

Inter-District Cross Country Championships Individual Medallists (Senior Women)

Scottish Athletics Federation/Scottish Athletics Limited

2019-20	Virginie Barrand	East	31.10	Michelle Sandison	West	31.29	Rebecca Johnson	Scottish Students	31.47
2018-9	Mhairi Maclennan	Scottish Students	20.40	Morag Millar	East	21.08	Elouise Walker (u20)	East	21.47
2017-8	Fionnula Ross	West	22.18	Elspeth Curran	West	22.33	Rebecca Burns	East	22.38
2016-7	Morag McLarty	East	22.18	Nicola Hood	West	22.33	Anna MacFadyen	North	22.38
2015-6	Fionnula Ross	West	22.40	Mhairi McLennan	North	22.47	Stephannie Pennycook	Scottish Students	23.13
2014-5	Morag McLarty	East	23.17	Dianne Lauder	East	24.28	Jennifer Wetton	East	24.31
2013-4	Fiona Thompson	East	21.45	Nicola Duncan	East	22.22	Eilidh MacKenzie	North	22.31
2012-3	Elspeth Curran	West	22.41	Gillian Palmer	East	23.05	Helen Sharpe	East	23.10
2011-2	Elizabeth Potter	West	19.38	Emily Stewart	Scottish Students	19.48	Abby McGhee	West	20.15
2010-1	Elizabeth Potter	West	20.24	Hester Dix	Scottish Students	23.03	Abby McGhee	West	23.10
2009-10	Freya Murray	East	22:19	Rosie Smith	East	23:54	Elspeth Curran	Scottish Students	23:55
2008-9	Freya Murray	East	19:59	Lyn Wilson	East	21:09	Nicola Hood	West	21:24
2007-8	Freya Murray	East	21:28	Lyn Wilson	East	22:10	Pam Nicholson	Scottish Students	22:30
2006-7	Gillian Palmer	East	26:20	Pamela Nicholson	Scottish Students	26:28	Jennifer Mclean	East	26:35
2005-6	Lyn Wilson	Scottish Students	21:50	Rosie Smith	Scottish Students	22:09	Lesley Chisholm	West	22:22
2004-5	Freya Murray	East	23:43	Sara Stevenson	West	23:54	Lyn Wilson	East	24:27
2003-4	Elizabeth McColgan	East	23:17	Eileen Lang	West	24:21	Lyn Wilson	East	24:48
2002-3	Susan Partridge	West	22:29	Freya Murray	East	22:56	Toni McIntosh	Scottish Students	23:29
2001-2	Sheila Fairweather	West	22:35	Angela Mudge	East	22:41	Gillian Palmer	Scottish Students	23:11
2000-1	Hayley Haining	West	22:23	Victoria Gill	Scottish Students	22:50	Alison Higgins	West	23:30
1999-2000	Ruth McKean	Scottish Students	22:41	Marlene Gemmell	West	23:27	Gillian Palmer	Scottish Students	23:36
1998-9	Vicky McPherson	West	23:04	Angela Mudge	East	23:39	Lynne McDougal	West	24:02
1997-8	Pauline Quinn	Northern Ireland	22:45	Hailey Parkinson	Scottish Students	22:56	Anne McPhail	Scottish Students	23:03
1996-7	Lyndsay Cairns	West	22:19	Marlene Gemmell	West	22:31	Alison Carr	East	22:52
1995-6	Vicky McPherson	West	21:56	Susan Ridley	East	22:16	Deborah Kilner	East	22:17
1994-5	Vicky McPherson	West	23:42	Angela Mudge	East	24:05	Marlene Gemmell	West	24:22
1993-4	Marlene Gemmell	West	23.48	Katy McMillan	Scottish Students	23.54	Sheila Gollan	North	23.58
1992-3	Vicky McPherson	West	16.33	Susan Ridley	East	17.00	Alison Rose	East	17.05

Scottish Women's Cross Country Union

1991-2	Vicky McPherson	West	21.53	Vicki Vaughan	East	22.25	Sheila Gollan	East	22.39
1990-1	Carol-Anne Bartley	West	19.55	U McKee	Northern Ireland	20.14	Marie Duthie	East	20.22
1989-90	Janet Darby	East	18.38	J Ewing	Northern Ireland	18.50	Carol-Anne Bartley	West	18.54
1988-9	Janet McColl	West	17.43	Susan Langham	East	17.46	Janet Darby	East	17.58
1987-8	Christine Price	East	21.05	Audrey Sym	West	21.13	Penny Rother	East	21.18
1986-7	Yvonne Murray	East	20.57	Karen McLeod	East	21.42	Christine Price	East	21.52
1985-6									
1984-5	Karen McLeod	East	18.06	Jean Lorden	East	18.21	Christine Price	East	18.22
1983-4									
1982-3									
1981-2	Elizabeth Lynch	East	23.38	Kathryn Mearns	East	23.49	Violet Blair	East	23.54
1980-1									
1979-80	Kerry Robinson	East	20.18	Barbara Harvie	East	20.40	Elizabeth Trotter	West	20.59
1978-9	Kerry Robinson	East	20.52	S McLaren	East	22.10	Barbara Harvie	East	23.13
1971-2	Christine Haskett	East	24.42	W Sosinska	East	25.13	Palm Lindsay	East	27.13