West District Cross Country Championships Individual Medallists (U20 Women)

No Trophy

First held in

Scottish Athletics Federation/Scottish Athletics Limited

2025-6	Charlotte MacPhie	University of Glasgow H&H	21.18	Skye Rae	Strathclyde University H	21.32	Tuscany Wright	University of Glasgow H&H	21.42
2024-5	Saoirse NcNulty	Giffnock North AC	21.18	Emma McLennan	Giffnock North AC	21.32	Ruth Walsh	Giffnock North AC	21.42
2023-4	Emma McLennan	Giffnock North AC	24.29	Rachel Giffen	University of Glasgow H&H	25.05	Esme Dougall	Giffnock North AC	25.21
2022-3	Hannah Ryding	Giffnock North AC	22.08	Meredith Reid	Inverclyde AC	22.54	Elizabeth Dalglish	University of Glasgow H&H	24.17
2021-2	Meredith Reid	Inverclyde AC	27:30	Louise Hastie	Kilbarchan AAC	28:00	Jessica Robson	Law & District AAC	29:13
2020-1	No Championship due to Covid-19 pandemic								
2017-8	Holly Little	VP-City of Glasgow AC	20.20	Elizabeth Greenwood	University of Glasgow H&H	20.23	Holly Thompson	Kilbarchan AAC	20.46
2016-7	Laura Stark	Kilbarchan AAC	19.36	Anne Tait	VP-City of Glasgow AC	19.40	Sarah Dempsey	Kilbarchan AAC	19.49
2015-6	Gillian Black	VP-City of Glasgow AC	19.46	Sarah Dempsey	Kilbarchan AAC	19.51	Eve MacKinnon	Ronhill Cambuslang H	20.29
2014-5	Catriona Graves	Garscube Harriers	19.46	Eve MacKinnon	Ronhill Cambuslang H	19.51	Stella Winters	Shettleston H	20.29
2013-4	Kathryn Pennel	Glasgow University H&H	17.45	Danielle Beattie	Garscube H	18.12	Katy Brown	Stewarty AC	18.28
2012-3	Kathryn Pennel	Glasgow University H&H	21.01	Alexandra Lamond	Ronhill Cambuslang H	21.52	Stephanie Lawrie	Nithsdale AC	22.17
2011-2	Sarah Potter	VP-City of Glasgow AC	23.53	Emma Rice	Inverclyde AC	25.31	Louise Hill-Stirling	Ayr Seaforth AAC	25.42
2010-1	Natalie Sharp	Kilbarchan AAC	23.50	Beth Duff	East Kilbride AAC	24.31	Holly Young	VP-City of Glasgow AC	25.36
2009-10	Danielle Brown	Springburn H	24.22	Rebecca Finch	VP-City of Glasgow AC	25.07	Beth Duff	East Kilbride AAC	25.09
2008-9	Nicola Hood	VP-City of Glasgow AC	22.44	Danielle Brown	Springburn H	22.59	Josephine Moultrie	VP-City of Glasgow AC	23.31
2007-8	Nicola Hood	VP-City of Glasgow AC	23.59	Danielle Brown	Springburn H	24.30	Elspeth Curran	Kilbarchan AAC	24.47
2006-7	Elspeth Curran	Kilbarchan AAC	27.15	Cara Sloss	Kilbarchan AAC	27.32	Emma Mackie	JW Kilmarnock H	29.12
2005-6	Jennifer Emsley	Arran AC	24.25	Fiona Gentles	Kirkintilloch O	25.42	Kirsty Hamilton	Strathclyde University AC	26.24
2004-5	Emma Mackie	JW Kilmarnock H	26.52	Fiona Gentles	Kirkintilloch O	27.16	Lisa Houston	Giffnock North AAC	28.17
2003-4	Marie Therese Gardiner	West Dumbartonshire AC	32.42	Jane Dobson	Giffnock North AAC	33.30	Fiona Gentles	Kirkintilloch O	34.29
2002-3	Denise Smith	Kilbarchan AAC	22.28	Kirsty Young	City of Glasgow	24.48	Claire Brodie	Giffnock North AAC	27.07
2001-2	Denise Smith	Kilbarchan AAC	23.32	Sara Stevenson	Giffnock North AAC	23.44	Heather Gordon	Kilbarchan AAC	24.49
2000-1	No Athletes Finished								
1999-2000	Susanne Owen	City of Glasgow	25.31	Roslyn Clark	Victoria Park AAC	30.04	Only 2 Athletes Finished		
1998-9	Joanna Ross	Victoria Park AAC	29.23	Lindsay MacNeil	Shettleston H Ladies	30.34	Lorraine Campbell	City of Glasgow	30.54
1997-8									
1996-7	Catriona Morrison	University of Glasgow H&H	26.16	Pamela Crawley	City of Glasgow	27.27	Jill Cox	City of Glasgow	29.28
1995-6	Sheila Fairweather	University of Glasgow H&H	23.09						
1994-5	Emma Gorman	City of Glasgow	28.19	Gail Walker	City of Glasgow	30.10	Lesley Chisholm	Strathkelvin LAC	30.27
1993-4	Helen Stevenson	Giffnock North AAC	28.16						
1992-3									