

East District Cross Country Championships Individual Medallists (Senior Men)

R K Farmer Trophy First Presented

First held in 1898-9

Scottish Athletics Federation/Scottish Athletics Limited

2019-20	Jamie Crowe	Central AC	27.10	Ben Greenwood	Perth Strathtay H	27.42	Cameron Strachan	Metro Aberdeen RC	27.51
2018-9	Jamie Crowe	Central AC	27.19	Michael Christoforou	Edinburgh AC	27.22	Calum McKenzie	Corstorphine AAC	27.23
2017-8	Jamie Crowe	Central AC	29.58	Kirstian Jones	Dundee Hawkhill H	29.59	Michael Ferguson	Aberdeen AAC	30.18
2016-7	Kirstian Jones	Dundee Hawkhill H	29.21	Michael Christoforou	Edinburgh AC	29.42	Jamie Crowe	Central AC	29.52
2015-6	Andrew Butchart	Central AC	30.37	Alexander Hendry	Central AC	31.19	Max McNeill	Lothian RC	31.20
2014-5	Murray Strain	Hunters Bog T	31.41	Alexander Hendry	Central AC	32.01	Dougie Selman	Corstorphine AAC	32.21
2013-4	Robert Russell	Central AC	30.46	Robbie Simpson	Deeside R	31.04	Dougie Selman	Corstorphine AAC	31.13
2012-3	Murray Strain	Hunters Bog T	33.27	Robbie Simpson	Deeside R	33.37	Robert Russell	Central AC	33.47
2011-2	Murray Strain	Hunters Bog T	31.21	Alexander Hendry	Central AC	31.31	Ben Hukins	Aberdeen AAC	32.01
2010-1	Alastair Hay	Central AC	33.05	John Newsom	Central AC	33.21	Andrew Crichton	Edinburgh AC	33.32
2009-10	Alastair Hay	Central AC	31.54	Chris Smith	Aberdeen AAC	32.39	Murray Strain	Hunters Bog T	32.47
2008-9	Robert Russell	Central AC	34.08	Daniel Mulhare	Lasswade AAC	34.47	Scott Fraser	Edinburgh University H&H	34.47
2007-8	Alastair Hay	Central AC	31.17	Scott Fraser	Edinburgh University H&H	31.35	Daniel Mulhare	Lasswade AAC	32.05
2006-7	Andrew Lemoncello	Fife AC	36.39	John Newsom	Pitreavie AAC	36.52	Robert Russell	Central AC	37.00
2005-6	Robert Russell	Central AC	31.52	Alastair Hay	Central AC	32.36	Derek Gauson	City of Edinburgh	33.07
2004-5	Robert Russell	Central AC	26.33	John Newsom	Pitreavie AAC	26.46	Donald Naylor	Hunters Bog T	26.54
2003-4	Andrew Lemoncello	Fife AC	31.34	Phil Mowbray	Hunters Bog T	32.08	Iain Donnan	Aberdeen AAC	32.11
2002-3	Steve Cairns	Hunters Bog T	29.45	Matthew Bell	City of Edinburgh	30.28	Al Hart	Hunters Bog T	30.32
2001-2	Phil Mowbray	Hunters Bog T	30.53	Gary Crossan	Dundee Hawkhill H	31.08	Colin Meek	Lothian RC	31.27
2000-1	David Cavers	Teviotdale H	30.47	Al Hart	Hunters Bog T	31.07	Donald Naylor	Hunters Bog T	31.12
1999-2000	David Cavers	Teviotdale H	33.37	Alan Milligan	Fife AC	33.56	Al Hart	Hunters Bog T	34.26
1998-9	David Cavers	Teviotdale H	29.56	Geoff Pyrah	City of Edinburgh	30.24	Colin Meek	Livingston & District AAC	30.58
1997-8	Phil Mowbray	Hunters Bog T	32.38	David Ross	Mizuno RC	33.07	Alexander Moss	Fife AC	33.18
1996-7	Glen Stewart	Mizuno RC	30.37	David Ross	Mizuno RC	30.56	John Robson	Mizuno RC	31.01
1995-6	Glen Stewart	Leslie Deans RC	31.50	David Cavers	Teviotdale H	31.55	David Ross	Leslie Deans RC	32.26
1994-5	David Cavers	Teviotdale H	30.36	Ken Chapman	Leslie Deans RC	30.44	John Robson	Leslie Deans RC	30.46
1993-4	David Cavers	Teviotdale H	35.09	Terry Mitchell	Fife AC	35.36	Peter Dymock	Livingston & District AAC	36.17
1992-3	John Sherban	Falkirk Victoria H	37.32	Peter Dymock	Livingston & District AAC	37.33	Terry Mitchell	Fife AC	37.35

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1991-2	David Cavers	Teviotdale H	38.44	Terry Mitchell	Fife AC	38.56	John Ross	Haddington ELP	39.20
1990-1	John Sherban	Falkirk Victoria H	35.30	Tom Hanlon	Edinburgh Southern H	35.51	David Cavers	Teviotdale H	36.28
1989-90	Steven Hale	Perth Strathtay H	39.11	Charles Haskett	Dundee Hawkhill H	39.28	Keith Lyall	Edinburgh Southern H	39.53
1988-9	Steven Hale	Perth Strathtay H	38.29	John Robson	Edinburgh Southern H	38.31	Peter Fox	Dundee Hawkhill H	38.50
1987-8	Peter McColgan	Dundee Hawkhill H	43.20	Terry Mitchell	Fife AC	43.22	Gary Grindley	Edinburgh Southern H	43.43
1986-7	Terry Mitchell	Fife AC	37.19	Paul Dugdale	Dundee U	37.41	Craig Ross	Dundee Hawkhill H	37.50
1985-6	John Robson	Edinburgh Southern H	27.52	John Pentacost	Falkirk Victoria H	28.13	Simon Axon	Aberdeen AAC	28.20
1984-5	Colin Hume	Edinburgh Southern H	41.33	Fraser Clyne	Aberdeen AAC	41.57	Gordon Mitchell	Falkirk Victoria H	42.18
1983-4	Terry Mitchell	Fife AC	45.31	Peter Fox	Dundee University	45.44	Fraser Clyne	Aberdeen AAC	45.51
1982-3	Callum Henderson	Tayside AC	26.31	Terry Mitchell	Fife AC	26.38	Graham Laing	Aberdeen AAC	26.44

1981-2	Graham Laing	Aberdeen AAC	29.03	Fraser Clyne	Aberdeen AAC	29.03	Callum Henderson	Tayside AC	29.08
1980-1	Fraser Clyne	Aberdeen AAC	32.16	Colin Youngson	Edinburgh Southern H	32.17	Euan Cameron	Edinburgh Southern H	32.24
1979-80	John Robson	Edinburgh Southern H	28.14	Ian Elliot	Edinburgh Southern H	28.23	Graham Laing	Aberdeen AAC	28.25
1978-9	Ian Elliot	Edinburgh Southern H	31.52	Graham Laing	Aberdeen AAC	32.09	Ian Orton	Edinburgh Southern H	32.21
1977-8	Andrew McKean	Edinburgh AC	29.09	John McGarva	Falkirk Victoria H	29.31	Ian Brown	Falkirk Victoria H	29.36
1976-7	Andrew McKean	Edinburgh AC	33.29	David Logue	Edinburgh Southern H	33.40	Jim Dingwall	Falkirk Victoria H	33.45
1975-6	Adrain Weatherhead	Edinburgh AC	29.53	Paul Kenny	Dundee University AC	30.06	Don Macgregor	Fife AC	30.17
1974-5	Alastair Hutton	Edinburgh Southern H	29.55	Paul Kenny	Dundee University AC	30.11	Jim Dingwall	Falkirk Victoria H	30.37
1973-4	Andrew McKean	Edinburgh AC	32.59	Alastair Blamire	Edinburgh Southern H	33.31	Douglas Gunstone	Edinburgh AC	33.51
1972-3	Andrew McKean	Edinburgh University H&H	25.54	Ian Elliot	Edinburgh Southern H	26.18	Douglas Gunstone	Edinburgh AC	26.28
1971-2	Sam Downie	Falkirk Victoria H	32.19	Jim Wight	Edinburgh AC	32.42	William Day	Falkirk Victoria H	33.25
1970-1	Adrain Weatherhead	Octavians AC	30.46	A Fergus Murray	Edinburgh Southern H	30.55	Garath Bryan-Jones	Edinburgh Southern H	31.01
1969-70	Alastair Blamire	Edinburgh University H&H	33.08	A Fergus Murray	Edinburgh Southern H	33.20	Jim Wight	Edinburgh AC	33.31
1968-9	Adrain Weatherhead	Heriot Watt University	33.58	Don Macgregor	Edinburgh Southern H	34.01	A Fergus Murray	Edinburgh Southern H	34.15
1967-8	Garath Bryan-Jones	Edinburgh University H&H	31.07	William Ewing	Aberdeen AAC	31.17	Alastair Blamire	Edinburgh University H&H	31.20
1966-7	Mel Edwards	Aberdeen AAC	28.06	William Ewing	Aberdeen AAC	28.22	David Logue	Edinburgh University H&H	28.46
1965-6	William Ewing	Aberdeen University H&H	26.18	Chris Elson	Edinburgh University H&H	26.20	John Linaker	Pitreavie AAC	26.41
1964-5	A Fergus Murray	Edinburgh University H&H	29.12	Roger Young	Edinburgh University H&H	29.27	Craig Douglas	Teviotdale H	29.41

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1963-4	A Fergus Murray	Edinburgh University H&H	33.18	Ronald Coleman	Dundee Hawkhill H	33.54	Mel Edwards	Aberdeen University	34.11
1962-3	Craig Douglas	Teviotdale H	29.48	Chris Elson	Edinburgh University H&H	30.20	Gordon Brown	Edinburgh Southern H	30.48
1961-2	Alastair Wood	Aberdeen AAC	32.13	Steven Taylor	Aberdeen AAC	32.35	Keith Harley	Teviotdale H	32.46
1960-1	Adrain S Jackson	Braidburn AC	31.18	Steven Taylor	Aberdeen AAC	31.40	Alastair Ross	Edinburgh Southern H	31.56
1959-60	John Linaker	Pitreavie AAC	30.31	Alastair Ross	Edinburgh Southern H	30.57	Norman Ross	Edinburgh Southern H	31.06
1958-9	Adrain S Jackson	Edinburgh University H&H	32.58	John Linaker	Pitreavie AAC	33.01	Norman Ross	Edinburgh Southern H	33.32
1957-8	Adrain S Jackson	Edinburgh University H&H	32.10	Charles Fraser	Edinburgh Eastern H	32.36	Sandy Robertson	Edinburgh Southern H	32.37
1956-7	Adrain S Jackson	Edinburgh University H&H	37.24	James Devlin	Edinburgh Eastern H	37.39	William Lindsay	Edinburgh Southern H	38.37
1955-6	Adrain Horne	Edinburgh University H&H	32.55	W Findlay	Edinburgh Southern H	33.09	Jim Paterson	Edinburgh University H&H	33.40
1954-5	James Wilkinson	Edinburgh Northern H	33.04	William Lindsay	Gala H	33.17	David Clelland	Falkirk Victoria H	33.28
1953-4	William (Sandy) Robertson	Edinburgh Southern H	37.08	Adrain S Jackson	Edinburgh University H&H	37.11	Jim Paterson	Edinburgh Southern H	38.16
1952-3	Alexander Black	Dundee Hawkhill H	32.25	Jim Wilkinson	Edinburgh Northern H	33.04	George Mitchell	Edinburgh Southern H	33.13
1951-2	George Reid	Edinburgh Southern H	47.39	R Irvine	Dundee Thistle H	47.42	Jim Brydie	Edinburgh University H&H	47.58
1950-1	William Hunter	HMS Condor	43.16	Charles Robertson	Dundee Thistle H	43.22	Alexander Black	Dundee Hawkhill H	43.25
1949-50	Charles Robertson	Dundee Thistle H	42.17	Ron Wilby	Edinburgh University H&H	42.20	Tom Baird	Edinburgh University H&H	42.58

Between and including seasons 1899-1900 and 1948-9 the District was contested by Junior athletes defined by not having won honours in the District individual or team

1948-9	J Sanderson	Gala H	39.32	Ron Wilby	Edinburgh University H&H	40.03	Ron Rowles	Edinburgh University H&H	40.03
1947-8	Tom Baird	Edinburgh University H&H	41.10	N L Brown	Edinburgh Southern H	41.15	J Sanderson	Gala H	41.17
1946-7	Charles Robertson	Dundee Thistle H	43.32	D Taylor	Dundee Hawkhill H	44.05	R Strachan	Edinburgh Rover Scouts	44.25
1938-9	G Morris Carstairs	Edinburgh University H&H	41.37	J S D Nisbet	Gala H	42.07	G Rennie	Dundee Hawkhill H	42.09
1937-8	A Archer	Edinburgh Southern H	40.30	J W Martin	Edinburgh University H&H	40.37	C J Dye	Edinburgh H	40.44
1936-7	G A Smith	Edinburgh University H&H	40.52	W Blair	Edinburgh Rover Scouts	40.59	J S D Nisbet	Gala H	41.07
1935-6	A W Carfrae	Edinburgh H	42.45	G M Carstairs	Edinburgh University H&H	43.21	G A Smith	Edinburgh University H&H	43.34
1934-5	Charles Smith	Dundee Hawkhill H	43.22	A W Carfrae	Edinburgh H	44.00	D H Ferguson	Edinburgh Northern H	44.20
1933-4	Alexander Dow	Kirkcaldy YMCA H	43.24	D Dewar	Kirkcaldy Eastbank	44.21	A W Carfrae	Edinburgh H	44.39
1932-3	Alexander Hay	Dundee Thistle H	41.59	W H Whalley	Edinburgh University H&H	42.26	W Hinds	Edinburgh Southern H	42.34

1931-2	J K Hewitt	Edinburgh University H&H	40.07	W H Whalley	Edinburgh University H&H	40.45	G Miller	Roslin H	40.48
1930-1	J Mercer	Penicuik H	32.10	Jim Brannan	Dundee Hawkhill H	32.20	J A Brown	Gala H	32.47
1929-30	W Sanderson	Gala H	40.41	Pte Harkins	Queens Own Cameron H	40.56	G Simpkin	Dundee Hawkhill H	41.26
1928-9	James Petrie	Dundee Thistle H	45.20	G Lothian	Edinburgh Northern H	45.39	A Rinter	Edinburgh H	45.52
1927-8	J F Wood	Heriots CCC	45.11	D Ross	Kirkcaldy YMCA	45.52	W Gibson	Canon ASC	
1926-7	J Suttie Smith	Dundee Thistle H	37.01	M Stewart	Edinburgh H	37.02	J F Wood	Heriot's AC	
1925-6	G A Farquharson	Dundee Thistle H	52.31	J S Smith	Dundee Thistle H	52.35	P H Boxwell	Edinburgh University H&H	53.11
1924-5	Thomas Whitton	Dundee Thistle H		R Biggar	Kirkcaldy H		A Patterson	Edinburgh Southern H	
1923-4	A P Hamilton	Heriots CCC	42.49	Thomas Whitton	Dundee Thistle H	43.00	J L Mackie	Edinburgh Northern H	
1922-3	W G S Moor	Edinburgh University H&H	43.25	Thomas Whitton	Dundee Thistle H	43.51	P Hamilton	Heriot's CCC	44.03
1921-2	F Dobbie	Grange H	43.29	J Danks	Falkirk Victoria H		J L Mackie	Edinburgh Northern H	
1920-11	J W Currie	Gala H		A McPhail	Teviotdale H		L B Weatherhead	Edinburgh University H&H	
1919-20	G Lumsden	Gala H	41.02	G Malcolm	Edinburgh Southern H	41.03	F Dobbie	Grange H	
1913-4	A Ledingham	Waverley H	40.52	W Marshall	Falkirk Victoria H	41.14	W Ross	Edinburgh Northern H	41.23
1912-3	James Grierson	Teviotdale H	48.39	T Hamilton	Teviotdale H		C P Abbott	Gala H	
1911-2	W Menzies	Edinburgh Northern H	52.38	T Hamilton	Teviotdale H		W Maxwell	Grange H	
1910-1	J G Aitchison	Gala H	43.41	R Grierson	Edinburgh Northern H	43.57	G Brodie	Edinburgh H	44.20
1909-10	W Grant	Waverley H	43.41	W G Dawson	Edinburgh H	44.16	J G Aitchison	Gala H	44.47
1908-9	J Torrie	Gala H	46.12	W S Grant	Waverley H	46.15	G H Ramsey	Edinburgh Southern H	46.31
1907-8	J S Matthew	Dundee Thistle H	51.00	John B McLagan	Edinburgh Northern H	51.05	George Inglis	Edinburgh Northern H	51.13
1906-7	Adam J Grieve	Teviotdale H	45.18	Tom Jack	Edinburgh Southern H	45.23	J S Matthew	Dundee Thistle H	45.32
1905-6	Peter J Melville	Watsonians CCC		Tom Jack	Edinburgh Southern H		John B McLagan	Edinburgh Northern H	
1904-5	A M Matthew	Edinburgh University H&H	46.48	Thomas Robertson	Edinburgh H		John B McLagan	Edinburgh Northern H	
1903-4	I Jamieson	Watsonians CCC		J Arnott	Falkirk Victoria H		John B McLagan	Edinburgh University H&H	

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1902-3	F McMurtie	Stirlingshire Central H	38.35	A R Kidd	Edinburgh Southern H		John Pratt	Waverley H	
1901-2	A Kinnard	Edinburgh H	36.10	Carrick	Edinburgh H		Watson	Edinburgh Southern H	
1900-1	A Suttie	Dundee Thistle H		C T Thomson	Waverley H		H M Stoddart	Dysart H	
1899-1900	John Rankine	Watsonians CCC	35.55	W F Rankine	Watsonians CCC	35.56	J Graham	Stirlingshire Central H	35.58
1898-9	John Harcus	Kirkcaldy H		G Morrison	Edinburgh H		W Boggie	Kirkcaldy H	