

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

### No Trophy

First held on 2/12/1995

Scottish Athletics Federation/Scottish Athletics Limited

|           |  |                     |       |                 |                      |       |                  |                     |       |
|-----------|--|---------------------|-------|-----------------|----------------------|-------|------------------|---------------------|-------|
| 2021-2    | Donnie Macdonald                         | Inverness H         | 27.59 | Alan Ross       | Lochaber AC          | 28,50 | Esmond Tresidder | Lochaber AC         | 29.32 |
| 2020-1    | No Championship due to Covid-19 pandemic |                     |       |                 |                      |       |                  |                     |       |
| 2019-20   | Robert Burnett                           | Inverness H         | 29.38 | Gareth Jenkins  | Moray RR             | 29.54 | Eion Coull       | Moray RR            | 30.28 |
| 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 Traveyan                            | 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 | John 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 | Martin 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

|           |  |                      |       |
|-----------|--|----------------------|-------|
| 2021-2    | Kevin Cormack                            | North Highland H     | 29.58 |
| 2020-1    | No Championship due to Covid-19 pandemic |                      |       |
| 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    |  |                      |       |