

# Scottish Masters T & F Championships

## Indoor Best Performances

<b>60 metres</b>		<b>Perf</b>	<b>Year</b>
M35	Liam Collins	7.21	2016
	Will MacGee	7.32	2011
M40	Alan Robertson	7.32	2018
M45	Darren Scott	7.30	2016
M50	Brian Green	7.48	1994
M55	Dougie Donald	7.81	2015
M60	Kevin Burgess	7.93	2017
M65	Brendan Lynch	8.51	2017
M70	Walter Hunter	8.64	2014
M75	Tony Bowman	9.06	2011
M80	Tony Bowman	9.39	2016
W35	Jane Low	8.03	1996
W40	Dawn Whittle	8.16	2007
W45	Fiona Davidson	8.25	2018
W50	Jayne Henderson	8.69	2017
W55	Averil McLelland	8.85	2016
W60	Esther Linaker	9.11	2002
W65	Esther Linaker	9.47	2007
W70	Betty Steedman	10.66	2005
W75	Betty Steedman	12.35	2011

<b>200 metres</b>			
M35	Rick Beardsell	22.53	2016
M40	Tamunonegiye Ofori-Ossai	22.61	2018
M45	Darren Scott	22.99	2016
M50	Alasdair Ross	24.68	2004
M55	Dougie Donald	25.14	2015
M60	Walter Hunter	25.99	2000
M65	John Ross	28.77	2006
M70	Tony Bowman	28.84	2006
M75	Tony Bowman	31.28	2011
M80	Tony Bowman	33.03	2016
W35	Margaret Smith	26.72	1994
W40	Irene Morrison	27.27	1995
W45	Jacqui Hodgson	28.10	2015
W50	Jayne Henderson	28.94	2017
W55	Averil McClelland	29.28	2016
W60	Esther Linaker	31.42	2002
W65	Esther Linaker	33.46	2007
W70	Kathleen Stewart	38.36	2013
W75	Betty Steedman	46.61	2011

<b>400 metres</b>			
M35	Rick Beardsell	49.62	2016
M40	Graeme Harrison	51.07	2016
M45	Mike Coogan	51.88	2018
M50	Alasdair Ross	55.87	2004
M55	John Ross	58.70	1994
M60	John Ross	59.65	2001
M65	John Ross	64.77	2006
M70	John Ross	67.63	2009
M75	John Ross	72.46	2014
M80	Hugh McGinlay	91.39	2006
M85	Hugh McGinlay	1-48.12	2013
W35	Phillippa Millage	57.10	2016
W40	Alison Brown	61.38	2001
W45	Clare Constable	62.72	2017
W50	Laura Mahady	65.03	2009
W55	Laura Mahady	64.29	2014
W70	Kathleen Stewart	85.18	2013
W75	Kathleen Stewart	87.25	2015

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### 800 metres

M35	Stephen Allen	2-00.81	2006
M40	Alastair Dunlop	1-58.36	1995
M45	Alastair Dunlop	2-02.02	2000
M50	Alastair Dunlop	2-05.35	2004
M55	Alastair Dunlop	2-09.99	2009
M60	Joe Gough	2:17.90	2016
M65	Harry Tempan	2-22.28	1993
M70	Jimmy Todd	2-34.61	1993
M75	Hugh McGinlay	3-06.42	2001
M80	Hugh McGinlay	3-52.47	2006
M85	Hugh McGinlay	4-10.88	2011
W35	Philippa Millage	2:08.51	2016
W40	Jan Thomson	2-27.50	2000
W45	Clare Constable	2:25.32	2018
W50	Laura Mahady	2-30.40	2009
W55	Laura Mahady	2-30.79	2014
W60	Joan Howe	2:49.70	2017

### 1500 metres

		Perf	Year
M35	Grant Baillie	4:10.62	2018
M40	Andrew Brown	4:11.59	2018
M45	Steve Smith	4-15.48	2007
M50	Guy Bracken	4-16.38	2015
M55	Stephen Smith	4:16.69	2017
M60	Robert Young	4-57.78	2004
M65	Pete Cartwright	5-09.88	2008
M70	Pete Cartwright	5-26.50	2013
M75	Hugh McGinlay	6-21.12	2001
M80	Hugh McGinlay	7-52.47	2006
W35	Susan Ridley	4-49.53	2005
W40	Lesley Chisholm	4:46.65	2016
W45	Sonia Armitage	4-57.27	2006
W50	Fiona Matheson	4-50.31	2013
W55	Fiona Matheson	5:04.41	2017
W60	Joan Howe	5:52.73	2017

### 3000 metres

M35	Stuart Gibson	8:39.04	2019
M40	Archie Jenkins	8-49.90	1997
M45	Archie Jenkins	8-58.34	1999
M50	Guy Bracken	8-59.96	2013
M55	Guy Braken	9:04.33	2017
M60	Andy Brown	9-54.02	1993
M65	Willie Marshall	10-32.28	1993
M70	Jimmy Todd	11-17.99	1993
M75	Hugh McGinlay	12:39.28	2019
W35	Susan Ridley	10-22.30	2001
W40	Lesley Chisholm	10:13.52	2016
W45	Susan Ridley	10-36.32	2011
W50	Fiona Matheson	10-06.02	2013
W55	Fiona Matheson	10:18.87	2018
W60	Phyllis Hands	13:15.61	2017

### 60 m hurdles

M35	Liam Collins	8.17	2016
M40	Philip McIlfrack	8.59	1995
M45	Philip McIlfrack	8.95	2000
M50	Robert Stevenson	9.52	2004
M55	Neil Tunstall	9.35	2017
M60	Robin Sykes	10.54	1995
M65	Tony Wells	10.50	2014
M70	Tony Bowman	10.29	2006
M75	Tony Bowman	10.85	2011
M80	Tony Bowman	11.13	2016
W35	Catherine Goddard	9.58	2006
W40	Lorna Rogers	9.58	2007
W45	Joss Harwood	9.49	2005
W50	Joss Harwood	9.83	2008
W55	Joss Harwood	10.50	2013

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#### High Jump

M35	Peter Fryer	1.67	2018
M40	Andrew Waddington	1.75	2006
M45	Brian Whittle	1.76	2012
M50	Eamon Fitzgerald	1.71	1998
M55	Eamon Fitzgerald	1.60	2002
M60	John Freebairn	1.46	1998
	John Freebairn	1.40	2003
M65	Trevor Madigan	1.40	2010
M70	Trevor Madigan	1.25	2016
	Tony Rawlinson	1.10	1995
M75	Robin Sykes	1.10	2010
W35	Catherine Goddard	1.56	2005
W40	Lucy Moore	1.46	2001
W45	Lucy Moore-Fox	1.38	2006
	Lucy Moore-Fox	1.25	2009
W50	Mary Barrett	1.25	2011/12
	Caroline Marler	1.30	2006
W55	Mary Barrett	1.30	2016

#### Pole Vault

M35	Desmond Fitzgerald	3.70	2012
M40	Dougie Graham	4.07	2017
M45	Eamon Fitzgerald	3.60	1994
M50	Eamon Fitzgerald	3.45	1998
	Bob Masson	3.45	1998
M55	Bob Masson	3.21	2003
M60	Bob Masson	2.90	2010
M65	Bob Masson	2.77	2017
M70	Bob Masson	2.47	2018
W35	Janet Lyon	2.70	2002
W40	Janet Lyon	2.70	2004/05
W45	Jennifer Ibbitson	3.00	2007
W50	Jennifer Ibbitson	3.00	2008

#### Long Jump

M35	Craig Sowerby	6.32	2016
M40	Robert Stevenson	6.11	1995
M45	Robert Stevenson	5.82	2002
	Eamon Fitzgerald	5.61	1998
M50	Robert Stevenson	5.61	2004
M55	Robert Stevenson	5.29	2008
M60	Robert Stevenson	5.07	2015
M65	Trevor Madigan	4.03	2011
M70	Trevor Madigan	4.28	2016
W35	Gillian Cooke	5.65	2018
W40	Fiona Davidson	4.93	2015
W45	Fiona Davidson	5.14	2018
W50	Linda Nicholson	4.66	2011
W55	Averil McClelland	4.48	2016
W60	Betty Steedman	3.80	1994
W65	Betty Steedman	3.42	2001
W70	Betty Steedman	2.93	2005

#### Triple Jump

M35	Ian Paget	12.34	2009
M40	Julian Gittens	11.76	2006
M45	Julian Gittens	12.07	2011
M50	Julian Gittens	12.64	2014
M55	Julian Gittens	11.91	2017
M60	Robert Stevenson	10.32	2017
M65	Trevor Madigan	8.99	2010
M70	James Smith	7.85	2018
W35	Gillian Cooke	11.24	2018
W40	Fiona Davidson	10.85	2013
W45	Fiona Davidson	10.45	2018
W50	Sylvia Wood	9.15	1995
W55	Sylvia Wood	8.58	2001
W60	Betty Steedman	7.98	1994
W65	Betty Steedman	7.00	2001
W70	Betty Steedman	6.13	2005

## Scottish Masters T & F Championships

### Indoor Best Performances

	Shot	Perf	Year
M35	Fintan McCabe	12.18	2008
M40	Hamish Davidson	13.41	2000
M45	David Abernethy	13.60	2002
M50	David Abernethy	14.41	2008
M55	Jim Hogg	13.18	2012
M60	John Freebairn	12.34	1998
M65	John A. Scott	11.91	2009
M70	John A. Scott	12.74	2013
M75	James Sloan	9.86	2017
M80	Robin Sykes	9.31	2016
W35	Mhairi Porterfield	13.15	2018
W40	Claire Cameron	10.86	1999
W45	Claire Cameron	10.60	2004
W50	Claire Cameron	11.27	2009
W55	Mary Barrett	10.84	2014
W60	Joyce Rammell	8.62	2011
W65	Joyce Rammell	8.28	2013
W70	Joyce Rammell	7.23	2018
W75	Sheila Champion	4.29	2012