

## MALE CLUB RECORDS up to 30 September 2023

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### U11 BOYS

EVENT	NAME	RECORD	DATE	PLACE
60m	Steven McIntosh	8.9	1994	
75m	Craig Strachan	11.15	2012	
80m	Craig Strachan	11.6	2012	
100m	Alexander Dawes	13.6	1983	
150m	Craig Strachan	22.01	2012	
200m	Luc MacLeod	30.09	11/07/2018	Loughborough
400m	Daniel Watson	68.8	1991	
600m	Ethan Nicolson	1.53.7	03/09/2019	Banchory
800m	Martin Girvan	2.33.0	1982	
1500m	Martin Girvan	5.18.0	1982	
High Jump	Craig Strachan	1.31m	16/09/2012	Inverness
Long Jump	Dinkar Sabnis Jr	4.37m	1984	
Triple Jump	Dinkar Sabnis Jr	8.83m	1984	
Javelin 400g	Cameron Hay	28.70m	1982	
Discus 0.75k	Grant McGillivray	21.66m	1989	
Shot 2.72k	John Rennie	7.83m	1982	

### U13 BOYS

EVENT	NAME	RECORD	DATE	PLACE
60m (i) =	Alan Bryce	8.6	1996	
60m (i) =	Steven McIntosh	8.6	1996	
100m =	James McGregor	13.0	1978	
100m =	Richard Singer	13.0	1992	
<b>150m</b>	<b>Max Barker</b>	<b>20.13</b>	<b>04/06/2023</b>	<b>Inverness</b>
200m	Ethan Nicolson	26.69	29/08/2021	Aberdeen Sports Village
400m	Richard Singer	61.1	1992	
800m	Luc MacLeod	2.21.21	13/07/2019	Grangemouth
1200m	Ethan Nicolson	3.56.58	01/08/2021	Aberdeen Sport Village
1500m	Ewan McMillan	4.52.94	05/09/2010	Inverness
60mH (i)	Luc MacLeod	9.87	29/02/2020	EA-Glasgow
75mH	Luc MacLeod	12.84	05/09/2020	Aberdeen Sports Village
High Jump	Craig McCulloch	1.53m	1994	
Long Jump	Dinkar Sabnis Jr	4.99m	1986	
Triple Jump	James Light	10.38m	1991	
<b>Javelin 400g</b>	<b>Harry Cook</b>	<b>38.54m</b>	<b>13/05/2023</b>	<b>Grangemouth</b>
Discus 1k	Ross Gray	24.27m	27/08/2000	Banchory
Shot 3k	Ethan Nicolson	9.36m	26/06/2021	Dundee
Pentathlon (In)	Luc MacLeod	1666pts	01/02/2020	EA-Glasgow
<b>Pentathlon (Out)</b>	<b>Harry Cook</b>	<b>2010pts</b>	<b>03/06/2023</b>	<b>Grangemouth</b>

#### Discontinued weight records:

U13B Shot 3.25g Roderick McLean 10.79m 1980

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### U15 BOYS

EVENT	NAME	RECORD	DATE	PLACE
60m (i)	Craig Strachan	7.49	05/03/2016	EA-Glasgow
100m	Craig Strachan	11.45	14/05/2016	Grangemouth
200m	Craig Strachan	23.22	11/06/2016	Grangemouth
300m	Luc MacLeod	40.2	21/08/2022	Carlisle
400m	Richard Singer	53.61	1993	
800m	Michael Ferguson	2.07.9	28/06/2009	Caird Park-Dundee
1500m	Michael Ferguson	4.19.82	13/06/2009	Grangemouth
3000m	Robbie Simpson	9.58.4	22/06/2006	CAS-Aberdeen
60mH (i)	Craig Strachan	9.02	21/02/2016	Aberdeen Sports Village
80mH	Craig Strachan	11.78	14/05/2016	Grangemouth
High Jump	William Smy	1.70m	27/08/2006	Grangemouth
Long Jump	Craig Strachan	5.93m	04/06/2016	Grangemouth
Triple Jump	Ross Gray	11.50m	24/08/2002	Grangemouth
Javelin 600g	Rory Stewart	42.27m	18/08/2013	Aberdeen Sports Village
Discus 1.25k	Ross Gray	31.64m	26/05/2002	Caird Park-Dundee
Shot 4k	Roderick McLean	13.14m	1982	
Hammer 4k	John Fyvie	39.45	1998	
Pentathlon (In)	Ralph Silcock	2184pts	04/03/2017	EA-Glasgow
Pentathlon (Out)	Luc MacLeod	2671pts	10/07/2022	Caird Park - Dundee

### U17 MEN

EVENT	NAME	RECORD	DATE	PLACE
60m (i)	Craig Strachan	7.3	21/01/2018	Aberdeen Sports Village
100m	Craig Strachan	11.0	27/05/2018	Grangemouth
200m	Craig Strachan	22.01	24/06/2018	Grangemouth
400m	Richard Singer	50.0	1995	
800m	Michael Ferguson	1.59.05	27/08/2011	Wishaw
1500m	David Paterson	4.10.4	1995	
3000m	Ewan McMillian	9.25.2	08/06/2014	Caird Park-Dundee
1500m S/C	Cameron Scott	4.57.27	13/08/22	Aberdeen Sports Village
60mH (i)	Richard Singer	8.56	1995	
100mH	Richard Singer	13.9	1995	
400mH	Richard Singer	55.37	1995	
High Jump	William Smy	1.80m	Aug 2008	Banchory
Long Jump (i)	Dinkar Sabnis Jr	6.43m	1990	
Long Jump	William Smy	6.24m	Aug 2008	Banchory
Triple Jump	Stewart Clark	12.94m	07/06/2009	Perth
Pole Vault	Ralph Silcock	2.90m	20/05/2018	Aberdeen Sports Village
Javelin 700g	Rory Stewart	47.15m	22/08/2015	Grangemouth
Discus 1.5k	John Fyvie	35.01m	17/08/2000	Banchory
Shot 5k	Neil Rogerson	12.00m	1985	
Hammer 5k	John Fyvie	47.21m	30/07/2000	CAS-Aberdeen
Heptathlon (i)	Ralph Silcock	3681pts	04/02/2018	EA-Glasgow
Octathlon	Dinkar Sabnis Jr	3850pts	1990	

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U20 MEN
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EVENT	NAME	RECORD	DATE	PLACE
60m (i)	Craig Strachan	7.16	20/01/2019	Aberdeen Sport Village
100m	Graeme Cook	11.3	1987	
200m (i)	Craig Strachan	22.57	06/02/2019	EA-Glasgow
200m	Graeme Cook	22.8	1987	
400m	Michael Ferguson	49.45	25/08/2013	Aberdeen Sports Village
60mH (i)	Daniel Rees	8.93	15/02/2015	EA-Glasgow
110mH	Daniel Rees	15.53	11/07/2015	Grangemouth
400mH	Daniel Rees	55.99	05/07/2015	Kilmarnock
800m	Michael Ferguson	1.55.33	27/08/2011	Wishaw
1500m	Michael Ferguson	3.55.16	17/05/2014	Glasgow
2000m S/C	Ben Anderson	6.47.8	1993	
3000m Track (i)	Michael Ferguson	9.10.85	09/02/2013	EA-Glasgow
3000m Track	Michael Ferguson	9.26.2	01/07/2012	Caird Park-Dundee
5000m Track	Michael Ferguson	17.05.49	13/07/2014	Grangemouth
10000m Track				
5000m Road				
10000m Road				
Half Marathon	Ben Taylor	86.26(chip)	25/08/2019	Great Aberdeen HM
Marathon				
High Jump =	Dinkar Sabnis Jr	1.85m	1991	
High Jump =	William Smy	1.85m	02/08/2009	Caird Park-Dundee
Long Jump (i)	Stewart Clark	6.45m	12/12/2009	Aberdeen Sports Village
Long Jump	Dinkar Sabnis Jr	6.41m	1991	
Triple Jump	Dinkar Sabnis Jr	14.09m	1991	
Pole Vault	Daniel Rees	3.50m	12/07/2015	Grangemouth
Javelin 800g	Rory Stewart	43.83m	27/08/2016	Grangemouth
Discus 1.75k	Cameron Cowie	36.19m	19/08/2017	Scotstoun-Glasgow
Shot 6k	John Fyvie	11.57m	20/07/2020	Elgin
Hammer 6k	John Fyvie	45.36m	17/08/2001	Banchory
Decathlon	Daniel Rees	5852pts	11/12/07/2015	Grangemouth

## MALE CLUB RECORDS up to 30 September 2023

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SENIOR MEN
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EVENT	NAME	RECORD	DATE	PLACE
60m (i)	Alexander Dawes	7.3	1993	
100m	Alexander Dawes	11.3	1993	
200m	Stewart Clark	23.02	27/06/2021	Aberdeen Sports Village
400m	Stewart Clark	50.22	18/07/2021	Grangemouth
60mH (i)	Daniel Rees	8.92	06/02/2016	EA-Glasgow
110mH	Daniel Rees	15.62	03/06/2017	Lee Valley
400mH	Daniel Rees	53.60	14/08/2022	Aberdeen Sports Village
800m	Michael Ferguson	1.51.78	03/06/2016	Crownpoint-Glasgow
1500m	Michael Ferguson	3.45.27	28/05/2016	Watford
3000m S/c	Andrew J Ferguson	10.26.7	05/07/2015	Kilmarnock
3000m Track (i)	Michael Ferguson	8.15.60	03/01/2020	EA-Glasgow
3000m Track	Michael Ferguson	8.16.77	04/06/2021	Linwood
5000m Track	Michael Ferguson	14.17.96	23/07/2022	Trafford - Manchester
<b>10000m Track</b>	<b>Michael Ferguson</b>	<b>29.52.37</b>	<b>28/04/2023</b>	<b>Crownpoint-Glasgow</b>
5000m Road	Michael Ferguson	14.25.00	16/07/2022	Barrowfield
10000m Road	Andrew J Ferguson	33.57(chip)	10/09/2017	Stirling
<b>Half Marathon</b>	<b>Michael Ferguson</b>	<b>66.23.00</b>	<b>12/03/2023</b>	<b>Inverness</b>
Marathon	Alan Sealy	2h54m.51	29/09/2013	Loch Ness-Inverness
High Jump	Daniel Rees	1.81m	28/05/2016	Kilmarnock
Long Jump	Fraser Davidson	6.44m	14/05/2005	Scotstoun-Glasgow
Triple Jump	Fraser Davidson	12.88m	15/05/2004	Meadowbank-Edinburgh
Pole Vault (i)	Tom Leeson	3.45m	21/02/2009	KH-Glasgow
Pole Vault	Tom Leeson	3.00m	05/06/2011	Aberdeen Sports Village
Javelin 800g	Tom Leeson	42.94m	04/08/2013	Caird Park-Dundee
Discus 2k	Ian Christie	35.34m	1983	
Shot 7.26k	Ian Christie	12.68m	1979	
Hammer 7.26k	Neil Fyvie	36.89m	1999	
Heptathlon (i)	Tom Leeson	4971pts	220/02/2009	KH-Glasgow
Decathlon	Tom Leeson (M50)	7074pts	17/10/2013	Porto Alegre-Brasil
Decathlon	Fraser Davidson (SM)	4817pts	21/05/2006	Scotstoun-Glasgow

U20 and Senior Records split in 2021