

Age

Age

IAAF Qualifying age 35

IAAF Qualifying age 40

Over 50

2024-5	Gordon Lennnox	Eion Coull	29.16
2023-4	Robin Burnett	Inverness H	29.08
2022-3	Gareth Jenkins	Moray RR	29.58
2021-2	Kevin Cormack	North Highland H	29.58
2020-1	No Championship due to Covid-19 pandemic		
2019-20	Paul Rogan	Moray RR	32.32
2018-9	Alex Keith	Hunters Bog T	29.44
2017-8	Mike Stewart	Keith & District AAC	41.15
2016-7	Alex Keith	Inverness H	40.52
2015-6	Mike Stewart	Keith & District AAC	35.57
2014-5	Stan Mackenzie	Forres H	38.28
2013-4	Stan Mackenzie	Forres H	38.04
2012-3	John Goodall	Keith & District AAC	40.44
2011-2			
2010-1			
2009-10			
2008-9			
2007-8			
2006-7	George Sim	Moray RR	38.12
2005-6	George Sim	Moray RR	
2004-5	George Sim	Moray RR	37.58
2003-4	George Sim	Moray RR	
2002-3	George Sim	Moray RR	
2001-2	George Sim	Moray RR	35.52
2000-1	George Sim	Moray RR	
1999-2000			
1998-9			
1997-8			
1996-7			
1995-6			