

Scottish Cross Country Championships Individual Medallists (Masters Women)

SWCC & RRA Vets Cup – First Presented 1989-90

| | | | |
|-----------|------------------------|----------------------|-------|
| 1992-3 | Sandra Branney (W35) | City of Glasgow | 25.24 |
| 1993-4 | Trudi Thomson (W35) | BT Pitreavie AAC | 28.21 |
| 1994-5 | Trudi Thomson (W35) | BT Pitreavie AAC | 28.12 |
| 1995-6 | Sonia Armitage (W35) | Aberdeen AAC | 25.26 |
| 1996-7 | Trudi Thomson (W35) | BT Pitreavie AAC | 29.16 |
| 1997-8 | Lynn Harding (W35) | Shettleston Ladies | 29.32 |
| 1998-9 | Trudi Thomson (W40) | BT Pitreavie AAC | 26.44 |
| 1999-2000 | Trudi Thomson (W40) | Pitreavie AAC | 23.47 |
| 2000-1 | Susan Ridley (W35) | Edinburgh WM | 27.09 |
| 2001-2 | Frances Florence (W40) | Shettleston Ladies | 27.28 |
| 2002-3 | Eileen Cochrane (W35) | City of Glasgow | 25.29 |
| 2003-4 | Susan Ridley (W35) | Edinburgh Southern H | 29.11 |
| 2004-5 | Susan Ridley (W35) | Edinburgh Southern H | 23.34 |
| 2005-6 | Fiona Matheson (W40) | Falkirk Victoria H | 25.44 |
| 2006-7 | Susan Winch (W40) | City of Glasgow | 26.33 |
| 2007-8 | Lyn Wilson (W35) | Carnethy HRC | 24.15 |
| 2008-9 | Jennifer MacLean (W35) | Edinburgh AC | 23.37 |
| 2009-10 | Jennifer MacLean (W35) | Edinburgh AC | 22.39 |
| 2010-1 | Angela Mudge (W40) | Carnethy Hill RC | 23.12 |
| 2011-2 | Melissa Whyte (W45) | Inverness H | 22.54 |
| 2012-3 | Edel Mooney (W35) | Lothian RC | 22.20 |
| 2013-4 | Angela Mudge (W40) | Carnethy Hill RC | 26.06 |
| 2014-5 | Lesley Chisholm (W40) | Garscube H | 25.12 |
| 2015-6 | Lesley Chisholm (W40) | Garscube H | 23.37 |
| 2016-7 | Lesley Chisholm (W40) | Garscube H | 24.40 |
| 2017-8 | Charlotte Morgan (W40) | Carnethy Hill RC | 23:41 |
| 2018-9 | Lesley Chisholm (W40) | Garscube H | 25.13 |
| 2019-20 | Heather Anderson (W40) | Fife AC | 25.35 |

Scottish Cross Country Champions (W35 Women)

Scottish Women Veteran Runners Association

| | | | | | | | | | |
|---------|----------------|----------------|-------|----------------|-------------------|-------|------------|-----------|-------|
| 1974-5 | Norma Campbell | Blaydon H | 22.12 | Noreen O'Boyle | Victoria Park AAC | 23.21 | Dale Greig | Paisley H | 25.51 |
| 1975-6 | | | | | | | | | |
| 1976-7 | Pearl Meldrum | Grangemouth AC | 21.15 | Norma Campbell | Berwick AC | 22.38 | Dale Greig | Paisley H | 23.53 |
| 1977-8 | | | | | | | | | |
| 1978-9 | | | | | | | | | |
| 1979-80 | | | | | | | | | |
| 1980-1 | | | | | | | | | |
| 1981-2 | | | | | | | | | |
| 1982-3 | | | | | | | | | |

Scottish Women's Cross Country Union

| | | | | | | | | | |
|---------|-------------------|----------------------|-------|-------------------|--------------------|-------|--------------------|--------------------|-------|
| 1983-4 | Palm Gunstone | Dundee Hawkhill H | 25.48 | Pearl Meldrum | Grangemouth AC | 26.05 | Margaret Robertson | Troon T | 28.10 |
| 1984-5 | Lorna Irvine | Edinburgh Southern H | | Palm Gunstone | Dundee Hawkhill H | | | | |
| 1985-6 | Kay Dodson | Law & District AAC | 25.49 | Jean Sharp | Central Region AC | 26.07 | Pearl Meldrum | Grangemouth AC | 26.48 |
| 1986-7 | Lorna Irvine | Edinburgh Southern H | 25.39 | Jackie Ferrari | Pitreavie AAC | 26.52 | Kate Chapman | Giffnock North AAC | 28.48 |
| 1987-8 | Heather Wisley | Fraserburgh AAC | | | | | | | |
| 1988-9 | Patricia Calder | Edinburgh AC | 23.50 | Janette Stevenson | Falkirk Victoria H | 25.12 | | | |
| 1989-90 | Renee Murray | Giffnock North AAC | 23.44 | Ann Curtis | Livingston AC | 24.10 | Margaret Stafford | Aberdeen AAC | 24.37 |
| 1990-1 | Patricia Calder | Edinburgh AC | | Janette Stevenson | Falkirk Victoria H | | Jacqueline Byng | Irvine AC | |
| 1991-2 | Janette Stevenson | Falkirk Victoria H | | | | | | | |

Scottish Athletics Federation/Scottish Athletics Limited

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|-----------|------------------|----------------------|-------|------------------|--------------------------|-------|------------------|--------------------------|-------|
| 1992-3 | Sandra Branney | City of Glasgow | 25.24 | Caroline Brown | Fife AC | 26.47 | M Adamson | Inverness H | 26.53 |
| 1993-4 | Trudi Thomson | BT Pitreavie AAC | 28.21 | Helen Morton | Irvine AC | 29.15 | Eileen Reid | East Kilbride AC | 29.58 |
| 1994-5 | Trudi Thomson | BT Pitreavie AAC | 28.12 | Joyce Salvona | Livingston & District AC | 29.08 | M MacKenzie | Border H | 29.35 |
| 1995-6 | Sonia Armitage | Aberdeen AAC | 25.26 | Joyce Salvona | Livingston & District AC | 26.52 | Penny Rother | Livingston & District AC | 27.15 |
| 1996-7 | Trudi Thomson | BT Pitreavie AAC | 29.16 | Lynne Marr | Tynedale H | 30.15 | Kim Fisher | BT Pitreavie | 30.18 |
| 1997-8 | Lynn Harding | Shettleston Ladies | 29.32 | Lynne Marr | BT Pitreavie AAC | 29.48 | Trudi Thomson | BT Pitreavie AAC | 30.06 |
| 1998-9 | Elaine McBrinn | Shettleston Ladies | 27.53 | Lynn Harding | Shettleston Ladies | 27.58 | Susan Armitage | Aberdeen AAC | 28.26 |
| 1999-2000 | Lynn Harding | Shettleston Ladies | 24.38 | Sonia Armitage | Aberdeen AAC | 25.10 | Susan Finch | City of Glasgow AC | 25.23 |
| 2000-1 | Susan Ridley | Edinburgh WM | 27.09 | Elaine McBrinn | Shettleston Ladies | 29.12 | Sandra Edwards | Shettleston Ladies | 29.20 |
| 2001-2 | Susan Finch | City of Glasgow AC | 27.59 | Elaine McBrinn | Shettleston Ladies | 28.50 | Sharyn Ramage | City of Edinburgh | 29.58 |
| 2002-3 | Eileen Cochrane | City of Glasgow | 25.29 | Karen Dobbie | Edinburgh WM | 29.40 | Joanne Whitehead | City of Edinburgh | 30.04 |
| 2003-4 | Susan Ridley | Edinburgh Southern H | 29.11 | Andrea Cameron | Perth RR | 30.15 | Jane Barker | Moray RR | 31.19 |
| 2004-5 | Susan Ridley | Edinburgh Southern H | 23.34 | Marietta Linden | City of Edinburgh | 26.07 | Mary McIntyre | Dundee RR | 26.21 |
| 2005-6 | Angela Hepburn | Aberdeen AAC | 26.36 | Rhona Buchan | Aberdeen AAC | 26.52 | Clare Gemmell | Springburn H | 27.07 |
| 2006-7 | Clare Gemmell | Springburn H | 27.37 | Lucy Colquhoun | City of Edinburgh | 28.02 | Sarah Legge | Fife AC | 28.32 |
| 2007-8 | Lyn Wilson | Carnethy HRC | 24.15 | Clare Gemmell | Springburn H | 25.22 | Alison Simpson | Kilmarnock H | 25.50 |
| 2008-9 | Jennifer MacLean | Edinburgh AC | 23.37 | Megan Wright | Hunters Bog T | 24.00 | Dawn Scott | Lochaber AC | 24.59 |
| 2009-10 | Jennifer MacLean | Edinburgh AC | 22.39 | Julia Henderson | Helensburgh AAC | 24.30 | Claire Heasman | Helensburgh AAC | 24.46 |
| 2012-3 | Edel Mooney | Lothian RC | 22.20 | Jennifer MacLean | Edinburgh AC | 22.41 | Dianne Lauder | Gala H | 23.00 |

Scottish Cross Country Champions (W40 Women)

| | | | | | | | | | |
|-----------|-------------------|--------------------|-------|-----------------------|----------------------|-------|--------------------|--------------------------|-------|
| 1992-3 | Janette Stevenson | Falkirk Victoria H | 25.41 | A Wilson | Dundee Hawkhill H | 27.47 | Alison Strachan | Dundee RR | 29.07 |
| 1993-4 | Janette Stevenson | Falkirk Victoria H | 28.33 | Kate Todd | JW Kirmarnock H | 30.22 | Dianne Montieth | Loudoun Runners AC | 30.39 |
| 1994-5 | Gillian Hanlon | Dundee Hawkhill H | 31.22 | Dianne Montieth | Loudoun Runners AC | 31.25 | Margaret Sinclair | City of Glasgow AC | 31.47 |
| 1995-6 | Elizabeth McGarry | Irvine AC | 28.52 | Ulrike Simpson | Aberdeen AAC | 28.55 | P Donald | Deeside Runners | 29.00 |
| 1996-7 | Jane Waterhouse | Central AC | 32.44 | Gillian Hanlon | Dundee Hawkhill H | 33.54 | E Boyle | Ayr Seaforth AAC | 33.58 |
| 1997-8 | Sandra Branney | City of Glasgow | 29.37 | Kim Roberts | BT Pitreavie AAC | 31.53 | Barbara Murray | Westerlands CCC | 32.15 |
| 1998-9 | Trudi Thomson | Pitreavie AAC | 26.44 | Patrica Affleck | Gala H | 28.43 | Joyce Salvona | Livingston & District AC | 29.30 |
| 1999-2000 | Trudi Thomson | Pitreavie AAC | 23.47 | Patrica Affleck | Gala H | 24.44 | Addy Gerrard | Lasswade AAC | 25.07 |
| 2000-1 | Sonia Armitage | Aberdeen AAC | 28.06 | Helen Morton | Irvine AC | 30.13 | Kathryn Mearns | Aberdeen AAC | 31.03 |
| 2001-2 | Frances Florence | Shettleston Ladies | 27.28 | Trudi Thomson | Pitreavie AAC | 27.35 | Sonia Armitage | Aberdeen AAC | 28.46 |
| 2002-3 | Sonia Armitage | Aberdeen AAC | 27.43 | Helen Morton | Irvine AC | 28.31 | Hazel Dean | Central AC | 28.53 |
| 2003-4 | Hazel Dean | Central AC | 29.41 | Susan Finch | City of Glasgow AC | 29.51 | Helen Murray | Lothian RC | 31.11 |
| 2004-5 | Hazel Dean | Central AC | 24.00 | Sonia Armitage | Aberdeen AAC | 24.08 | Fiona Matheson | Falkirk Victoria H | 24.18 |
| 2005-6 | Fiona Matheson | Falkirk Victoria H | 25.44 | Andrea Cameron | Perth RR | 27.46 | Lynne Marr | Shettleston Ladies | 30.09 |
| 2006-7 | Susan Finch | City of Glasgow | 26.33 | Susan Ridley | Edinburgh Southern H | 26.41 | Hazel Dean | Central AC | 27.49 |
| 2007-8 | Susan Ridley | Edinburgh AC | 25.09 | Rhona Buchan | Aberdeen AAC | 26.03 | Kirsti Husband | Garscube H | 26.08 |
| 2008-9 | Fabienne Thompson | Carnegie H | 26.10 | Michelle Hetherington | Helensburgh AAC | 26.10 | Shona Donnelly | Bellahouston RR | 27.50 |
| 2009-10 | Veronique Oldham | Aberdeen AAC | 24.18 | Susan Ridley | Edinburgh AC | 24.27 | Rhona Buchan | Aberdeen AAC | 24.47 |
| 2010-1 | Angela Mudge | Carnethy HRC | 23.12 | Veronique Oldham | Aberdeen AAC | 25.17 | Janet Dunbar | Portobello RC | 25.22 |
| 2011-2 | Angela Mudge | Carnethy HRC | 23.01 | Janet Dunbar | Edinburgh AC | 24.34 | Shona Robertson | Shettleston H | 25.19 |
| 2012-3 | Angela Mudge | Carnethy HRC | 22.46 | Fiona Dalgleish | Gala H | 25.17 | Elspeth Jenkins | Moray RR | 26.10 |
| 2013-4 | Angela Mudge | Carnethy HRC | 26.06 | Janet Dunbar | Edinburgh AC | 27.29 | Shona Robertson | Shettleston H | 27.35 |
| 2014-5 | Lesley Chisholm | Garscube H | 25.12 | Jennifer MacLean | Edinburgh AC | 25.56 | Megan Mowbray | Hunters Bog T | 26.07 |
| 2015-6 | Lesley Chisholm | Garscube H | 23.37 | Edel Mooney | Lothian RC | 23.58 | Megan Wright | Hunters Bog T | 26.07 |
| 2016-7 | Lesley Chisholm | Garscube H | 24.40 | Dianne Lauder | Gala H | 24.46 | Joasia Zakrzewski | Dumfries RC | 24.47 |
| 2017-8 | Charlotte Morgan | Carnethy HRC | 23.41 | Catriona Morrison | Stirling Tri Club | 24:32 | Lesley Chisholm | Garscube H | 25:18 |
| 2018-9 | Lesley Chisholm | Garscube H | 25.13 | Charlotte Morgan | Carnethy HRC | 25.34 | Carol Parsons | Dundee Hawkhill H | 25.45 |
| 2019-20 | Heather Anderson | Fife AC | 25.35 | Claire Gordon | Hunters Bog Trotters | 26.09 | Ruth Fraser-Moodie | Springburn H | 25.45 |

Scottish Cross Country Champions (W45 Women)

| | | | | | | | | | |
|-----------|--------------------|--------------------|-------|--------------------|-----------------------|-------|-----------------------|--------------------------|-------|
| 1992-3 | Margaret Robertson | Dundee RR | 26.31 | Phyllis Lemoncello | Fife AC | 28.45 | Helen Kuzyszyn | Fife AC | 35.49 |
| 1993-4 | Phyllis Lemoncello | Fife AC | 31.13 | Frankie Farquhar | Caithness AAC | 31.44 | Jacqueline Byng | Irvine AC | 32.30 |
| 1994-5 | Margaret Robertson | Dundee RR | 31.13 | Phyllis Lemoncello | Fife AC | 32.40 | Francis Kay | Edinburgh AC | 36.26 |
| 1995-6 | Janette Stevenson | Falkirk Victoria H | 26.13 | Margaret Robertson | Dundee RR | 29.02 | Phyllis Lemoncello | Fife AC | 30.17 |
| 1996-7 | Janette Stevenson | Falkirk Victoria H | 30.43 | Kate Todd | JW Kilmarnock H | 32.09 | Jacqueline Ferrarri | BT Pitreavie | 34.09 |
| 1997-8 | Dianne Montieth | Loudoun Runners | 32.59 | Alison Strachan | Dundee RR | 36.57 | Alison Porteous | Maryhill H | 43.05 |
| 1998-9 | Jane Waterhouse | Central AC | 30.47 | Hilary Spenceley | Carnethy HRC | 31.35 | Elizabeth McGarry | Irvine H | 31.53 |
| 1999-2000 | Jane Waterhouse | Central AC | 26.47 | Dianne Montieth | Victoria Park AAC | 27.45 | Hazel Bradley | Anster Haddies | 28.09 |
| 2000-1 | Jane Waterhouse | Central AC | 30.40 | Ulrike Simpson | Aberdeen AAC | 32.48 | Evelyn Coull | Deeside Runners | 33.38 |
| 2001-2 | Patrica Affleck | Gala H | 27.43 | Janet McColl | Garscube H | 30.20 | Jane Waterhouse | Central AC | 30.49 |
| 2002-3 | Kathryn Mearns | Aberdeen AAC | 28.57 | Elizabeth McGarry | Irvine AC | 30.35 | Margaret Stafford | Aberdeen AAC | 30.53 |
| 2003-4 | Helen Morton | Irvine AC | 32.14 | Margaret McLaren | Fife AC | 33.27 | Susan McDowell | Livingston & District AC | 33.49 |
| 2004-5 | Penny Rother | Lothian RC | 25.31 | Caroline Lawless | Falkirk Victoria H | 26.26 | Helen Morton | Irvine AC | 26.50 |
| 2005-6 | Caroline Lawless | Falkirk Victoria H | 28.42 | Helen Morton | Irvine AC | 28.45 | Maureen MacInnes | Aberdeen AAC | 30.28 |
| 2006-7 | Fiona Mathieson | Falkirk Victoria H | 26.40 | Sonia Armitage | Aberdeen AAC | 26.53 | Yvonne Crilly | Livingston & District AC | 29.25 |
| 2007-8 | Susan Finch | VP Glasgow | 25.34 | Rhona Bushfield | Inverclyde AC | 26.00 | Hazel Dean | Central AC | 26.15 |
| 2008-9 | Hazel Dean | Central AC | 25.07 | Fiona Maxwell | Shettleston H | 25.13 | Jacqueline Thomson | VP City of Glasgow | 25.40 |
| 2009-10 | Melissa Whyte | Inverness H | 23.15 | Sheila Gollan | Inverness H | 25.21 | Hazel Dean | Central AC | 25.47 |
| 2010-1 | Melissa Whyte | Inverness H | 23.20 | Susan Ridley | Edinburgh AC | 24.18 | Hilary McGrath | Law & District | 26.14 |
| 2011-2 | Melissa Whyte | Inverness H | 22.54 | Susan Ridley | Edinburgh AC | 24.10 | Veronique Oldham | Aberdeen AAC | 24.41 |
| 2012-3 | Susan Ridley | Edinburgh AC | 23.51 | Veronique Oldham | Aberdeen AAC | 24.08 | Hilary McGrath | Law & District AAC | 24.14 |
| 2013-4 | Susan Ridley | Edinburgh AC | 28.14 | Fabienne Thompson | Carnegie H | 29.45 | Michelle Hetherington | Hellinsburgh AAC | 30.13 |
| 2014-5 | Melissa Wylie | Dumbarton AAC | 26.03 | Anya Campbell | Gala H | 28.45 | Fabienne Thompson | Carnegie H | 28.55 |
| 2015-6 | Veronique Oldham | Aberdeen AAC | 25.33 | Shona Robertson | Shettleston H | 25.41 | Anya Campbell | Gala H | 26.50 |
| 2016-7 | Karen Kennedy | PH Racing Club | 26.24 | Karen Lyons | Highland Hill Runners | 26.49 | Fiona Dalgleish | Gala H | 27.22 |
| 2017-8 | Karen Kennedy | PH Racing Club | 26:38 | Allie Chong | Giffnock North AC | 26:42 | Jennifer Forbes | Gala H | 27:00 |
| 2018-9 | Megan Wright | Hunters Bog T | 27.09 | Karen Kennedy | PH Racing Club | 27.26 | Allie Chong | Giffnock North AC | 27.38 |
| 2018-9 | Angela Mudge | Carnethy HRC | 25.36 | Jennifer MacLean | Edinburgh AC | 26.20 | Megan Wright | Hunters Bog T | 26.59 |

Scottish Cross Country Champions (W50 Women)

| | | | | | | | | | |
|-----------|--------------------|--------------------|-------|---------------------|--------------------|-------|-------------------|---------------|-------|
| 1992-3 | S Roger | Dundee RR | 29.36 | J McMillan | Boness RR | 37.19 | Only 2 Finishers | | |
| 1993-4 | J Phillips | Lasswade AC | 36.38 | Only 1 Finisher | | | | | |
| 1994-5 | Jacqueline Byng | Irvine AC | 34.00 | J Phillips | Lasswade AC | 37.24 | Isobel Chlopas | Teviotdale H | 37.32 |
| 1995-6 | No Finishers | | | | | | | | |
| 1996-7 | Jacqueline Byng | Irvine AC | 34.35 | Margaret Keogh | Teviotdale H | 39.12 | Isobel Chlopas | Teviotdale H | 39.17 |
| 1997-8 | Phyllis Lemoncello | Fife AC | 33.51 | Margaret Robertson | Dundee RR | 34.06 | Only 2 Finishers | | |
| 1998-9 | Phyllis Lemoncello | Fife AC | 32.44 | Sheila Bauchop | Kinross RR | 34.23 | Only 2 Finishers | | |
| 1999-2000 | Phyllis Lemoncello | Fife AC | 29.45 | Only 1 Finisher | | | | | |
| 2000-1 | Hazel Bradley | Pitreavie AAC | 32.01 | Only 1 Finisher | | | | | |
| 2001-2 | Jeanette Stevenson | Falkirk Victoria H | 27.49 | Patricia McLaughlin | Westerlands CCC | 37.02 | Only 2 Finishers | | |
| 2002-3 | Jane Waterhouse | Central AC | 29.49 | Hazel Bradley | Pitreavie AAC | 30.57 | Jocelyn Scott | Fife AC | 32.08 |
| 2003-4 | Jane Waterhouse | Central AC | 32.46 | Audrey Foster | Horwich H | 34.33 | Gillian Hanlon | Dundee RR | 35.59 |
| 2004-5 | Jane Waterhouse | Central AC | 26.09 | Lesley Chapman | Garscube H | 27.21 | Audrey Foster | Inverness H | 28.25 |
| 2005-6 | Jocelyn Scott | Fife AC | 28.52 | Audrey Foster | Inverness H | 32.01 | Elizabeth McGarry | Irvine AC | 32.09 |
| 2006-7 | Jane Waterhouse | Central AC | 29.04 | Janet Fellowes | Helensburgh AAC | 32.42 | Jocelyn Scott | Fife AC | 33.05 |
| 2007-8 | Erica Christie | Bellahouston H | 27.49 | Jocelyn Scott | Fife AC | 30.14 | Elizabeth McGarry | Irvine AC | 31.41 |
| 2008-9 | Erica Christie | Bellahouston H | 26.50 | Helen Morton | Irvine AC | 28.16 | Isobel Burnett | Carnegie H | 28.30 |
| 2009-10 | Laura Mahady | Aberdeen AAC | 26.11 | Janet Fellowes | Helensburgh AAC | 28.04 | Phyllis Hands | Motherwell AC | 28.17 |
| 2010-1 | Erica Christie | Bellahouston H | 28.14 | Isobel Burnett | Carnegie H | 28.22 | Morag Taggart | Dundee RR | 28.37 |
| 2011-2 | Fiona Matheson | Falkirk Victoria H | 23.14 | Sonia Armitage | Aberdeen AAC | 26.13 | Phyllis O'Brian | Hunters Bog T | 28.12 |
| 2012-3 | Sharyn Ramage | Edinburgh AC | 26.11 | Pamela McCrossan | Clydesdale H | 26.19 | Phyllis O'Brian | Hunters Bog T | 27.35 |
| 2013-4 | Fiona Matheson | Falkirk Victoria H | 28.09 | Hilary McGrath | Law & District AAC | 28.27 | Rhona Anderson | Dunbar RC | 30.05 |
| 2014-5 | Rhona Anderson | Dunbar RC | 28.13 | Hazel Dean | Central AC | 28.38 | Mary Western | Carnegie H | 28.43 |
| 2015-6 | Fiona Matheson | Falkirk Victoria H | 25.51 | Sheila Gollan | East Sutherland AC | 26.41 | Fabienne Thompson | Carnegie H | 26.57 |
| 2016-7 | Veronique Oldham | Aberdeen AAC | 26.21 | Susan Ridley | Edinburgh AC | 27.31 | Jill Morrow | Edinburgh AC | 27.36 |
| 2017-8 | Sheila Gollan | East Sutherland AC | 26:46 | Rhona Anderson | Dunbar RC | 26:53 | Jill Morrow | Edinburgh AC | 26:59 |
| 2018-9 | Veronique Oldham | Aberdeen AAC | 27.02 | Susan Ridley | Edinburgh AC | 27.47 | Jill Morrow | Edinburgh AC | 29.03 |
| 2019-20 | Susan Ridley | Edinburgh AC | 27.46 | Mary McCutcheon | Giffnock North AC | 27.53 | Melissa Wylie | Dumbarton AAC | 28.14 |

Scottish Cross Country Champions (W55 Women)

| | | | | | | | | | |
|-----------|--------------------|--------------------|-------|--------------------|--------------------------|-------|--------------------|----------------|-------|
| 1992-3 | Margaret Moore | Kilbarchan AAC | 32.32 | Margaret Hyman | Livingston & District AC | 32.58 | J Oliver | Louden RR | 33.39 |
| 1993-4 | Margaret Moore | Kilbarchan AAC | 35.51 | J Oliver | Louden RR | 38.35 | Only 2 Finishers | | |
| 1994-5 | Margaret Moore | Kilbarchan AAC | 38.31 | Margaret Hyman | Livingston & District AC | 39.14 | Maureen Gallacher | Maryhill H | 41.47 |
| 1995-6 | Maureen Gallacher | Maryhill H | 38.52 | Only 1 Finisher | | | | | |
| 1996-7 | Margaret Robertson | Troon T | 42.01 | Only 1 Finisher | | | | | |
| 1997-8 | No Finishers | | | | | | | | |
| 1998-9 | Katharine Melville | Irvine AC | 38.05 | | | | | | |
| 1999-2000 | Jacqueline Byng | Irvine AC | 29.01 | Only 1 Finisher | | | | | |
| 2000-1 | No Finishers | | | | | | | | |
| 2001-2 | No Finishers | | | | | | | | |
| 2002-3 | Phyllis Lemoncello | Fife AC | 32.32 | Margaret Robertson | Dundee RR | 34.02 | Only 2 Finishers | | |
| 2003-4 | Phyllis Lemoncello | Fife AC | 35.31 | Only 1 Finisher | | | | | |
| 2004-5 | Phyllis Lemoncello | Fife AC | 28.55 | Only 1 Finisher | | | | | |
| 2005-6 | Janette Stevenson | Falkirk Victoria H | 26.10 | Hazel Bradley | Pitreavie AAC | 29.54 | Phyllis Lemoncello | Fife AC | 31.22 |
| 2006-7 | Janette Stevenson | Falkirk Victoria H | 27.10 | Phyllis Lemoncello | Fife AC | 33.17 | Only 2 Finishers | | |
| 2007-8 | Jane Waterhouse | Central AC | 28.16 | Hazel Bradley | Pitreavie AAC | 31.11 | Alma Imponeti | Inverclyde AC | 34.23 |
| 2008-9 | Jocelyn Scott | Fife AC | 30.15 | Elizabeth McGarry | Irvine AC | 31.48 | Anne Bruce | Springburn H | 34.05 |
| 2009-10 | Jane Waterhouse | Central AC | 27.06 | Jocelyn Scott | Fife AC | 29.10 | Only 2 Finishers | | |
| 2010-1 | Jane Waterhouse | Central AC | 28.20 | Morna Fleming | Carnegie H | 30.11 | Phyllis Hands | Motherwell AC | 30.38 |
| 2011-2 | Jane Waterhouse | Central AC | 28.19 | Erica Christie | Bellahouston H | 28.48 | Phyllis Hands | Motherwell AC | 28.57 |
| 2012-3 | Phyllis Hands | Motherwell AC | 28.55 | Elizabeth Forbes | Inverness H | 32.46 | Frances Wardhaugh | Moray RR | 37.27 |
| 2013-4 | Isonbel Burnett | Carnegie H | 30.42 | Andrea Pogson | Gala H | 31.23 | Margaret Martin | Fife AC | 33.33 |
| 2014-5 | Phyllis O'Brien | Hunters Bog T | 29.28 | Morag Taggart | Dundee RR | 29.49 | Erica Christie | Bellahouston H | 30.08 |
| 2015-6 | Sonia Armitage | Aberdeen AAC | 28.01 | Isobel Burnett | Carnegie H | 28.27 | Fiona Carver | Corstorphine | 28.58 |
| 2016-7 | Lynne Stephen | Fife AC | 29.00 | Sonia Armitage | Aberdeen AAC | 29.02 | Fiona Carver | Corstorphine | 29.08 |
| 2017-8 | Pamela McCrossan | Clydesdale H | 28:27 | Mary Western | PH Racing Club | 28:36 | Fiona Carver | Corstorphine | 29:11 |
| 2018-9 | Rhona Anderson | Dunbar RC | 28.35 | Hazel Dean | Central AC | 29.11 | Pamela McCrossan | Clydesdale H | 29.15 |
| 2019-20 | Carol Moss | Moorfoot Runners | 27.52 | Mary Western | Fife AC | 28.35 | Yvonne Crilly | Lothian RC | 29.05 |

Scottish Cross Country Champions (W60 Women)

| | | | | | | | | | |
|-----------|---------------------|-----------------|-------|--------------------|--------------|-------|-------------------|----------------|-------|
| 1995-6 | Margaret Moore | Kilbarchan AAC | 35.39 | Only 1 Finisher | | | | | |
| 1996-7 | Margaret Moore | Kilbarchan AAC | 40.54 | Maureen Gallacher | Maryhill H | 46.13 | Only 2 Finishers | | |
| 1997-8 | Margaret Moore | Kilbarchan AAC | 41.29 | Only 1 Finisher | | | | | |
| 1998-9 | Margaret Moore | Kilbarchan AAC | 38.40 | Only 1 Finisher | | | | | |
| 1999-2000 | No Finishers | | | | | | | | |
| 2000-1 | No Finishers | | | | | | | | |
| 2001-2 | No Finishers | | | | | | | | |
| 2002-3 | No Finishers | | | | | | | | |
| 2003-4 | No Finishers | | | | | | | | |
| 2004-5 | No Finishers | | | | | | | | |
| 2005-6 | No Finishers | | | | | | | | |
| 2006-7 | Elizabeth Gilchrist | U/A | 34.09 | Only 1 Finisher | | | | | |
| 2007-8 | Phyllis Lemoncello | Fife AC | 35.16 | Mary Mitchell | Fife AC | 42.28 | Only 2 Finishers | | |
| 2008-9 | Phyllis Lemoncello | Fife AC | 34.08 | Mary Gemmell | Springburn H | 44.16 | Only 2 Finishers | | |
| 2009-10 | Phyllis Lemoncello | Fife AC | 33.46 | Anne Docherty | Forres H | 34.26 | Mary Mitchell | Fife AC | 42.04 |
| 2010-1 | Hazel Bradley | Anster Haddies | 30.40 | Phyllis Lemoncello | Fife AC | 36.08 | Mary Mitchell | Fife AC | 48.06 |
| 2011-2 | Patricia McLaughlin | Westerlands CCC | 35.54 | Only 1 Finisher | | | | | |
| 2012-3 | Jane Waterhouse | Central AC | 27.48 | Linden Nicholson | Lasswade AAC | 28.33 | Barbara Bowie | Moray RR | 33.24 |
| 2013-4 | Jane Waterhouse | Central AC | 33.28 | Linden Nicholson | Lasswade AAC | 34.38 | Elizabeth McGarry | Irvine RC | 38.08 |
| 2014-5 | Ann White | Garscube H | 30.43 | Susan Linklater | Individual | 34.55 | Deirdre Hoyle | Bellahouston H | 38.50 |
| 2015-6 | Jane Kerridge | Deeside R | 30.08 | Linden Nicholson | Lasswade AAC | 31.00 | Susan Linklater | Shetland AAC | 31.27 |
| 2016-7 | Isobel Burnett | Carnegie H | 28.54 | Innes Bracegirdle | Fife AC | 30.54 | Margaret Martin | Fife AC | 31.18 |
| 2017-8 | Isobel Burnett | Carnegie H | 29:26 | Susan Linklater | Shetland AAC | 31:31 | Innes Bracegirdle | Fife AC | 31:56 |
| 2018-9 | Isobel Burnett | Carnegie H | 30.45 | Innes Bracegirdle | Fife AC | 32.19 | Margaret Martin | Fife AC | 32.22 |
| 2018-9 | Isobel Burnett | Carnegie H | 29.55 | Innes Bracegirdle | Fife AC | 31.31 | Margaret Martin | Fife AC | 31.52 |

Scottish Cross Country Champions (W65 Women)

| | | | | | | | | | |
|---------|---------------------|--------------------|-------|--------------------|-----------------|-------|--------------------|-----------------|-------|
| 2006-7 | Anne Nally | Carnegie H | 44.00 | Only 1 Finisher | | | | | |
| 2007-8 | Carole Melville | Fife AC | 34.57 | Ann Miller | Fife AC | 38.05 | Pamela Howatt | Fife AC | 43.49 |
| 2008-9 | Carole Melville | Fife AC | 33.55 | Jane Askey | Fife AC | 41.58 | Only 2 Finishers | | |
| 2009-10 | Carole Melville | Fife AC | 33.06 | Only 1 Finisher | | | | | |
| 2010-1 | Elizabeth Gilchrist | Ferranti AAC | 31.39 | Carole Melville | Fife AC | 33.50 | Sheila Bauchop | Ferranti AAC | 36.19 |
| 2011-2 | Elizabeth Gilchrist | Ferranti AAC | 33.04 | Sheila Thomson | Westerlands CCC | 35.11 | Only 2 Finishers | | |
| 2012-3 | Phyllis Lemoncello | Fife AC | 32.45 | Anne Docherty | Forres H | 33.16 | Sheila Thomson | Westerlands CCC | 34.41 |
| 2013-4 | Elizabeth Gilchrist | Ferranti AAC | 38.22 | Phyllis Lemoncello | Fife AC | 40.56 | Only 2 Finishers | | |
| 2014-5 | No Finishers | | | | | | | | |
| 2015-6 | Janette Stevenson | Falkirk Victoria H | 29.20 | Phyllis Lemoncello | Fife AC | 36.25 | Margaret Woodhouse | Inverness H | 38.20 |
| 2016-7 | Deirdre Hoyle | Bellahouston H | 36.31 | Only 1 Finisher | | | | | |
| 2017-8 | Ann White | Garscube H | 30:08 | Linden Nicholson | Lasswade AAC | 31:55 | Jeanette Craig | Springburn H | 37:49 |
| 2018-9 | Linden Nicholson | Lasswade AAC | 30:08 | Morna Fleming | Pitreavie AAC | 31:55 | Deirdre Hoyle | Bellahouston H | 37:49 |
| 2019-20 | Ann White | Garscube H | 31.39 | Jeanette Craig | Springburn H | 31.59 | Susan Linklater | Shetland AAC | 32.47 |

Scottish Cross Country Champions (W70 Women)

| | | | | | | | | | |
|---------|---------------------|---------------|-------|---------------------|--------------|-------|------------------|--|--|
| 2011-2 | Jean Harthill | U/A | 40.29 | Only 1 Finisher | | | | | |
| 2014-5 | Elizabeth Gilchrist | Ferranti AAC | 36.55 | Only 1 Finisher | | | | | |
| 2015-6 | Anne Docherty | Forres H | 35.16 | Only 1 Finisher | | | | | |
| 2016-7 | Anne Docherty | Forres H | 35.46 | Elizabeth Gilchrist | Ferranti AAC | 36.49 | Only 2 Finishers | | |
| 2017-8 | No Finishers | | | | | | | | |
| 2018-9 | Sheila Strain | Hunters Bog T | 35.46 | Margaret Cavanagh | Fife AC | 36.49 | Only 2 Finishers | | |
| 2019-20 | Sheila Strain | Hunters Bog T | 34.47 | Only 1 Finisher | | | | | |

Scottish Cross Country Champions (W75 Women)

| | | | | | | | | | |
|---------|--------------|---------|-------|-----------------|--|--|--|--|--|
| 2016-7 | Jane Askey | Fife AC | 48.11 | Only 1 Finisher | | | | | |
| 2017-8 | No Finishers | | | | | | | | |
| 2018-9 | No Finishers | | | | | | | | |
| 2019-20 | No Finishers | | | | | | | | |