

RCAC CLUB RECORDS

Under 11 Track & Field

Last Updated June 2019



Girls				
Event	Record Holder	Time/Dist	Location	Date Set
60m	Sinead Cracknell	9.23	Inverness	23/04/2000
75m	Brooklyn Dunn	11.7	Inverness	04/09/2016
80m				
100m	Paula Young	14.4	Unknown	1987
150m	Brooklyn Dunn	24.68	Inverness	04/09/2016
200m	Paula Young	30.9	Unknown	1987
600m	Brooklyn Dunn	2.02.78	Inverness	06/08/2016
800m	Isla Ross	2.45.5	Inverness	13/09/1991
5K	Brooklyn Dunn	22.33	Alness Parkrun	02/12/2017
High Jump	Rebecca Ross	1.16m	Inverness	06/06/2004
Long Jump	Isla Ross	3.97m	Inverness	13/09/1992
Shot Put	Chloe Fraser	6.18m	Inverness	08/08/2004
Discus	Brooklyn Dunn	13.17m	Inverness	22/07/2017
Javelin	Kirsty Law	13.26m	Inverness	25/05/1997
4x100m R	Holly Stewart / Tayler Barlow / Caitlyn Heggie / Brooklyn Dunn	102.73	Aberdeen	10/09/2017
4x200m R	S MacLennan/C Naisby /L MacAllister/L MacLean	2.14.0	Peterhead	10/09/1989

Boys				
Event	Record Holder	Time/Dist	Location	Date
60m	Andrew Munro	9.1	Inverness	11/09/1994
75m	Logan Mathieson	11.4	Dundee	03/05/2009
80m	Zak Fearn	12.12	Inverness	01/05/2016
100m	Matthew Taylor	14	Inverness	13/05/1990
150m	Ryan Sutherland	24.02	Inverness	04/09/2015
200m	Matthew Taylor	29.5	Inverness	13/05/1990
400m	Andrew Young	72.2	Muir of Ord	1988
600m	Craig McCourt	1.57.18	Inverness	08/07/2001
800m	David Melville	2.37.3	Livingston	23/06/1991
1500m	Connor Campbell	5.31.1	Inverness	16/09/1990
5K	Sam Coull	19.59	Inverness Parkrun	15/04/2017
High Jump	Craig Lewis	1.35m	Dingwall	1988
Long Jump	Craig Lewis	4.33m	Dingwall	1988
Shot Put	Morris Dillon	7.95m	Inverness	23/08/1992
Discus	Ewan Ogilvie	16.80m	Inverness	05/05/2010
Javelin	Thomas Brown	27.06m	Aberdeen	08/09/1991
4x100m R	D MacLennan / Sam Coull / Ryan SutherlandM / Zak Fearn	1.00.48	Aberdeen	11/09/2016
4x200m R	A Riding / C Campbell / M Dillon / D Melville	2.07.7	Inverness	18/08/1991

RCAC CLUB RECORDS

Under 13 Track & Field

Last Updated June 2019



Girls				
Event	Record Holder	Time/Dist	Location	Date Set
60m	Kirsten Goddard	8.82	Meadowbank	21/01/1989
60m i	Brooklyn Dunn	9.54	Aberdeen SV	21/01/2018
60m H i	Brooklyn Dunn	12.18	Aberdeen SV	17/12/2017
70m H	Jennifer Donald	12.3	Coatbridge	11/06/1989
75m	Tayler Barlow	11	Inverness	19/05/2019
75m	Gemma Paton	12.4	Grangemouth	01/06/1997
75m H				
100m	Paula Young	13.7	Montrose	16/09/1989
150m	Sinead Cracknell	21.11	Inverness	04/08/2002
200m	Isla Ross	27.6	Livingston	12/06/1994
400m	Sarah Clark	67	Unknown	1986
800m	Isla Ross	2.25.8	Inverness	05/06/1994
1000m 1K	Michelle Brown	3.49.9	Grangemouth	01/06/1997
1200m	Femke Waite	04:39.3	Inverness	19/05/2019
1200m	Megan Prentis	4.48.34	Inverness	02/08/2015
1500m	Isla Ross	5.12.7	Grangemouth	15/09/1993
5K	Brooklyn Dunn	22.22	Alness Parkrun 20	03/02/2018
High Jump	Tayler Barlow	1.32	Inverness	19/05/2019
High Jump	Elsa Fearn	1.31m	Inverness	28/06/2015
Long Jump	Isla Ross	4.61m	Inverness	23/07/1994
Long Jump i	Brooklyn Dunn	3.77m	Aberdeen SV	17/12/2017
Triple Jump				
Shot Put	Tracy Johnstone	8.49m	Unknown	1987
Shot Put i	Femke Waite	7.15m	Inverness	16/02/2019
Shot Put i	Iona MacLennan	6.09m	Inverness	17/02/2018
Discus	Tracy Johnstone	21.8m	Unknown	1987
Javelin	Lorna Brindle	28.38m	Inverness	19/09/1993
4x100m R	Unknown	57	Coatbridge	28/05/1989
4x200m R	Unknown	2.04.6	Inverness	25/06/1989
4x400m R				
Pentathlon				

Boys				
Event	Record Holder	Time/Dist	Location	Date
60m	Arran Buchanan	8.26	Emirates Glasgow	14/02/2015
60m i				
60m H i				
70m H	Gavin Cumming	12.5	Aberdeen	08/09/1991
75m				
75m H	David Watssman	12.6	Inverness	14/09/1995
100m	Arran Buchanan	12.46	Aberdeen Final	06/09/2015
150m	Ross MacDonald	21.93	Inverness	05/08/2001
200m	Arran Buchanan	25.72	Grangemouth	22/08/2015
400m	David Watssman	61	Inverness	24/09/1995
800m	Gary Martin	2.18.65	Grangemouth	31/08/1992
1000m 1K				
1200m	Sam Coull	3.55.89	Aberdeen	10/09/2017
1500m	Gary Martin	4.45.9	Inverness	27/09/1992
5K	Sam Coull	18.44	Alness Parkrun # 4	16/09/2017
High Jump	Craig Lewis	1.60m	Pitreavie	29/07/1990
Long Jump	James Price	5.06m	Unknown	1985
Long Jump i	Zak Fearn	4.5	Aberdeen	17/03/2019
Triple Jump	Andrew Young	10.17m	Grangemouth	26/08/1990
Shot Put	Graeme Allan	11.59m	Pitreavie	31/07/1993
Shot Put i				
Discus	Graeme Allan	30.60m	Livingston	20/06/1993
Javelin	Austen MacKnight	33.40m	Inverness	09/09/1990
4x100m R	A Young, C Lewis, D Cameron, A MacKnight	54.2	Inverness	16/09/1992
4x200m R	G MacLeod / T MacLean / A Young / C Lewis	1.57.6	Peterhead	10/09/1989
4x400m R	G Martin / J MacDonald / N Tulloch / I Lonnen	4.28.9	Glasgow	10/08/1991
Pentathlon	David Watssman	1411 pts	Dingwall	04/06/1995

RCAC CLUB RECORDS

Under 15 Track & Field

Last Updated June 2019



Girls				
Event	Record Holder	Time/Dist	Location	Date Set
60m	Joanna Young	8.9	Meadowbank	22/01/1989
60m i				
60m H	Jennifer Donald	11.32	Kelvin Hall	04/02/1990
60m H i				
70m H	Ruth McCallum	12.4	Dundee	11/19/1993
75m H	Elsa Fearn	16.2	Inverness	06/08/2017
100m	Claire Martin	13.00	Unknown	1986
200m	Claire Martin	27.3	Unknown	1986
300m	Rhiannon Ebrihem	50.7	Inverness	05/05/2019
400m	Claire Martin	62.4	Unknown	1986
800m	Isla Ross	2.19.6	Ayr	15/06/1996
1500m	Lorna Paton	4.57.2	Coatbridge	15/06/1997
1500m S/C				
3000m 3K				
1 Mile				
High Jump	Susan Fotheringham	1.59m	Unknown	1987
Long Jump	Jennifer Donald	5.02m	Dundee	01/09/1992
Triple Jump				
Shot Put	Tracy Johnstone	11.6m	Peterhead	10/09/1989
Discus	Tracy Johnstone	29.14m	Unknown	1988
Javelin	Lorna Brindle	29.04m	Meadowbank	17/08/1995
Hammer				
Pole Vault				
4x100m R	P Young / P Melrose/ J Donald / S Bain	54.9	Inverness	14/04/1991
4x200m R	P Young / P Melrose/ J Donald / S Bain	1.55.0	Peterhead	10/09/1989
4x400m R				
Pentathlon	Sheilah Bain	2600 pts	Grangemouth	13/06/1992

Boys				
Event	Record Holder	Time/Dist	Location	Date
60m				
60mi	Alister MacKay	7.75	Sheffield	09/03/2019
60m i	Alexander Mackay	7.81	Aberdeen	21/02/2015
60m H i	Alexander Mackay	9.03	Aberdeen	21/02/2015
80m H	Stuart Dillon	12.02	Grangemouth	27/08/1989
100m	Alan Gibson	11.8	Unknown	1985
200m	Alan Gibson	24.1	Inverness	02/08/2015
300m	Zak Fearn	41.95	Aberdeen	23/06/2019
300m	Spencer Bardsley	42.47	Inverness	25/06/2017
400m	Andrew Ramsay	54.2	Inverness	18/08/1991
400m H	Stephen Campbell	62.9	Grangemouth	18/06/1994
800m	Scott Allan	2.05.6	Inverness	15/09/1990
1500m	Scott Allan	4.22.19	Grangemouth	26/08/1990
1500m S/C	Andrew Ramsay	4.57.1	Grangemouth	25/08/1991
3000m 3K	Craig Poole	9.19.8	Pitreavie	29/06/1997
1 Mile	Chris Barnsby	5.08.0	Pitreavie	08/05/1994
High Jump	Craig Lewis	1.80m	Inverness	13/09/1992
Long Jump	Alan Gibson	5.93m	Unknown	1985
Triple Jump	Kevin MacLennan	13.34m	Grangemouth	29/08/1993
Shot Put	Ross MacDonald	13.56m	18/02/1993	Kelvin Hall
Discus	Cameron Shaw	34.84m	Crownpoint	31/07/1994
Javelin	Matthew Tyson	45.7m	Pitreavie	29/06/1997
Hammer	Gabriel MacFarlane	45.28	Inverness	06/07/2018
Hammer	Mark MacLennan	13.14m	Inverness	11/04/2015
Pole Vault	Reuben McFarlane	3.10m	Scotstoun	20/08/2017
4x100m R	A Young / B MacLean / D Mackay / P Annal	50.12	Crownpoint	15/09/1992
4x200m R	A Young / B MacLean / D Mackay / P Annal	1.43.0	Peterhead	10/09/1989
4x400m R	C Barnsby / S Duncan / S Campbell / A MacKenzie	3.56.4	Pitreavie	03/07/1994
Pentathlon	Dave Dunn	2348 pts	Grangemouth	11/06/1994

RCAC CLUB RECORDS

Under 17 Track & Field

Last Updated June 2019



Ladies				
Event	Record Holder	Time/Dist	Location	Date Set
60m H	Jennifer Donald	12.35	Kelvin Hall	12/02/1993
80m H	Ruth McCallum	12.3	Crownpoint	18/06/1994
100m	Paula Young	12.9	Inverness	23/08/1992
100m H	Tracy Johnstone	17.3	Inverness	15/09/1991
200m	Linda Clement	26.7	Nairn	18/06/1995
300m	Linda Clement	42.6	Pitreavie	01/06/1995
300m H	Ruth McCallum	46.4	Pitreavie	08/07/1995
400m	Claire Martin	61.1	Unknown	1987
400m H	Tracy Johnstone	70.3	Dundee	01/09/1991
800m	Claire Falconer	2.19.4	Coatbridge	13/09/1992
1500m	Claire Falconer	4.50.2	Livingston	19/09/1992
1500m S/C				
2000m S/C				
3000m 3K	Claire Falconer	10.34.3	Coatbridge	06/09/1992
5000m Track				
High Jump	Susan Fotheringham	1.62m	Inverness	02/07/1989
Long Jump	Jennifer Donald	5.02m	Wishaw	25/06/1992
Triple Jump	Aileen Kerr	9.96m	Grangemouth	21/06/1995
Shot Put	Lesley Robertson	10.47m	Coatbridge	15/06/1997
Discus	Michelle Bowden	34.14m	Inverness	07/06/1994
Javelin	Joanna MacDonald (new 500g Weight)	28.08m	Inverness	03/06/2014
Hammer	Ella Moxon	18.97m	Inverness	28/06/2015
Pole Vault				
4x100m R	A Kerr / J Harris / R McCallum / L Clement	53.1m	Coatbridge	21/06/1995
4x200m R	A MacPhee / L Fraser / L MacLean / S Lean	2.08.49	Inverness	04/08/2002
4x400m R				
Pentathlon	Jennifer Donald	2675 pts	Grangemouth	12/06/1993
Heptathlon	Jennifer Donald	3483 pts	Linwood	25/07/1993
Octathlon				
Nonathlon				

Men				
Event	Record Holder	Time/Dist	Location	Date
60m				
60mi				
60m H				
80m H				
100m	Scott MacDonald	11.2	Inverness	26/06/2003
100m H	Matthew Thompson	13.72	Tullamore IRL	31/08/2003
200m	Scott MacDonald	22.73	Inverness	31/08/2003
300m	Scott MacDonald	37.65	Inverness	14/09/2003
300m H				
400m	James MacPhail	51.77	Inverness	20/09/2008
400m H	James MacPhail	55.91	Inverness	20/09/2008
800m	Scott Allan	2.02.6	Grangemouth	31/08/1989
1500m	Brian Fraser	4.12.2	Inverness	20/08/1989
1500m S/C	Jamie Stephen	4.23.65	Unknown	2000
2000m S/C	Brian Fraser	6.25.5	Grangemouth	27/08/1989
3000m 3K	Brian Fraser	9.03.14	Meadowbank	01/07/1989
5000m Track	Brian Fraser	16.31.7	Inverness	1989
High Jump	Fraser Lewis	1.88m	Dingwall	14/06/1989
Long Jump	Jeff Applegate	6.33m	Glasgow	09/06/2001
Triple Jump	Kevin MacLennan	13.76m	Colwyn Bay	16/07/1995
Shot Put	Matthew Thompson	13.79m	Glasgow	09/06/2001
Discus	Sinclair Patience	40.07m	Inverness	08/09/2002
Javelin	A Macfarlane	54.52m	Inverness	10/09/2016
Hammer	Gabriel MacFarlane	45.19m	Inverness	11/05/2019
Hammer	Sinclair Patience	32.39m	Unknown	2001
Pole Vault	Andrew Mcfarlane	4.23m	Grangemouth	07/12/2016
4x100m R	S MacLeod / S Milne / K Urquhart / S MacDonald	47.12	Inverness	23/07/2002
4x200m R	D Chapman / S Duncan / K MacLennan / F MacKevitt	1.37.7	Aberdeen	02/08/1995
4x400m R	S Milne / S Dillon / D Ross / G Morris	3.40.5	Aberdeen	08/09/1991
Pentathlon	Matthew Thompson	3155 pts	Grangemouth	09/06/2001
Heptathlon				
Octathlon	Matthew Thompson	4253 pts	Grangemouth	08/07/2001
Nonathlon	Matthew Thompson	4525 pts	Bourgoin-Jallieu	19/09/1993

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RCAC CLUB RECORDS

Under 20 Track & Field

Last Updated June 2019



Ladies				
Event	Record Holder	Time/Dist	Location	Date Set
60m i				
100m	Paula Young	12.9	Inverness	23/08/1992
100m H	Ruth McCallum	15.5	Inverness	11/05/1997
200m	Ruth McCallum	26.7	Inverness	25/05/1997
200m i				
300m	Paula Young	45.8	Ayr	25/04/1993
400m	Ruth McCallum	59.4	Coatbridge	15/06/1997
400m H	Ruth McCallum	62.59	Grangemouth	28/06/1997
800m	Claire Falconer	2.15.17	Meadowbank	15/05/1994
1500m	Claire Falconer	4.41.74	Meadowbank	15/05/1994
2000m S/C				
3000m 3K	Claire Falconer	10.28.8	Grangemouth	09/07/1994
5000m Track				
10k				
High Jump	Sheilah Bain	1.63m	Inverness	07/06/1994
Long Jump	Sheilah Bain	4.96m	Grangemouth	11/06/1994
Triple Jump	Sheilah Bain	10.70m	Pitreavie	08/07/1995
Shot Put	Sheilah Bain	10.91m	Ayr	18/07/1995
Discus	Michelle Bowden	32.68m	nairn	19/06/1994
Javelin	Tracy Johnstone	32.52m	Grangemouth	05/09/1993
Hammer	Tracy Johnstone	22.40m	Inverness	10/04/1994
Pole Vault				
4x100m R	P Young / S Bain / J Donald / M Wood	53.8	Livingston	12/06/1994
4x200m R	R McCallum / A Kerr / S Bain / P Young	1.52.6	Inverness	25/05/1994
4x400m R	Y Simpson / I Ross / R McCallum / L Clement	4.18.9	Inverness	25/05/1997
Pentathlon	Sheilah Bain	2772 pts	Grangemouth	11/06/1994
Decathlon				
10 miles				
Half Marathon				

Men				
Event	Record Holder	Time/Dist	Location	Date
60m i	Scott MacDonald	7.19	Kelvin Hall	12/02/2004
100m	Scott MacDonald	11.28	Bedford	30/05/2004
100m H	Kevin MacLennan	14.9	Pitreavie	15/06/1996
110m H	Andrew MacFarlane	15.87	Grangemouth	02/06/2018
200m	Scott MacDonald	22.38	Inverness	12/06/2004
200m i	Scott MacDonald	23	Kelvin Hall	12/02/2004
300m				
400m	Scott MacDonald	51.99	Inverness	06/06/2004
400m H	Andrew Ramsay	56.8	Inverness	19/07/1994
800m	Finlay Todd	1.58.8	Inverness	01/09/2018
800m	Brian Fraser	1.59.4	Unknown	1990
1500m	Finlay Todd	4.05.59	Inverness SNDC	12/05/2017
2000m S/C	Norman Tulloch	6.49.7	Grangemouth	17/06/1995
3000m Track	Finlay Todd	9.03.71	Inverness	01/07/2018
3000m Track	Brian Fraser	9.06.2	Unknown	1990
5000m Track	Hamish Hickey	16.00.08	Inverness	12/05/2018
10k	Hamish Hickey	34.08	Nairn	04/03/2018
High Jump	Craig Lewis	1.95m	Coatbridge	16/06/1996
Long Jump	Andrew MacFarlane	6.85m	Inverness	12/05/2018
Long Jump	Tony MacNally	6.49m	Greenock	28/04/1996
Triple Jump	Kevin MacLennan	13.28m	Meadowbank	19/05/1996
Shot Put	Steven Paton	11.93m	Nairn	04/05/1997
Discus	Andrew Sutherland	36.16m	Grangemouth	17/06/1995
Javelin	Andrew MacFarlane	58.62	Inverness	13/04/2019
Javelin	Craig Lewis	49.90m	Pitreavie	08/07/1995
Hammer	David Ross	26.88m	Inverness	16/05/1993
Pole Vault	Andrew McFarlane	4.61m	Inverness	23/06/2017
4x100m R				
4x200m R				
4x400m R				
Pentathlon	Kevin MacLennan	2929 pts	Pitreavie	08/06/1996
Decathlon	Andrew Macfarlane	6169	Bedford	27/05/2018
Decathlon	Craig Lewis	4923 pts	Ayr	21/07/1996
10 miles	Hamish Hickey	58.17	Motherwell	01/04/2018
Half Marathon	Hamish Hickey	1.18.00	Inverness Half Mar	11/03/2018
Marathon	Adam MacLennan	3.09.23	Edinburgh	27/05/2018

RCAC CLUB RECORDS

Senior Track & Field Age 20 - 35

Last Updated June 2019



Ladies				
Event	Record Holder	Time/Dist	Location	Date Set
100m	Paula Young	12.9	Inverness	23/08/1992
100m H	Ruth McCallum	16.2	Coatbridge	15/06/1997
200m	Ruth McCallum	26.7	Inverness	25/05/1997
300m	Claire Falconer	34.1	Coatbridge	13/09/1997
400m	Ruth McCallum	59.4	Coatbridge	15/06/1997
400m H	Ruth McCallum	62.59	Grangemouth	28/06/1997
800m	Claire Falconer	2.15.17	Meadowbank	13/07/1994
1500m	Claire Falconer	4.50.2	Livingston	19/09/1992
1500m S/C	Mary MacGillvary	6.58.37	Inverness	22/08/2010
2000m S/C				
3000m 3K	Claire Falconer	10.28.8	Grangemouth	09/07/1994
3000m S/C				
5000m Track				
5K Parkrun (Dogless)	Vikki Thompson	19.29	Alness	11.08/2018
10000m Track				
10K Road				
High Jump	Sheilah Bain	1.63m	Inverness	07/06/1994
Long Jump	Jennifer Donald	5.02m	Wishaw	26/05/1992
Triple Jump	Sheilah Bain	10.70m	Pitreavie	08/07/1995
Shot Put	Sheilah Bain	11.02m	Coatbridge	15/06/1997
Discus	Julie Wyatt	39.58m	Inverness	10/04/2011
Javelin	Tracy Johnstone	32.52m	Grangemouth	05/09/1993
Hammer	Tracy Tamijmarane	31.04m	Inverness	25/04/2010
Pole Vault				
4x100m R	D Facoor / C Martin / S Sutherland / T Johnstone	53.4	Aberdeen	08/09/1991
4x200m R	R McCallum / A Kerr / S Bain / P Young	1.52.6	Inverness	21/08/1994
4x400m R	Y Simpson / I Ross / R McCallum / L Clement	4.18.9	Inverness	25/05/1997
Decathlon				
10 miles				
Half Marathon				
Marathon				

Men				
Event	Record Holder	Time/Dist	Location	Date
60m	Daniel MacFarlane	7.43	Sheffield	06/01/2018
100m	Steven Evans	11.3	Inverness	15/07/1989
100m H	Stuart Dillon	15.76	Ayr	21/06/1992
110m h	Daniel MacFarlane	15.69	Grangemouth	14/04/2018
200m	Steven Evans	23.5	Inverness	19/05/1990
300m				
400m	Kevin Prosser	51.7	Coatbridge	15/08/1993
400m H	Andrew Ramsay	58.3	Ayr	12/06/1994
800m	Kevin Prosser	1.58.9	Coatbridge	15/08/1993
1500m	Stan MacKenzie	4.12.0	Inverness	19/08/1990
1500m S/C				
2000m S/C	Brian Fraser	6.21.8	Inverness	01/01/1900
3000m 3K	Brian Fraser	9.06.2	Inverness	22/04/1990
3000m S/C	Herald Wright	9.44.47	Greenock	04/08/1996
5000m Track	Herald Wright	15.12.62	Meadowbank	15/09/1996
5K Road				
5k Parkrun (Dogless)				
10000m Track	Brian Fraser	33.39.5	Inverness	23/09/1991
10K Road				
High Jump	Craig Lewis	1.95m	Coatbridge	15/08/1993
Long Jump	Neil Lornie	6.56m	Ayr	12/06/1994
Triple Jump	Neil Lornie	13.49m	Coatbridge	13/06/1993
Shot Put	Michael Harper	12.62m	Unknown	1988
Discus	Steven Cameron	40.88m	Ayr	03/08/1997
Javelin	Daniel MacFarlane	43.78m	Grangemouth	15/07/2018
Hammer				
Pole Vault	Daniel MacFarlane	4.10i	Emirates Arena	10/02/2018
Pole Vault	Angus MacLeod	3.00m	Coatbridge	15/08/1993
4x100m R	J Lornie / S Evans / N Lornie / I Fraser	46.06	Wishaw	26/05/1991
4x200m R	A Gibson / S Evans / R MacLeod / R Cameron	1.39.8	Inverness	24/06/1990
4x400m R	D Shand / A Ramsay / A MacLeod / J White	3.37.5	Ayr	12/06/1994
Decathlon	Daniel MacFarlane	5165	Grangemouth	15/07/2018
Decathlon	Craig Lewis	5111 pts	Linwood	20/07/1997
10 miles				
Half Marathon				
Marathon				

RCAC CLUB RECORDS

Master Track & Field Age 35+

Last Updated June 2019



Ladies				
Event	Record Holder	Time/Dist	Location	Date Set
100m				
200m	Lorraine Coull	40.08	Inverness	01/07/2018
1500m				
3000 SC				
3000m Track				
5000m Track				
Discus	Alison Heggie	13.43	Inverness	09/09/2018
Hammer	Alison Heggie	11.65	Inverness	01/07/2018
Javelin 600g	Alison Heggie	12.66	Inverness	27/05/2018
Pole Vault	Alison Cameron	1.5m	Inverness	22/08/2010
5K Road	Alison Cameron	25.24	Inverness	13/06/2012
5K Parkrun (Dogless)				
10K Road	Lorraine Coull	49.11	Nairn	04/03/2018
10K Road	Alison Cameron	52.1	Nairn	04/03/2012
Half Marathon	Lorraine Coull	01:47.2	Inverness	11/03/2018
Half Marathon	Alison Cameron	1:57.61	Inverness	15/03/2011
Marathon	Alison Cameron	4:35.24	London Marathon	17/04/2011

Men				
Event	Record Holder	Time/Dist	Location	Date
100m	Eoin Coull	13.87	Inverness	25/06/2017
800m	Eoin Coull	02:21.7	Inverness	09/09/2018
1500m	Eoin Coull	4.43.91	Aberdeen	10/09/2017
3000 SC	Eoin Coull	11.04.28	Preston PSUK	28/06/2017
3000m Track	Eoin Coull	10:10.8	Inverness	06/08/2017
5000m Track	Eoin Coull	17:23.0	Inverness	12/05/2018
Shot Putt	Dave Ogilvie	11.98	Aberdeen	10/09/2017
Discus	Dave Ogilvie	35.76	Inverness	13/05/2017
Javelin				
Long Jump	Thomas Mathieson	4.08	Inverness	29/06/2014
Triple Jump	Thomas Mathieson	7.42m	Inverness	25/06/2017
Hammer	David Ogilvie	36.51m	Inverness	17/05/2009
5K Parkrun (Dogless)				
5K Road	Eoin Coull	17.48	Archiestown	30/04/2017
8K	Thomas Mathieson	35.18	Tolleros XC Trial	16/09/2017
10K Road	Eoin Coull	34.54	Milton Duff	31/03/2019
10 Mile	Eoin Coull	58.2	Motherwell	01/04/2018
Half Marathon	Eoin Coull	76.38	Kinloss	17/02/2019

RCAC CLUB RECORDS

Master Track & Field Age 35

Last Updated June 2019



Ladies				
Event	Record Holder	Time/Dist	Location	Date Set
100m				
200m	Lorraine Coull	40.08	Inverness	01/07/2018
1500m				
3000 SC				
3000m Track				
5000m Track				
Discus	Alison Heggie	13.43	Inverness	09/09/2018
Hammer	Alison Heggie	11.65	Inverness	01/07/2018
Javelin 600g	Alison Heggie	12.66	Inverness	27/05/2018
Pole Vault	Alison Cameron	1.5m	Inverness	22/08/2010
5K Road	Alison Cameron	25.24	Inverness	13/06/2012
5K Parkrun (Dogless)				
10K Road	Lorraine Coull	49.11	Nairn	04/03/2018
10K Road	Alison Cameron	52.1	Nairn	04/03/2012
Half Marathon	Lorraine Coull	01:47.2	Inverness	11/03/2018
Half Marathon	Alison Cameron	1:57.61	Inverness	15/03/2011
Marathon	Alison Cameron	4:35.24	London Marathon	17/04/2011

Men				
Event	Record Holder	Time/Dist	Location	Date
100m	Eoin Coull	13.87	Inverness	25/06/2017
800m	Eoin Coull	02:21.7	Inverness	09/09/2018
1500m	Eoin Coull	4.43.91	Aberdeen	10/09/2017
3000 SC	Eoin Coull	11.04.28	Preston PSUK	28/06/2017
3000m Track	Eoin Coull	10:10.8	Inverness	06/08/2017
5000m Track	Eoin Coull	17:23.0	Inverness	12/05/2018
Shot Putt	Dave Ogilvie	11.98	Aberdeen	10/09/2017
Discus	Dave Ogilvie	35.76	Inverness	13/05/2017
Long Jump	Thomas Mathieson	4.08	Inverness	29/06/2014
Triple Jump	Thomas Mathieson	7.42m	Inverness	25/06/2017
Hammer	David Ogilvie	36.51m	Inverness	17/05/2009
5K Parkrun (Dogless)				
5K Road	Eoin Coull	17.48	Archiestown	30/04/2017
8K	Thomas Mathieson	35.18	Tolleros XC Trial	16/09/2017
10K Road	Eoin Coull	34.54	Milton Duff	31/03/2019
10 Mile	Eoin Coull	58.2	Motherwell	01/04/2018
Half Marathon	Eoin Coull	76.38	Kinloss	17/02/2019

RCAC CLUB RECORDS

Master Track & Field Age 40

Last Updated June 2019



Ladies				
Event	Record Holder	Time/Dist	Location	Date Set
100m				
200m	Lorraine Coull	40.08	Inverness	01/07/2018
1500m				
3000 SC				
3000m Track				
5000m Track				
Discus	Alison Heggie	13.43	Inverness	09/09/2018
Hammer	Alison Heggie	11.65	Inverness	01/07/2018
Javelin 600g	Alison Heggie	12.66	Inverness	27/05/2018
Pole Vault	Alison Cameron	1.5m	Inverness	22/08/2010
5K Road	Alison Cameron	25.24	Inverness	13/06/2012
5K Parkrun (Dogless)				
10K Road	Lorraine Coull	49.11	Nairn	04/03/2018
10K Road	Alison Cameron	52.1	Nairn	04/03/2012
Half Marathon	Lorraine Coull	01:47.2	Inverness	11/03/2018
Half Marathon	Alison Cameron	1:57.61	Inverness	15/03/2011
Marathon	Alison Cameron	4:35.24	London Marathon	17/04/2011

Men				
Event	Record Holder	Time/Dist	Location	Date
100m	Eoin Coull	13.87	Inverness	25/06/2017
800m	Eoin Coull	02:21.7	Inverness	09/09/2018
1500m	Eoin Coull	4.43.91	Aberdeen	10/09/2017
3000 SC	Eoin Coull	11.04.28	Preston PSUK	28/06/2017
3000m Track	Eoin Coull	10:10.8	Inverness	06/08/2017
5000m Track	Eoin Coull	17:23.0	Inverness	12/05/2018
Shot Putt	Dave Ogilvie	11.98	Aberdeen	10/09/2017
Discus	Dave Ogilvie	35.76	Inverness	13/05/2017
Javelin	Dave Ogilvie	27.11m	Inverness	04/08/2013
Long Jump	Thomas Mathieson	4.08	Inverness	29/06/2014
Triple Jump	Thomas Mathieson	7.42m	Inverness	25/06/2017
Hammer	David Ogilvie	36.51m	Inverness	17/05/2009
5K Parkrun (Dogless)				
5K Road	Eoin Coull	17.48	Archiestown	30/04/2017
8K	Thomas Mathieson	35.18	Tolleros XC Trial	16/09/2017
10K Road	Eoin Coull	34.54	Milton Duff	31/03/2019
10 Mile	Eoin Coull	58.2	Motherwell	01/04/2018
Half Marathon	Eoin Coull	76.38	Kinloss	17/02/2019

RCAC CLUB RECORDS

Master Track & Field Age 45

Last Updated June 2019



Ladies				
Event	Record Holder	Time/Dist	Location	Date Set
100m				
200m				
1500m				
3000 SC				
3000m Track				
5000m Track				
Discus				
Hammer				
Javelin 600g				
Pole Vault				
5K Road				
5K Parkrun (Dogless)				
10K Road				
10K Road				
Half Marathon				
Half Marathon				
Marathon				

Men				
Event	Record Holder	Time/Dist	Location	Date
100m				
800m				
1500m				
3000 SC				
3000m Track				
5000m Track				
Shot Putt				
Discus				
Javelin				
Long Jump				
Triple Jump				
Hammer				
5K Parkrun (Dogless)				
5K Road	Thomas Mathieson	21.58	Inverness	16/06/2010
8K				
10K Road	Thomas Mathieson	44.52	Portmahomack	23/04/2008
10 Mile				
Half Marathon	Thomas Mathieson	1.39.29	RAF Lossiemouth	08/02/2009

RCAC CLUB RECORDS

Master Track & Field Age 50

Last Updated June 2019



Ladies				
Event	Record Holder	Time/Dist	Location	Date Set
100m				
200m				
1500m				
3000 SC				
3000m Track				
5000m Track				
Discus				
Hammer				
Javelin 600g				
Pole Vault				
5K Road				
5K Parkrun (Dogless)				
10K Road				
10K Road				
Half Marathon				
Half Marathon				
Marathon				

Men				
Event	Record Holder	Time/Dist	Location	Date
Javelin				
Long Jump	Thomas Mathieson	4.08	Inverness	29/06/2014
Triple Jump				
Hammer				
5K Parkrun (Dogless)	Ivan McCullagh	19.48	Alness	15/06/2019
5K Parkrun (Dogless)	Thomas Mathieson	22.39	Inverness	03/09/2011
5K Road	Ivan McCullagh	20.46	Alness	30/06/2019
5K Road	Thomas Mathieson	22.26	Inverness	15/06/2011
8K				
10K Road	Thomas Mathieson	45.38	Glen Moray	29/06/2011
10 Mile				
Half Marathon	Thomas Mathieson	1.48.06	Inverness	10/11/2012

RCAC CLUB RECORDS

Master Track & Field Age 55

Last Updated June 2019



Ladies				
Event	Record Holder	Time/Dist	Location	Date Set
100m				
200m				
1500m				
3000 SC				
3000m Track				
5000m Track				
Discus				
Hammer				
Javelin 600g				
Pole Vault				
5K Road				
5K Parkrun (Dogless)				
10K Road				
10K Road				
Half Marathon				
Half Marathon				
Marathon				

Men				
Event	Record Holder	Time/Dist	Location	Date
100m	Thomas Mathieson	15.36	Inverness	25/06/2017
800m	Thomas Mathieson	2.49.0	Inverness	01/05/2016
1500m	Thomas Mathieson	5.32.84	Inverness	11/09/2016
3000 SC				
3000m Track	Thomas Mathieson	12.19.02	Inverness	07/08/2016
5000m Track				
Shot Putt				
Discus	Thomas Mathieson	13.5	Inverness	29/04/2018
Javelin				
Long Jump	Thomas Mathieson	4.08	Inverness	29/06/2014
Triple Jump	Thomas Mathieson	7.29m	Inverness	29/04/2018
Hammer				
5K Parkrun (Dogless)	Thomas Mathieson	21.10	Alness	02/09/2016
5K Road	Thomas Mathieson	21.07	Alness	30/06/2019
8K	Thomas Mathieson	35.18	Tollerros XC Trial	16/09/2017
10K Road	Thomas Mathieson	45.26	Brodie	06/11/2016
10 Mile				
Half Marathon				

RCAC CLUB RECORDS

Master Track & Field Age 60

Last Updated June 2019



Ladies				
Event	Record Holder	Time/Dist	Location	Date Set
100m				
200m				
1500m				
3000 SC				
3000m Track				
5000m Track				
Discus				
Hammer				
Javelin 600g				
Pole Vault				
5K Road				
5K Parkrun (Dogless)				
10K Road				
10K Road				
Half Marathon				
Half Marathon				
Marathon				

Men				
Event	Record Holder	Time/Dist	Location	Date
100m				
800m				
1500m				
3000 SC				
3000m Track				
5000m Track				
Shot Putt				
Discus				
Javelin				
Long Jump				
Triple Jump				
Hammer				
5K Parkrun (Dogless)				
5K Road				
8K				
10K Road				
10 Mile				
Half Marathon				

RCAC CLUB RECORDS

Master Track & Field Age 65

Last Updated June 2019



Ladies				
Event	Record Holder	Time/Dist	Location	Date Set
100m				
200m				
1500m				
3000 SC				
3000m Track				
5000m Track				
Discus				
Hammer				
Javelin 600g				
Pole Vault				
5K Road				
5K Parkrun (Dogless)				
10K Road				
10K Road				
Half Marathon				
Half Marathon				
Marathon				

Men				
Event	Record Holder	Time/Dist	Location	Date
100m				
800m				
1500m				
3000 SC				
3000m Track				
5000m Track				
Shot Putt				
Discus				
Javelin				
Long Jump				
Triple Jump				
Hammer				
5K Parkrun (Dogless)				
5K Road				
8K				
10K Road				
10 Mile				
Half Marathon				

RCAC CLUB RECORDS

Master Track & Field Age 70+

Last Updated June 2019



Ladies				
Event	Record Holder	Time/Dist	Location	Date Set
100m				
200m				
1500m				
3000 SC				
3000m Track				
5000m Track				
Discus				
Hammer				
Javelin 600g				
Pole Vault				
5K Road				
5K Parkrun (Dogless)				
10K Road				
10K Road				
Half Marathon				
Half Marathon				
Marathon				

Men				
Event	Record Holder	Time/Dist	Location	Date
100m				
800m				
1500m				
3000 SC				
3000m Track				
5000m Track				
Shot Putt				
Discus				
Javelin				
Long Jump				
Triple Jump				
Hammer				
5K Parkrun (Dogless)				
5K Road				
8K				
10K Road				
10 Mile				
Half Marathon				