



# EKAC MASTERS AGE GROUP TOP 5's



	<b>60m</b>			<b>100m</b>			<b>200m</b>		
	<b>M35</b>			<b>M35</b>			<b>M35</b>		
7.45	DAVID GILMOUR	2006	11.38	DAVID GILMOUR	2005	23.32	DAVID GILMOUR	2006	
8.06	FRASER HOPKINS	2014	12.4	FRASER HOPKINS	2014	25.8	FRASER HOPKINS	2014	
8.22	ANDREW CLYDESDALE	2015	12.8	ANDREW CLYDESDALE	2014	26.40i	ANDREW CLYDESDALE	2015	
			13.1	GRANT BAILLIE	2014	26.92	GRANT BAILLIE	2015	
			13.54	GORDON SELFRIDGE	2012	27.7	GORDON SELFRIDGE	2013	
	<b>M40</b>			<b>M40</b>			<b>M40</b>		
7.7	BILL MACDOUGALL	1989	12.18	ANDY CLYDESDALE	2018	23.3	DAVID GILMOUR	2007	
8.01	FRASER HOPKINS	2015	12.2	BILL MACDOUGALL	1993	24.1	BILL MACDOUGALL	1993	
8.02	CHARLIE LELEUX	2003	12.2	FRASER HOPKINS	2015	25.16	ANDY CLYDESDALE	2018	
8.06	ANDREW CLYDESDALE	2017	12.37	CHARLES LELEUX	2003	25.8	FRASER HOPKINS	2014	
			12.7	ANDY HAETZMAN	1990	26.4	CHARLES LELEUX	2005	
	<b>M45</b>			<b>M45</b>			<b>M45</b>		
			12.0	BILL MACDOUGALL	1994	24.5	BILL MACDOUGALL	1995	
			12.7	ANDY CLYDESDALE	2022	26.65	ANDY CLYDESDALE	2022	
			13.3	COLIN FREW	2022	27.85	COLIN FREW	2024	
			13.9	VINCENT GLENNON	2019	28.8	ALAN BAXTER	2021	
			14.0	WILLIE TAYLOR	2012	28.9	JOHN EDWARDS	2023	
			14.0	ALAN BAXTER	2022				
	<b>M50</b>			<b>M50</b>			<b>M50</b>		
8.27	RAMSAY SLOSS	2004	13.18	RAMSAY SLOSS	2005	25.82	RAMSAY SLOSS	2004	
			15.0	KEITH CHARTERS	2019	29.0	DEREK LEITCH	2005	
						31.68	KEITH CHARTERS	2018	
						32.0	WILLIAM MUIR	2011	
	<b>M55</b>			<b>M55</b>			<b>M55</b>		
8.63	RAMSAY SLOSS	2008	13.65	DEREK LEITCH	2012	26.77	RAMSAY SLOSS	2008	
						30.4	KEITH CHARTERS	2021	
	<b>M60</b>			<b>M60</b>			<b>M60</b>		
						30.95	DEREK LEITCH	2014	







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82:36	DEREK LEITCH M65	2018				6:06.86	DEREK LEITCH M65	2018
	<b>M65</b>			<b>M65</b>			<b>M65</b>	
8								
	<b>3000m</b>			<b>5000m</b>			<b>10000m</b>	
	<b>M35</b>			<b>M35</b>			<b>M35</b>	
8:58.75i	GRANT BAILLIE	2019	15:41.3	DAVID CONDRA	1997	32:47	GRANT BAILLIE	2017
9:26.?	GORDON COLVIN	1994	15:57.12	GRANT BAILLIE	2018	34:11.?	GORDON COLVIN	1994
10:58.35	CHRIS WHITE	2016	16:22.?	GORDON COLVIN	1994	36:17	DAVID ROSS	2018
			21:38	GERRY O'NEIL	2016			
	<b>M40</b>			<b>M40</b>			<b>M40</b>	
8:40.30	GRANT BAILLIE	2023	15:29.72	GRANT BAILLIE	2023	31:47	GRANT BAILLIE	2019
9:05.63	KEVIN DOWNIE	2010	15:48.0	BOBBY RONALD	1995	33:53.88	BOBBY RONALD	1997
9:16.6	BOBBY RONALD	1995	17:04.?	GORDON COLVIN	1999	34:10	GRAEME HADDOW	2002
9:38.05	ANDREW ROBERTSON	2023	17:07.?	GEORGE BLACK	1984	34:30	GEORGE BLACK	1985
9:46.4	DAVID CONDRA	2004	17:12.1	DAVID CONDRA	2004	35:08	GORDON COLVIN	1999
	<b>M45</b>			<b>M45</b>			<b>M45</b>	
8:57.11	GRANT BAILLIE	2024	17:51.07	GRAEME HADDOW	2008	38:45	GORDON COLVIN	2007
10:20.1	DAVID CONDRA	2007	19:11.?	GORDON COLVIN	2007	42:34	VINCENT GLENNON	2018
10:27.0	DEREK LEITCH	2004				42:51	GRAEME HADDOW	2012
10:31.37	GRAEME HADDOW	2008				44:26	DAVID CONDRA	2011
10:45.08	JOHN EDWARDS	2023						
	<b>M50</b>			<b>M50</b>			<b>M50</b>	
11:35.2	GRAEME HADDOW	2013	19:18	GRAEME HADDOW	2014	36:53	DEREK LEITCH	2007
11:45.5	KEITH CHARTERS	2019	20:12	GORDON COLVIN	2012	41:01	GORDON COLVIN	2009
12:33.8	PAUL STUART	2022	21:23	KEITH CHARTERS	2019	41:14	GRAEME HADDOW	2016
						44:10	KEITH CHARTERS	2018
						63:07	DAVID CONDRA	2016
	<b>M55</b>			<b>M55</b>			<b>M55</b>	
10:45.96	KEITH CHARTERS	2023	18:02	DEREK LEITCH	2008	37:33	DEREK LEITCH	2009
10:57.?	DEREK LEITCH	2011	18:34.47	KEITH CHARTERS	2023	38:15.46	KEITH CHARTERS	2024





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<b>HIGH JUMP</b>			<b>LONG JUMP</b>			<b>DISCUS</b>		
<b>M35</b>			<b>M35</b>			<b>M35</b>		
1.65	GEORGE LONEY	1993	5.68	GEORGE LONEY	1992	38.36	GEORGE LONEY	1993
1.55	GRANT BAILLIE	2014	5.46	FRASER HOPKINS	2014	35.77	KEITH GARROW	2012
1.55	ANDREW CLYDESDALE	2014	4.97	GRANT BAILLIE	2014	28.69	GRAHAM PORTERFIELD	2015
			4.58	GORDON SELFRIDGE	2013	23.97	FRASER MACDOUGALL	2015
			3.79	KEITH GARROW	2008			
<b>M40</b>			<b>M40</b>			<b>M40</b>		
1.60	GEORGE LONEY	1995	5.67	FRASER HOPKINS	2015	41.74	JOHN LITTLE	1993
1.55	BILL MACDOUGALL	1991	5.35	BILL MACDOUGALL	1990	39.00	GEORGE LONEY	1996
1.55	ALAN BAXTER	2019	5.05	CHARLES LELEUX	2003	34.06	KEITH GARROW	2014
1.35	GORDON SELFRIDGE	2014	4.46	GRANT BAILLIE	2023	21.20	NORRIE GRIFFITHS	1988
			4.37	WILLIE MCCANN	1991	21.19	VINCENT GLENNON	2017
<b>M45</b>			<b>M45</b>			<b>M45</b>		
1.60	ALAN BAXTER	2024	5.09	BILL MACDOUGALL	1995	37.61	GEORGE LONEY	1999
			4.52	ALAN BAXTER	2023	33.98	KEITH GARROW	2019
			3.86	JOHN EDWARDS	2023	23.62	VINCENT GLENNON	2019
			3.75	DAVID CONDRA	2008	21.04	ALAN BAXTER	2022
<b>M50</b>			<b>M50</b>			<b>M50</b>		
1.32	KEITH CHARTERS	2018				22.97	WILLIAM MUIR	2014
<b>M55MM</b>			<b>M55</b>			<b>M55</b>		
			3.36	KEITH CHARTERS	2023	21.81	WILLIAM MUIR	2019
<b>M60</b>			<b>M60</b>			<b>M60</b>		





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<b>HAMMER</b>			<b>JAVELIN</b>			<b>SHOT PUT</b>		
<b>M35</b>			<b>M35</b>			<b>M35</b>		
38.39	GRAHAM PORTERFIELD	2015	42.30	FRASER MACDOUGALL	2014	11.97	GEORGE LONEY	1992
24.12	KEITH GARROW	2011	33.30	KEITH GARROW	2013	11.76	KEITH GARROW	2012
						11.71	GRAHAM PORTERFIELD	2015
						8.93	FRASER MACDOUGALL	2015
						8.33	ANDREW CLYDESDALE	2014
<b>M40</b>			<b>M40</b>			<b>M40</b>		
42.78	JOHN LITTLE	1993	40.92	GEORGE LONEY	1994	12.97	GEORGE LONEY	1998
29.29	KEITH GARROW	2014	31.65	KEITH GARROW	2014	11.97	JOHN LITTLE	1993
29.02	GEORGE LONEY	1995	26.00	ALAN BAXTER	2019	11.77	KEITH GARROW	2014
14.54	JOHN KEDDIE	1994	23.78	JOHN TOMS	1996	8.93	FRASER MACDOUGALL	2015
			23.48	FRED BIAS	1982	8.58	FRASER HOPKINS	2015
<b>M45</b>			<b>M45</b>			<b>M45</b>		
25.84	KEITH GARROW	2019	33.54	GEORGE LONEY	1999	12.10	GEORGE LONEY	1999
			32.46	ALAN BAXTER	2022	11.29	KEITH GARROW	2019
			22.72	VINCENT GLENNON	2019	8.45	ALAN BAXTER	2023
			2:37.27	MICHAEL CARLIN	2024	7.80	VINCENT GLENNON	2019
						6.43	ANDREW CHAPMAN	2023
<b>M50</b>			<b>M50</b>			<b>M50</b>		
21.97	WILLIAM MUIR	2013	27.34	WILLIAM MUIR	2012	8.04	WILLIAM MUIR	2011
			13.56	KEITH CHARTERS	2019	7.61	VINCENT GLENNON	2023
<b>M55</b>			<b>M55</b>			<b>M55</b>		
22.14	WILLIAM MUIR	2017	23.71	WILLIAM MUIR	2017	9.01i	WILLIAM MUIR	2017
						5.16	KEITH CHARTERS	2023
<b>M60</b>			<b>M60</b>			<b>M60</b>		
						8.32i	WILLIAM MUIR	2023





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	<b>M65</b>			<b>M65</b>			<b>M65</b>	



