



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 CONDRA	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 CONDRA	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 CONDRA	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 CONDRA	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

8:58.75i	GRANT BAILLIE M35	2019
9:05.63	KEVIN DOWNIE	2010
9:16.6	BOBBY RONALD	1995
9:46.4	DAVID CONDRA	2004
10:13	GEORGE BLACK	1986
10:16.7	GRAEME HADDOW	2002
10:19	GORDON COLVIN	1999
10:20.1	DAVID CONDRA 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		DISCUS			
15:57.12	GRANT BAILLIE M35	2018		GEORGE LONEY M40	1996		
17:07	GEORGE BLACK	1984	39.00	GEORGE LONEY M35	1993		
17:16.43	RALPH RIACH	2003	38.36	GEORGE LONEY M45	1999		
17:50.0	BILL SMITH	1986	37.61	KEITH GARROW M35	2012		
17:51.07	GRAEME HADDOW M45	2008	35.77	GRAHAM PORTERFIELD M35	2015		
19:28.36	DEREK LEITCH M55	2010	27.73	FRASER MACDOUGALL M35	2015		
19:35.0	TOMMY WALTERS	1983	23.97	WILLIAM MUIR M50	2014		
10000m				22.97	VINCENT GLENNON M45	2018	
33:53.88	BOBBY RONALD	1997	21.20	NORRIE GRIFFITHS	1988		
34:30	GEORGE BLACK	1985	19.90	JOHN TOMS	1996		
36:58.0	WILLIE MCCANN	1987	19.61	FRED BIAS	1980		
37:34.0	HUGH TURNER	1985	18.92	BILL MACDOUGALL	1990		
39:04.0	ALAN HILL	1991	16.41	GORDON SELFRIDGE M40	2016		
40:03.0	DREW TURNBULL	1991	16.28	JOHN KEDDIE	1995		
110mh				14.80	PAT RUSSELL	1994	
30.8	JOHN TOMS	1996	14.34	RAYMOND DULLICK	1992		
3000m S/C				13.06	PHIL MCDONALD	1994	
9:55.76	GRANT BAILLIE M35	2015	38.39	HAMMER			
11:10.5	DAVY CONDRA	2006	29.29	GRAHAM PORTERFIELD M35	2015		
MARATHON				29.02	KEITH GARROW	2014	
2:30.50	GEORGE BLACK	1983	22.14	GEORGE LONEY	1995		
2:37.42	GAVIN MCKIRDY	1981	14.54	WILLIAM MUIR M55	2017		
1/2 MARATHON				42.30	JOHN KEDDIE	1994	
71.58	GEORGE BLACK	1985	40.92	JAVELIN			
74.45	BOBBY RONALD	1996	33.54	FRASER MACDOUGALL M35	2014		
75.57	DAVID CONDRA	2002	33.30	GEORGE LONEY M40	1994		
81.14	GORDON COLVIN	1999	27.34	GEORGE LONEY M45	1999		
HIGH JUMP				23.78	KEITH GARROW M35	2013	
1.65	GEORGE LONEY M35	1993	23.48	WILLIAM MUIR M50	2012		
1.60	GEORGE LONEY M40	1995	21.35	JOHN TOMS	1996		
1.55	BILL MACDOUGALL	1991	20.84	FRED BIAS	1982		
1.55	GRANT BAILLIE M35	2014	19.66	NORRIE GRIFFITHS	1987		
1.35	GORDON SELFRIDGE	2014	19.20	GORDON SELFRIDGE	2015		
1.32	KEITH CHARTERS	2018	17.62	DAVID MCKIRDY	1991		
1.20	WILLIE MCCANN	1991	16.58	DONALD FERGUSON	1992		
1.10	DONALD FERGUSON	1991	15.56	PAT RUSSELL	1991		
LONG JUMP				15.18	PHIL MCDONALD	1994	
5.68	GEORGE LONEY M35	1992	6.31	DREW TURNBULL	1991		
5.67	FRASER HOPKINS	2015		WILLIE MCCANN	1992		
5.35	BILL MACDOUGALL	1990		GRAEME HADDOW	2006		
5.05	CHARLES LELEUX	2003		SHOT PUT			
4.97	GRANT BAILLIE M35	2014		GEORGE LONEY M40	1998		
4.58	GORDON SELFRIDGE M35	2013		GEORGE LONEY M45	1999		
4.37	WILLIE MCCANN	1991		GEORGE LONEY M35	1992		
4.32	FRED BIAS	1982		KEITH GARROW	2014		
3.90	DAVID MCKIRDY	1991		WILLIAM MUIR M55	2017		
3.87	DONALD FERGUSON	1991		FRASER MACDOUGALL	2015		
3.80	DAVID CONDRA	2002		FRASER HOPKINS	2015		
3.79	KEITH GARROW M35	2008		ANDY CLYDESDALE	2014		
3.75	DAVID CONDRA M45	2008		JOHN KEDDIE	1994		
3.44	EDGAR RAMAGE	1998		JOHN TOMS	1997		
3.41	PAT RUSSELL	1990		FRED BIAS	1979		
3.27	ALASDAIR MCGREGOR	1990		PAT RUSSELL	1990		
3.13	BILL SMITH	1990		CHARLES LELEUX	2005		
2.61	GRAEME HADDOW	2003		WILLIE MCCANN	1990		
2.54	DREW TURNBULL	1990		DREW TURNBULL	1991		
2.51	WILLIAM MUIR	2002		EDGAR RAMAGE	1998		
				ALASDAIR MCGREGOR	1990		
				DAVID MCKIRDY	1991		
				DONALD FERGUSON	1991		
				GRANT BAILLIE M35	2015		