

Scottish Mid Trail Running Championships Individual Medallists (Women)

Scottish Athletics Federation/Scottish Athletics Limited

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|-------------|-------------|----------------|-------------|-------|------------------|--------------------------|-------|-------------------|--------------------------|-------|
| 25-May-2013 | Falkland | Edel Mooney | Lothian RC | 39:39 | Jennifer Emsley | Central AC | 40:48 | Moir Davie | Forres H | 41:47 |
| 17-May-2014 | Falkland | Dianne Lauder | Gala H | 39:04 | Edel Mooney | Lothian RC | 39:29 | Megan Crawford | Fife AC | 39:39 |
| 5-Sep-2015 | Falkland | Edel Mooney | Lothian RC | 55.59 | Charlotte Morgan | Carnethy HRC | 56.41 | Megan Crawford | Fife AC | 56.51 |
| 27-Aug-2016 | Strathmiglo | Katie White | Garscube H | 42:54 | Louise Mercer | Edinburgh University H&H | 43:47 | Halina Rees | Fife AC | 45:42 |
| 2-Sep-2017 | Strathmiglo | Fanni Gyurko | Central AC | 39:23 | Katie White | Garscube H | 40:14 | Charlotte Morgan | Carnethy HRC | 40:09 |
| 2-Sep-2018 | Falkland | Lauren Dickson | Lasswade AC | 38.41 | Kristin Lownie | PH Racing Club | 40:26 | Catriona Graves | Edinburgh University H&H | 40:39 |
| 1-Sep-2019 | Falkland | Fanni Gyurko | Central AC | 37.10 | Lauren Dickson | Lasswade AC | 37.44 | Catriona Buchanan | Central AC | 38.51 |