

East District Cross Country Championships Individual Medallists (Senior Women)

No Trophy

First held in

Scottish Athletics Federation/Scottish Athletics Limited

2025-6	Nancy Scott	Edinburgh AC	33.10	Morag Miller	Central AC	33.11	Kirsty Dickson	Carnethy HRC	33.13
2024-5	Nancy Scott	Edinburgh AC	31.54	Morag Miller	Central AC	32.36	Anna Hedley	Central AC	33.54
2023-4	Kirsty Walker	Edinburgh AC	30.37	Lauren Dickson	Lasswade AC	31.19	Clare Bruce	Metro Aberdeen RC	31.23
2022-3	Holy Page	Carnethy HRC	31.55	Constance Nankivell	Edinburgh University H&H	32.32	Zoe Pflug	Edinburgh University H&H	32.52
2021-2	Morag Miller	Central AC	32.50	Naomi Lang	Aberdeen AAC	33.41	Lauren Wilson	Edinburgh AC	33.59
2020-1	No Championship due to Covid-19 pandemic								
2019-20	Annabel Simpson	Fife AC	32.07	Fiona Brian	Metro Aberdeen RC	32.39	Virginie Barrand	Metro Aberdeen RC	32.54
2018-9	Morag Millar	Central AC	30.57	Jo Williams	Lothian RC	32.40	Annabel Simpson	Fife AC	33.07
2017-8	Stephanie Pennycook	Edinburgh University H&H	22.52	Annabel Simpson	Fife AC	23.06	Rebecca Burns	Edinburgh AC	23.08
2016-7	Morag MacLarty	Central AC	22.50	Stephanie Pennycook	Edinburgh University H&H	23.04	Fanni Gyurko	Central AC	23.20
2015-6	Rachel Haines	Hunters Bog T	23.46	Freya Ross	Edinburgh AC	23.50	Angela Richardson	Fife AC	24.00
2014-5	Morag MacLarty	Central AC	23.30	Jennifer Witton	Central AC	24.19	Lyndsay Morrison	Central AC	24.22
2013-4	Morag MacLarty	Central AC	22.48	Freya Murray	Edinburgh AC	22.54	Fiona Thompson	Central AC	23.04
2011-2	Jennifer MacLean	Edinburgh AC	24.06	Keira Murray	Lasswade AAC	24.16	Sarah McCormack	Moorfoot R	24.24
2011-2	Sarah Hood	Edinburgh AC	24.32	Edel Mooney	Lothian RC	24.58	Helen Sharpe	Fife AC	25.09
2010-1	Rosie Smith	Hunters Bog T	24.53	Hester Dix	Fife AC	25.08	Diane Lauder	Gala H	25.26
2009-10	Emily Stewart	Edinburgh AC	24.25	Rosie Smith	Hunters Bog T	24.30	Emma Raven	Central AC	24.49
2008-9	Freya Murray	Edinburgh AC	25.52	Edel Mooney	Lothian RC	26.59	Lyn Wilson	Carnethy HRC	27.01
2007-8	Lyn Wilson	Carnethy HRC	24.15	Morag MacLarty	Central AC	24.50	Hester Dix	Fife AC	24.59
2006-7	Gillian Palmer	City of Edinburgh	26.41	Rebecca Moore	City of Edinburgh	27.06	Jill Mykura	Carnethy HRC	27.29
2005-6	Freya Murray	Edinburgh Southern H	23.46	Lyn Wilson	Carnethy HRC	24.24	Edel Mooney	Lothian RC	24.43
2004-5	Morag MacLarty	Central AC	19.28	Lyn Wilson	Carnethy HRC	19.30	Susan Ridley	Edinburgh Southern H	20.01
2003-4	Elizabeth McColgan	Dundee Hawkhill H	21.58	Angela Mudge	Carnethy HRC	22.53	Lyn Wilson	Carnethy HRC	23.21
2002-3	Angela Mudge	Carnethy HRC	23.30	Trudi Thomson	Pitreavie AAC	23.31	Lyn Wilson	Carnethy HRC	23.55
2001-2	Gillian Palmer	Edinburgh University H&H	21.00	Claire Miller	Aberdeen AAC	21.28	Toni Macintosh	Edinburgh University H&H	21.53
2000-1	Victoria Gill	Fife AC	22.42	Toni Macintosh	Edinburgh University H&H	23.11	Susan Ridley	Edinburgh Woolen M	23.39
1999-2000	Angela Mudge	Carnethy HRC	25.06	Trudi Thomson	Pitreavie AAC	26.35	Eleanor Reid	Aberdeen University	27.00
1998-9	Angela Mudge	Carnethy HRC	20.50	Trudi Thomson	BT Pitreavie AAC	20.58	Tracey Brindley	Aberdeen AAC	21.15
1997-8	Angela Mudge	Carnethy HRC	26.52	Anne Buckley	Hunters Bog T	27.31	Tracey Brindley	Aberdeen AAC	27.37
1996-7	Alison Carr	Dundee Hawkhill H	22.06	Fiona Lothian	Fife AC	22.34	Susan Armitage	Aberdeen AAC	22.48
1995-6	Alison Rose	Edinburgh Woolen M	26.28	Debbie Kilner	Aberdeen AAC	26.37	Trudi Thomson	BT Pitreavie AAC	26.45
1994-5	Elizabeth Riley	Metro Aberdeen AAC	21.46	Sonia Armitage	Aberdeen AAC	22.47	Trudi Thomson	BT Pitreavie AAC	23.02
1993-4	Susan Ridley	Edinburgh Woolen M	26.58	Debbie Kilner	Aberdeen AAC	28.31	Anne Buckley	Hunters Bog T	28.37
1992-3	Susan Ridley	Edinburgh Woolen M	23.44	Alison Rose	Edinburgh Woolen M	23.51	Carol-Anne Gray	Edinburgh AC	24.47

Scottish Women's Cross Country Union

1991-2	Alison Rose	Edinburgh Woolen M	23.17	Susan Ridley	Edinburgh Woolen M	23.49	Sheila Gollan	Inverness H	23.59
1990-1	Marie Duthie	Fraserburgh AC	25.12	Ginny Pollard	Caldergleng H	25.43	Sheila Gollan	Inverness H	25.59
1989-90	Sheila Gollan	Inverness H	22.05	Susan Durham	Edinburgh Woolen M	22.10	Heather Wisley	Fraserburgh AC	22.14

1988-9	Penny Rother	Edinburgh AC	24.19	Janet Darby	Livingston & District AC	24.38	Susan Lanham	Aberdeen AAC	24.46
1987-8	Penny Rother	Edinburgh AC	19.55	Violet Blair	Edinburgh Woolen M	20.18	Lynda Bain	Aberdeen AAC	20.39
1986-7	Yvonne Murray	Edinburgh AC	20.01	Christine Price	Dundee Hawkhill H	20.51	Penny Rother	Edinburgh AC	21.05
1985-6	Yvonne Murray	Edinburgh AC	16.15	Marcella Robertson	Edinburgh Southern H	16.38	Penny Rother	Edinburgh AC	17.15
1984-5	Christine Price	Dundee Hawkhill H	16.58	Karen McLeod	Edinburgh AC	17.00	Jean Lorden	Edinburgh Southern H	17.11
1983-4	Sonia McLaren	Aberdeen AAC	26.17	Kirsty Hustband	Edinburgh Southern H	26.26	Eveleen Barrett	Edinburgh Southern H	27.36
1982-3	Elizabeth Lynch	Dundee Hawkhill H		Kathryn Mearns	Aberdeen AAC				
1981-2	Elizabeth Lynch	Dundee Hawkhill H	22.02	Violet Blair	Edinburgh Southern H	22.07	Kathryn Mearns	Aberdeen AAC	22.40
1980-1	Violet Blair	Edinburgh Southern H	20.30	Sonia McLaren	Aberdeen AAC	20.53	Jean Lorden	Edinburgh University H&H	21.19
1979-80	Barbara Harvie	Aberdeen University		Sonia McLaren	Aberdeen AAC				
1978-9	Kerry Robinson	Pitreavie AAC	18.03	Violet Hope	Edinburgh Southern H	18.32	Mary Chambers	Edinburgh AC	19.08
1977-8	Penny Gunstone	Edinburgh University H&H	20.26	Jean Fotan	Edinburgh Southern H	20.43	Kerry Robinson	Pitreavie AAC	20.57
1976-7	Mary Chalmers	Edinburgh AC	20.44	Kathryn Shephard	Edinburgh Southern H	21.05	Penny Gunstone	Edinburgh AC	21.07
1975-6	Alison Brown	Edinburgh AC	19.31	Mary Chalmers	Edinburgh Southern H	19.51	Ann Cherry	Edinburgh Southern H	20.05
1974-5	Palm Lindsay	Dundee Hawkhill H		Lorna Inglis	Edinburgh AC		Marina Dewer	Pitreavie AAC	