

## North District Cross Country Championships Individual Medallists (Masters Men)

No Trophy

First held on 2/12/1995

Scottish Athletics Federation/Scottish Athletics Limited

2019-20	Robert Burnett	Inverness H	29.38	Gareth Jenkins	Moray RR	29.54	Eion Coull	Moray RR	30.3
2018-9	William Nocolson	Highland HR	28.11	Robert Burnett	Inverness H	28.28	Paul Rogan	Forres H	28.40
2017-8	William Nocolson	Highland HR	38.57	Gareth Jenkins	Moray RR	39.07	Paul Rogan	Forres H	39.23
2016-7	Paul Rogan	Forres H	39.39	Ross Bannerman	East Sutherland AC	39.48	Gareth Jenkins	Moray RR	39.57
2015-6	Gareth Jenkins	Moray RR	38.05	Paul Miller	Inverness H	38.08	Andrew MacRae	Inverness H	39.19
2014-5	Paul Miller	Inverness H	38.05	Gareth Jenkins	Moray RR	38.08	Wayne Dashper	Forres H	39.19
2013-4	Alec Keith	Inverness H	39.16	Mike Stewart	Keith & District AAC	39.21	Paul Rogan	Forres H	39.24
2012-3	Jack Travelyan	North Highland H	39.08	Gareth Jenkins	Moray RR	39.17	Andy Wilby	Highland HR	39.31
2011-2	Simon Pride	Forres H	37.36	Graeme Bartlett	Forres H	38.01	Paul Rogan	Forres H	38.20
2010-1	Graeme Bartlett	Forres H	37.52	David Rodgers	Lochaber AC	38.24			
2009-10									
2008-9	David Rodgers	Lochaber AC	33.48	Colin Donnelly	Lochaber AC	34.46	Graeme Bartlett	Forres H	34.58
2007-8	Alan Reid	Peterhead AC	37.56	Michael Stewart	Keith & District AC	38.07	J Goodall	Keith & District AC	38.27
2006-7	Graeme Bartlett	Forres H	36.44	Michael Stewart	Keith & District AC	37.14	Ross Arbuckle	Keith & District AC	37.19
2005-6	Ross Arbuckle	Keith & District AC	35.02	Brian Foreman	Moray RR	35.08	Michael Stewart	Keith & District AC	36.04
2004-5	Brian Foreman	Moray RR	36.52	A Ross	Forres H	38.16			
2003-4	Ross Arbuckle	Keith & District AC	35.41	Brian Foreman	Moray RR	36.38	M Flynn	Moray RR	37.03
2002-3									
2001-2	Francis Barton	Keith & District AC	34.28	Ross Arbuckle	Keith & District AC	34.54	Douglas Cowie	Forres H	35.34
2000-1									
1999-2000									
1998-9									
1997-8									
1996-7									
1995-6									

Age IAAF Qualifying age 35  
 Age IAAF Qualifying age 40

Over 50

2019-20	Paul Rogan	Moray RR	32.32
2018-9	Alex Keith	Hunters Bog T	29.44
2017-8	Mike Stewart	Keith & District AAC	41.15
2016-7	Alex Keith	Inverness H	40.52
2015-6	Mike Stewart	Keith & District AAC	35.57
2014-5	Stan Mackenzie	Forres H	38.28
2013-4	Stan Mackenzie	Forres H	38.04
2012-3	John Goodall	Keith & District AAC	40.44
2011-2			
2010-1			
2009-10			
2008-9			
2007-8			
2006-7	George Sim	Moray RR	38.12
2005-6	George Sim	Moray RR	
2004-5	George Sim	Moray RR	37.58
2003-4	George Sim	Moray RR	
2002-3	George Sim	Moray RR	
2001-2	George Sim	Moray RR	35.52
2000-1	George Sim	Moray RR	
1999-2000			
1998-9			
1997-8			
1996-7			
1995-6			