

NATIONAL MASTERS CHAMPIONSHIP VENUES

2006	FORRES
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 FORRES

The National Masters Cross Country Championships were last held in Forres in March 2003.

The Men's race was won by Colin Meek of Lothian Running Club by 16 seconds from Adrian Callan of Shettleston Harriers with Keith Farquar of Metro Aberdeen in 3rd place

Shettleston Harriers won the team title for the first time since 1985 breaking a run of 7 team victories by Ron Hill Cambuslang.

Adrian Callan led home in the winning team of Dermot McGonigle 10th, Des Crowe 17th and former Scottish Athletics President Peter Carton in 21st place.

The Women's winner was Eileen Cochrane of City of Glasgow, victor by a large 2 minutes 16 seconds margin from Sonia Armitage of Aberdeen AAC

Central AC were women's team champions for the 1st time led by Hazel Dean in 4th, with Sandra Edwards in 6th and W50 champion Jane Waterhouse in 8th place.

SCOTTISH ATHLETICS

scottishathletics



NATIONAL MASTERS CROSS COUNTRY CHAMPIONSHIPS

**FORRES
(Grant Park)**

SATURDAY 4th MARCH 2006

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
Chief Executive	Geoff Wightman
Event Manager	Pierce O'Callaghan

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	Andy Law
Clerk of Course	Paul Matheson
Judges / Funnel Control	Marion Allan, Lynne Cowie
Timekeepers	Duncan Davidson, Angus Dick
Recorders	Carol Lawrie, Barbara Bowie, Sandy Forsyth
Starter	Ken Davies
Declarations	Caroline Cowie, Julie Ross
Announcer	Bob Gray
Results	Jen Jackson, Peter Jackson,
Presentations	Brian Goodwin, Iain MacKenzie
Jury of Appeal	Brian Goodwin, Walter Banks, Hamish Cameron
Course Stewards	Forres Harriers and Moray Road Runners
First Aid	Mike Milmoie
Convenor	Doug Cowie

Scottish Athletics thanks the following for their support and assistance in running to-days event.

Forres Harriers	COOP Grocers Forres
Moray Road Runners	McLeans Bakers Forres
Tesco Forres	RAF Kinloss

MESSAGES

Scottish Athletics

To-day it gives me great pleasure to welcome you back to the venue of the 2003 National Masters Cross Country Championship ,Grant Park Forres

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

Forres Harriers

On behalf of Forres Harriers I would like to welcome all competitors and supporters to this years Scottish Veterans Cross Country Championships.

The Royal Burgh of Forres is situated close to the Moray Firth and we are lucky to have a great variety of different terrains to run on. The course around Grant Park and Cluny Hill, provides a mixture of parkland and woodland trails that are sure to provide an exciting race.

We at Forres Harriers are proud to be hosting this event once again and I would like to thank the organising committee along with the large number of willing volunteers, who will be assisting on the day, for making this event possible.

It just remains for me to wish all the competitors the very best of luck and we hope you will join us at Forres Town Hall for the post race refreshments, which have generously been provided by a number of local businesses.

Paul Matheson
Club Captain
Forres Harriers

Masters Women

Declarations Close- 1.00

Race Starts - 1.30

2005 Winner- Sue Ridley (Edinburgh Southern H)

2004 Team - Falkirk Victoria H

Aberdeen AAC

205 Sonia Armitage (45)
208 Angela Hepburn (35)
211 Maureen MacInnes (45)

Colours: White with 2 red hoops

206 Rhona Buchan (35)
209 Kathryn Mearns (45)
212 Patricia McLauchlan (45)

207 Janice Gordon (45)

210 Laura Mahady (45)

Arbroath & District AC

213 Fiona Lampkin (35)

Colours: Black with vertical yellow stripe

Caithness AAC

214 Frances Farquhar (55)

Colours: White with Blue Line

Calderglen Harriers

215 Eileen Reid (45)

Colours: Amber and Black Vertical Stripes

216 Barbara Sloss (50)

Carnethy Hill RC

217 Angela Mudge (35)

Colours: Yellow with Red letters

Central AC

218 Jane Waterhouse (50)

Colours: Yellow and Blue

219 Mary Kerr (35)

220 Andrina Buchanan (45)

City of Edinburgh AC

221 Mandy Calder (35)
224 Joanne Whitehead (40)

Colours: White with one Blue, one Black Hoop

222 Sharyn Ramage (40)

223 Hazel Sneddon (40)

225 Marietta Vander Linden (35)

226 Susan Hyatt (35)

City of Glasgow AC

227 Susan Finch (40)
230 Ann MacPhail (35)

Colours: Royal Blue with Green Panel

228 Jacqueline Thomson (40)

229 Gill Keddie (35)

East Kilbride AAC

231 Angela Martin (35)

Colours: Gold with 2 Black hoops

Edinburgh Southern H

232 Karen Dobbie (35)

Colours: White /Blue /Red

Falkirk Victoria Harriers

233 Caroline Lawless (45)

Colours: Black with Gold Band

234 Janette Stevenson (55)

235 Fiona Matheson (40)

Fife AC

236 Kate Fitzpatrick (35)
239 Kim MacGregor (45)
242 Varry McCullough-Young (45)

Colours: White with Red Band

237 Moira Grainger (40)

238 Phyllis Lemoncello (55)

240 Jocelyn Scott (50)

241 Lorna Sibbett (35)

Forres Harriers

243 Jackie Nicol (40)
246 Anne Docherty (60)

Colours: Red

244 June Duncan (40)

245 Shona Spencer (40)

247 Frances Russell (40)

Gala Harriers

248 Leanne Haining (40)

Colours: White with Green Band

Garscube Harriers

249 Heather Akers (40)

Colours: White with Blue Band

Hunters Bog Trotters

250 Christine Buckley (35)
253 Sandra Rathjen (35)

Colours: Brown

251 Ali Johnston (40)

252 Deborah McDonald (45)

254 Niamh Troy (35)

Inverclyde AC

255 Rhona Bushfield (40)

Colours: Black & White Stripes

Inverness Harriers

256 Julie Wilson (35)

Colours: Gold with Maroon Diagonal

257 Mandy MacIver (40)

Irvine AC

258 Helen Morton (45)

Colours: Red with Black Trim

259 Elizabeth McGarry (50)

260 Mary Miller (45)

Keith & District AAC

261 Eleanor Munro (35)

Colours: Red with Black Trim

Lochaber AC

262 Nicky MacDonald (35)

Colours: White with 2 Blue Hoops

263 Linda MacEwan (40)

264 Pat Goddard (45)

Moray Road Runners

265 Jane Barker (35)
268 Frances Wardhaugh (50)

Colours: Dayglow yellow with Black Trim

266 Lynda Cowie (55)

267 Isobel Paterson (50)

Orkney Islands AC

269 Doris Leonard (35)

Colours: Red White Black

Perth Road Runners

270 Andrea Cameron (40)

Colours: Green and White

Pitreavie AAC

271 Alison Whyte (35)

Colours: Navy/Yellow/White

272 Hazel Bradley (55)

Shettleston Harriers Ladies

273 Christine Catterson (45)

Colours: Blue with Yellow Band

274 Frances Florence (45)

275 Lynne Marr (40)

Springburn Harriers

276 Clare Gemmell (35)

Colours: Navy Blue with White Diamond

Unattached

277 Kim Forbes (45)

Masters Men

Declarations Close- 1.45

2005 Winner Andy Little (Shettleston Harriers)

Race Starts - 2.15

2005 Team - Shettleston H

Aberdeen AAC

- 1 Frank Boyne (40)
- 4 Stephen Cassells (50)
- 7 Ian Edwards (50)

Colours: White with 2 red hoops

- 2 Keith Charlton (45)
- 5 Alexander Peddie (40)
- 8 Ian Morrice (40)
- 3 Mel Edwards (60)
- 6 Thomas Litterick (40)
- 9 Colin Taylor (40)

Bellahouston Harriers

- 10 Campbell Joss (50)

Colours: Dark Blue with Light Blue Cross

Carnegie Harriers

- 11 Lewis Lawson (40)
- 14 Peter Humphreys (40)
- 17 Douglas McGarry (40)
- 20 Mike Harvey (40)
- 23 Alexander Nicol (60)

Colours: Orange & Green

- 12 Andrew Hunter (40)
- 15 Peter Simpson (45)
- 18 Alan Cockburn (40)
- 21 Thomas Lawrence (35)
- 24 Tommy Lawlor (55)
- 13 Ian Stewart (45)
- 16 Robert Milton (40)
- 19 Stephen Greer (45)
- 22 Duncan McGougan (40)
- 25 Robbie McKenzie (40)

Central AC

- 26 Alex Milne (40)
- 29 John Dickson (55)

Colours: Yellow and Blue

- 27 David Armour (40)
- 30 Hugh Buchanan (45)
- 28 Steve Laing (45)

City of Edinburgh AC

- 31 Brian Aitken (40)
- 34 Colin Cable (40)
- 37 Brian Howie (55)
- 40 Keith Lyle (40)
- 43 Robert McFall (70)
- 46 John Steel (40)
- 49 Sean Wilkinson (35)

Colours: White with one Blue, one Black Hoop

- 32 Graham Beal (35)
- 35 Martin Ferguson (40)
- 38 Colin Hutt (35)
- 41 Alex MacEwen (50)
- 44 Robert Riddell (40)
- 47 Eric Stevenson (55)
- 50 Jonathan Whitehead (45)
- 33 Alexander Cameron (65)
- 36 William Gallacher (55)
- 39 Andrew Laycock (35)
- 42 Walter McCaskey (70)
- 45 Martin Sneddon (40)
- 48 Adam Ward (40)
- 51 Richard Hope (45)

Deeside Runners

- 52 Alan Smith (45)

Colours: Green

Dundee Hawkhill Harriers

- 53 Stephen Cromar (65)
- 56 Alan Lawson (55)
- 59 Craig Ross (50)
- 62 Matthew Strachan (40)

Colours: Blue and White Quarters

- 54 David Mitchell (40)
- 57 Stuart Kerr (45)
- 60 Gordon Watson (50)
- 63 Charles Haskett (45)
- 55 Charles Love (60)
- 58 David Hanlon (45)
- 61 Brian Cook (40)
- 64 John Hepburn (40)

East Kilbride AAC

- 65 David J. Condra (40)
- 68 Edgar Ramage (45)

Colours: Gold with 2 Black hoops

- 66 Graeme Haddow (40)
- 67 Gordon Colvin (45)

Elgin AAC

- 69 Malcolm Christie (45)

Colours: Black White Band

Falkirk Victoria Harriers

- 70 Andrew Ronald (35)

Colours: Black with Gold Band

- 71 Grant Matheson (40)
- 72 Andrew Stevenson (55)

Ferranti AAC

- 73 James Shaw (65)

Colours: Yellow with Black letters

- 74 Iain Shaw (40)
- 75 Alex Jackson (55)

Fife AC

- 76 Chris Clark (55)
- 79 John Kay (45)
- 82 Tom Scott (55)

Colours: White with Red Band

- 77 Brian Cruickshank (40)
- 80 Neil Martin (40)
- 83 Andrew Wright (60)
- 78 Adrian Davis (40)
- 81 Edwin Sanders (55)

Forres Harriers

- 84 Danny Bird (50)
- 87 Lindsay Grant (40)
- 90 Paul Rogan (35)
- 93 James Hume (35)
- 96 Sam Morrison (50)

Colours: Red

- 85 Alex Ross (55)
- 88 Simon Pride (35)
- 91 Graeme Jervis (40)
- 94 Kenneth Douglas (35)
- 86 Michael Milmoie (50)
- 89 Mark Howls (40)
- 92 Doug Cowie (50)
- 95 Steven Hilditch (35)

Garscube Harriers

- 97 David Atkin (45)
- 100 David Geddes (45)

Colours: White with Blue Band

- 98 Stephen Cullen (45)
- 101 Stuart Irvine (55)
- 99 John Dryden (55)
- 102 Dermot Williamson (55)

Giffnock North AAC

- 103 Hugh Gallagher (50)

Colours: Amber with Royal Blue Hoop

Hunters Bog Trotters

- 104 Simon Axon (45)
- 107 Norman Gould (60)
- 110 Craig Hunter (45)
- 113 Billy Minto (40)
- 116 Jon Rathjen (35)
- 119 Norman Weir (65)

Colours: Brown

- 105 Steven Cairns (35)
- 108 John Hampshire (40)
- 111 Alec Keith (40)
- 114 Geoffrey Mitchell (45)
- 117 Geoff Simpson (45)
- 106 Ian Campbell (40)
- 109 Ian Harkness (35)
- 112 Ian Marshall (55)
- 115 Ivor Normand (40)
- 118 Robin Thomas (50)

Inverclyde AC

- 120 Gerard Gaffney (50)

Colours: Black & White Stripes

Inverness Harriers

- 121 George Mitchell (60)

Colours: Gold with Maroon Diagonal

- 122 Graham Whyte (45)

Irvine AC

- 123 James Sneddon (40)
- 126 David Millar (35)
- 129 Iain Fraser (40)
- 132 Scott McKendrick (35)
- 135 Ian Berryman (50)

Colours: Red with Black Trim

- 124 Andrew Rennie (55)
- 127 William Richardson (35)
- 130 James White (50)
- 133 Colin Miller (45)
- 125 George Irving (40)
- 128 Finlay Dowell (40)
- 131 Brian Craig (45)
- 134 David Kerr (70)

Keith & District AAC

- 136 Mike Stewart (40)

Colours: Red with Black Trim

- 137 Frankie Barron (40)

Kilbarchan AAC

- 138 Robert Quinn (40)
- 141 James Snodgrass (35)
- 144 Robert Fitzsimmons (40)

Colours: Gold with Black Hoop

- 139 Thomas Hearle (35)
- 142 Donald Petrie (45)
- 145 Gordon Tenney (45)
- 140 Thomas Anderson (45)
- 143 Steven Hards (45)

Lasswade AAC

- 146 Brian Kirkwood (50)

Colours: White with 2 Blue Bands and Red Band

Livingston & District AAC

- 147 Ian Leggett (65)

Colours: Yellow with Green Stripe

Lochaber AC 148 Niall MacBeath (35) 151 Graham MacNab (40)	Colours: White with 2 Blue Hoops 149 Ken Rungay (40) 152 John Maitland (45)	150 Neil Arnott (35)
Metro Aberdeen RC 153 Peter Jennings (50) 156 William Reid (40)	Colours: Black/Yellow Quarters 154 Mark Johnson (45) 157 Colin Youngson (55)	155 Scott Mitchell (55) 158 Bruce Moroney (45)
Moray Road Runners 159 Brian Foreman (40) 162 George Sim (55) 165 John MacGregor (55) 168 Gilbert Bain (40)	Colours: Dayglow yellow with Black Trim 160 Steve Reeve (40) 163 Ewan Paterson (50) 166 Simon Dobbs (40) 169 Kenneth Riddell (50)	161 Ian Barker (40) 164 Thomas Main (50) 167 Alistair Sim (50) 170 Derek Spear (40)
Nairn & D AAC 171 Malcolm Beharrell (45)	Colours: Orange	
Nithsdale AC 172 William Mackintosh (50)	Colours: Jade Green/Black/White	
Perth Road Runners 173 Neil Muir (45) 176 Martin Ryan (55)	Colours: Green and White 174 Derek Phillips (45) 177 Stephen Ferguson (50)	175 Jamie Gartside (40)
Peterhead AAC 178 Alan Reid (35) 181 Duncan Lynch (40)	Colours: Sky Blue 179 Iain Cruickshank (45) 182 John Robertson (45)	180 John Diffey (55) 183 Ian Duguid (55)
Pitreavie AAC 184 Jiff Farquhar (45)	Colours: Navy/Yellow/White	
Ron Hill Cambuslang Harriers 185 Frank Barton (50) 188 Archie Jenkins (50) 191 David Fairweather (60)	Colours: Red with White Band 186 James Zaple (45) 189 Colin Donnelly (45) 192 Charles Thomson (40)	187 Ross Arbuckle (40) 190 Gerry Reid (45)
Shettleston Harriers 193 William Coyle (40) 196 Peter Carton (50) 199 Desmond Crowe (40) 202 Dermot McGonigle (40)	Colours: Blue with Yellow Band 194 Andy Little (40) 197 John Duffy (40) 200 Malcolm Patterson (45)	195 Denis Williams (40) 198 Robert Soutar (40) 201 Ian Johnston (35)
Springburn Harriers 203 Thomas O'Reilly (70)	Colours: Navy Blue with White Diamond	
Unattached 204 Arnott Kidd (70)		

PREVIOUS MALE MASTERS 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 L.Elliott (Teviotdale H.) 1992 L.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) 2005 A.Little (Shettleston 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) 2005 R.Young (Clydesdale H)
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) 2005 E.Stewart (Ron Hill Cambuslang)	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) 2005 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 (Pitreavie 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 Pitreavie 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)
 2004 B.Kirkwood (Phoenix Racers)
 2005 B.Kirkwood (Lasswade AAC)

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 Pitreavie AAC)
 1996 J.Linaker (BT Pitreavie AAC)
 1997 J.Linaker (B Pitreavie AAC)
 1998 P.Cartwright (Falkirk VH)
 1999 G.Fleming (Westerland CCC)
 2000 B.Young (Clydesdale H)
 2001 T.Dolan (Ron Hill Cambuslang H)

M70

1992 T.Harrison Maryhill H.)
 2004 B.McFall (City of Edinburgh)
 2005 W.McCaskey (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 Pitreavie AAC
 1987 Pitreavie 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
 2005 Shettleston Harriers

2002 T.Dolan (Ron Hill Cambuslang H)
 2003 G.Mitchell (Inverness H)
 2004 C.Youngson (Metro Aberdeen RC)
 2005 T.Scott (Fife AC)

PREVIOUS WOMEN MASTERS 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)
 2004 S.Ridley (Edinburgh Southern H)
 2005 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 (Pitreavie AAC)
 2000 T.Thomson (Pitreavie AAC)
 2001 S.Armitage (Aberdeen AAC)
 2002 F.Florence (Shettleston Ladies)
 2003 S.Armitage (Aberdeen AAC)
 2004 H.Dean (Central AC)
 2005 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)
 2005 P.Rother (Lothian RC)

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 J.Waterhouse (Central AC)
 2004 J.Waterhouse (Central AC)
 2005 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)
 2005 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
 2004 Perth Road Runners
 2005 Falkirk Victoria Harriers