



<b>EVENT</b>	<b>NAME (U17s)</b>	<b>TIME</b>	<b>NAME (U15s)</b>	<b>TIME</b>	<b>NAME (U13s)</b>	<b>TIME</b>	<b>NAME (U11s)</b>	<b>TIME</b>
<b>60m</b>	Alasdair McKenzie 2002	7.24	Ewan McCormack 1989	7.5	Ross Maxwell 2008	8.09	Sam McGrory 2018	9.17
<b>80m</b>							Ross Maxwell 2006	11.8
<b>100m</b>	J Gillies 1978, S Harrigan 1987, F Hopkins 1988	11.0	Ross Maxwell 2010	11.4	Ross Maxwell 2008	12.5	Ross Maxwell 2006	13.8
<b>150m</b>							Owen Selfridge 2013	22.0
<b>200m</b>	Greg Kelly 2015	22.55	Robin Archibald 1975	23.2	Nicholas Coupland 2009	26.1	Ross Maxwell 2006	30.4
<b>300m</b>	Liam Woods 2018	37.23						
<b>400m</b>	Derek Archibald 1980	49.6	Finbar Bonini 1986	54.2	David Steven 1992	60.05		
<b>600m</b>	Aidan Gilbride 2013	1:27.4	David Gorman 2005	1:33.5	George McKenzie 2016	1:52.16	Ryan McNamara 2018	1:53.23i
<b>800m</b>	Alan Macbeth 1988	1:55.05	Robert McKim 1973	2:02.6 (i)	Ian Archibald 1973	2:19.9	George McKenzie 2015	2:37.6
<b>1500m</b>	Alan Macbeth 1988	3:54.6	Kevin McKenna 1996	4:21.9	Stephen Matthews 1997	4:48.4	Elliot Bain2013	5:30.0
<b>1 Mile</b>	Alan Macbeth 1987	4:20.0	Alan Trench 1967	4:45.0	George Mckenzie 2016	5:26.38		
<b>3000m</b>	Richard McKirdy 1981	8:49.9	Kevin McKenna 1996	9:35.63	Jamie Clements 2002	13:13.7		
<b>5000m</b>	Ian Tierney 1986	16:02.6						
<b>110m H</b>	Grant Irwine 1979	14.4 (100)	Steven Blackwood 1988 Owen Selfridge 2017	12.6 (80) 10.29i (60)	Owen Selfridge 2015 O Selfridge 2014/C Charters 2018	12.96 (75) 11.82 (60)		
<b>400m H</b>	Kevin McKenna 1997	57.7						
<b>1500 S/C</b>	Kevin McKenna 1997	4:33.51	Alan Smith 1987	4:43.4				
<b>2000 S/C</b>	Robert McKim 1974	6:11.8						
<b>High Jump</b>	Duncan McInnes 1995	1.90m (i)	David Gormley 1986	1.81m	Duncan McInnes 1991	1.56m		
<b>Long Jump</b>	David Gormley 1988	6.60m	Ross Maxwell 2010	6.49m	Ross Maxwell 2008	4.98m	Sam McGrory 2018	4.13m
<b>Triple Jump</b>	David Gormley 1988	13.25m	Fraser Hopkins 1987	13.11m	Fraser Hopkins 1985	11.05m		
<b>Pole Vault</b>	Ross Gibson 1996	3.30m						
<b>Discus</b>	Gordon Irwine 1981	41.34m	Gordon Irwine 1980	50.70m	A Mathieson 1979	20.90m		
<b>Hammer</b>	Stuart Muir 2009	35.48m	Stuart Muir 2007	24.67m				
<b>Javelin</b>	Fraser MacDougall 1993	46.50m	Gordon Irwine 1979	44.70m	Scott McDermott 1988	29.02m		
<b>Shot Putt</b>	Grant Irwine 1979	14.41m	Gordon Irwine 1980	16.43m	A Mathieson 1979	10.70m	David Docherty 2002	5.56m
<b>Decathlon</b>	Douglas McCue 1980	4559	Gordon Irwine 1979	3240 Pent				
<b>4 x 100m</b>	1988	45.9	1987	45.9	G Irwine, David Bias Graeme McKirdy, Craig Gillies 1978	55.4	George McKenzie, Jamie Scullion, Harry Mulvey, Thomas O'Neill 2015	62.5
<b>4 x 200m</b>	D Cathie, D Gormley K MacNamee, A Macbeth 1987	1:37.9	Douglas Noble, Jamie Madden Fraser MacDougall, Stuart Russell 1992	1:41.4	Alan Mitchell, George Pettit Craig Farrell, Colin Anderson 1992	2:01.5	Rhys Earaker, Jamie Connor, Blair McHenry, Michael Coulter 2017	2:28.24i
<b>4 x 400m</b>	1988	3:41.0	Jamie Madden, Stuart Russell Fraser MacDougall, Cameron Clement 1992	3:51.3	Graeme Keddie, Craig Farrell George Pettit, Alistar Sandler 1992	4:36.4		
<b>Medley</b>	D Cathie, C Clements K MacNamee, A Macbeth 1987	3:44.5	Douglas Noble, Fraser MacDougall Stuart Russell, Jamie Madden 1992	4:02.4	Jason Blake, Ewan McCormack Stuart McDonald, Ian McGregor 1987	4:25.5		



<b>EVENT</b>	<b>CLUB RECORD</b>	<b>TIME</b>	<b>NAME (MASTERS)</b>	<b>TIME</b>	<b>NAME (U20s)</b>	<b>TIME</b>
<b>60m</b>	Stephen Shanks 1995	6.91	David Gilmour M35 2006	7.45	Alasdair MacKenzie 2003 Greg Kelly 2018	7.02
<b>100m</b>	John Gillies 1981/Fraser MacKenzie 2007/ Greg Kelly U20 2018	10.7	David Gilmour M35 2005	11.38	Greg Kelly 2018	10.7
<b>200m</b>	Greg Kelly U20 2018	21.68	David Gilmour 2007	23.3	Greg Kelly 2018	21.68
<b>300m</b>	David Gilmour 1994	34.98				
<b>400m</b>	David Gilmour 1991	48.05	Bill MacDougall 1990	56.3	Alasdair MacKenzie 2004	48.61
<b>600m</b>	Aidan Gilbride U20 2016	1:22.88			Aidan Gilbride U20 2016	1:22.88
<b>800m</b>	Ian Archibald 1980	1:50.42	Grant Baillie M35 2014	2:03.6	Ian Archibald 1980	1:50.42
<b>1500m</b>	Ian Archibald 1983	3:42.39	Kevin Downie M40 2010	4:10.38	Ian Archibald 1980	3:48.94
<b>1 Mile</b>	Ian Archibald 1985	4:02.4	George Black 1984	4:54	Ian Archibald 1980	4:06.0
<b>3000m</b>	Ian Archibald 1983	8:02.92 (i)	Grant Baillie M35 2019	8:58.75i	Ian Archibald 1980	8:24.6
<b>5000m</b>	Iain Campbell 1985	14:02.0	David Condra M35 1997	15:41.3	Iain Campbell 1978	14:29.1
<b>10000m</b>	Iain Campbell 1984	29:51.67	Bobby Ronald 1997	33:53.88	Martin Lynas 2018	33:16.17
<b>Marathon</b>	Charlie MacDougal 1983	2-22:06	George Black 1983	2:30.50		
<b>110m H</b>	Robert Moodie 1981	15.9	John Toms 1996	30.8	Craig Gillies 1984	15.0
<b>400m H</b>	Ian Neely 1995	54.17			Robert Howat 1993	59.22
<b>1500 S/C</b>	Kevin McKenna 1997	4:33.51				
<b>2000 S/C</b>	Robert McKim 1978	5:41.0			Robert McKim 1975	5:59.8
<b>3000 S/C</b>	Graeme Croll 1988	8:51.11	David Condra 2006	11:10.5	Robert McKim 1975	5:59.8
<b>High Jump</b>	Duncan McInnes 1997	2.05m	George Loney M35 1993	1.65m	Duncan McInnes 1997	2.05m
<b>Long Jump</b>	David Gormley 1993	6.81m	George Loney M35 1992	5.68m	Scott McDermott 1994	6.66m
<b>Pole Vault</b>	Kevin McDowall 1993	3.80m			Kevin McDowall 1989, Scott McDermott 1993	3.40m
<b>Triple Jump</b>	David Gormley 1988	13.25m	Bill MacDougall 1990	10.98m	Grant Irwine 1980	12.88m
<b>Discus</b>	John Little 1993	41.78m	George Loney M40 1996	39.00m	Graeme Ferguson 1994	35.24m
<b>Hammer</b>	Anthony Irving 1995	53.46m	Graham Porterfield M35 2015	38.39m	Graeme Ferguson 1994	31.12m
<b>Javelin</b>	Scott McDermott 1994	49.30m	Fraser MacDougall M35 2014	42.30m	Scott McDermott 1994	49.30m
<b>Shot Putt</b>	George Loney M40 1998	12.97m	George Loney M40 1998	12.97m	Graeme Ferguson 1994	12.93m
<b>Decathlon</b>	Scott McDermott 1994	6040 pts			Scott McDermott 1994	6040
<b>4 x 100m</b>	David Ballantyne, David Gilmour Andrew McLean, Stephen Shanks 1994	42.52				
<b>4 x 200m</b>	Ewan McCormack, Paul MacNamee Andy Murray, David Gormley 1992	1:34.8				
<b>4 x 400m</b>	Kriss Dullick, Andrew McLean David Ballantyne, David Gilmour 1994	3:19.34				



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# EAST KILBRIDE AC CLUB RECORD`S MALE

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<b>Medley</b>	Kevin Tayler, George Loney John Toner, Alan Cord 1978	3:28.8				
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