

Scottish 10K Road Championships Individual Medallists (Women)

Scottish Athletics Federation/Scottish Athletics Limited

08/06/2025	Kilmarnock	Brogan Wallace	Shettleston H	33.35	Lynn McKenna	Shettleston H	34:22	Kirsty Walker	Edinburgh AC	34:55
08/09/2024	Stirling	Fionnuala Ross	Shettleston H	33.17	Nancy Scott	Edinburgh AC	33:51	Kirsty Walker	Edinburgh AC	34:14
14/05/2023	Glasgow	Natasha Phillips	Dundee Hawhill H	33:00	Kirsty Walker	Edinburgh AC	33:50	Naomi Lang	Carnethy HRC	34:50
12/06/2022	Kilmarnock	Annabel Simpson	Fife AC	33.21	Meredith Reid	Inverclyde AC	35.04	Eve MacKinnon	Cambuslang H	35.46
13/09/2021	Stirling	Jenny Bannerman	Inverness AAC	35.35	Jennifer Wetton	Central AC	35.36	Jose–Wren Golder	Corstorphine AAC	36.30
2020	No Championship due to Covid-19 pandemic									
08/09/2019	Stirling	Fionnuala Ross	Shettleston H	33.38	Jenny Bannerman	Inverness H	35.08	Annabel Simpson	Fife AC	35.16
09/09/2018	Stirling	Fionnuala Ross	Shettleston H	34.07	Stephanie Pennycook	Fife AC	34.38	Jo Williams	Lothian RC	35.43
10/09/2017	Stirling	Fionnuala Ross	Shettleston H	33.57	Annabel Simpson	Fife AC	34.38	Jenny Bannerman	Inverness H	35.42
10/09/2016	Stirling	Fionnuala Ross	Shettleston H	34.04	Jennifer Wetton	Central AC	34.38	Josephine Moultrie	VP City of Glasgow	34.52
13/09/2015	Stirling	Fionnuala Ross		34.56	Shona McIntosh	Hunter Bog T	35.19	Fanni Gyurko	Central AC	35.37
14/09/2014	Stirling	Jennifer Emsley	Central AC	34.07	Megan Crawford	Fife AC	34.42	Shona McIntosh	Hunter Bog T	34.45
15/09/2013	Stirling	Fiona Thompson	Central AC	34.56	Jennifer Emsley	Central AC	35.30	Elspeth Curran	Kilbarchan AAC	35.44
16/09/2012	Stirling	Sarah McCormack	Moorfoot R	33.37	Gemma Rankin	Kilbarchan AAC	34.44	Nicola Gauld	Aberdeen AAC	35.33
18/09/2011	Stirling	Hester Dix	Fife AC	33.58	Jennifer MacLean	Edinburgh AC	35.16	Fiona Matheson	Falkirk Victoria H	35.15
19/09/2010	Stirling	Sarah Inglis	Lothian RC	34.31	Jennifer MacLean	Edinburgh AC	34.40	Fiona Matheson	Falkirk Victoria H	34.48
14/06/2009	Vale of Leven	Toni McIntosh	Ayr Seaforth AAC	35.52	Nianh Devlin	Edinburgh AC	36.58	Alison Docherty	Central AC	36.59
15/06/2008	Vale of Leven	Amleset Twelde	Shettleston H	35.53	Rosie Smith	Edinburgh University H & H	36.15	Alison Docherty	Central AC	36.46
17/06/2007	Vale of Leven	Susan Partridge	VP City of Glasgow	34.38	Rebecca Moore	Edinburgh AC	35.57	Jennifer MacLean	Edinburgh AC	37.03
18/06/2006	Vale of Leven	Alison Simpson	JW Kilmarnock H	35.37	Lesley Chisholm	Springburn H	36.21	Sandra Branney	City of Glasgow	37.12
19/06/2005	Vale of Leven	Jill Shannon	Kilbarchan AAC	36.01	Sula Young	Highgate H	36.43	Lesley Chisholm	Springburn H	37.12
12/09/2004	Edinburgh	Tracey Brildley	Carnethy HRC	34.11	Sula Young	Highgate H	35.21	Susan Ridley	Edinburgh Southern H	36.46
21/09/2003	Edinburgh	Colette Fagan	City of Glasgow	34.44	Toni McIntosh	Stirling U	35.31	Sula Young	Highgate H	35.58
22/09/2002	Edinburgh	Susan Partridge	City of Glasgow	34.19	Tracey Brildley	Carnethy HRC	34.27	Trudi Thomson	Pitreavie AAC	34.48
02/09/2001	Paisley	Lynne MacDougall	City of Glasgow	34.41	Kelly Wilder	City of Glasgow	36.10	Toni McIntosh	Ayr Seaforth AAC	37.02
03/09/2000	Paisley	Toni McIntosh	Ayr Seaforth AAC	35.49	Lindsay MacNeill	Shettleston Ladies H	36.09	Jan Roxburgh	Irvine AC	36.30
06/03/1999	Strathclyde Park	Fiona Lothian	Fife AC	35.08	Trudi Thomson	Pitreavie AAC	35.15	Sheila Fairweather	Glasgow U H & H	35.32
07/03/1998	Strathclyde Park	Fiona Lothian	Fife AC	34.04	Sandra Branney	City of Glasgow	34.54	Carol Ann Thomson	City of Glasgow	35.20
15/03/1997	Strathclyde Park	Fiona Lothian	Fife AC	33.51	Tracey Brildley	Aberdeen AAC	34.55	Trudi Thomson	BT Pitreavie AAC	35.10
06/04/1996	Strathclyde Park	Sandra Branney	City of Glasgow	35.11	Susan Ridley	Edinburgh Woolen M	35.22	Deborah Kilner	Aberdeen AAC	35.26
14/05/1995	Cumbernauld	Janette Stevenson	Falkirk Victoria H	35.22	Elizabeth Riley	Metro Aberdeen AC	35.48	Elaine McBrin	Shettleston Ladies H	36.19
22/05/1994	Aberdeen	Deborah Kilner	Aberdeen AAC	36.07	Elaine Mackay	Shettleston Ladies H	37.01	Susan Addison	Edinburgh AC	37.50
27/06/1993	Vale of Leven	Lynne MacIntyre	City of Glasgow	34.28	Sandra Branney	City of Glasgow	35.08	Audrey Sym	City of Glasgow	36.27

Scottish Womans Cross Country and Road Running Association

12/07/1992	Kilmarnock	Donna Rutherford	JW Kilmarnock	36.56	Susan Kennedy	Victoria Park AAC	39.23	Jackie Byng	Irvine AC	40.17
12/05/1991	Dundee	Elizabeth McColgan	Dundee Hawhill H	31.58	Caroline Brown	Fife AC	37.05	Deborah Porter	Aberdeen AAC	37.29
05/06/1988	Strathclyde Pk	Alison Jenkins	Edinburgh AC	34.40	Sharon Leonard	England	34.38	Sharon Sinclair	Irvine AC	35.17

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Masters O40

08/06/2025	Kilmarnock	Michelle Sandison	Springburn H	36:23	Katy Barden	Gala H	37:29	Laura Haggerty	Kilmarnock H&AC	37:33
08/09/2024	Stirling	Sara Green	Gala H	35:32	Michelle Sandison	Springburn H	35:37	Freya Ross	Falkirk Victoria H	36:35
14/05/2023	Glasgow	Sara Green	Gala H	35:09	Lesley Bell	Garscube H	36:23	Michelle Sandison	Springburn H	36:35
12/06/2022	Kilmarnock	Avril Mason	Shettleston H	36:55	Katrine Kelly	Troon Tortoises	38:21	Lynsey O'Connor	Kilmarnock H&AC	39:10
13/09/2021	Stirling	Heather Anderson	Fife AC	37.40	Jacqueline Rainger	Edinburgh AC	38.34	Hazel McCormack	Edinburgh AC	38.58
2020	No Championship due to Covid-19 pandemic									
08/09/2019	Stirling	Jacqueline Rainger	Edinburgh AC	38.52	Karen Kennedy	PH Racing Club	39.09	Alison McNeilly	Central AC	40.21
07/07/2018	Stirling	Avril Mason	Shettleston H	36.19	Jacqueline Rainger	Edinburgh AC	38.58	Louise Ross	Bellahouston RR	39.23
10/09/2017	Stirling	Fiona Matheson	Falkirk Victoria H	37.21	Jennifer Forbes	Gala H	38.30	Louise Ross	Bellahouston RR	39.25
10/09/2016	Stirling	Karen Kennedy	U/A	38.28	Anne Marie McGregor	Kirkintilloch O	39.20	Mary Western	U/A	39.24
13/09/2015	Stirling	Sharon Muir	Inverclyde AC	37.21	Yana Thandraven	Portobello RC	39.22	Mary Western	Carnegie H	39.59
14/09/2014	Stirling	Lisa Findlay	Dumfries RC	36.27	Avril Mason	Shettleston H	37.30	Melissa Whyte	Dumbarton AAC	38.03
15/09/2013	Stirling	Lesley Chisholm	Garscube H	36.59	Gillian Sangster	Arbroath F	39.09	Claire Thompson	VP City of Glasgow	39.42
16/09/2012	Stirling	Josia Zakrzewski	Dumfries RC	35.42	Lesley Chisholm	Garscube H	36.32	Avril Mason	Shettleston H	36.43
18/09/2011	Stirling	Fiona Matheson	Falkirk Victoria H	35.18	Janet McWhinnie	Fife AC	40.25	Jennifer Telford	Scottish Prisons AAC	40.29
19/09/2010	Stirling	Fiona Matheson	Falkirk Victoria H	34.48	Kirsty Husband	Garscube H	37.07	Mairi Stanley	Garscube H	39.26
14/06/2009	Vale of Leven	Kirsty Husband	Garscube H	38.25	Julia Henderson	Helensburgh AAC	39.34	Clare Gemmell	Springburn H	40.10
15/06/2008	Vale of Leven	Sandra Branney	VP City of Glasgow	37.47	Angela Howe	Fife AC	37.57	Rhona Bushfield	Inverclyde AC	38.52
17/06/2007	Vale of Leven									
18/06/2006	Vale of Leven									
19/06/2005	Vale of Leven	Sandra Branney	VP City of Glasgow		Jacqui Thomson			Shona Hughes		
22/09/2002	Edinburgh	Trudi Thomson	Pitreavie AAC	34.48						
15/03/1997	Strathclyde Park	Trudi Thomson	Babcock Pitreavie AAC	35.10	Penny Rother	Livingston & District AAC	38.50	Moir Blacker	City of Glasgow	38.55

Masters O50

First Championship 2019

08/06/2025	Kilmarnock	Muriel MacLeod	Cambuslang H	39:51	Mary Senior	Garscube H	40:20	Angela Carson	Giffnock North AC	45:12
08/09/2024	Stirling	Lisa Finlay	Dumfries RC	38:03	Avril Mason	Shettleston H	38:24	Liz Johnston	Perth RR	40:53
14/05/2023	Glasgow	Mary Senior	Garscube H	40:02	Siobhan Evens	Forres H	41:38	Sheila Lewis	Giffnock North AC	43:47
12/06/2022	Kilmarnock	Allie Chang	Giffnock North AC	38:53	Ana Richardson	West End Runners	40:41	Karen Kennedy	Fife AC	41:02
13/09/2021	Stirling	Ana Richardson	West End RR	39:28	Karen Dobbie	Edinburgh AC	43:10	Nicola Freedman	Harmeny AC	46:34
2020	No Championship due to Covid-19 pandemic									
08/09/2019	Stirling	Ana Richardson	West End RR	39.06	Trish Milne	Central AC	42.29	Fiona McDonald	Strathearn H	44.11

Masters O60

First Championship 2019

08/06/2025	Kilmarnock	Erica Christie	Cambuslang H	47:05	Kathryn Scott	Garscube H	48:04	Ada Stewart	Kirkintilloch O	50:21
08/09/2024	Stirling	Fiona Matheson	Falkirk Victoria H	38:23	Mary Western	PH Racing Club	43:33	Patricia Milne	Central AC	58:25
14/05/2023	Glasgow	Fiona Matheson	Falkirk Victoria H	38:08	Kathryn Scott	Garscube H	46:24	Erica Christie	Cambuslang H	49:00
12/06/2022	Kilmarnock	Kathryn Scott	Garscube H	44:57	Jennie Jackson	Irvine RC	45:33	Erica Christie	Cambuslang H	45:57
13/09/2021	Stirling	Innes Bracegirdle	Fife AC	47.34	Karen McAllister	Falkirk Victoria H	51.35	Lyn Brown	U/A	51.41
2020	No Championship due to Covid-19 pandemic									
08/09/2019	Stirling	Nanette Heaney	Fife AC	43.08	Innes Bracegirdle	Fife AC	45.10	Wilma Gillespie	Central AC	50.17

Masters O70
First Championship 2019

08/06/2025	Kilmarnock	Doreen Henderson	Giffock North AC	1:00:55	Kate Todd	Kilmarnock H	1:04:28	Susan Boyd	Fenwick Striders	1:06:00
08/09/2024	Stirling	Liz Bryson		55:07	Christine Syme	Pitreavie AAC	56:28	Jane Binnie	Wee County H	58:25
14/05/2023	Glasgow									
12/06/2022	Kilmarnock	Kate Todd	Kilmarnock H&AC	55.36	Only 1 Finisher					
13/09/2021	Stirling									
2020	No Championship due to Covid-19 pandemic									
08/09/2019	Stirling	Betty Gilchrist	Ferranti AAC	57.05	Only 1 Finisher					

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 F40, F50 and F60 age groups.