

60M (7.20)

CAMERON	SHARP	6.66i	PARIS(FRANCE)	18/01/1985
		6.6i	COSFORD	11/01/1980
IMANTE	GKONTOUIN	6.89i	ABERDEEN	03/02/2024
STEPHEN	TUCKER	6.93i	KELVIN HALL	18/01/1998
ALAN	STUART	6.94i	KELVIN HALL	10/02/2002
PAUL	MULLEN	7.07i	KELVIN HALL	27/02/1993
ADE	MEBUDE	7.10i	EMIRATES (GLASGOW)	15/02/2015
THOMAS	MOORE	7.12i	KELVIN HALL	13/01/2007
TOM	BEGAN	7.13i	KELVIN HALL	02/04/1995
CHRIS	HODGKINS	7.13i	KELVIN HALL	03/01/2006
ANTONY	DAFFURN	7.14i	GRANGEMOUTH	16/03/2011
ERIC	SCOTT	7.14i	COSFORD	13/03/1993
CARLO	FERRI	7.15i	KELVIN HALL	02/12/1993
GEORGE	WATSON	7.15i	KELVIN HALL	14/01/2006
IAIN	McDONALD	7.18i	KELVIN HALL	17/01/2010

60M (8.20) WOMEN

JILL	CHERRY	7.78i	EMIRATES ARENA(GSW)	02/02/2014
CLAIRE	MASON	8.0#	EMIRATES ARENA(GSW)	19/04/2015

100M (11.2)

CAMERON	SHARP	10.20	ZURICH(SWITZERLAND)	24/08/1983
		10.07w	BRISBANE (AUSTRALIA)	10/04/1982
CHARLES	KYARUZI	10.5w	MEADOWBANK	23/06/1973
SAMMY	LEE	10.56	TEL AVIV (ISRAEL)	31/08/1985
		10.45w	MEADOWBANK	26/06/1983
GORDON	CURRIE	10.6w	MEADOWBANK	26/06/1976
STEPHEN	TUCKER	10.7w	MEADOWBANK	06/08/1994
ALLAN	STUART	10.7w	MEADOWBANK	27/04/2003
GKONTOUIN	IMANTE	10.80(0.8)	ABERDEEN	30/07/2023
		10.80(1.3)	MANNHEIM(GER)	22/06/2024
ALAN	WATT	10.8?	ANTWERP (BELGIUM)	00/00/1947
STUART	ATKINS	10.8w	GRANGEMOUTH	14/02/1970
ROGER	HARKINS	10.8w	CROWNPOINT RD	09/04/1988
CARLO	FERRI	10.8w	GRANGEMOUTH	27/06/1993
RUPERT	WILLIAMS	10.8w	PORTSMOUTH	14/06/1995
CRAIG	DUNCAN	10.87w	MEADOWBANK	08/12/1989
TOM	BEGAN	10.88w	PITREAVIE	07/08/1995
JOHN	RUDDY	10.90(+1.9)	KAYSERI (TURKEY)	12/07/2011
COLIN	SMITH	10.9w	SCOTSTOUN	05/10/1970
IAN	McEWAN	10.9w	GRANGEMOUTH	05/03/1977
PAUL	MULLEN	10.9w	WISHAW	26/05/1993
IAIN	MACDONALD	10.91(+2.8)	MEADOWBANK	12/07/2009
ROBERT	FROST	10.92(+5.4)	GRANGEMOUTH	29/08/2010
ADE	MEBUDE	10.93(+3.0)	SCOTSTOUN	19/08/2017
ERIC	SCOTT	11.00	CROWNPOINT RD	25/08/1992
JACK	GUTHRIE	11.00(+2.2)	BEDFORD	09/09/2018
SANDY	SCOTT	11.0#	COATBRIDGE	18/06/2000
ALASDAIR	STRANGE	11.0#	OBAN	24/08/2006
DAVID	MULHERON	11.01w	GRANGEMOUTH	29/08/1993
JONATHAN	HOOPER	11.05#	KILMARNOCK	11/05/2024

DAVID	MARTIN	11.06(+1.5)	ORDEGEM_LEDE(BELGIUM)	27/05/2017
STEWART	ROBERTSON	11.08w	MEADOWBANK	20/06/1993
DAVID	ALEXANDER	11.1	CROWNPOINT RD	00/00/1991
K	BROWN	11.1w	MEADOWBANK	06/01/1980
ALISTAIR	POLLOCK	11.1w	RAVENS CRAIG	15/04/1994
DAVID	GOW	11.1#	CROWNPOINT RD	17/06/1998
RICHARD	WIRE	11.1#	BLACKPOOL	12/06/1999
PAUL	GILROY	11.11		00/00/1983
NORRIE	FOSTER	11.2	LOUGHBOROUGH	08/06/1965
DAVID	MULDOWN	11.2	NEWCASTLE	07/01/1967
JOSEPH	CORRIGAN	11.2	CROWNPOINT RD	17/06/1990
STUART	MOIR	11.2	PITREAVIE	19/06/1996
GORDON	FLEMING	11.2w	DUMFRIES	21/04/2002

100M (13.0) WOMEN

CAITLIN	CALDWELL	12.83(+0.0)	LINWOOD	27/04/2011
ALANA	SINCLAIR	12.99(+1.6)	GRANGEMOUTH	11/06/2010
LISA	THOMSON	13.0#	WISHAW	01/06/2011

200M (23.0)

CAMERON	SHARP	20.47	ATHENS(GREECE)	09/09/1982
SAMMY	LEE	21.23	DUNDEE	15/06/1984
		21.17w	DUBLIN (EIRE)	30/06/1985
ALLAN	STUART	21.45(-0.2)	FORTALEZAB (BRAZIL)	14/05/2000
PAUL	GILROY	21.58	MEADOWBANK	17/06/1983
DAVID	MULHERON	21.72w	MEADOWBANK	20/06/1993
STEPHEN	TUCKER	21.7w	COATBRIDGE	06/12/1994
ROGER	HARKINS	21.7w	CROWNPOINT RD	09/04/1988
GKONTOUIN	IMANTE	21.78i	EMIRATES(GLASGOW)	19/02/2023
CRAIG	DUNCAN	21.81w	MEADOWBANK	08/12/1989
JONATHAN	HOOPER	21.89(4.3)w	GRANGEMOUTH	07/06/2024
ALASDAIR	STRANGE	21.89(+5.2)	SCOTSTOUN	27/06/2007
SANDY	SCOTT	22.0#	COATBRIDGE	18/06/2000
DAVID	MARTIN	22.01(+1.8)	KILMARNOCK	26/08/2018
CHRIS	HODGKINS	22.06i	KELVIN HALL	28/12/2005
JOHN	RUDDY	22.06(+3.8)	GOTHENBURG(SWEDEN)	28/06/2009
		22.20(+0.2)	BYDGOSZCZ(POLAND)	22/07/2015
DAVID	GOW	22.1#	CROWNPOINT RD	17/06/1998
PAUL	MULLEN	22.17	MEADOWBANK	14/08/1994
GORDON	CURRIE	22.2	COATBRIDGE	05/08/1977
CARLO	FERRO	22.24	GRANGEMOUTH	30/08/1992
ADE	MEBUDE	22.3(+1.1)	PRESTON	28/06/2015
RICHARD	WIRE	22.3(+1.7)	BLACKPOOL	12/06/1999
STUART	ATKINS	22.3	KEELE	05/09/1970
ALAN	ROBERTS	22.3	COATBRIDGE	27/05/1978
MATTHEW	FRIEL	22.38	AYR	26/05/1990
TOM	BEGAN	22.4	COATBRIDGE	18/06/1995
GRANT	BURNETT	22.4	ABERDEEN	20/06/2004
CHARLES	KYARUZI	22.4	MEADOWBANK	22/07/1973
DAVID	ALEXANDER	22.42	WEST LONDON	07/07/1991
JACK	GUTHRIE	22.46(+3.8)	CROWNPOINT RD	21/08/2018
STEWART	ROBERTSON	22.5w	COATBRIDGE	06/12/1994

RUPERT	WILLIAMS	22.5	PORTSMOUTH	14/06/1995
STUART	MOIR	22.52	CROWNPOINT RD	29/06/1996
THOMAS	MOORE	22.55(+5.2)	SCOTSTOUN	11/07/2007
SEAN	WATSON	22.57(+1.6)	PITREAVIE	24/04/2010
JOHN	CORRIGAN	22.7	COATBRIDGE	05/03/1992
GORDON	FLEMING	22.7#		
GAVIN	BODRELL	22.81(2.3)	ABERDEEN	30/07/2023
SEAN	DIMEO	22.86(+0.3)	GOTHENBURG(SWEDEN)	29/06/2008
LUCKY	FADUN	22.98	GRANGEMOUTH	11/06/2022

200M (26.0) WOMEN

ANNIE	MCLEAN	25.15(1.0)	KILMARNOCK	12/05/2024
LIANDI	LE ROUX	25.3#	DUMFRIES	26/06/2016
JILL	CHERRY	25.31i	EMIRATES (GLASGOW)	02/02/2014

300M (38.0)

SEAN	WATSON	35.8	GRANGEMOUTH	03/07/2013
DAVID	WALLACE	37.99i	KELVIN HALL	27/12/2003

300m (45.0) WOMEN

ANNIE	MCLEAN	39.7	KILMARNOCK	11/05/2024
AVA	MILLICAN	41.78	KILMARNOCK	11/05/2024

400M (50.9)

ALLAN	STUART	46.72	BEDFORD	29/06/2003
SANDY	SCOTT	47.40	BEDFORD	30/05/1999
CAMERON	SHARP	47.53	IRVINE (USA)	05/03/1986
JOHN	CHERRY	47.8	AMHURST (USA)	00/08/1973
SEAN	WATSON	47.87	PITREAVIE	20/06/2009
DAVID	MULHERON	48.25	CROWNPOINT RD	22/07/1989
ALISTAIR	STRANGE	48.58	SCOTSTOUN	12/08/2006
DAVID	GOW	48.87	ANTRIM	22/06/1999
ROGER	HARKINS	48.98	MEADOWBANK	28/08/1988
NORRIE	FOSTER	49.3	ZURICH (SWITZERLAND)	22/06/1968
SEAN	BRINDLEY	49.40		24/04/2005
PAUL	MULLEN	49.46	MEADOWBANK	24/04/1994
MICHAEL	TULLY	49.6	LUTON	04/01/1968
DAVID	ALEXANDER	49.6	BEDFORD	09/11/1993
HUGH	STEWART	49.8	MEADOWBANK	08/03/1975
ALAN	ROBERTS	49.9	MEADOWBANK	25/06/1977
JAMES	FINDLAY	49.9	WISHAW	23/04/2006
MATTHEW	TURNER	50.1i	KELVIN HALL	04/02/2007
RICHARD	WIRE	50.10	STRETFORD	11/07/2000
CALLUM	DRUMMOND	50.30	GRANGEMOUTH	01/07/2015
DANIEL	LAFFERTY	50.42i	EMIRATES (GLASGOW)	07/02/2015
ANTHONY	RECZEK	50.5	STIRLING	22/05/1973
TOM	HARRISON	50.5		
AHMED	HASSAN	50.70	GRANGEMOUTH	04/07/2010
JOHN	RUDDY	50.88	WISHAW	08/08/2010
PETER	McDEVITT	50.9i	KELVIN HALL	12/09/1992
ALAN	STRANG	50.9	GRANGEMOUTH	15/06/1979
CAMERON	PYLE	50.92i	KELVIN HALL	16/01/1994

400M (60.0) WOMEN

MHAIRI	HENDRY	56.96	GRANGEMOUTH	25/08/2012
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LIANDA	LE ROUX	57.67	GRANGEMOUTH	29/05/2016
SHANNON	MCLELLAN	59.53	CROWNPOINT RD	27/07/2016
STELLA	WINTERS	60.0	CROWNPOINT RD	31/08/2010

600M (1.26.0)

DAVID	GOW	1.19.04	GRANGEMOUTH	05/06/2002
PETER	McDEVITT	1.19.5	GRANGEMOUTH	08/03/1994
CALLUM	DRUMMOND	1.22.38i	EMIRATES (GLASGOW)	04/01/2017
MALCOLM	MACDONALD	1.25.2i	KELVIN HALL	03/01/2006

800M (1.54.9)

DAVID	GOW	1.49.18	SCOTSTOUN	21/08/1999
NAT	MUIR	1.50.0	WISHAW	07/09/1983
JOHN	CHERRY	1.51.0	WHITE CITY	00/00/1969
PETER	McDEVITT	1.51.01	MEADOWBANK	25/06/1994
MATTHEW	GILLESPIE	1.51.72	NEW YORK (USA)	21/02/2014
NORMAN	MORRISON	1.51.9	GRANGEMOUTH	13/06/1971
MATTHEW	TURNER	1.52.14	TWICKENHAM	04/06/2008
ALAN	STANG	1.52.54	TEL AVIV (ISRAEL)	14/07/1981
SIMON	PICKLES	1.52.72	MEADOWBANK	18/08/1985
STUART	EASTON	1.52.9	MEADOWBANK	10/06/1972
JOHN	MACKAY	1.53.2	CROWNPOINT RD	06/09/1991
GORDON	PHILLIPS	1.53.26	BEDFORD	27/06/2009
CALLUM	DRUMMOND	1.53.76	GRANGEMOUTH	27/08/2016
ALEXANDER	MACDONALD	1.53.8	CROWNPOINT RD	23/07/1997
W JOHN	GRANT	1.53.9	STRETFORD	15/08/1981
COLIN	O'BRIEN	1.54.17	MEADOWBANK	08/04/1982
WILLIAM	COYLE	1.54.3	AYR	21/05/1989
ANTHONY	RECZEK	1.54.5	WESTERLANDS	25/04/1973
SIMON	MACINTYRE	1.54.55	SCOTSTOUN	03/09/2000
PAUL	BRANNIGAN	1.54.51	CROWNPOINT RD	22/07/1988
ALAN	MARSHALL	1.54.9	CARLUKE	10/05/1975

800M (2.16.0) WOMEN

MHAIRI	HENDRY	2.10.79	BEDFORD	19/08/2012
STELLA	WINTERS	2.14.8	LINWOOD	30/05/2012
SHANNON	MCLELLAN	2.15.97	GRANGEMOUTH	15/08/2015

1000M (2.28.0)

NORMAN	MORRISON	2.24.3	BELFAST	19/06/1971
JOHN	CHERRY	2.27.3	BELFAST	19/06/1971

1500M (3.50.0)

NAT	MUIR	3.41.75	MEADOWBANK	20/06/1981
REES	WARD	3.43.6	CRYSTAL PLACE	23/06/1973
LAURIE	SPENCE	3.44.00	CRYSTAL PLACE	01/08/1975
NORMAN	MORRISON	3.44.5	MOTSPUR PARK	13/05/1970
GRAHAM	EVERETT	3.45.7	WHITE CITY	13/08/1960
STUART	EASTON	3.45.8	OSLO (NORWAY)	07/09/1974
DAVID	WRIGHT	3.46.2	MEADOWBANK	18/08/1973
JOHN	MACKAY	3.46.79	BIRMINGHAM	26/07/1991
J LACHIE	STEWART	3.48.5	HAMPDEN PARK	25/04/1970
MATTHEW	GILLESPIE	3.48.52	STRETFORD	07/07/2012
BRIAN	SCALLY	3.49.33	CROWNPOINT	21/07/1989
TSEGEI	TEWELDE	3.49.99	BEDFORD	03/07/2010

1500M (4.40.0) WOMEN

AOIFE	CARR	4.25.87	SCOTSTOUN	29/07/2022
LYNN	MCKENNA	4.30.50	SCOTSTOUN	28/07/2023
SHANNON	MCLELLAN	4.36.30	CROWNPOINT RD	29/08/2017
STELLA	WINTERS	4.39.78	BEDFORD	20/08/2011

2000M (5.48.0)

LAURIE	SPENCE	5.03.8		26/05/1978
NAT	MUIR	5.06.7		20/08/1978
ADAM	LEE	5.47.66i	KELVIN HALL	23/01/2002

3000M (8.28.0)

NAT	MUIR	7.48.6	CRYSTAL PALACE	27/06/1980
MATTHEW	GILLESPIE	7.52.24i	BOSTON (USA)	25/01/2014
LAURIE	SPENCE	7.52.82	CRYSTAL PALACE	09/09/1977
J LACHIE	STEWART	7.59.2	MEADOWBANK	21/08/1971
GRAHAM	EVERETT	8.04.0	WHITE CITY	22/05/1960
NORMAN	MORRISON	8.04.6	KIRKBY	29/04/1973
WILLIAM	MULLETT	8.05.2	CRYSTAL PALACE	14/08/1974
JOHN	MACKAY	8.06.2	CROWNPOINT	29/08/1990
WILLIAM	COYLE	8.06.3	CROWNPOINT	19/08/1992
PAUL	BANNON	8.08.8	BLOOMINGTON(USA)	02/02/1974
ALISTAIR	BLAMIRE	8.10.0	CRYSTAL PALACE	09/06/1969
JAMIE	BURNS	8.13.10	CROWNPOINT RD	02/06/2023
TEWOLDEBREHAN	MENGESTEAD	8.14.9	CROWNPOINT RD	23/08/2011
KAMIL	SIERACKI	8.17.58	CROWNPOINT RD	18/08/2015
DICK	WEDLOCK	8.17.8	HELENVALE	30/06/1970
TAHA	GHAFARI	8.19.38	CROWNPOINT RD	27/08/2024
LACHLAN	OATES	8.19.38	CROWNPOINT RD	18/08/2015
ADRIAN	CALLAN	8.19.9	CROWNPOINT	16/08/1995
GRAHAM	WIGHT	8.20.0	CROWNPOINT	16/08/1994
AMANUEL	HAGOS	8.21.21	LINWOOD	29/07/2009
BRIAN	SCALLY	8.21.33	MEADOWBANK	06/05/1985
MARTIN	GRAHAM	8.24.56	STRETFORD	19/07/2008
MICHAEL	DEASON	8.24.43i	EMIRATES (GLASGOW)	09/02/2013
TONY	COYNE	8.24.6	CROWNPOINT RD	29/08/1990
LEWIS	RAEBURN	8.24.63	CROWNPOINT RD	20/08/2019
JIM	BURNS	8.27.0		13/05/1977
DAVID	CAMERON	8.27.24	MEADOWBANK	14/07/1991

3000M (10.30.0) WOMEN

LYNNE	MCKENNA	9.27.00	WATFORD	01/07/2023
SHANNON	MCLELLAN	10.05.40	CROWNPOINT RD	22/08/2017
RUTH	JOSS	10.15.85	CROWNPOINT RD	20/08/2019
JESSICA	OLIVER-BELL	10.20.24	SCOTSTOUN	02/08/2013
AOIFE	CARR	10.25.85i	EMIRATES (GLASGOW)	06/01/2023
KAYLEIGH	JARRETT	10.27.4	ABERDEEN	27/06/2021

5000M (14.59.0)

NAT	MUIR	13.17.9	OSLO (NORWAY)	15/07/1980
LAURIE	SPENCE	13.37.73	ATHENS (GREECE)	13/05/1978
J LACHIE	STEWART	13.46.60	WHITE CITY	06/03/1968
NORMAN	MORRISON	13.47.02	MOSCOW (RUSSIA)	18/08/1973
PAUL	BANNON	13.49.6	KNOWVILLE (USA)	05/08/1976

MATTHEW	GILLESPIE	13.57.26	WATFORD	09/06/2012
DICK	WEDLOCK	14.03.4	COLWYN BAY	07/05/1969
ADRIAN	CALLAN	14.05.58	WISHAW	13/05/1995
JAMIE	BURNS	14:08.08	AZUSA (USA)	12/04/2024
LACHLAN	OATES	14.13.94	LOUGHBOROUGH	08/07/2017
GRAHAM	WIGHT	14.14.01	CROWNPOINT	12/05/1996
ALISTAIR	BLAMIRE	14.14.4	MEADOWBANK	22/07/1973
TSEGEZAB	WOLDEMICHAE	14.15.70	PITREAVIE	31/08/2008
CHRIS	ROBISON	14.15.8	PORTSMOUTH	02/07/1996
JOHN	MACKAY	14.16.4	CROWNPOINT RD	08/08/1990
WILLIAM	COYLE	14.18.1	CROWNPOINT RD	18/06/1997
TEWOLDEBERHAN	MENGISTEAB	14.20.7	CROWNPOINT RD	24/08/2010
TSEGA	TEWELDE	14.23.63	PITREAVIE	20/06/2009
AMANUEL	HAGOS	14.23.78	WISHAW	10/05/2009
DICK	WRIGHT	14.26.8	CRYSTAL PALACE	14/07/1973
STUART	EASTON	14.37.4	MEADOWBANK	01/07/1979
PETER	CARTON	14.39.?	WISHAW	00/00/1985
TOM	PATTERSON	14.39.4	MEADOWBANK	11/06/1972
DAVID	CAMERON	14.40.2	CROWNPOINT	26/08/1991
WILLIAM	SCALLY	14.40.8	GRANGEMOUTH	28/06/1969
MICHAEL	DEASON	14.40.95	SCOTSTOUN	26/07/2019
WILLIAM	MULLETT	14.41.4	CRYSTAL PALACE	17/11/1971
DAVID	CONNELLY	14.42.6	CROWNPOINT	24/08/1994
ALAN	MARSHALL	14.42.8		07/09/1978
THOMAS	FAY	14.43.28	STRETFORD	07/07/2012
FRANK	McGOWAN	14.43.35	SCOTSTOUN	05/09/1998
WILLIAM	NELSON	14.44.10	MEADOWBANK	08/05/1990
COLIN	ROSS	14.45.1	CROWNPOINT	13/06/1987
ANDREW	LITTLE	14.46.56	BRISTOL	30/08/1997
MARTIN	GRAHAM	14.46.7	BIRMINGHAM	12/07/2008
ALASDAIR	MCLEOD	14.48.80	GRANGEMOUTH	09/07/2017
DAVID	LANG	14.51.2		14/08/1977
ALAN	SWANN	14.53.?		
CAMERON	SPENCE	14.53.8	MEADOWBANK	23/06/1973
JIM	EVANS	14.55.2		25/06/1978
DANIEL	BRADFORD	14.55.90	STRETFORD	07/07/2012

5000M (18.00.0) WOMEN

LYNNE	MCKENNA	16.23.23	MANCHESTER	23/05/2023
FIONNUALA	ROSS	16.28.11	SCOTSTOUN	27/07/2018
EILIDH	BELL	17.11.36	MANCHESTER	23/05/2023
AMSELET	TEWELDE	17.23.47	PITREAVIE	30/08/2008
AVRIL	MASON	17.29.24	GRANGEMOUTH	17/08/2019
RUTH	JOSS	17.47.29	CROWNPOINT RD	29/07/2016
JESSICA	OLIVER-BELL	17.50.98	SCOTSTOUN	21/06/2013

10000M (30.59.9)

J LACHIE	STEWART	28.11.71	MEADOWBANK	18/07/1970
LAURIE	SPENCE	28.11.85	CWMBRAN	00/00/1982
PAUL	BANNON	28.36.6	DES MOINES (USA)	24/04/1976
NAT	MUIR	28.39.69	CWMBRAN	25/05/1986
DICK	WEDLOCK	28.42.0	MEADOWBANK	06/05/1970

NORMAN	MORRISON	28.48.99	MOSCOW (RUSSIA)	16/03/1973
MATTHEW	GILLESPIE	29.08.71	WALNUT(USA)	17/04/2014
TSEGEZAB	WOLDEMICHAEL	29.25.90	BIRMINGHAM	25/06/2010
AMANUEL	HAGOS	29.36.04	GRANGEMOUTH	26/08/2009
LACHLAN	OATES	29.40.79	CROWNPOINT	19/04/2019
WILLIE	MULLETT	29.42.2	CRYSTAL PALACE	19/04/1969
JAMIE	BURNS	29.46.9	CROWNPOINT	29/04/2023
TEWOLDEBERHAN	MENGISTEAB	29.53.55	GRANGEMOUTH	26/08/2009
WILLIAM	COYLE	29.59.8	GREENOCK	15/06/1997
DANIEL	BRADFORD	30.11.7	CROWNPOINT	20/04/2023
ALAN	GRANT	30.27.4	REDDITCH	19/05/1971
PETER	CARTON	30.31.46	MEADOWBANK	30/06/1984
DAVID	CAMERON	30.36.35	MEADOWBANK	07/03/1992
BRIAN	SCALLY	30.36.47	AYR	21/07/1996
ANDREW	LITTLE	30.41.1	CROWNPOINT	27/08/1996
WILLIAM	SCALLY	30.50.?	MEADOWBANK	
MICHAEL	DEASON	30.52.77	CROWNPOINT RD	29/04/2016
COLIN	ROSS	30.54.58	MEADOWBANK	19/06/1987
REES	WARD	30.57.2	PORTSMOUTH	29/07/1976

10000M (40.00.0) WOMEN

FIONNUALA	ROSS	33.49.92	LONDON (HIGHGATE)	19/05/2018
AVRIL	MASON	35.07.28	CROWNPOINT RD	19/04/2019
AMSELET	TEWELDE	36.33.04	GRANGEMOUTH	01/07/2008
RUTH	JOSS	37.48.81	PARLIAMENT HILL	06/07/2019

MARATHON (2.40.0)

WEYNAY	GHEBRESILASIE	2.09.50	BERLIN (GERMANY)	24/10/2023
TSEGA	TEWELDE	2.12.23	LONDON	24/04/2016
LAURIE	SPENCE	2.16.01		30/09/1984
PAUL	BANNON	2.16.51.61	EDMONTON (CANADA)	18/08/1978
BEN	JOHNSON	2.17.35	VALENCIA (SPAIN)	01/12/2019
LACHLAN	OATES	2.20.11	MANCHESTER	14/04/2024
PETER	AVANT	2.21.29	EDINBURGH	29/05/2022
BRIAN	CARTY	2.23.39	EDINBURGH	05/01/1986
WILLIAM	SCALLY	2.24.05	LONDON	13/05/1984
JETHRO	LENNOX	2.24.11	LONDON	27/04/2009
COLIN	ROSS	2.24.49	LONDON	20/04/1986
PETER	CARTON	2.24.52	GLASGOW	00/00/1988
MATTHEW	GILLESPIE	2.25.05	NEW YORK (USA)	04/11/2018
CHRIS	MCGARRITY	2.25.24	MANCHESTER	03/04/2022
JOSEPH	McGHEE	2.25.50	EDINBURGH	25/06/1955
ALAN	GRANT	2.25.50	MANCHESTER	23/08/1970
HUGH	MITCHELL	2.26.11	SHEFFLESTON	13/05/1967
DAVID	LANG	2.26.50	RUGBY	05/07/1977
MARK	McKELVIE	2.28.06	LONDON	02/10/2022
TOM	MALONE	2.28.20	GERMISTON (RSA)	20/03/1965
HUGO	FOX	2.28.27		00/00/1959
JOHN	DUFFY	2.28.30	MALMO (SWEDEN)	27/07/1996
BRIAN	SCALLY	2.29.32	INVERCLYDE	13/09/1998
TOM	OWENS	2.30.03	MANCHESTER	03/04/2022
WILLIAM	RUSSELL	2.31.04	HUDDERSFIELD	04/12/1971

FRED	DAVIES	2.32.16	BERLIN (GERMANY)	25/09/2022
JORDON	ANDERSON	2.32.39	LONDON	28/04/2019
ALISTAIR	THURLBECK	2.33.04	BOSTON (USA)	18/04/2022
JAMES	THOMPSON	2.33.17	FLORANCE(ITALY)	28/11/2021
MICHAEL	DEASON	2.34.39	LONDON	17/04/2011
TOM	LUCAS	2.35.01	GLASGOW	14/10/1979
DAVID	LOTHIAN	2.35.25	BARNSELEY	12/03/1978
CLYDE	MARWICK	2.35.42	LONDON	16/04/2000
DERMOT	MCGONIGLE	2.35.61	LONDON	22/04/2001
DUNKY	WRIGHT	2.36.25		00/00/1924
MARTIN	GRAHAM	2.36.33	APACHE JUNCTION (AZ) (USA)	20/02/2011
HARRY	HOWARD	2.37.15	READING	22/07/1950
KENNETH	MCCOY	2.37.27	LONDON	13/04/2008
PAUL	SORRIE	2.38.16	LONDON	22/04/2007
KEVIN	BRYSON	2.38.26	FRANKFURT (GERMANY)	26/10/2014
J	McDONALD	2.39.14	SHETTLESTON	13/05/1967

MARATHON (3.30.0) WOMEN

FIONNUALA	ROSS	2.39.58	PULFORD	25/04/2021
AVRIL	MASON	2.43.54	LONDON	28/04/2019
JESSICA	OLIVER-BELL	2.51.54	LONDON	26/04/2015
CAROLE	SETCHELL	2.57.10	LOCH NESS	29/09/2013
CLARA	HORSWELL	3.02.08	LONDON	24/04/2016
CLAIRE	MCARTHUR	3.21.17	LANCASTER	30/06/2013

60M HURDLES (8.9)

BENIOT	LARDY	8.33i	LYON (FRANCE)	17/01/2016
DARREN	HO	8.5i	KELVIN HALL	30/01/2002
IAIN	MACDONALD	8.54i	KELVIN HALL	01/03/2008
ALASDAIR	STRANGE	8.64i	KELVIN HALL	30/12/2008
FRASER	McGLYNN	8.64i	KELVIN HALL	23/01/1994
ERIC	SCOTT	8.87i	COSFORD	14/03/1993
COLIN	FREW	8.9i	KELVIN HALL	03/12/1994

60M HURDLES (9.99) WOMEN

AMY	THOMSON	9.81i	EMIRATES (GLASGOW)	17/01/2005
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100M HURDLES (15.00) WOMEN

110M HURDLES (16.3)

BENIOT	LARDY	14.73(-0.9)	INVERNESS	14/06/2015
CRAIG	DUNCAN	14.9w	CROWNPOINT RD	22/07/1989
IAIN	McEWAN	14.9w	MEADOWBANK	25/06/1977
FRASER	McGLYNN	15.12	MEADOWBANK	25/06/1994
JONATHON	FRANKLIN	15.13	BIRMINGHAM	20/07/1991
IAIN	MACDONALD	15.14#	SCOTSTOUN	17/07/2011
STEWART	McCALLUM	15.3w	GRANGEMOUTH	25/07/1971
J	ROSE	15.3w	BELFAST	02/07/1977
COLIN	FREW	15.58w	MEADOWBANK	20/06/1993
NORRIE	FOSTER	15.7	ZURICH (SWITZERLAND)	23/06/1968
WILLIAM	TALBOT	15.7	MEADOWBANK	11/07/1970
ROGER	HARKINS	15.8	AYR	26/05/1990
ERIC	SCOTT	16.0w	LOUGHBROUGH	18/04/1993
GORDON	McARTHUR	16.1	GRANGEMOUTH	12/05/1984

ANDREW	KIRKHOPE	16.3w	MEADOWBANK	19/07/1991
<u>400M HURDLES (59.9)</u>				
ROGER	HARKINS	52.4	AYR	21/05/1989
ALASDAIR	STRANGE	53.10	ANTRIM	16/06/2007
JAMES	FINDLAY	54.60	GOTHENBURG(SWEDEN)	07/07/2006
TOM	HARRISON	55.1	COATBRIDGE	05/06/1984
DAVID	MARTIN	55.85	BASINGSTOKE	06/08/2016
IAN	McEWAN	56.3	COATBRIDGE	12/06/1977
ANDREW	KIRKHOPE	56.48	MEADOWBANK	21/06/1985
RONNIE	BRADLEY	56.5	CROWNPOINT RD	15/06/1985
NORRIE	FOSTER	57.3	MEADOWBANK	28/04/1974
IAIN	MACDONALD	57.65	GRANGEMOUTH	12/06/2005
JOE	GRAY	57.9	WISHAW	25/07/2004
COLIN	FREW	58.2	PITREAVIE	25/06/1995
J	GRANT	58.4	MEADOWBANK	24/08/1975
GARY	BOLLEN	58.4	COATBRIDGE	29/05/1976
D	GILLIES	58.5	AYR	28/05/1988
G	WIGGINTON	58.5	CROWNPOINT RD	18/06/1989
ANDREW	WALLACE	58.8	PITREAVIE	15/06/1996
GEORGE	McKIE	58.9	COATBRIDGE	28/05/1977
S	MILLER	58.9	COATBRIDGE	30/07/1978
COLIN	AIRTH	59.0	EAST KILBRIDE	29/05/1994
RONNIE	MORRISON	59.4	MEADOWBANK	05/07/1972
IAN	HAMILTON	59.5	MEADOWBANK	11/09/1993
MICHAEL	SKILLING	59.5	COATBRIDGE	26/08/2001
R	McEWAN	59.9	COATBRIDGE	14/05/1978

400M HURDLES (70.0) WOMEN

2000M STEEPLECHASE (5.59.9)

WILLIE	MULLETT	5.42.6	MOTSPUR PARK	13/05/1970
DAVID	CONNELLY	5.56.9	EXETER	20/08/1994

2000M STEEPLECHASE (8.00.0) WOMEN

KATIE	WOODS	7.58.37	GRANGEMOUTH	13/04/2024
TARA	WALKER	7.59.76	GRANGEMOUTH	20/06/2024

3000M STEEPLECHASE (9.58.0)

WILLIE	MULLETT	8.40.8	WHITE CITY	01/09/1969
ALISTER	BLAMIRE	8.41.4	WHITE CITY	02/08/1969
J LACHIE	STEWART	8.44.8	WHITE CITY	00/00/1966
LACHLAN	OATES	8.52.53	LOUGHBOROUGH	21/05/2017
JIM	EVANS	8.57.6	MEADOWBANK	07/09/1978
JIM	BURNS	9.02.3	MEADOWBANK	07/09/1978
MICHAEL	DEASON	9.10.61	MEADOWBANK	30/08/2015
WILLIAM	COYLE	9.10.7	LUTON	21/09/1991
DEREK	EASTON	9.11.7	MEADOWBANK	07/06/1979
DAVID	GILLANDERS	9.13.8	MEADOWBANK	06/10/1972
ALISTER	WOOD	9.16.0	LONDON	05/04/1959
DAVID	CONNELLY	9.17.53	BEDFORD	07/03/1994
STUART	EASTON	9.25.6	COATBRIDGE	30/07/1978
FRANK	MCGOWAN	9.26.6	GRANGEMOUTH	30/04/2000
RUSSELL	McKAY	9.31.48	MEADOWBANK	23/07/1983

ANDREW	SMITH	9.31.8	COATBRIDGE	05/08/1976
ALAN	SWANN	9.32.67	CWMBRAN	14/09/1986
MARTIN	GRAHAM	9.32.85	SCOTSTOUN	08/06/2002
DERMOT	McGONIGLE	9.33.5	COATBRIDGE	18/08/1991
MARK	WATT	9.34.8	MEADOWBANK	05/03/1975
MATTHEW	TURNER	9.35.42	CHELMSFORD	09/06/2019
ADAM	LEE	9.41.59	BEDFORD	27/06/2004
TOM	GRUBB	9.41.6	PITREAVIE	26/04/1970
PETER	McDEVITT	9.43.4	CROWNPOINT	15/08/1993
RYAN	MONTGOMERY	9.45.0	ABERDEEN	20/06/2004
WILLIAM	SCALLY	9.45.2	MEADOWBANK	06/11/1972
DARRYL	GILMORE	9.46.4	CROWNPOINT	15/08/1993
TOM	PATTERSON	9.46.8	MEADOWBANK	20/08/1972
JETHRO	LENNOX	9.48.34	LINWOOD	20/08/2006
LEWIS	RAEBURN	9.48.36	GRANGEMOUTH	04/05/2019
DAVID	CAMERON	9.57.5	GRANGEMOUTH	08/03/1997

3000M STEEPLECHASE (15.00.0) WOMEN

JODIE	MITCHELL	14.17.76	GRANGEMOUTH	18/08/2019
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3000M WALK

COLIN	MCLELLAN	14.06.4	GLASGOW	30/05/1925
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4 X 100M

42.00		00/00/1989
42.4	MEADOWBANK	13/06/1993
42.47		14/06/1987
42.5	CROWNPOINT RD	17/07/1988
42.5	CROWNPOINT RD	15/08/1993

4 X 100M WOMEN

U/15 TEAM	52.13	PITREAVIE	21/06/2009
U/17 TEAM	52.55	GRANGEMOUTH	24/04/2011

4 X 200M

1.31.0	ANNAN	02/06/1990
1.32.0	WISHAW	30/06/1993 U17 Men
1.32.6	WISHAW	29/06/1994
1.34.18i	EMIRATES ARENA	13/02/2022

4 X 200M WOMEN

U/17 TEAM	1.47.88	KELVIN HALL	13/03/2011
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4 X 400M

3.18.9	AYR	00/00/1989
3.19.0	SCOTSTOUN	16/07/2000
3.19.2	GRANGEMOUTH	06/03/1990
3.22.4	CROWNPOINT RD	16/08/1992
3.22.7	GRANGEMOUTH	13/06/1999

4 X 400M WOMEN

U/17 WOMEN TE	4.29.2	EAST KILBRIDE	11/05/2010
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3 x 800M MEN

SENIOR MEN	5.59.12	GRANGEMOUTH	21/08/2011
	6.11.78	AYR	23/06/2024

3 x 800M WOMEN

U/15 GIRLS TEA	7.14.31	GRANGEMOUTH	13/06/2010
<u>MEDLAY (1600M)</u>			
	3.26.33	MEADOWBANK	09/02/1989
	3.32.86	MEADOWBANK	08/09/1992
	3.35.4	MEADOWBANK	08/09/1991

MEDLAY (1600M) WOMEN

LONG JUMP (6.36)

DAVID	MARTIN	7.53 (+2.3)	GRANGEMOUTH	27/08/2017
STEWART	MCCALLUM	7.46	MEADOWBANK	31/07/1971
CRAIG	DUNCAN	7.45	MEADOWBANK	19/06/1987
STUART	ATKINS	7.30w	LEICESTER	26/09/1970
ERIC	SCOTT	7.30w	CARDIFF	29/08/1992
NORRIE	FOSTER	7.15w	GRANGEMOUTH	30/06/1968
AIDAN	QUINN	7.10A(+0.2)	ALBUQUERQUE (USA)	06/04/2023
ALISTAIR	STRANGE	7.04#	LINWOOD	23/08/2006
TOM	HARRISON	6.99	COATBRIDGE	00/00/1983
WILLIE	TALBOT	6.98	MANCHESTER	22/07/1960
ROBERT	STEPHEN	6.90	ABERDEEN	21/07/1956
WOLFGANG	SCHAEFFER	6.90	GRANGEMOUTH	07/11/1982
ANTHONY	HARRISON	6.88	COATBRIDGE	18/08/1991
DAVID	WATSON	6.88#	GRANGEMOUTH	05/08/2012
PETER	WILKINSON	6.86	CROWNPOINT	31/08/1986
ROGER	HARKINS	6.79	CROWNPOINT	09/04/1988
ALAN	WATT	6.78	LONDON	00/00/1939
JONATHAN	HOOPER	6.73i	SHEFFIELD	11/02/2024
TOM	BLACK	6.72	MEADOWBANK	07/09/1978
GORDON	MUIR	6.68	GLASGOW	28/05/1966
TOM	MCNAB	6.66	LEEMING	26/05/1954
FRASER	MCGLYNN	6.63	MEADOWBANK	05/01/1988
IAN	PAGET	6.62 (+1.3)	PITREAVIE	18/07/2010
B	IRVINE	6.58		27/06/1978
TANTORN	LONGIAMNONG	6.52 (+0.7)	GRANGEMOUTH	30/06/2024
J	ROSE	6.52		14/05/1977
STEPHEN	STUART	6.51w	MEADOWBANK	29/06/1980
TOM	BEGAN	6.50	CROWNPOINT	13/06/1995
AMIT	KUMAR	6.48(2.0)	ABERDEEN	28/07/2024
CALUM	NICHOLL	6.47(+3.1)	SCOTSTOUN	02/06/2012
JOHN	RUDDY	6.41#	LINWOOD	24/05/2009
W	MCEWAN	6.38	COATBRIDGE	04/11/1976

LONG JUMP (5.00) WOMEN

BESSONG	ETCHU	5.50(+3.7)	KILMARNOCK	14/05/2016
AMY	THOMSON	5.26i	EMIRATES ARENA (GLW)	05/02/2015

TRIPLE JUMP (13.00)

CRAIG	DUNCAN	16.32w	MEADOWBANK	20/06/1987
		16.08	CRYSTAL PALACE	21/06/1986
AIDAN	QUINN	15.93iA	COLORADO SP(USA)	03/12/2021
ALASDAIR	STRANGE	15.41(+3.6)	MANCHESTER	03/09/2005
ROGER	HARKINS	15.02	MEADOWBANK	28/04/1984

MIRAJI	AHMED	14.98i	EMIRATES ARENA (GLW)	26/01/2019
TOM	MCNAB	14.91w	SCOTSTOUN	30/05/1959
ANTHONY	DAFFRUN	14.78#	LINWOOD	20/08/2006
DAVID	WATSON	14.70#	GRANGEMOUTH	05/08/2012
ROBERT	STEPHEN	14.43w	MEADOWBANK	26/06/1954
TOM	BLACK	14.43w	MEADOWBANK	05/11/1980
STEWART	MCMILLAN	14.31	MEADOWBANK	24/06/1995
MAHAD	AHMED	14.15 (+2.2)	GRANGEMOUTH	09/07/2017
HUGH	WATSON	13.85i	KELVIN HALL	17/02/1993
JOSEPH	AMOUZOI	13.82i	EMIRATES (GLASGOW)	02/02/2014
DAVID	MARTIN	13.81(+1.9)	KILMARNOCK	05/07/2017
VICTOR	WILKIE	13.79	SCOTSTOUN	20/06/1971
ALAN	BROWN	13.57	SCOTSTOUN	20/06/1981
B	McCLURE	13.56	CROWNPOINT	17/07/1988
DAVID	MARTIN	13.47#	SCOTSTOUN	05/06/2011
NORRIE	FOSTER	13.44	ABERDEEN	00/00/1964
STEPHEN	STUART	13.35	MEADOWBANK	29/06/1980
C	RANKIN	13.29	WESTERLANDS	27/05/1980
RUSSELL	WALKER	13.28	MEADOWBANK	19/04/1980
GORDON	MUIR	13.18	ST. ANDREWS	30/04/1966
DOUGALD	SCOTT	13.09	MEADOWBANK	19/08/1984
MARTIN	DAVIDSON	13.08	GRANGEMOUTH	10/06/2001
AMIT	KUMAR	13.05i	ABERDEEN	04/02/2024
TOM	HARRISON	13.04	MEADOWBANK	08/11/1974
WILLIE	TALBOT	13.01	EDINBURGH	24/06/1966

TRIPLE JUMP (10.00)

ALEX	INGLIS	11.17i	EMIRATES (GLASGOW)	01/02/2015
CARA	FAIRGRIEVE	11.15i	SHEFFIELD	26/02/2017
MORGAN	FINDLAY	11.12(0.5)	KILMARNOCK	24/07/2021
AMY	THOMSON	11.02i	EMIRATES (GLASGOW)	12/02/2017
MORGAN	MCKINNON	10.75(+1.1)	SCOTSTOUN	10/08/2013
NEVE	MCGUIRE	10.58(+2.6)	GRANGEMOUTH	13/05/2008
LISA	THOMSON	10.46i	KELVIN HALL	13/03/2011
AVA	MCLEAN	10.15i	EMIRATES (GLASGOW)	14/02/2015
ASHLEIGH	ANDERSON	10.00i	KELVIN HALL	20/02/2011

HIGH JUMP (1.80)

WOLFGANG	SCHAEFFER	2.15	CRYSTAL PALACE	25/07/1982
NEIL	ROBBIE	2.04	GLASGOW	17/03/1990
ARRON	ROBB	2.00	GRANGEMOUTH	08/03/1997
ALISTAIR	STRANGE	2.00	LINWOOD	20/08/2006
SCOTT	KENNY	1.97i	BIRMINGHAM	00/00/1996
AMIT	KUMAR	1.97i	TOLLCROSS GLASGOW	05/01/2024
GORDON	FLEMING	1.95		14/06/2003
ROBERT	JOHNSTON	1.92	PITREAVIE	30/07/1989
PETER	WILKINSON	1.91	CRYSTAL PALACE	09/07/1985
RUSSEL	WALKER	1.90	MEADOWBANK	08/03/1975
ERIC	SCOTT	1.89	ENFIELD	29/07/2000
MICHAEL	CAMPBELL	1.88i	EMIRATES (GLASGOW)	14/02/2015
JOSHUA	WHEATLEY	1.85i	EMIRATES (GLASGOW)	08/02/2014
TOM	HARRISON	1.85	MEADOWBANK	24/05/1981

EDDIE	COYLE	1.82	GLASGOW	27/05/1977
R	BROWN	1.80	GRANGEMOUTH	23/06/1979
KENNY	KNIGHT	1.80	STOKE	08/01/1993
STEWART	FARR	1.80	COATBRIDGE	19/06/1994
DAVID	McLAUGHLIN	1.80	SCOTSTOUN	16/05/1999
JOE	GRAY	1.80	WISHAW	25/07/2004

HIGH JUMP (1.50) WOMEN

MARION	RITCHIE	1.55	SCOTSTOUN	03/07/2011
MARIA MEILITA	CHACON DAVILA	1.50	KILMARNOCK	25/05/2013

POLE VAULT (3.00)

ALASDAIR	STRANGE	5.20	LOUGHBOROUGH	09/06/2010
ANDREW	MCFARLANE	4.60	GRANGEMOUTH	16/06/2019
CALLUM	SHARP	4.60	PUNE (INDIA)	15/10/2008
NORRIE	FOSTER SNR	4.42	MURRAYFIELD	19/08/1967
DOUGALD	SCOTT	4.40	CROWNPOINT	23/07/1988
ERIC	SCOTT	4.10	MEADOWBANK	24/04/1994
PATRICK	O'DONNELL	4.05	DERBY	12/09/2010
DOUGLAS	WINCH	4.05i	GRANGEMOUTH	11/06/2008
ALEX	MCMAHON	4.00	LUTON	21/09/1991
STEVEN	CAMPBELL	3.90i	KELVIN HALL	09/01/2002
IAN	PAGET	3.60	MEADOWBANK	21/04/2012
NORRIE	FOSTER JNR	3.60	MEADOWBANK	08/07/1982
A	HANLON	3.50		00/00/1951
D	HALLEY	3.36	GLASGOW	00/07/1958
R	WATSON	3.25	GLASGOW	05/10/1958
D.M	HASTIE	3.20	HAMPDEN PARK	06/12/1948
RONNIE	MORRISON	3.13	EDINBURGH	06/12/1966
DAVID	MORRISON	3.12	PITREAVIE	20/06/1970
J	WOOD	3.10	COATBRIDGE	28/06/1981
NORMAN	BROWN	3.10	MEADOWBANK	27/07/1980
R	JAMIESON	3.00	CELTIC PARK	23/06/1923

POLE VAULT (2.50) WOMEN

SHOT PUTT (11.50)

NEIL	ELLIOTT	17.03	SCOTSTOUN	21/04/2004
GREGOR	EDMUNDS	16.69	ALVA	10/07/2010
ALAN	PETTIGREW	15.11i	KELVIN HALL	12/10/1988
		14.87	CROWNPOINT	05/10/1987
IAN	MCPHERSON	15.09	GLASGOW	06/12/1962
LAURIE	BRYCE	14.91	ROTHESAY	24/08/1968
ANGUS	MCINROY	14.87	HENDON	01/08/2015
MURDO	MASTERSON	14.86	GRANGEMOUTH	04/05/2019
NEIL	SANDILANDS	14.68i	PERTH	02/03/1974
JOHN	SCOTT	14.43	GLASGOW	24/07/1966
ALLAN	MACKAY	14.20i	KELVIN HALL	30/12/2010
GEORGE	MATHIESON	13.06	CROWNPOINT	09/04/1993
EDDIE	COYLE	12.82	BARRACHNIE	30/05/1967
JOHN	MCLEOD	12.45	ABERDEEN	06/05/2017
ERIC	SCOTT	12.41	READING	14/06/1998
NORRIE	FOSTER	12.35	GLASGOW	30/04/1966

CHRIS	SCANLON	11.98	GRANGEMOUTH	09/07/2017
STEWART	MCCALLUM	11.90	LEICESTER	22/05/1971
JOHN	URQUHART	11.68	GREENOCK	15/06/1997
TOM	MCNAB	11.56	DUNOON	29/08/1958
HUGH	O'CONNER	11.26	STOKE	08/01/1993
GEORGE	TAYLOR	11.56	PITREAVIE	13/06/1971
TARZEM	SHOKER	11.52	CROWNPOINT	20/08/1996

SHOT PUTT 4K (10.00) WOMEN

TEDDY	TCHOUDJA	15.33	INVERNESS	21/05/2023
SHONA	CROSSAN	11.61	LIVINGSTON	19/05/2018

DISCUS (30.00)

ANGUS	MCINROY	58.77	DONNAS (ITALY)	10/07/2010
NEIL	ELLIOTT	51.25	SCOTSTOUN	15/05/2005
DAVID	YOUNG	46.84	GLASGOW	25/06/1938
ALLAN	MACKAY	46.69	WISHAW	10/05/2009
NEIL	SANDILANDS	43.44	KIRKBY	07/05/1974
DAVID	LITTLE	42.33	DUMFRIES	15/05/2005
ALAN	PETTIGREW	40.70	CROWNPOINT	31/08/1986
EDDIE	COYLE	39.06	FERNIESIDE	20/05/1967
JOHN	SCOTT	39.00	GLASGOW	29/01/1966
NORRIE	FOSTER	38.82	EDINBURGH	06/04/1966
IAN	MCPHERSON	38.78	WESTERLANDS	27/05/1967
E.R	WALKER	38.76	HAMPDEN PARK	25/06/1938
STEWART	MCCALLUM	37.80	LEICESTER	23/05/1971
ERIC	SCOTT	37.54	READING	14/06/1998
MARK	DRY	37.22	GRANGEMOUTH	03/06/2009
JOHN	URQUHART	36.94	GREENOCK	15/06/1997
TOM	MCNAB	36.16	BERMUDA	00/00/1960
JOHN	MCLEOD	35.88	ABERDEEN	06/05/2017
MURDO	MASTERSON	35.24	GRANGEMOUTH	04/05/2019
GEORGE	MATHIESON	34.68	MEADOWBANK	14/08/1994
P	MURPHY	34.30		00/00/1990
HENRY	NAISMITH	34.16		
IAN	PAGET	32.53	GRANGEMOUTH	14/07/2013
TARZEM	SHOKER	32.44	CROWNPOINT	19/05/1996
BRIAN	HILL	32.02	GRANGEMOUTH	30/04/2000
HUGH	O'CONNER	30.84	STOKE	08/01/1993

DISCUS (27.00) WOMEN

SHONA	CROSSAN	38.79	GRANGEMOUTH	11/08/2018
HANNAH	HOGDEN	30.76	SCOTSTOUN	19/08/2012
KARA	THOMPSON	30.63	KILMARNOCK	12/05/2017

HAMMER (31.00)

MARK	DRY	76.93	LOUGHBOROUGH	17/05/2015
CHRIS	BENNETT	76.45	BUDAPEST(HUNGARY)	18/06/2016
LAURIE	BRYCE	61.78	CWMBRAN	01/08/1970
JOHN	URQUHART	58.34	COLINDALE	27/04/1997
DAVID	LITTLE	57.53	GRANGEMOUTH	20/04/2008
JOHN	SCOTT	53.50	BARRACHNIE	30/05/1967
ALAN	PETTIGREW	50.06	WEST LONDON	07/07/1991
NEIL	ELLIOTT	48.53	SCOTSTOUN	22/06/2003

BEN	MAIN	48.44	KILMARNOCK	28/05/2006
NEIL	SANDILANDS	47.10	KIRKBY	07/06/1974
HENRY	NAISMITH	44.50		
HARRY	DOYLE	42.66	GLASGOW	22/05/1966
GREGOR	EDMUNDS	42.41	BLAIR ATHOLL	25/05/2003
CHRIS	SCANLON	41.35	GRANGEMOUTH	09/07/2017
CHRIS	HORNE	41.34	GRANGEMOUTH	13/05/2000
KEN	MCDONALD	40.98	MEADOWBANK	05/07/1972
IAN	MCPHERSON	39.78	BARRACHNIE	28/01/1967
NORRIE	FOSTER	37.44	GLASGOW	14/05/1966
D	MOFFATT	36.06	GLASGOW	06/01/1958
KEN	CASSIDY	35.96	GLASGOW	05/12/1966
ANGUS	MCINROY	35.79	GRANGEMOUTH	16/06/2019
ALAN	MCCOLM	35.48		00/00/1954
R	YOUNG	35.12	MEADOWBANK	08/11/1974
EDDIE	COYLE	35.06	MEADOWBANK	08/03/1975
ALLAN	MACKAY	33.56	GRANGEMOUTH	29/04/2007
GEORGE	TAYLOR	31.80	COATBRIDGE	14/05/1978
ANDREW	DOYLE	31.36	MEADOWBANK	18/05/1997

HAMMER (25.00) WOMEN

JAVELIN (OLD MODEL)

J	SMITH	63.10	BRIGHTON	27/07/1968
E	CONNEL	55.08	EDINBURGH	25/06/1959
W	CALDER	54.08	MEADOWBANK	05/03/1975
J	SUMMERS	52.78		07/03/1977
M	MCKAY	52.56	MEADOWBANK	26/06/1976
D	FRASER	51.79	GLASGOW	30/05/1959
A	MARTIN	49.92	MEADOWBANK	29/06/1986
NORRIE	FOSTER	48.66	LOUGHBOROUGH	08/07/1965
A.J	STRANG	48.62	HAMPDEN PARK	25/07/1932
STEWART	MCCALLUM	47.52	GRANGEMOUTH	25/07/1971
E.R	WALKER	45.82	HAMPDEN PARK	27/06/1931

JAVELIN (NEW MODEL) (40.00)

JEREMY	SMITH	59.95	KIRKWALL	02/09/2000
CHAI-HUAT	NG	59.00	MEADOWBANK	08/05/1990
GEORGE	DINGWALL	57.82	GRANGEMOUTH	25/08/1991
GAVIN	BROOMFIELD	56.16	CARMARTHEN	13/07/1993
BRIAN	HILL	53.98	CROWNPOINT	05/12/1996
ANDREW	MCFARLANE	53.78	GRANGEMOUTH	14/08/2021
ERIC	SCOTT	53.12	DUMFRIES	19/07/1992
MARK	DRY	51.51	PITREAVIE	21/06/2009
A	MARTIN	50.44	GRANGEMOUTH	27/08/1989
ALISTER	POLLOCK	46.16	ABERDEEN	21/05/1995
HUGH	O'CONNER	45.86	GRANGEMOUTH	06/01/1988
JUSTIN	CARTER	44.73	KILMARNOCK	05/07/2015
KENNY	KNIGHT	43.66	BEDFORD	09/11/1993
MARTIN	LETHAM	41.97	SCOTSTOUN	23/06/2001
NEIL	ELLIOTT	40.74	INVERNESS	11/08/2002

JAVELIN (27.00) WOMEN

PENTATHLON (2200) WOMEN

HEPATHLON

ERIC	SCOTT	4960	KELVIN HALL	06/03/1994
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HEPATHLON (3000) WOMEN

DECATHLON (4000)

STEWART	MCCALLUM	6947	GRANGEMOUTH	24&25/7/71
NORRIE	FOSTER	6840	LOUGHBOROUGH	00/00/1965
ERIC	SCOTT	6299	CARDIFF	30&31/8/92
EDDIE	COYLE	5526	WELWYN	1&2/7/66
E. RONALD	WALKER	5305	LONDON	00/00/36
PAUL	WILKINSON	5067	CRYSTAL PALACE	7&8/9/85
IAN	PAGET	4929	GRANGEMOUTH	20&21/8/11
TOM	MCNAB	4156	WELWYN	8&9/7/59
WILLIAM	TALBOT	4092	EDINBURGH	7&8/6/63

100 YARDS

CAMERON	SHARP	9.4w	MEADOWBANK	00/00/1984
JOHN	SMITH	9.9w	EDINBURGH	20/05/1958
JAMES	CRAWFORD	10.0	GLASGOW	07/10/1926
ALAN	WATT	10.0	LONDON	00/00/1939
JOHN	McNULTY	10.0	GLASGOW	17/06/1958
GORDON	MUIR	10.0	EDINBURGH	14/05/1966
DAVID	MULDOWN	10.0	MANSFIELD	29/08/1967
ANTONY	DAFFRUN	10.10#	TOBERMORY	22/07/2010
JAMES	GRIBBEN	10.1	HAMILTON	06/08/1963
WILLIAM	TALBOT	10.1	GLASGOW	20/08/1963
J	ROBERTSON	10.2	GLASGOW	23/05/1958
H	BURNS	10.2	GLASGOW	07/01/1963
NORRIE	FOSTER	10.2	GLASGOW	20/08/1963
ROBERT	STEPHEN	10.2		

220 YARDS

JAMES	CRAWFORD	21.8	CRAIGLOCKHART	23/06/1928
NORRIE	FOSTER	22.2	REDFORD BARRACKS	00/00/1963
GORDON	MUIR	22.2w	DAMS PARK	29/07/1967
ALAN	WATT	22.3	HAMPDEN PARK	06/12/1948
DAVID	MULDOWN	22.3	ASHINGTON	07/01/1967
JOHN	SMITH	22.4	EDINBURGH	20/06/1958
JAMES	GRIBBEN	22.4	EDINBURGH	27/07/1963
W. MERVYN	BELL	22.6	EDINBURGH	06/11/1966
ROY	MACKINTOSH	22.8	GLASGOW	22/08/1960

440 YARDS

WILLIAM	STOCKTON	49.0	FORRES	16/07/1959
NORRIE	FOSTER	50.3	GLASGOW	20/08/1963
JOHN	BAIRD	50.7	GLASGOW	14/06/1960
GORDON	DEWAR	50.9	DUNFERMLINE	07/07/1958
GEORGE. T	STEVENSON	51.0	CELTIC PARK	25/06/1921

880 YDS

GRAHAM	EVERETT	1.51.4	GALASHIELS	07/02/1959
DAVID	WRIGHT	1.53.3	GATESHEAD	00/06/1967
JOHN	CHERRY	1.54.2		00/00/1968
ALAN	GIBSON	1.55.1	KIRKBY	08/05/1967
NORMAN	MORRISON	1.55.6	CROYDON	19/07/1967
JAMES	KIRK	1.56.0	HELENVALE	00/6/1954
THOMAS	RIDDELL	2.02.6	DUBLIN	25/07/1931
JAMES	HOOD	2.04.2	HAMPDEN PARK	27/06/1931
A	BAXTER	2.04.2	HAMPDEN PARK	24/07/1932

3/4 MILE

THOMAS M	RIDDELL	3.06.2	HAMPDEN PARK	28/05/1932
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1 MILE

MATTHEW	GILLESPIE	3.58.48i	BOSTON (USA)	08/02/2014
NORMAN	MORRISON	3.58.7	LEICESTER	31/05/1971
LAURIE	SPENCE	3.58.8	GATESHEAD	09/12/1977
REES	WARD	4.01.6	CRYSTAL PALACE	26/05/1975
NAT	MUIR	4.02.0	GRANGEMOUTH	18/07/1982
DAVID	WRIGHT	4.02.1	MOTSPUR PARK	25/07/1973
GRAHAM	EVERETT	4.02.8	WHITE CITY	16/07/1960
JOHN	MACKAY	4.08.68	CORBY	30/04/1994
ALISTER	WOOD	4.10.3	UXBRIDGE	22/07/1958
JAMIE	BURNS	4.12.60i	BROOKINGS(USA)	20/01/2024
ALISTER	BLAMIRE	4.14.7	DUSTON	27/08/1966
THOMAS	RIDDELL	4.15.0	IBROX PARK	08/05/1933
SIMON	MACINTYRE	4.16.34	SCOTSTOUN	21/08/1999
DICK	WEDLOCK	4.19.2	AIRDRIE	30/05/1970

1.5 MILES

THOMAS	RIDDELL	6.36.5	HELENVALE	20/08/1933
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2 MILES

NAT	MUIR	8.19.27	CRYSTAL PALACE	27/06/1980
J.LACHIE	STEWART	8.33.0	MEADOWBANK	21/08/1971
LAURIE	SPENCE	8.37.4	MEADOWBANK	08/06/1976
GRAHAM	EVERETT	8.38.2	WHITE CITY	22/05/1960
ALISTER	WOOD	8.46.4	WHITE CITY	08/03/1958
ALISTER	BLAMIRE	9.11.0	SOUTHALL	13/05/1967
NORMAN	MORRISON	9.15.2	WALTON	21/09/1966

3 MILES

J.LACHIE	STEWART	13.28.4	WOLVERHAMPTON	00/00/1968
ALISTER	WOOD	13.39.7	GLASGOW	08/06/1959
GRAHAM	EVERETT	13.47.6	AYR	29/04/1960
ALISTER	BLAMIRE	14.16.8	SOUTHEND	09/10/1966
EDDIE	BANNON	14.21.2	IBROX PARK	05/02/1954
WILLIE	MULLETT	14.26.5	WITHDEEN	06/10/1967
HENRY	SUMMERHILL	14.34.0	GLASGOW	21/05/1963
TOM	MALONE	14.36.6	GLASGOW	14/06/1960

4 MILES

DUNKY	WRIGHT	20.31.8	HAMPDEN PARK	28/06/1925
J	MCINTYRE	20.55.4	CELTIC PARK	23/06/1923

6 MILES

J.LACHIE	STEWART	27.39.20		00/00/1967
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ALISTER	WOOD	28.40.8	WHITE CITY	18/04/1958
DICK	WEDLOCK	29.57.4	EDINBURGH	24/06/1966
WILLIE	MULLETT	30.01.2	WITHDEEN	07/06/1967
TOM	MALONE	30.28.6	GLASGOW	07/11/1960
HENRY	SUMMERHILL	30.38.0	GLASGOW	06/04/1963
IAN	DONALD	31.07.3	GLASGOW	26/04/1959
JIMMY	FLOCKHART	31.16.0	HAMPDEN PARK	26/06/1936
GEORGE	GOVAN	31.24.6	GLASGOW	05/09/1960
FRANK	SCALLY	31.30.4	EDINBURGH	26/06/1955
JIMMY	MCNEILL	31.39.7	EDINBURGH	26/05/1956

10 MILES

J.LACHIE	STEWART	47.58.6	SCOTSTOUN	05/01/1971
JIMMY	FLOCKHART	53.16.8	HAMPDEN PARK	25/06/1937
DUNKY	WRIGHT	54.08.6	CELTIC PARK	18/04/1925
JAMES	MCINTYRE	54.57.8	CELTIC PARK	19/04/1924

120 YARDS HURDLES

WILLIAM	TALBOT	15.8	MANCHESTER	22/07/1960
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440 YARDS HURDLES

NORRIE	FOSTER	54.8	GRANGEMOUTH	06/09/1968
GRAHAM	EVERETT	57.4	GLASGOW	05/09/1960
DAVID	KNOX	60.8	GLASGOW	06/01/1966

2 MILES WALK

COLIN	MCLELLAN	14.06.4	GLASGOW	30/05/1925
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3 MILES WALK

COLIN	MCLELLAN	21.15.0	GLASGOW	30/05/1925
EDWARD	MCLEOD	22.49.4	HAMPDEN PARK	14/06/1924
JOHN	JORDON	23.14.2	HAMPDEN PARK	26/06/1926

4 MILES WALK

COLIN	MCLELLAN	28.23.4	GLASGOW	30/05/1925
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5 MILES WALK

COLIN	MCLELLAN	36.16.0	GLASGOW	18/04/1925
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6 MILES WALK

C	MCLELLAN	43.58.0	CELTIC PARK	18/04/1925
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7 MILES WALK

COLIN	MCLELLAN	51.42.4	CELTIC PARK	18/04/1925
EDWARD	MCLEOD	55.41.2	GLASGOW	09/02/1922

4 X 100YDS

JUNIORS	43.7	WATFORD	00/00/1959
	44.4		00/00/1964
	44.5	EDINBURGH	20/08/1959
	44.9	DUNOON	26/08/1967
	45.0		00/00/1959
	45.5	GLASGOW	13/03/1960

4 X 400YDS

3.35.4	GLASGOW	05/09/1960
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1 MILE MEDLAY RELAY

3.40.2	HAMPDEN PARK	27/06/1931
3.41.2		00/00/1959
3.45.0	HAMPDEN PARK	28/06/1930