

**North District Cross Country Relay Championships**  
**Senior/Junior Women**

**Team Medal Table**  
**1993-4 to 2025-6**

		<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
1	Inverness H	19	11	2
2	Moray RR	5	9	13
3	Highland HR	2	6	4
4	Minolta Black Island AAC	2	1	
5	Forres H	1	4	4
6	Ross County AC	1	1	
7	Fraserburgh RC	1		1
7	Lochaber AC	1		
8	Orkney AC&RC	1		
9	Stornoway RAC			2
10	Nairn RR			1
11	JSK Running Club			1