

National 10K Road Championships Individual Medallists (Women)

Scottish Athletics Federation/Scottish Athletics Limited

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	Elsbeth 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	Lindsay MacNeill	Shettleston Ladies H	36.09	Trudi Thomson	Pitreavie AAC	36.49
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 Hawkhill 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

08/09/2019	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

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
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Masters O50

First Championship 2019

08/09/2019	Stirling	Ana Richardson	West End RR	39.06	Trish Milne	Central AC	42.29	Fiona McDonald	Strathearn H	44.11
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Masters O60

First Championship 2019

08/09/2019	Stirling	Nanette Heaney	Fife AC	43.08	Innes Bracegirdle	Fife AC	45.10	Wilma Gillespie	Central AC	50.17
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Masters O70

First Championship 2019

08/09/2019	Stirling	Betty Gilchrist	Ferranti AAC	57.05	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 F40, F50 and F60 age groups.