

Senior Men

100m		200m		400m		800m	
10.97 T Cunningham	15/5/04	21.97 T Cunningham	16/5/04	49.16 T Cunningham	4/9/04	1:57:95 S Lawley	2/6/04
11.00 T Cunningham	11/7/04	21.99 T Cunningham	16/5/04	49.52 T Cunningham	15/5/04	2:01:6 T Cunningham	31/8/04
11.01 T Cunningham	15/5/04	22.37 T Cunningham	20/6/04	49.58 T Cunningham	14/8/04	2:01:7 K Dunlop	25/4/04
11.06 T Cunningham	4/9/04	22.40 T Cunningham	25/4/04	50.00 T Cunningham	22/8/04	2:03:6 C Strachan	25/4/04
11.08 T Cunningham	20/6/04	22.50 T Cunningham	6/6/04	50.00 T Cunningham	7/9/04	2:04:04 K Dunlop	16/5/04
11.20 T Cunningham	25/4/04	22.50 T Cunningham	11/7/04	50.12 T Cunningham	14/8/04	2:04:9 J McDonald	13/6/04
11.33 T Cunningham	25/7/04	22.60 T Cunningham	25/7/04	50.20 T Cunningham	11/7/04	2:10:52 S Ross	16/5/04
11.90 S Backer	11/7/04	22.80 T Cunningham	31/8/04	50.31 T Cunningham	5/5/04	2:14:0 G Sinclair	22/8/04
12.10 M Robinson	22/8/04	24.00 S Backer	11/7/04	50.45 T Cunningham	15/5/04	2:19:8 J Frame	11/7/04
12.14 T Nicholson	20/6/04	24.30 M Robinson	22/8/04	52.60 S Backer	11/7/04	2:31:4 P Kelly	11/7/04
12.47 T Nicholson	5/5/04	24.56 T Nicholson	20/6/04	53.05 S Ross	15/5/04	3:03:6 D McLeod	11/7/04
12.70 T Nicholson	22/8/04	24.60 S Backer	6/6/04	53.19 S Ross	4/9/04		
14.60 D McLeod	11/7/04	25.10 T Nicholson	22/8/04	53.30 S Backer	22/8/04		
14.60 G Lightbody	11/7/04	27.40 J McDonald	6/6/04				
		31.10 P Kelly	6/6/04				
1500m		3000m		5000m		400mH	
4:07:65 S Lawley	15/8/04	9:19:2 J Frame	11/7/04	16:38:56 J Frame	16/5/04	59.22 S Backer	14/8/04
4:09:9 S Lawley	15/5/04	11:31:3 P Kelly	11/7/04	17:05:0 J Frame	25/4/04	59.27 S Backer	25/7/04
4:10:48 S Lawley	5/5/04			19:03:1 I Donnelly	13/6/04	59.90 S Backer	22/8/04
4:17:6 S Allan	25/4/04			19:30:17 I Donnelly	25/7/04	60.30 S Backer	25/4/04
4:21:13 J Frame	29/8/04					60.30 S Backer	14/8/04
4:22:2 J Frame	4/9/04					71.37 G Martin	16/5/04
4:27:67 J Frame	15/5/04						
4:29:9 J McDonald	6/6/06						
4:32:4 J McMorro	4/9/04						
5:27:0 P Kelly	6/6/06						
4x100m		4x400m		Discus		Shot Putt	
52.20 CSSAL	11/7/04	3:38:7 CSSAL	6/6/04	17.27 T Cunningham	6/6/04	8.64 T Nicholson	20/6/04
				15.13 T Nicholson	6/6/04	8.26 T Nicholson	11/7/04
Hammer		Javelin		Long Jump		Triple Jump	
6.15 J Frame	11/7/04	26.88 T Cunningham	20/6/05	5.38 D Martin	22/8/04	10.22 G Martin	25/4/04
		19.65 T Nicholson	11/7/04	5.30 S Backer	6/6/04		
High Jump		Pole vault					
1.65 G Martin	16/5/04	1.80 P Kelly	6/6/04				
1.65 G Martin	11/7/04						
1.55 G Martin	25/4/04						
1.50 D Martin	25/4/04						
1.45 T Nicholson	11/7/04						
1.40 T Nicholson	20/6/04						
1.40 T Nicholson	6/6/04						
Under 17 Men							
100m		200m		400m		800m	
11.70 T Liggat	23/5/04	24.10 T Liggat	16/5/04	54.30 C Strachan	23/5/04	2:06:68 C Strachan	2/6/04
11.72 T Liggat	15/5/04	24.30 T Liggat	23/5/04	57.30 G Grieve	11/7/04	2:07:54 C Strachan	16/5/04
11.96 G Brown	15/5/04	24.60 G Brown	23/5/04	57.80 C Strachan	2/5/04	2:09:0 R Penny	11/7/04
12.03 T Liggat	29/8/04	24.60 T Liggat	2/5/04	58.40 C McLaughlin	11/7/04	2:09:9 C Strachan	23/5/04
12.20 T Liggat	2/5/04	24.70 G Brown	2/5/04	58.60 G Brown	27/6/04	2:10:0 G Grieve	4/9/04
12.40 G Brown	29/8/04	25.10 G Brown	27/6/04	59.00 R Penny	27/6/04	2:10:6 G Grieve	27/6/04
12.60 D Martin	23/5/04	26.10 C McLaughlin	11/7/04			2:11:67 C Strachan	19/8/04
13.20 G Grieve	2/5/04	26.50 R Penny	11/7/04			2:16:0 G Grieve	11/7/04
13.60 C McLaughlin	11/7/04					2:16:9 R Penny	27/6/04
						2:21:66 R Penny	16/5/04
1500m		3000m		1500m S/C		Javelin	
4:23:3 C Strachan	6/6/04	10:07:1 G Grieve	23/5/04	5:11:13 R Penny	29/8/04	24.91 G Grieve	23/5/04
4:26:3 G Grieve	6/6/04			5:19:40 R Penny	15/5/04	22.00 C Strachan	6/6/04
4:32:5 G Grieve	27/6/04					18.07 G Grieve	6/6/04
4:39:2 G Grieve	2/5/04						
4:41:7 R Penny	4/9/04						
4:58:9 G Grieve	4/9/04						
5:02:8 R Penny	27/6/04						
Shot Putt		Discus		Triple Jump		Long Jump	
7.42 G Brown	23/5/04	19.69 C Strachan	2/5/04	12.39 D Martin	29/8/04	5.55 D Martin	15/5/04
7.41 G Brown	2/5/04	12.07 G Grieve	27/6/04	12.07 D Martin	16/5/04	5.17 D Martin	20/6/04
6.87 C McLaughlin	6/6/04			12.03 D Martin	6/6/04	4.51 G Brown	27/6/04
				11.92 D Martin	23/5/04	4.12 G Grieve	4/9/04
				9.92 C Strachan	6/6/04	3.95 G Grieve	2/5/04
Hammer		High Jump					
4.99 G Brown	11/7/04	1.55 C Strachan	2/5/04				
		1.50 G Grieve	11/7/04				
		1.30 R Penny	11/7/04				

Under 15 Boys

100m		200m		400m		800m	
13.70 R Kidd	11/7/04	26.30 St Livingston	23/5/04	56.98 St Livingstone	28/8/04	2.22:93 St Livingstone	15/5/04
13.80 S Armstrong	11/7/04	28.10 S Armstrong	11/7/04	57.58 St Livingstone	28/8/04		
		28.50 R Kidd	11/7/04	57.80 St Livingstone	15/5/04		
		30.40 Sc Livingston	4/9/04	57.80 D Armstrong	2/5/04		
		31.30 Sc Livingston	23/5/04	61.40 St Livingstone	23/5/04		
		32.40 Sc Livingston	2/5/04	67.80 Sc Livingstone	2/5/04		
1500m		80m H		Shot Putt		Long Jump	
4.54:7 St Livingstone	6/6/04	14.00 St Livingstone	6/6/04	4.35 S Armstrong	6/6/04	5.40 St Livingston	28/8/04
5.45:5 S Armstrong	6/6/04	15.80 Sc Livingstone	23/5/04			5.28 St Livingston	4/9/04
						5.05 St Livingston	6/6/04
						4.99 St Livingston	23/5/04
						3.88 S Armstrong	11/7/04
						3.88 Sc Livingston	4/9/04
						3.84 R Kidd	11/7/04
						3.73 D Armstrong	2/5/04
						3.45 Sc Livingston	2/5/04
						3.39 Sc Livingston	23/5/04
Discus							
17.19 Sc Livingstone	2/5/04						
16.52 D Armstrong	2/5/04						

Under 13 Boys

100m		200m		800m		1500m	
12.91 K Nicholson	4/9/04	26.84 K Nicholson	4/9/04	2.30:06 R McDonald	29/5/04	6.25:5 D Kane	2/5/04
13.09 A Robb	4/9/04	26.95 A Robb	4/9/04	2.31:1 R MacDonald	2/5/04		
13.15 K Nicholson	28/8/04	27.01 K Nicholson	28/8/04	2.32:9 R McDonald	27/6/04		
13.31 A Robb	28/8/04	27.35 K Nicholson	28/8/04	2.33:0 R McDonald	23/5/04		
13.36 K Nicholson	28/8/04	27.35 A Robb	28/8/04	2.35:4 R McDonald	4/9/04		
13.36 A Robb	28/4/04	27.71 A Robb	28/8/04	2.43:0 B Clarkson	4/9/04		
13.39 K Nicholson	28/8/04	28.00 K Nicholson	27/6/04	2.47:0 J Greechan	11/7/04		
13.39 A Robb	28/4/04	28.70 K Nicholson	6/6/04	2.47:93 B Clarkson	29/5/04		
13.70 K Nicholson	15/5/04	28.70 K Nicholson	11/7/04	2.48:85 B Clarkson	28/8/04		
13.70 K Nicholson	27/6/04	29.00 J Greechan	6/6/04	2.49:6 B Clarkson	23/5/04		
13.80 K Nicholson	11/7/04	29.10 K Nicholson	23/5/04	2.49:6 B Clarkson	2/5/04		
13.90 K Nicholson	15/5/04	29.20 K Nicholson	2/5/04	2.58:7 C Morton	11/7/04		
14.10 A Robb	27/6/04	29.23 J Greechan	28/8/04				
14.15 J Greechan	28/8/04	29.70 J Greechan	11/7/04				
14.17 J Greechan	28/8/04	31.60 C Morton	27/6/04				
14.40 J Greechan	11/7/04	31.64 G Ingram	28/8/04				
14.40 K Nicholson	2/5/04	32.10 C Lightbody	23/5/04				
15.38 G Ingram	28/8/04	32.30 C Lightbody	2/5/04				
15.60 C Morton	2/5/04						
75mH		Long Jump		High Jump		Shot Putt	
15.03 R MacDonald	29/5/04	4.51 J Kayes	6/6/04	1.40 R MacDonald	28/8/04	7.09 R MacDonald	29/5/04
15.50 C Lightbody	02-May	4.42 R McDonald	4/9/04	1.36 R MacDonald	29/5/04	6.42 K Nicholson	11/7/04
15.70 R MacDonald	27/6/04	4.25 R McDonald	27/6/04	1.25 C Morton	11/7/04	4.64 B Clarkson	29/5/04
16.30 C Lightbody	23/5/04	4.22 R McDonald	23/5/04	1.18 B Clarkson	29/5/04		
16.30 B Clarkson	02-May	4.06 R McDonald	29/5/04	1.05 G Ingram	11/7/04		
16.46 B Clarkson	29/5/04	4.04 R McDonald	28/8/04				
16.50 C Morton	27/6/04	4.04 R McDonald	2/5/04				
17.20 C Morton	23/5/04	3.99 J Greechan	4/9/04				
		3.94 B Clarkson	4/9/04				
		3.82 L Greechan	4/9/04				
		3.73 B Clarkson	29/5/04				
		3.57 A Robb	27/6/04				
		3.16 C Morton	23/5/04				
		2.83 G Ingram	28/8/04				
		2.82 J Greechan	6/6/04				
Javelin							
17.25 K Nicholson	6/6/04						
12.94 G Ingram	11/7/04						
12.06 C Morton	11/7/04						
10.97 C Lightbody	6/6/04						

Under 11 Boys

80m		800m		Long Jump	
12.50 S Dunn	11/7/04	3.02:0 S Greechan	6/6/04	3.74 S Dunn	4/9/04
13.20 S Dunn	6/6/04	3.04:9 S Greechan	11/7/04	3.55 S Greechan	4/9/04
13.60 L Nicholson	6/6/04	3.25:6 S Dunn	6/6/04	3.03 S Dunn	6/6/06
				2.81 S Dunn	11/7/04
				2.77 R Greechan	4/9/04
				2.66 S Greechan	6/6/04
				2.45 S Greechan	11/7/04

Senior Women

100m		200m		400m		800m	
12.80 C McKenna	11/7/04	26.60 C McKenna	6/6/04	58.00 H McKay	18/4/04	2.30:9 M Love	18/4/04
13.00 C McKenna	18/4/04	27.10 L Haig	6/6/04	58.90 L Haig	29/8/04	2.32:5 M Love	11/7/04
13.80 L Haig	11/7/04	27.20 L Haig	11/7/04	59.50 L Haig	7/9/04		
13.90 L Gray	18/4/04	27.70 C McKenna	11/7/04	60.34 L Haig	29/8/04		
				60.99 L Haig	15/5/04		
				61.00 L Haig	11/7/04		
				61.56 L Haig	4/9/04		
				62.17 L Haig	5/5/04		
				62.48 N Christie	15/5/04		
				63.30 M Love	11/7/04		
				64.20 N Christie	18/4/04		
				64.56 N Christie	4/9/04		
1500m		3000m		Shot Putt		Discus	
5.11:8 L Haig	6/6/04	11.28:6 M Love	6/6/04	7.01 J Overend	18/4/04	16.19 C McKenna	11/7/04
5.35:2 M Love	6/6/04	12.08:5 N Christie	16/5/04	6.12 N Christie	18/4/04	12.14 N Christie	6/6/04
		12.26:6 N Christie	6/6/04	5.96 N Christie	6/6/04	12.01 M Love	11/7/04
				5.27 L Haig	6/6/04	11.76 N Christie	6/6/04
Long Jump		Triple Jump		Javelin		Hammer	
3.90 L Gray	18/4/04	8.34 L Haig	11/7/04	26.08 J Overend	18/4/04	9.69 M Love	11/7/04
3.61 N Christie	18/4/04			10.55 M Love	18/4/04		
				10.46 M Love	6/6/04		
				5.26 L Haig	6/6/04		
High Jump							
1.15 L Haig	11/7/04						

Under 17 Women

100m		200m		300m		800m	
13.10 E McCall	27/6/04	27.00 E McCall	6/6/04	43.30 E McCall	18/4/04	2.45:9 L Fisher	11/7/04
13.50 E McCall	23/5/04	27.70 L Fisher	23/5/04	43.40 E McCall	27/6/04		
14.70 M Clyde	18/4/04	27.80 L Fisher	6/6/04	44.80 L Fisher	18/4/04		
15.00 S Chalmers	11/7/04	28.00 L Fisher	2/5/04				
Discus		Shot Putt		Javelin		Long Jump	
14.16 E McCall	6/6/04	6.36 E McCall	6/6/04	9.48 S Chalmers	11/7/04	4.20 M Clyde	18/4/04
13.13 M Clyde	6/6/04	5.28 M Clyde	6/6/04			3.51 S Chalmers	11/7/04
11.38 L Fisher	11/7/04	6.39 E McCall	27/6/04				
		5.97 R Kidd	11/7/04				
		5.20 L Fisher	11/7/04				
High Jump							
1.45 L Fisher	2/5/04						

Under 15 Girls

100m		200m		800m		1500m	
14.40 L Hopkins	2/5/04	30.10 L Hopkins	23/5/04	2.35:4 C Stewart	2/5/04	6.21:7 K Appleton	
14.60 L Hopkins	11/7/04	30.70 C Leith	11/7/04	2.37:2 C Stewart	18/4/04		
14.70 L Hopkins	27/6/04	30.80 L Hopkins	27/6/04	2.38:6 C Stewart	23/5/04		
14.70 E Pringle	2/5/04	31.00 L Hopkins	11/7/04	2.42:9 K Scott	23/5/04		
14.90 A Mouffok	11/7/04	31.40 E Pringle	2/5/04	2.43:7 K Scott	2/5/04		
15.70 E Pringle	23/5/04	31.50 K Appleton	6/6/04	2.45:1 K Scott	18/4/04		
16.00 M Kain	18/4/04	31.90 A Mouffok	6/6/04	2.45:5 C Stewart	16/5/04		
16.60 L Gordon	27/6/04	33.50 M Sydohan	2/5/04	2.57:9 C Milani	27/6/04		
		35.10 L Gordon	23/5/04				
75mH		High Jump		Javelin		Discus	
14.80 A Moufok	6/6/04	1.40 E Burns	28/8/04	10.46 C Stewart	23/5/04	12.75 A Moussok	6/6/04
15.30 L Hopkins	2/5/04	1.35 E Burns	6/6/04	7.59 K Scott	23/5/04	10.45 C Stewart	2/5/04
17.20 J Allan	6/6/04	1.30 E Burns	18/4/04	7.08 E Burns	6/6/04	8.98 C Stewart	18/4/04
18.50 M Kain	2/5/04	1.20 C Leith	18/4/04	6.16 C Stewart	18/4/04	6.80 K Scott	2/5/04
Shot Putt		Long Jump					
6.53 C Leith	6/6/04	3.89 L Hopkins	4/9/04				
6.00 C Leith	11/7/04	3.84 E Pringle	4/9/04				
5.14 K Stewart	23/5/04	3.46 L Hopkins	27/6/04				
4.84 K Scott	23/5/04	3.34 L Hopkins	11/7/04				
4.43 A Mouffok	11/7/04	3.32 C Milani	27/6/04				
4.22 L Gordon	27/6/04	3.26 A Mouffok	11/7/04				
		3.22 M Kain	18/4/04				
		3.14 M Kain	23/5/04				

Under 13 Girls

75m		100m		150m		200m	
10.50 L A McKenna	27/6/04	14.17 L A McKenna	16/5/04	22.50 C Lithgow	27/6/04	29.50 C Lithgow	11/7/04
11.20 L A McKenna	23/5/04	14.38 L A McKenna	16/5/04	22.80 L Hastie	27/6/04	29.91 K McLeod	4/9/04
11.20 R Meehan	27/6/04	14.50 L Hastie	11/7/04	23.60 L Hastie	23/5/04	30.08 L A McKenna	4/9/04
11.50 L A McKenna	2/5/04	14.60 L A McKenna	7/9/04	23.70 A Gordon	2/5/04	30.40 K McLeod	11/7/04
11.80 R Meehan	2/5/04	14.70 L A McKenna	18/4/04	24.80 E Clarkson	2/5/04	30.80 L A McKenna	6/6/04
12.00 A Gordon	23/5/04	15.30 R Meehan	18/4/04	25.40 L McMahan	23/5/04	31.50 K McLeod	6/6/04
14.25 K McLeod	28/8/04	15.92 L A McKenna	5/5/04				
14.38 L A McKenna	28/8/04	16.00 A Gordon	5/5/04				
14.59 L A McKenna	28/8/04						
14.64 K McLeod	28/8/04						

800m		1200m		70m H		High Jump	
2.50:97 E Clarkson	28/8/04	5.05:0 F Parkin	2/5/04	12.90 L Hastie	23/5/04	1.32 L Hastie	6/6/04
2.51:6 A Gordon	11/7/04			13.00 L Hastie	6/6/04	1.30 L Hastie	23/5/04
2.54:2 F Parkin	11/7/04			13.40 L Hastie	27/6/04	1.18 E Clarkson	29/5/04
3.00:8 F Parkin	2/5/04			16.30 L McMahan	23/5/04	1.10 R Meehan	6/6/04
3.00:9 F Parkin	18/4/04			16.58 E Clarkson	29/5/04	1.05 E Clarkson	18/4/04
3.01:6 E Clarkson	23/5/04			16.80 L McMahan	6/6/04		
3.03:1 E Clarkson	2/5/04						
3.04:0 E Clarkson	18/4/04						
3.05:9 L Gordon	27/6/04						
3.07:58 E Clarkson	29/5/04						
3.09:7 R Meehan	27/6/04						
3.19:6 L Colquhoun	6/6/04						

Javelin		Shot Putt		Long Jump			
8.27 K McLeod	11/7/04	4.86 L A McKenna	23/5/04	4.51 L A McKenna	4/9/04		
7.59 C Lithgow	11/7/04	4.83 J Kayes	6/6/04	4.48 L A McKenna	28/8/04		
7.31 E Clarkson	18/4/04	4.51 E Clarkson	29/5/04	4.45 L A McKenna	27/6/04		
6.68 F Parkin	18/4/04	4.36 C Lithgow	11/7/04	4.37 L A McKenna	7/9/04		
		4.33 A Gordon	23/5/04	4.24 L A McKenna	2/5/04		
				4.22 L A McKenna	16/5/04		
				4.14 L A McKenna	28/7/04		
				4.08 L A McKenna	5/5/04		
				4.08 L A McKenna	23/5/04		
				3.99 L A McKenna	18/4/04		
				3.78 L Hastie	4/9/04		
				3.66 E Clarkson	4/9/04		
				3.56 J Kayes	11/7/04		
				3.52 A Gordon	4/9/04		
				3.47 R Meehan	4/9/04		
				3.42 R Meehan	2/5/04		
				3.41 A Gordon	11/7/04		
				3.37 A Gordon	23/5/04		
				3.28 L McMahan	4/9/04		
				3.22 A Gordon	18/4/04		
				3.15 E Clarkson	29/5/04		

Under 11 Girls

80m		800m		Long Jump	
14.20 G Morris	11/7/04	2.51:5 M Gray	4/9/04	3.14 H McMahan	6/6/04
14.40 G Morris	18/4/04	2.53:2 M Gray	11/7/04	2.93 J Dobbins	11/7/04
14.50 J Kayes	6/6/04	2.55:3 M Gray	6/6/04	2.65 J Kayes	6/6/04
14.60 G Morris	6/6/04	3.03:4 M Gray	18/4/04	2.23 L Smith	11/7/04
15.00 A Gold	11/7/04	3.13:0 H McMahan	6/6/04	1.82 A Gold	11/7/04
		3.13:8 J Dobbins	11/7/04		