

Individual Medalists (Men)

**The President's (Alan Potts) Trophy
First presented 5-Nov-2011**

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|-----------|-------------------|------------------------|-------|--------------------------|---------------------------|-------|--------------------------|------------------------|-------|
| 2019-20 | Andrew Butchart | Central AC | 11.54 | Sol Sweeney | Glasgow University H&H | 11.55 | Carl Avery | Morpeth H | 11.58 |
| 2018-9 | Sol Sweeney | Glasgow University H&H | 11.32 | Adam Craig | Inverclyde AC | 11.36 | Michael Ferguson | Aberdeen AAC | 11.40 |
| 2017-8 | Cameron Boyek | Central AC | 12.01 | Lachlan Oates | Shettleston H | 12.05 | Sol Sweeney | Glasgow University H&H | 12.05 |
| 2016-7 | Ben Stevenson | Falkirk Victoria H | 12.05 | Tewoldeberhan Mengisteab | Shettleston H | 12.09 | Michael Ferguson | Aberdeen AAC | 12.13 |
| 2015-6 | Andrew Butchart | Central AC | 12.02 | Alistair Hay | Central AC | 12.04 | Tewoldeberhan Mengisteab | Shettleston H | 12.08 |
| 2014-5 | Andrew Butchart | Central AC | 12.03 | Daniel Mulhare | Inverclyde AC | 12.10 | Tewoldeberhan Mengisteab | Shettleston H | 12.13 |
| 2013-4 | Alistair Hay | Central AC | 12.18 | Robert Russell | Central AC | 12.19 | Andrew Butchart | Central AC | 12.21 |
| 2012-3 | Mark Mitchell | Forres H | 12.18 | David Vernon | VP City of Glasgow AC | 12.19 | Ross Houston | Central AC | 12.21 |
| 2011-2 | Matthew Gillespie | Shettleston H | 12.37 | Alexander Hendry | Central AC | 12.38 | Tewoldeberhan Mengisteab | Shettleston H | 12.42 |
| 2010-1 | Daniel Mulhare | Inverclyde AC | 11.43 | Alistair Hay | Central AC | 11.49 | Mark Mitchell | Forres H | 12.03 |
| 2009-10 | Daniel Mulhare | Inverclyde AC | 11.15 | Tewoldeberhan Mengisteab | Shettleston H | 11.23 | Tsegezab Woldemichael | Shettleston H | 11.28 |
| 2008-9 | Tsegeai Tewelde | Shettleston H | 12.22 | Tewoldeberhan Mengisteab | Shettleston H | 12.25 | Alistair Hay | Central AC | 12.37 |
| 2007-8 | Alistair Hay | Central AC | 12.18 | Chris McKay | Inverclyde AC | 12.31 | Robert Russell | Central AC | 12.37 |
| 2006-7 | Alistair Hay | Central AC | 12.28 | Mark Pollard | Inverclyde AC | 12.32 | Robert Russell | Central AC | 12.36 |
| 2005-6 | Simon Plummer | Woodford Green AC | 11.48 | Steven Vernon | East Kilbride AAC | 11.53 | Darren Gauson | City of Edinburgh | 11.59 |
| 2004-5 | Robert Russell | Central AC | 12.35 | Kevin Sheppard | Aldershot, Farnham & Dist | 12.43 | Simon Plummer | Team Solent AC | 12.50 |
| 2003-4 | Andrew Lemoncello | Fife AC | 12.13 | Robert Quinn | Kilbarchan AAC | 12.15 | Michael Morris | Morpeth H | 12.22 |
| 2002-3 | Steve Cairns | Hunters Bog T | 12.39 | Andrew Lemoncello | Fife AC | 12.41 | Matthew Bell | City of Edinburgh | 12.44 |
| 2001-2 | Phil Mowbray | Hunters Bog T | 12.01 | Donald Naylor | Hunters Bog T | 12.13 | Jonathon McCallum | Croyden | 12.24 |
| 2000-1 | Steve Cairns | Hunters Bog T | 12.09 | Tommy Murray | Inverclyde AC | 12.16 | Adrain Callan | Shettleston H | 12.28 |
| 1999-2000 | Phil Mowbray | Hunters Bog T | 12.16 | Robert Quinn | Kilbarchan AAC | 12.19 | Michael Morris | Chester-Le-Street | 12.25 |
| 1998-9 | Robert Quinn | Kilbarchan AAC | 13.10 | Jim Toner | Strathclyde Univ | 13.33 | Alistair Russell | Law & District AAC | 13.47 |

Masters Championships

M40

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| 2019-20 | Grant Baillie | East Kilbride AC | 13.03 | Leon Johnson | Edinburgh AC | 13.20 | Benjamin Hukins | Cambuslang H | 13.27 |
| 2018-9 | Scott Brember | Central AC | 12.39 | Benjamin Hukins | Cambuslang H | 12.42 | Darren Muir | Law & District AAC | 12.47 |
| 2017-8 | Robert Gilroy | Cambuslang H | 13.06 | Iain Reid | Cambuslang H | 13.08 | Leon Johnson | Edinburgh AC | 13.14 |
| 2016-7 | Robert Gilroy | Cambuslang H | 12.56 | Cris Walsh | Bellahouston H | 13.45 | Steven Campbell | Greenock Glenpark H | 13.55 |
| 2015-6 | Kenneth Campbell | Ronhill Cambuslang H | 13.25 | Chris Greenhalgh | Giffnock North AAC | 13.31 | Gordon Barrie | Dundee Hawkhill H | 13.49 |
| 2014-5 | Gordon Barrie | Dundee Hawkhill H | 13.49 | Stephen Allen | Law & District AAC | 13.59 | Stuart Campbell | Corstorphine AAC | 13.59 |

M50

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| 2019-20 | David Gardiner | Motherwell AC | 13.37 | Stephen Allan | Motherwell AC | 14.32 | David Knight | Perth RR | 14.36 |
| 2018-9 | Stephen Allan | Motherwell AC | 13.33 | Charles Thompson | Cambuslang H | 13.44 | Andrew White | Greenock Glenpark H | 13.46 |
| 2017-8 | Ross McEachern | Cumbernauld AAC | 14.10 | Michael Mcloone | Greenock Glenpark Harriers | 14.18 | John Blair | Edinburgh AC | 14.43 |
| 2016-7 | Andy Little | Shettleston H | 14.08 | Brian Scally | Shettleston H | 14.18 | James Gallacher | Kirkintilloch O | 14.33 |
| 2015-6 | Andy Little | Shettleston H | 14.02 | David Cross | Edinburgh AC | 14.42 | Colin Feechan | Ronhill Cambuslang H | 14.44 |
| 2014-5 | Chris Upson | Ronhill Cambuslang H | 14.30 | Robert McLennan | Garscube H | 14.40 | Dave Cross | Edinburgh AC | 15.00 |

M60

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| 2019-20 | Alistair Walker | Teviotdale H | 13.41 | Robert McLennan | Garscube H | 15.32 | John Crookston | PH Raceing Club | 15.41 |
| 2018-9 | Alistair Walker | Teviotdale H | 13.49 | Paul Thompson | Cambuslang H | 14.55 | Donald Petrie | Kilbarchan AAC | 15.11 |
| 2017-8 | Donald Petrie | Kilbarchan AAC | 15.40 | John Crookston | PH Racing Club | 16.43 | Ian Robert Johnston | PH Racing Club | 16.48 |
| 2016-7 | Alexander Chisholm | Garscube H | 15.41 | Gerard Gaffney | Inverclyde AC | 17.10 | Michael Dunn | Greenock Glenpark H | 17.21 |
| 2015-6 | Robert Wilson | Greenock Glenpark H | 16.09 | Andrew Law | VP-Glasgow AC | 16.26 | Michael Dunn | Greenock Glenpark H | 16.37 |
| 2014-5 | Robert Wilson | Greenock Glenpark H | 16.32 | Andrew Henderson | Calderglenglen H | 17.05 | Robert Carson | Bellahouston H | 19.08 |

M70

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| 2019-20 | Frank McMahon | Greenock Glenpsrk H | 18.53 | Patrick Kelly | Law & District AAC | 19.28 | Stuart Irvine | Garscube H | 21.24 |
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