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EAST KILBRIDE AC CLUB RECORD `S MALE

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EVENT	NAME (U17s)	TIME	NAME (U15s)	TIME	NAME (U13s)	TIME	NAME (U11s)	TIME
60m	Alasdair McKenzie 2002	7.24	Ewan McCormack 1989	7.5	Ross Maxwell 2008	8.09	Sam McGrory 2018	9.17
80m							Ross Maxwell 2006	11.8
100m	J Gillies 1978, S Harrigan 1987, F Hopkins 1988	11.0	Ross Maxwell 2010	11.4	Ross Maxwell 2008	12.5	Ross Maxwell 2006	13.8
150m							Owen Selfridge 2013	22.0
200m	Greg Kelly 2015	22.55	Robin Archibald 1975	23.2	Nicholas Coupland 2009	26.1	Ross Maxwell 2006	30.4
300m	Liam Woods 2018	37.23						
400m	Derek Archibald 1980	49.6	Finbar Bonini 1986	54.2	David Steven 1992	60.05		
600m	Aidan Gilbride 2013	1:27.4	David Gorman 2005	1:33.5	George McKenzie 2016	1:52.16	Ryan McNamara 2018	1:53.23i
800m	Alan Macbeth 1988	1:55.05	Robert McKim 1973	2:02.6 (i)	Ian Archibald 1973	2:19.9	George McKenzie 2015	2:37.6
1500m	Alan Macbeth 1988	3:54.6	Kevin McKenna 1996	4:21.9	Stephen Matthews 1997	4:48.4	Elliot Bain2013	5:30.0
1 Mile	Alan Macbeth 1987	4:20.0	Alan Trench 1967	4:45.0	George Mckenzie 2016	5:26.38		
3000m	Richard McKirdy 1981	8:49.9	Kevin McKenna 1996	9:35.63	Jamie Clements 2002	13:13.7		
5000m	Ian Tierney 1986	16:02.6						
110m H	Grant Irwine 1979	14.4 (100)	Steven Blackwood 1988 Calum Charters 2020	12.6 (80) 9.54i (60)	Owen Selfridge 2015 O Selfridge 2014/C Charters 2018/Sam McGrory 2019	12.96 (75) 11.82 (60)		
400m H	Kevin McKenna 1997	57.7						
1500 S/C	Kevin McKenna 1997	4:33.51	Alan Smith 1987	4:43.4				
2000 S/C	Robert McKim 1974	6:11.8						
High Jump	Duncan McInnes 1995	1.90m (i)	David Gormley 1986	1.81m	Duncan McInnes 1991	1.56m		
Long Jump	David Gormley 1988	6.60m	Ross Maxwell 2010	6.49m	Ross Maxwell 2008	4.98m	Sam McGrory 2018	4.13m
Triple Jump	David Gormley 1988	13.25m	Fraser Hopkins 1987	13.11m	Fraser Hopkins 1985	11.05m		
Pole Vault	Ross Gibson 1996	3.30m						
Discus	Gordon Irwine 1981	41.34m	Gordon Irwine 1980	50.70m	A Mathieson 1979	20.90m		
Hammer	Stuart Muir 2009	35.48m	Stuart Muir 2007	24.67m				
Javelin	Fraser MacDougall 1993	46.50m	Gordon Irwine 1979	44.70m	Scott McDermott 1988	29.02m		
Shot Putt	Grant Irwine 1979	14.41m	Gordon Irwine 1980	16.43m	A Mathieson 1979	10.70m	David Docherty 2002	5.56m
Decathlon	Douglas McCue 1980	4559	Gordon Irwine 1979	3240 Pent				
4 x 100m	1988	45.9	1987	45.9	G Irwine, David Bias Graeme McKirdy, Craig Gillies 1978	55.4	George McKenzie, Jamie Scullion, Harry Mulvey, Thomas O'Neill 2015	62.5
4 x 200m	D Cathie, D Gormley K MacNamee, A Macbeth 1987	1:37.9	Douglas Noble, Jamie Madden Fraser MacDougall, Stuart Russell 1992	1:41.4	Alan Mitchell, George Pettit Craig Farrell, Colin Anderson 1992	2:01.5	Rhys Earaker, Jamie Connor, Blair McHenry, Michael Coulter 2017	2:28.24i
4 x 400m	1988	3:41.0	Jamie Madden, Stuart Russell Fraser MacDougall, Cameron Clement 1992	3:51.3	Graeme Keddie, Craig Farrell George Pettit, Alistar Sandler 1992	4:36.4		
Medley	D Cathie, C Clements K MacNamee, A Macbeth 1987	3:44.5	Douglas Noble, Fraser MacDougall Stuart Russell, Jamie Madden 1992	4:02.4	Jason Blake, Ewan McCormack Stuart McDonald, Ian McGregor 1987	4:25.5		



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EVENT	CLUB RECORD	TIME	NAME (MASTERS)	TIME	NAME (U20s)	TIME
60m	Stephen Shanks 1995	6.91	David Gilmour M35 2006	7.45	Alasdair MacKenzie 2003 Greg Kelly 2018	7.02
100m	Greg Kelly 2019	10.65/61w	David Gilmour M35 2005	11.38	Greg Kelly 2018	10.7
200m	Greg Kelly U20 2018	21.68	David Gilmour 2007	23.3	Greg Kelly 2018	21.68
300m	David Gilmour 1994	34.98				
400m	David Gilmour 1991	48.05	Bill MacDougall 1990	56.3	Alasdair MacKenzie 2004	48.61
600m	Aidan Gilbride U20 2016	1:22.88			Aidan Gilbride U20 2016	1:22.88
800m	Ian Archibald 1980	1:50.42	Grant Baillie M35 2014	2:03.6	Ian Archibald 1980	1:50.42
1500m	Ian Archibald 1983	3:42.39	Kevin Downie M40 2010	4:10.38	Ian Archibald 1980	3:48.94
1 Mile	Ian Archibald 1985	4:02.4	George Black 1984	4:54	Ian Archibald 1980	4:06.0
3000m	Ian Archibald 1983	8:02.92 (i)	Grant Baillie M35 2019	8:58.75i	Ian Archibald 1980	8:24.6
5000m	Iain Campbell 1985	14:02.0	David Condra M35 1997	15:41.3	Iain Campbell 1978	14:29.1
10000m	Iain Campbell 1984	29:51.67	Bobby Ronald 1997	33:53.88	Martin Lynas 2018	33:16.17
Marathon	Charlie MacDougal 1983	2-22:06	George Black 1983	2:30.50		
110m H	Robert Moodie 1981	15.9	Colin Frew M40 2019	21.37	Craig Gillies 1984	15.0
400m H	Ian Neely 1995	54.17			Robert Howat 1993	59.22
1500 S/C	Kevin McKenna 1997	4:33.51				
2000 S/C	Robert McKim 1978	5:41.0			Robert McKim 1975	5:59.8
3000 S/C	Graeme Croll 1988	8:51.11	David Condra 2006	11:10.5	Robert McKim 1975	5:59.8
High Jump	Duncan McInnes 1997	2.05m	George Loney M35 1993	1.65m	Duncan McInnes 1997	2.05m
Long Jump	David Gormley 1993	6.81m	George Loney M35 1992	5.68m	Scott McDermott 1994	6.66m
Pole Vault	Kevin McDowall 1993	3.80m			Kevin McDowall 1989, Scott McDermott 1993	3.40m
Triple Jump	David Gormley 1988	13.25m	Bill MacDougall 1990	10.98m	Grant Irwine 1980	12.88m
Discus	John Little 1993	41.78m	George Loney M40 1996	39.00m	Graeme Ferguson 1994	35.24m
Hammer	Anthony Irving 1995	53.46m	Graham Porterfield M35 2015	38.39m	Graeme Ferguson 1994	31.12m
Javelin	Scott McDermott 1994	49.30m	Fraser MacDougall M35 2014	42.30m	Scott McDermott 1994	49.30m
Shot Putt	George Loney M40 1998	12.97m	George Loney M40 1998	12.97m	Graeme Ferguson 1994	12.93m
Decathlon	Scott McDermott 1994	6040 pts			Scott McDermott 1994	6040
4 x 100m	David Ballantyne, David Gilmour Andrew McLean, Stephen Shanks 1994	42.52	Alan Baxter, Michael Carlin, Colin Frew, Vincent Glennon 2019	56.88		
4 x 200m	Ewan McCormack, Paul MacNamee Andy Murray, David Gormley 1992	1:34.8				
4 x 400m	Kriss Dullick, Andrew McLean David Ballantyne, David Gilmour 1994	3:19.34				
Medley	Kevin Tayler, George Loney John Toner, Alan Cord 1978	3:28.8				