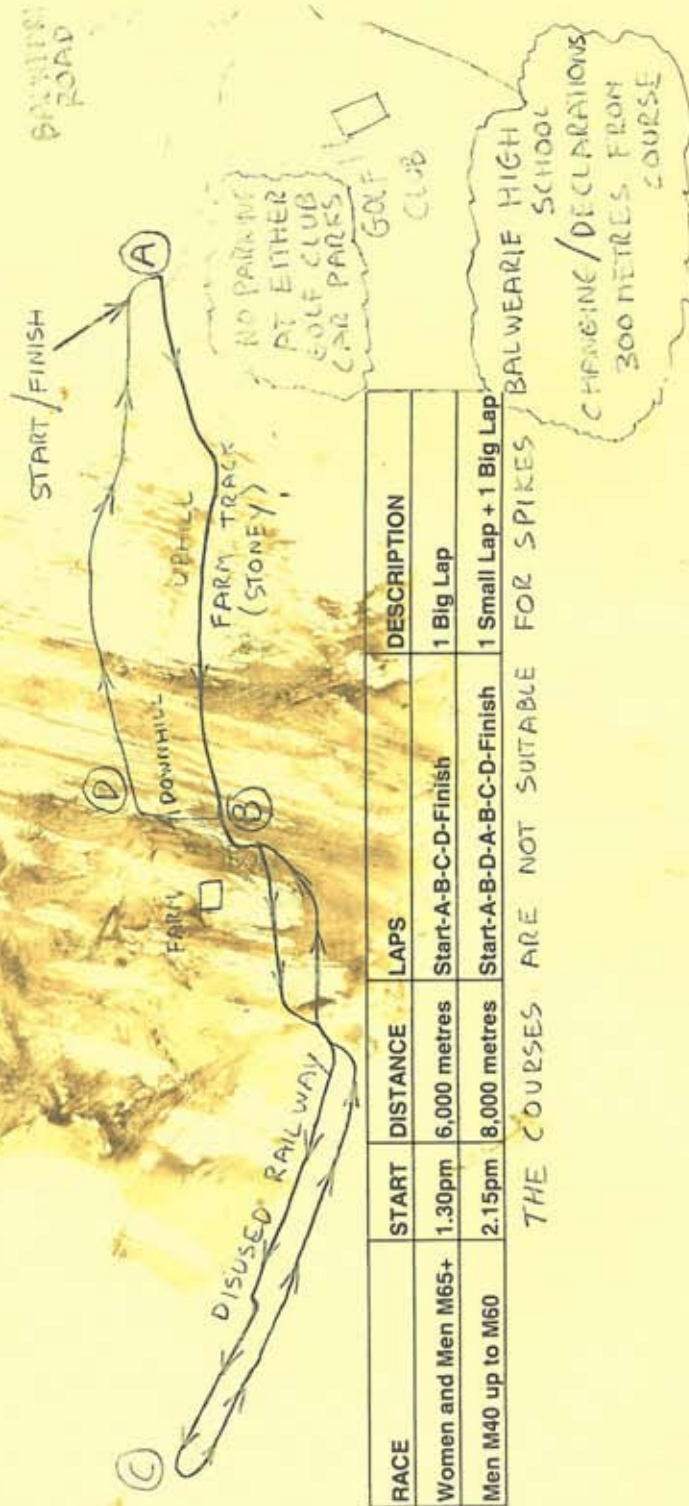




RACE	START	DISTANCE	LAPS	DESCRIPTION
Women and Men M65+	1.30pm	6,000 metres	Start-A-B-C-D-Finish	1 Big Lap
Men M40 up to M60	2.15pm	8,000 metres	Start-A-B-D-A-B-C-D-Finish	1 Small Lap + 1 Big Lap

scottishathletics 

NATIONAL MASTERS CROSS COUNTRY CHAMPIONSHIPS

KIRKCALDY

SATURDAY 5th FEBRUARY 2011

Women 6,000 Metres 1.30pm
Men 8,000 Metres 2.15pm

SCOTTISH ATHLETICS OFFICE -BEARERS

Hon President	W.M.Campbell C.B.E. Q.C. M.P.
President	Alan Potts
Chief Executive	Nigel Holl

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	Ron Morrison
Hon. Secretary	Alex Jackson
Finance Officer	Graham Sword

OFFICIALS

Referee	Ron Morrison
Assistant	Dave Cairns
Clerk of Course	Frank McLaren
Officials Report	Barry Craighead
Judges/Funnels	Ian Clifton (Chief) Neil Donachie
Recorders (Places)	Ian Hislop (Chief) Allan Smith Ian Mann
Recorders (Times)	Molly Wilmoth, Sandy Cameron
Timekeepers	Margaret Daly (Chief)
Starter	Barry Craighead
Announcer	John Wands
Declarations	Jen Jackson
Results	Peter Jackson, Marjory Cook, Marion Donachie
First Aid	St Andrews Ambulance
Course Marshals	Mel Scobie, Ron Mill, George Black, Mike Hogg, Dave Hammond, Eddie Saunders, Irene Saunders, Mark Buchan, Stewart Davidson.
Convener	Alex Jackson

Masters Championships 2011

This is the first time that the Scottish Masters Cross Country Championship has been held in Kirkcaldy and I would like to thank Frank McLaren and his team from Fife AC for hosting the Championships. The course this year is certainly challenging and although it has been designated as not suitable for spikes there is no road or tarmac, only a very stony path. Some may still decide to run in spikes.

This year the Road Running & Cross Country Commission have made some significant changes to the Championships. These are detailed below but include: 1st, 2nd, and 3rd place medals in all 5-year age categories; a men's O50 team race; O65 men running the same distance as the women; and the abolishment of the M35 and W35 categories as per the IAAF Rule. Let us know what you think.

The entries for the Championships are very healthy with a Women's record of 107 and a Men's field of 303. The numbers make the Championships a true test of the strength of the age groups.

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
Convener, Road Running and Cross Country Commission

Masters National Cross Country Championships Rules of Competition

Masters Championships will be held in 5-year categories for athletes on or over 40 on the day of the race. Athletes will compete only in their own 5-year age category but races may be combined for brevity. From Jan 2011 the following will be adopted:

- M40, M45, M50, M55, M60 will run together over 8,000 metres
- All women + M65, M70 etc will run together over 6,000 metres

Team medals will be awarded as follows

- 1st, 2nd, and 3rd place medals for teams of 4 to in the men's M40-M60 race
- 1st place medals for a team of 3 in the men's race for combined M50, M55, M60 with the proviso that anyone winning a medal in the M40-M60 team race may not count in this one. In calculating the team scores all M40, M45 athletes and all medallists in the men's M40-M60 race will be removed from the results before allocating finishing positions
- 1st, 2nd, and 3rd place medals for teams of 3 to count in the women's race
- The Teviotdale Harriers Shield will be presented to the 1st team in the men's M40-M60 race

Individual medals

- 1st, 2nd, and 3rd place medals will be awarded in all 5 year age categories
- The Jock Semple Quaich will be presented to the 1st finisher in the M40-M60 race

Masters Women

Declarations Close- 1.00

2010 Winner- Jennifer McLean (Edinburgh AC)

Race Starts - 1.30

2010 Team - Helensburgh AAC

Aberdeen AAC	Colours: White with 2 red hoops		
1 Sonia Armitage (50)	2 Rhona Buchan (40)	3 Laura Mahady (50)	
4 Veronique Oldham (40)	5 Angela Hepburn (40)		
Anster Haddies	Colours: Yellow Vest		
6 Pamela Cruikshanks (45)	7 Hazel Bradley (60)	8 Tricia Wallace (45)	
Bellahouston Harriers	Colours: Dark Blue with Light Blue Cross		
9 Bernadette O'Neil (40)	10 Erica Christie (50)	11 Yvonne Winchester (40)	
Calderglen Harriers	Colours: Amber and Black Vertical Stripes		
12 Frances Maxwell (45)			
Carnegie Harriers	Colours: Orange & Green		
13 Morna Fleming (55)	14 Isobel Burnett (50)	15 Fabienne Thompson (45)	16 Mary Western (45)
17 Alison Whyte (40)			
Carnethy Hill RC	Colours: Yellow with Red letters		
18 Kate Friend (45)	19 Joanne Anderson (40)	20 Angela Mudge (40)	
21 Jacqui Higginbottom (40)			
Central AC	Colours: Yellow and Blue		
22 Hazel Dean (45)	23 Jane Waterhouse (55)	24 Fiona Kelsall (40)	
Clydesdale Harriers	Colours: White with Black "C"		
25 Kathryn Scott (45)			
Dumfries Running Club	Colours: White with Maroon and Sky blue Hoops		
26 Lisa Finlay (40)			
Dunbar Running Club	Colours: White with Green Diagonal		
27 Anne Hay (45)			
Dundee Road Runners	Colours: White with Blue Diagonal		
28 Morag Taggart (50)	29 Gillian Hanlon (55)		
Edinburgh AC	Colours: White with one Blue, one Black Hoop		
30 Sharyn Ramage (45)	31 Susan Ridley (45)	32 Karen Dobbie (40)	
Falkirk Victoria Harriers	Colours: Black with Gold Band		
33 Caroline Lawless (50)	34 Fiona Matheson (45)		
Ferranti AAC	Colours: Yellow with Black letters		
35 Claire Gilchrist (40)	36 Elizabeth Gilchrist (65)	37 Sheila Bauchop (65)	
38 Siobhan Sellar (40)			
Fife AC	Colours: White with Red Band		
39 Sandra Aitken (50)	40 Lorraine Brown (45)	41 Louise Burt (45)	42 Sarah Legge (40)
43 Carole Melville (65)	44 Johanna Paananen (40)	45 Hilary Ritchie (45)	46 Jocelyn Scott (55)
47 Susan Thomson (40)	48 Phyllis Lemoncello (60)	49 Susan Whisler (50)	
50 Innes Bracegirdle (55)	51 Mary Mitchell (60)		

Garscube Harriers Colours: White with Blue Band
52 Mairi Stanley (40) 53 Heather McIntosh (45) 54 Kirsty Husband (45)

Girvan AAC Colours: White with Blue & Green Hoops
55 Jo Schreiber (45)

Harmeny AC Colours: Red with Green Diagonal
56 Kirsty Stoddart (40)

Helensburgh AAC Colours: Yellow with Red Band
57 Michelle Hetherington (45) 58 Erica Cromar (40) 59 Maria Dye (40)
60 Janet Fellowes (55) 61 Tina Munro (45)

Hunters Bog Trotters Colours: Brown
62 Emma Baker (40) 63 Alison McNeillage (40) 64 Sandra Rathjen (40) 65 Fionn Nairn (45)
66 Deborah MacDonald (50) 67 Phyllis O'Brien (50) 68 Janice Smith (50)

Inverclyde AC Colours: Black & White Stripes
69 Rhona Bushfield (45)

Inverness Harriers Colours: Gold with Maroon Diagonal
70 Melissa Whyte (45) 71 Jackie Mair (40) 72 Julie Wilson (40)
73 Doreen Campbell (40)

Irvine AC Colours: Red with Black Trim
74 Elizabeth McGarry (55)

Kilmarnock Harriers Colours: Royal Blue with 2 White Stripes
75 Paula Wilson (40)

Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops
76 Vivien Fraser (45) 77 Susan Addison (45) 78 Ada Stewart (45)
79 Annmarie McCaffrey (40) 80 Allison Law (45) 81 Shirley MacNab (45)
82 Marie McChord (50) 83 Pamela Parker (40)

Law & District AAC Colours: Amber with 2 Red Bands and 1 White Band
84 Hilary McGrath (45)

Livingston & District AAC Colours: Yellow with Green Stripe
85 Yvonne Crilly (45)

Moray Road Runners Colours: Dayglow yellow with Black Trim
86 Oonagh Wilson (40)

Motherwell AC Colours: Red with White edging
87 Clare Barr (40) 88 Phyllis Hands (55) 89 Elaine Jamieson (40)

Perth Road Runners Colours: Green and White
90 Joan Wilson (45)

Portobello RC Colours: White with Black/Yellow
103 Shery Johnston (40) 105 Mary Hunter (40) 106 Brenda Clark (50)
111 Janet Dunbar (40) 118 Shelagh McLeish (50)

Shettleston Harriers Colours: Blue with Gold Band
91 Fiona Maxwell (45) 92 Clara Ursitti (40) 93 Susan Breckenridge (40)
94 Christine Patterson (50)

Dundee Hawkhill Harriers
174 Nigel Reynolds (45)
177 Paul Leonard (40)
180 Alistair Macdonald (45)

Dundee Road Runners
181 John Mill (45)

East Kilbride AAC
183 Gordon Colvin (50)
186 William Taylor (45)

Edinburgh AC
187 Martin Ferguson (45)
190 Brian Howie (60)
193 Andrew Laycock (40)
196 Roy Mitchell (40)
199 Robert Riddell (45)
202 Eric Stevenson (60)

Falkirk Victoria Harriers
204 Alexander Bryce (50)
207 John Martin (50)
210 David Bunyan (55)

Ferranti AAC
212 Stephen Reid (45)
215 Keith Weston (60)
218 Robert Miller (45)

Fife AC
219 Bryce Aitken (50)
222 Gary Barker (50)
225 Stewart Leckie (50)
228 Colin W Mathieson (55)
231 Steven Pennycook (50)
234 David Shepherd (45)
237 John Thomson (50)
240 Nick Brian (55)
243 David Cowan (45)
246 Adrian Davis (45)

Forres Harriers
248 Douglas Cowie (55)

Gala Harriers
250 Robert Marshall (60)

Garscube Harriers
251 Stephen Cullen (50)
254 Dermot Williamson (60)

Girvan AAC
256 Colin Brash (40)
259 Jack Maxwell (60)

Colours: Blue and White Quarters
175 Philip Forte (50) 176 Roger Van Gompel (40)
178 Matthew Strachan (45) 179 John Hepburn (45)

Colours: White with Blue Diagonal
182 Wayne Cowpland (40)

Colours: Gold with 2 Black hoops
184 David J. Condra (45) 185 Graeme Haddow (45)

Colours: White with one Blue, one Black Hoop
188 William Gallacher (60) 189 Richard Hope (50)
191 Scott Innes (40) 192 Colin Laidlaw (55)
194 Keith Lyall (45) 195 Alex MacEwen (55)
197 Ken Mortimer (50) 198 Kirk Ollason (40)
200 Garry Robertson (45) 201 David Steele (50)
203 Adam Ward (45)

Colours: Black with Gold Band
205 Michael McQuaid (45) 206 David Hart (50)
208 Andrew Ronald (40) 209 Anthony Devlin (40)
211 John Denholm (55)

Colours: Yellow with Black letters
213 Grant Sellar (45) 214 Edward McDonald (60)
216 Iain Shaw (45) 217 John Gavin (55)

Colours: White with Red Band
220 Laurence Anderson (50) 221 Colin Brown (45)
223 Ian Hawkins (45) 224 John Keenlyside (60)
226 Neil Martin (45) 227 Tony Martin (55)
229 Michael Mitchell (45) 230 Daniel Newman (40)
232 Christopher Russell (40) 233 Tom Scott (60)
235 David Sleigh (45) 236 Brian R Smith (50)
238 Robert Thornton (50) 239 Martin Hutson (45)
241 Terry Mitchell (50) 242 Martin Laing (50)
244 Douglas Gunstone (60) 245 Andrew Milne (40)
247 Allan Harley (45)

Colours: Red
249 Colin Youngson (60)

Colours: White with Green Band

Colours: White with Blue Band
252 Jim McAneny (50) 253 John Bell (40)
255 Alexander Chisholm (55)

Colours: White with Blue & Green Hoops
257 Angus McTaggart (40) 258 Stephen Flanagan (45)
260 Nathaniel Taylor (55)

Haddington East Lothian Pacemakers
261 Paddy McDonald (55) 262 James Baird (50)
264 Frank McPartland (50) 265 William Watson (45)

Harmeny AC
266 Thomas White (50)
269 William Murphy (45)

Helensburgh AAC
271 Paul Thompson (50)

Highgate Harriers
274 Craig Ross (55)

Hunters Bog Trotters
275 Stewart Barrie (40)
278 Jon Rathjen (40)
281 Ivor Normand (45)
284 Geoffrey Mitchell (50)
287 Allan Gordon (60)

Inverclyde AC
289 Graeme Forbes (40)
292 Gerard Gaffney (55)

Inverness Harriers
293 Alex. Sutherland (60)

Irvine AC
294 David Millar (40)
297 James Sneddon (40)
300 Andrew Rennie (60)

Keith & District AAC
301 Ray Aiken (55)

Kilbarchan AAC
302 Robert Quinn (45)
305 David Mewse (55)

Kilmarnock Harriers
308 Scott Martin (40)

Kirkintilloch Olympians
310 Gerard O'Brien (40)
313 David Hogg (40)

Law & District AAC
314 James Rowley (60)

Livingston & District AAC
316 Steven Thomson (50)

Lothian Running Club
317 Scott Nelson (40)
320 Kenny Mearns (50)

Colours: Red and White Halves
263 Frederick McCain (60)

Colours: Red with Green Diagonal
267 Alan Kerr (50) 268 Paul Thompson (45)
270 Alan Grierson (40)

Colours: Yellow with Red Band
272 Andrew Henderson (45) 273 Michael Stanfield (45)

Colours: Brown
276 Steven Cairns (40) 277 James Jarvis (40)
279 Jamie Thin (40) 280 Ian Campbell (45)
282 Duncan Baker (50) 283 Craig Hunter (50)
285 James Thyne (50) 286 Richard Wall (55)
288 Christopher Oliver (60)

Colours: Black & White Stripes
290 Robert Shaw (50) 291 Tom Tracey (55)

Colours: Gold with Maroon Diagonal

Colours: Red with Black Trim
295 Alex Allardyce (40) 296 George Irving (45)
298 William Richardson (40) 299 Brian Craig (50)

Colours: Skye Blue and Maroon

Colours: Gold with Black Hoop
303 James Snodgrass (40) 304 Ian MacDougall (45)
306 Donald Petrie (50) 307 Steven Hards (45)

Colours: Royal Blue with 2 White Stripes
309 Iain Connell (40)

Colours: Sky Blue with White and Black Hoops
311 Gary Mitchell (40) 312 Robert Rogerson (45)

Colours: Amber with 2 Red Bands and 1 White Band
315 John McGrath (45)

Colours: Yellow with Green Stripe

Colours: Blue with Black letters
318 James Alexander (45) 319 Graeme Ackland (45)
321 Robin Morris (60) 322 Kenton Jones (45)

Mid Argyll AC 323 Andrew Law (55)	Colours: Yellow with 2 Black vertical Bands	
Moray Road Runners 324 Ewan Paterson (55)	Colours: Dayglow yellow with Black Trim	
Ochil Hill Runners 325 John Stevenson (45)	326 Ron McCraw (50)	327 Ron Martin (45)
Perth Road Runners 328 Simon Grieshaber (40) 331 Derek Phillips (50)	Colours: Green and White 329 Stephen Ferguson (55) 330 David Knight (40)	
Pitreavie AAC 332 Jeff Farquhar (50)	Colours: Navy/Yellow/White	
Portobello RC 491 Kevin Clark (45)	Colours White with Black/Yellow 495 Jim Scott (55) 496 Peter Buchanan (45)	
Ron Hill Cambuslang Harriers 333 Thomas McPake (60) 336 Alexander Eaglesham (55) 339 James Zapple (50) 342 Colin Donnelly (50) 345 Kenny Macpherson (40) 348 Greg Hastie (40)	Colours: Red with White Band 334 Archie Jenkins (55) 335 Francis Hurley (55) 337 Frank Barton (55) 338 Edward Stewart (50) 340 Colin Feechan (50) 341 Gerry Reid (50) 343 Iain Campbell (50) 344 David Rodgers (40) 346 Neil Wilkinson (40) 347 Michael O'Hagan (40) 349 Kerry Liam Wilson (40)	
Shettleston Harriers 350 William Coyle (45) 353 Denis Williams (45) 356 William Breckenridge (40) 359 Malcolm Patterson (50)	Colours: Blue with Gold Band 351 John J Duffy (45) 352 Ian Johnston (40) 354 John Oates (50) 355 Peter Carton (55) 357 William Maxwell (45) 358 Andy Little (45) 360 Desmond Crowe (45)	
Springburn Harriers 361 John Owens (55)	Colours: Navy Blue with White Diamond 362 Andrew Callan (40) 363 Damian McAuley (40)	
Strathearn Harriers 364 Tony Wayne (50)	365 Gordon Morrison (55)	
Teviotdale Harriers 366 Alan Inglis (40) 369 Raymond Jaffray (45)	Colours: White with Maroon Band 367 Bill Knox (55) 368 Alan Colman (40) 370 Alister Biggar (40)	
Unattached 371 Gordon Crawford (45)	372 Andreas Wilhelm (40)	
Victoria Park City of Glasgow 373 Gerard Craig (40)	Colours: Blue and White Hoops 374 Peter Dawes (55) 375 Tom Ord (50) 376 Alex Potter (50)	
Wee County Harriers 377 Graeme Wilson (45)	Colours: Navy and Orange	
Westerlands CCC 378 Chris Upson (45) 381 Graeme Orr (60)	Colours: Yellow with Black "W" on Back 379 John Quinn (50) 380 Daniel Reid (50)	

PREVIOUS MALE MASTERS CHAMPIONS

M40	M60
1972 W.Stoddart (Greenock Wellpark H.)	1972 J.E.Farrell (Maryhill H.)
1973 W.Stoddart (Greenock Wellpark H.)	1973 H.Smith (Maryhill H.)
1974 C.McAlinden (Paisley H.)	1974 J.E.Farrell (Maryhill H.)
1975 C.McAlinden (Paisley H.)	1975 G.Porteous (Maryhill H.)
1976 C.McAlinden (Paisley H.)	1976 G.Porteous (Maryhill H.)
1977 W.Stoddart (Greenock Wellpark H.)	1977 G.Porteous (Maryhill H.)
1978 W.Stoddart (Greenock Wellpark H.)	1978 A.Forbes (Victoria Park AAC)
1979 W.Stoddart (Greenock Wellpark H.)	1979 J.E.Farrell (Maryhill H.)
1980 D.McGregor (Fife AC)	1980 A.Forbes (Victoria Park AAC)
1981 M.Craven (Edinburgh Southern H.)	1981 D.Morrison (Shettleston H.)
1982 A.Brown (Clyde Valley AC)	1982 G.Porteous (Maryhill H.)
1983 D.McGregor (Fife AC)	1983 J.Clark (Clyde Valley AC)
1984 R.Hodelet (Greenock Glenpark H.)	1984 J.Kelly (Shettleston H.)
1985 R.Hodelet (Greenock Glenpark H.)	1985 J.Clark (Clyde Valley AC)
1986 B.Scobie (Maryhill H.)	1986 M.Scott (Haddington ELP)
1987 B.Scobie (Maryhill H.)	1987 W.Temple (Unattached)
1988 C.Youngson (Aberdeen AAC)	1988 W.Marshall (Motherwell YMCA)
1989 C.Youngson (Aberdeen AAC)	1989 W.Marshall (Motherwell YMCA)
1990 G.Meredith (Victoria Park AAC)	1990 W.Marshall (Motherwell YMCA)
1991 I.Elliott (Teviotdale H.)	1991 W.Marshall (Motherwell YMCA)
1992 I.Elliott (Teviotdale H.)	1992 W.Stoddart (Greenock Wellpark H.)
1993 B.Kirkwood (Racing Club Edinburgh)	1993 A.Brown (Law & District AAC)
1994 B.Kirkwood (Racing Club Edinburgh)	1994 A.Brown (Law & District AAC)
1995 B.Kirkwood (Leslie Deans Racing C)	1995 B.Gauld (Carnethy HRC)
1996 B.Kirkwood (Leslie Deans Racing C)	1996 T.O'Reilly (Springburn H.)
1997 F.Clyne (Metro Aberdeen RC)	1997 T.O'Reilly (Springburn H.)
1998 E.Stewart (Ron Hill Cambuslang H)	1998 J.Maitland (Lochaber AC)
1999 K.Varney (Metro Aberdeen RC)	1999 B.Waldie (Carnethy HRC)
2000 C.Donnelly (Ron Hill Cambuslang H)	2000 B.Waldie (Carnethy HRC)
2001 C.Donnelly (Ron Hill Cambuslang H)	2001 G.Black (Fife AC)
2002 T.Murray (Inverclyde AC)	2002 S.Cromar (Dundee Hawkhill H)
2003 C.Meek (Lothian RC)	2003 A.Fowlie (City of Hull)
2004 A.Robertson (Ron Hill Cambuslang)	2004 R.Young (Clydesdale H)
2005 A.Little (Shettleston H.)	2005 R.Young (Clydesdale H)
2006 A.Little (Shettleston H.)	2006 G.Mitchell (Inverness H)
2007 A.Little (Shettleston H.)	2007 A.Duncan (Pitreavie AAC)
2008 R.Quinn (Kilbarchan AAC)	2008 A.Duncan (Pitreavie AAC)
2009 R.Quinn (Kilbarchan AAC)	2009 G.Mitchell (Inverness H)
2010 D.Rodgers (Ron Hill Cambuslang)	2010 G.Sim (Moray Road Runners)
M45	M65
1989 A.Adams (Dumbarton AAC)	1989 T.Harrison (Maryhill H.)
1990 A.Adams (Dumbarton AAC)	1991 H.McGinley (Falkirk Victoria H.)
1991 A.Adams (Dumbarton AAC)	1992 W.Gillespie (Falkirk Victoria H.)
1992 A.Adams (Dumbarton AAC)	1993 W.Marshall (Scottish Veteran H.)
1993 C.Youngson (Aberdeen AAC)	1994 W.Marshall (Cambuslang H.)
1994 B.Emmerson (Teviotdale H.)	1995 W.Marshall (Cambuslang H.)
1995 B.Emmerson (Teviotdale H.)	1996 W.Marshall (Cambuslang H.)
1996 G.Sim (Moray Road Runners)	1997 W.McBrinn (Shettleston H.)
1997 B.Emmerson (Teviotdale H.)	1998 B.McFall (City of Edinburgh AC)
1998 B.Kirkwood (Mizuno RC)	1999 B.McFall (City of Edinburgh AC)
1999 B.Kirkwood (Mizuno RC)	2000 T.O'Reilly (Springburn H)
2000 B.Kirkwood (Mizuno RC)	2001 W.McCaskey (City of Edinburgh AC)
2001 F.Clyne (Metro Aberdeen RC)	2002 T.O'Reilly (Springburn H)
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)
 2007 C.Donnelly (Ron Hill Cambuslang)
 2008 C.Donnelly (Ron Hill Cambuslang)
 2009 A.Little (Shettleston H)
 2010 M.Ferguson (Edinburgh AC)

M50

1972 A.Forbes (Victoria Park AAC)
 1973 W.J. Ross (Garscube H.)
 1974 G.Martin (Springburn H.)
 1975 T.Harrison Maryhill H.)
 1976 C.O'Boyle (Clydesdale H)
 1977 R.Kane (Victoria Park AAC)
 1978 W.Marshall (Clyde Valley H.)
 1979 H.Mitchell (Shettleston H.)
 1980 W.Marshall (Motherwell YMCA)
 1981 W.Marshall (Motherwell YMCA)
 1982 W.Stoddart (Greenock Wellpark H)
 1983 A.Wood (Aberdeen AAC)
 1984 W.Stoddart (Greenock Wellpark H)
 1985 W.Stoddart (Greenock Wellpark H)
 1986 W.Stoddart (Greenock Wellpark H)
 1987 J.Irvine (Bellahouston H.)
 1988 W.Stoddart (Greenock Wellpark H)
 1989 J.Maitland (Lochaber AC)
 1990 J.Linaker (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)
 2010 C.Donnelly (Ron Hill Cambuslang)

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)

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)
 2007 S.Cromar (Dundee Hawkhill H)
 2008 P.Cartwright (Clydesdale H)
 2009 J.McMillan (Kilbarchan AAC)
 2010 R.Young (Clydesdale H)

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)
 2010 L.McNicol (Metro Aberdeen)

TEAMS (4 to score)

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
 2010 Ron Hill Cambuslang H
 M35
 2006 S.Pride (Forres H)

1997 J.Linaker (B Pitreevie AAC)
 1998 P.Cartwright (Falkirk VH)
 1999 G.Fleming (Westerland CCC)
 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)
 2010 D.Cowie (Forres H)

2007 S.Cairns (Hunters BogT)
 2008 D.Millar (Irvine AC)
 2009 S.Wylie (Ron Hill Cambuslang H)
 2010 K.Wilson (Ron Hill Cambuslang)

M75

2010 W.McCaskey (Edinburgh 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)
 2010 J.McLean (Edinburgh AC)

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)
 2010 V.Oldham (Aberdeen AAC)

W50

1993 S.Roger (Dundee Roadrunners)
 1994 J.Phillips (Lasswade AC)
 1995 J.Byng (Irvine AC)
 1997 J.Byng (Irvine AC)
 1998 P.Lemoncello (Fife AC)
 1999 P.Lemoncello (Fife AC)
 2000 P.Lemoncello (Fife AC)
 2001 H.Bradley (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)
 2010 L.Mahady (Aberdeen AAC)

W55

1993 M.Moore (Kilbarchan AAC)
 1994 M.Moore (Kilbarchan AAC)
 1995 M.Moore (Kilbarchan AAC)
 1996 M.Gallacher (Maryhill H.)
 2003 P.Lemoncello (Fife AC)
 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)
 2010 J.Waterhouse (Central AC)

W60

2008 P.Lemoncello (Fife AC)
 2009 P.Lemoncello (Fife AC)
 2010 P.Lemoncello (Fife AC)

W65

2008 C.Melville (Fife AC)
 2009 C.Melville (Fife AC)
 2010 C.Melville (Fife AC)

W45		TEAMS (3 to score)
1993	M.Robertson (Dundee Roadrunners)	1993 Fife AC
1994	P.Lemoncello (Fife AC)	1994 Fife AC
1995	M.Robertson (Dundee Road Runners)	1995 Livingston & D AAC
1996	J.Stevenson (Falkirk Victoria H.)	1996 Aberdeen AAC
1997	J.Stevenson (Falkirk Victoria H)	1997 B Pitreavie 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
2010	M. Whyte (Inverness H)	2010 Helensburgh AAC

NATIONAL MASTERS CHAMPIONSHIP VENUES

2011	KIRKCALDY
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
1984	COATBRIDGE
1983	ABERDEEN
1982	IRVINE
1981	IRVINE
1980	IRVINE