

LAW AND DISTRICT AAC
MENS ALL TIME RANKINGS
(SINCE 1st APRIL 1994)

100m

10.7	Tony Cunningham	U20	14-Sep-02
10.90	Alan McKenzie		27-Apr-03
11.3	Julian Love		03-Sep-94
11.4	Scott McCarron		28-Apr-96
11.4	Sean Murphy		18-Aug-96
11.4	Fraser McKenzie		11-Aug-02
11.5	John Shearer		24-Apr-94
11.5	Barry McTaggart	U20	26-Apr-98
11.5	David McSpadye	U20	29-Apr-01
11.6	John Bell	U20	10-Sep-00

200m

21.97	Tony Cunningham		16-May-04
22.6	Scott McCarron		16-Jun-96
22.8	Julian Love		10-Aug-94
22.9	Barry McTaggart	U20	17-May-98
22.9	Colin Brodie		11-Jun-00
22.90	Alan McKenzie		22-Jun-03
23.3	Michael Robinson		17-Jun-01
23.6	Jamie Stranraer		23-Aug-97
23.6	John Bell	U17	27-Jun-99
23.6	Stephen Backer		27-Aug-02

400m

49.16	Tony Cunningham		04-Sep-04
50.2	Scott McCarron		30-Apr-00
50.2	Colin Brodie		15-Jul-01
50.3	Ian McFarlane		16-Jun-96
50.6	Michael Cullen	U17	16-May-99
51.8	Ian Murdoch		26-Aug-01
52.04	Keir Getral		14-Jul-02
52.2	Derek Wallace		25-Apr-99
52.40	Keir Getral		22-Jun-03
52.40	Stephen Backer		02-Sep-03

800m

1.53:20	Ian Murdoch		22-Jun-03
1.53:21	Ian McFarlane		12-May-96
1.54:7	Alan Ramage		20-Jun-94
1.56:4	Stephen Allen		26-Aug-01
1.57:3	Alaister Russell		10-Aug-97
1.57:95	Steven Lawley		02-Jun-04
1.58:3	Keir Getral		11-Aug-02
1.58:4	Jamie Reid		18-Jun-95
1.59:2	Brian Smart		26-Apr-98
1.59:3	Keith Dunlop		02-Jun-02

1500m

3.44:9	Ian Murdoch		31-Aug-02
3.53:9	Alan Ramage		10-Aug-94
3.58:6	Alaister Russell		11-Jun-95
4.01:4	Jamie Reid		02-Jun-02
4.02:16	James Tonner		27-Apr-03
4.03	John Muir		14-May-95
4.07:65	Steven Lawley		15-Aug-04
4.09:1	Eddie Tonner		02-Jun-02
4.08:7	Kirk Smith		05-Jun-96
4.09:8	Drew Sharkey		23-Aug-97

5000m

14.31	Alaister Russell		21-May-95
14.35:43	Jamie Reid		08-Jan-99
14.50	Ian Murdoch		26-Aug-01
15.08	Kirk Smith		14-May-95
15.15:6	Eddie Tonner		22-Jun-03
15.34	Duncan Scobie		26-Apr-98
16.10	Stuart Griffen	U20	29-Apr-01
16.14	Andy Sandilan	U20	19-May-96
16.15	Drew Sharkey		10-Aug-97
16.18	Alan Ramage		16-Jun-96

10000m

29.52	Alaister Russell		23-Jun-95
30.16:66	Jamie Reid		15-Jun-02
32.14	Duncan Scobie		14-Jun-98
33.59	Billy Dickson		21-May-95
34.53	Russell Cook		28-Apr-96
37.27	Pat Kelly	O40	28-Apr-96
43.54	Garry Gardner		21-May-95

110mH

18.1	Derek Kerr		16-Jun-96
18.55	Colin McMaster		18-May-97
19.3	Stuart Backer		28-Apr-02
20.6	Brian Smart		26-Apr-98
20.7	Tom Semple		23-Apr-95
20.9	Craig Donnelly		14-Aug-94
20.92	Peter Chiou		02-Aug-98
21.3	Paul Dearie	U20	14-Jun-98
21.4	Sean Murphy		04-May-97
21.5	Ian Ewart		23-Apr-95

400mH

58.4	Ian Murdoch		17-Jun-01
59.0	Stephen Backer		02-Jun-02
61.28	Scott McCarron		19-May-96
61.7	Paul Dearie	U20	17-May-98
62.35	David Campbell	U17	06-Jul-99
62.4	Michael Robinson		11-Aug-02
62.49	Steven Lawley	U17	06-Jul-99
62.8	Drew Sharkey		10-Aug-97
63.0	Ian Murdoch		26-Apr-98
63.8	Colin Moffat		12-Jun-94

3000mSC

9.04:4	Ian Murdoch		17-Jun-01
9.48:6	Jamie Reid		16-May-99
9.49:5	Drew Sharkey		03-Aug-97
10.02:2	John Frood		11-Jun-00
10.04:0	Kirk Smith		04-Aug-96
10.04:9	Steven Lawley	U20	11-Aug-02
10.18:2	Duncan Scobie		25-May-99
10.21:3	Billy Dickson		23-Apr-95
10.30:0	Mark Hand		17-May-98
10.30:5	Jim Goldie		02-Jun-02

4x100m

45.35	McKenzie/Getral/ Murphy/Cunningham		14-Jul-02
45.5	Chiou/Stranraer/ Murphy/McTaggart		26-Apr-98
45.6	SAL		22-Jun-03
45.7	SAL		11-Aug-02
46.0	Murphy/Robinson/ Backer/Dunlop		17-Jun-01

4x400m

3.26:4	Dunlop/Backer Getral/Cunningham		11-Aug-02
3.29:7	Allen/Douglas/ Dunlop/Murdoch		26-Aug-01
3.31:17	Cunningham/Dunlop/ Getral/Murdoch		27-Apr-03
3.31:2	Cowan/Ramage/ McCarron/McFarlane		28-Apr-96

High Jump

2.15	Colin McMaster	U20	09-Aug-97
2.03	Aaron Robb		17-May-98
1.90	Derek Kidd	U20	02-Aug-98
1.77	Kevin Quigley	U15	25-Jun-95
1.75	Barry McTaggart	U20	16-Jun-96
1.75	James Horner		27-Apr-03
1.73	Paul Dearie	U20	19-Apr-98
1.70	Steven Pawley	U17	30-Jul-00
1.68	Ian Ewart		19-Jun-94

Pole Vault

2.70	John Bell	U20	10-Sep-00
2.60	J Horner		02-Jun-02
2.50	Jim Goldie		28-Apr-02
2.50	Sean Murphy		03-Aug-97
2.30	Colin McMaster	U17	06-Aug-95
2.20	Pat Kelly	O40	14-Sep-97
2.20	John Drummond		28-Apr-96
2.20	Michael Robinson		15-Jul-01
2.15	Brendan Hughes		14-Aug-94
1.90	Paul Dearie	U17	14-Sep-97

Discus

38.48	Sam Armstrong		16-May-99
34.38	Graeme Ferguson		20-Apr-03
31.53	Adam Sloan		01-Aug-99
28.12	Tom Nicholson		22-Jun-03
26.48	Ian Rowney		08-Jun-03
25.20	Sean Murphy		19-Apr-98
24.92	S Boyd		28-Apr-02
22.20	Tom Semple		20-May-01
20.20	Fraser Harrison		22-May-94
18.24	Garry Gardner		21-May-95

Shot Putt

12.53	Graeme Ferguson		12-Jul-03
12.21	Sam Armstrong		01-Aug-99
11.17	Adam Sloan		16-May-99
11.05	Sean Murphy		22-Apr-98
10.17	Ian Rowney		28-Apr-02
9.68	Tom Semple		22-Apr-98
8.88	David Haddow		31-Aug-02
8.64	Tony Cunningham		20-Jun-04
8.44	Ian McFarlane		17-Sep-95
8.26	Tom Nicholson		11-Jul-04

Hammer

33.55	Graeme Ferguson		09-Sep-01
33.34	Tom Semple		06-Jun-99
28.03	Sam Armstrong		15-Jul-01
24.43	Tom Nicholson		22-Jun-03
21.06	Sean Murphy		05-May-96
20.73	S Boyd		28-Apr-02
20.00	Adam Sloan		16-May-99
16.97	John Frood		28-Apr-98
15.36	John Drummond		18-Jun-95
13.46	Alaister Russell		08-Jun-03

Javelin

65.31	Sam Armstrong		14-Jun-98
43.72	Tom Semple		24-Apr-96
37.38	Adam Sloan		13-Jun-99
36.89	S Boyd		14-Jul-02
35.53	Graham Ferguson		31-Aug-02
33.34	David Haddow		31-Aug-02
33.24	Colin Moffat		12-Jun-94
32.62	Steven Lawley	U20	09-Sep-01
31.22	Sean Murphy		15-Jun-97
30.36	John Muir		18-Aug-96

Long Jump

6.48	Derek Kidd		01-Aug-99
6.36	Peter Chiou		14-Jun-98
6.25	Colin McMaster	U17	15-Sep-96
6.21	Barry McTaggart	U20	28-Apr-96
6.17	Aaron Robb		14-Jun-98
6.15	Frankie Murphy	U17	06-Jun-99
6.06	Sean Murphy		26-Jun-96
5.98	David Martin	U17	20-Apr-03
5.85	Scott McCarron		05-May-96
5.57	Steven Backer		17-Jun-01

Triple Jump

13.16	Derek Kidd		14-Jun-98
12.76	Steven Backer		01-Aug-99
12.39	David Martin	U17	29-Aug-04
12.02	S McCallum		02-Jun-02
11.95	Barry McTaggart	U17	10-May-95
11.76	Paul Dearie	U20	26-Apr-98
11.53	Keith Dunlop		11-Aug-02
11.27	Sean Murphy		14-Aug-94
11.20	Michael Cullen		28-Jun-98
11.08	Colin Moffat		22-May-94