



EKAC MASTERS AGE GROUP TOP 5's



	60m			100m			200m	
	M35			M35			M35	
7.45	DAVID GILMOUR	2006	11.38	DAVID GILMOUR	2005	23.32	DAVID GILMOUR	2006
8.06	FRASER HOPKINS	2014	12.4	FRASER HOPKINS	2014	25.8	FRASER HOPKINS	2014
8.22	ANDREW CLYDESDALE	2015	12.8	ANDREW CLYDESDALE	2014	26.40i	ANDREW CLYDESDALE	2015
			13.1	GRANT BAILLIE	2014	26.92	GRANT BAILLIE	2015
			13.54	GORDON SELFRIDGE	2012	27.7	GORDON SELFRIDGE	2013
	M40			M40			M40	
7.7	BILL MACDOUGALL	1989	12.18	ANDY CLYDESDALE	2018	23.3	DAVID GILMOUR	2007
8.01	FRASER HOPKINS	2015	12.2	BILL MACDOUGALL	1993	24.1	BILL MACDOUGALL	1993
8.02	CHARLIE LELEUX	2003	12.2	FRASER HOPKINS	2015	25.16	ANDY CLYDESDALE	2018
8.06	ANDREW CLYDESDALE	2017	12.37	CHARLES LELEUX	2003	25.8	FRASER HOPKINS	2014
			12.7	ANDY HAETZMAN	1990	26.4	CHARLES LELEUX	2005
	M45			M45			M45	
			12.0	BILL MACDOUGALL	1994	24.5	BILL MACDOUGALL	1995
			12.7	ANDY CLYDESDALE	2022	26.65	ANDY CLYDESDALE	2022
			13.3	COLIN FREW	2022	27.85	COLIN FREW	2024
			13.7	GRANT BAILLIE	2024	28.8	ALAN BAXTER	2021
			13.9	VINCENT GLENNON	2019	28.9	JOHN EDWARDS	2023
	M50			M50			M50	
8.27	RAMSAY SLOSS	2004	13.18	RAMSAY SLOSS	2005	25.82	RAMSAY SLOSS	2004
			15.0	KEITH CHARTERS	2019	29.0	DEREK LEITCH	2005
						31.68	KEITH CHARTERS	2018
						32.0	WILLIAM MUIR	2011
	M55			M55			M55	
8.63	RAMSAY SLOSS	2008	13.65	DEREK LEITCH	2012	26.77	RAMSAY SLOSS	2008
			14.3	KEITH CHARTERS	2024	30.4	KEITH CHARTERS	2021
	M60			M60			M60	
						30.95	DEREK LEITCH	2014
	M65			M65			M65	





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	3000m			5000m			10000m	
	M35			M35			M35	
8:58.75i	GRANT BAILLIE	2019	15:41.3	DAVID CONDRA	1997	32:47	GRANT BAILLIE	2017
9:26.?	GORDON COLVIN	1994	15:57.12	GRANT BAILLIE	2018	34:11.?	GORDON COLVIN	1994
10:58.35	CHRIS WHITE	2016	16:22.?	GORDON COLVIN	1994	36:17	DAVID ROSS	2018
			21:38	GERRY O'NEIL	2016			
	M40			M40			M40	
8:40.30	GRANT BAILLIE	2023	15:29.72	GRANT BAILLIE	2023	31:47	GRANT BAILLIE	2019
9:05.63	KEVIN DOWNIE	2010	15:48.0	BOBBY RONALD	1995	33:53.88	BOBBY RONALD	1997
9:16.6	BOBBY RONALD	1995	17:04.?	GORDON COLVIN	1999	34:10	GRAEME HADDOW	2002
9:38.05	ANDREW	2023	17:07.?	GEORGE BLACK	1984	34:30	GEORGE BLACK	1985
9:46.4	DAVID CONDRA	2004	17:12.1	DAVID CONDRA	2004	35:08	GORDON COLVIN	1999
	M45			M45			M45	
8:57.11	GRANT BAILLIE	2024	15:28.72	GRANT BAILLIE	2024	38:45	GORDON COLVIN	2007
10:20.1	DAVID CONDRA	2007	17:51.07	GRAEME HADDOW	2008	42:34	VINCENT GLENNON	2018
10:27.0	DEREK LEITCH	2004	19:11.?	GORDON COLVIN	2007	42:51	GRAEME HADDOW	2012
10:31.37	GRAEME HADDOW	2008	19:18.80	JOHN EDWARDS	2025	44:26	DAVID CONDRA	2011
10:45.08	JOHN EDWARDS	2023						
	M50			M50			M50	
10:35.34	CHRIS WATTERS	2024	19:18	GRAEME HADDOW	2014	36:53	DEREK LEITCH	2007
11:35.2	GRAEME HADDOW	2013	20:12	GORDON COLVIN	2012	41:01	GORDON COLVIN	2009
11:45.5	KEITH CHARTERS	2019	21:23	KEITH CHARTERS	2019	41:14	GRAEME HADDOW	2016
12:33.8	PAUL STUART	2022				44:10	KEITH CHARTERS	2018
						63:07	DAVID CONDRA	2016
	M55			M55			M55	
10:45.96	KEITH CHARTERS	2023	18:02	DEREK LEITCH	2008	37:33	DEREK LEITCH	2009
10:57.?	DEREK LEITCH	2011	18:34.47	KEITH CHARTERS	2023	38:15.46	KEITH CHARTERS	2024
11:18.0	ARTHUR MULHOLLAND	2021	20:41	ARTHUR MULHOLLAND	2018	42:27	GRAEME HADDOW	2017
13:19.?	GORDON COLVIN	2018	21:15	GRAEME HADDOW	2019	45:00	ARTHUR MULHOLLAND	2018
			21:49	GORDON COLVIN	2019			
	M60			M60			M60	
11:21	DEREK LEITCH	2013	19:41	DEREK LEITCH	2013	38:29.21	KEITH CHARTERS	2025
11:23.6	KEITH CHARTERS	2025	21:07.09	ARTHUR MULHOLLAND	2025	42:06	DEREK LEITCH	2013
	M65			M65			M65	



	HIGH JUMP			LONG JUMP			DISCUS	
	M35			M35			M35	
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			
	M40			M40			M40	
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	4.46	GRANT BAILLIE	2023	21.20	NORRIE GRIFFITHS	1988
			4.37	WILLIE MCCANN	1991	21.19	VINCENT GLENNON	2017
	M45			M45			M45	
1.60	ALAN BAXTER	2024	5.09	BILL MACDOUGALL	1995	37.61	GEORGE LONEY	1999
			4.52	ALAN BAXTER	2023	33.98	KEITH GARROW	2019
			3.86	JOHN EDWARDS	2023	23.62	VINCENT GLENNON	2019
			3.75	DAVID CONDRA	2008	21.46	ALAN BAXTER	2024
	M50			M50			M50	
1.32	KEITH CHARTERS	2018				22.97	WILLIAM MUIR	2014
						22.47	ALAN BAXTER	2025
						21.99	VINNIE GLENNON	2024
	M55MM							
	M55			M55			M55	
			3.36	KEITH CHARTERS	2023	21.81	WILLIAM MUIR	2019
	M60			M60			M60	
	M65			M65			M65	



	HAMMER			JAVELIN			SHOT PUT	
	M35			M35			M35	
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
	M40			M40			M40	
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
	M45			M45			M45	
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	8.45	ALAN BAXTER	2023
			?	MICHAEL CARLIN	2024	7.80	VINCENT GLENNON	2019
						6.43	ANDREW CHAPMAN	2023
	M50			M50			M50	
21.97	WILLIAM MUIR	2013	27.34	WILLIAM MUIR	2012	8.04	WILLIAM MUIR	2011
			20.79	VINCENT GLENNON	2024	7.68	VINCENT GLENNON	2024
			13.56	KEITH CHARTERS	2019			
	M55			M55			M55	
22.14	WILLIAM MUIR	2017	23.71	WILLIAM MUIR	2017	9.01i	WILLIAM MUIR	2017
						5.16	KEITH CHARTERS	2023
	M60			M60			M60	
						8.32i	WILLIAM MUIR	2023
	M65			M65			M65	
						10.12	JIM HOGG	2025



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	3000m S/C			1/2 MARATHON			MARATHON	
	M35			M35			M35	
9:55.76	GRANT BAILLIE	2015	73:18	GRANT BAILLIE	2015	2:38.19	GRANT BAILLIE	2017
			74:10	GORDON COLVIN	1995	2:55.39	DAVID ROSS	2023
			2:04.17	MICHAEL BROWNE	2012	3:13.00	GARY CRAIG	2022
	M40			M40			M40	
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			
	M45			M45			M45	
10:07.94	GRANT BAILLIE	2024	80:49	DAVID CONDRA	2007	3:20.17	JOHN EDWARDS	2025
			104:15	GERRY O'NEIL	2022			
	M50			M50			M50	
			98:10	KEITH CHARTERS	2019	5:01.08	KEITH CHARTERS	2019
	M55			M55			M55	
			88:13	KEITH CHARTERS	2022	3:19.33	KEITH CHARTERS	2022
	M60			M60			M60	
						3:31.52	KEITH CHARTERS	2025
	150m			110mh			TRIPLE JUMP	
20.8	Vincent Glennon	2021	21.37	COLIN FREW 40	2019	10.98	BILL MACDOUGALL	1990
22.6	Gerry O'Neil	2021	22.88	ALAN BAXTER 45	2025	8.84	GORDON SELFRIDGE M35	2013
23.0	Keith Charters	2021	26.95	MARK ELLIOTT 40	2025			
23.2	John Paul Connor	2021	30.8	JOHN TOMS 40	1996			