

**UK Home Countries International XC
Individual Champions**

U20 Women

2021-2	Hannah Ryding	Scotland	13:56
2020-1			
2019-20	Megan Keith	Scotland	26:14
2018-9	Grace Brock	England	14:12
2017-8	Julia Paternain	England	22:01
2016-7	Abbie Donnelly	England	19:27
2015-6	Gemma Holoway	England	21:31
2014-5	Rebecca Murray	England	18:50
2013-4	Grace Baker	England	21:06
2012-3	Rhona Auckland	Scotland	19:10
2011-2	Rhona Auckland	Scotland	18:48
2010-1	Hannah Walker	England	18:59
2009-10	Joanne Harvey	England	21:23
2008-9	Emma Pallant	England	18:31
2007-8	Rosie Edwards	England	21:34

Louisa Brown	Scotland	14:11
No Championships due to Covid-19 pandemic		
Cera Gemmell	Scotland	26:25
Amelia Samuels	Midland Counties	14:25
Holy Page	England	22:11
Niamnh Brown	England	19:25
Amy Donnelly	England	21:37
Jennifer Nesbitt	England	19:05
Any Griffiths	England	21:06
Jenny Walsh	England	19:12
Grace Nicholls	England	18:54
Grace Nicholls	England	19:08
Naomi Taschimowitz	England	21:42
Ellie Sprake	England	18:56
Lauren Howath	England	21:39

Rebecca Rossitier	Northern Ireland	14:24
Olivia Mason	England	26:32
Maya Todd Mcintyre	England	14:51
Scarlett Dale	England	22:30
Anna Tait	Scotland	19:37
Anna MacFadyen	Scottish Schools	21:56
Elizabeth Mooney	England	19:25
Rebecca Murray	South of England	21:06
Emily Hosker-Thornhill	South of England	19:41
Laura Muir	Scotland	18:59
Sarah Inglis	Scotland	19:36
Laura Parker	England	22:05
Hollie Rowland	England	18:59
Kirsty Milner	England	22:18

U20 Men

2021-2	Samuel Mills	England	18:17
2020-1			
2019-20	Thomas Keen	England	23:38
2018-9	Zakeriya Mahamed	England	19:05
2017-8	John Millar	England	25:59
2016-7	Ellis Cross	England	22:22
2015-6	Christopher Olley	England	25:07
2014-5	Jonathon Davies	England	22:15
2013-4	Doug Musson	England	25:27
2012-3	Jack Gray	England	23:22
2011-2	Charlie MacLean	England	22:31
2010-1	Matthew Gillespie	Scotland	22:36
2009-10	Matthew Gillespie	Scotland	26:15
2008-9	Derek Hawkins	Scotland	23:57
2007-8	Ben Lindsay	England	25:30

Dafydd Jones	Wales	18:48
No Championships due to Covid-19 pandemic		
Matthew Stonier	England	23:41
Benjamin West	England	19:07
Tristan Rees	Scotland	26:23
Gus Cockle	England	22:31
Gus Cockle	England	25:08
Joe Steward	England	22:35
Joe Steward	North of England	25:35
Matt Bergin	South of England	23:33
Blayne Pick	Midlands Counties	22:38
Andrew Combs	England	23:00
Alex Tovey	South of England	26:22
Callum Hawkins	Scottish Schools	23:59
Andrew Livingstone	England	25:51

Lewis Hannigan	Scotland	18:49
Josh Dickinson	North of England	23:43
Keelan Kilrehill	Ireland	19:10
Lachlan Wellington	England	26:25
Petros Surafel	England	22:37
Ellis Cross	England	25:40
Kieran Woods	South of England	22:46
Mike Ward	Wales	25:37
Charlie Hulson	Wales	23:39
Thomas Frith	England	22:44
Phil Hurst	North of England	23:04
Ricky Challinor	Wales	26:25
Scott McDonald	Scotland	24:03
Conor McNulty	Scotland	21:33

Senior Women

2021-2	Hannah Irwin	Northern Ireland	27:04
2020-1			
2019-20	Kate Avery	England	29:20
2018-8	Emily Hosker Thornhill	England	27:20
2017-8	Eleanor Vernon	England	28:54
2016-7	Julliet Potter	England	25:21
2015-6	Claire Duck	England	28:32
2014-5	Maddie Murray	Scotland	25:03
2013-4	Catherine Blew	Midland Counties	28:07
2012-3	Catherine Blew	England	26:13
2011-2	Lauren Deadman	England	25:24
2010-1	Juliet Doyle	England	25:47
2009-10	Hatti Dean	England	25:09
2008-9	Susan Hignett	England	22:41
2007-8	Gemma Miles	England	20:30

Mhairi MacLennan	Scotland	27:07
No Championships due to Covid-19 pandemic		
Abbie Donnelly	England	29:31
Kate Avery	England	27:29
Beth Hawling	England	29:39
Jane Potter	Midland Counties	25:45
Jane Potter	England	28:32
Nicola Sykes	Midland Counties	25:23
Miranda Heathcote	England	28:27
Andrea Whitcombe	Wales	26:16
Rosie Smith	Scotland	25:33
Emily Wicks	England	25:55
Hanna Whitmore	England	25:27
Claire Martin	England	22:55
Victoria Wilkinson	England	20:47

Eleanor Bolton	England	27:21
Bronwen Owen	Wales	29:39
Mhairi MacLennan	Scotland	27:32
Charlott Christensen	England	29:43
Faye Fullerton	England	25:51
Sarah Inglis	Scotland	28:42
Jane Potter	Midland Counties	25:24
Iona Lake	South of England	28:36
Georgie Bruinvels	England	26:29
Rebekah Randell	England	25:50
Faye Fullerton	England	25:58
Emma Palliant	South of England	25:43
Justina Heslop	England	23:12
Freya Murray	Scotland	20:53

Senior Men

2021-2	Zak MaHamad	England	29:49
2020-1			
2019-20	Kristian Jones	Wales	25:33
2018-8	Charlie Hulson	Wales	30:43
2017-8	Adam Hickey	England	31:44
2016-7	Richard Horton	England	32:03
2015-6	Andrew Douglas	Scotland	31:27
2014-5	Andrew Maud	South of England	33:19
2013-4	Andy Heyes	England	31:33
2012-3	Meles Okbazghi	North of England	32:52
2011-2	Derek Hawkins	Scotland	27:28
2010-1	Jonathan Pepper	England	34:12
2009-10	Bruce Raeside	Scotland	31:51
2008-9	Neilson Hall	England	33:35
2007-8	Tom Lancashire	England	24:39

Stuart McCallum	Scotland	30:03
No Championships due to Covid-19 pandemic		
Jamie Crowe	Scotland	25:43
Alex Teuten	England	30:46
Carl Avery	England	32:24
Murray Strain	Scotland	32:09
Alex Teuten	England	31:32
Dean Lacy	England	33:25
Dan Garbutt	England	31:43
James Walsh	England	32:55
Dewi Griffiths	Wales	27:55
Andy Wiles	North of England	34:25
James Walsh	England	31:54
Alastair Hay	Scotland	33:41
Tom Russell	Scotland	24:42

Hugo Milner	England	30:14
Adam Hickey	England	25:49
Jack Gray	England	30:50
Andy Douglas	Scotland	32:47
Jack Gray	Midland Counties	32:19
Alastair Watson	England	31:36
Lee Merrien	Guernsey	33:29
Sam Mitchell	Combined Services	31:46
Ben Livesey	Combined Services	32:58
Andy Wiles	North of England	28:00
Adam Hickey	England	34:27
Tom Russell	Scotland	32:03
Neil Gamester	England	33:47
David Webb	England	25:14