

East District Cross Country Championships Individual Medallists (Junior Men)

East District Trophy First Presented in

First held in season 1958-9

Scottish Athletics Federation/Scottish Athletics Limited

2025-6	Rowan Taylor	Lasswade AC	23.21	Callum Hendry	Falkirk Victoria H	23.37	Aaron Cardno	Edinburgh University H&H	23.45
2024-5	Harris Pagett	Strathearn H	23.04	Angus Wright	Edinburgh University H&H	23.07	Logan Beagley	Central AC	23.12
2023-4	Lucas Cairns	Edinburgh University H&H	19.43	Logan Beagley	Livingston AC	19.46	Finlay Ross-Davie	Edinburgh University H&H	19.51
2022-3	Matthew Knowles	Edinburgh University H&H	21.57	Finlay Ross-Davie	Edinburgh University H&H	22.36	Warren Lorente	Dundee Hawkhill H	22.58
2021-2	Matthew Knowles	Edinburgh University H&H	23.00	Ben MacMillan	Central AC	23.08	Alastair Marshall	Central AC	23.20
2020-1	No Championship due to Covid-19 pandemic								
2019-20	Hamish Hickey	Central AC	20.51	Kristof Homyik	Dundee Hawkhill H	21.16	Tom Graham-Marr	Central AC	21.30
2018-9	James Donald	Dundee Hawkhill H	21.02	Tyler White	Aberdeen AAC	21.07	Callum Tharme	Edinburgh University H&H	21.43
2017-8	Alex Carcas	Edinburgh University H&H	26.23	Gavin Bryson	Edinburgh AC	26.37	James Donald	Dundee Hawkhill H	26.42
2016-7	Logan Rees	Fife AC	26.16	Broc Drury	Aberdeen AAC	26.23	Sol Sweeney	Perth Strathtay H	26.31
2015-6	Euan Gillham	Edinburgh University H&H	26.19	Aiden Thonpson	Central AC	27.00	Robert Bough	Edinburgh AC	27.27
2014-5	Michael Ferguson	Aberdeen AAC	27.03	Dale Colley	Central AC	27.24	Aiden Thonpson	Central AC	27.43
2013-4	Dale Colley	Central AC	26.34	Michael Ferguson	Banchory Stonehaven AC	27.24	Adam Craig	Individual	27.33
2012-3	Ross Matheson	Lasswade AAC	26.56	Howell Craske	Dundee Hawkhill H	27.30	Jamie Crowe	Dundee Hawkhill H	27.37
2011-2	Robbie Simpson	Deeside R	32.12	Ross Matheson	Lasswade AAC	32.52	Andrew Christie	Corstorphine AAC	33.29
2010-1	Andrew Crichton	Edinburgh AC	33.32	Ross Matheson	Lasswade AAC	33.40	Alexander Hendry	Central AC	34.40
2009-10	Scott McDonald	Central AC	33.41	Alexander Hendry	Central AC	33.58	Fraser Scott	Corstorphine AAC	34.21
2008-9	Scott McDonald	Central AC	35.32	Sean Reilly	Central AC	36.52	Mark Haskett	Aberdeen AAC	37.47
2007-8	Scott McDonald	Central AC	32.49	Mark Haskett	Aberdeen AAC	33.50	Kyle Cowie	Central AC	34.00
2006-7	Michael Gillespie	Edinburgh University H&H	37.37	Oleg Chepelin	Edinburgh University H&H	39.47	Kyle Cowie	Central AC	39.50
2005-6	Alastair Hay	Central AC	32.26	Scott Fraser	Lothian RC	34.11	Kris Gauson	City of Edinburgh	34.26
2004-5	John Newsom	Pitreavie AAC	26.46	Kris Berry	Corstorphine AAC	27.29	Darren Shinnie	Aberdeen AAC	27.42
2003-4	Iain Donnan	Aberdeen AAC	32.11	Alan Wales	Aberdeen AAC	33.26	Alastair Hay	Central AC	33.46
2002-3	John Newsom	Pitreavie AAC	31.01	Kerr Johnstone	Falkirk Victoria H	31.07	Kris Berry	Corstorphine AAC	31.14
2001-2	Graham Bee	Fife AC	32.37	Baptiste Rollier	Perth RR	33.34	Euan Jardine	Fife AC	34.00
2000-1	Andrew Lemoncello	Fife AC	31.14	Scott Campbell	George Heriots Sch	31.59	Euan Jardine	Fife AC	33.34
1999-2000	Robert Russell	Central AC	35.35	Scott Campbell	George Heriots Sch	36.01	Ross Houston	Central AC	36.18
1998-9	Owen Greene	Fife AC	31.46	Jamie McDonald	Central AC	32.04	Neil Gunstone	Dundee Hawkhill H	32.10
1997-8	Chris O'Brian	KF Corstorphine AAC	35.41	Gary Couper	Falkirk Victoria H	36.23	Ross Houston	Central AC	36.29
1996-7	Ross Milne	Aberdeen AAC	33.24	Alastair Anthony	JB Central AC	33.35	Ross Coats	Dundee Hawkhill H	33.48
1995-6	Chris Smith	Aberdeen AAC	34.24	Derek McGregor	Fife AC	36.32	Alan Ford	Edinburgh AC	36.35
1994-5	Tom Winter	Edinburgh AC	32.58	Chris Smith	Aberdeen AAC	33.02	Alan Milligan	FMC Carnegie H	33.30
1993-4	Matthew Kelso	FMC Carnegie H	38.48	Scott Taylor	BT Pitreavie AAC	41.14	Martin Canavan	Penicuik H	41.18
1992-3	Race Abandoned								

Scottish Cross Country Union (Under 20)

1991-2	Phil Mowbray	Edinburgh University H&H	33.45	Scott Burch	Edinburgh University H&H	34.46	Drew Sharkey	Aberdeen University H&H	36.08
1990-1	Ian Campbell	Dundee Hawkhill H	26.16	Michael McCartney	ESPC	26.17	Steven Wright	Aberdeen University H&H	26.57
1989-90	Ian Falconer	Harmeny AC	35.37	Clark Murphy	Pitreavie AAC	35.49	Steven Wright	Aberdeen University H&H	36.03

1988-9	Terry Reid	Dundee Hawkhill H	37.44	Clark Murphy	Pitreavie AAC	37.55	Ian Falconer	Harmeny AC	40.19
1987-8	Clark Murphy	Pitreavie AAC	36.00	Terry Reid	Dundee Hawkhill H	36.03	John Connelly	Gala H	37.45
1986-7	David Arnott	Pitreavie AAC	36.56	Joe Freel	Aberdeen AAC	38.11	Chris Nicholl	Teviotdale H	38.28
1985-6	Gavin Phillip	Edinburgh AC	26.11	Patrick Hyman	Livingston & District AC	26.28	David Duguid	Aberdeen AAC	26.33
1984-5	Steven Marshall	Dundee University AC	31.30	Frank Boyne	Edinburgh University H&H	31.57	Paul Dugdale	Dundee University	32.15
1983-4	Steven Marshall	Dundee University AC	37.52	Stewart McMorran	Edinburgh University H&H	38.05	Ian Mathieson	Aberdeen AAC	38.13

First Junior in the District Championships until 1982-3

1982-3	Alan Currie	Edinburgh University H&H							
1981-2	Callum Henderson	Tayside AAC	29.08	Gordon Mitchell	Falkirk Victoria H	29.29	Peter Faulds	Falkirk Victoria H	30.05
1980-1	John Gladwin	Edinburgh Southern H							
1979-80	Colin Donnelly	Aberdeen University H&H	29.15	John Gladwin	Falkirk Victoria H	29.24	Nigel Jones	Edinburgh Athletic Club	29.58
1978-9	Nigel Jones	Edinburgh Athletic Club	33.04						
1977-8	Ian Brown	Falkirk Victoria H							
1976-7	Ian Brown	Falkirk Victoria H	34.50	David Hunter	Edinburgh AC	35.37	Graham Laing	Aberdeen AAC	35.51
1975-6	Paul Kenny	Dundee University AC	30.06						
1974-5	Alastair Hutton	Edinburgh Southern H	29.55						
1973-4	Alastair Hutton	Edinburgh Southern H	34.40	John Kerr	Edinburgh AC	35.26	Ronald Knowles	Edinburgh AC	25.38
1972-3	David Lorimer	St Andrews University CCC	26.45						
1971-2	David Lorimer	St Andrews University CCC	34.22						
1970-1	Samuel Downie	Falkirk Victoria H		William Cairns	Dundee University AC		Donald McIntosh	Aberdeen University AC	
1969-70	Jim Dingwall	Edinburgh University H&H	35.33						
1968-9	Thomas Coyle	Edinburgh Southern H							
1967-8	Gavin Richardson	Teviotdale H							
1966-7	David Logue	Edinburgh University H&H	28.46						

Scottish Cross Country Union (18-21)

1965-6	James McKay	Edinburgh Southern H	26.49						
1964-5	Roger Young	Edinburgh University H&H	29.27						

National Cross Country Union of Scotland (18-21)

1963-4	Mel Edwards	Aberdeen AAC	34.11						
1962-3	Jim Douglas	Teviotdale H	29.48						
1961-2	Jim Douglas	Teviotdale H							
1960-1	Keith Harley	Teviotdale H	32.30						
1959-60	George Brownlee	Edinburgh Southern H							
1958-9	John Linaker	Pitreavie AAC	34.48						