

**National 10K Road Running Championships**  
**Senior/Junior Men**

**Men Team Medal Table**  
**1996-2025**

|    |                   | <b>Gold</b> | <b>Silver</b> | <b>Bronze</b> | <b>Medals</b> |
|----|-------------------|-------------|---------------|---------------|---------------|
| 1  | Cambuslang H      | 9           | 6             | 5             | 20            |
| 2  | Shettleston H     | 6           | 8             | 3             | 17            |
| 3  | Central AC        | 6           | 4             | 1             | 11            |
| 4  | Edinburgh RC      | 5           |               |               | 5             |
| 5  | Inverclyde AC     | 1           | 1             |               | 2             |
| 6  | Edinburgh AC      |             | 4             | 6             | 10            |
| 7  | Fife AC           |             | 2             | 2             | 4             |
| 8  | Kilmarnock H      |             | 1             |               | 1             |
| 9  | Corstorphine AC   |             |               | 3             | 3             |
| 10 | Dundee Hawkhill H |             |               | 1             | 1             |
| 11 | Kilbarchan AAC    |             |               | 1             | 1             |
| 12 | East Kilbride AC  |             |               | 1             | 1             |
| 13 | Irvine AC         |             |               | 1             | 1             |
| 14 | Aberdeen AAC      |             |               | 1             | 1             |
| 15 | Giffnock North H  |             |               | 1             | 1             |