

### 100m

11.3 Julian Love 03-Sep-94  
10.7 Tony Cunningham 14-Apr-02

### 200m

22.8 Julian Love 10-Aug-94  
22.6 Scott McCarron 16-Jun-96  
22.3 Tony Cunningham 28-Jul-02  
21.97 Tony Cunningham 16-May-04

### 400m

51.4 Ian McFarlane 12-Jun-94  
51.2 Ian McFarlane 23-Apr-95  
51.1 Ian McFarlane 18-Apr-96  
50.9 Scott McCarron 11-May-96  
50.3 Ian McFarlane 16-Jun-96  
50.2 Scott McCarron 30-Apr-00  
50.2 Colin Brodie 15-Jul-01  
50.2 Tony Cunningham 03-Sep-02  
49.68 Tony Cunningham 04-Sep-02  
49.52 Tony Cunningham 15-May-04  
49.43 Tony Cunningham 01-Sep-04  
49.16 Tony Cunningham 04-Sep-04

### 800m

1.54:7 Alan Ramage 20-Jun-94  
1.53:21 Ian McFarlane 12-May-96  
1.53:20 Ian Murdoch 22-Jun-03

### 1500m

3.53:9 Alan Ramage 10-Aug-94  
3.46:79 Ian Murdoch 20-Jul-02  
3.44:9 Ian Murdoch 31-Aug-02

### 5000m

14.51 Alaister Russell 12-Jun-94  
14.44 Alaister Russell 23-Apr-95  
14.31 Alaister Russell 21-May-95

### 10000m

30.53 Alaister Russell 22-May-94  
29.52 Alaister Russell 23-Jun-95

### 110mH

20.9 Craig Donnelly 14-Aug-94  
20.7 Tom Semple 23-Apr-95  
20.14 Colin McMaster 19-May-96  
18.1 Derek Kerr 16-Jun-96

### 400mH

63.8 Colin Moffat 12-Jun-94  
61.28 Scott McCarron 19-May-96  
60.7 Ian Murdoch 23-Jun-99  
58.4 Ian Murdoch 17-Jun-01

### 3000mSC

10.39:3 Barry Mclean 14-Aug-94  
10.21:3 Billy Dickson 23-Apr-95  
9.57:5 Jamie Reid 11-Jun-95  
9.57:3 Jamie Reid 15-Sep-96  
9.49:3 Ian Murdoch 27-Apr-97  
9.33:2 Ian Murdoch 18-May-97  
9.21:6 Ian Murdoch 26-Apr-98  
9.09:2 Ian Murdoch 10-Sep-00  
9.04:4 Ian Murdoch 17-Jun-01

### 4x100m

46.2 Harrison/Shearer/ Ramage/Murphy 22-May-94  
46.2 Berry/Shearer/ Murphy /Love 14-Aug-94  
45.8 Gardiner/Murphy/ Stranraer-Mull/Kidd 03-Aug-97  
45.5 Chiou/Stranraer-M 'Murphy/McTaggart 26-Apr-98  
45.35 McKenzie/Getrall Murphy/Cunningham 14-Jul-02

### 4x400m

3.36 Moffat/McFarlane/ Muir/Ramage 14-Aug-94  
3.32:1 Moffat/McFarlane Muir/Ramage 23-Apr-95  
3.31:2 Cowan/ Ramage/ McCarron/McFarlane 28-Apr-96  
3.29:7 Allen/Douglas Dunlop/Murdoch 26-Aug-01  
3.26:4 Dunlop/Backer Getral/Cunningham 11-Aug-02

### High Jump

1.74 Colin McMaster 19-Jun-94  
1.75 Colin McMaster 14-May-95  
1.77 Kevin Quigley 25-Jun-95  
1.85 Colin McMaster 09-Jul-95  
1.91 Colin McMaster 29-Jul-95  
1.95 Colin McMaster 19-Aug-95  
2.00i Colin McMaster 18-Feb-96  
2.01i Colin McMaster 03-Mar-96  
2.05 Colin McMaster 13-Jul-96  
2.07 Colin McMaster 20-Jul-96  
2.13i Colin McMaster 01-Dec-96  
2.15 Colin McMaster 09-Aug-97

### Pole Vault

2.20 Sean Murphy 22-May-94  
2.30 Colin McMaster 06-Aug-95  
2.30 Sean Murphy 27-Apr-97  
2.50 Sean Murphy 03-Aug-97  
2.70 John Bell 10-Sep-00

### Discus

21.38 Sean Murphy 01-May-94  
28.54 Graeme Ferguson 10-May-95  
29.96 Graeme Ferguson 21-May-95  
29.98 Graeme Ferguson 12-May-96  
35.50 Sam Armstrong 26-Apr-98  
38.48 Sam Armstrong 16-May-99

### Shot Putt

8.91 Sean Murphy 24-Apr-94  
11.08 Graeme Ferguson 23-Apr-95  
11.47 Graeme Ferguson 10-May-95  
12.31 Graeme Ferguson 22-Apr-98  
12.53 Graeme Ferguson 12-Jul-03

### Hammer

19.38 Sean Murphy 29-May-94  
31.96 Graeme Ferguson 21-May-95  
33.34 Tom Semple 06-Jun-99  
33.55 Graeme Ferguson 09-Sep-01

### Javelin

33.24 Colin Moffat 12-Jun-94  
41.80 Tom Semple 23-Apr-95  
43.22 Tom Semple 14-Apr-96  
43.72 Tom Semple 24-Apr-96  
60.70 Sam Armstrong 26-Apr-98  
65.31 Sam Armstrong 14-Jun-98

### Long Jump

5.91 Sean Murphy 27-Aug-94  
6.24 Barry McTaggart 23-Apr-95  
6.25 Colin McMaster 15-Sep-96  
6.36 Peter Chiou 14-Jun-98  
6.48 Derek Kidd 13-Jun-99

### Triple Jump

11.27 Sean Murphy 14-Aug-94  
11.94 Barry McTaggart 10-May-95  
13.16 Derek Kidd 14-Jun-98