# North District Cross Country Championships Individual Medallists (U20 Women)

**No Trophy**

**First held in**

**Scottish Athletics Federation/Scottish Athletics Limited**

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 2019-20 | Emily Andrew | Inverness H | 27.10 | Sophie Graham | Stornoway RAC | 32.43 | Only 2 Competitors Finished | | |
| 2018-9 | Grace Whelan | Moray RR | 29.47 | Sophie Graham | Stornoway RAC | 32.25 | Mairi Weir | Elgin AAC | 39.40 |
| 2017-8 | Sophia Green | Moray RR | 20.15 | Constance Nankivell | East Sutherland AC | 21.00 | Sophie Graham | Stornoway RAC | 28.05 |
| 2016-7 | Anna MacFadyen | Forres H | 21.25 | Rhiannon Kirk | North Highland H | 43.00 | Only 2 Competitors Finished | | |
| 2015-6 | Mary MacIntosh | Nairn AAC | 18.52 | Only 1 Competitor Finished | | | | | |
| 2014-5 | Isla Mackay | Lochaber AC | 22.39 | Arianne Ross | Inverness H | 24.06 | Eilidh Macrae | East Sutherland AC | 26.53 |
| 2013-4 | Isla Mackay | Lochaber AC | 22.54 | Sarah Henderson | Caithness AAC | 26.06 | Hannah Rogan | Forres H | 31.23 |
| 2012-3 | Kirsty Rogan | Forres H | 23.23 | Only 1 Competitor Finished | | | | | |
| 2011-2 | Emma Atkinson | Inverness H | 29.24 | Kirsty Rogan | Forres H | 31.51 | Ceit Stewart | Stornoway RAC | 32.27 |
| 2010-1 | Kirsty Rogan | Forres H | 30.32 | Ceit Stewart | Stornoway RAC | 31.30 | J Dickie | Forres H | 33.06 |
| 2009-10 | Gemma Cormack | Morray RR | 27.04 | Eleanor Duncan | Forres H | 28.44 | | | |
| 2008-9 | | | | | | | | | |
| 2007-8 | Jenny Richardson | Sutherland AC | 28.24 | | | | | | |
| 2006-7 | Morina MacDougall | Inverness H | 28.08 | | | | | | |
| 2005-6 | Jennifer Houston | Moray RR | 31.03 | | | | | | |
| 2004-5 | Karen McLeod | Stornoway RAC | 29.37 | | | | | | |
| 2003-4 | | | | | | | | | |
| 2002-3 | | | | | | | | | |
| 2001-2 | | | | | | | | | |
| 2000-1 | | | | | | | | | |
| 1999-2000 | Claire McLennen | Inverness H | 30.29 | | | | | | |
| 1998-9 | Alison Campbell | Inverness H | 21.53 | | | | | | |
| 1997-8 | L MacKinnon | BP Black Isle AAC | 22.58 | | | | | | |
| 1996-7 | Ruth McCallum | Minolta Black Isle AAC | 24.35 | | | | | | |
| 1995-6 | | | | | | | | | |
| 1994-5 | | | | | | | | | |
| 1993-4 | | | | | | | | | |
| 1992-3 | | | | | | | | | |