



CLUB RECORDS
JUNIOR & SENIOR AGE GROUPS

Males – U13 Boys

Track & Field Event	Name	Performance	Year
100 Metres	Iain Wallace	12.4	1989
200 Metres	Iain Wallace	25.8	1989
400 Metres	Stuart Sutherland	56.7	1990
800 Metres	Lachlan Buchanan	2:14.62	2018
1200 Metres	Duncan MacDonald	3:49.78	2016
1500 Metres	Lachlan Buchanan	4:28.65	2018
75 Metre Hurdles	David Macrae	12.4	1986
4 x 100 Metres	@ UK YAL Finals	53.6	1993
4 x 200 Metres	@ Grampian League Final	1:59.64	2009
4 x 400 Metres	---	4:10.7	1988
3 x 800 Metres	@ Scottish National Relay Championships	7:42.72	2016
Long Jump	Paul Williamson	5.17	1987
Triple Jump	Adam Broadbent	9.39	1993
High Jump	Connel MacDonald	1.63	2009
Shot Put (3.25Kg)	David Hynd	11.04	---
Discus Throw (1Kg)	Connel MacDonald	27.84	2009
Javelin Throw (400g)	Andrew McFarlane	38.05	2012
Pentathlon	Murray Taylor	1840	2022

Males – U15 Boys

Track & Field Event	Name	Performance	Year
100 Metres	Colin Allan	11.2	1988
200 Metres	Peter Durham	23.15	1980
300 Metres	Lucas Davidson	38.19	2023
400 Metres	Stuart Sutherland	51.85	1992
800 Metres	Lachlan Buchanan	2:00.92	2020
1500 Metres	Lachlan Buchanan	4:09.09	2020
80 Metre Hurdles	Murray Taylor	11.06	2024
1500 Metre Steeplechase	Stewart Mackay	4:31.8	1990
4 x 100 Metres	@ Scottish Championships	45.9	1979
4 x 200 Metres	@ Grampian League Final	1:43.52	2010
4 x 300 Metres	@ UK YDL Scotland Final	2:49.71	2015
4 x 400 Metres	@ National English League	3:39.6	1988
3 x 800 Metres	@ Scottish 3 x 800m Relays - Angus Rutter - Ben Sharpe - Duncan MacDonald	7:10.91	2018
Long Jump	Murray Taylor	6.26	2024
Triple Jump	Peter Durham	12.14	1980
High Jump	Murray Taylor	1.96	2024
Pole Vault	Andrew McFarlane	3.70	2014
Shot Put (4Kg)	Russell Devine	15.98	1983
Discus Throw (1.25Kg)	Russell Devine	48.30	1983
Javelin Throw (600g)	Andrew McFarlane	47.27	2014
Hammer Throw (4Kg)	Matt MacFarlane	51.72	2015
Pentathlon	Murray Taylor	3147	2024

Males – U17 Boys

Track & Field Event	Name	Performance	Year
100 Metres	Scott Fraser	10.70	1994
200 Metres	Scott Fraser	22.1	1994
400 Metres	Andrew Smith	49.27	2014
800 Metres	Sean Chalmers	1:54.79	2012
1500 Metres	Andrew Baird	3:57.32	2024
3000 Metres	Stewart Mackay	8:56.5	1991
100 Metre Hurdles	Andrew Thain	13.51	1983
400 Metre Hurdles	Duncan Hards	56.29	1990
1500 Metre Steeplechase	Andrew Baird	4:18.02	2024
2000 Metre Steeplechase	Duncan Hards	6:15.8	1990
4 x 100 Metres	@ National English League	44.4	1982
4 x 200 Metres	@ Grampian League	1:40.3	2015
4 x 300 Metres	@ UK YDL Scotland Final (U15)	2:49.71	2015
4 x 400 Metres	@ Octavian Relays	3:30.4	1987
3 x 800 Metres	@ Scottish 3 x 800m Relays (U15) - Angus Rutter - Ben Sharpe - Duncan MacDonald	7:10.91	2018
Long Jump	Stephen MacKenzie	6.85	2017
Triple Jump	Stephen MacKenzie	14.24	2017
High Jump	David Barnettson	2.06	1988
Pole Vault	Andrew McFarlane	4.31	2015
Shot Put (5Kg)	George Evans	17.24	2014
Discus Throw (1.5Kg)	George Evans	55.32	2014
Javelin Throw (700g)	Patrick Dunne	58.49	2016
Hammer Throw (5Kg)	Russell Devine	59.72	1985
Octathlon	Ian Coghill	4096	2010
Decathlon	Zak Fearn	5597	2022

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	Lucas Cairns	8:55	2020
5K	Lucas Cairns	16:01	2019
5 Mile	---	---	---
10K	Lachlan Buchanan	32:57	2022

Males – U20 Men

Track & Field Event	Name	Performance	Year
100 Metres	Scott Fraser (U17)	10.70	1994
200 Metres	Craig Bonnington	21.80	1984
400 Metres	Jamie Bowie	48.79	2007
800 Metres	John Rogan	1:52.76	1995
1500 Metres	Simon MacIntyre	3:51.86	2000
3000 Metres	Andrew Baird	8:24.20	2025
5000 Metres	Lucas Cairns	15:28.05	2023
10000 Metres	---	---	---
110 Metre Hurdles	Andrew Thain	14.54	1983
400 Metre Hurdles	James MacPhail	55.23	2009
3000 Metre Steeplechase	Alexander Thorne	11:24.79	2013
4 x 100 Metres	@ Scottish Schools	43.72	2019
4 x 200 Metres	@ Grampian League	97.73	2013
4 x 400 Metres	@ Octavian Relays (U17)	3:30.4	1987
3 x 800 Metres	@ Scottish 3 x 800m Relays (U15) - Angus Rutter - Ben Sharpe - Duncan MacDonald	7:10.91	2018
Long Jump	Stephen MacKenzie	7.34	2018
Triple Jump	Stephen MacKenzie	14.42	2018
High Jump	David Barnettson	2.15	1990
Pole Vault	Andrew McFarlane (U17)	4.31	2015
Shot Put (6Kg)	George Evans	18.05	2016
Discus Throw (1.75Kg)	George Evans	60.37	2017
Javelin Throw (800g)	Zak Fearn	56.22	2024
Hammer Throw (6Kg)	Russell Devine	58.74	1987
Decathlon	Alister Mackay	6202	2022

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	Lucas Cairns (U17)	8:55	2020
5K	Lucas Cairns	14:58	2022
5 Mile	Cameron Young	27:23	2017
10K	Lucas Cairns	31:51	2023
10 Mile	Stephen Mackay	61:38	2010
Half Marathon	Stuart Gardiner	81:15	2019
Marathon	---	---	---

Males – Senior Men

Track & Field Event	Name	Performance	Year
100 Metres	Scott Fraser (U17)	10.70	1994
200 Metres	Jamie Bowie	21.52	2014
400 Metres	Jamie Bowie	46.06	2013
800 Metres	Donald MacMillan	1:50.08	1983
1500 Metres	Stephen Mackay	3:45.70	2021
3000 Metres	Stephen Mackay	8:13.19	2020
5000 Metres	Paul Kenney	14:13.0	1983
10000 Metres	Paul Kenney	29:33.5	1983
110 Metre Hurdles	Neil Fraser	14.11	1987
400 Metre Hurdles	David Barnettson	52.60	1996
3000 Metre Steeplechase	Ian Johnstone	9:27.0	1977
4 x 100 Metres	@ Grampian League Final - Angus Davren - Robin Sneddon - Liam Daly - Scott Fraser	43.33	2023
4 x 200 Metres	@ Grampian League (U20)	97.73	2013
4 x 400 Metres	@ Grampian League Final	3:27.90	2013
3 x 800 Metres	@ Scottish 3 x 800m Relays (U15) - Angus Rutter - Ben Sharpe - Duncan MacDonald	7:10.91	2018
Long Jump	Stephen MacKenzie (U20)	7.34	2018
Triple Jump	Melville Fowler	14.59	1992
High Jump	David Barnettson	2.20	1997
Pole Vault	Andrew McFarlane (U17)	4.31	2015
Shot Put (7.26Kg)	George Evans	17.79	2021
Discus Throw (2Kg)	George Evans	59.84	2019
Javelin Throw (800g)	Zak Fearn	56.22	2024
Hammer Throw (7.26Kg)	Russell Devine	66.53	2001
Decathlon	David Barnettson	6,192	1998

Road Event	Name	Performance	Year
1 Mile	Stephen Mackay	4:34	2012
3K	Stephen Mackay	8:45	2017
5K	Sean Chalmers	14:15	2022
5 Mile	Cameron Young (U20)	27:23	2017
10K	Sean Chalmers	29:51	2022
10 Mile	John Newsom	51:45	2016
Half Marathon	Sean Chalmers	64:22	2022
Marathon	Paul Kenney	2:17:04	1984

Females – U13 Girls

Track & Field Event	Name	Performance	Year
100 Metres	Alison Edmonds	12.6	1986
200 Metres	Alison Edmonds	25.8	1989
400 Metres	---	---	---
800 Metres	Briony Swanson	2:22.02	2002
1200 Metres	Briony Swanson	3:53.40	2002
1500 Metres	Briony Swanson	4:59.90	2002
70 Metre Hurdles	Stroma Fraser	11.61	2018
4 x 100 Metres	@ Grampian League Final	56.53	2016
4 x 200 Metres	@ Grampian League Final	2:01.42	2019
3 x 800 Metres	@ Scottish 3 x 800m Relays - Zoe Sharpe - Grace MacDonald - Stroma Fraser	7:46.75	2018
Long Jump	Stroma Fraser	4.96	2018
High Jump	Stroma Fraser Isla Burns	1.46	2018 2022
Shot Put (2.72Kg)	Marvellous Igbinidu	8.72	2018
Discus Throw (0.75Kg)	Marvellous Igbinidu	29.40	2018
Javelin Throw (400g)	Mary Flockhart	29.57	2011
Pentathlon	Stroma Fraser	2805 (NR)	2018

Females – U15 Girls

Track & Field Event	Name	Performance	Year
100 Metres	Alison Edmonds Heather MacLeod	12.3	1987 1989
200 Metres	Jayne Lakeland	25.6	1989
300 Metres	Gillian Gordon	42.70	2012
400 Metres	---	---	---
800 Metres	Lois Macrae	2:08.30	2023
1500 Metres	Lois Macrae	4:30.17	2023
75 Metre Hurdles	Eilidh Johnson	11.5	1989
4 x 100 Metres	@ Octavian Relays	49.9	---
4 x 200 Metres	@ Grampian League	1:50.88	2017
4 x 300 Metres	@ UK YDL Scotland NE	3:01.14	2014
4 x 400 Metres	---	---	---
3 x 800 Metres	@ Scottish 3 x 800m Relays - Kirsty Arnaud - Jennifer Mackenzie - Chloe Cheyne	7:21.28	2017
Long Jump	Deborah Douglas	5.44	1988
Triple Jump	Mairi Darroch	9.54	2017
High Jump	Jayne Barnettson	1.68	1982
Pole Vault	Josie Steele	2.20	2014
Shot Put (3Kg)	Stephanie MacKenzie	10.43	1988
Discus Throw (1Kg)	Josie Steele	29.85	2015
Javelin Throw (500g)	Kate Grainger	35.73	1998
Hammer Throw (3Kg)	Peace Igbinidu	46.31	2022
Pentathlon	Stroma Fraser	2713	2019

Females – U17 Girls

Track & Field Event	Name	Performance	Year
100 Metres	Alison Edmonds	11.9	1988
200 Metres	Alison Edmonds	24.9	1988
300 Metres	Gillian Gordon	40.83	2014
400 Metres	Lesley Clarkson	59.07	1998
800 Metres	Lois Macrae (U15)	2:08.30	2023
1500 Metres	Lois Macrae (U15)	4:30.17	2023
3000 Metres	Emily Andrew	10:09.13	2017
80 Metre Hurdles	Vicky O'Brien	11.83	1999
300 Metre Hurdles	Gillian Gordon	46.17	2014
400 Metre Hurdles	Eilidh Johnson	64.0	1987
1500 Metre Steeplechase	Mhairi MacLennan	5:54.2	2010
4 x 100 Metres	@ Scottish Relays - Marvellous Igbinidu - Stroma Fraser - Amy Mustarde - Abbie Harrison	49.62	2021
4 x 200 Metres	@ Grampian League	1:50.29	2007
4 x 300 Metres	@ UK YDL Scotland NE (U15)	3:01.14	2014
4 x 400 Metres	@ Grampian League	3:51.31	2001
3 x 800 Metres	@ Scottish 3 x 800m Relays (U15) - Kirsty Arnaud - Jennifer Mackenzie - Chloe Cheyne	7:21.28	2017
Long Jump	Vicky O'Brien	5.95	1999
Triple Jump	Anna Nelson	10.17	2012
High Jump	Jayne Barnetson	1.85	1984
Pole Vault	Anna Watson	3.03	1998
Shot Put (3Kg)	Stroma Fraser	11.66	2022
Discus Throw (1Kg)	Kirsty Law	39.80	2003
Javelin Throw (500g)	Kate Grainger	38.32	1999
Hammer Throw (3Kg)	Rachel MacLennan	52.38	2018
Heptathlon	Stroma Fraser	4618	2022

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	Caitlyn Heggie	17:21	2024
5 Mile	---	---	---
10K	Caitlyn Heggie	36:09	2024

Females – U20 Women

Track & Field Event	Name	Performance	Year
100 Metres	Alison Edmonds (U17)	11.9	1988
200 Metres	Lesley Clarkson	24.87	1999
400 Metres	Lesley Clarkson	54.44	2001
800 Metres	Lois Macrae (U15)	2:08.30	2023
1500 Metres	Megan Keith	4:19.99	2021
3000 Metres	Megan Keith	9:16.50	2021
5000 Metres	Megan Keith	16:08.88	2021
10000 Metres	---	---	---
100 Metre Hurdles	Kirsty Roger	15.2	1997
400 Metre Hurdles	Anna Nelson	63.1	2014
1500 Metre Steeplechase	Mhairi MacLennan	5:46.17	2013
4 x 100 Metres	@ Scottish Relays (U17) - Marvellous Igbinidu - Stroma Fraser - Amy Mustarde - Abbie Harrison	49.62	2021
4 x 200 Metres	@ Grampian League Final	1:51.97	2012
4 x 400 Metres	@ Grampian League (U17)	3:51.31	2001
3 x 800 Metres	@ Scottish 3 x 800m Relays (U15) - Kirsty Arnaud - Jennifer Mackenzie - Chloe Cheyne	7:21.28	2017
Long Jump	Vicky O'Brien (U17)	5.95	1999
Triple Jump	Kathryn MacKenzie	10.61	1995
High Jump	Jayne Barnetson	1.88	1985
Pole Vault	Anna Watson (U17)	3.03	1998
Shot Put (4Kg)	Paula Gass	10.88	2013
Discus Throw (1Kg)	Kirsty Law	46.40	2004
Javelin Throw (600g)	Paula Gass	41.23	2013
Hammer Throw (4Kg)	Rachel MacLennan	51.26	2021
Heptathlon	Kirsty Roger	4723	1994

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	Megan Keith	9:24	2020
5K	Caitlyn Heggie	16:52	2024
5 Mile	---	---	---
10K	Megan Keith	34:22	2021
10 Mile	---	---	---
Half Marathon	---	---	---
Marathon	---	---	---

Females – Senior Women

Track & Field Event	Name	Performance	Year
100 Metres	Alison Edmonds (U17)	11.9	1988
200 Metres	Lesley Clarkson (U20)	24.87	1999
400 Metres	Lesley Clarkson (U20)	54.44	2001
800 Metres	Lesley Clarkson	2:06.74	2004
1500 Metres	Megan Keith	4:17.26	2022
3000 Metres	Megan Keith	8:52.51	2023
5000 Metres	Megan Keith	14:43.24	2024
10000 Metres	Megan Keith	30:36.84	2024
100 Metre Hurdles	Jayne Barnetson	14.50	1989
400 Metre Hurdles	Jayne Barnetson	60.79	1988
2000 Metre Steeplechase	Julie Wilson	8:10.23	2016
4 x 100 Metres	@ Scottish Championships	48.2	1981
4 x 200 Metres	@ Grampian League	1:48.27	2018
4 x 400 Metres	@ Grampian League (U17)	3:51.31	2001
3 x 800 Metres	@ Scottish 3 x 800m Relays (U15) - Kirsty Arnaud - Jennifer Mackenzie - Chloe Cheyne	7:21.28	2017
Long Jump	Jayne Barnetson	6.07	1988
Triple Jump	Rachael MacKenzie	10.84	2010
High Jump	Jayne Barnetson	1.91	1989
Pole Vault	Anna Watson (U17)	3.03	1998
Shot Put (4Kg)	Kirsty Law	12.63	2008
Discus Throw (1Kg)	Kirsty Law	60.13	2021
Javelin Throw (600g)	Paula Gass	44.78	2015
Hammer Throw (4Kg)	Rachel MacLennan	52.82	2022
Heptathlon	Jayne Barnetson	5803 (NR)	1989

Road Event	Name	Performance	Year
1 Mile	Jenny Bannerman	4:56	2019
3K	Megan Keith (U20)	9:24	2020
5K	Mhairi MacLennan	15:48	2021
5 Mile	Jenny Bannerman	28:45	2018
10K	Megan Keith	31:20	2024
10 Mile	Mhairi MacLennan	56:30	2018
Half Marathon	Mhairi MacLennan	71:18	2023
Marathon	Mhairi MacLennan	2:29:15	2024

Summary of Club Records across Age Groups – Males

Track Event	U13	U15	U17	U20	Senior
100 Metres	12.4	11.2	10.70	10.70 (U17)	10.70 (U17)
200 Metres	25.8	23.15	22.1	21.80	21.52
300 Metres	---	38.19			
400 Metres	56.7	51.85	49.27	48.79	46.06
800 Metres	2:14.62	2:00.92	1:54.79	1:52.76	1:50.08
1200 Metres	3:49.78				
1500 Metres	4:28.65	4:09.09	3:57.32	3:51.86	3:45.70
3000 Metres			8:56.5	8:24.20	8:13.19
5000 Metres				15:28.05	14:13.0
10000 Metres				---	29:33.5
Hurdles Event	U13	U15	U17	U20	Senior
75 Metre Hurdles	12.4				
80 Metre Hurdles		11.14			
100 Metre Hurdles			13.51		
110 Metre Hurdles				14.54	14.11
400 Metre Hurdles			56.29	55.23	52.60
1500 Metre Steeplechase		4:31.8	4:18.02		
2000 Metre Steeplechase			6:15.8		
3000 Metre Steeplechase				11:24.79	9:27.0
Relays Event	U13	U15	U17	U20	Senior
4 x 100 Metres	53.6	45.9	44.4	43.72	43.33
4 x 200 Metres	1:59.64	1:43.52	1:40.3	97.73	97.73 (U20)
4 x 300 Metres		2:49.71	2:49.71 (U15)		
4 x 400 Metres	4:10.7	3:39.6	3:30.4	3:30.4 (U17)	3:27.90
3 x 800 Metres	7:42.72	7:10.91	7:10.91 (U15)	7:10.91 (U15)	7:10.91 (U15)
Jump Event	U13	U15	U17	U20	Senior
Long Jump	5.17	6.26	6.85	7.34	7.34 (U20)
Triple Jump	9.39	12.14	14.24	14.42	14.59
High Jump	1.63	1.95	2.06	2.15	2.20
Pole Vault		3.70	4.31	4.31 (U17)	4.31 (U17)

Throw Event	U13	U15	U17	U20	Senior
Shot Put (3.25Kg)	11.04				
Shot Put (4Kg)		15.98			
Shot Put (5Kg)			17.24		
Shot Put (6Kg)				18.05	
Shot Put (7.26Kg)					17.79
Discus Throw (1Kg)	27.84				
Discus Throw (1.25Kg)		48.30			
Discus Throw (1.5Kg)			55.32		
Discus Throw (1.75Kg)				60.37	
Discus Throw (2Kg)					59.84
Javelin Throw (400g)	38.05				
Javelin Throw (600g)		47.27			
Javelin Throw (700g)			58.49		
Javelin Throw (800g)				56.22	56.22 (U20)
Hammer Throw (4Kg)		51.72			
Hammer Throw (5Kg)			59.72		
Hammer Throw (6Kg)				58.74	
Hammer Throw (7.26Kg)					66.53
Combined Event	U13	U15	U17	U20	Senior
Pentathlon	1840	3147			
Octathlon			4096		
Decathlon			5597	6202	6192
Road Event	U13	U15	U17	U20	Senior
1 Mile			---	---	4:34
3K			8:55	8:55 (U17)	8:45
5K			16:01	14:58	14:15
5 Mile			---	27:23	27:23 (U20)
10K			32:57	31:51	29:51
10 Mile				61:38	51:45
Half Marathon				81:15	64:22
Marathon				---	2:17:04

Summary of Club Records across Age Groups – Females

Track Event	U13	U15	U17	U20	Senior
100 Metres	12.6	12.3	11.9	11.9 (U17)	11.9 (U17)
200 Metres	25.8	25.6	24.9	24.87	24.87 (U20)
300 Metres	---	42.70	40.83		
400 Metres			59.07	54.44	54.44 (U20)
800 Metres	2:22.02	2:08.30	2:08.30 (U15)	2:08.30 (U15)	2:06.74
1200 Metres	3:53.40				
1500 Metres	4:59.90	4:30.17	4:30.17 (U15)	4:19.99	4:17.26
3000 Metres			10:09.13	9:16.50	8:52.51
5000 Metres				16:08.88	14:43.24
10000 Metres				---	30:36.84
Hurdles Event	U13	U15	U17	U20	Senior
70 Metre Hurdles	11.61				
75 Metre Hurdles		11.5			
80 Metre Hurdles			11.83		
100 Metre Hurdles				15.2	14.50
300 Metre Hurdles			46.17		
400 Metre Hurdles			64.0	63.1	60.79
1500 Metre Steeplechase			5:54.2	5:46.17	
2000 Metre Steeplechase					8:10.23
Relays Event	U13	U15	U17	U20	Senior
4 x 100 Metres	56.53	49.9	49.62	49.62 (U17)	48.2
4 x 200 Metres	2:01.42	1:50.88	1:50.29	1:51.97	1:48.27
4 x 300 Metres		3:01.14	3:01.14 (U15)		
4 x 400 Metres		---	3:51.31	3:51.31 (U17)	3:51.31 (U17)
3 x 800 Metres	7:46.75	7:21.28	7:21.28 (U15)	7:21.28 (U15)	7:21.28 (U15)
Jump Event	U13	U15	U17	U20	Senior
Long Jump	4.96	5.44	5.95	5.95 (U17)	6.07
Triple Jump		9.54	10.17	10.61	10.84
High Jump	1.46	1.68	1.85	1.88	1.91
Pole Vault		2.20	3.03	3.03 (U17)	3.03 (U17)

Throw Event	U13	U15	U17	U20	Senior
Shot Put (2.72Kg)	8.72				
Shot Put (3Kg)		10.43	11.66		
Shot Put (4Kg)				10.88	12.63
Discus Throw (0.75Kg)	29.40				
Discus Throw (1Kg)		29.85	39.80	46.40	60.13
Javelin Throw (400g)	29.57				
Javelin Throw (500g)		35.73	38.32		
Javelin Throw (600g)				41.23	44.78
Hammer Throw (3Kg)		46.31	52.38		
Hammer Throw (4Kg)				51.26	52.82
Combined Event	U13	U15	U17	U20	Senior
Pentathlon	2805 (NR)	2713			
Heptathlon			4618	4723	5803 (NR)
Road Event	U13	U15	U17	U20	Senior
1 Mile			---	---	4:56
3K			---	9:24	9:24 (U20)
5K			17:21	16:52	15:48
5 Mile			---	---	28:45
10K			36:09	34:41	31:20
10 Mile				---	56:30
Half Marathon				---	71:18
Marathon				---	2:29:15

SOURCES

Inverness Harriers AAC – Club archives

Maroon and Gold: The Story of Inverness Harriers, Charles Bannerman

Scottish Athletics Yearbooks

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Grampian Athletics League Records - <https://grampianathleticsleague.synthasite.com/records>