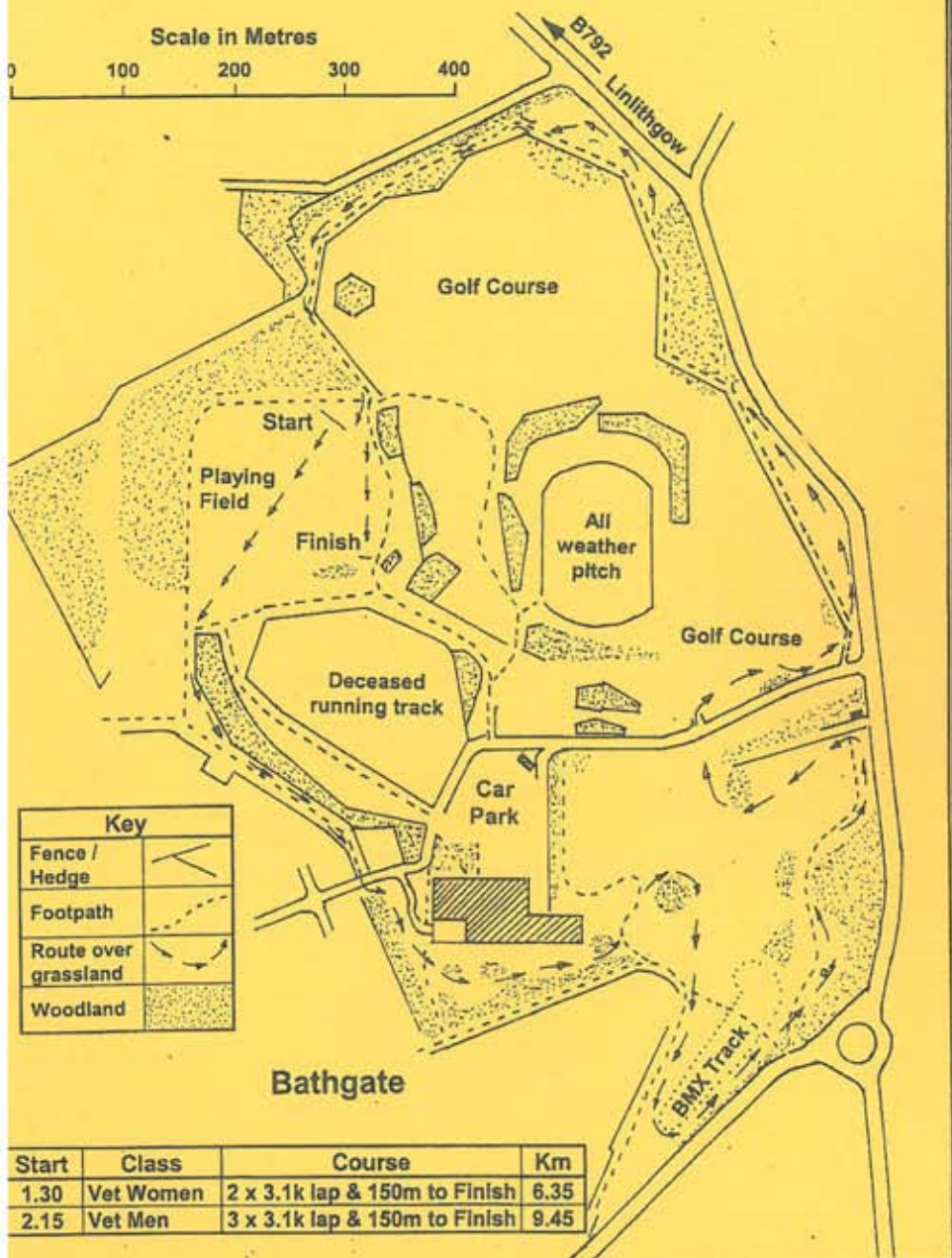


Scottishathletics Vets Cross-Country Champs
Bathgate Sports Centre - Saturday March 3rd 2007

Scale in Metres

0 100 200 300 400



Start	Class	Course	Km
1.30	Vet Women	2 x 3.1k lap & 150m to Finish	6.35
2.15	Vet Men	3 x 3.1k lap & 150m to Finish	9.45

SCOTTISH ATHLETICS



**NATIONAL MASTERS
CROSS COUNTRY
CHAMPIONSHIPS**

BATHGATE
(Balbardie Park of Peace)

SATURDAY 3rd MARCH 2007

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

Supported by



**West Lothian
Council**

SCOTTISH ATHLETICS OFFICE -BEARERS

Hon President	W.M.Campbell C.B.E. Q.C. M.P.
President	Alan Potts
Chief Executive	Geoff Wightman

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	Marjory Cook
Vice Convener	Robin Thomas
Hon. Secretary	Brian Goodwin
Finance Officer	Graham Sword

OFFICIALS

Referee	Jim Young
Clerk of Course	Martin Hyman
Judges/Funnels	Ian Clifton (Chief) Bob Reid, Kevin Martin, Andy Law
Recorders	Sandra Hardacre (Chief) Ian Hislop, Ian Mann, Alan Smith, Dave Cairns
Timekeepers	Joe Bruce(Chief) Graham Sword
Starter	Sandy Robertson
Announcer	Ron Morrison
Declarations /Results	Peter Jackson (Chief) Jen Jackson, Phyllis Law
Jury of Appeal	Marjory Cook, Robin Thomas , Brian Goodwin
First Aid	St Andrews Ambulance Uphall Strathbrock Company
Course Marshals	Portobello Running Club
Conveners	Alex Jackson, Alex McEwan

MESSAGES

Scottish Athletics

To-day for the first time we hold a Scottish Athletics Championship in Bathgate, our thanks to West Lothian who have been supportive for many years with our Road Relays for assisting with to-days event.

Of course many people give generously of their time in organising such an event as this, and thanks therefore must go to them – 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 Bathgate today for the "Masters" Cross Country Championships. The central venue has resulted in record entries in both the Women's and Men's races.

The Road Running and Cross Country Commission would like to thank all who assisted with the staging of to-days event and also to all the officials who give up their time to make to-day 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

West Lothian Council

On behalf of West Lothian Council, I would like to welcome you to Bathgate. Thank you all for travelling to the Park of Peace for this Scottish Athletics Masters championship. I see it is a record entry. I hope all your training will pay off and that some of you will visit again soon for the Six/Four Stage road relay at Livingston and the British Masters Cross country relay championships on Saturday 14th April which will also be here at Bathgate.

We are impressed by the combined endeavours of the many volunteers and the professionals who have worked together to put on the event; it puts your sport in a good light.

The athleticism, fitness of the participants and their sportsmanship has also impressed casual observers; qualities which we try to get across in our schools.

I hope you have a safe journey home and rise in the morning able to do your Sunday run!

Yours

Cllr Wendy Mutch

Chair of Sport

Masters Women

Declarations Close- 1.00

2006 Winner- Fiona Matheson (Falkirk Victoria H)

Race Starts - 1.30

2006 Team - Falkirk Victoria H

Aberdeen AAC 401 Sonia Armitage (45) 404 Kathryn Mearns (45)	Colours: White with 2 red hoops 402 Rhona Buchan (40) 403 Laura Mahady (45)
Bellahouston Road Runners 405 Sarah Dowling (35)	Colours: Purple with White Band
Caithness AAC 406 Frances Farquhar (55)	Colours: White with Blue Line
Calderglen Harriers 407 Frances Maxwell (40)	Colours: Amber and Black Vertical Stripes 408 Eileen Reid (45)
Carnegie Harriers 409 Anne Nally (60)	Colours: Orange & Green 410 Fabienne Thompson (40)
Carnethy Hill RC 411 Lyn Wilson (35)	Colours: Yellow with Red letters
Central AC 412 Hazel Dean (40) 415 Andrina Buchanan (45)	Colours: Yellow and Blue 413 Mary Kerr (40) 414 Jane Waterhouse (50) 416 Polly Harrison (35)
City of Edinburgh AC 417 Joanne Whitehead (40) 420 Janet Dunbar (35)	Colours: White with one Blue, one Black Hoop 418 Kim Forbes (45) 419 Sharyn Ramage (40) 421 Lucy Colquhoun (35) 422 Marietta Vander Linden (35)
City of Glasgow AC 423 Kirsty Baird (35)	Colours: Royal Blue with Green Panel 424 Susan Finch (40) 425 Jacqueline Thomson (40)
Dunbar Running Club 426 Anne Hay (40)	Colours: White with Green Diagonal
Dundee Road Runners 427 Morag Taggart (45)	Colours: White with Blue Diagonal
East Kilbride AAC 428 Valerie Martin (40)	Colours: Gold with 2 Black hoops 429 Angela Martin (40) 430 Gillian Anderson (35)
Edinburgh Southern H 431 Karen Dobbie (40)	Colours: White /Blue /Red 432 Susan Ridley (40)
Falkirk Victoria Harriers 433 Janette Stevenson (55)	Colours: Black with Gold Band 434 Fiona Matheson (45) 435 Caroline Lawless (45)
Fife AC 436 Sandra Aitken (45) 439 Phyllis Lemoncello (55) 442 Margaret McLaren (45) 445 Carrie Ruxton (40) 448 Catharine Sinclair (40)	Colours: White with Red Band 437 Louise Burt (40) 438 Kate Fitzpatrick (35) 440 Sarah Legge (35) 441 Kim MacGregor (50) 443 Johanna Paananen (35) 444 Kate Pether-Smith (35) 446 Jocelyn Scott (50) 447 Lorna Sibbett (35) 449 Susan Thomson (35) 450 Fiona Walker (40)

Gala Harriers 451 Karen Haldane (40)	Colours: White with Green Band	
Garscube Harriers 452 Alison Winship (35)	Colours: White with Blue Band 453 Heather McIntosh (40)	454 Mairi Stanley (35)
Helensburgh AAC 455 Michelle Hetherington (40)	Colours: Yellow with Red Band 456 Janet Fellowes (50)	457 Liz McHard (50)
Hunters Bog Trotters 458 Deborah MacDonald (45)	Colours: Brown 459 Janice Smith (50)	
Irvine AC 460 Mary Miller (45)	Colours: Red with Black Trim 461 Elizabeth McGarry (50)	462 Helen Morton (45)
Kilbarchan AAC 463 Lesley McKerral (35) 466 Carol Caulfield (40)	Colours: Gold with Black Hoop 464 Wanda Phillips (45) 467 Christine Blair (40)	465 Kate O'Brien (40)
Kirkintilloch Olympians 468 Ada Stewart (40)	Colours: Sky Blue with White and Black Hoops	
Livingston & District AAC 469 Yvonne Crilly (45)	Colours: Yellow with Green Stripe 470 Sue McDowall (45)	
Lothian Running Club 471 Lorna Eades (35) 474 Pat Wickstead (45)	Colours: Blue with Black letters 472 Rosemary Ewing (50) 475 Carol Mabon (50)	473 Jill Horsburgh (45)
Perth Road Runners 476 Andrea Cameron (40)	Colours: Green and White 477 Erni Hamilton (40)	478 Arabella Woodrow (50)
Pitreavie AAC 479 Alison Whyte (35) 482 Helen Burns (45)	Colours: Navy/Yellow/White 480 Hazel Bradley (55)	481 Avril McQueen (40)
Ron Hill Cambuslang Harriers 483 Carol Thomson (35)	Colours: Red with White Band	
Springburn Harriers 484 Clare Gemmell (35) 487 Julie Thompson (35)	Colours: Navy Blue with White Diamond 485 Lynne Marr (45)	486 Anne-Marie Hughes (40)
Unattached 488 Elizabeth Gilchrist (60)		
Westerlands CCC 489 Pauline McAdam (50) 492 Muffy Calder (45)	Colours: Yellow with Black "W" on Back 490 Jane Robertson (40)	491 Elspeth Scott (40)

Masters Men

Declarations Close- 1.45

2006 Winner Simon Pride (Mero Aberdeen RC)

Race Starts - 2.15

2006 Team - Shettleston H

Aberdeen AAC 1 Keith Charlton (45) 4 Neil Murdock (60)	Colours: White with 2 red hoops 2 Frank Boyne (40)	3 Alexander Peddie (40)
Anster Haddies 5 Allan Gibson (55)	Colours: Yellow Vest 6 William Simpson (50)	
Ayr Seaforth AAC 7 Laurence Baker (45)	Colours: White with Red Diagonal Cross	
Bellahouston Harriers 8 Campbell Joss (50)	Colours: Dark Blue with Light Blue Cross	
Bellahouston Road Runners 9 Kenneth Richmond (35) 12 Alex McIndoe (45)	Colours: Purple with White Band 10 Robert McEwan (50)	11 Douglas MacGregor (45)
Calderglen Harriers 14 Alan Derrick (40) 17 Edward Reid (40) 20 Scot Hill (35) 23 Kenny Beattie (40) 26 David Herbertson (35)	Colours: Amber and Black Vertical Stripes 15 Charles Steven (45) 18 Colin Macdonald (50) 21 George Stewart (40) 24 Martin Duthie (40) 27 Alan Cullie (40)	16 Colin Jarvie (40) 19 Roderick Shanks (55) 22 Gerard Mullen (45) 25 Stuart Waugh (55) 28 Russell Couper (40)
Carnegie Harriers 29 John Lambie (40) 32 Stephen Greer (45) 35 Alan Cockburn (40) 38 Alan Wilson (40) 41 Nicholas Weir (35)	Colours: Orange & Green 30 Ian Johnston (45) 33 Peter Simpson (45) 36 Clive Cable (55) 39 Phil Smithard (55) 42 Duncan McGougan (40)	31 Mike Harvey (40) 34 Ian Stewart (45) 37 Lewis Lawson (40) 40 Michael Cowie (50)
Carnethy Hill RC 43 Robin Morris (55)	Colours: Yellow with Red letters	
Central AC 44 Steve Laing (45) 47 Gordon Adam (45) 50 John Millar (55) 53 Liam McCabe (45) 56 Stuart Watson (40)	Colours: Yellow and Blue 45 Douglas Flynn (45) 48 Alan Gall (50) 51 Adrian Loudon (35) 54 Hugh Buchanan (45) 57 Roger Greenaway (50)	46 Alex Milne (40) 49 Cameron Campbell (45) 52 David Hay (45) 55 Philip Hendry (40) 58 James Drummond (50)
City of Edinburgh AC 59 John Agnew (45) 62 Sandy Cameron (65) 65 William Gallacher (55) 68 Leslie Kay (55) 71 Alex MacEwen (50) 74 Robert Riddell (45) 77 John Steel (40) 80 Adam Ward (45)	Colours: White with one Blue, one Black Hoop 60 Roger Alsop (40) 63 Colin Cable (45) 66 Richard Hope (45) 69 Colin Laidlaw (50) 72 Walter McCaskey (70) 75 Garry Robertson (45) 78 Eric Stevenson (55) 81 Sean Wilkinson (35)	61 Graham Beal (35) 64 Martin Ferguson (40) 67 Brian Howie (55) 70 Keith Lyall (40) 73 Robert McFall (70) 76 Martin Sneddon (40) 79 Neil Thin (45) 82 Jonathan Whitehead (50)

Clydesdale Harriers

83 Michael Diver (40)
86 James Austin (40)
89 Pete Cartwright (60)
92 Bobby Rossborough (50)

Corstorphine AAC

94 Steven Blair (40)
97 Kenneth Stewart (45)
100 Jim Bruce (55)

Dumbarton AAC

103 Peter Walsh (50)
106 Steven Pitt (40)

Dumfries Running Club

109 Peter Hill (55)
112 Leslie Hill (45)

Dunbar Running Club

114 Ian Rowland (40)
117 Ian Sills (40)

Dundee Hawkhill Harriers

119 Craig Ross (50)
122 John Osborne (40)
125 Eddie Holmes (40)
128 John Hepburn (45)
131 Charles Love (60)

Dundee Road Runners

132 Alan McLeod (60)

East Kilbride AAC

133 David J. Condra (40)
136 Gordon Colvin (45)

Elgin AAC

138 Malcolm Christie (45)

Falkirk Victoria Harriers

139 Stephen Moore (35)
142 John Martin (50)
145 Michael McQuaid (40)
148 John Stevenson (45)

Ferranti AAC

149 James Shaw (70)
152 John Gavin (55)

Colours: White with Black "C"

84 Brian Campbell (60)
87 Derek Halpin (40)
90 Robert Young (60)
93 Augustine Cairney (45)

Colours: White with Black Trim

95 Jan-Bert Van Den Berg (45)
98 John O'Hara (45)
101 David Law (45)

Colours: Black with Red Band

104 Neil Prior (40)
107 Alan Fleming (40)

Colours: White with Maroon and Sky blue Hoops

110 Paul Hart (35)
113 Duncan Scobie (35)

Colours: White with Green Diagonal

115 Stuart Hay (40)
118 Keith Mills (50)

Colours: Blue and White Quarters

120 John Castle (35)
123 Ged Keane (40)
126 Alistair Macdonald (40)
129 Stephen Mason (35)

Colours: White with Blue Diagonal

121 Alan Lawson (55)
124 Stephen Cromar (65)
127 Brian Cook (45)
130 Pete Fox (40)

Colours: Black White Band

140 David Bunyan (55)
143 David Robertson (40)
146 Keith Boardman (45)

Colours: Yellow with Black letters

150 Iain Shaw (40)
153 Edward McDonald (55)

85 John McArthur (40)
88 Peter Halpin (35)
91 Brian Gallagher (35)

96 Grant Wilkie (35)
99 Martin Hulme (55)
102 James Felstead (40)

105 Stewart Sloss (35)
108 Frank Yeoman (60)

111 Douglas Brown (45)

116 Richard Taylor (35)

125 Eddie Holmes (40)
128 John Hepburn (45)
131 Charles Love (60)

135 William Taylor (40)

141 Andrew Ronald (35)
144 Neil Robertson (40)
147 John Denholm (55)

151 Derek Burgess (45)
154 Alex Jackson (55)

Fife AC

155 Bryce Aitken (45)
158 Gary Barker (50)
161 Thomas Bowie (60)
164 Brian Cruickshank (40)
167 Douglas Gunstone (55)
170 Alan Meiklejohn (60)
173 Steven Pennycook (45)
176 Christopher Russell (35)
179 Tom Scott (55)
182 David Weir (45)

Forres Harriers

184 Hamish Cameron (60)

Gala Harriers

185 Anthony Lunn (40)
188 David Hunter (45)
191 Robert McCrerrick (40)
194 Graham Capper (50)

Garscube Harriers

195 David Atkin (45)
198 David Geddes (50)
201 Euan Mackay (45)
204 James Taylor (35)

George Heriots School

206 David Armstrong (45)

Giffnock North AAC

207 Hugh Gallagher (50)

Haddington East Lothian Pacemakers

209 Paddy McDonald (55)
212 James Baird (45)
215 Gavin Lightwood (45)

Hamilton H

216 Andrew McLinden (55)

Helensburgh AAC

218 Damien Theaker (45)
221 Erwin Losekoot (35)

Highgate Harriers

224 Craig Ross (50)

Hunters Bog Trotters

225 Duncan Baker (45)
228 Ian Campbell (40)
231 Craig Hunter (45)
234 Niall Munro (35)
237 Mark Roberts (35)
240 Neil Thomas (35)
243 Julian Warman (35)

Colours: White with Red Band

156 David Anderson (45)
159 David Bee (50)
162 Chris Clark (55)
165 Adrian Davis (40)
168 John Kay (45)
171 Michael Mitchell (40)
174 Alastair Robertson (60)
177 Edwin Sanders (55)
180 David Shepherd (40)
183 Andrew Wright (65)

Colours: Red**Colours: White with Green Band**

186 Martin Clarke (50)
189 Malcolm Gowans (40)
192 Alan Goodson (45)

Colours: White with Blue Band

196 Stephen Cullen (45)
199 Andrew Griffiths (55)
202 Robert McLennan (45)
205 Dermot Williamson (55)

Colours: White with Blue Band**Colours: Amber with Royal Blue Hoop**

208 Mark Hollinshead (45)

Colours: Red and White Halves

210 Brian Carr (55)
213 George Armstrong (65)
211 Frederick McCain (55)
214 Sandy Wallace (55)

Colours: White with Red Facings

217 David Adams (60)

Colours: Yellow with Red Band

219 Paul Thompson (50)
222 John Allwood (50)

Colours: Brown

226 Stewart Barrie (40)
229 Colin Farquharson (45)
232 Ian Marshall (55)
235 Don Naylor (35)
238 Geoff Simpson (45)
241 James Thyne (50)
244 Norman Weir (65)

157 Andrew Barker (55)
160 Graham Bennison (60)
163 James R. Close (45)
166 Nigel Fowler (35)
169 Frank McLaren (55)
172 Terry Mitchell (45)
175 Douglas Robertson (45)
178 Mel Scobie (60)
181 Bill Smith (35)

187 John Cairns (40)
190 Will McDermott (45)
193 Allan Gordon (60)

197 Lindsay Cunningham (35)
200 Kenneth Macanna (50)
203 Athole Smith (40)

220 Karl Holditch (40)
223 Ross McInroy (55)

227 Steven Cairns (35)
230 Alistair Hart (35)
233 Billy Minto (40)
236 Ivor Normand (40)
239 Jamie Thin (35)
242 Richard Wall (50)

Ilford AC
245 Iain Campbell (45)

Inverclyde AC
246 Stuart Hodge (45)
249 John Smillie (40)

Inverness Harriers
251 George Mitchell (60)

Irvine AC
253 Iain Fraser (45)
256 Andrew Rennie (55)
259 Brian Craig (45)
262 Ian Berryman (50)
265 Iain Hamilton (60)

Keith & District AAC
267 Mike Stewart (40)
270 Nick Brown (40)

Kilbarchan AAC
272 John McMillan (35)
275 Robert Quinn (40)
278 John McInnes (55)

Kirkintilloch Olympians
281 Stuart Kerr (35)
284 Gary Mitchell (35)

Larne AC
286 William Magee (60)

Livingston & District AAC
287 Andrew Sneddon (45)
290 Steven Thomson (45)

Lothian Running Club
291 Graeme Ackland (40)
294 David Bell (40)
297 Peter Dymoke (45)
300 David Mabon (50)
303 Alan McIntosh (40)

Metro Aberdeen RC
304 Keith Varney (50)
307 Keith Farquhar (45)

Moray Road Runners
309 George Sim (55)

Ochil Hill Runners
312 Ron McCraw (45)
315 David Payne (40)

Penicuik Harriers
316 Michael Browne (60)

Colours: Black & White Stripes
247 Gerard Gaffney (50) 248 Robert Shaw (50)
250 Tom Tracey (50)

Colours: Gold with Maroon Diagonal
252 James Meehan (40)

Colours: Red with Black Trim
254 Ian McManus (65) 255 David Millar (35)
257 George Irving (40) 258 Alex Allardyce (35)
260 James White (55) 261 James Sneddon (40)
263 Peter Collier (40) 264 William Richardson (35)
266 Alan Auld (35)

Colours: Skye Blue and Maroon
268 Stephen Gill (35) 269 John Goodall (45)
271 Frankie Barron (40)

Colours: Gold with Black Hoop
273 James Snodgrass (40) 274 Donald Petrie (45)
276 Steven Hards (45) 277 Thomas Anderson (45)
279 Michael McGinley (45) 280 Thomas Hearle (35)

Colours: Sky Blue with White and Black Hoops
282 Alistair Allan (35) 283 Robert Rogerson (45)
285 Neil McCover (50)

Colours: Yellow with Green Stripe
288 Christopher Northam (55) 289 George Gilhooley (45)

Colours: Blue with Black letters
292 Alec Agnew (55) 293 James Alexander (40)
295 Stephen Dempsey (55) 296 Richard Docherty (40)
298 David Eades (35) 299 Robert Lee (40)
301 Colin Meek (45) 302 Scott Nelson (35)

Colours: Black/Yellow Quarters
305 Peter Jennings (50) 306 Colin Youngson (55)
308 Mark Johnson (45)

Colours: Dayglow yellow with Black Trim
310 John C MacGregor (55) 311 Ewan Paterson (55)

313 Peter Buchanan (45) 314 David Scott (50)

Colours: Purple with White Panels

Perth Road Runners
317 Martin Ryan (55)

Pitreavie AAC
319 Archibald Duncan (60)
322 Stephen Skene (40)

Portobello RC
324 Leo Zijerveld (40)

Ron Hill Cambuslang Harriers
326 John Brown (40)
329 Colin Donnelly (45)
332 John McPake (35)
335 Archie Jenkins (50)
338 Alexander Eaglesham (50)
341 Stephen Wylie (35)

Shettleston Harriers
342 John Eadie (75)
345 John Duffy (40)
348 Robert Soutar (40)
351 Malcolm Patterson (45)
354 Jim Norton (50)

Springburn Harriers
355 George Inglis (65)
358 Damian McAuley (40)

Teviotdale Harriers
359 David Cavers (40)
362 Raymond Jaffray (40)
365 Robert Cranston (40)

Unattached
367 Arnott Kidd (70)

Westerlands CCC
369 Graeme Orr (55)
372 Chris Upson (40)

Colours: Green and White
318 Colin Campbell (65)

Colours: Navy/Yellow/White
320 Jeff Farquhar (45) 321 Nigel Cunningham (35)
323 Steven Paton (35)

Colours: White with Navy and Blue Bands
325 Gerard Scullion (40)

Colours: Red with White Band
327 Robert Anderson (60) 328 Charles Thomson (40)
330 Edward Stewart (50) 331 Michael O'Hagan (35)
333 Stephen McGroarty (35) 334 Ross Arbuckle (45)
336 James Zapple (45) 337 Bryan Porter (40)
339 Benny McLaughlin (40) 340 Kerry Liam Wilson (35)

Colours: Blue with Yellow Band
343 William Coyle (40) 344 Peter Carton (50)
346 Andy Little (40) 347 Ian Johnston (35)
349 Denis Williams (40) 350 Desmond Crowe (45)
352 Kenneth McClean (45) 353 Dermot McGonigle (45)

Colours: Navy Blue with White Diamond
356 William McGregor (60) 357 Andrew Callan (35)

Colours: White with Maroon Band
360 Craig Grieve (35) 361 Alan Inglis (35)
363 Bill Knox (55) 364 Alan Coltman (40)
366 James Pitillo (70)

368 Andrew Costigane (45)

Colours: Yellow with Black "W" on Back
370 David Riach (40) 371 Daniel Reid (45)
373 Jason Kaushal (40) 374 David Calder (45)

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 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)
 2004 A.Robertson (Ron Hill Cambuslang)
 2005 A.Little (Shettleston H.)
 2006 A.Little (Shettleston 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)
 2006 I.Stewart (Carnegie 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)
 2006 G.Mitchell (Inverness 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)
 2005 S.Cromar (Dundee Hawkhill H)
 2006 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 (Pitreevie 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 Pitreevie 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)
 2006 F.Barton (Ron Hill Cambuslang H)

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 Pitreevie AAC)
 1996 J.Linaker (BT Pitreevie AAC)
 1997 J.Linaker (BT Pitreevie 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)
 2006 W.McCaskey (City of Edinburgh)

TEAMS

1972 Greenock Wellpark H.
 1973 Springburn H.
 1974 Springburn H.
 1975 Springburn H.
 1976 Springburn H.
 1977 Edinburgh AAC
 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 Pitreevie AAC
 1987 Pitreevie 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
 2006 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)
 2006 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)
2006 A.Hepburn (Aberdeen AAC)

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)
2006 F.Matheson (Falkirk Victoria H)

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)
2006 C.Lawless (Falkirk Victoria H)

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)
2006 J.Scott (Fife 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)
2006 J.Stevenson (Falkirk Victoria H)

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
2006 Falkirk Victoria Harriers

NATIONAL MASTERS CHAMPIONSHIP VENUES

2007 BATHGATE
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 Scottish Athletics Championship at Balbardie Park Bathgate

In January 1993 the East District Cross Country Championship was held at Balbardie Park , Bathgate.

The event was notable for 2 reasons.

It was the last separate Male event, the following winter at Alloa was the 1st joint male and female East District Cross Country Championships.

The event was also notable because one race, the Junior Men's was declared void as no athlete had run the proper course.