

CLUB RECORDS

to 30 September 2025

Event	Perf	Name	Venue	Date
U11 Girls				
60m	9.41	Kishi Aremu	Glasgow	5 Jan 2019
80m	12.0	Nikisha Wright	Linwood	29 Apr 2007
	12.12	Kishi Aremu	Livingston	17 Apr 2019
100m	14.56	Nikisha Wright	Livingston	14 Jun 2007
150m	22.7	Ellissa McQueen	Kilmarnock	29 Jun 2013
200m	29.0	Lorraine Brownlee	Unknown	1976
600m	1:59.80	Isla Calvert	Linwood	4 Aug 2013
800m	2:43.1	Sarah Calvert	Grangemouth	6 Aug 2011
1500m	6:11.86	Lynne Hunter	Unknown	2000
HJ	1.20m	Stacey McLeish	Unknown	2002
LJ	4.04m	Alannah Snowden	Grangemouth	27 May 2018
SP	6.03m	Lorraine Greig	Unknown	1997
DT	14.00m	S Holland	Unknown	1995
JT	9.46m	S Shaw	Unknown	1988
4x100m	64.4	Jennifer Rogers	Unknown	2002
		Stacey McLeish		
		Stephanie Wilson		
		Jill Brooks		
	64.57	Ellissa McQueen	Linwood	4 Aug 2013
		Helena Cutajar		
		Karli MacCallum		
		Isla Calvert		

U11 Boys

Event	Perf	Name	Venue	Date
60m	8.97	Allistair Tatton	Unknown	1996
80m	11.8	Robbie Nairn	Wishaw	5 Aug 2007
	11.98	Emmanuel Sokoya	Livingston	22 May 2022
100m	14.1	Fraser Morris	Grangemouth	31 Aug 2013
	14.13	Robbie Nairn	Grangemouth	1 Sep 2007
150m	21.82	Fraser Morris	Dunfermline	8 Sep 2013
200m	29.9	R Dourley	Unknown	1990
	29.96	Aidan Brady	Livingston	16 Sep 2012
	29.1 w	Aidan Brady	Grangemouth	1 Sep 2012
600m	1:52.50	Fraser Morris	Dunfermline	8 Sep 2013
800m	2:32.6	Stephen Leek	Dumfries	1990
1500m	5:36.5	G Richardson	Unknown	1988
HJ	1.22m	M Ross	Unknown	1990
PV	1.50m	Martin Restrict	Unknown	1989
LJ	4.08m	Robbie Nairn	Dunfermline	9 Sep 2007
SP	6.78m	A Innes	Unknown	2001
DT	8.90m	Euan Wardrop	Unknown	1999
JT	14.95m	Matthew Cookson	Livingston	22 May 2022
4x100m	63.8	Matthew MacIver Finlay Stafford Ryan Henderson Oli Gaffney	Grangemouth	23 Jun 2018

U13 Girls

60m	8.67	Rachael McKie	Glasgow	19 Jan 2003
100m	13.24	Kishi Aremu	Aberdeen	28 Aug 2021
	12.6 w	Lorraine Brownlee	Dunfermline	6 May 1978
200m	27.3	Kirsty Hunter	Glasgow	2002
	27.47	Kishi Aremu	Livingston	19 Sep 2021

Event	Perf	Name	Venue	Date
800m	2:27.59	Kirsty Hunter	Unknown	2002
1500m	5:01.31	Isla Calvert	Glasgow	25 Aug 2015
Mile	5:45.12	Isla Calvert	Livingston	8 Aug 2015
60mH	10.77	Lucy Boules	Glasgow	27 Jan 2019
70mH	12.27	Tia Henry	Dunfermline	8 Sep 2013
HJ	1.42m	Kirsty Hunter	Unknown	2002
LJ	4.44m	Ella Watson	Livingston	16 Sep 2017
SP	9.25m	Alix Fairley	Livingston	19 Aug 2015
DT	26.43m	Megan Laing	Carlisle	22 Aug 2010
JT	29.66m	Aileen Paxton	Unknown	1993
Ind Pen	2317	Kirsty Hunter	Glasgow	2002
Pen	1784	Rachel Gibb	Grangemouth	5 Jul 2014
4x100m	55.2	Unknown	Unknown	1997
4x200m	2:02.30	Kishi Aremu Enam Evong Kirsty Crawshaw Alannah Snowden	Glasgow	1 Feb 2020
3x800m	8:05.91	Isla Calvert Iona McDonald Rachel Gibb	Dunfermline	15 Jun 2014
U13 Boys				
60m	7.98	Martin Restrict	Unknown	1991
100m	12.7	Martin Restrict	Unknown	1991
200m	26.5	Martin Restrict	Unknown	1991
300m	46.4	Allistair Tatton	Unknown	1998
400m	58.6	Martin Restrict	Unknown	1991
800m	2:14.03	Martin Restrict	Grangemouth	25 Aug 1991
1500m	4:47.0	Marc Johnston	Unknown	1997

Event	Perf	Name	Venue	Date
Mile	5:19.01	Finlay Sharp	Stirling	26 Aug 2023
60mH	11.66	Ewan Ballantyne	Glasgow	13 Nov 2011
75mH	12.4	Barry O'Brien	Grangemouth	28 Jun 1998
	12.49	Barry O'Brien	Grangemouth	11 Jul 1998
HJ	1.54m	K Waugh	Unknown	1992
PV	1.85m	Martin Restrict	Unknown	1990
LJ	4.68m	P Marr	Unknown	1991
TJ	9.01m	M Marzella	Unknown	1994
SP	9.76m	Robbie Nairn	Grangemouth	15 Aug 2009
DT	18.85m	Robbie Nairn	Edinburgh	2 Aug 2009
JT	29.77m	Steven Folek	Unknown	2001
Ind Pen	1171	Moray Butler	Glasgow	1 Feb 2020
Pen	1359	Matthew Boules	Grangemouth	5 Jul 2014
4x100m	54.3	Unknown	Unknown	1994
4x200m	2:06.58	Connor Greenhorn	Glasgow	29 Jan 2022
		Rhys Boyle		
		Sam Spence		
		Ethan Smyth		
3x800m	7:55.50	Aidan Brady	Dunfermline	15 Jun 2014
		Alastair Marshall		
		Fraser Morris		
U15 Girls				
60m	7.89	Kishi Aremu	Glasgow	31 Jan 2023
100m	12.49	Kishi Aremu	Livingston	23 Jun 2023
	12.13 w	Kishi Aremu	Aberdeen	19 Aug 2023
200m	25.33	Kishi Aremu	Livingston	23 Sep 2023
	25.20 w	Kishi Aremu	Aberdeen	19 Aug 2023
300m	42.43	Isla Calvert	Livingston	19 Jul 2017

Event	Perf	Name	Venue	Date
800m	2:11.35	Isla Calvert	Livingston	23 Aug 2017
1500m	4:34.42	Isla Calvert	Dublin	5 Aug 2017
Mile	5:21.89	Isla Calvert	Livingston	7 Aug 2016
60mH	9.65	Enam Evong	Glasgow	9 Feb 2022
75mH	12.0	Tia Henry	Grangemouth	27 Jun 2015
	12.11	Tia Henry	Grangemouth	12 Jun 2015
HJ	1.61m	Karen Graham	Coatbridge	19 Aug 1979
LJ	5.34m	Joyce Barclay	Grangemouth	9 Jul 1983
SP	10.48m	Alix Fairley	Livingston	24 May 2017
SP	10.26m	Beverley Akinlami	Coatbridge	3 Aug 1980
DT	30.12m	Alix Fairley	Livingston	24 May 2017
HT	41.83m	Alix Fairley	Glasgow	19 Aug 2017
JT	23.62m	Mia Sokoluk	Livingston	19 Sep 2021
JT	31.16m	Aileen Paxton	Unknown	1995
Ind Pen	2570	Kirsty Hunter	Glasgow	26 Jan 2003
Pen	2724	Tia Henry	Grangemouth	11 Jul 2015
4x100m	50.29	Enam Evong Jemma Smith Robyn Allan Kishi Aremu	Grangemouth	10 Sep 2022
4x200m	1:47.49	Kishi Aremu Enam Evong Robyn Allan Jemma Smith	Glasgow	6 Mar 2022
4x300m	3:01.71	Enam Evong Alannah Snowden Kishi Aremu Jemma Smith	Grangemouth	10 Sep 2022

Event	Perf	Name	Venue	Date
3x800m	8:25.98	Anna Allison Shannon Prevost Sophie Ure	Grangemouth	14 Apr 2018
U15 Boys				
60m	7.5	Martin Restricks	Unknown	1992
100m	11.9	Neil Boyle	Grangemouth	17 Jun 1995
	11.91	Neil Boyle	Grangemouth	13 May 1995
	11.60 w	Neil Boyle	Dunfermline	9 Jul 1995
200m	24.1	Neil Boyle	Unknown	1995
300m	39.27	Aidan Brady	Grangemouth	13 May 2016
400m	54.1	Martin Restricks	Unknown	1992
800m	2:06.44	Craig McDowall	Birmingham	5 Aug 2006
1500m	4:20.0	Marc Johnston	Unknown	1999
Mile	4:53.92	Finlay Sharp	Stirling	30 Aug 2025
3000m	10:01.23	Alastair Marshall	Linwood	20 Jun 2017
1500mSC	5:05.9	Jonathon Milligan	Unknown	1994
60mH	10.27	Finlay Cunningham	Glasgow	29 Jan 2022
80mH	12.9	Moses Johnston	Dunfermline	8 Aug 2004
	13.08	Matthew Boules	Aberdeen	2 Jul 2016
400mH	67.0	A Stewart	Unknown	1990
HJ	1.80m	Kieran Swanson	Edinburgh	16 May 2015
PV	2.10m	A Kemlo	Unknown	1988
LJ	5.54m	A Kemlo	Unknown	1988
		Matthew Boules	Grangemouth	25 Jun 2016
TJ	10.42m	Paul Mathieson	Unknown	2000
SP	13.99m	Robbie Nairn	Wishaw	27 Aug 2011
DT	37.13m	Robbie Nairn	Glasgow	31 Jul 2011
HT	37.82m	I Holland	Unknown	1995

Event	Perf	Name	Venue	Date
JT	42.06m	A Kemlo	Unknown	1988
Ind Pen	1996	Matthew Boules	Glasgow	13 Feb 2016
Pen	2342	Matthew Boules	Aberdeen	2 Jul 2016
4x100m	48.02	Cameron Spowart Moray Butler Finlay Cunningham Alex Thomson	Grangemouth	10 Sep 2022
4x200m	1:43.14	Finlay Cunningham Moray Butler Alex Thomson Theo Bowerman	Glasgow	6 Mar 2022
4x300m	2:44.61	Moray Butler Alex Thomson Finlay Cunningham Cameron Spowart	Grangemouth	10 Sep 2022
3x800m	7:11.99	Alastair Marshall Angus McDonald Fraser Morris	Grangemouth	22 Apr 2017
U17 Women				
60m	7.52	Kishi Aremu	Glasgow	1 Mar 2025
		Kishi Aremu	Glasgow	9 Mar 2025
100m	11.83	Kishi Aremu	Grangemouth	17 Aug 2024
200m	24.62	Kishi Aremu	Glasgow	1 Mar 2025
	24.4 w	Jill Todd	Edinburgh	7 Jun 1981
300m	40.67	Iona McDonald	Grangemouth	12 May 2018
400m	57.16	Isla Calvert	Livingston	19 Jun 2019
800m	2:05.09	Isla Calvert	Stretford	18 Jun 2019
1500m	4:31.10	Isla Calvert	Livingston	22 May 2019

Event	Perf	Name	Venue	Date
Mile	5:27.45	Imogen Marshall	Stirling	26 Aug 2023
3000m	11:06.8	Donna Campbell	Unknown	1990
1500mSC	6:30.2	Hannah Mairs	Bebington	26 Jul 2015
60mH	9.25	Tia Henry	Glasgow	1 Feb 2017
80mH	12.13	Alannah Snowden	Dunfermline	3 May 2024
300mH	45.87	Taygan Henry	Grangemouth	22 Aug 2015
400mH	67.6	Janette McKinven	Coatbridge	7 Sep 1980
HJ	1.67m	Karen Graham	Grangemouth	20 Apr 1980
LJ	5.44m	Alannah Snowden	Grangemouth	17 Aug 2024
	5.52m w	Alannah Snowden	Grangemouth	17 Aug 2024
TJ	10.51m	Hazel Shanley	Grangemouth	12 Sep 2015
SP	12.08m	Alix Fairley	Glasgow	26 Jan 2019
SP	9.87m	Victoria Dalziel	Grangemouth	11 Jun 2010
DT	30.12m	Alix Fairley	Livingston	23 May 2018
HT	47.23m	Alix Fairley	Grangemouth	17 Aug 2019
HT	32.46m	Kirsty Holland	Unknown	1995
JT	27.86m	Tia Henry	Livingston	16 Sep 2017
JT	26.60m	S Shaw	Unknown	1993
Ind Pen	3056	Tia Henry	Athlone	10 Dec 2016
Pen	3089	Alannah Snowden	Grangemouth	3 Jun 2023
Hep	4157	Alannah Snowden	Grangemouth	8 Jul 2023
4x100m	50.75	Kishi Aremu Enam Evong Isla Nixon Emma Mitchell	Ayr	23 Jun 2024
4x200m	1:48.42	Iona McDonald Isla Calvert Ella Watson	Glasgow	3 Feb 2018

Event	Perf	Name	Venue	Date
		Emmie Meechan		
4x300m	2:51.19	Rebecca Calder Abby Duncan Sarah Calvert Iona McDonald	Grangemouth	22 Apr 2017
3x800m	7:41.40	Katie Craig Charlie Maree Nolan Courtney Moffat	Grangemouth	22 Apr 2017
U17 Men				
60m	7.35	Scott Boyle	Unknown	1995
100m	11.2	Scott Boyle	Grangemouth	8 Jun 1995
	11.39	V Banks	Unknown	1988
200m	23.1	Scott Boyle	Grangemouth	21 Jun 1995
	23.13	V Banks	Unknown	1988
		Brodie Nixon	Grangemouth	13 May 2023
	22.81 w	Finlay Cunningham	Grangemouth	7 Jun 2024
400m	49.66	Aidan Brady	Glasgow	10 Mar 2018
800m	1:56.99	Andrew McGill	Tranent	30 Aug 2020
1500m	3:59.79	Marc Johnston	Stretford	11 Sep 2001
Mile	4:23.14	Andrew McGill	Stirling	18 Sep 2020
3000m	9:07.96	Alastair Marshall	Glasgow	31 May 2019
1500mSC	4:41.78	Alastair Marshall	Grangemouth	1 Jun 2019
60mH	9.48	Matthew Boules	Glasgow	28 Jan 2018
100mH	14.9	A Stewart	Unknown	1991
400mH	62.1	A Stewart	Unknown	1992
HJ	1.83m	Matthew Boules	Livingston	16 Sep 2017
PV	2.85m	Matthew Boules	Grangemouth	24 Jun 2018
LJ	6.19m	Ewan Ballantyne	Grangemouth	6 May 2015

Event	Perf	Name	Venue	Date
		Matthew Boules	Grangemouth	27 May 2018
TJ	12.15m	Stephen Leek	Unknown	1996
SP	16.15m	Robbie Nairn	London	9 May 2012
DT	36.68m	Barry Scott	Unknown	1995
HT	40.72m	Chris Tatton	Grangemouth	11 Jul 2004
JT	44.81m	A Kemlo	Unknown	1989
Pen	2313	Ewan Ballantyne	Livingston	8 Aug 2015
Ind Hep	3686	Matthew Boules	Sheffield	10 Mar 2018
Oct	3633	A Kemlo	Unknown	1989
Dec	4583	Matthew Boules	Grangemouth	1 Jul 2017
4x100m	45.03	Moray Butler Alex Thomson Finlay Cunningham Brodie Nixon	Glasgow	25 Jun 2023
4x200m	1:36.74	Matthew Boules Aidan Brady Andrew Cowie Richard Arthurs	Glasgow	25 Feb 2018
4x400m	3:37.72	Cameron Spowart Lewis Watson Finlay Cunningham Archie Hendry	Ayr	23 Jun 2024
3x800m	6:17.16	Fraser Morris Andrew McGill Logan Beagley	Dunfermline	15 Sep 2019
U20 Women				
60m	7.84	Hazel Shanley	Glasgow	1 Feb 2017
		Hazel Shanley	Glasgow	1 Feb 2017

Event	Perf	Name	Venue	Date
100m	12.5	Michelle Henderson	Unknown	2002
	12.72	Hazel Shanley	Sheffield	30 Apr 2017
200m	25.46	Michelle Henderson	Unknown	2002
400m	57.96	Mhairi Walker	Unknown	2001
800m	2:05.68	Sarah Calvert	Boras	18 Jul 2019
1500m	4:25.95	Sarah Calvert	Swansea	24 Jul 2019
Mile	5:00.52	Imogen Marshall	Stirling	24 Aug 2024
3000m	10:12.6	J Henders	Unknown	1996
60mH	9.23	Alannah Snowden	Glasgow	9 Mar 2025
100mH	15.24	Tia Henry	Grangemouth	4 Aug 2018
400mH	63.80	Taygan Henry	Grangemouth	15 Jul 2018
HJ	1.60m	Karen Graham	Unknown	1982
		Mhairi Walker	Unknown	2001
		Eve Allison	Glasgow	7 Feb 2018
		Alannah Snowden	Glasgow	16 Nov 2024
		Alannah Snowden	Glasgow	9 Mar 2025
LJ	5.57m	Alannah Snowden	Glasgow	9 Mar 2025
TJ	11.70m	Hazel Shanley	Leeds	28 May 2017
SP	10.24m	Tia Henry	Liverpool	27 May 2018
DT	35.84m	Zoe Yule	Grangemouth	22 Apr 2017
HT	42.71m	Zoe Yule	Hull	24 Jul 2016
JT	28.47m	Zoe Yule	Hull	24 Jul 2016
Ind Pen	3083	Tia Henry	Glasgow	3 Feb 2018
Pen	2654	Eve Allison	Grangemouth	2 Jun 2018
Hep	4223	Mhairi Walker	Sheffield	2 Sep 2001
4x200m	1:52.16	Iona McDonald	Glasgow	16 Mar 2019
		Abby Duncan		
		Rachel Gibb		
		Eilidh Brown		

Event	Perf	Name	Venue	Date
4x400m	4:16.4	Mhairi Walker Michelle Henderson Carrie-Anne Tugman Keri Nicoll	Coatbridge	18 May 2003
U20 Men				
60m	7.22	Brodie Nixon	Dunfermline	26 Jan 2024
100m	11.19	Brodie Nixon	Livingston	27 Jun 2025
200m	22.54	Brodie Nixon	Grangemouth	11 May 2024
400m	49.05	Shawn Wright	Sheffield	28 Jul 2013
		Aidan Brady	Aberdeen	28 Aug 2021
800m	1:49.79	Andrew McGill	Glasgow	2 Jun 2023
1500m	3:44.62	Andrew McGill	Livingston	23 Jun 2023
Mile	4:02.75	Andrew McGill	Stirling	26 Aug 2023
3000m	8:29.28	Andrew McGill	Glasgow	6 Jan 2023
2000mSC	8:06.08	Alastair White	Sheffield	23 Jul 2017
3000mSC	9:57.2	Anthony O'Hara	Unknown	1981
110mH	17.29	Matthew Boules	Livingston	22 May 2019
400mH	66.1	Alastair White	Doncaster	29 May 2016
HJ	1.82m	Ewan Ballantyne	Glasgow	21 Jan 2017
LJ	6.19m	Lewis Watson	Glasgow	1 Mar 2025
TJ	12.54m	Stephen Leek	Glasgow	1997
SP	11.46m	Barry Scott	Unknown	1996
DT	32.65m	Grant Kirkwood	Livingston	6 Jun 2015
HT	36.56m	Barry Scott	Unknown	1996
JT	46.09m	Grant Forrester	Unknown	2002
Pen	1812	Alastair White	Livingston	8 Aug 2015
4x100m	45.91	Richard Arthurs Ewan Ballantyne	Grangemouth	8 Jul 2018

Event	Perf	Name	Venue	Date
		Matthew Power		
		David Threlfall		
4x200m	1:36.24	Fraser Steele	Glasgow	17 Mar 2018
		Michael Wards		
		Matthew Power		
		Declan Wynne		
4x400m	3:28.10	Aidan Brady	Linwood	11 Sep 2021
		Jonathan Marshall		
		Fraser Morris		
		Richard Arthurs		
3x800m	5:59.71	Logan Beagley	Grangemouth	10 Sep 2022
		Fraser Morris		
		Jonathan Marshall		
Senior Women				
60m	8.11	Fiona Stewart	Glasgow	15 Jan 2005
100m	12.50	Eilidh Brown	Livingston	5 Sep 2025
	12.44 w	Eilidh Brown	Livingston	13 Sep 2025
200m	25.7	Lorraine Marshall	Unknown	1989
400m	56.91	Lorraine Marshall	Glasgow	1990
800m	2:00.00	Sarah Calvert	London	20 Aug 2025
1500m	4:04.33	Sarah Calvert	Oordegem	9 Aug 2025
Mile	4:27.30	Sarah Calvert	Stirling	30 Aug 2025
3000m	9:15.67	Sarah Calvert	Glasgow	4 Jan 2025
5000m	19:30.63	Avril Pearson	Edinburgh	10 May 2003
2000mSC	11:57.25	Robyn McDowall	Grangemouth	12 Apr 2009
100mH	21.31	Zoe Dunn	Livingston	21 Sep 2024
400mH	68.9	Mhairi Walker	Aberdeen	3 Jul 2005
HJ	1.60m	Mhairi Walker	Glasgow	14 Aug 2005

Event	Perf	Name	Venue	Date
LJ	5.29m	Hazel Shanley	Burton-upon-Trent	1 May 2025
		Hazel Shanley	Burton-upon-Trent	4 Aug 2025
TJ	11.89m	Hazel Shanley	Loughborough	14 Jan 2024
SP	9.81m	Lynn Sutherland	Unknown	1988
DT	32.11m	Zoe Yule	Bedford	5 May 2018
HT	40.44m	Zoe Yule	Bedford	5 May 2018
JT	30.74m	Lynn Sutherland	Unknown	1988
4x100m	52.9	Fiona Stewart	Linwood	6 Aug 2006
		Mhairi Walker		
		Louise Torr		
		Carol Simpson		
4x200m	1:48.91	Iona McDonald	Glasgow	29 Jan 2022
		Megan Forrester		
		Erin Cameron		
		Abby Duncan		
4x400m	4:18.2	J McAuley	Unknown	1996
		Avril Pearson		
		Jacquii Willson		
		Kerry McDaid		
Senior Men				
60m	7.0	Gary Leek	Glasgow	17 Mar 1996
100m	11.07	Scott Boyle	Glasgow	12 Jul 2003
200m	22.5	David Brownlee	Unknown	1982
	22.53	Scott Boyle	Glasgow	14 Aug 2004
400m	47.89	Shawn Wright	Bedford	29 Apr 2017
800m	1:51.13	Jonathan Marshall	Livingston	1 Aug 2025
1500m	3:54.94	Logan Beagley	Livingston	5 Sep 2025
Mile	4:17.01	Cameron Harris	Stirling	21 May 2021

Event	Perf	Name	Venue	Date
3000m	8:52.18	Jake Thomas	Sheffield	17 Feb 2017
5000m	15:01.77	Peter Dymoke	Unknown	1992
10,000m	30:26.74	Peter Dymoke	Edinburgh	24 Jun 1994
3000mSC	9:29.2	Peter Dymoke	Unknown	1991
110mH	17.7	G McPherson	Unknown	1989
400mH	58.22	Alistair Dalgleish	Grangemouth	15 Jul 2012
HJ	1.82m	G Reid	Unknown	1985
PV	3.40m	G Reid	Unknown	1987
LJ	5.97m	Stephen Leek	Glasgow	14 Feb 2016
	6.12m w	Stephen Leek	Grangemouth	24 Jun 2018
TJ	11.61m	Stephen Leek	Glasgow	16 Jan 2016
SP	11.21m	Ian McAdam	Unknown	1986
DT	34.22m	K Holland	Unknown	1993
HT	37.46m	K Holland	Unknown	1995
JT	44.74m	G Daniels	Unknown	1989
4x100m	46.0	Allistair Tatton Craig Andrew Darren Tang Scott Boyle	Grangemouth	11 Jul 2004
	46.18	G McPherson Stuart Campbell T Kemp Erick Hanley	Unknown	1987
4x200m	1:32.87	Brodie Nixon	Glasgow	8 Feb 2025
		Richard Arthurs		
		Lewis Watson		
		Finlay Cunningham		
4x400m	3:27.5	Stuart Campbell	Unknown	1995

Event	Perf	Name	Venue	Date
		K Krievs		
		Mark Arndt		
		Gordon Small		
	3:27.73	Lewis MacIver	Grangemouth	10 Sep 2022
		Richard Arthurs		
		Jonathan Marshall		
		Aidan Brady		
3x800m	6:24.62	Fraser Morris	Glasgow	25 Jun 2023
		Daniel Sutherland		
		Richard Arthurs		
Overall Women				
60m	7.52	Kishi Aremu	Glasgow	1 Mar 2025
		Kishi Aremu	Glasgow	9 Mar 2025
100m	11.83	Kishi Aremu	Grangemouth	17 Aug 2024
200m	24.62	Kishi Aremu	Glasgow	1 Mar 2025
	24.4 w	Jill Todd	Edinburgh	7 Jun 1981
400m	56.91	Lorraine Marshall	Glasgow	1990
800m	2:00.00	Sarah Calvert	London	20 Aug 2025
1500m	4:04.33	Sarah Calvert	Oordegem	9 Aug 2025
Mile	4:27.30	Sarah Calvert	Stirling	30 Aug 2025
3000m	9:15.67	Sarah Calvert	Glasgow	4 Jan 2025
5000m	19:30.63	Avril Pearson	Edinburgh	10 May 2003
2000mSC	11:57.25	Robyn McDowall	Grangemouth	12 Apr 2009
60mH	9.23	Alannah Snowden	Glasgow	9 Mar 2025
100mH	15.24	Tia Henry	Grangemouth	4 Aug 2018
400mH	63.80	Taygan Henry	Grangemouth	15 Jul 2018
HJ	1.67m	Karen Graham	Grangemouth	20 Apr 1980
LJ	5.57m	Alannah Snowden	Glasgow	9 Mar 2025

Event	Perf	Name	Venue	Date
TJ	11.89m	Hazel Shanley	Loughborough	14 Jan 2024
SP	10.24m	Tia Henry	Liverpool	27 May 2018
DT	35.84m	Zoe Yule	Grangemouth	22 Apr 2017
HT	42.71m	Zoe Yule	Hull	24 Jul 2016
JT	31.16m	Aileen Paxton	Unknown	1995
Ind Pen	3083	Tia Henry	Glasgow	3 Feb 2018
Pen	2654	Eve Allison	Grangemouth	2 Jun 2018
Hep	4223	Mhairi Walker	Sheffield	2 Sep 2001
4x100m	50.29	Enam Evong	Grangemouth	10 Sep 2022
		Jemma Smith		
		Robyn Allan		
		Kishi Aremu		
4x200m	1:47.49	Kishi Aremu	Glasgow	6 Mar 2022
		Enam Evong		
		Robyn Allan		
		Jemma Smith		
4x400m	4:16.4	Mhairi Walker	Coatbridge	18 May 2003
		Michelle Henderson		
		Carrie-Anne Tugman		
		Keri Nicoll		
3x800m	7:41.40	Katie Craig	Grangemouth	22 Apr 2017
		Charlie Maree Nolan		
		Courtney Moffat		
Overall Men				
60m	7.0	Gary Leek	Glasgow	17 Mar 1996
	7.22	Brodie Nixon	Dunfermline	26 Jan 2024
100m	11.07	Scott Boyle	Glasgow	12 Jul 2003
200m	22.5	David Brownlee	Unknown	1982

Event	Perf	Name	Venue	Date
	22.53	Scott Boyle	Glasgow	14 Aug 2004
400m	47.89	Shawn Wright	Bedford	29 Apr 2017
800m	1:49.79	Andrew McGill	Glasgow	2 Jun 2023
1500m	3:44.62	Andrew McGill	Livingston	23 Jun 2023
Mile	4:02.75	Andrew McGill	Stirling	26 Aug 2023
3000m	8:29.28	Andrew McGill	Glasgow	6 Jan 2023
5000m	15:01.77	Peter Dymoke	Unknown	1992
10,000m	30:26.74	Peter Dymoke	Edinburgh	24 Jun 1994
3000mSC	9:29.2	Peter Dymoke	Unknown	1991
110mH	17.7	G McPherson	Unknown	1989
400mH	58.22	Alistair Dalgleish	Grangemouth	15 Jul 2012
HJ	1.83m	Matthew Boules	Livingston	16 Sep 2017
PV	3.40m	G Reid	Unknown	1987
LJ	6.19m	Ewan Ballantyne	Grangemouth	6 May 2015
		Matthew Boules	Grangemouth	27 May 2018
		Lewis Watson	Glasgow	1 Mar 2025
TJ	12.54m	Stephen Leek	Glasgow	1997
SP	11.21m	Ian McAdam	Unknown	1986
DT	34.22m	K Holland	Unknown	1993
HT	37.46m	K Holland	Unknown	1995
JT	46.09m	Grant Forrester	Unknown	2002
4x100m	45.03	Moray Butler	Glasgow	25 Jun 2023
		Alex Thomson		
		Finlay Cunningham		
		Brodie Nixon		
4x200m	1:32.87	Brodie Nixon	Glasgow	8 Feb 2025
		Richard Arthurs		
		Lewis Watson		

Event	Perf	Name	Venue	Date
4x400m	3:27.5	Finlay Cunningham	Unknown	1995
		Stuart Campbell		
		K Krievs		
		Mark Arndt		
		Gordon Small		
	3:27.73	Lewis MacIver	Grangemouth	10 Sep 2022
		Richard Arthurs		
		Jonathan Marshall		
		Aidan Brady		
3x800m	5:59.71	Logan Beagley	Grangemouth	10 Sep 2022
		Fraser Morris		
		Jonathan Marshall		

Notes

- In track events, if the best performance has been hand timed, the best electronic time within 0.24s is also listed.
- In sprints and horizontal jumps, if there is a wind assisted performance better than the official club record, the best wind assisted performance is also listed for information.