

SCOTTISH ATHLETICS



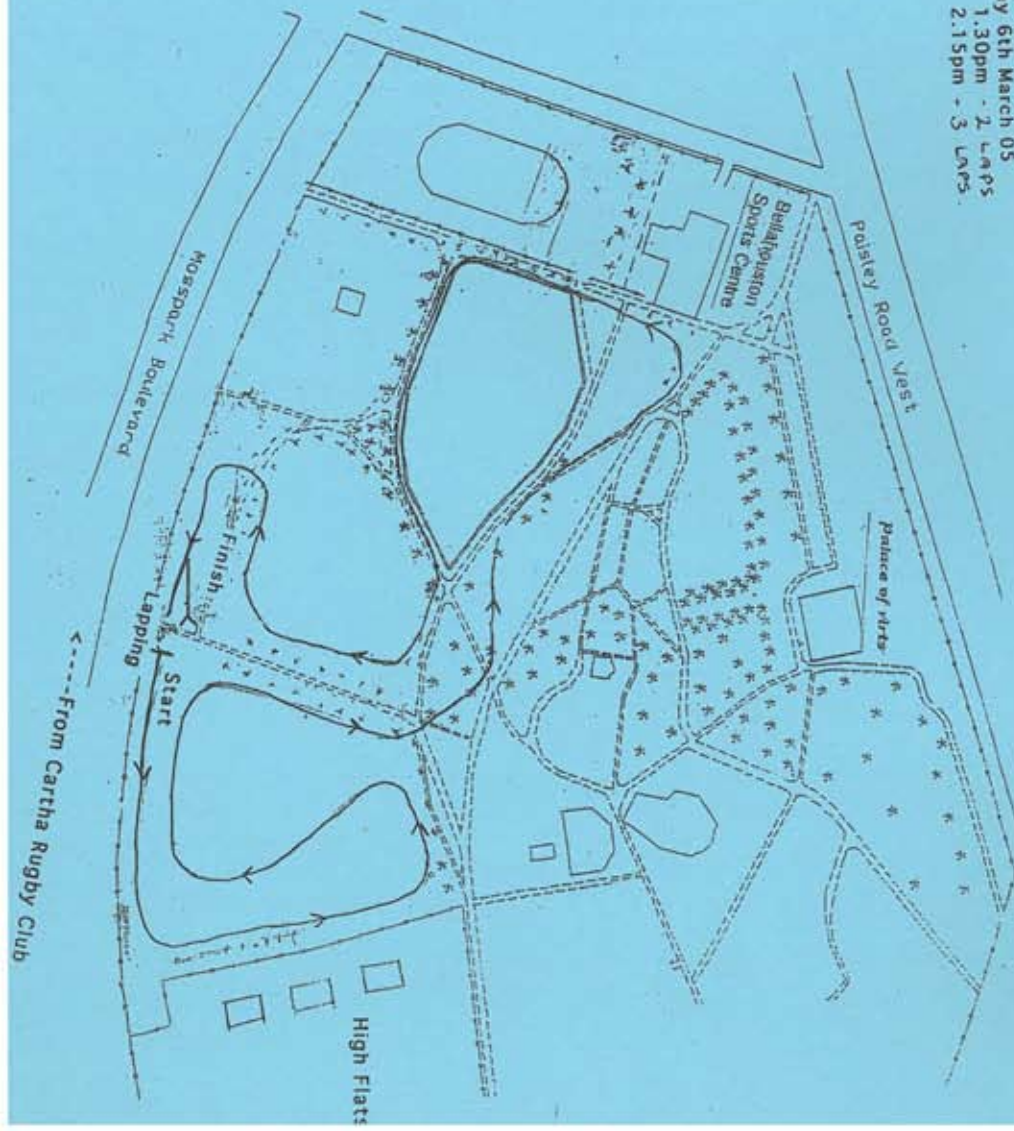
NATIONAL MASTERS CROSS COUNTRY CHAMPIONSHIPS

GLASGOW
(Bellahouston Park)

SUNDAY 6th MARCH 2005

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

National Masters CC Championships
Bellahouston Park - Sunday 6th March 05
Women 6400m 1.30pm - 2 Laps
Men 10,000m 2.15pm - 3 Laps



SCOTTISH ATHLETICS

Hon President
President
Chief Executive
Event Manager

W.M.Campbell C.B.E. Q.C. M.P.
Alan Potts
Geoff Wightman
Anna Rodgers

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener
Vice Convener
Hon. Secretary
Finance Officer

Marjory Cook (City of Edinburgh AC)
Robin Thomas (Hunters Bog Trotters)
Brian Goodwin (Bellahouston H.)
Graham Sword (Kirkintilloch O)

OFFICIALS

Referee

R Morrison

Clerk of Course & Course
Stewards

R Reid (Chief), K Martin, W Simpson, I Hamilton,
M Ferguson, J Young

Judges / Funnel Control

R McSwein (Chief), W Laing, J Semple, K Melville

Timekeepers

D McLaren (Chief), M Daly

Recorders (Places)

A McManus (Chief), I Hislop, J Youden

Recorders (Times)

B Hislop

Starter

W Robertson

Marksmen

W Laing, J Semple

Declarations & Results

A Jackson, J Jackson, P Jackson, D McGinley

Announcer & Communications

R Gray

Press

B Goodwin, W Melville

Presentations

B Goodwin

Jury of Appeal

M Cook, B Goodwin

Host Club

Bellahouston Harriers

Medical Officer

Dr Jacqui Sharp

Medical Services

St Andrews Ambulance Association

Reception

M Cook, B Goodwin, G Sword

Convenor

B Goodwin

MESSAGES

Scottish Athletics

To-day it gives me great pleasure to welcome you back to them venue of the 2002 National Vatarans Cross Country Championship ,Bellahouston Park, Glasgow

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 Bellahouston Park today for the "Masters" Cross Country Championships.

The Road Running and Cross Country Commission would like to thank the members of Bellahouston Harriers 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
Convenor
RR & CC Commission

Masters Women

Declarations Close- 1.00

2004 Winner- Sue Ridley (Edinburgh Southern H)

Race Starts - 1.30

2004 Team – Perth Road Runners

Aberdeen AAC 301 Sonia Armitage (40)	Colours: White with 2 red hoops 302 Laura Mahady (45)	
Calderglen Harriers 303 Eileen Reid (45)	Colours: Amber and Black Vertical Stripes 304 Melanie Fraser (35)	
Central AC 305 Hazel Dean (40)	Colours: Yellow and Blue 306 Jane Waterhouse (50)	307 Mary Kerr (35)
City of Edinburgh AC 308 Joanne Whitehead (35) 311 Janet Laing (35) 314 Hazel Sneddon (40)	Colours: White with one Blue, one Black Hoop 309 Sharyn Ramage (40) 312 Susan Hyatt (35)	310 Mandy Calder (35) 313 Marietta Vander Linden (35)
City of Glasgow AC 315 Susan Finch (40)	Colours: Royal Blue with Green Panel 316 Jacqueline Thomson (40)	
Dumbarton AAC 317 Patricia Anderson (40)	Colours: Black with Red Band 318 Elaine Boyle (35)	319 Yvonne Boyle (35)
Dundee Road Runners 320 Mary McIntyre (35) 323 Gillian Hanlon (50)	Colours: White with Blue Diagonal 321 Morag Taggart (45)	322 Miriam Rennet (40)
Edinburgh Southern H 324 Karen Dobbie (35)	Colours: White /Blue /Red 325 Susan Ridley (35)	
Falkirk Victoria Harriers 326 Fiona Matheson (40)	Colours: Black with Gold Band 327 Caroline Lawless (45)	328 Lynne Murray (40)
Fife AC 329 Margaret McLaren (45) 332 Catharine Sinclair (40) 335 Moira Grainger (40) 338 Eliza McLachlan (45) 341 Kate Pether-Smith (35)	Colours: White with Red Band 330 Jocelyn Scott (50) 333 Lorraine Brown (40) 336 Val Herkes (45) 339 Mary Mitchell (55) 342 Susan Thomson (35)	331 Phyllis Lemoncello (55) 334 Rhona Graham (40) 337 Fiona Lothian (35) 340 Carrie Ruxton (35)
Gala Harriers 343 Leanne Haining (40)	Colours: White with Green Band	
Garscube Harriers 344 Heather Akers (40) 347 Carol Martin (35) 350 Maureen O'Hara (45)	Colours: White with Blue Band 345 Judith Austin (40) 348 Maureen McLeod (40) 351 Karen Stevenson (40)	346 Lesley Chapman (50) 349 Anita Neilson (40)
Hunters Bog Trotters 352 Deborah McDonald (45)	Colours: Brown	
Inverness Harriers 353 Audrey Foster (50)	Colours: Gold with Maroon Diagonal	

Irvine AC 354 Elizabeth McGarry (50) 357 Alison Craig (40)	Colours: Red with Black Trim 355 Helen Morton (45)	356 Mary Miller (45)
Livingston & District AAC 358 Sue McDowell (45)	Colours: Yellow with Green Stripe 359 Yvonne Crilly (40)	
Lothian Running Club 360 Penny Rother (45)	Colours: Blue with Black letters	
Metro Aberdeen RC 361 Sue Carter (40)	Colours: Black/Yellow Quarters 362 Lynn Gray (35)	363 Susan Grayson (35)
Perth Road Runners 364 Andrea Cameron (40)	Colours: Green and White 365 Arabella Woodrow (50)	366 Erni Hamilton (40)
Pitreavie AAC 367 Carol-Anne McFarlane (45)	Colours: Navy/Yellow/White 368 Hazel Bradley (50)	369 Alison Whyte (35)
Shettleston Harriers Ladies 370 Christine Catterson (40)	Colours: Blue with Yellow Band 371 Lynne Marr (40)	372 Celia Thompson (45)
Springburn Harriers 373 Clare Gemmell (35)	Colours: Navy Blue with White Diamond	
Individuals 374 Kim Forbes (45)		
Falkirk Victoria Harriers 375 Hugh McGinlay (M75)	Colours: Black with Gold Band	

Masters Men

Declarations Close- 1.45

2004 Winner Alex Robertson (Ron Hill Cambuslang)

Race Starts - 2.15

2004 Team - Ron Hill Cambuslang

Aberdeen AAC 1 Mel Edwards (60) 4 David Armitage (50)	2 Colin Taylor (40) 5 Thomas Litterick (40)	Colours: White with 2 red hoops 3 Alexander Peddie (40)
Airdrie Harriers 6 Jim McCosh (40)	Colours: Grey and sky Blue with 3" Black diag.	
Bellahouston Harriers 7 Campbell Joss (50) 10 Graeme Gemmell (40)	Colours: Dark Blue with Light Blue Cross 8 Bryan Porter (40)	9 John Taylor (65)
Calderglen Harriers 11 Russell Couper (40) 14 Charles Steven (40) 17 David Watt (40) 20 Colin Macdonald (50) 23 Gerard Mullen (45)	Colours: Amber and Black Vertical Stripes 12 Roderick Shanks (55) 15 Stuart Waugh (55) 18 Graham Lindsay (40) 21 Andrew Henderson (50) 24 Martin Duthie (40)	13 Malcolm Buchanan (55) 16 Edward Reid (40) 19 Colin Jarvie (40) 22 George Stewart (40)
Central AC 25 Alex Milne (40) 28 David Armour (40) 31 Stephen McNally (50)	Colours: Yellow and Blue 26 Robert Hutchison (40) 29 James Drummond (50) 32 Ewan Bell-Scott (50)	27 Steve Laing (45) 30 John Millar (50)
City of Edinburgh AC 33 John Agnew (40) 36 James Buick (40) 39 Martin Ferguson (40) 42 Brian Howie (50) 45 Robert Mair (40) 48 Robert McFall (70) 51 Stewart Robertson (45) 54 Eric Stevenson (55)	Colours: White with one Blue, one Black Hoop 34 John Blair (40) 37 Alexander Cameron (65) 40 Ian Findlay (40) 43 Colin Laidlaw (Error) 46 Alex MacEwen (50) 49 N Munro (40) 52 Garry Robertson (40) 55 Adam Ward (40)	35 William Begley (55) 38 Robert Cockburn (55) 41 Andrew Griffiths (50) 44 Keith Lyle (40) 47 Walter Mccaskey (70) 50 Robert Riddell (40) 53 John Steel (40) 56 Jonathan Whitehead (45)
Clydesdale Harriers 57 Laurence Pearson (60) 60 Pete Cartwright (60) 63 John Hanratty (50) 66 Cliff Brown (45) 69 Peter Rudzinski (50)	Colours: White with Black "C" 58 John Foley (40) 61 Brian Campbell (60) 64 Derek Halpin (40) 67 Augustine Cairney (45) 70 James Shields (55)	59 Robert Young (60) 62 Brian K.E Edridge (60) 65 John McArthur (40) 68 Bobby Rossborough (45) 71 Sandy McNeil (60)
Corstorphine AAC 72 David Henderson (40) 76 Jan-Bert Van-Denberg (40)	Colours: White with Black Trim 73 Graeme Fletcher (40) 76 Paul O'Brien (45)	74 John O'Hara (40)
Dumbarton AAC 77 William Goldie (45) 80 Pat McErlean (45)	Colours: Black with Red Band 78 Frank Yeoman (55) 81 Gordon Hanley (45)	79 Colin Martin (55)

Dundee Hawkhill Harriers

82 Stuart Kerr (45)
85 Gordon Watson (50)
88 Charles Haskett (45)

Colours: Blue and White Quarters

83 Stephen Cromar (65)
86 Pete Fox (40)
89 Brian Cook (40)
84 David Hanlon (45)
87 Stephen Borland (45)
90 Craig Ross (45)

Dundee Road Runners

91 Alan Lawson (55)

Colours: White with Blue Diagonal

East Kilbride AAC

92 Gordon Colvin (45)
95 Derek Leitch (50)

Colours: Gold with 2 Black hoops

93 David J. Condra (40)
96 Edgar Ramage (45)
94 Graeme Haddow (40)
97 Ralph Riach (40)

Energy Zone Carnegie

98 Ian Stewart (45)
101 Ian Johnston (45)
104 Garry Taylor (40)

Colours: Orange & Green

99 Mike Harvey (40)
102 Stephen Greer (45)
105 Robert Milton (40)
100 Neil Campbell (40)
103 Peter Simpson (45)

Falkirk Victoria Harriers

106 Duncan McGougan (40)

Colours: Black with Gold Band

107 John Martin (45)
108 William Higgins (45)

Ferranti AAC

109 Iain Shaw (40)
112 Edward McDonald (55)

Colours: Yellow with Black letters

110 James Shaw (65)
113 Alex Bell (45)
111 Malcolm Fraser (50)
114 Alex Jackson (55)

Fife AC

115 Hugh D. McKay (40)
118 Tom Scott (55)
121 Ron Mill (45)
124 Graham Bennison (55)
127 John Keenlyside (50)
130 John McNally (65)
133 Alastair Robertson (60)
136 James Taylor (45)
139 Frank McLaren (50)
142 Alastair Bagnall (45)
145 James R. Close (45)

Colours: White with Red Band

116 Neil Martin (40)
119 Douglas Gunstone (50)
122 Bryce Aitken (45)
125 David Francis (55)
128 Stuart Knowles (50)
131 Terry Mitchell (45)
134 Mel Scobie (55)
137 David Weir (40)
140 Gary Barker (45)
143 Robert Stark (65)
146 John Cunningham (40)
117 Adrian Davis (40)
120 John Murdoch (40)
123 Laurence Anderson (45)
126 John Kay (45)
129 Michael Kuzyszyn (50)
132 Brian Peachey (50)
135 Richard Shaw (50)
138 Andrew Wright (60)
141 Andrew Barker (55)
144 Robert Allison (45)

Gala Harriers

147 Jack Knox (60)
150 David Darroch (45)

Colours: White with Green Band

148 Alistair Laurie (40)
149 Malcolm Gowans (40)

Garscube Harriers

151 David Atkin (45)
154 David Geddes (45)
157 Colin McKay (40)
160 Robert McLennan (45)

Colours: White with Blue Band

152 Iain Cullen (40)
155 Stuart Irvine (55)
158 Euan Mackay (45)
153 Stephen Cullen (45)
156 Ian Mennie (40)
159 Benny McLaughlin (40)

Giffnock North AAC

161 Hugh Gallagher (50)

Colours: Amber with Royal Blue Hoop

Girvan AAC

162 Nathaniel Taylor (50)

Colours: White with Blue & Green Hoops

Greenock Glenpark Harriers

163 Stephen McLoone (40)
166 George Mitchell (40)
169 Thomas Knight (60)
172 Robert Wilson (50)
175 John Kerr (50)

Colours: Sky Blue with Royal Blue and Gold Hoops

164 Daniel McLaughlin (45)
167 Richard Hodelet (60)
170 Ernest Currie (45)
173 Duncan MacNeill (60)
165 Richard Davidson (40)
168 William Jukes (50)
171 Kenneth Scott (40)
174 Robert Dolan (50)

Haddington East Lothian Pacemakers

176 Frederick McCain (55)

Colours: Red and White Halves

Hunters Bog Trotters

177 Colin Farquharson (45)
180 Billy Minto (40)
183 Richard Wall (50)

Colours: Brown

178 Andrew Gillespie (40)
181 Ivor Normand (40)
179 Ian Marshall (55)
182 Patrick O'Kane (40)

Individuals

184 Arnott Kidd (70)

Inverclyde AC

185 Chris Robison (40)
188 Tom Tracey (50)

Colours: Black & White Stripes

186 Robert Shaw (45)
187 John Bannister (45)

Inverness Harriers

189 George Mitchell (55)

Colours: Gold with Maroon Diagonal

190 Jim Davidson (60)

Irvine AC

191 Colin Miller (45)
194 Andrew Rennie (55)

Colours: Red with Black Trim

192 Iain Hamilton (60)
195 Brian Craig (45)
193 David Kerr (65)
196 Peter Collier (40)

Kilbarchan AAC

197 Steven Hards (40)
200 Robin Scott (60)

Colours: Gold with Black Hoop

198 David Mewse (50)
201 Michael McGinley (45)
199 Donald Petrie (45)

Lasswade AAC

202 Brian Kirkwood (50)

Colours: White with 2 Blue Bands and Red Band

Law & District AAC

203 Gordon Douglas (40)
206 James MacDonald (40)

Colours: Amber with 2 Red Bands and 1 White Band

204 William Drysdale (65)
207 James Rowley (55)
205 Patrick Kelly (55)

Livingston & District AAC

208 Steven Thomson (40)
211 George Gilhooley (40)

Colours: Yellow with Green Stripe

209 Ian Leggett (65)
210 Christopher Northam (50)

Lothian Running Club

212 Alexander Agnew (50)
215 Colin Meek (40)

Colours: Blue with Black letters

213 Kenton Jones (40)
216 Graeme Ackland (40)
214 Alan McIntosh (40)

Metro Aberdeen RC

217 Frank Smith (40)
220 Ian Williamson (45)
223 Nicholas Milovsorov (40)

Colours: Black/Yellow Quarters

218 Keith Farquhar (40)
221 Peter Jennings (45)
219 Colin Youngson (55)
222 Kevin Tulloch (40)

Moray Road Runners

224 George Sim (55)

Colours: Dayglow yellow with Black Trim

Perth Road Runners

225 Ewan Paterson (50)
 228 Derek Phillips (45)
 231 David Norrie (50)

Colours: Green and White

226 Robin Livingstone (50)
 229 Martin Ryan (50)
 232 Sandy MacFarlane (40)

Ron Hill Cambuslang Harriers

233 John Brown (40)
 236 Francis Hurley (50)
 239 James Zaple (45)
 242 Thomas McPake (50)

Colours: Red with White Band

234 Colin Donnelly (45)
 237 Archie Jenkins (50)
 240 Alexander Eaglesham (50)
 243 Robert Lyon (40)

Shettleston Harriers

244 William Coyle (40)
 247 John MacKay (40)
 250 Malcolm Patterson (45)
 253 Dermot McGonigle (40)
 256 William McBrinn (70)

Colours: Blue with Yellow Band

245 Peter Carton (50)
 248 Andy Little (40)
 251 Robert Soutar (40)
 254 Andrew McIntyre (40)
 257 Raymond Loughran (45)

Springburn Harriers

258 Thomas O'Reilly (70)

Colours: Navy Blue with White Diamond

259 Douglas Morton (60)

Swindon Harriers

260 Brian Gardner (45)

Teviotdale Harriers

261 David Cavers (40)
 264 Billy Fraser (40)

Colours: White with Maroon Band

262 Bill Knox (50)
 265 James Knox (55)
 263 Robert Halliday (45)
 266 Ged Smith (40)

Victoria Park AAC

267 Kenneth Brown (50)
 270 Alastair Douglas (40)
 273 Thomas McAra (45)
 276 Andrew Nicoll (50)

Colours: Blue and White Hoops

268 Philip Carter (45)
 271 Joseph Doyle (50)
 274 Peter McGregor (55)
 277 Derek Watson Snr. (40)
 269 Robert Daly (60)
 272 Ian Goode (40)
 275 Kenneth McVey (55)

Westerlands CCC

278 Gibson Fleming (60)
 281 Ian Struthers (50)

Colours: Yellow with Black "W" on Back

279 Graeme Orr (55)
 280 David Calder (40)

227 Stephen Ferguson (45)
 230 Neil Muir (40)

235 David Fairweather (60)
 238 Edward Stewart (45)
 241 Douglas Henderson (55)

246 Desmond Crowe (40)
 249 Denis Williams (40)
 252 John Duffy (40)
 255 Kenneth McClean (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.Elliott (Teviotdale H.)
 1992 I.Elliott (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)
 2004 A.Robertson (Ron Hill Cambuslang)

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)
 2004 B.Gardner (Swindon H)

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)
 2004 R.Young (Clydesdale H)

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)
 2004 S.Cromar (Dundee Hawkhill H)

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)
 2007 A.McLinden (Hamilton H)
 2003 G.Sim (Moray Road Runners)
 2004 B.Kirkwood (Phoenix Racers)

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.)
 2004 B.McFall (City of Edinburgh)

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 Harriers
 2004 Ron Hill Cambuslang H

2002 T.Dolan (Ron Hill Cambuslang H)
 2003 G.Mitchell (Inverness H)
 2004 C.Youngston (Metro Aberdeen RC)

PREVIOUS WOMEN VETERAN CHAMPIONS

W35

1993 S.Branney (City of Glasgow)
 1994 T.Thomson (BT Pitreaive AAC)
 1995 T.Thomson (BT Pitreaive AAC)
 1996 S.Armitage (Aberdeen AAC)
 1997 T.Thomson (B Pitreaive 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)
 2004 S.Ridley (Edinburgh Southern H)

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 (Pitreaive AAC)
 2000 T.Thomson (Pitreaive AAC)
 2001 S.Armitage (Aberdeen AAC)
 2002 F.Florence (Shettleston Ladies)
 2003 S.Armitage (Aberdeen AAC)
 2004 H.Dean (Central AC)

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)
 2004 H.Morton (Irvine AC)

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 (Pitreaive AAC)
 2002 J.Stevenson (Falkirk Victoria H)
 2003 J.Waterhouse (Central AC)
 2004 J.Waterhouse (Central AC)

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)
 2004 P.Lemoncello (Fife AC)

TEAMS

1993 Fife AC
 1994 Fife AC
 1995 Livingston & D AAC
 1996 Aberdeen AAC
 1997 B Pitreaive AAC
 1998 Shettleston Ladies
 1999 Shettleston Ladies
 2000 Pitreaive AAC
 2001 Shettleston Ladies
 2002 Gala Harriers
 2003 Central AC
 2004 Perth Road Runners

NATIONAL VETERAN'S CHAMPIONSHIP VENUES

2005	GLASGOW
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 MASTERS WERE HELD IN GLASGOW

The National Veterans Cross Country Championships were last held in Bellahouston Park in March 2002.

The Men's race was won by new vet Tommy Murray of Inverclyde by a whopping 91 seconds from the previous years champion Colin Donnelly of Ron Hill Cambuslang. Cambuslang won the men's team race for a record 7th time in row.

The Women's winner was Frances Florence of Shettleston Ladies followed closely by Trudi Thomson of Pitreavie

Gala Harriers were women's team champions for the 1st time with Patricia Affleck 3rd, Andrea Pogson 8th and Laura Howie 13th.

The Championships were held on the same afternoon as a Rangers v Celtic football match at nearby Ibrox Park.

Fears of interference of athletes and course marking from supporters proved to be unfounded.