

	Stage 1		Stage 2		Stage 3		Stage 4		Stage 5		Stage 6	
1 Leslie Deans RC	16:32	2	44:42	2	1:00:53	2	1:28:29	1	1:45:06	1	2:13:04	1
	I.Brown	16:32	B.Kirkwood	28:10	G.Stewart	16:11	S.Cohen	27:36	F.McGowan	16:37	D.Ross	27:58
2 Cambuslang H	16:54	4	43:59	1	1:00:33	1	1:29:27	2	1:46:46	3	2:14:16	2
	S.Fleming	16:54	G.Croll	27:05	A.Robertson	16:34	D.Runciman	28:54	W.McTaggart	17:19	S.Wylie	27:30
3 Shettleston H	16:59	6	45:40	6	1:02:03	4	1:30:33	3	1:46:42	2	2:14:41	3
	A.Little	16:59	D.Cameron	28:41	J.MacKay	16:23	W.Coyle	28:30	A.Callan	16:09	G.Wight	27:59
4 Leslie Deans RC	17:10	8	46:29	11	1:03:45	8	1:33:17	7	1:50:10	6	2:19:54	4
	I.Veitch	17:10	A.Robson	29:19	D.Gardiner	17:16	A.Hutton	29:32	G.Booth	16:53	J.Ross	29:44
5 Edinburgh AC	16:53	3	45:12	4	1:03:02	5	1:32:12	5	1:49:16	5	2:20:22	5
	M.Steele	16:53	M.Ferguson	28:19	R.Thompson	17:50	A.Ward	29:10	T.Winters	17:04	D.Marr	31:06
6 Dundee Hawkhill	17:30	15	46:06	7	1:03:37	7	1:32:52	6	1:50:58	7	2:20:45	6
	B.Cook	17:30	M.Strachan	28:36	G.Rennet	17:31	C.Haskett	29:15	D.Sullivan	18:06	R.Bell	29:47
7 Kilbarchan AAC	17:05	7	45:36	5	1:01:33	3	1:31:08	4	1:49:04	4	2:21:05	7
	G.Fairley	17:05	R.Fitzsimmons	28:31	R.Quinn	15:57	T.Anderson	29:35	G.Gibson	17:56	T.Hearle	32:01
8 FMC Carnegie H	17:30	16	46:31	12	1:04:15	11	1:34:43	11	1:52:47	9	2:22:46	8
	P.Morrison	17:30	M.Turner	29:01	D.Adam	17:44	C.Law	30:28	I.Stewart	18:04	S.Ogg	29:59
9 Fife AC	17:25	14	46:26	10	1:04:05	10	1:34:14	9	1:53:09	10	2:23:09	9
	J.Cunningham	17:25	A.Moss	29:01	B.McManus	17:39	H.McKay	30:09	D.McGregor	18:55	C.Ross	30:00
10 Greenock Glenpark H	18:26	25	48:45	20	1:06:19	17	1:36:55	16	1:55:01	14	2:23:42	10
	C.Morrison	18:26	N.Armsworth	30:19	H.Cox	17:34	P.Russell	30:36	P.Duffy	18:06	A.Puckrin	28:41
11 Livingston & Dist	18:24	24	46:23	9	1:03:49	9	1:33:32	8	1:51:38	8	2:24:27	11
	D.Beagley	18:24	P.Dymoke	27:59	S.Campbell	17:26	J.Sherban	29:43	M.Colligan	18:06	S.Conway	32:49
12 Law & District	17:13	10	45:05	3	1:03:09	6	1:35:47	12	1:54:34	12	2:25:02	12
	A.Ramage	17:13	A.Russell	27:52	J.Muir	18:04	J.Frood	32:38	I.McFarlane	18:47	J.Reid	30:28
13 Victoria Park	17:19	13	46:08	8	1:04:24	12	1:34:23	10	1:53:19	11	2:25:34	13
	S.Gilmour	17:19	A.Douglas	28:49	C.Greenhalgh	18:16	S.Barnett	29:59	D.Fotheringham	18:56	K.Brown	32:15
14 Falkirk Victoria H	16:27	1	47:17	14	1:06:25	18	1:36:11	14	1:54:56	13	2:26:01	14
	G.Brown	16:27	M.McQuaid	30:50	A.Ronald	19:08	S.Binns	29:46	D.McMillan	18:45	R.Adams	31:05
15 Shettleston H	17:15	12	47:53	16	1:05:48	16	1:37:57	19	1:55:32	15	2:27:09	15
	D.Williams	17:15	D.Gilmour	30:38	G.Kirk	17:55	A.McDonald	32:09	D.McMorran	17:35	J.Hendry	31:37
16 Irvine AC	19:00	33	51:19	33	1:09:12	27	1:39:50	22	1:57:09	20	2:28:10	16
	G.Irving	19:00	T.Johnstone	32:19	L.Richardson	17:53	C.Miller	30:38	B.Richardson	17:19	B.Craig	31:01
17 FMC Carnegie H	17:38	17	49:32	24	1:07:20	22	1:37:48	18	1:55:49	17	2:28:54	17
	A.Milligan	17:38	T.Thomson	31:54	D.Armour	17:48	P.Simpson	30:28	R.Milton	18:01	P.Bundy	33:05
18 JW Kilmarnock H	17:41	18	47:03	13	1:05:39	14	1:35:54	13	1:55:55	18	2:29:39	18
	J.Toner	17:41	E.Toner	29:22	S.Dickson	18:36	J.Goldie	30:15	R.Dalziel	20:01	M.Ferguson	33:44
19 Bellahouston H	18:03	21	48:32	17	1:06:53	20	1:38:10	20	1:58:09	22	2:30:00	19
	C.Scott	18:03	J.Thallon	30:29	G.Bell	18:21	M.McDonald	31:17	S.Stone	19:59	C.Joss	31:51
20 IBM Spango Valley	19:04	34	49:37	26	1:05:48	15	1:37:02	17	1:56:57	19	2:30:32	20
	C.Cromar	19:04	C.Spence	30:33	C.Robison	16:11	P.Grant	31:14	D.Munro	19:55	D.McCabe	33:35
21 Dumfries Running Club	18:43	29	48:43	19	1:07:11	21	1:38:58	21	1:58:02	21	2:31:02	21
	D.Scobie	18:43	C.Heaven	30:00	L.Hill	18:28	C.Kinnear	31:47	D.Brown	19:04	W.Mason	33:00
22 East Kilbride AAC	19:18	35	50:14	29	1:09:31	28	1:40:26	25	2:00:02	24	2:31:53	22
	D.Lightbody	19:18	D.Bell	30:56	G.Reid	19:17	B.Ronald	30:55	A.McDonald	19:36	G.Colvin	31:51

23 Edinburgh Southern H	16:56	5	47:35	15	1:04:53	13	1:36:50	15	1:55:44	16	2:32:05	23
	I.Steel	16:56	M.Flynn	30:39	G.Mathisn	17:18	W.Douglas	31:57	A.Brown	18:54	J.Proffitt	36:21
24 Dundee Hawkhill	18:36	27	49:16	21	1:08:58	26	1:40:19	24	2:00:18	25	2:34:23	24
	G.Hanlon	18:36	N.Raitt	30:40	C.Phelan	19:42	S.Borland	31:21	A.Birse	19:59	S.Kerr	34:05
25 Dumbarton AAC	20:22	44	51:01	31	1:13:21	38	1:47:05	36	2:05:03	30	2:35:22	25
	J.Brown	20:22	G.Shearer	30:39	S.Lanigan	22:20	T.Kelly	33:44	F.Caldwell	17:58	E.Caldwell	30:19
26 Edinburgh AC	17:57	19	48:35	18	1:07:53	23	1:40:00	23	1:58:46	23	2:35:32	26
	R.Riddell	17:57	R.Hope	30:38	G.Robertson	19:18	I.Johnstone	32:07	C.Young	18:46	C.Smith	36:46
27 Cambuslang H	18:00	20	51:59	40	1:10:25	31	1:44:28	32	2:04:56	29	2:36:17	27
	D.Thom	18:00	G.Coyle	33:59	J.Baton	18:26	I.Gordon	34:03	D.Cooney	20:28	J.Brown	31:21
28 Penicuik Harriers	19:53	41	51:53	38	1:11:45	34	1:43:51	28	2:04:15	27	2:37:16	28
	D.Cairns	19:53	A.Robertson	32:00	P.Tait	19:52	J.Jansen	32:06	S.Baird	20:24	D.Buchan	33:01
29 TSB Corstorphine	18:39	28	50:36	30	1:08:37	25	1:42:07	26	2:02:29	26	2:37:32	29
	K.Hood	18:39	P.O'Brien	31:57	D.Law	18:01	M.Malcolm-Smith	33:30	G.McLean	20:22	N.Grubb	35:03
30 Springburn Harriers	19:24	37	51:54	39	1:10:56	32	1:47:57	39	2:07:55	33	2:39:24	30
	A.Callan	19:24	P.Laing	32:30	J.Bell	19:02	J.Harper	37:01	E.Dickson	19:58	T.Fontana	31:29
31 Livingston & Dist	19:48	40	51:25	34	1:11:28	33	1:47:21	38	2:08:31	35	2:40:06	31
	A.Agnew	19:48	W.McPhail	31:37	M.Leadbetter	20:03	A.Robertson	35:53	B.Campbell	21:10	I.Seggie	31:35
32 Kirkintillock O	21:10	50	52:09	41	1:14:28	42	1:45:24	34	2:05:29	31	2:40:14	32
	I.McGurk	21:10	K.Leitch	30:59	J.Little	22:19	C.Burns	30:56	J.Hamilton	20:05	R.Brown	34:45
33 Hunters Bog Trotters	21:41	54	51:13	32	1:14:07	41	1:44:02	31	2:08:33	36	2:44:03	33
	D.Taylor	21:41	S.Farquharson	29:32	E.Scott	22:54	J.Jarvis	29:55	I.Marshall	24:31	R.Thomas	35:30
34 Calderglen Harriers	18:19	23	49:34	25	1:09:40	30	1:44:01	30	2:04:47	28	2:45:02	34
	M.Duthie	18:19	A.Derrick	31:15	J.Rafferty	20:06	A.Henderson	34:21	M.Buchanan	20:46	R.Shanks	40:15
35 Irvine AC	18:48	30	53:20	43	1:14:58	44	1:50:07	41	2:09:42	38	2:46:39	35
	J.Stevenson	18:48	T.McAteer	34:32	D.Campbell	21:38	F.Dowell	35:09	J.Bailey	19:35	D.King	36:57
36 Giffnock North	20:23	45	53:51	46	1:13:32	39	1:52:11	42	2:11:52	40	2:46:59	36
	M.Campbell	20:23	I.Airdrie	33:28	C.Thomson	19:41	A.Weatherston	38:39	C.Rankin	19:41	B.Glasgow	35:07
37 Heriot Watt Univ	20:00	42	54:59	49	1:12:28	36	1:52:22	43	2:13:37	41	2:48:01	37
	D.Pickett	20:00	T.Ellis	34:59	S.Thomas	17:29	G.McKay	39:54	P.Leonard	21:15	J.Murray	34:24
38 Livingston & Dist	19:20	36	52:58	42	1:18:00	45	1:53:48	44	2:14:58	42	2:49:46	38
	D.Santry	19:20	P.West	33:38	M.Kassik	25:02	F.Hyman	35:48	C.Crane	21:10	I.Lindsay	34:48
39 TSB Corstorphine	21:04	49	59:08	53	1:21:56	49	1:55:50	45	2:16:28	43	2:53:57	39
	D.Henderson	21:04	C.Egner	38:04	G.Nicholson	22:48	S.Bisset	33:54	R.Jones	20:38	S.Christie	37:29
40 Kirkintillock O	21:14	51	57:05	51	1:18:40	46	1:56:33	47	2:20:15	45	2:56:02	40
	R.Taylor	21:14	J.Dalziel	35:51	C.McInnes	21:35	K.McNeil	37:53	L.Brown	23:42	G.McLean	35:47

