



| EVENT | NAME (U17s) | TIME | NAME (U15s) | TIME | NAME (U13s) | TIME | NAME (U11s) | TIME |
|--------------------|---|-------------|---|--------------------------|--|--------------------------|--|-------------|
| 60m | Alasdair McKenzie 2002 | 7.24 | Ewan McCormack 1989 | 7.5 | Ross Maxwell 2008 | 8.09 | Calum Hopkins 2012 | 9.37 |
| 80m | | | | | | | Ross Maxwell 2006 | 11.8 |
| 100m | 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 |
| 150m | | | | | | | Owen Selfridge 2013 | 22.0 |
| 200m | Greg Kelly 2015 | 22.55 | Robin Archibald 1975 | 23.2 | Nicholas Coupland 2009 | 26.1 | Ross Maxwell 2006 | 30.4 |
| 400m | Derek Archibald 1980 | 49.6 | Finbar Bonini 1986 | 54.2 | David Steven 1992 | 60.05 | | |
| 600m | Aidan Gilbride 2013 | 1:27.4 | David Gorman 2005 | 1:33.5 | George McKenzie 2016 | 1:52.16 | Ryan McNamara 2018 | 1:53.23i |
| 800m | 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 |
| 1500m | Alan Macbeth 1988 | 3:54.6 | Kevin McKenna 1996 | 4:21.9 | Stephen Matthews 1997 | 4:48.4 | Elliot Bain2013 | 5:30.0 |
| 1 Mile | Alan Macbeth 1987 | 4:20.0 | Alan Trench 1967 | 4:45.0 | George Mckenzie 2016 | 5:26.38 | | |
| 3000m | Richard McKirdy 1981 | 8:49.9 | Kevin McKenna 1996 | 9:35.63 | Jamie Clements 2002 | 13:13.7 | | |
| 5000m | Ian Tierney 1986 | 16:02.6 | | | | | | |
| 110m H | 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) | | |
| 400m H | Kevin McKenna 1997 | 57.7 | | | | | | |
| 1500 S/C | Kevin McKenna 1997 | 4:33.51 | Alan Smith 1987 | 4:43.4 | | | | |
| 2000 S/C | Robert McKim 1974 | 6:11.8 | | | | | | |
| High Jump | Duncan McInnes 1995 | 1.90m (i) | David Gormley 1986 | 1.81m | Duncan McInnes 1991 | 1.56m | | |
| Long Jump | David Gormley 1988 | 6.60m | Ross Maxwell 2010 | 6.49m | Ross Maxwell 2008 | 4.98m | Ross Maxwell 2006 | 3.87m |
| Triple Jump | David Gormley 1988 | 13.25m | Fraser Hopkins 1987 | 13.11m | Fraser Hopkins 1985 | 11.05m | | |
| Pole Vault | Ross Gibson 1996 | 3.30m | | | | | | |
| Discus | Gordon Irwine 1981 | 41.34m | Gordon Irwine 1980 | 50.70m | A Mathieson 1979 | 20.90m | | |
| Hammer | Stuart Muir 2009 | 35.48m | Stuart Muir 2007 | 24.67m | | | | |
| Javelin | Fraser MacDougall 1993 | 46.50m | Gordon Irwine 1979 | 44.70m | Scott McDermott 1988 | 29.02m | | |
| Shot Putt | Grant Irwine 1979 | 14.41m | Gordon Irwine 1980 | 16.43m | A Mathieson 1979 | 10.70m | David Docherty 2002 | 5.56m |
| Decathlon | Douglas McCue 1980 | 4559 | Gordon Irwine 1979 | 3240 Pent | | | | |
| 4 x 100m | 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 |
| 4 x 200m | 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 |
| 4 x 400m | 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 | | |
| Medley | 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 | | |



| EVENT | CLUB RECORD | TIME | NAME (MASTERS) | TIME | NAME (U20s) | TIME |
|--------------------|--|-----------------|-----------------------------|----------|--|-------------|
| 60m | Stephen Shanks 1995 | 6.91 | David Gilmour M35 2006 | 7.45 | Alasdair MacKenzie 2003 Greg Kelly 2018 | 7.02 |
| 100m | John Gillies 1981 / Fraser MacKenzie 2007 | 10.7 | David Gilmour M35 2005 | 11.38 | Greg Kelly 2017 | 10.83w/10.9 |
| 200m | Greg Kelly U20 2017 Stephen Shanks 1995 | 21.69w 21.72 | David Gilmour 2007 | 23.3 | Greg Kelly 2017 | 21.8 |
| 300m | David Gilmour 1994 | 34.98 | | | | |
| 400m | David Gilmour 1991 | 48.05 | Bill MacDougall 1990 | 56.3 | Alasdair MacKenzie 2004 | 48.61 |
| 600m | Aidan Gilbride U20 2016 | 1:22.88 | | | Aidan Gilbride U20 2016 | 1:22.88 |
| 800m | Ian Archibald 1980 | 1:50.42 | Grant Baillie M35 2014 | 2:03.6 | Ian Archibald 1980 | 1:50.42 |
| 1500m | Ian Archibald 1983 | 3:42.39 | Kevin Downie M40 2010 | 4:10.38 | Ian Archibald 1980 | 3:48.94 |
| 1 Mile | Ian Archibald 1985 | 4:02.4 | George Black 1984 | 4:54 | Ian Archibald 1980 | 4:06.0 |
| 3000m | Ian Archibald 1983 | 8:02.92 (i) | Grant Baillie M35 2014 | 9:04.5 | Ian Archibald 1980 | 8:24.6 |
| 5000m | Iain Campbell 1985 | 14:02.0 | Bobby Ronald 1995 | 15:48.0 | Iain Campbell 1978 | 14:29.1 |
| 10000m | Iain Campbell 1984 | 29:51.67 | Bobby Ronald 1997 | 33:53.88 | Martin Lynas 2018 | 33:16.17 |
| Marathon | Charlie MacDougal 1983 | 2-22:06 | George Black 1983 | 2:30.50 | | |
| 110m H | Robert Moodie 1981 | 15.9 | John Toms 1996 | 30.8 | Craig Gillies 1984 | 15.0 |
| 400m H | Ian Neely 1995 | 54.17 | | | Robert Howat 1993 | 59.22 |
| 1500 S/C | Kevin McKenna 1997 | 4:33.51 | | | | |
| 2000 S/C | Robert McKim 1978 | 5:41.0 | | | Robert McKim 1975 | 5:59.8 |
| 3000 S/C | Graeme Croll 1988 | 8:51.11 | David Condra 2006 | 11:10.5 | Robert McKim 1975 | 5:59.8 |
| High Jump | Duncan McInnes 1997 | 2.05m | George Loney M35 1993 | 1.65m | Duncan McInnes 1997 | 2.05m |
| Long Jump | David Gormley 1993 | 6.81m | George Loney M35 1992 | 5.68m | Scott McDermott 1994 | 6.66m |
| Pole Vault | Kevin McDowall 1993 | 3.80m | | | Kevin McDowall 1989, Scott McDermott 1993 | 3.40m |
| Triple Jump | David Gormley 1988 | 13.25m | Bill MacDougall 1990 | 10.98m | Grant Irwine 1980 | 12.88m |
| Discus | John Little 1993 | 41.78m | George Loney M40 1996 | 39.00m | Graeme Ferguson 1994 | 35.24m |
| Hammer | Anthony Irving 1995 | 53.46m | Graham Porterfield M35 2015 | 38.39m | Graeme Ferguson 1994 | 31.12m |
| Javelin | Scott McDermott 1994 | 49.30m | Fraser MacDougall M35 2014 | 42.30m | Scott McDermott 1994 | 49.30m |
| Shot Putt | George Loney M40 1998 | 12.97m | George Loney M40 1998 | 12.97m | Graeme Ferguson 1994 | 12.93m |
| Decathlon | Scott McDermott 1994 | 6040 pts | | | Scott McDermott 1994 | 6040 |
| 4 x 100m | David Ballantyne, David Gilmour Andrew McLean, Stephen Shanks 1994 | 42.52 | | | | |
| 4 x 200m | Ewan McCormack, Paul MacNamee Andy Murray, David Gormley 1992 | 1:34.8 | | | | |
| 4 x 400m | Kriss Dullick, Andrew McLean David Ballantyne, David Gilmour 1994 | 3:19.34 | | | | |



www.ekac.org.uk

EAST KILBRIDE AC CLUB RECORD`S MALE

www.ekac.org.uk



| | | | | | | |
|---------------|---|--------|--|--|--|--|
| Medley | Kevin Tayler, George Loney John Toner, Alan Cord 1978 | 3:28.8 | | | | |
|---------------|---|--------|--|--|--|--|