

Scottish 10K Road Championships Individual Medallists (Men)

Scottish Athletics Federation/Scottish Athletics Limited

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	Teweldeberhan Mengisteab	Shettleston H	30.27	Alastair Hay	Central AC	30.48
14/09/2014	Stirling	Andrew Butchart	Central AC	30.00	Teweldeberhan 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	Teweldeberhan Mengisteab	Shettleston H	30.23	John Newsom	Central AC	30.27
19/09/2010	Stirling	Tsegezab Woldemichael	Shettleston H	29.29	Teweldeberhan Mengisteab	Shettleston H	29.37	Tsegai Twelde	Shettleston H	29.46
14/06/2009	Vale of Leven	Tsegezab Woldemichael	Shettleston H	29.43	Teweldeberhan Mengisteab	Shettleston H	30.04	Amanuel Hagos	Shettleston H	30.58
15/06/2008	Vale of Leven	Amanuel Hagos	Shettleston H	30.08	Teweldeberhan 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 Cross Country Union

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
08/03/1987	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

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Masters

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	Pitreavie AAC	32.42	Tommy Lawrence	Carnegie H	32.58

15/06/2008 Vale of Leven Alan Adams Shettleston H

12/09/2004	Edinburgh	Andrew Little	Shettleston H							
21/09/2003	Edinburgh	John Mackay	Shettleston H							

03/09/2000	Paisley	John Mackay	Shettleston H							
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15/03/1997	Strathclyde Park	George 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				John Duffy	Shettleston H				

22/05/1994	Aberdeen	Brian Kirkwood	Racing Club Edinburgh	31.20	Colin Youngson	Metro Aberdeen RC	33.25	Graeme Milne	Moray RR	33.47
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Masters O40

08/09/2019	Stirling	Scott Brember	Central AC	31.50	Grant Baillie	Law & District AAC	31.55	Leon Johnston	Edinburgh AC	32.10
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Masters O50

08/09/2019	Stirling	Stuart Robertson	Perth RR	34.33	Duncan Ryan	Perth RR	35.32	Alexander Chalmers	Garscube H	36.05
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Masters O60

08/09/2019	Stirling	Michael Hurst	Cambuslang H	37.50	Jon Crookston	Law & District AAC	38.03	Bryce Aitken	Fife AC	38.03
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Masters O70

08/09/2019	Stirling	Pancho Hernandez	Ferranti AAC	49.21	Only 1 Finisher					
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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.