

**National 10K Road Championships Individual Medallists (Men)**

**Scottish Athletics Federation/Scottish Athletics Limited**

| 2020       | No Championship 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 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 |

Scottish Athletics Federation/Scottish Athletics Limited

Masters O40

| 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     | 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 |  |  |  |  |  |  |  |
|------------|---------|-------------|---------------|--|--|--|--|--|--|--|

|            |                  |                |                   |       |                |                   |       |            |                    |       |
|------------|------------------|----------------|-------------------|-------|----------------|-------------------|-------|------------|--------------------|-------|
| 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 |
|------------|----------|----------------|-----------------------|-------|----------------|-------------------|-------|--------------|----------|-------|

Masters O50  
First Championship 2019

| 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

| 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

| 2020       | No Championship due to Covid-19 pandemic |                  |              |       |                 |  |  |  |  |  |
|------------|--|------------------|--------------|-------|-----------------|--|--|--|--|--|
| 08/09/2019 | Stirling                                 | Pancho Hernandez | Ferranti AAC | 49.21 | 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 M40, M50 and M60 age groups.