

Midland District Cross Country Championships Individual Medallists (Junior Men)

??? Trophy First Presented in
First held in season 1958-9

First Junior in the District Championships

Scottish Cross Country Union (Under 20)

1974-5	John Graham	Clyde Valley AC	
1973-4	R Lawrie Spence	Strathclyde University AC	
1972-3	James Brown	Monkland H	
1971-2	James Brown	Monkland H	
1970-1	James Brown	Monkland H	
1969-70	Colin Falconer	Springburn H	31.20
1968-9	Ian Picken	Springburn H	32.45
1967-8	John Myatt	Strathclyde University AC	32.03
1966-7	James Brennan	Maryhill H	31.42

Scottish Cross Country Union (18-21)

1965-6	Edward Knox	Springburn H	28.19
1964-5	Ian McCafferty	Motherwell YMCA H	30.32

National Cross Country Union of Scotland (18-21)

1963-4	Ian McCafferty	Motherwell YMCA H	
1962-3	J Lachlan Stewart	Vale of Level AAC	
1961-2	Michael Ryan	St Modans AC	
1960-1	Michael Ryan	St Modans AC	
1959-60	Fraser McPherson	Victoria Park AAC	
1958-9	William Goodwin	Bellahouston H	29.52