



**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	28	
		Veterans	13	
	10 Mile	Seniors	17	
		Veterans	5	
	Half Marathon	Seniors	10	
Veterans		4		
Cross Country	League	U13	66	34
		U15	59	35
		U17	51	19
		U20	13	
		Seniors	42	34
		Veterans	61	
	Championships	U13	62	30
		U15	74	31
		U17	70	29
		U20	42	4
		Seniors	62	32
		Veterans	28	12
	Relays	Youth		29
		Seniors		36
Veterans			5	
Hill	Championships	U23	1	
		Seniors	9	
		Veterans	4	

Totals	709	326
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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
2024	Donnie MacDonald	SM	Moray Road Runners 10K	Bronze
2024	Caitlyn Heggie	SW	Moray Road Runners 10K	Gold

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
2024-25	Archie Grant	Scottish Athletics	Gold
2024-25	Austin 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 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 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
2024-25	Niamh Doorley	Scottish Athletics	Gold
2024-25	Isla Souter	Scottish Athletics	Silver

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 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
2024-25	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 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
2024-25	Anna Meek	Scottish Athletics	Gold
2024-25	Lucy Beastall	Scottish Athletics	Silver
2024-25	Sophie Bertram	Scottish Athletics	Bronze

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
2024-25	Ruairidh Stirling	Scottish Athletics	Gold

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 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	Ariane 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
2024-25	Sky Simpson	Scottish Athletics	Gold
2024-25	Rona Laird	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
U20W	2024-25	Katie Meek	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 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
2024-25	Helen Leigh	Scottish Athletics	Gold

North District Cross Country League – Individual Medallists (V40 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	Alastair Thomson	Scottish Athletics	Silver
2023-24	Mark Wilkins	Scottish Athletics	Bronze

North District Cross Country League – Individual Medallists (V40 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 MacIver	Scottish Athletics	Gold
2002-03	Julie Wilson	Scottish Athletics	Gold
2002-03	Muriel Fuller	Scottish Athletics	Silver
2003-04	Mandy MacIver	Scottish Athletics	Gold
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
2024-25	Helen Leigh	Scottish Athletics	Gold

North District Cross Country League – Individual Medallists (V50 Men)

Year	Name	Championships	Medal
1996-97	George Mitchell	Scottish Athletics	Gold
1997-98	George Mitchell	Scottish Athletics	Gold
1998-99	George Mitchell	Scottish Athletics	Gold
2003-04	George Mitchell	Scottish Athletics	Bronze
2012-13	Ian Johnstone	Scottish Athletics	Bronze
2014-15	Alec Keith	Scottish Athletics	Gold
2014-15	Steven Worsley	Scottish Athletics	Bronze
2015-16	Alec Keith	Scottish Athletics	Gold
2015-16	Steven Worsley	Scottish Athletics	Silver
2016-17	Alec Keith	Scottish Athletics	Silver
2018-19	Steven Worsley	Scottish Athletics	Gold
2019-20	Steven Worsley	Scottish Athletics	Gold
2021-22	Robin Burnett	Scottish Athletics	Gold
2021-22	Paul Millar	Scottish Athletics	Silver
2022-23	Robin Burnett	Scottish Athletics	Gold
2023-24	Robin Burnett	Scottish Athletics	Silver
2024-25	Robin Burnett	Scottish Athletics	Silver

North District Cross Country League – Individual Medallists (V50 Women)

Year	Name	Championships	Medal
2009-10	Sheila Gollan	Scottish Athletics	Gold
2018-19	Heather Gardiner	Scottish Athletics	Silver
2023-24	Alison MacDonald	Scottish Athletics	Bronze

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	2024-25					
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	2024-25	
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	2024-25	
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	2024-25				
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		
2024	Archie Grant	Austin Grant	Niall Macbean	
	Kian Morrison			
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			
2024	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	
2024	Ruaraidh Stirling	Callum Thompson		



**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	
	2024	Niamh Doorley	Iyla Souter	Lexie Macrae
		Hannah Mackay	Eilidh Offord	



**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
	2024	Anna Meek	Annie English	Lucy Beastall
		Sophie Bertram		



**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
	2024	Iona Scott	Sky Simpson	Kirsty Muir
		Rona Laird		



**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		
2024	Donnie MacDonald			
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			
2024	Helen Leigh	Charlotte Burton (U20)	Katie Meek (U20)	

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
2024	Helen Leigh	SW	Alexandra Park, Glasgow	Bronze (Team)



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/>