

Scottish Mid Trail Running Championships Individual Medallists (Women)

Scottish Athletics Federation/Scottish Athletics Limited

4-Sep-2022	Falkland	Sara Green	Gala H	37:30	Alice Goodall	Edinburgh University H&H	38:02	Catriona MacDonald	Bellahouston RR	38:03
2021	No Championship due to Covid-19 pandemic									
2020										
1-Sep-2019	Falkland	Fanni Gyurko	Central AC	37.10	Lauren Dickson	Lasswade AC	37.44	Catriona Buchanan	Central AC	38.51
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
2-Sep-2017	Strathmiglo	Fanni Gyurko	Central AC	39:23	Charlotte Morgan	Carnethy HRC	40:09	Katie White	Garscube H	40:14
27-Aug-2016	Strathmiglo	Katie White	Garscube H	42:54	Louise Mercer	Edinburgh University H&H	43:47	Halina Rees	Fife AC	45:42
5-Sep-2015	Falkland	Edel Mooney	Lothian RC	55.59	Charlotte Morgan	Carnethy HRC	56.41	Megan Crawford	Fife AC	56.51
17-May-2014	Falkland	Dianne Lauder	Gala H	39:04	Edel Mooney	Lothian RC	39:29	Megan Crawford	Fife AC	39:39
25-May-2013	Falkland	Edel Mooney	Lothian RC	39:39	Jennifer Emsley	Central AC	40:48	Moira Davie	Forres H	41:47