

RCAC CLUB RECORDS

Girls U11						
Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Girls U11	60m	Sinead Cracknell	9.23	Inverness	23/04/2000	
Girls U11	75m	Brooklyn Dunn	11.7	Inverness	04/09/2016	
Girls U11	80m	Holly Stewart	12.09	Inverness	29/04/2018	
Girls U11	100m	Paula Young	14.4	Unknown	1987	
Girls U11	150m	Brooklyn Dunn	24.68	Inverness	04/09/2016	
Girls U11	200m	Paula Young	30.9	Unknown	1987	
Girls U11	600m	Brooklyn Dunn	2.02.78	Inverness	06/08/2016	
Girls U11	800m	Isla Ross	2.45.5	Inverness	13/09/1991	
Girls U11	5K	Brooklyn Dunn	22.33	Alness Parkrun	02/12/2017	
Girls U11	High Jump	Rebecca Ross	1.16m	Inverness	06/06/2004	
Girls U11	Long Jump	Isla Ross	3.97m	Inverness	13/09/1992	
Girls U11	Shot Put	Chloe Fraser	6.18m	Inverness	08/08/2004	
Girls U11	Discus	Brooklyn Dunn	13.17m	Inverness	22/07/2017	
Girls U11	Javelin	Kirsty Law	13.26m	Inverness	25/05/1997	
Girls U11	4x100m R	Holly Stewart / Tayler Barlow / Caitlyn Heggie / Brooklyn Dunn	102.73	Aberdeen	10/09/2017	
Girls U11	4x200m R	S MacLennan/C Naisby/L MacAllister/L MacLean	2.14.0	Peterhead	10/09/1989	

Boys U11						
Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Boys U11	60m	Andrew Munro	9.1	Inverness	11/09/1994	
Boys U11	75m	Logan Mathieson	11.4	Dundee	03/05/2009	
Boys U11	80m	Zak Fearn	12.12	Inverness	01/05/2016	
Boys U11	100m	Matthew Taylor	14	Inverness	13/05/1990	
Boys U11	150m	Ryan Sutherland	24.02	Inverness	04/09/2015	
Boys U11	200m	Matthew Taylor	29.5	Inverness	13/05/1990	
Boys U11	400m	Andrew Young	72.2	Muir of Ord	1988	
Boys U11	600m	Craig McCourt	1.57.18	Inverness	08/07/2001	
Boys U11	800m	David Melville	2.37.3	Livingston	23/06/1991	
Boys U11	1500m	Connor Campbell	5.31.1	Inverness	16/09/1990	
Boys U11	5K	Sam Coull	19.59	Inverness Parkrun	15/04/2017	
Boys U11	High Jump	Craig Lewis	1.35m	Dingwall	1988	
Boys U11	Long Jump	Craig Lewis	4.33m	Dingwall	1988	
Boys U11	Shot Put	Morris Dillon	7.95m	Inverness	23/08/1992	
Boys U11	Discus	Ewan Ogilvie	16.80m	Inverness	05/05/2010	
Boys U11	Javelin	Thomas Brown	27.06m	Aberdeen	08/09/1991	
Boys U11	4x100m R	D MacLennan / Sam Coull / Ryan SutherlandM / Zak Fearn	1.00.48	Aberdeen	11/09/2016	
Boys U11	4x200m R	A Riding / C Campbell / M Dillon / D Melville	2.07.7	Inverness	18/08/1991	

Girls U13						
Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Girls U13	60m	Kirsten Goddard	8.82	Meadowbank	21/01/1989	
Girls U13	60m i	Brooklyn Dunn	9.54	Aberdeen SV	21/01/2018	
Girls U13	60m H i	Brooklyn Dunn	12.18	Aberdeen SV	17/12/2017	
Girls U13	70m H	Jennifer Donald	12.3	Coatbridge	11/06/1989	
Girls U13	75m	Tayler Barlow	11	Inverness	19/05/2019	
Girls U13	75m H					
Girls U13	100m	Paula Young	13.7	Montrose	16/09/1989	
Girls U13	150m	Sinead Cracknell	21.11	Inverness	04/08/2002	
Girls U13	200m	Isla Ross	27.6	Livingston	12/06/1994	
Girls U13	400m	Sarah Clark	67	Unknown	1986	
Girls U13	800m	Isla Ross	2.25.8	Inverness	05/06/1994	
Girls U13	1000m 1K	Michelle Brown	3.49.9	Grangemouth	01/06/1997	
Girls U13	1200m	Caitlyn Heggie	04:30.2	Aberdeen	01/09/2019	
Girls U13	1500m	Isla Ross	5.12.7	Grangemouth	15/09/1993	
Girls U13	5K	Brooklyn Dunn	22.22	Alness Parkrun 20	03/02/2018	
Girls U13	High Jump	Femke Waite	1.34m	Aberdeen	01/09/2019	
Girls U13	Long Jump	Isla Ross	4.61m	Inverness	23/07/1994	
Girls U13	Long Jump i	Brooklyn Dunn	3.77m	Aberdeen SV	17/12/2017	
Girls U13	Triple Jump					
Girls U13	Shot Put	Tracy Johnstone	8.49m	Unknown	1987	
Girls U13	Shot Put i	Femke Waite	7.15m	Inverness	16/02/2019	
Girls U13	Discus	Femke Waite	25.14	Inverness	07/09/2019	
Girls U13	Javelin	Lorna Brindle	28.38m	Inverness	19/09/1993	
Girls U13	4x100m R	Unknown	57	Coatbridge	28/05/1989	
Girls U13	4x200m R	Unknown	2.04.6	Inverness	25/06/1989	
Girls U13	4x400m R					
Girls U13	Pentathlon	Femke Waite	1792	Livingston	28/07/2019	

Boys U13						
Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Boys U13	60m	Arran Buchanan	8.26	Emirates Glasgow	14/02/2015	
Boys U13	60m i					
Boys U13	60m H i					
Boys U13	70m H	Gavin Cumming	12.5	Aberdeen	08/09/1991	
Boys U13	75m	Sam Coull	12.4	Inverness	17/06/2017	
Boys U13	75m H	David Wattssman	12.6	Inverness	14/09/1995	
Boys U13	100m	Arran Buchanan	12.46	Aberdeen Final	06/09/2015	

Boys U13	150m	Ross MacDonald	21.93	Inverness	05/08/2001
Boys U13	200m	Arran Buchanan	25.72	Grangemouth	22/08/2015
Boys U13	400m	David Wattzman	61	Inverness	24/09/1995
Boys U13	800m	Gary Martin	2.18.65	Grangemouth	31/08/1992
Boys U13	1000m 1K				
Boys U13	1200m	Sam Coull	3.55.89	Aberdeen	10/09/2017
Boys U13	1500m	Gary Martin	4.45.9	Inverness	27/09/1992
Boys U13	5K	Sam Coull	18.44	Alness Parkrun # 4	16/09/2017
Boys U13	High Jump	Craig Lewis	1.60m	Pitreavie	29/07/1990
Boys U13	Long Jump	James Price	5.06m	Unknown	1985
Boys U13	Long Jump i	Zak Fearn	4.5	Aberdeen	17/03/2019
Boys U13	Triple Jump	Andrew Young	10.17m	Grangemouth	26/08/1990
Boys U13	Shot Put	Graeme Allan	11.59m	Pitreavie	31/07/1993
Boys U13	Shot Put i				
Boys U13	Discus	Graeme Allan	30.60m	Livingston	20/06/1993
Boys U13	Javelin	Austen MacKnight	33.40m	Inverness	09/09/1990
Boys U13	4x100m R	A Young, C Lewis, D Cameron, A MacKnight	54.2	Inverness	16/09/1992
Boys U13	4x200m R	G MacLeod / T MacLean / A Young / C Lewis	1.57.6	Peterhead	10/09/1989
Boys U13	4x400m R	G Martin / J MacDonald / N Tulloch / I Lonnen	4.28.9	Glasgow	10/08/1991
Boys U13	Pentathlon	David Wattzman	1411 pts	Dingwall	04/06/1995

Girls U15

Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Girls U15	60m	Joanna Young	8.9	Meadowbank	22/01/1989	
Girls U15	60m i	Ruby Wittka-Jezewski	8.96	Emirates, Glasgow	01/03/2020	
Girls U15	60m H	Jennifer Donald	11.32	Kelvin Hall	04/02/1990	
Girls U15	60m H i	Daisy Hendry	11.64	Emirates, Glasgow	01/02/2023	thepowerof10
Girls U15	70m H	Ruth McCallum	12.4	Dundee	11/19/1993	
Girls U15	75m H	Daisy Hendry	14.49	Elgin	08/04/2023	thepowerof10
Girls U15	100m	Claire Martin	13	Unknown	1986	
Girls U15	200m	Claire Martin	27.3	Unknown	1986	
Girls U15	300m	Daisy Hendry	50.42	Elgin	08/04/2023	thepowerof10
Girls U15	300m i	Rhiannon Ebrihem	46.95	Emirates, Glasgow	01/03/2020	
Girls U15	400m	Claire Martin	62.4	Unknown	1986	
Girls U15	800m	Isla Ross	2.19.6	Ayr	15/06/1996	
Girls U15	1500m	Lorna Paton	4.57.2	Coatbridge	15/06/1997	
Girls U15	1500m S/C					
Girls U15	3000m 3K	Emily Bell	13:12.03	Inverness	07/09/2019	
Girls U15	1 Mile	Caitlyn Heggie	5.48.08	Stirling	21/05/2021	
Girls U15	5K Road	Caitlyn Heggie	17.33	Edinburgh	06/05/2022	runbritainrankings
Girls U15	High Jump	Susan Fotheringham	1.59m	Unknown	1987	
Girls U15	Long Jump	Jennifer Donald	5.02m	Dundee	33848	
Girls U15	Triple Jump i	Rhiannon Ebrihem	9.84	Emirates, Glasgow	01/03/2020	
Girls U15	Shot Put	Tracy Johnstone	11.6m	Peterhead	32761	
Girls U15	Discus	Tracy Johnstone	29.14m	Unknown	1988	
Girls U15	Javelin	Lorna Brindle	29.04m	Meadowbank	17/08/1995	
Girls U15	Hammer 3K	Daisy Hendry	18.49m	Aberdeen	07/05/2023	thepowerof10
Girls U15	Pole Vault					
Girls U15	4x100m R	P Young / P Melrose/ J Donald / S Bain	54.9	Inverness	14/04/1991	
Girls U15	4x200m R	P Young / P Melrose/ J Donald / S Bain	1.55.0	Peterhead	10/09/1989	
Girls U15	4x400m R					
Girls U15	Pentathlon	Sheilah Bain	2600 pts	Grangemouth	33768	

Boys U15

Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Boys U15	60m					
Boys U15	60m i	Alexander Mackay	7.81	Aberdeen	21/02/2016	
Boys U15	60m H i	Alexander Mackay	9.03	Aberdeen	21/02/2015	
Boys U15	80m H	Stuart Dillon	12.02	Grangemouth	27/08/1989	
Boys U15	100m	Alan Gibson	11.8	Unknown	1985	
Boys U15	200m	Alan Gibson	24.1	Inverness	02/08/2015	
Boys U15	300m	George Ross	39.52	Inverness	24/09/2022	thepowerof10
Boys U15	400m	Andrew Ramsay	54.2	Inverness	18/08/1991	
Boys U15	400m H	Stephen Campbell	62.9	Grangemouth	18/06/1994	
Boys U15	800m	Scott Allan	2.05.6	Inverness	15/09/1990	
Boys U15	1500m	Andrew Baird	04:10.49	Grangemouth	27/08/2022	thepowerof10
Boys U15	1500m S/C	Andrew Ramsay	4.57.1	Grangemouth	25/08/1991	
Boys U15	3000m 3K	Craig Poole	9.19.8	Pitreavie	29/06/1997	
Boys U15	1 Mile	Chris Barnsby	5.08.0	Pitreavie	08/05/1994	
Boys U15	5K	Andrew Baird	16.41	Inverness campus	08/06/2022	runbritainrankings
Boys U15	10K	Sam Coull	36.42	Forres	06/06/2021	
Boys U15	High Jump	Craig Lewis	1.80m	Inverness	13/09/1992	
Boys U15	Long Jump	Alan Gibson	5.93m	Unknown	1985	
Boys U15	Triple Jump	Kevin MacLennan	13.34m	Grangemouth	29/08/1993	
Boys U15	Shot Put	Ross MacDonald	13.56m	18/02/1993	Kelvin Hall	
Boys U15	Discus	Cameron Shaw	34.84m	Crownpoint	31/07/1994	
Boys U15	Javelin	Matthew Tyson	45.7m	Pitreavie	29/06/1997	
Boys U15	Hammer	Gabriel McFarlane	42.58	Inverness	06/07/2018	
Boys U15	Pole Vault	Reuben McFarlane	3.10m	Scotstoun	20/08/2017	
Boys U15	4x100m R	A Young / B MacLean / D Mackay / P Annal	50.12	Crownpoint	15/09/1992	
Boys U15	4x200m R	A Young / B MacLean / D Mackay / P Annal	1.43.0	Peterhead	10/09/1989	
Boys U15	4x400m R	C Barnsby / S Duncan / S Campbell / A MacKenzie	3.56.4	Pitreavie	03/07/1994	
Boys U15	Pentathlon	Dave Dunn	2348 pts	Grangemouth	11/06/1994	

Ladies U17

Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Ladies U17	60m H	Jennifer Donald	12.35	Kelvin Hall	12/02/1993	
Ladies U17	80m H	Ruth McCallum	12.3	Crownpoint	18/06/1994	
Ladies U17	100m	Paula Young	12.9	Inverness	23/08/1992	
Ladies U17	100m H	Tracy Johnstone	17.3	Inverness	15/09/1991	
Ladies U17	200m	Linda Clement	26.7	Nairn	18/06/1995	
Ladies U17	300m	Linda Clement	42.6	Pitreavie	01/06/1995	
Ladies U17	300m H	Ruth McCallum	46.4	Pitreavie	08/07/1995	
Ladies U17	400m	Claire Martin	61.1	Unknown	1987	
Ladies U17	400m H	Tracy Johnstone	70.3	Dundee	01/09/1991	
Ladies U17	800m	Claire Falconer	2.19.4	Coatbridge	13/09/1992	
Ladies U17	1500m	Caitlyn Heggie	04:44.38	Scotstoun Glasgow	29/07/2022	thepowerof10
Ladies U17	3000m 3K	Caitlyn Heggie	9:59.99	Loughborough	03/09/2022	thepowerof10
Ladies U17	5000m Track					
Ladies U17	High Jump	Susan Fotheringham	1.62m	Inverness	02/07/1989	
Ladies U17	Long Jump	Jennifer Donald	5.02m	Wishaw	25/06/1992	
Ladies U17	Triple Jump	Aileen Kerr	9.96m	Grangemouth	21/06/1995	
Ladies U17	Shot Put	Lesley Robertson	10.47m	Coatbridge	15/06/1997	
Ladies U17	Discus	Michelle Bowden	34.14m	Inverness	07/06/1994	
Ladies U17	Javelin	Joanna MacDonald (new 500g Weight)	28.08m	Inverness	03/06/2014	
Ladies U17	Hammer	Ella Moxon	18.97m	Inverness	28/06/2015	
Ladies U17	Pole Vault					
Ladies U17	4x100m R	A Kerr / J Harris / R McCallum / L Clement	53.1m	Coatbridge	21/06/1995	
Ladies U17	4x200m R	A MacPhee / L Fraser / L MacLean / S Lean	02:08.49	Inverness	04/08/2002	
Ladies U17	4x400m R					
Ladies U17	Pentathlon	Jennifer Donald	2675 pts	Grangemouth	12/06/1993	
Ladies U17	Heptathlon	Jennifer Donald	3483 pts	Linwood	25/07/1993	
Ladies U17	Octathlon					
Ladies U17	Nonathlon					

Men U17

Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Men U17	60m					
Men U17	60mi	Alexander MacKay	7.61	Aberdeen	22/01/2017	
Men U17	60m H					
Men U17	80m H					
Men U17	100m	Scott MacDonald	11.2	Inverness	26/06/2003	
Men U17	100m H	Matthew Thompson	13.72	Tullamore IRL	31/08/2003	
Men U17	200m	Scott MacDonald	22.73	Inverness	31/08/2003	
Men U17	300m	Scott MacDonald	37.65	Inverness	14/09/2003	
Men U17	300m H					
Men U17	400m	James MacPhail	51.77	Inverness	20/09/2008	
Men U17	400m H	James MacPhail	55.91	Inverness	20/09/2008	
Men U17	800m	Andrew Baird	1.57.38	Crownpoint	02/07/2023	thepowerof10
Men U17	1500m	Andrew Baird	3:56.85	Livingston	01/09/2023	thepowerof10
Men U17	1500m S/C	Andrew Baird	4:19.56	Grangemouth	15/07/2023	thepowerof10
Men U17	1 mile	Andrew Baird	4:18.34	Stirling	26/08/2023	thepowerof10
Men U17	2000m S/C	Brian Fraser	6:25.5	Grangemouth	27/08/1989	
Men U17	3000m 3K	Brian Fraser	9:03.14	Meadowbank	01/07/1989	
Men U17	5000m Track	Brian Fraser	16:31.7	Inverness	1989	
Men U17	High Jump	Fraser Lewis	1.88m	Dingwall	14/06/1989	
Men U17	Long Jump	Jeff Applegate	6.33m	Glasgow	09/06/2001	
Men U17	Triple Jump	Kevin MacLennan	13.76m	Colwyn Bay	16/07/1995	
Men U17	Shot Put	Matthew Thompson	13.79m	Glasgow	09/06/2001	
Men U17	Discus	Sinclair Patience	40.07m	Inverness	08/09/2002	
Men U17	Javelin	A Macfarlane	54.52m	Inverness	10/09/2016	
Men U17	Hammer	Gabriel McFarlane	46.33m	Inverness	23/12/2019	
Men U17	Hammer	Sinclair Patience	32.39m	Unknown	2001	
Men U17	Pole Vault	Andrew McFarlane	4.23m	Grangemouth	07/12/2016	
Men U17	4x100m R	S MacLeod / S Milne / K Urquhart / S MacDonald	47.12	Inverness	23/07/2002	
Men U17	4x200m R	D Chapman / S Duncan / K MacLennan / F MacKeivitt	1:37.7	Aberdeen	02/08/1995	
Men U17	4x400m R	S Milne / S Dillon / D Ross / G Morris	3:40.5	Aberdeen	08/09/1991	
Men U17	Pentathlon	Matthew Thompson	3155 pts	Grangemouth	09/06/2001	
Men U17	Heptathlon					
Men U17	Octathlon	Matthew Thompson	4253 pts	Grangemouth	08/07/2001	
Men U17	Nonathlon	Matthew Thompson	4525 pts	Bourgoin-Jallieu	19/09/1993	

Ladies U20

Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Ladies U20	60m i					
Ladies U20	100m	Paula Young	12.9	Inverness	23/08/1992	
Ladies U20	100m H	Ruth McCallum	15.5	Inverness	11/05/1997	
Ladies U20	200m	Ruth McCallum	26.7	Inverness	25/05/1997	
Ladies U20	200m i					
Ladies U20	300m	Paula Young	45.8	Ayr	25/04/1993	
Ladies U20	400m	Ruth McCallum	59.4	Coatbridge	15/06/1997	
Ladies U20	400m H	Ruth McCallum	62.59	Grangemouth	28/06/1997	
Ladies U20	800m	Claire Falconer	2:15.17	Meadowbank	15/05/1994	
Ladies U20	1500m	Claire Falconer	4:41.74	Meadowbank	15/05/1994	
Ladies U20	2000m S/C					
Ladies U20	3000m 3K	Claire Falconer	10:28.8	Grangemouth	09/07/1994	
Ladies U20	5000m Track					
Ladies U20	10k					
Ladies U20	High Jump	Sheilah Bain	1.63m	Inverness	07/06/1994	

Ladies U20	Long Jump	Sheilah Bain	4.96m	Grangemouth	11/06/1994
Ladies U20	Triple Jump	Sheilah Bain	10.70m	Pitreavie	08/07/1995
Ladies U20	Shot Put	Sheilah Bain	10.91m	Ayr	18/07/1995
Ladies U20	Discus	Michelle Bowden	32.68m	nairn	19/06/1994
Ladies U20	Javelin	Tracy Johnstone	32.52m	Grangemouth	05/09/1993
Ladies U20	Hammer	Tracy Johnstone	22.40m	Inverness	10/04/1994
Ladies U20	Pole Vault				
Ladies U20	4x100m R	P Young / S Bain / J Donald / M Wood	53.8	Livingston	12/06/1994
Ladies U20	4x200m R	R McCallum / A Kerr / S Bain / P Young	1.52.6	Inverness	25/05/1994
Ladies U20	4x400m R	Y Simpson / I Ross / R McCallum / L Clement	4.18.9	Inverness	25/05/1997
Ladies U20	Pentathlon	Sheilah Bain	2772 pts	Grangemouth	11/06/1994
Ladies U20	Decathlon				
Ladies U20	10 miles				
Ladies U20	Half Marathon				

Men U20

Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Men U20	60m i	Scott MacDonald	7.19	Kelvin Hall	12/02/2004	
Men U20	100m	Scott MacDonald	11.28	Bedford	30/05/2004	
Men U20	100m H	Kevin MacLennan	14.9	Pitreavie	15/06/1996	
Men U20	110m H	Andrew McFarlane	15.87	Grangemouth	02/06/2018	
Men U20	200m	Scott MacDonald	22.38	Inverness	12/06/2004	
Men U20	200m i	Scott MacDonald	23	Kelvin Hall	12/02/2004	
Men U20	300m				09/04/2017	
Men U20	400m	Scott MacDonald	51.99	Inverness	06/06/2004	
Men U20	400m H	Andrew Ramsay	56.8	Inverness	19/07/1994	
Men U20	800m	Finlay Todd	1.58.8	Inverness	01/09/2018	
Men U20	1500m	Finlay Todd	4.05.59	Inverness SNDC	12/05/2017	
Men U20	2000m S/C	Norman Tulloch	6.49.7	Grangemouth	17/06/1995	
Men U20	3000m Track	Finlay Todd	9.03.71	Inverness	01/07/2018	
Men U20	5000m Track	Hamish Hickey	16.00.08	Inverness	12/05/2018	
Men U20	10k	Hamish Hickey	34.08	Nairn	04/03/2018	
Men U20	High Jump	Craig Lewis	1.95m	Coatbridge	16/06/1996	
Men U20	Long Jump	Andrew McFarlane	6.85m	Inverness	12/05/2018	
Men U20	Triple Jump	Kevin MacLennan	13.28m	Meadowbank	19/05/1996	
Men U20	Shot Put	Steven Paton	11.93m	Nairn	04/05/1997	
Men U20	Discus	Andrew Sutherland	36.16m	Grangemouth	17/06/1995	
Men U20	Javelin	Andrew McFarlane	58.62	Inverness	13/04/2019	
Men U20	Hammer	David Ross	26.88m	Inverness	16/05/1993	
Men U20	Pole Vault	Andrew McFarlane	4.61m	Inverness	23/06/2017	
Men U20	4x100m R					
Men U20	4x200m R					
Men U20	4x400m R					
Men U20	Pentathlon	Kevin MacLennan	2929 pts	Pitreavie	08/06/1996	
Men U20	Decathlon	Andrew McFarlane	6169	Bedford	27/05/2018	
Men U20	Decathlon	Craig Lewis	4923 pts	Ayr	21/07/1996	
Men U20	10 miles	Hamish Hickey	58.17	Motherwell	01/04/2018	
Men U20	Half Marathon	Hamish Hickey	1.18.00	Inverness Half Mar	11/03/2018	
Men U20	Marathon	Adam MacLennan	3.09.23	Edinburgh	27/05/2018	

Ladies SEN

Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Ladies SEN	100m	Paula Young	12.9	Inverness	23/08/1992	
Ladies SEN	100m H	Ruth McCallum	16.2	Coatbridge	15/06/1997	
Ladies SEN	200m	Ruth McCallum	26.7	Inverness	25/05/1997	
Ladies SEN	300m	Claire Falconer	34.1	Coatbridge	13/09/1997	
Ladies SEN	400m	Ruth McCallum	59.4	Coatbridge	15/06/1997	
Ladies SEN	400m H	Ruth McCallum	62.59	Grangemouth	28/06/1997	
Ladies SEN	800m	Claire Falconer	2.15.17	Meadowbank	13/07/1994	
Ladies SEN	1500m	Claire Falconer	4.50.2	Livingston	19/09/1992	
Ladies SEN	1500m S/C	Mary MacGillivray	6.58.37	Inverness	22/08/2010	
Ladies SEN	2000m S/C					
Ladies SEN	3000m 3K	Claire Falconer	10.28.8	Grangemouth	09/07/1994	
Ladies SEN	3000m S/C					
Ladies SEN	5000m Track					
Ladies SEN	5K Parkrun (Dogless)	Vikki Thompson	19.04	Alness	09/03/2019	
Ladies SEN	10000m Track					
Ladies SEN	10K Road	Vikki Thompson	39:59	Forres	13/12/2020	
Ladies SEN	High Jump	Sheilah Bain	1.63m	Inverness	07/06/1994	
Ladies SEN	Long Jump	Jennifer Donald	5.02m	Wishaw	26/05/1992	
Ladies SEN	Triple Jump	Sheilah Bain	10.70m	Pitreavie	08/07/1995	
Ladies SEN	Shot Put	Sheilah Bain	11.02m	Coatbridge	15/06/1997	
Ladies SEN	Discus	Julie Wyatt	39.58m	Inverness	10/04/2011	
Ladies SEN	Javelin	Tracy Johnstone	32.52m	Grangemouth	05/09/1993	
Ladies SEN	Hammer	Tracy Tamijmarane	31.04m	Inverness	25/04/2010	
Ladies SEN	Pole Vault	Alison Cameron	1.5m	Inverness	22/08/2010	
Ladies SEN	4x100m R	D Facoory / C Martin / S Sutherland / T Johnstone	53.4	Aberdeen	08/09/1991	
Ladies SEN	4x200m R	R McCallum / A Kerr / S Bain / P Young	1.52.6	Inverness	21/08/1994	
Ladies SEN	4x400m R	Y Simpson / I Ross / R McCallum / L Clement	4.18.9	Inverness	25/05/1997	
Ladies SEN	Decathlon					
Ladies SEN	10 miles					
Ladies SEN	Half Marathon					
Ladies SEN	Marathon	Kirsty Watson	03:15:55	Inverness, Baxters	06/10/2019	

Men SEN						
Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Men SEN	60m	Daniel McFarlane	7.43	Sheffield	06/01/2018	
Men SEN	100m	Steven Evans	11.3	Inverness	15/07/1989	
Men SEN	100m H	Stuart Dillon	15.76	Ayr	21/06/1992	
Men SEN	110m h	Daniel McFarlane	15.69	Grangemouth	14/04/2018	
Men SEN	200m	Steven Evans	23.5	Inverness	19/05/1990	
Men SEN	300m					
Men SEN	400m	Kevin Prosser	51.7	Coatbridge	15/08/1993	
Men SEN	400m H	Andrew Ramsay	58.3	Ayr	12/06/1994	
Men SEN	800m	Finlay Todd	1.55.97	Inverness	04/07/2021	
Men SEN	1500m	Finlay Todd	3.48.77	loughburgh	23/06/2021	
Men SEN	1 mile	Finlay Todd	4.11.78	Stirling	21/05/2021	
Men SEN	1500m S/C					
Men SEN	2000m S/C	Brian Fraser	6.21.8	Inverness	01/01/1900	
Men SEN	3000m 3K	Finlay Todd	8.29.16	Linwood	04/06/2021	
Men SEN	3000m S/C	Herald Wright	9.44.47	Greenock	04/08/1996	
Men SEN	5000m Track	Herald Wright	15.12.62	Meadowbank	15/09/1996	
Men SEN	5K Road	Eoin Coull	16.56	Inverness	12/07/2019	
Men SEN	5k Parkrun (Dogless)	Eoin Coull	17.08	Alness	14/03/2020	
Men SEN	10000m Track	Brian Fraser	33.39.5	Inverness	23/09/1991	
Men SEN	10K Road	Eoin Coull	34.54	Milton Duff	31/03/2019	
Men SEN	High Jump	Craig Lewis	1.95m	Coatbridge	15/08/1993	
Men SEN	Long Jump	Neil Lornie	6.56m	Ayr	12/06/1994	
Men SEN	Triple Jump	Neil Lornie	13.49m	Coatbridge	13/06/1993	
Men SEN	Shot Put	Michael Harper	12.62m	Unknown	1988	
Men SEN	Discus	Steven Cameron	40.88m	Ayr	03/08/1997	
Men SEN	Javelin	Daniel McFarlane	43.78m	Grangemouth	15/07/2018	
Men SEN	Hammer 6K	David Ogilvie	33.92m	Inverness	20/05/2022	thepowerof10
Men SEN	Pole Vault i	Daniel McFarlane	4.10i	Emirates Arena	10/02/2018	
Men SEN	Pole Vault	Angus MacLeod	3.00m	Coatbridge	15/08/1993	
Men SEN	4x100m R	J Lornie / S Evans / N Lornie / I Fraser	46.06	Wishaw	26/05/1991	
Men SEN	4x200m R	A Gibson / S Evans / R MacLeod / R Cameron	1.39.8	Inverness	24/06/1990	
Men SEN	4x400m R	D Shand / A Ramsay / A MacLeod / J White	3.37.5	Ayr	12/06/1994	
Men SEN	Decathlon	Daniel McFarlane	5165	Grangemouth	15/07/2018	
Men SEN	Decathlon	Craig Lewis	5111 pts	Linwood	20/07/1997	
Men SEN	10 miles	Eoin Coull	58.2	Motherwell	01/04/2018	
Men SEN	Half Marathon	Eoin Coull	75.44	Lossiemouth	16/02/2020	
Men SEN	Marathon	Eoin Coull	2.46.05	Manchester	07/04/2019	

Ladies V40						
Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Ladies V40	100m					
Ladies V40	200m	Lorraine Coull	40.08	Inverness	01/07/2018	
Ladies V40	800m	Jo Ellen	03:12.9	Aberdeen	06/09/2015	
Ladies V40	1500m					
Ladies V40	3000 SC					
Ladies V40	3000m Track					
Ladies V40	5000m Track					
Ladies V40	Discus	Alison Heggie	13.43	Inverness	09/09/2018	
Ladies V40	Hammer	Alison Heggie	11.65	Inverness	01/07/2018	
Ladies V40	Javelin 600g	Alison Heggie	12.66	Inverness	27/05/2018	
Ladies V40	Pole Vault	Alison Cameron	1.5m	Inverness	22/08/2010	
Ladies V40	5K Road	Lorraine Coull	22:33	Inverness Campus	13/07/2018	
Ladies V40	5K Parkrun (Dogless)	Karen Crawford	21.34	Alness	21/08/2021	parkrun.org.uk
Ladies V40	10K Road	Lorraine Coull	46.59	Nairn	01/03/2020	
Ladies V40	Half Marathon	Lorraine Coull	99.59	Lossiemouth	16/02/2020	
Ladies V40	Marathon	Alison Cameron	4.35.24	London Marathon	17/04/2011	

Men V40						
Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Men V40	100m	Eoin Coull	13.87	Inverness	25/06/2017	
Men V40	800m	Eoin Coull	02:21.7	Inverness	09/09/2018	
Men V40	1500m	Eoin Coull	4.43.91	Aberdeen	10/09/2017	
Men V40	3000 SC	Eoin Coull	11.04.28	Preston PSUK	28/06/2017	
Men V40	3000m Track	Eoin Coull	10:10.8	Inverness	06/08/2017	
Men V40	5000m Track	Eoin Coull	17:23.0	Inverness	12/05/2018	
Men V40	Shot Putt	Dave Ogilvie	11.98	Aberdeen	10/09/2017	
Men V40	Discus	Dave Ogilvie	35.76	Inverness	13/05/2017	
Men V40	Javelin	Dave Ogilvie	27.11m	Inverness	04/08/2013	
Men V40	Long Jump	Eoin Coull	4.5	Inverness	01/05/2016	
Men V40	Triple Jump					
Men V40	Hammer	David Ogilvie	36.51m	Inverness	17/05/2009	
Men V40	5k Parkrun (Dogless)	Eoin Coull	17.08	Alness	14/03/2020	
Men V40	5K Road	Eoin Coull	16:56	Inverness Campus	12.07.2019	
Men V40	10K Road	Eoin Coull	34.54	Milton Duff	31/03/2019	
Men V40	10 Mile	Eoin Coull	58.2	Motherwell	01/04/2018	
Men V40	Half Marathon	Eoin Coull	75.44	Lossiemouth	16/02/2020	
Men V40	Marathon	Eoin Coull	2.46.05	Manchester	07/04/2019	

Ladies V50						
Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Ladies V50	100m					
Ladies V50	200m					
Ladies V50	1500m					

Ladies V50	3000 SC
Ladies V50	3000m Track
Ladies V50	5000m Track
Ladies V50	Discus
Ladies V50	Hammer
Ladies V50	Javelin 600g
Ladies V50	Pole Vault
Ladies V50	5K Road
Ladies V50	5K Parkrun (Dogless)
Ladies V50	10K Road
Ladies V50	10K Road
Ladies V50	Half Marathon
Ladies V50	Marathon

Men V50

Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Men V50	100m	Thomas Mathieson	15.36	Inverness	25/06/2017	
Men V50	800m	Thomas Mathieson	2.49.0	Inverness	01/05/2016	
Men V50	1500m	Martin Robinson	5.15.75	Inverness	23/04/2023	thepowerof10
Men V50	3000 SC					
Men V50	3000m Track	Thomas Mathieson	12.19.02	Inverness	07/08/2016	
Men V50	5000m Track					
Men V50	Shot Putt 6K	David Ogilvie	11.35	Coventry	11/08/2021	thepowerof10
Men V50	Discus DT1.5K	David Ogilvie	31.57	Coventry	11/08/2021	thepowerof10
Men V50	Javelin					
Men V50	Long Jump	Thomas Mathieson	4.08	Inverness	29/06/2014	
Men V50	Triple Jump					
Men V50	Hammer 6K	David Ogilvie	33.92	Inverness	20/05/2022	thepowerof10
Men V50	5K Parkrun (Dogless)	Martin Robinson	18:28	Alness	04/06/2022	thepowerof10
Men V50	5K Road	Robert Maclean	21:37	Edinburgh	13/01/2018	
Men V50	10K Road	Martin Robinson	0:38:16	Inverness	02/10/2022	thepowerof10
Men V50	10 Mile	Robert Maclean	1.06.52	Lossiemouth	15/12/2019	
Men V50	Half Marathon	Robert Maclean	1.24.21	Lossiemouth	16/02/2020	
Men V50	Marathon	Robert Maclean	3.13.34	London	28/04/2019	

Ladies V60

Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Ladies V60	100m					
Ladies V60	200m					
Ladies V60	1500m					
Ladies V60	3000 SC					
Ladies V60	3000m Track					
Ladies V60	5000m Track					
Ladies V60	Discus					
Ladies V60	Hammer					
Ladies V60	Javelin 600g					
Ladies V60	Pole Vault					
Ladies V60	5K Road					
Ladies V60	5K Parkrun (Dogless)					
Ladies V60	10K Road					
Ladies V60	10K Road					
Ladies V60	Half Marathon					
Ladies V60	Marathon					

Men V60

Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Men V60	100m					
Men V60	800m					
Men V60	1500m					
Men V60	3000 SC					
Men V60	3000m Track					
Men V60	5000m Track					
Men V60	Shot Putt					
Men V60	Discus					
Men V60	Javelin					
Men V60	Long Jump					
Men V60	Triple Jump					
Men V60	Hammer					
Men V60	5K Parkrun (Dogless)					
Men V60	5K Road					
Men V60	8K					
Men V60	10K Road					
Men V60	10 Mile					
Men V60	Half Marathon					

Ladies V70+

Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Ladies V70+	100m					
Ladies V70+	200m					
Ladies V70+	1500m					
Ladies V70+	3000 SC					
Ladies V70+	3000m Track					
Ladies V70+	5000m Track					
Ladies V70+	Discus					

Ladies V70+	Hammer
Ladies V70+	Javelin 600g
Ladies V70+	Pole Vault
Ladies V70+	5K Road
Ladies V70+	5K Parkrun (Dogless)
Ladies V70+	10K Road
Ladies V70+	10K Road
Ladies V70+	Half Marathon
Ladies V70+	Marathon

Men V70+

Category	Event	Record Holder	Time/Dist	Location	Date Set	Results Link
Men V70+	100m					
Men V70+	800m					
Men V70+	1500m					
Men V70+	3000 SC					
Men V70+	3000m Track					
Men V70+	5000m Track					
Men V70+	Shot Putt					
Men V70+	Discus					
Men V70+	Javelin					
Men V70+	Long Jump					
Men V70+	Triple Jump					
Men V70+	Hammer					
Men V70+	5K Parkrun (Dogless)					
Men V70+	5K Road					
Men V70+	8K					
Men V70+	10K Road					
Men V70+	10 Mile					
Men V70+	Half Marathon					
Men V70+	Marathon					