

INVERNESS HARRIERS AAC



SCOTTISH NORTH DISTRICT CHAMPIONSHIPS & INTER REGIONAL CHAMPIONSHIPS TRACK & FIELD

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Track – 100 Metres

Championships	Age Group	Event	Name	Year	Medal
North District	SM	100 Metres	Mel Fowler	1992	Gold
North District	SM	100 Metres	Mel Fowler	1993	Gold
North District	SM	100 Metres	Mel Fowler	1994	Gold
North District	SM	100 Metres	Mel Fowler	1995	Gold
North District	SM	100 Metres	Mel Fowler	1996	Gold
North District	SM	100 Metres	David Barnetson	1997	Gold
North District	SM	100 Metres	Alastair Beaton	2001	Gold
North District	SM	100 Metres	Alastair Beaton	2002	Gold
North District	SM	100 Metres	Alastair Beaton	2003	Gold
North District	SM	100 Metres	Alastair Beaton	2004	Gold
North District	SM	100 Metres	Alastair Beaton	2005	Gold
North District	SM	100 Metres	Alastair Beaton	2006	Gold
North District	SM	100 Metres	Alastair Beaton	2007	Gold
North District	SM	100 Metres	Alastair Beaton	2009	Gold
North District	SM	100 Metres	Derek Glasgow	2011	Gold
Inter Regional	SM	100 Metres	Sam Freck	2011	Bronze
North District	SM	100 Metres	Alastair Beaton	2012	Gold
North District	SM	100 Metres	Sam Freck	2013	Gold
North District	SM	100 Metres	Alastair Beaton	2014	Gold
North District	SM	100 Metres	Adam Hobson	2016	Gold
North District	SM	100 Metres	Ross Freck	2017	Gold
North District	SM	100 Metres	Andrew Smith	2018	Gold
North District	SW	100 Metres	Audrey Munro	1993	Gold
North District	SW	100 Metres	Audrey Munro	1995	Gold
North District	SW	100 Metres	Lesley Clarkson	1997	Gold
North District	SW	100 Metres	L MacLennan	1998	Gold
North District	SW	100 Metres	Audrey Munro	1999	Gold
North District	SW	100 Metres	Kathryn Nicholson	2000	Gold
North District	SW	100 Metres	Kathryn Nicholson	2001	Gold
North District	SW	100 Metres	Kathryn Nicholson	2002	Gold
North District	SW	100 Metres	Rachael MacKenzie	2007	Gold
Inter Regional	SW	100 Metres	Eleanor Briggs	2011	Bronze
North District	SW	100 Metres	Eleanor Briggs	2013	Gold
North District	SW	100 Metres	Eleanor Briggs	2016	Gold
North District	SW	100 Metres	Eleanor Briggs	2017	Gold

Track – 200 Metres

Championships	Age Group	Event	Name	Year	Medal
North District	SM	200 Metres	Mel Fowler	1993	Gold
North District	SM	200 Metres	Mel Fowler	1994	Gold
North District	SM	200 Metres	Mel Fowler	1995	Gold
North District	SM	200 Metres	Mel Fowler	1996	Gold
North District	SM	200 Metres	David Barnetson	1997	Gold
North District	SM	200 Metres	Alastair Beaton	2002	Gold
North District	SM	200 Metres	Alastair Beaton	2003	Gold
North District	SM	200 Metres	Grant Burnett	2005	Gold
North District	SM	200 Metres	Alastair Beaton	2006	Gold
North District	SM	200 Metres	Alastair Beaton	2007	Gold
North District	SM	200 Metres	Alastair Beaton	2009	Gold
North District	SM	200 Metres	Sam Freck	2013	Gold
North District	SM	200 Metres	Alastair Beaton	2014	Gold
North District	SM	200 Metres	Alastair Beaton	2016	Gold
North District	SM	200 Metres	Ross Freck	2017	Gold
North District	SM	200 Metres	Andrew Smith	2018	Gold
North District	SW	200 Metres	Dianne MacKenzie	1993	Gold
North District	SW	200 Metres	Dianne MacKenzie	1995	Gold
North District	SW	200 Metres	Dianne MacKenzie	1999	Gold
North District	SW	200 Metres	Dianne MacKenzie	2000	Gold
North District	SW	200 Metres	Kathryn Nicholson	2001	Gold
North District	SW	200 Metres	Kathryn Nicholson	2002	Gold
North District	SW	200 Metres	Rachael MacKenzie	2007	Gold
North District	SW	200 Metres	Kathryn Evans	2010	Gold
Inter Regional	SW	200 Metres	Kathryn Evans	2010	Silver
Inter Regional	SW	200 Metres	Eleanor Briggs	2011	Bronze
North District	SW	200 Metres	Eleanor Briggs	2013	Gold

Track – 400 Metres

Championships	Age Group	Event	Name	Year	Medal
North District	SM	400 Metres	Grant McDowall	1992	Gold
North District	SM	400 Metres	Mel Fowler	1993	Gold
North District	SM	400 Metres	David Barnetson	1995	Gold
North District	SM	400 Metres	David Barnetson	1997	Gold
North District	SM	400 Metres	D Tuach	1998	Gold
North District	SM	400 Metres	Grant Burnett	2005	Gold
North District	SM	400 Metres	Donald Ferguson	2014	Gold
North District	SM	400 Metres	Paul Davidson	2015	Gold
North District	SM	400 Metres	Paul Davidson	2016	Gold
North District	SM	400 Metres	Paul Davidson	2017	Gold
North District	SW	400 Metres	Dianne MacKenzie	1993	Gold
North District	SW	400 Metres	Dianne MacKenzie	1995	Gold
North District	SW	400 Metres	Dianne MacKenzie	1998	Gold
North District	SW	400 Metres	Dianne MacKenzie	1999	Gold
North District	SW	400 Metres	Dianne MacKenzie	2000	Gold
North District	SW	400 Metres	Kathryn Evans	2010	Gold
Inter Regional	SW	400 Metres	Kathryn Evans	2010	Gold
North District	SW	400 Metres	Kathryn Evans	2013	Gold
North District	SW	400 Metres	Eleanor Briggs	2017	Gold
North District	SW	400 Metres	Gillian Gordon	2018	Gold

Track – 800 Metres

Championships	Age Group	Event	Name	Year	Medal
North District	SM	800 Metres	Grant McDowall	1992	Gold
North District	SM	800 Metres	Grant McDowall	1993	Gold
North District	SM	800 Metres	Grant McDowall	1994	Gold
North District	SM	800 Metres	Alan Murchison	1995	Gold
North District	SM	800 Metres	Ross Cairns	2004	Gold
North District	SM	800 Metres	Eoghan MacNamara	2015	Gold
North District	SM	800 Metres	Stephen Mackay	2016	Gold
North District	SM	800 Metres	Paul Davidson	2017	Gold
North District	SM	800 Metres	Stephen Mackay	2018	Gold
North District	SW	800 Metres	Julie Wilson	1993	Gold
North District	SW	800 Metres	Sheila Gollan	1994	Gold
North District	SW	800 Metres	Julie Wilson	2004	Gold
North District	SW	800 Metres	Jennifer Main	2006	Gold
North District	SW	800 Metres	Kathryn Evans	2009	Gold
North District	SW	800 Metres	Sheila Gollan	2010	Gold
North District	SW	800 Metres	Jenny Bannerman	2011	Gold
North District	SW	800 Metres	Kathryn Evans	2015	Gold
North District	SW	800 Metres	Julie Wilson	2016	Gold
North District	SW	800 Metres	Heather Campbell	2018	Gold

Track – 1500 Metres

Championships	Age Group	Event	Name	Year	Medal
North District	SM	1500 Metres	Alan Murchison	1995	Gold
North District	SM	1500 Metres	S Atkinson	1997	Gold
North District	SM	1500 Metres	Brian Fieldsend	2003	Gold
North District	SM	1500 Metres	Ross Cairns	2004	Gold
North District	SM	1500 Metres	Stephen Mackay	2014	Gold
North District	SM	1500 Metres	Eoghan MacNamara	2016	Gold
North District	SM	1500 Metres	Tony Golabek	2017	Gold
North District	SW	1500 Metres	Sheila Gollan	1994	Gold
North District	SW	1500 Metres	Julie Wilson	1998	Gold
North District	SW	1500 Metres	Jennifer Main	2005	Gold
North District	SW	1500 Metres	Jenny Bannerman	2011	Gold
North District	SW	1500 Metres	Kathryn Evans	2013	Gold
North District	SW	1500 Metres	Pat Goddard	2015	Gold
North District	SW	1500 Metres	Julie Wilson	2016	Gold
North District	SW	1500 Metres	Heather Campbell	2018	Gold

Track – 3000 Metres / 5000 Metres

Championships	Age Group	Event	Name	Year	Medal
North District	SM	5000 Metres	Brian Fieldsend	2003	Gold
North District	SM	5000 Metres	Stephen Mackay	2012	Gold
North District	SM	5000 Metres	Donnie MacDonald	2013	Gold
North District	SM	5000 Metres	John Newsom	2015	Gold
North District	SM	5000 Metres	Finlay MacLennan	2018	Gold
North District	SW	3000 Metres	Sheila Gollan	1993	Gold

Track – 100 Metre Hurdles / 110 Metre Hurdles

Championships	Age Group	Event	Name	Year	Medal
North District	SW	100m Hurdles	Moira McBeath	1994	Gold
North District	SW	100m Hurdles	Lorna Benson	1995	Gold
North District	SW	100m Hurdles	Dorothy Bannerman	2002	Gold

Track – 400 Metre Hurdles

Championships	Age Group	Event	Name	Year	Medal
North District	SM	400m Hurdles	David Barnettson	1996	Gold
North District	SM	400m Hurdles	Mel Fowler	1997	Gold
North District	SM	400m Hurdles	Morris Dillon	2011	Gold
North District	SW	400m Hurdles	Lorna Benson	1995	Gold
North District	SW	400m Hurdles	Anna Nelson	2015	Gold
North District	SW	400m Hurdles	Gillian Gordon	2018	Gold

Field – High Jump

Championships	Age Group	Event	Name	Year	Medal
North District	SM	High Jump	David Barnettson	1992	Gold
North District	SM	High Jump	David Barnettson	1993	Gold
North District	SM	High Jump	David Barnettson	1994	Gold
North District	SM	High Jump	David Barnettson	1995	Gold
North District	SM	High Jump	David Barnettson	1996	Gold
North District	SM	High Jump	David Barnettson	1997	Gold
North District	SM	High Jump	David Barnettson	1998	Gold
North District	SM	High Jump	Ian Fleming	2001	Gold
North District	SM	High Jump	Derek Glasgow	2013	Gold
North District	SM	High Jump	Dylan Morrison	2015	Gold
North District	SW	High Jump	Rachael MacKenzie	2007	Gold
North District	SW	High Jump	Rachael MacKenzie	2009	Gold
North District	SW	High Jump	Rachael MacKenzie	2010	Gold
Inter Region	SW	High Jump	Rachael MacKenzie	2010	Silver
North District	SW	High Jump	Rachael MacKenzie	2011	Gold
North District	SW	High Jump	Rachael MacKenzie	2013	Gold
North District	SW	High Jump	Rachael MacKenzie	2014	Gold
North District	SW	High Jump	Rachael MacKenzie	2015	Gold
North District	SW	High Jump	Rachael MacKenzie	2016	Gold

Field – Long Jump

Championships	Age Group	Event	Name	Year	Medal
North District	SM	Long Jump	Mel Fowler	1992	Gold
North District	SM	Long Jump	Mel Fowler	1993	Gold
North District	SM	Long Jump	Mel Fowler	1994	Gold
North District	SM	Long Jump	Mel Fowler	1995	Gold
North District	SM	Long Jump	Mel Fowler	1996	Gold
North District	SM	Long Jump	Mel Fowler	1997	Gold
North District	SM	Long Jump	Mel Fowler	1998	Gold
North District	SM	Long Jump	Derek Glasgow	2013	Gold
North District	SW	Long Jump	Dorothy Bannerman	1999	Gold
North District	SW	Long Jump	Maureen MacKinnon	2006	Gold
North District	SW	Long Jump	Rachael MacKenzie	2009	Gold
North District	SW	Long Jump	Eleanor Briggs	2013	Gold

Field – Triple Jump

Championships	Age Group	Event	Name	Year	Medal
North District	SM	Triple Jump	Mel Fowler	1992	Gold
North District	SM	Triple Jump	Mel Fowler	1994	Gold
North District	SM	Triple Jump	Mel Fowler	1995	Gold
North District	SM	Triple Jump	Mel Fowler	1997	Gold
North District	SM	Triple Jump	Mel Fowler	1998	Gold
North District	SM	Triple Jump	Ian Fleming	2004	Gold
North District	SM	Triple Jump	Dylan Morrison	2015	Gold
North District	SW	Triple Jump	Maureen MacKinnon	2006	Gold
North District	SW	Triple Jump	Rachael MacKenzie	2010	Gold
North District	SW	Triple Jump	Rachael MacKenzie	2013	Gold

Field – Pole Vault

Championships	Age Group	Event	Name	Year	Medal
North District	SM	Pole Vault	Kenneth Kemlo	1995	Gold
North District	SM	Pole Vault	Derek Glasgow	2011	Gold
North District	SM	Pole Vault	Derek Glasgow	2013	Gold
North District	SW	Pole Vault	Julie Wilson	1994	Gold
North District	SW	Pole Vault	Anna Watson	1998	Gold

Field – Shot Put

Championships	Age Group	Event	Name	Year	Medal
North District	SW	Shot Put	Kirsty Roger	2001	Gold
North District	SW	Shot Put	Kirsty Law	2008	Gold
North District	SW	Shot Put	Paula Gass	2014	Gold
North District	SW	Shot Put	Paula Gass	2015	Gold

Field – Discus Throw

Championships	Age Group	Event	Name	Year	Medal
North District	SM	Discus	David Allan	1993	Gold
North District	SM	Discus	George Evans	2017	Gold
North District	SM	Discus	Matty Papp	2018	Gold
North District	SW	Discus	Heather MacLeod	1993	Gold
North District	SW	Discus	Leanne Gunn	1994	Gold
North District	SW	Discus	Heather MacLeod	1995	Gold
North District	SW	Discus	Kirsty Law	2006	Gold
North District	SW	Discus	Kirsty Law	2008	Gold
North District	SW	Discus	Kirsty Law	2011	Gold
North District	SW	Discus	Kirsty Law	2014	Gold
North District	SW	Discus	Kirsty Law	2015	Gold

Field – Hammer Throw

Championships	Age Group	Event	Name	Year	Medal
North District	SM	Hammer	David Allan	1993	Gold
North District	SM	Hammer	David Allan	1994	Gold
North District	SM	Hammer	David Allan	1995	Gold
North District	SM	Hammer	Cameron Roger	1998	Gold
North District	SW	Hammer	Leanne Gunn	1994	Gold

Field – Javelin Throw

Championships	Age Group	Event	Name	Year	Medal
North District	SM	Javelin	Alan Kemlo	1992	Gold
North District	SM	Javelin	Alan Kemlo	1993	Gold
North District	SM	Javelin	Adam Hobson	2013	Gold
North District	SM	Javelin	Adam Hobson	2015	Gold
North District	SM	Javelin	Adam Hobson	2016	Gold
North District	SW	Javelin	Elaine MacQueen	1994	Gold
North District	SW	Javelin	Kirsty Roger	2001	Gold
North District	SW	Javelin	Paula Gass	2012	Gold
North District	SW	Javelin	Paula Gass	2014	Gold
North District	SW	Javelin	Paula Gass	2015	Gold
North District	SW	Javelin	Mary Flockhart	2018	Gold

NOTES

The Scottish Inter-Regional Championships were introduced in 2009, replacing the Scottish Closed Championships which had been held between 2006 and 2008. The Inter-Regional Championships was a selection event, with 6 teams representing the following regions: Central, East, Highland & Grampian, Tayside & Fife, West City, West Coast. The team results were:

2009: West Coast 467, West City 430, Tayside & Fife 383, East 331, Central 288, Highland & Grampian 251.

2010: Tayside & Fife 433, West City 385, East 380, West Coast 360, Central 282, Highlands, Islands and Grampian 279.

2011: East 449, West Coast 291, Highlands, Islands and Grampian 246, West City 229, Central 210, Tayside & Fife 156.

The 2009 and 2010 events were held in May with the 2011 event at the end of August. The poor support for the 2011 event, with teams not being able to fill all their places, led to a return to the District Championships in 2012.

The Scottish North District Track & Field Championships only includes information from the 1992 season onwards and only documents the winners for each event per age category.

SOURCES

Scottish Association of Track Statisticians (SATS) –

<https://www.scotstats.net/archive-1/the-championships/>