**CAMBUSLANG HARRIERS ACHIEVEMENTS**

**11TH SEPTEMBER 2016 TO 2ND SEPTEMBER 2017**

**NATIONAL/UK/INTERNATIONAL TEAM AWARDS**

**SCOTTISH 10K MEN ROAD SILVER**

R THOMSON, S GIBSON AND R GILROY

**UK MASTERS HALF MARATHON GOLD**

R GILROY, K-L WILSON AND J CARTER

**NOMINATION BY SCOTTISH ATHLETICS AS OFF - TRACK TEAM OF THE YEAR**

CAMBUSLANG HARRIERS

**SCOTTISH CROSS COUNTRY RELAY MASTERS O40 GOLD**

B DOUGLAS, R GILROY, J CARTER AND J REID

**SCOTTISH CROSS COUNTRY RELAY MASTERS O50 GOLD**

D THOM, S MACKENZIE AND C DONNELLY

**SCOTTISH 4K CROSS COUNTRY**

**MEN SILVER**

R THOMSON, C JARDINE, S GIBSON AND R GILROY

**WORLD MASTERS CROSS COUNTRY M55 GB TEAM MEMBER SILVER**

C FEECHAN

**WORLD MASTERS CROSS COUNTRY M60 GB TEAM MEMBER BRONZE**

P THOMPSON

**WORLD MASTERS HALF MARATHON M60 GB TEAM MEMBER GOLD**

P THOMPSON

**WORLD MASTERS HALF MARATHON M55 GB TEAM MEMBER SILVER**

C FEECHAN

**SCOTTISH UNIVERSITIES LADIES XC CHAMPIONSHIPS TEAM GOLD**

E MacKINNON (REPRESENTING EDINBURGH UNIVERSITY)

**SCOTTISH UNIVERSITIES LADIES XC CHAMPIONSHIPS TEAM BRONZE**

A LAMOND (REPRESENTING STRATHCLYDE UNIVERSITY)

**UK MASTERS O55 XC TEAM GOLD**

F HURLEY, P THOMPSON, D THOM AND C DONNELLY

**SCOTTISH MASTERS XC M40 GOLD**

R GILROY, F MCGOWAN, J CARTER AND C DONNELLY

**SCOTTISH MASTERS XC M50 GOLD**

S MACKENZIE, E STEWART AND C UPSON

**SCOTTISH CROSS COUNTRY U20 MEN SILVER**

C JARDINE, G SMITH, S SOMMERVILLE AND S MCKAY

**SCOTTISH CROSS COUNTRY U15 BOYS SILVER**

C MCLEW, R MACGREGOR, B AITKEN AND K CRAWFORD

**SCOTTISH CROSS COUNTRY SENIOR MEN BRONZE**

R THOMSON, I REID, R GILROY, S GIBSON, ALISTAIR CAMPBELL AND ALASDAIR CAMPBELL

**AT MAYS TROPHY FOR THE BEST MALE CLUB AT THE SCOTTISH CROSS COUNTRY**

**SCOTTISH SCHOOLS GROUP B BOYS SILVER (RUNNING FOR CATHKIN HIGH)**

D POLLOCK, R STEPHEN, R MACGREGOR AND K CRAWFORD

**SCOTTISH M50 ROAD RELAY CHAMPIONSHIPS GOLD**

A WALKINSHAW, P FLEMING, C FEECHAN AND S MACKENZIE

**SCOTTISH M40 ROAD RELAY CHAMPIONSHIPS SILVER**

P KERNOHAN, J CARTER, M BARKER, K-L WILSON, B DOUGLAS AND F MCGOWAN

**SCOTTISH JUNIOR/SENIOR ROAD RELAY CHAMPIONSHIPS SILVER**

I REID, S GIBSON, ALISTAIR CAMPBELL, R GILROY, C JARDINE AND R THOMSON

**SCOTTISH F40 ROAD RELAY CHAMPIONSHIPS BRONZE**

C MENNIE, B O’NEIL, E CHRISTIE AND J REID

**SCOTTISH LADIES 10 MILE ROAD GOLD**

**B O’NEIL, E CHRISTIE AND J REID**

**SCOTTISH MEN 10 MILE ROAD SILVER**

R GILROY, K-L WILSON AND C REILLY

**SCOTTISH 5K ROAD U20 TEAM SILVER**

G SMITH, C JARDINE AND P MORRISON

**JUNIOR/SENIOR WOMEN’S ROAD RELAY SILVER (RUNNING FOR EDINBURGH UNIVERSITY)**

E MACKINNON

**CAMBUSLANG AND RUTHERGLEN SPORTS COUNCIL U18 TEAM AWARD**

CAMBUSLANG HARRIERS U18 TEAMS

**CAMBUSLANG AND RUTHERGLEN SPORTS COUNCIL O18 TEAM AWARD**

CAMBUSLANG HARRIERS SENIORS AND MASTERS

**WORLD MASTERS M60 ½ MARATHON TEAM BRONZE (RUNNING FOR GB M60 TEAM)**

P THOMPSON

**WORLD MASTERS F45 4 X 200M TEAM BRONZE (RUNNING FOR GB F45 TEAM)**

L MARR

**WORLD MASTERS M55 XC TEAM GOLD (RUNNING FOR GB F55 TEAM)**

L MARR

**EUROPEAN MASTERS M45 ½ MARATHON SILVER (RUNNING FOR GB M45 TEAM)**

K-L WILSON

**SCOTTISH TRAIL RACE MEN GOLD**

B HUKINS, ALASDAIR CAMPBELL, R GILROY AND K HARVEY

**SCOTTISH TRAIL RACE U17 GIRLS GOLD**

H BROCK, K MCCUTCHEON AND R KELLY

**SCOTTISH TRAIL RACE WOMEN SILVER**

K ANDERSON/O’BRIEN, J REID, E CHRISTIE AND L MCARDLE

**SCOTTISH TRAIL RACE U17 BOYS SILVER**

D POLLOCK, K CRAWFORD AND A CAREY

**SCOTTISH TRAIL RACE U15 BOYS SILVER**

A GREW, M BLACK AND Z POVEY

**NATIONAL/UK/INTERNATIONAL/INDIVIDUAL AWARDS**

**SCOTTISH 10K ROAD 040 GOLD**

**R GILROY**

**SCOTTISH 10K ROAD 040 SILVER**

K-L WILSON

**SCOTTISH HALF MARATHON 040 GOLD**

K-L WILSON

**UK MASTERS HALF MARATHON O40 GOLD**

R GILROY

**UK MASTERS HALF MARATHON O45 GOLD**

K-L WILSON

**UK MASTERS HALF MARATHON O50 GOLD**

S MACKENZIE

**UK MASTERS WOMEN HALF MARATHON O60 GOLD**

E CHRISTIE

**UK MASTERS M45 5K TRACK GOLD**

K-L WILSON

**SCOTTISH ATHLETICS MASTERS ATHLETE OF THE YEAR**

K-L WILSON

**WORLD MASTERS 5K TRACK M60 GOLD**

P THOMPSON

**WORLD MASTERS HALF MARATHON M60 GOLD**

P THOMPSON

**SCOTTISH MASTERS 4K CROSS COUNTRY M40 GOLD**

R GILROY

**SCOTTISH MASTERS 4K CROSS COUNTRY W60 GOLD**

E CHRISTIE

**MASTERS CROSS COUNTRY INTERNATIONAL M40 BRONZE**

R GILROY

**SCOTTISH TRIATHLETE OF THE YEAR**

G SHELDON

**SCOTTISH UNIVERSITIES LADIES XC CHAMPIONSHIPS BRONZE**

E MACKINNON

**SCOTTISH MASTERS 3K INDOORS CHAMPS W35 GOLD**

J ETHERINGTON

**SCOTTISH MASTERS 3K INDOORS CHAMPS M35 SILVER**

G ROBERTSON

**SCOTTISH MASTERS 3K INDOORS CHAMPS M40 GOLD**

R GILROY

**SCOTTISH MASTERS 3K INDOORS CHAMPS M45 GOLD**

K-L WILSON

**SCOTTISH MASTERS 3K INDOORS CHAMPS M50 GOLD**

C UPSON

**SCOTTISH 3K INDOORS CHAMPS U17 SILVER**

D POLLOCK

**SCOTTISH MASTERS XC M40 SILVER**

R GILROY

**SCOTTISH MASTERS XC M50 BRONZE**

S MACKENZIE

**SCOTTISH MASTERS XC M55 GOLD**

C DONNELLY

**SCOTTISH MASTERS XC M60 GOLD**

E STEWART

**SCOTTISH MASTERS XC M60 SILVER**

P THOMPSON

**SCOTTISH MASTERS XC M60 BRONZE**

F HURLEY

**SCOTTISH CROSS COUNTRY U15 BOYS SILVER**

C MCLEW

**SCOTTISH MASTERS INDOORS FEMALE 35 800M GOLD**

J ETHERINGTON

**SCOTTISH MASTERS INDOORS FEMALE 35 1500M GOLD**

J ETHERINGTON

**SCOTTISH MASTERS INDOORS M50 800M GOLD**

C UPSON

**SCOTTISH MASTERS INDOORS M50 1500M SILVER**

C UPSON

**UK MASTERS INDOORS FEMALE 35 3000M GOLD**

J ETHERINGTON

**UK MASTERS INDOORS FEMALE 35 1500M GOLD**

J ETHERINGTON

**UK MASTERS INDOORS FEMALE 35 800M SILVER**

J ETHERINGTON

**UK MASTERS M45 3K GOLD**

K-L WILSON

**WORLD MASTERS M60 ½ MARATHON GOLD**

P THOMPSON

**WORLD MASTERS M60 XC SILVER**

P THOMPSON

**WORLD MASTERS M60 3K SILVER**

P THOMPSON

**SCOTTISH DUATHLON CHAMPIONSHIP OVERALL FEMALE BRONZE**

K ANDERSON/O’BRIEN

**SCOTTISH DUATHLON CHAMPIONSHIP SENIOR FEMALE BRONZE**

K ANDERSON/O’BRIEN

**SCOTTISH DUATHLON CHAMPIONSHIP M40 SILVER**

J MACNAMARA

**JUNIOR/SENIOR WOMEN’S ROAD RELAY SILVER (RUNNING FOR EDINBURGH UNIVERSITY)**

E MACKINNON

**SCOTTISH 10 MILE ROAD M35 GOLD**

R GILROY

**SCOTTISH 10 MILE ROAD M35 GOLD**

**K-L WILSON**

**SCOTTISH 10K TRACK CHAMPIONSHIP M 35 BRONZE**

B HUKINS

**SCOTTISH 10K TRACK CHAMPIONSHIP M 45 GOLD**

K- L WILSON

**SCOTTISH 10K TRACK CHAMPIONSHIP M50 BRONZE**

C UPSON

**BRITISH SPRINT DISTANCE TRIATHLON W30-34 GOLD**

K ANDERSON/O’BRIEN

**SCOTTISH U17 MEN 3K TRACK SILVER**

D POLLOCK

**SCOTTISH SCHOOLS GROUP A BOYS 1500M SILVER**

G SMITH

**SCOTTISH SCHOOLS GROUP B BOYS 800M SILVER**

C MCLEW

**SCOTTISH SCHOOLS GROUP B BOYS 1500M BRONZE**

D POLLOCK

**UK O45 MEN 5K ROAD GOLD**

K-L WILSON

**SCOTTISH M65 800M GOLD**

B GOUGH

**SCOTTISH M65 1500M GOLD**

B GOUGH

**SCOTTISH SPRINT DISTANCE TRIATHLON SENIOR WOMEN BRONZE**

K ANDERSON/O’BRIEN

**SCOTTISH MASTERS M40 5K GOLD**

R GILROY

**SCOTTISH MASTERS M45 5K TRACK GOLD**

K-L WILSON

**SCOTTISH MASTERS M35 5K TRACK SILVER**

G ROBERTSON

**SCOTTISH MASTERS M50 5K TRACK SILVER**

**C UPSON**

**SCOTTISH MASTERS M60 5K TRACK SILVER**

S EAGLESHAM

**EUROPEAN M45 5K TRACK SILVER**

K-L WILSON

**EUROPEAN M45 ½ MARATHON SILVER**

K-L WILSON

**SCOTTISH SENIOR WOMEN CROSS TRIATHLON NATIONAL CHAMPIONSHIPS GOLD**

K ANDERSON/O’BRIEN

**SCOTTISH WOMEN CROSS TRIATHLON NATIONAL CHAMPIONSHIPS OVERALL SILVER**

K ANDERSON/O’BRIEN

**SCOTTISH SENIOR MEN’S 5K TRACK GOLD**

G SHELDON

**SCOTTISH U17 1500M TRACK SILVER**

C MCLEW

**SCOTTISH TRAIL RACE BOYS U17 GOLD**

**D POLLOCK**

**SCOTTISH TRAIL RACE MASTERS MEN 40**

R GILROY

**SCOTTISH TRAIL RACE MASTERS WOMEN 60**

E CHRISTIE

**WEST DISTRICT TEAM AWARDS**

**JUNIOR/SENIOR MEN’S XC RELAY BRONZE**

G SMITH, R THOMSON, I REID, AND C JARDINE

**O40 MASTERS MEN XC RELAY GOLD**

B DOUGLAS, R GILROY, J CARTER AND J REID

**O40 MASTERS WOMEN XC RELAY GOLD**

B O’NEIL, J REID AND L ANGLEY

**040 MASTERS WOMEN XC GOLD**

J REID, B O’NEIL AND C MENNIE

**040 MASTERS MEN XC GOLD**

R GILROY, K CAMPBELL AND J CARTER

**U20 MEN XC GOLD**

C JARDINE, G SMITH AND S SOMMERVILLE

**U15** **BOYS XC SILVER**

C McLEW, R MacGREGOR AND K CRAWFORD

**SENIOR MEN XC BRONZE**

R GILROY, I REID, B HUKINS, ALISTAIR CAMPBELL, G ROBERTSON AND K CAMPBELL

**WEST DISTRICT INDIVIDUAL AWARDS**

**HALF MARATHON SENIOR GOLD**

K-L WILSON

**HALF MARATHON MASTERS GOLD**

K-L WILSON

**XC MASTERS MEN GOLD**

R GILROY

**XC U20 MEN SILVER**

C JARDINE

**XC U20 MEN BRONZE**

G SMITH

**XC U15 BOYS BRONZE**

C McLEW

**10 MILE M35 GOLD**

R GILROY

**10 MILE M35BRONZE**

K-L WILSON

**HALF MARATHON SENIOR GOLD**

R GILROY

**HALF MARATHON MASTERS GOLD**

R GILROY

**10K ROAD SENIOR GOLD**

S GIBSON

**10K ROAD SENIOR SILVER**

R GILROY

**10K ROAD MASTERS GOLD**

R GILROY

**WEST U20 MEN 1500M GOLD**

G SMITH

**WEST U17 MEN 1500M GOLD**

C MCLEW

**WEST U17 MEN 1500M SILVER**

D POLLOCK

**WEST MEN’S 5K BRONZE**

R GILROY

**WEST U20 MEN 5K GOLD**

G SMITH

**NATIONAL/DISTRICT REPRESENTATION**

**REPRESENTING SCOTLAND IN THE MASTERS INTRENATIONAL XC**

**035** I REID

040 J CARTER, R GILROY AND J REID

O50 S MACKENZIE

055 D THOM

O60 F BARTON, F HURLEY AND P THOMPSON

070 D FAIRWEATHER

**REPRESENTING SCOTLAND IN THE U20 XC LIVERPOOL XC EVENT**

C JARDINE

**REPRESENTING THE CZECH REPUBLIC IN THE U23 EUROPEAN XC CHAMPS**

M STEWART

**REPRESENTING SCOTLAND IN THE CELTIC XC U17 COMPETITION**

**D POLLOCK**

**REPRESENTING THE WEST IN THE INTER COUNTIES XC**

**U13 GIRLS**

N RIGGINS

**U15 BOYS**

R MACGREGOR

**U17 BOYS**

D POLLOCK

**SENIOR MEN**

S GIBSON, I REID AND G SHELDON

**REPRESENTING SCOTISH UNIVERSITIES IN THE INTER COUNTIES XC**

WOMEN A LAMOND

MEN R THOMSON

**REPRESENTING THE WEST U20 MEN IN THE UK INTER COUNTIES XC**

G SMITH

**REPRESENTING SCOTTISH SCHOOLS IN THE HOME NATIONS XC**

G SMITH

**REPRESENTING SCOTLAND U15 MALE TEAM IN THE LONDON MINI MARATHON**

C MCLEW

**REPRESENTING GB U20 TEAM IN THE EUROPEAN UPHILL CHAMPIONSHIP**

J BOYLE

**REPRESENTING SCOTTISH SCHOOLS IN SIAB TRACK AND FIELD INTERNATIONAL**

D POLLOCK

**REPRESENTING SCOTTISH SCHOOLS IN SIAB TRACK AND FIELD INTERNATIONAL**

C MCLEW

**REPRESENTING GB U20 TEAM IN THE WORLD UPHILL AND DOWNHILL CHAMPIONSHIP**

J BOYLE

**REPRESENTING GB IN CAPE TOWN ITU TRIATHLON WORLD CUP**

G SHELDON

**REPRESENTING GB IN ITU WORLD TRIATHLON ABU DHABI**

G SHELDON

**REPRESENTING GB IN ITU WORLD TRIATHLON LEEDS**

G SHELDON

**REPRESENTING GB IN QUARTEIRA ETU TRIATHLON EUROPEAN CUP**

G SHELDON

**REPRESENTING GB IN ITU WORLD TRIATHLON EDMONTON**

G SHELDON

**REPRESENTING GB IN ITU WORLD TRIATHLON MONTREAL**

G SHELDON

**LANARKSHIRE TEAM AWARDS**

**SENIOR MEN ROAD RELAY GOLD**

J CARTER, B BRISTOW, R GILROY AND G ROBERTSON

**U13 GIRLS ROAD RELAY SILVER**

E KENNEDY, M NICHOLL AND E RITCHIE

**U13 BOYS ROAD RELAY SILVER**

F MACGREGOR, R WOODS AND S MILLARD

**U15 BOYS ROAD RELAY SILVER**

S FRIEL, R MACGREGOR AND B AITKEN

**U13 GIRLS XC BRONZE**

N RIGGINS, M NICHOLL AND M MACKINNON

**U13** **BOYS XC SILVER**

F MacGREGOR, S MILLARD AND R WOODS

**U15 BOYS XC SILVER**

K CRAWFORD, C MILLARD AND M BLACK

**U17 BOYS GOLD**

D POLLOCK, R STEPHEN AND A CAREY

**SENIOR WOMEN XC BRONZE**

K O’BRIEN (ANDERSON), B O’NEIL AND LESLEY McARDLE

**SENIOR MEN XC GOLD**

R THOMSON, R GILROY AND ALISTAIR CAMPBELL

**3 X 800M U13 BOYS GOLD**

S MILLARD, L RODDIS AND F MACGREGOR

**3 X 800M U13 GIRLS SILVER**

E KENNEDY, M NICHOLL AND E RITCHIE

**LANARKSHIRE INDIVIDUAL AWARDS**

**SENIOR MEN’S XC GOLD**

R THOMSON

**SENIOR MEN’S XC BRONZE**

ALISTAIR CAMPBELL

**MASTERS MEN’S XC GOLD**

R GILROY

**MASTERS MEN’S XC SILVER**

J CARTER

**U20 MEN’S XC GOLD**

B CAREY

**MASTERS WOMEN’S XC BRONZE**

B O’NEILL

**U17 BOYS XC SILVER**

D POLLOCK

**U13 GIRLS XC GOLD**

N RIGGINS

**U17 GIRLS XC SILVER**

R KELLY