



EKAC MASTERS TOP 20



60m

7.45	DAVID GILMOUR M35	2006
7.7	BILL MACDOUGALL	1989
8.01	FRASER HOPKINS	2015
8.02	CHARLIE LELEUX	2003
8.06	ANDY CLYDESDALE M35	2017
8.27	RAMSAY SLOSS M50	2004

100m

11.38	DAVID GILMOUR M35	2005
12.0	BILL MACDOUGALL	1994
12.18	ANDY CLYDESDALE M40	2018
12.2	FRASER HOPKINS	2015
12.37	CHARLES LELEUX	2003
12.7	ANDY HAETZMAN	1990
13.0	JOHN TOMS	1997
13.1	GRANT BAILLIE M35	2014
13.18	RAMSAY SLOSS M50	2005
13.2	WILLIE TAYLOR	2007
13.5	WILLIE MCCANN	1990
13.54	GORDON SELFRIDGE M35	2012
14.0	WILLIE TAYLOR M45	2012
14.3	BILL SMITH	1990
14.5	DEREK LEITCH	2004
14.53	KEITH GARROW M35	2010
14.6	DONALD FERGUSON	1992
14.6	FRED BIAS	1992
14.6	RAYMOND DULLICK	1993
14.8	PAT RUSSELL	1990
14.8	WILLIAM MUIR	2010

200m

23.3	DAVID GILMOUR	2007
24.1	BILL MACDOUGALL	1993
25.16	ANDY CLYDESDALE M40	2018
25.8	FRASER HOPKINS	2014
25.82	RAMSAY SLOSS M50	2004
26.4	CHARLES LELEUX	2005
26.77	RAMSAY SLOSS M55	2008
27.3	EDDIE MORRISON	1997
27.4	ANDY HAETZMAN	1990
27.7	GORDON SELFRIDGE M35	2013
28.0	WILLIE MCCANN	1991
28.8	DAVID CONDRAS	2005
29.0	DEREK LEITCH O/50	2005
29.2	RAYMOND DULLICK	1992
29.2	JOHN TOMS	1996
29.7	DONALD FERGUSON	1992
30.1	FRED BIAS	1982
30.2	GERRY O'NEIL M40	2017
30.4	DUNCAN HUGHES	1996
30.5	PAT RUSSELL	1990

400m

56.3	BILL MACDOUGALL	1990
57.63i	RAMSAY SLOSS M50	2003
61.25	DEREK LEITCH V50	2003
62.1	WILLIE MCCANN	1992
62.73	RAMSAY SLOSS M55	2008
64.80	VINCENT GLENNON M45	2018
66.0	DAVID CONDRAS	2006
68.7	DONALD FERGUSON	1991
68.7	FRED BIAS	1992
69.18	KEITH CHARTERS M55	2018
70.0	DAVID MCKIRDY	1991
74.6	JOHN TOMS	1996

800m

2:03.6	GRANT BAILLIE M35	2014
2:04.62	KEVIN DOWNIE M35	2009
2:05.?	RAMSAY SLOSS M40	1993
2:07.7	DEREK LEITCH	2002
2:11.80	DEREK LEITCH M55	2008
2:13.0	WILLIE TAYLOR	2008
2:14.0	DAVID CONDRAS	2005
2:15.6	BOBBY RONALD	1997
2:17.8	DEREK LEITCH M50	2005
2:18.0	BILL MACDOUGALL	1990
2:18.8	EDDIE MORRISON	1997
2:24.8	HARRY HENDERSON	1996
2:27.1	DONALD FERGUSON	1992
2:27.1	BILL SMITH	1992
2:28.6	GRAEME HADDOW	2006
2:29.1	GAVIN MCKIRDY	1990
2:30.8	ANDY CLYDESDALE	2014
2:31.9	ANDY HAETZMAN	1990
2:32.2	GORDON SELFRIDGE M35	2013
2:34.27	CHRIS WHITE M35	2016
2:40.82	DEREK LEITCH M60	2015

1500m

4:10.38	KEVIN DOWNIE M40	2010
4:20.54	DEREK LEITCH M45	2002
4:25.3	GRANT BAILLIE M35	2017
4:29.2	BOBBY RONALD	1997
4:32.0	RAYMOND DULLICK	1993
4:34.58	WILLIE TAYLOR	2007
4:36.31	DAVID CONDRAS	2002
4:43.4	DEREK LEITCH M50	2005
4:47.0	WILLIE MCCANN	1990
4:52.0	BILL SMITH	1985
4:55.0	GORDON COLVIN	2001
4:55.1	GRAEME HADDOW	2006
5:00.0	GAVIN MCKIRDY	1990
5:01.0	HUGH TURNER	1984
5:11.0	PAT RUSSELL	1985
5:11.0	DREW TURNBULL	1985
5:11.7	GORDON SELFRIDGE	2014
5:11.9	DONALD FERGUSON	1992
5:18.6	ANDY HAETZMAN	1990
5:22.4	EDGAR RAMAGE	1998

2000m

6:31.53	DEREK LEITCH M50	2003
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3000m

9:04.5	GRANT BAILLIE M35	2014
9:05.63	KEVIN DOWNIE	2010
9:16.6	BOBBY RONALD	1995
9:46.4	DAVID CONDRAS	2004
10:13	GEORGE BLACK	1986
10:16.7	GRAEME HADDOW	2002
10:19	GORDON COLVIN	1999
10:20.1	DAVID CONDRAS M45	2007
10:21.3	GAVIN MCKIRDY	1990
10:27.0	DEREK LEITCH M45	2004
10:31.37	GRAEME HADDOW M45	2008
10:35.0	BILL SMITH	1986
10:37.2	EDDIE MORRISON	1997
10:58.35	CHRIS WHITE M35	2016
11:01.4	DEREK LEITCH M55	2012
11:14	GORDON COLVIN M45	2007
11:16.2	RAYMOND DULLICK	1992
11:21.9	DREW TURNBULL	1990
11:43.7	BRIAN O'NEILL	2002
12:05.6	BENNY ROONEY	1997



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	5000m				TRIPLE JUMP	
15:41.3	DAVID CONDRA M35	1997	10.98		BILL MACDOUGALL	1990
15:48.0	BOBBY RONALD	1995				
15:57.12	GRANT BAILLIE M35	2018			DISCUS	
17:07	GEORGE BLACK	1984	39.00		GEORGE LONEY M40	1996
17:16.43	RALPH RIACH	2003	38.36		GEORGE LONEY M35	1993
17:50.0	BILL SMITH	1986	37.61		GEORGE LONEY M45	1999
17:51.07	GRAEME HADDOW M45	2008	35.77		KEITH GARROW M35	2012
19:28.36	DEREK LEITCH M55	2010	27.73		GRAHAM PORTERFIELD M35	2015
19:35.0	TOMMY WALTERS	1983	23.97		FRASER MACDOUGALL M35	2015
			22.97		WILLIAM MUIR M50	2014
			22.06		VINCENT GLENNON M45	2018
	10000m				NORRIE GRIFFITHS	1988
33:53.88	BOBBY RONALD	1997	21.20		JOHN TOMS	1996
34:30	GEORGE BLACK	1985	19.90		FRED BIAS	1980
36:58.0	WILLIE MCCANN	1987	19.61		BILL MACDOUGALL	1990
37:34.0	HUGH TURNER	1985	18.92		GORDON SELFRIDGE M40	2016
39:04.0	ALAN HILL	1991	16.41		JOHN KEDDIE	1995
40:03.0	DREW TURNBULL	1991	16.28		PAT RUSSELL	1994
			14.80		RAYMOND DULLICK	1992
			14.34		PHIL MCDONALD	1994
			13.06			
	110mh				HAMMER	
30.8	JOHN TOMS	1996			GRAHAM PORTERFIELD M35	2015
					KEITH GARROW	2014
	3000m S/C				GEORGE LONEY	1995
9:55.76	GRANT BAILLIE M35	2015	38.39		WILLIAM MUIR M55	2017
11:10.5	DAVY CONDRA	2006	29.29		JOHN KEDDIE	1994
			29.02			
	MARATHON		22.14			
2:30.50	GEORGE BLACK	1983	14.54			
2:37.42	GAVIN MCKIRDY	1981				
					JAVELIN	
	½ MARATHON		42.30		FRASER MACDOUGALL M35	2014
71.58	GEORGE BLACK	1985	40.92		GEORGE LONEY M40	1994
74.45	BOBBY RONALD	1996	33.54		GEORGE LONEY M45	1999
75.57	DAVID CONDRA	2002	33.30		KEITH GARROW M35	2013
81.14	GORDON COLVIN	1999	27.34		WILLIAM MUIR M50	2012
			23.78		JOHN TOMS	1996
			23.48		FRED BIAS	1982
	HIGH JUMP		21.35		NORRIE GRIFFITHS	1987
1.65	GEORGE LONEY M35	1993	20.84		GORDON SELFRIDGE	2015
1.60	GEORGE LONEY M40	1995	19.66		DAVID MCKIRDY	1991
1.55	BILL MACDOUGALL	1991	19.20		DONALD FERGUSON	1992
1.55	GRANT BAILLIE M35	2014	17.62		PAT RUSSELL	1991
1.35	GORDON SELFRIDGE	2014	16.58		PHIL MCDONALD	1994
1.32	KEITH CHARTERS	2018	15.56		DREW TURNBULL	1991
1.20	WILLIE MCCANN	1991	15.18		WILLIE MCCANN	1992
1.10	DONALD FERGUSON	1991	6.31		GRAEME HADDOW	2006
	LONG JUMP				SHOT PUT	
5.68	GEORGE LONEY M35	1992			GEORGE LONEY M40	1998
5.67	FRASER HOPKINS	2015	12.97		GEORGE LONEY M45	1999
5.35	BILL MACDOUGALL	1990	12.10		GEORGE LONEY M35	1992
5.05	CHARLES LELEUX	2003	11.97		KEITH GARROW	2014
4.97	GRANT BAILLIE M35	2014	11.77		WILLIAM MUIR M55	2017
4.58	GORDON SELFRIDGE M35	2013	9.01i		FRASER MACDOUGALL	2015
4.37	WILLIE MCCANN	1991	8.93		FRASER HOPKINS	2015
4.32	FRED BIAS	1982	8.58		ANDY CLYDESDALE	2014
3.90	DAVID MCKIRDY	1991	8.33		JOHN KEDDIE	1994
3.87	DONALD FERGUSON	1991	8.05		JOHN TOMS	1997
3.80	DAVID CONDRA	2002	7.52		FRED BIAS	1979
3.79	KEITH GARROW M35	2008	7.46		PAT RUSSELL	1990
3.75	DAVID CONDRA M45	2008	7.30		CHARLES LELEUX	2005
3.44	EDGAR RAMAGE	1998	7.05		WILLIE MCCANN	1990
3.41	PAT RUSSELL	1990	6.91		DREW TURNBULL	1991
3.27	ALASDAIR MCGREGOR	1990	6.76		EDGAR RAMAGE	1998
3.13	BILL SMITH	1990	6.75		ALASDAIR MCGREGOR	1990
2.61	GRAEME HADDOW	2003	6.69		DAVID MCKIRDY	1991
2.54	DREW TURNBULL	1990	6.65		DONALD FERGUSON	1991
2.51	WILLIAM MUIR	2002	6.57		GRANT BAILLIE M35	2015