



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	DAVY 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
66.0	DAVID CONDRAS	2006
68.7	DONALD FERGUSON	1991
68.7	FRED BIAS	1992
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
2:05.7	RAMSAY SLOSS M40	1993
2:11.80	DEREK LEITCH M55	2008
2:13.0	WILLIE TAYLOR	2008
2:07.7	DEREK LEITCH	2002
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	
15:48.0	BOBBY RONALD	1995	10.98		BILL MACDOUGALL	1990
16:08.20	GRANT BAILLIE M35	2016				
17:05.9	DAVID CONDRA	2002			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
			21.20		NORRIE GRIFFITHS	1988
	10000m		19.90		JOHN TOMS	1996
33:53.88	BOBBY RONALD	1997	19.61		FRED BIAS	1980
34:30	GEORGE BLACK	1985	18.92		BILL MACDOUGALL	1990
36:58.0	WILLIE MCCANN	1987	16.41		GORDON SELFRIDGE M40	2016
37:34.0	HUGH TURNER	1985	16.28		JOHN KEDDIE	1995
39:04.0	ALAN HILL	1991	14.80		PAT RUSSELL	1994
40:03.0	DREW TURNBULL	1991	14.34		RAYMOND DULLICK	1992
			13.06		PHIL MCDONALD	1994
	110mh				HAMMER	
30.8	JOHN TOMS	1996			GRAHAM PORTERFIELD M35	2015
			38.39		KEITH GARROW	2014
	3000m S/C		29.29		GEORGE LONEY	1995
9:55.76	GRANT BAILLIE M35	2015	29.02		WILLIAM MUIR M55	2017
11:10.5	DAVY CONDRA	2006	22.14		JOHN KEDDIE	1994
			14.54		JAVELIN	
	MARATHON				FRASER MACDOUGALL M35	2014
2:30.50	GEORGE BLACK	1983	42.30		GEORGE LONEY M40	1994
2:37.42	GAVIN MCKIRDY	1981	40.92		GEORGE LONEY M45	1999
			33.54		KEITH GARROW M35	2013
	½ MARATHON		33.30		WILLIAM MUIR M50	2012
71.58	GEORGE BLACK	1985	27.34		JOHN TOMS	1996
74.45	BOBBY RONALD	1996	23.78		FRED BIAS	1982
75.57	DAVID CONDRA	2002	23.48		NORRIE GRIFFITHS	1987
81.14	GORDON COLVIN	1999	21.35		GORDON SELFRIDGE	2015
			20.84		DAVID MCKIRDY	1991
	HIGH JUMP		19.66		DONALD FERGUSON	1992
1.65	GEORGE LONEY M35	1993	19.20		PAT RUSSELL	1991
1.60	GEORGE LONEY M40	1995	17.62		PHIL MCDONALD	1994
1.55	BILL MACDOUGALL	1991	16.58		DREW TURNBULL	1991
1.55	GRANT BAILLIE M35	2014	15.56		WILLIE MCCANN	1992
1.35	GORDON SELFRIDGE	2014	15.18		GRAEME HADDOW	2006
1.20	WILLIE MCCANN	1991	6.31			
1.10	DONALD FERGUSON	1991			SHOT PUT	
					GEORGE LONEY M40	1998
	LONG JUMP				GEORGE LONEY M45	1999
5.68	GEORGE LONEY M35	1992	12.97		GEORGE LONEY M35	1992
5.67	FRASER HOPKINS	2015	12.10		KEITH GARROW	2014
5.35	BILL MACDOUGALL	1990	11.97		WILLIAM MUIR M55	2017
5.05	CHARLES LELEUX	2003	11.77		FRASER MACDOUGALL	2015
4.97	GRANT BAILLIE M35	2014	9.01i		FRASER HOPKINS	2015
4.58	GORDON SELFRIDGE M35	2013	8.93		ANDY CLYDESDALE	2014
4.37	WILLIE MCCANN	1991	8.58		JOHN KEDDIE	1994
4.32	FRED BIAS	1982	8.33		JOHN TOMS	1997
3.90	DAVID MCKIRDY	1991	8.05		FRED BIAS	1979
3.87	DONALD FERGUSON	1991	7.55		PAT RUSSELL	1990
3.80	DAVID CONDRA	2002	7.46		CHARLES LELEUX	2005
3.79	KEITH GARROW M35	2008	7.30		WILLIE MCCANN	1990
3.75	DAVID CONDRA M45	2008	7.05		DREW TURNBULL	1991
3.44	EDGAR RAMAGE	1998	6.91		EDGAR RAMAGE	1998
3.41	PAT RUSSELL	1990	6.76		ALASDAIR MCGREGOR	1990
3.27	ALASDAIR MCGREGOR	1990	6.75		DAVID MCKIRDY	1991
3.13	BILL SMITH	1990	6.69		DONALD FERGUSON	1991
2.61	GRAEME HADDOW	2003	6.65		GRANT BAILLIE M35	2015
2.54	DREW TURNBULL	1990	6.57			
2.51	WILLIAM MUIR	2002				