MENS AGE GROUP RECORDS - (Indoor record noted when better than outdoor record)

SPRINTS

60M INDOOR				
SENIOR	ALEXANDER DAWES	7.3	1993	
U17	ALEXANDER DAWES	7.4	1990	
U17	RICHARD SINGER	7.4	1990	
U15	CRAIG STRACHAN	7.49	2016	EA - GLASGOW
=U13	STEVEN MCINTOSH	8.6	1996	
=U13	ALAN BRYCE	8.6	1996	
U11 - outdoor	STEVEN MCINTOSH	8.9	1994	

75 METRES				
U11	CRAIG STRACHAN	11.15	2012	

80 METRES – STARTED FROM 2012				
U13				
U11	CRAIG STRACHAN	11.6	2012	

100M				
= SENIOR	GRAEME COOK	11.3	1987	
= SENIOR	ALEXANDER DAWES	11.3	1993	
U17	ALEXANDER DAWES	11.23	1990	
U15	CRAIG STRACHAN	11.45	14/05/2016	GRANGEMOUTH
= U13	JAMES MCGREGOR	13.0	1978	
= U13	RICHARD SINGER	13.0	1978	
U11	ALEXANDER DAWES	13.6	1983	

150 METRES				
U13	MURRAY ALLAN	22.8	2013	
U11	CRAIG STRACHAN	22.01	2012	

200 METRES				
SENIOR	GRAEME COOK	22.8	1987	
U17	ROSS GRAY	23.67	05.06.2004	GRANGEMOUTH
U15	CRAIG STRACHAN	23.22	11/06/2016	GRANGEMOUTH
U13	CRAIG MCCULLOCH	27.0	1994	
= U11	DANIEL WATSON	30.6	1984	
= U11	DINKAR SABNIS JR	30.6	1984	

400 METRES				
SENIOR	MICHAEL FERGUSON	49.45	25.08.2013	CAS - ABERDEEN
U17	RICHARD SINGER	50.0	1995	
U15	RICHARD SINGER	53.61	1993	
U13	RICHARD SINGER	61.1	1992	
U11	DANIEL WATSON	68.8	1991	

MIDDLE AND LONG DISTANCE TRACK – 5K AND 10K ROAD

600 METRES				
U13				
U11	JOSEPH WRIGHT	1.54.1	2011	

800 METRES				
SENIOR	MICHAEL FERGUSON	1.51.78	03/06/2016	CROWNPOINT - GLASGOW
U17	MICHAEL FERGUSON	1.59.05	27.08.2011	WISHAW
U15	MICHAEL FERGUSON	2.07.9	28.06.2009	CAIRD PARK - DUNDEE
U13	RICHARD SINGER	2.22.1	1992	
U11	MARTIN GIRVAN	2.33.0	1982	

1500 METRES				
SENIOR	MICHAEL FERGUSON	3.45.27	28.05.2016	WATFORD
U17	DAVID PATERSON	4.10.4	1995	
U15	MICHAEL FERGUSON	4.19.82	13.06.2009	GRANGEMOUTH
U13	EWAN MCMILLAN	4.52.94	05.09.2010	INVERNESS
U11	MARTIN GIRVAN	5.18.0	1982	

STEEPLECHASE				
SENIOR/3000M	ANDREW J FERGUSON	10.26.7	05.07.2015	KILMARNOCK
U20/2000M	BEN ANDERSON	6.47.8	1993	
U17/1500M	STUART GRAY	5.00.2	1995	

3000 METRES - TRACK				
SENIOR	MICHAEL FERGUSON	8.35.93	20/04/2016	ASV - ABERDEEN
SENIOR - Indoor	MICHAEL FERGUSON	9.10.85	09.02.2013	E.A - GLASGOW
U17	EWAN MCMILLAN	9.25.2	08.06.2014	CAIRD PARK - DUNDEE
U15	ROBBIE SIMPSON	9.58.4	22.06.2006	CAS - ABERDEEN

5000 METRES - TRACK				
SENIOR	MICHAEL FERGUSON	14.38.14	29.07.2016	CROWNPOINT - GLASGOW
U17				

10000 METRES – TRACK ***–STARTED 2015***				
SENIOR				
U17				

5000 METRES – ROAD ***–STARTED 2015***				
SENIOR				
U17				

10000 METRES – ROAD ***–STARTED 2015***				
SENIOR	ANDREW J FERGUSON	36.23 (Chip)	15/05/2016	ABERDEEN (Baker Hughes 10k)
U17				

HALF MARATHON – ROAD ***–STARTED 2015***				
SENIOR				

MARATHON – ROAD ***– STARTED 2015***				
SENIOR				

JUMPS AND THROWS

HIGH JUMP				
= SENIOR	DINKAR SABNIS JR	1.85	1991	
= SENIOR	WILLIAM SMY	1.85	02.08.2009	CAIRD PARK - DUNDEE
U17	WILLIAM SMY	1.80	2008	
U15	WILLIAM SMY	1.70	27.08.2006	GRANGEMOUTH
U13	CRAIG MCCULLOCH	1.53	1994	
U11	CRAIG STRACHAN	1.31	16.09.2012	INVERNESS

LONG JUMP				
SENIOR - Indoor	STEWART CLARK	6.45	12.12.2009	ASV - ABERDEEN
SENIOR	FRASER DAVIDSON	6.44	14.05.2005	SCOTSTOUN - GLASGOW
U17 - Indoor	DINKAR SABNIS JR	6.43	1990	
U17	WILLIAM SMY	6.24	2008	
U15	CRAIG STRACHAN	5.93	4.6.2016	GRANGEMOUTH
U13	DINKAR SABNIS JR	4.99	1986	
U11	DINKAR SABNIS JR	4.37	1984	

TRIPLE JUMP				
SENIOR	DINKAR SABNIS JR	14.09	1991	
U17	STEWART CLARK	12.94	07.06.2009	PERTH
U15	ROSS GRAY	11.50	24.08.2002	GRANGEMOUTH
U13	JAMES LIGHT	10.38	1991	
U11	DINKAR SABNIS JR	8.83	1984	

POLE VAULT				
SENIOR	DANIEL REES	3.50	12.07.2015	GRANGEMOUTH
U17 – Indoor	HAMISH LEESON	2.60	29.09.2013	ASV - ABERDEEN
U17	HAMISH LEESON	2.50	2013	
U15				
U13				

JAVELIN				
SENIOR/800G	RORY STEWART	43.83	27/08/2016	GRANGEMOUTH
U17/700G	RORY STEWART	47.15	22.08.2015	GRANGEMOUTH
U15/600G	RORY STEWART	42.27	18.08.2013	CAS - ABERDEEN
U13/400G	MICHAEL FAWCETT	30.76	2004	
U11/400G	CAMERON HAY	28.70	1982	

DISCUS				
SENIOR/2K	IAN CHRISTIE	35.34	1983	
U17/1.5K	JOHN FYVIE	35.01	2000	
U15/1.25K	ROSS GRAY	31.64	2002	
U13/1K	ROSS GRAY	24.74	2000	
U11/0.75K	GRANT MCGILLVRAY	21.66	1989	

SHOT				
SENIOR/7.26K	IAN CHRISTIE	12.68	1979	
U17/5K	NEIL ROGERSON	12.00	1985	
U15/4K	RODERICK MCLEAN	13.14	1982	
U13/3.25	RODERICK MCLEAN	10.79	1980	
U11/2.72K	JOHN RENNIE	7.83	1982	

HAMMER				
SENIOR/7.26K	JOHN FYVIE	45.36	2001	
U17/5K	JOHN FYVIE	47.21	2000	
U15/4K	JOHN FYVIE	39.45	1998	

HURDLES AND COMBINED EVENTS

60M HURDLES - INDOOR				
SENIOR	DANIEL REES	8.92	06/02/2016	EA - GLASGOW
U17	RICHARD SINGER	8.56	1995	
U15	CRAIG STRACHAN	9.02	21/02/2016	ASV - ABERDEEN
U13				

SPRINT HURDLES				
SENIOR/110M	DANIEL REES	15.53	11.07.2015	GRANGEMOUTH
U17/100M	RICHARD SINGER	13.9	1995	
U15/80M	CRAIG STRACHAN	11.78	14/05/2016	GRANGEMOUTH
U13/75M	CRAIG STRACHAN	13.17	23.08.2014	CAS ABERDEEN

DISTANCE HURDLES				
S.M/400M	DANIEL REES	54.49	28.05.2016	KILMARNOCK
U17/400M	RICHARD SINGER	55.37	1995	

PENTATHLON				
U15	CRAIG STRACHAN	2650	04.06.2016	GRANGEMOUTH
U13	ROSS GRAY	1509	2000	

HEPTATHLON - INDOOR				
SENIOR	TOM LEESON	5148	2009	
U17	DANIEL REES	3291	2013	

OCTATHLON				
U17	DINKAR SABNIS JR	3859	1990	

DECATHLON				
SENIOR				
U20	DANIEL REES	5852	11/12.07.2015	GRANGEMOUTH
U17				

Compiled and updated by Jane Cloggie

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