

**Cambuslang Harriers Records reviewed March 2015**

<b>Event</b>	<b>Age-Group</b>	<b>Athlete</b>	<b>Athlete</b>	<b>Record</b>	<b>Year</b>	<b>Athlete</b>	<b>Athlete</b>	<b>Record</b>	<b>Year</b>	
	<b>Male</b>					<b>Female</b>				
<b>60m</b>	<b>U13</b>					<b>U13</b>				
	<b>U15</b>	Alec	Thomas	7.40	2011	<b>U15</b>				
	<b>U17</b>	Alec	Thomas	7.16	2013	<b>U17</b>	Rachael	Steele	8.25	2012
	<b>U20</b>	Alec	Thomas	7.15	2013	<b>U20</b>	Rachael	Steele	8.21	2013
	<b>Sen</b>	Alec	Thomas	7.15	2013	<b>Sen</b>	Rachael	Steele	8.21	2013
<b>100m</b>	<b>U13</b>	Tony	Grey	12.57	1997	<b>U13</b>	Lauren	Baird	16	2007
	<b>U15</b>	Ewan	Cameron	11.3	1989	<b>U15</b>	Robyn	Taylor	13.8	2014
	<b>U17</b>	Colin	McRoberts	10.8	1991	<b>U17</b>	Rachael	Steele	13.18	2012
	<b>U20</b>	Colin	McRoberts	10.8	1991	<b>U20</b>	Rachael	Steele	13.18	2012
	<b>Senior</b>	Brian	Ashburn	10.7		<b>Senior</b>	Rachael	Steele	13.18	2012
<b>200m</b>	<b>U13</b>	Tony	Grey	26.73	1997	<b>U13</b>	Selina	White	31.9	2009
	<b>U15</b>	Alec	Thomas	23.59	1994	<b>U15</b>	Kerrie	Miller	31.4	2008
	<b>U17</b>	Colin	McRoberts	21.8	1991	<b>U17</b>	Caitlin	Hendry	27.4	2007
	<b>U20</b>	Colin	McRoberts	21.8	1991	<b>U20</b>				
	<b>Senior</b>					<b>Senior</b>				
<b>400m</b>	<b>U13</b>	Paul	McBride	59.22	1992	<b>U13</b>				
	<b>U15</b>	Michael	Jones	54.3	1994	<b>U15</b>				
	<b>U17</b>	Gerry	Simpson	49.65	1988	<b>U17</b>	Caitlin	Hendry	62.09	2007
	<b>U20</b>	Gerry	Simpson	49.1	1990	<b>U20</b>	Caitlin	Hendry	60.2	2009
	<b>Senior</b>	Gerry	Simpson	49.1	1990	<b>Senior</b>				

<b>800m</b>	<b>U13</b>	Paul	McBride	2.13.61	1992	<b>U13</b>	Niamh	Brown	2.31.00	2011
	<b>U15</b>	Eddie	McAfferty	2.03.0	1988	<b>U15</b>	Caitlin	Hendry	2.19.91	2005
	<b>U17</b>	Michael	Chisholm	1.53.48	1990	<b>U17</b>	Caitlin	Hendry	2.19.91	2005
	<b>U20</b>	Ian	Munro	1.51.31	2002	<b>U20</b>	Caitlin	Hendry	2.13.83	2009
	<b>Senior</b>	Ian	Munro	1.48.16	2005	<b>Senior</b>				
<b>1500m</b>	<b>U13</b>	<b>Chris</b>	<b>McLew</b>	<b>4.34.20</b>	2014	<b>U13</b>	Niamh	Brown	4.59.91	2011
	<b>U15</b>	Craig	Cleland	4.21.71	1990	<b>U15</b>	Niamh	Brown	4.58.40	2012
<b>3</b>	<b>U17</b>	Sam	Wallace	3.52.1	1985	<b>U17</b>	<b>Eve</b>	<b>MacKinnon</b>	<b>4.54.64</b>	<b>2013</b>
	<b>U20</b>	Sam	Wallace	3.52.1	1985	<b>U20</b>	<b>Moira</b>	<b>Stewart</b>	<b>4.42.14</b>	<b>2014</b>
	<b>Senior</b>	Jon	McCallum	3.37.75	2000	<b>Senior</b>	<b>Sarah</b>	<b>Benson</b>	<b>4.28.95</b>	<b>2014</b>
<b>Mile</b>	<b>U13</b>					<b>U13</b>				
	<b>U15</b>	David	Ward	4.56.46	2001	<b>U15</b>				
	<b>U17</b>	Mark	McBeth	4.21.71	1990	<b>U17</b>				
	<b>U20</b>	Sam	Wallace	4.08.8	1987	<b>U20</b>				
	<b>Senior</b>	Ian	Gillespie	3.58.4	1997	<b>Senior</b>				
<b>3000m</b>	<b>U15</b>	Eddie	McAfferty	9.13.5	1988	<b>U15</b>				
	<b>U17</b>	Graham	Ferguson	8.42.4	1996	<b>U17</b>	<b>Eve</b>	<b>MacKinnon</b>	<b>10.54.64</b>	<b>2013</b>
	<b>U20</b>	<b>Ryan</b>	<b>Thomson</b>	<b>8.32.10</b>	1996	<b>U20</b>	Alexandra	Lamond	10.19.30	2012
	<b>Senior</b>	Ian	Gillespie	7.48.28	1997	<b>Senior</b>	<b>Sarah</b>	<b>Benson</b>	<b>9.19.29</b>	<b>2014</b>
<b>5000m</b>	<b>U17</b>	Charlie	Thomson	15.44.9	1982					
	<b>U20</b>	David	Ferry	15.06.8	1981	<b>U20</b>	Katie	Bristow	<b>18.11.88</b>	2012
	<b>Senior</b>	Ian	Gillespie	13.18.06	1997	<b>Senior</b>	<b>Katie</b>	<b>Bristow</b>	<b>17.44.32</b>	<b>2014</b>

<b>10000m</b>	<b>U20 Senior</b>	Alex	Gilmour	29.37.18	1986	<b>U20 Senior</b>				
<b>Marathon</b>	<b>U20 Senior</b>	Charlie	Thomson	2.39.46	1984	<b>U20 Senior</b>				
		Keith	Anderson	2.17.08	1998					
<b>Chase</b>	<b>1500m U15</b>	Eddie	McAfferty	4.44.5	1988	<b>U15</b>				
	<b>U17</b>	David	McShane	4.25.32	1981	<b>U17</b>				
	<b>2000m U17</b>	David	McShane	6.12.6	1983	<b>U17</b>				
	<b>U20</b>	Pat	Morris	6.03.73	1985	<b>U20</b>				
	<b>Senior 3000m U20</b>	Gordon	Rimmer	5.34.21	1979	<b>Senior</b>				
	<b>U20</b>	Pat	Morris	9.07.7	1986	<b>U20</b>				
	<b>Senior</b>	Gordon	Rimmer	8.26.6	1980	<b>Senior</b>	Sarah	Benson	10.00.74	2014
<b>Hurdles</b>						<b>Hurdles</b>				
<b>75H</b>	<b>U13</b>	Gordon	Adam	12.9	1995	<b>70H</b>	Niamh	O'Donnell	15.54	2008
<b>80H</b>	<b>U15</b>	Gordon	Adam	12.46	1997	<b>75H</b>	Kerrie	Miler	16	2009
<b>100H</b>	<b>U17</b>	Robert	Taylor	14.2	1988	<b>80H</b>				
<b>110H</b>	<b>U20</b>	Mark	Gallagher	21.6	1990	<b>100H</b>				
<b>110H</b>	<b>Senior</b>	J	Dunn	16.5	1994	<b>100H</b>				
<b>400m</b>	<b>U15</b>	Michael	Jones	62.9	1994					
	<b>U17</b>	Michael	Jones	61.6	1995	<b>300m</b>				
	<b>U20</b>	G	Roy	59.5	?	<b>400m</b>				
	<b>Senior</b>	Gerry	Simpson	58.6	1991	<b>400m</b>				

<b>High Jump</b>	<b>U13</b>	Gary	Woods	1.7	1988	<b>U13</b>	<b>S</b>	<b>McInnell</b>	<b>1.20</b>	<b>2013</b>
	<b>U15</b>	Gary	Woods	1.89	1989	<b>U15</b>	Mairi	Brown	1.46	2008
	<b>U17</b>	Gary	Woods	1.96	1991	<b>U17</b>				
	<b>U20</b>	Tony	Gilhooly	2.05	1994	<b>U20</b>				
	<b>Senior</b>	Tony	Gilhooly	2.18	1998	<b>Senior</b>				
<b>Long Junp</b>	<b>U13</b>	Roberto	Demarco	5.06	1992	<b>U13</b>	Naimh	O'Donnell	3.77	2009
	<b>U15</b>	Alec	Thomas	5.91	1988	<b>U15</b>	Rebecca	Bonhomi	4.05	2009
	<b>U17</b>	Colin	McRoberts	5.99	1991	<b>U17</b>	Marie	McBride	4.44	2012
	<b>U20</b>	Mark	Craig	6.91	1991	<b>U20</b>	Rachel	Steele	4.52	2013
	<b>Senior</b>	Brian	Ashburn	7.36	7.36	<b>Senior</b>				
<b>Triple Jump</b>	<b>U13</b>	Gary	Woods	10.12	1988	<b>U13</b>				
	<b>U15</b>	Scott	Waugh	12.98	1988	<b>U15</b>				
	<b>U17</b>	Scott	Waugh	13.32	1989	<b>U17</b>	Lucy	Deeny	7.84	2009
	<b>U20</b>	Inferior				<b>U20</b>				
	<b>Senior</b>	Inferior				<b>Senior</b>				
<b>Pole Vault</b>	<b>U17</b>	Fraser	McIlraith	3	1994	<b>U17</b>				
	<b>U20</b>	Kenny	McNicoll	?	1991	<b>U20</b>				
	<b>Senior</b>	Adam	Anderson	4.1	1991	<b>Senior</b>				
<b>Shot Put</b>	<b>U13</b>	Paul	Longridge	10.49	1994	<b>U13</b>	Helen	Wilson	5.8	2008
	<b>U15</b>	Douglas	Worrall	11.52	1988	<b>U15</b>	Lauren	Docherty	5.35	2008
	<b>U17</b>	Brian	Hill	12.84	1988	<b>U17</b>	Sarah	Miller	6.5	2009
	<b>U20</b>	Brian	Hill	10.86	1990	<b>U20</b>				

	<b>Senior</b>	George	Loney	11.??	198?	<b>Senior</b>					
<b>Discus</b>	<b>U13</b>	Chris	Morris	22.42	1988	<b>U13</b>	Rebecca	Bonomi	11.94	2008	
	<b>U15</b>	Chris	Morris	27.6	1990	<b>U15</b>					
	<b>U17</b>	Brian	Hill	35.04	1988	<b>U17</b>	Lucy	Deeney	7.51	2009	
	<b>U20</b>	Brian	Hill	29.22	1990	<b>U20</b>	Danielle	Melville	9.16	2008	
	<b>Senior</b>	George	Loney	39	198?	<b>Senior</b>	Carol-Ann	Thomson	10.02	2008	
<b>Javelin</b>	<b>U13</b>	P	Harrington	27.5	1994	<b>U13</b>	Hannah	McDonald	7.88	2009	
	<b>U15</b>	Stuart	Peter	40.26	1988	<b>U15</b>	Claire	Witherspoon	11.88	2007	
	<b>U17</b>	Brian	Hill	51.62	1988	<b>U17</b>					
	<b>U20</b>	Brian	Hill	50.54	1990	<b>U20</b>					
	<b>Senior</b>	Brian	Hill	54.1	1992	<b>Senior</b>	Carol-Ann	Thomson	9.77	2008	
<b>Hammer</b>	<b>U17</b>	Chris	Johnston	25.58	1997	<b>U17</b>					
	<b>U20</b>	Chris	Johnston	19.25	1998	<b>U20</b>					
	<b>Senior</b>	Kenny	Rance	37	198?	<b>Senior</b>					