

**East District Cross Country Championships Individual Medallists (U20 Women)**

No Trophy

First held in

Scottish Athletics Federation/Scottish Athletics Limited

2019-20	Zoe Pflug	Edinburgh University H & H	24.13	Constance Nankivell	Edinburgh University H & H	24.49	Lauren McCulloch	Central AC	25.05
2018-9	Holly Page	Edinburgh University H & H	23.45	Zoe Bates	Edinburgh AC	24.44	Jessica MacLeod	Corstorphine AAC	24.45
2017-8	Katie Gallagher	Central AC	17.46	Clare Stewart	Banchory Stonehaven AAC	18.07	Naomi Lang	Aberdeen AAC	18.22
2016-7	Sarah Laverty	Edinburgh AC	17.47	Jennifer Ricketts	Edinburgh University H & H	18.14	Zoe Bates	Edinburgh AC	18.19
2015-6	Stephanie Pennycook	Fife AC	17.44	Annabel Simpson	Fife AC	17.48	Emily Kearney	Edinburgh University H & H	18.10
2014-5	Stephanie Pennycook	Edinburgh University H & H	19.02	Rachael Dunn	Edinburgh AC	19.14	Mhairi MacLennan	Edinburgh University H & H	19.41
2013-4	Madeleine Murray	Edinburgh AC	18.27	Rachael Dunn	Edinburgh AC	19.24	Mhairi MacLennan	Edinburgh University H & H	19.48
2012-3	Rachael Dunn	Edinburgh AC	21.10	Halina Rees	Fife AC	21.16	Scout Adkin	Moorfoot R	21.24
2011-2	Louisa Stewart	Edinburgh AC	24.32	Rhona Auchland	Edinburgh University H & H	25.00	Gemma Cormack	Aberdeen AAC	26.05
2010-1	Catriona Buchanan	Central AC	25.50	Sarah Inglis	Lothian RC	26.03	Laura Muir	Dundee Hawkhill H	27.09
2009-10	Emily Stewart	Edinburgh AC	24.25	Catriona Buchanan	Central AC	24.50	Laura Park	Dundee Hawkhill H	26.09
2008-9	Sarah Inglis	Lothian RC	28.21	Siobhan Prise	Aberdeen AAC	30.57	Megan Crawford	St Andrews University CCC	32.03
2007-8	Hester Dix	Fife AC	24.59	Siobhan Prise	Aberdeen AAC	26.52	Laura Brown	Dundee Hawkhill H	27.15
2006-7	Rowena Bell-Scott	Edinburgh University H & H	29.55	Hannah Edwards	Edinburgh University H & H	30.13	Elizabeth Webb	St Andrews University CCC	30.19
2005-6	Charlotte Forbes	Aberdeen AAC	26.38	Fiona Thompson	Central AC	27.23	Emma Cloggie	Banchory Stonehaven AAC	28.02
2004-5	Morag MacLarty	Central AC	19.28	Sarah Blake	Penicuik H	20.30	Heather Brooks	Dundee Hawkhill H	21.21
2003-4	Fiona Thompson	Central AC	25.42	Alison MacDonald	Edinburgh AC	25.52	Julie Oldham	Pitreavie AAC	32.21
2002-3	Sarah Blake	Penicuik H	25.18	Briony Curtis	Aberdeen AAC	25.50	Eilidh Wardlaw	Edinburgh University H & H	26.27
2001-2	Emma Waterhouse	Central AC	23.39	Eilidh Wardlaw	Edinburgh University H & H	27.38	Only 2 Athletes Finished		
2000-1	Jane McCronie	Central AC	24.43	Hannah Norman	Edinburgh University H & H	26.17	Claire Waterhouse	Central AC	26.26
1999-2000	Jane McCronie	Central AC	27.41	Gillian Palmer	Edinburgh University H & H	29.17	Claire Waterhouse	Central AC	30.11
1998-9	Hannah Norman	BT Pitreavie AAC	22.54	Ruth Chamberlain	Edinburgh University H & H	23.19	Kerry Scott	Edinburgh University H & H	23.37
1997-8	Laura Grossman	Edinburgh Woolen M	27.44	Karen Montador	Edinburgh Woolen M	28.28	Katherine Simpson	Edinburgh University H & H	29.26
1996-7	Zoe Baxter	St Andrews University CCC	24.58	Rebecca Raum	St Andrews University CCC	26.19	Kirsty Inman	St Andrews University CCC	26.43
1995-6	G Lewis	Stirling University AC	30.13	Lynsey Still	Aberdeen AAC	30.17	Jennifer Brown	Harmeny AC	30.59
1994-5	Jennifer Brown	Harmeny AAC	25.41						
1993-4	Jennifer Inman	St Andrews University CCC	31.04	Louise Shaw	Arbroath & District AC	31.08	Barbara Veitch	Lasswade AAC	36.29
1992-3	Katie Macmillan	Edinburgh University H & H	25.09						