CLUB RECORDS
MASTERS AGE GROUPS

Males – M35 Men

Track & Field Event	Name	Performance	Year
100 Metres	Alastair Beaton	11.70	2017
200 Metres	Alastair Beaton	23.62	2016
400 Metres	Ross Cairns	58.22	2012
800 Metres	Dean Kane	2:09.36	2015
1500 Metres	Dean Kane	4:22.98	2017
3000 Metres	Tony Golabek	9:36.77	2017
5000 Metres	Graham Whyte	14:43.75	1997
10000 Metres	Donnie MacDonald	32:55.03	2017
110 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
3000 Metre Steeplechase	Tony Golabek	10:42.25	2017
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	Dean Kane	1.40	2016
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	Tony Golabek	26.75	2017
Hammer Throw	---	---	---
Decathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	Dean Kane	4:53	2016
3K	Jonny Macleod	10:15	2013
5K	Grant Hassan	17:15	2024
5 Mile	Paul Miller	27:39	2007
10K	Brian Fieldsend	32:28	2004
	Donnie MacDonald		2014
10 Mile	Donnie MacDonald	54:03	2014
Half Marathon	Brian Fieldsend	70:52	2004
Marathon	Brian Fieldsend	2:35:02	2002

Males – M40 Men

Track & Field Event	Name	Performance	Year
100 Metres	Ian Fleming	12.26	2005
200 Metres	---	---	---
400 Metres	Derek Glasgow	59.42	2009
800 Metres	Tom McWilliam	2:14.95	2013
1500 Metres	Tom McWilliam	4:46.1	2013
3000 Metres	Tom McWilliam	10:28.1	2014
5000 Metres	Mark Wilkins	17:14.90	2024
10000 Metres	Jonny Macleod	36:57.10	2018
110 Metre Hurdles	Derek Glasgow	20.86	2009
400 Metre Hurdles	---	---	---
3000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	Derek Glasgow	5.25	2006
Triple Jump	Ian Fleming	10.47	2005
High Jump	Derek Glasgow	1.56	2005
Pole Vault	Derek Glasgow	2.50	2009
Shot Put	Derek Glasgow	8.29	2009
Discus Throw	Derek Glasgow	20.39	2009
Javelin Throw	Derek Glasgow	31.99	2009
Hammer Throw	Russell Devine	52.16	2012
Decathlon	Derek Glasgow	4930	2006

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	Donnie MacDonald	9:12	2018
5K	Donnie MacDonald	16:02	2021
5 Mile	---	---	---
10K	Donnie MacDonald	32:00	2019
10 Mile	Donnie MacDonald	55:31	2018
Half Marathon	Donnie MacDonald	69:04	2020
Marathon	Donnie MacDonald	2:34:19	2019

Males – M45 Men

Track & Field Event	Name	Performance	Year
100 Metres	Ian Fleming	12.42	2006
200 Metres	Derek Glasgow	26.52	2012
400 Metres	Derek Glasgow	58.42	2011
800 Metres	---	---	---
1500 Metres	Jonny Macleod	4:42.14	2021
3000 Metres	---	---	---
5000 Metres	Jonny Macleod	17:16.14	2022
10000 Metres	---	---	---
110 Metre Hurdles	Derek Glasgow	20.12	2011
400 Metre Hurdles	Derek Glasgow	71.20	2013
3000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	Derek Glasgow	5.11	2011
Triple Jump	Ian Fleming	10.00	2006
High Jump	Derek Glasgow	1.57	2011
Pole Vault	Derek Glasgow	3.00	2012
Shot Put	Derek Glasgow	9.17	2014
Discus Throw	Cameron Roger	33.08	1994
Javelin Throw	Derek Glasgow	31.33	2010
Hammer Throw	Cameron Roger	38.62	1993
Decathlon	Derek Glasgow	5206	2011

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	Jonny Macleod	17:12	2021
5 Mile	Cameron Spence	31:08	2005
10K	Donnie MacDonald	32:52	2024
10 Mile	Paul Miller	59:35	2016
Half Marathon	Donnie MacDonald	70:15	2024
Marathon	Donnie MacDonald	2:34:20	2024

Males – M50 Men

Track & Field Event	Name	Performance	Year
100 Metres	Derek Glasgow	13.07	2015
200 Metres	Derek Glasgow	27.84	2018
400 Metres	Derek Glasgow	60.93	2015
800 Metres	---	---	---
1500 Metres	Derek Glasgow	5:33.42	2015
3000 Metres			
5000 Metres	---	---	---
10000 Metres	---	---	---
110 Metre Hurdles	Derek Glasgow	19.02	2015
400 Metre Hurdles	---	---	---
3000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	Derek Glasgow	5.54	2019
Triple Jump	---	---	---
High Jump	Derek Glasgow	1.47	2015
Pole Vault	Derek Glasgow	2.81	2018
Shot Put	Derek Glasgow	9.06	2015
Discus Throw	Cameron Roger	36.32	1999
Javelin Throw	Derek Glasgow	31.73	2014
Hammer Throw	Cameron Roger	43.76	1999
Decathlon	Derek Glasgow	5349	2014

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	Steven Worsley	10:26	2017
5K	Steven Worsley	17:58	2018
5 Mile	Steven Worsley	30:05	2018
10K	Graham Laing	35:27	2008
10 Mile	Timothy Cooke	62:27	2017
Half Marathon	Graham Laing	77:43	2008
Marathon	Timothy Cooke	3:03:48	2017

Males – M55 Men

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	---	---	---
800 Metres	---	---	---
1500 Metres	---	---	---
3000 Metres			
5000 Metres	---	---	---
10000 Metres	---	---	---
110 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
3000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	Derek Glasgow	4.53	2021
Triple Jump	Derek Glasgow	8.09	2021
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	John Macleod	11.56	2021
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Decathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	George Mitchell	17:56	2004
5 Mile	George Mitchell	30:26	2005
10K	George Mitchell	35:57	2005
10 Mile	Graham Whyte	70:01	2017
Half Marathon	Graham Laing	84:27	2012
Marathon	---	---	---

Males – M60 Men

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	---	---	---
800 Metres	---	---	---
1500 Metres	Ian Johnstone	5:02.95	2013
3000 Metres	Ian Johnstone	10:05.13	2013
5000 Metres	Graham Laing	19:08.74	2017
10000 Metres	Ian Johnstone	41:46.15	2015
110 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
3000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Decathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	Graham Laing	19:21	2018
5 Mile	Alex Sutherland	32:17	2011
10K	George Mitchell	37:19	2007
10 Mile	---	---	---
Half Marathon	Graham Laing	1:33:24	2019
Marathon	Douglas Lamont	4:12:55	2011

Males – M65 Men

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	---	---	---
800 Metres	Ian Johnstone	2:56.03	2020
1500 Metres	Ian Johnstone	5:36.77	2019
3000 Metres	---	---	---
5000 Metres	Alex Sutherland	19:36.0	2015
10000 Metres	Alex Sutherland	42:17.06	2015
110 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
3000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Decathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	---	---	---
5 Mile	---	---	---
10K	Alex Sutherland	39:19	2015
10 Mile	Alex Sutherland	69:41	2016
Half Marathon	Timothy Kirk	93:51	2015
Marathon	Timothy Kirk	3:25:35	2014

Males – M70 Men

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	---	---	---
800 Metres	---	---	---
1500 Metres	Ian Johnstone	5:48.09	2021
3000 Metres	Ian Johnstone	12:58.65	2022
5000 Metres	---	---	---
10000 Metres	---	---	---
110 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
3000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Decathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	Alex Sutherland	21:19	2022
5 Mile	---	---	---
10K	Alex Sutherland	40:21	2018
10 Mile	Timothy Kirk	68:52	2016
Half Marathon	Timothy Kirk	96:45	2016
Marathon	Timothy Kirk	3:26:49	2017

Males – M75 Men

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	---	---	---
800 Metres	---	---	---
1500 Metres	---	---	---
3000 Metres	---	---	---
5000 Metres	Alex Sutherland	21:14.32	2023
10000 Metres	---	---	---
110 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
3000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Decathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	Alex Sutherland	20:35	2023
5 Mile	---	---	---
10K	Alex Sutherland	43:52	2023
10 Mile	---	---	---
Half Marathon	---	---	---
Marathon	---	---	---

Females – W35 Women

Track & Field Event	Name	Performance	Year
100 Metres	Kathryn Nicholson	12.69	2003
200 Metres	Kathryn Nicholson	26.43	2001
400 Metres	Kathryn Nicholson	61.61	2001
800 Metres	Julie Wilson	2:35.45	2004
1500 Metres	---	---	---
3000 Metres	---	---	---
5000 Metres	---	---	---
10000 Metres	---	---	---
100 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
2000 Metre Steeplechase	---	---	---
4 x 100 Metres	@IHAAC 50th Anniversary	55.2	1997
4 x 400 Metres	@IHAAC 50th Anniversary	4:24.6	1997
Long Jump	---	---	---
Triple Jump	Moira MacBeath	10.02	1997
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	Tracy Tamijmarane	30.02	2008
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Heptathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	Jenny Bannerman	5:06	2023
3K	Jenny Bannerman	10:03	2023
5K	Jenny Bannerman	17:13	2023
5 Mile	Jenny Bannerman	29:44	2024
10K	Jenny Bannerman	36:03	2024
10 Mile	Sarah Liebnitz	61:10	2014, 2016
Half Marathon	Sarah Liebnitz	79:24	2016
Marathon	Lesley Hansen	3:04:50	2019

Females – W40 Women

Track & Field Event	Name	Performance	Year
100 Metres	Dianne MacKenzie	13.14	2000
200 Metres	Dianne MacKenzie	27.00	2000
400 Metres	Dianne MacKenzie	59.47	2000
800 Metres	Dianne MacKenzie	2:29.16	1999
1500 Metres	Julie Wilson	5:24.03	2008
3000 Metres	---	---	---
5000 Metres	Kellie Calder	21:09.04	2023
10000 Metres	---	---	---
80 Metre Hurdles	Dorothy Bannerman	12.77	2006
400 Metre Hurdles	---	---	---
2000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	Dorothy Bannerman	4.53	2007
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Heptathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	Lesley Hansen	19:43	2023
5 Mile	---	---	---
10K	Melissa Whyte	35:18	2009
10 Mile	Melissa Whyte	58:57	2009
Half Marathon	Alison Wilson	90:03	2013
Marathon	Fiona MacRitchie	3:17:34	2013

Females – W45 Women

Track & Field Event	Name	Performance	Year
100 Metres	Audrey Munro	13.70	1999
200 Metres	Audrey Munro	28.90	1999
400 Metres	Sheila Gollan	63.38	2010
800 Metres	Sheila Gollan	2:25.08	2010
1500 Metres	Sheila Gollan	4:51.78	2011
3000 Metres	Sheila Gollan	10:57.86	2010
5000 Metres	Kellie Calder	19:48.27	2024
10000 Metres	---	---	---
80 Metre Hurdles	Dorothy Bannerman	13.71	2008
400 Metre Hurdles	---	---	---
2000 Metre Steeplechase	Julie Wilson	8:10.23	2016
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Heptathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	Jackie Mair	11:36	2012
5K	---	---	---
5 Mile	Melissa Whyte	30:04	2011
10K	Melissa Whyte	35:05	2011
10 Mile	Melissa Whyte	59:00	2011
Half Marathon	Melissa Whyte	77:26	2011
Marathon	Fiona MacRitchie	3:14:55	2016

Females – W50 Women

Track & Field Event	Name	Performance	Year
100 Metres	Kate Murdoch	15.49	2021
200 Metres	---	---	---
400 Metres	Julie Wilson	68.86	2018
800 Metres	Julie Wilson	2:35.13	2021
1500 Metres	Julie Wilson	5:12.90	2021
3000 Metres	Julie Wilson	11:19.02	2022
5000 Metres	---	---	---
10000 Metres	---	---	---
100 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
2000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	Kate Murdoch	14.26	2021
Javelin Throw	---	---	---
Hammer Throw	Kate Murdoch	21.67	2021
Heptathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	Julie Wilson	6:11	2019
3K	---	---	---
5K	Julie Wilson	19:34	2021
5 Mile	---	---	---
10K	Heather Gardiner	43:13	2018
10 Mile	---	---	---
Half Marathon	Heather Gardiner	1:36:16	2018
Marathon	---	---	---

Females – W55 Women

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	---	---	---
800 Metres	Julie Wilson	2:44.43	2023
1500 Metres	Julie Wilson	5:29.67	2023
3000 Metres	Julie Wilson	12:00.74	2023
5000 Metres	Julie Wilson	20:24.30	2024
10000 Metres	---	---	---
100 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
2000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Heptathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	Julie Wilson	5:50	2024
3K	---	---	---
5K	Julie Wilson	20:09	2024
5 Mile	---	---	---
10K	Julie Wilson	42:09	2023
10 Mile	Liz Forbes	1:54:44	2014
Half Marathon	---	---	---
Marathon	Liz Forbes	4:17:40	2014

Females – W60 Women

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	---	---	---
800 Metres	---	---	---
1500 Metres	---	---	---
3000 Metres	---	---	---
5000 Metres	---	---	---
10000 Metres	---	---	---
100 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
2000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Heptathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	---	---	---
5 Mile	---	---	---
10K	Fiona Mackay	49:52	2024
10 Mile	Liz Gray	1:50:31	2012
Half Marathon	Margaret Woodhouse	2:05:11	2014
Marathon	Liz Gray	4:23:48	2014

Females – W65 Women

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	---	---	---
800 Metres	---	---	---
1500 Metres	---	---	---
3000 Metres	---	---	---
5000 Metres	---	---	---
10000 Metres	---	---	---
100 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
2000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Heptathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	---	---	---
5 Mile	---	---	---
10K	Liz Gray	51:46	2018
10 Mile	---	---	---
Half Marathon	Liz Gray	2:01:07	2018
Marathon	Margaret Woodhouse	5:03:31	2015

Females – W70 Women

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	---	---	---
800 Metres	---	---	---
1500 Metres	---	---	---
3000 Metres	---	---	---
5000 Metres	---	---	---
10000 Metres	---	---	---
100 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
2000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Heptathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	---	---	---
5 Mile	---	---	---
10K	Margaret Woodhouse	64:44	2019
10 Mile	---	---	---
Half Marathon	Margaret Woodhouse	2:21:01	2019
Marathon	---	---	---

SOURCES

Power of 10

World Masters Athletics –

https://world-masters-athletics.com/championships/results-championships-outdoor/