

North District Cross Country Championships Individual Medallists (Senior Men)

??? Trophy First Presented

First held in 1952-3

Scottish Athletics Federation/Scottish Athletics Limited

2025-6	Ross Gollan	East Sutherland AC	25.38	Robin Regan	Inverness H	26.10	James Wilson	Moray RR	27.27
2024-5	Ross Gollan	East Sutherland AC	24.49	Ruairidh Gollan	East Sutherland AC	26.32	Ryan Mackay	Lochaber AC	26.52
2023-4	Ross Gollan	East Sutherland AC	25.38	James Wilson	Moray RR	26.08	Gordon Lennox	East Sutherland AC	26.16
2022-3	Max Abernethy	Fraserburgh RC	25.07	Kenneth Wilson	Moray RR	25.37	Eoghann Gollan	East Sutherland AC	26.08
2021-2	Max Abernethy	Fraserburgh RC	25.40	Kenneth Wilson	Moray RR	25.57	Finlay Wild	Lochaber AC	26.08
2020-1	No Championship due to Covid-19 pandemic								
2019-20	John Newsom	Inverness H	26.59	Ross Gollan	Shettleston H	27.18	Craig Campbell	Inverness H	27.21
2018-9	Kenneth Wilson	Moray RR	25.16	Rob Sinclair	Insch TR	26.14	Craig Campbell	Inverness H	26.32
2017-8	John Newsom	Inverness H	34.25	Kenny Wilson	Murray RR	34.48	Donnie Mavdonald	Inverness H	36.59
2016-7	John Newsom	Inverness H	35.33	Kenny Wilson	Murray RR	36.24	Gordon Lennox	Inverness H	36.53
2014-5	Mark Mitchell	Forres H	32.12	John Newsom	Inverness H	32.32	Kyle Grieg	Forres H	32.52
2013-4	Gordon Lennox	Forres H	36.01	Kyle Grieg	Forres H	36.07	Graham Bee	Inverness H	36.08
2012-3	Joe Simmonds	Inverness H	34.45	Kyle Grieg	Forres H	34.45	Gordon Lennox	Forres H	36.55
2011-2	Mark Mitchell	Forres H	34.19	Kyle Grieg	Forres H	35.52	Robbie Paterson	Forres H	37.03
2010-1	Mark Mitchell	Forres H	36.24	Graeme Bartlett	Forres H	37.52	David Rodgers	Lochaber AC	38.24
2009-10	Ben Livesey	Forres H	31.50	Alan Murchison	Inverness H	35.47	Matthew Sutherland	Caithness AAC	36.04
2008-9	Ben Livesey	Forres H	31.46	David Rodgers	Lochaber AC	33.48	Colin Donnelly	Lochaber AC	34.46
2007-8	Simon Pride	Forres H	36.49	Alan Reid	Peterhead AC	37.56	Michael Stewart	Keith & District AC	38.07
2006-7	Ben Livesey	Forres H	36.12	Graeme Bartlett	Forres H	36.44	Michael Stewart	Keith & District AC	37.14
2005-6	Andrew Clark	Murray RR	34.48	Steven Gill	Keith & District AC	34.59	Ross Arbuckle	Keith & District AC	35.02
2004-5	Ben Livesey	Forres H	35.28	Andrew Clark	Murray RR	35.47	Kyle Greig	Murray RR	35.57
2003-4	Ross Arbuckle	Keith & District AC	35.41	Alan Reid	Peterhead AC	36.31	Brian Foreman	Moray RR	36.38
2002-3	Ross Arbuckle	Keith & District AC	32.43	Frank Barton	Keith & District AC	33.37	Brian Foreman	Moray RR	33.37
2001-2	Graham Bartlett	Forres H	32.53	Malcolm Bain	Stornoway RAC	33.53	Fraser Cartmell	Forres H	34.23
2000-1	Alan Reid	Peterhead AC	35.29	Andrew Wright	Inverness H	35.54	Ross Arbuckle	Keith & District AC	36.09
1999-2000	Simon Pride	Keith & District AC	38.31	Alan Reid	Peterhead AC	39.16	Ross Arbuckle	Keith & District AC	39.52
1998-9	Simon Pride	Keith & District AC	32.53	Graham Bartlett	Forres H	33.18	Ross Arbuckle	Keith & District AC	34.02
1997-8	Simon Pride	Keith & District AC	36.53	Ross Arbuckle	Keith & District AC	37.23	Malcolm Bain	Stornoway RAC	37.47
1996-7	Alan Reid	Peterhead AC	41.32	Ross Arbuckle	Keith & District AC	43.49	Malcolm Bain	Stornoway RAC	44.18
1995-6	Graham Bartlett	Forres H	33.57	Graham Herbert	Inverness H	35.00	John Brooks	Lochaber AC	35.07
1994-5	Graham Bartlett	Forres H	42.21	Quentin D'Arcy	Murray RR	42.21	George Sim	Murray RR	42.24
1993-4	Alan Reid	Peterhead AC	40.43	Ross Arbuckle	Keith & District AC	41.10	Alan Murchison	Inverness H	41.22
1992-3	Alan Reid	Peterhead AC	39.55	John Bowman	Inverness H	40.57	Bruce Chinnick	Forres H	41.52

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1991-2	John Bowman	Inverness H	36.20	Alan Reid	Peterhead AC	37.12	E Rogers	Lochaber AC	38.10
1990-1	John Bowman	Inverness H	35.14	Alan Reid	Peterhead AC	36.37	Charles McIntyre	Fraserburgh AC	37.15
1989-90	Alan Reid	Coasters AC	37.09	John Bowman	Inverness H	38.34	Graham Bartlett	Forres H	38.42
1988-9	Ross Arbuckle	Keith & District AC	41.40	Bruce Chinnick	Forres H	42.18	John Bowman	Inverness H	43.07
1987-8	Ross Arbuckle	Keith & District AC	47.14	John Bowman	Inverness H	48.10	William Miller	Caithness AAC	48.52
1986-7	Bruce Chinnick	Forres H	37.30	Christopher Armstrong	Elgin AAC	37.38	John Bowman	Inverness H	38.23
1985-6	Michael Turner	Elgin AAC	39.18	Michael McCulloch	Forres H	39.49	Scott MacMillan	Lochaber AC	
1984-5	Simon Axon	Inverness H	38.55	William Miller	Caithness AAC	39.50	Michael McCulloch	Forres H	
1983-4	William Miller	Caithness AAC	38.22	Michael McCulloch	Forres H	38.19	Don Ritchie	Forres H	
1982-3	Paul Kenny	Inverness H		Neil Martin	Forres H	32.21	Ian Moncur	Forres H	32.26
1981-2	Ian Moncur	Forres H	31.04	David Lang	Elgin AAC	31.05	Don Ritchie	Forres H	31.20
1980-1	David Lang	Elgin AAC	29.12	Iain MacKenzie	Forres H	30.30	Don Ritchie	Forres H	30.36
1979-80	Andrew Smith	Forres H	32.24	Innis Mitchell	Inverness H	32.28	Brian Kirkwood	Lochaber AC	32.54
1978-9	Alan Lamb	R.A.F. Moray	31.37	Donald McMillan	Inverness H	32.58	Eugene McEvoy	Lochaber AC	33.19
1977-8	Iain MacKenzie	Forres H	28.20	Bill Toner	R.A.F. Kinloss	28.43	Bill Turnbull	Inverness H	29.00
1976-7	Brian Finlayson	Lochaber AC	36.55	Iain MacKenzie	Forres H	37.07	Ronald Campbell	Lochaber AC	37.16
1975-6	Iain MacKenzie	Forres H	29.29	Terry McBrien	R.A.F. Kinloss	30.00	Donald McLean	Forres H	30.27

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1974-5	Iain MacKenzie	Forres H	30.41	Brian Finlayson	Lochaber AC	31.02	G Fleming	R.A.F. Kinloss	31.26
1973-4	Alexander Keith	Caithness AC	26.56	Iain MacKenzie	Forres H	27.25	W Nichols	R.A.F. Kinloss	27.34
1972-3	Iain MacKenzie	Forres H	27.03	R Stennet	RAF Kinloss	28.02	Hamish Cameron	Forres H	28.28
1971-2	Iain MacKenzie	Forres H	25.17	Charles Jarvie	Lochaber AC	25.25	Eugene MacEvoy	Lochaber AC	25.36
1970-1	Iain MacKenzie	Forres H	29.48	Charles Jarvie	Lochaber AC		Duncan Davidson	Forres H	
1969-70	Iain MacKenzie	Forres H	26.24	J Will	Caithness AAC		Duncan Davidson	Forres H	
1968-9	Joseph Clare	R.N.A.S. Lossiemouth	24.07	G Hutchison	Caithness AAC		R Meadours	R.N.A.S. Lossiemouth	
1967-8	Terry Baker	R.N.A.S. Lossiemouth	26.27	Joseph Clare	R.N.A.S. Lossiemouth		W MacDonald	Forres H	
1966-7	Duncan Davidson	Forres H	34.57	Michael Scott	Forres H		J McHattie	Ross-shire AC	
1965-6	Iain MacKenzie	Forres H	33.06	Duncan Davidson	Forres H		John McAlpine	Caithness AAC	
1964-5	A Munton	R.N.A.S. Lossiemouth	35.12	R Tundor	R.N.A.S. Lossiemouth		Duncan Davidson	Forres H	
1963-4	R Whitworth	R.N.A.S. Lossiemouth	36.58	W Morehead	R.N.A.S. Lossiemouth		Duncan Davidson	Forres H	
1962-3	Forbes MacKenzie	Forres H	36.15	J Chalmers	R.N.A.S. Lossiemouth		Ian Gordon	Forres H	
1961-2	Forbes MacKenzie	Forres H	36.17	S A C White	RAF		Edward Campbell	Lochaber AC	
1960-1	Callum Laing	Inverness H	34.43	Douglas Gifford	Lochaber AC	35.55	Joseph Clare	R.N.A.S. Lossiemouth	36.00
1959-60	Callum Laing	Inverness H		Forbes Mackenzie	Forres H		Edward Campbell	Lochaber AC	
1958-9	William Lawrence	Forres H	29.00	Forbes Mackenzie	Forres H	29.03	W Mackenzie	Forres H	
1957-8	Edward Campbell	Lochaber AC	25.17	William Lawrence	New Elgin AC	25.49	J Conn	Lochaber AC	26.01
1956-7	Marshall Notman	Inverness H	27.15	? McFayean	R.N.A.S. Lossiemouth				
1955-6	William Shearer	R.N.A.S. Lossiemouth	25.45	C A Chalmers	R.N.A.S. Lossiemouth		P Zapple	R.N.A.S. Lossiemouth	
1954-5	Roy Brodie	Cameron Highlanders	25.30	William Shearer	RAF Kinloss	26.59	W Ogilvie	Cameron Depot	27.15
1953-4	Marshall Notman	Inverness H	30.38	J MacKenzie	Inverness H	31.12	J McLeod	Forres H	31.25
1952-3	Marshall Notman	Inverness H	25.32	Forbes MacKenzie	Forres H	31.25			