



MILE SUB-5 CLUB

**Performances from club athletes
running 1 Mile in under 5 minutes**

Athlete Name	Time	Race	Venue	Date
Luke Davidson	4:06.91	Monument Mile Classic 6	Stirling, SCO	26-Aug-23
Luke Davidson	4:08.53	Monument Mile Classic 7	Stirling, SCO	24-Aug-24
Angus Smith	4:11.97	Monument Mile Classic 6	Stirling, SCO	26-Aug-23
Luke Davidson	4:12.90	Monument Mile Classic 5	Stirling, SCO	20-May-22
Luke Davidson	4:12.96	Monument Mile Classic 4	Stirling, SCO	21-May-21
Simon MacIntyre	4:16.34	BMC Grand Prix	Glasgow, SCO	21-Aug-99
Sean Chalmers	4:16.58	Southland Indoor Championships	Birmingham, AL, USA	27-Feb-14
Luke Davidson	4:18.19	Monument Mile Classic 3	Stirling, SCO	18-Sep-20
Andrew Baird *	4:18.75	Monument Mile Classic 7	Stirling, SCO	24-Aug-24
Sean Chalmers	4:19.00	Southland Indoor Championships	Birmingham, AL, USA	26-Feb-14
Sean Chalmers	4:19.32	Southern Miss Cupid Classic	Birmingham, AL, USA	14-Feb-14
Finlay Murray *	4:20	Kirkcaldy Promenade Mile	Kirkcaldy, SCO	21-Jun-19
Sean Chalmers	4:20.04	Howie Ryan Invitational	Houston, TX, USA	01-Feb-14
Finlay Murray *	4:21.67	McNeese State #2	Lake Charles, LA, USA	26-Jan-18
Sean Chalmers	4:23.59	Texas A&M 12-Team Invitational	College Station, TX, USA	17-Jan-14
Craig Campbell	4:24.43	Monument Mile Classic 4	Stirling, SCO	21-May-21
Finlay Murray *	4:24.63	McNeese State College #1	Lake Charles, LA, USA	12-Jan-18
Liam Barnsby *	4:26.94	Northwest Open	Maryville, MO, USA	19-Jan-19
Craig Campbell	4:28.24	Monument Mile Classic 3	Stirling, SCO	18-Sep-20
Angus Smith	4:28.52	Monument Mile Classic 4	Stirling, SCO	21-May-21
Liam Barnsby *	4:30.25	Bearcat Open	Maryville, MO, USA	08-Feb-20
Angus Smith	4:30.40	Monument Mile Classic 5	Stirling, SCO	20-May-22
Alan Murchison	4:32	Newtonmore Mile	Newtonmore, SCO	23-May-93
Stephen Mackay	4:34	Union Street Mile	Aberdeen, SCO	09-Jun-12
Liam Barnsby *	4:35.88	Northwest Open	Maryville, MO, USA	25-Jan-20
Finlay Murray *	4:36.22	McNeese State #1 invite	Lake Charles, LA, USA	13-Jan-17
Liam Barnsby *	4:38.21	Jayhawk Classic	Lawrence, KS, USA	25-Jan-18
Liam Barnsby *	4:40.26	Inverness Harriers Open Meeting	Inverness, SCO	13-Sep-15
Liam Barnsby *	4:45.53	Heart of America Track & Field Conference	Crete, NE, USA	09-Feb-18
Liam Barnsby *	4:46.51	Scott Nisely Memorial	Further, NE, USA	13-Jan-18
Dean Kane	4:49	Markinch Miracle Mile	Markinch, SCO	06-May-14
Euan Rollo	4:50.59	Monument Mile Classic 3	Stirling, SCO	18-Sep-20
Dean Kane	4:53	Cardiff Half Marathon Festival of Running Miles	Cardiff, WAL	01-Oct-16
Charles Forbes	4:54	Newtonmore Mile	Newtonmore, SCO	23-May-93
Dean Kane	4:54	Union Street Mile	Aberdeen, SCO	26-Aug-17
Mhairi MacLennan	4:54.23	Monument Mile Classic	Stirling, SCO	13-Jun-18
Duncan MacDonald	4:55.53	Monument Mile Classic	Stirling, SCO	18-Sep-20
Charles Bannerman	4:56	Newtonmore Mile	Newtonmore, SCO	23-May-93
Jenny Bannerman	4:56	Union Street Mile	Aberdeen, SCO	24-Aug-19

NOTES

Athlete names shown with * suffix means that the athlete held 2nd claim membership at the time of the event.

Entries shown with 4:20 time format indicates Road event.

Entries shown with 4:06.91 time format indicates Track event.

SOURCES

Inverness Harriers AAC – Club archives

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

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