

North District Cross Country Championships Individual Medallists (Senior Men)

??? Trophy First Presented

First held in 1952-3

Scottish Athletics Federation/Scottish Athletics Limited

2019-20	John Newsom	Inverness H	26.59	Ross Gollan	Shettleston H	27.18	Craig Campbell	Inverness H	27.21
2018-9	Kenneth Wilson	Moray RR	25.16	Rob Sinclair	Insch TR	26.14	Craig Campbell	Inverness H	26.32
2017-8	John Newsom	Inverness H	34.25	Kenny Wilson	Murray RR	34.48	Donnie Mavdonald	Inverness H	36.59
2016-7	John Newsom	Inverness H	35.33	Kenny Wilson	Murray RR	36.24	Gordon Lennox	Inverness H	36.53
2014-5	Mark Mitchell	Forres H	32.12	John Newsom	Inverness H	32.32	Kyle Grieg	Forres H	32.52
2013-4	Gordon Lennox	Forres H	36.01	Kyle Grieg	Forres H	36.07	Graham Bee	Inverness H	36.08
2012-3	Joe Simmonds	Inverness H	34.45	Kyle Grieg	Forres H	34.45	Gordon Lennox	Forres H	36.55
2011-2	Mark Mitchell	Forres H	34.19	Kyle Grieg	Forres H	35.52	Robbie Paterson	Forres H	37.03
2010-1	Mark Mitchell	Forres H	36.24	Graeme Bartlett	Forres H	37.52	David Rodgers	Lochaber AC	38.24
2009-10	Ben Livesey	Forres H	31.50	Alan Murchison	Inverness H	35.47	Matthew Sutherland	Caithness AAC	36.04
2008-9	Ben Livesey	Forres H	31.46	David Rodgers	Lochaber AC	33.48	Colin Donnelly	Lochaber AC	34.46
2007-8	Simon Pride	Forres H	36.49	Alan Reid	Peterhead AC	37.56	Michael Stewart	Keith & District AC	38.07
2006-7	Ben Livesey	Forres H	36.12	Graeme Bartlett	Forres H	36.44	Michael Stewart	Keith & District AC	37.14
2005-6	Andrew Clark	Murray RR	34.48	Steven Gill	Keith & District AC	34.59	Ross Arbuckle	Keith & District AC	35.02
2004-5	Ben Livesey	Forres H	35.28	Andrew Clark	Murray RR	35.47	Kyle Greig	Murray RR	35.57
2003-4	Ross Arbuckle	Keith & District AC	35.41	Alan Reid	Peterhead AC	36.31	Brian Foreman	Moray RR	36.38
2002-3	Ross Arbuckle	Keith & District AC	32.43	Frank Barton	Keith & District AC	33.37	Brian Foreman	Moray RR	33.37
2001-2	Graham Bartlett	Forres H	32.53	Malcolm Bain	Stornoway RAC	33.53	Fraser Cartmell	Forres H	34.23
2000-1	Alan Reid	Peterhead AC	35.29	Andrew Wright	Inverness H	35.54	Ross Arbuckle	Keith & District AC	36.09
1999-2000	Simon Pride	Keith & District AC	38.31	Alan Reid	Peterhead AC	39.16	Ross Arbuckle	Keith & District AC	39.52
1998-9	Simon Pride	Keith & District AC	32.53	Graham Bartlett	Forres H	33.18	Ross Arbuckle	Keith & District AC	34.02
1997-8	Simon Pride	Keith & District AC	36.53	Ross Arbuckle	Keith & District AC	37.23	Malcolm Bain	Stornoway RAC	37.47
1996-7	Alan Reid	Peterhead AC	41.32	Ross Arbuckle	Keith & District AC	43.49	Malcolm Bain	Stornoway RAC	44.18
1995-6	Graham Bartlett	Forres H	33.57	Graham Herbert	Inverness H	35.00	John Brooks	Lochaber AC	35.07
1994-5	Graham Bartlett	Forres H	42.21	Quentin D'Arcy	Murray RR	42.21	George Sim	Murray RR	42.24
1993-4	Alan Reid	Peterhead AC	40.43	Ross Arbuckle	Keith & District AC	41.10	Alan Murchison	Inverness H	41.22
1992-3	Alan Reid	Peterhead AC	39.55	John Bowman	Inverness H	40.57	Bruce Chinnick	Forres H	41.52

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1991-2	John Bowman	Inverness H	36.20	Alan Reid	Peterhead AC	37.12	E Rogers	Lochaber AC	38.10
1990-1	John Bowman	Inverness H	35.14	Alan Reid	Peterhead AC	36.37	Charles McInyre	Fraserburgh AC	37.15
1989-90	Alan Reid	Coasters AC							
1988-9	Ross Arbuckle	Keith & District AC	41.40	Bruce Chinnick	Forres H	42.18	John Bowman	Inverness H	43.07
1987-8	Ross Arbuckle	Keith & District AC	47.14	John Bowman	Inverness H	48.10	William Miller	Caithness AAC	48.52
1986-7	Bruce Chinnick	Forres H	37.30	Christopher Armstrong	Elgin AAC	37.38	John Bowman	Inverness H	38.23
1985-6	Michael Turner	Elgin AAC							
1984-5	Simon Axon	Inverness H							
1983-4	William Miller	Caithness AAC							
1982-3	Paul Kenny	Inverness H							
1981-2	Ian Moncur	Forres H							
1980-1	David Lang	Elgin AAC	29.12	Iain MacKenzie	Forres H	30.30	Don Ritchie	Forres H	30.36
1979-80	Andrew Smith	Forres H	32.24	Innis Mitchell	Inverness H	32.28	Brian Kirkwood	Lochaber AC	32.54
1978-9	Alan Lamb	R.A.F. Moray							
1977-8	Iain MacKenzie	Forres H							
1976-7	Brian Finlayson	Lochaber AC	36.55	Iain MacKenzie	Forres H	37.07	Ronald Campbell	Lochaber AC	37.16
1975-6	Iain MacKenzie	Forres H							

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1974-5	Iain MacKenzie	Forres H	30.41	B Finlayson	Lochaber AC	31.02	C Fleming	R.A.F. Kinloss	31.26
1973-4	Alexander Keith	Caithness AC	26.56	Iain MacKenzie	Forres H	27.25	W Nichols	R.A.F. Kinloss	27.34
1972-3	Iain MacKenzie	Forres H							
1971-2	Iain MacKenzie	Forres H							
1970-1	Iain MacKenzie	Forres H							
1969-70	Iain MacKenzie	Forres H							
1968-9	K Clare	R.N.A.S. Lossiemouth							
1967-8	T Baker	R.N.A.S. Lossiemouth							
1966-7	Duncan Davidson	Forres H							
1965-6	Iain MacKenzie	Forres H							
1964-5	A Munton	R.N.A.S. Lossiemouth							
1963-4	R Whitworth	R.N.A.S. Lossiemouth							
1962-3	Forbes MacKenzie	Forres H							
1961-2	Forbes MacKenzie	Forres H							
1960-1	Callum Laing	Inverness H							
1959-60	Callum Laing	Inverness H							
1958-9	W Lawrence	Forres H							
1957-8	Edward Campbell	Lochaber AC							
1956-7	M Norman	Inverness H							
1955-6	W Shearer	R.N.A.S. Lossiemouth							
1954-5	R Brodie	Cameron Hightlanders							
1953-4	Marshall Notman	Inverness H							
1952-3	Marshall Notman	Inverness H							