

East District Cross Country Championships Individual Medallists (Masters Women)

No Trophy

First held on 2/12/1995

Scottish Athletics Federation/Scottish Athletics Limited

2025-6	Freya Ross	Falkirk Victoria H	35.25	Sara Green	Gala H	36.04	Katy Barden	Gala H	36.41
2024-5	Freya Ross	Falkirk Victoria H	35.18	Sara Green	Gala H	35.57	Katy Barden	Gala H	36.24
2023-4	Sara Green	Gala H	30.37	Claire Gordon	Hunters Bog T	34.52	Tracey Morgan	Dundee Hawkhill H	37.04
2022-3	Sara Green	Gala H	33.00	Katy Barden	Gala H	36.38	Hazel MacCormack	Edinburgh AC	36.52
2021-2	Jillian Stephen	Hunters Bog T	35.28	Edel Mooney	Ochil HR	37.33	Kirsten Lownie	PH Running Club	37.50
2020-1	No Championship due to Covid-19 pandemic								
2019-20	Heather Anderson	Fife AC	34.30	Veronique Oldham	Aberdeen AAC	36.32	Megan Wright	Hunters Bog T	36.45
2018-9	Claire Gordon	Hunters Bog T	35.32	Megan Wright	Hunters Bog T	35.43	Karen Kennedy	PH Racing Club	36.31
2017-8	Charlotte Morgan	Carnethy HRC	23.52	Catriona Morrison	Stirling Tri Club	24.14	Megan Wright	Hunters Bog T	25.49
2016-7	Charlotte Morgan	Carnethy HRC	24.51	Megan Wright	Hunters Bog T	25.38	Veronique Oldham	Aberdeen AAC	26.00
2015-6	Megan Wright	Hunters Bog T	25.44	Jennifer MacLean	Edinburgh AC	26.17	Kate Jenkins	Gala H	26.36
2014-5	Megan Wright	Hunters Bog T	26.04	Megan Mowbray	Hunters Bog T	26.21	Jennifer MacLean	Edinburgh AC	26.27
2013-4	Janet Dunbar	Edinburgh AC	25.49	Veronique Oldham	Aberdeen AAC	26.19	Jennifer Forbes	Gala H	26.21
2012-3	Edel Mooney	Lothian RC	24.58	Jennifer MacLean	Edinburgh AC	25.15	Elke Prasad	Unattached	25.55
2011-2	Veronique Oldham	Aberdeen AAC	26.31	Angela Howe	Fife AC	27.55	Rhona Buchan	Aberdeen AAC	27.59
2010-1	Susan Ridley	Edinburgh AC	26.14	Hazel Dean	Central AC	28.33	Jacqui Higgenbottom	Carnethy HRC	28.45
2009-10	Jennifer MacLean	Edinburgh AC	25.08	Susan Ridley	Edinburgh AC	26.47	Jacqui Higgenbottom	Carnethy HRC	26.59
2008-9	Lyn Wilson	Carnethy HRC	27.01	Jennifer MacLean	Edinburgh AC	28.06	Megan Wright	Hunters Bog T	28.15
2007-8	Lyn Wilson	Carnethy HRC	24.15	Susan Ridley	Edinburgh AC	25.25	Sonia Armitage	Aberdeen AAC	25.44
2006-7	Janet Dunbar	City of Edinburgh	28.48	Sonia Armitage	Aberdeen AAC	28.51	Susan Ridley	Edinburgh Southern H	29.11
2005-6	Fiona Matheson	Falkirk Victoria H	25.56	Sonia Armitage	Aberdeen AAC	26.09	Sarah Legge	Carnegie H	26.14
2004-5	Susan Ridley	Edinburgh AC	20.01	Hazel Dean	Central AC	20.23	Fiona Lothian	Fife AC	20.37
2003-4	Elizabeth McColgan	Dundee Hawkhill H	21.58	Susan Ridley	Edinburgh AC	23.37	Hazel Dean	Central AC	24.36
2002-3	Trudi Thomson	Pitreavie AAC	23.41	Susan Ridley	Edinburgh Woolen M	24.57	Carol-Anne Gray	City of Edinburgh	25.16
2001-2	Patrica Affleck	Gala H	22.42	Janette Stevenson	Falkirk Victoria H	22.55	Joyce Salvona	Lothian RC	23.42
2000-1	Susan Ridley	Edinburgh Woolen M	23.39	Trudi Thomson	Pitreavie AAC	23.50	Sonia Armitage	Aberdeen AAC	25.97
1999-2000	Trudi Thomson	Pitreavie AAC	26.35	Adrianne Gerrard	Lasswade AAC	27.51	Patrica Affleck	Gala H	27.52
1998-9	Trudi Thomson	Pitreavie AAC	20.58	Sonia Armitage	Aberdeen AAC	22.23	Lynne Marr	BT Pitreavie AAC	22.35
1997-8	Trudi Thomson	BT Pitreavie AAC	27.54	Penny Rother	Livingston & District AC	28.42	Lynne Marr	BT Pitreavie AAC	28.56
1996-7	Sonia Armitage	Aberdeen AAC	22.48	Penny Rother	Livingston & District AC	23.56	Kathryn Mearns	Aberdeen AAC	24.49
1995-6	Trudi Thomson	BT Pitreavie AAC	26.45	Janette Stevenson	Falkirk Victoria H	27.28	Sonia Armitage	Aberdeen AAC	28.06

Age IAAF Qualifying age 40

Age IAAF Qualifying age 35

Over 50

2025-6	Rhona van Rensburg	Fife AC	38.24						
2024-5	Janet Dunbar	Edinburgh AC	38.19						
2023-4	Janet Dunbar	Edinburgh AC	35.46						
2022-3	Julie Menzies	PH Racing Club	36.10						
2021-2	Janet Dunbar	Edinburgh AC	37.19						
2020-1	No Championship due to Covid-19 pandemic								
2019-20	Fiona Matheson	Falkirk Victoria H	35.58						
2018-9	Fiona Matheson	Falkirk Victoria H	34.27						
2017-8	Fiona Matheson	Falkirk Victoria H	25.18						
2016-7	Veronique Oldham	Aberdeen AAC	26.00						
2015-6	Fiona Matheson	Falkirk Victoria H	25.05						
2014-5	Beryl Junnier	Falkirk Victoria H	27.23						
2013-4	Beryl Junnier	Falkirk Victoria H	26.46						
2012-3	Fiona Matheson	Falkirk Victoria H	26.00						
2011-2	Sonia Armitage	Aberdeen AAC	28.23						
2010-1	Isobel Burnett	Carnegie H	30.31						
2009-10	Laura Madahy	Aberdeen AAC	28.22						
2008-9	Janette Stevenson	Falkirk Victoria H	30.36						
2007-8	Janette Stevenson	Falkirk Victoria H	26.23						
2006-7	Janette Stevenson	Falkirk Victoria H	30.10						
2005-6	Janette Stevenson	Falkirk Victoria H	26.16						
2004-5	Jane Waterhouse	Central AC	22.45						
2003-4	Jane Waterhouse	Central AC	26.39						
2002-3	No Finishers								
2001-2	Janette Stevenson	Falkirk Victoria H	22.55						
2000-1	Hazel Bradley	Pitreavie AAC	28.02						
1999-2000	Phyllis Lemoncello	Fife AC	36.05						
1998-9	No Finishers								
1997-8	Margaret Robertson	Dundee RR	33.08						
1996-7	No Finishers								
1995-6	No Finishers								