









# EKAC MASTERS AGE GROUP TOP 5's



<b>HIGH JUMP</b>			<b>LONG JUMP</b>			<b>DISCUS</b>		
<b>M35</b>			<b>M35</b>			<b>M35</b>		
1.65	GEORGE LONEY	1993	5.68	GEORGE LONEY	1992	38.36	GEORGE LONEY	1993
1.55	GRANT BAILLIE	2014	5.46	FRASER HOPKINS	2014	35.77	KEITH GARROW	2012
1.55	ANDREW CLYDESDALE	2014	4.97	GRANT BAILLIE	2014	28.69	GRAHAM PORTERFIELD	2015
			4.58	GORDON SELFRIDGE	2013	23.97	FRASER MACDOUGALL	2015
			3.79	KEITH GARROW	2008			
<b>M40</b>			<b>M40</b>			<b>M40</b>		
1.60	GEORGE LONEY	1995	5.67	FRASER HOPKINS	2015	41.74	JOHN LITTLE	1993
1.55	BILL MACDOUGALL	1991	5.35	BILL MACDOUGALL	1990	39.00	GEORGE LONEY	1996
1.55	ALAN BAXTER	2019	5.05	CHARLES LELEUX	2003	34.06	KEITH GARROW	2014
1.35	GORDON SELFRIDGE	2014	4.37	WILLIE MCCANN	1991	21.20	NORRIE GRIFFITHS	1988
			4.32	FRED BIAS	1982	21.19	VINCENT GLENNON	2017
			4.32	GORDON SELFRIDGE	2015			
<b>M45</b>			<b>M45</b>			<b>M45</b>		
1.50	ALAN BAXTER	2022	5.09	BILL MACDOUGALL	1995	37.61	GEORGE LONEY	1999
			4.20	ALAN BAXTER	2022	33.98	KEITH GARROW	2019
			3.75	DAVID CONDRA	2008	23.62	VINCENT GLENNON	2019
						21.04	ALAN BAXTER	2022
<b>M50</b>			<b>M50</b>			<b>M50</b>		
1.32	KEITH CHARTERS	2018				22.97	WILLIAM MUIR	2014
<b>M55</b>			<b>M55</b>			<b>M55</b>		
						21.81	WILLIAM MUIR	2019
<b>M60</b>			<b>M60</b>			<b>M60</b>		
<b>M65</b>			<b>M65</b>			<b>M65</b>		



# EKAC MASTERS AGE GROUP TOP 5's



<b>HAMMER</b>			<b>JAVELIN</b>			<b>SHOT PUT</b>		
<b>M35</b>			<b>M35</b>			<b>M35</b>		
38.39	GRAHAM PORTERFIELD	2015	42.30	FRASER MACDOUGALL	2014	11.97	GEORGE LONEY	1992
24.12	KEITH GARROW	2011	33.30	KEITH GARROW	2013	11.76	KEITH GARROW	2012
						11.71	GRAHAM PORTERFIELD	2015
						8.93	FRASER MACDOUGAL	2015
						8.33	ANDREW CLYDESDALE	2014
<b>M40</b>			<b>M40</b>			<b>M40</b>		
42.78	JOHN LITTLE	1993	40.92	GEORGE LONEY	1994	12.97	GEORGE LONEY	1998
29.29	KEITH GARROW	2014	31.65	KEITH GARROW	2014	11.97	JOHN LITTLE	1993
29.02	GEORGE LONEY	1995	26.00	ALAN BAXTER	2019	11.77	KEITH GARROW	2014
14.54	JOHN KEDDIE	1994	23.78	JOHN TOMS	1996	8.93	FRASER MACDOUGALL	2015
			23.48	FRED BIAS	1982	8.58	FRASER HOPKINS	2015
<b>M45</b>			<b>M45</b>			<b>M45</b>		
25.84	KEITH GARROW	2019	33.54	GEORGE LONEY	1999	12.10	GEORGE LONEY	1999
			32.46	ALAN BAXTER	2022	11.29	KEITH GARROW	2019
			22.72	VINCENT GLENNON	2019	8.40	ALAN BAXTER	2022
						7.80	VINCENT GLENNON	2019
<b>M50</b>			<b>M50</b>			<b>M50</b>		
21.97	WILLIAM MUIR	2013	27.34	WILLIAM MUIR	2012	8.04	WILLIAM MUIR	2011
			13.56	KEITH CHARTERS	2019			
<b>M55</b>			<b>M55</b>			<b>M55</b>		
22.14	WILLIAM MUIR	2017	23.71	WILLIAM MUIR	2017	9.01i	WILLIAM MUIR	2017
<b>M60</b>			<b>M60</b>			<b>M60</b>		
<b>M65</b>			<b>M65</b>			<b>M65</b>		



# EKAC MASTERS AGE GROUP TOP 5's



<b>3000m S/C</b>			<b>½ MARATHON</b>			<b>MARATHON</b>		
<b>M35</b>			<b>M35</b>			<b>M35</b>		
9:55.76	GRANT BAILLIE	2015	73:18	GRANT BAILLIE	2015	2:38.19	GRANT BAILLIE	2017
			74:10	GORDON COLVIN	1995	3:01.46	DAVID ROSS	2022
			2:04.17	MICHAEL BROWNE	2012	3:13.00	GARY CRAIG	2022
<b>M40</b>			<b>M40</b>			<b>M40</b>		
11:10.5	DAVY CONDRA	2006	69.13	GRANT BAILLIE	2020	2:30.50	GEORGE BLACK	1983
			71.58	GEORGE BLACK	1985	2:37.42	GAVIN MCKIRDY	1981
			74.45	BOBBY RONALD	1996	2:46.26	GRANT BAILLIE	2019
			75.57	DAVID CONDRA	2002	3:30.47	JOHN EDWARDS	2022
			81.14	GORDON COLVIN	1999			
<b>M45</b>			<b>M45</b>			<b>M45</b>		
			80:49	DAVID CONDRA	2007			
<b>M50</b>			<b>M50</b>			<b>M50</b>		
			98:10	KEITH CHARTERS	2019	5:01.08	KEITH CHARTERS	2019
<b>M55</b>			<b>M55</b>			<b>M55</b>		
						3:19.33	KEITH CHARTERS	2022
<b>M60</b>			<b>M60</b>			<b>M60</b>		
<b>150m</b>			<b>110mh</b>			<b>TRIPLE JUMP</b>		
20.8	Vincent Glennon	2021	21.37	COLIN FREW	2019	10.98	BILL MACDOUGALL	1990
22.6	Gerry O'Neil	2021	23.18	ALAN BAXTER 45	2022	8.84	GORDON SELFRIDGE M35	2013
23.0	Keith Charters	2021	30.8	JOHN TOMS	1996			
23.2	John Paul Connor	2021						