

**North District Cross Country Championships**  
**Women**

**Team Medal Table**  
**1975-6 to 2024-5**

|   |                        | <b>Gold</b> | <b>Silver</b> | <b>Bronze</b> |
|---|------------------------|-------------|---------------|---------------|
| 1 | Inverness H            | 21          | 4             | 1             |
| 2 | Highland HR            | 5           | 2             | 2             |
| 3 | Moray RR               | 3           | 12            | 7             |
| 4 | Forres H               | 3           | 8             | 8             |
| 5 | Lochaber AC            |             | 1             | 3             |
| 6 | Minolta Black Isle AAC |             | 1             |               |
| 7 | Stornonway RAC         |             | 1             |               |
| 8 | Nairn & District AC    |             |               | 2             |
| 9 | Ross County AC         |             |               | 1             |