

National 10K Road Championships Individual Medallists (Men)

Scottish Athletics Federation/Scottish Athletics Limited

08/06/2025	Kilmarnock	Jamie Burns	Shettleston H	29:41	Sean Chalmers	Aberdeen AAC	29:50	Hamish Hickey	Cental AC	30:03
08/09/2024	Stirling	Jamie Crowe	Central AC	29:42	Seyd Taha Ghafari	Shettleston H	29:53	Michael Ferguson	Aberdeen AAC	30:21
14/05/2023	Glasgow	John Bell	Inverclyde AC	30:30	Alastair Hay	Central AC	30:33	Ryan Thomson	Cambuslang H	30:43
12/06/2022	Kilmarnock	Sean Chalmers	Inverness H	29:58	James Donald	Dundee Hawkhill H	30:05	Michael Christoforou	Cambuslang H	30:17
13/09/2021	Stirling	Andrew Butchart	Central AC	29:06	James Donald	Dundee Hawkhill H	29:51	Alastair Hay	Central AC	29:59
2020	No Championshp due to Covid-19 pandemic									
08/09/2019	Stirling	Grant Sheldon	Cambuslang H	29:27	Jamie Crowe	Central AC	29:49	Alastair Hay	Central AC	30:11
09/09/2018	Stirling	Kirstian Jones	Dundee Hawkhill H	29:56	Grant Sheldon	Cambuslang H	30:46	Euan Gillham	Kilbarchan AAC	30:48
10/09/2017	Stirling	Grant Sheldon	Cambuslang H	30:31	Logan Rees	Fife AC	30:35	Lachlan Oates	Shettleston H	30:42
10/09/2016	Stirling	Kirstian Jones	Swansea H	30:24	Ben Stevenson	Falkirk Victoria H	30:48	Logan Rees	Fife AC	30:49
13/09/2015	Stirling	Craig Ruddy	Inverclyde AC	30:15	Tewoldeberhan Mengisteab	Shettleston H	30:27	Alastair Hay	Central AC	30:48
14/09/2014	Stirling	Andrew Butchart	Central AC	30:00	Tewoldeberhan Mengisteab	Shettleston H	30:12	Michael Crawley	Corstorphine AAC	30:27
15/09/2013	Stirling	Josh Lilly	Ronhill Cambuslang H	30:31	Ross Houston	Central AC	30:32	Wegene Tafese	Ronhill Cambuslang H	30:40
16/09/2012	Stirling	Wegene Tafese	Ronhill Cambuslang H	30:22	Robert Russell	Central AC	30:24	Ross Houston	Central AC	30:29
18/09/2011	Stirling	Ross Houston	Central AC	30:20	Tewoldeberhan Mengisteab	Shettleston H	30:23	John Newsom	Central AC	30:27
19/09/2010	Stirling	Tsegezab Woldemichael	Shettleston H	29:29	Tewoldeberhan Mengisteab	Shettleston H	29:37	Tsegai Twelde	Shettleston H	29:46
14/06/2009	Vale of Leven	Tsegezab Woldemichael	Shettleston H	29:43	Tewoldeberhan Mengisteab	Shettleston H	30:04	Amanuel Hagos	Shettleston H	30:58
15/06/2008	Vale of Leven	Amanuel Hagos	Shettleston H	30:08	Tewoldeberhan Mengisteab	Shettleston H	30:20	Tsegezab Woldemichael	Shettleston H	30:21
17/06/2007	Vale of Leven	Christopher MacKay	Greenock Glenpark H	30:59	Robert Russell	Central AC	31:07	Stephen Wylie	Ronhill Cambuslang H	31:23
18/06/2006	Vale of Leven	Glen Stewart	U/A	30:51	John Newsom	Pitreavie AAC	30:51	Alan Adams	Clydesdale H	31:11
19/06/2005	Vale of Leven	Glen Stewart	U/A	30:38	John Newsom	Pitreavie AAC	NTT	David Miller	Irvine AC	NTT
12/09/2004	Edinburgh	Alan Adams	Clydesdale H	30:56	John Newsom	Pitreavie AAC	31:27	Andrew Liston	Fife AC	31:36
21/09/2003	Edinburgh	Glen Stewart	Mizuno RC	30:11	Dominic Bannister	Shaftsbury H	30:18	Stephen Wylie	Ronhill Cambuslang H	31:03
22/09/2002	Edinburgh	Glen Stewart	Mizuno RC	30:07	Steven Cairns	Hunters Bog T	30:26	Alan Adams	Clydesdale H	30:29
02/09/2001	Paisley	Glen Stewart	Mizuno RC	30:23	Neil Wilkinson	Ronhill Cambuslang H	30:29	Alan Adams	Clydesdale H	30:38
03/09/2000	Paisley	Glen Stewart	Mizuno RC	30:05	Tommy Murray	Inverclyde AC	30:23	Adrain Callan	Shettleston H	30:52
06/03/1999	Strathclyde Park	Glen Stewart	Mizuno RC	29:38	David Ross	Mizuno RC	30:11	Alan Puckrin	Kilbarchan AAC	30:16
07/03/1998	Strathclyde Park	Glen Stewart	Mizuno RC	28:52	William Jenkins	Clydesdale H	29:13	Tommy Murray	Spango Valley AC	29:22
15/03/1997	Strathclyde Park	Tommy Murray	Spango Valley AC	29:17	David Ross	Mizuno RC	29:21	William Coyle	Shettleston H	29:26
06/04/1996	Strathclyde Park	Glen Stewart	Mizuno RC	29:28	Robert Quinn	Kilbarchan AAC	29:31	David Ross	Mizuno RC	29:36
14/05/1995	Cumbernauld	Tommy Murray	Spango Valley AC	29:36	Adrain Callan	Shettleston H	29:42	Stephen Wylie	Cambuslang H	29:47
22/05/1994	Aberdeen	Stephen Wylie	Cambuslang H	30:17	Alan Reid	Peterhead AC	31:14	Steven Wright	Hunters Bog T	31:18
27/06/1993	Vale of Leven	Chris Robison	Spango Valley AC	29:54	Tommy Murray	Spango Valley AC	30:01	Peter Fleming	Rebok RC	30:33

Scottish Amateur Athletic Association

12/07/1992	Kilmarnock	David Donnett	Springburn H	30:14	Michael Carroll	Annan AC	30:23	Tommy Murray	Cambuslang H	31:26
12/05/1991	Dundee	Peter McColgan	Dundee Hawkhill H	29:45	Nat Muir	Shettleston H	30:16	Fraser Clyne	Metro Aberdeen RC	31:00
29/04/1990	Glasgow	Geoff Turnbull	Valli H	29:21	Gary Nagel	Valli H	28:47	Mike Carroll	Annan & District AC	29:59
30/04/1989	Glasgow	Eamonn Martin	Basildon AC	28:14	Jon Richards	Cornwall AC	28:47	Paul Davies-Hale	Cannock & Staffs AC	28:51
08/05/1988	Glasgow	Mark Rowland	Phoenix	29:34	Michael Chorlton	Staneford AC	29:39	Pavel Klimes	Poland	29:44
08/03/1987	Glasgow	Nat Muir	Shettleston H	29:08	Alistair Hutton	Edinburgh Southern H	29:09	Chris Robison	Spango Valley AAC	29:21
09/03/1986	Glasgow	Nat Muir	Shettleston H	28:45	Alistair Hutton	Edinburgh Southern H	28:47	John Robson	Edinburgh Southern H	28:55
1985	No race due to lack of sponser									
08/04/1984	Glasgow	Alistair Hutton	Edinburgh Southern H	29:32	Fraser Clyne	Aberdeen AAC	29:50	George Braidwood	Bellahouston H	30:04

Scottish Athletics Federation/Scottish Athletics Limited

Masters O40

08/06/2025	Kilmarnock	John Lenehan	Edinburgh AC	32:12	Colin Reilly	Cambuslang H	32:36	Neil Lafferty	Greenock Glenpark H	32:49
08/09/2024	Stirling	Mark Doherty	Inverclyde AC	30:51	Colin Doherty	Inverclyde AC	31:55	Gordon Robertson	Cambuslang H	32:15
14/05/2023	Glasgow	Darrell Hastie	Gala H	31:21	Colin Whitby	Garscube H	33:41	Malcolm Lang	Springburn H	33:58
12/06/2022	Kilmarnock	Grant Baillie	East Kilbride AC	32:09	Gordon Robertson	Cambuslang H	32:40	Stuart Johnston	Edinburgh AC	33:27
13/09/2021	Stirling	Gordon Robertson	Cambuslang H	32:28	Scott Brember	Central AC	32:33	Andrew Wright	PH Racing Club	32:41
2020	No Championship due to Covid-19 pandemic									
08/09/2019	Stirling	Scott Brember	Central AC	31:50	Grant Baillie	Law & District AAC	31:55	Leon Johnston	Edinburgh AC	32:10
09/09/2018	Stirling	Iain Reid	Cambuslang H	32:38	Darren Muir	Law & District AAC	32:53	Scott Brember	Central AC	32:57
10/09/2017	Stirling	Robert Gilroy	Cambuslang H	31:38	Kerry-Liam Wilson	Cambuslang H	32:52	Scott Brember	Central AC	33:01
10/09/2016	Stirling	Robert Gilroy	Cambuslang H	32:30	Kerry-Liam Wilson	Cambuslang H	32:43	Graeme Paterson	Bellahouston RR	34:15
13/09/2015	Stirling	Kerry-Liam Wilson	Ronhill Cambuslang H	32:30	Kenneth Campbell	Ronhill Cambuslang H	33:41	Louis O'Hare	Kirkintilloch O	33:58
14/09/2014	Stirling	Kerry-Liam Wilson	Ronhill Cambuslang H	31:29	Scott Kennedy	Shettleston H	33:41	Stuart Campbell	Corstorphine AAC	33:23
15/09/2013	Stirling	Kerry-Liam Wilson	Ronhill Cambuslang H	31:36	Robert Gilroy	Ronhill Cambuslang H	31:39	Andrew Wright	Ochil Hill R	32:57
16/09/2012	Stirling	Kerry-Liam Wilson	Ronhill Cambuslang H	31:45	Moray Anderson	Corstorphine AAC	32:40	Andrew Wright	Carnegie H	32:44
18/09/2011	Stirling	Kerry-Liam Wilson	Ronhill Cambuslang H	31:47	Steve Cairns	Hunter Bog T	32:49	Stuart Campbell	Arbroath & Dist AC	32:58
19/09/2010	Stirling	Stuart Campbell	Arbroath & District AC	32:31	Jeff Farquhar	Pitreeve AAC	32:42	Tommy Lawrence	Carnegie H	32:58
14/06/2009	Vale of Leven									
15/06/2008	Vale of Leven	Alan Adams	Shettleston H							
17/06/2007	Vale of Leven									
18/06/2006	Vale of Leven									
19/06/2005	Vale of Leven	Charles Thomson	Cambuslang H		Keith Farquhar	Aberdeen AAC		George Irving	Irvine AAC	
12/09/2004	Edinburgh	Andrew Little	Shettleston H							
21/09/2003	Edinburgh	John Mackay	Shettleston H							
22/09/2002	Edinburgh	Keith Farquhar	Metro Aberdeen RC	32:04						
03/09/2000	Paisley	John Mackay	Shettleston H							

15/03/1997	Strathclyde Park	Gerry Gaffney	IBM Spango Valley	31:43	Cameron Spence	IBM Spango Valley	32:44	D McKenzie	Falkirk Victoria H	33:00
06/04/1996	Strathclyde Park	Brian Kirkwood	Leslie Deans RC	30:52	John Duffy	Shettleston H	31:39	Gerry Gaffney	IBM Spango Valley	31:48
22/05/1994	Aberdeen	Brian Kirkwood	Racing Club Edinburgh	31:20	Colin Youngson	Metro Aberdeen RC	33:25	Graeme Milne	Moray RR	33:47

Masters O50
First Championship 2019

08/06/2025	Kilmarnock	Stephen Allen	Cambuslang H	35:03	Paul Monaghan	Greenock Glenpark H	35:31	Alan Knowles	Lothian RC	36:01
08/09/2024	Stirling	Andrew Wright	PH Racing Club	33:16	Louis Sen O'Hare	Corstorphine AAC	33:31	Justin Carter	Cambuslang H	34:40
14/05/2023	Glasgow	Robert Harrison	U/A	34:24	Alan Cunningham	Corstorphine AAC	34:28	Paul Monaghan	Greenock Glenpark H	34:38
12/06/2022	Kilmarnock	Paul Monaghan	Greenock Glenpark H	34:29	Stephen Allan	Cumbernauld AAC	34:53	Mark Gallacher	Cambuslang H	35:43
13/09/2021	Stirling	Paul Monaghan	Greenock Glenpark H	34:07	Stephen Allen	Cumbernauld AAC	34:39	Stuart Robertson	Perth RR	35:30
2020	No Championship due to Covid-19 pandemic									
08/09/2019	Stirling	Stuart Robertson	Perth RR	34:33	Duncan Ryan	Perth RR	35:32	Alexander Chalmers	Garscube H	36:05

Masters O60
First Championship 2019

08/06/2025	Kilmarnock	David Armour	Central AC	39:53	Alastair MacLachlan	Bellahouston RR	42:23	Rob Crusher	Giffnock North AC	42:55
08/09/2024	Stirling	Christopher Upson	Cambuslang H	35:26	Colin Feechan	Cambuslang H	36:28	Grant Matheson	Falkirk Victoria H	39:06
14/05/2023	Glasgow	David Thom	Cambuslang H	36:36	Des Dickson	Cambuslang H	40:05	Grant Matheson	Falkirk Victoria H	40:27
12/06/2022	Kilmarnock	Bryce Aitken	Fife AC	39:09	Kevin McCaig	Dumfries RC	39:14	Grant Matheson	Falkirk Victoria H	39:30
13/09/2021	Stirling	Bryce Aitken	Fife AC	38:34	Jeremy Tomlinson	Fife AC	39:28	David Thom	Cambuslang H	38:59

2020	No Championship due to Covid-19 pandemic									
08/09/2019	Stirling	Michael Hurst	Cambuslang H	37.50	Jon Crookston	Law & District AAC	38.03	Bryce Aitken	Fife AC	38.03

Masters O70
First Championship 2019

08/06/2025	Kilmarnock	James Scott	Edinburgh AC	43:11	Sandy Shankland	Dumfries RC	46:37	Peter Taylor	Irvine RC	48:18
08/09/2024	Stirling	James Scott	Edinburgh AC	43:35	Ed Norton	PH Racing Club	43:45	Alan Robertson	Lothian RC	48:58
14/05/2023	Glasgow	Ed Norton	PH Racing Club	43:10	Norman Baillie	Garscube H	45:48	Robert Young	Clydesdale H	46:58
12/06/2022	Kilmarnock	Ed Norton	PH Racing Club	43:05	Norman Baillie	Garscube H	44:50	Michael Flynn	Irvine RC	48:02
13/09/2021	Stirling	Robert Young	Clydesdale H	45:07						
2020	No Championship due to Covid-19 pandemic									
08/09/2019	Stirling	Pancho Hernandez	Ferranti AAC	49.21	Only 1 Finisher					

Masters O80
First Championship 2025

08/06/2025	Kilmarnock	Bill Caldwell		1:09:04	Sandy Shankland		1:07:24	Ronald McCormick	Kilmarnock H	1:16:55
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Masters age groups started at 35 for Women and 40 for men on the day of the race
In season 2005-6, the SAL introduced an M35 category following the IAAF ruling.
In 2010 the IAAF abolished the W35 and M35 categories
In 2011 the IAAF re-introduced the W35 and M35 categories. They were re-introduced by SAL from 1/4/2012 thereby missing 2 championships
From 1/4/2012 Masters aged 35 years and over on the day of the race
From 1/10/2013 Masters aged 40 years and over on the day of the race
In season 2019-20 the RR&CC Commission decided to issue medals for the 1st 3 places in the M40, M50 and M60 age groups.