



scottishathletics

**NATIONAL MASTERS
CROSS COUNTRY
CHAMPIONSHIPS**

CUPAR

SATURDAY 6th MARCH 2004

Women 6,400 Metres	1.30pm
Men 10,000 Metres	2.15pm

SCOTTISH ATHLETICS

Hon President	W.M.Campbell C.B.E. Q.C. M.P.
President	Alan Potts
Event Manager	Karen Weiniger

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	Marjory Cook (City of Edinburgh AC)
Vice Convener	Robin Thomas (Hunters Bog Trotters)
Hon. Secretary	Brian Goodwin (Bellahouston H.)
Finance Officer	Graham Sword (Kirkintilloch O)

OFFICIALS

Referee	Ron Morrison
Clerk of Course	Dave Francis
Judges/Funnel Control	Ian Clifton, Eleanor Gunstone
Recorders	Jim Young, Bob Reid
Timekeepers	Ian Docherty, Sam Taylor
Starter	Jim Young
Declarations/Results	Peter Jackson, Jen Jackson
Presentations	Brian Goodwin
Course Stewards	Members of Fife AC
Jury of Appeal	Brian Goodwin, Ian Clifton, Alex Jackson
Convener	Alex Jackson

NUMBERS

Age Category Numbers i.e 40, 45, 50 etc should be worn on the BACK

These numbers are intended to assist athletes in assessing where they are placed in their own 5 year age group during the races.

MESSAGES

Scottish Athletics

It is some years since we have had a National Cross Country Championship in Fife but it gives me pleasure to welcome you all to Cupar for the 2004 Masters Cross Country Championship.

Of course many people give generously of their time in organising such an event as this, and thanks therefore must go to them – the sponsors, officials, coaches, Road Running and Cross Country Commission, SAL office staff and helpers. Without them today's Championship would not occur

I am sure everyone will enjoy the camaraderie and competition in what should be a day of very competitive Cross Country Championship and trust the spectators will support all the athletes and help them to produce their best performances.

To the competitors, the main players in today's proceedings, may I take this opportunity to wish you all a very successful day.

Alan Potts
President
scottishathletics

Road Running and Cross Country Commission

It gives me great pleasure to welcome you all to Cupar today for the "Masters" Cross Country Championships. This is the first time these Championships have been held in Fife since 1993 when they were held in St.Andrews.

The Road Running and Cross Country Commission would like to thank the members of Fife A.C. for their help today and also to all the officials who give up their time to make this event a success.

I am sure that all the "Masters"/Vets will enjoy a good day of Cross Country Competition and trust that all the spectators will support you all and that you will all produce your best performance.

Marjory Cook
Convener
RR & CC Commission

Veteran Women

Declarations Close- 1.00

2003 Winner- Eileen Cochrane (City of Glasgow)

Race Starts - 1.30

2002 Team - Central AC

Aberdeen AAC

330 Sonia Armitage (40)

Colours: White with 2 red hoops

331 Laura Mahady (45)

332 Kathryn Mearns (45)

Bellahouston Harriers

333 Erica Christie (45)

Colours: Dark Blue with Light Blue Cross

Central AC

334 Hazel Dean (40)

337 Sandra Edwards (40)

Colours: Yellow and Blue

335 Jane Waterhouse (50)

336 Mary Kerr (35)

City of Edinburgh AC

338 Joanne Whitehead (35)

Colours: White with one Blue, one Black Hoop

339 Sharyn Ramage (40)

340 Carol-Ann Gray (35)

City of Glasgow AC

341 Eileen Lang (35)

344 Pauline McAdam (45)

Colours: Royal Blue with Green Panel

342 Jacqueline Thomson (40)

343 Susan Finch (40)

Clydesdale Harriers

345 Christine Menhennet (45)

Colours: White with Black "C"

Corstorphine AAC

346 Linda McGinley (45)

Colours: White with Black Trim

347 Phyllis Mitchell (40)

348 Susan Waddell (40)

Dundee Road Runners

349 Morag Taggart (40)

Colours: White with Blue Diagonal

350 Gillian Hanlon (50)

351 Miriam Rennet (40)

Edinburgh Southern H

352 Karen Dobbie (35)

Colours: White /Blue /Red

353 Susan Ridley (35)

354 Violet Blair (45)

Falkirk Victoria Harriers

355 Caroline Lawless (40)

Colours: Black with Gold Band

356 Fiona Matheson (40)

Fife AC

357 Sandra Aitken (40)

360 Fiona Lothian (35)

363 Margaret McLaren (45)

366 Louise Burt (40)

Colours: White with Red Band

358 Catriona Duncan (50)

361 Kim Macgregor (45)

364 Irene Pennycook (45)

367 Rhona Graham (40)

359 Phyllis Lemoncello (55)

362 Eliza McLachlan (45)

365 Jocelyn Scott (50)

Garscube Harriers

368 Karen Stevenson (40)

Colours: White with Blue Band

369 Lesley Chapman (45)

370 Heather Akers (40)

Horwich Harriers

371 Audrey Foster (50)

Hunters Bog Trotters

372 Deborah McDonald (40)

Colours: Brown

373 Janice Smith (45)

374 Niamh Troy (35)

Irvine AC

375 Helen Morton (45)

Colours: Red with Black Trim

376 Mary Miller (40)

Livingston & District AAC

377 Sue McDowell (45)

Colours: Yellow with Green Stripe

378 Yvonne Crilly (40)

Lothian Running Club

379 Marsie Ewing (45)

Colours: Blue with Black letters

380 Helen Murray (40)

Metro Aberdeen RC

381 Sue Carter (40)

Colours: Black/Yellow Quarters

382 Lynn Gray (35)

383 Jennifer Cain (35)

Moray Road Runners

384 Jane Barker (35)

Colours: Dayglow yellow with Black Trim

Perth Road Runners

385 Joan Wilson (40)

388 Andrea Cameron (35)

Colours: Green and White

386 Sheila Bauchop (55)

387 Arabella Woodrow (45)

Pitreavie AAC

389 Hazel Bradley (50)

Colours: Navy/Yellow/White

Scottish Veteran Harriers

390 Susan Addison (40)

Shettleston Harriers Ladies

391 Lynne Marr (40)

Colours: Blue with Yellow Band

Unattached

392 Marie McChord (40)

393 Eileen Reid (45)

Westerlands CCC

394 Muffy Calder (45)

Colours: Yellow with Black "W" on Back

395 Christine Menhennet (45)

Veteran Men

Declarations Close- 1.45

2003 Winner Colin Meek (Lothian RC)

Race Starts - 2.15

2003 Team - Shettleston H

Aberdeen AAC

1 Thomas Litterick (40)
4 Neil Murdock (55)
7 Keith Charlton (40)
10 John Bruce (40)

Colours: White with 2 red hoops

2 William Scullion (55)
5 Mel Edwards (60)
8 Frank Smith (40)
11 Bob Dickson (45)
3 Christopher Simpson (55)
6 Stephen Cassells (45)
9 David Armitage (50)
12 Alexander Peddie (40)

Anster Haddies

13 Ewan Cameron (40)
16 Alastair Bagnall (45)

Colours: Yellow Vest

14 William Simpson (50)
17 Ian Shield (50)
15 John Montgomery (50)

Bellahouston Harriers

18 S McLean (65)
21 Campbell Joss (50)

Colours: Dark Blue with Light Blue Cross

19 Iain Burke (55)
20 Anthony Quinn (45)

Calderglen Harriers

22 Charles Steven (40)
25 Gerard Mullen (40)
28 Martin Duthie (40)

Colours: Amber and Black Vertical Stripes

23 Stuart Waugh (50)
24 Andrew Henderson (50)
26 Colin Jarvie (40)
27 David Watt (40)
29 Colin Macdonald (45)

Central AC

30 Robert Hutchison (40)
33 James Drummond (50)

Colours: Yellow and Blue

31 Steve Laing (45)
32 John Dickson (55)

City of Edinburgh AC

34 Alexander Cameron (60)
37 Ian Findlay (40)
40 Brian Howie (50)
43 Keith Lyle (40)
46 Walter McCaskey (65)
49 Garry Robertson (40)
52 Eric Stevenson (50)

Colours: White with one Blue, one Black Hoop

35 Colin Cable (40)
36 Robert Cockburn (55)
38 William Gallacher (50)
39 Andrew Griffiths (50)
41 Leslie Kay (50)
42 Colin Laidlaw (45)
44 Robert Mair (40)
45 Alex MacEwen (45)
47 Robert McFall (70)
48 Robert Riddell (40)
50 Charles Smith (50)
51 John Steel (40)
53 Adam Ward (40)
54 Jonathan Whitehead (45)

City of Hull

55 Alan Fowlie (60)

Colours: Purple

Clydesdale Harriers

58 Gerald Kennedy (45)
61 Brian Campbell (60)
64 James Shields (55)

Colours: White with Black "C"

56 John McArthur (40)
57 Peter Rudzinski (50)
59 Brian K.E Edridge (55)
60 Robert Young (60)
62 Ronald Hurt (50)
63 Pete Cartwright (60)
65 John Foley (40)
66 John Hanratty (50)

Corstorphine AAC

67 Iain Cumming (50)
70 Martin Hulme (50)

Colours: White with Black Trim

68 Martin Caldwell (50)
69 David Henderson (40)
71 John O'Hara (40)

Dumbarton AAC

72 Peter Walsh (45)
75 Gordon Hanley (45)
78 Brian Pitt (40)

Colours: Black with Red Band

73 Colin Martin (55)
74 Frank Yeoman (55)
76 Steven Somerville (40)
77 William Goldie (45)
79 Pat McErlean (45)

Garscube Harriers

181 David Atkin (45)
184 Ian Mennie (40)
187 Benny McLaughlin (40)
190 John Weir (40)

Colours: White with Blue Band

182 David Geddes (45)
185 Colin McKay (40)
188 Alan McNeill (40)
183 Stuart Irvine (55)
186 Euan Mackay (40)
189 Robert McLennan (40)

Greenock Glenpark Harriers

191 Duncan MacNeill (60)
194 Richard Hodelet (60)
197 Norman Hay (45)
200 Michael McLoone (40)

Colours: Sky Blue with Royal Blue and Gold Hoops

192 William Jukes (50)
193 Stephen McLoone (40)
195 Daniel McLaughlin (40)
196 Robert Wilson (50)
198 George Mitchell (40)
199 Ernest Currie (45)
201 Richard Davidson (40)

Haddington East Lothian Pacemakers

202 Paddy McDonald (50)
205 George Armstrong (60)

203 Brian Carr (50)
206 James Baird (45)

Colours: Red and White Halves

204 Sandy Wallace (50)

Hamilton H

207 Hugh Gibson (70)

Colours: White with Red Facings

208 William Hamill (70)

Hunters Bog Trotters

209 Simon Axon (40)
212 Iain Kelly (40)
215 Billy Minto (40)
218 James Thyne (45)

Colours: Brown

210 Duncan Baker (45)
211 Colin Farquharson (40)
213 John McKay (45)
214 Ian Marshall (55)
216 Patrick O'Kane (40)
217 Geoff Simpson (40)
219 Richard Wall (45)

Inverclyde AC

220 Gerard Gaffney (45)

Colours: Black & White Stripes

Inverness Harriers

221 George Mitchell (55)

Colours: Gold with Maroon Diagonal

222 Stanley MacKenzie (40)
223 Jim Davidson (55)

Irvine AC

224 Brian Craig (45)
227 Joseph McNamee (45)
230 Colin Miller (45)

Colours: Red with Black Trim

225 James White (50)
226 George Irving (40)
228 Iain Fraser (40)
229 Andrew Rennie (50)
231 David Kerr (65)
232 Ian McManus (60)

Kilbarchan AAC

233 Thomas Anderson (45)

Colours: Gold with Black Hoop

234 Michael McGinley (40)

Law & District AAC

235 Gordon Douglas (40)
238 James Rowley (55)

Colours: Amber with 2 Red Bands and 1 White Band

236 William Drysdale (65)
237 Patrick Kelly (55)
239 James Macdonald (40)

Livingston & District AAC

240 Steven Thomson (40)

Colours: Yellow with Green Stripe

241 Ian Leggett (60)

Lothian Running Club

242 Graeme Ackland (40)
245 Tim Brand (40)
248 Robert Lee (40)

Colours: Blue with Black letters

243 Alexander Agnew (50)
244 James Alexander (40)
246 Stephen Dempsey (50)
247 Kenton Jones (40)
249 Robin Morris (50)
250 Alan Shanley (40)

Metro Aberdeen RC

251 Duncan Beales (40)
254 Kevin Tulloch (40)
257 Keith Farquhar (40)
260 Donald Whyte (40)

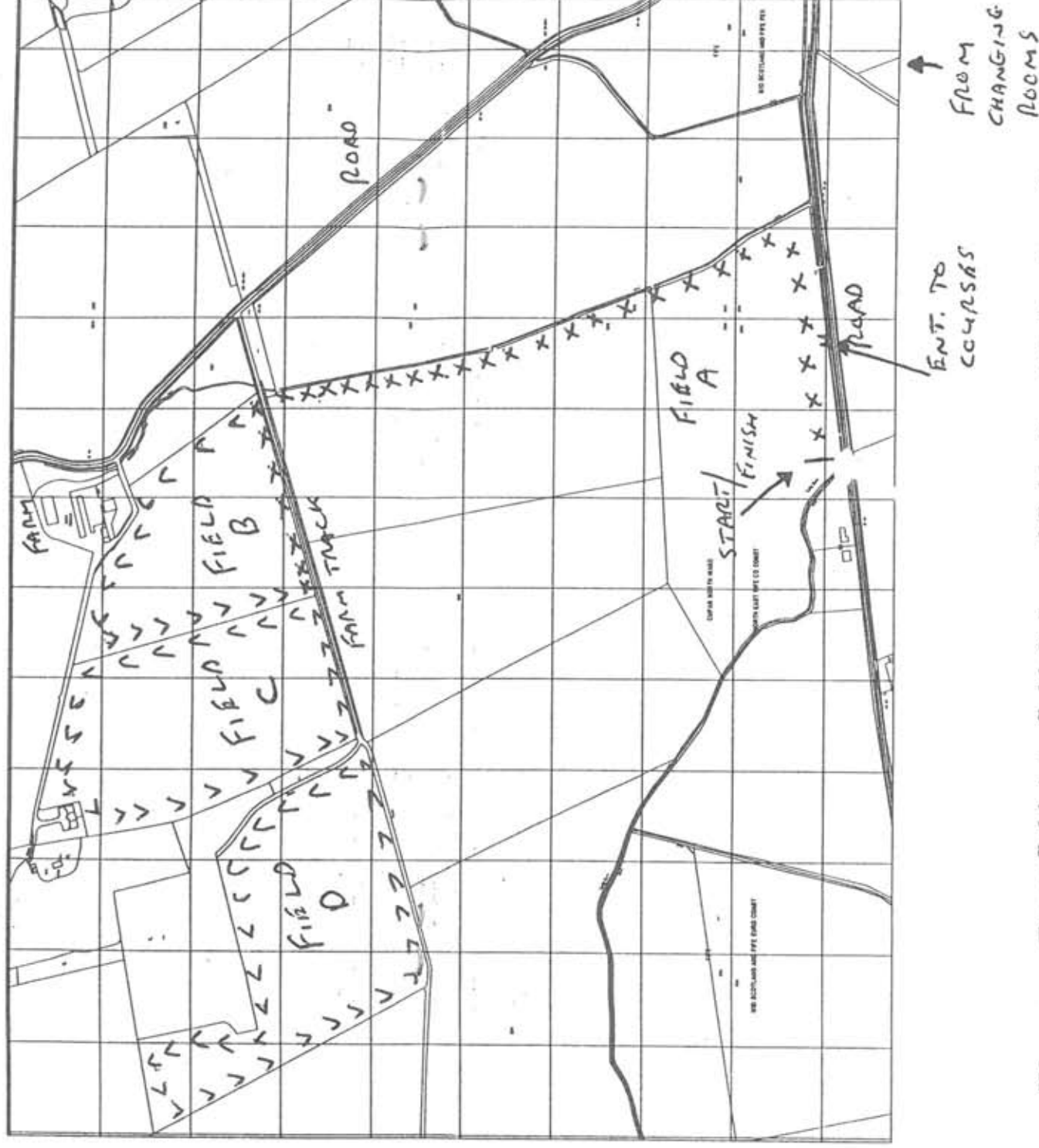
Colours: Black/Yellow Quarters

252 Peter Jennings (45)
253 Alistair Murray (50)
255 Scott Mitchell (55)
256 Duncan Wood (40)
258 Gary Walker (40)
259 Colin Youngson (55)

Scottish National Masters Cross Country Championships

Course Map

Stubble fields, possible 200m of downhill plough in field "B"



- | | |
|-------|--|
| Women | From field A to field C. Lap of fields C and D then lap of fields B, C and D then back to field A |
| Men | From field A to field C. Lap of fields C and D then 2 laps of fields B, C and D then back to field A |

Dundee Hawkhill Harriers

80 John Evans (55)
83 Stuart Kerr (45)
86 Craig Ross (45)
89 Brian Cook (40)

Colours: Blue and White Quarters

81 Stephen Cromar (65)
84 Charles Love (60)
87 Pete Fox (40)
90 John Hepburn (40)
82 Matthew Strachan (40)
85 Charles Haskett (45)
88 Gordon Watson (50)
91 Robert Thornton (45)

Dundee Road Runners

92 Alan McLeod (55)
95 Charlie Bruce (45)

Colours: White with Blue Diagonal

93 Alan Lawson (55)
96 Richard G. Davidson (45)
94 Andy Kilgour (45)

East Kilbride AAC

97 Gordon Colvin (40)
100 Graeme Haddow (40)

Colours: Gold with 2 Black hoops

98 David J. Condra (40)
101 Edgar Ramage (45)
99 Ralph Riach (40)

Elgin AAC

102 Malcolm Christie (45)

Colours: Black White Band

Energy Zone Carnegie

103 James Lang (45)
106 Thomas Bowie (55)
109 Ian Stewart (45)
112 Stephen Greer (45)
115 Andrew Hunter (40)
118 Phil Smithard (55)

Colours: Orange & Green

104 Robert Milton (40)
107 Kenneth Daniels (65)
110 Michael Cowie (50)
113 Alexander Nicol (55)
116 Mike Harvey (40)
119 John Lambie (40)
105 Douglas McGarry (40)
108 John Milton (60)
111 Allan Davie (45)
114 Peter Simpson (40)
117 Ian Johnston (45)
120 Neil Campbell (40)

Falkirk Victoria Harriers

121 John Martin (45)

Colours: Black with Gold Band

122 William Higgins (45)
123 Hugh McGinlay (75)

Ferranti AAC

124 Edward McDonald (55)
127 Keith Weston (55)
130 Matt Bankhead (50)

Colours: Yellow with Black letters

125 Stephen Reid (40)
128 Trevor Ridley (50)
131 Alex Jackson (55)
126 James Shaw (65)
129 Walter Fairnie (40)

Fife AC

132 Bryce Aitken (40)
135 Andrew Barker (55)
138 Graham Bennison (55)
141 Sandy Cruickshank (55)
144 David Francis (55)
147 Stuart Knowles (45)
150 Allan Lees (50)
153 Hugh D. McKay (40)
156 Ron Mill (45)
159 Eric Nachman (50)
162 Douglas Robertson (40)
165 Richard Shaw (45)
168 John Thomson (45)
171 Frank McLaren (50)

Colours: White with Red Band

133 David Anderson (40)
136 Gary Barker (45)
139 Chris Clark (50)
142 John Cunningham (40)
145 Douglas Gunstone (50)
148 Michael Kuzyszyn (50)
151 Jack Lumsden (45)
154 Roy McLachlan (50)
157 Terry Mitchell (40)
160 Brian Peachey (50)
163 Thomas Ross (55)
166 David Shepherd (40)
169 David Weir (40)
172 Alastair Bagnall (45)
134 Laurence Anderson (40)
137 David Bee (45)
140 Frank Cation (55)
143 Adrian Davis (40)
146 Ron Hilditch (60)
149 Martin Laing (45)
152 John Macfarlane (50)
155 Alan Meiklejohn (55)
158 John Murdoch (40)
161 Alastair Robertson (60)
164 Tom Scott (50)
167 James Taylor (45)
170 Murray McNaught (55)

Forfar Road Runners

173 Ronald Milne (45)

Colours: Sky Blue

Forres Harriers

174 Stewart Burn (45)

Colours: Red

175 Mike Reaper (40)

Gala Harriers

176 Jack Knox (60)
179 Robin Murray (45)

Colours: White with Green Band

177 Alistair Laurie (40)
180 George Runciman (45)
178 Fergus Cochrane (40)

Montrose & D AC

261 Colin Dickson (50)
264 Stuart Walker (40)

Colours: Black and Red

262 Graham Reid (60)
263 Tony Smith (50)

Moray Road Runners

265 Ewan Paterson (50)

Colours: Dayglow yellow with Black Trim

266 John MacGregor (50)

Motherwell AC

267 James Dobbie (45)

Colours: Red with White edging

268 Patrick Mullen (45)

Penicuik Harriers

269 Michael Browne (55)

Colours: Purple with White Panels

Perth Road Runners

270 Derek Phillips (40)
273 David Norrie (45)

Colours: Green and White

271 Stephen Ferguson (45)
272 Robin Livingstone (45)
274 David Bauchop (65)

Phoenix Racers

275 Brian Kirkwood (50)

Colours: Black with White side panels

Pitreavie AAC

276 Robert Swan (60)

Colours: Navy/Yellow/White

277 Colin Simpson (45)
278 Stuart Forrester (45)

Ron Hill Cambuslang Harriers

279 Frederick Connor (50)
282 Frank Barton (45)
285 Archie Jenkins (50)
288 Douglas Henderson (50)
291 David Fairweather (55)

Colours: Red with White Band

280 John Brown (40)
281 James Zapple (45)
283 Ross Arbuckle (40)
284 John Cowan (40)
286 Alexander Robertson (40)
287 David Marshall (40)
289 David Dymond (45)
290 Francis Hurley (50)

Shettleston Harriers

292 William Coyle (40)
295 Andy Little (40)
298 Desmond Crowe (40)
301 William McBrinn (70)

Colours: Blue with Yellow Band

293 Adrian Callan (40)
294 Peter Carton (50)
296 Denis Williams (40)
297 John Mackay (40)
299 Dermot McGonigle (40)
300 Malcolm Patterson (45)

Springburn Harriers

302 Douglas Morton (60)

Colours: Navy Blue with White Diamond

303 Thomas O'Reilly (70)

Swindon Harriers

304 Brian Gardner (45)

Teviotdale Harriers

305 J Knox (55)

Colours: White with Maroon Band

306 David Cavers (40)

Troon Tortoises AC

307 Owen Light (70)

Colours: Yellow with 2 Black Half hoops

Unattached

308 Arnott Kidd (65)

309 Colin Meek (40)

Victoria Park AAC

310 Alastair Douglas (40)
313 Peter McGregor (50)

Colours: Blue and White Hoops

311 Robert Daly (60)
312 Joseph Doyle (50)

Westerlands CCC

314 Graeme Orr (55)
317 Andrew Turnbull (60)
320 Gordon Robinson (55)

Colours: Yellow with Black "W" on Back

315 Gibson Fleming (60)
316 John Donnelly (40)
318 Ian Struthers (50)
319 David Calder (40)

PREVIOUS MALE VETERAN CHAMPIONS

M40

1972 W.Stoddart (Greenock Wellpark H.)
 1973 W.Stoddart (Greenock Wellpark H.)
 1974 C.McAlinden (Paisley H.)
 1975 C.McAlinden (Paisley H.)
 1976 C.McAlinden (Paisley H.)
 1977 W.Stoddart (Greenock Wellpark H.)
 1978 W.Stoddart (Greenock Wellpark H.)
 1979 W.Stoddart (Greenock Wellpark H.)
 1980 D.McGregor (Fife AC)
 1981 M.Craven (Edinburgh Southern H.)
 1982 A.Brown (Clyde Valley AC)
 1983 D.McGregor (Fife AC)
 1984 R.Hodelet (Greenock Glenpark H.)
 1985 R.Hodelet (Greenock Glenpark H.)
 1986 B.Scobie (Maryhill H.)
 1987 B.Scobie (Maryhill H.)
 1988 C.Youngson (Aberdeen AAC)
 1989 C.Youngson (Aberdeen AAC)
 1990 G.Meredith (Victoria Park AAC)
 1991 I.Elliot (Teviotdale H.)
 1992 I.Elliot (Teviotdale H.)
 1993 B.Kirkwood (Racing Club Edinburgh)
 1994 B.Kirkwood (Racing Club Edinburgh)
 1995 B.Kirkwood (Leslie Deans Racing C)
 1996 B.Kirkwood (Leslie Deans Racing C)
 1997 F.Clyne (Metro Aberdeen RC)
 1998 E.Stewart (Ron Hill Cambuslang H)
 1999 K.Varney (Metro Aberdeen RC)
 2000 C.Donnelly (Ron Hill Cambuslang H)
 2001 C.Donnelly (Ron Hill Cambuslang H)
 2002 T.Murray (Inverclyde AC)
 2003 C.Meek (Lothian RC)

M45

1989 A.Adams (Dumbarton AAC)
 1990 A.Adams (Dumbarton AAC)
 1991 A.Adams (Dumbarton AAC)
 1992 A.Adams (Dumbarton AAC)
 1993 C.Youngson (Aberdeen AAC)
 1994 B.Emmerson (Teviotdale H.)
 1995 B.Emmerson (Teviotdale H.)
 1996 G.Sim (Moray Road Runners)
 1997 B.Emmerson (Teviotdale H.)
 1998 B.Kirkwood (Mizuno RC)
 1999 B.Kirkwood (Mizuno RC)
 2000 B.Kirkwood (Mizuno RC)
 2001 F.Clyne (Metro Aberdeen RC)
 2002 I.Stewart (EZ Carnegie H)
 2003 G.Gaffney (Inverclyde AC)

M60

1972 J.E.Farrell (Maryhill H.)
 1973 H.Smith (Maryhill H.)
 1974 J.E.Farrell (Maryhill H.)
 1975 G.Porteous (Maryhill H.)
 1976 G.Porteous (Maryhill H.)
 1977 G.Porteous (Maryhill H.)
 1978 A.Forbes (Victoria Park AAC)
 1979 J.E.Farrell (Maryhill H.)
 1980 A.Forbes (Victoria Park AAC)
 1981 D.Morrison (Shettleston H.)
 1982 G.Porteous (Maryhill H.)
 1983 J.Clark (Clyde Valley AC)
 1984 J.Kelly (Shettleston H.)
 1985 J.Clark (Clyde Valley AC)
 1986 M.Scott (Haddington ELP)
 1987 W.Temple (Unattached)
 1988 W.Marshall (Motherwell YMCA)
 1989 W.Marshall (Motherwell YMCA)
 1990 W.Marshall (Motherwell YMCA)
 1991 W.Marshall (Motherwell YMCA)
 1992 W.Stoddart (Greenock Wellpark H.)

1993 A.Brown (Law & District AAC)
 1994 A.Brown (Law & District AAC)
 1995 B.Gauld (Carnethy HRC)
 1996 T.O'Reilly (Springburn H.)
 1997 T.O'Reilly (Springburn H.)
 1998 J.Maitland (Lochaber AC)
 1999 B.Waldie (Carnethy HRC)
 2000 B.Waldie (Carnethy HRC)
 2001 G.Black (Fife AC)
 2002 S.Cromar (Dundee Hawkhill H)
 2003 A.Fowlie (City of Hull)

M65

1989 T.Harrison (Maryhill H.)
 1991 H.McGinley (Falkirk Victoria H.)
 1992 W.Gillespie (Falkirk Victoria H.)
 1993 W.Marshall (Scottish Veteran H.)
 1994 W.Marshall (Cambuslang H.)
 1995 W.Marshall (Cambuslang H.)
 1996 W.Marshall (Cambuslang H.)
 1997 W.McBrinn (Shettleston H.)
 1998 B.McFall (City of Edinburgh AC)
 1999 B.McFall (City of Edinburgh AC)
 2000 T.O'Reilly (Springburn H)
 2001 W.McCaskey (City of Edinburgh AC)
 2002 T.O'Reilly (Springburn H)
 2003 W.McCaskey (City of Edinburgh AC)

M50

1972 A.Forbes (Victoria Park AAC)
 1973 W.J. Ross (Garscube H.)
 1974 G.Martin (Springburn H.)
 1975 T.Harrison Maryhill H.)
 1976 C.O'Boyle (Clydesdale H)
 1977 R.Kane (Victoria Park AAC)
 1978 W.Marshall (Clyde Valley H.)
 1979 H.Mitchell (Shettleston H.)
 1980 W.Marshall (Motherwell YMCA)
 1981 W.Marshall (Motherwell YMCA)
 1982 W.Stoddart (Greenock Wellpark H)
 1983 A.Wood (Aberdeen AAC)
 1984 W.Stoddart (Greenock Wellpark H)
 1985 W.Stoddart (Greenock Wellpark H)
 1986 W.Stoddart (Greenock Wellpark H)
 1987 J.Irvine (Bellahouston H.)
 1988 W.Stoddart (Greenock Wellpark H)
 1989 J.Maitland (Lochaber AC)
 1990 J.Linaker (Pitreaive AAC)
 1991 D.McGregor (Fife AC)
 1992 G.Armstrong (Haddington ELP)
 1993 D.McGregor (Fife AC)
 1994 A.Adams (Dumbarton AAC)
 1995 A.Adams (Dumbarton AAC)
 1996 A.Duncan (BT Pitreaive AAC)
 1997 D.Gemmell (Clydesdale H.)
 1998 C.Youngson (Metro Aberdeen RC)
 1999 C.Youngson (Metro Aberdeen RC)
 2000 C.Youngson (Metro Aberdeen RC)
 2001 C.Noble (Metro Aberdeen RC)
 2002 A.McLinden (Hamilton H)
 2003 G.Sim (Moray Road Runners)

M55

1989 H.Gibson (Hamilton H)
 1990 H.Rankin (JW Kilmarnock AC)
 1991 W.Gauld (Carnethy HRC)
 1992 H.Rankin (JW Kilmarnock AC)
 1993 W.Gauld (Carnethy HRC)
 1994 H.Morrison (Edinburgh AC)
 1995 J.Linaker (BT Pitreaive AAC)
 1996 J.Linaker (BT Pitreaive AAC)
 1997 J.Linaker (B Pitreaive AAC)
 1998 P.Cartwright (Falkirk VH)
 1999 G.Fleming (Westerland CCC)
 2000 B.Young (Clydesdale H)
 2001 T.Dolan (Ron Hill Cambuslang H)

M70

1991 T.Harrison Maryhill H.)
 1992 T.Harrison Maryhill H.)

M75

1989 D.Morrison (Shettleston H.)
 1992 G.Porteous (Maryhill H)

TEAMS

1972 Greenock Wellpark H.
 1973 Springburn H.
 1974 Springburn H.
 1975 Springburn H.
 1976 Springburn H.
 1977 Edinburgh AC
 1978 Springburn H.
 1979 Edinburgh Southern H.
 1980 Edinburgh Southern H.
 1981 Clyde Valley AC
 1982 Clyde Valley AC
 1983 Edinburgh Southern H.
 1984 Shettleston H.
 1985 Shettleston H.
 1986 Pitreaive AAC
 1987 Pitreaive AAC
 1988 Aberdeen AAC
 1989 Aberdeen AAC
 1990 Aberdeen AAC
 1991 Teviotdale H
 1992 Aberdeen AAC
 1993 Teviotdale H
 1994 Teviotdale H
 1995 Dumbarton AAC
 1996 Cambuslang H
 1997 Cambuslang H
 1998 Ron Hill Cambuslang H
 1999 Ron Hill Cambuslang H
 2000 Ron Hill Cambuslang H
 2001 Ron Hill Cambuslang H
 2002 Ron Hill Cambuslang H
 2003 Shettleston H

2002 T.Dolan (Ron Hill Cambuslang H)
 2003 G.Mitchell (Inverness H)

PREVIOUS WOMEN VETERAN CHAMPIONS

W35

1993 S.Branney (City of Glasgow)
1994 T.Thomson (BT Pitreavie AAC)
1995 T.Thomson (BT Pitreavie AAC)
1996 S.Armitage (Aberdeen AAC)
1997 T.Thomson (B Pitreavie AAC)
1998 L.Harding (Shettleston Ladies)
1999 E. McBrinn (Shettleston Ladies)
2000 L.Harding (Shettleston Ladies)
2001 S.Ridley (Edinburgh WM)
2002 E.McBrinn (Shettleston Ladies)
2003 E.Cochrane (City of Glasgow)

W40

1993 J.Stevenson (Falkirk Victoria H)
1994 J.Stevenson (Falkirk Victoria H)
1995 G.Hanlon (Dundee Hawkhill H)
1996 L. McGarry (Irvine AC)
1997 J.Waterhouse (Central AC)
1998 S.Branney (City of Glasgow)
1999 T.Thomson (Pitreavie AAC)
2000 T.Thomson (Pitreavie AAC)
2001 S.Armitage (Aberdeen AAC)
2002 F.Florence (Shettleston Ladies)
2003 S.Armitage (Aberdeen AAC)

W45

1993 M.Robertson (Dundee Roadrunners)
1994 P.Lemoncello (Fife AC)
1995 M.Robertson (Dundee Road Runners)
1996 J.Stevenson (Falkirk Victoria H.)
1997 J.Stevenson (Falkirk Victoria H)
1998 D.Monteith (Loudoun Runners)
1999 J.Waterhouse (Central AC)
2000 J.Waterhouse (Central AC)
2001 J.Waterhouse (Central AC)
2002 P.Affleck (Gala H)
2003 K.Mearns (Aberdeen AAC)

W50

1993 S.Roger (Dundee Roadrunners)
1994 J.Phillips (Lasswade AC)
1995 J.Byng (Irvine AC)
1997 J.Byng (Irvine AC)
1998 P.Lemoncello (Fife AC)
1999 P.Lemoncello (Fife AC)
2000 P.Lemoncello (Fife AC)
2001 H.Bradley (Pitreavie AAC)
2002 J.Stevenson (Falkirk Victoria H)
2003 H.Bradley (Pitreavie AAC)

W55

1993 M.Moore (Kilbarchan AAC)
1994 M.Moore (Kilbarchan AAC)
1995 M.Moore (Kilbarchan AAC)
1996 M.Gallacher (Maryhill H.)
2003 P.Lemoncello (Fife AC)

TEAMS

1993 Fife AC
1994 Fife AC
1995 Livingston & D AAC
1996 Aberdeen AAC
1997 B Pitreavie AAC
1998 Shettleston Ladies
1999 Shettleston Ladies
2000 Pitreavie AAC
2001 Shettleston Ladies
2002 Gala Harriers
2003 Central AC

NATIONAL VETERAN'S CHAMPIONSHIP VENUES

2004 CUPAR
2003 FORRES
2002 GLASGOW
2001 ABERDEEN
2000 CUMNOCK
1999 HAWICK
1998 TROON
1997 EDINBURGH
1996 ELGIN
1995 HAWICK
1994 TROON
1993 ST ANDREWS
1992 TROON
1991 LINLITHGOW
1990 DUMFRIES
1989 ABERDEEN
1988 CLYDEBANK
1987 MUSSELBURGH
1986 BISHOPBRIGGS
1985 COATBRIDGE

THE LAST TIME THE NATIONAL VETS WERE HELD IN FIFE

The 1993 National Veterans Cross Country Championships were held at St Andrews hosted by Fife AC. This was the first Veterans championship since the formation of the SAF in October 2002 and also the first to include a women's race.

The men's race was won by new vet Brian Kirkwood, the first of many veterans medals he would go on to win. Colin Youngson was 1st M45 in 5th place with Donald McGregor 1st M50 in 30th. Team winners were Teviotdale Harriers led home by Ian Elliot in 2nd place

The women's winner was a young W35 Sandra Branney of City of Glasgow followed home by W40 Janette Stevenson of Falkirk Victoria H. Fife AC were women's team champions with Carolyn Brown 4th, Kim McGregor 7th and Margaret McLaren 8th