

# EKAC UNDER 20 MEN TOP 20

	<b>60m</b>			<b>300m</b>	
7.02	ALASDAIR MACKENZIE	2003	39.3	JAMIE CLEMENTS	2006
7.02	GREG KELLY	2018			
7.08	FRASER MACKENZIE	2003		<b>400m</b>	
7.1	DAVID GILMOUR	1989	48.61	ALASDAIR MACKENZIE	2004
7.11	FRASER MACDOUGALL	1997	50.13i	AIDAN GILBRIDE	2016
7.37	EWAN MCCORMACK	1993	50.33	GREG KELLY	2016
7.4	DAVID BALLANTYNE	1992	50.8	DAVID CATHIE	1989
7.43	GREGOR THORPE	2009	50.9i	DAVID BALLANTYNE	1991
7.47	SCOTT MCDERMOTT	1995	50.9	KRISS DULLICK	1994
7.59	JOSH MAITLAND	2015	51.1	JAMIE CLEMENTS	2008
7.64	NISHANT PURI	2009	51.3	IAN ARCHIBALD	1980
7.77	MARTIN BARR	2005	51.5	KEVIN WOODS	1992
7.79	JACOB CONNELLY	2017	51.6	FRASER WHITE	1976
7.86	SAMMIE DICKIE	2021	51.70	RYAN CLYDESDALE	2018
7.90	DAVID CHAN	2002	51.7	ALAN CORD	1974
8.04	AMIT KUMAR	2015	51.9	ALEX BROWN	1969
			51.9	FRASER MACDOUGALL	1995
			51.99	CALLUM FIELD	2016
	<b>100m</b>			DOUGLAS MCCUE	1982
10.7	GREG KELLY	2018	52.2	SCOTT MCDERMOTT	1994
11.0	DAVID GILMOUR	1989	52.34	ROBERT MCKIM	1976
11.02	FRASER MACKENZIE	2005	52.4	BOBBY MADDEN	1996
11.09	JOHN GILLIES	1980	52.9	KIERAN RANKIN	2013
11.11	ALASDAIR MACKENZIE	2003	52.98		
11.14	FRASER MACDOUGALL	1996		<b>600m</b>	
11.2	DAVID BALLANTYNE	1991		AIDAN GILBRIDE	2016
11.3	KENNETH MACNAMEE	1988	1:22.88	NIALL WALKER	2006
11.4	DAVID CATHIE	1988	1:30.32		
11.5	CRAIG GILLIES	1984		<b>800m</b>	
11.65	GREGOR THORPE	2011		IAN ARCHIBALD	1980
11.7	GRANT IRWINE	1980	1:50.42	AIDAN GILBRIDE	2016
11.7	DOUGLAS MCCUE	1981	1:52.87i	ALAN MACBETH	1989
11.7	NISHANT PURI	2009	1:52.96	JAMIE CLEMENTS	2008
11.7	EWAN MCCORMACK	1992	1:56.0	GORDON REID	1973
11.7	AIDAN GILBRIDE	2015	1:58.6	FRASER WHITE	1976
11.7	RYAN CLYDESDALE	2019	1:58.6	COLIN GRANT	1983
11.8	ROBERT MOODIE	1979	1:58.97	DAVID WHITE	1987
11.8	SCOTT MCDERMOTT	1994	2:00.58	KRISS DULLICK	1994
11.8	STEVEN TOMS	2001	2:00.9	BOBBY MADDEN	1997
			2:01.07	ALAN SMITH	1990
			2:01.42	CHRIS BRYDEN	1987
18.4	JAKE VULCAN	2021	2:01.7	IAN TIERNEY	1987
18.6	JORDAN O'NEILL	2021	2:02.3	ALAN PARTRIDGE	1968
18.9	SAMMY DICKIE	2021	2:02.5	NIALL WALKER	2008
			2:02.5	JAMIE MADDEN	1996
			2:03.0	DAVID GORMAN	2008
21.68	GREG KELLY	2018	2:03.8	RICHARD MCKIRDY	1982
22.28	FRASER MACKENZIE	2005	2:04.0	FRANNY WALLACE	1987
22.30	DAVID GILMOUR	1989	2:04.3	ROBERT HOWAT	1993
22.36/33w	ALASDAIR MACKENZIE	2003	2:04.8		
22.5	FRASER MACDOUGALL	1995			
22.6	DAVID CATHIE	1988			
22.7	JOHN GILLIES	1980			
22.7	DAVID BALLANTYNE	1992			
22.9	RONNIE MONCRIEFF	1966			
22.9	BEN MCKENNA	1976			
22.9	ROBIN ARCHIBALD	1978			
22.9	ALASTAIR MCKENZIE	2003			
23.31	GREGOR THORPE	2011			
23.45i	AIDAN GILBRIDE	2016			
23.6	KENNETH MCNAMEE	1988			
23.7	BRIAN COOK	1973			
23.7	EWAN MCCORMACK	1992			
23.7	STEVEN TOMS	2001			
23.7	RYAN CLYDESDALE	2019			

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	<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			
3:59.3	RICHARD MCKIRDY	1982	15.0	<b>100mH</b>	
4:02.3	IAN TIERNEY	1987	16.03	CRAIG GILLIES	1984
4:04.5	COLIN GRANT	1983	16.34	GRANT IRWINE	1980
4:05.6	GORDON REID	1972	16.6	SCOTT MCDERMOTT	1994
4:06.1	IAIN CAMPBELL	1978	17.00	ROBERT MOODIE	1980
4:07.8	BOBBY MADDEN	1997	17.42	DOUGLAS MCCUE	1982
4:13.48	JAMIE CLEMENTS	2008	17.90	MALCOLM GIBSON	1991
4:13.8	TOM COLSTON	1974	20.1	KEVIN MCDOWALL	1989
4:16.0	CAMERON CLEMENT	1996	20.35	SCOTT HONE	2007
4:11.5	GRANT BAILLIE	1998	20.37	LAURENCE REID	1985
4:18.7	ALAN SMITH	1991	21.3	DAVID ROSS	1987
4:19.0	FRANCIS WALLACE	1986	22.0	ROBERT HOWAT	1992
4:19.8	CHRIS BRYDEN	1986	24.3	ALAN MITCHELL	1997
4:20.9	JAMIE MADDEN	1996		MARK PROVAN	1988
4:21.1	CHRIS WATERS	1990			
4:22.9	DEREK BELL	1995	59.22	<b>400mH</b>	
4:23.92	MARTIN LYNAS	2016	60.8	ROBERT HOWAT	1993
			61.0	BERNARD MCKENNA	1977
			61.5	ROBERT MCKIM	1976
	<b>3000m</b>		61.5	GRANT IRWINE	1980
8:24.6	IAN ARCHIBALD	1980	61.5	MALCOLM GIBSON	1991
8:30.3	IAIN CAMPBELL	1978	61.7	IAN LIVINGSTONE	1992
8:46.8	IAN TIERNEY	1988	61.7	JAMIE MADDEN	1994
8:47.0	COLIN GRANT	1983	62.23	KEVIN MCDOWALL	1988
8:51.0	ROBERT MCKIM	1976	63.2	DOUGLAS MCCUE	1981
9:00.12i	AIDAN GILBRIDE	2016	63.6	GRANT BAILLIE	1997
9:08.41	MARTIN LYNAS	2016	64.90	LAURENCE REID	1985
9:10.82	BOBBY MADDEN	1997	65.0	ALAN MITCHELL	1997
9:16.8	GRANT BAILLIE	1997	65.1	ROBERT MOODIE	1992
9:19.0	CAMERON CLEMENT	1996	65.2	CAMERON CLEMENT	1994
9:24.24i	HAMISH ANDERSON	2020	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			
9:54.3	GRAEME KEDDIE	1997	5:59.8	<b>2000m S/C</b>	
9:55.0	JOHN FERGUSSON	2008	6:05.7	ROBERT MCKIM	1975
9:58.7	KRISS DULLICK	1993	6:14.54	RICHARD MCKIRDY	1982
10:05.8	DEREK BELL	1996	6:28.9	WILLIE MCDONALD	1977
10:06.8	ALAN MITCHELL	1997	6:36.8	BOBBY MADDEN	1996
			6:38.54	FRANNY WALLACE	1986
			6:50.8	CAMERON CLEMENT	1996
	<b>5000m</b>		6:50.8	JAMIE MADDEN	1996
14:29.1	IAIN CAMPBELL	1978	7:04.8	LAURENCE REID	1986
14:45.5	IAN ARCHIBALD	1980	7:10.07	ALAN MITCHELL	1996
15:10.05	AIDAN GILBRIDE	2016	7:45.6	GRAEME KEDDIE	1996
15:24.0	IAN TIERNEY	1988			
15:55.29	MARTIN LYNAS	2016			
16:06.4	BOBBY MADDEN	1997	9:56.0	<b>3000m S/C</b>	
16:09.9	GORDON COLVIN	1978	9:59.6	IAN ARCHIBALD	1980
16:27.5	COLIN GRANT	1983	10:10.1	WILLIE MCDONALD	1977
17:07.9	CAMERON CLEMENT	1996	10:17.7	ROBERT MCKIM	1976
17:42.2	LAURENCE REID	1986	10:27.8	CAMERON CLEMENT	1996
17:43.0	GRANT BAILLIE	1997	10:34.3	GRANT BAILLIE	1997
17:57.2	DAVID WHITE	1986	10:35.98	CHRIS BRYDEN	1987
19:08.3	GRAEME KEDDIE	1997	10:40.6	NEIL SHARPE	1990
			10:43.0	BOBBY MADDEN	1996
			10:49.1	DEREK BELL	1995
	<b>10000m</b>			LAURENCE REID	1987
33:16.17	MARTIN LYNAS	2018			
35:20.76	VINCENT HASTINGS	2014			



# EKAC UNDER 20 MEN TOP 20

## 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