

EKAC UNDER 20 MEN TOP 20

	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
7.93	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
	100m		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	2:01.31	SAM HOSIE	2025
			2:01.42	ALAN SMITH	1990
	150m		2:01.7	CHRIS BRYDEN	1987
18.4	JAKE VULCAN	2021	2:02.3	IAN TIERNEY	1987
18.6	JORDAN O'NEILL	2021	2:02.5	ALAN PARTRIDGE	1968
18.9	SAMMY DICKIE	2021	2:02.5	NIALL WALKER	2008
			2:03.0	JAMIE MADDEN	1996
	200m		2:03.8	DAVID GORMAN	2008
21.68	GREG KELLY	2018	2:04.0	RICHARD MCKIRDY	1982
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
9:06.82i	BEN BAILLIE	2026	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
9:21.44i	SAM HOSIE	2025	66.4	BOBBY MADDEN	1997
9:24.24i	HAMISH ANDERSON	2020	72.5	GRAEME KEDDIE	1998
9:24.?	GORDON COLVIN	1978	73.83	DAVID ROSS	1987
9:25.4	ALAN SMITH	1991			
9:29.52i	CALUM CHARTERS	2023		2000m S/C	
9:33.1	DAVID WHITE	1987	5:59.8	ROBERT MCKIM	1975
9:38.9	LAURENCE REID	1986	6:05.7	RICHARD MCKIRDY	1982
9:54.3	GRAEME KEDDIE	1997	6:14.54	WILLIE MCDONALD	1977
9:55.0	JOHN FERGUSSON	2008	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

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SHOT PUT 6Kg

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