



# 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 FERGUSSON	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
	<b>10000m</b>		10:49.1	LAURENCE REID	1987
35:20.76	VINCENT HASTINGS	2014			



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## HIGH JUMP

2.05i	DUNCAN MCINNES	1997
1.90	MARK ELLIOTT	1997
1.88i	AMIT KUMAR	2018
1.85	DOUGLAS MCCUE	1981
1.85	SCOTT MCDERMOTT	1994
1.85i	ALISTER KERR	2000
1.85	SCOTT HONE	2005
1.84	GRANT IRWINE	1981
1.80	CAMPBELL LAMONT	1987
1.78	ROBERT MOODIE	1980
1.75	DAVID GORMLEY	1989
1.73	BOBBY MADDEN	1997
1.70	BERNARD MCKENNA	1976
1.70	STEVEN TOMS	2001
1.66	SI MITCHELL	1986
1.65	FRASER MACDOUGALL	1994
1.63	ROBIN ARCHIBALD	1977
1.60	ALAN MITCHELL	1998
1.58	GRANT BAILLIE	1997
1.57	KEVIN MCDOWALL	1989

## LONG JUMP

6.66	SCOTT MCDERMOTT	1994
6.50	GRANT IRWINE	1981
6.50	DOUGLAS MCCUE	1982
6.49	DAVID GORMLEY	1989
6.38	BERNARD MCKENNA	1976
6.32	CRAIG GILLIES	1984
6.20	ROBERT MOODIE	1980
6.11	AMIT KUMAR	2016
6.10	SCOTT HONE	2006
6.05	ROBIN ARCHIBALD	1977
6.00	JOHN GILLIES	1980
5.86	FRASER MACDOUGALL	1994
5.74	ROBERT HOWAT	1993
5.60	KRISS DULLICK	1993
5.52	CAMPBELL LAMONT	1986
5.51	EWAN MCCORMACK	1992
5.48	STUART MCMILLAN	1997
5.45	CHRIS BRYDEN	1986
5.44	ALAN MITCHELL	1997
5.43	ALAN MACBETH	1989
5.43i	ROSS GIBSON	1996

## TRIPLE JUMP

12.88	GRANT IRWINE	1980
12.70	DOUGLAS MCCUE	1981
12.56	ROBERT MOODIE	1979
12.51	DAVID GORMLEY	1989
12.48	DUNCAN MCINNES	1996
12.32	BERNARD MCKENNA	1976
12.01	SCOTT MCDERMOTT	1993
11.83	JAMIE MADDEN	1996
11.45	KENNETH MILLAR	1989
11.35	AMIT KUMAR	2015
11.26	KEVIN MCDOWALL	1988
11.04	BOBBY MADDEN	1996
11.00	CAMERON CLEMENT	1994
10.99	ALAN MITCHELL	1997
10.97	DEREK BELL	1995
10.87	KRISS DULLICK	1994
10.66	GRANT BAILLIE	1997
10.45	FRASER MACDOUGALL	1994
10.39	ALAN SMITH	1991
9.88	GARY LOGAN	1997

## POLE VAULT

3.40	KEVIN MCDOWALL	1989
3.40	SCOTT MCDERMOTT	1993
3.00	DOUGLAS MCCUE	1982
3.00	MARK PROVAN	1989
2.90	GRANT IRWINE	1980
2.70	CAMPBELL LAMONT	1986
2.60I	KENNETH MILLAR	1991
2.50	ROSS GIBSON	1997
2.40	ROBERT MOODIE	1979
2.05	ALAN MITCHELL	1997

## DISCUS

35.24	GRAEME FERGUSON	1994
33.64	SCOTT MCDERMOTT	1994
33.34	KEVIN MCDOWALL	1988
32.78	GRANT IRWINE	1981
31.76	ROBERT MOODIE	1980
28.62	CAMPBELL LAMONT	1987
23.30	FRASER MACDOUGALL	1995
22.08	ROSS GIBSON	1997
21.12	MARK PROVAN	1988
20.81	STEVEN COKE	1998
19.48	ALAN MITCHELL	1997
16.36	STEVEN TOMS	2001
15.56	NEIL GRANT	1983
15.14	JAMIE MADDEN	1994
13.54	ROBERT HOWAT	1993
12.28	GRAEME KEDDIE	1997

## HAMMER

31.12	GRAEME FERGUSON	1994
22.76	KEVIN JENKINS	1988
21.06	GRANT IRWINE	1981
16.98	ROSS GIBSON	1997
15.49	GRAEME KEDDIE	1998
9.70	BOBBY MADDEN	1997

## JAVELIN

49.30	SCOTT MCDERMOTT	1994
44.90	FRASER MACDOUGALL	1995
42.46	CAMPBELL LAMONT	1986
41.12	GRANT IRWINE	1980
35.46	KEVIN MCDOWALL	1989
33.50	ROBERT MOODIE	1980
33.50	DOUGLAS MCCUE	1982
32.58	STEVEN COKE	1998
32.30	GRAEME FERGUSON	1994
31.74	ROBERT HOWAT	1993
29.66	JOHN MCGREGOR	1988
27.52	STUART MCMILLAN	1997
27.38	LUKE KIRWAN	2017
26.90	ALAN SMITH	1991
26.54	ALAN MITCHELL	1997
25.40	BOBBY MADDEN	1996
24.90	MARK PROVAN	1989
24.18	JAMIE MADDEN	1996
21.08	NEIL SHARPE	1990
20.08	DAVID GILMOUR	1989



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## 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