

**Individual Medalists (Women)**

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

2019-20	Annabel Simpson	Fife AC	13.57	Jenny Selman	Fife AC	13.04	Megan Keith	Inverness AAC	14.08
2018-9	Jemma Reekie	Kilbarchan AAC	13.07	Morag MacLarty	Central AC	13.09	Stephanie Pennycook	Edinburgh University H&H	13.19
2017-8	Laura Muir	Glasgow University H&H	12.53	Stephanie Pennycook	Edinburgh University H&H	13.47	Morag MacLarty	Central AC	13.50
2016-7	Laura Muir	Glasgow University H&H	13.20	Rosie Smith	Hunters Bog T	14.00	Morag MacLarty	Central AC	14.02
2015-6	Laura Muir	Dundee Hawkhill H	13.16	Madelaine Murray	Edinburgh AC	13.35	Josephine Moultrie	VP-City of Glasgow AC	13.44
2014-5	Rhona Auckland	Edinburgh University H&H	13.38	Madelaine Murray	Edinburgh AC	13.48	Laura Muir	Dundee Hawkhill H	13.55
2013-4	Laura Muir	Dundee Hawkhill H	13.28	Morag MacLarty	Central AC	13.40	Rhona Auckland	Edinburgh University H&H	13.44
2012-3	Rhona Auckland	Edinburgh University H&H	13.57	Elsbeth Curran	Kilbarchan AAC	14.15	Laura Muir	Dundee Hawkhill H	14.29
2011-2	Morag MacLarty	Central AC	14.28	Rosie Smith	Hunters Bog T	14.31	Emily Stewart	Edinburgh AC	14.43
2010-1	Elspeth Curran	Kilbarchan AAC	13.49	Sarah Inglis	Lothian RC	14.11	Natalie Sharp	Kilbarchan AAC	14.12
2009-10	Elspeth Curran	Kilbarchan AAC	13.21	Jennifer MacLean	Edinburgh AC	13.32	Rosie Smith	Hunters Bog T	13.35
2008-9	Freya Murray	Edinburgh AC	14.42	Nicola Hood	VP City of Glasgow AC	15.09	Lyn Wilson	Carnethy HRC	15.20
2007-8	Freya Murray	Edinburgh AC	14.27	Gillian Palmer	Edinburgh AC	14.37	Lyn Wilson	Carnethy HRC	14.47
2006-7	Morag MacLarty	Central AC	15.12	Catriona Morrison	U/A	15.14	Ainsley Normand	Central AC	15.33
2005-6	Freya Murray	Edinburgh Southern H	13.42	Lyn Wilson	Carnethy HRC	14.00	Catriona Morrison	U/A	14.07
2004-5	Collette Fagan	City of Glasgow AC	14.35	Sarah Stevenson	Giffnock North AC	14.49	Hayley Ovens	Edinburgh Southern H	14.49
2003-4	Freya Murray	Edinburgh Woolen Mill	13.48	Elizabeth McColgan	Dundee Hawkhill H	13.59	Hayley Ovens	Edinburgh Woolen Mill	14.27
2002-3	Freya Murray	Edinburgh Woolen Mill	14.21	Susan Partridge	City of Glasgow AC	14.26	Hayley Ovens	Edinburgh Woolen Mill	14.31
2001-2	Haley Ovens	Edinburgh Woolen Mill	14.29	Collette Fagan	City of Glasgow AC	14.51	Clare Miller	Aberdeen AAC	14.54
2000-1	Alison Higgins	JW Kilmarnock	14.22	Lindsay MacNeill	Shettleston H Ladies	14.37	Elaine Cochrane	City of Glasgow AC	14.51
1999-2000	Angela Mudge	Carnethy HRC	14.31	Sheila Fairweather	Glasgow U	14.43	Susan Scott	City of Glasgow AC	15.01
1998-9	Lynne MacDougal	City of Glasgow AC	16.00	Lindsay McMahon	JW Kilmarnock H	16.11	Tracey Brinley	Aberdeen AAC	16.30

**Masters Championships**

**F40**

2019-20	Avril Mason	Shettleston Harriers	15.07	Jennifer MacLean	Edinburgh AC	15.42	Susanne Gilmour	VP-Glasgow AC	15.53
2018-9	Avril Mason	Shettleston Harriers	14.30	Lesley Chisholm	Garscube H	14.38	Suzanne Gilmour	VP-Glasgow AC	14.58
2017-8	Megan Wright	Hunters Bog T	15.34	Rhona van Rensberg	Fife AC	16.02	Kate Jenkins	Gala H	16.16
2016-7	Suzanne Gilmour	VP-Glasgow AC	15.00	Avril Mason	Shettleston Harriers	15.04	Lesley Chisholm	Garscube H	15.09
2015-6	Shona Robertson	Shettleston Harriers	15.23	Suzanne Gilmour	VP-Glasgow AC	15.20	Melissa Wylie	Dumbarton AAC	16.06
2014-5	Susan Ridley	Edinburgh AC	15.47	Allison Simpson	Giffnock North AAC	16.35	Jennifer Clark	Bellahouston Harriers	16.50

**F50**

2019-20	Anna Richardson	West End RR	15.59	Fiona Matheson	Falkirk Victoria H	16.09	Sheila Gollan	East Sutherland AC	16.30
2018-9	Fiona Matheson	Falkirk Victoria H	14.53	Sheila Gollan	East Sutherland AC	15.36	Susan Ridley	Edinburgh AC	16.05
2017-8	Fiona Matheson	Falkirk Victoria H	15.07	Veronique Oldham	Aberdeen AAC	16.00	Jill Morrow	Edinburgh AC	16.07
2016-7	Hilary McGrath	Law & District AAC	16.22	Mary McCutcheon	Giffnock North AAC	16.36	Susan Ridley	Edinburgh AC	16.47
2015-6	Beryl Junnier	Falkirk Victoria H	16.42	Mary McCutcheon	Giffnock North AAC	16.47	Patricia Milne	Central AC	16.56
2014-5	Beryl Junnier	Falkirk Victoria H	16.40	Erica Christie	Bellahouston H	17.36	Patricia Milne	Central AC	17.59

**F60**

2019-20	Ann White	Garscube H	18.20	Innes Bracegirdle	Fife AC	18.45	Francis Wood	Linlithgow AC	19.08
2018-9	Ann White	Garscube H	17.56	Frances Wood	Linlithgow AAC	18.20	Morna Fleming	Pitreavie AAC	19.05
2017-8	Erica Christie	Cambuslang H	17.14	Ann White	Garscube H	18.02	Innes Bracegirdle	Fife AC	18.07
2016-7	Erica Christie	Cambuslang H/Ind	17.20	Ann White	Garscube H	18.00	Mary Cox	Garscube H	21.28
2015-6	Phyllis Hands	Motherwell AC	19.46	Morna Fleming	Carnegie H	20.37	Irene Zingone	Giffnock North AAC	21.45
2014-5	Morna Fleming	Carnegie H	20.20						

**Only 1 athlete Finished**

**F70**

2019-20	Margaret Robertson	Dundee RR	22.35	Patricia Hampton	Harmeny AC	23.51	Margaret Cavanagh	Fife AC	24.24
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