b>Rosie Meyer</b> | <b>Belfast</b> | <b>16.07.22</b> |
| 2.65        | Sophie Hamilton    | CA Stadium     | 19.05.13        |
| 2.30        | Erin Runcie        | CA Stadium     | 30.06.13        |
| 2.20        | Freya McKay        | CA Stadium     | 24.08.14        |
| 2.10        | Samantha Edgar     | CA Stadium     | 24.08.14        |
| 2.10        | Alix Still         | Hutcheson's    | 20.06.14        |
| 1.80        | Hannah Ingram      | CA Stadium     | 02.06.19        |
| 1.80        | Sophie Jennings    | CA Stadium     | 02.06.19        |

### U-17 WOMEN LONG JUMP

|      |                |             |          |
|------|----------------|-------------|----------|
| 5.71 | KIRSTEN YOUNG  | CA Stadium  | 26.06.05 |
| 5.64 | Lea Masson     | Balownie    | 18.09.77 |
| 5.59 | Jane Davidson  | CA Stadium  | 18.08.18 |
| 5.53 | Donna Quirie   | Grangemouth | 27.06.93 |
| 5.53 | Sarah Still    | Crown Point | 20.06.92 |
| 5.52 | Deidre Auld    | Balgownie   | 09.09.79 |
| 5.52 | Katie Forbes   | CA Stadium  | 19.06.16 |
| 5.52 | Lyndsay Peddie | Balgownie   | 11.09.83 |
| 5.47 | Ellie Workman  | Grangemouth | 13.06.09 |
| 5.40 | Cheryl McHardy | CA Stadium  | 26.07.98 |

### U-17 WOMEN TRIPLE JUMP

|              |                       |                   |                 |
|--------------|-----------------------|-------------------|-----------------|
| 11.48        | KIRSTEN YOUNG         | Birmingham        | 15.08.04        |
| 11.44        | Donna Quirie          | Birmingham        | 08.08.93        |
| 11.03        | Cheryl McHardy        | Sheffield         | 16.08.98        |
| <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)

|              |                              |                    |                 |
|--------------|------------------------------|--------------------|-----------------|
| <b>12.47</b> | <b>Angela McAuslan-Kelly</b> | <b>Grangemouth</b> | <b>14.05.22</b> |
| 12.45        | Alison Horne                 | CA Stadium         | 20.04.14        |
| 10.64        | Saffron Cummings             | Perth              | 11.05.14        |
| 10.46        | Iona Colquhoun               | Grangemouth        | 14.05.16        |
| 10.43        | Alix Still                   | Grangemouth        | 13.08.16        |
| <b>10.41</b> | <b>Josie Laing</b>           | <b>Grangemouth</b> | <b>11.06.22</b> |
| 10.00        | Erin Runcie                  | CA Stadium         | 23.08.14        |

### U-17 WOMEN DISCUS

|              |                              |                  |                 |
|--------------|------------------------------|------------------|-----------------|
| 38.08        | HELEN COWE                   | Grangemouth      | 09.07.83        |
| <b>35.56</b> | <b>Angela McAuslan-Kelly</b> | <b>Inverness</b> | <b>16.04.22</b> |
| 35.21        | Erin Runcie                  | CA Stadium       | 28.08.14        |
| 32.16        | Marian Simpson               | CA Stadium       | 02.06.94        |
| 32.14        | Alison Horne                 | CA Stadium       | 23.08.14        |
| 30.54        | Una McGee                    | Grangemouth      | 17.08.19        |
| 29.28        | Pamela Bruce                 | Pitreavie        | 20.04.80        |
| 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>58.55</b> | <b>ANGELA McAUSLAN-KELLY</b> | <b>Bedford</b> | <b>28.08.22</b> |
| 33.55        | Erin Williams                | CA Stadium     | 21.08.19        |
| 30.96        | Erin Runcie                  | CA Stadium     | 07.08.14        |
| <b>29.13</b> | <b>Josie Laing</b>           | <b>Perth</b>   | <b>03.07.22</b> |
| 28.55        | Samantha Edgar               | Dundee         | 28.06.15        |
| 28.12        | Kristie Hindle               | Dundee         | 04.05.14        |
| 24.42        | Lydia Barker                 | CA Stadium     | 27.06.21        |
| 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>28.16</b> | <b>Rosie Meyer</b>    | <b>CA Stadium</b> | <b>17.04.22</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



Angela McAuslan-Kelly

## ALL TIME TOP 10 – U-15 BOYS

### U-15 BOYS 100m

|       |                    |             |          |
|-------|--------------------|-------------|----------|
| 11.47 | TIMI FATONA        | Grangemouth | 08.06.19 |
| 11.5  | Alexander Carnie   | Crown Point | 07.09.86 |
| 11.58 | Lewis Bisset       | CA Stadium  | 06.09.15 |
| 11.6  | Ahmed Al-Kowarri   | Crown Point | 07.08.93 |
| 11.7  | Paul Manson        | Balgownie   | 20.08.78 |
| 11.8  | Stuart Mathieson   | Inverness   | 28.05.95 |
| 11.83 | Tobi Fatona        | Scotstoun   | 20.08.17 |
| 11.9  | Graham Thomson     | CA Stadium  | 09.09.01 |
| 11.9  | Andrew Keelan      | Inverness   | 03.07.88 |
| 11.92 | Christopher Maslen | Grangemouth | 12.06.99 |

### U-15 BOYS 200m

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

### U-15 BOYS 300m

|             |                     |              |                 |
|-------------|---------------------|--------------|-----------------|
| 39.05       | JAMES McINTOSH      | Inverness    | 11.09.16        |
| 40.40       | Ben Renton          | Grangemouth  | 28.07.13        |
| 40.5        | Stewart Millar      | Dundee       | 05.05.13        |
| 40.5        | Arran Phommavanh    | Dundee       | 02.08.15        |
| 40.61       | Rhys Crawford       | CA Stadium   | 01.08.21        |
| 40.98       | Alasdair Lowe       | CA Stadium   | 29.08.13        |
| <b>41.1</b> | <b>Dylan Bunney</b> | <b>Perth</b> | <b>03.07.22</b> |
| 41.41       | Stuart Bridgeford   | Grangemouth  | 28.07.13        |
| 41.49       | Callum Davidson     | Inverness    | 01.06.14        |
| 41.66       | Fergus Rule         | Grangemouth  | 09.08.15        |

### U-15 BOYS 400m

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

### U-15 BOYS 800m

|         |                  |             |          |
|---------|------------------|-------------|----------|
| 1:59.80 | HARRY HALL       | Bedford     | 27.08.16 |
| 2:00.77 | Steven Rusling   | Birmingham  | 11.08.02 |
| 2:01.02 | Lewis Watt       | Scotstoun   | 01.06.18 |
| 2:01.32 | Rhys Crawford    | Linwood     | 04.06.21 |
| 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 |
| 4:18.14 | Rhys Crawford  | Scotstoun   | 30.07.21 |
| 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

|          |                  |             |          |
|----------|------------------|-------------|----------|
| 9:32.27  | RHYS CRAWFORD    | CA Stadium  | 04.07.21 |
| 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 |
| 29.05 | Finn Bryce      | CA Stadium  | 28.08.21 |

### 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 |
| 39.51 | Finn Bryce        | CA Stadium  | 28.08.21 |
| 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 |
| 2103 | Finn Bryce       | Kilmarnock  | 10.07.21 |
| 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.



200m OGM



Sam Brooks



Finlay Mckay



Struan Mckay

## 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        |
| <b>10.41</b> | <b>Josie Laing</b>    | <b>Grangemouth</b> | <b>11.06.22</b> |
| 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        |
|              |                       | Livingston    | 09.09.17        |
| <b>29.13</b> | <b>Josie Laing</b>    | <b>Perth</b>  | <b>03.07.22</b> |
| 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        |
| <b>17.51</b> | <b>Erin Daly</b>      | <b>Dundee</b> | <b>26.06.22</b> |
| 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 Pennet       | Scotstoun   | 03.05.98 |
| 2694 | Angela McAuslan-Kelly | Grangemouth | 14.07.19 |
| 2678 | Jane Davidson         | Grangemouth | 04.06.16 |
| 2675 | Amanda Lochhead       | Grangemouth | 24.08.80 |
| 2642 | Shelda Stalker        | Pitreavie   | 27.06.81 |
| 2640 | Linda Davidson        | Wishaw      | 05.06.83 |

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



**Abby Farquhar**



**Ellie Mcgee**



**Evie Gordon**



**Sophie Imlach**



**Olivia Dinnes**





## 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        |
| <b>29.44*</b> | <b>Craig Loney</b> | <b>CA Stadium</b> | <b>24.07.22</b> |

\* 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.



Eddie McKenzie

## 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        |
| <b>11:20.45</b> | <b>Anne Howie</b> | <b>Crownpoint</b> | <b>03.06.22</b> |

### 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

|              |                        |                   |                 |
|--------------|------------------------|-------------------|-----------------|
| <b>14.66</b> | <b>CATRIONA PENNET</b> | <b>CA Stadium</b> | <b>14.08.22</b> |
|--------------|------------------------|-------------------|-----------------|

**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>1.07</b> | <b>Sally Thomson</b> | <b>CA Stadium</b> | <b>15.06.22</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              | Drumadrochit | 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 |
| 21.69 | Sheryl Paul      | Grangemouth | 22.08.21 |
| 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



Fiona Davidson

**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 |
| 6.95     | Struan Linton                | Aberdeen SV | 06.02.22 |
| 6.97     | Robbie Farquhar              | Aberdeen SV | 15.12.19 |
| 6.99     | Barry Middleton              | Kelvin Hall | 13.01.96 |
| 7.0      | Mark Davidson                | Kelvin Hall | 04.01.89 |
| 7.0      | Murray King                  | Kelvin Hall | 26.01.91 |
| 7.05     | David Irvine                 | Aberdeen SV | 16.01.22 |
| 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        |
| <b>22.19</b> | <b>Liam Suttie</b>  | <b>Emirates A</b> | <b>12.02.22</b> |
| 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        |
| <b>1:52.94</b> | <b>Michael Ferguson</b> | <b>Emirates A</b> | <b>29.01.22</b> |
| 1:53.84        | Stewart Millar          | Lee Valley        | 09.02.22        |
| 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        |
| 1:59.28        | Rhys Crawford           | Emirates A        | 22.01.22        |
| 1:59.34        | Steven Rusling          | Kelvin Hall       | 18.01.04        |
| 1:59.43        | Aleksander Jovcic       | Emirates A        | 22.01.22        |
| 1:59.60        | Kai Crawford            | Emirates A        | 18.02.22        |
| 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        |
| <b>2:44.15</b> | <b>William Hodi</b> | <b>Emirates A</b> | <b>30.01.22</b> |
| 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 |
| 4:05.41 | Sam Griffin       | Emirates A  | 09.02.22 |
| 4:05.8  | Alan Wales        | Kelvin Hall | 31.01.02 |
| 4:07.3  | Willie Duncan     | Kelvin Hall | 12.02.04 |
| 4:07.52 | Eoin Durkan       | Sheffield   | 25.02.12 |
| 4:09.25 | Aleksander Jovcic | Emirates A  | 09.02.22 |
| 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 |
| 4:12.76 | Rhys Crawford     | Emirates A  | 20.02.22 |
| 4:12.78 | Kai Crawford      | Emirates A  | 20.02.22 |
| 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        |
| <b>1.86</b> | <b>William Hodi</b> | <b>Emirates A</b> | <b>29.01.22</b> |
| 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        |

## MEN POLE VAULT

|             |                     |                     |                 |
|-------------|---------------------|---------------------|-----------------|
| <b>4.15</b> | <b>WILLIAM HODI</b> | <b>Loughborough</b> | <b>16.01.22</b> |
| 4.15        | JOOLS PETERS        | Aberdeen SV         | 15.09.16        |
| 4.10        | David Mann          | Emirates A          | 19.01.13        |
| 4.00        | Duncan Mathieson    | Kelvin Hall         | 16.02.97        |
| 3.80        | Tom Leeson          | Kelvin Hall         | 16.02.97        |
| 3.80        | Alasdair Lowe       | Emirates A          | 04.02.15        |
| 3.78        | Robbie Farquhar     | Sheffield           | 06.01.18        |
| 3.70        | Kenny Lyon          | Kelvin Hall         | 26.02.89        |
| 3.70        | Callum Robertson    | Aberdeen SV         | 07.09.17        |
| 3.60        | Robert Masson       | Kelvin Hall         | 26.03.89        |
| 3.50        | Fraser Benzie       | Kelvin Hall         | 26.01.02        |
| 3.50        | Douglas McAllister  | Perth               | 20.03.76        |
| 3.40        | Mark Dobbie         | Kelvin Hall         | 18.02.96        |
| 3.40        | Athol Gordon        | Emirates A          | 06.02.19        |
| <b>3.26</b> | <b>Finn Bryce</b>   | <b>Aberdeen SV</b>  | <b>08.09.22</b> |
| 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        |

## 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        |
| <b>6.67</b> | <b>William Hodi</b> | <b>Sheffield</b> | <b>13.02.22</b> |
| 6.62        | Mark Dobbie         | Kelvin Hall      | 17.02.96        |
| 6.45        | Stewart Clark       | Aberdeen SV      | 12.12.09        |
| 6.43        | James Mcintosh      | Aberdeen SV      | 21.12.19        |
| 6.42        | Tom Leeson          | Kelvin Hall      | 15.02.97        |
| 6.34        | Paul Allan          | Kelvin Hall      | 03.02.90        |
| 6.29        | Kenny Lyon          | Kelvin Hall      | 25.02.89        |
| 6.25        | Keith Oag           | Kelvin Hall      | 17.02.96        |
| 6.22        | Ian Garioch         | Aberdeen SV      | 12.12.10        |
| 6.21        | Michael Spink       | Kelvin Hall      | 10.02.94        |
| 6.11        | Hamish Leeson       | Emirates A       | 14.03.15        |
| 5.95        | Patrick Gray        | Kelvin Hall      | 06.02.05        |
| 5.95        | Richard Singer      | Kelvin Hall      | 04.03.95        |

## 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    |
| 7.60 | Rebecca Matheson               | Aberdeen SV | 16.01.22    |
| 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    |
| 7.80 | Rhia Badial                    | Aberdeen SV | 16.01.22    |
| 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

|              |                     |                   |                     |
|--------------|---------------------|-------------------|---------------------|
| <b>23.36</b> | <b>ZOEY CLARK</b>   | <b>Emirates A</b> | <b>22.01.22</b>     |
| 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

|              |                      |                   |                 |
|--------------|----------------------|-------------------|-----------------|
| 52.03        | ZOEY CLARK           | Emirates A        | 16.02.21        |
| 53.12        | Roisin Harrison      | Abbotstown        | 05.02.22        |
| 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        |
| <b>63.96</b> | <b>Grace Brennan</b> | <b>Emirates A</b> | <b>20.02.22</b> |
| 64.11        | Laura Mahady         | San Sebastian     | 20.03.13        |

### 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 |
| 2:16.62 | Hannah Taylor    | Emirates A    | 22.01.22 |
| 2:16.64 | Naomi Lang       | Emirates A    | 02.02.17 |
| 2:17.99 | Grace Macdonald  | Emirates A    | 22.01.22 |
| 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>4:33.56</b> | <b>Hannah Cameron</b> | <b>Birmingham</b> | <b>26.02.22</b> |
| 4:38.83        | Hannah Taylor         | Emirates A        | 20.02.22        |
| 4:40.99        | Caitlin Purcell       | Emirates A        | 20.02.22        |
| 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        |
| 4:49.34        | Grace Macdonald       | Emirates A        | 20.02.22        |
| 4:50.90        | Eilidh Prise          | Kelvin Hall       | 09.02.12        |
| 4:51.1         | Heather Wisley        | Kelvin Hall       | 25.03.90        |
| 4:55.78        | Carly Hall            | Kelvin Hall       | 23.01.11        |
| 4:57.90        | Hannah Smith          | Kelvin Hall       | 15.01.94        |
| 4:58.09        | Phoebe Armstrong      | Emirates A        | 06.02.19        |
| <b>5:03.71</b> | <b>Aimee Tawse</b>    | <b>Emirates A</b> | <b>20.02.22</b> |
| 5:04.61        | Katie Watson          | Emirates A        | 07.02.15        |
| 5:05.70        | Lise Theron           | Emirates A        | 04.02.15        |
| 5:06.7         | Freyja Prentice       | Kelvin Hall       | 22.02.06        |

### 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 |
| 10:15.82 | Kirsty Purcell  | Emirates A      | 18.02.22 |
| 10:17.56 | Caitlin Purcell | Emirates A      | 18.02.22 |
| 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

|      |                 |             |          |
|------|-----------------|-------------|----------|
| 8.59 | JANE DAVIDSON   | Birmingham  | 26.02.22 |
| 8.79 | Catriona Pennet | Kelvin Hall | 15.02.04 |
| 8.84 | Sarah Still     | Kelvin Hall | 12.03.00 |
| 8.94 | Gail Murchie    | Kelvin Hall | 07.02.93 |
| 8.98 | Grace Carter    | Aberdeen SV | 19.03.17 |
| 9.07 | Briagha Cook    | Emirates A  | 12.02.22 |
| 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

|             |                      |                    |                 |
|-------------|----------------------|--------------------|-----------------|
| <b>3.09</b> | <b>GRACE BRENNAN</b> | <b>Emirates A</b>  | <b>20.02.22</b> |
| 3.00        | Laura Kutt           | Kelvin Hall        | 04.02.12        |
| 2.90        | Sam Somers           | Aberdeen SV        | 04.01.12        |
| 2.70        | Janet Lyon           | Kelvin Hall        | 09.02.02        |
| 2.65        | Sophia Hamilton      | Aberdeen SV        | 15.09.16        |
| 2.64        | Rosie Meyer          | Emirates A         | 22.01.22        |
| 2.60        | Ailsa Gault          | Aberdeen SV        | 05.09.19        |
| 2.35        | Erin Runcie          | Aberdeen SV        | 24.03.13        |
| <b>2.20</b> | <b>Ellie McGee</b>   | <b>Aberdeen SV</b> | <b>08.09.22</b> |
| 2.15        | Chloe Allan          | Aberdeen SV        | 04.12.11        |

## WOMEN LONG JUMP

|      |                  |             |          |
|------|------------------|-------------|----------|
| 5.88 | LINDA DAVIDSON   | Birmingham  | 21.02.93 |
| 5.82 | Sarah Still      | Kelvin Hall | 12.03.00 |
| 5.65 | Jane Davidson    | Aberdeen SV | 08.02.20 |
| 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 |
| 5.31 | Briagha Cook     | Emirates A  | 12.02.22 |
| 5.21 | Donna Quirie     | Kelvin Hall | 21.02.93 |
| 5.21 | Ellie Workman    | Kelvin Hall | 22.02.09 |
| 5.16 | Sophia Hamilton  | Emirates A  | 05.03.17 |
| 5.14 | Grace Angus      | Emirates A  | 11.02.17 |
| 5.14 | Fiona Davidson   | Aberdeen SV | 04.02.18 |
| 5.13 | Saffron Cummings | Emirates A  | 15.02.14 |
| 5.13 | Kirstie Duncan   | Aberdeen SV | 11.12.11 |
| 5.13 | Nicola Kemp      | Kelvin Hall | 21.02.93 |
| 5.09 | Erin Williams    | Aberdeen SV | 06.02.22 |
| 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 Kamy           | Kelvin Hall       | 17.01.10        |
| 10.52        | Janet Abladey         | Kelvin Hall       | 04.02.12        |
| 10.48        | Kate MacKay           | Emirates A        | 30.01.16        |
| 10.44        | Donna Quirie          | Kelvin Hall       | 06.02.94        |
| <b>10.31</b> | <b>Abbie Crawford</b> | <b>Emirates A</b> | <b>09.02.22</b> |
| 10.26        | Nicola Gauld          | Kelvin Hall       | 15.11.00        |
| <b>10.21</b> | <b>Tamsin Fowlie</b>  | <b>Emirates A</b> | <b>08.01.22</b> |



Kirsty Purcell

## 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 |



C Pennet, E Williams & J Davidson



Rebecca Matheson



## 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 – 2022/2023

|                                |                  |
|--------------------------------|------------------|
| <b>President</b>               | Mark Davidson    |
| <b>Vice President</b>          | Eoghan MacNamara |
| <b>Secretary</b>               | Roisin Harrison  |
| <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    |
|                                | Joanna Robertson |
|                                | Eddie McKenzie   |
|                                | Fearghas Thomson |
|                                | Alison McGee     |
|                                | Ben Nelson       |
|                                | Jane Davidson    |
|                                | Brian Pahlmann   |
|                                | Catriona Fulton  |
|                                | Ruth Watson      |

**Club Manager**  
**Community Development Officer**

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](#)

## AAAC ACADEMY SPONSORS & PARTNERS



## AAAC PARTNERS





**ONLINE CLUB SHOP**



**AVAILABLE AT**

**[www.soccerworldscotland.co.uk](http://www.soccerworldscotland.co.uk)**