



# ███ EKAC UNDER 20 MEN TOP 20 ███

	<b>1500m</b>			<b>60mH</b>	
3:48.94	IAN ARCHIBALD	1980	8.92i	SCOTT MCDERMOTT	1995
3:53.2	ALAN MACBETH	1989			
3:57.51	AIDAN GILBRIDE	2016			
3:59.3	RICHARD MCKIRDY	1982	15.0	<b>100mH</b>	
4:02.3	IAN TIERNEY	1987	16.03	CRAIG GILLIES	1984
4:04.5	COLIN GRANT	1983	16.34	GRANT IRWINE	1980
4:05.6	GORDON REID	1972	16.6	SCOTT MCDERMOTT	1994
4:06.1	IAIN CAMPBELL	1978	17.00	ROBERT MOODIE	1980
4:07.8	BOBBY MADDEN	1997	17.42	DOUGLAS MCCUE	1982
4:13.48	JAMIE CLEMENTS	2008	17.90	MALCOLM GIBSON	1991
4:13.8	TOM COLSTON	1974	20.1	KEVIN MCDOWALL	1989
4:16.0	CAMERON CLEMENT	1996	20.35	SCOTT HONE	2007
4:11.5	GRANT BAILLIE	1998	20.37	LAURENCE REID	1985
4:18.7	ALAN SMITH	1991	21.3	DAVID ROSS	1987
4:19.0	FRANCIS WALLACE	1986	22.0	ROBERT HOWAT	1992
4:19.8	CHRIS BRYDEN	1986	24.3	ALAN MITCHELL	1997
4:20.9	JAMIE MADDEN	1996		MARK PROVAN	1988
4:21.1	CHRIS WATERS	1990			
4:22.9	DEREK BELL	1995	59.22	<b>400mH</b>	
4:23.92	MARTIN LYNAS	2016	60.8	ROBERT HOWAT	1993
			61.0	BERNARD MCKENNA	1977
				ROBERT MCKIM	1976
	<b>3000m</b>		61.5	GRANT IRWINE	1980
8:24.6	IAN ARCHIBALD	1980	61.5	MALCOLM GIBSON	1991
8:30.3	IAIN CAMPBELL	1978	61.7	IAN LIVINGSTONE	1992
8:46.8	IAN TIERNEY	1988	61.7	JAMIE MADDEN	1994
8:47.0	COLIN GRANT	1983	62.23	KEVIN MCDOWALL	1988
8:51.0	ROBERT MCKIM	1976	63.2	DOUGLAS MCCUE	1981
9:00.13i	AIDAN GILBRIDE	2015	63.6	GRANT BAILLIE	1997
9:08.40	MARTIN LYNAS	2016	64.90	LAURENCE REID	1985
9:10.82	BOBBY MADDEN	1997	65.0	ALAN MITCHELL	1997
9:16.8	GRANT BAILLIE	1997	65.1	ROBERT MOODIE	1992
9:19.0	CAMERON CLEMENT	1996	65.2	CAMERON CLEMENT	1994
9:24.?	GORDON COLVIN	1978	66.4	BOBBY MADDEN	1997
9:25.4	ALAN SMITH	1991	72.5	GRAEME KEDDIE	1998
9:33.1	DAVID WHITE	1987	73.83	DAVID ROSS	1987
9:38.9	LAURENCE REID	1986			
9:54.3	GRAEME KEDDIE	1997			
9:55.0	JOHN FERGUSON	2008	5:59.8	<b>2000m S/C</b>	
9:58.7	KRISS DULLICK	1993	6:05.7	ROBERT MCKIM	1975
10:05.8	DEREK BELL	1996	6:14.54	RICHARD MCKIRDY	1982
10:06.8	ALAN MITCHELL	1997	6:28.9	WILLIE MCDONALD	1977
10:08.5	VINCENT HASTINGS	2014	6:36.8	BOBBY MADDEN	1996
			6:38.54	FRANNY WALLACE	1986
				CAMERON CLEMENT	1996
	<b>5000m</b>		6:50.8	JAMIE MADDEN	1996
14:29.1	IAIN CAMPBELL	1978	7:04.8	LAURENCE REID	1986
14:45.5	IAN ARCHIBALD	1980	7:10.07	ALAN MITCHELL	1996
15:10.05	AIDAN GILBRIDE	2016	7:45.6	GRAEME KEDDIE	1996
15:24.0	IAN TIERNEY	1988			
15:55.29	MARTIN LYNAS	2016			
16:06.4	BOBBY MADDEN	1997	9:56.0	<b>3000m S/C</b>	
16:09.9	GORDON COLVIN	1978	9:59.6	IAN ARCHIBALD	1980
16:27.5	COLIN GRANT	1983	10:10.1	WILLIE MCDONALD	1977
17:07.9	CAMERON CLEMENT	1996	10:17.7	ROBERT MCKIM	1976
17:42.2	LAURENCE REID	1986	10:17.7	CAMERON CLEMENT	1996
17:43.0	GRANT BAILLIE	1997	10:27.8	GRANT BAILLIE	1997
17:57.2	DAVID WHITE	1986	10:34.3	CHRIS BRYDEN	1987
19:08.3	GRAEME KEDDIE	1997	10:35.98	NEIL SHARPE	1990
			10:40.6	BOBBY MADDEN	1996
			10:43.0	DEREK BELL	1995
			10:49.1	LAURENCE REID	1987
	<b>10000m</b>				
33:16.17	MARTIN LYNAS	2018			
35:20.76	VINCENT HASTINGS	2014			



# EKAC UNDER 20 MEN TOP 20

## SHOT PUT

12.93	GRAEME FERGUSON	1994
12.74	GRANT IRWINE	1981
11.46	SCOTT MCDERMOTT	1994
11.35	ROBERT MOODIE	1980
9.89	KEVIN JENKINS	1988
9.71	ROSS GIBSON	1997
9.36	FRASER MACKENZIE	2003
9.13	CAMPBELL LAMONT	1987
8.82	KEVIN MCDOWALL	1989
8.33	DAVID CHAN	2002
7.74	JAMIE CLEMENTS	2008
7.22	NIALL WALKER	2008
7.13	STUART MCMILLAN	1997
6.68	BOBBY MADDEN	1997
6.56	JAMIE MADDEN	1996
6.52	MARK PROVAN	1988
6.52	DAVID GORMAN	2008
6.42	NEIL SHARPE	1990
6.40	MARK SMITH	1998
6.22	DEREK BELL	1994