

Scottish 5K Road Championships Individual Medallists (Men)

**Scottish Athletics Federation/Scottish Athletics Limited
First Championship 2011**

2020	No Championship due to Covid-19 pandemic									
03/05/2019	Edinburgh	Kristain Jones	Dundee Hawkhill H	14:29	James Donald	Dundee Hawkhill H	14:33	Lachlan Oates	Shettleston H	14:41
04/05/2018	Edinburgh	Lachlan Oates	Shettleston H	14:36	Logan Rees	Fife AC	14:38	Michael Christoforou	Edinburgh AC	14:40
05/05/2017	Edinburgh	Kristain Jones	Swansea H	14:31	Jamie Crowe	Central AC	14:41	Marc Austin	VP City of Glasgow	14:45
06/05/2016	Edinburgh	Mark Mitchell	Forres H	14:32	Dermot Cummings	Corstorphone AAC	14:42	Cameron Milne	Central AC	14:44
29/04/2015	Edinburgh	Callum Hawkins	Kilbarchan AAC	14:17	Craig Ruddy	Inverclyde AC	14:41	Tewoldeberhan Mengisteab	Shettleston H	14:44
07/05/2014	Edinburgh	Tewoldeberhan Mengisteab	Shettleston H	14:40	Grant Sheldon	Ronhill Cambuslang H	14:46	Ross Houston	Central AC	14:48
01/05/2013	Edinburgh	Andrew Butchart	Central AC	14:35	Murray Strain	Hunter Bog T	14:37	Marc Austin	VP City of Glasgow	14:42
16/05/2012	Edinburgh	Ross Houston	Central AC	14:35	Alexander Hendry	Central AC	14:37	Andrew Douglas	Inverclyde AC	14:39
11/05/2011	Edinburgh	Christopher McKay	Inverclyde AAC	14:35	Tewoldeberhan Mengisteab	Shettleston H	14:38	Ross Houston	Central AC	14:39

**U20
First Championship 2012**

2020	No Championship due to Covid-19 pandemic									
03/05/2019	Edinburgh	James Donald	Dundee Hawkhill H	14:33	Cameron Main	Metro Aberdeen RC	14:43	Max Milarvie	Edinburgh University H&H	14:59
04/05/2018	Edinburgh	Jack Leitch	Edinburgh University H&H	15:09	Jamie Mackinnon	Cambuslang Harriers	15:22	Alexander Carcas	Edinburgh University H&H	15:24
05/05/2017	Edinburgh	Logan Rees	Fife AC	14:48	Aiden Thompson	Central AC	14:59	Euan Gillham	Kilbarchan AAC	15:02
06/05/2016	Edinburgh	Jonathon Glen	Inverclyde AC	14:52	Craig Ruddy	Inverclyde AC	14:53	Elisha de Mello	Edinburgh University H&H	15:03
29/04/2015	Edinburgh	Jonathan Glen	Inverclyde AC	14:52	Andrew Lawler	Edinburgh AC	15:18	Craig Jardine	VP City of Glasgow	15:36
07/05/2014	Edinburgh	Grant Sheldon	Ronhill Cambuslang H	14:46	Ryan Thompson	Ronhill Cambuslang H	15:30	Andrew Lawler	Edinburgh AC	15:31
01/05/2013	Edinburgh	Marc Austin	VP City of Glasgow	14:42	Cameron Milne	Central AC	14:58	Andrew Christie	Corstorphone AAC	15:35
16/05/2012	Edinburgh	Luke Traynor	Giffnock North AAC	14:54	Lachlan Oates	Shettleston H	15:07	Jack Hamilton	Ronhill Cambuslang H	15:11

Masters
In 2019 the Masters medals were split into 10 year age bands
40+
First Championship 2011

2020	No Championship due to Covid-19 pandemic									
03/05/2019	Edinburgh	Stuart Johnston	Edinburgh AC	15:46	Kerry-Liam Wilson	Cambuslang H	18:17	Moray Anderson	Corstorphine AAC	15:51
04/05/2018	Edinburgh	Michael Carroll	Perth RR	15:41	Kerry-Liam Wilson	Cambuslang H	15:47	Moray Anderson	Corstorphine AAC	15:55
05/05/2017	Edinburgh	Robert Gilroy	Cambuslang H	15:28	Kerry-Liam Wilson	Cambuslang H	15:55	David Wright	Hunters Bog T	16:03
06/05/2016	Edinburgh	Kerry-Liam Wilson	Ronhill Cambuslang H	15:20	Gareth Jenkins	Moray RR	15:57	Gordon Clarke	Corstorphine AAC	16:11
29/04/2015	Edinburgh	Kerry-Liam Wilson	Ronhill Cambuslang H	15:29	Stephen Wylie	Ronhill Cambuslang H	15:58	Louis O'Hare	Kirkintilloch O	16:23
07/05/2014	Edinburgh	Kerry-Liam Wilson	Ronhill Cambuslang H	15:16	Keith Hood	Corstorphine AAC	15:31	Scott Kennedy	Shettleston H	16:06
01/05/2013	Edinburgh	Kerry-Liam Wilson	Ronhill Cambuslang H	15:02	Mikey Anderson	Corstorphine AAC	15:38	Steven Cairns	Hunters Bog T	16:02
16/05/2012	Edinburgh	Kerry-Liam Wilson	Ronhill Cambuslang H	15:37	Robert Gilroy	Ronhill Cambuslang H	15:42	Steven Cairns	Hunters Bog T	15:51
11/05/2011	Edinburgh	Kerry-Liam Wilson	Ronhill Cambuslang H	15:22	Steven Cairns	Hunters Bog T	15:44	Kevin Downie	East Kilbride AAC	16:15

50+
First Championship 2019

2020	No Championship due to Covid-19 pandemic									
03/05/2019	Edinburgh	Scott McDonald	Moorfoot R	16:24	David Knight	Perth RR	17:05	Charles Thomson	Cambuslang H	17:25

60+
First Championship 2019

2020	No Championship due to Covid-19 pandemic									
03/05/2019	Edinburgh	Alastair Walker	Teviotdale H	18:25	John Crookston	PH Racing Club	18:39	William Jarvie	Portobello RC	18:51

70+
First Championship 2019

2020	No Championship due to Covid-19 pandemic									
03/05/2019	Edinburgh	David Cooney	Cambuslang H	24:53	Only 1 athlete finished					

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