

# West District Cross Country Championships Individual Medallists (Masters Women)

No Trophy

First held on 2/12/1995

Scottish Athletics Federation/Scottish Athletics Limited

|           |                                          |                      |       |                    |                       |       |                       |                    |       |
|-----------|------------------------------------------|----------------------|-------|--------------------|-----------------------|-------|-----------------------|--------------------|-------|
| 2025-6    | Michelle Sandison                        | Springburn H         | 27.55 | Gillian Blee       | Garscube H            | 30.07 | Ann Robin             | Bellahouston RR    | 30.47 |
| 2024-5    | Michelle Sandison                        | Springburn H         | 26.30 | Lesley Bell        | Garscube H            | 26.32 | Katrine Kelly         | Kilmarnock H&AC    | 27.01 |
| 2023-4    | Lesley Bell                              | Garscube H           | 28.08 | Michelle Sandison  | Springburn H          | 28.57 | Katrine Kelly         | Troon Tortoises AC | 29.37 |
| 2022-3    | Lesley Bell                              | Garscube H           | 32.37 | Michelle Sandison  | Springburn H          | 33.20 | Katie White           | Garscube H         | 34.15 |
| 2021-2    | Michelle Sandison                        | Springburn H         | 32:08 | Lesley Bell        | Garscube H            | 32:29 | Avril Mason           | Shettleston H      | 33.14 |
| 2020-1    | No Championship due to Covid-19 pandemic |                      |       |                    |                       |       |                       |                    |       |
| 2019-20   | Avril Mason                              | Shettleston H        | 36.11 | Toni McIntosh      | Ayr Seaforth AC       | 38.40 | Sharon Hastie         | Kilbarchan AAC     | 38.42 |
| 2018-9    | Avril Mason                              | Shettleston H        | 35.42 | Lesley Chisholm    | Garscube H            | 36.17 | Lindsey Currie        | Dumbarton AAC      | 37.25 |
| 2017-8    | Lindsey Currie                           | Dumbarton AAC        | 26.56 | Louise Ross        | Bellahouston RR       | 27.35 | Allie Chong           | Giffnock North AAC | 27.46 |
| 2016-7    | Lesley Chisholm                          | Garscube H           | 26.45 | Avril Mason        | Shettleston H         | 27.29 | Allie Chong           | Giffnock North AAC | 29.07 |
| 2015-6    | Lesley Chisholm                          | Garscube H           | 27.50 | Suzanne Gilmour    | VP City of Glasgow    | 28.15 | Sharon Muir           | Inverclyde AC      | 29.12 |
| 2014-5    | Melissa Wylie                            | Dumbarton AAC        | 26.00 | Suzanne Gilmour    | VP City of Glasgow    | 26.26 | Shona Robertson       | Shettleston H      | 26.55 |
| 2013-4    | Shona Robertson                          | Shettleston H        | 23.18 | Jennifer Clark     | Bellahouston H        | 24.18 | Alison Winship        | Shettleston H      | 24.23 |
| 2012-3    | Lesley Chisholm                          | Garscube H           | 22.52 | Avril Mason        | Shettleston H         | 24.20 | Hilary McGrath        | Law & District AAC | 24.24 |
| 2012-3    | Shona Robertson                          | Shettleston H        | 23.18 | Jennifer Clark     | Bellahouston H        | 24.18 | Alison Winship        | Shettleston H      | 24.23 |
| 2011-2    | Shona Robertson                          | Shettleston H        | 23.48 | Hilary McGrath     | Law & District AAC    | 25.35 | Alison Winship        | Garscube H         | 26.24 |
| 2010-1    | Mairi Stanley                            | Garscube H           | 26.17 | Jacqueline Thomson | VP-City of Glasgow AC | 26.56 | Pat McCrossan         | Clydesdale H       | 27.14 |
| 2009-10   | Clare Gemmell                            | Springburn H         | 26.21 | R Bushfield        | Inverclyde AC         | 26.29 | Alison Winship        | Garscube H         | 26.42 |
| 2008-9    | Frances Florance                         | Springburn H         | 25.06 | Jacqueline Thomson | VP-City of Glasgow AC | 25.45 | Mary McCutcheon       | Giffnock North AAC | 26.08 |
| 2007-8    | Clare Gemmell                            | Springburn H         | 24.34 | Susan Finch        | VP-City of Glasgow AC | 24.37 | Michelle Hetherington | Helensburgh AC     | 25.51 |
| 2006-7    | Susan Finch                              | City of Glasgow      | 27.09 | Hilary Millar      | Giffnock North AAC    | 29.46 | Michelle Hetherington | Helensburgh AC     | 29.49 |
| 2005-6    | Susan Finch                              | City of Glasgow      | 25.48 | Heather Akers      | Garscube H            | 26.33 | Lesley Chapman        | Garscube H         | 27.39 |
| 2004-5    | Jacqueline Thomson                       | City of Glasgow      | 26.09 | Anne-Marie Hughes  | Shettleston H Ladies  | 27.41 | Heather Akers         | Garscube H         | 28.23 |
| 2003-4    | Susan Finch                              | City of Glasgow      | 29.21 | Jacqueline Thomson | City of Glasgow       | 30.43 | Hazel Morton          | Irvine AC          | 31.08 |
| 2002-3    | Frances Florance                         | Shettleston H Ladies | 22.42 | Elaine McBrinn     | Shettleston H Ladies  | 22.45 | Hilary Millar         | Giffnock North AAC | 35.40 |
| 2001-2    | Elaine Cochrane                          | City of Glasgow      | 23.13 | Frances Florance   | Shettleston H Ladies  | 24.18 | Susan Finch           | City of Glasgow    | 24.26 |
| 2000-1    | Elaine McBrinn                           | Shettleston H Ladies | 28.11 | Susan Finch        | City of Glasgow       | 28.21 | Jane Robertson        | Westerlands CCC    | 30.08 |
| 1999-2000 | Hazel Morton                             | Irvine AC            | 29.10 | Pam McKay          | Shettleston H Ladies  | 29.26 | Cristine Menhennet    | Westerlands CCC    | 30.07 |
| 1998-9    | Lynn Harding                             | Shettleston H Ladies | 28.13 | Janet McColl       | Helensburgh AAC       | 29.24 | Shona Hughes          | Giffnock North AAC | 29.28 |
| 1997-8    |                                          |                      |       |                    |                       |       |                       |                    |       |
| 1996-7    | Hazel Morton                             | Irvine AC            | 28.32 | Ann Miller         | Irvine AC             | 30.03 | Julie Armstrong       | Giffnock North AAC | 30.12 |
| 1995-6    | Sandra Branny                            | City of Glasgow      | 23.25 |                    |                       |       |                       |                    |       |

Age IAAF Qualifying age 40

Age IAAF Qualifying age 35

Over 50

|           |                                          |                    |       |
|-----------|------------------------------------------|--------------------|-------|
| 2025-6    | Lesley Bell                              | Garscube H         | 27.45 |
| 2024-5    | Avril Mason                              | Shettleston H      | 27.42 |
| 2023-4    | Allie Chong                              | Giffnock North AC  | 34.48 |
| 2022-3    | Allie Chong                              | Giffnock North AC  | 34.48 |
| 2021-2    | Ana Richardson                           | West End RR        | 35.25 |
| 2020-1    | No Championship due to Covid-19 pandemic |                    |       |
| 2019-20   | Ana Richardson                           | West End RR        | 38.14 |
| 2018-9    | Mary McCutcheon                          | Giffnock North AC  | 39.15 |
| 2017-8    | Sheila Lewis                             | Giffnock North AC  | 28.43 |
| 2016-7    | Hilary McGrath                           | Law & District AAC | 28.35 |
| 2015-6    | Pamela McCrossan                         | Clydesdale H       | 33.13 |
| 2014-5    | Michelle Hetherington                    | Helensburgh AAC    | 29.53 |
| 2013-4    | Hilary McGrath                           | Law & District AAC | 23.25 |
| 2012-3    | Pat McCrossan                            | Clydesdale H       | 26.23 |
| 2011-2    |                                          |                    |       |
| 2010-1    |                                          |                    |       |
| 2009-10   |                                          |                    |       |
| 2008-9    |                                          |                    |       |
| 2007-8    |                                          |                    |       |
| 2006-7    |                                          |                    |       |
| 2005-6    |                                          |                    |       |
| 2004-5    |                                          |                    |       |
| 2003-4    |                                          |                    |       |
| 2002-3    |                                          |                    |       |
| 2001-2    |                                          |                    |       |
| 2000-1    |                                          |                    |       |
| 1999-2000 |                                          |                    |       |
| 1998-9    |                                          |                    |       |
| 1997-8    |                                          |                    |       |
| 1996-7    |                                          |                    |       |
| 1995-6    |                                          |                    |       |