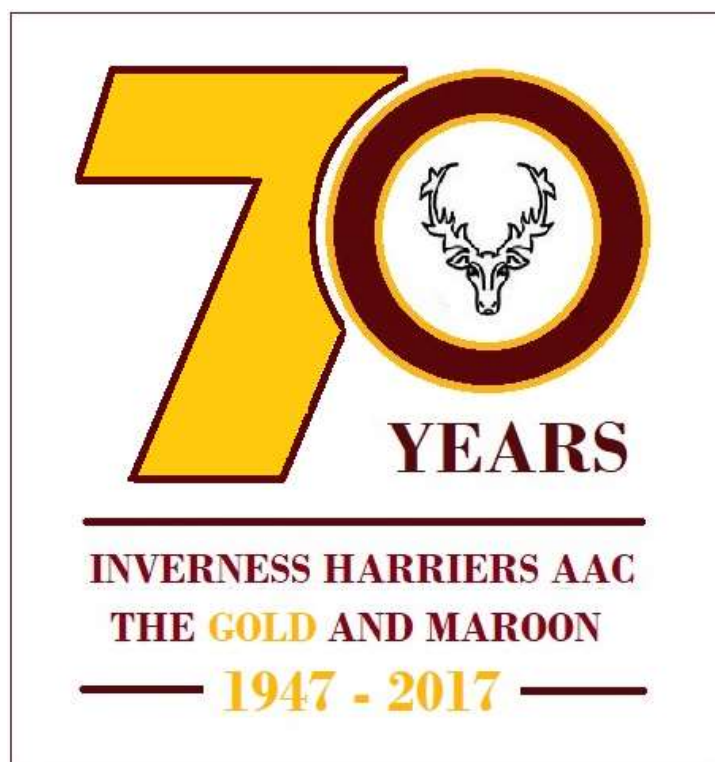


# INVERNESS HARRIERS AAC



## NATIONAL & INTERNATIONAL MEDALLISTS

## **INDEX**

### **Track:**

**60 Metres / 100 Metres**

**200 Metres**

**300 Metres / 400 Metres**

**800 Yards / 800 Metres**

**1200 Metres / 1500 Metres**

**3000 Metres / 5000 Metres**

**Hurdles**

**Steeple Chase**

**Combined Events**

**Relays**

### **Field:**

**High Jump (Juniors)**

**High Jump (Seniors)**

**Long Jump**

**Triple Jump**

**Pole Vault**

**Shot Put**

**Discus Throw (Juniors)**

**Discus Throw (Seniors)**

**Weight Throw**

**Hammer Throw**

**Javelin Throw**

**Road Running**

**Cross Country**

**Cross Country (Masters)**

**Hill & Trail Running**

## Track – 60 Metres / 100 Metres

Championships	Age Group	Event	Name	Year	Medal
Scottish – Indoor	U13M	60 Metres	Liam Daly	2017	Silver
Scottish – Indoor	U17M	60 Metres	Scott Fraser	1994	Gold
British Masters – Indoors	M35	60 Metres	Alastair Beaton	2018	Silver
Scottish Masters – Indoors	M35	60 Metres	Alastair Beaton	2019	Silver
Scottish	U13W	100 Metres	Alison Edmonds	1985	Gold
Scottish	U13W	100 Metres	Marvellous Igbinidu	2018	Silver
Scottish	U15M	100 Metres	Peter Durham	1980	Gold
Scottish	U15M	100 Metres	Colin Allan	1988	Gold
Scottish	U15M	100 Metres	Tim Black	1991	Gold
Scottish YAL Final	U15M	100 Metres	Dean Kane	1994	Bronze
Scottish	U15M	100 Metres	Robin Sneddon	2018	Silver
Scottish	U15W	100 Metres	Alison Edmonds	1987	Gold
Scottish	U17M	100 Metres	Scott Fraser	1994	Gold
Scottish	U17W	100 Metres	Alison Edmonds	1988	Gold
Scottish Disability	U17W	100 Metres	Abbie McNally	2016	Gold
British Disability	U17W	100 Metres	Abbie McNally	2016	Silver
Scottish Para	U17W	100 Metres	Melanie Nicoll	2019	Bronze
Scottish Disability	U17W	100 Metres	Melanie Nicoll	2019	Gold
Scottish	U20M	100 Metres	Neil Munro	1986	Gold
Scottish	U20M	100 Metres	Angus Davren	2019	Gold
Scottish	U20W	100 Metres	Alison Edmonds	1990	Gold
World Para Athletics Junior	U20W	100 Metres	Abbie McNally	2019	Silver
British Disability	U20W	100 Metres	Abbie McNally	2019	Bronze
British Disability	SM	100 Metres	Finlay MacLennan	2014	Silver
British Disability	SM	100 Metres	Jason Maclean	2014	Bronze
Scottish Disability	SM	100 Metres	Fraser Owen	2019	Silver
CPIRSA World	SW	100 Metres	Abbie McNally	2018	Silver
Scottish Masters	M35	100 Metres	Alastair Beaton	2015	Gold
Scottish Masters	M35	100 Metres	Alastair Beaton	2016	Silver
Scottish Masters	M35	100 Metres	Alastair Beaton	2017	Gold
Scottish Masters	M35	100 Metres	Alastair Beaton	2018	Gold
Scottish Masters	M45	100 Metres	Ian Fleming	2006	Gold

## Track – 200 Metres

Championships	Age Group	Event	Name	Year	Medal
Scottish	U13M	200 Metres	Robin Sneddon	2016	Bronze
Scottish – Indoor	U13M	200 Metres	Liam Daly	2017	Silver
Scottish	U15M	200 Metres	Peter Durham	1980	Gold
Scottish YAL Final	U15M	200 Metres	Dean Kane	1994	Silver
Scottish	U15M	200 Metres	Stephen Smith	1995	Gold
Scottish	U15M	200 Metres	Robin Sneddon	2018	Silver
Scottish	U15W	200 Metres	Maureen MacLeod	1978	Gold
Scottish	U15W	200 Metres	Alison Edmonds	1987	Gold
Scottish	U17W	200 Metres	Alison Edmonds	1988	Gold
British Disability	U17W	200 Metres	Abbie McNally	2017	Bronze
Scottish Para	U17W	200 Metres	Melanie Nicoll	2019	Silver
Scottish Disability	U17W	200 Metres	Melanie Nicoll	2019	Gold
Scottish	U20W	200 Metres	Alison Edmonds	1990	Gold
Scottish	U20W	200 Metres	Lesley Clarkson	2001	Gold
British Disability	U20W	200 Metres	Abbie McNally	2018	Bronze
World Para Athletics Junior	U20W	200 Metres	Abbie McNally	2019	Silver
British Disability	U20W	200 Metres	Abbie McNally	2019	Gold
Scottish Disability	U23M	200 Metres	Paul Davidson	2014	Gold
Scottish	SM	200 Metres	Alastair Beaton	2003	Silver
British Disability	SM	200 Metres	Jason Maclean	2014	Bronze
INAS European	SM	200 Metres	Paul Davidson	2016	Gold
Scottish Disability	SM	200 Metres	Fraser Owen	2019	Silver
CPISRA World	SW	200 Metres	Abbie McNally	2018	Gold
Scottish Masters	M35	200 Metres	Alastair Beaton	2015	Silver
Scottish Masters	M35	200 Metres	Alastair Beaton	2016	Silver
Scottish Masters	M35	200 Metres	Alastair Beaton	2017	Gold

## Track – 300 Metres / 400 Metres

Championships	Age Group	Event	Name	Year	Medal
Scottish YAL Final	U15M	300 Metres	Andrew Smith	2012	Bronze
Scottish	U15W	300 Metres	Abbie Harrison	2019	Bronze
Scottish	U15M	400 Metres	Christopher Brogan	1979	Gold
Scottish	U15M	400 Metres	Stuart Sutherland	1992	Gold
Scottish	U15M	400 Metres	Calum Scott-Woodhouse	2000	Gold
Scottish – Indoor	U15M	400 Metres	Adam Broadbent	1994	Gold
Scottish	U17M	400 Metres	Grant Burnett	2001	Gold
Scottish	U17M	400 Metres	Andrew Smith	2014	Gold
Scottish – Indoor	U20W	400 Metres	Lesley Clarkson	2001	Gold
British – Indoor	U20W	400 Metres	Lesley Clarkson	2001	Gold
Scottish	U20W	400 Metres	Lesley Clarkson	1999	Gold
Scottish	U20W	400 Metres	Jade MacLaren	2006	Gold
Scottish	U20W	400 Metres	Gillian Gordon	2016	Silver
Scottish	U23M	400 Metres	Grant Burnett	2005	Gold
Scottish	U23M	400 Metres	Grant Burnett	2006	Gold
Scottish Disability	U23M	400 Metres	Paul Davidson	2014	Gold
Scottish – Indoor	SM	400 Metres	Jamie Bowie	2009	Bronze
Scottish	SM	400 Metres	Jamie Bowie	2009	Silver
Scottish – Indoor	SM	400 Metres	Jamie Bowie	2010	Gold
Scottish – Indoor	SM	400 Metres	Jamie Bowie	2011	Gold
Scottish – Indoor	SM	400 Metres	Jamie Bowie	2012	Gold
Scottish – Indoor	SM	400 Metres	Jamie Bowie	2013	Silver
Scottish	SM	400 Metres	Andrew Smith	2014	Silver
<b>INAS European</b>	<b>SM</b>	<b>400 Metres</b>	<b>Paul Davidson</b>	<b>2016</b>	<b>Bronze</b>
Scottish Disability	SM	400 Metres	Finlay MacLennan	2019	Silver
Scottish	SW	400 Metres	Lesley Clarkson	2001	Silver
Scottish	SW	400 Metres	Lesley Clarkson	2002	Bronze
Scottish	SW	400 Metres	Lesley Clarkson	2003	Silver
Scottish – Indoor	SW	400 Metres	Anna Nelson	2015	Bronze
Scottish	SW	400 Metres	Eleanor Briggs	2016	Bronze
Scottish – Indoor	SW	400 Metres	Anna Nelson	2018	Silver
<b>World Masters</b>	<b>W40</b>	<b>400 Metres</b>	<b>Dianne MacKenzie</b>	<b>1999</b>	<b>Bronze</b>

## Track – 800 Yards / 800 Metres

Championships	Age Group	Event	Name	Year	Medal
Scottish	Juniors	800 Yards	Roderick McFarquhar	1960	Gold
Scottish – Indoor	U13M	800 Metres	Lachlan Buchanan	2018	Gold
Scottish	U13M	800 Metres	Lachlan Buchanan	2018	Gold
Scottish – Indoor	U13W	800 Metres	Stroma Fraser	2017	Silver
Scottish	U13W	800 Metres	Stroma Fraser	2017	Silver
Scottish – Indoor	U13W	800 Metres	Stroma Fraser	2018	Gold
Scottish	U13W	800 Metres	Stroma Fraser	2018	Gold
Scottish	U15M	800 Metres	Joe Arnaud	2014	Gold
Scottish	U15W	800 Metres	Alexina MacArthur	2000	Gold
Scottish	U17M	800 Metres	Joe Arnaud	2016	Silver
Scottish	U20M	800 Metres	Luke Davidson	2019	Bronze
Scottish	SM	800 Metres	Stephen Mackay	2014	Bronze
Scottish	SM	800 Metres	Stephen Mackay	2015	Silver
Scottish – Indoor	SM	800 Metres	Stephen Mackay	2017	Bronze
Scottish	SM	800 Metres	Stephen Mackay	2019	Silver
Scottish Disability	SM	800 Metres	Finlay MacLennan	2019	Silver
Scottish	SW	800 Metres	Sheila Gollan	1991	Bronze
Scottish Masters – Indoor	M35	800 Metres	Dean Kane	2016	Silver
Scottish Masters	M35	800 Metres	Dean Kane	2016	Bronze
Scottish Masters	M35	800 Metres	Dean Kane	2017	Bronze
Asia Pacific Masters Games	M35	800 Metres	Dean Kane	2018	Silver
European Masters Games	M35	800 Metres	Dean Kane	2019	Silver
Scottish Masters – Indoor	M40	800 Metres	Tom McWilliam	2013	Gold
Scottish Masters – Indoor	W45	800 Metres	Julie Wilson	2016	Silver
Scottish Masters	W45	800 Metres	Julie Wilson	2016	Gold
Scottish Masters – Indoor	W45	800 Metres	Julie Wilson	2017	Gold
British Masters – Indoor	W45	800 Metres	Julie Wilson	2017	Bronze
Scottish Masters – Indoor	W50	800 Metres	Julie Wilson	2018	Gold
British Masters – Indoor	W50	800 Metres	Julie Wilson	2018	Bronze
Scottish Masters	W50	800 Metres	Julie Wilson	2018	Silver

## Track – 1200 Metres / 1500 Metres

Championships	Age Group	Event	Name	Year	Medal
British YAL Final	U13M	1500 Metres	Andrew Macrae	1988	Gold
Scottish – Indoor	U13W	1500 Metres	Grace MacDonald	2018	Bronze
Scottish - Indoor	U15M	1500 Metres	Lachlan Buchanan	2020	Bronze
Scottish	U15W	1500 Metres	Anna Cairns	2019	Silver
Scottish	U17M	1500 Metres	Simon MacIntyre	1998	Gold
Scottish - Indoor	U17W	1500 Metres	Emily Andrew	2017	Bronze
Scottish - Indoor	U20M	1500 Metres	Luke Davidson	2019	Bronze
Scottish	U20W	1500 Metres	Mhairi MacLennan	2013	Gold
Scottish - Indoor	U20W	1500 Metres	Lucy Massie	2016	Silver
Scottish - Indoor	SM	1500 Metres	Stephen Mackay	2016	Bronze
Scottish Disability	SM	1500 Metres	Finlay MacLennan	2018	Bronze
Scottish - Indoor	SW	1500 Metres	Jenny Bannerman	2016	Bronze
British Masters - Indoor	M35	1500 Metres	Dean Kane	2015	Bronze
Scottish Masters	M35	1500 Metres	Tony Golabek	2018	Bronze
Asia Pacific Masters Games	M35	1500 Metres	Dean Kane	2018	Silver
European Masters Games	M35	1500 Metres	Dean Kane	2019	Silver
Scottish Masters	W45	1500 Metres	Julie Wilson	2016	Gold
Scottish Masters - Indoor	W45	1500 Metres	Julie Wilson	2017	Gold
British Masters - Indoor	W45	1500 Metres	Julie Wilson	2017	Silver
Scottish Masters - Indoor	W50	1500 Metres	Julie Wilson	2018	Gold
British Masters - Indoor	W50	1500 Metres	Julie Wilson	2018	Silver
Scottish Masters	W50	1500 Metres	Julie Wilson	2018	Silver
Scottish Masters - Indoor	W50	1500 Metres	Julie Wilson	2020	Gold
Scottish Masters - Indoor	M60	1500 Metres	Ian Johnstone	2015	Gold
Scottish Masters - Indoor	M65	1500 Metres	Ian Johnstone	2015	Bronze

## Track – 3000 Metres / 5000 Metres / 10000 Metres

Championships	Age Group	Event	Name	Year	Medal
Scottish - Indoor	U17M	3000 Metres	Lucas Cairns	2020	Silver
Scottish - Indoor	SM	3000 Metres	Stephen Mackay	2020	Silver
Scottish	SW	3000 Metres	Julie Wilson	1988	Bronze
British Masters - Indoor	M35	3000 Metres	Dean Kane	2016	Silver
British Masters - Indoor	M35	3000 Metres	Dean Kane	2019	Silver
Scottish Masters	W45	3000 Metres	Julie Wilson	2016	Gold
Scottish Masters - Indoor	W45	3000 Metres	Julie Wilson	2017	Gold
Scottish Masters - Indoor	W50	3000 Metres	Julie Wilson	2018	Silver
Scottish Masters - Indoor	W50	3000 Metres	Julie Wilson	2020	Gold
Scottish Masters - Indoor	M60	3000 Metres	Ian Johnstone	2015	Gold
British Masters - Indoor	M60	3000 Metres	Ian Johnstone	2015	Bronze
Scottish Masters - Indoor	M60	3000 Metres	Ian Johnstone	2016	Gold
Scottish	U23M	5000 Metres	Cameron Young	2018	Bronze
England	U23W	5000 Metres	Mhairi MacLennan	2017	Bronze
Scottish	SW	5000 Metres	Mhairi MacLennan	2016	Bronze
Scottish	SW	5000 Metres	Mhairi MacLennan	2017	Bronze
Scottish	SW	5000 Metres	Mhairi MacLennan	2018	Gold
British Masters	M35	5000 Metres	Tony Golabek	2016	Bronze
Scottish Masters	M35	5000 Metres	Donnie MacDonald	2017	Bronze
Asia Pacific Masters Games	M35	5000 Metres	Dean Kane	2018	Silver
European Masters Games	M35	5000 Metres	Dean Kane	2019	Silver
Scottish Masters	M60	5000 Metres	Ian Johnstone	2012	Gold
Scottish Masters	M65	5000 Metres	Alex Sutherland	2015	Gold
Scottish Masters	M65	5000 Metres	Ian Johnstone	2019	Silver
European 10000m Cup	SW	10000 Metres	Mhairi MacLennan (Part of GB Team)	2019	Gold
Scottish Masters	M65	10000 Metres	Ian Johnstone	2019	Silver



Track – Hurdles

Championships	Age Group	Event	Name	Year	Medal
Scottish - Indoor	SM	60m Hurdles	Neil Fraser	1988	Gold
Scottish - Indoor	SM	60m Hurdles	Neil Fraser	1990	Silver
Scottish - Indoor	SM	60m Hurdles	Neil Fraser	1991	Gold
Scottish	U13W	70m Hurdles	Stroma Fraser	2018	Bronze
Scottish	U13M	75m Hurdles	Keith Baldwin	1993	Gold
Scottish	U15W	75m Hurdles	Eilidh Johnson	1985	Gold
Scottish	U17W	80m Hurdles	Ellie Stone	2017	Bronze
Scottish	U17M	100m Hurdles	Neil Fraser	1980	Gold
Scottish	U17M	100m Hurdles	Andrew Thain	1984	Gold
Scottish	U20M	110m Hurdles	Neil Fraser	1982	Gold
Scottish	U20M	110m Hurdles	Andrew Thain	1985	Gold
Scottish	U20M	110m Hurdles	Andrew Thain	1986	Gold
Scottish	SM	110m Hurdles	Neil Fraser	1981	Silver
Scottish	SM	110m Hurdles	Neil Fraser	1983	Gold
Scottish	SM	110m Hurdles	Neil Fraser	1984	Silver
Scottish	SM	110m Hurdles	Neil Fraser	1986	Gold
Scottish	SM	110m Hurdles	Neil Fraser	1987	Gold
Scottish	SM	110m Hurdles	Neil Fraser	1988	Gold
Scottish	U17M	400m Hurdles	Ruairidh Munro	2018	Gold
Scottish	U20M	400m Hurdles	Murray Ingram	1992	Gold
Scottish	U20W	400m Hurdles	Anna Nelson	2014	Gold
Scottish	U20W	400m Hurdles	Gillian Gordon	2017	Bronze
Scottish	SW	400m Hurdles	Anna Nelson	2015	Bronze
Scottish	SW	400m Hurdles	Anna Nelson	2016	Bronze
Scottish	SW	400m Hurdles	Anna Nelson	2017	Bronze
Scottish	SW	400m Hurdles	Anna Nelson	2018	Silver

Track – Steeplechase

Championships	Age Group	Event	Name	Year	Medal
Scottish	U15M	1500m SC	Duncan Hards	1988	Gold
World Masters	W45	2000m SC	Julie Wilson	2016	Bronze
British Masters	M35	3000m SC	Tony Golabek	2016	Silver
Scottish Masters	M35	3000m SC	Tony Golabek	2017	Gold

## Track &amp; Field – Combined Events

Championships	Age Group	Event	Athlete	Year	Medal
Scottish - Indoor	U13M	Pentathlon	Connell MacDonald	2009	Gold
Scottish	U13M	Pentathlon	Connell MacDonald	2009	Gold
Scottish	U13M	Pentathlon	Andrew Macfarlane	2013	Gold
Scottish	U13M	Pentathlon	Ben Sharpe	2016	Bronze
Scottish - Indoor	U13W	Pentathlon	Stroma Fraser	2018	Silver
Scottish	U13W	Pentathlon	Stroma Fraser	2018	Gold
Scottish	U15W	Pentathlon	Stroma Fraser	2019	Silver
Scottish - Indoor	U15W	Pentathlon	Stroma Fraser	2020	Silver
Scottish - Indoor	U20W	Pentathlon	Kirsty Roger	1996	Gold
Scottish - Indoor	U20W	Pentathlon	Kirsty Roger	1997	Gold
Scottish - Indoor	SW	Pentathlon	Jayne Barnetson	1989	Gold
Scottish Masters	M45	Pentathlon	Derek Glasgow	2012	Silver
British Masters	M45	Pentathlon	Derek Glasgow	2012	Silver
Scottish - Indoor	U17M	Heptathlon	Alister Mackay	2020	Silver
Scottish	U17W	Heptathlon	Paula Gass	2009	Gold
Scottish - Indoor	SM	Heptathlon	David Barnetson	1991	Gold
Scottish	SW	Heptathlon	Jayne Barnetson	1988	Gold
Scottish Masters - Indoor	M45	Heptathlon	Derek Glasgow	2010	Gold
Scottish Masters - Indoor	M45	Heptathlon	Derek Glasgow	2011	Gold
Scottish Masters - Indoor	M45	Heptathlon	Derek Glasgow	2013	Silver
Scottish Masters - Indoor	M45	Heptathlon	Derek Glasgow	2014	Gold
Scottish Masters - Indoor	M50	Heptathlon	Derek Glasgow	2015	Silver
Scottish Masters - Indoor	M50	Heptathlon	Derek Glasgow	2017	Gold
Scottish Masters - Indoor	M50	Heptathlon	Derek Glasgow	2018	Gold
Scottish	SM	Decathlon	Alastair Taylor	1990	Bronze
Scottish	SM	Decathlon	David Barnetson	1991	Bronze
Scottish	SM	Decathlon	Matej Papp	2019	Silver
Scottish Masters	M40	Decathlon	Derek Glasgow	2006	Gold
British Masters	M45	Decathlon	Derek Glasgow	2010	Bronze
Scottish Masters	M45	Decathlon	Derek Glasgow	2011	Gold
Scottish Masters	M45	Decathlon	Derek Glasgow	2013	Gold
Scottish Masters	M45	Decathlon	Derek Glasgow	2014	Gold
British Masters	M50	Decathlon	Derek Glasgow	2014	Gold
Scottish Masters	M50	Decathlon	Derek Glasgow	2015	Gold
Scottish Masters	M50	Decathlon	Derek Glasgow	2018	Gold
Scottish Masters	M55	Decathlon	Derek Glasgow	2019	Gold

## Track – Relays

Championships	Age Group	Event	Athlete	Year	Medal
Scottish	U13M	4 x 100 Metres	-	2009	Gold
Scottish	U13M	4 x 100 Metres	Liam Daly Duncan MacDonald Lucas Allan Robin Sneddon	2016	Gold
Scottish	U15W	4 x 100 Metres	-	1980	Gold
Scottish Relays	U15W	4 x 100 Metres	Kirsty Arnaud Jennifer MacKenzie Chloe Cheyne	2017	Gold
Scottish	U17M	4 x 100 Metres	-	1980	Gold
British	U17M	4 x 100 Metres	-	1994	Gold
Scottish Relays	U17M	4 x 100 Metres	Callum Tynan Joseph Pedrana Ruairidh Munro Stephen MacKenzie	2017	Bronze
Scottish Relays	U17W	4 x 100 Metres	Eilidh MaGill Heather Bruce Gillian Gordon Eleanor Briggs	2017	Bronze
INAS European	SM	4 x 100 Metres	Paul Davidson (Part of GB Team)	2016	Gold
Scottish	SW	4 x 100 Metres	-	1981	Gold
World Masters	W40	4 x 100 Metres	Dianne MacKenzie	1999	Silver
World Masters	W45	4 x 100 Metres	Audrey Munro	1999	Bronze
Scottish	U17M	4 x 400 Metres	-	1989	Gold
European	U23M	4 x 400 Metres	Jamie Bowie (Part of GB Team)	2011	Gold
World	SM	4 x 400 Metres	Jamie Bowie (Part of GB Team)	2013	Bronze
World – Indoors	SM	4 x 400 Metres	Jamie Bowie (Part of GB Team)	2014	Silver
Scottish Relays	SW	4 x 400 Metres	Anna Nelson Heather Bruce Gillian Gordon Eleanor Briggs	2017	Gold
World Masters	W40	4 x 400 Metres	Dianne MacKenzie	1999	Gold
Scottish Relays	U13M	3 x 800 Metres	Angus Rutter Lucas Cairns Duncan MacDonald	2016	Gold
Scottish Relays	U13W	3 x 800 Metres	Zoe Sharpe Grace MacDonald Stroma Fraser	2018	Gold

Field – High Jump (Junior Age Groups)

Championships	Age Group	Event	Athlete	Year	Medal
Scottish	U13M	High Jump	Iain Ramsay	1995	Gold
Scottish	U13M	High Jump	Iain Ramsay	1996	Gold
Scottish	U15M	High Jump	Neil Fraser	1978	Gold
Scottish	U15M	High Jump	Colin MacKinnon	1979	Gold
Scottish	U15M	High Jump	David Barnetson	1986	Gold
Scottish YAL Final	U15M	High Jump	Dean Kane	1994	Silver
British YAL Final	U15M	High Jump	Dean Kane	1994	Silver
Scottish - Indoor	U15M	High Jump	Iain Ramsay	1998	Gold
Scottish	U15W	High Jump	Charis Mair	2008	Gold
Scottish	U15W	High Jump	Eilidh MacPherson	2016	Bronze
Scottish	U17M	High Jump	Neil Fraser	1979	Gold
Scottish	U17M	High Jump	Neil Fraser	1980	Gold
Scottish	U17M	High Jump	Thomas Leighton	1981	Gold
Scottish	U17M	High Jump	Eddie Leighton	1983	Gold
Scottish	U17M	High Jump	Eddie Leighton	1984	Gold
Scottish	U17M	High Jump	David Barnetson	1987	Gold
Scottish	U17M	High Jump	David Barnetson	1988	Gold
Scottish	U17M	High Jump	Ian Coghill	2010	Gold
Scottish	U17M	High Jump	Ian Coghill	2011	Gold
Scottish	U17M	High Jump	Stephen MacKenzie	2016	Bronze
Scottish - Indoor	U17M	High Jump	Stephen MacKenzie	2017	Silver
Scottish	U17M	High Jump	Stephen MacKenzie	2017	Silver
Scottish - Indoor	U17M	High Jump	Angus Davren	2018	Gold
Scottish	U17M	High Jump	Angus Davren	2018	Silver
Scottish	U17W	High Jump	Jayne Barnetson	1983	Gold
Scottish	U17W	High Jump	Jayne Barnetson	1984	Gold
Scottish	U17W	High Jump	Rachael MacKenzie	2004	Gold
Scottish	U20M	High Jump	Thomas Leighton	1982	Gold
Scottish	U20M	High Jump	Thomas Leighton	1983	Gold
Scottish	U20M	High Jump	Eddie Leighton	1986	Gold
Scottish	U20M	High Jump	David Barnetson	1990	Gold
Scottish - Indoor	U20M	High Jump	David Barnetson	1990	Gold
Scottish	U20M	High Jump	Angus Davren	2019	Gold
Scottish - Indoor	U20M	High Jump	Angus Davren	2020	Bronze
Scottish	U20W	High Jump	Jayne Barnetson	1985	Gold
Scottish	U20W	High Jump	Anna Nelson	2013	Gold
Scottish	U23W	High Jump	Rachael MacKenzie	2007	Gold

Field – High Jump (Senior & Masters Age Groups)

Championships	Age Group	Event	Athlete	Year	Medal
Scottish	SM	High Jump	Thomas Leighton	1984	Bronze
Scottish – Indoor	SM	High Jump	Alastair Taylor	1987	Bronze
Scottish	SM	High Jump	David Barnetson	1989	Silver
Scottish	SM	High Jump	David Barnetson	1990	Silver
Scottish – Indoor	SM	High Jump	David Barnetson	1991	Gold
Scottish – Indoor	SM	High Jump	David Barnetson	1992	Silver
Scottish – Indoor	SM	High Jump	David Barnetson	1995	Silver
British BAF	SM	High Jump	David Barnetson	1997	Bronze
British AAA	SM	High Jump	David Barnetson	1997	Bronze
Scottish – Indoor	SM	High Jump	Angus Davren	2019	Silver
Scottish	SW	High Jump	Jayne Barnetson	1984	Silver
Scottish	SW	High Jump	Jayne Barnetson	1985	Gold
British AAA	SW	High Jump	Jayne Barnetson	1985	Silver
Scottish	SW	High Jump	Jayne Barnetson	1986	Silver
Scottish	SW	High Jump	Jayne Barnetson	1987	Gold
Scottish	SW	High Jump	Jayne Barnetson	1988	Silver
Scottish – Indoor	SW	High Jump	Jayne Barnetson	1989	Gold
Scottish	SW	High Jump	Rachael MacKenzie	2006	Silver
Scottish	SW	High Jump	Rachael MacKenzie	2008	Bronze
Scottish	SW	High Jump	Rachael MacKenzie	2009	Silver
Scottish	SW	High Jump	Rachael MacKenzie	2010	Silver
Scottish	SW	High Jump	Rachael MacKenzie	2011	Silver
Scottish – Indoor	SW	High Jump	Rachael MacKenzie	2014	Gold
Scottish	SW	High Jump	Rachael MacKenzie	2014	Gold
Scottish	SW	High Jump	Rachael MacKenzie	2015	Gold
Scottish	SW	High Jump	Rachael MacKenzie	2016	Silver
British Masters	M35	High Jump	Dean Kane	2016	Bronze

## Field – Long Jump

Championships	Age Group	Event	Athlete	Year	Medal
Scottish	U13M	Long Jump	Adam Broadbent	1993	Gold
Scottish	U13W	Long Jump	Rachel Davidson	1999	Gold
Scottish - Indoor	U13W	Long Jump	Lucy Clark	2018	Bronze
Scottish	U15M	Long Jump	Peter Durham	1980	Gold
Scottish - Indoor	U15M	Long Jump	Paul Williamson	1989	Gold
Scottish	U15M	Long Jump	Dean Kane	1994	Silver
Scottish	U15M	Long Jump	Stephen Smith	1995	Gold
Scottish	U15W	Long Jump	Deborah Douglas	1988	Gold
Scottish	U15W	Long Jump	Rachel Johnstone	2017	Bronze
Scottish - Indoor	U17W	Long Jump	Vicky O'Brien	1999	Gold
Scottish	U17W	Long Jump	Vicky O'Brien	1999	Gold
Scottish Disability	U17W	Long Jump	Abbie McNally	2016	Gold
British Disability	U17W	Long Jump	Abbie McNally	2016	Silver
British Disability	U17W	Long Jump	Abbie McNally	2017	Silver
Scottish	U20M	Long Jump	Douglas Butler	1982	Gold
Scottish	U20M	Long Jump	Stephen MacKenzie	2018	Gold
Scottish	U20W	Long Jump	Jayne Barnetson	1985	Gold
Scottish	SM	Long Jump	Melville Brown	1989	Silver
<b>CPIRSA World</b>	<b>SM</b>	<b>Long Jump</b>	<b>Jason Maclean</b>	<b>2015</b>	<b>Silver</b>
Scottish	SW	Long Jump	Vicky O'Brien	1999	Silver
Scottish - Indoor	SW	Long Jump	Vicky O'Brien	2000	Silver
Scottish	SW	Long Jump	Kirsty Roger	1999	Bronze
<b>CPIRSA World</b>	<b>SW</b>	<b>Long Jump</b>	<b>Abbie McNally</b>	<b>2018</b>	<b>Silver</b>

## Field – Triple Jump

Championships	Age Group	Event	Athlete	Year	Medal
Scottish	U15M	Triple Jump	Duncan Cunningham	2015	Gold
Scottish	U17M	Triple Jump	Martin Davidson	2000	Gold
Scottish	U17M	Triple Jump	Martin Davidson	2001	Gold
Scottish	U17M	Triple Jump	Stephen MacKenzie	2016	Bronze
Scottish - Indoor	U17M	Triple Jump	Stephen MacKenzie	2017	Silver
Scottish	U17M	Triple Jump	Stephen MacKenzie	2017	Gold
British Masters - Indoor	M35	Triple Jump	Dean Kane	2019	Silver

## Field – Pole Vault

Championships	Age Group	Event	Athlete	Year	Medal
Scottish	U13M	Pole Vault	Andrew MacFarlane	2013	Gold
Scottish	U15M	Pole Vault	Stephen Campbell	1999	Gold
Scottish	U17M	Pole Vault	Andrew MacFarlane	2015	Gold
Scottish – Indoor	U17M	Pole Vault	Alister Mackay	2020	Bronze
Scottish	U20M	Pole Vault	Ian MacKenzie	1998	Gold
Scottish	U20M	Pole Vault	Ian MacKenzie	1999	Gold
Scottish	SM	Pole Vault	Ian Coghill	2018	Bronze

## Field – Shot Put

Championships	Age Group	Event	Athlete	Year	Medal
Scottish	U13M	Shot Put	Finbar Dunne	2014	Gold
Scottish – Indoor	U13M	Shot Put	Craig Watts	2016	Silver
Scottish – Indoor	U13M	Shot Put	Daniel Lathan	2017	Gold
Scottish	U15M	Shot Put	Russell Devine	1983	Gold
Scottish	U15M	Shot Put	David Allan	1985	Gold
Scottish	U15M	Shot Put	Ewen Sime	1997	Gold
Scottish – Indoor	U15M	Shot Put	George Evans	2013	Gold
Scottish	U15M	Shot Put	George Evans	2013	Gold
Scottish – Indoor	U15M	Shot Put	Finbar Dunne	2016	Gold
Scottish	U15M	Shot Put	Finbar Dunne	2016	Gold
Scottish – Indoor	U15W	Shot Put	Alison Horne	2013	Gold
Scottish	U15W	Shot Put	Alison Horne	2013	Gold
Scottish	U17M	Shot Put	Hamish Davidson	1971	Gold
British AAA	U17M	Shot Put	George Patience	1974	Silver
Scottish	U17M	Shot Put	Russell Devine	1985	Gold
British Disability	U17M	Shot Put	Jason Maclean	2013	Silver
Scottish – Indoor	U17M	Shot Put	George Evans	2014	Gold
Scottish	U17M	Shot Put	George Evans	2014	Gold
Scottish – Indoor	U17M	Shot Put	Finbar Dunne	2017	Bronze
Scottish	U17M	Shot Put	Finbar Dunne	2018	Silver
Scottish	U20M	Shot Put	George Evans	2017	Gold
Scottish	U20M	Shot Put	Andrew Bowsher	2018	Bronze
Scottish – Indoor	U20M	Shot Put	Alexander Mackay	2019	Gold
Scottish – Indoor	U20M	Shot Put	Andrew Bowsher	2019	Silver
Scottish	U20M	Shot Put	Alexander Mackay	2019	Bronze
Scottish – Indoor	U20M	Shot Put	Alexander Mackay	2020	Gold
England	U23M	Shot Put	George Evans	2018	Gold
Scottish – Indoor	SM	Shot Put	Hamish Davidson	1974	Silver
Scottish	SM	Shot Put	George Patience	1984	Bronze
Scottish	SM	Shot Put	George Patience	1987	Bronze
<b>CPISRA World</b>	<b>SM</b>	<b>Shot Put</b>	<b>Jason Maclean</b>	<b>2015</b>	<b>Bronze</b>
Scottish	SW	Shot Put	Kirsty Law	2007	Bronze
British Masters	M35	Shot Put	Dean Kane	2018	Bronze

Field – Discus Throw (Junior Age Groups)

Championships	Age Group	Event	Athlete	Year	Medal
Scottish	U13M	Discus	Alex Geddes	2014	Gold
Scottish	U13M	Discus	Craig Watts	2016	Gold
Scottish	U13W	Discus	Janice Forbes	1992	Gold
Scottish	U13W	Discus	Janice Forbes	1993	Gold
Scottish	U13W	Discus	Marvellous Igbinidu	2018	Bronze
Scottish	U15M	Discus	Russell Devine	1983	Gold
Scottish	U15M	Discus	George Evans	2012	Gold
Scottish	U15M	Discus	George Evans	2013	Gold
Scottish	U15M	Discus	Finbar Dunne	2016	Gold
Scottish	U15M	Discus	James Rollo	2018	Gold
Scottish	U15M	Discus	James Rollo	2019	Gold
Scottish	U15M	Discus	Craig MacLennan	2019	Bronze
England	U15M	Discus	James Rollo	2019	Gold
Scottish	U15W	Discus	Janice Forbes	1994	Gold
Scottish	U15W	Discus	Janice Forbes	1995	Gold
Scottish	U15W	Discus	Kirsty Law	2001	Gold
Scottish	U15W	Discus	Josie Steele	2015	Gold
Scottish	U15W	Discus	Rachel MacLennan	2016	Bronze
Scottish	U17M	Discus	Hamish Davidson	1971	Gold
Scottish	U17M	Discus	Russell Devine	1984	Gold
Scottish	U17M	Discus	Russell Devine	1985	Gold
Scottish	U17M	Discus	George Evans	2014	Gold
Scottish	U17M	Discus	Finbar Dunne	2017	Silver
Scottish	U17M	Discus	Andrew Bowsher	2017	Bronze
Scottish	U17W	Discus	Kirsty Law	2002	Gold
Scottish	U17W	Discus	Kirsty Law	2003	Gold
<b>World</b>	<b>Youth</b>	<b>Discus</b>	<b>George Evans</b>	<b>2015</b>	<b>Bronze</b>
<b>Commonwealth</b>	<b>Youth</b>	<b>Discus</b>	<b>George Evans</b>	<b>2015</b>	<b>Silver</b>
Scottish	U20M	Discus	Russell Devine	1986	Gold
Scottish	U20M	Discus	Russell Devine	1987	Gold
Scottish	U20M	Discus	Ruaridh Gray	2016	Bronze
<b>European</b>	<b>U20M</b>	<b>Discus</b>	<b>George Evans</b>	<b>2017</b>	<b>Bronze</b>
Scottish	U20M	Discus	George Evans	2017	Gold
Scottish	U20M	Discus	Andrew Bowsher	2018	Silver
Scottish	U20M	Discus	Andrew Bowsher	2019	Silver
England	U23M	Discus	George Evans	2018	Silver
England	U23M	Discus	George Evans	2019	Silver



Field – Discus Throw (Senior Age Group)

Championships	Age Group	Event	Athlete	Year	Medal
Scottish	SM	Discus	George Patience	1984	Gold
Scottish	SM	Discus	George Patience	1985	Gold
Scottish	SM	Discus	George Patience	1986	Bronze
Scottish	SM	Discus	George Patience	1987	Gold
Scottish	SM	Discus	Harry Zagorski	2017	Bronze
Scottish	SW	Discus	Kirsty Law	2005	Silver
Scottish	SW	Discus	Kirsty Law	2006	Bronze
Scottish	SW	Discus	Kirsty Law	2007	Gold
Scottish	SW	Discus	Kirsty Law	2008	Gold
Scottish	SW	Discus	Kirsty Law	2009	Gold
Scottish	SW	Discus	Kirsty Law	2010	Silver
Scottish	SW	Discus	Kirsty Law	2011	Gold
British	SW	Discus	Kirsty Law	2011	Bronze
Scottish	SW	Discus	Kirsty Law	2012	Gold
British	SW	Discus	Kirsty Law	2012	Bronze
Scottish	SW	Discus	Kirsty Law	2013	Gold
British	SW	Discus	Kirsty Law	2013	Silver
Scottish	SW	Discus	Kirsty Law	2014	Gold
British	SW	Discus	Kirsty Law	2014	Bronze
Scottish	SW	Discus	Kirsty Law	2015	Gold
British	SW	Discus	Kirsty Law	2015	Bronze
Scottish	SW	Discus	Kirsty Law	2016	Gold
British	SW	Discus	Kirsty Law	2016	Bronze
Scottish	SW	Discus	Kirsty Law	2017	Gold
British	SW	Discus	Kirsty Law	2018	Silver
Scottish	SW	Discus	Kirsty Law	2018	Gold
Scottish	SW	Discus	Kirsty Law	2019	Gold
British	SW	Discus	Kirsty Law	2019	Gold

Field – Weight Throw

Championships	Age Group	Event	Athlete	Year	Medal
British Masters	M35	Weight	Dean Kane	2018	Silver

Field – Hammer Throw

Championships	Age Group	Event	Athlete	Year	Medal
Scottish	U15M	Hammer	Matt MacFarlane	2016	Gold
Scottish	U15M	Hammer	Daniel Latham	2018	Bronze
Scottish	U15M	Hammer	Craig MacLennan	2019	Bronze
Scottish	U15W	Hammer	Anita Evans	2010	Gold
Scottish	U15W	Hammer	Rachel MacLennan	2016	Bronze
Scottish	U17M	Hammer	Russell Devine	1984	Gold
Scottish	U17M	Hammer	Russell Devine	1985	Gold
Scottish	U17M	Hammer	John Morrison	1986	Gold
Scottish	U17M	Hammer	D Fraser	1988	Gold
Scottish	U17M	Hammer	Matt MacFarlane	2017	Silver
Scottish	U17M	Hammer	Matt MacFarlane	2018	Gold
Scottish	U17M	Hammer	Victor Jude-Eze	2019	Bronze
Scottish	U17W	Hammer	Jacqui Finlayson	1996	Gold
Scottish	U17W	Hammer	Kirsty Law	2000	Gold
Scottish	U17W	Hammer	Rachel MacLennan	2017	Bronze
Scottish	U17W	Hammer	Rachel MacLennan	2018	Bronze
Scottish	U20M	Hammer	Russell Devine	1986	Gold
Scottish	U20M	Hammer	Russell Devine	1987	Gold
Scottish	U20M	Hammer	David Allan	1988	Gold
Scottish	U20M	Hammer	David Allan	1989	Gold
Scottish	SM	Hammer	Russell Devine	1987	Bronze
Scottish	SM	Hammer	Russell Devine	1988	Silver
Scottish	SM	Hammer	Russell Devine	1989	Silver
Scottish	SM	Hammer	Russell Devine	1990	Gold
Scottish	SM	Hammer	David Allan	1991	Bronze
Scottish	SM	Hammer	Russell Devine	1994	Gold
British Masters	M35	Hammer	Dean Kane	2018	Silver

Field – Javelin Throw

Championships	Age Group	Event	Athlete	Year	Medal
Scottish	U13M	Javelin	Oliver Broadbent	1993	Gold
Scottish	U13M	Javelin	Andrew MacFarlane	2013	Gold
Scottish	U13M	Javelin	Craig Watts	2016	Gold
Scottish	U13W	Javelin	Fiona Flockhart	2014	Gold
Scottish	U13W	Javelin	Leona Fernandes	2019	Bronze
Scottish	U15M	Javelin	Robert Jenkins	2016	Silver
Scottish	U15M	Javelin	James Rollo	2019	Silver
Scottish	U15W	Javelin	Mary Flockhart	2013	Gold
Scottish	U17M	Javelin	John Mitchell	1997	Gold
Scottish	U17M	Javelin	Paddy Dunne	2016	Silver
Scottish	U17W	Javelin	Debora Heath	1976	Gold
Scottish	U17W	Javelin	Kate Grainger	1999	Gold
Scottish	U17W	Javelin	Kate Grainger	2000	Gold
Scottish	U20M	Javelin	Alan Kemlo	1992	Gold
Scottish	U20M	Javelin	John Mitchell	1998	Gold
Scottish	U20M	Javelin	Paddy Dunne	2017	Bronze
Scottish	U20W	Javelin	Kate Grainger	2001	Gold
Scottish	U23W	Javelin	Danica MacLaren	2008	Gold
Scottish	SM	Javelin	Adam Hobson	2014	Silver
Scottish	SM	Javelin	Adam Hobson	2015	Silver
Scottish	SM	Javelin	Paddy Dunne	2017	Bronze
Scottish	SW	Javelin	Kate Grainger	2000	Silver
Scottish	SW	Javelin	Kate Grainger	2001	Bronze
Scottish	SW	Javelin	Kate Grainger	2002	Bronze
Scottish	SW	Javelin	Mary Flockhart	2018	Bronze
Scottish	SW	Javelin	Paula Gass	2019	Silver

## Road Running - Juniors

Championships	Age Group	Event	Name	Year	Medal
Scottish Young Athlete Road Races	U13M	Individual	Lucas Cairns	2017	Gold
Scottish Young Athlete Road Races	U13M	Team	Duncan MacDonald Lucas Cairns Angus Rutter	2016	Silver
Scottish Young Athlete Road Races	U13M	Team	Lucas Cairns Euan Rollo Duncan MacDonald	2017	Gold
Scottish Young Athlete Road Races	U13W	Individual	Anna Cairns	2019	Gold
Scottish Young Athlete Road Races	U13W	Team	Anna Cairns Grace MacDonald Zoe Sharpe	2019	Gold
Scottish Young Athlete Road Races	U15M	Individual	Lucas Cairns	2019	Gold
Scottish Young Athlete Road Races	U15M	Team	Lucas Cairns Euan Rollo Ben Sharpe	2019	Silver
Scottish Young Athlete Road Races	U17W	Individual	Megan Keith	2019	Silver
British Young Athlete Road Races (London Mini-Marathon)	U17W	Team	Megan Keith	2019	Gold

Road Running – Seniors/Masters

Championships	Age Group	Event	Name	Year	Medal
British 1 Mile Road	M35	Individual	Dean Kane	2015	Gold
Scottish 5K Road	U20W	Individual	Mhairi MacLennan	2015	Silver
Scottish 5K Road	SW	Individual	Jenny Bannerman	2018	Silver
Scottish 5K Road	SW	Individual	Mhairi MacLennan	2019	Silver
Scottish 5K Road	SW	Team	Mhairi MacLennan Jenny Bannerman Gemma Cormack	2019	Gold
Scottish 10K Road	SW	Individual	Jenny Bannerman	2017	Bronze
Scottish 10K Road	SW	Individual	Jenny Bannerman	2019	Silver
British 10K Road	M70	Individual	Alex Sutherland	2019	Gold
European Non-Stadia 10K Road	M35	Team	Tony Golabek	2018	Silver
Scottish 10 Mile	M40	Individual	George Mitchell	1993	Silver
Scottish 10 Mile	SW	Individual	Jenny Bannerman	2016	Silver
Scottish 10 Mile	SW	Individual	Mhairi MacLennan	2018	Silver
British 10 Mile	M70	Individual	Alex Sutherland	2018	Bronze
Scottish Half Marathon	M40	Individual	Donnie MacDonald	2019	Silver
Scottish Half Marathon	SW	Individual	Melissa Whyte	2011	Silver
Scottish Half Marathon	W40	Individual	Melissa Whyte	2011	Gold
Scottish Marathon	SM	Individual	Brian Fieldsend	2002	Silver
Scottish Marathon	SM	Individual	John Newsom	2015	Silver
Scottish Marathon	SM	Individual	Donnie MacDonald	2015	Bronze
Scottish Marathon	SM	Individual	Donnie MacDonald	2019	Bronze
Scottish Marathon	M40	Individual	Donnie MacDonald	2019	Gold
Scottish Marathon	SM	Team	John Newsom Donnie MacDonald Darren Dean	2015	Gold
Scottish Marathon	SM	Team	Donnie MacDonald Helge Hansen Tony Golabek	2019	Gold
Scottish Marathon	SW	Individual	Lesley Hansen	2019	Silver
Scottish Road Relays	SW	Team	Mhairi MacLennan Sarah Liebnitz Catriona Fraser Jenny Bannerman	2015	Bronze

Cross Country – Under 13

Championships	Age Group	Event	Name	Year	Medal
Scottish	U13M	Individual	Lucas Cairns	2017	Silver
Scottish	U13M	Team	Iain Murray Darren Sutherland Duncan Hards K Murray	1987	Bronze
Scottish	U13M	Team	Andrew Macrae Neil Forbes A Campbell David Shand	1988	Bronze
Scottish	U13M	Team	M Raffin Gavin Chisholm Malcolm Blake James McLancy	1992	Bronze
Scottish	U13M	Team	Craig Campbell Patrick Urquhart Patrick Kelly Alexander Thorne	2008	Silver
Scottish	U13M	Team	Lucas Cairns Euan Rollo Angus Rutter Duncan MacDonald	2017	Gold
Scottish	U13M	Team	Lachlan Buchanan Sam Burnett Alexander Jamieson Jake Henderson	2018	Silver
Scottish	U13W	Individual	Roma Davidson	1987	Silver
Scottish	U13W	Individual	Briony Swanson	2002	Gold
Scottish	U13W	Individual	Anna Cairns	2019	Gold
Scottish	U13W	Team	Alexine McArthur N Milne Mhairi Spence L Mathieson	1998	Bronze
Scottish	U13W	Team	Anna Cairns Zoe Sharpe Grace MacDonald Kirsten Burnett	2019	Gold

Cross Country – Under 15

Championships	Age Group	Event	Name	Year	Medal
Scottish	U15M	Individual	Stewart Mackay	1990	Silver
Scottish	U15M	Individual	Stewart Mackay	1991	Gold
Scottish	U15M	Individual	Sean Chalmers	2011	Silver
Scottish	U15M	Team	S Pierce Jamie Bell C Martin G McLennan	1982	Gold
Scottish	U15M	Team	Stewart Mackay D Millar Neil Forbes Andrew Macrae	1990	Bronze
Scottish	U15M	Team	Stewart Mackay M MacKenzie Mark Cruden Andrew Macrae	1991	Gold
Scottish	U15M	Team	Scott Lisle Luke Shaw James Geddes Andrew Johnstone	2013	Silver
Scottish	U15M	Team	Lucas Cairns Euan Rollo Angus Smith Finlay Rutter	2018	Silver
Scottish	U15M	Team	Lucas Cairns Euan Rollo Duncan MacDonald Gregor Nixon	2019	Bronze
Scottish	U15W	Individual	S MacDonald	1988	Silver
Scottish - Short Course	U15W	Individual	Anna Cairns	2019	Gold
British Athletics Cross Challenge	U15W	Individual	Anna Cairns	2020	Bronze
Scottish	U15W	Individual	Anna Cairns	2020	Bronze
Scottish	U15W	Team	Roma Davidson D Douglas M Sinclair E Johnston	1988	Gold
Scottish	U15W	Team	Fiona Spence Jennifer Main Mhairi Spence Vaila Robertson	1999	Bronze

Cross Country – Under 17 and Junior

Championships	Age Group	Event	Name	Year	Medal
British Athletics Cross Challenge	U17M	Individual	Lucas Cairns	2019	Bronze
Scottish	U17M	Individual	Lucas Cairns	2020	Gold
Scottish	U17M	Team	G MacLennon C Martin Jamie Bell M Robertson	1984	Silver
Scottish - Short Course	U17M	Team	Lucas Cairns Angus Smith Euan Rollo	2019	Gold
<b>Celtic Nations</b>	<b>U17M</b>	<b>Team</b>	<b>Lucas Cairns</b>	<b>2020</b>	<b>Gold</b>
Scottish	U17M	Team	Lucas Cairns Angus Smith Euan Rollo Finlay Raynor	2020	Silver
Scottish - Relays	Junior Men	Team	Ian Gunn Stuart Sutherland Mark Cruden	1993	Silver
Scottish	U17W	Individual	Lyndsay Lobban	1984	Silver
Scottish	U17W	Individual	Jennifer Main	2000	Bronze
Scottish	U17W	Individual	Jennifer Main	2001	Bronze
Scottish	U17W	Individual	Megan Keith	2019	Gold
Scottish	U17W	Team	S Robb	1988	Silver
Scottish	U17W	Team	Jennifer Main Mhairi Spence Fiona Spence	2001	Gold
Scottish	U17W	Team	Megan Keith Emily Andrew Emma Seed	2019	Bronze
Scottish - Relays	Junior Women	Team	Zoe Sharpe Grace MacDonald Megan Keith	2018	Bronze



Cross Country – Under 20, Under 23 & Seniors

Championships	Age Group	Event	Name	Year	Medal
Scottish	U20M	Individual	S Cook	1994	Gold
Scottish	U20M	Team	G McDowall C Stewart N Cox N Cruden	1991	Bronze
Scottish - Short Course	U20W	Individual	Megan Keith	2019	Gold
British Athletics Cross Challenge	U20W	Individual	Megan Keith	2019	Bronze
British Athletics Cross Challenge	U20W	Individual	Megan Keith	2020	Gold
Celtic Nations	U20W	Individual	Megan Keith	2020	Gold
Scottish	U20W	Individual	Megan Keith	2020	Gold
European	U20W	Team	Megan Keith	2019	Gold
Celtic Nations	U20W	Team	Megan Keith	2020	Gold
European	U23W	Team	Mhairi MacLennan	2017	Gold
Home Countries	SW	Individual	Mhairi MacLennan	2019	Bronze
Scottish - Short Course	SW	Individual	Megan Keith	2019	Bronze
Scottish	SW	Individual	Mhairi MacLennan	2020	Gold
Home Countries	SW	Team	Mhairi MacLennan	2020	Silver

Cross Country – Masters 35, 40, 45, 50 & 55

Championships	Age Group	Event	Name	Year	Medal
World Masters - Indoor	M35	Team	Tony Golabek Dean Kane	2017	Bronze
British Masters	M35	Individual	Donnie MacDonald	2018	Gold
European Non-Stadia	M35	Team (4KXC Relay)	Tony Golabek	2018	Bronze
British Masters	M35-44	Team	Donnie MacDonald Tony Golabek Dean Kane	2018	Gold
Scottish Masters	W35	Individual	M Adamson	1993	Bronze
Home Nations	M40	Team	Donnie MacDonald	2018	Bronze
Scottish Masters	W40-50	Team	Melissa Whyte Alison Wilson Doreen Campbell	2012	Bronze
Scottish Masters	M45	Individual	Paul Miller	2016	Silver
Scottish Masters	W45	Individual	Melissa Whyte	2010	Gold
Scottish Masters	W45	Individual	Sheila Gollan	2010	Silver
Home Nations	W45	Individual	Melissa Whyte	2010	Gold
Home Nations	W45	Team	Melissa Whyte	2010	Bronze
Scottish Masters	W45	Individual	Melissa Whyte	2011	Gold
Home Nations	W45	Individual	Melissa Whyte	2011	Gold
Home Nations	W45	Team	Melissa Whyte	2011	Silver
Scottish Masters	W45	Individual	Melissa Whyte	2012	Gold
British Masters	W45-54	Team	Julie Wilson Alison Wilson Heather Gardiner	2018	Gold
Scottish Masters	M50	Individual	George Mitchell	1996	Bronze
Scottish Masters	W50	Individual	Audrey Foster	2005	Bronze
Scottish Masters	W50	Individual	Audrey Foster	2006	Silver
Scottish Masters	M55	Individual	George Mitchell	2001	Silver
Scottish Masters	M55	Individual	George Mitchell	2003	Gold
Scottish Masters	M55	Individual	George Mitchell	2004	Bronze
Scottish Masters	M55	Individual	George Mitchell	2005	Silver
Home Nations	M55	Team	George Mitchell	2005	Bronze
Scottish Masters	W55	Individual	Liz Forbes	2013	Silver

Cross Country – Masters 60, 65 & 70

Championships	Age Group	Event	Name	Year	Medal
Scottish Masters	M60	Individual	George Mitchell	2006	Gold
Home Nations	M60	Team	George Mitchell	2006	Silver
Scottish Masters	M60	Individual	George Mitchell	2007	Silver
Home Nations	M60	Team	George Mitchell	2007	Silver
Home Nations	M60	Team	George Mitchell	2008	Bronze
Scottish Masters	M60	Individual	George Mitchell	2009	Gold
Home Nations	M60	Team	George Mitchell	2009	Bronze
Scottish Masters	M60	Individual	George Mitchell	2010	Bronze
Home Nations	M60	Team	George Mitchell	2010	Bronze
Scottish Masters	M60	Individual	Alex Sutherland	2011	Bronze
Scottish Masters	M60	Individual	Ian Johnstone	2013	Bronze
Scottish Masters	M65	Individual	George Mitchell	2011	Silver
Home Nations	M65	Individual	George Mitchell	2011	Bronze
Home Nations	M65	Team	George Mitchell	2011	Silver
Scottish Masters	M65	Individual	George Mitchell	2012	Gold
Home Nations	M65	Individual	George Mitchell	2012	Bronze
Home Nations	M65	Team	George Mitchell	2012	Silver
Scottish Masters	M65	Individual	George Mitchell	2013	Silver
Home Nations	M60	Team	Alex Sutherland	2013	Bronze
Scottish Masters	M65	Individual	Alex Sutherland	2014	Silver
World Masters	M65	Team	Alex Sutherland	2015	Silver
Home Nations	M65	Team	Alex Sutherland	2015	Bronze
Scottish Masters	M65	Individual	Alex Sutherland	2016	Gold
World Masters	M65	Team	Alex Sutherland	2016	Gold
Home Nations	M65	Team	Alex Sutherland	2016	Bronze
Scottish Masters	W65	Individual	Margaret Woodhouse	2016	Bronze
British Masters	M65-74	Team	Alex Sutherland Timothy Kirk Ian Thomson	2018	Silver
Scottish Masters	M70	Individual	Timothy Kirk	2016	Gold
Scottish Masters	M70	Individual	Alex Sutherland	2018	Gold
British Masters	M70	Individual	Alex Sutherland	2018	Gold
British Masters	M70	Individual	Timothy Kirk	2018	Bronze
Home Nations	M70	Individual	Alex Sutherland	2018	Bronze
Scottish Masters	M70	Individual	Alex Sutherland	2019	Gold
British Masters	M70	Individual	Alex Sutherland	2019	Silver
Home Nations	M70	Individual	Alex Sutherland	2019	Silver
Home Nations	M70	Team	Alex Sutherland	2019	Silver
Scottish Masters	M70	Individual	Alex Sutherland	2019	Gold

## Hill & Trail Running

Championships	Age Group	Event	Name	Year	Medal
Scottish Mid Trail	U15M	Individual	Lucas Cairns	2017	Silver
Scottish Mid Trail	U15M	Individual	Lucas Cairns	2018	Silver
Scottish Mid Trail	U15W	Individual	Anna Cairns	2019	Gold
Scottish Mid Trail	U17M	Individual	Lucas Cairns	2019	Silver
Scottish Mid Trail	U17W	Individual	Emily Andrew	2018	Silver
Scottish Mid Trail	U20M	Individual	Andrew Johnstone	2017	Bronze
Scottish Mid Trail	U20W	Individual	Emily Andrew	2019	Bronze
Scottish Mid Trail	SM	Individual	John Newsom	2017	Silver
Scottish Mid Trail	SM	Individual	John Newsom	2018	Bronze
Scottish Mid Trail	SM	Team	John Newsom Gordon Lennox Andrew Johnstone Tony Golabek	2017	Silver
Scottish Mid Trail	SM	Team	John Newsom Donnie MacDonald Graham Bee Andrew Johnstone	2018	Gold
Senior Home Countries - Hill	SW	Team	Caroline Marwick	2019	Silver

## SOURCES

### **Track & Field:**

Scottish Association of Track Statisticians (SATS) –

<https://www.scotstats.net/archive-1/the-championships/>

National Union of Track Statisticians (NUTS) –

<http://www.nuts.org.uk/Champs/AAA/index.htm>

Scottish Athletics Live Meeting Results –

<http://www.janetnixon.info/scottish/>

UK Athletics Rankings (Power of 10) –

<http://www.thepowerof10.info/>

Maroon and Gold: The Story of Inverness Harriers, Charles Bannerman

### **Road Running, Cross Country, Hill & Trail Running:**

Scottish Athletics Road Running & Cross Country Commission –

<http://www.salroadrunningandcrosscountrymedalists.co.uk/Archive/index.html>

