

Ladies B-C-D-E-A-B-C-D-E-A-B-C-F-G-H-I-D-E-A
6400 Metres

Men D-E-A-B-C-D-E-A-B-C-F-G-H-I-D-E-A
10000 Metres



SCOTTISH ATHLETICS



NATIONAL MASTERS CROSS COUNTRY CHAMPIONSHIPS

FORRES
(Grant Park)

SATURDAY 6th FEBRUARY 2010

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
Chair	Frank Dick

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	Ron Morrison (Fife AC)
Vice Convener	Robin Thomas (Hunters Bog Trotters)
Hon. Secretary	Alex Jackson (Ferranti AAC)
Finance Officer	Graham Sword (Kirkintilloch O)

OFFICIALS

Referee	Andy Law
Clerk of Course	Mark Ellis
Funnel Control	Ben Livesey
Timekeepers	Ian McKenzie John Harnott and Team
Recorders	Joanna Rogan, Tracey Carpenter, Pauline Dey.
Starter	Andy Law
Declarations	Caroline Cowie
Announcer	Alex Jackson
Results	Peter Jackson,
Presentations	Don Ritchie MBE
Jury of Appeal	Iain MacKenzie, Hamish Cameron, Doug Cowie
Course Stewards	Forres Harriers
First Aid	
Convenors	Paul Rogan/Douglas Cowie

Scottish Athletics thanks everyone who has contributed to the success of to-days event.

MESSAGES

Scottish Athletics

The Scottish Masters Cross Country Championship in its present form was first held in the North District in 1996 in Elgin. Since then it has been held in Forres in 2003 and 2006. I am delighted that the Championships have returned to Forres yet again this year.

This year marks the last time that the Masters will be defined as over 35. The IAAF has designated the lower end age for non-stadia Masters events as 40 for both men and women from 1st November 2009. Rather than split a season the SAL Road Running and Cross Country Commission decided to introduce the new age categories on 1st April 2010.

The results of the Championships will be recorded in the Commission's results Archive which is trying to establish a complete history of all the medallists at Scottish Road Running and Cross Country Championships. The Archive may be viewed at

<http://www.salroadrunningandcrosscountrymedalists.co.uk/index.html>

At present the Archive is incomplete. However if you have missing results, data or corrections that you wish to contribute, please contact Ron Morrison at ron@cs.st-andrews.ac.uk with details.

Finally I would like to wish everyone a most enjoyable day's competition be it at the front, middle or end of the races.

Ron Morrison
Convenor, Road Running and Cross Country Commission

Forres Harriers

On behalf of FORRES HARRIERS can I just say what a pleasure it is to welcome you all here today. It is indeed an honour for Forres Harriers to have the opportunity to stage a National Championship.

The course, although testing in places is in the beautiful setting of Grant Park. I wish you all success and hope you enjoy your visit to Forres.

Doug Cowie
Forres Harriers

NATIONAL MASTERS, FORRES 2010

MEDALS AWARDS

WOMEN

1 st	2 nd	3 rd	TEAMS (3 TO SCORE)
1 st	2 nd	3 rd	OVER 35
1 st	2 nd	3 rd	OVER 40
1 st	2 nd	3 rd	OVER 45
	1 st	2 nd	OVER 50
		1 st	OVER 55
		1 st	OVER 60

MEN

1 st	2 nd	3 rd	TEAMS (4 TO SCORE)
1 st	2 nd	3 rd	OVER 35
1 st	2 nd	3 rd	OVER 40
1 st	2 nd	3 rd	OVER 45
1 st	2 nd	3 rd	OVER 50
1 st	2 nd	3 rd	OVER 55
1 st	2 nd	3 rd	OVER 60
	1 st	2 nd	OVER 65
	1 st	2 nd	OVER 70 (Including Over 75)

**Free photocopy results will be available at the
prizegiving**

Masters Women

Declarations Close- 1.00

Race Starts - 1.30

2009 Winner- Jennifer McLean (Edinburgh AC)

2009 Team - Central AC

Aberdeen AAC	Colours: White with 2 red hoops		
201 Sonia Armitage (45)	202 Rhona Buchan (40)	203 Laura Mahady (50)	
204 Veronique Oldham (40)			
Bellahouston Harriers	Colours: Dark Blue with Light Blue Cross		
205 Erica Christie (50)			
Carnegie Harriers	Colours: Orange & Green		
206 Fabienne Thompson (40)			
Carnethy Hill RC	Colours: Yellow with Red letters		
207 Jacqui Higginbottom (40)			
Central AC	Colours: Yellow and Blue		
208 Hazel Dean (45)	209 Ainsley Normand (35)	210 Fiona Kelsall (40)	
211 Jane Waterhouse (55)	212 Polly Harrison (35)		
Clydesdale Harriers	Colours: White with Black "C"		
213 Marina McCallum (35)	214 Kathryn Scott (45)	215 Pamela McCrossan (45)	
Edinburgh AC	Colours: White with one Blue, one Black Hoop		
216 Susan Ridley (40)	217 Jennifer MacLean (35)	218 Marietta Beal (35)	
219 Joanne Whitehead (40)			
Fife AC	Colours: White with Red Band		
220 Sarah Legge (35)	221 Phyllis Lemoncello (60)	222 Carole Melville (65)	
223 Mary Mitchell (60)	224 Hilary Ritchie (45)	225 Jocelyn Scott (55)	
Forres Harriers	Colours: Red		
226 Susan McRitchie (35)	227 Moriag Lyall (40)	228 Ros Wright (45)	
229 Nadine Williams (40)	230 Shona Spencer (45)	231 Cisca Cameron (40)	232 Jackie Nicol (45)
233 Siobhan Evans (35)	234 Jenny Stewart (35)	235 Anne Docherty (60)	
236 Carol Murphy (50)			
Garscube Harriers	Colours: White with Blue Band		
237 Alison Winship (35)	238 Heather McIntosh (45)		
Helensburgh AAC	Colours: Yellow with Red Band		
239 Julia Henderson (35)	240 Claire Heasman (35)	241 Michelle Hetherington (45)	
242 Janet Fellowes (50)	243 Anna Wylie (50)		
Hunters Bog Trotters	Colours: Brown		
244 Deborah MacDonald (50)			
Inverness Harriers	Colours: Gold with Maroon Diagonal		
245 Julie Wilson (40)	246 Doreen Campbell (40)	247 Melissa Whyte (45)	248 Jackie Mair (40)
249 Sheila Gollan (45)			
Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes		
250 Paula Wilson (40)			

Kirkintilloch Olympians **Colours: Sky Blue with White and Black Hoops**
251 Ada Stewart (45) 252 Susan Addison (45) 253 Marie McChord (50)

Metro Aberdeen RC **Colours: Black/Yellow Quarters**
254 Ruth Wolfe (45) 255 Janet McRoberts (40) 256 Rowena Dustan (35)

Moray Road Runners **Colours: Dayglow yellow with Black Trim**
257 Amanda Strang (35) 258 Lydia Davis (40) 259 Sarah Houston (50)
260 Michelle Green (35) 261 Frances Wardhaugh (55) 262 Jennifer Coelho (40)
263 Catherine Donegan (35)

Motherwell AC **Colours: Red with White edging**
264 Phyllis Hands (50)

Ross County
265 Alison Cameron (40) 266 Annelise Glew (35) 267 Julie Cleghorn (40)

Scottish Prison Service **Colours: Royal Blue & White**
268 Jennifer Telford (40)

Shettleston Harriers **Colours: Blue with Gold Band**
269 Avril Mason (35) 270 Susan Breckenridge (40)

Springburn Harriers **Colours: Navy Blue with White Diamond**
271 Lynne Marr (45)

Teviotdale Harriers **Colours: White with Maroon Band**
272 Donna Inglis (40)

Wee County Harriers **Colours: Navy and Orange**
273 Beryl Junnier (45)

Masters Men

Declarations Close- 1.45

2009 Winner Robert Quinn (Kilbarchan AAC)

Race Starts - 2.15

2009 Team - RH Cambuslang H

Aberdeen AAC 1 Frank Boyne (40)	Colours: White with 2 red hoops 2 Neil Manson (40)	3 Keith Charlton (45)
Bellahouston Harriers 4 Iain Burke (60)	Colours: Dark Blue with Light Blue Cross	
Bellahouston Road Runners 5 Peter Gallanagh (40)	Colours: Purple with White Band	
Carnegie Harriers 6 Ian Stewart (50) 10 Thomas Lawrence (35) 13 Allan Fotheringham (40)	Colours: Orange & Green 7 Lewis Lawson (45) 11 Stephen Greer (50)	8 Steven King (35) 9 Peter Simpson (50) 12 Robbie McKenzie (45)
Central AC 14 Steve Laing (50)	Colours: Yellow and Blue	
Clydesdale Harriers 15 Peter Rudzinski (55) 18 Brian J Campbell (65)	Colours: White with Black "C" 16 Robert Young (65) 19 Bobby Rossborough (50)	17 Pete Cartwright (65)
Dumbarton AAC 20 Neil Prior (45)	Colours: Black with Red Band	
Dundee Hawkhill Harriers 21 Craig Ross (50) 24 Stuart Kerr (50) 27 Craig Love (35)	Colours: Blue and White Quarters 22 John Hepburn (45) 25 David Mitchell (45)	23 Charles Haskett (50) 26 Charles Love (65)
Edinburgh AC 28 Graham Beal (40) 31 William Gallacher (60) 34 Marek Jurasinski (35) 37 Alex MacEwen (55) 40 Garry Robertson (45) 43 Jonathan Whitehead (50)	Colours: White with one Blue, one Black Hoop 29 Martin Ferguson (45) 32 Brian Howie (55) 35 Andrew Laycock (40) 38 Walter McCaskey (75) 41 Eric Stevenson (60)	30 Owen Flage (35) 33 Colin Hutt (40) 36 Keith Lyall (45) 39 Kirk Ollason (35) 42 Adam Ward (45)
Elgin AAC 44 Malcolm Christie (50)	Colours: Black White Band	
Fife AC 45 Andrew Milne (40) 48 Tom Scott (60)	Colours: White with Red Band 46 Daniel Newman (40) 49 David Weir (45)	47 Eddie Sanders (60) 50 Andrew Wright (65)
Forres Harriers 51 Paul Rogan (40) 54 Hamish Cameron (60) 57 Kenneth Douglas (40) 60 Sam Morrison (55) 63 Michael Milmoie (55) 66 Lambert Munro (65) 69 Tim W Pott (45) 72 Mark Brain (40)	Colours: Red 52 Lloyd Gallantree (45) 55 Norrie Lyall (40) 58 Colin Youngson (60) 61 Lindsay Grant (45) 64 Andrew Ross (40) 67 Stewart Burn (50) 70 Jon Hollingdale (45)	53 Douglas Cowie (55) 56 Iain MacDonald (40) 59 Graham Coull (40) 62 David McCulloch (35) 65 Stephen Hayward (45) 68 David Adam (40) 71 Nick Barr (45)

Gala Harriers
73 Robert Marshall (60)

Colours: White with Green Band

Garscube Harriers
74 Euan Mackay (50)

Colours: White with Blue Band

Giffnock North AAC
75 Hugh Gallagher (55)

Colours: Amber with Royal Blue Hoop

Helensburgh AAC
76 Andrew Henderson (45)

Colours: Yellow with Red Band
77 Alistair Wylie (50) 78 Paul Thompson (50)

Highland Hill R
79 Kenny Riddle (40)

Hunters Bog Trotters
80 Steven Cairns (40)

Colours: Brown
81 Geoffrey Mitchell (50)

Individuals
82 William Russell (75)

Inverclyde AC
83 Gerard Gaffney (50)

Colours: Black & White Stripes
84 Robert Shaw (50)

Inverness Harriers
85 George Mitchell (60)
88 Billy Skinner (40)
91 Ross MacDonald (50)
94 Brian MacKenzie (40)

Colours: Gold with Maroon Diagonal
86 Graeme Campbell (40) 87 Graham Laing (50)
89 Tom McWilliam (35) 90 Charles Jarvie (65)
92 Graham Whyte (50) 93 Iain Allan (45)
95 Alan Murchison (35)

Irvine AC
96 Andrew Rennie (60)

Colours: Red with Black Trim
97 James White (55)

Keith & District AAC
98 Nick Brown (45)

Colours: Skye Blue and Maroon
99 Frankie Barron (40) 100 Jeremy Whittet (40)

Kilbarchan AAC
101 Robert Quinn (40)
104 Donald Petrie (50)
107 Ian MacDougall (45)

Colours: Gold with Black Hoop
102 James Snodgrass (40) 103 John McMillan (35)
105 Thomas Hearle (40) 106 Steven Hards (45)
108 Alistair MacAngus (50) 109 John Kynaston (50)

Kilmarnock Harriers
110 Brian McEwan (40)
113 Connell Drummond (35)

Colours: Royal Blue with 2 White Stripes
111 George Irving (45) 112 Scott Martin (40)

Law & District AAC
114 James Rowley (60)

Colours: Amber with 2 Red Bands and 1 White Band
115 William Drysdale (70)

Lothian Running Club
116 Ian Leggett (70)

Colours: Blue with Black letters

Metro Aberdeen RC
117 William Reid (40)

Colours: Black/Yellow Quarters
118 Leslie McNicol (70)

Mid Argyll AC
119 Andrew Law (50)

Colours: Yellow with 2 Black vertical Bands

Moray Road Runners

120 Colin Green (35)
123 Ewan Paterson (55)
126 Steve Reeve (40)

Nithsdale AC

158 William Mackintosh (55)

Peterhead AAC

128 Alan Reid (40)

Pitreavie AAC

130 Jeff Farquhar (50)

Ron Hill Cambuslang Harriers

131 Ross Arbuckle (45)
134 Alexander Eaglesham (55)
137 Archie Jenkins (55)
140 Jamie Reid (35)
143 James Zaple (50)

Shettleston Harriers

144 Ian Johnston (40)
147 William Coyle (45)
150 John Duffy (45)

Springburn Harriers

152 John Bell (40)

Swindon Harriers

153 Brian Gardner (50)

Teviotdale Harriers

154 Raymond Jaffray (40)

Victoria Park City of Glasgow

157 Tom Ord (50)

Colours: Dayglow yellow with Black Trim

121 Gordon Cowie (55) 122 John C MacGregor (55)
124 George Sim (60) 125 Keith McArthur (45)
127 Donald Ritchie (65)

Colours: Sky Blue

129 Terry Christie (35)

Colours: Navy/Yellow/White**Colours: Red with White Band**

132 Frank Barton (50) 133 Colin Donnelly (50)
135 David Fairweather (65) 136 Colin Feechan (50)
138 Kenny Macpherson (40) 139 Thomas McPake (55)
141 David Rodgers (40) 142 Kerry Liam Wilson (35)

Colours: Blue with Gold Band

145 Denis Williams (45) 146 John Oates (50)
148 Andy Little (45) 149 Desmond Crowe (45)
151 William Breckenridge (40)

Colours: Navy Blue with White Diamond**Colours: White with Maroon Band**

155 Alan Inglis (40) 156 Norman Taylor (55)

Colours: Blue and White Hoops**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.)
2006 A.Little (Shettleston H.)
2007 A.Little (Shettleston H.)
2008 R.Quinn (Kilbarchan AAC)
2009 R.Quinn (Kilbarchan AAC)

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 Hawhill H)
2003 A.Fowle (City of Hull)
2004 R.Young (Clydesdale H)
2005 R.Young (Clydesdale H)
2006 G.Mitchell (Inverness H)
2007 A.Duncan (Pitreavie AAC)
2008 A.Duncan (Pitreavie AAC)
2009 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 Hawhill H)

2005 E.Stewart (Ron Hill Cambuslang)
 2006 I.Stewart (Carnegie H)
 2007 C.Donnelly (Ron Hill Cambuslang)
 2008 C.Donnelly (Ron Hill Cambuslang)
 2009 A.Little (Shettleston H)

2005 S.Cromar (Dundee Hawkhill H)
 2006 S.Cromar (Dundee Hawkhill H)
 2007 S.Cromar (Dundee Hawkhill H)
 2008 P.Cartwright (Clydesdale H)
 2009 J.McMillan (Kilbarchan AAC)

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)
 2007 E.Stewart (Ron Hill Cambuslang H)
 2008 B.Gardner (Swindon H)
 2009 I.Stewart (Carnegie 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 (B Pitreevie AAC)
 1998 P.Cartwright (Falkirk VH)
 1999 G.Fleming (Westerland CCC)

M70
 2004 B.McFall (City of Edinburgh)
 2005 W.McCaskey (City of Edinburgh)
 2006 W.McCaskey (City of Edinburgh)
 2007 W.McCaskey (City of Edinburgh)
 2008 W.McCaskey (Edinburgh AC)
 2009 S.Cromar (Dundee Hawkhill H)
 TEAMS (4 to score)
 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 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
 2007 Shettleston Harriers
 2008 Ron Hill Cambuslang H
 2009 Ron Hill Cambuslang H
 M35
 2006 S.Pride (Forres H)
 2007 S.Cairns (Hunters BogT)
 2008 D.Millar (Irvine AC)
 2009 S.Wylie (Ron Hill Cambuslang H)

2000 B.Young (Clydesdale H)
 2001 T.Dolan (Ron Hill Cambuslang H)
 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)
 2007 G.Sim (Moray Road Runners)
 2008 E.Paterson (Moray Road Runners)
 2009 T.Scott (Fife AC)

PREVIOUS FEMALE MASTERS CHAMPIONS

W35
 1993 S.Branney (City of Glasgow)
 1994 T.Thomson (BT Pitreevie AAC)
 1995 T.Thomson (BT Pitreevie AAC)
 1996 S.Armitage (Aberdeen AAC)
 1997 T.Thomson (B Pitreevie 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)
 2007 C.Gemmell (Springburn H)
 2008 L.Wilson (Carnethy HRC)
 2009 J.McLean (Edinburgh 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 (Pitreevie 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)
 2007 J.Waterhouse (Central AC)
 2008 E.Christie (Bellahouston H)
 2009 E.Christie (Bellahouston 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 (Pitreevie AAC)
 2000 T.Thomson (Pitreevie 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)
 2007 S.Finch (City of Glasgow)
 2008 S.Ridley (Edinburgh AC)
 2009 F.Thompson (Carnegie H)

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)
 2007 J.Stevenson (Falkirk Victoria H)
 2008 J.Waterhouse (Central AC)
 2009 J.Scott (Fife AC)
 W60
 2008 P.Lemoncello (Fife AC)
 2009 P.Lemoncello (Fife AC)
 W65
 2008 C.Melville (Fife AC)
 2009 C.Melville (Fife 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)

TEAMS (3 to score)
 1993 Fife AC
 1994 Fife AC
 1995 Livingston & D AAC
 1996 Aberdeen AAC
 1997 B Pitreevie AAC

1998 D.Monteith (Loudoun Runners)	1998 Shettleston Ladies
1999 J.Waterhouse (Central AC)	1999 Shettleston Ladies
2000 J.Waterhouse (Central AC)	2000 Pitreavie AAC
2001 J.Waterhouse (Central AC)	2001 Shettleston Ladies
2002 P.Affleck (Gala H)	2002 Gala Harriers
2003 K.Mearns (Aberdeen AAC)	2003 Central AC
2004 H.Morton (Irvine AC)	2004 Perth Road Runners
2005 P.Rother (Lothian RC)	2005 Falkirk Victoria Harriers
2006 C.Lawless (Falkirk Victoria H)	2006 Falkirk Victoria Harriers
2007 F.Mathieson (Falkirk Victoria H)	2007 Falkirk Victoria Harriers
2008 S.Finch (VP Glasgow)	2008 Garscube Harriers
2009 F.Maxwell (Shettleston H)	2009 Central AC

NATIONAL MASTERS CHAMPIONSHIP VENUES

2010	FORRES
2009	IRVINE
2008	IRVINE
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