

**Scottish Cross Country Short Course Championships
Individual Medalists (U20 Men)**

2019-20	Freddie Carcas	Edinburgh AC	12.21	Hamish Hickey	Central AC	12.34	Kristof Hornyik	Dundee Hawkhill H	12.35
2018-9	Sol Sweeney	Glasgow University H&H	11.32	Freddie Carcas	Edinburgh AC	11.56	Alexander Brown	Morpeth H	12.00
2017-8	Sol Sweeney	Glasgow University H&H	12.05	Connor MacLean	Stornoway Running & AC	12.37	James Donald	Dundee Hawkhill H	12.42
2016-7	Connor MacLean	Stornoway Running & AC	12.25	Sol Sweeney	Perth Strathtay H	12.33	Logan Rees	Fife AC	12.33
2015-6	Jonny Glenn	Inverclyde AC	12.12	Euan Gillham	Kilbarchan AAC	12.21	Aidan Thompson	Central AC	12.32
2014-5	Euan Gillham	Kilbarchan AAC	12.30	Gavin McArdle	Kilbarchan AAC	12.34	Jonny Glenn	Inverclyde AC	12.34
2013-4	Cameron Boyek	Central AC	12.05	Grant Muir	Giffnock North AAC	12.49	Andrew Lawler	Edinburgh AC	12.50
2012-3	David Vernon	VP City of Glasgow AC	12.19	Luke Traynor	Giffnock North AAC	12.26	Neil Gourley	Giffnock North AAC	12.35
2011-2	David Vernon	VP City of Glasgow AC	12.44	Ross Mathieson	Lasswade AC	12.54	John Hamilton	Ronhill Cambuslang H	13.00
2010-1	Andrew Crichton	Edinburgh AC	12.16	Andrew Butchart	Central AC	12.25	David Vernon	VP City of Glasgow AC	12.27
2009-10	Tsegai Tewelde	Shettletson H	11.37	Alexander Hendry	Central AC	11.57	Andrew Crichton	Edinburgh AC	12.13
2008-9	Tsegai Tewelde	Shettletson H	12.22	Scott McDonald	Central AC	12.50	Matthew Gillespie	Shettletson H	13.09
2007-8	Scott McDonald	Central AC	12.50	Scott Hawkins	Kilbarchan AAC	12.54	Connor McNulty	Kilbarchan AAC	12.59
2006-7	Kris Gauson	City of Edinburgh AC	12.45	Michael Gillespie	Central AC	12.50	David Bishop	Bristol & West AC	13.09
2005-6	Nicholas Moore	Kilbarchan AAC	13.11	Michael Wright	Central AC	13.16	Murray McLarty	Central AC	13.39
2004-5	John Newsom	Pitreavie AAC	12.56	Kris Berry	Corstorphine AAC	13.18	Scott Fraser	Lothian RC	13.18
2003-4	Iain Donnan	Aberdeen AAC	12.48	Taylor Delhagen	Edinburgh University H & H	13.11	Alistair Campbell	Ronhill Cambuslang H	13.13
2002-3	Andrew Lemoncello	Fife AC	12.41	Derek Watson	Victoria Park AAC	13.14	Iain Donnan	Aberdeen AAC	13.48
2001-2	Chris Watson	Victoria Park AAC	12.31	Derek Watson	Victoria Park AAC	12.34	Andrew Lemoncello	Fife AC	12.46
2000-1	Martin Graham	Shettletson H	12.38	Mark Pollard	Inverclyde AC	13.04	Kevin Forster	Victoria Park AAC	13.05
1999-2000	Mark Pollard	Inverclyde AC	13.11	Robert Russell	Central AC	13.31	Simon MacIntyre	Shettletson H	13.40
1998-9	Joseph Kealy	Ronhill Cambuslang H	14.36	Martin Paton	Springburn H	14.40	Jamie McDonald	Central AC	14.57