

West District Cross Country Championships Individual Medallists (Senior Women)

No Trophy

First held in 1971-2

Scottish Athletics Federation/Scottish Athletics Limited

2025-6	Naomy Lang	Glasgow University H&H	25.17	Clare Stewart	Shettleston H	25.23	Brogan Wallace	Shettleston H	25.26
2024-5	Lynn McKenna	Shettleston H	24.21	Rosa Donaldson	Bellahouston H	24.57	Eve MacKinnon	Cambuslang H	25.08
2023-4	Eve MacKinnon	Cambuslang H	26.48	Nynke Mullholland-Stummer	Inverclyde AC	27.59	Catriona MacDonald	Bellahouston RR	28.04
2022-3	Catriona MacDonald	Bellahouston RR	31.58	Nynke Mullholland	Inverclyde AC	32.11	Claire Stewart	Glasgow University H&H	32.23
2021-2	Fionnuala Ross	Shettleston H	29:48	Catriona MacDonald	Bellahouston RR	30:04	Gillian Black	VP-City of Glasgow AC	30:59
2020-1	No Championship due to Covid-19 pandemic								
2017-8	Michelle Sandison	Springburn H	24.47	Elspeth Curran	Kilbarchan AAC	24.59	Nicola Hood	VP-City of Glasgow AC	25.01
2016-7	Nicola Hood	VP-City of Glasgow AC	25.44	Katie White	Garscube H	26.26	Michelle Sandison	Springburn H	26.34
2015-6	Michelle Sandison	Springburn H	25.37	Leslie Chisholm	Garscube H	27.50	Suzanne Gilmour	VP-City of Glasgow AC	28.15
2014-5	Michelle Sandison	Springburn H	25.37	Melissa Wylie	Dumbarton AAC	26.00	Carole Setchell	Shettleston H	26.16
2013-4	Elspeth Curran	Kilbarchan AAC	21.12	Sarah Benson	Ronhill Cambuslang H	21.30	Leslie Chisholm	Garscube H	21.56
2012-3	Elspeth Curran	Kilbarchan AAC	22.02	Leslie Chisholm	Garscube H	22.52	Christina Rankin	Kilbarchan AAC	23.24
2011-2	Lindsay MacNeill	Shettleston H	23.48	Christina Rankin	Kilbarchan AAC	23.53	Sarah Potter	VP-City of Glasgow AC	23.53
2010-1	Elspeth Curran	Kilbarchan AAC	22.57	Natalie Sharp	Kilbarchan AAC	23.50	Christina Rankin	Kilbarchan AAC	23.58
2009-10	Danielle Brown	Springburn H	24.22	Nicola Hood	VP-City of Glasgow AC	24.23	Fiona Gentles	Springburn H	24.48
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	Lindsay MacNeill	VP-City of Glasgow AC	24.07	Jill Knowles	VP-City of Glasgow AC	24.22
2006-7	Alison Simpson	JW Kilmaronock H	25.09	Sara Stevenson	Giffnock North AAC	25.29	Michelle Sandison	Springburn H	26.42
2005-6	Suzanne Benyon-Owen	City of Glasgow	23.25	Iona Robertson	Bellahouston RR	23.30	Leslie Chisholm	Springburn H	23.35
2004-5	Susan Partridge	City of Glasgow	23.40	Lindsay MacNeill	City of Glasgow	24.36	Claire McCracken	City of Glasgow	24.47
2003-4	Alison Higgins	JW Kilmaronock H	28.04	Lindsay MacNeill	Shettleston H Ladies	28.21	Jill Knowles	City of Glasgow	28.33
2002-3	Lindsay MacNeill	JW Kilmaronock H	22.18	Lindsay MacNeill	Shettleston H Ladies	22.26	Denise Smith	Kilbarchan AAC	22.28
2001-2	Susan Partridge	Glasgow University H&H	22.22	Eileen Cochrane	City of Glasgow	23.13	Susanne Owen	City of Glasgow	23.18
2000-1	Lindsay MacNeill	Shettleston H Ladies	25.53	Jan Roxburgh	Irvine AC	26.34	Eileen Cochrane	City of Glasgow	26.41
1999-2000	Susanne Owen	City of Glasgow	25.31	Tracey Brinley	City of Glasgow	25.40	Jan Roxburgh	Irvine AC	25.25
1998-9	Carol-Anne Thomson	City of Glasgow	26.45	Anne MacPhail	City of Glasgow	27.03	Lindsay McMahon	JW Kilmaronock H	27.27
1997-8	Sheila Fairweather	Glasgow University H&H	25.25	Catriona Morrison	Glasgow University H&H	26.01	Carol-Anne Thomson	City of Glasgow	26.11
1996-7	Lindsay Cairns	JW Kilmaronock H	25.11	Hsu Min-Chung	Shettleston H Ladies	25.32	Marlene Gemmell	Strathkelvin LAC	25.46
1995-6	Sheila Fairweather	Glasgow University H&H	23.09	Sandra Branney	City of Glasgow	23.25	Elaine McBrinn	Shettleston H Ladies	23.46
1994-5	Helena Diamantides	Westerlands CCC	27.40	Elaine McBrinn	Shettleston H Ladies	28.06	Lindsay Cairns	JW Kilmaronock H	20.13
1993-4	Audrey Sim	City of Glasgow	24.35	Marlene Gemmell	Strathkelvin LAC	25.08	Elaine Cochrane	City of Glasgow	25.12
1992-3	Joanna Cliffe	Glasgow University H&H	27.14	Janette McColl	Victoria Park AAC	27.32	Susanne Kennedy	Victoria Park AAC	27.57

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1991-2	Eileen Cochrane	City of Glasgow	27.29	Elaine Mackay	Shettleston H	28.15	Susanne Kennedy	Victoria Park AAC	28.23
1990-1	Vicky McPherson	Glasgow University H&H	16.16	Janet Swanson	City of Glasgow	16.49	Elaine Cochrane	City of Glasgow	17.00
1989-90	Carol-Anne Bartley	Glasgow AC	20.43	Elaine Cochrane	Glasgow AC	20.54	Janette McColl	Glasgow AC	21.05
1988-9	Janette McColl	Glasgow AC		Carol-Anne Bartley	Glasgow AC		Eileen Masson	Kilbarchan AAC	
1987-8	Audrey Sim	Glasgow AC	17.23	Janette McColl	Glasgow AC	17.49	Valerie Clinton	Irvine AC	17.55
1986-7	Sandra Branney	McLaren Glasgow AC	25.03	Sharon Sinclair	Irvine AC	25.19	Anne Ridley	McLaren Glasgow AC	25.27
1985-6	Janet Swanson	Monkland Shettleston	21.20	Sandra Branney	Victoria Park AAC	21.24	Fay Campbell	Nith Valley AAC	21.45
1984-5	Susan Crawford	Glasgow AC	23.08	Elizabeth Steele	Glasgow AC	23.14	Janette McColl	Glasgow AC	23.17
1983-4	Fiona McQueen	Glasgow AC	19.59	Elizabeth Steele	Glasgow AC	21.28	Janette McColl	Glasgow AC	21.33
1982-3	Anne Ridley	Ayrshire	24.03	Lynn McDougall	Glasgow AC	24.30			
1981-2	Janet McColl	Glasgow AC	21.35	Claire Nelville	Glasgow AC	21.44	Elizabeth Steele	Glasgow AC	21.47
1980-1	Hazel McNee	Ayr Seaforth AAC	19.31	Carol Lightfoot	Shettleston Ladies H	20.20	Diane Thomson	Law & District AAC	20.23
1979-80	Elsbeth Trotter	Glasgow AC	12.16	Janet Higgins	Glasgow AC	12.3	Elaine McMeekin	Glasgow AC	12.3
1978-9	Judith Shepherd	Glasgow AC	23.20	Elsbeth Trotter	Glasgow AC	23.47	Carol Lightfoot	Shettleston H Ladies	24.44
1977-8									
1976-7	Joyce Duncan	Greenock Rankin Park	20.36	Janet Higgins	Glasgow AC	20.57	Pearl Meldrum	Glasgow AC	21.18
1975-6	Moirra O'Bolye	Victoria Park AAC	24.04	Janet Higgins	Glasgow AC	25.59	Margaret Sorbie	Glasgow AC	27.03
1974-5	Moirra O'Bolye	Victoria Park AAC	29.35	Christine McMeekin	Maryhill LAC		Alison Brown	Greenoch Rankin Park	
1973-4	Moirra O'Bolye	Victoria Park AAC							
1972-3	Elizabeth McCulloch	Bellahouston H	19.39	Eileen Brown	Victoria Park AAC	19.41	Pat Spence	Greenock Rankin Park	20.27
1971-2	Pat Spence	Greenock Rankin Park	21.30	Sandra Dunn	Larkhall YMCA	21.31	Elizabeth McCulloch	Bellahouston H	21.43