

West District Cross Country Championships Individual Medallists (Masters Women)

No Trophy

First held on 2/12/1995

Scottish Athletics Federation/Scottish Athletics Limited

2025-6	Michelle Sandison	Springburn Harriers	26.30	Gillian Blee	Garscube H	30.07	Ann Robin	Bellahouston RR	30.47
2024-5	Michelle Sandison	Springburn Harriers	26.30	Lesley Bell	Garscube H	26.32	Katrine Kelly	Kilmarnock H&AC	27.01
2023-4	Lesley Bell	Garscube H	28.08	Michelle Sandison	Springburn Harriers	28.57	Katrine Kelly	Troon Tortoises AC	29.37
2022-3	Lesley Bell	Garscube H	32.37	Michelle Sandison	Springburn Harriers	33.20	Katie White	Garscube H	34.15
2021-2	Michelle Sandison	Springburn Harriers	32:08	Lesley Bell	Garscube H	32:29	Avril Mason	Shettleston H	33.14
2020-1	No Championship due to Covid-19 pandemic								
2019-20	Avril Mason	Shettleston H	36.11	Toni McIntosh	Ayr Seaforth AC	38.40	Sharon Hastie	Kilbarchan AAC	38.42
2018-9	Avril Mason	Shettleston H	35.42	Lesley Chisholm	Garscube Harriers	36.17	Lindsey Currie	Dumbarton AAC	37.25
2017-8	Lindsey Currie	Dumbarton AAC	26.56	Louise Ross	Bellahouston RR	27.35	Allie Chong	Giffnock North AAC	27.46
2016-7	Lesley Chisholm	Garscube Harriers	26.45	Avril Mason	Shettleston H	27.29	Allie Chong	Giffnock North AAC	29.07
2015-6	Lesley Chisholm	Garscube Harriers	27.50	Suzanne Gilmour	VP City of Glasgow	28.15	Sharon Muir	Inverclyde AC	29.12
2014-5	Melissa Wylie	Dumbarton AAC	26.00	Suzanne Gilmour	VP City of Glasgow	26.26	Shona Robertson	Shettleston H	26.55
2013-4	Shona Robertson	Shettleston H	23.18	Jennifer Clark	Bellahouston H	24.18	Alison Winship	Shettleston H	24.23
2012-3	Lesley Chisholm	Garscube H	22.52	Avril Mason	Shettleston H	24.20	Hilary McGrath	Law & District AAC	24.24
2012-3	Shona Robertson	Shettleston H	23.18	Jennifer Clark	Bellahouston H	24.18	Alison Winship	Shettleston H	24.23
2011-2	Shona Robertson	Shettleston H	23.48	Hilary McGrath	Law & District AAC	25.35	Alison Winship	Garscube H	26.24
2010-1	Mairi Stanley	Garscube H	26.17	Jacqueline Thomson	VP-City of Glasgow AC	26.56	Pat McCrossan	Clydesdale H	27.14
2009-10	Clare Gemmell	Springburn H	26.21	R Bushfield	Inverclyde AC	26.29	Alison Winship	Garscube H	26.42
2008-9	Frances Florance	Springburn H	25.06	Jacqueline Thomson	VP-City of Glasgow AC	25.45	Mary McCutcheon	Giffnock North AAC	26.08
2007-8	Clare Gemmell	Springburn H	24.34	Susan Finch	VP-City of Glasgow AC	24.37	Michelle Hetherington	Helensburgh AC	25.51
2006-7	Susan Finch	City of Glasgow	27.09	Hilary Millar	Giffnock North AAC	29.46	Michelle Hetherington	Helensburgh AC	29.49
2005-6	Susan Finch	City of Glasgow	25.48	Heather Akers	Garscube H	26.33	Lesley Chapman	Garscube H	27.39
2004-5	Jacqueline Thomson	City of Glasgow	26.09	Anne-Marie Hughes	Shettleston H Ladies	27.41	Heather Akers	Garscube H	28.23
2003-4	Susan Finch	City of Glasgow	29.21	Jacqueline Thomson	City of Glasgow	30.43	Hazel Morton	Irvine AC	31.08
2002-3	Frances Florance	Shettleston H Ladies	22.42	Elaine McBrinn	Shettleston H Ladies	22.45	Hilary Millar	Giffnock North AAC	35.40
2001-2	Elaine Cochrane	City of Glasgow	23.13	Frances Florance	Shettleston H Ladies	24.18	Susan Finch	City of Glasgow	24.26
2000-1	Elaine McBrinn	Shettleston H Ladies	28.11	Susan Finch	City of Glasgow	28.21	Jane Robertson	Westerlands CCC	30.08
1999-2000	Hazel Morton	Irvine AC	29.10	Pam McKay	Shettleston H Ladies	29.26	Cristine Menhennet	Westerlands CCC	30.07
1998-9	Lynn Harding	Shettleston H Ladies	28.13	Janet McColl	Helensburgh AAC	29.24	Shona Hughes	Giffnock North AAC	29.28
1997-8									
1996-7	Hazel Morton	Irvine AC	28.32	Ann Miller	Irvine AC	30.03	Julie Armstrong	Giffnock North AAC	30.12
1995-6	Sandra Branny	City of Glasgow	23.25						

Age IAAF Qualifying age 40

Age IAAF Qualifying age 35

Over 50

2025-6	Lesley Bell	Garscube H	27.45
2024-5	Avril Mason	Shettleston H	27.42
2023-4	Allie Chong	Giffnock North AC	34.48
2022-3	Allie Chong	Giffnock North AC	34.48
2021-2	Ana Richardson	West End RR	35.25
2020-1	No Championship due to Covid-19 pandemic		
2019-20	Ana Richardson	West End RR	38.14
2018-9	Mary McCutcheon	Giffnock North AC	39.15
2017-8	Sheila Lewis	Giffnock North AC	28.43
2016-7	Hilary McGrath	Law & District AAC	28.35
2015-6	Pamela McCrossan	Clydesdale H	33.13
2014-5	Michelle Hetherington	Helensburgh AAC	29.53
2013-4	Hilary McGrath	Law & District AAC	23.25
2012-3	Pat McCrossan	Clydesdale H	26.23
2011-2			
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