

**Scottish Mid Trail Running Championships Individual Medallists (U20 Women)**

Scottish Athletics Federation/Scottish Athletics Limited

4-Sep-2022	Falkland	Lousia Brown	Garscube H	40:05	Kate Paul	Giffnock North AC	45:53	Katie Simon	Highland HR	47:02
2021	<b>No Championship due to Covid-19 pandemic</b>									
2020										
1-Sep-2019	Falkland	Lauren Dickson	Lasswade AC	37:44	Eilidh Jaffary	Teviotdale H	39:42	Emile Andrew	Inverness H	41:24
2-Sep-2018	Falkland	Lauren Dickson	Lasswade AC	38:41	Katie Rourke	Gala H	42:47	Rhiannon Kirk	Edinburgh University H&H	43:01
2-Sep-2017	Strathmiglo	Anisha Badial	Aberdeen AAC	44:06	<b>Only 1 Finisher</b>					
27-Aug-2016	Strathmiglo	Louise Mercer	Edinburgh University H&H	43:47	Gwen Gillham	Kilbarchan AAC	52:36	<b>Only 2 Finishers</b>		
5-Sep-2015	Falkland	Bronagh Wishart	Edinburgh University H&H	1:02:39	Amy Frankland	Edinburgh University H&H	1:08:39	<b>Only 2 Finishers</b>		
17-May-2014	Falkland	Emma Dunnett	Edinburgh AC	42:32	Annie Carroll	Edinburgh University H&H	44:36	Jennifer Cruickshanks	Fife AC	46:31
25-May-2013	Falkland	Oonagh Dunnett	Edinburgh AC	45:14	Christie Reid	Dundee RR	45:56	Emma Dunnett	Edinburgh AC	47:33