

**Cambuslang Harriers Records (reviewed June 2019)**

Event	Age Group	Athlete	Record	Year	Event	Age Group	Athlete	Record	Year
	<b>Male</b>					<b>Female</b>			
<b>60m</b>	U13				<b>60m</b>	U13			
	U15	Alec Thomas	7.4	2011		U15			
	U17	Alec Thomas	7.16	2013		U17	Rachael Steele	8.25	2012
	U20	Alec Thomas	7.16	2013		U20	Rachael Steele	8.21	2013
	Senior	Alec Thomas	7.15	2013		Senior	Rachael Steele	8.21	2013
<b>100m</b>	U13	Tony Grey	12.57	1997	<b>100m</b>	U13	Lauren Baird	16.0	2007
	U15	Ewan Cameron	11.3	1989		U15	Robyn Taylor	12.82	2015
	U17	Colin McRoberts	10.8	1991		U17	Rachael Steele	13.18	2012
	U20	Colin McRoberts	10.8	1991		U20	Rachael Steele	13.18	2012
	Senior	Brian Ashburn	10.7	?		Senior	Rachael Steele	13.18	2012
<b>200m</b>	U13	Tony Grey	26.73	1997	<b>200m</b>	U13	Selina White	31.9	2009
	U15	Alec Thomas	23.59	1994		U15	Kerrie Miller	31.4	2008
	U17	Colin McRoberts	21.8	1991		U17	Caitlin Hendry	27.4	2007
	U20	Colin McRoberts	21.8	1991		U20			
	Senior					Senior			
<b>400m</b>	U13	Paul McBride	59.22	1992	<b>400m</b>	U13			
	U15	Michael Jones	54.3	1994		U15			
	U17	Gerry Simpson	49.65	1988		U17	Caitlin Hendry	62.09	2007
	U20	Gerry Simpson	49.1	1990		U20	Caitlin Hendry	62.2	2009
	Senior	Gerry Simpson	49.1	1990		Senior			
<b>800m</b>	U13	Paul McBride	2.13.61	1992	<b>800m</b>	U13	Niamh Brown	2.31.00	2001
	U15	Chris McLew	2.02.58	2016		U15	Caitlin Hendry	2.19.91	2005
	U17	Michael Chisholm	1.53.48	1990		U17	Caitlin Hendry	2.19.91	2005
	U20	Ian Munro	1.51.31	2002		U20	Caitlin Hendry	2.13.83	2009
	Senior	Ian Munro	1.48.16	2005		Senior			
<b>1500m</b>	U13	Chris McLew	4.34.20	2014	<b>1500m</b>	U13	Niamh Brown	4.59.91	2011
	U15	Chris McLew	4.21.13	2016		U15	Shona Carey	4.56.15	2018
	U17	Sam Wallace	3.52.1	1985		U17	Eve MacKinnon	4.54.64	2013
	U20	Sam Wallace	3.52.1	1985		U20	Moira Stewart	4.42.14	2014
	Senior	Jon McCallum	3.37.75	2000		Senior	Sarah Benson	4.28.95	2014
<b>Mile</b>	U13				<b>Mile</b>	U13			
	U15	David Ward	4.56.46	2001		U15			
	U17	Mark McBeth	4.21.71	1990		U17			
	U20	Sam Wallace	4.08.8	1987		U20			
	Senior	Ian Gillespie	3.58.4	1997		Senior			
<b>3000m</b>	U15	Eddie McAfferty	9.13.5	1988	<b>3000m</b>	U15	Niamh Riggins	10.49.27	2018
	U17	Graham Ferguson	8.42.4	1996		U17	Niamh Riggins	10.49.27	2018
	U20	Ryan Thomson	8.28.52	2015		U20	Alex Lamond	10.19.30	2012
	Senior	Ian Gillespie	7.48.28	1997		Senior	Sarah Benson	9.19.29	2014
<b>5000m</b>	U17	Charlie Thomson	15.44.9	1982	<b>5000m</b>	U17			
	U20	Ryan Thomson	14.45.08	2015		U20	Katie Bristow	18.11.88	2012
	Senior	Ian Gillespie	13.18.06	1997		Senior	Moira Stewart	15.57.63	2018
<b>10,000m</b>	U20				<b>10,000m</b>	U20			
	Senior	Alex Gilmour	29.37.18	1986		Senior	Moira Stewart	33.41.17	2018
<b>Marathon</b>	U20	Charlie Thomson	2.39.46	1984	<b>Marathon</b>	U20			
	Senior	Keith Anderson	2.17.08	1998		Senior	Alex Lamond	3.04.47	2017
<b>1500m S/C</b>	U15	Eddie McAfferty	4.44.5	1988	<b>1500m S/C</b>	U15			
	U17	David McShane	4.25.32	1981		U17			
<b>2000m S/C</b>	U17	David McShane	6.12.6	1983	<b>2000m S/C</b>	U17			
	U20	Pat Morris	6.03.73	1985		U20			
	Senior	Gordon Rimmer	5.34.21	1979		Senior			
<b>3000m S/C</b>	U20	Pat Morris	9.07.7	1986	<b>3000m S/C</b>	U20			
	Senior	Gordon Rimmer	8.26.6	1980		Senior	Sarah Benson	10.00.74	2014
<b>75m Hurdles</b>	U13	Gordon Adam	12.9	1995	<b>70m Hurdles</b>	U13	Niamh O'Donnell	15.54	2008
<b>80m Hurdles</b>	U15	Gordon Adam	12.46	1997	<b>75m Hurdles</b>	U15	Kerrie Miller	16.00	2009
<b>100m Hurdles</b>	U17	Robert Taylor	14.2	1988	<b>80m Hurdles</b>	U17			
<b>110m Hurdles</b>	U20	Mark Gallagher	21.6	1990	<b>100m Hurdles</b>	U20			
<b>110m Hurdles</b>	Senior	J Dunn	16.5	1994	<b>100m Hurdles</b>	Senior			

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<b>400m Hurdles</b>	U15	Michael Jones	62.9	1994		U15			
	U17	Michael Jones	61.6	1995		U17			
	U20	G Roy	59.5	?		U20			
	Senior	Gerry Simpson	58.6	1991		Senior			
<b>High Jump</b>	U13	Gary Woods	1.7	1988	<b>High Jump</b>	U13	S McInnell	1.20	2013
	U15	Gary Woods	1.89	1989		U15	Mairi Brown	1.46	2008
	U17	Gary Woods	1.96	1991		U17			
	U20	Tony Gilhooly	2.05	1994		U20			
	Senior	Tony Gilhooly	2.18	1998		Senior			
<b>Long Jump</b>	U13	Roberto Demarco	5.06	1992	<b>Long Jump</b>	U13	Niamh O'Donnell	3.77	2009
	U15	Alec Thomas	5.91	1988		U15	Rebecca Bonomi	4.05	2009
	U17	Colin McRoberts	5.99	1991		U17	Marie McBride	4.44	2012
	U20	Mark Craig	6.91	1991		U20	Rachael Steele	4.52	2013
	Senior	Brian Ashburn	7.36	?		Senior			
<b>Triple Jump</b>	U13	Gary Woods	10.12	1988	<b>Triple Jump</b>	U13			
	U15	Scott Waugh	12.98	1988		U15			
	U17	Scott Waugh	13.32	1989		U17	Lucy Deeny	7.84	2009
	U20					U20			
	Senior					Senior			
<b>Pole Vault</b>	U17	Fraser McLraith	3.00	1994	<b>Pole Vault</b>	U17			
	U20	Kenny McNicoll	?	1991		U20			
	Senior	Adam Anderson	4.10	1991		Senior			
<b>Shot Put</b>	U13	Paul Longridge	10.49	1994	<b>Shot Put</b>	U13	Helen Wilson	5.80	2008
	U15	Douglas Worrall	11.52	1988		U15	Lauren Docherty	5.35	2008
	U17	Brian Hill	12.84	1988		U17	Sarah Miller	6.50	2009
	U20	Brian Hill	10.86	1990		U20			
	Senior	George Loney	11.??	198?		Senior			
<b>Discus</b>	U13	Chris Morris	22.42	1988	<b>Discus</b>	U13	Rebecca Bonomi	11.94	2008
	U15	Chris Morris	27.6	1990		U15			
	U17	Brian Hill	35.04	1988		U17	Lucy Deeny	7.51	2009
	U20	Brian Hill	29.22	1990		U20	Danielle Melville	9.16	2008
	Senior	George Loney	39.??	198?		Senior	Carol Anne Thomson	10.02	2008
<b>Javelin</b>	U13	P Harrington	27.5	1994	<b>Javelin</b>	U13	Hannah McDonald	7.88	2009
	U15	Stuart Peter	40.26	1988		U15	Claire Witherspoom	11.88	2007
	U17	Brian Hill	51.62	1988		U17			
	U20	Brian Hill	50.54	1990		U20			
	Senior	Brian Hill	54.10	1992		Senior			
<b>Hammer</b>	U17	Chris Johnston	25.58	1997	<b>Hammer</b>	U17			
	U20	Chris Johnston	19.25	1998		U20			
	Senior	Kenny Rance	37.??	198?		Senior			