# SCOTTISH INDOOR CHAMPIONSHIPS

scottishathletics

A scottishathletics history publication

Date: January 2018

# CONTENTS


| | |
|---|---|
| Introduction | 2 |
| Championship Best Performances | 4 |
| Leading Medal Winners | 5 |
| Most Wins in a Single Event | 6 |
| Most Medals in a Single Event | 6 |
| Scottish Indoor Championship Winners - Men | 7 |
| Scottish Indoor Championship Winners - Women | 12 |


*Cover photo – 2017 Scottish Indoor 60 metres champion Allan Hamilton, photographed by Bobby Gavin.*

# INTRODUCTION

Gillian Cooke, winner of 17 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 17. 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 Barnetson** 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<br>Ewan Dyer<br>Steven Perrie-Clyde<br>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 | 23.67 | Susan Burnside | Edinburgh WM | Kelvin Hall | 2003 |
| 400 metres | 53.25 | Jenny Meadows | Wigan | Kelvin Hall | 2002 |
| 800 metres | 2:04.27 | Joanna Ross | Victoria Park | Kelvin Hall | 2006 |
| 1500 metres | 4:11.39 | Susan Scott | City of Glasgow | Kelvin Hall | 2006 |
| 3000 metres | 8:51.75 | Laura Muir | Dundee Hawkhill | Emirates | 2015 |
| 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 | 4,103 | Joanna Rowland | Crawley | Emirates | 2017 |
| 4 x 200m relay | 1:40.95 | Siobhan Kingham<br>Jazmine Tomlinson<br>Sarah Malone<br>Stacey Downie | Edinburgh AC | Emirates | 2017 |

# LEADING MEDAL WINNERS

| | TOT | G | S | B |
|---|---|---|---|---|
| Gillian Cooke | 17 | 7 | 6 | 4 |
| Francis Smith | 14 | 7 | 4 | 3 |
| Neil Elliott | 13 | 5 | 5 | 3 |
| Laura Redmond | 13 | 2 | 7 | 4 |
| Jayne Nisbet | 11 | 6 | 3 | 2 |
| David Watson | 11 | 3 | 5 | 3 |
| Alison Rodger | 10 | 7 | 3 | 0 |
| Jamie Quarry | 10 | 7 | 2 | 1 |
| Susan Burnside/Deacon | 10 | 7 | 2 | 1 |
| Andrew Murphy | 10 | 3 | 4 | 3 |
| Catriona Pennet | 10 | 0 | 6 | 4 |
| Joanna Ross | 9 | 9 | 0 | 0 |
| Alison Grey | 9 | 8 | 1 | 0 |
| Alyssa Fullelove | 9 | 5 | 4 | 0 |
| Chloe Lambert | 9 | 3 | 3 | 3 |
| Chris Baillie | 9 | 3 | 3 | 3 |
| Kirsty Maguire | 9 | 3 | 3 | 3 |
| Malgorzata Rostek /Wardrop | 9 | 1 | 2 | 6 |
| Melanie Neef | 8 | 6 | 1 | 1 |
| Emma Lindsay | 8 | 5 | 3 | 0 |
| Kirsty Yates | 8 | 5 | 3 | 0 |
| Jade Nimmo | 8 | 5 | 2 | 1 |
| Mary Anderson | 8 | 5 | 2 | 1 |
| Ruth Irving | 8 | 5 | 1 | 2 |
| Craig Sturrock | 8 | 4 | 3 | 1 |
| Sarah Warnock | 8 | 3 | 4 | 1 |
| Caroline Black | 8 | 3 | 3 | 2 |
| Zoey Clark | 8 | 3 | 3 | 2 |
| Sarah Still | 8 | 1 | 5 | 2 |
| William Falconer | 8 | 0 | 2 | 6 |
| Nick Smith | 7 | 7 | 0 | 0 |
| Allan Scott | 7 | 5 | 2 | 0 |
| Karen Hambrook | 7 | 4 | 3 | 0 |
| Scot Thompson | 7 | 4 | 3 | 0 |
| Richard Hurren | 7 | 4 | 2 | 1 |
| Jemma Scott | 7 | 4 | 1 | 2 |
| David Barnetson | 7 | 3 | 3 | 1 |
| Jude Beimers | 7 | 3 | 2 | 2 |
| Kathryn Evans | 7 | 3 | 2 | 2 |
| Stephan Hayward | 7 | 3 | 2 | 2 |
| Kimberly Skinner | 7 | 3 | 0 | 4 |
| Erin Leggate | 7 | 2 | 2 | 3 |
| Sharon Foley/Gallen | 7 | 2 | 2 | 3 |
| Neil McMenemy | 7 | 2 | 0 | 5 |
| Hazel Melvin | 7 | 1 | 6 | 0 |
| Iain Black | 7 | 1 | 3 | 3 |
| Jill Knowles | 7 | 0 | 5 | 2 |
| Jocelyn Kirby/Harwood | 7 | 0 | 3 | 4 |
| Claire Cameron | 7 | 0 | 2 | 5 |
| Gary Jackson | 6 | 5 | 1 | 0 |
| Gemma Werrett | 6 | 4 | 2 | 0 |
| Ray Bobrownicki | 6 | 4 | 1 | 1 |
| John Carr | 6 | 4 | 1 | 1 |
| Geoff Parsons | 6 | 4 | 1 | 1 |
| Nony Mordi | 6 | 4 | 1 | 1 |
| Hayley Parkinson/Ovens | 6 | 3 | 3 | 0 |
| Jacqueline Tindal | 6 | 3 | 2 | 1 |
| Jamie Bowie | 6 | 3 | 2 | 1 |
| Laura Dunn | 6 | 3 | 2 | 1 |
| Carol-Ann Gray | 6 | 3 | 1 | 2 |
| Ross Baillie | 6 | 3 | 1 | 2 |
| Douglas Hamilton | 6 | 2 | 2 | 2 |
| Michael McDonald | 6 | 2 | 2 | 2 |
| Gillian Black | 6 | 2 | 1 | 3 |
| Sara Whigham | 6 | 2 | 1 | 3 |
| Ian Campbell | 6 | 1 | 3 | 2 |
| Claire Reid/Doris | 6 | 1 | 2 | 3 |
| Lisa Ferguson | 6 | 1 | 2 | 3 |
| David Martin | 6 | 0 | 5 | 1 |
| Jamie Henderson | 6 | 0 | 2 | 4 |
| Martin Aram | 5 | 5 | 0 | 0 |
| Aileen McGillivary | 5 | 4 | 1 | 0 |
| Allan Hamilton | 5 | 4 | 0 | 1 |
| Chukwudi Onyia | 5 | 4 | 0 | 1 |
| Duncan Mathieson | 5 | 3 | 2 | 0 |
| Sinead Dudgeon | 5 | 3 | 2 | 0 |
| Anna Gordon | 5 | 3 | 1 | 1 |
| Elliot Bunney | 5 | 3 | 1 | 1 |
| Jenny Tan | 5 | 3 | 1 | 1 |
| Neil Fraser | 5 | 3 | 1 | 1 |
| Alisha Rees | 5 | 2 | 2 | 1 |
| Mary McLoone | 5 | 2 | 2 | 1 |
| Susan Ridley | 5 | 2 | 2 | 1 |
| Brian Doyle | 5 | 2 | 1 | 2 |
| Gillian Kerr | 5 | 2 | 1 | 2 |
| Graeme Oudney | 5 | 2 | 1 | 2 |
| Kim Goodwin | 5 | 2 | 1 | 2 |
| David Smith | 5 | 1 | 3 | 1 |
| Lee McConnell | 5 | 1 | 1 | 3 |
| Robin Hooton | 5 | 1 | 1 | 3 |
| Nikki Manson | 5 | 1 | 0 | 4 |
| Antony Daffurn | 5 | 0 | 4 | 1 |
| Brian Ashburn | 5 | 0 | 3 | 2 |
| Jennifer Graham | 5 | 0 | 2 | 3 |
| Lorna Silver/Rogers | 5 | 0 | 2 | 3 |
| Nicola Barr | 5 | 0 | 2 | 3 |

## 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 |
| 3 Jamie Bowie | **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 | **3000m** | 2 Ann-Marie Larkin, Liz McColgan & Susan Ridley |
| 5 Francis Smith & Allan Scott | **60mH** | 5 Alyssa Fullelove |
| 5 Martin Aram | **High J** | 5 Jayne Nisbet |
| 5 Gary Jackson | **Pole V** | 3 Janine Whitlock, Laura Ballotta, Kirsty Maguire, Kim Skinner & Anna Gordon |
| 4 Steve Phillips | **Long J** | 5 Gillian Cooke |
| 4 John Carr & Chukwudi Onyia | **Triple J** | 3 Nony Mordi |
| 5 Neil Elliott | **Shot** | 8 Alison Grey |
| 4 Jamie Quarry | **Hep/Pen** | 5 Emma Lindsay |
| 3 Edinburgh AC | **4x200m** | 2 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)<br>4 Francis Smith (2-0-2) | **200m** | 7 Chloe Lambert (3-3-1) |
| 6 Jamie Bowie (3-2-1) | **400m** | 5 Kathryn Evans (3-1-1) |
| 4 Graeme Oudney (2-1-1)<br>4 Jack Walker (1-1-2) | **800m** | 8 Joanna Ross (8-0-0) |
| 4 Ian Campbell (1-2-1) | **1500m** | 5 Carol-Ann Gray (2-1-2)<br>5 Hayley Parkinson/Ovens (3-2-0)<br>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** | 10 Catriona Pennet (0-6-4) |
| 6 Ray Bobrownicki (4-1-1)<br>6 David Barnetson (2-3-1) | **High J** | 8 Jayne Nisbet (5-2-1) |
| 7 Richard Hurren (4-2-1) | **Pole V** | 9 Kirsty Maguire (3-3-3) |
| 5 Jude Beimers (2-2-1)<br>5 Brian Ashburn (0-3-2) | **Long J** | 10 Gillian Cooke (5-3-2) |
| 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) |
| 4 Jamie Quarry (4-0-0)<br>4 Andrew Murphy (2-1-1) | **Hep/Pen** | 6 Emma Lindsay (5-1-0) |
| 4 Edinburgh AC (3-1-0)<br>4 Victoria Park City of Glasgow (0-2-2) | **4x200m** | 4 Victoria Park City of Glasgow (2-1-1) |

# 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 |

### 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 |

### 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 Louden (Lasswade) | 48.23 |
| **2015** | Patrick Swan (Unattached) | 48.75 |
| **2016** | Cameron Chalmers (Guernsey) | 47.93 |
| **2017** | Cameron Chalmers (Guernsey) | 47.23 |

## 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 |

## 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 |

## 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 |

## 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 |

## 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 |

## 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 |

## LONG JUMP

| | | |
|---|---|---|
| **1972** | Ernest Kerr (Grangemouth Olym) | 7.00 |
| **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 |

## 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 |

## 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 |

## WEIGHT for HEIGHT

| | | |
|---|---|---|
| **1974** | James Lilley (Hamilton) | 3.99 |

| | | |
|---|---|---|
| **1975** | Walter Weir (Central) | 3.88 |

## OCTATHLON

| | | |
|---|---|---|
| **1989** | Callum Orr (Edinburgh AC) | 5,800 |

## 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 |

## 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 |

## 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 |

## 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 |

## 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 |

## 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 |

## 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 |

## 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 Chonaill) | 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 |

## 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 Worsey (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 |

## 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 Gisladottir (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 |

## 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 |

## 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 |

## 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 |

## 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 |

## 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 |

## 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 |