**RONHILL CAMBUSLANG HARRIERS ACHIEVEMENTS MID SEPTEMBER 2013 – MID SEPTEMBER 2014**

**NATIONAL TEAM AWARDS**

**SCOTTISH 10K ROAD RACE GOLD MEDALS**

J LILLY, W TAFESE AND K WILSON

**SCOTTISH XC RELAY O35 GOLD MEDALS**

S HUNTER, J REID, K WILSON AND G HASTIE

**SCOTTISH XC RELAY O50 GOLD MEDALS**

A WALKINSHAW, C FEECHAN AND C DONNELLY

**SCOTTISH CROSS COUNTRY CHAMPS O40 SILVER MEDALS**

K-L WILS0N, K MACPHERSON, C FEECHAN AND S HUNTER

**SCOTTISH CROSS COUNTRY U13 BOYS TEAM GOLD**

R STEPHEN, L MACPHERSON, D POLLOCK AND R MACGREGOR

**SCOTTISH CROSS COUNTRY U20 GIRLS TEAM SILVER**

K BRISTOW, M STEWART AND M BROWN

**SCOTTISH CROSS COUNTRY U15 BOYS TEAM BRONZE**

S PATON, G SMITH, K MORTON AND J BOYLE

**SCOTTISH ROAD U13 BOYS TEAM SILVER**

R STEPHEN, L MACPHERSON AND C McLEW

**UK VETS O35 XC TEAM GOLD**

R GILROY, K-L WILSON AND J REID

**UK VETS O55 XC TEAM GOLD**

C FEECHAN, F BARTON AND F HURLEY

**SCOTTISH SCHOOLS XC (REPRESENTING CATHKIN HIGH) U14 TEAM SILVER**

R STEPHEN, D POLLOCK, C McLEW AND K CRAWFORD

**SCOTTISH 6 STAGE ROAD RELAY SENIOR SILVER**

S GIBSON, K MCLELLAN, I RAWLINSON, B HUKINS, J LILLY AND R GILROY

**SCOTTISH 6 STAGE ROAD RELAY VET O40 GOLD**

J HEALY, J REID, S HUNTER, K-L WILSON, M O’HAGAN AND G HASTIE

**SCOTTISH 4 STAGE ROAD RELAY VET O50 GOLD**

R ARBUCKLE, D THOM, F HURLEY AND C FEECHAN

**SCOTTISH 10 MILE ROAD SILVER TEAM**

R GILROY, S GIBSON AND K-L WILSON

**SCOTTISH 5K TEAM GOLD**

G SHELDON, B HUKINS AND S GIBSON

**SCOTTISH TRAIL RACE TEAM GOLD**

K McLELLAN, B HUKINS, J REID, G PETTIT, J HEALEY AND S HUNTER

**AT MAYS TROPHY FOR THE BEST OVERALL MALE CROSS COUNTRY CLUB IN SCOTLAND**

**NATIONAL/UK/INTERNATIONAL INDIVIDUAL AWARDS**

**SCOTTISH 10K ROAD GOLD MEDAL**

J LILLY

**SCOTTISH 10K ROAD BRONZE MEDAL**

W TAFESE

**SCOTTISH 10K ROAD VET GOLD MEDAL**

K –L WILSON

**SCOTTISH 10K ROAD VET SILVER MEDAL**

**R GILROY**

**SCOTTISH 10K ROAD U20 LADIES SILVER**

K BRISTOW

**SCOTTISH 4K XC VET GOLD MEDAL**

K-L WILSON

**SCOTTISH 4K XC U20 LADIES SILVER**

K BRISTOW

**SCOTTISH UNIVERSITIES XC LADIES SILVER**

K BRISTOW

**SCOTTISH UNIVERSITIES XC MENS SILVER**

G SHELDON

**SCOTTISH VETS O40 CROSS COUNTRY GOLD**

K-L WILSON

**SCOTTISH VETS O45 CROSS COUNTRY BRONZE**

K MACPHERSON

**SCOTTISH VETS O55 CROSS COUNTRY GOLD**

C FEECHAN

**SCOTTISH VETS O60 CROSS COUNTRY GOLD**

F HURLEY

**SCOTTISH VETS O65 CROSS COUNTRY BRONZE**

R ANDERSON

**SCOTTISH SCHOOLS INDOOR TRACK 60M O16 SILVER**

A THOMAS

**SCOTTISH SCHOOLS INDOOR TRACK 200M O16 SILVER**

A THOMAS

**SCOTTISH SCHOOLS INDOOR TRACK 800M O16 SILVER**

J BALL

**SCOTTISH INDOOR TRACK 60M U16 SILVER**

K THOMAS

**SCOTTISH INDOOR TRACK 200M U16 SILVER**

A THOMAS

**SCOTTISH INDOOR TRACK 800M O16 GOLD**

J BALL

**SCOTTISH INDOOR TRACK 1500M U14 SILVER**

D POLLOCK

**SCOTTISH INDOOR TRACK 3K U20 BRONZE**

R THOMSON

**SCOTTISH U13 CROSS COUNTRY GOLD**

R STEPHEN

**SCOTTISH U20 CROSS COUNTRY BRONZE**

R THOMSON

**UK VETS 10 MILE CHAMPION**

K- L WILSON

**SCOTTISH ROAD CHAMPION U13**

R STEPHEN

**UK VETS O35 XC CHAMPION**

R GILROY

**UK VETS O4O XC CHAMPION**

K-L WILSON

 **UK VETS O40 XC BRONZE MEDAL**

J REID

**UK VETS O55 XC SILVER MEDAL**

C FEECHAN

**SCOTTISH 10K TRACK BRONZE MEDAL**

S GIBSON

**SCOTTISH UNIVERSITIES 5K TRACK**

B BRISTOW

**UK UNIVERSITIES MARATHON BRONZE**

K MCLELLAN

**SCOTTISH 10 MILE ROAD GOLD**

R GILROY

**SCOTTISH 10 MILE ROAD BRONZE**

S GIBSON

**SCOTTISH 10 MILE ROAD VETERAN SILVER**

K-L WILSON

**SCOTTISH 5K ROAD U20 GOLD**

G SHELDON

**SCOTTISH 5K ROAD SENIOR SILVER**

G SHELDON

**SCOTTISH 5K ROAD U20 SILVER**

R THOMSON

**SCOTTISH 5K ROAD VET GOLD**

K-L WILSON

**SCOTTISH TRAIL RACE SENIOR SILVER**

K McLELLAN

**SCOTTISH TRAIL RACE VET GOLD**

J REID

**SCOTTISH VETS O55 3K INDOORS GOLD**

C FEECHAN

**SCOTTISH VETS O60 3K INDOORS SILVER**

A JENKINS

**SCOTTISH VETS O60 1500M INDOORS GOLD**

A JENKINS

**SCOTTISH VETS O40 800M TRACK GOLD**

G HASTIE

**SCOTTISH VETS O45 800M TRACK SILVER**

K MacPHERSON

**SCOTTISH VETS O60 800M TRACK BRONZE**

B GOUGH

**SCOTTISH VETS O60 1500M TRACK SILVER**

F HURLEY

**SCOTTISH SCHOOLS OUTDOOR CHAMPS 1500M O17 GOLD**

E MacKINNON

**SCOTTISH SCHOOLS OUTDOOR CHAMPS 1500M U15 SILVER**

S PATON

**SCOTTISH SCHOOLS OUTDOOR CHAMPS 1500M U14 BRONZE**

C McLEW

**SCOTTISH SCHOOLS OUTDOOR CHAMPS 100M O17 SILVER**

K THOMAS

**SCOTTISH SCHOOLS OUTDOOR CHAMPS 200M U17 BRONZE**

A THOMAS

**SCOTTISH SCHOOLS OUTDOOR CHAMPS U17 1500M S/CH BRONZE**

S SOMMERVILLE

**SCOTTISH VETS TRACK CHAMPS 5K GOLD O35**

R GILROY

**SCOTTISH VETS TRACK CHAMPS 5K GOLD O40**

J REID

**SCOTTISH VETS TRACK CHAMPS 5K GOLD O45**

J HEALY

**SCOTTISH VETS TRACK CHAMPS 5K GOLD O55**

C FEECHAN

**SCOTTISH VETS TRACK CHAMPS 5K GOLD O60**

F HURLEY

**SCOTTISH VETS TRACK CHAMPS 5K BRONZE O65**

D COONEY

**UK CROSS COUNTRY CHALLENGE**

**UNDER 13 WINNER AT ANTRIM**

R STEPHEN

**SCOTTISH INTER DISTRICT CHAMPIONSHIPS**

**UNDER 13 BRONZE**

D POLLOCK

**DISTRICT TEAM AWARDS**

**WEST DISTRICT VETS O40 XC RELAY GOLD**

C FEECHAN, J REID, D THOM AND G HASTIE

**WEST DISTRICT XC RELAY BRONZE**

B BRISTOW, R THOMSON, I MacCORQUODALE AND R GILROY

**WEST DISTRICT SENIOR MEN XC GOLD**

I MacCORQUODALE, R GILROY, B HUKINS, S GIBSON, K-L WILSON AND S ORR

**WEST DISTRICT VETERAN MEN XC GOLD**

K-L WILSON, J REID AND P THOMPSON

**WEST DISTRICT UNDER 20 MEN XC GOLD**

G SHELDON, R THOMSON AND R STEPHEN

**WEST DISTRICT UNDER 20 WOMEN XC GOLD**

K BRISTOW, M BROWN AND S MILLER

**DISTRICT INDIVIDUAL AWARDS**

**WEST DISTRICT XC MALE VET 40 GOLD**

K-L WILSON

**WEST DISTRICT XC MALE VET 40 BRONZE**

J REID

**WEST DISTRICT XC MALE VET 50 GOLD**

P THOMPSON

**WEST DISTRICT XC SENIOT FEMALE SILVER**

S BENSON

**WEST DISTRICT XC UNDER 20 MALE SILVER**

G SHELDON

**WEST DISTRICT XC UNDER 20 MALE BRONZE**

R THOMSON

**WEST 10 MILE ROAD GOLD**

R GILROY

**WEST 10 MILE ROAD BRONZE**

**S GIBSON**

**WEST 10 MILE ROAD VETERAN SILVER**

K-L WILSON

**WEST DISTRICT TRACK U20 800M GOLD**

J BALL

**WEST DISTRICT TRACK U15 1500M SILVER**

S PATON

**WEST DISTRICT TRACK U20 100M SILVER**

A THOMAS

**WEST DISTRICT TRACK U13 800M SILVER**

R MacGREGOR

**WEST DISTRICT TRACK U20 100M BRONZE**

K THOMAS

**WEST DISTRICT ½ MARATHON GOLD**

R GILROY

**WEST DISTRICT 10K ROAD GOLD**

S GIBSON

**WEST DISTRICT 10K ROAD BRONZE**

A LAMMOND

**REGIONAL/SCOTTISH/UK/INTERNATIONAL EVENTS REPRESENTATION**

**REPRESENTING SCOTLAND IN THE MASTERS’ INTERNATIONAL XC**

 O40 K-L WILSON,

O45 K MacPHERSON

 O50 D THOM

O55 C FEECHAN AND P THOMPSON

060 F HURLEY AND A JENKINS

**REPRESENTING SCOTLAND IN THE LEED’S ABBY DASH 10K**

J LILLY AND S BENSON

**REPRESENTING SCOTLAND IN THE CELTIC XC INTERNATIONAL**

**UNDER 20 LADIES**

E MACKINNON

**UNDER 23 LADIES**

K BRISTOW AND A LAMMOND

**REPRESENTING SCOTLAND IN THE HOME COUNTIES XC INTERNATIONAL**

**U2O MEN**

R THOMSON

**SENIOR MEN**

I RAWLINSON

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

**JUNIOR BOY**

S PATON

**REPRESENTING SCOTLAND IN THE LONDON MINI MARATHON**

**UNDER 17 GIRLS**

E MACKINNON

**REPRESENTING SCOTLAND AT TRIATHLON IN THE COMMONWEALTH GAMES**

G SHELDON

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

**UNDER 13 BOYS**

D POLLOCK AND C McLEW

**UNDER 15 BOYS**

S PATON

**UNDER 17 GIRLS**

E MacKINNON

**SENIOR MEN**

I MacCORQUODALE, R GILROY, B HUKINS AND S GIBSON

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

**SENIOR LADIES**

K BRISTOW AND A LAMMOND

**SENIOR MEN**

K McLELLAN

REPRESENTING SCOTLAND **IN THE HOME INTERNATIONAL TRAIL RACE**

K McLELLAN AND B HUKINS

**REPRESENTING SCOTLAND IN THE TRACK MATCH AGAINST THE SCOTTISH AND IRISH UNIVERSITIES**

A AND K THOMAS

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

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**LANARKSHIRE TEAM MEDALS**

**U13 BOYS ROAD RELAY SILVER**

 L HEPWORTH, L REILLY AND D POLLOCK

**SENIOR ROAD RELAY SILVER**

D THOM, A MORGAN, G PETTIT AND R GILROY

**U11 BOYS XC SILVER**

E McLEW, J DAVIES AND C McKINNON

**U13 BOYS XC GOLD**

D POLLOCK, C McLEW AND R McGREGOR

**U15 BOYS XC GOLD**

K MORTON, G SMITH AND E MILLER

**U17 BOYS XC GOLD**

D ROBERTSON, J McGREGOR AND S REILLY

**SENIOR MEN XC GOLD**

R GILROY, S GIBSON AND J REID

**LANARKSHIRE TRACK RELAY U13 BOYS 3 X 800M GOLD**

R MacGREGOR, A LONIE AND C McLEW

**LANARKSHIRE TRACK RELAY SENIOR MEN 3 X 800M GOLD**

R STEPHEN, A CAMPBELL AND G HASTIE

**LANARKSHIRE TRACK RELAY WOMEN 3 X 800M GOLD**

S MILLER, N BROWN AND R BONOMI

**LANARKSHIRE TRACK RELAY SENIOR MEN 4 X 400M GOLD**

A CAMPBELL, K THOMAS, G HASTIE AND A THOMAS

**LANARKSHIRE TRACK RELAY U15 BOYS 3 X 800M SILVER**

D POLLOCK, R STEPHEN AND S PATON

**LANARKSHIRE TRACK RELAY U17 BOYS 4 X 400M SILVER**

S SOMMERVILLE, G SMITH, S REILLY AND K MORTON

**LANARKSHIRE TRACK RELAY SENIOR MEN 4 X 100M BRONZE**

A THOMAS, K THOMAS, G HASTIE AND A CAMPBELL

**LANARKSHIRE TRACK RELAY U15 BOYS 3 X 800M BRONZE**

L TRACY, E CARR AND J DUFFY

**LANARKSHIRE TRACK RELAY SENIOR MEN (U17 TEAM) 3 X 800M BRONZE**

K MORTON, S SOMMERVILLE AND S REILLY

**LANARKSHIRE INDIVIDUAL MEDALLISTS**

**U13 BOYS XC SILVER**

D POLLOCK

**U15 BOYS XC BRONZE**

K MORTON

**U15 GIRLS XC GOLD**

N BROWN

**U17 BOYS XC BRONZE**

D ROBERTSON

**SENIOR MEN XC GOLD**

R GILROY

**SENIOR MEN XC SILVER**

S GIBSON

**SENIOR MEN XC BRONZE**

J REID

**SENIOR WOMEN XC BRONZE**

C GORTON PHILLIPS