**RONHILL CAMBUSLANG HARRIERS ACHIEVEMENTS**

**13TH SEPTEMBER 2015 TO MID SEPTEMBER 2016**

**NATIONAL/UK TEAM AWARDS**

**SCOTTISH 10K ROAD BRONZE**

R GILROY, K-L WILSON AND B BRISTOW

**SCOTTISH ½ MARATHON SILVER**

R GILROY, K-L WILSON AND I REID

**SCOTTISH O40 VETS XC RELAYS GOLD**

K CAMPBELL, F McGOWAN, K-L WILSON AND J REID

**SCOTTISH O50 VETS XC RELAYS GOLD**

C UPSON, P THOMPSON AND C FEECHAN

**SCOTTISH 4K XC SILVER**

K McLELLAN, R THOMSON, C JARDINE AND S GIBSON

**SCOTTISH 2K XC U15 BOYS SILVER**

D POLLOCK, C McLEW AND R STEPHEN

**SCOTTISH O40 VETS XC GOLD**

K CAMPBELL, K-L WILSON, J REID AND G HASTIE

**SCOTTISH O50 VETS XC GOLD**

E STEWART, S MACKENZIE AND C UPSON

**SCOTTISH CROSS COUNTRY U17 BOYS GOLD**

S PATON, G SMITH, J BOYLE AND E CARR

**SCOTTISH CROSS COUNTRY U20 MEN BRONZE**

R THOMSON, C JARDINE, R STEPHEN AND S SOMMERVILLE

**SCOTTISH CROSS COUNTRY U15 BOYS BRONZE**

C McLEW, D POLLOCK, R STEPHEN AND R MACGREGOR

**SCOTTISH MEN’S 6 STAGE ROAD RELAY GOLD**

I REID, S GIBSON, C JARDINE, R GILROY, R THOMSON AND K McLELLAN

**SCOTTISH O40 MEN’S 6 STAGE ROAD RELAY GOLD**

T McCUTCHEON, J REID, A WALKINSHAW, K-L WILSON, M O’HAGAN AND K CAMPBELL

**SCOTTISH MEN’S O50 4 STAGE ROAD RELAY GOLD**

P THOMPSON, C UPSON, C FEECHAN AND S MacKENZIE

**SCOTTISH U13 BOYS ROAD BRONZE**

S FRIEL, B AITKEN AND A GREW

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

**SCOTTISH U20 MEN’S 5K TEAM BRONZE**

C JARDINE, R STEPHEN AND S SOMMERVILLE

**UK MEN’S O35 ROAD REAY SILVER**

D COLE, K CAMPBELL, I REID, K-L WILSON, J REID AND R GILROY

**SCOTTISH MID TRAIL SENIOR RACE GOLD**

C JARDINE, B HUKINS, ALASDAIR CAMPBELL AND W MACRURY

**SCOTTISH MID TRAIL U17 RACE SILVER**

E CARR, J HANNOWAY AND A CAREY

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

**O55 UK MASTERS 10K TRACK SILVER**

C FEECHAN

**SCOTTISH 10K ROAD O40 GOLD**

K-L WILSON

**SCOTTISH 10K ROAD 040 SILVER**

K CAMPBELL

**SCOTTISH 10K ROAD 050 SILVER**

S MACKENZIE

**SCOTTISH ½ MARATHON 040 MASTERS GOLD**

K-L WILSON

**SCOTTISH 4K XC VET 040 GOLD**

K CAMPBELL

**SCOTTISH 4K XC VET 050 BRONZE**

C FEECHAN

**SCOTTISH VETS 3K INDOORS O35 GOLD**

R GILROY

**SCOTTISH VETS 3K INDOORS O45 GOLD**

K-L WILSON

**SCOTTISH VETS 3K INDOORS O65 GOLD**

D COONEY

**SCOTTISH VETS 3K INDOORS O50 SILVER**

C UPSON

**SCOTTISH VETS 3K INDOORS O55 SILVER**

C FEECHAN

**SCOTTISH 3K INDOORS U17 SILVER**

S PATON

**SCOTTISH VETS 3K INDOORS O40 BRONZE**

J CARTER

**SCOTTISH VETS O40 XC GOLD**

K CAMPBELL

**SCOTTISH VETS O45 XC GOLD**

K-L WILSON

**SCOTTISH VETS O55 XC GOLD**

E STEWART

**SCOTTISH VETS O60 XC GOLD**

**F BARTON**

**SCOTTISH VETS O40 XC SILVER**

**J REID**

**SCOTTISH VETS O50 XC BRONZE**

**S MACKENZIE**

**SCOTTISH VETS O40 1500M INDOORS BRONZE**

**J CARTER**

**SCOTTISH U13 GIRLS 1500M INDOOR BRONZE**

N RIGGINS

**SCOTTISH VETS O40 10 MILE ROAD GOLD**

K-L WILSON

**SCOTTISH VETS O50 10 MILE ROAD GOLD**

S MacKENZIE

**SCOTTISH SCHOOLS CROSS COUNTRY O17 SILVER**

G SMITH

**SCOTTISH SCHOOLS CROSS COUNTRY U17 BRONZE**

**S PATON**

**UK VETS O60 10K ROAD SILVER**

F BARTON

**SCOTTISH 10K TRACK MEN’S SILVER**

S GIBSON

**SCOTTISH 10K TRACK WOMEN’S SILVER**

A LAMOND

**CZECH 10K TRACK WOMEN’S SILVER**

M STEWART

**SCOTTISH 10K TRACK O45MEN’S GOLD**

K-L WILSON

**SCOTTISH VETS O40 5K ROAD GOLD**

K-L WILSON

**SCOTTISH U17 HILL RUNNING CHAMPIONSHIP GOLD**

J BOYLE

**POWERMAN LONG DISTANCE EUROPEAN DUATHLON CHAMPIONSHIP O30 BRONZE**

K ANDERSON/O’BRIEN

**SCOTTISH MARATHON O40 CHAMPIONSHIP BRONZE**

D COLE

**EUROPEAN O45 ½ MARATHON SILVER**

K-L WILSON

**UK O45 5K ROAD GOLD**

K-L WILSON

**UK O60 5K ROAD SILVER**

F BARTON

**EUROPEAN SPRINT TRIATHLON CHAMPIONSHIP BRONZE**

G SHELDON

**SCOTTISH U17 3K TRACK GOLD**

S PATON

**SCOTTISH U17 3K TRACK BRONZE**

D POLLOCK

**SCOTTISH SCHOOLS U17 3K TRACK SILVER**

S PATON

**SCOTTISH SCHOOLS U15 1500M SILVER**

C McLEW

**SCOTTISH SCHOOLS U17 5K TRACK BRONZE**

G SMITH

**BRITISH U20 UPHILL RUNNING CHAMPIONSHIP SILVER**

J BOYLE

**SCOTTISH M40 TRACK GOLD**

K CAMPBELL

**SCOTTISH M45 5K TRACK GOLD**

K-L WILSON

**SCOTTISH M55 5K TRACK GOLD**

C FEECHAN

**SCOTTISH M35 5K TRACK BRONZE**

I REID

**WORLD STUDENT TRIATHLON GOLD**

G SHELDON

**SCOTTISH CROSS TRIATHLON OVERALL BRONZE**

K ANDERSON

**SCOTTISH CROSS TRIATHLON SENIOR SILVER**

K ANDERSON

**SCOTTISH U17 1500M TRACK BRONZE**

**S PATON**

**SCOTTISH U15 1500M TRACK GOLD**

C MCLEW

**SCOTTISH HALF IRONMAN TRIATHLON OVERALL SILVER**

K ANDERSON

**SCOTTISH IRONMAN TRIATHLON SENIOR SILVER**

K ANDERSON

**SCOTTISH MID TRAIL RACE U20 GOLD**

C JARDINE

**SCOTTISH MID TRAIL RACE O60 GOLD**

F HURLEY

**SCOTTISH MID TRAIL RACE 040 SILVER**

J CARTER

**WEST DISTRICT TEAM AWARDS**

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

R THOMSON, B HUKINS, S GIBSON AND R GILROY

**O40 MASTERS XC RELAY GOLD**

K CAMPBELL, C FEECHAN, K-L WILSON AND J REID

**WEST DISTRICT XC VETS GOLD**

K CAMPBELL, K-L WILSON AND J CARTER

**WEST DISTRICT XC JUNIOR MEN GOLD**

C JARDINE, R THOMSON AND R STEPHEN

**WEST DISTRICT XC SENIOR MEN SILVER**

K MCLELLAN, S GIBSON, R GILROY, K CAMPBELL, K-L WILSON AND I REID

**WEST DISTRICT XC U15 BOYS SILVER**

C McLEW, D POLLOCK AND R STEPHEN

**WEST DISTRICT INDIVIDUAL AWARDS**

**WEST DISTRICT ½ MARATHON GOLD**

K-L WILSON

**WEST DISTRICT XC SENIOR MEN GOLD**

K McLELLAN

**WEST DISTRICT XC U20 MEN SILVER**

C JARDINE

**WEST DISTRICT XC U20 MEN BRONZE**

R THOMSON

**WEST DISTRICT XC U20 WOMEN BRONZE**

E MACKINNON

**WEST DISTRICT XC O40 MEN GOLD**

K CAMPBELL

**WEST DISTRICT XC O40 MEN SILVER**

**K-L WILSON**

**WEST VETS O40 10 MILE ROAD GOLD**

K-L WILSON

**WEST VETS O50 10 MILE ROAD GOLD**

S MacKENZIE

**WEST SENIOR MAN 10 MILE ROAD SILVER**

K-L WILSON

**WEST U17 1500M SILVER**

S PATON

**WEST U17 1500M BRONZE**

D POLLOCK

**WEST U13 GIRLS 1500M BRONZE**

N RIGGINS

**WEST DISTRICT U15 1500M BRONZE**

C McLEW

**WEST DISTRICT 5K TRACK GOLD**

R THOMSON

**WEST DISTRICT 5K TRACK SILVER**

K-L WILSON

**WEST DISTRICT 5K TRACK BRONZE**

B BRISTOW

**WEST DISTRICT 10K ROAD O40 GOLD**

K CAMPBELL

**WEST DISTRICT 10K ROAD BRONZE**

I REID

**NATIONAL/DISTRICT REPRESENTATION**

**REPRESENTING SCOTLAND IN THE MASTERS INTRENATIONAL XC**

040 K CAMPBELL

O45 G HASTIE, K MACPHERSON AND K-L WILSON

O50 C UPSON

055 C FEECHAN AND P THOMPSON

**REPRESENTING SCOTLAND IN THE U20 MENS XC TEAM AT LIVERPOOL**

R THOMSON

**REPRESENTING SCOTLAND IN THE U20 CELTIC CROSS COUNTRY INTERNATIONAL**

**C JARDINE**

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

**U15 BOYS**

CMcLEW, D POLLOCK AND R STEPHEN

**SENIOR MEN**

K McLELLAN, R GILROY, K CAMPBELL AND K-L WILSON

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

A LAMOND AND E MACKINNON

**REPRESENTING SCOTLAND IN THE U20 HOME CROSS COUNTRY INTERNATIONAL**

E MacKINNON

**REPRESENTING SCOTLAND IN THE U20 HOME CROSS COUNTRY INTERNATIONAL**

R THOMSON

**REPRESENTING SCOTLAND IN THE U17 HOME CROSS COUNTRY INTERNATIONAL**

S PATON

**REPRESENTING SCOTTISH SCHOOLS IN THE UK SCHOOLS CROSS COUNTRY INTERNATIONAL**

G SMITH

**REPRESENTING SCOTTISH SCHOOLS IN THE UK SCHOOLS TRACK MEETING**

S PATON

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

J BOYLE

**REPRESENTING SCOTLAND IN THE CELTIC TRACK INTERNATIONAL U16 1500M**

D POLLOCK

**REPRESENTING SCOTTISH SCHOOLS IN THE SCHOOLS TRACK INTERNATIONAL**

S PATON

**REPRESENTING GB IN THE WORLD U20 UPHILL CHAMPIONSHIP**

J BOYLE

**LANARKSHIRE TEAM AWARDS**

**U15 BOYS ROAD RELAY GOLD**

A ARTHURS, R STEPHEN AND D POLLOCK

**SENIOR MEN ROAD RELAY SILVER**

P THOMPSON, F McGOWAN, R GILROY AND M O’HAGAN

**SENIOR WOMEN XC GOLD**

K ANDERSON, L ANGLEY AND V SEMPLE

**U15 BOYS XC GOLD**

C McLEW, R MacGREGOR AND J HANNOWAY

**SENIOR MEN XC SILVER**

R GILROY, J CARTER AND M O’HAGAN

**U15 GIRLS XC BRONZE**

C DALGLEISH, L MCEWAN AND K McCUTCHEON

**U13 BOYS BRONZE**

**S FRIEL, G DAVIES AND M BLACK**

**U13 3 X 800M RELAY SILVER**

H LANG, N RIGGINS AND E KENNEDY

**LANARKSHIRE INDIVIDUAL AWARDS**

**ROAD RELAY U17 BOYS CHAMPION**

G SMITH

**SENIOR MEN XC GOLD**

R GILROY

**U17 BOYS GOLD**

G SMITH

**U15 BOYS GOLD**

C McLEW

**SENIOR WOMEN SILVER**

K ANDERSON

**VET WOMEN SILVER**

L ANGLEY

**U11 BOYS BRONZE**

F MacGREGOR

**VET MALE O40 GOLD**

J CARTER

**VET MALE O40 BRONZE**

M O’HAGAN

**CAMBUSLANG AND RUTHERGLEN JUNIOR U18 SPORTS TEAM OF THE YEAR**

CAMBUSLANG HARRIERS

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

CAMBUSLANG HARRIERS