

East District Cross Country Championships Individual Medallists (Masters Men)

No Trophy

First held on 2/12/1995

Scottish Athletics Federation/Scottish Athletics Limited

2019-20	Ross Houston	Central AC	29.09	Scott Brember	Central AC	29.35	Jim Tole	Metro Aberdeen AAC	30.37
2018-9	Scott Brember	Central AC	29.40	Tom Ferrington	Corstorphine AAC	29.55	Moray Anderson	Corstorphine AAC	29.59
2017-8	Scott Brember	Central AC	32.43	Leon Johnson	Edinburgh AC	33.26	Moray Anderson	Corstorphine AAC	33.34
2016-7	Keith Hood	Corstorphine AAC	32.29	Michael Reid	Carnethy HRC	33.03	Moray Anderson	Corstorphine AAC	33.43
2015-6	Gordon Clarke	Corstorphine AAC	33.26	Keith Hood	Corstorphine AAC	33.38	Michael Reid	Carnethy HRC	33.49
2014-5	Keith Hood	Corstorphine AAC	33.17	Gordon Barroe	Dundee Hawkhill H	35.52	Gordon Clarke	Corstorphine AAC	35.59
2013-4	Keith Hood	Corstorphine AAC	32.39	Gordon Barrie	Dundee Hawkhill H	34.35	Craig Mattocks	Carnethy HRC	35.25
2012-3	Steve Cairns	Hunters Bog T	36.21	Keith Hood	Corstorphine AAC	37.03	Colin McGill	Edinburgh AC	37.17
2011-2	Grant Wilkie	Corstorphine AAC	35.05	David Knight	Perth RR	25.41	Michael McQuaid	Falkirk Victoria H	37.14
2010-1	Steve Cairns	Hunters Bog T	35.22	Raymond Jaffray	Teviotdale H	37.12	Chris Russell	Fife AC	37.15
2009-10	Keith Hood	Corstorphine AAC	34.07	Andrew Wright	Carnegie H	35.08	Nigel Lamb	Corstorphine AAC	35.21
2008-9	Keith Hood	Corstorphine AAC	37.06	Neil Thin	Edinburgh AC	37.10	Neil Young	Fife AC	37.45
2007-8	Steve Cairns	Hunters Bog T	32.38	Donald Naylor	Hunters Bog T	32.44	David Cavers	Teviotdale H	33.17
2006-7	Donald Naylor	Hunters Bog T	37.37	Steve Cairns	Hunters Bog T	37.59	Al Hart	Hunters Bog T	39.00
2005-6	John Lambie	Carnegie H	34.47	Martin Ferguson	City of Edinburgh	34.53	Ian Stewart	Carnegie H	34.59
2004-5	David Cavers	Teviotdale H	28.00	Keith Farquhar	Metro Abredeen AAC	29.07	Martin Ferguson	City of Edinburgh	29.11
2003-4	David Cavers	Teviotdale H	34.06	Matthew Strachan	Dundee Hawkhill H	34.32	Keith Farquhar	Metro Aberdeen AAC	34.45
2002-3	Colin Meek	Lothian RC	31.45	Keith Farquhar	Metro Abredeen AAC	32.18	Graeme Ackland	Lothian RC	32.30
2001-2	Colin Meek	Lothian RC	31.27	Ian Stewart	EZ Carnegie H	32.09	Keith Varney	Metro Aberdeen AAC	32.48
2000-1	Fraser Clyne	Metro Aberdeen AAC	32.34	Terry Mitchell	Fife AC	32.40	Alan Robson	Mizuno RC	32.46
1999-2000	Terry Mitchell	Fife AC	35.38	Alan Robson	Mizuno RC	35.49	Ian Stewart	Carnegie H	36.47
1998-9	Keith Varney	Metro Aberdeen AAC	31.58	Mark Johnson	Metro Aberdeen AAC	32.56	Nichol Maltman	Teviotdale H	33.02
1997-8	Brian Kirkwood	Mizuno RC	34.59	Fraser Clyne	Metro Aberdeen AAC	35.24	Kevin McCue	Fife AC	35.37
1996-7	Brian Kirkwood	Mizuno RC	31.39	Fraser Clyne	Metro Aberdeen AAC	32.55	Andrew Cassidy	Fife AC	33.43
1995-6	Brian Kirkwood	Leslie Deans RC	33.32	Keith Varney	Metro Aberdeen AAC	34.28	Craig Ross	Fife AC	35.18

Age IAAF Qualifying age 35
 Age IAAF Qualifying age 40

Over 50

2019-20	Stuart Robertson	Perth RR	32.51
2018-9	Richard Home	Metro Aberdeen AAC	34.13
2017-8	Nick Milovsorov	Metro Aberdeen AAC	34.57
2016-7	Nick Milovsorov	Metro Aberdeen AAC	33.53
2015-6	Nick Milovsorov	Metro Aberdeen AAC	36.52
2014-5	Michael McQuade	Falkirk Victoria H	37.26
2013-4	Matthew Strachan	Dundee Hawkhill H	37.06
2012-3	David Hart	Falkirk Victoria H	40.10
2011-2	Jeff Farquhar	Pitreavie AAC	36.21
2010-1	David Hart	Falkirk Victoria H	38.44
2009-10	Ian Stewart	Carnegie H	35.59
2008-9	Ian Stewart	Carnegie H	38.04
2007-8	Ian Stewart	Carnegie H	35.44
2006-7	Tom Scott	Fife AC	43.23
2005-6	Tom Scott	Fife AC	36.31
2004-5	Tom Scott	Fife AC	30.48
2003-4	Tom Scott	Fife AC	36.35
2002-3	Tom Scott	Fife AC	34.53
2001-2	Tom Scott	Fife AC	34.17
2000-1	Brian Emmerson	Teviotdale H	33.59
1999-2000	Colin Youngson	Metro Aberdeen AAC	39.16
1998-9	Colin Youngson	Metro Aberdeen AAC	35.02
1997-8	Colin Youngson	Metro Aberdeen AAC	36.39
1996-7	Mel Edwards	Aberdeen AAC	39.30
1995-6	K Duncan	BT Pitreavie AAC	35.23