

West District Cross Country Championships Individual Medallists (Senior Women)

No Trophy

First held in

Scottish Athletics Federation/Scottish Athletics Limited

2019-20	Nynke Mulholland	Inverclyde AC	34.21	Kayleigh Jarrett	Shettleston H	34.34	Catriona MacDonald	Bellahouston RR	35.39
2018-9	Elsbeth Curran	Kilbarchan AAC	33.44	Michelle Sandison	Springburn H	34.35	Nicola Hood	Dumfries RC	35.26
2017-8	Michelle Sandison	Springburn H	24.47	Elsbeth Curran	Kilbarchan AAC	24.59	Nicola Hood	VP-City of Glasgow AC	25.01
2016-7	Nicola Hood	VP-City of Glasgow AC	25.44	Katie White	Garscube H	26.26	Michelle Sandison	Springburn H	26.34
2015-6	Michelle Sandison	Springburn H	25.37	Leslie Chisholm	Garscube H	27.50	Suzanne Gilmour	VP-City of Glasgow AC	28.15
2014-5	Michelle Sandison	Springburn H	25.37	Melissa Wylie	Dumbarton AAC	26.00	Carole Setchell	Shettleston H	26.16
2013-4	Elsbeth Curran	Kilbarchan AAC	21.12	Sarah Benson	Ronhill Cambuslang H	21.30	Leslie Chisholm	Garscube H	21.56
2012-3	Elsbeth Curran	Kilbarchan AAC	22.02	Leslie Chisholm	Garscube H	22.52	Christina Rankin	Kilbarchan AAC	23.24
2011-2	Lindsay MacNeill	Shettleston H	23.48	Christina Rankin	Kilbarchan AAC	23.53	Sarah Potter	VP-City of Glasgow AC	23.53
2010-1	Elsbeth Curran	Kilbarchan AAC	22.57	Natalie Sharp	Kilbarchan AAC	23.50	Christina Rankin	Kilbarchan AAC	23.58
2009-10	Danielle Brown	Springburn H	24.22	Nicola Hood	VP-City of Glasgow AC	24.23	Fiona Gentles	Springburn H	24.48
2008-9	Nicola Hood	VP-City of Glasgow AC	22.44	Danielle Brown	Springburn H	22.59	Josephine Moultrie	VP-City of Glasgow AC	23.31
2007-8	Nicola Hood	VP-City of Glasgow AC	23.59	Lindsay MacNeill	VP-City of Glasgow AC	24.07	Jill Knowles	VP-City of Glasgow AC	24.22
2006-7	Alison Simpson	JW Kilmarnock H	25.09	Sara Stevenson	Giffnock North AAC	25.29	Michelle Sandison	Springburn H	26.42
2005-6	Suzanne Benyon–Owen	City of Glasgow	23.25	Iona Robertson	Bellahouston RR	23.30	Leslie Chisholm	Springburn H	23.35
2004-5	Susan Partridge	City of Glasgow	23.40	Lindsay MacNeill	City of Glasgow	24.36	Claire McCracken	City of Glasgow	24.47
2003-4	Alison Higgins	JW Kilmarnock H	28.04	Lindsay MacNeill	Shettleston H Ladies	28.21	Jill Knowles	City of Glasgow	28.33
2002-3	Lindsay MacNeill	JW Kilmarnock H	22.18	Lindsay MacNeill	Shettleston H Ladies	22.26	Denise Smith	Kilbarchan AAC	22.28
2001-2	Susan Partridge	Glasgow University H&H	22.22	Eileen Cochrane	City of Glasgow	23.13	Susanne Owen	City of Glasgow	23.18
2000-1	Lindsay MacNeill	Shettleston H Ladies	25.53	Jan Roxburgh	Irvine AC	26.34	Eileen Cochrane	City of Glasgow	26.41
1999-2000	Susanne Owen	City of Glasgow	25.31	Tracey Brinley	City of Glasgow	25.40	Jan Roxburgh	Irvine AC	25.25
1998-9	Carol-Anne Thomson	City of Glasgow	26.45	Anne MacPhail	City of Glasgow	27.03	Lindsay McMahon	JW Kilmarnock H	27.27
1997-8	Sheila Fairweather	Glasgow University H&H	25.25	Catriona Morrison	Glasgow University H&H	26.01	Carol-Anne Thomson	City of Glasgow	26.11
1996-7	Lindsay Cairns	JW Kilmarnock H	25.11	Hsu Min–Chung	Shettleston H Ladies	25.32	Marlene Gemmell	Strathkelvin LAC	25.46
1995-6	Sheila Fairweather	Glasgow University H&H	23.09	Sandra Branney	City of Glasgow	23.25	Elaine McBrinn	Shettleston H Ladies	23.46
1994-5	Helena Diamantides	Westerlands CCC	27.40	Elaine McBrinn	Shettleston H Ladies	28.06	Lindsay Cairns	JW Kilmarnock H	20.13
1993-4	Audrey Sim	City of Glasgow	24.35	Marlene Gemmell	Strathkelvin LAC	25.08	Elaine Cochrane	City of Glasgow	25.12
1992-3	Joanna Cliffe	Glasgow University H&H	27.14	Janette McColl	Victoria Park AAC	27.32	Susanne Kennedy	Victoria Park AAC	27.57

