North District Cross Country Championships Individual Medallists (U20 Women)

No Trophy

First held in

Scottish Athletics Federation/Scottish Athletics Limited

2025-6	Abbie Stewart	Stornoway RAC	26.55	Louisa Pendergast	Gordonstoun School	29.43	Iona Scott	Inverness H	32.26
2024-5	Layla Todd	Shetland AAC	25.10	Katie Meek	Inverness H	27.03	Charlotte-Rose Burton	Inverness H	27.16
2023-4	Rachel Murray	Stornoway RAC	29.03	Grace Jenkins	Morray RR	31,59	Hannah Stephen	Moray RR	33.44
2022-3	Rachel Murray	Stornoway RAC	32.04	Katie Simon	North Highland R	28.32	Grace Jenkins	Moray RR	31.59
2021-2	Rachel Gillies	Inverness H	32.04	May Macleod	Stornoway RAC	32.57	Olivia Han	Gordonstoun Sch	42.37
2020-1	No Championship due to Covid-19 pandemic								
2019-20	Emily Andrew	Inverness H	27.10	Sophie Graham	Stornoway RAC	32.43	Only 2 Competitors Finished		
2018-9	Grace Whelan	Moray RR	29.47	Sophie Graham	Stornoway RAC	32.25	Mairi Weir	Elgin AAC	39.40
2017-8	Sophia Green	Moray RR	20.15	Constance Nankivell	East Sutherland AC	21.00	Sophie Graham	Stornoway RAC	28.05
2016-7	Anna MacFadyen	Forres H	21.25	Rhiannon Kirk	North Highland H	43.00	Only 2 Competitors Finished		
2015-6	Mary MacIntosh	Nairn AAC	18.52	Only 1 Competitor Finished					
2014-5	Isla Mackay	Lochaber AC	22.39	Arianne Ross	Inverness H	24.06	Eilidh Macrae	East Sutherland AC	26.53
2013-4	Isla Mackay	Lochaber AC	22.54	Sarah Henderson	Caithness AAC	26.06	Hannah Rogan	Forres H	31.23
2012-3	Kirsty Rogan	Forres H	23.23	Only 1 Competitor Finished					
2011-2	Emma Atkinson	Inverness H	29.24	Kirsty Rogan	Forres H	31.51	Ceit Stewart	Stornoway RAC	32.27
2010-1	Kirsty Rogan	Forres H	30.32	Ceit Stewart	Stornoway RAC	31.30	Jenny Dickie	Forres H	33.06
2009-10	Gemma Cormack	Morray RR	27.04	Eleanor Duncan	Forres H	28.44			
2008-9									
2007-8	Jenny Richardson	Sutherland AC	28.24						
2006-7	Morina MacDougall	Inverness H	28.08						
2005-6	Jennifer Houston	Moray RR	31.03						
2004-5	Karen McLeod	Stornoway RAC	29.37						
2003-4									
2002-3									
2001-2									
2000-1									
1999-2000	Claire McLennen	Inverness H	30.29						
1998-9	Alison Campbell	Inverness H	21.53						
1997-8	L MacKinnon	BP Black Isle AAC	22.58						
1996-7	Ruth McCallum	Minolta Black Isle AAC	24.35						
1995-6									
1994-5									
1993-4									
1992-3									