

EKAC UNDER 20 MEN TOP 20

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|-----------|--------------------|-------------|----------|--------------------|------|
| | 60m | | | 300m | |
| 7.02 | ALASDAIR MACKENZIE | 2003 | 39.3 | JAMIE CLEMENTS | 2006 |
| 7.02 | GREG KELLY | 2018 | | | |
| 7.08 | FRASER MACKENZIE | 2003 | | 400m | |
| 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 |
| 7.99 | SAMSON ETAM | 2025 | 51.9 | ALEX BROWN | 1969 |
| 8.04 | AMIT KUMAR | 2015 | 51.9 | FRASER MACDOUGALL | 1995 |
| 8.14 | JORDAN O'NEILL | 2022 | 51.99 | CALLUM FIELD | 2016 |
| | | | 52.2 | DOUGLAS MCCUE | 1982 |
| | | | 52.34 | SCOTT MCDERMOTT | 1994 |
| 10.7 | GREG KELLY | 2018 | 52.4 | ROBERT MCKIM | 1976 |
| 11.0 | DAVID GILMOUR | 1989 | 52.9 | BOBBY MADDEN | 1996 |
| 11.02 | FRASER MACKENZIE | 2005 | 52.98 | KIERAN RANKIN | 2013 |
| 11.09 | JOHN GILLIES | 1980 | | | |
| 11.11 | ALASDAIR MACKENZIE | 2003 | | 600m | |
| 11.14 | FRASER MACDOUGALL | 1996 | 1:22.88 | AIDAN GILBRIDE | 2016 |
| 11.2 | DAVID BALLANTYNE | 1991 | 1:30.32 | NIALL WALKER | 2006 |
| 11.3 | KENNETH MACNAMEE | 1988 | | | |
| 11.4 | DAVID CATHIE | 1988 | | 800m | |
| 11.5 | CRAIG GILLIES | 1984 | 1:50.42 | IAN ARCHIBALD | 1980 |
| 11.65 | GREGOR THORPE | 2011 | 1:52.87i | AIDAN GILBRIDE | 2016 |
| 11.7 | GRANT IRWINE | 1980 | 1:52.96 | ALAN MACBETH | 1989 |
| 11.7 | DOUGLAS MCCUE | 1981 | 1:55.32 | CALUM CHARTERS | 2023 |
| 11.7 | NISHANT PURI | 2009 | 1:56.0 | JAMIE CLEMENTS | 2008 |
| 11.7 | EWAN MCCORMACK | 1992 | 1:58.6 | GORDON REID | 1973 |
| 11.7 | AIDAN GILBRIDE | 2015 | 1:58.6 | FRASER WHITE | 1976 |
| 11.7 | RYAN CLYDESDALE | 2019 | 1:58.97 | COLIN GRANT | 1983 |
| 11.7 | JAKE VULCAN | 2022 | 2:00.58 | DAVID WHITE | 1987 |
| 11.8 | ROBERT MOODIE | 1979 | 2:00.9 | KRISS DULLICK | 1994 |
| 11.8 | SCOTT MCDERMOTT | 1994 | 2:01.07 | BOBBY MADDEN | 1997 |
| 11.8 | STEVEN TOMS | 2001 | 2:01.42 | ALAN SMITH | 1990 |
| | | | 2:01.7 | CHRIS BRYDEN | 1987 |
| | | | 2:02.3 | IAN TIERNEY | 1987 |
| 18.4 | JAKE VULCAN | 2021 | 2:02.5 | ALAN PARTRIDGE | 1968 |
| 18.6 | JORDAN O'NEILL | 2021 | 2:02.5 | NIALL WALKER | 2008 |
| 18.9 | SAMMY DICKIE | 2021 | 2:03.0 | JAMIE MADDEN | 1996 |
| | | | 2:03.8 | DAVID GORMAN | 2008 |
| | | | 2:04.0 | RICHARD MCKIRDY | 1982 |
| | | | 2:04.3 | FRANNY WALLACE | 1987 |
| 21.68 | GREG KELLY | 2018 | | | |
| 22.28 | FRASER MACKENZIE | 2005 | | | |
| 22.30 | DAVID GILMOUR | 1989 | | | |
| 22.36/33w | ALASDAIR MACKENZIE | 2003 | | | |
| 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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|----------|------------------|-------------|----------|------------------|------|
| | 1500m | | | 60mH | |
| 3:48.94 | IAN ARCHIBALD | 1980 | 8.92i | SCOTT MCDERMOTT | 1995 |
| 3:53.2 | ALAN MACBETH | 1989 | 11.4i | ALAN LEITCH | 2024 |
| 3:57.51 | AIDAN GILBRIDE | 2016 | | | |
| 3:59.3 | RICHARD MCKIRDY | 1982 | | 100mH | |
| 4:02.3 | IAN TIERNEY | 1987 | 15.0 | CRAIG GILLIES | 1984 |
| 4:03.07 | CALUM CHARTERS | 2023 | 16.03 | GRANT IRWINE | 1980 |
| 4:04.5 | COLIN GRANT | 1983 | 16.34 | SCOTT MCDERMOTT | 1994 |
| 4:04.66 | SAM HOSIE | 2024 | 16.6 | ROBERT MOODIE | 1980 |
| 4:05.6 | GORDON REID | 1972 | 17.00 | DOUGLAS MCCUE | 1982 |
| 4:06.1 | IAIN CAMPBELL | 1978 | 17.42 | MALCOLM GIBSON | 1991 |
| 4:07.8 | BOBBY MADDEN | 1997 | 17.90 | KEVIN MCDOWALL | 1989 |
| 4:13.48 | JAMIE CLEMENTS | 2008 | 20.1 | SCOTT HONE | 2007 |
| 4:13.8 | TOM COLSTON | 1974 | 20.35 | LAURENCE REID | 1985 |
| 4:16.0 | CAMERON CLEMENT | 1996 | 20.37 | DAVID ROSS | 1987 |
| 4:11.5 | GRANT BAILLIE | 1998 | 21.3 | ROBERT HOWAT | 1992 |
| 4:18.7 | ALAN SMITH | 1991 | 22.0 | ALAN MITCHELL | 1997 |
| 4:19.0 | FRANCIS WALLACE | 1986 | 24.3 | MARK PROVAN | 1988 |
| 4:19.8 | CHRIS BRYDEN | 1986 | | | |
| 4:20.9 | JAMIE MADDEN | 1996 | | 400mH | |
| 4:21.1 | CHRIS WATTERS | 1990 | 59.22 | ROBERT HOWAT | 1993 |
| | | | 60.8 | BERNARD MCKENNA | 1977 |
| | 3000m | | 61.0 | ROBERT MCKIM | 1976 |
| 8:24.6 | IAN ARCHIBALD | 1980 | 61.5 | GRANT IRWINE | 1980 |
| 8:30.3 | IAIN CAMPBELL | 1978 | 61.5 | MALCOLM GIBSON | 1991 |
| 8:46.8 | IAN TIERNEY | 1988 | 61.7 | IAN LIVINGSTONE | 1992 |
| 8:47.0 | COLIN GRANT | 1983 | 61.7 | JAMIE MADDEN | 1994 |
| 8:51.0 | ROBERT MCKIM | 1976 | 62.23 | KEVIN MCDOWALL | 1988 |
| 9:00.12i | AIDAN GILBRIDE | 2016 | 63.2 | DOUGLAS MCCUE | 1981 |
| 9:08.41 | MARTIN LYNAS | 2016 | 63.6 | GRANT BAILLIE | 1997 |
| 9:10.82 | BOBBY MADDEN | 1997 | 64.90 | LAURENCE REID | 1985 |
| 9:16.8 | GRANT BAILLIE | 1997 | 65.0 | ALAN MITCHELL | 1997 |
| 9:19.0 | CAMERON CLEMENT | 1996 | 65.1 | ROBERT MOODIE | 1992 |
| 9:21.44i | SAM HOSIE | 2025 | 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 |
| 9:29.52i | CALUM CHARTERS | 2023 | | | |
| 9:33.1 | DAVID WHITE | 1987 | | 2000m S/C | |
| 9:38.9 | LAURENCE REID | 1986 | 5:59.8 | ROBERT MCKIM | 1975 |
| 9:54.3 | GRAEME KEDDIE | 1997 | 6:05.7 | RICHARD MCKIRDY | 1982 |
| 9:55.0 | JOHN FERGUSON | 2008 | 6:14.54 | WILLIE MCDONALD | 1977 |
| 9:58.7 | KRISS DULLICK | 1993 | 6:28.40 | CALUM CHARTERS | 2023 |
| | | | 6:28.9 | BOBBY MADDEN | 1996 |
| | 5000m | | 6:36.8 | FRANNY WALLACE | 1986 |
| 14:29.1 | IAIN CAMPBELL | 1978 | 6:38.54 | CAMERON CLEMENT | 1996 |
| 14:45.5 | IAN ARCHIBALD | 1980 | 6:50.8 | JAMIE MADDEN | 1996 |
| 15:10.05 | AIDAN GILBRIDE | 2016 | 7:04.8 | LAURENCE REID | 1986 |
| 15:24.0 | IAN TIERNEY | 1988 | 7:10.07 | ALAN MITCHELL | 1996 |
| 15:55.29 | MARTIN LYNAS | 2016 | 7:45.6 | GRAEME KEDDIE | 1996 |
| 16:06.4 | BOBBY MADDEN | 1997 | | | |
| 16:09.9 | GORDON COLVIN | 1978 | | 3000m S/C | |
| 16:27.5 | COLIN GRANT | 1983 | 9:56.0 | IAN ARCHIBALD | 1980 |
| 17:07.9 | CAMERON CLEMENT | 1996 | 9:59.6 | WILLIE MCDONALD | 1977 |
| 17:42.2 | LAURENCE REID | 1986 | 10:10.1 | ROBERT MCKIM | 1976 |
| 17:43.0 | GRANT BAILLIE | 1997 | 10:17.7 | CAMERON CLEMENT | 1996 |
| 17:57.2 | DAVID WHITE | 1986 | 10:27.8 | GRANT BAILLIE | 1997 |
| 19:08.3 | GRAEME KEDDIE | 1997 | 10:34.3 | CHRIS BRYDEN | 1987 |
| | | | 10:35.98 | NEIL SHARPE | 1990 |
| | 10000m | | 10:40.6 | BOBBY MADDEN | 1996 |
| 33:16.17 | MARTIN LYNAS | 2018 | 10:43.0 | DEREK BELL | 1995 |
| 35:20.76 | VINCENT HASTINGS | 2014 | 10:49.1 | LAURENCE REID | 1987 |

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 |
| 7.21 | CALUM CHARTERS | 2023 |
| 7.13 | STUART MCMILLAN | 1997 |
| 7.03 | LEWIS THORPE | 2023 |
| 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 |