

INVERNESS HARRIERS AAC



SCOTTISH ATHLETICS TOP 10 RANKED ATHLETES

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U13 Boys - Track Events

Event	Year	Name	Performance	Ranking
100 Metres	2009	Chris Brown	13.48	10
100 Metres	2010	Lewis Dinsdale	13.38	5
100 Metres	2010	George Evans	13.65	9
200 Metres	2009	Chris Brown	27.41	6
200 Metres	2009	Bruce Flockhart	28.04	10
200 Metres	2010	Lewis Dinsdale	26.77	2
200 Metres	2011	Daniel MacFarlane	27.45	6
200 Metres	2016	Robin Sneddon	27.50	6
200 Metres	2016	Duncan MacDonald	27.93	10
800 Metres	2007	Craig Campbell	2:20.26	3
800 Metres	2011	Ally Velzian	2:23.1	8
800 Metres	2016	Duncan MacDonald	2:22.8	8
800 Metres	2016	Lachlan Buchanan (U11)	2:23.85	10
1500 Metres	2007	Craig Campbell	4:41.80	1
1500 Metres	2007	Patrick Urquhart	4:52.21	7
1500 Metres	2011	Ally Velzian	4:54.7	5
1500 Metres	2016	Lucas Cairns	4:57.11	9
60m Hurdles	2009	Connell MacDonald	10.69	1
60m Hurdles	2015	Reuben MacFarlane	10.62	4
75m Hurdles	2007	Neil Stewart	15.0	9=
75m Hurdles	2008	Connell MacDonald	14.32	7
75m Hurdles	2009	Connell MacDonald	12.83	1
75m Hurdles	2009	Christopher Brown	14.17	4
75m Hurdles	2010	Reuben Green	13.64	8
75m Hurdles	2014	Reuben MacFarlane	14.06	10
75m Hurdles	2015	Reuben MacFarlane	13.30	5
4x100 Metres	2007	Inverness Harriers AAC	58.74	7
4x100 Metres	2009	Inverness Harriers AAC (Gillan, Flockhart, Macdonald, Brown)	53.69	2
4x100 Metres	2009	Inverness Harriers AAC	55.88	3
4x100 Metres	2011	Inverness Harriers AAC	57.5	6
4x100 Metres	2016	Inverness Harriers AAC	55.36	5
4x200 Metres	2008	Inverness Harriers AAC	2:02.02	5
4x200 Metres	2009	Inverness Harriers AAC	2:00.85	4
4x200 Metres	2010	Inverness Harriers AAC	1:59.55	4
4x200 Metres	2011	Inverness Harriers AAC	2:05.17	6
4x200 Metres	2015	Inverness Harriers AAC	2:01.29	7
4x200 Metres	2016	Inverness Harriers AAC	2:03.92	7
3x800 Metres	2016	Inverness Harriers AAC (Rutter, Cairns, MacDonald)	7:42.72	1

U13 Boys – Field Events / Combined Events

Event	Year	Name	Performance	Ranking
High Jump	2008	Connell MacDonald	1.51	3
High Jump	2009	Connell MacDonald	1.63	1
High Jump	2012	Daniel MacFarlane	1.45	9=
High Jump	2013	Callum Tynan	1.48	1
High Jump	2014	Robbie MacKenzie	1.40	7=
High Jump	2015	Reuben MacFarlane	1.50	3
Pole Vault	2009	Connell MacDonald	2.40	1
Pole Vault	2015	Reuben MacFarlane	2.30i	2
Long Jump	2009	Connell MacDonald	4.60	4
Shot Put	2009	Connell MacDonald	9.57	3
Shot Put	2009	Bruce Flockhart	8.59	8
Shot Put	2010	Lewis Dinsdale	10.63	1
Shot Put	2010	George Evans	9.74	2
Shot Put	2011	Daniel MacFarlane	8.99	5
Shot Put	2012	Andrew MacFarlane	9.33	8
Shot Put	2014	Finbar Dunne	8.93	1
Shot Put	2015	Reuben MacFarlane	9.68	4
Discus Throw	2008	Connell MacDonald	22.68	2
Discus Throw	2008	Iain Beaton	17.71	7
Discus Throw	2008	Jamie Gillan	17.35	9
Discus Throw	2009	Connell MacDonald	27.84	2
Discus Throw	2009	Bruce Flockhart	19.84	7
Discus Throw	2010	George Evans	23.07	2
Discus Throw	2010	Daniel Wilby	18.64	9
Discus Throw	2011	Daniel Wilby	26.67	1
Discus Throw	2011	Daniel MacFarlane	17.14	10
Discus Throw	2012	Alex Geddes	23.17	5
Discus Throw	2013	Cameron MacIntosh	19.47	6
Discus Throw	2014	Reuben MacFarlane	20.19	4
Discus Throw	2014	George Russell	20.17	5
Discus Throw	2014	Matt Macfarlane	19.34	6
Discus Throw	2015	Reuben MacFarlane	25.08	4
Discus Throw	2015	Craig Watts	20.93	5
Discus Throw	2015	Louis Gordon	18.08	10
Discus Throw	2016	Craig Watts	25.80	1
Discus Throw	2019	Rory Stainsby	20.36	3
Javelin Throw	2007	Gordon MacKay	24.67	8
Javelin Throw	2008	Connell MacDonald	26.83	3
Javelin Throw	2009	Connell MacDonald	32.60	1
Javelin Throw	2010	George Evans	25.35	6
Javelin Throw	2011	Daniel Wilby	25.72	10
Javelin Throw	2012	Andrew MacFarlane	38.05	1
Javelin Throw	2013	Cameron MacIntosh	24.57	7
Javelin Throw	2014	Finbar Dunne	29.73	2

U13 Boys – Field Events / Combined Events (continued)

Event	Year	Name	Performance	Ranking
Javelin Throw	2015	Craig Watts	27.75	3
Javelin Throw	2016	Craig Watts	32.23	2
Javelin Throw	2016	Ben Sharpe	27.20	5
Pentathlon	2009	Connell MacDonald	1831	1
Pentathlon	2012	Andrew MacFarlane	1475	2
Pentathlon	2015	Reuben MacFarlane	1445	4
Pentathlon	2016	Ben Sharpe	1355	5

U15 Boys – Track Events

Event	Year	Name	Performance	Ranking
100 Metres	1994	Dean Kane	11.3	5
100 Metres	2011	Christopher Brown	12.02	6
100 Metres	2016	Angus Davren	11.96	10
200 Metres	1994	Dean Kane	23.5	6
200 Metres	2009	Calum Green	24.49	7
200 Metres	2009	David Smith	24.60	9
200 Metres	2016	Arran Buchanan	24.30	9
200 Metres	2019	James Rollo	24.28	9
400 Metres	2009	Calum Green	53.93	2
800 Metres	2014	Joe Arnaud	2:04.23	4
800 Metres	2015	Kieran Chalmers	2:07.84	9
800 Metres	2019	Lachlan Buchanan	2:05.88	5
800 Metres	2020	Lachlan Buchanan	2:00.92	1
1500 Metres	2010	Sean Chalmers	4:20.69	4
1500 Metres	2012	Luke Shaw	4:21.64	6
1500 Metres	2019	Lachlan Buchanan	4:21.71	8
1500 Metres	2020	Lachlan Buchanan	4:09.09	1
3000 Metres	2013	James Geddes	10:10.1	3
3000 Metres	2014	Joe Arnaud	10:16.2	7
3000 Metres	2015	Duncan Cunningham	10:15.7	8
3000 Metres	2015	Ben Johnstone	10:22.7	10
3000 Metres	2019	Jake Henderson	10:12.05	9
60m Hurdles	2010	Connell MacDonald	10.26	5
60m Hurdles	2011	Connell MacDonald	9.96	9
60m Hurdles	2014	Andrew MacFarlane	9.29	3
80m Hurdles	2007	Michael Bull	13.03	9
80m Hurdles	2010	Connell MacDonald	13.16	9
80m Hurdles	2014	Andrew MacFarlane	11.97	3
4x100 Metres	2009	Inverness Harriers AAC	50.24	10
4x100 Metres	2011	Inverness Harriers AAC	50.01	10
4x100 Metres	2012	Inverness Harriers AAC	48.98	7
4x100 Metres	2016	Inverness Harriers AAC	49.09	10
4x200 Metres	2008	Inverness Harriers AAC	1:49.45	10
4x200 Metres	2010	Inverness Harriers AAC	1:43.25	3
4x200 Metres	2011	Inverness Harriers AAC	1:49.72	9
4x200 Metres	2011	Inverness Harriers AAC	1:42.97	4
4x200 Metres	2015	Inverness Harriers AAC	1:49.7	8
4x300 Metres	2014	Inverness Harriers AAC	2:53.13	6
4x300 Metres	2015	Inverness Harriers AAC	2:49.71	4
4x300 Metres	2019	Inverness Harriers AAC	2:53.07	7
4x400 Metres	2011	Inverness Harriers AAC	4:12.93	8

U15 Boys – Field Events / Combined Events

Event	Year	Name	Performance	Ranking
High Jump	1994	Dean Kane	1.69	3
High Jump	2008	Ian Coghill	1.70	4
High Jump	2009	Jordan MacDonald	1.66	7
High Jump	2010	Drew Spark-Whitworth	1.75	3
High Jump	2010	Connell MacDonald	1.64i	10
High Jump	2011	Connell MacDonald	1.66	3
High Jump	2014	Callum Tynan	1.68	8
High Jump	2014	Andrew MacFarlane	1.66	9
High Jump	2015	Callum Tynan	1.73	5
High Jump	2016	Angus Davren	1.71	4
Pole Vault	2010	Connell MacDonald	2.40	3=
Pole Vault	2011	Connell MacDonald	2.60i	3
Pole Vault	2013	Andrew MacFarlane	2.80i	2
Pole Vault	2013	Daniel MacFarlane	2.55	4
Pole Vault	2014	Andrew MacFarlane	3.70	1
Pole Vault	2014	Tom Evans	2.20	5
Long Jump	2010	George Goddard	5.44	10
Long Jump	2015	Stephen MacKenzie	5.66	8
Triple Jump	2008	Craig Cameron	10.94	8
Triple Jump	2010	Drew Spark-Whitworth	11.74	2
Triple Jump	2010	Connell MacDonald	10.74	6
Triple Jump	2011	Connell MacDonald	12.00	1
Triple Jump	2015	Duncan Cunningham	12.04	1
Triple Jump	2015	Stephen MacKenzie	11.74	3
Triple Jump	2015	Ben Johnstone	10.77	10
Shot Put	2011	George Evans	12.08	5
Shot Put	2012	George Evans	15.20	2
Shot Put	2013	Daniel Wilby	11.89	8
Shot Put	2014	Andrew MacFarlane	12.03	4
Shot Put	2015	Andrew Bowsher	11.48	8
Shot Put	2015	Finbar Dunne	11.41	9
Shot Put	2016	Finbar Dunne	14.21	1
Shot Put	2019	James Rollo	12.41	5
Discus Throw	2011	Connell MacDonald	30.99	6
Discus Throw	2011	George Evans	28.80	9
Discus Throw	2012	George Evans	43.18	1
Discus Throw	2012	Bruce Flockhart	31.76	5
Discus Throw	2012	Daniel Wilby	30.74	9
Discus Throw	2013	Daniel Wilby	35.00	2
Discus Throw	2014	Alex Geddes	34.18	4
Discus Throw	2014	Andrew MacFarlane	34.13	5
Discus Throw	2015	Finbar Dunne	33.74	3
Discus Throw	2015	Andrew Bowsher	33.67	4
Discus Throw	2016	Finbar Dunne	43.70	1

U15 Boys – Field Events / Combined Events (continued)

Event	Year	Name	Performance	Ranking
Discus Throw	2016	Arran Buchanan	31.81	7
Discus Throw	2019	James Rollo	47.35	1
Discus Throw	2019	Craig MacLennan	33.88	4
Javelin Throw	2010	Drew Spark-Whitworth	40.47	3
Javelin Throw	2012	George Evans	37.81	9
Javelin Throw	2013	Andrew MacFarlane	36.28	7
Javelin Throw	2013	Daniel MacFarlane	35.86	10
Javelin Throw	2014	Andrew MacFarlane	47.27	1
Javelin Throw	2014	Paddy Dunne	38.75	7
Javelin Throw	2015	Finbar Dunne	33.42	10
Javelin Throw	2016	Robert Jenkins	40.23	3
Javelin Throw	2016	Finbar Dunne	39.68	4
Javelin Throw	2019	James Rollo	36.72	4
Hammer Throw	2013	Ruairdh Gray	29.58	5
Hammer Throw	2015	Matt Macfarlane	37.15	2
Hammer Throw	2016	Matt Macfarlane	51.72	1
Hammer Throw	2019	Craig MacLennan	34.80	4
Pentathlon	2013	Daniel MacFarlane	2267	2
Pentathlon	2014	Andrew MacFarlane	2569	3
Octathlon	2014	Andrew MacFarlane	4005	1

U15 Boys – Road Events

Event	Year	Name	Performance	Ranking
5 Kilometres	2019	Lucas Cairns	16:01	2
5 Kilometres	2019	Euan Rollo	16:27	4

U17 Boys – Track Events

Event	Year	Name	Performance	Ranking
100 Metres	2008	Stuart Laing	11.43	7
100 Metres	2012	Christopher Brown	11.58	2
100 Metres	2012	Craig Wares	11.99	6
100 Metres	2014	Andrew Smith	11.36	8
200 Metres	2012	Christopher Brown	23.73	2
200 Metres	2013	Andrew Smith	23.35	9
200 Metres	2014	Andrew Smith	22.64	5
400 Metres	2011	Calum Green	52.00	8
400 Metres	2013	Andrew Smith	52.11	7
400 Metres	2014	Andrew Smith	49.27	1
800 Metres	2007	Donald Ferguson	1:59.37	9
800 Metres	2012	Sean Chalmers	1:54.79	3
800 Metres	2016	Joe Arnaud	1:58.75	6
1500 Metres	2012	Sean Chalmers	4:00.55	5
1500 Metres	2014	Luke Shaw	4:10.43	7
3000 Metres	2011	Craig Campbell	9:22.00	7
3000 Metres	2012	Sean Chalmers	9:20.00	8
3000 Metres	2019	Lucas Cairns	9:21.57	9
3000 Metres	2020	Lucas Cairns	9:10.99	2
5000 Metres	2020	Lucas Cairns	16:08.28	2
1500m SC	2010	Craig Campbell	4:59.70	10
60m Hurdles	2014	Daniel MacFarlane	8.93	5
60m Hurdles	2015	Andrew MacFarlane	8.68	3
60m Hurdles	2015	Daniel MacFarlane	8.82	4
60m Hurdles	2020	Alister Mackay	9.14	8
100m Hurdles	2008	Michael Bull	15.83	8
100m Hurdles	2014	Daniel MacFarlane	14.77	6
100m Hurdles	2015	Daniel MacFarlane	13.92	2
100m Hurdles	2015	Andrew MacFarlane	14.63	6
400m Hurdles	2013	Andrew Smith	64.6	9
400m Hurdles	2013	Michael Wilde	64.7	10
400m Hurdles	2014	Michael Wilde	62.38	8
400m Hurdles	2016	Stephen MacKenzie	60.92	7
4x200 Metres	2009	Inverness Harriers AAC	1:41.05	9
4x200 Metres	2010	Inverness Harriers AAC	1:40.56	8
4x200 Metres	2011	Inverness Harriers AAC	1:42.09	9
4x200 Metres	2015	Inverness Harriers AAC	1:40.3	9
4x400 Metres	2007	Inverness Harriers AAC	3:56.94	9
4x400 Metres	2009	Inverness Harriers AAC	3:47.28	8
4x400 Metres	2010	Inverness Harriers AAC	3:41.19	9
4x400 Metres	2011	Inverness Harriers AAC	3:49.07	8
4x400 Metres	2012	Inverness Harriers AAC	3:38.10	4
4x400 Metres	2016	Inverness Harriers AAC	3:58.27	10

U17 Boys – Field Events / Combined Events

Event	Year	Name	Performance	Ranking
High Jump	2009	Ian Coghill	1.86	6
High Jump	2010	Ian Coghill	1.87	2
High Jump	2012	Dylan Morrison ~	1.86	4
High Jump	2012	Drew Spark-Whitworth	1.80	8=
High Jump	2013	Connell MacDonald	1.90	1
High Jump	2015	Andrew MacFarlane	1.84	6
High Jump	2016	Stephen MacKenzie	1.86	6
Pole Vault	2009	Ian Coghill	3.00	5
Pole Vault	2010	Ian Coghill	2.80	7
Pole Vault	2013	Daniel MacFarlane ^	3.00i	6
Pole Vault	2014	Daniel MacFarlane	3.90i	1
Pole Vault	2014	Andrew MacFarlane ^	3.60i	6
Pole Vault	2015	Andrew MacFarlane	4.31i	1
Pole Vault	2015	Daniel MacFarlane	3.95i	3
Pole Vault	2020	Alister Mackay	3.50i	3
Long Jump	2010	Ian Coghill	6.16	6
Long Jump	2012	Dylan Morrison ~	6.21	6
Long Jump	2013	Alexander Nicholson	6.27	3
Long Jump	2020	Alister Mackay	6.20	6
Triple Jump	2007	David Mackay	12.49	6
Triple Jump	2009	Ian Coghill	12.07	10
Triple Jump	2010	Ian Coghill	11.99	8
Triple Jump	2012	Dylan Morrison ~	12.42	4
Triple Jump	2012	Christopher Mollison	12.25	5
Triple Jump	2012	Connell MacDonald	12.15	8
Triple Jump	2013	Connell MacDonald	12.37	3
Triple Jump	2016	Stephen MacKenzie	12.75	2
Shot Put	2013	George Evans	14.74	3
Shot Put	2014	George Evans	17.24	1
Shot Put	2015	Daniel MacFarlane	12.59	5
Shot Put	2015	Daniel Wilby	12.32	7
Discus Throw	2013	George Evans	49.23	2
Discus Throw	2013	Bruce Flockhart	36.17	5
Discus Throw	2013	Connell MacDonald	34.69	6
Discus Throw	2014	George Evans	55.32	1
Discus Throw	2014	Daniel Wilby	36.18	3
Discus Throw	2014	William Watts	35.14	5
Discus Throw	2014	Daniel MacFarlane	31.32	9
Discus Throw	2015	William Watts	42.41	2
Discus Throw	2015	Ruairdh Gray	37.55	4
Discus Throw	2015	Daniel Wilby	37.14	6
Discus Throw	2015	Andrew MacFarlane	36.53	7
Discus Throw	2015	Daniel MacFarlane	33.98	9
Discus Throw	2016	Andrew Bowsher	39.94	2
Discus Throw	2016	Harry Zagorski	39.03	3

U17 Boys – Field Events / Combined Events (continued)

Event	Year	Name	Performance	Ranking
Discus Throw	2016	Alex Geddes	34.93	10
Discus Throw	2019	Victor Jude-Eze	40.55	3
Javelin Throw	2011	Drew Spark-Whitworth	39.15	9
Javelin Throw	2012	Drew Spark-Whitworth	42.59	5
Javelin Throw	2013	George Evans	37.46	10
Javelin Throw	2014	George Evans	41.41	3
Javelin Throw	2014	Daniel MacFarlane	38.44	8
Javelin Throw	2015	Andrew MacFarlane	54.26	3
Javelin Throw	2015	Paddy Dunne	48.88	5
Javelin Throw	2015	Daniel MacFarlane	44.57	8
Javelin Throw	2015	William Watts	40.57	10
Javelin Throw	2016	Paddy Dunne	58.49	2
Javelin Throw	2016	Cameron MacIntosh	39.22	8
Hammer Throw	2012	Bruce Flockhart	26.94	10
Hammer Throw	2013	Bruce Flockhart	34.05	9
Hammer Throw	2014	George Evans	46.67	4
Hammer Throw	2014	Ruairdh Gray	41.33	5
Hammer Throw	2015	Ruairdh Gray	49.47	3
Hammer Throw	2015	William Watts	30.11	6
Hammer Throw	2015	Daniel Wilby	28.94	7
Hammer Throw	2016	Harry Zagorski	34.59	7
Hammer Throw	2019	Victor Jude-Eze	51.37	2
Hammer Throw	2019	Gabriel McFarlane	45.95	3
Hammer Throw	2019	Angus Lallah	30.95	7
Pentathlon	2010	Ian Coghill	2720	7
Pentathlon	2014	Daniel MacFarlane	2858	5
Pentathlon	2015	Daniel MacFarlane	2977	3
Pentathlon	2015	Andrew MacFarlane	2739	6
Heptathlon	2014	Daniel MacFarlane	3645	3
Heptathlon	2015	Andrew MacFarlane	4364	1
Heptathlon	2015	Daniel MacFarlane	3952	3
Heptathlon	2016	Stephen MacKenzie	3317	7
Decathlon	2010	Ian Coghill	4884	2
Decathlon	2014	Daniel MacFarlane	4701	3
Decathlon	2015	Daniel MacFarlane	5575	2
Decathlon	2015	Andrew MacFarlane	5497	3

U17 Boys – Road Events

Event	Year	Name	Performance	Ranking
10 Kilometres	2019	Lucas Cairns	33:15	2
10 Kilometres	2019	Euan Rollo	34:49	8
10 Kilometres	2020	Lucas Cairns	33:25	3

U20 Men – Track Events

Event	Year	Name	Performance	Ranking
60 Metres	2019	Angus Davren	7.09	7
60 Metres	2020	Alexander Mackay	7.13	5
60 Metres	2020	Angus Davren	7.14	6=
100 Metres	2007	Jamie Bowie	11.35	7
100 Metres	2010	Sam Freck	11.30	6
100 Metres	2010	Stuart Laing	11.36	7
100 Metres	2010	James MacPhail	11.38	8=
100 Metres	2011	Sam Freck	11.20	5
100 Metres	2012	Ian Coghill	11.44	9
100 Metres	2015	Andrew Smith	11.22	10
200 Metres	2007	Jamie Bowie	22.70	8
200 Metres	2008	Jamie Bowie	22.85	9
200 Metres	2010	James MacPhail	22.37	5
200 Metres	2010	Stuart Laing	22.89	10
200 Metres	2016	Ross Freck	22.79	8
400 Metres	2007	Jamie Bowie	48.79	3
400 Metres	2008	Jamie Bowie	48.86	4
400 Metres	2010	James MacPhail	49.62	6
800 Metres	2014	Sean Chalmers	1:56.25	10
800 Metres	2020	Luke Davidson	1:58.33	8
1500 Metres	2014	Sean Chalmers	3:56.49	8
1500 Metres	2020	Luke Davidson	4:03.38	8
3000 Metres	2013	Sean Chalmers	8:47.58	4
3000 Metres	2020	Luke Davidson	8:42.18	6
5000 Metres	2015	Luke Shaw	15:37.42	6
10000 Metres	2015	Cameron Young	35:38.74	2
60m Hurdles	2015	Daniel MacFarlane	8.79	5
60m Hurdles	2015	Connell MacDonald	9.03	9
110m Hurdles	2007	Fraser Christie	17.28	4
110m Hurdles	2008	Fraser Christie	16.63	5
110m Hurdles	2014	Connell MacDonald	15.65	3
400m Hurdles	2009	James MacPhail	55.23	2
400m Hurdles	2010	James MacPhail	56.44	3
400m Hurdles	2019	Ruairidh Munro	58.00	5
4x100 Metres	2014	Inverness Harriers AAC	45.45	10
4x400 Metres	2019	Inverness Harriers AAC	3:41.8	1

U20 Men – Field Events / Combined Events

Event	Year	Name	Performance	Ranking
High Jump	2007	Fraser Christie	1.75	9
High Jump	2008	Fraser Christie	1.75	10=
High Jump	2011	Ian Coghill	1.96	3
High Jump	2012	Ian Coghill	2.00i	2
High Jump	2012	Adam Hobson	1.75	10
High Jump	2014	Connell MacDonald	1.91	4
High Jump	2014	Dylan Morrison	1.90	5=
High Jump	2015	Connell MacDonald	1.90	6=
High Jump	2019	Angus Davren	1.90	7=
High Jump	2020	Angus Davren	1.94	4
Pole Vault	2015	Daniel MacFarlane ^	3.80i	6
Pole Vault	2015	Connell MacDonald	3.20	9
Long Jump	2013	Craig Cameron	6.48	4
Long Jump	2015	William Godding	6.27	10
Triple Jump	2013	Dylan Morrison	13.40	3
Triple Jump	2013	Christopher Mollison	12.27	10
Triple Jump	2014	William Godding	12.53	5
Triple Jump	2014	Connell MacDonald	12.30	6
Triple Jump	2015	William Godding	12.62	5
Triple Jump	2016	William Godding	12.72	8
Shot Put	2014	Connell MacDonald	11.39	7
Shot Put	2015	George Evans	16.58	1
Shot Put	2016	George Evans	18.05	1
Shot Put	2016	Daniel Wilby	11.50	10
Shot Put	2019	Alexander Mackay	12.88i	5
Shot Put	2019	Andrew Bowsher	11.87	7
Javelin Throw	2011	Adam Hobson	44.52	6
Javelin Throw	2012	Adam Hobson	45.19	1
Javelin Throw	2013	Drew Spark-Whitworth	37.51	9
Javelin Throw	2014	Drew Spark-Whitworth	42.30	5
Javelin Throw	2015	Connell MacDonald	36.50	9
Javelin Throw	2016	Finlay Macleay	44.17	5
Javelin Throw	2019	Cameron MacIntosh	47.87	6
Discus Throw	2014	Connell MacDonald	33.48	7
Discus Throw	2015	George Evans	51.34	1
Discus Throw	2016	George Evans	59.05	1
Discus Throw	2016	William Watts	36.82	3
Discus Throw	2016	Ruairdh Gray	36.42	4
Discus Throw	2016	Daniel Wilby	32.87	8
Discus Throw	2019	Andrew Bowsher	41.75	2
Discus Throw	2019	Alexander Mackay	36.71	7
Discus Throw	2019	George Russell	36.28	8
Hammer Throw	2016	Ruairdh Gray	49.82	3
Hammer Throw	2016	George Evans	48.75	5
Hammer Throw	2016	William Watts	30.71	9
Hammer Throw	2019	Matt Macfarlane	50.78	1
Heptathlon	2015	Daniel MacFarlane ^	3971	4

Senior Men - Track Events

Event	Year	Name	Performance	Ranking
60 Metres	1994	Scott Fraser	7.01	3
100 Metres	1984	Craig Bonnington	10.8	9
100 Metres	1988	Neil Fraser	10.8	6
100 Metres	1994	Scott Fraser	10.78	6
100 Metres	2006	Alastair Beaton	10.93	7
200 Metres	1984	Craig Bonnington	21.8	8
200 Metres	2009	Jamie Bowie	21.80	7
200 Metres	2010	Jamie Bowie	21.93	10
200 Metres	2011	Jamie Bowie	22.08	7
200 Metres	2013	Jamie Bowie	21.88	6
200 Metres	2014	Jamie Bowie	21.52	3
400 Metres	2004	Grant Burnett	48.85	10
400 Metres	2005	Grant Burnett	48.01	4
400 Metres	2006	Grant Burnett	48.79	6
400 Metres	2007	Jamie Bowie	48.79	8
400 Metres	2009	Jamie Bowie	47.26	3
400 Metres	2010	Jamie Bowie	47.24	3
400 Metres	2011	Jamie Bowie	46.78	1
400 Metres	2012	Jamie Bowie	46.94	1
400 Metres	2013	Jamie Bowie	46.06	1
400 Metres	2014	Jamie Bowie	46.18	1
800 Metres	2015	Stephen Mackay	1:50.39	7
800 Metres	2019	Stephen Mackay	1:50.86	9
800 Metres	2020	Stephen Mackay	1:51.40	7
1500 Metres	2019	Stephen Mackay	3:47.59	10
1500 Metres	2020	Stephen Mackay	3:45.84	7
3000 Metres	2020	Stephen Mackay	8:13.19	4
10000 Metres	1983	Paul Kenney	29.33.5	7
10000 Metres	2019	Sean Chalmers	30:47.78	10

Senior Men - Hurdles Events

Event	Year	Name	Performance	Ranking
60m Hurdles	1985	Neil Fraser	8.12	2
60m Hurdles	1987	Neil Fraser	8.22	1
60m Hurdles	2020	Matej Papp	9.61	6
110m Hurdles	1982	Neil Fraser	14.78	2
110m Hurdles	1983	Neil Fraser	14.6	3
110m Hurdles	1986	Andrew Thain	15.67	9
110m Hurdles	1990	Neil Fraser	14.28	1
110m Hurdles	1991	David Barnettson	15.4	7
110m Hurdles	1993	David Barnettson	15.4	6
110m Hurdles	2019	Matej Papp	17.36	8
400m Hurdles	1987	Alastair Taylor	55.84	10
400m Hurdles	1988	Alastair Taylor	54.7	9
400m Hurdles	1990	Alastair Taylor	54.77	7
400m Hurdles	1991	Alastair Taylor	55.49	7
400m Hurdles	1992	Alastair Taylor	55.65	9
400m Hurdles	1992	Ingram Murray	55.76	10
400m Hurdles	1995	Mel Fowler	56.5	8
400m Hurdles	2009	James MacPhail	55.23	7
400m Hurdles	2010	James MacPhail	56.44	9
400m Hurdles	2019	Ruairidh Munro	58.00	8

Senior Men – Jump Events

Event	Year	Name	Performance	Ranking
High Jump	1981	Thomas Leighton	1.98	5
High Jump	1982	Thomas Leighton	2.00	4
High Jump	1983	Thomas Leighton	2.00	5
High Jump	1983	Eddie Leighton	1.95	8
High Jump	1984	Thomas Leighton	2.01	2
High Jump	1984	Eddie Leighton	2.00	3
High Jump	1985	Eddie Leighton	2.00	4
High Jump	1986	Thomas Leighton	2.00	6
High Jump	1987	David Barnettson	2.01	6
High Jump	1987	Thomas Leighton	1.96	10
High Jump	1988	David Barnettson	2.06	3
High Jump	1989	David Barnettson	2.12	3
High Jump	1990	David Barnettson	2.15	2
High Jump	1991	David Barnettson	2.15	2
High Jump	2011	Ian Coghill	1.96	5
High Jump	2012	Ian Coghill	2.00	5
High Jump	2020	Angus Davren	1.94	9=
Pole Vault	2015	Andrew MacFarlane	4.31	8
Long Jump	1985	Andrew Thain	6.90	10
Long Jump	1987	Andrew Thain	6.89	10
Long Jump	1990	Mel Fowler	7.04	4
Long Jump	1992	Mel Fowler	6.86	7
Long Jump	1993	Mel Fowler	6.90	7
Long Jump	1995	Mel Fowler	6.87	9
Triple Jump	1991	Mel Fowler	13.57	9
Triple Jump	1992	Thomas Leighton	13.34	10
Triple Jump	1993	Mel Fowler	14.27	3
Triple Jump	1994	Mel Fowler	14.35	3
Triple Jump	1995	Mel Fowler	14.30	4
Triple Jump	1996	Mel Fowler	13.80	8
Triple Jump	1997	Mel Fowler	13.86	3
Triple Jump	1998	Mel Fowler	13.37	8

Senior Men – Throw Events / Combined Events

Event	Year	Name	Performance	Ranking
Shot Put	1971	Hamish Davidson	13.22	7
Shot Put	1987	George Patience	15.11	3
Shot Put	1990	Russell Devine	14.74	5
Shot Put	2018	George Evans	15.86	2
Shot Put	2019	George Evans	17.21	1
Shot Put	2020	George Evans	16.96	2
Discus Throw	1986	Russell Devine	46.98	4
Discus Throw	2017	George Evans	50.43	3
Discus Throw	2018	George Evans	58.67	2
Discus Throw	2019	George Evans	59.84	2
Discus Throw	2019	Matej Papp	42.01	6
Hammer Throw	1986	Russell Devine	49.46	7
Hammer Throw	1990	Russell Devine	61.90	1
Hammer Throw	1991	David Allan	55.90	4
Hammer Throw	1993	David Allan	59.56	3
Javelin Throw	2014	Adam Hobson	50.27	5
Javelin Throw	2015	Adam Hobson	54.59	4
Javelin Throw	2016	Adam Hobson	51.95	5
Heptathlon	2020	Matej Papp	4040	6
Decathlon	1990	Alastair Taylor	5639	6
Decathlon	1991	David Barnetson	6192	4
Decathlon	2019	Matej Papp	5734	3

Senior Men – Road Events

Event	Year	Name	Performance	Ranking
10 Miles	2017	John Newsom	51:45	5
Marathon	1984	Paul Kenney	2:17:04	10
Marathon	2002	Brian Fieldsend	2:35:02	8
Marathon	2004	Brian Fieldsend	2:35:41	7
Marathon	2018	John Newsom	2:28:56	9
50 Kilometres	2016	Paul Raistrick	3:19:21	4
100 Kilometres	2016	Paul Raistrick	8:11:04	4

U13 Girls – Track Events

Event	Year	Name	Performance	Ranking
60 Metres	2014	Jessica Golden	10.75	7
100 Metres	2007	Katie Stuart	13.32	3
100 Metres	2013	Charlotte Hill	13.99	3
100 Metres	2013	Beth MacIver	14.18	9
100 Metres	2015	Mia Keogh	13.69	6
100 Metres	2019	Kiera Whittingham	13.72	7
200 Metres	2007	Katie Stuart	27.69	3
200 Metres	2010	Gillian Gordon	28.59	4
200 Metres	2011	Kiera MacLeod	28.41	5
200 Metres	2013	Charlotte Hill	28.51	3
200 Metres	2013	Beth MacIver	28.75	5
200 Metres	2019	Kiera Whittingham	28.10	7
800 Metres	2010	Gillian Gordon	2:30.12	5
800 Metres	2013	Charlotte Hill	2:28.39	2
1500 Metres	2007	Mhairi MacLennan	5:28.54	10
70m Hurdles	2007	Katie Stuart	12.20	5
70m Hurdles	2011	Mya Stewart-Rizza	12.04	1
70m Hurdles	2012	Mya Stewart-Rizza	12.29	5
4x100 Metres	2007	Inverness Harriers AAC	56.9	6=
4x100 Metres	2009	Inverness Harriers AAC	56.83	5
4x100 Metres	2012	Inverness Harriers AAC	55.47	4
4x100 Metres	2013	Inverness Harriers AAC	56.72	10
4x200 Metres	2007	Inverness Harriers AAC	2:08.14	9
4x200 Metres	2009	Inverness Harriers AAC	1:59.64	2
4x200 Metres	2010	Inverness Harriers AAC	2:05.90	9
4x200 Metres	2011	Inverness Harriers AAC	2:03.31	5
4x200 Metres	2012	Inverness Harriers AAC	1:59.67	3
4x200 Metres	2014	Inverness Harriers AAC	2:02.4	4
4x200 Metres	2015	Inverness Harriers AAC	2:04.0	9
4x200 Metres	2019	Inverness Harriers AAC	2:01.42	10

U13 Girls – Field Events / Combined Events

Event	Year	Name	Performance	Ranking
High Jump	2011	Kiera MacLeod	1.40	5=
High Jump	2012	Mya Stewart-Rizza	1.44	9=
High Jump	2013	Josie Steele	1.40	5=
High Jump	2016	Rachel Tynan	1.42	8
Long Jump	2010	Gillian Gordon	4.45	8
Long Jump	2013	Josie Steele	4.28	6
Shot Put	2010	Alison Horne	8.16	7
Shot Put	2011	Katie Stark	9.13	2
Shot Put	2011	Mary Flockhart	8.18	5
Shot Put	2012	Katie Stark	9.94	1
Javelin Throw	2008	Karen Horne	18.88	7
Javelin Throw	2009	Alison Horne	19.66	5
Javelin Throw	2010	Alison Horne	21.97	4
Javelin Throw	2010	Mary Flockhart	19.12	9
Javelin Throw	2011	Mary Flockhart	29.57	1
Javelin Throw	2011	Erin Montgomery	21.33	5
Javelin Throw	2013	Fiona Flockhart	23.68	2
Javelin Throw	2014	Fiona Flockhart	26.79	1
Javelin Throw	2013	Katie Gray	18.40	9
Javelin Throw	2019	Leona Fernandes	25.39	1
Javelin Throw	2019	Cara Cuthbert	21.69	9
Discus Throw	2009	Alison Horne	19.19	7
Discus Throw	2010	Alison Horne	23.46	3
Discus Throw	2010	Mary Flockhart	22.84	4
Discus Throw	2011	Mary Flockhart	26.42	1
Discus Throw	2011	Erin Montgomery	16.29	9
Discus Throw	2012	Katie Stark	21.93	5
Discus Throw	2013	Josie Steele	23.97	1
Discus Throw	2013	Katie Gray	17.93	5
Discus Throw	2014	Fiona Flockhart	19.67	5
Pentathlon	2013	Josie Steele	1958	5

U15 Girls – Track Events

Event	Year	Name	Performance	Ranking
60 Metres	2014	Rhiannan MacIntosh	8.40	10
100 Metres	2007	Charis Crawford-Mair	13.10	7
100 Metres	2008	Katie Stuart	12.80	5
100 Metres	2008	Charis Mair	12.88	8
100 Metres	2014	Rhiannan MacIntosh	12.96	8
200 Metres	2008	Katie Stuart	26.49	8
200 Metres	2011	Gillian Gordon	27.09	10
800 Metres	2009	Morven Mackenzie	2:23.02	7
800 Metres	2019	Anna Cairns	2:19.40	4
800 Metres	2019	Grace MacDonald	2:20.80	8
1500 Metres	2019	Anna Cairns	4:47.77	4
3000 Metres	2011	Lauren Fraser	11:44.8	3
3000 Metres	2012	Lauren Fraser	11:57.35	7
3000 Metres	2015	Emily Andrew	11:23.63	9
3000 Metres	2016	Emily Andrew	11:07.91	7
60m Hurdles	2009	Charis Mair	9.31	5
60m Hurdles	2013	Mya Stewart-Rizza	10.02	7
60m Hurdles	2019	Stroma Fraser	9.79	9
75m Hurdles	2008	Charis Mair	11.66	3
75m Hurdles	2009	Anna Nelson	12.76	9
75m Hurdles	2010	Anna Nelson	12.21	3
75m Hurdles	2019	Stroma Fraser	12.42	9
80m Hurdles	2009	Charis Mair	12.03	3
80m Hurdles	2009	Eilidh Briggs	12.55	7
4x200 Metres	2009	Inverness Harriers AAC	1:51.44	8
4x200 Metres	2010	Inverness Harriers AAC	1:53.25	6
4x200 Metres	2014	Inverness Harriers AAC	1:52.5	5
4x200 Metres	2016	Inverness Harriers AAC	1:54.29	9
4x300 Metres	2014	Inverness Harriers AAC	3:01.14	4
4x300 Metres	2015	Inverness Harriers AAC	3:01.77	3
4x300 Metres	2016	Inverness Harriers AAC	3:04.22	4
4x300 Metres	2019	Inverness Harriers AAC	3:04.57	6

U15 Girls – Field Events

Event	Year	Name	Performance	Ranking
High Jump	2007	Charis Crawford-Mair	1.56	6
High Jump	2008	Charis Mair	1.67	2
High Jump	2008	Paula Gass	1.53	9
High Jump	2009	Charis Mair	1.61	6
High Jump	2010	Anna Nelson	1.55	7
High Jump	2016	Eilidh MacPherson	1.51	9=
Pole Vault	2014	Josie Steele	2.20	4=
Long Jump	2008	Charis Mair	5.09	8
Long Jump	2011	Gillian Gordon	4.80	10
Long Jump	2012	Gillian Gordon	4.94	7=
Long Jump	2015	Rebecca Johnstone	4.92	8
Triple Jump	2009	Lucy Forsyth	9.22	2
Triple Jump	2011	Gillian Gordon	9.19	2
Triple Jump	2011	Katie MacLennan	9.12	3
Triple Jump	2013	Mya Stewart-Rizza	9.32	7
Triple Jump	2013	Lauren Watson	9.15	8
Triple Jump	2015	Anne MacKinnon	9.03	7
Shot Put	2011	Alison Horne	9.89	2
Shot Put	2012	Alison Horne	10.44	2
Shot Put	2013	Katie Stark	10.58	2
Shot Put	2019	Cicely Dobson	9.43	7
Discus Throw	2011	Alison Horne	25.79	4
Discus Throw	2012	Alison Horne	25.12	7
Discus Throw	2012	Mary Flockhart	23.83	8
Discus Throw	2013	Katie Stark	28.55	3
Discus Throw	2013	Mary Flockhart	25.62	5
Discus Throw	2014	Josie Steele	25.07	7
Discus Throw	2015	Josie Steele	29.85	2
Discus Throw	2015	Katie Gray	25.33	5
Discus Throw	2016	Rachel MacLennan	26.61	5
Discus Throw	2019	Marvellous Igbinidu	22.57	7
Javelin Throw	2007	Paula Gass	28.23	3
Javelin Throw	2008	Paula Gass	28.08	4
Javelin Throw	2009	Paula Gass	34.00	6
Javelin Throw	2011	Alison Horne	27.19	3
Javelin Throw	2011	Mary Flockhart U13	25.37	6
Javelin Throw	2013	Mary Flockhart	30.15	2
Javelin Throw	2015	Fiona Flockhart	29.26	6
Javelin Throw	2016	Fiona Flockhart	28.83	5
Javelin Throw	2019	Zoe Sharpe	26.24	8
Hammer Throw	2010	Anita Evans	38.96	1
Hammer Throw	2012	Mary Flockhart	28.65	5
Hammer Throw	2015	Kelsey Barbour	34.73	5
Hammer Throw	2015	Rachel MacLennan	32.44	7
Hammer Throw	2015	Katie Gray	27.26	10
Hammer Throw	2016	Rachel MacLennan	43.21	3

U15 Girls – Combined Events

Event	Year	Name	Performance	Ranking
Pentathlon (i)	2009	Paula Gass	2610	5
Pentathlon (i)	2019	Stroma Fraser	2975	4
Pentathlon	2008	Charis Mair	2625	3
Pentathlon	2008	Paula Gass	2251	10
Pentathlon	2012	Gillian Gordon	2277	9
Pentathlon	2019	Stroma Fraser	2713	4
Heptathlon	2009	Paula Gass	3657	2

U17 Girls – Track Events

Event	Year	Name	Performance	Ranking
100 Metres	2007	Sarah Smith	12.68	5
100 Metres	2009	Eleanor Briggs	12.78	8
200 Metres	2007	Sarah Smith	25.75	3
400 Metres	2007	Sarah Smith	59.51	2
400 Metres	2010	Corrin Miller	63.4	9
400 Metres	2013	Gillian Gordon	59.26	7
400 Metres	2014	Gillian Gordon	59.41	3
400 Metres	2014	Lucy Massie	61.3	7
800 Metres	2014	Lucy Massie	2:15.56	4
1500 Metres	2014	Lucy Massie	4:48.33	7
3000 Metres	2011	Mhairi MacLennan	11:29.23	8
3000 Metres	2014	Lauren Fraser	10:48.4	9
60m Hurdles	2012	Anna Nelson	9.33i	8
80m Hurdles	2008	Eilidh Briggs	12.88	7
80m Hurdles	2010	Charis Mair	12.07	3
80m Hurdles	2011	Anna Nelson	12.30	3
80m Hurdles	2012	Anna Nelson	12.07	3
80m Hurdles	2012	Jennie Will	13.33	9
100m Hurdles	2014	Gillian Gordon	46.17	5
300m Hurdles	2007	Morag Hogg	48.46	7
300m Hurdles	2011	Anna Nelson	47.99	4
300m Hurdles	2011	Jennie Will	49.4	8
300m Hurdles	2012	Anna Nelson	45.50	3
300m Hurdles	2012	Jennie Will	51.03	10
1500m SC	2010	Mhairi MacLennan	5:59.49	4
4x100 Metres	2007	Inverness Harriers AAC	52.01	7
4x100 Metres	2012	Inverness Harriers AAC	51.13	6
4x200 Metres	2007	Inverness Harriers AAC	1:50.29	5
4x200 Metres	2011	Inverness Harriers AAC	1:52.11	6
4x300 Metres	2012	Inverness Harriers AAC	3:03.95	7

U17 Girls – Field Events

Event	Year	Name	Performance	Ranking
High Jump	2010	Charis Mair	1.60	7=
High Jump	2011	Anna Nelson	1.60i	4=
High Jump	2012	Anna Nelson	1.63i	3
Long Jump	2019	Rachael Johnstone	5.35	6
Triple Jump	2007	Morag Hogg	9.80	10
Triple Jump	2012	Anna Nelson	10.17	10
Triple Jump	2019	Rachael Johnstone	10.05i	8
Shot Put	2010	Paula Gass	9.62	6
Shot Put	2013	Alison Horne	10.00	2
Shot Put	2015	Katie Stark	11.25	6
Discus Throw	2010	Paula Gass	26.66	10
Discus Throw	2013	Alison Horne	31.62	2
Discus Throw	2014	Katie Stark	27.39	9
Discus Throw	2014	Mary Flockhart	26.86	10
Discus Throw	2015	Mary Flockhart	29.43	7
Discus Throw	2015	Katie Stark	26.33	9
Discus Throw	2016	Josie Steele	31.59	2
Discus Throw	2016	Katie Gray	25.60	9
Javelin Throw	2008	Anna Giongrandi	28.62	5
Javelin Throw	2010	Paula Gass	41.66	1
Javelin Throw	2010	Alice Gordon	25.69	10
Javelin Throw	2011	Alice Gordon	26.55	6
Javelin Throw	2013	Alison Horne	26.49	8
Javelin Throw	2014	Mary Flockhart	37.90	3
Javelin Throw	2015	Mary Flockhart	37.97	3
Hammer Throw	2016	Kelsey Barbour	39.61	5
Hammer Throw	2019	Amy Colliar	45.04	4
Pentathlon	2012	Anna Nelson	2896	3
Pentathlon (i)	2012	Anna Nelson	2926	5

U17 Girls – Road Events

Event	Year	Name	Performance	Ranking
5 Kilometres	2019	Emily Andrew	19:32	2
10 Kilometres	2018	Emily Andrew	38:48	1

U20 Women – Track Events

Event	Year	Name	Performance	Ranking
60 Metres	2019	Emma Pedrana	8.03i	9
100 Metres	2008	Sarah Smith	12.49	5
100 Metres	2019	Emma Pedrana	12.55	5
200 Metres	2008	Sarah Smith	25.60	4
200 Metres	2019	Emma Pedrana	25.68	4
400 Metres	2015	Gillian Gordon	57.94	6
400 Metres	2016	Gillian Gordon	59.26	10
800 Metres	2014	Lucy Massie ^	2:17.27i	10
800 Metres	2015	Lucy Massie	2:14.09	7
1500 Metres	2014	Mhairi MacLennan	4:42.54	8
1500 Metres	2015	Lucy Massie	4:43.26	6
3000 Metres	2013	Mhairi MacLennan	10:49.43	7
3000 Metres	2014	Mhairi MacLennan	10:02.69	1
3000 Metres	2019	Megan Keith	9:55.94	5
5000 Metres	2019	Megan Keith	17:32.34	3
1500m SC	2013	Mhairi MacLennan	5:46.17	5
2000m SC	2013	Mhairi MacLennan	8:05.87	3
60m Hurdles	2013	Anna Nelson	9.59i	7
60m Hurdles	2014	Anna Nelson	9.49i	7
100m Hurdles	2013	Anna Nelson	15.38	3
100m Hurdles	2013	Jennie Will	17.12	8
100m Hurdles	2014	Anna Nelson	15.46	6
100m Hurdles	2016	Lauren Watson	15.36	6
400m Hurdles	2013	Anna Nelson	64.24	2
400m Hurdles	2014	Anna Nelson	63.1	3
400m Hurdles	2015	Gillian Gordon	66.73	6
400m Hurdles	2016	Gillian Gordon	66.25	3

U20 Women – Field Events

Event	Year	Name	Performance	Ranking
High Jump	2011	Charis Mair	1.50	8=
High Jump	2013	Anna Nelson	1.63i	4=
High Jump	2014	Anna Nelson	1.60i	6=
Long Jump	2013	Anna Nelson	5.25	4
Triple Jump	2010	Natalie Coghill	10.45	4
Triple Jump	2011	Natalie Coghill	10.58	4
Shot Put	2016	Katie Stark	9.59	7
Discus Throw	2016	Mary Flockhart	30.01	7
Javelin Throw	2007	Danica MacLaren	33.04	5
Javelin Throw	2009	Anna Giongrandi	32.59	6
Javelin Throw	2016	Mary Flockhart	34.07	5
Javelin Throw	2019	Fiona Flockhart	31.21	5
Hammer Throw	2016	Katie Stark	25.36	10
Hammer Throw	2019	Rachel MacLennan	46.26	3
Hammer Throw	2019	Kelsey Barbour	32.34	7
Pentathlon (i)	2013	Anna Nelson	2984	2
Pentathlon (i)	2014	Anna Nelson	3166	2
Pentathlon	2013	Anna Nelson	3220	1

U20 Women – Road Events

Event	Year	Name	Performance	Ranking
10 Kilometres	2019	Megan Keith	34:42	1
10 Kilometres	2019	Emily Andrew	39:37	6

Senior Women – Track Events

Event	Year	Name	Performance	Ranking
100 Metres	1971	Audrey Grant	12.3	6=
100 Metres	1971	Anne Leith	12.3	6=
100 Metres	1979	Dianne Black	12.1	5
100 Metres	1988	Alison Edmonds	12.19	7
100 Metres	1989	Alison Edmonds	12.1	7
100 Metres	1990	Alison Edmonds	12.2	8
200 Metres	1971	Audrey Grant	25.5	9
200 Metres	1988	Alison Edmonds	24.9	7
200 Metres	1989	Alison Edmonds	25.0	9
200 Metres	2001	Lesley Clarkson	24.96	10
400 Metres	1999	Lesley Clarkson	55.7	7
400 Metres	2000	Lesley Clarkson	54.8	4
400 Metres	2001	Lesley Clarkson	54.44	4
400 Metres	2002	Lesley Clarkson	54.85	4
400 Metres	2006	Jade MacLaren	56.82	9
400 Metres	2011	Kathryn Evans	56.0	10
800 Metres	1990	Sheila Gollan	2:10.36	10
800 Metres	1991	Sheila Gollan	2:11.66	10
1500 Metres	1992	Sheila Gollan	4:28.89	10
3000 Metres	2017	Mhairi MacLennan	9:37.59	10
3000 Metres	2018	Mhairi MacLennan	9:17.06	4
5000 Metres	2016	Mhairi MacLennan	16:37.31	10
5000 Metres	2018	Mhairi MacLennan	16:09.76	4
5000 Metres	2019	Mhairi MacLennan	15:51.78	5
5000 Metres	2020	Megan Keith	16:50.03	2
10000 Metres	2016	Mhairi MacLennan	34:39.87	3
10000 Metres	2017	Mhairi MacLennan	35:25.17	5
10000 Metres	2018	Mhairi MacLennan	33:28.61	2
10000 Metres	2019	Mhairi MacLennan	32:58.42	4
2000m SC	2016	Julie Wilson	8:10.23	4
100m Hurdles	1973	Sheila MacDonald	16.6	10
100m Hurdles	1988	Jayne Barnetson	14.86	5
100m Hurdles	1989	Jayne Barnetson	14.50	6
100m Hurdles	1996	Kathryn MacKenzie	15.4	8
100m Hurdles	1997	Kathryn MacKenzie	15.3	10
100m Hurdles	2013	Anna Nelson	15.38	10
400m Hurdles	1987	Eilidh Johnson	64.0	5
400m Hurdles	1988	Jayne Barnetson	60.79	1
400m Hurdles	1989	Jayne Barnetson	65.1	5
400m Hurdles	1990	Lorna MacDonald	65.5	9
400m Hurdles	1992	Moira McBeath	63.9	9
400m Hurdles	1994	Moira McBeath	64.6	10
400m Hurdles	2013	Anna Nelson	64.24	8
400m Hurdles	2014	Anna Nelson	63.1	7
400m Hurdles	2015	Anna Nelson	61.76	5
400m Hurdles	2016	Anna Nelson	61.14	5
400m Hurdles	2016	Gillian Gordon	66.25	10
400m Hurdles	2019	Gillian Gordon	64.66	9

Senior Women – Jump Events

Event	Year	Name	Performance	Ranking
High Jump	1979	Angela Macrae	1.69	9
High Jump	1981	Angela Macrae	1.68	9
High Jump	1982	Jayne Barnetson	1.68	7
High Jump	1982	Angela Macrae	1.66	9
High Jump	1983	Jayne Barnetson	1.76	2
High Jump	1984	Jayne Barnetson	1.85	1
High Jump	1985	Jayne Barnetson	1.88	1
High Jump	1986	Jayne Barnetson	1.86	1
High Jump	1987	Jayne Barnetson	1.85	1
High Jump	1988	Jayne Barnetson	1.86	1
High Jump	1989	Jayne Barnetson	1.91 (NR)	1
High Jump	1995	Kirsty Roger	1.65	7
High Jump	1996	Kirsty Roger	1.65	10
High Jump	2003	Rachael MacKenzie	1.70	6
High Jump	2004	Rachael MacKenzie	1.70	6
High Jump	2005	Rachael MacKenzie	1.70	5
High Jump	2006	Rachael MacKenzie	1.71	5
High Jump	2007	Rachael MacKenzie	1.76	2
High Jump	2008	Rachael MacKenzie	1.73	3
High Jump	2008	Charis Mair	1.67	8
High Jump	2009	Rachael MacKenzie	1.76	2
High Jump	2010	Rachael MacKenzie	1.74	2
High Jump	2011	Rachael MacKenzie	1.70	4
High Jump	2013	Rachael MacKenzie	1.77	3
High Jump	2014	Rachael MacKenzie	1.81	3
High Jump	2015	Rachael MacKenzie	1.73	4
High Jump	2016	Rachael MacKenzie	1.70	6
Pole Vault	1994	Julie Wilson	1.90	10
Pole Vault	1996	Kirsty Roger	2.40	4
Pole Vault	1998	Anna Watson	3.03	2
Long Jump	1972	Diane Roodhouse	5.29	10
Long Jump	1981	Shirley Dick	5.46	10
Long Jump	1982	Jayne Barnetson	5.30	8
Long Jump	1982	Shirley Dick	5.29	10
Long Jump	1984	Jayne Barnetson	5.70	6
Long Jump	1986	Jayne Barnetson	5.73	8
Long Jump	1988	Jayne Barnetson	5.73	7
Long Jump	1989	Jayne Barnetson	5.96	4
Long Jump	1998	Vicky O'Brien	5.63	6
Long Jump	1999	Vicky O'Brien	5.85	1=
Long Jump	2000	Vicky O'Brien	5.63	5
Triple Jump	2010	Rachael MacKenzie	10.84	10

Senior Women – Throw Events

Event	Year	Name	Performance	Ranking
Shot Put	1989	Jayne Barnetson	11.80	9
Shot Put	2005	Kirsty Law	10.71	10
Shot Put	2006	Kirsty Law	11.49	6
Shot Put	2007	Kirsty Law	11.90	4
Shot Put	2008	Kirsty Law	12.63	3
Shot Put	2009	Kirsty Law	11.26	10
Shot Put	2012	Kirsty Law	11.55	5
Shot Put	2013	Kirsty Law	11.99	4
Shot Put	2014	Kirsty Law	11.31	6
Shot Put	2015	Kirsty Law	11.24	5
Shot Put	2016	Kirsty Law	11.06	7
Shot Put	2017	Kirsty Law	11.33	5
Shot Put	2018	Kirsty Law	10.98	6
Discus Throw	1976	Susan Boll	40.72	4
Discus Throw	1990	Heather MacLeod	37.46	7
Discus Throw	1991	Heather MacLeod	38.42	7
Discus Throw	1993	Heather MacLeod	37.22	10
Discus Throw	1996	Heather MacLeod	35.46	10
Discus Throw	2002	Kirsty Law	39.08	5
Discus Throw	2003	Kirsty Law	39.80	4
Discus Throw	2004	Kirsty Law	46.40	1
Discus Throw	2005	Kirsty Law	45.57	2
Discus Throw	2006	Kirsty Law	52.30	1
Discus Throw	2007	Kirsty Law	50.97	1
Discus Throw	2008	Kirsty Law	49.49	1
Discus Throw	2009	Kirsty Law	51.83	1
Discus Throw	2010	Kirsty Law	54.33	1
Discus Throw	2011	Kirsty Law	55.17	1
Discus Throw	2012	Kirsty Law	57.79	1
Discus Throw	2013	Kirsty Law	55.66	1
Discus Throw	2014	Kirsty Law	57.15	1
Discus Throw	2015	Kirsty Law	56.03	1
Discus Throw	2016	Kirsty Law	56.01	1
Discus Throw	2017	Kirsty Law	54.91	1
Discus Throw	2018	Kirsty Law	56.37	1
Discus Throw	2019	Kirsty Law	57.66	1
Discus Throw	2020	Kirsty Law	57.95	1
Hammer Throw	1995	Jacqui Findlayson	32.64	10
Hammer Throw	2003	Kirsty Law	39.47	10
Hammer Throw	2019	Rachel MacLennan	46.26	8

Senior Women – Throw Events (cont.)

Event	Year	Name	Performance	Ranking
Javelin Throw	1988	Jayne Barnetson	39.26	6
Javelin Throw	1989	Jayne Barnetson	43.14	4
Javelin Throw	1995	Jemma Grant	36.20	10
Javelin Throw	1998	Kate Grainger	35.73	10
Javelin Throw	1999	Kate Grainger	38.32	4
Javelin Throw	2000	Kate Grainger	37.64	3
Javelin Throw	2001	Kate Grainger	35.591	6
Javelin Throw	2002	Kate Grainger	39.52	4
Javelin Throw	2003	Kate Grainger	33.87	10
Javelin Throw	2006	Danica MacLaren	33.93	7
Javelin Throw	2007	Danica MacLaren	33.04	8
Javelin Throw	2008	Danica MacLaren	31.73	10
Javelin Throw	2016	Mary Flockhart	34.07	9

Senior Women - Combined Events

Event	Year	Name	Performance	Ranking
Pentathlon (i)	1989	Jayne Barnetson	3915	1
Pentathlon (i)	2013	Anna Nelson	2984	3
Pentathlon (i)	2014	Anna Nelson	3166	3
Pentathlon	1980	Gillian Cattell	2614	8
Heptathlon	1988	Jayne Barnetson	5606 (NR)	1
Heptathlon	1989	Jayne Barnetson	5803 (NR)	1
Heptathlon	1995	Kirsty Roger	3702	9
Heptathlon	2001	Maureen MacKinnon	3362	9

Senior Women - Road Events

Event	Year	Name	Performance	Ranking
5K	2015	Jenny Bannerman	17:05	8
5K	2016	Jenny Bannerman	16:43	8
5K	2017	Jenny Bannerman	17:02	8
5K	2018	Jenny Bannerman	16:33	5
5K	2019	Mhairi MacLennan	15:56	3
5K	2019	Jenny Bannerman	16:40	6
5 Miles	2018	Jenny Bannerman	28:43	3
10K	2015	Jenny Bannerman	35:17	7
10K	2017	Mhairi MacLennan	33:58	5
10K	2017	Jenny Bannerman	35:10	9
10K	2018	Jenny Bannerman	34:53	10
10K	2019	Mhairi MacLennan	33:00	5
10K	2019	Megan Keith	34:42	10
10 Miles	2011	Melissa Whyte	59:00	4
10 Miles	2014	Jenny Bannerman	59:25	8
10 Miles	2014	Sarah Liebnitz	61:10	10
10 Miles	2015	Jenny Bannerman	57:49	4
10 Miles	2016	Jenny Bannerman	58:42	4
Half Marathon	2011	Melissa Whyte	77:26	3
Half Marathon	2012	Melissa Whyte	79:11	10
Half Marathon	2016	Sarah Liebnitz	79:24	8

NOTES

Track & Field: Junior Men & Women - the U13 to U20 age group categories have only been published on SATS website from 2007 onwards. These tables shall be updated upon rankings being provided from a certified source.

2010 Junior Age Group Changes - From 1 October 2010, Names moved up 1 year in the UK age-groups, e.g. Under-17 became Names born from 1/1/1994 to 31/8/1996. Such athletes are included in the older age-group for performances after 1 October 2010 and are noted with + beside their name.

UK AGE-GROUPS

Under-20: Born 1/1/1991 to 31/8/1993

Under-17: Born 1/9/1993 to 31/8/1995

Under-15: Born 1/9/1995 to 31/8/1997

Under-13: Born 1/9/1997 to 31/8/1999

2012 Junior Age Group Changes - Scottish Athletics were operating a pilot age-group scheme for Under-18s, Under-16s and Under-14s within 2012. **The Age-group rankings themselves use the Scottish age-groups.** From 1 October 2012, athletes moved up 1 year in the UK age-groups, e.g. Under-20 became athletes born from 1/1/1994 to 31/8/1996. Such athletes are included in the older age-group for performances after 1 October 2010 and are noted with ~ beside their name.

SCOTTISH AGE-GROUPS

Under-20: Born in 1993 and 1994

Under-18: Born in 1995 and 1996

Under-16: Born in 1997 and 1998

Under-14: Born in 1999 and 2000

UK AGE-GROUPS

Under-20: Born 1/1/1993 to 31/8/1995

Under-17: Born 1/9/1995 to 31/8/1997

Under-15: Born 1/9/1997 to 31/8/1999

Under-13: Born 1/9/1999 to 31/8/2001

2013 Junior Age Group Changes - Scottish Athletics were operating a pilot age-group scheme for Under-18s, Under-16s and Under-14s within 2013 and 2014 (indoor season only). **The Age-group rankings themselves use the UK age-groups.** From 1 October 2013, athletes moved up 1 year in the UK age-groups, e.g. Under-20 became athletes born from 1/1/1995 to 31/8/1997. Such athletes are included in the older age-group for performances after 1 October 2010 and are noted with ^ beside their name.

SCOTTISH AGE-GROUPS

Under-20: Born in 1994 and 1995

Under-18: Born in 1996 and 1997

Under-16: Born in 1998 and 1999

Under-14: Born in 2000 and 2001

UK AGE-GROUPS

Under-20: Born 1/1/1994 to 31/8/1996

Under-17: Born 1/9/1996 to 31/8/1998

Under-15: Born 1/9/1998 to 31/8/2000

Under-13: Born 1/9/2000 to 31/8/2002

The pilot scheme was discontinued in March 2014.

Road Events: Senior Men & Women – The annual Scottish Rankings only started to record the best performances for road distances (5K, 5 Miles, 10K, 10 Miles, Half Marathon, Marathon, 50K, 100K) from the 2010 and 2011 season respectively. Any performances shown for years pre-dating this have been obtained from the archived rankings (1959 – 2015).

Road Events: Junior Men & Women – The annual Scottish Rankings only started to record the best performances for road distances (5K, 5 Miles, 10K, 10 Miles, Half Marathon) from the 2018 season.

SOURCES

Scottish Association of Track Statisticians (SATS) –

Senior Men & Women - <https://www.scotstats.net/archive-1/the-rankings/>
(1959 – 2015)

Senior Men & Women - <https://www.scotstats.net/rankings-1/annual-rankings/>
(2000 – Present)

Junior Men & Women - <https://www.scotstats.net/rankings-1/annual-rankings/>
(2000 – Present)