

North District Cross Country Championships Individual Medallists (Masters Women)

No Trophy

First held on 2/12/1995

Scottish Athletics Federation/Scottish Athletics Limited

2025-6	Helen Leigh	Inverness H	31.54	Muriel Macleod	Stornoway RAC	33.40	Caroline Marwick	Highland HR	35.34
2024-5	Helen Leigh	Inverness H	30.01	Muriel Macleod	Stornoway RAC	32.11	Kirsti Rogan	Highland HR	32.44
2023-4	Katja Blunden	Morray RR	32.02	Lesley Hansen	Inverness H	32.07	Rachel Little	Insch Trail RC	32.38
2022-3	Sarah Attwood	Skye & Lochalsh RC	31.29	Tammy Wilson	JSK Running Club	32.28	Lesley Hansen	Inverness H	32.47
2021-2	Michelle Slater	Moray RR	34.03	Iona Robertson	Highland HR	34.11	Siobhan Evans	Forres H	35.54
2020-1	No Championship due to Covid-19 pandemic								
2019-20	Michelle Slater	Moray RR	34.00	Charlotte Black	Shetland AAC	35.08	Karen Lyons	Highland HR	35.33
2018-9	Catriona Morrison	Highland HR	30.36	Karen Lyons	Highland HR	32.35	Michelle Slater	Moray RR	33.38
2017-8	Karen Lyons	Highland HR	30.24	Hilary Cameron	Forres H	31.41	Kate Whiteside	Ross County AC	32.07
2016-7	Marie Baxter	Gairloch RR	26.47	Julie Wilson	Inverness H	27.18	Siobhan Evans	Forres H	27.30
2015-6	Charlotte Black	Shetland RAC	27.49	Karen Lyons	Highland HR	28.06	Julie Wilson	Inverness H	28.07
2014-5	Karen Lyons	Highland HR	25.59	Hilary Cameron	Forres H	26.46	Lorna Stanger	North Highland H	27.04
2013-4	Sheila Golan	East Sutherland AC	28.32	Moirra Davie	Forres H	30.09	Rachael McCuaig	Nairn RR	31.35
2012-3	Roma Shepherd	Inverness H	30.14	Karen Lyons	Highland HR	30.39	Lorna Stanger	North Highland H	31.43
2011-2	Elspeth Jenkins	Moray RR	30.59	Norma Beaton	Forres H	32.12	Doreen Campbell	Inverness H	32.58
2010-1									
2009-10	Melissa Whyte	Inverness H	25.16	Sheila Gollan	Inverness H	27.50			
2008-9	Melissa Whyte	Inverness H	25.40	Dawn Scott	Lochaber AAC	25.47	Siobhan Evans	Forres H	28.11
2007-8	Dawn Scott	Lochaber AAC	26.40	Karen MacLeod	Inverness H	27.07	Julie Wilson	Inverness H	27.55
2006-7	Dawn Scott	Lochaber AAC	27.06	Karen MacLeod	Inverness H	27.53	Jackie Mair	Inverness H	29.55
2005-6	Doris Leonard	Orkney Isles AC	27.33	Katy Boocock	Inverness H	30.54	Sarah Houston	Orkney Isles AC	31.03
2004-5	Elspeth Laird	Moray RR	29.54	Katy Boocock	Inverness H	30.15	Frances Farquhar	Caithness AAC	30.25
2003-4	Jane Barker	Moray RR	25.10	Mandy MacIver	Lochaber AAC	28.16	Katy Boocock	Inverness H	28.35

Age IAAF Qualifying age 40

Age IAAF Qualifying age 35

Over 50

2024-5	Angela Mudge	Ochil HR	34.53
2023-4	Siobhan Evans	Forres H	34.49
2022-3	Alison MacDonald	Inverness H	38.31
2021-2	Michelle Slater	Morray RR	34.03
2020-1	No Championship due to Covid-19 pandemic		
2019-20	Julie Wilson	Inverness H	36.09
2018-9	Sheila Gallan	East Sutherland AC	30.36
2017-8	Julie Wilson	Inverness H	30.47
2016-7	Ann Smart	Inverness H	26.59
2015-6	Sheila Gallan	East Sutherland AC	26.59
2014-5	Jackie Nicol	Forres H	30.14
2013-4	Jackie Nicol	Forres H	34.54
2012-3	Jackie Nicol	Forres H	36.17
2011-2	Sarah Houston	Morray RR	33.15