

Lindsays scottishathletics North District Cross Country Championships - Results

Saturday 3rd December

Dorres

| Position | Race No. | Name | Club | Time |
|----------|----------|-------------------------|-----------------------|-------|
| 1 | 25 | Katie Slimon | Highland Hill Runners | 12:18 |
| 2 | 3 | Alyth Gollan | East Sutherland AC | 12:25 |
| 3 | 9 | Ellyn Smith | Moray RR | 12:30 |
| 4 | 22 | Isobel Howard | Forres Harriers | 13:03 |
| 5 | 16 | Kirsty Arnauld | Inverness Harriers | 13:09 |
| 6 | 15 | Ava Walsh | Inverness Harriers | 13:11 |
| 7 | 1 | Eva Morrison | East Sutherland AC | 13:23 |
| 8 | 7 | Joni Smith | North Uist AAC | 13:44 |
| 9 | 23 | Harriet Neall | Forres Harriers | 14:00 |
| 10 | 10 | Megan Mckay | Moray RR | 14:03 |
| 11 | 12 | Tamsin Fowlie | Moray RR | 14:07 |
| 12 | 5 | Sophie Bath | East Sutherland AC | 14:09 |
| 13 | 27 | Chloe MacLeod | Ross County | 14:10 |
| 14 | 17 | Ruth Wilson | Inverness Harriers | 14:19 |
| 15 | 11 | Grace Jenkins | Moray RR | 14:29 |
| 16 | 4 | Rachel Ross | East Sutherland AC | 14:32 |
| 17 | 21 | Roslyn McRitchie | Forres Harriers | 14:41 |
| 18 | 26 | Lilly-Belle Fillos-Kelt | Ross County | 14:50 |
| 19 | 19 | Beth Hewick | Inverness Harriers | 14:51 |
| 20 | 13 | Harriet Whelan | Moray RR | 14:53 |
| 22 | 2 | Olivia Bannerman | East Sutherland AC | 14:58 |
| 23 | 6 | Lucy Morrison | North Uist AAC | 15:04 |
| 24 | 29 | Isla Edward | Elgin AAC | 15:05 |
| 25 | 14 | Hannah Stephen | Moray RR | 15:21 |
| 26 | 28 | Hannah MacDonald | Ross County | 15:58 |
| 27 | 8 | Lauren Shepherd | North Uist AAC | 15:59 |

U13 Girls

| Individual | Athlete | Club |
|------------|--------------|-----------------------|
| 1st | Katie Slimon | Highland Hill Runners |
| 2nd | Alyth Gollan | East Sutherland AC |
| 3rd | Ellyn Smith | Moray RR |

| Teams: | Club | Points |
|---------|------------------------|--------|
| 1st (3) | East Sutherland AC | 21 |
| 2nd (3) | Moray Road Runners | 24 |
| 3rd (3) | Inverness Harriers AAC | 25 |

Lindsays scottishathletics North District Cross Country Championships - Results

Saturday 3rd December

Dorres

| Position | Race No. | Name | Club | Time |
|----------|----------|------------------|--------------------|-------|
| 1 | 364 | Lucas Cairns | Inverness Harriers | 10:50 |
| 2 | 359 | Cameron Welsh | East Sutherland AC | 10:57 |
| 3 | 366 | Euan Rollo | Inverness Harriers | 11:06 |
| 4 | 365 | Angus Rutter | Inverness Harriers | 11:12 |
| 5 | 355 | Ruaridh Ellen | Ross County AC | 11:17 |
| 6 | 348 | David Spencer | Forres Harriers | 11:26 |
| 7 | 351 | Scott Perry | Forres Harriers | 11:29 |
| 8 | 363 | Duncan MacDonald | Inverness Harriers | 11:36 |
| 9 | 349 | Bruce Evans | Forres Harriers | 11:44 |
| 10 | 353 | Bruce Newlands | Moray RR | 11:47 |
| 11 | 367 | Ben Sharpe | Inverness Harriers | 11:52 |
| 12 | 362 | Sam Bryan | East Sutherland AC | 11:58 |
| 13 | 345 | Reece Black | Shetland AAC | 12:00 |
| 14 | 368 | Eric Ronbinson | Inverness Harriers | 12:01 |
| 15 | 370 | Nixon Grant | Inverness Harriers | 12:02 |
| 16 | 343 | Kevin Beaton | North Uist AAC | 12:09 |
| 17 | 360 | Tom Simco | East Sutherland AC | 12:17 |
| 18 | 347 | Seb Connelly | Stornoway RAC | 12:28 |
| 19 | 371 | Raynor Finlay | Inverness Harriers | 12:30 |
| 20 | 340 | Stephen MacIsaac | North Uist AAC | 12:49 |
| 21 | 369 | Nixon Gregor | Inverness Harriers | 12:56 |
| 22 | 342 | Calum MacDonald | North Uist AAC | 13:16 |
| 23 | 356 | Daniel Porter | Ross County AC | 13:34 |
| 24 | 344 | Calum Mackay | Shetland AAC | 13:41 |
| 25 | 341 | Shaun Shepherd | North Uist AAC | 13:52 |
| 26 | 358 | Brogan Quigley | Ross County AC | 13:56 |
| 27 | 352 | Liam Paterson | Moray RR | 17:04 |

U13 Boys

| Individual | Athlete | Club |
|------------|---------------|--------------------|
| 1st | Lucas Cairns | Inverness Harriers |
| 2nd | Cameron Welsh | East Sutherland AC |
| 3rd | Euan Rollo | Inverness Harriers |

| Teams: | Club | Points |
|---------|--------------------|--------|
| 1st (3) | Inverness Harriers | 8 |
| 2nd (3) | Forres Harriers | 22 |
| 3rd (3) | East Sutherland AC | 31 |

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**SCOTTISH
CROSSCOUNTRY
SEASON**



scottishathletics



Lindsays scottishathletics North District Cross Country Championships - Results

Saturday 3rd December

Dorres

| Position | Race No. | Name | Club | Time |
|----------|----------|-------------------|--------------------|-------|
| 1 | 46 | Emily Andrew | Inverness Harriers | 17:54 |
| 2 | 44 | Megan Keith | Inverness Harriers | 18:40 |
| 3 | 48 | Rebecca Johnstone | Inverness Harriers | 18:42 |
| 4 | 41 | Catriona Garvie | Inverness Harriers | 19:08 |
| 5 | 33 | Sarah-Marie Riise | Shetland AAC | 19:16 |
| 6 | 35 | Niamh Whelan | Moray RR | 19:59 |
| 7 | 31 | Catriona Scott | East Sutherland AC | 20:02 |
| 8 | 32 | Aimee Smith | Shetland AAC | 20:02 |
| 9 | 37 | Lucy Evans | Forres Harriers | 20:43 |
| 10 | 40 | Emma Seed | Inverness Harriers | 20:48 |
| 11 | 47 | Cara Doig | Inverness Harriers | 21:23 |
| 12 | 50 | Alisa Hewick | Inverness Harriers | 21:29 |
| 13 | 51 | Ruby Soldan | Inverness Harriers | 21:40 |
| 14 | 38 | Luci Murdoch | Forres Harriers | 21:40 |
| 15 | 36 | Shauna Perry | Forres Harriers | 22:08 |
| 16 | 49 | Tara Larsen | Inverness Harriers | 22:54 |
| 17 | 34 | Eve Wiseman | Shetland AAC | 23:59 |
| 18 | 39 | Jennifer Spencer | Forres Harriers | 28:49 |
| 19 | 30 | Viktoria Kuzma | North Uist AAC | 30:50 |

U15 Girls

| Individual | Athlete | Club |
|------------|-------------------|--------------------|
| 1st | Emily Andrew | Inverness Harriers |
| 2nd | Megan Keith | Inverness Harriers |
| 3rd | Rebecca Johnstone | Inverness Harriers |

| Teams: | Club | Points |
|---------|--------------------|--------|
| 1st (3) | Inverness Harriers | 6 |
| 2nd (3) | Shetland AAC | 30 |
| 3rd (3) | Forres Harriers | 38 |

Lindsays scottishathletics North District Cross Country Championships - Results

Saturday 3rd December

Dorres

| Position | Race No. | Name | Club | Time |
|----------|----------|---------------------|-----------------------|-------|
| 1 | 409 | Sunny McGrath | Deveron Harriers | 15:48 |
| 2 | 395 | Luke Davidson | Inverness Harriers | 15:58 |
| 3 | 384 | David Morrison | Stornway RAC | 16:16 |
| 4 | 401 | Danny McPake | Ross County AC | 16:28 |
| 5 | 390 | Blair Milne | Moray RR | 16:39 |
| 6 | 396 | Finn Rutter | Inverness Harriers | 16:44 |
| 7 | 379 | James Slimon | Highland Hill Runners | 16:49 |
| 8 | 393 | Joshua Milne | Moray RR | 16:57 |
| 9 | 388 | David Scott | Forres Harriers | 17:21 |
| 10 | 405 | Callum Wilson | Ross County AC | 17:26 |
| 11 | 406 | Sean Fillos -Kelt | Ross County AC | 17:28 |
| 12 | 385 | Aodhan Finnegan | Stornway RAC | 17:45 |
| 13 | 383 | Ailig MacDonald | North Uist AAC | 17:52 |
| 14 | 394 | Struan Oliver-Jones | East Sutherland AC | 17:58 |
| 15 | 391 | Oliver Reynolds | Moray RR | 18:06 |
| 16 | 403 | Lewis Urquhart | Ross County AC | 18:08 |
| 17 | 404 | Kyle Sutherland | Ross County AC | 18:17 |
| 18 | 382 | Dylan Black | Shetland AAC | 18:39 |
| 19 | 398 | Angus Smith | Inverness Harriers | 19:01 |
| 20 | 408 | Daniel Campbell | Elgin AAC | 19:07 |
| 21 | 386 | Daniel Stewart | Stornway RAC | 19:11 |
| 22 | 399 | Dylan MacPherson | Inverness Harriers | 19:15 |
| 23 | 389 | Oliver Watson | Forres Harriers | 19:45 |
| 24 | 381 | Jay Milne | Shetland AAC | 20:40 |
| 25 | 397 | Gordon Manson | Inverness Harriers | 21:39 |
| 26 | 407 | Reece Edwards | Elgin AAC | 22:19 |

U15 Boys

| Individual | Athlete | Club |
|------------|----------------|--------------------|
| 1st | Sunny McGrath | Deveron Harriers |
| 2nd | Luke Davidson | Inverness Harriers |
| 3rd | David Morrison | Stornway RAC |

| Teams: | Club | Points |
|---------|--------------------|--------|
| 1st (3) | Ross County AC | 25 |
| 2nd (3) | Inverness Harriers | 27 |
| 3rd (3) | Moray RR | 28 |

Lindsays scottishathletics North District Cross Country Championships - Results

Saturday 3rd December

Dorres

| Position | Race No. | Name | Club | Time |
|----------|----------|---------------------|--------------------|-------|
| 1 | 67 | Grace Whelan | Moray Road Runners | 22:10 |
| 2 | 60 | Constance Nankivell | East Sutherland AC | 22:59 |
| 3 | 64 | Joanna Gillies | Stornoway RAC | 25:08 |
| 4 | 69 | Connie Campbell | Inverness Harriers | 27:01 |
| 5 | 68 | Sophie Young | Inverness Harriers | 29:08 |
| 6 | 65 | Sophie Graham | Stornoway RAC | 31:00 |
| 7 | 62 | Jenny Mitchell | Forres Harriers | 31:18 |
| 8 | 63 | Lorna Wagstaff | Shetland AAC | 32:36 |

U17 Women

| Individual | Athlete | Club |
|------------|---------------------|--------------------|
| 1st | Grace Whelan | Moray Road Runners |
| 2nd | Constance Nankivell | East Sutherland AC |
| 3rd | Joanna Gillies | Stornoway RAC |

Lindsays scottishathletics North District Cross Country Championships - Results

Saturday 3rd December

Dorres

| Position | Race No. | Name | Club | Time |
|----------|----------|-------------------|--------------------|-------|
| 1 | 330 | Joe Arnaud | Inverness Harriers | 22:11 |
| 2 | 324 | Cameron Allan | Moray Road Runners | 22:28 |
| 3 | 319 | Fraser Roach | East Sutherland AC | 22:39 |
| 4 | 317 | Seumas Mackay | Shetland AAC | 23:04 |
| 5 | 336 | Kyle Munro | Stornoway RAC | 23:04 |
| 6 | 321 | Keir Beaton | East Sutherland AC | 23:10 |
| 7 | 320 | Eoghann Gollan | East Sutherland AC | 23:25 |
| 8 | 328 | Ben Johnstone | Inverness Harriers | 23:35 |
| 9 | 331 | Luke Williams | Inverness Harriers | 23:52 |
| 10 | 339 | Finlay Emmott | Stornoway RAC | 24:05 |
| 11 | 338 | Alistair Binns | Stornoway RAC | 24:20 |
| 12 | 326 | Aidan Ferry | Inverness Harriers | 25:01 |
| 13 | 325 | Morgan Lewis | Moray Road Runners | 25:06 |
| 14 | 332 | Lewis Esslemont | Inverness Harriers | 25:17 |
| 15 | 334 | Hamish Hickey | Ross County AC | 25:30 |
| 16 | 316 | Conall Evans | Forres Harriers | 25:46 |
| 17 | 329 | Mackenzie Brown | Inverness Harriers | 27:03 |
| 18 | 318 | Finn Rivett | Shetland AAC | 27:18 |
| 19 | 322 | Duncan MacLeod | East Sutherland AC | 27:23 |
| 20 | 335 | Michael MacDonald | Ross County AC | 30:41 |

U17 Men

| Individual | Athlete | Club |
|------------|---------------|--------------------|
| 1st | Joe Arnaud | Inverness Harriers |
| 2nd | Cameron Allan | Moray Road Runners |
| 3rd | Fraser Roach | East Sutherland AC |

| Teams: | Club | Points |
|---------|------------------------|--------|
| 1st (3) | EastSutherland AC | 16 |
| 2nd (3) | Inverness Harriers AAC | 18 |
| 3rd (3) | Stornoway RAC | 26 |

Saturday 3rd December

Dores

U20 Women

| Position | Race No. | Name | Club | Time |
|-----------------|-----------------|----------------|-------------------------|-------------|
| 1 | 70 | Anna MacFadyen | Forres Harriers | 21:25 |
| 2 | 71 | Rhiannon Kirk | North Highland Harriers | 24.43 |

Lindsays scottishathletics North District Cross Country Championships - Results

Saturday 3rd December

Dorres

| Position | Race No. | Name | Club | Time |
|----------|----------|----------------------|--------------------|-------|
| 1 | 412 | Ross Gollan | East Sutherland AC | 30:05 |
| 2 | 417 | Finlay Todd | Ross County AC | 32:00 |
| 3 | 413 | Cameron Young | Inverness Harriers | 32:11 |
| 4 | 414 | James Geddes | Inverness Harriers | 33:21 |
| 5 | 411 | Ruairudh Gollan | East Sutherland AC | 33:48 |
| 6 | 416 | Shane Odie | Shetland AAC | 33:52 |
| 7 | 418 | Adam Maclellan | Ross County AC | 36:48 |
| 8 | 410 | Ruairdh Oliver-Jones | East Sutherland AC | 39:12 |

U20 Men

| Individual | Athlete | Club |
|------------|---------------|--------------------|
| 1st | Ross Gollan | East Sutherland AC |
| 2nd | Finlay Todd | Ross County AC |
| 3rd | Cameron Young | Inverness Harriers |

| Teams: | Club | Points |
|---------|--------------------|--------|
| 1st (3) | East Sutherland AC | 14 |

Lindsays scottishathletics North District Cross Country Championships - Results

Saturday 3rd December

Dorres

| Position | Race No. | Name | Category | Club | Time |
|----------|----------|---------------------------|----------|--------------------------|----------|
| 1 | 105 | Moira Davie | S | Forres Harriers | 24:30 |
| 2 | 154 | Helen Gertig | S | Inverness Harriers | 25:10 |
| 3 | 131 | Louise Cartmell | S | Moray RR | 25:31 |
| 4 | 108 | Kirstie Rogan | S | Forres Harriers | 25:44 |
| 5 | 148 | Caroline Marwick | S | Inverness Harriers | 26:38 |
| 6 | 102 | Marie Baxter | M | Garioch Road Runners | 26:47 |
| 7 | 145 | Julie Wilson | M | Inverness Harriers | 27:18 |
| 8 | 110 | Siobhan Evans | M | Forres Harriers | 27:30 |
| 9 | 111 | Hilary Cameron | M | Forres Harriers | 27:32 |
| 10 | 138 | Susan Rae | S | Moray RR | 27:38 |
| 11 | 132 | Michelle Donaldson-Slater | S | Moray RR | 27:44 |
| 12 | 101 | Charlotte Black | M | Shetland AAC | 27:46:00 |
| 13 | 103 | Susan McRitchie | M | Forres Harriers | 27:55 |
| 14 | 104 | Fran Britain | M | Forres Harriers | 28:04 |
| 15 | 128 | Sheryl Innes | S | Highland Hill Runners | 29:29 |
| 16 | 137 | Elsbeth Jenkins | M | Moray RR | 29:34 |
| 17 | 125 | Anna MacArthus | S | Highland Hill Runners | 29:35 |
| 18 | 142 | Roma Shepherd | M | Inverness Harriers | 29:51 |
| 19 | 120 | Mariane Wilson | S | North Highland Harriers | 29:55 |
| 20 | 152 | Ann Smart | M50 | Inverness Harriers | 30:14 |
| 21 | 155 | Carol Massie | M50 | Fraserburgh Running Club | 30:42 |
| 22 | 117 | Elizabeth Watson | M50 | Forres Harriers | 30:49 |
| 23 | 141 | Claire Ross | S | Moray RR | 30:56 |
| 24 | 146 | Sharon Beck | M | Inverness Harriers | 30:59 |
| 25 | 158 | Morag Thompson | M | Fraserburgh Running Club | 31:05 |

Senior Women

| Individual | Athlete | Club |
|-----------------|-----------------|----------------------|
| 1st Senior | Moira Davie | Forres Harriers |
| 2nd Senior | Helen Gertig | Inverness Harriers |
| 3rd Senior | Louise Cartmell | Moray RR |
| 1st Master | Marie Baxter | Garioch Road Runners |
| 2nd Master | Julie Wilson | Inverness Harriers |
| 3rd Master | Siobhan Evans | Forres Harriers |
| 1st Master (50) | Ann Smart | Inverness Harriers |

| Teams: | Club | Points |
|----------------|--------------------|--------|
| 1st Senior (4) | Forres Harriers | 22 |
| 2nd Senior (4) | Inverness Harriers | 31 |
| 3rd Senior (4) | Moray Road Runners | 50 |
| 1st Master (3) | Forres Harriers | 29 |

Lindsays scottishathletics North District Cross Country Championships - Results

Saturday 3rd December

Dorres

| Position | Race No. | Name | Category | Club | Time |
|----------|----------|----------------------|----------|--------------------------|-------|
| 26 | 130 | Karen Norvell | M | Moray RR | 31:10 |
| 27 | 122 | Maureen Mackie | M50 | Nairn Road Runners | 31:13 |
| 28 | 106 | June MacIntosh | M50 | Forres Harriers | 31:24 |
| 29 | 118 | Paula Boon | M | Forres Harriers | 31:42 |
| 30 | 159 | Nicola Moir | M | Fraserburgh Running Club | 31:55 |
| 31 | 136 | Linda Smith | M50 | Moray RR | 32:14 |
| 32 | 157 | Ella-May Duncan | M | Fraserburgh Running Club | 32:29 |
| 33 | 107 | Ros Wright | M50 | Forres Harriers | 32:36 |
| 34 | 135 | Maria McCloud Bennet | M | Moray RR | 32:42 |
| 35 | 139 | Amanda Strang | M | Moray RR | 33:06 |
| 36 | 113 | Clare Nicholas | M | Forres Harriers | 33:19 |
| 37 | 127 | Alison Roy | M | Highland Hill Runners | 33:49 |
| 38 | 134 | Eileen Riddoch | M | Moray RR | 35:14 |
| 39 | 149 | Joanna Cairns | S | Inverness Harriers | 35:18 |
| 40 | 143 | Fiona Mackay | M50 | Inverness Harriers | 35:29 |
| 41 | 109 | Nadine Williams | M50 | Forres Harriers | 35:30 |
| 42 | 147 | Carrie Farnell | S | Inverness Harriers | 35:36 |
| 43 | 133 | Kirsty Weir | S | Moray RR | 36:11 |
| 44 | 129 | Cathy Slimon | M | Highland Hill Runners | 36:20 |
| 45 | 140 | Chantall Fowlie | S | Moray RR | 36:30 |
| 46 | 115 | Anne Docherty | M50 | Forres Harriers | 36:34 |
| 47 | 121 | Mel Hayes | S | North Highland Harriers | 38:03 |
| 48 | 114 | Frances Russell | M50 | Forres Harriers | 38:38 |
| 49 | 151 | Lorna Fife | M | Inverness Harriers | 38:47 |
| 50 | 116 | Shona Spencer | M50 | Forres Harriers | 42:00 |

Lindsays scottishathletics North District Cross Country Championships - Results

Saturday 3rd December

Dores

| Position | Race No. | Name | Category | Club | Time |
|----------|----------|------------------|----------|-----------------------|-------|
| 1 | 288 | John Newsom | S | Inverness Harriers | 35:33 |
| 2 | 244 | Kenny Wilson | S | Moray RR | 36:24 |
| 3 | 290 | Gordon Lennox | S | Inverness Harriers | 36:53 |
| 4 | 234 | Florent Schaal | S | Stornoway RAC | 37:26 |
| 5 | 285 | Graham Bee | S | Inverness Harriers | 37:33 |
| 6 | 280 | Finlay MacLennan | S | Inverness Harriers | 38:33 |
| 7 | 236 | Murdo Mackenzie | S | Stornoway RAC | 38:46 |
| 8 | 216 | Sam Hesling | S | Highland Hill Runners | 38:57 |
| 9 | 231 | David Wilby | S | Highland Hill Runners | 39:14 |
| 10 | 232 | Norman Ferguson | S | Stornoway RAC | 39:28 |
| 11 | 264 | Paul Rogan | M | Forres Harriers | 39:39 |
| 12 | 239 | Ross Bannerman | M | East Sutherland AC | 39:48 |
| 13 | 245 | Gareth Jenkins | M | Moray RR | 39:57 |
| 14 | 257 | Wayne Dashper | M | Forres Harriers | 40:03 |
| 15 | 286 | Paul Miller | M | Inverness Harriers | 40:07 |
| 16 | 263 | Kevin Schenk | S | Forres Harriers | 40:11 |
| 17 | 220 | William Nicolson | M | Highland Hill Runners | 40:23 |
| 18 | 240 | Blair Mackay | S | East Sutherland AC | 40:28 |
| 19 | 262 | Andrew Morgan | S | Forres Harriers | 40:32 |
| 20 | 270 | Robbie Paterson | S | Forres Harriers | 40:37 |
| 21 | 299 | Alec Keith (Ind) | M50 | Hunters Bog Trotters | 40:52 |
| 22 | 282 | Andrew MacRae | M | Inverness Harriers | 41:10 |
| 23 | 298 | Dean Kane | S | Inverness Harriers | 41:29 |
| 24 | 225 | Gavin Whiteside | M | Highland Hill Runners | 41:56 |
| 25 | 287 | Jonny MacLoed | M | Inverness Harriers | 41:58 |

Senior Men

| Individual | Athlete | Club |
|-----------------|----------------|--------------------|
| 1st Senior | John Newsom | Inverness Harriers |
| 2nd Senior | Kenny Wilson | Moray RR |
| 3rd Senior | Gordon Lennox | Inverness Harriers |
| 1st Master | Paul Rogan | Forres Harriers |
| 2nd Master | Ross Bannerman | East Sutherland AC |
| 3rd Master | Gareth Jenkins | Moray RR |
| 1st Master (50) | Alec Keith | Inverness Harriers |

| Teams: | Club | Points |
|----------------|--------------------|--------|
| 1st Senior (6) | Inverness Harriers | 52 |
| 2nd Senior (6) | Forres Harriers | 109 |
| 3rd Senior (6) | Moray RR | 121 |
| 1st Master (3) | Inverness Harriers | 62 |

Lindsays scottishathletics North District Cross Country Championships - Results

Saturday 3rd December

Dores

| Position | Race No. | Name | Category | Club | Time |
|----------|----------|-------------------|----------|--------------------------|-------|
| 26 | 246 | Colin Green | M | Moray RR | 42:11 |
| 27 | 248 | Alasdair Campbell | M | Moray RR | 42:15 |
| 28 | 289 | Steve Worsley | M50 | Inverness Harriers | 42:37 |
| 29 | 305 | Calum Crighton | M | Fraserburgh Running Club | 42:44 |
| 30 | 268 | Robert Paterson | S | Forres Harriers | 42:53 |
| 31 | 217 | Waldek Krogulec | S | Highland Hill Runners | 43:03 |
| 32 | 206 | Kenny MacGruer | S | North Highland Harriers | 43:11 |
| 33 | 233 | Jonny Pritchard | M | Stornoway RAC | 43:18 |
| 34 | 210 | Eoin Coull | M | Ross County AC | 43:18 |
| 35 | 218 | Dougie MacDonald | M | Highland Hill Runners | 43:44 |
| 36 | 277 | John Urquhart | M50 | Keith & District AAC | 43:46 |
| 37 | 229 | Ian Meek | M50 | Highland Hill Runners | 44:06 |
| 38 | 296 | Tim Cooke | M50 | Inverness Harriers | 44:15 |
| 39 | 205 | David Spencer | M50 | North Highland Harriers | 44:23 |
| 40 | 208 | David Orr | M | North Highland Harriers | 44:34 |
| 41 | 249 | Stephen Carichael | M | Moray RR | 44:53 |
| 42 | 278 | Frankie Baron | M50 | Keith & District AAC | 44:58 |
| 43 | 215 | Iain MacLennan | M | Highland Hill Runners | 45:05 |
| 44 | 292 | Graeme Campbell | M | Inverness Harriers | 45:26 |
| 45 | 295 | Tom McWilliam | M | Inverness Harriers | 45:31 |
| 46 | 259 | Mark Page | M | Forres Harriers | 45:39 |
| 47 | 227 | Stuart Forrest | S | Highland Hill Runners | 45:57 |
| 48 | 283 | Stewart Wilson | M | Inverness Harriers | 46:06 |
| 49 | 293 | Billy Skinner | M50 | Inverness Harriers | 46:17 |

Lindsays scottishathletics North District Cross Country Championships - Results

Saturday 3rd December

Dores

| Position | Race No. | Name | Category | Club | Time |
|----------|----------|------------------|----------|--------------------------|-------|
| 50 | 243 | Martin Bain | M | Moray RR | 46:19 |
| 51 | 304 | Grant Massie | S | Fraserburgh Running Club | 46:21 |
| 52 | 309 | James Bannerman | M | Fraserburgh Running Club | 46:22 |
| 53 | 275 | Gerald Angus | M50 | Keith & District AAC | 46:30 |
| 54 | 301 | Graeme Clark | M50 | Fraserburgh Running Club | 46:36 |
| 55 | 256 | Douglas Cowie | M50 | Forres Harriers | 47:14 |
| 56 | 241 | David Bryan | M | East Sutherland AC | 47:31 |
| 57 | 266 | Steve Sharpe | M | Forres Harriers | 47:38 |
| 58 | 272 | Tim Pott | M50 | Forres Harriers | 47:40 |
| 59 | 207 | Ian Walker | S | North Highland Harriers | 47:45 |
| 60 | 222 | Alex Sutherland | M50 | Highland Hill Runners | 48:01 |
| 61 | 306 | William McBeath | M | Fraserburgh Running Club | 48:16 |
| 62 | 300 | Andrew Beaton | M | Inverness Harriers | 48:18 |
| 63 | 250 | Nigel Williams | M50 | Moray RR | 48:19 |
| 64 | 221 | Steven Pople | M50 | Highland Hill Runners | 48:35 |
| 65 | 271 | Gary MacFadyen | M50 | Forres Harriers | 48:46 |
| 66 | 265 | Lindsay Grant | M50 | Forres Harriers | 49:04 |
| 67 | 291 | Graham Whyte | M50 | Inverness Harriers | 49:17 |
| 68 | 226 | Jim Meehan | M50 | Highland Hill Runners | 49:25 |
| 69 | 204 | Dean Bowman | S | North Highland Harriers | 49:26 |
| 70 | 311 | Duncan Abernethy | M | Fraserburgh Running Club | 49:31 |
| 71 | 297 | Graham MacLennan | M | Inverness Harriers | 49:59 |
| 72 | 253 | Kevin Morrison | S | Moray RR | 50:48 |
| 73 | 302 | Peter Hall | M50 | Fraserburgh Running Club | 50:53 |
| 74 | 214 | Scott Innes | S | Highland Hill Runners | 51:30 |

Lindsays scottishathletics North District Cross Country Championships - Results

Saturday 3rd December

Dores

| Position | Race No. | Name | Category | Club | Time |
|----------|----------|------------------|----------|--------------------------|-------|
| 75 | 211 | Thomas Mathieson | M50 | Ross County AC | 51:35 |
| 76 | 238 | Gerry Connelly | M | Stornoway RAC | 51:46 |
| 77 | 254 | Garry Henderson | M50 | Moray RR | 52:09 |
| 78 | 230 | Rafael Salazar | M50 | Highland Hill Runners | 53:08 |
| 79 | 294 | Graham Laing | M50 | Inverness Harriers | 54:20 |
| 80 | 312 | David Abernethy | M | Fraserburgh Running Club | 54:22 |
| 81 | 219 | William MacRae | M50 | Highland Hill Runners | 54:32 |
| 82 | 213 | Terry Quigley | M50 | Ross County AC | 54:35 |
| 83 | 212 | Dave Dunn | S | Ross County AC | 55:32 |
| 84 | 261 | Jamie Watson | M50 | Forres Harriers | 55:37 |
| 85 | 255 | Toks Osunrinade | M | Moray RR | 56:49 |
| 86 | 313 | Martin Perry | M50 | Fraserburgh Running Club | 57:17 |
| 87 | 267 | John Holloway | M50 | Forres Harriers | 57:31 |
| 89 | 209 | Malcolm Christie | M50 | Elgin AC | 58:19 |
| 90 | 307 | Andy Higgins | M50 | Fraserburgh Running Club | 58:43 |
| 91 | 310 | Sandy Duncan | M50 | Fraserburgh Running Club | 59:24 |
| 92 | 260 | Stewart Burn | M50 | Forres Harriers | 63:53 |
| 93 | 237 | Allan Maciver | M | Stornoway RAC | 69:42 |
| 94 | 252 | Paul Jamieson | M50 | Moray RR | 77:59 |