

North District Cross Country Championships Individual Medallists (Junior Men)

No Trophy

First held in season 1959-60

Scottish Athletics Federation/Scottish Athletics Limited

2025-6	Andrew Baird	Inverness H	21.42	Lachan Thomas	Ross County AC	22.09	Ruaridh Stirling	Inverness H	23.32
2024-5	Hamish Martindale	Gordonstoun Sch	26.58	Ryan Curran	Nairn Area AAC	31.51	Only 2 Competitors Finished		
2023-4	Bruce Evans	Forres H	24.32	Tom Palmer	Elgin AC	25.32	Thomas Burnett	Inverness H	26.02
2022-3	Lucas Cairns	Inverness H	22.25	Angus Smith	Inverness H	22.37	Bruce Evens	Forres H	22.44
2021-2	Luke Davidson	Inverness H	22.36	Lucas Cairns	Inverness H	22.38	Euan Rollo	Inverness H	23.17
2020-1	No Championship due to Covid-19 pandemic								
2019-20	Luke Davidson	Inverness H	22.44	Stuart Gardiner	Inverness H	22.55	Kyle Munro	Stornoway RAC	25.20
2018-9	Max Abernethy	Fraserburgh RC	25.04	Stuart Gardiner	Inverness H	25.51	Luke Williams	Inverness H	26.01
2017-8	Keir Beaton	East Sutherland AC	32.03	Fraser Roach	East Sutherland AC	32.13	Stuart Gardiner	Inverness H	32.36
2016-7	Ross Gollan	East Sutherland AC	30.05	Finlay Todd	Ross County AC	32.00	Cameron Young	Inverness H	32.11
2015-6	Sean Chalmers	Inverness H	26.29	Connor MacLean	Stornoway RAC	28.45	Cameron Young	Inverness H	29.53
2014-5	Craig Campbell	Inverness H	32.05	Mark Taylor	Caithness AAC	34.34	Finlay MacLennan	Inverness H	35.04
2013-4	Craig MacLean	Lochaber AC	30.32	Joseph Tangney	Lochaber AC	30.33	Finlay MacLennan	Inverness H	30.42
2012-3	Ryan Moodie	Ross County AC	32.43	Duncan Mckeller	Stornoway RAC	33.24	Stuart Michael	Inverness H	33.39
2011-2	Stephen Mackay	Inverness H	39.17	Calum MacLeod	Inverness H	41.18	John Little	Moray RR	42.11
2010-1	Calum MacLeod	Inverness H	40.29	M Liddle	Forres H	42.46	Matthew Grant	Inverness H	43.47
2009-10	Ian Townsend	North Uist AC	38.29						
2008-9									
2007-8	Matthew Sutherland	Caithness AAC	39.19						
2006-7	Andrew Mackenzie	Stornoway RAC	41.17						
2005-6	Andrew Clark	Morray RR	34.48	Kyle Grieg	Forres H	36.17			
2004-5	Andrew Clark	Morray RR	35.47	Kyle Grieg	Forres H		Murdo MacKenzie	Stornoway RAC	
2003-4	Kyle Grieg	Forres H	37.19						
2002-3	Ian O'May	Forres H	38.52	Blair Cartmell	Forres H	39.30	Alexander O'May	Forres H	39.35
2001-2	Fraser Cartmell	Forres H	34.23						
2000-1	Craig Preece	Moray RR	40.04	Grant Jeans	Moray RR	40.15			
1999-2000	Simon McIntyre	Inverness H	34.32	James Stephen	BP Black Isle AAC	37.26	Anthony Golabek	BP Black Isle AAC	38.01
1998-9									
1997-8	Stephen Campbell	BP Black Isle AAC	43.55	L Brown	Forres H	45.09	D Cameron	BP Black Isle AAC	48.22
1996-7	Kevin McAlpine	Nairn AC	46.13	Alexander Scott	Moray RR	46.31	Jonathon Cowie	Moray RR	46.35
1995-6	Malcolm Bain	Stornoway RAC	35.37	Kevin McAlpine	Nairn AC	36.54	Richard Cook	Inverness H	37.34
1994-5	Malcolm Bain	Stornoway RAC	34.48	Ross Milne	Moray RR	35.47	James Mundie	Peterhead AC	36.21
1993-4	John Brooks	Lochaber AC	35.41	Malcolm Bain	Stornoway RAC	38.06	James Mundie	Peterhead AC	39.26
1992-3	Duncan Strachan	Peterhead AC	30.56	Paul McIntosh	Inverness H	31.38	M Bury	Minolta Black Isle AAC	34.08

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1991-2	Brian Fraser	Minolta Black Isle AAC	35.28	N Mendum	Fraserburgh AC	36.05	Stephen Wright	Elgin AC	36.46
1990-1	Grant McDowall	Inverness H	27.15	Nigel Cox	Inverness H	28.42	Kenneth McAllister	Lochaber AC	33.03
1989-90	Grant McDowall	Inverness H	29.38	C Stewart	Inverness H	30.14	Stuart Jarvie	Inverness H	34.45
1988-9	Event not held								
1987-8	Simon Garland	Inverness H							
1986-7	David Rodgers	Lochaber AC							
1985-6	Chris Armstrong	Elgin AAC	26.49	Alan Reid	Coasters				
1984-5	Jamie Bell	Inverness H							
1983-4	K Foulis	Orkney AAA	33.21	Ronald Mathieson			J Tulloch	Orkney AAA	36.05
1982-3	Neil Martin	Forres H							
1981-2	James Watson	Lochaber AC							
1980-1	A Stubbs	Lochaber AC							
1979-80	A Stubbs	Lochaber AC							
1978-9	Donald McMillan	Inverness H							
1977-8	Ross MacDonald	Inverness H	32.58						
1976-7	Ross MacDonald	Inverness H	42.13	A Miller	Gordonstoun Sch	42.14	M Ruch	Gordonstoun Sch	46.27
1975-6	Steven Cassels	Caithness AAC							

North of Scotland AAA

1974-5	Steven Cassels	Caithness AAC	34.04	P Martin	Gordonstoun Sch		D Allan	Victoria Park AAC	
1973-4	Donald McLean	Forres H	28.14	Ian Johnston	R.A.F. Kinloss	28.21	A Scott	Forres H	29.28
1972-3	Donald McLean	Forres H	28.05	C Todd	Gordonstoun Sch	28.34	Jl Johnston	RAF Kinloss	30.19
1971-2	Ronald Campbell	Lochaber AC	26.35	C Todd	Gordonstoun Sch	26.38	K Austin	Elgin AAC	28.14
1970-1	Eugene MacEvoy	Lochaber AC	26.23	Donald McLean	Forres H		Ronald Campbell	Lochaber AC	
1969-70	Eugene MacEvoy	Lochaber AC	27.18	A Dunn	Gordonstoun Sch		Ronald Campbell	Lochaber AC	
1968-9	Donald Fraser	Lochaber AC	27.01	J Waldorf	Caithness AAC		J Rowantree	Gordonstoun Sch	
1967-8	D Dell	Gordonston Sch	30.32	A MacKenzie	Gordonstoun Sch		T Houston	RNAS Lossiemouth	
1966-7	G Blair	Lochaber AC	38.37	M Kadjor	Gordonstoun Sch		N Cummings	Gordonstoun Sch	
1965-6	G Davidson	Forres H	36.32	T McCook	Inverness H		A Lowes	Lochaber AC	
1964-5	Iain Mackenzie	Forres H	36.17	G Davidson	Forres H		A Ayres	RNAS Lossiemouth	
1963-4	Iain Mackenzie	Forres H	36.58	J Hanson	Gordonstoun Sch		G Davidson	Gordonstoun Sch	
1962-3	Iain Mackenzie	Forres H	36.15	D M McDonald	Edinburgh University H&H		Michael Scott	Forres H	
1961-2	Robert Porter	Forres H	36.17	Hamish Dingwall	Forres H		A McLennan	Forres H	
1960-1	Robert Porter	Forres H		M Esson	Elgin Academy		D Davidson	Elgin Academy	
1959-60	H Tawse	Forres H		Robert Porter	Forres H		Fraser MacPherson	Victoria Park AAC	
1958-9	M Esson	Elgin Academy		G Welsh	Gordonston Sch		R McLaren	Elgin Academy	