

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - U13 GIRLS

Pos	Time	No	Runner	Cat	Club Name
1	12:22	162	Kirsten Burnett	(U13)	Inverness Harriers AAC
2	12:33	165	Katie Meek	(U13)	Inverness Harriers AAC
3	12:41	170	Layla Todd	(U13)	Shetland AAC
4	13:29	171	Sarah Maciver	(U13)	Stornoway Running & AC
5	13:51	172	Megan Maclean	(U13)	Stornoway Running & AC
6	14:01	168	Mihandri Van Straaten	(U13)	Nairn Area AAC
7	14:11	161	Freya Allan	(U13)	Inverness Harriers AAC
8	14:39	169	Caitlyn Heggie	(U13)	Ross County AC
9	14:43	158	Eva Esslemont	(U13)	Forres Harriers
10	14:50	160	Sophie Howard	(U13)	Forres Harriers
11	15:11	166	Iona Scott	(U13)	Inverness Harriers AAC
12	15:41	163	Brooke Ferguson	(U13)	Inverness Harriers AAC
13	16:05	164	Ciara McAllister	(U13)	Inverness Harriers AAC
14	16:18	174	Abbie Stewart	(U13)	Stornoway Running & AC

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - U13 GIRLS

Position	Club	Club Cat	Club Points	Points	No	Runner	Runner Cat	Time
1	Inverness Harriers AAC	ND	10	1	162	Kirsten Burnett	(U13)	12:22
				2	165	Katie Meek	(U13)	12:33
				7	161	Freya Allan	(U13)	14:11
2	Stornoway Running & AC	ND	23	4	171	Sarah Maciver	(U13)	13:29
				5	172	Megan Maclean	(U13)	13:51
				14	174	Abbie Stewart	(U13)	16:18

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - U13 BOYS

Pos	Time	No	Runner	Cat	Club Name
1	12:24	141	Andrew Baird	(U13)	Ross County AC
2	12:29	156	Jordan Angus Nicolson	(U13)	Stornoway Running & AC
3	12:30	130	Michael Miller	(U13)	Inverness Harriers AAC
4	12:41	157	Sebastian Nicolson	(U13)	Stornoway Running & AC
5	12:42	126	Michael Bishenden	(U13)	Forres Harriers
6	12:44	135	Sorley Swabey	(U13)	Lochaber AC
7	12:47	142	Noah Carson	(U13)	Ross County AC
8	13:04	155	Iain Matheson	(U13)	Stornoway Running & AC
9	13:11	136	Lewis Paterson	(U13)	Moray RR
10	13:19	139	Finlay Weir	(U13)	Moray RR
11	13:24	154	Finlay Macleod	(U13)	Stornoway Running & AC
12	13:25	143	Struan Ellen	(U13)	Ross County AC
13	13:29	153	Andrew Macaskill	(U13)	Stornoway Running & AC
14	13:33	128	Angus Laird	(U13)	Inverness Harriers AAC
15	13:36	140	Seumas Maclain	(U13)	North Uist AAC
16	13:37	131	Ruairidh Stirling	(U13)	Inverness Harriers AAC
17	13:51	129	Ben MacLeod	(U13)	Inverness Harriers AAC
18	14:00	137	Jackson Smith	(U13)	Moray RR
19	14:17	150	Cameron Black	(U13)	Shetland AAC
20	14:17	151	Lewis Black	(U13)	Shetland AAC
21	14:56	152	Euan Campbell Flett	(U13)	Stornoway Running & AC
22	16:04	132	Harris Walmsley	(U13)	Inverness Harriers AAC
23	16:20	134	Euan Servant	(U13)	Lochaber AC
24	17:50	133	Duncan MacDonald	(U13)	Lochaber AC

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - U13 BOYS

Position	Club	Club Cat	Club Points	Points	No	Runner	Runner Cat	Time
1	Stornoway Running & AC	ND	14	2	156	Jordan Angus Nicolson	(U13)	12:29
				4	157	Sebastian Nicolson	(U13)	12:41
				8	155	Iain Matheson	(U13)	13:04
2	Ross County AC	ND	20	1	141	Andrew Baird	(U13)	12:24
				7	142	Noah Carson	(U13)	12:47
				12	143	Struan Ellen	(U13)	13:25
3	Inverness Harriers AAC	ND	33	3	130	Michael Miller	(U13)	12:30
				14	128	Angus Laird	(U13)	13:33
				16	131	Ruairidh Stirling	(U13)	13:37
4	Moray RR	ND	37	9	136	Lewis Paterson	(U13)	13:11
				10	139	Finlay Weir	(U13)	13:19
				18	137	Jackson Smith	(U13)	14:00
5	Lochaber AC	ND	53	6	135	Sorley Swabey	(U13)	12:44
				23	134	Euan Servant	(U13)	16:20
				24	133	Duncan MacDonald	(U13)	17:50

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - U15 GIRLS

Pos	Time	No	Runner	Cat	Club Name
1	15:04	176	Anna Cairns	(U15)	Inverness Harriers AAC
2	16:17	178	Grace MacDonald	(U15)	Inverness Harriers AAC
3	16:29	180	Zoe Sharpe	(U15)	Inverness Harriers AAC
4	16:44	184	Beth Urquhart	(U15)	Moray RR
5	17:27	189	Francesca Greenstock	(U15)	Stornoway Running & AC
6	17:40	190	Rachel Murray	(U15)	Stornoway Running & AC
7	18:19	186	Emily Bell	(U15)	Ross County AC
8	18:24	183	Nicole Taylor	(U15)	Moray RR
9	18:34	188	Morag Lynch	(U15)	Ross County AC
10	18:41	179	Isla Marwick	(U15)	Inverness Harriers AAC
11	18:56	182	Hannah Stephen	(U15)	Moray RR
12	19:29	187	Ruby Jezewski	(U15)	Ross County AC
13	19:41	177	Isobel Garvie	(U15)	Inverness Harriers AAC
14	20:16	181	Isla Coull	(U15)	Moray RR
15	20:53	175	Ida Oikkonen	(U15)	Forres Harriers
16	21:43	185	Harriet Whelan	(U15)	Moray RR

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - U15 GIRLS

Position	Club	Club Cat	Club Points	Points	No	Runner	Runner Cat	Time
1	Inverness Harriers AAC	ND	6	1	176	Anna Cairns	(U15)	15:04
				2	178	Grace MacDonald	(U15)	16:17
				3	180	Zoe Sharpe	(U15)	16:29
2	Moray RR	ND	23	4	184	Beth Urquhart	(U15)	16:44
				8	183	Nicole Taylor	(U15)	18:24
				11	182	Hannah Stephen	(U15)	18:56
3	Ross County AC	ND	28	7	186	Emily Bell	(U15)	18:19
				9	188	Morag Lynch	(U15)	18:34
				12	187	Ruby Jezewski	(U15)	19:29

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - U15 BOYS

Pos	Time	No	Runner	Cat	Club Name
1	14:07	102	Lachlan Buchanan	(U15)	Inverness Harriers AAC
2	14:28	104	Jake Henderson	(U15)	Inverness Harriers AAC
3	14:57	122	Reece Black	(U15)	Shetland AAC
4	15:00	125	Charlie Morrison	(U15)	Stornoway Running & AC
5	15:00	103	Sam Burnett	(U15)	Inverness Harriers AAC
6	15:50	107	Gregor Nixon	(U15)	Inverness Harriers AAC
7	15:55	101	Bruce Evans	(U15)	Forres Harriers
8	16:02	116	Seonaidh MacInnes	(U15)	North Uist AAC
9	16:03	109	Fraser Anderson	(U15)	Lochaber AC
10	16:07	123	Murray MacDonald	(U15)	Stornoway Running & AC
11	16:10	120	Zak Fearn	(U15)	Ross County AC
12	16:15	108	Ben Webster	(U15)	Inverness Harriers AAC
13	16:24	105	Alex Jamieson	(U15)	Inverness Harriers AAC
14	16:31	111	Liam Munro	(U15)	Moray RR
15	16:36	100	Tom Palmer	(U15)	Elgin AAC
16	16:43	110	Rhys Cantlie	(U15)	Moray RR
17	16:52	121	Douglas MacLennan	(U15)	Ross County AC
18	17:34	115	Jacobus Van Straaten	(U15)	Nairn Area AAC
19	17:45	124	Lewis Maclean	(U15)	Stornoway Running & AC
20	17:52	113	Ryan Curran	(U15)	Nairn Area AAC
21	18:15	106	Caleb MacLeod	(U15)	Inverness Harriers AAC
22	18:42	114	Zak Stewart	(U15)	Nairn Area AAC

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - U15 BOYS

Position	Club	Club Cat	Club Points	Points	No	Runner	Runner Cat	Time
1	Inverness Harriers AAC	ND	8	1	102	Lachlan Buchanan	(U15)	14:07
				2	104	Jake Henderson	(U15)	14:28
				5	103	Sam Burnett	(U15)	15:00
2	Stornoway Running & AC	ND	33	4	125	Charlie Morrison	(U15)	15:00
				10	123	Murray MacDonald	(U15)	16:07
				19	124	Lewis Maclean	(U15)	17:45
3	Nairn Area AAC	ND	60	18	115	Jacobus Van Straaten	(U15)	17:34
				20	113	Ryan Curran	(U15)	17:52
				22	114	Zak Stewart	(U15)	18:42

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2018 - U17 WOMEN

Pos	Time	No	Runner	Cat	Club Name
1	22:01	22	Ellyn Smith	(U17)	Moray RR
2	22:17	25	Morag Hickey	(U17)	Ross County AC
3	22:48	26	Ellen Astley	(U17)	Ellon AAC
4	24:21	21	Rachel Ross	(U17)	East Sutherland AC
5	25:56	23	Niamh Whelan	(U17)	Moray RR

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - U17 MEN

Pos	Time	No	Runner	Cat	Club Name
1	17:47	5	Lucas Cairns	(U17)	Inverness Harriers AAC
2	18:43	10	Angus Smith	(U17)	Inverness Harriers AAC
3	18:50	18	Danny McPake	(U17)	Ross County AC
4	19:07	7	Euan Rollo	(U17)	Inverness Harriers AAC
5	19:17	15	Blair Milne	(U17)	Moray RR
6	19:58	8	Finlay Rutter	(U17)	Inverness Harriers AAC
7	20:02	6	Finlay Raynor	(U17)	Inverness Harriers AAC
8	20:07	1	Scott Perry	(U17)	Elgin AAC
9	20:11	16	Joshua Milne	(U17)	Moray RR
10	20:13	17	Alex Ellen	(U17)	Ross County AC
11	20:17	3	David Scott	(U17)	Forres Harriers
12	20:21	19	Kyle Sutherland	(U17)	Ross County AC
13	20:52	2	Ewan Martin	(U17)	Forres Harriers
14	20:53	13	Jamie McConnell	(U17)	Lochaber AC
15	21:28	9	Ben Sharpe	(U17)	Inverness Harriers AAC
16	21:53	12	Finlay Fraser	(U17)	Lochaber AC
17	22:38	14	Shaun Green	(U17)	Moray RR
18	22:44	11	Finlay Dempster	(U17)	Lochaber AC
19	22:55	4	Thomas Burnett	(U17)	Inverness Harriers AAC

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - U17 MEN

Position	Club	Club Cat	Club Points	Points	No	Runner	Runner Cat	Time
1	Inverness Harriers AAC	ND	7	1	5	Lucas Cairns	(U17)	17:47
				2	10	Angus Smith	(U17)	18:43
				4	7	Euan Rollo	(U17)	19:07
2	Ross County AC	ND	25	3	18	Danny McPake	(U17)	18:50
				10	17	Alex Ellen	(U17)	20:13
				12	19	Kyle Sutherland	(U17)	20:21
3	Moray RR	ND	31	5	15	Blair Milne	(U17)	19:17
				9	16	Joshua Milne	(U17)	20:11
				17	14	Shaun Green	(U17)	22:38
4	Lochaber AC	ND	48	14	13	Jamie McConnell	(U17)	20:53
				16	12	Finlay Fraser	(U17)	21:53

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - U20 WOMEN

Pos	Time	No	Runner	Cat	Club Name
1	27:10	192	Emily Andrew	(U20)	Inverness Harriers AAC
2	32:43	196	Sophie Graham	(U20)	Stornoway Running & AC

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - U20 MEN

Pos	Time	No	Runner	Cat	Club Name
1	22:44	94	Luke Davidson	(U20)	Inverness Harriers AAC
2	22:55	95	Stuart Gardiner	(U20)	Inverness Harriers AAC
3	25:20	98	Kyle Munro	(U20)	Stornoway Running & AC
4	25:47	97	Sam Greenslade	(U20)	Stornoway Running & AC
5	26:45	99	Daniel Stewart	(U20)	Stornoway Running & AC

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - U20 MEN

Position	Club	Club Cat	Club Points	Points	No	Runner	Runner Cat	Time
1	Stornoway Running & AC	ND	12	3	98	Kyle Munro	(U20)	25:20
				4	97	Sam Greenslade	(U20)	25:47
				5	99	Daniel Stewart	(U20)	26:45

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - SENIOR/MASTER WOMEN

Pos	Time	No	Runner	Cat	Club Name
1	33:26	204	Moira Davie	(Sen)	Forres Harriers
2	33:35	232	Emma Watt	(Sen)	JSK RC
3	33:38	228	Caroline Marwick	(Sen)	Inverness Harriers AAC
4	33:59	236	Iona Robertson	(Sen)	Moray RR
5	34:00	238	Michelle Slater	(V40)	Moray RR
6	34:42	257	Sarah Attwood	(Sen)	Skye & Lochalsh Running and AC
7	35:08	255	Charlotte Black	(V40)	Shetland AAC
8	35:33	224	Karen Lyons	(V45)	Highland Hill Runners
9	36:09	230	Julie Wilson	(V50)	Inverness Harriers AAC
10	36:48	208	Siobhan Evans	(V45)	Forres Harriers
11	37:02	219	Lana Buchheim	(Sen)	Highland Hill Runners
12	37:03	209	Susan McRitchie	(V45)	Forres Harriers
13	37:09	249	Vikki Thompson	(Sen)	Ross County AC
14	37:29	250	Morvern MacKenzie	(V40)	Ross County AC
15	37:32	233	Kay Davies	(V45)	JSK RC
16	37:42	242	Marianne Wilson	(V40)	North Highland Harriers
17	38:01	206	Carrie-Ann Ward	(V40)	Forres Harriers
18	38:14	243	Lorna Stanger	(V50)	North Highland Harriers
19	38:32	218	Megan Bee	(Sen)	Highland Hill Runners
20	38:39	207	Frances Britain	(V45)	Forres Harriers
21	38:51	211	Hillary Cameron	(V50)	Forres Harriers
22	38:52	221	Anna MacArthur	(Sen)	Highland Hill Runners
23	39:23	225	Jill Kerr	(V50)	Highland Hill Runners
24	39:47	258	Martha Hamilton	(Sen)	Stornoway Running & AC
25	40:02	248	Alison Heggie	(Sen)	Ross County AC
26	40:28	217	Carol Massie	(V55)	Fraserburgh RC
27	40:39	261	Lorraine Morrison	(V40)	Stornoway Running & AC
28	40:59	210	Elizabeth Barr	(V50)	Forres Harriers
29	41:04	226	Margaret Andrews	(V55)	Highland Hill Runners
30	41:17	229	Sharon Beck	(V45)	Inverness Harriers AAC
31	41:21	203	Audrey Scott	(V55)	East Sutherland AC
32	41:22	241	Karen Norvell	(V50)	Moray RR
33	42:08	246	Linda McGee	(V45)	Peterhead AC
34	42:22	216	Morag Thompson	(V40)	Fraserburgh RC
35	42:36	213	Jackie Nicol	(V55)	Forres Harriers
36	43:03	253	Susan Maclellan	(V45)	Ross County AC
37	43:15	223	Jacquie Laird	(V45)	Highland Hill Runners
38	43:22	212	June McIntosh	(V50)	Forres Harriers
39	43:34	256	Susan Linklater	(V65)	Shetland AAC
40	45:25	239	Amanda Strang	(V45)	Moray RR
41	45:53	222	Mhairi Sweeney	(Sen)	Highland Hill Runners
42	46:40	220	Jane Chisholm	(Sen)	Highland Hill Runners
43	56:09	254	Sheryl Tode	(V50)	Ross County AC

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - SENIOR/MASTER WOMEN

Position	Club	Club Cat	Club Points	Points	No	Runner	Runner Cat	Time
1	Forres Harriers	ND	40	1	204	Moira Davie	(Sen)	33:26
				10	208	Siobhan Evans	(V45)	36:48
				12	209	Susan McRitchie	(V45)	37:03
				17	206	Carrie-Ann Ward	(V40)	38:01
2	Highland Hill Runners	ND	60	8	224	Karen Lyons	(V45)	35:33
				11	219	Lana Buchheim	(Sen)	37:02
				19	218	Megan Bee	(Sen)	38:32
				22	221	Anna MacArthur	(Sen)	38:52
3	Moray RR	ND	81	4	236	Iona Robertson	(Sen)	33:59
				5	238	Michelle Slater	(V40)	34:00
				32	241	Karen Norvell	(V50)	41:22
				40	239	Amanda Strang	(V45)	45:25
4	Ross County AC	ND	88	13	249	Vikki Thompson	(Sen)	37:09
				14	250	Morvern MacKenzie	(V40)	37:29
				25	248	Alison Heggie	(Sen)	40:02
				36	253	Susan MacIellan	(V45)	43:03

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - SENIOR/MASTER WOMEN

Category	Rank	Time	Overall	No	Runner	Club
F-(Sen)	1	33:26	1	204	Moira Davie	Forres Harriers
F-(Sen)	2	33:35	2	232	Emma Watt	JSK RC
F-(Sen)	3	33:38	3	228	Caroline Marwick	Inverness Harriers AAC
F-(Sen)	4	33:59	4	236	Iona Robertson	Moray RR
F-(Sen)	5	34:42	6	257	Sarah Attwood	Skye & Lochalsh Running and AC
F-(Sen)	6	37:02	11	219	Lana Buchheim	Highland Hill Runners
F-(Sen)	7	37:09	13	249	Vikki Thompson	Ross County AC
F-(Sen)	8	38:32	19	218	Megan Bee	Highland Hill Runners
F-(Sen)	9	38:52	22	221	Anna MacArthur	Highland Hill Runners
F-(Sen)	10	39:47	24	258	Martha Hamilton	Stornoway Running & AC
F-(Sen)	11	40:02	25	248	Alison Heggie	Ross County AC
F-(Sen)	12	45:53	41	222	Mhairi Sweeney	Highland Hill Runners
F-(Sen)	13	46:40	42	220	Jane Chisholm	Highland Hill Runners
F-(V40)	1	34:00	5	238	Michelle Slater	Moray RR
F-(V40)	2	35:08	7	255	Charlotte Black	Shetland AAC
F-(V40)	3	37:29	14	250	Morvern MacKenzie	Ross County AC
F-(V40)	4	37:42	16	242	Marianne Wilson	North Highland Harriers
F-(V40)	5	38:01	17	206	Carrie-Ann Ward	Forres Harriers
F-(V40)	6	40:39	27	261	Lorraine Morrison	Stornoway Running & AC
F-(V40)	7	42:22	34	216	Morag Thompson	Fraserburgh RC
F-(V45)	1	35:33	8	224	Karen Lyons	Highland Hill Runners
F-(V45)	2	36:48	10	208	Siobhan Evans	Forres Harriers
F-(V45)	3	37:03	12	209	Susan McRitchie	Forres Harriers
F-(V45)	4	37:32	15	233	Kay Davies	JSK RC
F-(V45)	5	38:39	20	207	Frances Britain	Forres Harriers
F-(V45)	6	41:17	30	229	Sharon Beck	Inverness Harriers AAC
F-(V45)	7	42:08	33	246	Linda McGee	Peterhead AC
F-(V45)	8	43:03	36	253	Susan MacIellan	Ross County AC
F-(V45)	9	43:15	37	223	Jacque Laird	Highland Hill Runners
F-(V45)	10	45:25	40	239	Amanda Strang	Moray RR
F-(V50)	1	36:09	9	230	Julie Wilson	Inverness Harriers AAC
F-(V50)	2	38:14	18	243	Lorna Stanger	North Highland Harriers
F-(V50)	3	38:51	21	211	Hillary Cameron	Forres Harriers
F-(V50)	4	39:23	23	225	Jill Kerr	Highland Hill Runners
F-(V50)	5	40:59	28	210	Elizabeth Barr	Forres Harriers
F-(V50)	6	41:22	32	241	Karen Norvell	Moray RR
F-(V50)	7	43:22	38	212	June McIntosh	Forres Harriers
F-(V50)	8	56:09	43	254	Sheryl Tode	Ross County AC
F-(V55)	1	40:28	26	217	Carol Massie	Fraserburgh RC
F-(V55)	2	41:04	29	226	Margaret Andrews	Highland Hill Runners
F-(V55)	3	41:21	31	203	Audrey Scott	East Sutherland AC
F-(V55)	4	42:36	35	213	Jackie Nicol	Forres Harriers
F-(V65)	1	43:34	39	256	Susan Linklater	Shetland AAC

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - SEN/MAS MEN

Pos	Time	No	Runner	Cat	Club Name
1	26:59	45	John Newsom	(Sen)	Inverness Harriers AAC
2	27:18	86	Ross Gollan	(Sen)	Shettleston Harriers
3	27:21	37	Craig Campbell	(Sen)	Inverness Harriers AAC
4	27:34	62	Ewan Davidson	(Sen)	Moray RR
5	27:37	26	Rob Sinclair	(Sen)	Highland Hill Runners
6	28:01	74	James Wilson	(Sen)	Moray RR
7	28:41	54	John Yells	(Sen)	Lochaber AC
8	28:51	35	Graham Bee	(Sen)	Inverness Harriers AAC
9	29:00	30	Jack Ward	(Sen)	Highland Hill Runners
10	29:02	2	Blair Mackay	(Sen)	East Sutherland AC
11	29:08	27	Benjamin Tanner	(Sen)	Highland Hill Runners
12	29:21	14	Andrew Gilmore	(Sen)	Highland Hill Runners
13	29:24	89	John Hamilton	(Sen)	Stornoway Running & AC
14	29:38	36	Robin Burnett	(V45)	Inverness Harriers AAC
15	29:52	69	Robbie Paterson	(Sen)	Moray RR
16	29:54	66	Gareth Jenkins	(V45)	Moray RR
17	30:05	41	Finlay MacLennan	(Sen)	Inverness Harriers AAC
18	30:10	67	Blair Laird	(Sen)	Moray RR
19	30:21	90	Murdo MacKenzie	(Sen)	Stornoway Running & AC
20	30:28	82	Eoin Coull	(V45)	Ross County AC
21	30:36	61	Wayne Dashper	(V45)	Moray RR
22	30:58	88	Norman Ferguson	(Sen)	Stornoway Running & AC
23	31:15	42	Jonny Macleod	(V45)	Inverness Harriers AAC
24	31:19	52	Richard Strachan	(Sen)	JSK RC
25	31:19	76	Kenny MacGruer	(Sen)	North Highland Harriers
26	31:30	83	Calum Faulkner	(Sen)	Ross County AC
27	31:42	60	Andrew Clark	(Sen)	Moray RR
28	31:56	23	William Nicolson	(V45)	Highland Hill Runners
29	32:06	4	Raymond Hughes	(V40)	Forres Harriers
30	32:24	15	Steven Gregg	(Sen)	Highland Hill Runners
31	32:29	84	Steven Learmont	(Sen)	Ross County AC
32	32:31	53	Allan Wilson	(V45)	JSK RC
33	32:32	70	Paul Rogan	(V50)	Moray RR
34	32:38	22	Ian Meek	(V50)	Highland Hill Runners
35	32:40	71	John Urquhart	(V50)	Moray RR
36	32:45	64	Colin Green	(V45)	Moray RR
37	32:48	80	Calum Sinclair	(Sen)	Peterhead AC
38	33:03	55	Andy Alexander	(V50)	Moray RR
39	33:07	43	Tom McWilliam	(V45)	Inverness Harriers AAC
40	33:15	21	Fraser Mackintosh	(V50)	Highland Hill Runners
41	33:41	33	Graham Aitken	(Sen)	Insch Trail RC
42	33:59	24	Graham Parker	(V45)	Highland Hill Runners
43	34:09	47	Paul Paterson	(V40)	Inverness Harriers AAC
44	34:12	20	Doug Macdonald	(V45)	Highland Hill Runners
45	34:17	51	Stephen Simpson	(Sen)	JSK RC
46	34:25	48	Thomas Blair	(Sen)	JSK RC
47	34:34	3	Colin Hall	(V50)	Forres Harriers
48	35:03	65	Aaron Green	(V40)	Moray RR
49	35:23	32	Stewart Wilson	(V50)	Highland Hill Runners
50	35:38	25	Oscar Sanchez Garcia	(V45)	Highland Hill Runners
51	35:42	13	Stuart Forrest	(Sen)	Highland Hill Runners
52	35:45	16	Andy Hall	(Sen)	Highland Hill Runners
53	36:13	63	Simon Dobbs	(V55)	Moray RR
54	36:47	68	Simon MacDonald	(V60)	Moray RR
55	36:54	18	Marcus Konoso	(Sen)	Highland Hill Runners
56	36:58	34	Joe Aitken	(Sen)	Insch Trail RC
57	37:31	7	Tim Pott	(V55)	Forres Harriers
58	37:59	19	James Laird	(V50)	Highland Hill Runners
59	38:03	91	Allan Morrison	(V40)	Stornoway Running & AC
60	38:07	5	Gary Macfadyen	(V50)	Forres Harriers
61	38:22	49	Greig Cruickshank	(V55)	JSK RC
62	38:30	81	James Wilson	(V45)	Peterhead AC
63	41:27	75	Dean Bowman	(Sen)	North Highland Harriers

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - SEN/MAS MEN

Position	Club	Club Cat	Club Points	Points	No	Runner	Runner Cat	Time
1	Inverness Harriers AAC	ND	66	1	45	John Newsom	(Sen)	26:59
				3	37	Craig Campbell	(Sen)	27:21
				8	35	Graham Bee	(Sen)	28:51
				14	36	Robin Burnett	(V45)	29:38
				17	41	Finlay MacLennan	(Sen)	30:05
				23	42	Jonny Macleod	(V45)	31:15
2	Moray RR	ND	80	4	62	Ewan Davidson	(Sen)	27:34
				6	74	James Wilson	(Sen)	28:01
				15	69	Robbie Paterson	(Sen)	29:52
				16	66	Gareth Jenkins	(V45)	29:54
				18	67	Blair Laird	(Sen)	30:10
				21	61	Wayne Dashper	(V45)	30:36
3	Highland Hill Runners	ND	95	5	26	Rob Sinclair	(Sen)	27:37
				9	30	Jack Ward	(Sen)	29:00
				11	27	Benjamin Tanner	(Sen)	29:08
				12	14	Andrew Gilmore	(Sen)	29:21
				28	23	William Nicolson	(V45)	31:56
				30	15	Steven Gregg	(Sen)	32:24

NORTH DISTRICT XC CHAMPIONSHIP RESULTS 2019 - SEN/MAS MEN

Category	Rank	Time	Overall	No	Runner	Club
M-(Sen)	1	26:59	1	45	John Newsom	Inverness Harriers AAC
M-(Sen)	2	27:18	2	86	Ross Gollan	Shettleston Harriers
M-(Sen)	3	27:21	3	37	Craig Campbell	Inverness Harriers AAC
M-(Sen)	4	27:34	4	62	Ewan Davidson	Moray RR
M-(Sen)	5	27:37	5	26	Rob Sinclair	Highland Hill Runners
M-(Sen)	6	28:01	6	74	James Wilson	Moray RR
M-(Sen)	7	28:41	7	54	John Yells	Lochaber AC
M-(Sen)	8	28:51	8	35	Graham Bee	Inverness Harriers AAC
M-(Sen)	9	29:00	9	30	Jack Ward	Highland Hill Runners
M-(Sen)	10	29:02	10	2	Blair Mackay	East Sutherland AC
M-(Sen)	11	29:08	11	27	Benjamin Tanner	Highland Hill Runners
M-(Sen)	12	29:21	12	14	Andrew Gilmore	Highland Hill Runners
M-(Sen)	13	29:24	13	89	John Hamilton	Stornoway Running & AC
M-(Sen)	14	29:52	15	69	Robbie Paterson	Moray RR
M-(Sen)	15	30:05	17	41	Finlay MacLennan	Inverness Harriers AAC
M-(Sen)	16	30:10	18	67	Blair Laird	Moray RR
M-(Sen)	17	30:21	19	90	Murdo MacKenzie	Stornoway Running & AC
M-(Sen)	18	30:58	22	88	Norman Ferguson	Stornoway Running & AC
M-(Sen)	19	31:19	24	52	Richard Strachan	JSK RC
M-(Sen)	20	31:19	25	76	Kenny MacGruer	North Highland Harriers
M-(Sen)	21	31:30	26	83	Calum Faulkner	Ross County AC
M-(Sen)	22	31:42	27	60	Andrew Clark	Moray RR
M-(Sen)	23	32:24	30	15	Steven Gregg	Highland Hill Runners
M-(Sen)	24	32:29	31	84	Steven Learmont	Ross County AC
M-(Sen)	25	32:48	37	80	Calum Sinclair	Peterhead AC
M-(Sen)	26	33:41	41	33	Graham Aitken	Insch Trail RC
M-(Sen)	27	34:17	45	51	Stephen Simpson	JSK RC
M-(Sen)	28	34:25	46	48	Thomas Blair	JSK RC
M-(Sen)	29	35:42	51	13	Stuart Forrest	Highland Hill Runners
M-(Sen)	30	35:45	52	16	Andy Hall	Highland Hill Runners
M-(Sen)	31	36:54	55	18	Marcus Konoso	Highland Hill Runners
M-(Sen)	32	36:58	56	34	Joe Aitken	Insch Trail RC
M-(Sen)	33	41:27	63	75	Dean Bowman	North Highland Harriers
M-(V40)	1	32:06	29	4	Raymond Hughes	Forres Harriers
M-(V40)	2	34:09	43	47	Paul Paterson	Inverness Harriers AAC
M-(V40)	3	35:03	48	65	Aaron Green	Moray RR
M-(V40)	4	38:03	59	91	Allan Morrison	Stornoway Running & AC
M-(V45)	1	29:38	14	36	Robin Burnett	Inverness Harriers AAC
M-(V45)	2	29:54	16	66	Gareth Jenkins	Moray RR
M-(V45)	3	30:28	20	82	Eoin Coull	Ross County AC
M-(V45)	4	30:36	21	61	Wayne Dashper	Moray RR
M-(V45)	5	31:15	23	42	Jonny Macleod	Inverness Harriers AAC
M-(V45)	6	31:56	28	23	William Nicolson	Highland Hill Runners
M-(V45)	7	32:31	32	53	Allan Wilson	JSK RC
M-(V45)	8	32:45	36	64	Colin Green	Moray RR
M-(V45)	9	33:07	39	43	Tom McWilliam	Inverness Harriers AAC
M-(V45)	10	33:59	42	24	Graham Parker	Highland Hill Runners
M-(V45)	11	34:12	44	20	Dougie Macdonald	Highland Hill Runners
M-(V45)	12	35:38	50	25	Oscar Sanchez Garcia	Highland Hill Runners
M-(V45)	13	38:30	62	81	James Wilson	Peterhead AC
M-(V50)	1	32:32	33	70	Paul Rogan	Moray RR
M-(V50)	2	32:38	34	22	Ian Meek	Highland Hill Runners
M-(V50)	3	32:40	35	71	John Urquhart	Moray RR
M-(V50)	4	33:03	38	55	Andy Alexander	Moray RR
M-(V50)	5	33:15	40	21	Fraser Mackintosh	Highland Hill Runners
M-(V50)	6	34:34	47	3	Colin Hall	Forres Harriers
M-(V50)	7	35:23	49	32	Stewart Wilson	Highland Hill Runners
M-(V50)	8	37:59	58	19	James Laird	Highland Hill Runners
M-(V50)	9	38:07	60	5	Gary Macfadyen	Forres Harriers
M-(V55)	1	36:13	53	63	Simon Dobbs	Moray RR
M-(V55)	2	37:31	57	7	Tim Pott	Forres Harriers
M-(V55)	3	38:22	61	49	Greig Cruickshank	JSK RC
M-(V60)	1	36:47	54	68	Simon MacDonald	Moray RR