**CAMBUSLANG HARRIERS ACHIEVEMENTS**

**9TH SEPTEMBER 2018 TO 6TH SEPTEMBER 2019**

**NATIONAL/UK/INTERNATIONAL TEAM AWARDS**

**SCOTTISH 10K MEN ROAD GOLD**

G SHELDON, S GIBSON AND K HARVEY

**SCOTTISH M40 XC RELAY GOLD**

J CARTER, K CAMPBELL, J REID AND B HUKINS

**SCOTTISH M50 XC RELAY GOLD**

C UPSON, S MACKENZIE AND C DONNELLY

**SCOTTISH U17 MEN 3K CROSS COUNTRY BRONZE**

R MACGREGOR, C MCLEW AND B AITKEN

**MASTERS INTERNATIONAL XC MEN’S SILVER FOR SCOTTISH M60 TEAM**

P THOMPSON

**MASTERS INTERNATIONAL XC WOMEN’S BRONZE FOR SCOTTISH W40 TEAM**

J ETHERINGTON

**SCOTTISH MASTERS XC M40 GOLD**

B HUKINS, I REID, K CAMPBELL AND J CARTER

**SCOTTISH MASTERS XC M50 GOLD**

C DONNELLY, C THOMSON AND S MACKENZIE

**SCOTTISH XC CHAMPIONSHIP U15 BOYS SILVER**

R WOODS, L RODDIS, J FAIRWEATHER AND Z POVEY

**SCOTTISH XC CHAMPIONSHIP U17 MEN BRONZE**

C MCLEW, A GREW, M BLACK AND B AITKEN

**SCOTTISH XC CHAMPIONSHIP U20 MEN SILVER**

G SMITH, D POLLOCK, R DONNELLY AND S PATON

**SCOTTISH XC CHAMPIONSHIP SENIOR MEN SILVER**

R THOMSON, S GIBSON, K HARVEY, I MACCORQUODALE, F STEWART AND ALASDAIR CAMPBELL

**SCOTTISH XC CHAMPIONSHIP AT MAYS TROPHY FOR BEST MALE CLUB**

**CAMBUSLANG HARRIERS**

**SCOTTISH ROAD RACE U15 BOYS BRONZE**

R WOODS, L RODDIS AND Z POVEY

**SCOTTISH JUNIOR/SENIOR MEN ROAD RELAY GOLD**

D POLLOCK, K HARVEY, S GIBSON, R THOMSON, G SMITH AND F STEWART

**SCOTTISH M40 ROAD RELAY GOLD**

JP MURPHY, I REID, M HEALY, K CAMPBELL, J CARTER AND B HUKINS

**SCOTTISH M50 ROAD RELAY BRONZE**

D DICKSON, D THOM, M O’HAGAN AND S MACKENZIE

**TEAM MEMBER OF SCOTTISH SCHOOLS IN SCHOOLS INTERNATIONAL XC SILVER**

L RODDIS

**TEAM MEMBER OF UK W40 IN WORLD MASTERS XC CHAMPIONSHIPS BRONZE**

J ETHERINGTON

**TEAM MEMBER OF UK W40 IN WORLD OUTDOORS 4 X 200M CHAMPIONSHIPS SILVER**

J ETHERINGTON

**SCOTTISH 5K ROAD SENIOR MEN BRONZE**

D POLLOCK, J MACKINNON AND C REILLY

**SCOTTISH 5K ROAD U20 MEN SILVER**

D POLLOCK, J MACKINNON AND A CAREY

**CAMBUSLANG AND RUTHERGLEN SENIOR TEAM OF THE YEAR AWARD**

CAMBUSLANG HARRIERS

**SCOTTISH HILL RUNNING SENIOR MEN BRONZE**

ALASDAIR CAMPBELL, I MACCORQUODALE AND J CARTER

**SCOTTISH MID TRAIL SENIOR MEN CHAMPIONSHIP SILVER**

ALASDAIR CAMPBELL, J CARTER, R COOPER AND C UPSON

**SCOTTISH MID TRAIL U15 GIRLS GOLD**

A McCLUE, E RITCHIE AND F HAY

**SCOTTISH MID TRAIL U15 BOYS SILVER**

F MCGREGOR, Z HAGGERTY AND B McDONALD

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

**SCOTTISH 10K ROAD SENIOR MEN SILVER**

G SHELDON

**SCOTTISH 10K ROAD 040 MEN GOLD**

I REID

**SCOTTISH STANDARD DISTANCE TRIATHLON CHAMPIONSHIP OVERALL WOMEN GOLD**

K O’BRIEN

**SCOTTISH STANDARD DISTANCE TRIATHLON CHAMPIONSHIP SENIOR WOMEN GOLD**

K O’BRIEN

**ETU TRIATHLON CUP BRONZE**

G SHELDON

**SCOTTISH HALF MARATHON CHAMPIONSHIP M40 BRONZE**

KERRY-LIAM WILSON

**SCOTTISH CROSS TRIATHLON NATIONAL CHAMPIONSHIP OVERALL WOMEN GOLD**

K O’BRIEN

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

K O’BRIEN

**SCOTTISH 4K XC M40 SILVER**

B HUKINS

**SCOTTISH 4K XC M50 SILVER**

C THOMSON

**SCOTTISH 4K XC M60 SILVER**

P THOMPSON

**CZECH REPUBLIC SENIOR LADIES CROSS COUNTRY GOLD**

M STEWART

**SCOTTISH MASTERS 3000M INDOORS M35 GOLD**

S GIBSON

**SCOTTISH MASTERS 3000M INDOORS M45 GOLD**

K-L WILSON

**SCOTTISH MASTERS 3000M INDOORS W40 SILVER**

J ETHERINTGON

**SCOTTISH MASTERS 3000M INDOORS M55 SILVER**

C UPSON

**SCOTTISH U20 MEN 15000M INDOORS GOLD**

C MCLEW

**SCOTTISH MASTERS XC O50 MEN GOLD**

C THOMSON

**SCOTTISH MASTERS XC O55 MEN GOLD**

C DONNELLY

**SCOTTISH MASTERS XC O65 MEN SILVER**

F HURLEY

**SCOTTISH MASTERS XC O55 MEN SILVER**

S MACKENZIE

**SCOTTISH MASTERS XC O40 MEN BRONZE**

B HUKINS

**SCOTTISH MASTERS XC O45MEN BRONZE**

J CARTER

**SCOTTISH MASTERS XC O55 MEN BRONZE**

C UPSON

**SCOTTISH MASTERS INDOORS 800M W40 GOLD**

J ETHERINGTON

**SCOTTISH MASTERS INDOORS 800M M65 SILVER**

F HURLEY

**SCOTTISH MASTERS INDOORS 1500M W40 SILVER**

J ETHERINGTON

**SCOTTISH MASTERS INDOORS 1500M M45 SILVER**

J CARTER

**SCOTTISH MASTERS INDOORS 1500M M55 SILVER**

C UPSON

**SCOTTISH MASTERS INDOORS 1500M M65 SILVER**

F HURLEY

**SCOTTISH XC CHAMPIONSHIP SENIOR LADIES SILVER**

M STEWART

**BMAF O55 XC SILVER**

C DONNELLY

**BMAF INDOORS 800M F40 SILVER**

J ETHERINGTON

**BMAF INDOORS 1500M F40 SILVER**

J ETHERINGTON

**BMAF INDOORS 3000M F40 SILVER**

J ETHERINGTON

**SCOTTISH SENIOR 50K ROAD CHAMPIONSHIP GOLD**

K-L WILSON

**SCOTTISH M40 50K ROAD CHAMPIONSHIP GOLD**

K-L WILSON

**WORLD MASTERS XC W40 BRONZE**

J ETHERINGTON

**BMAF 10K ROAD BRONZE**

J ETHERINGTON

**SCOTTISH DUATHLON OVERALL WOMEN’S BRONZE**

K O’BRIEN

**SCOTTISH DUATHLON SENIOR WOMEN’S BRONZE**

K O’BRIEN

**SCOTTISH 10K SENIOR MEN TRACK CHAMPIONSHIP BRONZE**

R THOMSON

**SCOTTISH 5K ROAD M70 GOLD**

D COONEY

**SCOTTISH 5K ROAD M40 SILVER**

KERRY-LIAM WILSON

**SCOTTISH 5K ROAD M50 BRONZE**

C THOMSON

**CAMBUSLANG AND RUTHERGLEN SENIOR SPORTSWOMEN OF THE YEAR AWARD**

K O’BRIEN

**CAMBUSLANG AND RUTHERGLEN SALSC SERVICE TO SPORT AWARD**

D COONEY

 **CAMBUSLANG AND RUTHERGLEN JUNIOR SPORTS MERIT AWARD**

S MCLAUGHLIN

**CAMBUSLANG AND RUTHERGLEN JUNIOR SPORTS MERIT AWARD**

N RIGGINS

**CAMBUSLANG AND RUTHERGLEN JUNIOR SPORTS MERIT AWARD**

R WOODS

**CAMBUSLANG AND RUTHERGLEN JUNIOR SPORTS MERIT AWARD**

L RODDIS

**CAMBUSLANG AND RUTHERGLEN JUNIOR SPORTS MERIT AWARD**

M BLACK

**SCOTTISH SCHOOLS GIRLS 800M CHAMPIONSHIP GOLD**

A MCCLUE

**EUROPEAN MASTERS M50 MOUNTAIN RUNNING CHAMPIONSHIP GOLD**

C DONNELLY

**CZECH REPUBLIC LADIES 10,000 METRES CHAMPIONSHIP GOLD**

M STEWART

**SCOTTISH MASTERS M65 800M TRACK SILVER**

S EAGLESHAM

**SCOTTISH SPRINT DISTANCE TRIATHLON NATIONAL CHAMPIONSHIPS OVERALL BRONZE**

K O’BRIEN

**SCOTTISH SPRINT DISTANCE TRIATHLON NATIONAL CHAMPIONSHIPS SENIOR BRONZE**

K O’BRIEN

**SCOTTISH AQUATHLON NATIONAL CHAMPIONSHIP OVERALL FEMALE SILVER**

K O’BRIEN

**SCOTTISH AQUATHLON NATIONAL CHAMPIONSHIP SENIOR WOMEN SILVER**

K O’BRIEN

**SCOTTISH MIDDLE DISTANCE TRIATHLON NATIONAL CHAMPIONSHIPS OVERALL SILVER**

K O’BRIEN

**SCOTTISH MIDDLE DISTANCE TRIATHLON NATIONAL CHAMPIONSHIPS SENIOR SILVER**

K O’BRIEN

**BRITISH MIDDLE DISTANCE TRIATHLON NATIONAL CHAMPIONSHIPS AGE GROUP SILVER**

K O’BRIEN

**BRITISH MIDDLE DISTANCE TRIATHLON NATIONAL CHAMPIONSHIPS AGE GROUP SILVER**

D COMER

**SCOTTISH MIDDLE DISTANCE TRIATHLON NATIONAL CHAMPIONSHIP AGE GROUP SILVER**

D COMER

**SCOTTISH MIDDLE DISTANCE TRIATHLON NATIONAL CHAMPIONSHIP SENIOR GOLD**

D ROBERTS

**SCOTTISH MIDDLE DISTANCE TRIATHLON NATIONAL CHAMPIONSHIP OVERALL GOLD**

D ROBERTS

**BRITISH MIDDLE DISTANCE TRIATHLON NATIONAL CHAMPIONSHIP OVERALL BRONZE**

D ROBERTS

**BRITISH MIDDLE DISTANCE TRIATHLON NATIONAL CHAMPIONSHIP SENIOR BRONZE**

D ROBERTS

**SCOTTISH SENIOR OUTDOOR CHAMPIONSHIP 1,500M BRONZE**

J MACKINNON

**SCOTTISH SENIOR OUTDOOR 5,000M BRONZE**

G SHELDON

**ITU TRIATHLON WORLD CUP CZECH REPUBLIC BRONZE**

G SHELDON

**SCOTTISH HILL RUNNING CHAMPIONSHIPS M40 GOLD**

J CARTER

**SCOTTISH HILL RUNNING CHAMPIONSHIP U23 BRONZE**

C JARDINE

**SCOTTISH MASTERS 10,000M TRACK GOLD M35**

S GIBSON

**SCOTTISH MASTERS 10,000M TRACK GOLD M45**

S WYLIE

**SCOTTISH MASTERS 10,000M TRACK GOLD M55**

C UPSON

**SCOTTISH MID TRAIL CHAMPIONSHIPS M40 SILVER**

J CARTER

**SCOTTISH MID TRAIL CHAMPIONSHIPS SENIOR BRONZE**

ALASDAIR CAMPBELL

**SCOTTISH MID TRAIL CHAMPIONSHIPS U20 BRONZE**

A CAREY

**SCOTTISH STANDARD DISTANCE TRIATHLON NATIONAL CHAMPIONSHIPS OVERALL BRONZE**

K O’BRIEN

**SCOTTISH STANDARD DISTANCE TRIATHLON NATIONAL CHAMPIONSHIPS AGE GROUP BRONZE**

K O’BRIEN

**DISTRICT INDIVIDUAL AWARDS**

**WEST XC MASTERS MEN 40 SILVER**

B HUKINS

**WEST XC MASTERS MEN 40 BRONZE**

I REID

**WEST XC U20 MEN SILVER**

G SMITH

**WEST XC U17 MEN SILVER**

C MCLEW

**WEST HILL RUNNING M40 SILVER**

J CARTER

**WEST DISTRICT HALF MARATHON MEN SILVER**

I REID

**WEST DISTRICT 800M U15 GIRLS GOLD**

A MCCLUE

**WEST DISTRICT 1500M SENIOR MEN GOLD**

J MACKINNON

**DISTRICT TEAM AWARDS**

**WEST DISTRICT XC RELAY MASTERS FEMALE GOLD**

B O’NEIL, J ETHERINGTON AND J REID

**WEST DISTRICT XC RELAY MASTERS MALE GOLD**

C THOMSON, J CARTER, J REID AND B HUKINS

**WEST DISTRICT XC SENIOR MEN GOLD**

F STEWART, ALASDAIR CAMPBELL, K HARVEY, R THOMSON, S GIBSON AND B HUKINS

**WEST DISTRICT XC MASTERS MEN GOLD**

B HUKINS, I REID AND J CARTER

**WEST DISTRICT XC U20 MEN SILVER**

G SMITH, J MACKINNON AND D POLLOCK

**WEST DISTRICT XC U17 MEN SILVER**

C MCLEW, R MACGREGOR AND M BLACK

**WEST DISTRICT XC U15 BOYS SILVER**

R WOODS, L RODDIS AND Z POVEY

**WEST DISTRICT XC U15 GIRLS SILVER**

N RIGGINS, S CAREY AND E KENNEDY

**NATIONAL/DISTRICT REPRESENTATION**

**REPRESENTING GB IN ETU TRIATHLON CUP**

G SHELDON

**REPRESENTING GB IN ITU TRIATHLON WORLD CUP FLORIDA**

G SHELDON

**REPRESENTING SCOTTISH MASTERS IN THE MASTERS INTERNATIONAL XC**

F40 J ETHERINGTON

M45 J CARTER

M55 S MACKENZIE

M60 P THOMPSON

**REPRESENTING SCOTLAND IN THE EUROPEAN CROSS COUNTRY TRIAL AT LIVERPOOL**

R THOMSON

**REPRESENTING CZECH REPUBLIC SENIOR WOMEN IN EUROPEAN XC CHAMPIONSHIPS**

M STEWART

**REPRESENTING THE WEST IN THE SCOTTISH INTER DISTRICT XC**

**U15 GIRLS** S CAREY

**U15 BOYS** R WOODS AND L RODDIS

**U17 WOMEN** S MCLAUGHLIN

**U17 MEN** C MCLEW, R MACGREGOR, M BLACK AND B AITKEN

**SENIOR MEN** F STEWART, ALASDAIR CAMPBELL, K HARVEY AND R THOMSON

**SCOTTISH U23 TEAM FOR THE CELTIC XC EVENT**

G SMITH

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

SENIOR MEN K HARVEY, R THOMSON AND F STEWART

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

U17 LADIES S MCLAUGHLIN

**REPRESENTING THE SCOTTISH SCHOOLS IN SCHOOLS INTERNATIONAL XC**

L RODDIS

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

G SHELDON

**REPRESENTING THE CZECH REPUBLIC IN THE SENIOR LADIES WORLD XC CHAMPIONSHIPS**

M STEWART

**REPRESENTING THE CZECH REPUBLIC IN THE EUROPA CUP B 10,000M**

M STEWART

**REPRESENTING SCOTTISH MASTERS IN THE MASTERS INTER REGIONAL TRACK COMPETITION**

B GOUGH

**REPRESENTING THE CZECH REPUBLIC IN THE EUROPEAN TEAM CHAMPS 5,000M**

M STEWART

**REPRESENTING GB IN ITU TRIATHLON WORLD CUP CZECH REPUBLIC**

G SHELDON

**LANARKSHIRE TEAM AWARDS**

**LANARKSHIRE ROAD RELAY U15 BOYS GOLD**

F MACGREGOR, R WOODS AND L RODDIS

**LANARKSHIRE ROAD RELAY U13 BOYS SILVER**

J GALLACHER, S MCCARTHY AND B MCDONALD

**LANARKSHIRE ROAD RELAY SENIOR MEN SILVER**

G MCDONALD, R CARR, A CAMPBELL AND G ROBERTSON

**LANARKSHIRE CROSS COUNTRY U13 BOYS SILVER**

S MCCARTHY, B MCDONALD AND G KELLY

**LANARKSHIRE CROSS COUNTRY U15 BOYS SILVER**

R WOODS, L RODDIS AND F MACGREGOR

**LANARKSHIRE CROSS COUNTRY U17 GIRLS SILVER**

S MCLAUGHLIN, H BROCK AND C BURTON

**LANARKSHIRE CROSS COUNTRY LADIES SILVER**

K O’BRIEN, B O’NEIL AND L MCARDLE

**LANARKSHIRE CROSS COUNTRY MEN SILVER**

K HARVEY, J MACKINNON AND R CARR

**LANARKSHIRE CROSS COUNTRY U13 GIRLS BRONZE**

A MCCLUE, E RITCHIE AND L MCGRANDLE

**LANARKSHIRE INDIVIDUAL AWARDS**

**LANARKSHIRE CROSS COUNTRY U11 GIRLS GOLD**

O MCNICHOL

**LANARKSHIRE CROSS COUNTRY U20 MEN GOLD**

J MACKINNON

**LANARKSHIRE CROSS COUNTRY U20 LADIES SILVER**

A CRAIG

**LANARKSHIRE CROSS COUNTRY U13 GIRLS SILVER**

A MCCLUE

**LANARKSHIRE CROSS COUNTRY U17 BOYS SILVER**

A GREW

**LANARKSHIRE CROSS COUNTRY SENIOR MEN SILVER**

K HARVEY

**LANARKSHIRE CROSS COUNTRY MASTERS MEN SILVER**

J CARTER

**LANARKSHIRE CROSS COUNTRY U13 BOYS BRONZE**

S MCCARTHY

**LANARKSHIRE CROSS COUNTRY U15 BOYS BRONZE**

R WOODS

**LANARKSHIRE CROSS COUNTRY U17 LADIES BRONZE**

S MCLAUGHLIN

**LANARKSHIRE CROSS COUNTRY SENIOR LADIES BRONZE**

K O’BRIEN

**LANARKSHIRE TRACK MEN’S 3,000M**

R DONNELLY