



## Springburn Harriers - Endurance Records



| MALE      |                 |                            |                |            |                |  |
|-----------|-----------------|----------------------------|----------------|------------|----------------|--|
| Age Group | Event           | Athlete                    | Performance    | Date       | Venue          | Notes/ Competition   |
| U11       | 600m (indoor)   | Angus Fraser Moodie        | 2:01.97        | 05/01/2019 | Emirates       |  |
| SEN       | 600m (indoor)   | Albert McLellan            | 1:23.50        | 1972       | Scot Champs    |  |
| U11       | 600m(outdoor)   | Jamie Burns                | 1.55.42        | 03/09/2021 | Livingston     | Livingston OG  |
| U15       | 600m(outdoor)   | <b>Finn Smith</b>          | <b>1.40.82</b> | 6/14/2023  | Riverside, Ayr | Ayrshire Open Graded                                       |
| U11       | 800m (outdoor)  | Gregor McNaught            | 2.32.15        | 08/09/2021 | Crownpoint     | Shettleston H OG   |
| U13       | 800m (outdoor)  | <b>Gregor McNaught</b>     | <b>2.21.36</b> | 26/05/2023 | Craigswood     | Livingston Open Graded                                     |
| U15       | 800m (outdoor)  | Stuart McPherson           | 2:03.30        | 1978       | Scot Champs    | Gold   |
| U17       | 800m (outdoor)  | Graham Williamson          | 1:54.90        | 1977       |                | Gold - Scot Youth Champs                                   |
| U20       | 800m (outdoor)  | Graham Williamson          | 1:47.53        | 1/8/1979   | Wolverhampton  |  |
| SEN       | 800m (outdoor)  | Graham Williamson          | 1:45.60        | 12/6/83    | Loughborough   |  |
| V35       | 800m (outdoor)  | Paul Wilson                | 2.31.81        | 9/4/2021   | Meadowmill     | East Lothian OG  |
| V40       | 800m (outdoor)  | Paul Wilson                | 2.25.15        | 30/08/2022 | Crownpoint     | Shettleston H OG   |
| V55       | 800m (outdoor)  | John McLaughlin            | 2:41.60        | 6/2/10     | Belfast        | N.I Age Group Champs                                       |
| V70       | 800m (outdoor)  | Tommy O'Reilly             | 2.51.1         | 13/06/2004 | Dumfries       | Masters Champs**Hand time                                  |
| U13       | 800m (indoor)   | <b>Gregor McNaught</b>     | <b>2.20.65</b> | 19/02/2023 | Emirates       | <b>Silver - 10th All time - Scottish Indoor U13 Champs</b> |
| U15       | 800m (indoor)   | <b>Douglas Knox</b>        | <b>2.17.92</b> | 28/01/2023 | Emirates       | Combined Ev Indoor Champs                                  |
| U17       | 800m (indoor)   | Fergus Reid                | 2:04.11        | 26/1/2020  | Emirates       |  |
| U20       | 800m (indoor)   | Thomas Callaghan           | 2:09.53        | 8/2/2018   | Emirates       |  |
| SEN       | 800m (indoor)   | Jack McCabe (u23)          | 2:03.84        | 28/1/2018  | Emirates       |  |
| V35       | 800m (indoor)   | Matt Stanley               | 2.36.39        | 12/02/2023 | Emiars         | Scottush Masters Indoor Champs                             |
| V70       | 800m (indoor)   | Tommy O'Reilly             | 3.03.33        | 10/02/2007 | Kelvin Hall    |  |
| V75       | 800m (indoor)   | James Parker*              | 3.34.62        | 24/01/2010 | Kelvin Hall    | Scottish Masters (*SpH?)                                   |
| U13       | 1500m (outdoor) | <b>Gregor McNaught</b>     | <b>4.47.02</b> | 09/05/2023 | Linwood        | <b>Kilbarchan Open Graded (TBC)</b>                        |
| U15       | 1500m (outdoor) | Stuart McPherson           | 4:16.00        | 1978       | Scot Champs    | Gold   |
| U17       | 1500m (outdoor) | Graham Williamson          | 3:54.40        | 1977       |                | Gold - Scot Youth Champs                                   |
| U20       | 1500m (outdoor) | Graham Williamson          | 3:36.60        | 17/7/1979  | Oslo           |  |
| SEN       | 1500m (outdoor) | Graham Williamson          | 3:34.01        | 28/06/1983 | Oslo           |  |
| V35       | 1500m (outdoor) | Andy Norris                | 4:44.97        | 30/06/2019 | Grangemouth    |  |
| V40       | 1500m (outdoor) | Alex McIndoe               | 4.13.2         | 14/09/1997 | Wishaw         | CSSAL (League Record)                                      |
| V45       | 1500m (outdoor) | Anthony McGale             | 5:05.82        | 1/9/2018   | Wishaw         |  |
| V55       | 1500m (outdoor) | John McLaughlin            | 5:16.07        | 4/9/2010   | Sportcity      |  |
| V70       | 1500m (outdoor) | Tommy O'Reilly             | 6.11.55        | 13/06/2004 | Dumfries       | Masters Champs   |
| U13       | 1500m (indoor)  | <b>Sam Robertson</b>       | <b>5.38.42</b> | 19/02/2023 | Emirates       | Scottish Indoor U13 Champs                                 |
| U15       | 1500m (indoor)  | <b>Angus Fraser-Moodie</b> | <b>4.34.99</b> | 01/02/2023 | Emirates       | Scottish Schools Indoor Champs (Lenzie Academy)            |
| U20       | 1500m (indoor)  | Thomas Callaghan           | 4:48.06        | 11/3/2018  | Emirates       |  |
| SEN       | 1500m (indoor)  | Graham Williamson (u23)    | 3.38.28        | 10/02/1982 | Cosford        | GB v BEL v NED   |
| V35       | 1500m (indoor)  | Andy Norris                | 4:41.44        | 17/2/2019  | Emirates       |  |
| V70       | 1500m (indoor)  | T O'Reilly (V70)           | 5:58.94        | 18/2/2006  | Glasgow        |  |
| V75       | 1500m (indoor)  | James Parker*              | 7.36.03        | 24/01/2010 | Kelvin Hall    | Scottish Masters (*SpH?)                                   |
| U17       | Mile            | Eddie Knox                 | 4:19.70        | 1964       |                | Gold - Scot Youth Champs                                   |
| U20       | Mile            | Graham Williamson          | 3.53.15        | 17/07/1979 | Oslo           |  |
| SEN       | Mile            | Graham Williamson          | 3:50.64        | 13/7/1982  | Cork           |  |
| V35       | Mile            | Damian McAuley             | 5.09           | 20/06/2005 | Huntershill    | Springburn 5-day event Track Mile                          |
| U15       | 3000m (outdoor) | Angus Fraser-Moodie        | 9.47.79        | 30/08/2022 | Crownpoint     | Shettleston OG   |
| U17       | 3000m (outdoor) | Graham Williamson          | 8:25.20        | 1977       |                | Gold - Scot Youth Champs                                   |

|     |                                    |                     |          |            |                  |                                    |
|-----|------------------------------------|---------------------|----------|------------|------------------|------------------------------------|
| U20 | 3000m (outdoor)                    | David Donnet        | 8:19.7   | 1987       |                  |                                    |
| SEN | 3000m (outdoor)                    | Graham Williamson   | 8:00.70  | 29/7/1978  | Edinburgh        |                                    |
| V35 | 3000m (outdoor)                    | Andy Norris         | 10:02.96 | 2/6/2019   | East Kilbride    |                                    |
| V40 | 3000m (outdoor)                    | Andrew Johnston     | 9:52.46  | 08/09/2021 | Crownpoint       | Shettleston H OG                   |
| V45 | 3000m (outdoor)                    | Andrew Callan       | 10:36.99 | 2/6/2019   | East Kilbride    | CSSAL Div 3                        |
| V65 | 3000m (outdoor)                    | Alan Hill           | 13:04.71 | 1/9/2018   | Wishaw           |                                    |
| U17 | 3000m (indoor)                     | Fergus Reid         | 9:37.89  | 3/1/2020   | Glasgow          |                                    |
| SEN | 3000m (indoor)                     | David Donnet (u23)  | 8:21.56  | 12/02/1989 | Glasgow          |                                    |
| V35 | 3000m (indoor)                     | Andy Norris         | 10:10.92 | 3/1/2020   | Emirates         | BMC                                |
| U20 | 5000m                              | Stephen Begen       | 14:32    | 1985       |                  |                                    |
| SEN | 5000m                              | Paul Evans          | 13:41.33 | 1991       |                  |                                    |
| V35 | 5000m                              | Andy Norris         | 17:49.44 | 26/7/2019  | Scotstoun        |                                    |
| V40 | 5000m                              | Andrew Johnston     | 16:55.82 | 24/07/2021 | Kilmarnock       | SAL Masters 5000m Champs           |
| V55 | 5000m                              | Brian Leitch        | 20:41.54 | 06/09/2022 | Crownpoint       | Shettleston Open Graded            |
| V60 | 5000m                              | Alan Hill           | 21:25.18 | 16/6/2013  | Grangemouth      |                                    |
| V65 | 5000m                              | Alan Hill           | 22:36.38 | 27/7/2018  | Scotstoun        |                                    |
| V70 | 5000m                              | Alan Hill           | 23.15    | 24/07/2021 | Kilmarnock       |                                    |
| SEN | 10,000m                            | Paul Evans          | 28:56.69 | 1991       |                  |                                    |
| V35 | 10,000m                            | Andy Norris         | 36:53.20 | 31/08/2019 | Carluke          |                                    |
| V35 | 10,000m                            | Andy Norris         | 36.26    | 16/10/2022 | Cumbernauld      | Andy Forbes Memorial 10,000m (TBC) |
| V40 | 10,000m                            | Jim Cooper          | 35:13:00 | 17/10/2004 |                  |                                    |
| V45 | 10,000m                            | Anthony McGale      | 41:28.65 | 14/10/2018 | Cumbernauld      |                                    |
| V55 | 10,000m                            | Alan Hill           | 44:52.40 | 21/10/2012 | Coatbridge       |                                    |
| V60 | 10,000m                            | Alan Hill           | 43:58.10 | 21/10/2012 | Coatbridge       |                                    |
| V65 | 10,000m                            | Alan Hill           | 46:30.19 | 16/10/2016 | Grangemouth      |                                    |
| V70 | 10,000m                            | Tom O'Reilly        | 45:45:00 | 16/10/2005 | Coatbridge       |                                    |
| V75 | 10,000m                            | George Inglis       | 62:37.06 | 16/10/2016 | Grangemouth      |                                    |
| SEN | 3000SC                             | Tommy O'Reilly      | 9:12.20  | 1959       |                  | Scot Champs                        |
| V35 | 3000SC                             | Tommy O'Reilly      | 9:44.00  | 1970       |                  |                                    |
| U20 | Marathon                           | Jonathan Graham     | 3:35.22  | 25/04/2010 | London           |                                    |
| SEN | Marathon                           | Paul Evans          | 2:12.53  | 1991       | Italian Marathon |                                    |
| V35 | Marathon                           | Alistair Macfarlane | 2:19.56  | April 1984 | Dundee           |                                    |
| V40 | Marathon                           | Damian McAuley      | 2:40.29  | 23/04/2006 | London           |                                    |
| V45 | Marathon                           | Damian McAuley      | 2:53.08  | 14/10/2012 | Toronto, CAN     |                                    |
| V50 | Marathon                           | Colin McLean        | 2:54.37  | 26/05/2015 | London           |                                    |
| V55 | Marathon                           | Colin Watson        | 3:20.49  | 29/04/2018 | Stirling         |                                    |
| V65 | Marathon                           | Alan Hill           | 3:46.30  | 28/08/2016 | Glasgow          |                                    |
| V75 | Marathon                           | George Inglis       | 5:52.33  | 29/04/2018 | Stirling         |                                    |
| U15 | 3x800m                             | Connor Emordy       | 8:55.97  | 22/4/2017  | Grangemouth      |                                    |
|     |                                    | Kieran Ballard      |          |            |                  |                                    |
|     |                                    | Ben Emordy          |          |            |                  |                                    |
| U13 | 1 Mile Medley<br>(200/600/200/600) | Alfie Laing         | 4.40.37  | 25/06/2023 | Scotstoun        | National Relay Champs              |
|     |                                    | Tommy Souter        |          |            |                  |                                    |
|     |                                    | Lucas McDonald      |          |            |                  |                                    |
|     |                                    | Gregor McNaught     |          |            |                  |                                    |



**FEMALE**

| Age Group | Event           | Athlete                   | Performance     | Date       | Venue           | Notes/ Competition                       |
|-----------|-----------------|---------------------------|-----------------|------------|-----------------|--|
| U11       | 600m (indoor)   | Willow Smith              | 2.03.42         | 16/01/2022 | Emirates        | SAIL                                     |
| U11       | 600m (outdoor)  | Willow Smith              | 1.55.95         | 11/09/2022 | Crownpoint      | Lanarkshire AAA Champs (SILVER)          |
| U15       | 600m (outdoor)  | <b>Skye Smith</b>         | <b>1.41.33</b>  | 14/06/2023 | Riverside, Ayr  | Ayrshire Open Graded                     |
| U11       | 800m (outdoor)  | Willow Smith              | 2.41.48         | 30/08/2022 | Crownpoint      | Shettleston Open                         |
| U13       | 800m (outdoor)  | Skye Smith                | 2.36.63         | 08/09/2021 | Crownpoint      | Shettleston H OG                         |
| U15       | 800m (outdoor)  | <b>Skye Smith</b>         | <b>2.22.68</b>  | 13/05/2023 | Kilmarnock      | West District Champs (4th)               |
| U17       | 800m (outdoor)  | Nicola Farmer             | 2:29.59         | 2/6/2019   | East Kilbride   |  |
| U20       | 800m (outdoor)  | Danielle Brown            | 2:25.40         | 19/08/2008 | Glasgow         |  |
| SEN       | 800m (outdoor)  | Danielle Brown (u23)      | 2:27.05         | 22/5/2011  | Edinburgh       |  |
| V40       | 800m (outdoor)  | Christine Hadfield        | 3:00.70         | 1/9/2019   | Kilmarnock      |  |
| V45       | 800m (outdoor)  | <b>Ruth Fraser-Moodie</b> | <b>2.41.85</b>  | 20/05/2023 | Linwood         | CSSAL M2 Div 2 (TBC)                     |
| V50       | 800m (outdoor)  | Lynne Marr*               | 3.18.02         | 15/06/2014 | Pitreavie       | Masters Champs (*SH??)                   |
| V55       | 800m (outdoor)  | Barbara Knox              | 3:21.66         | 1/9/2019   | Kilmarnock      |  |
| V60       | 800m (outdoor)  | <b>Barbara Knox</b>       | <b>3.25.63</b>  | 20/05/2023 | Linwood         | CSSAL M2 Div 2 (TBC)                     |
| V70       | 800m (outdoor)  | Jeanette Craig            | 3.22.5          | 18/07/2021 | Nuneaton        | England Masters AA                       |
| U13       | 800m (indoor)   | <b>Brooke Dawson</b>      | <b>2.42.26</b>  | 10/12/2022 | Emirates        | SAIL R2                                  |
| U15       | 800m (indoor)   | <b>Skye Smith</b>         | <b>2.25.40</b>  | 18/01/2022 | Emirates        | Scottish Indoor U15 Champs               |
| U17       | 800m (indoor)   | Nicola Farmer             | 2:34.44         | 1/12/2018  | Emirates        |  |
| V50       | 800m (indoor)   | Lynne Marr*               | 3.14.35         | 2/13/2016  | Emirates        | Scottish Masters (*SpH?)                 |
| U11       | 1500m (outdoor) | Willow Smith              | 5.32.8          | 06/09/2022 | Crownpoint      | Shettleston Open *Hand T (clock failure) |
| U13       | 1500m (outdoor) | <b>Willow Smith</b>       | <b>5.21.99</b>  | 14/05/2023 | Kilmarnock      | Silver - West Districts Champs           |
| U15       | 1500m (outdoor) | <b>Skye Smith</b>         | <b>5.05.01</b>  | 23/06/2023 | Craigswood, Liv | Livingston Open Graded                   |
| U17       | 1500m (outdoor) | Nicola Farmer             | 5:29.61         | 26/7/2019  | Scotstoun       |  |
| U20       | 1500m (outdoor) | Danielle Brown            | 4:35.58         | 31/08/2008 | Dunfermline     |  |
| SEN/U23   | 1500m (outdoor) | Danielle Brown (u23)      | 4:44.48         | 13/6/2010  | Grangemouth     |  |
| SEN       | 1500m (outdoor) | Lesley Bell               | 4.53.7          | 23/05/2007 | Grangemouth     | Scottish civil Service Champs            |
| V40       | 1500m (outdoor) | Michelle Sandison         | 5:04.49         | 23/05/2021 | Lerwick         |  |
| V50       | 1500m (outdoor) | Jill Coleman              | 7:03.00         | 30/06/2019 | Grangemouth     |  |
| V50       | 1500m (outdoor) | Lynne Marr*               | 6.21.53         | 26/06/2013 | Grangemouth     | Masters Champs (*SH??)                   |
| V55       | 1500m (outdoor) | Barbara Knox              | 6:34.42         | 30/06/2019 | Grangemouth     |  |
| U13       | 1500m (indoor)  | <b>Willow Smith</b>       | <b>5.21.54</b>  | 19/02/2023 | Emirates        | Bronze - Scottish Indoor U13 Champs      |
| U15       | 1500m (indoor)  | Skye Smith                | 5.15.31         | 19/02/2022 | Emirates        | U15 Indoor Champs                        |
| U17       | 1500m (indoor)  | Rachel Giffen             | 5:10.92         | 5/2/2020   | Emirates        |  |
| V45       | 1500m (indoor)  | Lynne Marr*               | 5.51.29         | 2/21/2009  | Emirates        | Scottish Masters (*SpH?)                 |
| V50       | 1500m (indoor)  | Lynne Marr*               | 6.29.30         | 1/31/2015  | Emirates        | Scottish Masters (*SpH?)                 |
| SEN       | 1 Mile          | Doreen Fulton             | 5:22.2          | 1961       | Scottish Champs |  |
| V45       | 1 Mile          | Barbara Knox              | 6.14            | 20/06/2005 | Hunterhill      | Springburn 5-day event Track Mile        |
| U15       | 3000m (outdoor) | Skye Smith                | 11.40.03        | 03/06/2022 | Crownpoint      | GMC Miler Meet                           |
| U20       | 3000m (outdoor) | Rachel Giffen             | 10.34.17        | 09/06/2023 | Grangemouth     | GOLD - Scottish Schools Champs           |
| SEN       | 3000m (outdoor) | Marlene Gemmell           | 10:03.10        | 1995       |                 | As Strathkelvin Ladies                   |
| SEN       | 3000m (outdoor) | Lesley Bell               | 10:28.10        | 23/05/2007 | Grangemouth     |  |
| V35       | 3000m (outdoor) | Michelle Sandison         | 10:10.73        | 2/9/2017   | East Kilbride   |  |
| V40       | 3000m (outdoor) | Michelle Sandison         | 10.40.92        | 30/05/2021 | Lerwick         |  |
| V45       | 3000m (outdoor) | Ruth Fraser-Moodie        | 11.14.16        | 30/08/2022 | Crownpoint      | Shettleston OG                           |
| V50       | 3000m (outdoor) | Carole Craig              | 12.05.16        | 01/09/2018 | Wishaw          |  |
| V55       | 3000m (outdoor) | Barbara Knox              | 13:27.24        | 1/9/2018   | Wishaw          |  |
| V60       | 3000m (outdoor) | <b>Barbara Knox</b>       | <b>14.08.46</b> | 30/04/2023 | Kilmarnock      | CSSAL M1 Div 2                           |
| V45       | 3000m (indoor)  | Lynne Marr*               | 12.45.37        | 2/21/2009  | Kelvin Hall     | Scottish Masters (*SpH?)                 |

|                                    |          |  |          |            |             |                             |
|------------------------------------|----------|--|----------|------------|-------------|-----------------------------|
| U20                                | 5000m    | Rachel Giffen  | 19.38.47 | 29/07/2022 | Scotstoun   | GAA Milers Meet             |
| SEN                                | 5000m    | Michelle Sandison  | 18:01.67 | 2/7/2015   | Jersey      |                             |
| V35                                | 5000m    | Michelle Sandison  | 17:29.72 | 28/7/2017  | Glasgow     |                             |
| V40                                | 5000m    | Michelle Sandison  | 18.25.45 | 10/07/2022 | Dundee      | Masters Champs - Gold       |
| V50                                | 5000m    | Barbara Knox   | 23:50.11 | 27/7/2018  | Wishaw      |                             |
| V55                                | 5000m    | Barbara Knox   | 23:50.11 | 27/7/2018  | Scotstoun   |                             |
| V70                                | 5000m    | Jeanette Craig   | 22.58.99 | 24/07/2021 | Kilmarnock  |                             |
| SEN                                | 10,000m  | Michelle Sandison  | 37:18.02 | 5/9/2015   | Stretford   |                             |
| V35                                | 10,000m  | Michelle Sandison  | 36:14.70 | 31/8/2019  | Carlisle    |                             |
| V45                                | 10,000m  | Barbara Knox   | 43:44.2  | 20/10/2013 | Coatbridge  |                             |
| V50                                | 10,000m  | Barbara Knox   | 43.44.2  | 20/10/2013 | Coatbridge  |                             |
| SEN                                | 2000SC   | Fiona Gentles (sen)  | 7:35.33  | 16/4/2011  | Grangemouth |                             |
| SEN                                | Marathon | Laura Cameron  | 3.53.43  | 23/04/2023 | London      |                             |
| V35                                | Marathon | Clare Gemmell  | 3:11.27  | 26/04/2009 | London      |                             |
| V35                                | Marathon | Morag Campbell(V35) **   | 3:10.44  | 2000       | ?           | **SpH or Kilbarchan at time |
| V40                                | Marathon | Marlene Hunter (Gemmell)                                       | 3.04.22  | 31/04.2013 | London      |                             |
| V45                                | Marathon | Christine Hadfield   | 3.51.07  | 03/10/2021 | London      |                             |
| V50                                | Marathon | Carole Craig   | 3.43.24  | 28/04/2019 | London      |                             |
| V65                                | Marathon | Jeanette Craig   | 4.14.06  | 31/05/2015 | Edinburgh   |                             |
| 3x800m                             | U15      | Skye Smith (U15)<br>Abigail MacLaine<br>Ruby Lennon            | 8.03.86  | 25/06/2023 | Scotstoun   | National Relays             |
| 1 Mile Medley<br>(200/600/200/600) | U13      | Ella O'Brien<br>Brooke Dawson<br>Ruby Sillitoe<br>Willow Smith | 5.04.70  | 25/06/2023 | Scotstoun   | National Relay Champs       |