

		Stage 1				Stage 2				Stage 3			
1	Fife AC "A"	Isla Thoms U13	09:43	(1)		Isla Hedley U15	09:45	(2)	19:28	Anna Hedley U15	09:01	(1)	28:29
2	Giffnock North AAC "A"	Amber Wade U13	10:15	(7)		Valencia Wright U15	09:03	(1)	19:18	Helen Chong U17	09:36	(2)	28:54
3	Inverness Harriers "A"	Zoe Sharp U13	09:45	(2)		Grace MacDonald U13	09:55	(3)	19:40	Megan Keith U17	09:21	(3)	29:01
4	Edinburgh AC "A"	Connie Roxburgh U13	10:33	(18)		Katie Johnson U15	09:47	(8)	20:20	Alice Goodall U17	09:15	(4)	29:35
5	Kilbarchan AAC "A"	Sarah Lyle U13	10:30	(17)		Louise Hastie U15	09:34	(5)	20:04	Alisha Sivell U17	09:39	(5)	29:43
6	Giffnock North AAC "B"	Kirsty Wylie U13	10:42	(25)		Zoe Flower U15	09:27	(6)	20:09	Clare Wallace U17	09:45	(6)	29:54
7	Giffnock North AAC "C"	Katy Donnelly U13	10:29	(15)		Julia Cash U15	09:43	(7)	20:12	Kate Richardson U17	09:43	(7)	29:55
8	Ayr Seaforth AAC "A"	Iona Stroma Hubbard U13	10:02	(6)		Morven Hubbard U15	10:29	(11)	20:31	Rosie Davidson U17	09:37	(8)	30:08
9	Team East Lothian "A"	Olivia Robbins U13	11:25	(53)		Flora Henry U15	09:49	(23)	21:14	Cera Gemmell U17	08:59	(9)	30:13
10	Corstorphine AAC "A"	Olivia Clarke U13	09:54	(4)		Katherine MacLeod U15	10:03	(4)	19:57	Georgia Ledingham U17	10:19	(10)	30:16
11	Inverness Harriers "B"	Anna Cairns U13	09:46	(3)		Kirsten Burnett U13	10:39	(10)	20:25	Emily Andrew U17	09:57	(11)	30:22
12	Edinburgh AC "B"	Anna Cruden U13	11:12	(48)		Molly Kidd U15	10:06	(26)	21:18	Pippa Carcas U17	09:14	(12)	30:32
13	VP-Glasgow "A"	Sophie Sinclair U13	10:41	(24)		Amiya Patel U13	09:56	(14)	20:37	Isla Britton U17	09:59	(13)	30:36
14	Kilbarchan AAC "B"	Isla Marshall U13	10:46	(29)		Rachel Muir U15	09:51	(13)	20:37	Laine Alemu U17	10:02	(14)	30:39
15	Fife AC "B"	Ruby Russell U13	10:02	(5)		Esmee Thoms U15	10:49	(18)	20:51	Anna Dalglish U15	09:51	(15)	30:42
16	Falkirk Victoria Harriers "A"	Charlotte Horne U13	10:55	(35)		Katie Christie U15	09:45	(15)	20:40	Lottie Jeffrey U17	10:06	(16)	30:46
17	Giffnock North AAC "D"	Tuscany Wright U13	10:46	(28)		Abby Thomson U15	10:00	(17)	20:46	Francesca Davidson U17	10:02	(17)	30:48
18	Garscube Harriers "A"	Cailyn Downey U13	11:06	(44)		Anya Maclean U15	09:26	(12)	20:32	Mia Padmanabhan U17	10:17	(18)	30:49
19	North AAC Ayrshire AC "A"	Adele Street U13	10:18	(8)		Mary Jane McNally U15	10:24	(16)	20:42	Niamh Murphy U15	10:12	(19)	30:54
20	Cambuslang Harriers "A"	Abbie McClue U13	10:49	(30)		Niamh Riggins U15	10:07	(19)	20:56	Shona Carey U15	10:00	(20)	30:56
22	Pitreavie AAC "A"	Ariane Baillie U13	10:30	(16)		Anya Morrison U13	09:51	(9)	20:21	Jemma Jamieson U17	10:38	(21)	30:59
21	Aberdeen AAC "A"	Phoebe Armstrong U13	10:28	(14)		Iona McGuire U15	10:50	(25)	21:18	Caitlin Purcell U17	09:41	(22)	30:59
23	East Kilbride AAC "A"	Aimee Anderson U13	11:05	(42)		Leah Muirhead U15	10:33	(34)	21:38	Hannah Anderson U17	09:22	(23)	31:00
24	Central AC "A"	Melissa Turnbull U13	10:24	(10)		Summer Maclean U15	10:42	(20)	21:06	Rosie Eckersley U17	10:00	(24)	31:06
25	Edinburgh AC "C"	Orlaith Shepherd U13	10:25	(11)		Harriet Woodland-Broome U15	10:47	(22)	21:12	Beatrice Winkler U17	10:04	(25)	31:16
26	Kilbarchan AAC "C"	Kirsty Hutton U13	11:00	(37)		Sarah Forbes U15	10:08	(21)	21:08	Eilidh Gibson U17	10:22	(26)	31:30
27	Central AC "B"	Carys Gibb U13	10:34	(20)		Naomi Howlieson U15	10:59	(33)	21:33	Carrie Banks U17	10:00	(27)	31:33
29	Giffnock North AAC "E"	Emma McLennan U13	11:10	(46)		Kate Paul U15	10:13	(27)	21:23	Jill Carswell U17	10:15	(29)	31:38
28	Glasgow School of Sport "A"	Zoe Wilson U13	11:43	(71)		Meredith Reid U15	09:58	(38)	21:41	Aimee Anderson U17	09:57	(28)	31:38
30	Ayr Seaforth AAC "B"	Anna Kirk U13	10:34	(19)		Islay Hubbard U15	11:11	(41)	21:45	Emma Frew U17	09:54	(30)	31:39
31	Corstorphine AAC "B"	Eva Cameron U13	10:38	(23)		Ailsa Bagnall U13	10:52	(31)	21:30	Mhairi Arnott U15	10:23	(31)	31:53
32	Kilbarchan AAC "D"	Amy Teasdale U13	11:24	(51)		Chloe Cameron U15	10:18	(39)	21:42	Libby Sutherland U17	10:17	(32)	31:59
33	Livingston AAC "A"	Mia Sokoluk U13	11:01	(39)		Shannon Prevost U15	11:37	(56)	22:38	Isla Calvert U17	09:21	(33)	31:59
34	Inverclyde AC "A"	Leona Conway U13	11:35	(64)		Abi Hammerman U15	10:03	(36)	21:38	Zoe Renfrew U17	10:22	(35)	32:00
35	Shettleston Harriers "A"	Jessica Grant U13	11:16	(49)		Erin Ellor U15	10:32	(42)	21:48	Elsie Hollywood U17	10:12	(34)	32:00
36	Central AC "C"	Catrina Kane U13	10:51	(32)		Mirren Julie Henry U13	11:13	(46)	22:04	Kyra Gibb U17	10:13	(36)	32:17
38	Garscube Harriers "B"	Aine Doherty U13	11:38	(67)		Isabelle Burnside U15	10:02	(37)	21:40	Summer McDonald U15	10:41	(38)	32:21

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37	Cambuslang Harriers "B"
39	Dundee Hawkhill Harriers "A"
40	Helensburgh AC "A"
41	Kilbarchan AAC "E"
42	Law & District AC "A"
45	Fife AC "C"
43	Pitreavie AAC "B"
44	Giffnock North AAC "G"
46	Ayr Seaforth AAC "C"
47	Lasswade AAC "A"
48	Inverclyde AC "B"
49	Aberdeen AAC "B"
50	Kilmarnock Harriers "A"
51	Kirkintilloch Olympians "A"
52	Kilbarchan AAC "F"
53	Perth Strathtay Harriers "A"
54	East Kilbride AC "B"
55	Central AC "D"
56	Law & District AC "B"
57	Giffnock North AAC "H"
58	Giffnock North AAC "I"
59	VP-Glasgow "B"
60	Giffnock North AAC "F"
61	Aberdeen AAC "C"
62	Dundee Hawkhill Harriers "B"
63	Livingston AAC "B"
64	Greenock Glenpark Harriers "A"
65	Falkirk Victoria Harriers "B"
66	Inverclyde AC "C"
67	Giffnock North AAC "J"
69	Fife AC "D"
68	Kilmarnock Harriers "B"
70	Kirkintilloch Olympians "B"
71	Giffnock North AAC "K"
72	Inverness Harriers "C"
73	Team East Lothian "B"
74	Springburn Harriers "A"
75	Edinburgh AC "D"
76	East Kilbride AC "C"
77	Giffnock North AAC "L"
78	Dundee Hawkhill Harriers "C"
79	Cumbernauld "A"

Eva Ritchie U13	10:52	(33)
Beth Collins U13	10:26	(12)
Rowan Mair U13	11:39	(68)
Ellie Nayar U13	10:53	(34)
Hannah Todd U13	11:40	(70)
Freya Hedley U13	10:50	(31)
Erin Macfarlane U13	10:35	(21)
Ruby White U13	11:18	(50)
Sophie McColm U13	10:43	(26)
Skye Foster U13	11:27	(55)
Hannah Thomson U13	12:01	(83)
Amanda Wallis U13	11:52	(77)
Ellie Anderson U13	11:10	(45)
Olivia Mahon U13	11:11	(47)
Charlotte Clark U13	11:33	(60)
Chaela Elder U13	11:02	(40)
Cara Gilbride U13	11:45	(72)
Brogan McMillan U13	11:27	(56)
Jessica Inglis U13	10:58	(36)
Esme Dougall U13	11:05	(43)
Amy Vincent U13	11:25	(52)
Amy Byrne U13	12:34	(92)
Abigail Flower U13	13:52	(106)
Lauren Bibby U13	12:21	(88)
Cora McMaster U13	11:27	(57)
Roxanne Hardie U13	12:58	(97)
Katie Johnson U13	10:43	(27)
Emily Fawkes U13	11:51	(74)
Leah Collins U13	11:27	(58)
Sarah Stewart U13	12:00	(81)
Kate Dalglish U13	11:34	(61)
Lily Murray U13	11:34	(63)
Gail Thomson U13	12:28	(90)
Caitlin Smillie U13	12:34	(93)
Isla Marwick U13	11:58	(79)
Jessica Bullen U13	12:22	(89)
Ruby Lennon U13	12:17	(84)
Chloe Lam U13	13:42	(105)
Rachel Davidson U13	13:29	(104)
Neilla McIntyre U13	11:52	(76)
Grace Cook U13	11:29	(59)
Rebekah Lawman U13	11:57	(78)

Peggy-Nan Rodger U15	11:26	(51)	22:18
Iara Manning U15	10:50	(24)	21:16
Jennifer Scott U15	10:38	(50)	22:17
Abbie Alemu U15	10:36	(30)	21:29
Jessie Gilchrist U13	10:33	(49)	22:13
Hayley Brown U15	10:34	(28)	21:24
Maya Millar U15	10:54	(29)	21:29
Eva Chong U15	10:32	(43)	21:50
Katie Murray U13	11:00	(40)	21:43
Olivia Meikle U13	10:26	(45)	21:53
Oria McGeehan U17 (U15)	10:56	(60)	22:57
Charlotte Narducci U15	11:12	(61)	23:04
Isla Raeburn U15	11:02	(48)	22:12
Rachel Paton U15	11:14	(52)	22:25
Evie Livingstone U15	10:39	(47)	22:12
Anna Saunders U15	12:02	(62)	23:04
Holly McAneny U15	10:51	(54)	22:36
Mary Kealey U13	11:11	(55)	22:38
Fiona Currie U13	11:33	(53)	22:31
Ella McGregor U15	10:47	(44)	21:52
Kirsten O'Donoghue U15	11:28	(59)	22:53
Róisín Cameron Coyle U15	11:07	(69)	23:41
Isla Scott U15	10:15	(74)	24:07
Abby Farquhar U13	11:13	(68)	23:34
Faith Duffy U15	11:43	(63)	23:10
Sophie Ure U15	11:33	(78)	24:31
Ruby McGill U15	10:50	(32)	21:33
Erin Hendry U15	10:49	(57)	22:40
Erin Law U15	12:31	(71)	23:58
Millicent McGeehan U15	11:50	(70)	23:50
Kiera Lorimer U15	11:46	(66)	23:20
Lottie Lambert U15	13:16	(81)	24:50
Mhairi McGregor U15	11:53	(75)	24:21
Bethany Drummond U15	11:31	(73)	24:05
Ruth Wilson U15	12:32	(76)	24:30
Zoe MacDonald U15	12:32	(82)	24:54
Katie Lennon U13	11:48	(72)	24:05
Jessica Lorimer U15	11:47	(87)	25:29
Cara McAneny U15	11:48	(86)	25:17
Maimie McIntyre U15	12:55	(80)	24:47
Lesley Rogers U15	13:02	(77)	24:31
Caoimhe Quail U15	11:19	(65)	23:16

Susie McLaughlin U17	10:03	(37)	32:21
Isla Manning U15	11:13	(39)	32:29
Iona Wilson U15	10:15	(40)	32:32
Leona Murray U17	11:05	(41)	32:34
Jessica Robson U17	10:23	(42)	32:36
Jaden Lenny U15	11:14	(45)	32:38
Skye Marshall U17	11:09	(44)	32:38
Annabel Ballantyne U17	10:48	(43)	32:38
Evie Mackay U17	11:09	(46)	32:52
Abby McGlone U17	11:05	(47)	32:58
Nuala McCheyne U17	10:02	(49)	32:59
Kirsty Purcell U17	09:55	(48)	32:59
Laura Jedrusiak U17	10:48	(50)	33:00
Hannah Paton U17	10:42	(51)	33:07
Belle McCormack U15	10:59	(52)	33:11
Emma Jenkins U17	10:17	(53)	33:21
Abbie Kirwan U15	10:58	(54)	33:34
Elizabeth Thompson U17	11:03	(55)	33:41
Rachel Donnelly U17	11:19	(56)	33:50
Leila Hickey-Fugaccia U17	12:16	(57)	34:08
Nuala O'Donnell U15	11:34	(58)	34:27
Emma Gilmour U17	10:48	(59)	34:29
Emma Chamberlain U17	10:23	(60)	34:30
Kirstin Grant U15	10:57	(61)	34:31
Katie Clark U15	11:25	(62)	34:35
Katie Craig U17	10:23	(63)	34:54
Mhairi Moore U17	13:23	(64)	34:56
Abbie Robb U17	12:20	(65)	35:00
Nyah Gillan U17	11:13	(66)	35:11
Jessica Gibson U15	11:48	(67)	35:38
Grace Booth U15	12:21	(69)	35:41
Molly Murray U17	10:51	(68)	35:41
Kayla Mccandlish U17	11:26	(70)	35:47
Kiara Meiklejohn U15	11:57	(71)	36:02
Ellen Saunders U17	11:38	(72)	36:08
Esme Callander U17	11:18	(73)	36:12
Millie O'Neill U15	12:11	(74)	36:16
Lucia Montgomery U17	10:50	(75)	36:19
Lucy Muirhead U17	11:10	(76)	36:27
Mia McBain U15	12:07	(77)	36:54
Frankie Duncan-Morris U17	12:44	(78)	37:15
Mhairi Quinn U17	14:27	(79)	37:43

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80	Springburn Harriers "B"
81	VP-Glasgow "C"
82	Bellahouston Harriers "A"
	Edinburgh AC "E"
	Ayr Seaforth AAC "D"
	Cambuslang Harriers "C"
	Larkhall YMCA Harriers "A"
	Garscube Harriers "C"
	Central AC "E"
	Dundee Hawkhill Harriers "D"
	Law & District AC "D"
	Law & District AC "C"
	Garscube Harriers "D"
	Greenock Glenpark Harriers "B"
	Banchory Stonehaven AC "A"
	Pitreavie AAC "C"
	Corstorphine AAC "C"
	Inverness Harriers "D"
	Giffnock North AAC "M"
	Teviotdale Harriers
	Kilmarnock Harriers "F"
	Kilmarnock Harriers "C"
	Kilmarnock Harriers "E"
	Kilmarnock Harriers "D"
	East Kilbride AC "E"
	Kirkintilloch Olympians "C"
	VP-Glasgow "D"
	Falkirk Victoria Harriers "C"
	East Kilbride AC "D"

Emily Craig U13	12:42	(94)
Orla Stewart U13	12:49	(95)
Carly Hooker U13	12:59	(98)
Alexandra Sutton U13	11:26	(54)
Sophie McCallum U13	10:35	(22)
Mya Carmichael U13	11:38	(65)
Chloe Gilfillan U13	11:01	(38)
Ffion Mann U13	13:03	(100)
Allie Buchanan U13	11:58	(80)
Isabella Passway U13	11:39	(69)
Susannah Kay U13	12:28	(91)
Laila McRae U13	11:51	(75)
Coryn MacLean U13	11:34	(62)
Ava Beaton U13	10:23	(9)
Millie McClelland-Brooks U13	10:28	(13)
Lily Simon U13	11:04	(41)
Carrie Main U13	11:38	(66)
Imogen McDougall U13	11:51	(73)
Hazel O'Donoghue U13	12:01	(82)
Ava Hughes U13	12:18	(85)
Mhairi Ballantyne U13	12:20	(86)
Isla Tonner U13	12:20	(87)
Eilidh Ballantyne U15	12:55	(96)
Jennie Munro U13	13:01	(99)
Charlotte Evans U13	13:03	(101)
Eve Reilly U17	13:15	(102)
Hazel Whitworth U13	13:15	(103)
Charley Gruen U13	14:02	(107)
Hannah Kelly U15	27:47	(108)

Sophie Lennon U15	12:54	(88)	25:36
Lucy Yeadon U15	12:53	(89)	25:42
Emma Kingston U15	13:37	(92)	26:36
Sorcha Shepherd U15	10:12	(35)	21:38
Drew Walker U13	12:13	(58)	22:48
Eilidh Kennedy U15	11:35	(64)	23:13
Hayley Gilfillan U13	12:29	(67)	23:30
Ingrid Imrie U15	11:30	(79)	24:33
Megan Dunlop U15	13:10	(83)	25:08
Tianah Scott U13	13:35	(84)	25:14
Molly Kennedy U13	12:48	(85)	25:16
Elizabeth Kay U13	13:55	(90)	25:46
Beth Trainer U15	14:20	(91)	25:54

Emily McNaught U15	12:44	(80)	38:20
Alice Williams U15	12:50	(81)	38:32
Cara Wotherspoon U17	13:23	(82)	39:59

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Lap 1	Rank	Time	Name	Club
	1	09:43	Isla Thoms U13	Fife AC "A"
	2	09:45	Zoe Sharp U13	Inverness Harriers "A"
	3	09:46	Anna Cairns U13	Inverness Harriers "B"
	4	09:54	Olivia Clarke U13	Corstorphine AAC "A"
	5	10:02	Iona Stroma Hubbard U13	Ayr Seaforth AAC "A"
	6	10:02	Ruby Russell U13	Fife AC "B"
	7	10:15	Amber Wade U13	Giffnock North AAC "A"
	8	10:18	Adele Street U13	North Ayrshire AC "A"
	9	10:23	Ava Beaton U13	Greenock Glenpark Harriers "B"
	10	10:24	Melissa Turnbull U13	Central AC "A"

Lap 2	Rank	Time	Name	Club
	1	09:03	Valencia Wright U15	Giffnock North AAC "A"
	2	09:26	Anya Maclean U15	Garscube Harriers "A"
	3	09:27	Zoe Flower U15	Giffnock North AAC "B"
	4	09:34	Louise Hastie U15	Kilbarchan AAC "A"
	5	09:43	Julia Cash U15	Giffnock North AAC "C"
	6	09:45	Isla Hedley U15	Fife AC "A"
	7	09:45	Katie Christie U15	Falkirk Victoria Harriers "A"
	8	09:47	Katie Johnson U15	Edinburgh AC "A"
	9	09:49	Flora Henry U15	Team East Lothian "A"
	10	09:51	Rachel Muir U15	Kilbarchan AAC "B"

Lap 3	Rank	Time	Name	Club
	1	08:59	Cera Gemmell U17	Team East Lothian "A"
	2	09:01	Anna Hedley U15	Fife AC "A"
	3	09:14	Pippa Carcas U17	Edinburgh AC "B"
	4	09:15	Alice Goodall U17	Edinburgh AC "A"
	5	09:21	Megan Keith U17	Inverness Harriers "A"
	6	09:21	Isla Calvert U17	Livingston AAC "A"
	7	09:22	Hannah Anderson U17	East Kilbride AC "A"
	8	09:36	Helen Chong U17	Giffnock North AAC "A"
	9	09:37	Rosie Davidson U17	Ayr Seaforth AAC "A"
	10	09:39	Alisha Sivell U17	Kilbarchan AAC "A"

Stage 1				Stage 2				Stage 3			
1	Giffnock North AAC "A"	Craig Shennan U13	09:05 (4)	Harris Paterson U15	08:29 (2)	17:34		Hamish Armitt U17	07:53 (1)	25:27	
2	Central AC "A"	Connor Bell U13	09:02 (3)	Cameron MacMillan U15	08:43 (3)	17:45		Ben MacMillan U17	07:59 (2)	25:44	
3	Garscube Harriers "A"	Fergus Currie U13	08:52 (1)	Cameron Berry U15	08:58 (4)	17:50		Jack Trainer U17	08:06 (3)	25:56	
4	Inverness Harriers "A"	Sam Burnett U13	09:25 (13)	Lucas Cairns U15	08:28 (7)	17:53		Luke Davidson U17	08:17 (4)	26:10	
5	Shettleston Harriers "A"	Johnny Burns U13	08:57 (2)	Gregor Campbell U15	08:23 (1)	17:20		Kasey Fraser U17	08:53 (5)	26:13	
6	Giffnock North AAC "B"	Matthew Murphy U13	09:13 (6)	Jacob Luc U15	08:37 (5)	17:50		Ethan Carolan U17	08:30 (6)	26:20	
7	Kilbarchan AAC "A"	Matthew New U13	09:13 (7)	Lewis Anderson U15	09:04 (11)	18:17		Jack Patton U17	08:07 (7)	26:24	
8	Giffnock North AAC "C"	Alex Robin U13	09:30 (15)	Christopher Perkins U15	08:25 (9)	17:55		Jack Bell U17	08:31 (8)	26:26	
9	Aberdeen AAC "A"	Hamish McKay U13	09:17 (9)	Samuel Griffin U15	08:37 (8)	17:54		Harry E Hall U17	08:43 (9)	26:37	
10	Team East Lothian "A"	Corey Campbell U13	09:06 (5)	Angus Wright U15	08:45 (6)	17:51		Cameron Bullen U17	09:11 (10)	27:02	
11	Cambuslang Harriers "A"	Sam McCarthy U13	10:06 (43)	Robbie Woods U15	08:48 (15)	18:54		Christopher McLew U17	08:10 (11)	27:04	
12	VP-Glasgow "A"	Saul McGlennan U13	09:13 (8)	Fraser Gilmour U15	08:50 (10)	18:03		Callum Byrne U17	09:18 (12)	27:21	
13	Pitreaie AAC "A"	Caleb McLeod U13	09:18 (10)	Conor Gourley U15	09:08 (13)	18:26		Billy Doyle U17	08:59 (13)	27:25	
14	Gala Harriers "A"	Cameron Rankine U13	09:21 (12)	Ewan Christie U15	09:14 (14)	18:35		Gregor Collins U15	08:50 (14)	27:25	
15	Cambuslang Harriers "B"	Brodie McDonald U13	10:14 (56)	Lewis Roddis U15	09:01 (23)	19:15		Ruairidh MacGregor U17	08:25 (15)	27:40	
16	Aberdeen AAC "B"	Aleksandar Jovicic U13	09:25 (14)	Kai Crawford U15	09:00 (12)	18:25		Lewis Watt U15	09:16 (16)	27:41	
17	Garscube Harriers "B"	Matthew Burnside U13	09:54 (29)	Finlay Ross-Davie U15	09:16 (21)	19:10		James Connelly U17	08:34 (17)	27:44	
18	Ayr Seaforth AAC "A"	Adam Currie U13	09:48 (22)	Alexander Crooks U15	09:09 (18)	18:57		Scott Sprang U17	08:48 (18)	27:45	
19	Inverclyde AC "A"	Tayven Adamson U13	09:51 (23)	Lewis Hainey U15	09:10 (20)	19:01		Josh Law U17	08:49 (19)	27:50	
20	Giffnock North AAC "D"	Calan Chong U13	09:44 (19)	Reuben Macdonald U15	09:14 (19)	18:58		Andrew Robertson U17	08:57 (20)	27:55	
21	Fife AC "A"	Guillem Penacchio Torres U13	09:51 (25)	Lewis Donnelly U15	09:37 (32)	19:28		Ben Sandilands U17	08:31 (21)	27:59	
22	Inverness Harriers "B"	Jake Henderson U13	09:52 (26)	Euan Rollo U15	09:04 (16)	18:56		Angus Smith U17	09:04 (22)	28:00	
23	Central AC "B"	Joshua Kennedy U13	09:59 (35)	Finlay Muir U15	09:23 (26)	19:22		Lewis Dow U17	08:41 (23)	28:03	
24	Giffnock North AAC "E"	Alex Chamberlain U13	09:56 (32)	Hugh Shiels U15	09:27 (27)	19:23		Blayne Wright U17	08:45 (24)	28:08	
25	Gala Harriers "B"	Archie Hendry U13	10:08 (49)	Ewan Purves U15	09:18 (30)	19:26		Lewis Tharme U17	08:43 (25)	28:09	
26	Greenock Glenpark Harriers "A"	Ben Campbell U13	09:51 (24)	Shaun Wiseman U15	10:00 (41)	19:51		Harry McGill U17	08:18 (26)	28:09	
27	Corstorphine AAC "A"	Aron Jack U13	09:59 (34)	Jamie Eyton-Jones U15	09:11 (22)	19:10		Daniel Saunders U17	09:03 (27)	28:13	
28	Perth Straththay Harriers "A"	Archie McDonald U13	09:54 (28)	Lewis Thomson U15	09:22 (24)	19:16		Gregor Knight U17	09:03 (28)	28:19	
29	Glasgow School of Sport "A"	Josh Scott U13	10:27 (64)	Matthew Stewart U15	09:44 (52)	20:11		Ross J Whitelaw U17	08:12 (29)	28:23	
30	Team East Lothian "B"	Innes Wright U13	09:35 (16)	Angus Chandler U15	09:49 (28)	19:24		Joe Donnelly U17	09:02 (30)	28:26	
31	East Kilbride AAC "A"	Calum Charters U13	10:01 (36)	Christopher Cairns U15	09:34 (34)	19:35		Hamish Anderson U17	08:54 (31)	28:29	
32	Kilbarchan AAC "C"	Luke Lindsay U13	09:56 (31)	Ross Kennedy U15	10:03 (46)	19:59		David McNair U17	08:36 (32)	28:35	
33	Teviotdale Harriers "A"	Irvine Welsh U13	10:11 (53)	Conan Harper U15	09:49 (47)	20:00		Fraser Clyne U17	08:38 (33)	28:38	
34	Edinburgh AC "A"	Max Lapeyre U13	11:20 (109)	Ross Dewar U15	09:00 (56)	20:20		Tom Ireland U17	08:18 (34)	28:38	
37	Clydesdale Harriers "A"	Reece Ferguson U13	10:07 (45)	Josh McNicol U15	09:11 (25)	19:18		John Docherty U17	09:21 (35)	28:39	
35	Dundee Hawkhill Harriers "A"	Louis Mackenzie U13	10:47 (81)	Tejay Scott U15	09:23 (51)	20:10		Ryan Donald U17	08:29 (36)	28:39	
36	Edinburgh AC "C"	Finlay McWilliam U13	10:06 (41)	Connor Daly U15	10:05 (53)	20:11		Fabian Despinoy U17	08:28 (37)	28:39	
38	Edinburgh AC "B"	Alasdair McCorquodale U13	10:50 (84)	Muir Gillespie U15	09:35 (58)	20:25		Hugh Morrow U17	08:18 (38)	28:43	
39	Lasswade AAC "A"	Alasdair Brown U13	09:46 (21)	Alastair Scott U15	10:34 (57)	20:20		Harry Henriksen U15	08:26 (39)	28:46	
40	Inverclyde AC "B"	Keir Arthur U13	10:31 (69)	Robert Gray U15	09:27 (45)	19:58		Ben Nichol U17	08:50 (40)	28:48	
41	Perth Straththay Harriers "B"	Jamie Wilson U13	10:33 (72)	Alexander Douglas U15	09:24 (44)	19:57		Ben Henderson U17	08:52 (41)	28:49	
42	Kilbarchan AAC "B"	Oliver Patton U13	09:19 (11)	Colin Arthur U15	10:27 (40)	19:46		Lewis Hannigan U17	09:09 (42)	28:55	
43	Law & District AAC "A"	Logan Whitton U13	10:42 (78)	Donald Gilchrist U15	08:45 (31)	19:27		Matthew Gillon U17	09:31 (43)	28:58	
44	Corstorphine AAC "B"	Munro Lawrie U13	10:06 (44)	Ben Struthers U15	09:19 (29)	19:25		Charlie Cameron U17	09:37 (44)	29:02	
45	Cambuslang Harriers "C"	Hamish Gardner U13	11:05 (93)	Fearghus MacGregor U15	09:23 (60)	20:28		Brodie Aitken U17	08:39 (45)	29:07	

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46	Giffnock North AAC "F"	Jack Wallace U13	10:07	(48)	Cameron Green U15	09:29	(36)	19:36	Eoghan O'Donnell U17	09:32	(47)	29:08
47	Livingston AAC "A"	Jonathan Collings U13	10:25	(62)	Jonathan Marshall U15	10:09	(64)	20:34	Alastair Marshall U17	08:34	(46)	29:08
48	Central AC "C"	Tom Campbell U13	10:30	(68)	Cameron Kerr U15	09:03	(33)	19:33	Daniel Bruce U17	09:42	(48)	29:15
49	Garscube Harriers "C"	Matthew Burnside U13	09:40	(17)	Gregor Murdoch U15	10:37	(55)	20:17	Luke Aitken U17	09:02	(49)	29:19
50	Law & District AC "B"	Scott McAdam U13	10:35	(73)	Oscar Logan U15	09:17	(42)	19:52	Daniel Munday U17	09:29	(50)	29:21
51	Giffnock North AAC "G"	Matthew Knak U13	10:04	(38)	Aaron McGillivray U15	10:08	(54)	20:12	Lewis Mitchell U17	09:11	(51)	29:23
52	Falkirk Victoria Harriers "A"	Sam Redwood U13	11:13	(101)	Ben Charles Sutherland U15	09:22	(65)	20:35	Calum Little U17	08:59	(52)	29:34
53	Team East Lothian "C"	Jack Renton U13	10:04	(39)	Aidan Page U13	09:57	(48)	20:01	Robbie Anderson U17	09:34	(54)	29:35
53	Kilbarchan AAC "D"	Ryan Knights U13	10:18	(57)	Ross Hastie U15	10:32	(72)	20:50	Cameron McKenzie U17	08:45	(53)	29:35
55	Larkhall YMCA Harriers "A"	Dean Hill U13	10:07	(46)	Elliott Wilson U15	10:43	(71)	20:50	Thomas Watson U17	08:55	(55)	29:45
56	Inverclyde AC "C"	Harris Morrison U13	09:45	(20)	Caleb Wunning U15	09:57	(37)	19:42	Andrew Winter U17	10:04	(56)	29:46
57	Shettleston Harriers "B"	Ethan Ofoegbu U13	10:58	(90)	David Woods U15	09:34	(62)	20:32	Theo Carter U17	09:15	(57)	29:47
58	Pitreaie AAC "B"	Oliver Rodger U13	09:58	(33)	Kyle Macfarlane U15	09:55	(43)	19:53	Patrick Doyle U17	10:08	(58)	30:01
59	Perth Strathtay Harriers "C"	David Lidstone U13	10:11	(52)	Daniel Lidstone U15	09:33	(39)	19:44	Charlie Fletcher U17	10:27	(59)	30:11
60	Dundee Hawkhill Harriers "B"	Jake Gillie U13	10:38	(75)	Archie Yeaman U15	10:27	(73)	21:05	Aidan Simpson U17	09:07	(60)	30:12
61	Giffnock North AAC "H"	Adam Chamberlain U13	10:23	(61)	Matthew Cox U15	10:03	(59)	20:26	Donald Maclean U17	09:47	(61)	30:13
62	Aberdeen AAC "C"	Rhys Crawford U13	10:06	(42)	Finlay Cooper U15	10:01	(49)	20:07	Alasdair Nunn U15	10:07	(62)	30:14
63	Banchory Stonehaven AC "A"	Wynn Mardall U13	10:22	(60)	Kane Noble U15	09:22	(38)	19:44	Kirk Hutchison U17	10:34	(63)	30:18
64	Fife AC "B"	Hjalmar Struck U13	10:32	(71)	Marti Penacchio Torres U13	10:44	(76)	21:16	Michael Sanderson U17	09:04	(64)	30:20
65	East KilbrideA AC "B"	Sam Hosie U13	10:09	(50)	Cameron MacDonald U15	10:24	(63)	20:33	Aaron Gilbride U17	09:49	(65)	30:22
66	Falkirk Victoria Harriers "B"	Jamie Bull U13	11:36	(113)	Adam Grieve U15	10:09	(88)	21:45	Callum Hill U17	08:41	(66)	30:26
67	Perth Strathtay Harriers "D"	Iain Jordan U13	10:32	(70)	Struan Gatherer U13	10:05	(66)	20:37	Kyle Jordan U17	09:57	(67)	30:34
68	Cumbernauld "C"	Finn McCafferty U13	11:40	(114)	Lewis Hale U15	09:44	(81)	21:24	Louis O'Hare U17	09:11	(68)	30:35
69	George Heriots Sch "A"	Thomas Milne U13	11:17	(105)	Tommy Thin U15	09:55	(75)	21:12	Lachlan Rowley U17	09:38	(69)	30:50
70	Aberdeen AAC "D"	Caleb McGuire U13	10:27	(63)	Patrick Lang U15	10:17	(68)	20:44	Jacob Cooper U15	10:10	(70)	30:54
71	Cambuslang Harriers "D"	Reece Duncan U13	11:11	(100)	Alex Barnett U15	10:35	(90)	21:46	Jack MacKinnon U17	09:11	(71)	30:57
72	Corstorphine AAC "C"	Rory Ledingham U13	11:09	(99)	Patrick Milne U15	10:13	(79)	21:22	Cameron Thores U17	09:43	(72)	31:05
73	Ayr Seaforth AAC "B"	Daniel Byers U13	09:54	(30)	Connor Scobie U13	10:36	(61)	20:30	Max McLean U17	10:37	(74)	31:07
74	Falkirk Victoria Harriers "C"	Luke Delaney-Middleton U13	11:19	(107)	Campbell Mackay U15	10:39	(95)	21:58	Euan Wond U17	09:09	(73)	31:07
75	Strathearn Harriers	Kyle Beck U13	10:44	(79)	Jack Collingwood U15	10:44	(82)	21:28	James Grant U15	09:42	(75)	31:10
76	Aberdeen AAC "E"	Samuel Stephenson U13	10:29	(67)	Finn Bryce U13	10:16	(69)	20:45	Dylan Dickie U15	10:32	(76)	31:17
77	Giffnock North AAC "J"	Joseph Munro U13	10:38	(74)	Joseph McKay U15	10:10	(70)	20:48	Kian McConville U15	10:34	(78)	31:22
78	Kilbarchan AAC "F"	Jack Kennedy U13	10:28	(65)	Ramsay McLeod U13	11:33	(96)	22:01	Finn Fowler U17	09:21	(77)	31:22
79	Cumbernauld AC "B"	Alexander Smith U13	10:57	(89)	Calum Mackenzie U15	10:48	(87)	21:45	Christopher Main U17	09:45	(79)	31:30
80	Teviotdale Harriers "B"	Robert Wood U13	11:00	(91)	Robbie Welsh U15	10:32	(84)	21:32	Thomas MacAskill U15	10:00	(80)	31:32
81	Ayr Seaforth AAC "C"	Calum Hannah U13	10:10	(51)	Calum Moir U13	12:06	(99)	22:16	Euan Bell U15	09:17	(81)	31:33
82	VP-Glasgow "C"	Finlay Waters U13	09:53	(27)	Oscar Moogan Sharratt U13	11:13	(74)	21:06	Louis Sharp U15	10:32	(82)	31:38
83	Central AC "D"	Owen Eckersley U13	10:47	(82)	Jack Campbell U15	10:42	(83)	21:29	Euan Docherty U15	10:13	(83)	31:42
84	East KilbrideA AC "C"	Ross Baillie U13	10:41	(76)	Jonathan Hunter U13	10:40	(78)	21:21	Paul Cairns U15	10:24	(84)	31:45
85	Helensburgh AC "A"	William Scott U13	10:53	(85)	Matthew Gall U13	10:51	(86)	21:44	William Wright U17	10:10	(85)	31:54
86	Central AC "E"	Ruairidh Burns U13	10:07	(47)	Ross Lawrie U15	11:14	(77)	21:21	Cameron Fraser U17	10:37	(86)	31:58
87	Springburn Harriers "A"	Adam Knox U13	11:48	(117)	Fergus Reid U15	08:52	(67)	20:40	Lewis Apperson-McHugh U15	11:25	(87)	32:05
88	George Heriots SCH "B"	Andrew Robinson U13	11:42	(116)	Reuben Bright U15	10:08	(91)	21:50	Tomas MacDonald U15	10:20	(88)	32:10
89	Cambuslang Harriers "E"	Matthew McCall U13	10:54	(88)	Ross Noble U15	12:33	(107)	23:27	Michael Black U17	08:58	(89)	32:25
90	Law & District AAC "C"	Finn Donnelly U13	11:57	(120)	Craig Cherrie U15	09:57	(93)	21:54	Finn Milligan U17	10:47	(90)	32:41
91	Cambuslang Harriers "F"	Barry Masterton U13	12:08	(122)	Ben MacDougall U13	11:39	(109)	23:47	Aaron Grew U17	09:03	(91)	32:50

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92	Kilmarnock Harriers "B"	Jordan Phillips U13	10:19	(59)	Robbie Sanderson U15	12:23	(102)	22:42	Charlie McNulty U15	10:09	(92)	32:51
93	Giffnock North AAC "M"	James Mowat U13	10:12	(54)	Cormac Shiels U13	11:10	(80)	21:22	Andrew Combe U15	11:32	(93)	32:54
94	Helensburgh AC "B"	Jock Cordner U13	11:16	(103)	Cameron Williams U13	11:19	(100)	22:35	Matthew Cameron U15	10:20	(94)	32:55
95	Edinburgh AC "D"	Finn Brady U13	12:21	(124)	Aaron Strachan U15	10:24	(103)	22:45	Connor Thompson U15	10:12	(95)	32:57
96	Greenock Glenpark Harriers "B"	David Docherty U13	11:07	(97)	Alex Wiseman U15	12:15	(106)	23:22	Ewan Ferguson U17	09:42	(96)	33:04
97	Giffnock North AAC "I"	James Wylie U13	11:41	(115)	Findlay Pryor U15	10:24	(97)	22:05	Craig Cameron U15	11:12	(97)	33:17
98	Inverness Harriers "C"	Ben Webster U13	10:19	(58)	Duncan MacDonald U15	09:16	(35)	19:35	Gordon Manson U17	14:04	(98)	33:39
99	Law & District AC "D"	Ryan Kellock U13	11:51	(118)	Christopher Barrett U15	09:55	(89)	21:46	David John Nugent U17	12:16	(99)	34:02
100	Cumbernauld AC "D"	Rory Murray U13	11:05	(95)	Max Mccafferty U15	12:08	(105)	23:13	Luke McCabe U17	10:51	(100)	34:04
101	Giffnock North AAC "K"	Mark MacInnes U13	10:53	(87)	Cathal Low U13	12:43	(108)	23:36	Charlie Tomkinson U15	10:30	(101)	34:06
102	East Kilbride AC "D"	Lewis Thorpe U13	11:06	(96)	Jamie Connor U13	11:43	(104)	22:49	Andrew Shuff U17	11:39	(102)	34:28
103	Clydesdale Harriers "B"	Archie Orr U13	11:20	(108)	Joshua McLaren U13	12:52	(113)	24:12	Fraser McKechnie U15	11:41	(103)	35:53
104	Springburn Harriers "B"	Robbie Walton U13	11:55	(119)	Cieron Hadfield U13	12:16	(112)	24:11	Calum Mchugh U15	12:45	(104)	36:56
	Kilmarnock Harriers "A"	Jamie Phillips U13	09:40	(18)	Jonathon Downey U15	09:16	(17)	18:56				
	Cumbernauld AC "A"	Grant McEachern U13	10:06	(40)	Reuben MacIntyre U15	10:01	(50)	20:07				
	Kilbarchan AAC "E"	Cameron Dawson U13	10:13	(55)	Martin Burnhope U15	11:29	(85)	21:42				
	Ayr Seaforth AAC "D"	Fraser McIntyre U13	10:42	(77)	Joshua Mirtle U15	11:10	(92)	21:52				
	Dundee Hawkhill Harriers "D"	Fraser Passway U13	11:16	(104)	Jack Donald U13	10:39	(94)	21:55				
	Central AC "F"	Dylan Mcculloch U13	12:04	(121)	Ethan Thomson U15	10:08	(98)	22:12				
	Dundee Hawkhill Harriers "C"	Noah Langslow U13	11:05	(94)	Kieran Simpson U13	11:30	(101)	22:35				
	Banchory Stonehaven "B"	Cameron Scott U13	11:15	(102)	Aodhan Brown U17	12:45	(110)	24:00				
	Garscube Harriers "D"	Jackson Adams U13	10:04	(37)	Jamie Alvis U15	14:01	(111)	24:05				
	Central AC "G"	Alex Dunlop U13	11:19	(106)	Angus Kennedy U13	13:20	(114)	24:39				
	Aberdeen AAC "F"	Finlay McKay U13	11:32	(111)	Sam Baverstock U13	13:37	(115)	25:09				
	VP-Glasgow "B"	Callum Paterson U15	19:53	(127)	Ruairidh Allen U15	10:08	(116)	30:01				
	Giffnock North AAC "I"	Shay Garioch U13	10:29	(66)	Christopher Watson-Sweeney U17	20:45	(117)	31:14				
	Kilmarnock Harriers "C"	Sam McCallum U13	10:46	(80)								
	Kilbarchan AAC "G"	Robbie Stevenson U13	10:50	(83)								
	Kilbarchan AAC "H"	Luis Cameron U13	10:53	(86)								
	Shettleston Harriers "C"	Adam Clifford U13	11:01	(92)								
	Garscube Harriers "F"	Adam Weston U13	11:08	(98)								
	Fife AC "C"	Angus Graham U13	11:27	(110)								
	Garscube Harriers "H"	Alasdair Padmanabhan U13	11:36	(112)								
	Cambuslang Harriers "H"	Christopher Black U13	12:17	(123)								
	Garscube Harriers "G"	Daniel Gray U13	12:52	(125)								
	Cambuslang Harriers "G"	Dylan Stefani U13	12:56	(126)								

Rank	Time	Name	Club
1	08:52	Fergus Currie U13	Garscube Harriers "A"
2	08:57	Johnny Burns U13	Shettleston Harriers "A"
3	09:02	Connor Bell U13	Central AC "A"
4	09:05	Craig Shennan U13	Giffnock North AAC "A"
5	09:06	Corey Campbell U13	Team East Lothian "A"
6	09:13	Matthew Murphy U13	Giffnock North AAC "B"
7	09:13	Matthew New U13	Kilbarchan AAC "A"
8	09:13	Saul McGlennan U13	VP-Glasgow "A"
9	09:17	Hamish McKay U13	Aberdeen AAC "A"
10	09:18	Caleb McLeod U13	Pitreavie AAC "A"

Rank	Time	Name	Club
1	08:23	Gregor Campbell U15	Shettleston Harriers "A"
2	08:25	Christopher Perkins U15	Giffnock North AAC "C"
3	08:28	Lucas Cairns U15	Inverness Harriers "A"
4	08:29	Harris Paterson U15	Giffnock North AAC "A"
5	08:37	Samuel Griffin U15	Aberdeen AAC "A"
6	08:37	Jacob Luc U15	Giffnock North AAC "B"
7	08:43	Cameron MacMillan U15	Central AC "A"
8	08:45	Donald Gilchrist U15	Law & District AC "A"
9	08:45	Angus Wright U15	Team East Lothian "A"
10	08:48	Robbie Woods U15	Cambuslang Harriers "A"

Rank	Time	Name	Club
1	07:53	Hamish Armitt U17	Giffnock North AAC "A"
2	07:59	Ben MacMillan U17	Central AC "A"
3	08:06	Jack Trainer U17	Garscube Harriers "A"
4	08:07	Jack Patton U17	Kilbarchan AAC "A"
5	08:10	Christopher McLew U17	Cambuslang Harriers "A"
6	08:12	Ross J Whitelaw U17	Glasgow School of Sport "A"
7	08:17	Luke Davidson U17	Inverness Harriers "A"
8	08:18	Harry McGill U17	Greenock Glenpark Harriers "A"
9	08:18	Hugh Morrow U17	Edinburgh AC "B"
10	08:18	Tom Ireland U17	Edinburgh AC "A"

Stage 1			
1	Edinburgh University H&H "A"		
2	VP-Glasgow "A"		
3	Kilbarchan AAC "A"		
4	Central AC "A"		
5	Fife AC "A"		
6	Edinburgh AC "A"		
7	Edinburgh University H&H "B"		
8	Shettleston Harriers "A"		
9	Corstorphine AAC "A"		
10	Glasgow Uni H&H "A"		
11	Gala Harriers "A"		
12	Fife AC "B"		
13	Giffnock North AAC "A"		
14	Hunters Bog Trotters "A"		
15	Springburn Harriers "A"		
16	Edinburgh AC "B"		
17	Central AC "B"		
18	Edinburgh University H&H "C"		
19	Inverclyde AC "A"		
20	VP-Glasgow "B"		
21	Moray Road Runners "A"		
22	Bellahouston Road Runners "B"		
23	Falkirk Victoria Harriers "A"		
24	Strathclyde University AC "A"		
25	Lasswade AAC "A"		
26	Metro Aberdeen RC "A"		
27	Calderglen Harriers "A"		
28	Bellahouston Harriers "C"		
29	Garscube Harriers "D"		
30	Giffnock North AAC "B"		
31	Cambuslang Harriers "A"		
32	Fife AC "C"		
33	Kirkintilloch Olympians "B"		
34	Greenock Glenpark Harriers "A"		
35	Strathclyde University AC "B"		
36	Corstorphine AAC "C"		
37	Corstorphine AAC "B"		
38	Garscube Harriers "E"		
39	Dumbarton AAC "A"		
40	East Kilbride AC "A"		
41	Bellahouston Road Runners "C"		
42	Bellahouston Harriers "D"		
43	Garscube Harriers "B"		
44	Bellahouston Harriers "E"		
45	Garscube Harriers "C"		
	Edinburgh AC "C"		
	Pitreavie AAC "A"		
	Kilmarnock Harriers "A"		
	Carnegie Harriers "B"		
	Central AC "C"		
	Calderglen Harriers "B"		
	Airdrie Harriers		
	Teviotdale Harriers "A"		
	Aberdeen AAC "A"		

Anna MacFadyen U20	(1)	13:47
Mhairi Hendry	(6)	14:16
Chloe Simpson	(21)	15:16
Jennifer Wetton	(11)	14:27
Jenny Selman	(4)	14:11
Lauren Wilson	(9)	14:19
Constance Nankivell U20	(7)	14:19
Ruth Joss	(14)	14:48
Kirstian MacRuary	(16)	14:57
Clare Stewart U20	(15)	14:52
Sara Green	(13)	14:45
Jennifer Cruickshanks	(20)	15:13
Charlotte McKenna U20	(18)	15:04
Shona McIntosh	(5)	14:16
Michelle Sandison	(2)	13:52
Isla Scott-Pearce	(23)	15:18
Abby Rowley U20	(24)	15:35
Lydia Blythe	(29)	16:14
Jennifer Lyne U20	(46)	17:14
Stephanie Lawrie	(22)	15:16
Kirstie Rogan	(17)	15:01
Catriona MacDonald	(12)	14:29
Freya Ross	(10)	14:20
Emily McNicol U20	(26)	16:11
Sarah Tait U20	(8)	14:19
Emma Sutherland	(25)	15:58
Kay Conneff W40	(37)	16:49
Katherine Hylands	(33)	16:35
Holly Maciver	(42)	16:59
Nina Farmer	(44)	17:01
Amy Craig U20	(43)	17:00
Katie Garner	(60)	19:38
Jennifer Muir U20	(27)	16:12
Marianne McKay W40	(54)	18:04
Lucy Cameron	(45)	17:13
Megan Smith	(48)	17:19
Gillian Carr W40	(35)	16:44
Martha Lovatt	(40)	16:57
Lynsey Lennox	(49)	17:24
Kelly Baillie	(38)	16:53
Chi My Ta	(59)	19:36
Heather Rowan	(52)	17:57
Amy Cromarty	(56)	18:35
Stephanie Baird	(61)	19:40
Caroline Dow W60	(66)	22:43
Maria Bolland	(30)	16:14
Elaine Renouf	(57)	19:10
Kirsty Alexander W45	(32)	16:34
Alison Sutherland	(39)	16:53
Kirsten Samara McStay	(47)	17:17
Alison Lessells	(50)	17:44
Anne Smith W55	(53)	17:58
Ann Aitken W45	(65)	22:06
Kelsey Stewart	(31)	16:28

Stage 2			
Holly Page U20	13:53	(1)	27:40
Philippa Millage	14:14	(3)	28:30
Kerry MacAngus U20	14:19	(9)	29:35
Lauren McCulloch U20	15:06	(7)	29:33
Helen Sharpe	14:50	(4)	29:01
Zoe Bates U20	14:09	(2)	28:28
Hannah Morrison U20	15:29	(11)	29:48
Avril Mason W40	14:50	(10)	29:38
Jessica MacLeod U20	15:01	(12)	29:58
Stefanie Tucker U20	15:21	(14)	30:13
Lizzie Macleish	15:30	(15)	30:15
Ailsa Cruickshanks	15:35	(18)	30:48
Jill Smylie	15:41	(17)	30:45
Jillian Stephen	14:49	(5)	29:05
Ruth Fraser-Moodie W40	15:31	(6)	29:23
Nikki Gibson	15:40	(19)	30:58
Catriona Buchanan	14:29	(13)	30:04
Polly Edwards	15:32	(22)	31:46
Julie Gordon W40	15:53	(30)	33:07
Holly Little U20	15:23	(16)	30:39
Justine Blaszk	17:30	(26)	32:31
Shona Donnelly W50	16:38	(20)	31:07
Fiona Macfarlane	16:57	(21)	31:17
Isla Cubitt	16:11	(24)	32:22
Ailsa Innes U20	15:15	(8)	29:34
Kirsty Mitchell	16:46	(27)	32:44
Kirsty Wilson	16:46	(32)	33:35
Kristina Greig	16:23	(29)	32:58
Laura Gray	16:44	(33)	33:43
Heather Thompson	17:19	(38)	34:20
Kirsty O'Brien	15:45	(28)	32:45
Sophie Mullins	16:06	(45)	35:44
Anne Marie McGregor W45	19:11	(44)	35:23
Lynsey Mooney	19:05	(50)	37:09
Marie-Louise Slater	19:22	(47)	36:35
Jilly McKay	17:31	(41)	34:50
Fiona Carver W55	17:25	(36)	34:09
Kirsten Mathew	20:19	(52)	37:16
Melissa Wylie W50	16:33	(34)	33:57
Vivien Thorpe W40	17:22	(37)	34:15
Leanne McIntosh	18:11	(53)	37:47
Danielle Pearson U20	19:01	(49)	36:58
Morag Casey W45	18:35	(51)	37:10
Gillian Glass W45	20:32	(56)	40:12
Liz Short W45	23:31	(59)	46:14
Emma Laverie W40	17:50	(35)	34:04
Zoe Nicholson U20	16:45	(46)	35:55
Paula Wilson W50	18:20	(42)	34:54
Michelle Best W40	17:28	(39)	34:21
Heather Scott U20	17:58	(43)	35:15
Alexandra Hayden	20:34	(54)	38:18
Morven Glennie	20:42	(55)	38:40
Donna Inglis W50	21:47	(58)	43:53
Holly Morrison	15:37	(23)	32:05

Stage 3			
Rebecca Johnson	14:18	(1)	41:58
Josephine Moultrie	13:36	(2)	42:06
Christina Rankin	14:28	(5)	44:03
Rebecca Louise Craig U20	15:12	(7)	44:45
Megan Crawford	14:29	(3)	43:30
Chloe Cox	15:21	(4)	43:49
Zoe Pflug U20	14:28	(6)	44:16
Kathryn Pennel	15:07	(8)	44:45
Hannah Addison	15:11	(10)	45:09
Dominique Lynch	15:37	(12)	45:50
Kerry Sandilands	16:16	(13)	46:31
Amie Watt	15:59	(15)	46:47
Allie Chong W45	15:59	(14)	46:44
Phyllis O'Brien W55	18:14	(17)	47:19
Hannah Terrance	15:30	(9)	44:53
Kathleen Dempsey	17:03	(19)	48:01
Kimberley Timmins	15:34	(11)	45:38
Rona Tytler U20	15:43	(18)	47:29
Rachael Bushfield	15:25	(23)	48:32
Diane Ramsay	17:30	(21)	48:09
Michelle Slater W40	16:20	(24)	48:51
Claire Wharton W45	16:57	(20)	48:04
Eilidh McCallum U20	17:06	(22)	48:23
Deanna Kerekes	16:36	(25)	48:58
Catherine Dickson W45	17:39	(16)	47:13
Lisa Michie	18:31	(31)	51:15
Karen Allen	17:03	(28)	50:38
Janine Dickie	16:16	(26)	49:14
Chloe McAdam	16:57	(29)	50:40
Frances Lowrie	16:20	(30)	50:40
Jennifer Reid W45	16:33	(27)	49:18
Kerry Gibson	17:29	(37)	53:13
Ausrine Ward W40	16:55	(32)	52:18
Nicola Stevenson	17:58	(40)	55:07
Joanna Gillies U20	16:29	(35)	53:04
Moir a Findlay W50	18:16	(36)	53:06
Janet Grigor W50	18:42	(34)	52:51
Claire Robertson	19:01	(46)	56:17
Alison Gallacher W40	21:43	(44)	55:40
Rachael Thomson	20:59	(41)	55:14
Laura Henderson	17:38	(42)	55:25
Emily Jackson	18:59	(45)	55:57
Catriona Padmanabhan W45	18:22	(43)	55:32
Samantha Eddington	24:07	(51)	1:04:19
Amanda Connelly W40	18:32	(52)	1:04:46
Sinead Gallagher	18:25	(33)	52:29
Gillian Fullerton	17:48	(38)	53:43
Amanda Bryden	19:53	(39)	54:47
Karen Forsyth	22:07	(47)	56:28
Mary Kerr W50	21:39	(48)	56:54
Lorraine Buchanan	18:44	(49)	57:02
Daniella Colqhoun U20	19:56	(50)	58:36
Ishbel Inglis U20	20:56	(53)	1:04:49

Stage 4			
Stephanie Pennycook	13:35	(1)	55:33
Gillian Black	14:58	(2)	57:04
Elspeth Curran	13:29	(3)	57:32
Morag Millar	13:01	(4)	57:46
Halina Rees	14:31	(5)	58:01
Katie Bain	14:23	(6)	58:12
Rebecca Eggeling U20	15:07	(7)	59:23
Jennifer Martin	15:17	(8)	1:00:02
Caitlin Arnott U20	15:42	(9)	1:00:51
Aoife Carr U20	15:36	(10)	1:01:26
Kirstin Maxwell	15:05	(11)	1:01:36
Alison McGill	15:05	(12)	1:01:52
Rhona Mowat U20	15:20	(13)	1:02:04
Laura Robertson	14:52	(14)	1:02:11
Christine Hadfield W40	17:38	(15)	1:02:31
Hannah Cameron	15:09	(16)	1:03:10
Becky Hay	17:43	(17)	1:03:21
Carolyn Cameron U20	15:55	(18)	1:03:24
Shelby Morrison U20	15:23	(19)	1:03:55
Becky Dunphy	15:50	(20)	1:03:59
Grace Whelan U20	15:09	(21)	1:04:00
Romy Beard	16:09	(22)	1:04:13
Olivia Vareille U20	15:52	(23)	1:04:15
Madeleine Watson	15:31	(24)	1:04:29
Rachel Fagan W40	17:35	(25)	1:04:48
Kayleigh Jarrett	14:17	(26)	1:05:32
Julie Beveridge	16:23	(27)	1:07:01
Rebecca Simister	17:51	(28)	1:07:05
Alison Wood	17:38	(29)	1:08:18
Nicola McBeath	17:41	(30)	1:08:21
Lynn Angely W45	19:34	(31)	1:08:52
Katie Jones	16:31	(32)	1:09:44
Shirley MacNab W50	19:51	(33)	1:12:09
Marian Monk W45	17:12	(34)	1:12:19
Katy McGonigal U20	19:19	(35)	1:12:23
Mhairi Bagnall W45	20:32	(36)	1:13:38
Fiona Linklater W45	21:52	(37)	1:14:43
Casey Thompson	18:30	(38)	1:14:47
Fiona Carmichael	19:08	(39)	1:14:48
Olivia Steven	19:41	(40)	1:14:55
Roz Wilson W45	19:33	(41)	1:14:58
Karen Rosling	19:31	(42)	1:15:28
Alison Condie W50	22:40	(43)	1:18:12
June MacLeod W60	22:02	(44)	1:26:21
Barbara Watt W45	22:10	(45)	1:26:56

Saturday 27th October

Lindsays scottishathletics National Cross Country Relays
Senior Women Results.xlsx

Cumbernauld

Shettleston Harriers "B"
Glasgow Uni H&H "B"
Dundee Hawkhill Harriers "B"
Ferranti AAC "B"
Bellahouston Road Runners "D"
Lothian Running Club "A"
PH Racing Club "B"
Clydesdale Harriers "A"
Giffnock North AAC "C"
Kirkintilloch Olympians "C"
Metro Aberdeen RC "C"
Fife AC "E"

Jessica Martin	(19)	15:11
Hannah Gilchrist U20	(28)	16:12
Amy Mollison U20	(55)	18:18
Alison McDonald	(41)	16:57
Pauline Bradley W50	(64)	21:22
Jo Williams	(3)	14:01
Robyn Morrocco	(34)	16:39
Pamela McCrossan W55	(36)	16:45
Hilary Carswell W45	(51)	17:54
Ada Stewart W55	(58)	19:30
Kim Menzies	(62)	19:41
Jocelyn Scott W65	(63)	20:25

Amy MacLellan	17:18	(25)	32:29
Emma Hunter	17:01	(31)	33:13
Eilidh L Reynolds	16:17	(40)	34:35
Julia Loecherbach	19:58	(48)	36:55
Anne Campbell W40	20:38	(57)	42:00

Senior Women Results.xlsx

Lap 1	Rank	Time	Name	Club
	1	13:47	Anna MacFadyen U20	Edinburgh University H&H "A"
	2	13:52	Michelle Sandison	Springburn Harriers "A"
	3	14:01	Jo Williams	Lothian Running Club "A"
	4	14:11	Jenny Selman	Fife AC "A"
	5	14:16	Mhairi Hendry	VP-Glasgow "A"
	6	14:16	Shona McIntosh	Hunters Bog Trotters "A"
	7	14:19	Lauren Wilson	Edinburgh AC "A"
	8	14:19	Constance Nankivell U20	Edinburgh University H&H "B"
	9	14:19	Sarah Tait U20	Lasswade AAC "A"
	10	14:20	Freya Ross	Falkirk Victoria Harriers "A"
Lap 2	Rank	Time	Name	Club
	1	13:53	Holly Page U20	Edinburgh University H&H "A"
	2	14:09	Zoe Bates U20	Edinburgh AC "A"
	3	14:14	Philippa Millage	VP-Glasgow "A"
	4	14:19	Kerry MacAngus U20	Kilbarchan AAC "A"
	5	14:49	Jillian Stephen	Hunters Bog Trotters "A"
	6	14:50	Avril Mason W40	Shettleston Harriers "A"
	7	14:50	Helen Sharpe	Fife AC "A"
	8	15:01	Jessica MacLeod U20	Corstorphine AAC "A"
	9	15:06	Lauren McCulloch U20	Central AC "A"
	10	15:15	Ailsa Innes U20	Lasswade
Lap 3	Rank	Time	Name	Club
	1	13:36	Josephine Moultrie	VP-Glasgow "A"
	2	14:18	Rebecca Johnson	Edinburgh University H&H "A"
	3	14:28	Zoe Pflug U20	Edinburgh University H&H "B"
	4	14:28	Christina Rankin	Kilbarchan AAC "A"
	5	14:29	Megan Crawford	Fife AC "A"
	6	15:07	Kathryn Pennel	Shettleston Harriers "A"
	7	15:11	Hannah Addison	Corstorphine AAC "A"
	8	15:12	Rebecca Louise Craig U20	Central AC "A"
	9	15:21	Chloe Cox	Edinburgh AC "A"
	10	15:25	Rachael Bushfield	Inverclyde AC "A"
Lap 4	Rank	Time	Name	Club
	1	13:01	Morag Millar	Central AC "A"
	2	13:29	Elsbeth Curran	Kilbarchan AAC "A"
	3	13:35	Stephanie Pennycook	Edinburgh University H&H "A"
	4	14:17	Kayleigh Jarrett	Metro Aberdeen RC "A"
	5	14:23	Katie Bain	Edinburgh AC "A"
	6	14:31	Halina Rees	Fife AC "A"
	7	14:52	Laura Robertson	Hunters Bog Trotters "A"
	8	14:58	Gillian Black	VP-Glasgow "A"
	9	15:05	Alison McGill	Fife AC "B"
	10	15:05	Kirstin Maxwell	Gala Harriers "A"

		Stage 1				Stage 2				Stage 3			
1	Hunters Bog Trotters "B"	Eilis McKechanie W40	15:55	(3)		Megan Wright W45	15:43	(2)	31:38	Claire Gordon W40	15:29	(1)	47:07
2	Garscube Harriers "A"	Lesley Chisholm W40	14:26	(1)		Yvonne Burgess W40	16:15	(1)	30:41	Mary Senior W45	17:08	(2)	47:49
3	Bellahouston Road Runners "A"	Ann Robin W40	16:50	(9)		Emer Campbell W40	15:56	(4)	32:46	Louise Ross W40	16:08	(3)	48:54
4	PH Racing Club "A"	Mary Western W55	16:24	(5)		Alison Whyte W45	17:00	(5)	33:24	Karen Kennedy W45	15:59	(4)	49:23
5	Kilbarchan AAC "C"	Sharon Hastie W40	15:37	(2)		Joanne McDowall W40	16:49	(3)	32:26	Sandra Houldsworth W40	17:13	(5)	49:39
6	Falkirk Victoria Harriers "B"	Lorna Kennedy W40	17:00	(10)		Nicola Flynn W45	18:18	(8)	35:18	Fiona Matheson W55	14:59	(6)	50:17
7	Metro Aberdeen RC "B"	Julie Hendry W40	15:58	(4)		Ruth Wolfe W55	18:13	(6)	34:11	Hazel Wyness W40	16:26	(7)	50:37
8	Fife AC "D"	Merce Torres W40	18:27	(19)		Jennifer MacFarlane W40	17:02	(9)	35:29	Louise Provan W40	16:58	(8)	52:27
9	Dundee Hawkhill Harriers "A"	Diane Placentino W45	16:31	(7)		Catriona M Reynolds W50	18:47	(7)	35:18	Rhonda Manning W50	18:32	(9)	53:50
10	Bellahouston Harriers "A"	Claire McCormick W50	17:32	(12)		Angela Carson W50	18:33	(11)	36:05	Jayne Macnamara W45	17:59	(10)	54:04
11	Springburn Harriers "B" W50	Carole Craig W50	17:40	(13)		Jeanette Craig W65	19:02	(14)	36:42	Barbara Knox W55	18:15	(11)	54:57
12	Ochil Hill Runners "A"	Sandra Tulloch W40	17:45	(14)		Mairi McIntosh W50	18:54	(13)	36:39	Karen Kealey W45	18:41	(12)	55:20
13	Kirkintilloch Olympians "A" W50	Allison Law W55	18:51	(21)		Vivien Fraser W50	19:30	(17)	38:21	Marie McChord W55	18:31	(13)	56:52
14	Carnegie Harriers "A"	Isobel Burnett W60	17:49	(15)		Kirsty Baird W45	19:25	(16)	37:14	Lesley Halstead W45	19:39	(14)	56:53
15	Pitreavie AAC "B"	Clare Macfarlane W40	20:21	(25)		Fiona MacLeod W40	20:15	(22)	40:36	Louise Millar W45	18:40	(15)	59:16
16	Perth Road Runners "A"	Fabienne Thompson W50	17:23	(11)		Susan Bothwell W60	23:27	(23)	40:50	Rhona Henderson W45	21:23	(16)	1:02:13
17	Westerlands CCC "A"	Ellie Homewood W40	16:25	(6)		Muffy Calder W60	20:02	(12)	36:27	Sharon Taylor W55	25:48	(17)	1:02:15
18	Bellahouston Harriers "B"	Tania Duffy W45	19:39	(23)		Susan Redpath W45	19:51	(20)	39:30	Katy Smith W45	22:46	(18)	1:02:16
19	Ferranti AAC "A" W50	Claire Gilchrist W50	18:23	(17)		Siobhan Sellar W50	21:37	(21)	40:00	Elizabeth Gilchrist W70	22:52	(19)	1:02:52
	Inverness Harriers "A"	Roma Shepherd W40	18:24	(18)		Alison Wilson W45	17:32	(10)	35:56				
	Ayr Seaforth AAC "A"	Gael Neill W40	18:06	(16)		Ruth Kirk W45	19:06	(15)	37:12				
	Falkirk Victoria Harriers "C"	Lissie Faulks W40	18:40	(20)		Monica Anderson W50	19:46	(18)	38:26				
	Motherwell AC "A"	Joyce Allardice W50	19:38	(22)		Phyllis Hands W60	19:25	(19)	39:03				
	Greenock Glenpark Harriers "B"	Eileen Stevenson W45	21:45	(26)		Nathalie Smith W40	23:57	(24)	45:42				
	Clydesdale Harriers "A"	Pamela McCrossan W55	16:45	(8)									
	Kilbarchan AAC "B"	Julia Wylie W50	20:19	(24)									

Leg 1	Rank	Time	Name	Club
	1	14:26	Lesley Chisholm W40	Garscube Harriers "A"
	2	15:37	Sharon Hastie W40	Kilbarchan AAC "C"
	3	15:55	Eilis McKechnie W40	Hunters Bog Trotters "B"
	4	15:58	Julie Hendry W40	Metro Aberdeen RC "B"
	5	16:24	Mary Western W55	PH Racing Club "A"
	6	16:25	Ellie Homewood W40	Westerlands CCC "A"
	7	16:31	Diane Placentino W45	Dundee Hawkhill Harriers "A"
	8	16:45	Pamela McCrossan W55	Clydesdale Harriers "A"
	9	16:50	Ann Robin W40	Bellahouston Road Runners "A"
	10	17:00	Lorna Kennedy W40	Falkirk Victoria Harriers "B"

Leg 2	Rank	Time	Name	Club
	1	15:43	Megan Wright W45	Hunters Bog Trotters "B"
	2	15:56	Emer Campbell W40	Bellahouston Road Runners "A"
	3	16:15	Yvonne Burgess W40	Garscube Harriers "A"
	4	16:49	Joanne McDowall W40	Kilbarchan AAC "C"
	5	17:00	Alison Whyte W45	PH Racing Club "A"
	6	17:02	Jennifer MacFarlane W40	Fife AC "D"
	7	17:32	Alison Wilson W45	Inverness Harriers "A"
	8	18:13	Ruth Wolfe W55	Metro Aberdeen RC "B"
	9	18:18	Nicola Flynn W45	Falkirk Victoria Harriers "B"
	10	18:33	Angela Carson W50	Bellahouston Harriers "A"

Leg 2	Rank	Time	Name	Club
	1	14:59	Fiona Matheson W55	Falkirk Victoria Harriers "B"
	2	15:29	Claire Gordon W40	Hunters Bog Trotters "B"
	3	15:59	Karen Kennedy W45	PH Racing Club "A"
	4	16:08	Louise Ross W40	Bellahouston Road Runners "A"
	5	16:26	Hazel Wyness W40	Metro Aberdeen RC "B"
	6	16:58	Louise Provan W40	Fife AC "D"
	7	17:08	Mary Senior W45	Garscube Harriers "A"
	8	17:13	Sandra Houldsworth W40	Kilbarchan AAC "C"
	9	17:59	Jayne Macnamara W45	Bellahouston Harriers "A"
	10	18:15	Barbara Knox W55	Springburn Harriers "B"

Stage 1			Stage 2			Stage 3			Stage 4		
1	Central AC "A"	Matthew Sutherland 12:10 (7)	Cameron Milne 11:51 (1) 24:01	Scott Green 11:45 (1) 35:46	Alastair Hay 11:39 (1) 47:25						
2	Kilbarchan AAC "A"	Cameron Wright U20 12:02 (4)	Callum Matthews 12:30 (6) 24:32	Connor Maclean 11:46 (2) 36:18	Euan Gillham 11:53 (2) 48:11						
3	Glasgow University H&H "A"	Tristan Rees U20 11:53 (3)	Anthony Addison U20 12:41 (7) 24:34	Daniel Bradford 12:16 (5) 36:50	Sol Sweeney U20 11:35 (3) 48:25						
4	Cambuslang Harriers "A"	Kevan Harvey 12:12 (9)	Ryan Thomson 11:56 (2) 24:08	Jamie MacKinnon U20 12:28 (3) 36:36	Gavin Smith U20 12:14 (4) 48:50						
5	Shettleston Harriers "A"	Jamie Burns U20 12:33 (17)	Tewoldeberhan Mengisteab 12:08 (8) 24:41	Lewis Raeburn U20 12:36 (9) 37:17	Lachlan Oates 11:41 (5) 48:58						
6	Aberdeen AAC "A"	Rory Stead 12:39 (21)	Tyler White U20 12:24 (14) 25:03	James Hoad 12:24 (11) 37:27	Michael Ferguson 11:49 (6) 49:16						
7	Central AC "B"	Murray MacLarty 12:28 (16)	Lewis Millar 12:21 (10) 24:49	Conan McCaughey 12:14 (6) 37:03	Michael Wright 12:22 (7) 49:25						
8	Edinburgh University H&H "A"	Cameron Young 12:27 (15)	Oskar Fraser-Krauss 12:28 (11) 24:55	Robert Huckle U20 12:14 (8) 37:09	Jack Leitch 12:20 (8) 49:29						
9	Inverclyde AC "A"	Cameron Watson U20 12:21 (12)	John Bell 12:10 (5) 24:31	Ross Gray 12:18 (4) 36:49	Mark Pollard 12:49 (9) 49:38						
10	Metro Aberdeen RC "A"	Cameron Strachan 11:47 (1)	Hamish Battle 12:30 (3) 24:17	Ben Ward 12:50 (7) 37:07	Jason Kelly 12:46 (10) 49:53						
11	Cambuslang Harriers "B"	Fraser Stewart 12:10 (8)	Craig Jardine 12:50 (13) 25:00	Iain MacCorquodale 12:28 (13) 37:28	Alistair Campbell 12:28 (11) 49:56						
12	Corstorphine AAC "A"	Stephen Addison U20 13:03 (32)	Stuart Livingstone 12:36 (18) 25:39	Dougie Selman 12:26 (15) 38:05	Calum McKenzie 11:55 (12) 50:00						
13	Glasgow University H&H "A"	Drew Pollock U20 12:20 (11)	Finlay Todd U20 12:25 (9) 24:45	Andrew Merry U20 12:41 (10) 37:26	Stewart Millar U20 12:40 (13) 50:06						
14	Moray Road Runners "A"	Kenneth Wilson 12:03 (5)	Robbie Paterson 12:55 (12) 24:58	James Wilson 12:57 (14) 37:55	Ewan Davidson 12:25 (14) 50:20						
15	Edinburgh AC "D"	Michael Christoforou 11:51 (2)	John Lenehan 12:32 (4) 24:23	Iain Whitaker 13:05 (12) 37:28	Callum Reid 12:57 (15) 50:25						
16	East Kilbride AC "A"	John Fergusson 12:25 (13)	Jamie Clements 13:06 (16) 25:31	Daryl Reid 12:40 (17) 38:11	Grant Baillie 12:31 (16) 50:42						
17	Central AC "C"	Jack Kerr 12:33 (18)	Tom Graham-Marr U20 13:15 (19) 25:48	Dale Colley 12:21 (16) 38:09	Sandy Holl U20 12:45 (17) 50:54						
18	Edinburgh University H&H "B"	Andrew Johnstone 12:51 (26)	Alvaro Garrido U20 12:59 (20) 25:50	Fraser Roach U20 12:41 (18) 38:31	Alex Muir 12:41 (18) 51:12						
19	Shettleston Harriers "B"	William Bardsley 12:55 (27)	Brian McGarrity 12:56 (21) 25:51	Clément Eliot 12:42 (19) 38:33	Paul Sorrie 12:47 (19) 51:20						
20	Giffnock North AAC "A"	Andrew Love U20 12:39 (22)	Kieran Killen U20 13:27 (26) 26:06	Calum Young U20 13:05 (23) 39:11	Ben Shaw U20 12:09 (20) 51:20						
22	Kilbarchan AAC "B"	Graham Evans 12:40 (24)	Andrew MacAngus U20 12:54 (17) 25:34	Craig Kennedy U20 13:18 (20) 38:52	Robbie Ferguson U20 13:14 (21) 52:06						
21	Inverclyde AC "B"	Peter Tucker 13:23 (42)	Graeme Hyett 12:46 (27) 26:09	Adam Hay U20 13:06 (24) 39:15	Alun Myers 12:51 (22) 52:06						
23	Garscube Harriers "C"	Lorn Webster U20 12:38 (20)	James Macleod 13:41 (29) 26:19	Garry Mathew 13:04 (25) 39:23	Cody Stevenson U20 12:59 (23) 52:22						
24	Aberdeen AAC "B"	Aaron Odentz U20 13:00 (30)	Philip Neilson U20 12:54 (22) 25:54	Euan Webster 13:11 (21) 39:05	Joe Barton U20 13:25 (24) 52:30						
25	Cambuslang Harriers "E" Master	Justin Carter M45 13:26 (44)	Kenneth Campbell M40 13:15 (32) 26:41	Jamie Reid M45 13:01 (28) 39:42	Benjamin Hukins M40 12:59 (25) 52:41						
26	Glasgow Uni H&H "C"	Lewis Priest U20 13:02 (31)	Elian Dorantes U20 13:15 (28) 26:17	Andrew Grieve U20 13:13 (27) 39:30	Robert Kennedy 13:17 (26) 52:47						
27	Corstorphine AAC "E" Master	Tom Ferrington M40 13:09 (36)	Moray Anderson M40 12:54 (25) 26:03	Keith Ovenstone M40 13:44 (29) 39:47	Ross Milne M40 13:22 (27) 53:09						
28	VP-Glasgow "A"	Max Milarvie U20 12:19 (10)	Christopher Boyle 13:40 (24) 25:59	Callum Heirs 14:49 (37) 40:48	Martin Hayes 12:42 (28) 53:30						
29	Aberdeen AAC "C"	Eoghan MacNamara 13:29 (45)	Ben Nelson 13:46 (42) 27:15	Fraser Cruickshank U20 13:13 (34) 40:28	Steven Murray 13:04 (29) 53:32						
30	Bellahouston Harriers "A"	Craig Lamont 14:08 (66)	Darren McQuade 12:55 (39) 27:03	Fraser Armstrong 13:55 (39) 40:58	Jack Arnold 12:35 (30) 53:33						
31	Dundee Hawkhill Harriers "A"	James Donald U20 12:03 (6)	Kristofer Hernandez U20 14:32 (31) 26:35	Gordon Barrie M45 13:19 (31) 39:54	Callum McCormack U20 13:44 (31) 53:38						
32	Edinburgh AC "E"	Daniel Bryant 13:20 (41)	Iain Macdonald 13:37 (37) 26:57	Nicholas Wolverson 13:47 (36) 40:44	Harry Putnam 13:02 (32) 53:46						
33	Metro Aberdeen RC "B"	Thomas Doney 13:32 (48)	Calum Crawford 13:35 (40) 27:07	Chris Richardson 13:11 (33) 40:18	Tom Martin 13:48 (33) 54:06						
34	PH Racing Club "A"	Darren Jubb 13:09 (37)	Daniel Monaghan 13:42 (33) 26:51	Paul Kieran M40 13:38 (35) 40:29	Colin Somerville 13:51 (34) 54:20						
35	Motherwell AC "A"	Craig Mackenzie 14:05 (64)	Nicholas Hughes 13:48 (57) 27:53	Christopher MacDonald 13:24 (42) 41:17	Paul Burns 13:26 (35) 54:43						
36	Bellahouston Road Runners "A"	Graeme Paterson M40 13:41 (52)	Bryan Mulgrew 13:34 (43) 27:15	Bruce Carse 13:59 (41) 41:14	Andrew Campbell M40 13:32 (36) 54:46						
37	Law & District AAC "A"	James Gillon U20 12:55 (28)	Darran Muir M40 13:00 (23) 25:55	Jonathan Kennedy 14:08 (32) 40:03	Paul White 14:51 (37) 54:54						
38	Shettleston Harriers "E" Master	John Connaghan M45 13:53 (57)	Amanuel Hagos M40 13:34 (48) 27:27	Mark McColl M40 14:25 (52) 41:52	Jethro Lennox M40 13:04 (38) 54:56						
39	Ayr Seaforth AAC "A"	Stephen McCrorie M45 14:26 (77)	Brian Robinson M40 13:53 (65) 28:19	Kenneth Neill M40 13:17 (47) 41:36	Grahame Hopper 13:39 (39) 55:15						
40	Lothian Running Club "A" Master	Malcolm Lang M40 13:05 (34)	Euan McInnes M45 14:17 (46) 27:22	Barry McComish M40 14:28 (50) 41:50	Alan Knowles M40 13:27 (40) 55:17						
41	Garscube Harriers "B" Master	Gavin Hinde M40 14:29 (78)	Daniel Scroop M45 13:40 (60) 28:09	John Coyle M45 13:36 (48) 41:45	Nick Heaney M45 13:35 (41) 55:20						
42	Corstorphine AAC "B"	Aaron Hoyle 13:06 (35)	Alastair Brockie 13:26 (30) 26:32	Donald Gavine 14:36 (40) 41:08	Scott Pilkington 14:18 (42) 55:26						
43	Strathclyde University AC "A"	Scott Partyka 14:09 (67)	Kieran Pugh 13:50 (59) 27:59	Mitchell DeLong U20 13:32 (44) 41:31	Scott Steven 14:07 (43) 55:38						
44	Cumbernauld AC "C" Master	Robert Bartley M40 13:44 (54)	David Hogg M45 14:09 (56) 27:53	Martin Fitchie M40 14:06 (54) 41:59	Louis O'Hare M45 13:41 (44) 55:40						
45	Perth Road Runners "A"	Myles Bax 13:17 (39)	Michael McConnell 13:39 (34) 26:56	David Knight M45 13:54 (38) 40:50	Mark Dunn 14:57 (45) 55:47						
46	Kirkintilloch Olympians "A"	Andrew Kirk 13:42 (53)	David Murray 13:36 (45) 27:18	Eddie McClone 14:33 (51) 41:51	Jason McMinn 14:00 (46) 55:51						
47	Clydesdale Harriers "A"	Daniel Burns 13:59 (61)	Michael Miller U20 13:18 (44) 27:17	Iain Robertson M40 14:18 (45) 41:35	Graeme Wiseman M45 14:25 (47) 56:00						
48	Hunters Bog Trotters "A"	Jonathan Crickmore 12:26 (14)	David Wright M40 14:58 (47) 27:24	Doug Tullie 14:11 (46) 41:35	Huw Jones 14:26 (48) 56:01						
49	Giffnock North AAC "B"	Nicholas Boyle U20 14:00 (62)	Michael Cross 13:46 (54) 27:46	Harry Nimmo U20 13:38 (43) 41:24	Jordan Orr 14:42 (49) 56:06						
50	Motherwell AC "E" Master	Allan Cameron M45 13:46 (55)	Jim White M40 14:58 (71) 28:44	David Gardiner M45 13:11 (53) 41:55	Stephen Allen M50 14:12 (50) 56:07						
51	Moray Road Runners "C" Master	Gareth Jenkins M45 13:29 (46)	Colin Green M45 14:16 (53) 27:45	Martin Bain M40 14:30 (55) 42:15	Paul Rogan M45 13:52 (51) 56:07						
52	Shettleston Harriers "C"	Andrew Rockett Jackson 14:53 (89)	Daniel Lowe 13:41 (67) 28:34	Brian Robertson 14:23 (60) 42:57	David I Houston 13:19 (52) 56:16						
53	Greenock Glenpark Harriers "A"	Christopher Mooney 13:03 (33)	Andrew White M50 14:06 (41) 27:09	Paul Beaton M40 14:38 (49) 41:47	Ryan Brown U20 14:59 (53) 56:46						
54	East Kilbride AAC "B"	Andrew Forteath 14:21 (73)	Vincent Hastings 13:50 (61) 28:11	David Ross 14:19 (57) 42:30	Niall Walker 14:21 (54) 56:51						
55	Stirling Univesity AC "A"	Andrew Irvine 15:20 (98)	Calum Phillip U20 15:01 (90) 30:21	Denver Stretesky U20 14:02 (79) 44:23	Hamish Hickey U20 12:30 (55) 56:53						
56	Penicuik Harriers "A"	John Gibbs 14:21 (74)	Adam Gray 14:34 (74) 28:55	Billy Colvin M40 14:18 (64) 43:13	Ritchie Thomson 13:52 (56) 57:05						
57	Aberdeen AAC "D"	Fraser McGillivray 15:16 (95)	James Joy 13:55 (78) 29:11	Fearghas Thomson 14:08 (65) 43:19	Andrew John Ferguson 14:02 (57) 57:21						
58	Giffnock North "C" Master	Chris Greenhalgh M45 13:51 (56)	Luke Chamberlain M45 14:05 (58) 27:56	Jason Steele M45 14:49 (58) 42:45	Ted Gourley M55 14:37 (58) 57:22						

59	Bellahouston Harriers "B"
60	Cumbernauld AC "A"
61	Edinburgh AC "B"
62	Inverclyde AC "C"
63	Metro Aberdeen RC "E" Master
64	Moray Road Runners "B"
65	Cambuslang Harriers "F" Master
66	Irvine Running Club "A"
67	Gala Harriers "A"
68	Pitreevie AAC "B"
69	Falkirk Victoria Harriers "A"
70	Kilbarchan AAC "C"
71	Corstorphine AAC "F" Master
72	Hunters Bog Trotters "B"
73	PH Racing Club "B"
74	Kirkintilloch Olympians "C" Master
75	Central AC "F" Master
76	Lothian Running Club "B"
77	Dumbarton AAC "A"
78	Inverclyde AC "D"
79	Airdire Harriers "A"
80	Corstorphine AAC "C"
81	Irvine Running Club "B"
82	Cambuslang Harriers "D"
83	Bellahouston Road Runners "B"
84	Metro Aberdeen RC "C"
85	Springburn Harriers "A"
86	Edinburgh AC "C"
87	Central AC "D"
88	Garscube Harriers "E"
89	Ayr Seaforth "B"
90	Kilmarnock Harriers "A"
91	Greenock Glenpark Harriers "B"
92	Garscube Harriers "H"
93	Bellahouston Harriers "D" Master
94	Law & District AC "B"
95	Calderglen Harriers "A"
96	Teviotdale Harriers "A"
97	Giffnock North AAC "D" Master
98	Bellahouston Harriers "C"
99	PH Racing Club "C"
100	Troon Tortoises "A"
101	East Kilbride AC "C"
102	East Kilbride AC "D"
103	Westerlands CCC "B"
104	Carnegie Harriers "B"
105	VP-Glasgow "B"
106	Garscube Harriers "G"
107	Dundee Hawkhill Harriers "B" Master
108	Airdire Harriers "B"
109	Ayr Seaforth "C" Master
110	Bellahouston Road Runners "D" Master
111	Motherwell AC "B"
112	Calderglen Harriers "B" Master
113	Kirkintilloch Olympians "D"
114	Springburn Harriers "B"
115	Giffnock North AAC "E" Master
116	Pitreevie AAC "C"

Stage 1		
Callum Ferguson	14:48	(88)
Vincent Carroll M50	14:32	(81)
Kevin Hamilton	14:09	(68)
Callum Hunter	13:13	(38)
Steve Buchan M40	13:39	(51)
Cameron Main U20	12:49	(25)
Gordon McDonald M40	14:31	(79)
Ryan Evans	14:11	(69)
Darrell Hastie	12:39	(23)
Neil MacLachlan	16:24	(126)
Peter Moffett	12:57	(29)
Cameron Corrigan U20	14:12	(70)
Iain Macleod M45	14:23	(75)
Mark Rhynes	14:58	(92)
Iain Taylor M50	14:44	(87)
Graham McCabe M45	13:53	(58)
Iain Dunsmore M45	15:39	(108)
Joshua Dack	13:31	(47)
Peter Walsh	14:25	(76)
Michael Houston	13:37	(50)
John Brogan M40	14:43	(86)
Finlay Ross U20	14:13	(71)
Alan Douglas	15:30	(104)
James Smith	14:06	(65)
Alan Moss	14:33	(83)
Steven Morrison	14:31	(80)
Andy Norris	14:13	(72)
Malcolm Parry M45	15:40	(110)
Telfer Gray U20	13:17	(40)
Kevin Gilfillan	17:15	(138)
Simon Kirk M45	15:25	(100)
Connell Drummond M45	14:37	(84)
John Stevenson M45	15:26	(101)
Craig Brown M45	16:36	(129)
Paul Burningham M40	15:11	(94)
James McClafferty U20	14:54	(90)
Andrew Buchanan	14:39	(85)
Rory Anderson	13:33	(49)
Derren Thomson M45	15:29	(102)
Darren Murray M45	15:41	(111)
Ian Robert Johnston M60	16:18	(124)
Matt Pearce M40	15:45	(112)
Arthur Mulholland M55	16:45	(132)
Vincent Glennon M45	16:13	(122)
Peter MacNab	16:53	(135)
Alan McGowan M40	15:21	(99)
Duncan Thomson M45	16:39	(130)
David Esler M55	19:18	(147)
Ciaran Collins M45	15:29	(103)
Steven Phillips	16:02	(118)
Ian Morrison M50	15:55	(114)
Tom Ferris M45	16:20	(125)
Robert Pattinson M50	16:35	(128)
Jim Holmes M50	17:00	(136)
Euan Craig	15:16	(96)
Alan Hill M65	18:55	(145)
Christopher Smith M50	17:02	(137)
Craig Chisholm	16:14	(123)

Stage 2		
Thomas Smith	14:19	(75) 29:07
Paul McMonagle M45	14:49	(83) 29:21
Richard Meade M40	13:41	(55) 27:50
Jason Kane	18:16	(107) 31:29
Dino Roussias M45	14:02	(52) 27:41
Alasdair Campbell M45	15:24	(62) 28:13
Iain Nicholl M40	14:18	(72) 28:49
Paul Lafferty	14:23	(66) 28:34
Gary Trewartha M40	14:19	(68) 26:58
Evan Ross	13:34	(38) 29:58
Iain Wallace M40	14:41	(51) 27:38
Ryan Waldron	15:00	(79) 29:12
Richard Lewis M45	14:29	(73) 28:52
Michael Grant	15:35	(92) 30:33
Andrew Jannetta	14:42	(85) 29:26
Norman Mcneil M40	14:49	(69) 28:42
Scott Brember M45	12:57	(68) 28:36
Colin Partridge M40	14:44	(63) 28:15
Stuart McGillivray	13:53	(64) 28:18
Dylan Crawford U20	13:51	(50) 27:28
Mark Connelly M40	14:28	(77) 29:11
Ben Draye	14:29	(70) 28:42
Lee Shaw	15:11	(94) 30:41
Daniel O'Connell M50	15:19	(84) 29:25
Stephen McQuade	14:35	(76) 29:08
Russell Willox M40	15:37	(89) 30:08
Emilio Cosimo M40	15:00	(80) 29:13
Keith Dunlop	14:57	(93) 30:37
David Lindsay	14:11	(49) 27:28
Marco Consani M40	14:24	(108) 31:39
Craig Brown	15:32	(96) 30:57
Jamie Nix U20	14:59	(86) 29:36
John Stevenson M45	15:29	(95) 30:55
Andrew Cook M40	15:46	(111) 32:22
Paul Houston M50	16:08	(105) 31:19
James Scullion M40	16:08	(98) 31:02
Martin Howell M50	16:25	(99) 31:04
Christopher Watson	16:14	(87) 29:47
Donald MacBride M40	15:43	(103) 31:12
Alexander Cuthbert M40	16:41	(110) 32:22
Allen Marr M60	16:17	(113) 32:35
Robert Carrol M40	15:28	(104) 31:13
Keith Charters M50	17:17	(126) 34:02
Stuart MacDonald M45	17:22	(123) 33:35
Scott Henderson M40	14:07	(97) 31:00
David Cox	15:11	(91) 30:32
Thomas Connolly U20	16:14	(118) 32:53
Peter Scott	16:12	(134) 35:30
Raymond Tully M45	15:53	(106) 31:22
Jean-Yves Daniel M50	17:03	(119) 33:05
Peter Laing M55	17:28	(122) 33:23
Richard Leyton M45	16:20	(115) 32:40
Scott Dickson	16:04	(114) 32:39
Richard Lawton M40	17:22	(128) 34:22
Stephen Tominey M50	17:25	(116) 32:41
Stewart Robertson M40	16:12	(132) 35:07
William Linton M50	17:50	(131) 34:52
Tom Sludden M50	18:34	(130) 34:48

Stage 3		
Mark Porter	14:22	(69) 43:29
Robert Keenan	14:15	(73) 43:36
Sean Eng	15:17	(62) 43:07
David Tamburini M40	13:16	(85) 44:45
Craig Anderson M45	15:30	(63) 43:11
Andy Alexander M50	15:16	(68) 43:29
David Thom M55	15:23	(77) 44:12
Michael Dinning	15:01	(72) 43:35
Fergus Johnston	15:25	(56) 42:23
Struan Ross U20	14:30	(80) 44:28
Euan McCallum	15:25	(61) 43:03
Martin Dougall M50	15:39	(86) 44:51
Dean Carr M45	14:55	(76) 43:47
David Fulton	14:40	(87) 45:13
Philip Waring	15:19	(84) 44:45
Robert Conroy M40	14:40	(66) 43:22
Donald Shaw M45	14:56	(70) 43:32
Will Moffat M45	15:18	(71) 43:33
Simon Lennox M40	15:20	(74) 43:38
Robert Gray M45	15:58	(67) 43:26
Andrew Morgan	15:20	(81) 44:31
Jonathan Carpenter	14:11	(59) 42:53
Colin Miller M60	15:23	(93) 46:04
Michael O'Hagan M45	14:52	(78) 44:17
Jonny Moran M40	16:08	(88) 45:16
Kenny Garden	14:24	(82) 44:32
Willie Munro M55	16:41	(89) 45:54
Iain Craven	15:22	(91) 45:59
Benjamin Noad	16:19	(75) 43:47
Duncan McKellar	14:30	(95) 46:09
Alasdair Meldrum M45	15:05	(92) 46:02
Murray McDonald	16:33	(94) 46:09
Ross Neilson M40	16:12	(98) 47:07
David McKay	15:13	(100) 47:35
Francis Gilroy M55	15:21	(97) 46:40
Jim Gillon M50	16:09	(99) 47:11
Alan Cullie M50	17:26	(107) 48:30
Alan Inglis M50	16:10	(90) 45:57
Ricky Saez M40	16:33	(101) 47:45
Mark Matheson	15:41	(105) 48:03
Scott Love	15:12	(102) 47:47
Darrell Dunscombe M45	17:27	(108) 48:40
Gordon Colvin M55	17:07	(121) 51:09
Michael Carlin M40	17:57	(123) 51:32
Kevin Baird	16:52	(103) 47:52
Jonathan Millar	15:39	(96) 46:11
Charlie Murray M55	16:38	(110) 49:31
Mark Thistlethwaite	15:15	(118) 50:45
Marco Placentino M50	16:45	(106) 48:07
Stephen Purvis M45	16:58	(112) 50:03
Stuart McColm M50	17:47	(122) 51:10
Kenneth MacMahon M45	17:37	(113) 50:17
Kevin McPhillips M45	18:13	(119) 50:52
Allan McLellan M60	16:19	(116) 50:41
Daniel Chandler M40	18:01	(117) 50:42
Harry Lamond U20	17:14	(124) 52:21
Douglas Mcconville M55	19:36	(131) 54:28
Michael Parsley M55	18:55	(128) 53:43

Stage 4		
Paul Clawson	14:09	(59) 57:38
Alan Flanagan M40	14:04	(60) 57:40
Angus Thomson	14:51	(61) 57:58
Jon Hammerman	13:15	(62) 58:00
Andrew Thompson M40	14:56	(63) 58:07
Jonathan Ward	14:40	(64) 58:09
Alick Walkinshaw M55	13:59	(65) 58:11
Owen McWilliams	14:37	(66) 58:12
Magnus Inglis M40	15:56	(67) 58:19
Colin Lamont	14:00	(68) 58:28
Stuart Douglas	15:36	(69) 58:39
Conor Thomson U20	13:53	(70) 58:44
Alan Cameron M45	15:16	(71) 59:03
Andrew Cummings	13:53	(72) 59:06
Wright Beveridge M45	14:36	(73) 59:21
Gary Shaw M40	16:00	(74) 59:22
Colin Alexander M40	15:55	(75) 59:27
(Maxwell) Stewart Laing M55	15:55	(76) 59:28
Stephen Cole M45	15:59	(77) 59:37
Gavin Morrison M50	16:27	(78) 59:53
Brian Beattie	15:56	(79) 1:00:27
Jamie Arnott U20	17:44	(80) 1:00:37
Mark Livingstone M45	14:48	(81) 1:00:52
Edward Carr M55	16:43	(82) 1:01:00
Christopher Logue M40	15:56	(83) 1:01:12
Andy Redman M55	16:47	(84) 1:01:19
Joseph Junior Chambers	15:29	(85) 1:01:23
Kevin Graham	15:29	(86) 1:01:28
Jens Subke M45	17:53	(87) 1:01:40
Iain McFarlane	15:35	(88) 1:01:44
Iain Pettigrew M50	15:45	(89) 1:01:47
Scott Lyden	15:54	(90) 1:02:03
Stephen Hanley	15:28	(91) 1:02:35
John Murray M40	15:02	(92) 1:02:37
Iain Morrison M50	16:03	(93) 1:02:43
Ben Fountain U20	15:48	(94) 1:02:59
Mark Saez M45	14:38	(95) 1:03:08
Derek Clyne M55	17:14	(96) 1:03:11
Michael Ewing M50	16:04	(97) 1:03:49
Anthony Carson	15:57	(98) 1:04:00
James Hamilton M40	16:15	(99) 1:04:02
Lewis Wilson	15:25	(100) 1:04:05
Jack Kirwan	14:42	(101) 1:05:51
Luke Kirwan	14:24	(102) 1:05:56
John Quinn M55	18:12	(103) 1:06:04
Stephen Greer M60	20:30	(104) 1:06:41
Peter Ramsay M55	17:19	(105) 1:06:50
Robbie Drummond M45	16:12	(106) 1:06:57
Brian Cook M55	18:55	(107) 1:07:02
Marc Cummings M40	17:19	(108) 1:07:22
Stuart McLean M45	16:40	(109) 1:07:50
Michael Lancaster M40	18:42	(110) 1:08:59
John Burns M55	18:24	(111) 1:09:16
William Buchanan M65	18:40	(112) 1:09:21
Tony Quinn M60	19:10	(113) 1:09:52
Brian Leitch M50	19:50	(114) 1:12:11
David Meldrum M55	18:10	(115) 1:12:38
Craig Shield	19:06	(116) 1:12:49

117	Kilmarnock Harriers "B"
118	Teviotdale Harriers "B" Master
119	Law & District AAC "C"
120	Garscube Harriers "F"
121	Garscube Harriers "I"
122	Garscube Harriers "D"
123	Metro Aberdeen RC "D"
	Fife AC "A"
	Edinburgh University H&H "C"
	Cambuslang Harriers "C"
	Glasgow University H&H "D"
	Shettleston Harriers "D"
	Edinburgh AC "F"
	Corstorphine AAC "D"
	Lothian Running Club "C"
	Greenock Glenpark Harriers "C"
	Dumbarton AAC "B"
	Garscube Harriers "K"
	Falkirk Victoria Harriers "B"
	Perth Road Runners "B"
	Banchory Stonehaven AC "A"
	Hunters Bog Trotters "C"
	Aberdeen AAC "E"
	Lasswade AAC "B"
	Inverclyde AC "E"
	Stirling Univesity AC "B"
	Bellahouston Harriers "E"
	Calderglen Harriers "C"
	Ferranti AAC "A"
	Garscube Harriers "L"
	Cumbernauld AC "B"
	Strathclyde University AC "B"
	Clydesdale Harriers "B"
	Edinburgh AC "H"
	Central AC "E"
	Motherwell AC "C"

Stage 1			
David Anderson M45	16:03	(119)	
Alister Biggar M45	17:17	(139)	
Mark Milligan M45	17:25	(141)	
Gary Goldie	16:34	(127)	
Thomas McKay M60	21:15	(151)	
Alasdair MacKay M45	20:48	(150)	
Mark Young	15:58	(116)	
Sam Fernando	12:34	(19)	
Patryk Gierjatowicz	13:24	(43)	
Andrew Carey U20	14:03	(63)	
Oliver Traynor	13:56	(60)	
Duncan McCauley	15:16	(97)	
Paul Stirling	14:55	(91)	
Victor Jack M45	15:31	(105)	
Alan Cunningham M45	15:35	(106)	
Michael Dunn M60	17:41	(142)	
Paul Kelly	16:10	(121)	
Peter Dow M60	19:56	(149)	
Alastair McCallum M55	18:39	(144)	
Scott Henderson	15:57	(115)	
Stuart Ferguson	14:32	(82)	
James Rogers	15:39	(109)	
Cameron Callow U20	15:37	(107)	
Stephen Brown M45	15:59	(117)	
Gerard Gaffney M60	16:50	(134)	
Neil Galbraith Cobb	16:49	(133)	
Max Steele	16:42	(131)	
Gordon McNally M50	19:25	(148)	
Grant Sellar M50	17:45	(143)	
Raghibir Singh M70	25:58	(152)	
Alexander Reid	13:54	(59)	
Robert Jenkins U20	15:10	(93)	
Ryan Nelson	15:49	(113)	
Garry Robertson M55	16:08	(120)	
Raymond J Milne M55	17:19	(140)	
Scott Kelman	19:14	(146)	

Stage 2			
Stewart McAllister	17:06	(120)	33:09
Brian Harper M45	16:44	(125)	34:01
Martin Kay M40	17:13	(129)	34:38
David Heppell M70	24:30	(144)	41:04
Stuart Donald	16:31	(141)	37:46
Stephen Craig	16:13	(140)	37:01
Kevin Mackie M40	20:44	(139)	36:42
Robert Sparks U20	12:51	(15)	25:25
David Hedges	13:32	(35)	26:56
Richard Carr	12:53	(36)	26:56
Daniel Nixon	15:23	(82)	29:19
Gareth Ellor M40	15:53	(102)	31:09
Steven Watters	14:20	(81)	29:15
Ben Neil Porterfield M40	15:37	(101)	31:08
Alastair Murray M40	16:57	(112)	32:32
Frank McMahon M65	18:04	(135)	35:45
Peter Walsh M60	18:10	(127)	34:20
Mark Cathro M50	16:12	(138)	36:08
Gordon Dewar M50	17:16	(137)	35:55
Alan Bothwell M55	23:40	(143)	39:37
Andrew Ferguson Snr M55	16:36	(100)	31:08
Alistair Hindle M45	16:28	(109)	32:07
Alasdhair Love M40	17:14	(117)	32:51
Derrick Brydon M45	17:14	(121)	33:13
Damien Mallet M40	16:59	(124)	33:49
Ryan White	18:40	(133)	35:29
Stuart Macdonald M55	19:10	(136)	35:52
Russell Couper	19:26	(142)	38:51
Edward McDonald M70	24:05	(145)	41:50
Robert Cuthbertson M60	29:38	(146)	55:36

Stage 3			
Douglas Dickson M50	20:25	(126)	53:34
Paul Lockie M50	20:00	(129)	54:01
Conor Butters U20	19:01	(127)	53:39
Keith Wall M40	15:57	(136)	57:01
Paul Collins M50	18:45	(135)	56:31
James Boyle M45	18:19	(132)	55:20
Paul Coxall M55	19:21	(133)	56:03
Craig Morris U20	13:44	(22)	39:09
Michal Ceklarz	12:31	(26)	39:27
Gordon Robertson	12:53	(30)	39:49
Aidan Schramm U20	15:17	(83)	44:36
Craig Shannon	16:50	(104)	47:59
Alex MacEwen M60	19:27	(109)	48:42
Patrick White	18:49	(111)	49:57
Stig Walsh M50	17:51	(114)	50:23
Sean Marshall M40	14:49	(115)	50:34
Kieran McQuade	16:48	(120)	51:08
Alan McIntosh	16:31	(125)	52:39
Fraser Houston M45	20:26	(134)	56:21
Paul Reis	24:59	(137)	1:04:36

Stage 4			
Kevin Beck	19:25	(117)	1:12:59
Alan Coltman M50	19:19	(118)	1:13:20
Patrick Kelly M70	19:52	(119)	1:13:31
James McAneny M55	16:31	(120)	1:13:32
Ade Kearns M55	17:09	(121)	1:13:40
Martin Egan M50	19:07	(122)	1:14:27
Mark Ramsey	21:47	(123)	1:17:50

Leg 1	Rank	Time	Name	Club
	1	11:47	Cameron Strachan	Metro Aberdeen RC "A"
	2	11:51	Michael Christoforou	Edinburgh AC "D"
	3	11:53	Tristan Rees U20	Glasgow University H&H "A"
	4	12:02	Cameron Wright U20	Kilbarchan AAC "A"
	5	12:03	Kenneth Wilson	Moray Road Runners "A"
	6	12:03	James Donald U20	Dundee Hawkhill Harriers "A"
	7	12:10	Matthew Sutherland	Central AC "A"
	8	12:10	Fraser Stewart	Cambuslang Harriers "B"
	9	12:12	Kevan Harvey	Cambuslang Harriers "A"
	10	12:19	Max Milarvie U20	VP-Glasgow "A"
Leg 2	Rank	Time	Name	Club
	1	11:51	Cameron Milne	Central AC "A"
	2	11:56	Ryan Thomson	Cambuslang Harriers "A"
	3	12:08	Tewoldeberhan Mengisteab	Shettleston Harriers "A"
	4	12:10	John Bell	Inverclyde AC "A"
	5	12:21	Lewis Millar	Central AC "B"
	6	12:24	Tyler White U20	Aberdeen AAC "A"
	7	12:25	Finlay Todd U20	Glasgow University H&H "A"
	8	12:28	Oskar Fraser-Krauss	Edinburgh University H&H "A"
	9	12:30	Hamish Battle	Metro Aberdeen RC "A"
	10	12:30	Callum Matthews	Kilbarchan AAC "A"
Leg 3	Rank	Time	Name	Club
	1	11:45	Scott Green	Central AC "A"
	2	11:46	Connor Maclean	Kilbarchan AAC "A"
	3	12:14	Conan McCaughey	Central AC "B"
	4	12:14	Robert Huckle U20	Edinburgh University H&H "A"
	5	12:16	Daniel Bradford	Glasgow University H&H "A"
	6	12:18	Ross Gray	Inverclyde AC "A"
	7	12:21	Dale Colley	Central AC "C"
	8	12:24	James Hoad	Aberdeen AAC "A"
	9	12:26	Dougie Selman	Corstorphine AAC "A"
	10	12:28	Jamie MacKinnon U20	Cambuslang Harriers "A"
Leg 4	Rank	Time	Name	Club
	1	11:35	Sol Sweeney U20	Glasgow University H&H "A"
	2	11:39	Alastair Hay	Central AC "A"
	3	11:41	Lachlan Oates	Shettleston Harriers "A"
	4	11:49	Michael Ferguson	Aberdeen AAC "A"
	5	11:53	Euan Gillham	Kilbarchan AAC "A"
	6	11:55	Calum McKenzie	Corstorphine AAC "A"
	7	12:09	Ben Shaw U20	Giffnock North AAC "A"
	8	12:14	Gavin Smith U20	Cambuslang Harriers "A"
	9	12:20	Jack Leitch	Edinburgh University H&H "A"
	10	12:22	Michael Wright	Central AC "B"

		Stage 1				Stage 2				Stage 3			
1	Cambuslang Harriers "G"	Chris Upson M55	14:30	(4)		Stan MacKenzie M55	14:20	(4)	28:50	Colin Donnelly M55	13:22	(1)	42:12
2	Cumbernauld AC "D"	Howard Elliott M50	14:01	(2)		Sean Casey M50	14:36	(1)	28:37	Ross McEachern M50	13:46	(2)	42:23
3	Shettleston Harriers "G"	Denis Williams M55	14:20	(3)		William Breckenridge M50	14:27	(2)	28:47	Walter Henderson M50	14:11	(3)	42:58
4	Corstorphine AAC "G"	Stuart Campbell M50	13:53	(1)		Ian Johnston M50	14:55	(3)	28:48	Graeme Fletcher M55	14:28	(4)	43:16
5	Shettleston Harriers "H"	John Oates M55	15:06	(9)		William Coyle M55	14:14	(5)	29:20	Brian Scally M50	14:17	(5)	43:37
6	Moorfoot Runners "A"	Tom Hobbs M50	14:41	(6)		Kenneth Davidson M50	15:10	(6)	29:51	Scott McDonald M50	14:14	(6)	44:05
7	Falkirk Victoria Harriers "C"	Andrew Ronald M50	14:49	(8)		Grant Matheson M55	15:28	(7)	30:17	Michael McQuaid M55	14:31	(7)	44:48
8	Garscube Harriers "A"	Alexander Chisholm M60	15:19	(14)		Robert McLennan M55	15:14	(10)	30:33	Alexander Chalmers M50	14:18	(8)	44:51
9	Bellahouston Road Runners "C"	Andrew Allen M55	14:46	(7)		Kenneth Crawford M50	15:40	(9)	30:26	Gerard Scullion M50	15:01	(9)	45:27
10	Dundee Hawkhill Harriers "C"	Gordon Simpson M50	15:19	(15)		Nigel Reynolds M55	16:06	(15)	31:25	Matthew Strachan M55	15:10	(10)	46:35
11	Central AC "G"	David Eckersley M55	14:40	(5)		Hugh Kerr M55	15:45	(8)	30:25	Hugh Buchanan M55	16:13	(11)	46:38
12	Carnegie Harriers "A"	Neil McLure M50	15:08	(10)		Graeme Wilson M55	16:10	(14)	31:18	Steve Adam M50	16:06	(12)	47:24
13	VP-Glasgow "C"	Peter Jardine M50	15:13	(12)		Ralph Connolly M50	15:57	(12)	31:10	Alex Potter M55	16:29	(13)	47:39
14	Falkirk Vitoria Harriers "D"	Wallace Grieve M55	15:44	(17)		Craig Johnston M50	16:17	(18)	32:01	Malcolm Finlayson M50	15:53	(14)	47:54
15	Kirkintilloch Olympians "B"	Alastair Dunlop M60	15:51	(18)		Gary Mitchell M50	15:37	(16)	31:28	Robert Roberson M55	16:37	(15)	48:05
16	Westerlands CCC "A"	Gordon McCaffrey M60	15:30	(16)		Ian Thurlbeck M55	15:36	(11)	31:06	Daniel Reid M60	17:04	(16)	48:10
17	Edinburgh AC "A"	Max Carcas M50	16:29	(21)		Andrew Latham M50	15:24	(17)	31:53	Dougie Gowan M55	16:27	(17)	48:20
18	Pitreavie AAC "A"	Jeff Farquhar M55	15:08	(11)		Peter Humphreys M50	16:06	(13)	31:14	Derek Duncan M65	19:01	(18)	50:15
19	Corstorphine AAC "H"	Jan-Bert Van Den Berg M55	16:12	(20)		David Henderson M55	17:20	(21)	33:32	David Law M55	16:49	(19)	50:21
20	Metro Aberdeen RC "F"	Robert Taylor M60	16:01	(19)		Tony McGarva M50	17:00	(19)	33:01	Thomas Litterick M55	17:31	(20)	50:32
21	Shettleston Harriers "F"	John Duffy M50	15:18	(13)		Andrew Kirkhope M55	17:54	(20)	33:12	Gerard Mason M55	21:06	(21)	54:18
22	Ochil Hill Runners "A"	Jim Shemilt M70	19:16	(28)		Ron Martin M50	19:26	(26)	38:42	John Stevenson M55	16:49	(22)	55:31
23	Edinburgh AC "G"	Matthew Newnham M60	18:39	(27)		Eric Stevenson M65	18:37	(25)	37:16	David Steele M55	18:39	(23)	55:55
24	Clydesdale Harriers "C"	Hugh Laverty M60	17:56	(24)		Robert Young M70	18:40	(23)	36:36	Peter Rudzinski M65	19:43	(24)	56:19
25	Dundee Hawkhill Harriers "D"	Kenneth Letham M55	18:27	(26)		Norry Passway M50	16:35	(22)	35:02	Guillermo Hernandez M70	21:21	(25)	56:23
26	Central AC "H"	Cameron Campbell M60	18:16	(25)		Allan Gall M60	18:32	(24)	36:48	John Millar M65	21:03	(26)	57:51
	Ayr Seaforth "D"	Laurence Baker M60	16:48	(22)									
	Carnegie Harriers "C"	Barry Davie M40	17:01	(23)									
	Inverness Harriers "A"	Finlay MacLennan	23:43	(29)									

Lap 1	Rank	Time	Name	Club
	1	13:53	Stuart Campbell M50	Corstorphine AAC "G"
	2	14:01	Howard Elliott M50	Cumbernauld AC "D"
	3	14:20	Denis Williams M55	Shettleston Harriers "G"
	4	14:30	Chris Upson M55	Cambuslang Harriers "G"
	5	14:40	David Eckersley M55	Central AC "G"
	6	14:41	Tom Hobbs M50	Moorfoot Runners "A"
	7	14:46	Andrew Allen M55	Bellahouston Road Runners "C"
	8	14:49	Andrew Ronald M50	Falkirk Victrolia Harriers "C"
	9	15:06	John Oates M55	Shettleston Harriers "H"
	10	15:08	Neil McLure M50	Carnegie Harriers "A"

Lap 2	Rank	Time	Name	Club
	1	14:14	William Coyle M55	Shettleston Harriers "H"
	2	14:20	Stan MacKenzie M55	Cambuslang Harriers "G"
	3	14:27	William Breckenridge M50	Shettleston Harriers "G"
	4	14:36	Sean Casey M50	Cumbernauld AC "D"
	5	14:55	Ian Johnston M50	Corstorphine AAC "G"
	6	15:10	Kenneth Davidson M50	Moorfoot Runners "A"
	7	15:14	Robert McLennan M55	Garscube Harriers "A"
	8	15:24	Andrew Latham M50	Edinburgh AC "A"
	9	15:28	Grant Matheson M55	Falkirk Victrolia Harriers "C"
	10	15:36	Ian Thurlbeck M55	Westerlands CCC "A"

Lap 3	Rank	Time	Name	Club
	1	13:22	Colin Donnelly M55	Cambuslang Harriers "G"
	2	13:46	Ross McEachern M50	Cumbernauld AC "D"
	3	14:11	Walter Henderson M50	Shettleston Harriers "G"
	4	14:14	Scott McDonald M50	Moorfoot Runners "A"
	5	14:17	Brian Scally M50	Shettleston Harriers "H"
	6	14:18	Alexander Chalmers M50	Garscube Harriers "A"
	7	14:28	Graeme Fletcher M55	Corstorphine AAC "G"
	8	14:31	Michael McQuaid M55	Falkirk Victrolia Harriers "C"
	9	15:01	Gerard Scullion M50	Bellahouston Road Runners "C"
	10	15:10	Matthew Strachan M55	Dundee Hawkhill Harriers "C"