



# EKAC UNDER 20 MEN TOP 20

	<b>1500m</b>			<b>60mH</b>	
3:48.94	IAN ARCHIBALD	1980	8.92i	SCOTT MCDERMOTT	1995
3:53.2	ALAN MACBETH	1989			
3:57.51	AIDAN GILBRIDE	2016		<b>100mH</b>	
3:59.3	RICHARD MCKIRDY	1982	15.0	CRAIG GILLIES	1984
4:02.3	IAN TIERNEY	1987	16.03	GRANT IRWINE	1980
4:04.5	COLIN GRANT	1983	16.34	SCOTT MCDERMOTT	1994
4:05.6	GORDON REID	1972	16.6	ROBERT MOODIE	1980
4:06.1	IAIN CAMPBELL	1978	17.00	DOUGLAS MCCUE	1982
4:07.8	BOBBY MADDEN	1997	17.42	MALCOLM GIBSON	1991
4:13.48	JAMIE CLEMENTS	2008	17.90	KEVIN MCDOWALL	1989
4:13.8	TOM COLSTON	1974	20.1	SCOTT HONE	2007
4:16.0	CAMERON CLEMENT	1996	20.35	LAURENCE REID	1985
4:11.5	GRANT BAILLIE	1998	20.37	DAVID ROSS	1987
4:18.7	ALAN SMITH	1991	21.3	ROBERT HOWAT	1992
4:19.0	FRANCIS WALLACE	1986	22.0	ALAN MITCHELL	1997
4:19.8	CHRIS BRYDEN	1986	24.3	MARK PROVAN	1988
4:20.9	JAMIE MADDEN	1996			
4:21.1	CHRIS WATERS	1990		<b>400mH</b>	
4:22.9	DEREK BELL	1995	59.22	ROBERT HOWAT	1993
4:23.92	MARTIN LYNAS	2016	60.8	BERNARD MCKENNA	1977
			61.0	ROBERT MCKIM	1976
			61.5	GRANT IRWINE	1980
<b>3000m</b>			61.5	MALCOLM GIBSON	1991
8:24.6	IAN ARCHIBALD	1980	61.7	IAN LIVINGSTONE	1992
8:30.3	IAIN CAMPBELL	1978	61.7	JAMIE MADDEN	1994
8:46.8	IAN TIERNEY	1988	62.23	KEVIN MCDOWALL	1988
8:47.0	COLIN GRANT	1983	63.2	DOUGLAS MCCUE	1981
8:51.0	ROBERT MCKIM	1976	63.6	GRANT BAILLIE	1997
9:00.12i	AIDAN GILBRIDE	2016	64.90	LAURENCE REID	1985
9:08.41	MARTIN LYNAS	2016	65.0	ALAN MITCHELL	1997
9:10.82	BOBBY MADDEN	1997	65.1	ROBERT MOODIE	1992
9:16.8	GRANT BAILLIE	1997	65.2	CAMERON CLEMENT	1994
9:19.0	CAMERON CLEMENT	1996	66.4	BOBBY MADDEN	1997
9:24.?	GORDON COLVIN	1978	72.5	GRAEME KEDDIE	1998
9:25.4	ALAN SMITH	1991	73.83	DAVID ROSS	1987
9:33.1	DAVID WHITE	1987			
9:38.9	LAURENCE REID	1986		<b>2000m S/C</b>	
9:54.3	GRAEME KEDDIE	1997	5:59.8	ROBERT MCKIM	1975
9:55.0	JOHN FERGUSSON	2008	6:05.7	RICHARD MCKIRDY	1982
9:58.7	KRISS DULLICK	1993	6:14.54	WILLIE MCDONALD	1977
10:05.8	DEREK BELL	1996	6:28.9	BOBBY MADDEN	1996
10:06.8	ALAN MITCHELL	1997	6:36.8	FRANNY WALLACE	1986
10:08.5	VINCENT HASTINGS	2014	6:38.54	CAMERON CLEMENT	1996
			6:50.8	JAMIE MADDEN	1996
<b>5000m</b>			7:04.8	LAURENCE REID	1986
14:29.1	IAIN CAMPBELL	1978	7:10.07	ALAN MITCHELL	1996
14:45.5	IAN ARCHIBALD	1980	7:45.6	GRAEME KEDDIE	1996
15:10.05	AIDAN GILBRIDE	2016			
15:24.0	IAN TIERNEY	1988		<b>3000m S/C</b>	
15:55.29	MARTIN LYNAS	2016	9:56.0	IAN ARCHIBALD	1980
16:06.4	BOBBY MADDEN	1997	9:59.6	WILLIE MCDONALD	1977
16:09.9	GORDON COLVIN	1978	10:10.1	ROBERT MCKIM	1976
16:27.5	COLIN GRANT	1983	10:17.7	CAMERON CLEMENT	1996
17:07.9	CAMERON CLEMENT	1996	10:27.8	GRANT BAILLIE	1997
17:42.2	LAURENCE REID	1986	10:34.3	CHRIS BRYDEN	1987
17:43.0	GRANT BAILLIE	1997	10:35.98	NEIL SHARPE	1990
17:57.2	DAVID WHITE	1986	10:40.6	BOBBY MADDEN	1996
19:08.3	GRAEME KEDDIE	1997	10:43.0	DEREK BELL	1995
			10:49.1	LAURENCE REID	1987
	<b>10000m</b>				
33:16.17	MARTIN LYNAS	2018			
35:20.76	VINCENT HASTINGS	2014			



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### SHOT PUT

12.93	GRAEME FERGUSON	1994
12.74	GRANT IRWINE	1981
11.46	SCOTT MCDERMOTT	1994
11.35	ROBERT MOODIE	1980
9.89	KEVIN JENKINS	1988
9.71	ROSS GIBSON	1997
9.36	FRASER MACKENZIE	2003
9.13	CAMPBELL LAMONT	1987
8.82	KEVIN MCDOWALL	1989
8.33	DAVID CHAN	2002
7.74	JAMIE CLEMENTS	2008
7.22	NIALL WALKER	2008
7.13	STUART MCMILLAN	1997
6.68	BOBBY MADDEN	1997
6.56	JAMIE MADDEN	1996
6.52	MARK PROVAN	1988
6.52	DAVID GORMAN	2008
6.42	NEIL SHARPE	1990
6.40	MARK SMITH	1998
6.22	DEREK BELL	1994