

Scottish Masters Track + Field Championships  
Outdoor Best Performances

	<b>100m</b>	<b>Perf</b>	<b>Year</b>
M35	Cameron Smith	11.42	2009
M40	Rod McKay	11.2 (m)	1997
	Ian Horsburgh	11.22	2019
M45	Alasdair Ross	11.80	1999
M50	Douglas Donald	12.15	2011
M55	John Steede	12.2 (m)	1997
	Doug Donald	12.36	2014
M60	Alasdair Ross	12.64	2013
M65	Brendan Lynch	13.67	2017
	Jimmy Bryce	13.6 (m)	2000
M70	Walter Hunter	13.79	2014
M75	Tony Bowman	14.58	2011
M80	John Ross	16.91	2018
W35	Kathleen Madigan	12.89	2007
W40	Pauline Wylde	13.0 (m)	2000
W45	Pat MacKinnon	13.1 (m)	1997
W50	Sylvia Wood	14.0 (m)	1997
	Sandra McDonald	14.09	2011
W55	Esther Linaker	14.1 (m)	2000
W60	Esther Linaker	14.05	2003
W65	Esther Linaker	15.44	2006
W70	Betty Steedman	18.07	2004
W75	Christine McLennan	20.09	2011

	<b>200m</b>		
M35	Cameron Smith	23.12	2009
	Cameron Smith	23.0(m)	2011
M40	Ian Horsburgh	22.30	2019
M45	Eric Smart	23.56	2003
M50	Douglas Donald	24.67	2011
M55	John Steede	25.2 (m)	1997
M60	Alasdair Ross	25.87	2013
M65	John McGarry	27.99	2016
M70	Tony Bowman	28.84	2006
M75	Tony Bowman	30.42	2011
M80	John Ross	36.54	2018
W35	Jane Low	26.1 (m)	1996
W40	Diane MacKenzie	27.0 (m)	2000
W45	Jacqui Hodgson	27.56	2014
W50	Sandra McDonald	29.05	2011
W55	Esther Linaker	30.0 (m)	2000
W60	Esther Linaker	29.59	2003
W65	Betty Steedman	36.0 (m)	2000
W70	Betty Steedman	38.31	2004

	<b>400m</b>		
M35	David Agnew	52.59	2015
M40	Nigel Thomson	52.73	2006
M45	Alasdair Ross	53.8 (m)	1999
	Patrick Crossan	53.83	2009
M50	Robert Stevenson	54.23	2003
M55	John Steede	57.9 (m)	1997
M60	Paul Forbes	60.36	2019
M65	John Ross	64.22	2006
M70	John Ross	64.84	2008
M75	Hugh McGinlay	83.77	2001
M80	Fred Cowan	86.51	2013
M85	Fred Cowan	96.00	2019
M90	Hugh McGinlay	2:19.46	2017
W35	Susan Young	59.40	2012
W40	Diane McKenzie	61.9 (m)	2000
W45	Jacqui Hodgson	62.58	2014
W50	Laura Mahady	62.97	2009
W55	Laura Mahady	65.82	2013
W65	Betty Steedman	90.0 (m)	2000

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<b>800m</b>		<b>Perf</b>	<b>Year</b>
M35	Colin Welsh	2:00.05	2018
M40	Alastair Dunlop	1-58.7	1995
M45	Alastair Dunlop	2-01.0	1999
M50	Alastair Dunlop	2-05.66	2006
M55	Alastair Dunlop	2-11.40	2009
M60	Paul Forbes	2:17.72	2019
M65	George Hunter	2-29.86	2012
M70	Thomas O'Reilly	2-51.1	2004
M75	Frank Cowan	3-00.4	2007
M80	Fred Cowan	3-30.09	2013
M85	Hugh McGinlay	4.33.23	2015
M90	Hugh McGinlay	5:20.16	2017
W35	Sharyn Aitken	2.18.37	1999
W40	Yvonne Crilly	2-23.02	2004
W45	Sonia Armitage	2-23.30	2009
W50	Laura Mahady	2-21.25	2009
W55	Laura Mahady	2-27.05	2013
W60	Phyllis Hands	3:06.87	2016

<b>1500m</b>		<b>Perf</b>	<b>Year</b>
M35	Jozsef Farkas	4:13.79	2016
M40	C. Tidmarsh	4-11.97	1998
M45	J. Thomson	4-16.55	2003
M50	John Thomson	4-25.79	2008
M55	John Thomson	4-31.91	2013
M60	Alastair Walker	4:44.50	2019
M65	Harry Tempan	5-23.16	1993
M70	Hugh McGinlay	6-06.00	1997
M75	Robert Young	6:09.50	2019
M80	Hugh McGinlay	7-48.56	2007
W35	Sonia Armitage	4-45.06	1999
W40	Sonia Armitage	4-48.03	2004
W45	Sonia Armitage	4-59.00	2009
W50	Fiona Matheson	4-54.89	2013
W55	Sandra Branney	4-57.58	2009
W60	Phyllis Hands	6:21.86	2016

<b>2000m SC</b>		<b>Perf</b>	<b>Year</b>
W40	Claire Thompson	7:41.87	2017

<b>3000mSC</b>		<b>Perf</b>	<b>Year</b>
M35	Tony Golabek	10:45.27	2017
M45	Eoin Coull	11:12.31	2019
M50	Jim Buchanan	11:30.48	2018

<b>3000m</b>		<b>Perf</b>	<b>Year</b>
W35	Lynne Marr	10-22.4	1997
W40	Lesley Chisholm	10:05.47	2016
W45	Susan Ridley	10-34.25	2011
W50	Fiona Matheson	10-22.45	2012
W55	Hazel Bradley	12-23.29	2008
W60	Janette Stevenson	11-20.22	2009

<b>5000m</b>		<b>Perf</b>	<b>Year</b>
M35	Richard Mair	15:02.27	2019
M40	Brian Kirkwood	15-22.36	1994
M45	Kerry-Liam Wilson	15:23.34	2016
M50	Guy Bracken	15.40.35	2015
M55	Alistair Murray	16-56.00	2008
M60	Andy Brown	16-48.40	1994
M65	Willie Marshall	18-37.98	1993
M70	Willie Marshall	19-38.37	1998
M75	Robert Young	21:52.86	2019
W35	Nicola Gauld	17:16.32	2017
W40	Michaelle Slater	20:02.60	2019
W45	Karen Kennedy	19:13.69	2019
W50	Susan Ridley	20:14.98	2017
W55	Fiona Matheson	18:05.25	2017

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**10000m**

M35	Stuart Gibson	32:00.96	2019
M40	Leon Jonhston	32:54.06	2018
M45	Kerry-Liam Wilson	31:33.38	2016
M50	Ian Jonhston	34:09.51	2018
M55	Duncan MacFadyen	35:36.39	2016
M60	Alastair Walker	34:54.08	2019
M65	Andrew McLinden	39:39.54	2019
M70	Norman Baillie	45:25.32	2019
M75	Robert Young	45:02.12	2019
W35	Michelle Sandison	36:14.70	2019
W40	Suzanne Gilmour	38:01.84	2017
W45	Julia Johnstone	41:44.96	2019
W50	Marianne McLevy	48:37.92	2019
W55	Fiona Matheson	37:04.54	2018
W60	Phyllis Hands	49:15.71	2018

**80mH**

M70	Tony Bowman	13.75	2006
M75	Tony Bowman	14.50	2011
W40	Lorna Rogers	12.59	2015
W45	Dorothy Bannerman	13.71	2011
W50	Joss Harwood	13.02	2008
W55	Mary Barrett	16.93	2017

**100mH**

M50	Eamon Fitzgerald	15.6 (m)	1997
	Roy Buchanan	15.84	2005
M55	Kenneth Duncan	18.40	2013
M60	J. McGrath	19.81	1994
M65	Ian Steedman	17.72	1993
W35	Catriona Pennet	14.99	2019

**110mH**

M35	Francis Smith	15.42	2017
M40	Roy Buchanan	16.9 (m)	1996
M45	Eamon Fitzgerald	17.71	1993

**300mH**

M60	Robert Stevenson	46.46	2013
M65	Ian Steedman	51.80	1993
M70	Tony Bowman	51.21	2006
M75	Tony Bowman	57.46	2011
W50	Angela Kelly	69.06	2011

**400mH**

M35	Alasdhair Love	63.00	2013
M40	Robert Stevenson	57.8 (m)	1997
M45	Robert Stevenson	59.79	1999
M50	Robert Stevenson	58.40	2003
M55	Robert Stevenson	61.66	2008
W35	Jane Low	66.09	1999
W40	Angela Graham	77.28	2006
W45	Catherine Geddes	80.15	1994

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<b>High Jump</b>		<b>Perf</b>	<b>Year</b>
M35	Jamie Creighton	1.85	2019
M40	Bruce Robertson	1.70	2004
M45	Eamon Fitzgerald	1.70	1994
M50	Eamon Fitzgerald	1.65	1997
		1.65	1998
M55	Harald Bartl	1.51	2015
M60	John Freebairn	1.43	2001
M65	John Freebairn	1.30	2003
M70	Trevor Madigan	1.25	2015
W35	Maria Devila	1.46	2014
W40	Linzie Marsh	1.43	2019
W45	Janice Hardcastle	1.33	2008
W50	Janice hardcastle	1.30	2012
W55	Lucy Moore-Fox	1.27	2012

<b>Pole Vault</b>			
M35	Des Fitzgerald	3.50	2012
M40	Des Fitzgerald	3.55	2013
M45	Eamon Fitzgerald	3.80	1994
M50	Eamon Fitzgerald	3.50	1997
M55	Bob Masson	3.10	2003
M60	Bob Masson	2.85	2009
M65	Bob Masson	2.90	2012
M70	Bob Masson	2.65	2017
W35	Janet Lyon	2.65	2001
W40	Janet Lyon	2.70	2005
W45	Jennifer Ibbitson	2.90	2006
W50	Jennifer Ibbitson	2.80	2007

<b>Long Jump</b>			
M35	Ian Paget	6.34	2010
M40	Ian Paget	6.08	2013
M45	Robert Stevenson	6.11	2001
M50	Eamon Fitzgerald	5.63	2000
M55	Robert Stevenson	5.68	2008
M60	Mike Clerihew	5.05	2008
M65	Robert Stevenson	4.98	2019
M70	George Bridgeman	4.15	1996
M75	James Smith	4.00	2019
W35	Gillian Cooke	5.33	2018
W40	Fiona Davidson	5.25	2015
W45	Janet Lyon	4.28	2008
W50	Linda Nicholson	4.65	2010
W55	Sylvia Wood	4.06	1999
W60	Betty Steedman	3.83	1994
W65	Betty Steedman	3.28	1999

<b>Triple Jump</b>			
M35	Ian Paget	12.52	2010
	Robert Forbes	12.52	2015
M40	Julian Gittens	12.39	2004
M45	Eamon Fitzgerald	12.05	1994
M50	David Dixon	11.69	2012
M55	Robert Stevenson	11.15	2011
M60	Robert Stevenson	10.29	2016
M65	Robert Stevenson	10.33	2018
M70	John Oulton	8.33	2003
W35	Fiona Davidson	11.05	2010
W40	Fiona Davidson	10.99	2014
W45	Lucy Moore-Fox	8.58	2005
W50	Sylvia Wood	9.28	1996
W55	Sylvia Wood	8.66	2000
W60	Betty Steedman	7.94	1994
W65	Betty Steedman	6.79	1999

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	<b>Shot</b>	<b>Perf</b>	<b>Year</b>
M35	Graham Porterfield	12.40	2018
M40	R. Healey	12.59	1995
M45	Hamish Davidson	12.53	1999
M50	Stuart Ryan	12.20	2016
M55	Jim Hogg	13.68	2012
M60	Jim Hogg	14.13	2015
M65	John A. Scott	12.22	2007
M70	Jim Sloan	11.25	2013
M75	James Sloan	10.06	2018
M80	Robin Sykes	9.09	2016
W35	Mhairi Porterfield	13.26	2018
W40	Claire Cameron	10.65	2000
W45	Claire Cameron	10.34	2005
W50	Claire Cameron	10.36	2013
W55	Mary Barrett	10.01	2017
W60	Joyce Rammell	8.74	2009
W65	Joyce Rammell	8.10	2013
W70	Joyce Rammell	6.13	2019

	<b>Javelin</b>	<b>Perf</b>	<b>Year</b>
M35	George Dingwall	51.96	2006
M40	Chris Smith	55.64	2016
M45	John Martindale	42.82	2000
M50	Stuart Ryan	42.21	2014
M55	Stuart Ryan	39.23	2018
M60	John Ross	41.09	2000
M65	Bob Masson	33.40	2013
M70	John Ross	34.52	2008
M75	John Ross	30.69	2013
M80	John L Scott	20.64	2019
W35	Norma Bruce	34.13	2005
W40	Gwen McFarlane	29.36	1996
W45	Jayne Kirkpatrick	26.80	2019
W50	Margery Swinton	25.68	1997
W55	Margery Swinton	22.02	1999
W60	Margery Swinton	20.96	2007
W65	Margery Swinton	18.72	2009

	<b>Hammer</b>	<b>Perf</b>	<b>Year</b>
M35	Graham Porterfield	38.05	2018
M40	A. Pettigrew	43.64	1996
M45	C. Roger	39.52	1995
M50	Bill Gentleman	47.22	1994
M55	Bill Gentleman	50.56	1997
M60	Bill Gentleman	48.75	2001
M65	Bill Gentleman	47.58	2005
M70	Bill Gentleman	46.11	2011
M75	Bill Gentleman	40.62	2015
M80	Hugh Ryan	25.00	2019
W35	Mhairi Porterfield	50.53	2016
W40	Susan Freebairn	35.77	2006
W45	Jennifer Ibbitson	34.18	2006
W50	Jennifer Ibbitson	43.35	2007
W55	Margery Swinton	32.76	2002
W60	Margery Swinton	29.68	2004
W65	Joyce Rammell	24.48	2013
W70	Joyce Rammell	15.60	2019

	<b>Discus</b>	<b>Perf</b>	<b>Year</b>
M35	Rene Rogers	36.94	2009
M40	R. Healey	39.42	1995
M45	Gerry Farrell	37.58	2010
M50	Kavin Brown	41.61	2019
M55	Stuart Ryan	41.34	2018
M60	Jim Hogg	43.11	2015
M65	Bob Masson	42.45	2012
M70	Bob Masson	36.41	2019
M75	James Sloan	31.10	2017
M80	Hugh Ryan	22.10	2015
W35	Susan Freebairn	40.86	2005
W40	Susan Freebairn	38.48	2006
W45	Claire Cameron	36.48	2007
W50	Claire Cameron	33.81	2012
W55	Claire Cameron	29.63	2015
W60	Claire Cameron	25.59	2019
W65	Margery Swinton	19.90	