

SCOTTISH INDOOR CHAMPIONSHIPS



scottishathletics 

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Cover photo – Andrew Murphy on his way to winning the decathlon title in a new national record of 5,662 points (photo by Bobby Gavin)

INTRODUCTION



Gillian Cooke, winner of 19 medals - photo by Bobby Gavin

The first Scottish indoor championships were held at the Bell's Sports Centre in Perth on 24 March 1972 with events for male athletes only. A year later, the championships were held for both men and women. The championships, held on Perth's 154-metre track, were held for 5 years before falling into abeyance. During that time, the championships saw the emergence of future Olympic gold medallist **Allan Wells**, a Scottish title winner in 1974 – not in the 60 metres, but in the long jump.

After a 10-year absence, the championships returned in 1987, held on a portable track erected at the Ingliston Exhibition Centre in Edinburgh. With the opening of an international standard 200 metres track at the Kelvin Hall in

Glasgow later that year, the championships found a new home and were held annually at the new venue from 1988 to 2012.

The Kelvin Hall arena changed indoor athletics in Scotland, attracting the first British international match (v France) on 6 February 1988 and staging the European Indoor Championships in 1990. The venue was able to attract top British athletes to the Scottish Championships, with athletes of the calibre of **Jonathan Edwards & Sally Gunnell** (1989), **Linford Christie** (1990 and 1994), **Katharine Merry** (1992-1994) and **Colin Jackson** (1997) among those who made the trip north to win Scottish titles. The Kelvin Hall's life as an athletics venue came to an end in 2012 when it was replaced by the Emirates Arena in the Dalmarnock area of Glasgow, a 5000-seater capacity arena with a hydraulically-lifted 200 metres running track. The championships have been held there since 2013.

There have been many outstanding performances in the championships that have stood the test of time – in 1991, **Elliot Bunney** won the 200 metres in 21.28 seconds, a performance that stood as the national record for 23 years, but the longest standing championship best performance is **Alistair Currie's** 3000 metres win in 1989, of 7:55.85.

Some athletes have almost made the championships their own. **Joanna Ross** won 9 gold medals, 8 at 800 metres and 1 at 1500 metres, between 1999 and 2009. **Gillian Cooke** has won the most individual medals, a total of 19. In the men's events, **Francis Smith** has won 14 medals, including 7 gold, sharing the most titles won with **Jamie Quarry**.

There have been family connections, too. **Brian Whittle**, the first winner of the 200 metres in 1987, married **Dawn Kitchen**, a 1991 winner, and they saw daughter **Rachel** become the youngest winner of a Scottish indoor title in 2010, when she won the 60 metres, aged just 15 years, 185 days.



Joanna Ross, winner of 9 gold medals.
Photo by Gordon Gillespie

At the same 2010 championships, another 15-year-old, **Chloe Lambert**, took the 200 title.

In the 1974 championships at Perth, **Allan Wells** won the long jump, while wife-to-be, **Margo Wilkie**, was winning the 50 metres title. The following year, **Drew Harley** won the second of his three 300 metres titles and was joined by his future wife, **Ann Robertson**, who won the 50 and 300 metres. **Kevin Maguire** won the high jump in 1974 with daughter **Kirsty** a 3-times pole vault winner.

Brothers **Ross** and **Chris Baillie** won 60 metres hurdles titles; **David Barnettson** won the high jump title, two years after sister **Jayne**; and sisters **Christine** and **Evelyn McMeekin** both won the 600 metres in the 1970s.

And when **Sarah Inglis** won the 1500 metres title in 2016, she was following in the footsteps of triplet brother **Robert**, who won the 3000 metres in 2008.

CHAMPIONSHIP BEST PERFORMANCES

MEN

Event	Perf	Athlete	Club	Venue	Year
60 metres	6.60	Linford Christie	Thames Valley	Kelvin Hall	1994
200 metres	21.12	Mark Hylton	Windsor	Kelvin Hall	2001
400 metres	46.36	Jamie Baulch	Cardiff	Kelvin Hall	1997
800 metres	1:49.19	Tom McKean	Motherwell	Kelvin Hall	1994
1500 metres	3:44.09	Tony Morrell	Wolverhampton	Kelvin Hall	1990
3000 metres	7:55.85	Alistair Currie	Dumbarton	Kelvin Hall	1989
60m hurdles	7.61	Colin Jackson	Brecon	Kelvin Hall	1997
High jump	2.25	Allan Smith	Shaftesbury	Emirates	2015
		David Smith	Giffnock North	Emirates	2015
Pole vault	5.30	Michael Barber	Birchfield	Kelvin Hall	1997
		Gregor Maclean	Shaftesbury	Emirates	2014
Long jump	7.96	Chris Tomlinson	Newham	Kelvin Hall	2003
Triple jump	16.27	Julian Golley	Thames Valley	Kelvin Hall	2000
Shot putt	18.25	Steph Hayward	Sale	Kelvin Hall	1997
Heptathlon	5,834	Ben Gregory	Birchfield	Emirates	2017
4 x 200m relay	1:29.30	Declan Brennan Ewan Dyer Steven Perrie-Clyde James McLaren	Pitreavie AAC	Kelvin Hall	2013

WOMEN

Event	Perf	Athlete	Club	Venue	Year
60 metres	7.34	Katherine Merry	Birchfield	Kelvin Hall	1994
200 metres	23.58	Zoey Clark	Aberdeen	Emirates	2018
400 metres	53.25	Jenny Meadows	Wigan	Kelvin Hall	2002
800 metres	1:59.69	Laura Muir	Dundee Hawkhill	Emirates	2019
1500 metres	4:11.39	Susan Scott	City of Glasgow	Kelvin Hall	2006
3000 metres	8:37.21	Laura Muir	Dundee Hawkhill	Emirates	2018
60m hurdles	8.29	Lesley-Ann Skeete	Trafford	Kelvin Hall	1994
High jump	1.90	Deirdre Ryan	UC, Dublin	Kelvin Hall	2005
Pole vault	4.35	Kate Dennison	Stoke	Kelvin Hall	2009
Long jump	6.39	Joanna Wise	Newcastle	Kelvin Hall	1997
Triple jump	13.27	Nony Mordi	Shaftesbury	Kelvin Hall	2009
Shot putt	15.67	Alison Rodger	Sale	Kelvin Hall	2012
Heptathlon	4,130	Joanna Rowland	Crawley	Emirates	2019
4 x 200m relay	1:40.75	Robyn Taylor Lauren Greig Emily Miller Chloe Lambert	Vict Pk Glasgow	Emirates	2019

LEADING MEDAL WINNERS

	TOT	G	S	B					
Gillian Cooke	19	7	7	5	Gemma Werrett	6	4	2	0
Francis Smith	14	7	4	3	Ray Bobrownicki	6	4	1	1
Neil Elliott	13	5	5	3	John Carr	6	4	1	1
Laura Redmond	13	2	7	4	Geoff Parsons	6	4	1	1
Jayne Nisbet	11	6	3	2	Nony Mordi	6	4	1	1
Zoey Clark	11	5	4	2	Anna Gordon	6	4	1	1
Andrew Murphy	11	4	4	3	Hayley Parkinson/Ovens	6	3	3	0
David Watson	11	3	5	3	Jacqueline Tindal	6	3	2	1
Catriona Pennet	11	0	6	5	Jamie Bowie	6	3	2	1
Alison Rodger	10	7	3	0	Laura Dunn	6	3	2	1
Jamie Quarry	10	7	2	1	Carol-Ann Gray	6	3	1	2
Susan Burnside/Deacon	10	7	2	1	Ross Baillie	6	3	1	2
Chloe Lambert	10	3	3	4	Douglas Hamilton	6	2	2	2
Joanna Ross	9	9	0	0	Michael McDonald	6	2	2	2
Alison Grey	9	8	1	0	Gillian Black	6	2	1	3
Alyssa Fullelove	9	5	4	0	Sara Whigham	6	2	1	3
Jade Nimmo	9	5	3	1	Ian Campbell	6	1	3	2
Craig Sturrock	9	5	3	1	Claire Reid/Doris	6	1	2	3
Sarah Warnock	9	3	5	1	Lisa Ferguson	6	1	2	3
Chris Baillie	9	3	3	3	Mhairi Hendry	6	1	2	3
Kirsty Maguire	9	3	3	3	David Martin	6	0	5	1
Malgorzata Rostek					Jamie Henderson	6	0	2	4
/Wardrop	9	1	2	6	Martin Aram	5	5	0	0
Melanie Neef	8	6	1	1	Aileen McGillivray	5	4	1	0
Emma Lindsay	8	5	3	0	Allan Hamilton	5	4	0	1
Kirsty Yates	8	5	3	0	Duncan Mathieson	5	3	2	0
Mary Anderson	8	5	2	1	Sinead Dudgeon	5	3	2	0
Ruth Irving	8	5	1	2	Heather Paton	5	3	2	0
Caroline Black	8	3	3	2	Mhairi Patience	5	3	2	0
Sarah Still	8	1	5	2	Elliot Bunney	5	3	1	1
William Falconer	8	0	2	6	Jenny Tan	5	3	1	1
Nick Smith	7	7	0	0	Neil Fraser	5	3	1	1
Allan Scott	7	5	2	0	Alec Thomas	5	3	1	1
Chukwudi Onyia	7	5	0	2	Alisha Rees	5	2	2	1
Karen Hambrook	7	4	3	0	Mary McLoone	5	2	2	1
Scot Thompson	7	4	3	0	Susan Ridley	5	2	2	1
Richard Hurren	7	4	2	1	Brian Doyle	5	2	1	2
Jemma Scott	7	4	1	2	Gillian Kerr	5	2	1	2
David Barnetson	7	3	3	1	Graeme Oudney	5	2	1	2
Jude Beimers	7	3	2	2	Kim Goodwin	5	2	1	2
Kathryn Evans	7	3	2	2	Hannah Lawler	5	1	4	0
Stephan Hayward	7	3	2	2	David Smith	5	1	3	1
Kimberly Skinner	7	3	0	4	Lee McConnell	5	1	1	3
Erin Leggate	7	2	2	3	Robin Hooton	5	1	1	3
Sharon Foley/Gallen	7	2	2	3	Katy Wyper	5	1	1	3
Neil McMenemy	7	2	0	5	Nikki Manson	5	1	0	4
Hazel Melvin	7	1	6	0	Antony Daffurn	5	0	4	1
Iain Black	7	1	3	3	Brian Ashburn	5	0	3	2
Jill Knowles	7	0	5	2	Jennifer Graham	5	0	2	3
Jocelyn Kirby/Harwood	7	0	3	4	Lorna Silver/Rogers	5	0	2	3
Claire Cameron	7	0	2	5	Nicola Barr	5	0	2	3
Gary Jackson	6	5	1	0	Katie Ord	5	0	1	4

MOST WINS IN A SINGLE EVENT

MEN		WOMEN	
7 Nick Smith	60m	4 Susan Burnside	
4 Gary Ryan	200m	3 Melanie Neef, Susan Burnside, Chloe Lambert & Zoey Clark	
3 Jamie Bowie & Cameron Chalmers	400m	3 Gillian McIntyre, Sinead Dudgeon & Kathryn Evans	
2 David Sharpe, Tom McKean, Graeme Oudney & Ben Greenwood	800m	8 Joanna Ross	
2 Adrian Weatherhead, Mark Kirk, Ian Gillespie, Tony Morrell, James Nolan, Iain Murdoch, Douglas Selman, Derek Gibb & Kieran Kelly	1500m	3 Hayley Parkinson/Ovens	
2 Nick O'Brien, Rob Fitzsimmons, Chris Robison, Glen Stewart, Graeme Reid & Sol Sweeney	3000m	2 Ann-Marie Larkin, Liz McColgan, Susan Ridley & Laura Muir	
5 Francis Smith & Allan Scott	60mH	5 Alyssa Fullelove	
5 Martin Aram	High J	5 Jayne Nisbet	
5 Gary Jackson	Pole V	4 Anna Gordon	
4 Steve Phillips	Long J	5 Gillian Cooke	
5 Chukwudi Onyia	Triple J	3 Nony Mordi	
5 Neil Elliott & Craig Sturrock	Shot	8 Alison Grey	
4 Jamie Quarry	Hep/Pen	5 Emma Lindsay	
4 Edinburgh AC	4x200m	3 Victoria Park City of Glasgow AC	

MOST MEDALS IN A SINGLE EVENT

MEN		WOMEN	
7 Nick Smith (7-0-0)	60m	6 Malgorzata Rostek/Wardrop (1-2-3)	
4 Gary Ryan (4-0-0)	200m	8 Chloe Lambert (3-3-2)	
4 Francis Smith (2-0-2)			
6 Jamie Bowie (3-2-1)	400m	5 Kathryn Evans (3-1-1)	
4 Graeme Oudney (2-1-1)	800m	8 Joanna Ross (8-0-0)	
4 Jack Walker (1-1-2)			
4 Ian Campbell (1-2-1)	1500m	5 Carol-Ann Gray (2-1-2)	
		5 Hayley Parkinson/Ovens (3-2-0)	
		5 Pauline Quinn/Thom (1-3-1)	
4 Tommy Murray (1-1-2)	3000m	6 Jill Knowles (0-4-2)	
10 Francis Smith (5-4-1)	60mH	11 Catriona Pennet (0-6-5)	
6 Ray Bobrownicki (4-1-1)	High J	8 Jayne Nisbet (5-2-1)	
6 David Barnetson (2-3-1)			
7 Richard Hurren (4-2-1)	Pole V	9 Kirsty Maguire (3-3-3)	
5 Jude Beimers (2-2-1)	Long J	11 Gillian Cooke (5-3-3)	
5 Brian Ashburn (0-3-2)			
9 David Watson (3-3-3)	Triple J	5 Gillian Kerr (2-1-2)	
13 Neil Elliott (5-5-3)	Shot	10 Alison Rodger (7-3-0)	
5 Andrew Murphy (3-1-1)	Hep/Pen	6 Emma Lindsay (5-1-0)	
5 Edinburgh AC (4-1-0)	4x200m	5 Victoria Park City of Glasgow (3-1-1)	
5 Giffnock North (2-1-2)		5 Giffnock North AAC (1-2-2)	

SCOTTISH INDOOR CHAMPIONSHIP WINNERS

MEN

50 METRES

1972	J Scott (Our Lady's HS, M'well)	6.2
1973	Nigel Pennie (Dundee University)	6.2
1974	Andrew Hislop (Edinburgh SH)	6.2
1975	Andrew Hislop (Edinburgh SH)	6.4
1976	Graham Malcolm (Perth Strathtay)	6.4

60 METRES

1987	Kenneth McKay (Pitreavie)	6.85
1988	Ernest Obeng (Loughborough)	6.75
1989	Ernest Obeng (Loughborough)	6.77
1990	Linford Christie (Thames Valley)	6.64
1991	Steven Gookey (Rowntree)	6.68
1992	Elliot Bunney (Caledon Park)	6.88
1993	Elliot Bunney (Edinburgh SH)	6.78
1994	Linford Christie (Thames Valley)	6.60
1995	Darren Braithwaite (Haringey)	6.65
1996	John McAdorey (Ballymena)	6.87
1997	Ian Mackie (Pitreavie)	6.73
1998	David Turnbull (Ayr Seaforth)	6.88
1999	Ross Baillie (Victoria Park)	6.79
2000	John Skeete (Harrow)	6.76
2001	Jason Livingston (Shaftesbury)	6.7
2002	Brian Doyle (Harrow)	6.75
2003	Kevin Ellis (Trafford)	6.79
2004	Nick Smith (Shaftesbury)	6.66
2005	Nick Smith (Shaftesbury)	6.66
2006	Nick Smith (Shaftesbury)	6.81
2007	Nick Smith (Shaftesbury)	6.78
2008	Nick Smith (Shaftesbury)	6.64
2009	Nick Smith (Shaftesbury)	6.67
2010	Nick Smith (Shaftesbury)	6.71
2011	Stuart Benson (RAF)	6.98
2012	Dean Adams (Ballymena)	6.95
2013	Allan Hamilton (Sale)	6.90
2014	Allan Hamilton (Sale)	6.87
2015	Alec Thomas (Unattached)	6.98
2016	Richard Kilty (Middlesbrough)	6.65
2017	Allan Hamilton (Edinburgh)	6.74
2018	Michael Olsen (Edinburgh)	6.84
2019	Michael Olsen (Edinburgh)	6.81

200 METRES

1987	Brian Whittle (Ayr Seaforth)	22.34
1988	William Fraser (Edinburgh AC)	21.55
1989	Donovan Reid (Shaftesbury)	21.69
1990	Linford Christie (Thames Valley)	21.31

1991	Elliot Bunney (Caledon Park)	21.28
1992	Stewart Weathers (Thames Valley)	21.47
1993	Andrew Walcott (Wolv&B)	21.83
1994	Darren Campbell (Sale)	21.40
1995	Solomon Wariso (Haringey)	21.35
1996	Allyn Condon (Sale)	21.53
1997	Gary Ryan (Nenagh Oly)	21.64
1998	Gary Ryan (Nenagh Oly)	21.61
1999	Adrian Patrick (Windsor)	21.47
2000	Brian Doyle (City of Edinburgh)	21.50
2001	Mark Hylton (Windsor)	21.12
2002	Gary Ryan (Nenagh Oly)	21.60
2003	Gary Ryan (Nenagh Oly)	21.16
2004	Brett Rund (City of Edinburgh)	21.94
2005	Daniel Cossins (Birchfield)	21.64
2006	Daragh Graham (Sli Cualann)	22.32
2007	Francis Smith (Pitreavie)	22.13
2008	Jamie Coull (Pitreavie)	21.77
2009	Francis Smith (Woodford Green)	22.31
2010	Anthony Young (Pitreavie)	22.61
2011	Tom Holligan (Edinburgh AC)	21.98
2012	Ben Robbins (Edinburgh AC)	22.74
2013	Ryan Oswald (Sale)	21.37
2014	Grant Plenderleith (Sheffield)	21.83
2015	Grant Plenderleith (Falkirk Victoria)	21.63
2016	Stephen Dunlop (Aberdeen)	21.86
2017	Alec Thomas (Vict Pk Glasgow)	22.01
2018	Alec Thomas (Vict Pk Glasgow)	21.79
2019	Fraser Angus (Giffnock North)	21.67

300 METRES

1972	Ricky Taylor (Edinburgh SH)	36.0
1973	Ricky Taylor (Edinburgh SH)	36.2
1974	Andrew Harley (Pitreavie)	35.9
1975	Andrew Harley (Pitreavie)	35.7
1976	Andrew Harley (Pitreavie)	35.3

400 METRES

1987	Malcolm McPhail (Ayr Seaforth)	51.31
1988	Max Robertson (Wolv&B)	48.07
1989	Mark Davidson (Aberdeen)	49.13
1990	Mark Thomas (Birchfield)	47.26
1991	Mark Davidson (Aberdeen)	48.31
1992	Grant Hodges (ESPC)	49.57
1993	Gregor McMillan (Haringey)	48.33
1994	David Deacon (South Shields)	48.93
1995	Brian Whittle (Ayr Seaforth)	47.69
1996	Mark Hylton (Windsor)	47.35

1997	Jamie Baulch (Cardiff)	47.35
1998	Brian Forbes (Border)	48.73
1999	David Naismith (Newham)	48.35
2000	Sandy Scott (Glasgow Univ)	49.44
2001	Colin Philip (City of Edinburgh)	48.79
2002	Tomas Coman (Templemore)	47.33
2003	Jared Deacon (South Shields)	48.66
2004	John Dunlop (Peterhead)	49.06
2005	David Gillick (Dundrum SD)	47.28
2006	David Greene (Swansea)	47.64
2007	David McCarthy (Le Chiele)	48.21
2008	Scott Hughson (Edinburgh AC)	48.99
2009	Kris Robertson (Kirkintilloch)	47.79
2010	Jamie Bowie (Inverness)	48.54
2011	Jamie Bowie (Inverness)	47.87
2012	Jamie Bowie (Inverness)	48.48
2013	Anthony Young (Pitreavie)	48.66
2014	Greg Loudon (Lasswade)	48.23
2015	Patrick Swan (Unattached)	48.75
2016	Cameron Chalmers (Guernsey)	47.93
2017	Cameron Chalmers (Guernsey)	47.23
2018	Sadam Koumi (Birchfield)	47.89
2019	Cameron Chalmers (Guernsey)	47.84

600 METRES

1972	Ronald Wallace (Bellahouston)	1:22.8
1973	Ken McEwan (Perth Strathtay)	1:25.1
1974	Ray Weatherburn (Edinburgh SH)	1:21.6
1975	Brian Gordon (Edinburgh AC)	1:21.8
1976	Peter Hoffmann (Edinburgh AC)	1:20.5

800 METRES

1987	Peter Saint (North Shields Poly)	1:57.56
1988	David Sharpe (Jarrow)	1:56.61
1989	John Rigg (Warrington)	1:51.49
1990	Chris Silvester (Birchfield)	1:54.87
1991	Brian Whittle (Ayr Seaforth)	1:50.10
1992	David Sharpe (Jarrow)	1:53.34
1993	John MacFadyen (Edinburgh SH)	1:54.10
1994	Tom McKean (Motherwell)	1:49.19
1995	Tom McKean (L&L)	1:49.85
1996	Edward King (Sale)	1:53.00
1997	Richard Girvan (Annadale)	1:52.69
1998	David Matthews (UC Dublin)	1:50.98
1999	James McIlroy (Ballymena)	1:52.73
2000	Paul Campbell (Raheny)	1:56.43
2001	Hugh Kerr (Ayr Seaforth)	1:54.81
2002	Alasdair Donaldson (Pitreavie)	1:52.23
2003	Andrew Young (Victoria Park)	1:52.84
2004	Colin Welsh (Border)	1:56.35
2005	Andrew Brown (Woodford Green)	1:52.39
2006	Richard Hill (UWIC)	1:49.66

2007	Graeme Oudney (Belgrave)	1:54.17
2008	Gary Smith (Falkirk Victoria)	1:53.27
2009	Graeme Oudney (Dundee HH)	1:54.89
2010	Guy Learmonth (Lasswade)	1:52.77
2011	Allan Ramsay (Vict Pk Glasgow)	1:54.11
2012	Greg Urwin (Gateshead)	1:55.13
2013	Shaun Wyllie (Bracknell)	1:55.97
2014	Jack Walker (Giffnock North)	1:57.21
2015	Donald Macleod (Unattached)	1:58.32
2016	Ben Greenwood (Perth Strathtay)	1:51.78
2017	Ben Greenwood (Perth Strathtay)	1:49.81
2018	Grant Muir (Giffnock North)	1:54.78
2019	Ewan Dyer (Pitreavie)	1:55.52

1500 METRES

1972	Ron MacDonald (Monkland)	3:54.1
1973	Adrian Weatherhead (Edin.AC)	3:51.3
1974	Ian Elliot (Edinburgh SH)	3:58.5
1975	Stuart Easton (Shettleston)	3:57.0
1976	Adrian Weatherhead (Edin.AC)	3:48.9
1987	Ken Mortimer (Edinburgh AC)	4:03.26
1988	Tom Hanlon (Edinburgh SH)	3:50.27
1989	Mark Kirk (Ballymena)	3:45.85
1990	Anthony Morrell (Wolverhampton)	3:44.09
1991	Mark Kirk (Ballymena)	3:48.71
1992	Desmond English (Havering)	4:00.0
1993	Ian Gillespie (Birchfield)	3:49.74
1994	Ian Gillespie (Cambuslang)	3:47.33
1995	Anthony Morrell (Morpeth)	3:52.78
1996	Matthew Hibberd (Thames VH)	3:58.90
1997	Ian Campbell (Haringey)	3:54.28
1998	James Nolan (U.Col, Dublin)	3:50.46
1999	James Nolan (U.Col, Dublin)	3:51.05
2000	Iain Murdoch (Avonside)	4:04.16
2001	Iain Murdoch (Avonside)	3:54.44
2002	Andrew Graffin (Belgrave)	3:46.17
2003	Robin Hooton (City of Edinburgh)	3:55.93
2004	Gael Le Coz (City of Edinburgh)	3:51.56
2005	Andrew Renfree (Shaftesbury)	3:56.73
2006	Robert Connolly (Dundrum SD)	3:52.11
2007	Emmett Dunleavy (Sligo)	3:54.35
2008	Douglas Selman (Corstorphine)	3:58.55
2009	Douglas Selman (Corstorphine)	4:06.76
2010	Derek Gibb (Vict Pk Glasgow)	4:08.79
2011	Derek Gibb (Vict Pk Glasgow)	4:10.56
2012	Stuart Ferguson (Radley)	4:02.49
2013	Andrew Crichton (Edinburgh AC)	3:59.25
2014	Mark Mitchell (Forres)	3:49.76
2015	Myles Edwards (Thames Valley)	3:56.89
2016	Kieran Kelly (Raheny)	3:52.74
2017	Kieran Kelly (Raheny)	3:58.37
2018	Jamie Williamson (Springburn)	3:48.39

2019	Kane Elliott (Falkirk Victoria)	3:50.98
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3000 METRES

1987	Rob Fitzsimmons (Bellahouston)	8:24.39
1988	John Robson (Edinburgh SH) & Nick O'Brien (Stretford)	8:04.67
1989	Alistair Currie (Dumbarton)	7:55.85
1990	Nick O'Brien (Stretford)	8:10.70
1991	Matthew Clarkson (Birchfield)	8:12.40
1992	Tommy Murray (Cambuslang)	8:13.81
1993	Rob Fitzsimmons (Kilbarchan)	8:13.16
1994	Chris Robison (Spango Valley)	8:07.97
1995	Glen Stewart (LD Racing)	8:18.8
1996	Stephen O'Gara (Wallsend)	8:32.04
1997	Chris Robison (Inverclyde)	8:26.04
1998	Graeme Reid (Clydesdale)	8:25.52
1999	Gareth Turnbull (St Malachy)	8:06.49
2000	Martin Kearns (Lusk)	8:28.42
2001	Glen Stewart (Mizuno RC)	8:04.82
2002	James Nolan (UC Dublin)	8:00.78
2003	Graeme Reid (Clydesdale)	8:23.44
2004	Ray Ward (City of Edinburgh)	8:28.50
2005	Phillip Tulba (Basingstoke)	8:19.22
2006	Scott Sterling (Basildon)	8:39.59
2007	Ross Toole (Kilbarchan)	8:38.91
2008	Robert Inglis (Lothian)	9:32.65
2009	Richard Corcoran (Raheny)	8:18.72
2010	Not held	
2011	Christopher MacKay (Inverclyde)	8:17.87
2012	Dermot Cummins (Corstorphine)	8:25.36
2013	Michael Deason (Shettleston)	8:24.43
2014	Callum Hawkins (Kilbarchan)	8:22.50
2015	Sean Fontana (Vict Pk Glasgow)	8:18.96
2016	Ben Stevenson (Falkirk Victoria)	8:17.64
2017	Kristian Jones (Swansea)	8:07.65
2018	Sol Sweeney (Perth Strathtay)	8:19.03
2019	Sol Sweeney (Perth Strathtay)	7:56.78

60 METRES HURDLES

1987	Andrew Smailes (Middlesbrough)	8.4
1988	Neil Fraser (Inverness)	7.98
1989	Keith Bunce (Blackheath)	8.14
1990	Andrew Tulloch (Wolverhampton)	7.93
1991	Neil Fraser (Inverness)	8.1
1992	Nigel Walker (Cardiff)	7.67
1993	Neil Fraser (Edinburgh SH)	8.03
1994	Ken Campbell (Edinburgh SH) & Martin Nicholson (Birchfield)	8.05
1995	T J Kearns (Dublin)	7.96
1996	Ross Baillie (Victoria Park)	8.36
1997	Colin Jackson (Brecon)	7.61
1998	Martyn Hendry (City of Edinb'gh)	8.14

1999	Ross Baillie (Victoria Park)	7.85
2000	Damien Greaves (Newham)	7.77
2001	Chris Baillie (Victoria Park)	7.91
2002	Chris Baillie (Victoria Park)	7.89
2003	Allan Scott (Whitemoss)	7.78
2004	Allan Scott (Shaftesbury)	7.77
2005	Allan Scott (Shaftesbury)	7.65
2006	Francis Smith (Pitreavie)	8.14
2007	Allan Scott (Shaftesbury)	7.78
2008	Francis Smith (Pitreavie)	8.22
2009	Francis Smith (Woodford Green)	8.06
2010	Francis Smith (Woodford Green)	8.24
2011	Francis Smith (Woodford Green)	8.36
2012	Chris Baillie (Vict Pk Glasgow)	8.01
2013	Allan Scott (Whitemoss)	7.81
2014	Michael Downie (Arbroath)	8.49
2015	Jack Lawrie (Pitreavie)	8.37
2016	John McCall (Vict Pk Glasgow)	8.21
2017	Andrew Murphy (Kilbarchan)	8.48
2018	Jake Lindacher (USA)	8.39
2019	João Vítor de Oliveira (Portugal)	8.05

HIGH JUMP

1972	Angus McKenzie (Edinburgh SH)	1.96
1973	Jimi Onafowokan (Strathclyde U)	1.88
1974	Kevin Maguire (Edinburgh AC)	1.83
1975	Ron Fullelove (Victoria Park)	1.87
1976	Ron Fullelove (Victoria Park)	1.85
1987	Paul Sudiskas (Central)	1.95
1988	Geoff Parsons (London)	2.20
1989	John Holman (Crawley)	2.20
1990	Geoff Parsons (London)	2.23
1991	David Barnetson (Inverness)	2.10
1992	William Wyllie (Falkirk Victoria)	2.10
1993	Geoff Parsons (Blue Circle)	2.15
1994	Geoff Parsons (Blue Circle)	2.20
1995	Mark Mandy (Cannock)	2.10
1996	Stephen Dowdal (Clonliffe)	1.98
1997	Tony Gilhooly (City of Edinburgh)	2.17
1998	David Barnetson (City of Ed'burgh)	2.20
1999	Tony Gilhooly (City of Edinburgh)	2.10
2000	Antoine Burke (Sale)	2.15
2001	Colin McMaster (Law & District)	2.13
2002	Martin Aram (Liverpool)	2.05
2003	Martin Aram (Liverpool)	2.10
2004	Jamie Creighton (Liverpool)	2.10
2005	Mark Taylor (Windsor Slough Eton)	2.10
2006	Andrew Kinnear (Shaftesbury)	2.00
2007	Martin Aram (Liverpool)	2.10
2008	Martin Aram (Liverpool)	2.05
2009	Martin Aram (Liverpool)	2.05
2010	Ray Bobrownicki (Vict Pk Glasgow)	2.17
2011	Ray Bobrownicki (Vict Pk Glasgow)	2.20

2012	Ray Bobrownicki (Vict Pk Glasgow)	2.20
2013	Allan Smith (Shaftesbury)	2.20
2014	Ray Bobrownicki (Vict Pk Glasgow)	2.17
2015	Allan Smith (Shaftesbury)	2.25
2016	Allan Smith (Shaftesbury)	2.20
2017	David Smith (Giffnock North)	2.21
2018	Lewis McGuire (Shaftesbury)	2.14
2019	Lewis McGuire (Vict Pk Glasgow)	2.08

POLE VAULT

1972	Gordon Rule (Heriots AC)	3.96
1973	Richard Williamson (Heriot Watt U)	4.00
1974	Richard Williamson (Edinburgh AC)	3.81
1975	Robert Sinclair (Edinburgh SH)	3.50
1976	Protested result: winner not known	
1987	Gary Jackson (Wolverhampton)	4.80
1988	Allan Leiper (Aldershot)	4.40
1989	Gary Jackson (Wolverhampton)	4.40
1990	Gary Jackson (Wolverhampton)	4.50
1991	Ian McKay (ESPC AC)	4.50
1992	Alex Greig (Falkirk Victoria)	4.80
1993	Gary Jackson (Gateshead)	4.60
1994	Douglas Hamilton (Edinburgh SH)	4.51
1995	Gary Jackson (Birchfield)	4.52
1996	Iain Black (Edinburgh SH)	4.20
1997	Michael Barber (Birchfield)	5.30
1998	Douglas Hamilton (City of Edinburgh)	4.45
1999	Ben Flint (Belgrave)	5.20
2000	Ben Flint (Belgrave)	5.00
2001	Jamie Quarry (Falkirk Victoria)	4.40
2002	Ben Flint (Belgrave)	5.00
2003	Richard Hurren (Harrow)	5.05
2004	Tim Thomas (Cardiff)	5.10
2005	Steven Lewis (Stoke)	5.15
2006	Richard Hurren (Harrow)	4.60
2007	Richard Hurren (Harrow)	4.40
2008	Richard Hurren (Harrow)	4.85
2009	Scott Huggins (Blackheath)	5.00
2010	Alasdair Strange (Shettleston)	5.16
2011	Gregor Maclean (Edinburgh AC)	4.80
2012	Gregor Maclean (Shaftesbury)	5.20
2013	Sam Adams (Vict Pk Glasgow)	4.30
2014	Gregor Maclean (Shaftesbury)	5.30
2015	Sam Adams (Vict Pk Glasgow)	4.65
2016	Craig Moriarty (Pitreavie)	4.20
2017	Charlie Myers (Middlesbrough)	5.21
2018	Dylan Thomson (Pitreavie)	4.60
2019	Jax Thoires (Vict Pk Glasgow)	4.91

LONG JUMP

1972	Ernest Kerr (Grangemouth Olym)	7.00
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1973	Angus McKenzie (Edinburgh SH)	7.06
1974	Allan Wells (Edinburgh SH)	6.50
1975	Ian Hunter (Cupar)	6.09
1976	Colin Watson (Victoria Park)	6.17
1987	Ian Snowball (Edinburgh AC)	7.00
1988	Mark Forsythe (Royal Ulster Cons)	7.46
1989	John Shepherd (Enfield)	7.21
1990	Craig Duncan (Shettleston)	7.22
1991	Duncan Mathieson (Aberdeen)	7.14
1992	Mark Forsythe (Haringey)	7.69
1993	Duncan Mathieson (Edinburgh SH)	7.18
1994	John Mackenzie (Belgrave)	7.13
1995	David Clerihew (Corstorphine)	6.97
1996	Darren Ritchie (Sale)	7.48
1997	Steven Phillips (Rugby)	7.76
1998	Steven Phillips (Rugby)	7.46
1999	Darren Ritchie (Sale)	7.81
2000	Steven Phillips (Rugby)	7.58
2001	Jamie Quarry (Falkirk Victoria)	7.04
2002	Jamie Quarry (Falkirk Victoria)	7.00
2003	Chris Tomlinson (Newham)	7.96
2004	Robert Miller (Aberdeen)	6.76
2005	Steven Phillips (Rugby)	7.41
2006	Chris Kirk (Wakefield)	7.07
2007	Stephen Fleming (City of Edinburgh)	7.05
2008	Vetle Onstad (Fagernes, Norway)	7.27
2009	Jude Beimers (Fife)	7.03
2010	Vetle Onstad (IK Tjalve, Norway)	7.35
2011	Jude Beimers (Fife)	7.24
2012	Chris Kirk (Newham)	7.12
2013	Sam Lyon (Aberdeen)	6.94
2014	Allan Hamilton (Sale)	7.42
2015	David Martin (Shettleston)	7.08
2016	Peter Muirhead (Central)	7.35
2017	Che Richards (Edinburgh Univ)	7.53
2018	Alessandro Schenini (Giffnock N)	7.31
2019	Alessandro Schenini (Giffnock N)	7.52

TRIPLE JUMP

1987	Rodger Harkins (Bellahouston)	14.55
1988	Michael Makin (Blackheath)	16.10
1989	Jonathan Edwards (Gateshead)	15.71
1990	Vernon Samuels (Wolverhampton)	16.05
1991	Michael McDonald (Ballymena)	14.77
1992	Joseph Sweeney (Thames Valley)	15.29
1993	Michael McDonald (Queens Univ)	14.88
1994	Neil McMenemy (Newham)	14.89
1995	Francis Agyepong (Shaftesbury)	16.13
1996	Neil McMenemy (Newham)	14.17
1997	Femi Akinsanya (Peterborough)	16.19
1998	Sean Lonergan (Kilkenny)	14.02
1999	Julian Golley (Thames Valley)	15.93

2000	Julian Golley (Thames Valley)	16.27
2001	Julian Golley (Thames Valley)	15.67
2002	Femi Akinsanya (Peterborough)	15.59
2003	Femi Akinsanya (Trafford)	16.09
2004	Stuart Benson (Ayr Seaforth)	14.32
2005	Alasdair Strange (Shettleston)	15.18
2006	Jude Beimers (Shaftesbury)	15.09
2007	John Carr (Shaftesbury)	14.71
2008	John Carr (Shaftesbury)	14.91
2009	John Carr (Shaftesbury)	15.24
2010	David Watson (Kilbarchan)	15.20
2011	David Watson (Kilbarchan)	15.16
2012	David Watson (Unattached)	14.62
2013	John Carr (Shaftesbury)	15.01
2014	Chukwudi Onyia (Kent)	15.21
2015	Chukwudi Onyia (Kent)	15.40
2016	Chukwudi Onyia (Kent)	15.29
2017	Chukwudi Onyia (Edinburgh)	15.54
2018	Chukwudi Onyia (Edinburgh)	15.34
2019	Henry Clarkson (Lasswade)	15.75

SHOT PUTT

1972	John Scott (Glasgow Police)	13.50
1973	Neil Sandilands (Glasgow Univ)	13.84
1974	Douglas Edmunds (Edinburgh AC)	14.86
1975	Erol Palsay (RAF)	15.44
1976	Paul Buxton (Edinburgh SH)	17.19
1987	Eric Irvine (Edinburgh AC)	16.56
1988	Paul Corrigan (Gateshead)	14.41
1989	Paul Reed (Morpeth)	15.10
1990	Mark MacDonald (Dumfries)	14.74
1991	Graeme Stark (Rotherham)	14.64
1992	James Hogg (Stranraer)	13.86
1993	Steve Whyte (Luton)	16.69
1994	Steve Whyte (Luton)	17.02
1995	Steve Whyte (Thames Valley)	16.31
1996	Stephan Hayward (Sale)	17.11
1997	Stephan Hayward (Sale)	18.25
1998	Lee Newman (Belgrave)	16.41
1999	Neil Elliott (City of Edinburgh)	14.60
2000	Stephan Hayward (Sale)	18.19
2001	Bruce Robb (Pitreavie)	16.11
2002	Iain McMullan (Trafford)	16.51
2003	Neil Elliott (Shettleston)	16.19
2004	Neil Elliott (Border)	16.88
2005	Neil Elliott (Border)	16.60
2006	Neil Elliott (Border)	16.23
2007	Craig Sturrock (Gateshead)	15.68
2008	Scot Thompson (Belgrave)	16.39
2009	Scot Thompson (Sale)	16.75
2010	Scot Thompson (Sale)	16.09
2011	Scot Thompson (Aberdeen)	15.93
2012	Daniel Carlin (Giffnock North)	15.21

2013	Craig Sturrock (Gateshead)	16.05
2014	Craig Sturrock (Gateshead)	15.54
2015	Alan Toward (Enfield)	14.17
2016	Angus McInroy (Shaftesbury)	13.85
2017	Craig Sturrock (Gateshead)	15.14
2018	Craig Sturrock (Thames Valley)	15.48
2019	Craig Charlton (Morpeth)	14.47

WEIGHT for HEIGHT

1974	James Lilley (Hamilton)	3.99
1975	Walter Weir (Central)	3.88

OCTATHLON

1989	Callum Orr (Edinburgh AC)	5,800
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HEPTATHLON

1990	Paul Allan (Aberdeen)	4,629
1991	David Barnetson (Inverness)	4,614
1992	Duncan Mathieson (Aberdeen)	5,124
1993	Anthony Brannen (Stoke)	5,695
1994	Jamie Quarry (Blackheath)	5,453
1995	Scott McDermott (East Kilbride)	4,543
1996	John Hallissey (Ferrybank)	4,544
1997	Jamie Quarry (Falkirk Victoria)	5,593
1998	Alexis Sharp (Blackheath)	5,332
1999	Jamie Quarry (Falkirk Victoria)	5,640
2000	David Bonsall (Royal Navy)	4,445
2001	Jamie Quarry (Falkirk Victoria)	5,576
2002	James Lowery (Border)	5,045
2003	Louis Evling-Jones (Corby)	5,181
2004	Louis Evling-Jones (Corby)	4,819
2005	John Stacey (Gateshead)	4,413
2006	Benjamin Kerr (Shetland)	4,735
2007	Roger Skedd (Stoke)	5,159
2008	David Feeney (Amber Valley)	4,881
2009	Robin Smith (Stoke)	5,000
2010	Iain McEwan (Whitemoss)	3,925
2011	John Stacey (Gateshead)	4,413
2012	Brent Newdick (New Zealand)	5,506
2013	Andrew Murphy (Kilbarchan)	4,539
2014	Michael Downie (Arbroath)	5,286
2015	Andrew Murphy (Kilbarchan)	4,911
2016	Elliot Thomson (Enfield)	4,426
2017	Ben Gregory (Birchfield)	5,834
2018	Rolus Olesa (Clonliffe)	4,958
2019	Andrew Murphy (Kilbarchan)	5,662

4 x 200 METRES RELAY

1990	Ayr Seaforth	1:30.95
1991	Ayr Seaforth	1:30.9
2012	Edinburgh AC	1:29.59

2013	Edinburgh AC	1:30.21
2014	Aberdeen AAC	1:31.20
2015	Pitreavie AAC	1:29.30
2016	Edinburgh AC	1:30.76
2017	Giffnock North AAC	1:30.55
2018	Giffnock North AAC	1:30.60
2019	Edinburgh AC	1:30.50

4 x 400 METRES RELAY

1990	Johnnie Walker Kilmarnock	3:25.78
1991	Dundee Hawkhill Harriers	3:27.98

WOMEN

50 METRES

1973	Christine Salmond (Maryhill)	6.7
1974	Margot Wilkie (Edinburgh SH)	7.2
1975	Ann Robertson (Unattached)	6.9
1976	Lynette Boyle (Clyde Valley)	6.8

60 METRES

1987	May Mannes (Shettleston)	7.95
1988	Simone Jacobs (Reading)	7.46
1989	Aileen McGillivary (Edinburgh WM)	7.68
1990	Judith Robinson (Lagan Valley)	7.71
1991	Aileen McGillivary (Edinburgh WM)	7.43
1992	Marcia Richardson (Windsor)	7.63
1993	Marcia Richardson (Windsor)	7.54
1994	Katharine Merry (Birchfield)	7.34
1995	Melanie Neef (City of Glasgow)	7.36
1996	Melanie Neef (City of Glasgow)	7.49
1997	Malgorzata Rostek (City of Glasgow)	7.65
1998	Aileen McGillivary (Edinburgh WM)	7.55
1999	Donita Benjamin (Windsor)	7.63
2000	Susan Burnside (Edinburgh WM)	7.54
2001	Susan Burnside (Edinburgh WM)	7.50
2002	Susan Burnside (Edinburgh WM)	7.43
2003	Susan Burnside (Edinburgh WM)	7.38
2004	Sara Whigham (Edinburgh WM)	7.58
2005	Ailis McSweeney (Leevale)	7.50
2006	Emily Maher (Kilkenny)	7.39
2007	Gillian Cooke (Edinburgh SH)	7.54
2008	Kelly Proper (Ferrybank)	7.62
2009	Jade Nimmo (Falkirk Victoria)	7.80
2010	Rachel Whittle (Ayr Seaforth)	8.00
2011	Stacey Downie (Pitreavie)	7.79
2012	Catherine McManus (Dublin)	7.59
2013	Zoey Clark (Aberdeen)	7.69
2014	Kathryn Christie (Edinburgh AC)	7.56
2015	Zoey Clark (Thames Valley)	7.58
2016	Jenna Wrisberg (Giffnock North)	7.50
2017	Alisha Rees (Edinburgh AC)	7.51
2018	Katy Wyper (Blackpool)	7.51
2019	Tamiris De Liz (Portugal)	7.37

200 METRES

1987	Wendy Addison (North Shields)	25.26
1988	Vivienne McGoldrick (Belfast)	25.03
1989	Sally Gunnell (Essex Ladies)	24.26
1990	Ruth Girvin (Nith Valley)	25.66
1991	Aileen McGillivary (Edinburgh WM)	24.59
1992	Katharine Merry (Birchfield)	23.90

1993	Katharine Merry (Birchfield)	24.18
1994	Ruth Girvin (Edinburgh AC)	25.42
1995	Melanie Neef (City of Glasgow)	23.73
1996	Melanie Neef (City of Glasgow)	24.05
1997	Vicki Jamison (Lagan Valley)	25.09
1998	Lena Barry (Emerald AC)	24.91
1999	Melanie Neef (City of Glasgow)	24.77
2000	Susan Burnside (Edinburgh WM)	24.82
2001	Lisa Vannet (Edinburgh WM)	25.72
2002	Susan Burnside (Edinburgh WM)	24.09
2003	Susan Burnside (Edinburgh WM)	23.67
2004	Sara Whigham (Edinburgh WM)	24.66
2005	Ciara Sheehy (Dublin)	23.87
2006	Ciara Sheehy (Dublin)	23.77
2007	Victoria Barr (Rugby)	24.41
2008	Kelly Proper (Ferrybank)	24.69
2009	Stacey Downie (Pitreavie)	25.16
2010	Chloe Lambert (Vict Pk Glasgow)	25.84
2011	Chloe Lambert (Vict Pk Glasgow)	24.76
2012	Steffi Creaner (Dublin)	24.49
2013	Lee McConnell (Shaftesbury)	24.06
2014	Kathryn Christie (Edinburgh AC)	24.20
2015	Zoey Clark (Thames Valley)	23.96
2016	Chloe Lambert (Vict Pk Glasgow)	24.60
2017	Alisha Rees (Edinburgh AC)	24.18
2018	Zoey Clark (Aberdeen)	23.58
2019	Zoey Clark (Aberdeen)	23.60

300 METRES

1973	Jean Murdoch (Rotherham)	42.3
1974	Evelyn McMeekin (Maryhill)	39.9
1975	Ann Robertson (Unattached)	40.5
1976	Sandra Livingstone (Pitreavie)	41.3

400 METRES

1987	Mary Anderson (Edinburgh AC)	56.40
1988	Mary Anderson (Edinburgh AC)	55.28
1989	Angela Piggford (Gateshead)	53.66
1990	Gillian McIntyre (Shettleston)	55.83
1991	Dawn Kitchen (Edinburgh WM)	55.00
1992	Gillian McIntyre (City of Glasgow)	56.44
1993	Gillian McIntyre (City of Glasgow)	55.82
1994	Melanie Neef (City of Glasgow)	53.98
1995	Stephanie McCann (Lisburn)	54.71
1996	Kim Goodwin (Hull)	56.56
1997	Sinead Dudgeon (Edinburgh WM)	55.41
1998	Vicki Jamison (Lagan Valley)	54.22
1999	Sinead Dudgeon (Edinburgh WM)	54.06
2000	Carey Easton (Edinburgh WM)	56.19
2001	Sinead Dudgeon (Edinburgh WM)	53.72
2002	Jennifer Meadows (Wigan)	53.25
2003	Kim Goodwin (Kungston-u-Hull)	56.48

2004	Kathryn Evans (Elgin)	55.79
2005	Lisa Whigham (City of Glasgow)	55.38
2006	Kathryn Evans (Elgin)	54.99
2007	Carly Sharp (Edinburgh SH)	57.04
2008	Kathryn Evans (Edinburgh AC)	55.91
2009	Ashleigh Kennedy (Edinburgh AC)	57.94
2010	Ashleigh Kennedy (Edinburgh AC)	58.10
2011	Erin Leggate (Vict Pk Glasgow)	57.13
2012	Christine McMahon (Ballymena)	56.64
2013	Gemma Nicol (Dunfermline)	54.53
2014	Maria Thomas (Catalunya)	55.40
2015	Hayley Mills (Wigan)	55.67
2016	Kelsey Stewart (Aberdeen)	57.10
2017	Mhairi Patience (Vict Pk Glasgow)	55.85
2018	Roisin Smith (Airdrie)	56.40
2019	Mhairi Patience (Vict Pk Glasgow)	56.85

600 METRES

1973	Evelyn McMeekin (Maryhill)	1:34.1
1974	Christine McMeekin (Maryhill)	1:34.0
1975	Christine McMeekin (Maryhill)	1:35.2
1976	Karen Williams (Pitreavie)	1:36.1

800 METRES

1987	Dawn Kitchen (Aberdeen)	2:20.10
1988	Lucy Elliot (Liverpool)	2:15.04
1989	Karen Hutcheson (Berry Hill)	2:06.32
1990	Lorraine Baker (Coventry)	2:06.03
1991	Jacqueline Parker (Essex)	2:11.25
1992	Janet Stewart (City of Glasgow)	2:12.60
1993	Carol-Ann Gray (Edinburgh AC)	2:12.52
1994	Carolyn Smith (Dundee Hawkhill)	2:26.40
1995	Rachel Jordan (Birchfield)	2:15.36
1996	Alice Beecroft (Wakefield)	2:12.57
1997	Freda Davoren (U.Col,Dublin)	2:06.84
1998	Kelly McNeice (Lisburn)	2:11.91
1999	Joanna Ross (Victoria Park)	2:12.68
2000	Joanna Ross (Victoria Park)	2:11.64
2001	Joanna Ross (Victoria Park)	2:13.23
2002	Joanna Ross (Victoria Park)	2:08.77
2003	Joanna Ross (Victoria Park)	2:08.89
2004	Jennifer Ward (City of Glasgow)	2:08.37
2005	Philippa McCrea (Gateshead)	2:15.62
2006	Joanna Ross (Victoria Park)	2:04.27
2007	Joanna Ross (Victoria Park)	2:05.52
2008	Jenny Tan (Fife)	2:14.54
2009	Joanna Ross (Edinburgh AC)	2:08.19
2010	Seonaid Murray (Liverpool)	2:14.60
2011	Jade MacLaren (Vict Pk Glasgow)	2:14.53
2012	Laura Muir (Dundee Hawkhill)	2:08.12
2013	Kirsten Peters (Vict Pk Glasgow)	2:11.03
2014	Jenny Tan (Fife)	2:13.02

2015	Leah Barrow (Windsor)	2:05.45
2016	Kirsten McAslan (Sale)	2:04.48
2017	Mhairi Hendry (Vict Pk Glasgow)	2:05.27
2018	Laura Muir (Dundee Hawkhill)	1:59.69
2019	Philippa Millage (Vict Pk Glasgow)	2:07.15

1500 METRES

1973	Anne Dunnigan (Edinburgh AC)	4:47.0
1974	Event not held	
1975	Penny Gunstone (Dundee Hawkhill)	4:47.9
1976	Ann Cherry (Edinburgh SH)	4:48.0
1987	Debra Farren (Copeland)	4:36.66
1988	Lynne McIntyre (Glasgow AC)	4:20.67
1989	Liz McColgan (Dundee Hawkhill)	4:14.20
1990	Diane Edwards (Sale)	4:19.46
1991	Susan Crawford (City of Glasgow)	4:30.74
1992	Diane Edwards (Sale)	4:20.2
1993	Event not held	
1994	Shirley Griffiths (Cramlington)	4:34.9
1995	Carol-Ann Gray (City of Glasgow)	4:59.53
1996	Shirley Griffiths (Cramlington)	4:18.85
1997	Hayley Parkinson (Edinburgh WM)	4:34.23
1998	Hayley Parkinson (Edinburgh WM)	4:27.83
1999	Pauline Thom (Edinburgh WM)	4:29.62
2000	Maria Lynch (Bristol)	4:30.68
2001	Hayley Parkinson-Ovens (Edinburgh WM)	4:25.87
2002	Maria Lynch (Dundrum SD)	4:29.99
2003	Carol-Ann Gray (City of Glasgow)	4:58.31
2004	Nicola Gauld (Aberdeen)	4:37.59
2005	Celia Brown (Rugby)	4:24.92
2006	Susan Scott (City of Glasgow)	4:11.39
2007	Celia Brown (Rugby)	4:22.03
2008	Joanna Ross (Vict Pk Glasgow)	4:23.27
2009	Kerry Harty (Newcastle)	4:25.93
2010	Sonia Armitage (Aberdeen)	5:00.50
2011	Laura Dunn (Edinburgh AC)	4:32.99
2012	Laura Dunn (Edinburgh AC)	4:35.73
2013	Event not held	
2014	Lennie Waite (Aldershot)	4:22.03
2015	Jenny Tan (Fife)	4:25.40
2016	Sarah Inglis (Lothian)	4:13.11
2017	Emma Mitchell (Ireland)	4:16.20
2018	Jemma Reekie (Kilbarchan)	4:15.69
2019	Katy Brown (Stewartry)	4:41.46

3000 METRES

1988	Sandra Branney (Glasgow AC)	9:44.70
1989	Liz McColgan (Dundee Hawkhill)	8:54.81
1990	Karen Hutcheson (Berry Hill)	9:23.59
1991	Ursula McKee (Annadale)	9:27.04

1995	Una English (LCZ)	9:10.6
1999	Valerie Bothams (City of Glasgow)	10:23.7
2000	Ann-Marie Larkin (UC Dublin)	10:10.60
2001	Ann-Marie Larkin (Tullamore)	10:01.92
2002	Event not held	
2003	Suzanne Owen (City of Glasgow)	9:52.46
2004	Liz McColgan (Dundee Hawkhill)	9:31.11
2005	Susan Ridley (Edinburgh SH)	10:12.98
2006	Allison Simpson (JW Kilmarnock)	10:16.62
2007	Susan Finch (City of Glasgow)	10:29.69
2008	Kerry Harty (Newcastle)	9:52.49
2009	Michelle Harvey (Tir Chonail)	10:12.73
2010	Event not held	
2011	Susan Ridley (Edinburgh AC)	10:35.33
2012	Rhona Auckland (Banchory)	9:56.20
2013	Heather Langham (Edin. Univ)	10:39.86
2014	Laura Dunn (Edinburgh AC)	9:35.41
2015	Laura Muir (Dundee Hawkhill)	8:51.75
2016	Josephine Moultrie (Vict Pk Glasgow)	8:57.14
2017	Kate Maltby (Bristol)	9:01.97
2018	Laura Muir (Dundee Hawkhill)	8:37.21
2019	Jemma Reekie (Kilbarchan)	9:16.48

60 METRES HURDLES

1987	Claire Reid (Edinburgh SH)	9.14
1988	Jane Low (Glasgow AC)	8.80
1989	Julie Mulcock (Bournemouth)	8.88
1990	Judith Robinson (Lagan Valley)	8.49
1991	Lorna McCulloch (Pitreavie)	8.77
1992	Lorna McCulloch (Edinburgh WM)	8.64
1993	Sam Farquharson (Croydon)	8.44
1994	Lesley Skeete (Trafford)	8.29
1995	Sam Farquharson (Cardiff)	8.40
1996	Katy [Sketchley] Parsons (Solent)	8.58
1997	Katy Sketchley (Solent)	8.44
1998	Julie Davis (Lagan Valley)	8.88
1999	Rachel King (Cardiff)	8.42
2000	Tamsin Stephens (Lagan Valley)	8.65
2001	Derval O'Rourke (UC Dublin)	8.67
2002	Alyssa Fullelove (City of Glasgow)	8.67
2003	Helen Worsley (Birchfield)	8.45
2004	Alyssa Fullelove (City of Glasgow)	8.70
2005	Alyssa Fullelove (City of Glasgow)	8.68
2006	Alyssa Fullelove (City of Glasgow)	8.52
2007	Alyssa Fullelove (City of Glasgow)	8.60
2008	Gemma Werrett (Rugby)	8.50
2009	Gemma Werrett (Rugby)	8.71
2010	Gemma Werrett (Birchfield)	8.75
2011	Helen Morton (Horsham)	8.93
2012	Fanni Juhasz (Raheny)	8.67
2013	Holly Belch (Kilbarchan)	8.88

2014	Gemma Werrett (Birchfield)	8.61
2015	Mhairi Patience (Vict Pk Glasgow)	8.72
2016	Heather Paton (Worcester)	8.74
2017	Heather Paton (Birchfield)	8.37
2018	Heather Paton (Birchfield)	8.34
2019	Jane Davidson (Aberdeen)	8.80

HIGH JUMP

1973	Kim McDermott (Aldershot)	1.60
1974	Kim McDermott (Aldershot)	1.57
1975	Lesley Bell (Edinburgh SH)	1.60
1976	Jackie Pinkerton (Glasgow AC)	1.58
1987	Caris Henderson (Edinburgh SH)	1.75
1988	Deborah McDowell (Belfast)	1.88
1989	Jayne Barnetson (Inverness)	1.83
1990	Hazel Melvin (Troon)	1.72
1991	Thordis Gisladdottir (Iceland)	1.83
1992	Kelly Mason (Sale)	1.85
1993	Rhona Pinkerton (City of Glasgow)	1.80
1994	Rhona [Pinkerton] Scobie (City of Glasgow)	1.70
1995	Kelly [Mason] Thirkle (Sale)	1.75
1996	Debora Marti (Bromley)	1.84
1997	Debora Marti (Bromley)	1.80
1998	Sharon Foley (Lifford)	1.80
1999	Debora Marti (Bromley)	1.85
2000	Gillian Black (City of Glasgow)	1.75
2001	Stephanie Higham (Border)	1.75
2002	Stephanie Higham (Border)	1.80
2003	Aileen Wilson (Woodford Green)	1.73
2004	Gillian Black (City of Glasgow)	1.75
2005	Deirdre Ryan (UC Dublin)	1.90
2006	Jemma Scott (Pitreavie)	1.70
2007	Jayne Nisbet (Edinburgh SH)	1.75
2008	Jayne Nisbet (Edinburgh AC)	1.70
2009	Jayne Nisbet (Edinburgh AC)	1.75
2010	Oyunn Grindem (IK Tjalve, Norway)	1.85
2011	Emma Nuttall (Edinburgh AC)	1.83
2012	Jayne Nisbet (Edinburgh AC)	1.80
2013	Jayne Nisbet (Edinburgh AC)	1.80
2014	Rachael MacKenzie (Inverness)	1.80
2015	Amelia Jennings-McLaughlin (Liverpool Pembroke)	1.80
2016	Nikki Manson (Giffnock North)	1.76
2017	Sommer Lecky (Finn Valley)	1.78
2018	Sommer Lecky (Finn Valley)	1.86
2019	Emma Nuttall (Edinburgh AC)	1.73

POLE VAULT

1994	Katie FitzGerald (Pitreavie)	2.35
1995	Janine Whitlock (Spenborough)	2.75
1996	Janine Whitlock (Trafford)	3.50

1997	Janine Whitlock (Trafford)	3.75
1998	Alison Deuchars (Edinburgh WM)	2.70
1999	Laura Ballotta (Edinburgh WM)	3.20
2000	Louise Gauld (City of Edinburgh)	3.40
2001	Laura Ballotta (Edinburgh WM)	3.60
2002	Laura Ballotta (Edinburgh WM)	3.80
2003	Kirsty Maguire (Edinburgh WM)	3.70
2004	Kirsty Maguire (Edinburgh WM)	3.90
2005	Zoe Brown (Loughborough)	4.00
2006	Kimberly Skinner (Falkirk Victoria)	3.90
2007	Kirsty Maguire (Edinburgh SH)	4.02
2008	Kimberly Skinner (Falkirk Victoria)	4.00
2009	Kate Dennison (Stoke)	4.35
2010	Kimberly Skinner (Falkirk Victoria)	4.00
2011	Tori Pena (Finn Valley)	4.31
2012	Laura-Ann Henderson (Tonbridge)	3.31
2013	Kelly-Jo Tinkler (Gateshead)	3.50
2014	Zoe Brown (Shaftesbury)	4.05
2015	Anna Gordon (Pitreavie)	3.70
2016	Anna Gordon (Pitreavie)	3.92
2017	Anna Gordon (Edinburgh AC)	3.61
2018	Anna Gordon (Edinburgh AC)	3.65
2019	Hannah Lawler (Vict Pk Glasgow)	3.63

LONG JUMP

1973	Diane Roodhouse (Dundee Hawkhill)	5.14
1974	Alison Cutting (Edinburgh AC)	5.10
1975	Sylvia Brodie (Edinburgh SH)	5.26
1976	Anne Fraser (Fife)	5.30
1987	Carey Spiers (Glasgow AC)	5.47
1988	Lorraine Campbell (Edinburgh WM)	6.09
1989	Karen Hambrook (Ashford)	5.70
1990	Shona Urquhart (Edinburgh WM)	5.49
1991	Caroline Black (Edinburgh WM)	5.84
1992	Ruth Irving (Wirral)	5.89
1993	Karen Hambrook (Ashford)	5.88
1994	Caroline Black (Edinburgh WM)	5.67
1995	Caroline Black (Edinburgh WM)	5.78
1996	Jacqui Stokes (Ferrybank)	5.66
1997	Joanne Wise (Newcastle)	6.39
1998	Ruth Irving (Edinburgh WM)	5.90
1999	Donita Benjamin (Windsor)	5.95
2000	Sarah Still (Aberdeen)	5.64
2001	Shauna Colhoun (Lifford)	5.79
2002	Ruth Irving (Edinburgh WM)	5.98
2003	Ruth Irving (Edinburgh WM)	6.27
2004	Gillian Cooke (Edinburgh WM)	5.89
2005	Gillian Cooke (Edinburgh SH)	6.07
2006	Gillian Cooke (Edinburgh SH)	6.14
2007	Gillian Cooke (Edinburgh SH)	6.21
2008	Nony Mordi (Shaftesbury)	5.80

2009	Mary McLoone (Tir Chonaill)	5.91
2010	Jade Nimmo (Falkirk Victoria)	6.06
2011	Jade Nimmo (Falkirk Victoria)	6.07
2012	Lisa Ferguson (Edinburgh AC)	5.80
2013	Jade Nimmo (Sale)	6.16
2014	Sarah Warnock (Edinburgh AC)	6.11
2015	Sarah Warnock (Edinburgh AC)	6.21
2016	Sarah Warnock (Edinburgh AC)	6.13
2017	Gillian Cooke (Edinburgh AC)	5.70
2018	Rachel Alexander (Giffnock North)	6.04
2019	Lucy Hadaway (City of York)	6.26

TRIPLE JUMP

1991	Karen Hambrook (Ashford)	12.08
1992	Michelle Griffith (Windsor)	12.10
1993	Karen Hambrook (Ashford)	11.93
1994	Mhairi Livingstone (Stewartry)	11.20
1995	Fiona Watt (City of Glasgow)	12.15
1996	Pamela Anderson (City of Glasgow)	12.52
1997	Pamela Anderson (City of Glasgow)	12.31
1998	Hilde Kaland (Ilfri, Norway)	12.15
1999	Siobhan Hoey (Dublin)	12.10
2000	Joanne Stanley (Middlesbrough)	11.68
2001	Elizabeth Patrick (Birchfield)	12.55
2002	Charmaine Turner (Solent)	11.85
2003	Ruth Irving (Edinburgh WM)	12.46
2004	Louise Gauld (Edinburgh WM)	11.48
2005	Mary McLoone (Tir Chonaill)	12.01
2006	Gillian Kerr (Edinburgh SH)	12.38
2007	Gillian Kerr (Edinburgh SH)	12.85
2008	Mia Haave (Norway)	13.01
2009	Nony Mordi (Shaftesbury)	13.27
2010	Inger Anne Froyesdal (Norway)	13.11
2011	Jayne Nisbet (Edinburgh AC)	12.06
2012	Nony Mordi (Shaftesbury)	12.34
2013	Zara Asante (Harrow)	12.18
2014	Nony Mordi (Edinburgh AC)	12.43
2015	Emma Pringle (Gateshead)	12.30
2016	Gillian Cooke (Edinburgh AC)	11.60
2017	Carolyn Harvey (Ayr Seaforth)	12.08
2018	Siobhan Kingham (Edinburgh AC)	12.00
2019	Carolyn Harvey (Ayr Seaforth)	12.08

SHOT PUTT

1973	Heather Stuart (Maryhill)	14.22
1974	Mary Ingram (Maryhill)	9.55
1975	Sylvia Brodie (Edinburgh SH)	11.52
1976	Mary Ingram (Glasgow AC)	10.22
1987	Mary Anderson (Edinburgh AC)	14.43
1988	Mary Anderson (Edinburgh AC)	13.98
1989	Mary Anderson (Edinburgh AC)	13.80
1990	Alison Grey (ESPC AC)	13.34

1991	Alison Grey (ESPC AC)	14.19
1992	Alison Grey (ESPC AC)	14.84
1993	Alison Grey (City of Glasgow)	15.23
1994	Alison Grey (City of Glasgow)	14.28
1995	Alison Grey (City of Glasgow)	15.36
1996	Alison Grey (City of Glasgow)	14.35
1997	Alison Grey (City of Glasgow)	14.43
1998	Event not held	
1999	Jacqueline Tindal (Edinburgh WM)	12.35
2000	Eva Massey (Windsor)	13.42
2001	Eva Massey (Windsor)	14.21
2002	Mhairi Walters (City of Glasgow)	13.12
2003	Alison Rodger (Sale)	11.59
2004	Alison Rodger (Sale)	13.00
2005	Alison Rodger (Sale)	13.46
2006	Eva Massey (Belgrave)	15.17
2007	Alison Rodger (Victoria Park)	11.36
2008	Kirsty Law (Shaftesbury)	12.22
2009	Alison Rodger (Kilbarchan)	14.48
2010	Alison Rodger (Sale)	16.00
2011	Kirsty Yates (Vict Pk Glasgow)	13.49
2012	Alison Rodger (Sale)	15.67
2013	Kirsty Yates (Edinburgh AC)	15.14
2014	Kirsty Yates (Edinburgh AC)	15.26
2015	Kirsty Yates (Edinburgh AC)	14.43
2016	Kirsty Yates (Edinburgh AC)	13.69
2017	Rachel Hunter (North Ayrshire)	11.71
2018	Mhairi Porterfield (Vic Pk Glasgow)	13.54
2019	Mhairi Porterfield (Vic Pk Glasgow)	13.28

PENTATHLON

1989	Jayne Barnetson (Inverness)	3,915
1990	Janice Ainslie (Edinburgh WM)	3,240
1991	Janice Ainslie (Edinburgh WM)	3,403
1992	Emma Lindsay (Edinburgh WM)	3,301
1993	Emma Lindsay (Edinburgh WM)	3,833
1994	Sarah Damm (Stoke)	3,583
1995	Emma Lindsay (Edinburgh WM)	3,712
1996	Emma Lindsay (Edinburgh WM)	3,957
1997	Emma Lindsay (Edinburgh WM)	3,717
1998	Margaret Veldman (Sale)	3,623
1999	Kirsty Roger (City of Glasgow)	3,658
2000	Kirsty Roger (City of Glasgow)	3,797
2001	Laura Redmond (Edinburgh WM)	3,738
2002	Aileen Wilson (Peterborough)	4,096
2003	Sharon Foley Gallen (Lifford)	3,636
2004	Jemma Scott (Edinburgh WM)	3,757
2005	Laura Redmond (City of Edinburgh)	3,698
2006	Jemma Scott (Pitreavie)	3,824
2007	Jemma Scott (Pitreavie)	3,687
2008	Sarah Finnegan (Craughwell)	2,413
2009	Rebecca Pottinger (Birtley)	2,482

2010	Jacqueline Tindal (Pitreavie)	3,712
2011	Jacqueline Tindal (Pitreavie)	3,593
2012	Katia Lannon (Sale)	3,814
2013	Jade Nimmo (Sale)	3,826
2014	Jade Halket (Vict Pk Glasgow)	3,303
2015	Erin Leggate (Vict Pk Glasgow)	3,183
2016	Lena Wunderlin (Switzerland)	3,516
2017	Joanna Rowland (Crawley)	4,103
2018	Sarah Connolly (North Down)	3,760
2019	Joanna Rowland (Crawley)	4,130

4 x 200 METRES RELAY

2012	Airdrie Harriers	1:51.86
2014	Edinburgh AC	1:43.02
2015	Victoria Park City of Glasgow AC	1:43.81
2016	Victoria Park City of Glasgow AC	1:41.28
2017	Edinburgh AC	1:40.95
2018	Giffnock North AAC	1:45.27
2019	Victoria Park City of Glasgow AC	1:40.75