



**SCOTTISH NORTH DISTRICT  
CHAMPIONSHIPS & INTER  
DISTRICT CHAMPIONSHIPS**

**ROAD, CROSS COUNTRY &  
HILL/FELL RUNNING**

North District – Summary Table

| Discipline    | Event         | Age Group | Individual | Teams |
|---------------|---------------|-----------|------------|-------|
| Road          | 5K            | U20       | 2          |       |
|               |               | Seniors   | 5          |       |
|               |               | Veterans  | 2          |       |
|               | 10K           | Seniors   | 26         |       |
|               |               | Veterans  | 13         |       |
|               | 10 Mile       | Seniors   | 17         |       |
|               |               | Veterans  | 5          |       |
|               | Half Marathon | Seniors   | 10         |       |
| Veterans      |               | 4         |            |       |
| Cross Country | League        | U13       | 62         | 32    |
|               |               | U15       | 55         | 34    |
|               |               | U17       | 48         | 18    |
|               |               | U20       | 12         |       |
|               |               | Seniors   | 41         | 34    |
|               |               | Veterans  | 54         |       |
|               | Championships | U13       | 62         | 30    |
|               |               | U15       | 74         | 31    |
|               |               | U17       | 70         | 29    |
|               |               | U20       | 42         | 4     |
|               |               | Seniors   | 62         | 32    |
|               |               | Veterans  | 28         | 12    |
|               | Relays        | Youth     |            | 28    |
|               |               | Seniors   |            | 35    |
|               |               | Veterans  |            | 5     |
| Hill          | Championships | U23       | 1          |       |
|               |               | Seniors   | 9          |       |
|               |               | Veterans  | 4          |       |

|        |     |     |
|--------|-----|-----|
| Totals | 707 | 324 |
|--------|-----|-----|

North District 5K Championships

| Year | Name             | Age Group | Race                | Medal  |
|------|------------------|-----------|---------------------|--------|
| 2023 | Lucas Cairns     | U20M      | Inverness Campus 5K | Gold   |
| 2023 | Angus Smith      | SM        | Inverness Campus 5K | Gold   |
| 2023 | Mhairi MacLennan | SW        | Inverness Campus 5K | Gold   |
| 2023 | Jenny Bannerman  | SW        | Inverness Campus 5K | Silver |
| 2023 | Catriona Fraser  | SW        | Inverness Campus 5K | Bronze |
| 2023 | Lesley Hansen    | Vet Women | Inverness Campus 5K | Gold   |
| 2024 | Lucas Cairns     | U20M      | Forres 5K           | Gold   |
| 2024 | Lucas Cairns     | SM        | Forres 5K           | Gold   |
| 2024 | Peter Fraser     | Vet Men   | Forres 5K           | Gold   |

## North District 10K Championships

| Year | Name                   | Age Group   | Race                      | Medal  |
|------|------------------------|-------------|---------------------------|--------|
| 2014 | Donnie MacDonald       | SM          | Golspie 10K               | Gold   |
| 2014 | Sarah Liebnitz         | SW          | Golspie 10K               | Gold   |
| 2014 | Catriona Fraser        | SW          | Golspie 10K               | Silver |
| 2014 | Caroline Marwick       | SW          | Golspie 10K               | Bronze |
| 2015 | Gordon Lennox          | SM          | Brodie Castle 10K         | Silver |
| 2015 | Stephen Mackay         | SM          | Brodie Castle 10K         | Bronze |
| 2015 | Jenny Bannerman        | SW          | Brodie Castle 10K         | Gold   |
| 2015 | Catriona Fraser        | SW          | Brodie Castle 10K         | Bronze |
| 2015 | Tim Cooke              | Vet Men     | Brodie Castle 10K         | Silver |
| 2016 | Gordon Lennox          | SM          | Benromach 10K             | Silver |
| 2016 | Sarah Liebnitz         | SW          | Benromach 10K             | Gold   |
| 2016 | Paul Miller            | Vet Men     | Benromach 10K             | Gold   |
| 2016 | Julie Wilson           | Vet Women   | Benromach 10K             | Gold   |
| 2016 | Ann Smart              | S'Vet Women | Benromach 10K             | Gold   |
| 2017 | Donnie MacDonald       | SM          | Castle of Mey 10K         | Gold   |
| 2017 | Jenny Bannerman        | SW          | Castle of Mey 10K         | Gold   |
| 2018 | John Newsom            | SM          | Forres Highland Games 10K | Gold   |
| 2018 | Donnie MacDonald       | SM          | Forres Highland Games 10K | Bronze |
| 2018 | Gemma Cormack          | SW          | Forres Highland Games 10K | Gold   |
| 2019 | John Newsom            | SM          | Nairn 10K                 | Gold   |
| 2019 | Donnie MacDonald       | SM          | Nairn 10K                 | Silver |
| 2019 | Jenny Bannerman        | SW          | Nairn 10K                 | Gold   |
| 2019 | Amy Hudson             | SW          | Nairn 10K                 | Silver |
| 2019 | Caroline Marwick       | SW          | Nairn 10K                 | Bronze |
| 2019 | Donnie MacDonald       | Vet Men     | Nairn 10K                 | Gold   |
| 2019 | Heather Gardiner       | Vet Women   | Nairn 10K                 | Silver |
| 2019 | Alison Wilson          | Vet Women   | Nairn 10K                 | Bronze |
| 2020 | Sean Chalmers          | SM          | Nairn 10K                 | Gold   |
| 2020 | Stephen Mackay         | SM          | Nairn 10K                 | Silver |
| 2020 | Jenny Bannerman        | SW          | Nairn 10K                 | Gold   |
| 2020 | Amy Hudson             | SW          | Nairn 10K                 | Silver |
| 2020 | Donnie MacDonald       | Vet Men     | Nairn 10K                 | Gold   |
| 2022 | Catriona Fraser-Lennox | SW          | Nairn 10K                 | Gold   |
| 2022 | Jonny MacLeod          | Vet Men     | Nairn 10K                 | Silver |
| 2022 | Tom McWilliam          | S'Vet Men   | Nairn 10K                 | Silver |
| 2022 | Timothy Cooke          | S'Vet Men   | Nairn 10K                 | Bronze |
| 2022 | Alison MacDonald       | S'Vet Women | Nairn 10K                 | Gold   |
| 2023 | Lesley Hansen          | SW          | Forres 10K                | Bronze |
| 2023 | Lesley Hansen          | Vet Women   | Forres 10K                | Silver |

## North District 10 Mile Championships

| Year | Name             | Age Group | Race                    | Medal  |
|------|------------------|-----------|-------------------------|--------|
| 2014 | John Newsom      | SM        | Lossiemouth Turkey Trot | Gold   |
| 2014 | Donnie MacDonald | SM        | Lossiemouth Turkey Trot | Bronze |
| 2014 | Jenny Bannerman  | SW        | Lossiemouth Turkey Trot | Gold   |
| 2014 | Sarah Liebnitz   | SW        | Lossiemouth Turkey Trot | Silver |
| 2014 | Caroline Marwick | SW        | Lossiemouth Turkey Trot | Bronze |
| 2014 | Paul Miller      | Vet Men   | Lossiemouth Turkey Trot | Silver |
| 2015 | John Newsom      | SM        | Nairn 10 Mile           | Gold   |
| 2015 | Jenny Bannerman  | SW        | Nairn 10 Mile           | Gold   |
| 2015 | Catriona Fraser  | SW        | Nairn 10 Mile           | Silver |
| 2015 | Paul Miller      | Vet Men   | Nairn 10 Mile           | Silver |
| 2016 | Paul Miller      | SM        | Nairn 10 Mile           | Silver |
| 2016 | Gordon Lennox    | SM        | Nairn 10 Mile           | Bronze |
| 2016 | Paul Miller      | Vet Men   | Nairn 10 Mile           | Gold   |
| 2016 | Sarah Liebnitz   | SW        | Nairn 10 Mile           | Gold   |
| 2017 | John Newsom      | SM        | Lossiemouth Turkey Trot | Silver |
| 2017 | Donnie MacDonald | SM        | Lossiemouth Turkey Trot | Bronze |
| 2017 | Caroline Marwick | SW        | Lossiemouth Turkey Trot | Gold   |
| 2017 | Alison Wilson    | Vet Women | Lossiemouth Turkey Trot | Bronze |
| 2018 | Donnie MacDonald | Vet Men   | Lossiemouth Turkey Trot | Gold   |
| 2019 | Gordon Lennox    | SM        | Lossiemouth Turkey Trot | Silver |
| 2019 | Amy Hudson       | SW        | Lossiemouth Turkey Trot | Gold   |
| 2019 | Catriona Fraser  | SW        | Lossiemouth Turkey Trot | Bronze |

## North District Half Marathon Championships

| Year | Name                   | Age Group   | Race                       | Medal  |
|------|------------------------|-------------|----------------------------|--------|
| 2015 | John Newsom            | SM          | Glen Moray Half Marathon   | Gold   |
| 2015 | Donnie MacDonald       | SM          | Glen Moray Half Marathon   | Silver |
| 2016 | John Newsom            | SM          | Inverness Half Marathon    | Bronze |
| 2017 | Graham Bee             | SM          | Isle of Skye Half Marathon | Gold   |
| 2018 | John Newsom            | SM          | Inverness Half Marathon    | Gold   |
| 2018 | Donnie MacDonald       | SM          | Inverness Half Marathon    | Silver |
| 2018 | Gordon Lennox          | SM          | Inverness Half Marathon    | Bronze |
| 2018 | Alison Wilson          | Vet Women   | Inverness Half Marathon    | Silver |
| 2018 | Heather Gardiner       | S'Vet Women | Inverness Half Marathon    | Gold   |
| 2023 | Catriona Fraser-Lennox | SW          | Inverness Half Marathon    | Gold   |
| 2023 | Lesley Hansen          | Vet Women   | Inverness Half Marathon    | Silver |
| 2024 | Mhairi MacLennan       | SW          | Inverness Half Marathon    | Gold   |
| 2024 | Donnie MacDonald       | SM          | Inverness Half Marathon    | Bronze |
| 2024 | Donnie MacDonald       | Vet Men     | Inverness Half Marathon    | Gold   |

North District Cross Country League – Individual Medallists (U13M)

| Year    | Name              | Championships      | Medal  |
|---------|-------------------|--------------------|--------|
| 1986-87 | Darren Sutherland | Scottish XC Union  | Gold   |
| 1987-88 | Andrew Macrae     | Scottish XC Union  | Gold   |
| 1990-91 | Sandy Sutherland  | Scottish XC Union  | Gold   |
| 2004-05 | Murdo Traill      | Scottish Athletics | Gold   |
| 2005-06 | Ryan Jenkin       | Scottish Athletics | Silver |
| 2005-06 | Corrin MacKenzie  | Scottish Athletics | Bronze |
| 2006-07 | Craig Campbell    | Scottish Athletics | Gold   |
| 2006-07 | Patrick Urquhart  | Scottish Athletics | Silver |
| 2007-08 | Craig Campbell    | Scottish Athletics | Gold   |
| 2007-08 | Patrick Urquhart  | Scottish Athletics | Silver |
| 2010-11 | Ally Velzian      | Scottish Athletics | Bronze |
| 2011-12 | Ally Velzian      | Scottish Athletics | Gold   |
| 2011-12 | James Geddes      | Scottish Athletics | Silver |
| 2012-13 | Joe Arnaud        | Scottish Athletics | Gold   |
| 2013-14 | Daniel Johnston   | Scottish Athletics | Silver |
| 2016-17 | Lucas Cairns      | Scottish Athletics | Gold   |
| 2016-17 | Euan Rollo        | Scottish Athletics | Silver |
| 2016-17 | Duncan MacDonald  | Scottish Athletics | Bronze |
| 2017-18 | Sam Burnett       | Scottish Athletics | Silver |
| 2017-18 | Alex Jamieson     | Scottish Athletics | Bronze |
| 2018-19 | Sam Burnett       | Scottish Athletics | Silver |
| 2018-19 | Jake Henderson    | Scottish Athletics | Bronze |
| 2019-20 | Michael Miller    | Scottish Athletics | Silver |
| 2023-24 | Archie Grant      | Scottish Athletics | Silver |

North District Cross Country League – Individual Medallists (U13W)

| Year    | Name                                | Championships             | Medal  |
|---------|-------------------------------------|---------------------------|--------|
| 1985-86 | Roma Davidson                       | Scottish Women's XC Union | Gold   |
| 1986-87 | Roma Davidson                       | Scottish Women's XC Union | Gold   |
| 1987-88 | Liska Henderson                     | Scottish Women's XC Union | Gold   |
| 1997-98 | Mhairi Spence                       | Scottish Athletics        | Gold   |
| 1998-99 | Alexina McArthur                    | Scottish Athletics        | Gold   |
| 1999-00 | Stacey Behan                        | Scottish Athletics        | Gold   |
| 2001-02 | Briony Swanson                      | Scottish Athletics        | Gold   |
| 2002-03 | Charlotte McArthur                  | Scottish Athletics        | Gold   |
| 2002-03 | Sinead Furlong                      | Scottish Athletics        | Bronze |
| 2003-04 | Laura Macleod<br>Charlotte McArthur | Scottish Athletics        | Bronze |
| 2005-06 | Paula Gass                          | Scottish Athletics        | Bronze |
| 2008-09 | Bethany Irvine                      | Scottish Athletics        | Silver |
| 2009-10 | Heather Campbell                    | Scottish Athletics        | Gold   |
| 2009-10 | Arianne Ross                        | Scottish Athletics        | Bronze |
| 2010-11 | Gillian Gordon                      | Scottish Athletics        | Gold   |
| 2012-13 | Zoe Romaine                         | Scottish Athletics        | Bronze |
| 2013-14 | Megan Keith                         | Scottish Athletics        | Gold   |
| 2013-14 | Beth MacIver                        | Scottish Athletics        | Bronze |
| 2014-15 | Megan Keith                         | Scottish Athletics        | Gold   |
| 2014-15 | Emily Andrew                        | Scottish Athletics        | Silver |
| 2014-15 | Catriona Garvie<br>Rebecca Johnston | Scottish Athletics        | Bronze |
| 2015-16 | Catriona Garvie                     | Scottish Athletics        | Gold   |
| 2015-16 | Kirsty Arnaud                       | Scottish Athletics        | Silver |
| 2015-16 | Rachel Johnstone                    | Scottish Athletics        | Bronze |
| 2016-17 | Kirsty Arnaud                       | Scottish Athletics        | Bronze |
| 2017-18 | Zoe Sharpe                          | Scottish Athletics        | Gold   |
| 2017-18 | Grace MacDonald                     | Scottish Athletics        | Silver |
| 2018-19 | Zoe Sharpe                          | Scottish Athletics        | Gold   |
| 2018-19 | Grace MacDonald                     | Scottish Athletics        | Silver |
| 2018-19 | Anna Cairns                         | Scottish Athletics        | Bronze |
| 2019-20 | Katie Meek                          | Scottish Athletics        | Gold   |
| 2019-20 | Kirsten Burnett                     | Scottish Athletics        | Silver |
| 2021-22 | Lois Macrae                         | Scottish Athletics        | Gold   |
| 2021-22 | Skye Simpson                        | Scottish Athletics        | Bronze |
| 2023-24 | Niamh Doorley                       | Scottish Athletics        | Gold   |
| 2023-24 | Annie English                       | Scottish Athletics        | Bronze |

North District Cross Country League – Individual Medallists (U15M)

| Year    | Name                       | Championships      | Medal  |
|---------|----------------------------|--------------------|--------|
| 1984-85 | Andrew Fraser              | Scottish XC Union  | Gold   |
| 1986-87 | Stewart Jarvie             | Scottish XC Union  | Gold   |
| 1988-89 | Ingram Murray              | Scottish XC Union  | Gold   |
| 1989-90 | Darren Miller              | Scottish XC Union  | Gold   |
| 1990-91 | S McKay                    | Scottish XC Union  | Gold   |
| 1991-92 | John Colquhoun             | Scottish XC Union  | Gold   |
| 2005-06 | Christopher Fife           | Scottish Athletics | Bronze |
| 2006-07 | Christopher Fife           | Scottish Athletics | Gold   |
| 2006-07 | Martin Munro               | Scottish Athletics | Silver |
| 2008-09 | Craig Campbell             | Scottish Athletics | Gold   |
| 2008-09 | Patrick Urquhart           | Scottish Athletics | Bronze |
| 2009-10 | Craig Campbell             | Scottish Athletics | Gold   |
| 2009-10 | Thomas Day                 | Scottish Athletics | Silver |
| 2010-11 | Sean Chalmers              | Scottish Athletics | Gold   |
| 2012-13 | Scott Lisle                | Scottish Athletics | Silver |
| 2012-13 | James Geddes               | Scottish Athletics | Bronze |
| 2013-14 | James Geddes               | Scottish Athletics | Gold   |
| 2013-14 | Joe Arnaud                 | Scottish Athletics | Bronze |
| 2014-15 | Alex Geddes                | Scottish Athletics | Silver |
| 2015-16 | Kieran Chalmers            | Scottish Athletics | Gold   |
| 2017-18 | Lucas Cairns               | Scottish Athletics | Gold   |
| 2018-19 | Lucas Cairns<br>Euan Rollo | Scottish Athletics | Gold   |
| 2019-20 | Jake Henderson             | Scottish Athletics | Silver |
| 2019-20 | Sam Burnett                | Scottish Athletics | Bronze |
| 2023-24 | Ewan Thompson              | Scottish Athletics | Silver |

North District Cross Country League – Individual Medallists (U15W)

| Year    | Name                                 | Championships             | Medal  |
|---------|--------------------------------------|---------------------------|--------|
| 1985-86 | Jenny Rankine                        | Scottish Women's XC Union | Gold   |
| 1986-87 | Jenny Rankine                        | Scottish Women's XC Union | Gold   |
| 1988-89 | Karen Thomson                        | Scottish Women's XC Union | Gold   |
| 1998-99 | Jennifer Main                        | Scottish Athletics        | Gold   |
| 1999-00 | Mhairi Spence                        | Scottish Athletics        | Gold   |
| 2000-01 | Alexina McArthur                     | Scottish Athletics        | Gold   |
| 2003-04 | Eilidh Mackay                        | Scottish Athletics        | Gold   |
| 2007-08 | Eilidh Black                         | Scottish Athletics        | Silver |
| 2007-08 | Paula Gass                           | Scottish Athletics        | Bronze |
| 2008-09 | Mhairi MacLennan                     | Scottish Athletics        | Silver |
| 2009-10 | Mhairi MacLennan                     | Scottish Athletics        | Silver |
| 2010-11 | Arianne Ross                         | Scottish Athletics        | Bronze |
| 2011-12 | Lauren Fraser                        | Scottish Athletics        | Gold   |
| 2011-12 | Heather Campbell                     | Scottish Athletics        | Silver |
| 2012-13 | Lauren Fraser                        | Scottish Athletics        | Gold   |
| 2013-14 | Rachel Keith                         | Scottish Athletics        | Bronze |
| 2014-15 | Rachel Keith                         | Scottish Athletics        | Bronze |
| 2015-16 | Megan Keith                          | Scottish Athletics        | Silver |
| 2015-16 | Emily Andrew                         | Scottish Athletics        | Bronze |
| 2016-17 | Emily Andrew                         | Scottish Athletics        | Gold   |
| 2016-17 | Rebecca Johnstone<br>Catriona Garvie | Scottish Athletics        | Silver |
| 2017-18 | Eve Gardiner                         | Scottish Athletics        | Gold   |
| 2017-18 | Catriona Garvie                      | Scottish Athletics        | Bronze |
| 2019-20 | Anna Cairns                          | Scottish Athletics        | Gold   |
| 2019-20 | Grace MacDonald                      | Scottish Athletics        | Silver |
| 2021-22 | Katie Meek                           | Scottish Athletics        | Bronze |
| 2023-24 | Anna Meek                            | Scottish Athletics        | Gold   |
| 2023-24 | Lois Macrae                          | Scottish Athletics        | Silver |



North District Cross Country League – Individual Medallists (U17M)

| Year    | Name              | Championships      | Medal  |
|---------|-------------------|--------------------|--------|
| 1987-88 | Stewart Jarvie    | Scottish XC Union  | Gold   |
| 1990-91 | Jamie Dewar       | Scottish XC Union  | Gold   |
| 2005-06 | Euan Rice         | Scottish Athletics | Bronze |
| 2008-09 | Christopher Fife  | Scottish Athletics | Silver |
| 2011-12 | Sean Chalmers     | Scottish Athletics | Gold   |
| 2011-12 | Finlay MacLennan  | Scottish Athletics | Silver |
| 2011-12 | Stuart Michael    | Scottish Athletics | Bronze |
| 2012-13 | Sean Chalmers     | Scottish Athletics | Gold   |
| 2012-13 | Finlay MacLennan  | Scottish Athletics | Bronze |
| 2013-14 | Scott Lisle       | Scottish Athletics | Bronze |
| 2014-15 | Luke Shaw         | Scottish Athletics | Gold   |
| 2014-15 | James Geddes      | Scottish Athletics | Bronze |
| 2015-16 | James Geddes      | Scottish Athletics | Silver |
| 2015-16 | Aiden Ferry       | Scottish Athletics | Bronze |
| 2016-17 | Ben Johnstone     | Scottish Athletics | Silver |
| 2016-17 | Stuart Gardiner   | Scottish Athletics | Bronze |
| 2017-18 | Ben Johnstone     | Scottish Athletics | Bronze |
| 2018-19 | Angus Smith       | Scottish Athletics | Bronze |
| 2019-20 | Lucas Cairns      | Scottish Athletics | Gold   |
| 2019-20 | Angus Smith       | Scottish Athletics | Silver |
| 2023-24 | Ruairidh Stirling | Scottish Athletics | Silver |

North District Cross Country League – Individual Medallists (U17W)

| Year    | Name                                | Championships            | Medal  |
|---------|-------------------------------------|--------------------------|--------|
| 1991-92 | Shelley Macrae                      | Scottish Womens XC Union | Gold   |
| 1994-95 | Kirsten Mackay                      | Scottish Athletics       | Gold   |
| 1995-96 | Kirsten Mackay                      | Scottish Athletics       | Gold   |
| 1996-97 | Alison Campbell                     | Scottish Athletics       | Gold   |
| 1997-98 | Rhiannon MacLean<br>Alison Campbell | Scottish Athletics       | Gold   |
| 1999-00 | Mhairi Spence                       | Scottish Athletics       | Gold   |
| 2002-03 | Alexina McArthur                    | Scottish Athletics       | Gold   |
| 2005-06 | Mairi Fenton                        | Scottish Athletics       | Gold   |
| 2005-06 | Christine Grady                     | Scottish Athletics       | Silver |
| 2006-07 | Catriona Fraser                     | Scottish Athletics       | Silver |
| 2008-09 | Eilidh Black                        | Scottish Athletics       | Bronze |
| 2010-11 | Mhairi MacLennan                    | Scottish Athletics       | Gold   |
| 2011-12 | Mhairi MacLennan                    | Scottish Athletics       | Gold   |
| 2012-13 | Heather Campbell                    | Scottish Athletics       | Silver |
| 2012-13 | Arianne Ross                        | Scottish Athletics       | Bronze |
| 2013-14 | Lauren Fraser                       | Scottish Athletics       | Gold   |
| 2013-14 | Lucy Massie                         | Scottish Athletics       | Bronze |
| 2016-17 | Sophie Young                        | Scottish Athletics       | Silver |
| 2017-18 | Emily Andrew                        | Scottish Athletics       | Gold   |
| 2017-18 | Rebecca Johnstone                   | Scottish Athletics       | Bronze |
| 2018-19 | Emily Andrew                        | Scottish Athletics       | Gold   |
| 2018-19 | Eve Gardiner                        | Scottish Athletics       | Silver |
| 2018-19 | Ellen Saunders                      | Scottish Athletics       | Bronze |
| 2021-22 | Mara Duffy                          | Scottish Athletics       | Bronze |
| 2023-24 | Katie Meek                          | Scottish Athletics       | Gold   |
| 2023-24 | Kirsten Burnett                     | Scottish Athletics       | Silver |

North District Cross Country League – Individual Medallists (U20M/W)

| Age Group | Year    | Name             | Championships      | Medal |
|-----------|---------|------------------|--------------------|-------|
| U20M      | 1984-85 | George MacLennan | Scottish XC Union  | Gold  |
| U20M      | 1986-87 | Simon Garland    | Scottish XC Union  | Gold  |
| U20M      | 1989-90 | Craig Stewart    | Scottish XC Union  | Gold  |
| U20M      | 1990-91 | Grant McDowall   | Scottish XC Union  | Gold  |
| U20M      | 1995-96 | Richard Cook     | Scottish Athletics | Gold  |
| U20M      | 2012-13 | Stuart Michael   | Scottish Athletics | Gold  |
| U20M      | 2017-18 | Luke Williams    | Scottish Athletics | Gold  |
| U20M      | 2018-19 | Stuart Gardiner  | Scottish Athletics | Gold  |
| U20M      | 2019-20 | Stuart Gardiner  | Scottish Athletics | Gold  |
| U20W      | 2011-12 | Emma Atkinson    | Scottish Athletics | Gold  |
| U20W      | 2014-15 | Eilidh MacRae    | Scottish Athletics | Gold  |
| U20W      | 2019-20 | Emily Andrew     | Scottish Athletics | Gold  |

North District Cross Country League – Individual Medallists (Senior Men)

| Year    | Name                        | Championships      | Medal  |
|---------|-----------------------------|--------------------|--------|
| 1984-85 | Simon Axon                  | Scottish XC Union  | Gold   |
| 1985-86 | Neil Martin                 | Scottish XC Union  | Gold   |
| 1986-87 | John Bowman                 | Scottish XC Union  | Gold   |
| 1990-91 | John Bowman                 | Scottish XC Union  | Gold   |
| 1993-94 | Alan Murchison              | Scottish Athletics | Gold   |
| 2002-03 | Brian Fieldsend             | Scottish Athletics | Bronze |
| 2010-11 | Donnie MacDonald            | Scottish Athletics | Silver |
| 2012-13 | Donnie MacDonald            | Scottish Athletics | Silver |
| 2013-14 | Dean Cunningham             | Scottish Athletics | Bronze |
| 2014-15 | John Newsom                 | Scottish Athletics | Gold   |
| 2015-16 | John Newsom                 | Scottish Athletics | Gold   |
| 2015-16 | Gordon Lennox               | Scottish Athletics | Silver |
| 2016-17 | Graham Bee<br>Gordon Lennox | Scottish Athletics | Silver |
| 2017-18 | John Newsom                 | Scottish Athletics | Gold   |
| 2018-19 | John Newsom                 | Scottish Athletics | Gold   |
| 2018-19 | Donnie MacDonald            | Scottish Athletics | Silver |
| 2021-22 | John Newsom                 | Scottish Athletics | Silver |

North District Cross Country League – Individual Medallists (Senior Women)

| Year    | Name                   | Championships             | Medal  |
|---------|------------------------|---------------------------|--------|
| 1984-85 | Catriona Bell          | Scottish Women's XC Union | Gold   |
| 1986-87 | Sheila Campbell        | Scottish Women's XC Union | Gold   |
| 1987-88 | Sheila Campbell        | Scottish Women's XC Union | Gold   |
| 1991-92 | Ann Smart              | Scottish Women's XC Union | Gold   |
| 1999-00 | Alison Campbell        | Scottish Athletics        | Gold   |
| 2000-01 | Julie Wilson           | Scottish Athletics        | Gold   |
| 2004-05 | Eleanor Reid           | Scottish Athletics        | Silver |
| 2005-06 | Morag Ross             | Scottish Athletics        | Gold   |
| 2008-09 | Melissa Whyte          | Scottish Athletics        | Gold   |
| 2008-09 | Jackie Mair            | Scottish Athletics        | Bronze |
| 2009-10 | Melissa Whyte          | Scottish Athletics        | Gold   |
| 2010-11 | Melissa Whyte          | Scottish Athletics        | Gold   |
| 2011-12 | Melissa Whyte          | Scottish Athletics        | Gold   |
| 2011-12 | Roma Davidson          | Scottish Athletics        | Silver |
| 2012-13 | Mhairi MacLennan       | Scottish Athletics        | Bronze |
| 2014-15 | Helen Gertig           | Scottish Athletics        | Silver |
| 2014-15 | Catriona Fraser        | Scottish Athletics        | Bronze |
| 2015-16 | Sarah Liebnitz         | Scottish Athletics        | Gold   |
| 2016-17 | Sarah Liebnitz         | Scottish Athletics        | Bronze |
| 2019-20 | Gemma Cormack          | Scottish Athletics        | Gold   |
| 2019-20 | Catriona Fraser        | Scottish Athletics        | Silver |
| 2019-20 | Emily Andrew           | Scottish Athletics        | Bronze |
| 2021-22 | Catriona Fraser-Lennox | Scottish Athletics        | Silver |

North District Cross Country League – Individual Medallists (Veteran Men)

| Year    | Name           | Championships      | Medal  |
|---------|----------------|--------------------|--------|
| 1984-85 | Peter Thompson | Scottish XC Union  | Gold   |
| 1985-86 | Jimmy Neil     | Scottish XC Union  | Gold   |
| 2010-11 | Stewart Wilson | Scottish Athletics | Bronze |
| 2011-12 | Alec Keith     | Scottish Athletics | Silver |
| 2012-13 | Paul Miller    | Scottish Athletics | Silver |
| 2013-14 | Paul Miller    | Scottish Athletics | Silver |
| 2014-15 | Paul Miller    | Scottish Athletics | Silver |
| 2015-16 | Paul Miller    | Scottish Athletics | Gold   |
| 2016-17 | Paul Miller    | Scottish Athletics | Silver |
| 2018-19 | Robin Burnett  | Scottish Athletics | Gold   |
| 2019-20 | Robin Burnett  | Scottish Athletics | Silver |
| 2023-24 | Robin Burnett  | Scottish Athletics | Silver |

North District Cross Country League – Individual Medallists (Veteran Women)

| Year    | Name            | Championships      | Medal  |
|---------|-----------------|--------------------|--------|
| 1996-97 | Anne McLean     | Scottish Athletics | Gold   |
| 1997-98 | Anne McLean     | Scottish Athletics | Gold   |
| 1998-99 | Anne McLean     | Scottish Athletics | Gold   |
| 1999-00 | Anne McLean     | Scottish Athletics | Gold   |
| 2000-01 | Anne McLean     | Scottish Athletics | Gold   |
| 2001-02 | Mandy Maclver   | Scottish Athletics | Gold   |
| 2002-03 | Julie Wilson    | Scottish Athletics | Gold   |
| 2002-03 | Muriel Fuller   | Scottish Athletics | Silver |
| 2003-04 | Mandy Maclver   | Scottish Athletics | Silver |
| 2003-04 | Muriel Fuller   | Scottish Athletics | Bronze |
| 2005-06 | Jackie Mair     | Scottish Athletics | Silver |
| 2006-07 | Karen McLeod    | Scottish Athletics | Silver |
| 2006-07 | Doreen Campbell | Scottish Athletics | Bronze |
| 2007-08 | Karen McLeod    | Scottish Athletics | Bronze |
| 2008-09 | Karen McLeod    | Scottish Athletics | Silver |
| 2008-09 | Julie Wilson    | Scottish Athletics | Bronze |
| 2009-10 | Julie Wilson    | Scottish Athletics | Gold   |
| 2010-11 | Sheila Gollan   | Scottish Athletics | Gold   |
| 2011-12 | Alison Wilson   | Scottish Athletics | Silver |
| 2012-13 | Alison Wilson   | Scottish Athletics | Silver |
| 2013-14 | Alison Wilson   | Scottish Athletics | Bronze |
| 2014-15 | Alison Wilson   | Scottish Athletics | Bronze |
| 2015-16 | Julie Wilson    | Scottish Athletics | Gold   |
| 2015-16 | Alison Wilson   | Scottish Athletics | Bronze |
| 2017-18 | Alison Wilson   | Scottish Athletics | Bronze |
| 2018-19 | Alison Wilson   | Scottish Athletics | Bronze |
| 2023-24 | Lesley Hansen   | Scottish Athletics | Gold   |
| 2023-24 | Alice Scriven   | Scottish Athletics | Bronze |

North District Cross Country League – Individual Medallists (Super Veterans)

| Age Group   | Year    | Name             | Championships      | Medal  |
|-------------|---------|------------------|--------------------|--------|
| S'Vet Men   | 1996-97 | George Mitchell  | Scottish Athletics | Gold   |
| S'Vet Men   | 1997-98 | George Mitchell  | Scottish Athletics | Gold   |
| S'Vet Men   | 1998-99 | George Mitchell  | Scottish Athletics | Gold   |
| S'Vet Men   | 2003-04 | George Mitchell  | Scottish Athletics | Bronze |
| S'Vet Men   | 2012-13 | Ian Johnstone    | Scottish Athletics | Bronze |
| S'Vet Men   | 2014-15 | Alec Keith       | Scottish Athletics | Gold   |
| S'Vet Men   | 2014-15 | Steven Worsley   | Scottish Athletics | Bronze |
| S'Vet Men   | 2015-16 | Alec Keith       | Scottish Athletics | Gold   |
| S'Vet Men   | 2015-16 | Steven Worsley   | Scottish Athletics | Silver |
| S'Vet Men   | 2016-17 | Alec Keith       | Scottish Athletics | Silver |
| S'Vet Men   | 2018-19 | Steven Worsley   | Scottish Athletics | Gold   |
| S'Vet Men   | 2019-20 | Steven Worsley   | Scottish Athletics | Gold   |
| S'Vet Women | 2009-10 | Sheila Gollan    | Scottish Athletics | Gold   |
| S'Vet Women | 2018-19 | Heather Gardiner | Scottish Athletics | Silver |

North District Cross Country League – Team Titles

| Age Group | Championships |         |         |         |         |         |         |         |         |         |
|-----------|---------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| U13M      | 1985-86       | 1986-87 | 1990-91 | 2004-05 | 2006-07 | 2007-08 | 2010-11 | 2011-12 | 2015-16 | 2016-17 |
|           | 2017-18       | 2018-19 | 2021-22 | 2023-24 |         |         |         |         |         |         |
|           |               |         |         |         |         |         |         |         |         |         |
| U13W      | 1986-87       | 1997-98 | 1998-99 | 2000-01 | 2001-02 | 2005-06 | 2008-09 | 2009-10 | 2010-11 | 2012-13 |
|           | 2013-14       | 2014-15 | 2015-16 | 2017-18 | 2018-19 | 2019-20 | 2022-23 | 2023-24 |         |         |
|           |               |         |         |         |         |         |         |         |         |         |
| U15M      | 1984-85       | 1985-86 | 1988-89 | 1989-90 | 1990-91 | 1991-92 | 2009-10 | 2012-13 | 2013-14 | 2014-15 |
|           | 2015-16       | 2016-17 | 2017-18 | 2018-19 | 2019-20 | 2021-22 |         |         |         |         |
|           |               |         |         |         |         |         |         |         |         |         |
| U15W      | 1984-85       | 1985-86 | 1986-87 | 1987-88 | 1988-89 | 1989-90 | 1996-97 | 1997-98 | 1998-99 | 2006-07 |
|           | 2007-08       | 2010-11 | 2015-16 | 2016-17 | 2017-18 | 2019-20 | 2022-23 | 2023-24 |         |         |
|           |               |         |         |         |         |         |         |         |         |         |
| U17M      | 1985-86       | 1986-87 | 1989-90 | 1990-91 | 2009-10 | 2011-12 | 2014-15 | 2015-16 | 2016-17 | 2017-18 |
|           | 2019-20       | 2021-22 | 2022-23 |         |         |         |         |         |         |         |
|           |               |         |         |         |         |         |         |         |         |         |
| U17W      | 2016-17       | 2017-18 | 2018-19 | 2022-23 | 2023-24 |         |         |         |         |         |
|           |               |         |         |         |         |         |         |         |         |         |
|           |               |         |         |         |         |         |         |         |         |         |
| SM        | 1984-85       | 1985-86 | 1989-90 | 1990-91 | 2013-14 | 2014-15 | 2015-16 | 2016-17 | 2017-18 | 2018-19 |
|           |               |         |         |         |         |         |         |         |         |         |
|           |               |         |         |         |         |         |         |         |         |         |
| SW        | 1984-85       | 1986-87 | 1988-89 | 1989-90 | 1991-92 | 1992-93 | 1996-97 | 1997-98 | 1998-99 | 1999-00 |
|           | 2000-01       | 2003-04 | 2004-05 | 2005-06 | 2006-07 | 2007-08 | 2008-09 | 2009-10 | 2010-11 | 2011-12 |
|           | 2012-13       | 2014-15 | 2015-16 | 2019-20 |         |         |         |         |         |         |

North District Cross Country Championships – Individual Medallists (U13M)

| Year    | Name              | Championships      | Medal  |
|---------|-------------------|--------------------|--------|
| 1980-81 | Ewan Scott        | Scottish XC Union  | Gold   |
| 1986-87 | Darren Sutherland | Scottish XC Union  | Gold   |
| 1986-87 | Ingram Murray     | Scottish XC Union  | Silver |
| 1986-87 | Duncan Hards      | Scottish XC Union  | Bronze |
| 1987-88 | Andrew Macrae     | Scottish XC Union  | Gold   |
| 1987-88 | Neil Forbes       | Scottish XC Union  | Bronze |
| 1990-91 | Stuart Sutherland | Scottish XC Union  | Gold   |
| 1992-93 | Ian Gunn          | Scottish Athletics | Bronze |
| 1993-94 | Christopher Cook  | Scottish Athletics | Silver |
| 2003-04 | Douglas Pyott     | Scottish Athletics | Silver |
| 2004-05 | Christopher Fife  | Scottish Athletics | Silver |
| 2006-07 | Patrick Urquhart  | Scottish Athletics | Bronze |
| 2007-08 | Craig Campbell    | Scottish Athletics | Gold   |
| 2007-08 | Patrick Urquhart  | Scottish Athletics | Silver |
| 2010-11 | Ally Velzian      | Scottish Athletics | Gold   |
| 2010-11 | James Geddes      | Scottish Athletics | Bronze |
| 2011-12 | Ally Velzian      | Scottish Athletics | Gold   |
| 2012-13 | Joe Arnaud        | Scottish Athletics | Gold   |
| 2014-15 | Daniel Johnston   | Scottish Athletics | Gold   |
| 2016-17 | Lucas Cairns      | Scottish Athletics | Gold   |
| 2016-17 | Euan Rollo        | Scottish Athletics | Bronze |
| 2017-18 | Sam Burnett       | Scottish Athletics | Bronze |
| 2018-19 | Jake Henderson    | Scottish Athletics | Bronze |
| 2019-20 | Michael Miller    | Scottish Athletics | Bronze |
| 2022-23 | Ewan Thompson     | Scottish Athletics | Silver |

North District Cross Country Championships – Individual Medallists (U13W)

| Year    | Name                | Championships             | Medal  |
|---------|---------------------|---------------------------|--------|
| 1986-87 | Roma Davidson       | Scottish Women's XC Union | Gold   |
| 1986-87 | Liska Henderson     | Scottish Women's XC Union | Bronze |
| 1987-88 | Liska Henderson     | Scottish Women's XC Union | Bronze |
| 1995-96 | Eilidh Cole         | Scottish Athletics        | Bronze |
| 1996-97 | Jennifer Main       | Scottish Athletics        | Silver |
| 1997-98 | Mhairi Spence       | Scottish Athletics        | Gold   |
| 1997-98 | Alexina MacArthur   | Scottish Athletics        | Silver |
| 1998-99 | Alexina MacArthur   | Scottish Athletics        | Silver |
| 1998-99 | Lindsay Henderson   | Scottish Athletics        | Bronze |
| 2002-03 | Charlotte MacArthur | Scottish Athletics        | Silver |
| 2004-05 | Julie Thomson       | Scottish Athletics        | Bronze |
| 2006-07 | Tyler McLean        | Scottish Athletics        | Bronze |
| 2008-09 | Arianne Ross        | Scottish Athletics        | Silver |
| 2009-10 | Arianne Ross        | Scottish Athletics        | Silver |
| 2010-11 | Lauren Fraser       | Scottish Athletics        | Gold   |
| 2011-12 | Megan Munro         | Scottish Athletics        | Bronze |
| 2012-13 | Zoe Romaine         | Scottish Athletics        | Bronze |
| 2013-14 | Megan Keith         | Scottish Athletics        | Silver |
| 2013-14 | Beth MacIver        | Scottish Athletics        | Bronze |
| 2014-15 | Megan Keith         | Scottish Athletics        | Gold   |
| 2014-15 | Emily Andrew        | Scottish Athletics        | Silver |
| 2015-16 | Catriona Garvie     | Scottish Athletics        | Gold   |
| 2015-16 | Kirsty Arnaud       | Scottish Athletics        | Silver |
| 2017-18 | Zoe Sharpe          | Scottish Athletics        | Silver |
| 2017-18 | Grace MacDonald     | Scottish Athletics        | Bronze |
| 2018-19 | Grace MacDonald     | Scottish Athletics        | Gold   |
| 2018-19 | Anna Cairns         | Scottish Athletics        | Silver |
| 2018-19 | Zoe Sharpe          | Scottish Athletics        | Bronze |
| 2019-20 | Kirsten Burnett     | Scottish Athletics        | Gold   |
| 2019-20 | Katie Meek          | Scottish Athletics        | Silver |
| 2021-22 | Lois Macrae         | Scottish Athletics        | Gold   |
| 2021-22 | Rosie Conroy        | Scottish Athletics        | Bronze |
| 2022-23 | Anna Meek           | Scottish Athletics        | Gold   |
| 2022-23 | Isla Burns          | Scottish Athletics        | Silver |
| 2022-23 | Aoibhe Doorley      | Scottish Athletics        | Bronze |
| 2023-24 | Niamh Doorley       | Scottish Athletics        | Gold   |
| 2023-24 | Annie English       | Scottish Athletics        | Bronze |



North District Cross Country Championships – Individual Medallists (U15M)

| Year    | Name              | Championships      | Medal  |
|---------|-------------------|--------------------|--------|
| 1975-76 | Stuart Jarvie     | Scottish XC Union  | Gold   |
| 1979-80 | Allan Watson      | Scottish XC Union  | Silver |
| 1980-81 | Callum Martin     | Scottish XC Union  | Gold   |
| 1980-81 | Michael Mitchell  | Scottish XC Union  | Silver |
| 1981-82 | George MacLennan  | Scottish XC Union  | Gold   |
| 1986-87 | Stuart Jarvie     | Scottish XC Union  | Gold   |
| 1986-87 | Craig Stewart     | Scottish XC Union  | Silver |
| 1986-87 | Grant McDowall    | Scottish XC Union  | Bronze |
| 1987-88 | Duncan Hards      | Scottish XC Union  | Bronze |
| 1988-89 | Ingram Murray     | Scottish XC Union  | Gold   |
| 1988-89 | Duncan Hards      | Scottish XC Union  | Silver |
| 1989-90 | Darren Miller     | Scottish XC Union  | Gold   |
| 1990-91 | Stuart Mackay     | Scottish XC Union  | Gold   |
| 1990-91 | Mark Cruden       | Scottish XC Union  | Bronze |
| 1991-92 | John Colquhoun    | Scottish XC Union  | Gold   |
| 1992-93 | Alasdair Thomson  | Scottish Athletics | Silver |
| 1993-94 | Gordon Anderson   | Scottish Athletics | Bronze |
| 2005-06 | Christopher Fife  | Scottish Athletics | Bronze |
| 2006-07 | Christopher Fife  | Scottish Athletics | Gold   |
| 2008-09 | Craig Campbell    | Scottish Athletics | Silver |
| 2008-09 | Patrick Urquhart  | Scottish Athletics | Bronze |
| 2009-10 | Thomas Day        | Scottish Athletics | Gold   |
| 2010-11 | Finlay MacLennan  | Scottish Athletics | Silver |
| 2012-13 | Scott Lisle       | Scottish Athletics | Silver |
| 2012-13 | Luke Shaw         | Scottish Athletics | Bronze |
| 2013-14 | James Geddes      | Scottish Athletics | Gold   |
| 2015-16 | Kieran Chalmers   | Scottish Athletics | Gold   |
| 2015-16 | Mackenzie Brown   | Scottish Athletics | Silver |
| 2016-17 | Luke Davidson     | Scottish Athletics | Silver |
| 2017-18 | Lucas Cairns      | Scottish Athletics | Gold   |
| 2018-19 | Lucas Cairns      | Scottish Athletics | Gold   |
| 2018-19 | Euan Rollo        | Scottish Athletics | Silver |
| 2018-19 | Duncan MacDonald  | Scottish Athletics | Bronze |
| 2019-20 | Lachlan Buchanan  | Scottish Athletics | Gold   |
| 2019-20 | Jake Henderson    | Scottish Athletics | Silver |
| 2021-22 | Angus Laird       | Scottish Athletics | Gold   |
| 2023-24 | Ruairidh Stirling | Scottish Athletics | Bronze |

North District Cross Country Championships – Individual Medallists (U15W)

| Year    | Name                | Championships             | Medal  |
|---------|---------------------|---------------------------|--------|
| 1980-81 | Karen Luke          | Scottish Women's XC Union | Gold   |
| 1980-81 | Lesley Munro        | Scottish Women's XC Union | Silver |
| 1986-87 | Jenny Rankine       | Scottish Women's XC Union | Gold   |
| 1993-94 | Margaret MacDonald  | Scottish Athletics        | Gold   |
| 1993-94 | Kirsten MacKay      | Scottish Athletics        | Bronze |
| 1995-96 | Rhiannon MacLean    | Scottish Athletics        | Bronze |
| 1996-97 | Rhiannon MacLean    | Scottish Athletics        | Bronze |
| 1997-98 | Jennifer Main       | Scottish Athletics        | Bronze |
| 1998-99 | Jennifer Main       | Scottish Athletics        | Gold   |
| 1998-99 | Mhairi Spence       | Scottish Athletics        | Silver |
| 1998-99 | Fiona Spence        | Scottish Athletics        | Bronze |
| 1999-00 | Mhairi Spence       | Scottish Athletics        | Silver |
| 2003-04 | Eilidh Mackay       | Scottish Athletics        | Silver |
| 2004-05 | Charlotte MacArthur | Scottish Athletics        | Bronze |
| 2007-08 | Eilidh Black        | Scottish Athletics        | Bronze |
| 2008-09 | Mhairi MacLennan    | Scottish Athletics        | Gold   |
| 2009-10 | Mhairi MacLennan    | Scottish Athletics        | Gold   |
| 2010-11 | Arianne Ross        | Scottish Athletics        | Gold   |
| 2010-11 | Heather Campbell    | Scottish Athletics        | Silver |
| 2011-12 | Lauren Fraser       | Scottish Athletics        | Gold   |
| 2011-12 | Heather Campbell    | Scottish Athletics        | Bronze |
| 2012-13 | Lauren Fraser       | Scottish Athletics        | Gold   |
| 2014-15 | Rachael Keith       | Scottish Athletics        | Bronze |
| 2015-16 | Megan Keith         | Scottish Athletics        | Silver |
| 2015-16 | Emily Andrew        | Scottish Athletics        | Bronze |
| 2016-17 | Emily Andrew        | Scottish Athletics        | Gold   |
| 2016-17 | Megan Keith         | Scottish Athletics        | Silver |
| 2016-17 | Rebecca Johnstone   | Scottish Athletics        | Bronze |
| 2017-18 | Eve Gardiner        | Scottish Athletics        | Gold   |
| 2017-18 | Catriona Garvie     | Scottish Athletics        | Bronze |
| 2019-20 | Anna Cairns         | Scottish Athletics        | Gold   |
| 2019-20 | Grace MacDonald     | Scottish Athletics        | Silver |
| 2019-20 | Zoe Sharpe          | Scottish Athletics        | Bronze |
| 2021-22 | Kirsten Burnett     | Scottish Athletics        | Silver |
| 2021-22 | Katie Meek          | Scottish Athletics        | Bronze |
| 2022-23 | Lois Macrae         | Scottish Athletics        | Gold   |
| 2023-24 | Anna Meek           | Scottish Athletics        | Gold   |

North District Cross Country Championships – Individual Medallists (U17M)

| Year    | Name             | Championships      | Medal  |
|---------|------------------|--------------------|--------|
| 1979-80 | Kevin Mackintosh | Scottish XC Union  | Bronze |
| 1980-81 | Gary Waite       | Scottish XC Union  | Silver |
| 1980-81 | Allan Watson     | Scottish XC Union  | Bronze |
| 1983-84 | Jamie Bell       | Scottish XC Union  | Gold   |
| 1984-85 | George Worship   | Scottish XC Union  | Gold   |
| 1985-86 | Ian Dunn         | Scottish XC Union  | Gold   |
| 1986-87 | Dominic McAdam   | Scottish XC Union  | Silver |
| 1987-88 | Stuart Jarvie    | Scottish XC Union  | Gold   |
| 1987-88 | Finlay Everett   | Scottish XC Union  | Silver |
| 1987-88 | David Bell       | Scottish XC Union  | Bronze |
| 1988-89 | Callum Jack      | Scottish XC Union  | Gold   |
| 1988-89 | Stuart Jarvie    | Scottish XC Union  | Bronze |
| 1989-90 | Philip Watt      | Scottish XC Union  | Silver |
| 1989-90 | Duncan Hards     | Scottish XC Union  | Bronze |
| 1990-91 | Paul McIntosh    | Scottish XC Union  | Gold   |
| 1990-91 | Neil Forbes      | Scottish XC Union  | Silver |
| 1991-92 | Andrew MacRae    | Scottish XC Union  | Silver |
| 1993-94 | Paul McIntyre    | Scottish XC Union  | Silver |
| 1997-98 | Simon MacIntyre  | Scottish XC Union  | Silver |
| 1998-99 | Simon MacIntyre  | Scottish XC Union  | Gold   |
| 2008-09 | Christopher Fife | Scottish XC Union  | Bronze |
| 2009-10 | Calum MacLeod    | Scottish XC Union  | Silver |
| 2010-11 | Shaun Dixons     | Scottish XC Union  | Gold   |
| 2010-11 | Craig Campbell   | Scottish XC Union  | Silver |
| 2011-12 | Sean Chalmers    | Scottish Athletics | Gold   |
| 2011-12 | Craig Campbell   | Scottish Athletics | Silver |
| 2014-15 | James Geddes     | Scottish Athletics | Gold   |
| 2014-15 | Luke Shaw        | Scottish Athletics | Bronze |
| 2015-16 | Aiden Ferry      | Scottish Athletics | Bronze |
| 2016-17 | Joe Arnaud       | Scottish Athletics | Gold   |
| 2017-18 | Luke Davidson    | Scottish Athletics | Bronze |
| 2018-19 | Luke Davidson    | Scottish Athletics | Gold   |
| 2018-19 | Angus Smith      | Scottish Athletics | Bronze |
| 2019-20 | Lucas Cairns     | Scottish Athletics | Gold   |
| 2019-20 | Angus Smith      | Scottish Athletics | Silver |
| 2022-23 | Angus Laird      | Scottish Athletics | Silver |

North District Cross Country Championships – Individual Medallists (U17W)

| Year    | Name              | Championships      | Medal  |
|---------|-------------------|--------------------|--------|
| 1992-93 | Shelley Macrae    | Scottish Athletics | Silver |
| 1994-95 | Kirsten MacKay    | Scottish Athletics | Gold   |
| 1995-96 | Kirsten MacKay    | Scottish Athletics | Silver |
| 1996-97 | Alison Campbell   | Scottish Athletics | Gold   |
| 1996-97 | Kathryn McKenzie  | Scottish Athletics | Silver |
| 1997-98 | Alison Campbell   | Scottish Athletics | Gold   |
| 1997-98 | Rhiannon MacLean  | Scottish Athletics | Silver |
| 1997-98 | Claire MacLennan  | Scottish Athletics | Bronze |
| 1998-99 | Lesley Clarkson   | Scottish Athletics | Silver |
| 1998-99 | Anne Watson       | Scottish Athletics | Bronze |
| 1999-00 | Jennifer Main     | Scottish Athletics | Gold   |
| 1999-00 | Fiona Spence      | Scottish Athletics | Silver |
| 2000-01 | Mhairi Spence     | Scottish Athletics | Gold   |
| 2000-01 | Jennifer Main     | Scottish Athletics | Silver |
| 2000-01 | Fiona Spence      | Scottish Athletics | Bronze |
| 2001-02 | Alexina MacArthur | Scottish Athletics | Bronze |
| 2005-06 | Christine Grady   | Scottish Athletics | Gold   |
| 2005-06 | Lynsey Hewitson   | Scottish Athletics | Silver |
| 2005-06 | Mairi Fenton      | Scottish Athletics | Bronze |
| 2006-07 | Catriona Fraser   | Scottish Athletics | Gold   |
| 2010-11 | Mhairi MacLennan  | Scottish Athletics | Gold   |
| 2010-11 | Ailie Rodgers     | Scottish Athletics | Bronze |
| 2011-12 | Mhairi MacLennan  | Scottish Athletics | Gold   |
| 2012-13 | Heather Campbell  | Scottish Athletics | Bronze |
| 2013-14 | Lauren Fraser     | Scottish Athletics | Gold   |
| 2014-15 | Arianne Ross      | Scottish Athletics | Silver |
| 2017-18 | Emily Andrew      | Scottish Athletics | Gold   |
| 2017-18 | Megan Keith       | Scottish Athletics | Silver |
| 2018-19 | Megan Keith       | Scottish Athletics | Gold   |
| 2018-19 | Emily Andrew      | Scottish Athletics | Silver |
| 2018-19 | Eve Gardiner      | Scottish Athletics | Bronze |
| 2022-23 | Katie Meek        | Scottish Athletics | Silver |
| 2023-24 | Caitlyn Heggie    | Scottish Athletics | Gold   |
| 2023-24 | Katie Meek        | Scottish Athletics | Silver |

North District Cross Country Championships – Individual Medallists (U20M/W)

| Age Group | Year    | Name              | Championships      | Medal  |
|-----------|---------|-------------------|--------------------|--------|
| U20M      | 1976-77 | Ross MacDonald    | Scottish XC Union  | Gold   |
| U20M      | 1977-78 | Ross MacDonald    | Scottish XC Union  | Gold   |
| U20M      | 1978-79 | Donald McMillan   | Scottish XC Union  | Gold   |
| U20M      | 1984-85 | Jamie Bell        | Scottish XC Union  | Gold   |
| U20M      | 1987-88 | Simon Garland     | Scottish XC Union  | Gold   |
| U20M      | 1989-90 | Grant McDowall    | Scottish XC Union  | Gold   |
| U20M      | 1989-90 | C Stewart         | Scottish XC Union  | Silver |
| U20M      | 1989-90 | Stuart Jarvie     | Scottish XC Union  | Bronze |
| U20M      | 1990-91 | Grant McDowall    | Scottish XC Union  | Gold   |
| U20M      | 1990-91 | Nigel Cox         | Scottish XC Union  | Silver |
| U20M      | 1992-93 | Paul McIntosh     | Scottish Athletics | Silver |
| U20M      | 1995-96 | Richard Cook      | Scottish Athletics | Bronze |
| U20M      | 1999-00 | Simon MacIntyre   | Scottish Athletics | Gold   |
| U20M      | 2010-11 | Calum MacLeod     | Scottish Athletics | Gold   |
| U20M      | 2010-11 | Matthew Grant     | Scottish Athletics | Bronze |
| U20M      | 2011-12 | Stephen Mackay    | Scottish Athletics | Gold   |
| U20M      | 2011-12 | Calum MacLeod     | Scottish Athletics | Silver |
| U20M      | 2012-13 | Stuart Michael    | Scottish Athletics | Bronze |
| U20M      | 2013-14 | Finlay MacLennan  | Scottish Athletics | Bronze |
| U20M      | 2014-15 | Craig Campbell    | Scottish Athletics | Gold   |
| U20M      | 2014-15 | Finlay MacLennan  | Scottish Athletics | Bronze |
| U20M      | 2015-16 | Sean Chalmers     | Scottish Athletics | Gold   |
| U20M      | 2015-16 | Cameron Young     | Scottish Athletics | Bronze |
| U20M      | 2016-17 | Cameron Young     | Scottish Athletics | Bronze |
| U20M      | 2017-18 | Stuart Gardiner   | Scottish Athletics | Bronze |
| U20M      | 2018-19 | Stuart Gardiner   | Scottish Athletics | Silver |
| U20M      | 2018-19 | Luke Williams     | Scottish Athletics | Bronze |
| U20M      | 2019-20 | Luke Davidson     | Scottish Athletics | Gold   |
| U20M      | 2019-20 | Stuart Gardiner   | Scottish Athletics | Silver |
| U20M      | 2021-22 | Luke Davidson     | Scottish Athletics | Gold   |
| U20M      | 2021-22 | Lucas Cairns      | Scottish Athletics | Silver |
| U20M      | 2021-22 | Euan Rollo        | Scottish Athletics | Bronze |
| U20M      | 2022-23 | Lucas Cairns      | Scottish Athletics | Gold   |
| U20M      | 2022-23 | Angus Smith       | Scottish Athletics | Silver |
| U20M      | 2023-24 | Thomas Burnett    | Scottish Athletics | Bronze |
| U20W      | 1998-99 | Alison Campbell   | Scottish Athletics | Gold   |
| U20W      | 1999-00 | Claire MacLennan  | Scottish Athletics | Gold   |
| U20W      | 2006-07 | Morina MacDougall | Scottish Athletics | Gold   |
| U20W      | 2011-12 | Emma Atkinson     | Scottish Athletics | Gold   |
| U20W      | 2014-15 | Arianne Ross      | Scottish Athletics | Silver |
| U20W      | 2019-20 | Emily Andrew      | Scottish Athletics | Gold   |
| U20W      | 2021-22 | Rachel Gillies    | Scottish Athletics | Gold   |

North District Cross Country Championships – Individual Medallists (Senior Men)

| Year    | Name             | Championships         | Medal  |
|---------|------------------|-----------------------|--------|
| 1952-53 | Marshall Notman  | North of Scotland AAA | Gold   |
| 1953-54 | Marshall Notman  | North of Scotland AAA | Gold   |
| 1956-57 | Marshall Notman  | North of Scotland AAA | Gold   |
| 1959-60 | Callum Laing     | North of Scotland AAA | Gold   |
| 1960-61 | Callum Laing     | North of Scotland AAA | Gold   |
| 1979-80 | Innes Mitchell   | Scottish XC Union     | Silver |
| 1982-83 | Paul Kenney      | Scottish XC Union     | Gold   |
| 1984-85 | Simon Axon       | Scottish XC Union     | Gold   |
| 1986-87 | John Bowman      | Scottish XC Union     | Bronze |
| 1987-88 | John Bowman      | Scottish XC Union     | Silver |
| 1988-89 | John Bowman      | Scottish XC Union     | Bronze |
| 1989-90 | John Bowman      | Scottish XC Union     | Silver |
| 1990-91 | John Bowman      | Scottish XC Union     | Gold   |
| 1991-92 | John Bowman      | Scottish XC Union     | Gold   |
| 1992-93 | John Bowman      | Scottish Athletics    | Silver |
| 1993-94 | Alan Murchison   | Scottish Athletics    | Bronze |
| 1995-96 | Graham Herbert   | Scottish Athletics    | Silver |
| 2000-01 | Andrew Wright    | Scottish Athletics    | Silver |
| 2009-10 | Alan Murchison   | Scottish Athletics    | Silver |
| 2012-13 | Joe Symonds      | Scottish Athletics    | Gold   |
| 2013-14 | Graham Bee       | Scottish Athletics    | Bronze |
| 2015-16 | John Newsom      | Scottish Athletics    | Silver |
| 2016-17 | John Newsom      | Scottish Athletics    | Gold   |
| 2016-17 | Gordon Lennox    | Scottish Athletics    | Bronze |
| 2017-18 | John Newsom      | Scottish Athletics    | Gold   |
| 2017-18 | Donnie MacDonald | Scottish Athletics    | Bronze |
| 2018-19 | Craig Campbell   | Scottish Athletics    | Bronze |
| 2019-20 | John Newsom      | Scottish Athletics    | Gold   |
| 2019-20 | Craig Campbell   | Scottish Athletics    | Bronze |

North District Cross Country Championships – Individual Medallists (Senior Women)

| Year    | Name                   | Championships             | Medal  |
|---------|------------------------|---------------------------|--------|
| 1979-80 | Melissa Jeans          | Scottish Women's XC Union | Gold   |
| 1986-87 | Sheila Campbell        | Scottish Women's XC Union | Silver |
| 1986-87 | Julie Wilson           | Scottish Women's XC Union | Bronze |
| 1987-88 | Julie Wilson           | Scottish Women's XC Union | Gold   |
| 1987-88 | Sheila Campbell        | Scottish Women's XC Union | Silver |
| 1992-93 | Ann Smart              | Scottish Athletics        | Gold   |
| 1992-93 | Margaret Adamson       | Scottish Athletics        | Silver |
| 1993-94 | Sheila Gollan          | Scottish Athletics        | Gold   |
| 1995-96 | Ann Smart              | Scottish Athletics        | Gold   |
| 1995-96 | Julie Wilson           | Scottish Athletics        | Bronze |
| 1996-97 | Jennifer Rankin        | Scottish Athletics        | Silver |
| 1997-98 | Anne MacLean           | Scottish Athletics        | Silver |
| 1997-98 | Katie Boocock          | Scottish Athletics        | Bronze |
| 1998-99 | Alison Campbell        | Scottish Athletics        | Silver |
| 1999-00 | Anne MacLean           | Scottish Athletics        | Silver |
| 1999-00 | Ann Smart              | Scottish Athletics        | Bronze |
| 2000-01 | Julie Wilson           | Scottish Athletics        | Gold   |
| 2000-01 | Anne MacLean           | Scottish Athletics        | Bronze |
| 2002-03 | Fiona Dahl             | Scottish Athletics        | Bronze |
| 2004-05 | Eleanor Reid           | Scottish Athletics        | Gold   |
| 2005-06 | Morag Ross             | Scottish Athletics        | Gold   |
| 2008-09 | Melissa Whyte          | Scottish Athletics        | Silver |
| 2009-10 | Melissa Whyte          | Scottish Athletics        | Gold   |
| 2009-10 | Sheila Gollan          | Scottish Athletics        | Bronze |
| 2011-12 | Jenny Bannerman        | Scottish Athletics        | Gold   |
| 2011-12 | Emma Atkinson          | Scottish Athletics        | Bronze |
| 2012-13 | Roma Shepherd          | Scottish Athletics        | Bronze |
| 2013-14 | Sarah Liebnitz         | Scottish Athletics        | Bronze |
| 2014-15 | Helen Gertig           | Scottish Athletics        | Bronze |
| 2015-16 | Sarah Liebnitz         | Scottish Athletics        | Silver |
| 2016-17 | Helen Gertig           | Scottish Athletics        | Silver |
| 2019-20 | Caroline Marwick       | Scottish Athletics        | Bronze |
| 2021-22 | Catriona Fraser-Lennox | Scottish Athletics        | Gold   |

North District Cross Country Championships - Individual Medallists (Veteran)

| Age Group | Year    | Name             | Championships      | Medal  |
|-----------|---------|------------------|--------------------|--------|
| Vet Men   | 2014-15 | Paul Miller      | Scottish Athletics | Gold   |
| Vet Men   | 2015-16 | Paul Miller      | Scottish Athletics | Silver |
| Vet Men   | 2015-16 | Andrew Macrae    | Scottish Athletics | Bronze |
| Vet Men   | 2018-19 | Robin Burnett    | Scottish Athletics | Silver |
| Vet Men   | 2019-20 | Robin Burnett    | Scottish Athletics | Gold   |
| Vet Men   | 2021-22 | Donnie MacDonald | Scottish Athletics | Gold   |
| Vet Women | 2003-04 | Katy Boocock     | Scottish Athletics | Silver |
| Vet Women | 2004-05 | Katy Boocock     | Scottish Athletics | Bronze |
| Vet Women | 2005-06 | Katy Boocock     | Scottish Athletics | Bronze |
| Vet Women | 2006-07 | K Macleod        | Scottish Athletics | Silver |
| Vet Women | 2006-07 | Jackie Mair      | Scottish Athletics | Bronze |
| Vet Women | 2007-08 | K Macleod        | Scottish Athletics | Silver |
| Vet Women | 2007-08 | Julie Wilson     | Scottish Athletics | Bronze |
| Vet Women | 2008-09 | Melissa Whyte    | Scottish Athletics | Gold   |
| Vet Women | 2009-10 | Melissa Whyte    | Scottish Athletics | Gold   |
| Vet Women | 2009-10 | Sheila Gollan    | Scottish Athletics | Silver |
| Vet Women | 2011-12 | Doreen Campbell  | Scottish Athletics | Bronze |
| Vet Women | 2012-13 | Roma Shepherd    | Scottish Athletics | Gold   |
| Vet Women | 2012-13 | Julie Wilson     | Scottish Athletics | Silver |
| Vet Women | 2012-13 | Alison Wilson    | Scottish Athletics | Bronze |
| Vet Women | 2015-16 | Julie Wilson     | Scottish Athletics | Bronze |
| Vet Women | 2016-17 | Julie Wilson     | Scottish Athletics | Silver |
| Vet Women | 2023-24 | Lesley Hansen    | Scottish Athletics | Silver |

North District Cross Country Championships – Individual Medallists (Super Veteran)

| Age Group   | Year    | Name          | Championships      | Medal |
|-------------|---------|---------------|--------------------|-------|
| S'Vet Men   | 2016-17 | Alec Keith    | Scottish Athletics | Gold  |
| S'Vet Men   | 2021-22 | Robin Burnett | Scottish Athletics | Gold  |
| S'Vet Women | 2016-17 | Ann Smart     | Scottish Athletics | Gold  |
| S'Vet Women | 2017-18 | Julie Wilson  | Scottish Athletics | Gold  |
| S'Vet Women | 2019-20 | Julie Wilson  | Scottish Athletics | Gold  |







National District XC Championships



**Scotland North  
Junior Men's  
XC Teams**

| Age Group     | Year          | Name             | Name             | Name             |
|---------------|---------------|------------------|------------------|------------------|
| U13M          | 2005          | Martin Munro     | Murdo Traill     | Christopher Fife |
|               |               | Andrew Yates     | Corrin MacKenzie |                  |
|               | 2007          | Craig Campbell   | Patrick Urquhart |                  |
|               | 2008          | Craig Campbell   | Patrick Urquhart | Alex Thorne      |
|               | 2009          | Patrick Kelly    | Chris Mollison   |                  |
|               | 2011          | Ally Velzian     | Gregor MacLennan | Ewan Ferguson    |
|               |               | Struan Tweedie   | James Geddes     |                  |
|               | 2013          | Joe Arnaud       |                  |                  |
|               | 2014          | Daniel Johnston  | Connor Romaine   | Craig Wilson     |
|               |               | Finlay Saunders  |                  |                  |
|               | 2015          | Daniel Johnston  | Luke Davidson    |                  |
|               | 2016          | Lucas Cairns     | Duncan MacDonald | Ben Sharpe       |
|               | 2017          | Lucas Cairns     | Duncan MacDonald | Eric Robinson    |
|               |               | Euan Rollo       | Angus Rutter     |                  |
|               | 2018          | Sam Burnett      | Alex Jamieson    | Gregor Nixon     |
|               |               | Ben Webster      | Lachlan Buchanan |                  |
|               | 2019          | Sam Burnett      | Jake Henderson   | Ben Webster      |
|               | 2020          | Michael Miller   | Angus Laird      |                  |
|               | 2022          | Hugh Burnett     | Fraser Imlack    | Jack Henderson   |
| Murdo English |               |                  |                  |                  |
| 2023          | Archie Grant  | Niall Macbean    |                  |                  |
| U15M          | 2006          | Christopher Fife |                  |                  |
|               | 2007          | Christopher Fife | Martin Munro     |                  |
|               | 2009          | Craig Campbell   | Patrick Urquhart |                  |
|               | 2010          | Craig Campbell   |                  |                  |
|               | 2011          | Sean Chalmers    | Finlay MacLennan |                  |
|               | 2012          | Scott Lisle      |                  |                  |
|               | 2013          | Scott Lisle      | Andrew Johnstone | James Geddes     |
|               |               | Cameron Lisle    |                  |                  |
|               | 2014          | James Geddes     | Joe Arnaud       | Alex Geddes      |
|               |               | Jed Russell      |                  |                  |
|               | 2015          | Craig Wilson     | Alex Geddes      | Ben Johnstone    |
|               |               | Mackenzie Brown  | Joe Arnaud       |                  |
|               | 2016          | Kieran Chalmers  | Mackenzie Brown  | Craig Wilson     |
|               |               | Ben Johnstone    | Robert Thorne    | Luke Davidson    |
|               | 2017          | Luke Davidson    | Finlay Rutter    |                  |
|               | 2018          | Lucas Cairns     | Euan Rollo       | Angus Smith      |
|               |               | Finlay Rutter    | Ewan Spink       | Duncan MacDonald |
|               | 2019          | Lucas Cairns     | Euan Rollo       | Duncan MacDonald |
|               |               | Gregor Nixon     | Angus Rutter     | Alex Jamieson    |
|               | 2020          | Gregor Nixon     | Jake Henderson   | Lachlan Buchanan |
| Sam Burnett   |               | Alex Jamieson    | Ben Webster      |                  |
| 2023          | Ewan Thompson |                  |                  |                  |



**Scotland North  
Junior Men's  
XC Teams  
(continued)**

| Age Group | Year        | Name             | Name             | Name             |
|-----------|-------------|------------------|------------------|------------------|
| U17M      | 2000        | Ross MacDonald   |                  |                  |
|           | 2006        | Ewan Rice        |                  |                  |
|           | 2008        | Christopher Fife |                  |                  |
|           | 2010        | Calum MacLeod    |                  |                  |
|           | 2011        | Craig Campbell   | Scott Dixon      |                  |
|           | 2012        | Sean Chalmers    | Craig Campbell   | Finlay MacLennan |
|           | 2013        | Sean Chalmers    | Finlay MacLennan |                  |
|           | 2014        | Scott Lisle      | Andrew Johnstone |                  |
|           | 2015        | James Geddes     | Luke Shaw        | Cameron Young    |
|           |             | Andrew Johnstone |                  |                  |
|           | 2016        | James Geddes     |                  |                  |
|           | 2017        | Tam Munro-White  | Joe Arnaud       | Aiden Ferry      |
|           |             | Ben Johnstone    | Mackenzie Brown  | Luke Williams    |
|           | 2018        | Robert Thorne    | Rudi Paul        |                  |
|           | 2019        | Angus Smith      | Gordon Manson    | Ewan Spink       |
|           | 2020        | Angus Smith      | Euan Rollo       | Finlay Rutter    |
|           |             | Finlay Raynor    | Duncan MacDonald |                  |
| 2022      | Sam Burnett | Ben Webster      |                  |                  |



**Scotland North  
Junior Women's  
XC Teams**

| Age Group      | Year | Name               | Name              | Name              |
|----------------|------|--------------------|-------------------|-------------------|
| U13W           | 2001 | Briony Swanson     |                   |                   |
|                | 2002 | Charlotte McArthur | Sinead Furlong    |                   |
|                | 2004 | Charlotte McArthur | Laura MacLeod     |                   |
|                | 2005 | Julie Thompson     | Jane MacIver      | Laura MacLeod     |
|                | 2006 | Paula Gass         |                   |                   |
|                | 2007 | Tyler MacLean      |                   |                   |
|                | 2008 | Alice Gordon       |                   |                   |
|                | 2009 | Carey Ross         | Heather Campbell  |                   |
|                | 2010 | Heather Campbell   |                   |                   |
|                | 2011 | Gillian Gordon     | Lauren Fraser     | Mary Flockhart    |
|                | 2012 | Megan Munro        | Rachel Keith      |                   |
|                | 2013 | Zoe Romaine        | Charlotte Hill    | Josie Steele      |
|                |      | Megan Munro        |                   |                   |
|                | 2014 | Megan Keith        | Beth MacIver      | Connie Campbell   |
|                |      | Emily Andrew       | Josie Steele      | Charlotte Hill    |
|                | 2015 | Megan Keith        | Emily Andrew      | Eve Gardiner      |
|                |      | Rebecca Johnstone  | Catriona Garvie   | Rachael Johnstone |
|                |      | Alisa Hewick       |                   |                   |
|                | 2016 | Catriona Garvie    | Kirsty Arnaud     | Eve Gardiner      |
|                |      | Rachael Johnstone  | Mairi Darroch     | Emma Seed         |
|                |      | Tara Larson        | Katie Gillies     |                   |
|                | 2017 | Kirsty Arnaud      | Jasmine Robertson | Ava Walsh         |
|                | 2018 | Zoe Sharpe         | Grace MacDonald   | Anna Cairns       |
|                | 2019 | Anna Cairns        | Grace MacDonald   | Kirsten Burnett   |
|                |      | Katie Meek         | Isobel Garvie     | Imogen McDougall  |
|                | 2020 | Katie Meek         | Kirsten Burnett   | Iona Scott        |
|                | 2022 | Lois Macrae        | Isla Burns        | Sky Simpson       |
|                |      | Lucy Beastall      | Rosie Conroy      | Aoibhe Doorley    |
|                | 2023 | Annie English      | Niamh Doorley     | Lexie Macrae      |
| Sophie Bertram |      | Quinn Young        |                   |                   |



**Scotland North  
Junior Women's  
XC Teams**

| Age Group | Year | Name               | Name              | Name              |
|-----------|------|--------------------|-------------------|-------------------|
| U15W      | 1999 | Mhairi Spence      |                   |                   |
|           | 2004 | Eilidh MacKay      | Sinead Furlong    |                   |
|           | 2005 | Charlotte McArthur | Eilidh MacKay     | Mairi Fenton      |
|           | 2007 | Eilidh Black       |                   |                   |
|           | 2008 | Eilidh Black       | Paula Gass        | Tyler MacLean     |
|           | 2009 | Mhairi MacLennan   |                   |                   |
|           | 2011 | Arianne Ross       | Heather Campbell  | Lucy Cameron      |
|           | 2012 | Heather Campbell   |                   |                   |
|           | 2013 | Lauren Fraser      |                   |                   |
|           | 2014 | Rachael Keith      | Catherine McInnes |                   |
|           | 2015 | Rachael Keith      | Jenny Blackwood   |                   |
|           | 2016 | Megan Keith        | Emily Andrew      | Rebecca Johnstone |
|           |      | Jenny Blackwood    | Sophie Young      |                   |
|           | 2017 | Megan Keith        | Emily Andrew      | Jenny Mackenzie   |
|           |      | Catriona Garvie    | Rebecca Johnstone | Emma Seed         |
|           | 2018 | Eve Gardiner       | Catriona Garvie   | Emma Seed         |
|           |      | Cara Doig          | Ellen Saunders    |                   |
|           | 2019 | Ava Walsh          |                   |                   |
|           | 2020 | Anna Cairns        | Grace MacDonald   | Zoe Sharpe        |
|           |      | Mara Duffy         |                   |                   |
|           | 2022 | Katie Meek         | Kirsten Burnett   | Iona Scott        |
|           | 2023 | Anna Meek          | Rosie Conroy      | Sky Simpson       |



**Scotland North  
Junior Women's  
XC Teams  
(continued)**

| Age Group | Year           | Name             | Name            | Name            |
|-----------|----------------|------------------|-----------------|-----------------|
| U17W      | 1999           | Jennifer Main    | Fiona Spence    |                 |
|           | 2000           | Mhairi Spence    | Jennifer Main   | Fiona Spence    |
|           | 2002           | Alexina McArthur |                 |                 |
|           | 2005           | Christine Grady  |                 |                 |
|           | 2006           | Mairi Fenton     | Christine Grady |                 |
|           | 2007           | Catriona Fraser  |                 |                 |
|           | 2011           | Mhairi MacLennan |                 |                 |
|           | 2012           | Mhairi MacLennan |                 |                 |
|           | 2013           | Heather Campbell | Arianne Ross    |                 |
|           | 2014           | Heather Campbell |                 |                 |
|           | 2015           | Lauren Fraser    |                 |                 |
|           | 2016           | Rachael Keith    |                 |                 |
|           | 2017           |                  |                 |                 |
|           | 2018           | Emily Andrew     | Megan Keith     | Connie Campbell |
|           | 2019           | Megan Keith      | Emily Andrew    | Eve Gardiner    |
|           |                | Emma Seed        | Rachel Gillies  | Ellen Saunders  |
|           | 2022           | Mara Duffy       |                 |                 |
| 2023      | Caitlyn Heggie | Katie Meek       | Iona Scott      |                 |



**Scotland North  
Senior Men's &  
Women's XC  
Teams**

| Age Group         | Year             | Name              | Name                   | Name                |
|-------------------|------------------|-------------------|------------------------|---------------------|
| SM                | 2000             | Stan MacKenzie    |                        |                     |
|                   | 2001             | Simon MacIntyre   |                        |                     |
|                   | 2013             | Donnie MacDonald  |                        |                     |
|                   | 2014             | Dean Cunningham   | Andrew MacRae          | Stephen Mackay      |
|                   |                  | Finlay MacLennan  |                        |                     |
|                   | 2017             | Craig Campbell    | Finlay MacLennan (U20) |                     |
|                   | 2015             | John Newsom       | Donnie MacDonald       | Graham Bee          |
|                   |                  | Paul Miller       | Craig Campbell (U20)   |                     |
|                   | 2016             | John Newsom       | Gordon Lennox          | Paul Miller         |
|                   | 2017             | John Newsom       | Craig Campbell         | Gordon Lennox       |
|                   |                  | Graham Bee        | Cameron Young (U20)    |                     |
|                   | 2018             | Donnie MacDonald  | Graham Bee             | Gordon Lennox       |
|                   |                  | Michael O'Donnell | Cameron Young          | Luke Williams (U20) |
|                   | 2019             | John Newsom       | Cameron Young          | Donnie MacDonald    |
|                   |                  | Craig Campbell    |                        |                     |
|                   | 2020             | Sean Chalmers     | John Newsom            | Luke Davidson (U20) |
|                   |                  | Andrew Johnstone  |                        |                     |
|                   | 2022             | John Newsom       | Luke Davidson (U20)    | Lucas Cairns (U20)  |
| Angus Smith (U20) |                  | Stuart Gardiner   | Euan Rollo (U20)       |                     |
| 2023              | Andrew Johnstone |                   |                        |                     |
| SW                | 2007             | Karen MacLeod     |                        |                     |
|                   | 2010             | Melissa Whyte     | Sheila Gollan          |                     |
|                   | 2011             | Melissa Whyte     |                        |                     |
|                   | 2012             | Melissa Whyte     | Roma Davidson          | Emma Atkinson       |
|                   | 2013             | Mhairi MacLennan  |                        |                     |
|                   | 2014             | Jodie Lynch       |                        |                     |
|                   | 2015             | Helen Gertig      | Catriona Fraser        | Caroline Marwick    |
|                   |                  | Jodie Lynch       | Alison Wilson          | Arianne Ross (U20)  |
|                   | 2016             | Sarah Liebnitz    | Julie Wilson           | Caroline Marwick    |
|                   |                  | Catriona Fraser   |                        |                     |
|                   | 2017             |                   |                        |                     |
|                   | 2018             | Caroline Marwick  |                        |                     |
|                   | 2019             | Gemma Cormack     | Amy Hudson             |                     |
|                   | 2020             | Gemma Cormack     | Catriona Fraser        | Emily Andrew        |
|                   |                  | Heather Campbell  |                        |                     |
| 2022              | Mhairi MacLennan | Catriona Fraser   | Sophie Young           |                     |
| 2023              | Alice Scriven    |                   |                        |                     |



Inter-District XC Championships - Medallists

| Year | Name             | Age Group | Venue                         | Medal  |
|------|------------------|-----------|-------------------------------|--------|
| 1989 | Ingram Murray    | U15M      | Cumbernauld Park, Cumbernauld | Silver |
| 1991 | Stuart MacKay    | U15M      | Cumbernauld Park, Cumbernauld | Gold   |
| 1992 | John Bowman      | SM        | Cumbernauld Park, Cumbernauld | Silver |
| 1994 | Sheila Gollan    | SW        | Cumbernauld Park, Cumbernauld | Bronze |
| 2000 | Jennifer Main    | U17W      | Cumbernauld Park, Cumbernauld | Silver |
| 2001 | Briony Swanson   | U13W      | Cumbernauld Park, Cumbernauld | Gold   |
| 2011 | Luke Shaw        | U13M      | Holyrood Park, Edinburgh      | Bronze |
| 2011 | Sean Chalmers    | U15M      | Holyrood Park, Edinburgh      | Silver |
| 2013 | Sean Chalmers    | U17M      | Holyrood Park, Edinburgh      | Gold   |
| 2016 | Mhairi MacLennan | SW        | Holyrood Park, Edinburgh      | Silver |
| 2016 | Sean Chalmers    | SM        | Holyrood Park, Edinburgh      | Silver |
| 2017 | Lachlan Buchanan | U13M      | Holyrood Park, Edinburgh      | Bronze |
| 2018 | Lucas Cairns     | U15M      | Holyrood Park, Edinburgh      | Bronze |
| 2019 | Anna Cairns      | U13W      | King's Park, Stirling         | Gold   |
| 2019 | Grace MacDonald  | U13W      | King's Park, Stirling         | Silver |
| 2019 | Lucas Cairns     | U15M      | King's Park, Stirling         | Gold   |
| 2019 | Megan Keith      | U17W      | King's Park, Stirling         | Silver |
| 2019 | Mhairi MacLennan | SW        | King's Park, Stirling         | Gold   |
| 2020 | Anna Cairns      | U15W      | King's Park, Stirling         | Gold   |
| 2020 | Sean Chalmers    | SM        | King's Park, Stirling         | Gold   |
| 2022 | Lois Macrae      | U13W      | Beach Park, Irvine            | Gold   |
| 2022 | Mhairi MacLennan | SW        | Beach Park, Irvine            | Gold   |



| Age Group | Year | Name             | Venue                        |
|-----------|------|------------------|------------------------------|
| U15M      | 2019 | Lucas Cairns     | Prestwold Hall, Loughborough |
| U15W      | 2020 | Anna Cairns      | Prestwold Hall, Loughborough |
| U15W      | 2024 | Lois Macrae      | Wollaton Park, Nottingham    |
| U15W      | 2024 | Anna Meek        | Wollaton Park, Nottingham    |
| U17M      | 2020 | Lucas Cairns     | Prestwold Hall, Loughborough |
|           | 2020 | Angus Smith      | Prestwold Hall, Loughborough |
| U20W      | 2020 | Megan Keith      | Prestwold Hall, Loughborough |
|           | 2020 | Emily Andrew     | Prestwold Hall, Loughborough |
| SW        | 2020 | Mhairi MacLennan | Prestwold Hall, Loughborough |

**Inter Counties XC  
Championships –  
North District  
Team Selection**

Inter-Counties XC Championships - Medallists

| Year | Name        | Age Group | Venue                        | Medal |
|------|-------------|-----------|------------------------------|-------|
| 2020 | Megan Keith | U20W      | Prestwold Hall, Loughborough | Gold  |

## North District Hill Running Championships

| Year | Name              | Age Group | Venue                   | Medal  |
|------|-------------------|-----------|-------------------------|--------|
| 2014 | Graham Bee        | SM        | Knockfarrel, Dingwall   | Silver |
| 2014 | Caroline Marwick  | SW        | Knockfarrel, Dingwall   | Silver |
| 2015 | Caroline Marwick  | SW        | Knockfarrel, Dingwall   | Silver |
| 2015 | Steven Worsley    | S'Vet Men | Knockfarrel, Dingwall   | Gold   |
| 2016 | Gordon Lennox     | SM        | Knockfarrel, Dingwall   | Gold   |
| 2016 | Helen Gertig      | SW        | Knockfarrel, Dingwall   | Gold   |
| 2017 | Gordon Lennox     | SM        | Knockfarrel, Dingwall   | Gold   |
| 2017 | Michael O'Donnell | SM        | Knockfarrel, Dingwall   | Bronze |
| 2018 | Megan Keith       | SW        | Knockfarrel, Dingwall   | Gold   |
| 2019 | Caroline Marwick  | SW        | Cioch Mhor, Dingwall    | Gold   |
| 2019 | Robin Burnett     | Vet Men   | Cioch Mhor, Dingwall    | Bronze |
| 2024 | Katie Meek        | U23W      | Craig Dunain, Inverness | Gold   |
| 2024 | Alice Scriven     | Vet Women | Craig Dunain, Inverness | Silver |
| 2024 | Robin Burnett     | S'Vet Men | Craig Dunain, Inverness | Gold   |

## Inter-Counties Hill Running Championships



| Age Group | Year | Name              | Venue             |
|-----------|------|-------------------|-------------------|
| SM        | 2017 | Michael O'Donnell | Broughton, Biggar |
| SW        | 2017 | Caroline Marwick  | Broughton, Biggar |

**Scotland North  
Senior Men's &  
Women's Hill /  
Fell Running  
Teams**

## **NOTES**

North District Cross Country League – only winners shown on North League website up until the 2002-03 season. Individual medallist tables show only the winners of each group from inception (1984-85 season) until the 2001-02 season and all individual medallists are shown thereafter.

North District Cross Country League – U20 category only awards winner, no silver and bronze medals awarded. No team titles given for this age category.

North District Cross Country Championships – Masters category (V40) medals awarded to first three finishers and winning team and Masters category (V50) medal awarded to top finisher only.

Inter-District XC Championships – started by the Scottish Women's Cross-Country Union in the 1986-87 season where a fixture between the East and West Districts with Northern Ireland participating. This continued annually until season 1992-3 with the foundation of the Scottish Athletics Federation when the North District was added. On the men's side the SCCU put on a senior international fixture against the Scottish Universities and Northern Ireland but also had an Inter-District Championship for U17, U15 and U13s. In season 1987-88 a senior Inter-District Championship was added in parallel. On this date and venue that there was also a race between the SWCC and Scottish Universities (Women). One year after the formation of the Scottish Athletics Federation the events were brought together and held at Cumbernauld on 12/12/1993. The event transmuted into the Reebok Challenge at Cumbernauld in season 1998-99 and in 2001-2 moved to Holyrood Park. The Reebok Challenge ended in season 2002-3. In 2003-4 the race was held in conjunction with the Celtic International Series in Ayr. It returned to Holyrood Park in season 2004-5 as part of the Great Edinburgh Cross Country.

The complete results within SARRCC website only include athlete member clubs from the 1999-00 season and therefore the Scotland North Men's and Women's teams commence from then. Only includes athlete names that appear in the results and does not show those athletes selected for the North team and then did not compete.

## **SOURCES**

Scottish Athletics Road Running & Cross-Country Commission –

<http://www.salroadrunningandcrosscountrymedalists.co.uk/Archive/index.html>

North District XC League –

<http://www.northleague.co.uk>

UK Athletics Rankings (Power of 10) –

<http://www.thepowerof10.info/>