Individual Medalists (Women)

The President's (Alan Potts) Cup
First presented 5-Nov-2011

2025-6	Morag Miller	Central AC	13.20	Niamh Carr	Carnethy HRC	13.23	Brogan Wallace	Shettleston H	13.29
2024-5	Nancy Scott	Edinburgh AC	13.07	Lynn McKenna	Shettleston H	13.10	Morag Miller	Central AC	13.14
2023-4	Eloise Walker	Edinburgh AC	12.56	Kirsty Walker	Edinburgh AC	13.11	Fionnuala Ross	Shettleston H	13.12
2022-3	Megan Keith	Edinburgh University H&H	12.35	Kirsty Walker	Edinburgh AC	12.59	Jenny Selman	Fife AC	13.02
2021-2	Laura Muir	Dundee Hawkhill H	13.09	Morag Miller	Central AC	13.18	Eloise Walker	Glasgow University H&H	13.18
2020-1	No Championship due to Covid-19 pandemic								
2019-20	Annabel Simpson	Fife AC	13.57	Jenny Selman	Fife AC	13.04	Megan Keith	Inverness AAC	13.08
2018-9	Jemma Reekie	Kilbarchan AAC	13.07	Morag MacLarty	Central AC	13.09	Stephanie Pennycook	Edinburgh University H&H	13.19
2017-8	Laura Muir	Glasgow University H&H	12.53	Stephanie Pennycook	Edinburgh University H&H	13.47	Morag MacLarty	Central AC	13.50
2016-7	Laura Muir	Glasgow University H&H	13.20	Rosie Smith	Hunters Bog T	14.00	Morag MacLarty	Central AC	14.02
2015-6	Laura Muir	Dundee Hawkhill H	13.16	Madelaine Murray	Edinburgh AC	13.35	Josephine Moultrie	VP-City of Glasgow AC	13.44
2014-5	Rhona Auckland	Edinburgh University H&H	13.38	Madelaine Murray	Edinburgh AC	13.48	Laura Muir	Dundee Hawkhill H	13.55
2013-4	Laura Muir	Dundee Hawkhill H	13.28	Morag MacLarty	Central AC	13.40	Rhona Auckland	Edinburgh University H&H	13.44
2012-3	Rhona Auckland	Edinburgh University H&H	13.57	Elspeth Curran	Kilbarchan AAC	14.15	Laura Muir	Dundee Hawkhill H	14.29
2011-2	Morag MacLarty	Central AC	14.28	Rosie Smith	Hunters Bog T	14.31	Emily Stewart	Edinburgh AC	14.43
2010-1	Elspeth Curran	Kilbarchan AAC	13.49	Sarah Inglis	Lothian RC	14.11	Natalie Sharp	Kilbarchan AAC	14.12
2009-10	Elspeth Curran	Kilbarchan AAC	13.21	Jennifer MacLean	Edinburgh AC	13.32	Rosie Smith	Hunters Bog T	13.35
2008-9	Freya Murray	Edinburgh AC	14.42	Nicola Hood	VP City of Glasgow AC	15.09	Lyn Wilson	Carnethy HRC	15.20
2007-8	Freya Murray	Edinburgh AC	14.27	Gillian Palmer	Edinburgh AC	14.37	Lyn Wilson	Carnethy HRC	14.47
2006-7	Morag MacLarty	Central AC	15.12	Catriona Morrison	U/A	15.14	Ainsley Normand	Central AC	15.33
2005-6	Freya Murray	Edinburgh Southern H	13.42	Lyn Wilson	Carnethy HRC	14.00	Catriona Morrison	U/A	14.07
2004-5	Collette Fagan	City of Glasgow AC	14.35	Sarah Stevenson	Hunters Bog T	14.49	Gillian Blee	Garscube H	14.49
2003-4	Freya Murray	Edinburgh Woolen Mill	13.48	Elizabeth McColgan	Dundee Hawkhill H	13.59	Hayley Ovens	Edinburgh Woolen Mill	14.27
2002-3	Freya Murray	Edinburgh Woolen Mill	14.21	Susan Partridge	City of Glasgow AC	14.26	Hayley Ovens	Edinburgh Woolen Mill	14.31
2001-2	Haley Ovens	Edinburgh Woolen Mill	14.29	Collette Fagan	City of Glasgow AC	14.51	Clare Miller	Aberdeen AAC	14.54
2000-1	Alison Higgins	JW Kilmarnock	14.22	Lindsay MacNeill	Lindsay MacNeill	14.37	Elaine Cochrane	City of Glasgow AC	14.51
1999-2000	Angela Mudge	Carnethy HRC	14.31	Sheila Fairweather	Glasgow U	14.43	Susan Scott	City of Glasgow AC	15.01
1998-9	Lynne MacDougal	City of Glasgow AC	16.00	Lindsay McMahon	JW Kilmarnock H	16.11	Tracey Brinley	Aberdeen AAC	16.30

Masters Championships

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2025-6	Yvonne McNairn	Giffnock North AC	15.07	Joanna Brown	Hunters Bog T	15.08	Gillian Blee	Garscube H	15.15
2024-5	Lesley Bell	Garscube H	14.20	Phillippa Millage	VP-Glasgow AC	14.46	Sandy McDougall	Dundee Hawkhill H	14.57
2023-4	Sara Green	Gala H	14.09	Michelle Sandison	Springburn H	14.35	Katrine Kelly	Troon Tortoises AC	14.57
2022-3	Sara Green	Gala H	13.46	Lesley Bell	Garscube H	13.55	Joanna Brown	Hunters Bog T	14.22
2021-2	Jillian Stephen	Hunters Bog T	15.03	Lesley Bell	Garscube H	15.12	Avril Mason	Shettleston H	15.28
2020-1	No Championship due to Covid-19 pandemic								
2019-20	Avril Mason	Shettleston Harriers	15.07	Jennifer MacLean	Edinburgh AC	15.42	Susanne Gilmour	VP-Glasgow AC	15.53
2018-9	Avril Mason	Shettleston Harriers	14.30	Lesley Chisholm	Garscube H	14.38	Suzanne Gilmour	VP-Glasgow AC	14.58
2017-8	Megan Wright	Hunters Bog T	15.34	Rhona van Rensberg	Fife AC	16.02	Kate Jenkins	Gala H	16.16
2016-7	Suzanne Gilmour	VP-Glasgow AC	15.00	Avril Mason	Shettleston Harriers	15.04	Lesley Chisholm	Garscube H	15.09
2015-6	Shona Robertson	Shettleston Harriers	15.23	Suzanne Gilmour	VP-Glasgow AC	15.20	Melissa Wylie	Dumbarton AAC	16.06
2014-5	Susan Ridley	Edinburgh AC	15.47	Allison Simpson	Giffnock North AAC	16.35	Jennifer Clark	Bellahouston Harriers	16.50

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2025-6	Lesley Bell	Garscube H	14.35	Avril Mason	Shettleston Harriers	16.05	Allie Chong	Giffnock North AC	16.10
2024-5	Avril Mason	Shettleston Harriers	15.11	Claire Heasman	Helensburgh AAC	15.19	Susan Gilmour	VP-Glasgow AC	15.33
2023-4	Allie Chong	Giffnock North AC	15.25	Julie Menzies	Corstorphine AAC	15.40	Janet Dunbar	Edinburgh AC	15.42
2022-3	Allie Chong	Giffnock North AC	14.53	Anna Richardson	West End RR	15.19	Hilary Carswell	Giffnock North AC	15.59
2021-2	Janet Dunbar	Edinburgh AC	15.30	Allie Chong	Giffnock North AC	16.05	Anna Richardson	West End RR	16.18
2020-1	No Championship due to Covid-19 pandemic								
2019-20	Anna Richardson	West End RR	15.59	Fiona Matheson	Falkirk Victoria H	16.09	Sheila Gollan	East Sutherland AC	16.30
2018-9	Fiona Matheson	Falkirk Victoria H	14.53	Sheila Gollan	East Sutherland AC	15.36	Susan Ridley	Edinburgh AC	16.05
2017-8	Fiona Matheson	Falkirk Victoria H	15.07	Veronique Oldham	Aberdeen AAC	16.00	Jill Morrow	Edinburgh AC	16.07
2016-7	Hilary McGrath	Law & District AAC	16.22	Mary McCutcheon	Giffnock North AAC	16.36	Susan Ridley	Edinburgh AC	16.47
2015-6	Beryl Junnier	Falkirk Victoria H	16.42	Mary McCutcheon	Giffnock North AAC	16.47	Patricia Milne	Central AC	16.56
2014-5	Beryl Junnier	Falkirk Victoria H	16.40	Erica Christie	Bellahouston H	17.36	Patricia Milne	Central AC	17.59

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2025-6	Fiona Matheson	Falkirk Victoria H	16.02	Carol Mantle	Lauderdale Limpers RC	17.11	Joy Gudgin	Carnegie H	17.36
2024-5	Fiona Matheson	Falkirk Victoria H	15.36	Hilary Ritchie	Fife AC	17.25	Joy Gudgin	Carnegie H	17.35
2023-4	Fiona Matheson	Falkirk Victoria H	15.35	Hilary Ritchie	Fife AC	17.27	Joy Gudgin	Carnegie H	18.06
2022-3	Yvonne Crilly	Lothian RC	16.16	Isabel Burnett	Carnegie H	17.20	Erica Christie	Cambuslang H	17.46
2021-2	Fiona Matheson	Falkirk Victoria H	16.15	Frances Wood	Linlithgow AC	19.13	Phyllis Hands	Motherwell AC	20.25
2020-1	No Championship due to Covid-19 pandemic								
2019-20	Ann White	Garscube H	18.20	Innes Bracegirdle	Fife AC	18.45	Francis Wood	Linlithgow AC	19.08
2018-9	Ann White	Garscube H	17.56	Frances Wood	Linlithgow AAC	18.20	Morna Fleming	Pitreavie AAC	19.05
2017-8	Erica Christie	Cambuslang H	17.14	Ann White	Garscube H	18.02	Innes Bracegirdle	Fife AC	18.07
2016-7	Erica Christie	Cambuslang H/Ind	17.20	Ann White	Garscube H	18.00	Mary Cox	Garscube H	21.28
2015-6	Phyllis Hands	Motherwell AC	19.46	Morna Fleming	Carnegie H	20.37	Irene Zingone	Giffnock North AAC	21.45
2014-5	Morna Fleming	Carnegie H	20.20	Only 1 athlete Fininshed					

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2025-6	Liz Bondi	Lothian RC	23.07	Charlotte McKay	Greenoak Glenpark H	24.30	Only 2 athletes finished

2024-5	Ann White	Garscube H	20.10	Morna Fleming	Carnegie H	22.12	Charlotte MacKay	Greenock Glenpark H	23.43
2023-4	Ann White	Garscube H	18.40	Morna Fleming	Carnegie H	22.35	**Only 2 athletes finished**		
2022-3	**No Athletes Finished**								
2021-2	Ann White	Garscube H	18.54	**Only 1 athlete Fininshed**					
2020-1	**No Championship due to Covid-19 pandemic**								
2019-20	Margaret Robertson	Dundee RR	22.35	Patricia Hampton	Harmeny AC	23.51	Margaret Cavanagh	Fife AC	24.24