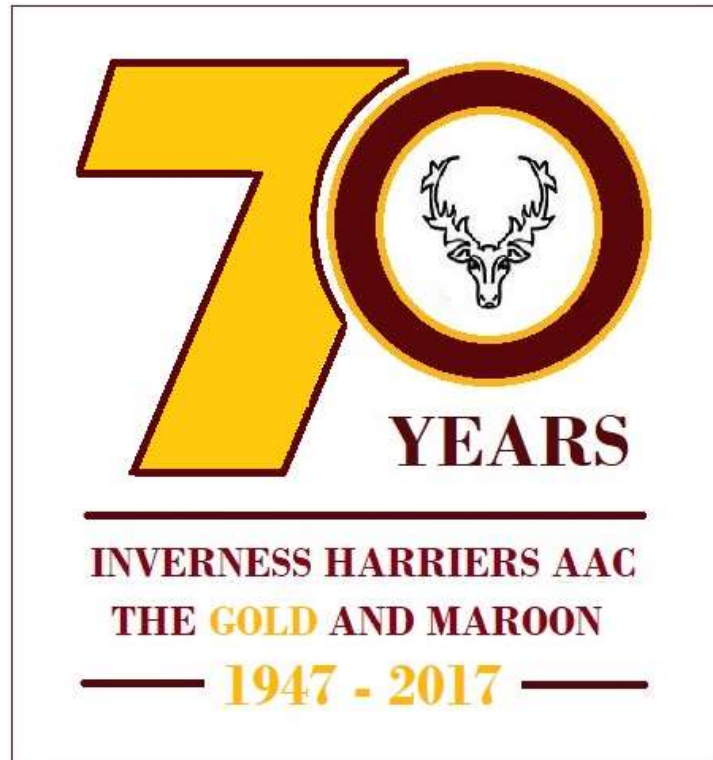


INVERNESS HARRIERS AAC



**SCOTTISH NORTH DISTRICT
CHAMPIONSHIPS & INTER
DISTRICT CHAMPIONSHIPS
ROAD RUNNING & CROSS
COUNTRY**

INDEX

Road:

[10K Championships](#)

[10 Miles Championships](#)

[Half Marathon Championships](#)

Cross Country League:

[Individual Medallists \(U13\)](#)

[Individual Medallists \(U15\)](#)

[Individual Medallists \(U17\)](#)

[Individual Medallists \(U20\)](#)

[Individual Medallists \(Senior\)](#)

[Individual Medallists \(Veteran\)](#)

[Individual Medallists \(Super Veteran\)](#)

Cross Country Championships:

[Individual Medallists \(U13\)](#)

[Individual Medallists \(U15\)](#)

[Individual Medallists \(U17\)](#)

[Individual Medallists \(U20\)](#)

[Individual Medallists \(Senior\)](#)

[Individual Medallists \(Veteran\)](#)

[Individual Medallists \(Super Veteran\)](#)

[Cross Country League - Team Titles](#)

[Cross Country Championships - Team Titles](#)

[Cross Country Relay Championships - Team Titles](#)

[Inter-District XC Team Selection - Junior Men](#)

[Inter-District XC Team Selection - Junior Women](#)

[Inter-District XC Team Selection - Senior Men & Women](#)

[Inter-District XC - Individual Medallists](#)

Hill / Fell Running Championships:

[Hill Running Championships](#)

[Inter-District XC Team Selection - Senior Men & Women](#)

Road – 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

Road – 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

Road – 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

Cross Country League – Individual Medallists (U13)

Age Group	Year	Name	Championships	Medal
U13M	1986-87	Darren Sutherland	Scottish XC Union	Gold
U13M	1987-88	Andrew Macrae	Scottish XC Union	Gold
U13M	1990-91	Sandy Sutherland	Scottish XC Union	Gold
U13M	2004-05	Murdo Traill	Scottish Athletics	Gold
U13M	2005-06	Ryan Jenkin	Scottish Athletics	Silver
U13M	2005-06	Corrin MacKenzie	Scottish Athletics	Bronze
U13M	2006-07	Craig Campbell	Scottish Athletics	Gold
U13M	2006-07	Patrick Urquhart	Scottish Athletics	Silver
U13M	2007-08	Craig Campbell	Scottish Athletics	Gold
U13M	2007-08	Patrick Urquhart	Scottish Athletics	Silver
U13M	2010-11	Ally Velzian	Scottish Athletics	Bronze
U13M	2011-12	Ally Velzian	Scottish Athletics	Gold
U13M	2011-12	James Geddes	Scottish Athletics	Silver
U13M	2012-13	Joe Arnaud	Scottish Athletics	Gold
U13M	2013-14	Daniel Johnston	Scottish Athletics	Silver
U13M	2016-17	Lucas Cairns	Scottish Athletics	Gold
U13M	2016-17	Euan Rollo	Scottish Athletics	Silver
U13M	2016-17	Duncan MacDonald	Scottish Athletics	Bronze
U13M	2017-18	Sam Burnett	Scottish Athletics	Silver
U13M	2017-18	Alex Jamieson	Scottish Athletics	Bronze
U13M	2018-19	Sam Burnett	Scottish Athletics	Silver
U13M	2018-19	Jake Henderson	Scottish Athletics	Bronze
U13W	1985-86	Roma Davidson	Scottish Womens XC Union	Gold
U13W	1986-87	Roma Davidson	Scottish Womens XC Union	Gold
U13W	1987-88	Liska Henderson	Scottish Womens XC Union	Gold
U13W	1997-98	Mhairi Spence	Scottish Athletics	Gold
U13W	1998-99	Alexina McArthur	Scottish Athletics	Gold
U13W	1999-00	Stacey Behan	Scottish Athletics	Gold
U13W	2001-02	Briony Swanson	Scottish Athletics	Gold
U13W	2002-03	Charlotte McArthur	Scottish Athletics	Gold
U13W	2002-03	Sinead Furlong	Scottish Athletics	Bronze
U13W	2003-04	Laura Macleod Charlotte McArthur	Scottish Athletics	Bronze
U13W	2005-06	Paula Gass	Scottish Athletics	Bronze
U13W	2008-09	Bethany Irvine	Scottish Athletics	Silver
U13W	2009-10	Heather Campbell	Scottish Athletics	Gold
U13W	2009-10	Arianne Ross	Scottish Athletics	Bronze
U13W	2010-11	Gillian Gordon	Scottish Athletics	Gold
U13W	2012-13	Zoe Romaine	Scottish Athletics	Bronze
U13W	2013-14	Megan Keith	Scottish Athletics	Gold
U13W	2013-14	Beth MacIver	Scottish Athletics	Bronze
U13W	2014-15	Megan Keith	Scottish Athletics	Gold
U13W	2014-15	Emily Andrew	Scottish Athletics	Silver
U13W	2014-15	Catrina Garvie Rebecca Johnston	Scottish Athletics	Bronze
U13W	2015-16	Catrina Garvie	Scottish Athletics	Gold
U13W	2015-16	Kirsty Arnaud	Scottish Athletics	Silver
U13W	2015-16	Rachel Johnstone	Scottish Athletics	Bronze
U13W	2016-17	Kirsty Arnaud	Scottish Athletics	Bronze
U13W	2017-18	Zoe Sharpe	Scottish Athletics	Gold
U13W	2017-18	Grace MacDonald	Scottish Athletics	Silver

Cross Country League – Individual Medallists (U13), continued

Age Group	Year	Name	Championships	Medal
U13W	2018-19	Zoe Sharpe	Scottish Athletics	Gold
U13W	2018-19	Grace MacDonald	Scottish Athletics	Silver
U13W	2018-19	Anna Cairns	Scottish Athletics	Bronze

Cross Country League – Individual Medallists (U15)

Age Group	Year	Name	Championships	Medal
U15M	1984-85	Andrew Fraser	Scottish XC Union	Gold
U15M	1986-87	Stewart Jarvie	Scottish XC Union	Gold
U15M	1988-89	Ingram Murray	Scottish XC Union	Gold
U15M	1989-90	Darren Miller	Scottish XC Union	Gold
U15M	1990-91	S McKay	Scottish XC Union	Gold
U15M	1991-92	John Colquhoun	Scottish XC Union	Gold
U15M	2005-06	Christopher Fife	Scottish Athletics	Bronze
U15M	2006-07	Christopher Fife	Scottish Athletics	Gold
U15M	2006-07	Martin Munro	Scottish Athletics	Silver
U15M	2008-09	Craig Campbell	Scottish Athletics	Gold
U15M	2008-09	Patrick Urquhart	Scottish Athletics	Bronze
U15M	2009-10	Craig Campbell	Scottish Athletics	Gold
U15M	2009-10	Thomas Day	Scottish Athletics	Silver
U15M	2010-11	Sean Chalmers	Scottish Athletics	Gold
U15M	2012-13	Scott Lisle	Scottish Athletics	Silver
U15M	2012-13	James Geddes	Scottish Athletics	Bronze
U15M	2013-14	James Geddes	Scottish Athletics	Gold
U15M	2013-14	Joe Arnaud	Scottish Athletics	Bronze
U15M	2014-15	Alex Geddes	Scottish Athletics	Silver
U15M	2015-16	Kieran Chalmers	Scottish Athletics	Gold
U15M	2017-18	Lucas Cairns	Scottish Athletics	Gold
U15M	2018-19	Lucas Cairns Euan Rollo	Scottish Athletics	Gold
U15W	1985-86	Jenny Rankine	Scottish Womens XC Union	Gold
U15W	1986-87	Jenny Rankine	Scottish Womens XC Union	Gold
U15W	1988-89	Karen Thomson	Scottish Womens XC Union	Gold
U15W	1998-99	Jennifer Main	Scottish Athletics	Gold
U15W	1999-00	Mhairi Spence	Scottish Athletics	Gold
U15W	2000-01	Alexina McArthur	Scottish Athletics	Gold
U15W	2003-04	Eilidh Mackay	Scottish Athletics	Gold
U15W	2007-08	Eilidh Black	Scottish Athletics	Silver
U15W	2007-08	Paula Gass	Scottish Athletics	Bronze
U15W	2008-09	Mhairi MacLennan	Scottish Athletics	Silver
U15W	2009-10	Mhairi MacLennan	Scottish Athletics	Silver
U15W	2010-11	Arianne Ross	Scottish Athletics	Bronze
U15W	2011-12	Lauren Fraser	Scottish Athletics	Gold
U15W	2011-12	Heather Campbell	Scottish Athletics	Silver
U15W	2012-13	Lauren Fraser	Scottish Athletics	Gold
U15W	2013-14	Rachel Keith	Scottish Athletics	Bronze
U15W	2014-15	Rachel Keith	Scottish Athletics	Bronze
U15W	2015-16	Megan Keith	Scottish Athletics	Silver
U15W	2015-16	Emily Andrew	Scottish Athletics	Bronze
U15W	2016-17	Emily Andrew	Scottish Athletics	Gold
U15W	2016-17	Rebecca Johnstone Catriona Garvie	Scottish Athletics	Silver
U15W	2017-18	Eve Gardiner	Scottish Athletics	Gold
U15W	2017-18	Catriona Garvie	Scottish Athletics	Bronze

Cross Country League – Individual Medallists (U17)

Age Group	Year	Name	Championships	Medal
U17M	1987-88	Stewart Jarvie	Scottish XC Union	Gold
U17M	1990-91	Jamie Dewar	Scottish XC Union	Gold
U17M	2005-06	Euan Rice	Scottish Athletics	Bronze
U17M	2008-09	Christopher Fife	Scottish Athletics	Silver
U17M	2011-12	Sean Chalmers	Scottish Athletics	Gold
U17M	2011-12	Finlay MacLennan	Scottish Athletics	Silver
U17M	2011-12	Stuart Michael	Scottish Athletics	Bronze
U17M	2012-13	Sean Chalmers	Scottish Athletics	Gold
U17M	2012-13	Finlay MacLennan	Scottish Athletics	Bronze
U17M	2013-14	Scott Lisle	Scottish Athletics	Bronze
U17M	2014-15	Luke Shaw	Scottish Athletics	Gold
U17M	2014-15	James Geddes	Scottish Athletics	Bronze
U17M	2015-16	James Geddes	Scottish Athletics	Silver
U17M	2015-16	Aiden Ferry	Scottish Athletics	Bronze
U17M	2016-17	Ben Johnstone	Scottish Athletics	Silver
U17M	2016-17	Stuart Gardiner	Scottish Athletics	Bronze
U17M	2017-18	Ben Johnstone	Scottish Athletics	Bronze
U17M	2018-19	Angus Smith	Scottish Athletics	Bronze
U17W	1991-92	Shelley Macrae	Scottish Womens XC Union	Gold
U17W	1994-95	Kirsten Mackay	Scottish Athletics	Gold
U17W	1995-96	Kirsten Mackay	Scottish Athletics	Gold
U17W	1996-97	Alison Campbell	Scottish Athletics	Gold
U17W	1997-98	Rhiannon MacLean Alison Campbell	Scottish Athletics	Gold
U17W	1999-00	Mhairi Spence	Scottish Athletics	Gold
U17W	2002-03	Alexina McArthur	Scottish Athletics	Gold
U17W	2005-06	Mairi Fenton	Scottish Athletics	Gold
U17W	2005-06	Christine Grady	Scottish Athletics	Silver
U17W	2006-07	Catriona Fraser	Scottish Athletics	Silver
U17W	2008-09	Eilidh Black	Scottish Athletics	Bronze
U17W	2010-11	Mhairi MacLennan	Scottish Athletics	Gold
U17W	2011-12	Mhairi MacLennan	Scottish Athletics	Gold
U17W	2012-13	Heather Campbell	Scottish Athletics	Silver
U17W	2012-13	Arianne Ross	Scottish Athletics	Bronze
U17W	2013-14	Lauren Fraser	Scottish Athletics	Gold
U17W	2013-14	Lucy Massie	Scottish Athletics	Bronze
U17W	2016-17	Sophie Young	Scottish Athletics	Silver
U17W	2017-18	Emily Andrew	Scottish Athletics	Gold
U17W	2017-18	Rebecca Johnstone	Scottish Athletics	Bronze
U17W	2018-19	Emily Andrew	Scottish Athletics	Gold
U17W	2018-19	Eve Gardiner	Scottish Athletics	Silver
U17W	2018-19	Ellen Saunders	Scottish Athletics	Bronze

Cross Country League – Individual Medallists (U20)

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
U20W	2011-12	Emma Atkinson	Scottish Athletics	Gold
U20W	2014-15	Eilidh MacRae	Scottish Athletics	Gold

Cross Country League – Individual Medallists (Senior)

Age Group	Year	Name	Championships	Medal
SM	1984-85	Simon Axon	Scottish XC Union	Gold
SM	1985-86	Neil Martin	Scottish XC Union	Gold
SM	1986-87	John Bowman	Scottish XC Union	Gold
SM	1990-91	John Bowman	Scottish XC Union	Gold
SM	1993-94	Alan Murchison	Scottish Athletics	Gold
SM	2002-03	Brian Fieldsend	Scottish Athletics	Bronze
SM	2010-11	Donnie MacDonald	Scottish Athletics	Silver
SM	2012-13	Donnie MacDonald	Scottish Athletics	Silver
SM	2013-14	Dean Cunningham	Scottish Athletics	Bronze
SM	2014-15	John Newsom	Scottish Athletics	Gold
SM	2015-16	John Newsom	Scottish Athletics	Gold
SM	2015-16	Gordon Lennox	Scottish Athletics	Silver
SM	2016-17	Graham Bee Gordon Lennox	Scottish Athletics	Silver
SM	2017-18	John Newsom	Scottish Athletics	Gold
SM	2018-19	John Newsom	Scottish Athletics	Gold
SM	2018-19	Donnie MacDonald	Scottish Athletics	Silver
SW	1984-85	Catriona Bell	Scottish Womens XC Union	Gold
SW	1986-87	Sheila Campbell	Scottish Womens XC Union	Gold
SW	1987-88	Sheila Campbell	Scottish Womens XC Union	Gold
SW	1991-92	Ann Smart	Scottish Womens XC Union	Gold
SW	1999-00	Alison Campbell	Scottish Athletics	Gold
SW	2000-01	Julie Wilson	Scottish Athletics	Gold
SW	2004-05	Eleanor Reid	Scottish Athletics	Silver
SW	2005-06	Morag Ross	Scottish Athletics	Gold
SW	2008-09	Melissa Whyte	Scottish Athletics	Gold
SW	2008-09	Jackie Mair	Scottish Athletics	Bronze
SW	2009-10	Melissa Whyte	Scottish Athletics	Gold
SW	2010-11	Melissa Whyte	Scottish Athletics	Gold
SW	2011-12	Melissa Whyte	Scottish Athletics	Gold
SW	2011-12	Roma Davidson	Scottish Athletics	Silver
SW	2012-13	Mhairi MacLennan	Scottish Athletics	Bronze
SW	2014-15	Helen Gertig	Scottish Athletics	Silver
SW	2014-15	Catriona Fraser	Scottish Athletics	Bronze
SW	2015-16	Sarah Liebnitz	Scottish Athletics	Gold
SW	2016-17	Sarah Liebnitz	Scottish Athletics	Bronze

Cross Country League – Individual Medallists (Veterans)

Age Group	Year	Name	Championships	Medal
Vet Men	1984-85	Peter Thompson	Scottish XC Union	Gold
Vet Men	1985-86	Jimmy Neil	Scottish XC Union	Gold
Vet Men	2010-11	Stewart Wilson	Scottish Athletics	Bronze
Vet Men	2011-12	Alec Keith	Scottish Athletics	Silver
Vet Men	2012-13	Paul Miller	Scottish Athletics	Silver
Vet Men	2013-14	Paul Miller	Scottish Athletics	Silver
Vet Men	2014-15	Paul Miller	Scottish Athletics	Silver
Vet Men	2015-16	Paul Miller	Scottish Athletics	Gold
Vet Men	2016-17	Paul Miller	Scottish Athletics	Silver
Vet Men	2018-19	Robin Burnett	Scottish Athletics	Gold
Vet Women	1996-97	Anne McLean	Scottish Athletics	Gold
Vet Women	1997-98	Anne McLean	Scottish Athletics	Gold
Vet Women	1998-99	Anne McLean	Scottish Athletics	Gold
Vet Women	1999-00	Anne McLean	Scottish Athletics	Gold
Vet Women	2000-01	Anne McLean	Scottish Athletics	Gold
Vet Women	2001-02	Mandy MacIver	Scottish Athletics	Gold
Vet Women	2002-03	Julie Wilson	Scottish Athletics	Gold
Vet Women	2002-03	Muriel Fuller	Scottish Athletics	Silver
Vet Women	2003-04	Mandy MacIver	Scottish Athletics	Silver
Vet Women	2003-04	Muriel Fuller	Scottish Athletics	Bronze
Vet Women	2005-06	Jackie Mair	Scottish Athletics	Silver
Vet Women	2006-07	Karen McLeod	Scottish Athletics	Silver
Vet Women	2006-07	Doreen Campbell	Scottish Athletics	Bronze
Vet Women	2007-08	Karen McLeod	Scottish Athletics	Bronze
Vet Women	2008-09	Karen McLeod	Scottish Athletics	Silver
Vet Women	2008-09	Julie Wilson	Scottish Athletics	Bronze
Vet Women	2009-10	Julie Wilson	Scottish Athletics	Gold
Vet Women	2010-11	Sheila Gollan	Scottish Athletics	Gold
Vet Women	2011-12	Alison Wilson	Scottish Athletics	Silver
Vet Women	2012-13	Alison Wilson	Scottish Athletics	Silver
Vet Women	2013-14	Alison Wilson	Scottish Athletics	Bronze
Vet Women	2014-15	Alison Wilson	Scottish Athletics	Bronze
Vet Women	2015-16	Julie Wilson	Scottish Athletics	Gold
Vet Women	2015-16	Alison Wilson	Scottish Athletics	Bronze
Vet Women	2017-18	Alison Wilson	Scottish Athletics	Bronze
Vet Women	2018-19	Alison Wilson	Scottish Athletics	Bronze

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 Women	2009-10	Sheila Gollan	Scottish Athletics	Gold
S'Vet Women	2018-19	Heather Gardiner	Scottish Athletics	Silver

Cross Country Championships – Individual Medallists (U13)

Age Group	Year	Name	Championships	Medal
U13M	1980-81	E Scott	Scottish XC Union	Gold
U13M	1986-87	Darren Sutherland	Scottish XC Union	Gold
U13M	1986-87	Ingram Murray	Scottish XC Union	Silver
U13M	1986-87	Duncan Hards	Scottish XC Union	Bronze
U13M	1987-88	Andrew Macrae	Scottish XC Union	Gold
U13M	1990-91	Sandy Sutherland	Scottish XC Union	Gold
U13M	1992-93	Ian Gunn	Scottish Athletics	Bronze
U13M	2011-12	Ally Velzian	Scottish Athletics	Gold
U13M	2012-13	Joe Arnaud	Scottish Athletics	Gold
U13M	2014-15	Daniel Johnston	Scottish Athletics	Gold
U13M	2016-17	Lucas Cairns	Scottish Athletics	Gold
U13M	2016-17	Euan Rollo	Scottish Athletics	Bronze
U13M	2017-18	Sam Burnett	Scottish Athletics	Bronze
U13M	2018-19	Jake Henderson	Scottish Athletics	Bronze
U13W	1986-87	Roma Davidson	Scottish Womens XC Union	Gold
U13W	1986-87	Liska Henderson	Scottish Womens XC Union	Bronze
U13W	2011-12	M Munro	Scottish Athletics	Bronze
U13W	2012-13	Zoe Romaine	Scottish Athletics	Bronze
U13W	2013-14	Megan Keith	Scottish Athletics	Silver
U13W	2013-14	Beth MacIver	Scottish Athletics	Bronze
U13W	2014-15	Megan Keith	Scottish Athletics	Gold
U13W	2014-15	Emily Andrew	Scottish Athletics	Silver
U13W	2015-16	Catriona Garvie	Scottish Athletics	Gold
U13W	2015-16	Kirsty Arnaud	Scottish Athletics	Silver
U13W	2017-18	Zoe Sharpe	Scottish Athletics	Silver
U13W	2017-18	Grace MacDonald	Scottish Athletics	Bronze
U13W	2018-19	Grace MacDonald	Scottish Athletics	Gold
U13W	2018-19	Anna Cairns	Scottish Athletics	Silver
U13W	2018-19	Zoe Sharpe	Scottish Athletics	Bronze

Cross Country Championships – Individual Medallists (U15)

Age Group	Year	Name	Championships	Medal
U15M	1975-76	S Jarvie	Scottish XC Union	Gold
U15M	1979-80	A Watson	Scottish XC Union	Silver
U15M	1980-81	C Martin	Scottish XC Union	Gold
U15M	1980-81	M Mitchell	Scottish XC Union	Silver
U15M	1981-82	N McLennan	Scottish XC Union	Gold
U15M	1986-87	Stewart Jarvie	Scottish XC Union	Gold
U15M	1986-87	Craig Stewart	Scottish XC Union	Silver
U15M	1986-87	Grant McDowall	Scottish XC Union	Bronze
U15M	1988-89	Ingram Murray	Scottish XC Union	Gold
U15M	1988-89	Duncan Hards	Scottish XC Union	Silver
U15M	1989-90	Darren Miller	Scottish XC Union	Gold
U15M	1990-91	S Mackay	Scottish XC Union	Gold
U15M	1991-92	John Colquhoun	Scottish XC Union	Gold
U15M	1992-93	A Thomson	Scottish Athletics	Silver
U15M	2012-13	Scott Lisle	Scottish Athletics	Silver
U15M	2012-13	Luke Shaw	Scottish Athletics	Bronze
U15M	2013-14	James Geddes	Scottish Athletics	Gold
U15M	2015-16	Kieran Chalmers	Scottish Athletics	Gold
U15M	2015-16	Mackenzie Brown	Scottish Athletics	Silver
U15M	2016-17	Luke Davidson	Scottish Athletics	Silver
U15M	2017-18	Lucas Cairns	Scottish Athletics	Gold
U15M	2018-19	Lucas Cairns	Scottish Athletics	Gold
U15M	2018-19	Euan Rollo	Scottish Athletics	Silver
U15M	2018-19	Duncan MacDonald	Scottish Athletics	Bronze
U15W	1980-81	K Luke	Scottish Womens XC Union	Gold
U15W	1980-81	L Munro	Scottish Womens XC Union	Silver
U15W	1986-87	Jenny Rankine	Scottish Womens XC Union	Gold
U15W	2011-12	Lauren Fraser	Scottish Athletics	Gold
U15W	2011-12	Heather Campbell	Scottish Athletics	Bronze
U15W	2012-13	Lauren Fraser	Scottish Athletics	Gold
U15W	2014-15	Rachael Keith	Scottish Athletics	Bronze
U15W	2015-16	Megan Keith	Scottish Athletics	Silver
U15W	2015-16	Emily Andrew	Scottish Athletics	Bronze
U15W	2016-17	Emily Andrew	Scottish Athletics	Gold
U15W	2016-17	Megan Keith	Scottish Athletics	Silver
U15W	2016-17	Rebecca Johnstone	Scottish Athletics	Bronze
U15W	2017-18	Eve Gardiner	Scottish Athletics	Gold
U15W	2017-18	Catrina Garvie	Scottish Athletics	Bronze

Cross Country Championships – Individual Medallists (U17)

Age Group	Year	Name	Championships	Medal
U17M	1952-53	J Mackenzie	North of Scotland AAA	Gold
U17M	1959-60	R MacFarquhar	North of Scotland AAA	Gold
U17M	1979-80	K McIntosh	Scottish XC Union	Bronze
U17M	1980-81	G Waite	Scottish XC Union	Silver
U17M	1980-81	A Watson	Scottish XC Union	Bronze
U17M	1983-84	Jamie Bell	Scottish XC Union	Gold
U17M	1984-85	G Worship	Scottish XC Union	Gold
U17M	1985-86	I Dunn	Scottish XC Union	Gold
U17M	1986-87	D McAdam	Scottish XC Union	Silver
U17M	1987-88	Stewart Jarvie	Scottish XC Union	Gold
U17M	1988-89	C Jack	Scottish XC Union	Gold
U17M	1988-89	B Fraser	Scottish XC Union	Silver
U17M	1990-91	P McIntosh	Scottish XC Union	Gold
U17M	2011-12	Sean Chalmers	Scottish Athletics	Gold
U17M	2011-12	Craig Campbell	Scottish Athletics	Silver
U17M	2014-15	James Geddes	Scottish Athletics	Gold
U17M	2014-15	Luke Shaw	Scottish Athletics	Bronze
U17M	2015-16	Aiden Ferry	Scottish Athletics	Bronze
U17M	2016-17	Joe Arnaud	Scottish Athletics	Gold
U17M	2017-18	Luke Davidson	Scottish Athletics	Bronze
U17M	2018-19	Luke Davidson	Scottish Athletics	Gold
U17M	2018-19	Angus Smith	Scottish Athletics	Bronze
U17W	1992-93	S Macrae	Scottish Athletics	Silver
U17W	2011-12	Mhairi MacLennan	Scottish Athletics	Gold
U17W	2012-13	Heather Campbell	Scottish Athletics	Bronze
U17W	2013-14	Lauren Fraser	Scottish Athletics	Gold
U17W	2014-15	Arianne Ross	Scottish Athletics	Silver
U17W	2017-18	Emily Andrew	Scottish Athletics	Gold
U17W	2017-18	Megan Keith	Scottish Athletics	Silver
U17W	2018-19	Megan Keith	Scottish Athletics	Gold
U17W	2018-19	Emily Andrew	Scottish Athletics	Silver
U17W	2018-19	Eve Gardiner	Scottish Athletics	Bronze

Cross Country Championships – Individual Medallists (U20)

Age Group	Year	Name	Championships	Medal
U20M	1976-77	R MacDonald	Scottish XC Union	Gold
U20M	1977-78	R MacDonald	Scottish XC Union	Gold
U20M	1978-79	D 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	1990-91	Grant McDowall	Scottish XC Union	Gold
U20M	1992-93	P McIntosh	Scottish Athletics	Silver
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
U20W	2011-12	Emma Atkinson	Scottish Athletics	Gold
U20W	2014-15	Arianne Ross	Scottish Athletics	Silver

Cross Country Championships – Individual Medallists (Senior)

Age Group	Year	Name	Championships	Medal
SM	1952-53	M Norman	North of Scotland AAA	Gold
SM	1953-54	M Norman	North of Scotland AAA	Gold
SM	1956-57	M Norman	North of Scotland AAA	Gold
SM	1959-60	C Laing	North of Scotland AAA	Gold
SM	1960-61	C Laing	North of Scotland AAA	Gold
SM	1979-80	Innes Mitchell	Scottish XC Union	Silver
SM	1982-83	Paul Kenney	Scottish XC Union	Gold
SM	1984-85	Simon Axon	Scottish XC Union	Gold
SM	1986-87	John Bowman	Scottish XC Union	Bronze
SM	1988-89	John Bowman	Scottish XC Union	Bronze
SM	1992-93	John Bowman	Scottish Athletics	Silver
SM	2012-13	Joe Symonds	Scottish Athletics	Gold
SM	2013-14	Graham Bee	Scottish Athletics	Bronze
SM	2015-16	John Newsom	Scottish Athletics	Silver
SM	2016-17	John Newsom	Scottish Athletics	Gold
SM	2016-17	Gordon Lennox	Scottish Athletics	Bronze
SM	2017-18	John Newsom	Scottish Athletics	Gold
SM	2017-18	Donnie MacDonald	Scottish Athletics	Bronze
SM	2018-19	Craig Campbell	Scottish Athletics	Bronze
SW	1979-80	M Jeans	Scottish Womens XC Union	Gold
SW	1986-87	S Campbell	Scottish Womens XC Union	Silver
SW	1986-87	Julie Wilson	Scottish Womens XC Union	Bronze
SW	1992-93	Ann Smart	Scottish Athletics	Gold
SW	1992-93	M Adamson	Scottish Athletics	Silver
SW	2011-12	Jenny Bannerman	Scottish Athletics	Gold
SW	2011-12	Emma Atkinson	Scottish Athletics	Bronze
SW	2012-13	Roma Shepherd	Scottish Athletics	Bronze
SW	2013-14	Sarah Liebnitz	Scottish Athletics	Bronze
SW	2014-15	Helen Gertig	Scottish Athletics	Bronze
SW	2015-16	Sarah Liebnitz	Scottish Athletics	Silver
SW	2016-17	Helen Gertig	Scottish Athletics	Silver

Cross Country Championships - Individual Medallists (Veteran)

Age Group	Year	Name	Championships	Medal
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 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

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 Women	2016-17	Ann Smart	Scottish Athletics	Gold
S'Vet Women	2017-18	Julie Wilson	Scottish Athletics	Gold

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								
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					
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						
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					
U17M	1985-86	1986-87	1989-90	1990-91	2009-10	2011-12	2014-15	2015-16	2016-17	2017-18
U17W	2016-17	2017-18	2018-19							
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							



**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	
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	



**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



**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	
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			



**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	



**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			
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		



**Inter District XC
Championships -
Individual
Medallists**

Age Group	Year	Name	Venue	Medal
U13M	2017	Lachlan Buchanan	Edinburgh	Bronze
U13W	2001	Briony Swanson	Edinburgh	Gold
	2019	Anna Cairns	Stirling	Gold
	2019	Grace MacDonald	Stirling	Silver
U15M	2011	Sean Chalmers	Edinburgh	Silver
	2018	Lucas Cairns	Edinburgh	Bronze
	2019	Lucas Cairns	Stirling	Gold
U17M	2013	Sean Chalmers	Edinburgh	Gold
U17W	2019	Megan Keith	Stirling	Silver

Hill Running Championships

Year	Name	Age Group	Race	Medal
2014	Graham Bee	SM	Knockfarrel Hill Race	Silver
2014	Caroline Marwick	SW	Knockfarrel Hill Race	Silver
2015	Caroline Marwick	SW	Knockfarrel Hill Race	Silver
2015	Steven Worsley	S'Vet Men	Knockfarrel Hill Race	Gold
2016	Gordon Lennox	SM	Knockfarrel Hill Race	Gold
2016	Helen Gertig	SW	Knockfarrel Hill Race	Gold
2017	Gordon Lennox	SM	Knockfarrel Hill Race	Gold
2017	Michael O'Donnell	SM	Knockfarrel Hill Race	Bronze
2018	Megan Keith	SW	Knockfarrel Hill Race	Gold



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

Age Group	Year	Name	Venue
SM	2017	Michael O'Donnell	Broughton
SW	2017	Caroline Marwick	Broughton

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/>

