

	Stage 1		Stage 2		Stage 3		Stage 4	
1 Fife Athletic Club (A)	3	18:40	2	53:19	1	1:12:00	1	1:45:31
	Megan Crawford	18:40	Annabel Simpson	34:39	Helen Sharpe	18:41	Stephanie Pennycook	33:31
2 Lothian Running Club (A)	16	20:36	5	55:15	3	1:14:27	2	1:47:59
	Lana Turnbull	20:36	Jo Williams	34:39	Siobhan Coleman	19:12	Sarah Inglis	33:32
3 Edinburgh University Hare and Hounds (E)	1	17:54	1	52:26	2	1:13:00	3	1:50:14
	Naomi Lang (FU20)	17:54	Mhairi MacIennan	34:32	Helen Jones	20:34	Amy Frankland	37:14
4 Edinburgh Athletic Club (A)	13	20:03	6	55:40	5	1:15:53	4	1:52:38
	Victoria Riddell	20:03	Lauren Wilson	35:37	Lyndsey Fraser (F40)	20:13	Jennifer MacLean (F40)	36:45
5 Shettleston Harriers (A)	7	19:12	7	56:09	8	1:16:30	5	1:53:50
	Kathryn Pennel	19:12	Ruth Joss	36:57	Charlene Sophia Manley	20:21	Avril Mason (F40)	37:20
6 Fife Athletic Club (B)	8	19:22	9	57:24	7	1:16:10	6	1:54:03
	Katie Jones	19:22	Halina Rees	38:02	Jenny Selman	18:46	Sophie Mullins	37:53
7 Hunters Bog Trotters (A)	15	20:25	4	55:14	6	1:16:07	7	1:54:12
	Eilis McKechnie	20:25	Shona McIntosh	34:49	Megan Mowbray (F40)	20:52	Megan Wright (F40)	38:06
8 Kilbarchan AAC (A)	4	18:44	3	54:42	4	1:14:38	8	1:54:43
	Christina Rankin	18:44	Elsbeth Curran	35:58	Holly Thompson (FU20)	19:56	Elaine Eadie	40:05
9 Falkirk Victoria Harriers (A)	23	21:36	8	56:49	9	1:18:18	9	1:55:29
	Lorna Kennedy (F40)	21:36	Claire Moffett	35:13	Megan Davidson	21:29	Fiona Matheson (F55)	37:11
10 Gala Harriers (A)	9	19:28	10	57:26	13	1:21:33	10	1:58:44
	Zoe Pflug (FU20)	19:28	Sara Green	37:59	Eileen Maxwell (F55)	24:07	Kirstin Maxwell	37:11
11 Central Athletic Club (A)	17	20:44	14	1:00:28	10	1:19:54	11	1:59:59
	Fiona Davies (FU20)	20:44	Claire Houston	39:44	Natalie Stewart	19:26	Lauren McCulloch (FU20)	40:05
12 Lothian Running Club (B)	14	20:20	15	1:01:02	11	1:20:50	12	2:01:36
	Yvonne Crilly (F55)	20:20	Mel Zobel	40:42	Emma Jackson	19:48	Christine MacVarish (F45)	40:47
13 Gala Harriers (B) (V)	18	20:49	11	59:21	12	1:21:04	13	2:02:45
	Fiona Dalglish (F45)	20:49	Jennifer Forbes (F45)	38:32	Gillian Duncan (F45)	21:43	Kate Jenkins (F40)	41:41
14 Edinburgh University Hare and Hounds (E)	11	19:44	16	1:02:08	14	1:21:34	14	2:03:35
	Rhiannon Kirk (FU20)	19:44	Polly Edwards (FU20)	42:24	Morgan Blevins	19:25	Jennifer Glass (FU20)	42:01
15 Dundee Hawkhill Harriers (A)	20	20:55	17	1:02:16	17	1:26:05	15	2:04:51
	Katie Anderson (FU20)	20:55	Portia McRobbie	41:21	Nicola Tully (F40)	23:49	Jennifer Learmonth	38:47

	Stage 1		Stage 2		Stage 3		Stage 4	
16 Kirkintilloch Olympians (A) (V)	22	21:21	19	1:02:48	18	1:26:15	16	2:06:58
	Suzanne Shaw (F40)	21:21	Elaine Hogg (F45)	41:27	Anne Crombie-Brown (F40)	23:27	Annemarie McGregor (F40)	40:43
17 Metro Aberdeen Running Club (A)	2	18:26	13	1:00:24	16	1:25:37	17	2:11:33
	Claire Bruce	18:26	Kerstin Hunter	41:58	Vicki Inglis	25:13	Lisa Michie	45:56
18 Giffnock North AC (A)	28	23:28	18	1:02:37	26	1:33:58	18	2:13:05
	Kathleen McLachlan	23:28	Mary McCutcheon (F50)	39:08	Sarah Smith (F45)	31:21	Jill Smylie	39:07
19 Corstorphine AAC (A)	34	24:28	20	1:03:21	21	1:28:21	19	2:13:09
	Alison Mair	24:28	Anne Ewing	38:52	Mhairi Bagnall (F40)	25:00	Janet Grigor (F50)	44:48
20 Bellahouston Harriers (A)	27	23:23	24	1:06:48	24	1:32:54	20	2:14:35
	Rebecca Simister	23:23	Kristina Greig	43:25	Maria Spedsberg	26:06	Lynne Bruce (F40)	41:40
21 Strathclyde University Harriers (A)	35	24:30	31	1:10:00	23	1:32:15	21	2:14:59
	Emma Ratcliffe (FU20)	24:30	Olivia Steven	45:30	Emily McNicol (FU20)	22:15	Madeleine Watson	42:44
22 Edinburgh University Hare and Hounds (C)	25	22:16	28	1:08:40	28	1:34:24	22	2:17:21
	Lauren Sallade	22:16	Carla Willars	46:24	Katie Cutforth	25:44	Sally Stewart (FU20)	42:57
23 Fife Athletic Club (C)	37	25:09	25	1:07:19	20	1:28:06	23	2:17:23
	Jocelyn Scott (F65)	25:09	Angela Howe (F45)	42:10	Amie Watt	20:47	Katie Garner	49:17
24 Strathclyde University Harriers (B)	33	24:12	30	1:09:43	30	1:36:20	24	2:22:43
	Hannah May (FU20)	24:12	Natasha Martin (FU20)	45:30	Marie-Louise Slater	26:38	Lucy Cameron (FU20)	46:23
25 Kilmarnock Harrier & Athletic Club (A)	19	20:52	32	1:10:22	27	1:34:09	25	2:24:13
	Kirsty Alexander (F45)	20:52	Amanda Bryden	49:31	Kirsty McNulty (F40)	23:46	Karen Robertson (F50)	50:04
26 PH Racing Club (A)	10	19:33	26	1:07:41	29	1:35:38	26	2:24:52
	Karen Kennedy (F45)	19:33	Jennifer Caldwell	48:08	Lesley Mealing (F40)	27:57	Paula Frame (F45)	49:14
27 Penicuik Harriers (A) (V)	38	25:37	27	1:08:32	32	1:39:28	27	2:24:53
	Lynne Stevely (F45)	25:37	Jan Dawson (F40)	42:55	Romana Gorjanc (F40)	30:56	Sadie Kemp (F40)	45:25
28 Ferranti AAC (A)	40	26:10	38	1:15:29	34	1:41:07	28	2:25:49
	Alison McDonald	26:10	Julia Loecherbach	49:20	Pascaline Mollard	25:37	Claire Gilchrist (F50)	44:42
29 Kirkintilloch Olympians (C)	24	22:09	35	1:15:00	33	1:39:53	29	2:29:21
	Jennifer Muir (FU20)	22:09	Moir Smith (F50)	52:50	Belinda Porteous	24:54	Vivien Fraser (F50)	49:28
30 Metro Aberdeen Running Club (B)	29	23:29	33	1:14:22	31	1:38:32	30	2:33:28
	Laura Campbell	23:29	Naomi Milne	50:53	Kim Menzies	24:10	Valerie Wilson (F50)	54:56
31 Bellahouston Harriers (B)	42	26:27	36	1:15:07	37	1:46:03	31	2:43:41
	Gillian Glass (F45)	26:27	Christine McKay (F55)	48:40	Elaine Macdonald	30:55	Jasmin Shields	57:38

	Stage 1		Stage 2		Stage 3	
Edinburgh Athletic Club (B)	5	18:47	12	1:00:03	15	1:22:34
	Sarah Russell Brown	18:47	Dee Watters	41:16	Leanne Webster	22:31
Edinburgh University Hare and Hounds (A)	43	27:48	34	1:14:31	36	1:41:31
	Linette Knudsen	27:48	Leda Olia	46:43	Rachel Stewart	27:01
Motherwell AC (B)	12	19:57	21	1:05:04		
	Clare Hughes	19:57	Alison Jardine	45:07		
Shettleston Harriers (B)	32	24:00	39	1:17:01		
	Cara McCafferty (FU20)	24:00	Gillian Mckinlay	53:01		
Bellahouston Harriers (C)	45	28:06	40	1:23:15		
	Deirdre Hoyle (F65)	28:06	June MacLeod (F55)	55:09		
Cambuslang Harriers (A)	6	18:59				
	Katie Bristow	18:59				
Edinburgh University Hare and Hounds (C)	21	21:14				
	Lydia Blythe (FU20)	21:14				
Hunters Bog Trotters (B)	26	22:59				
	Phyllis O'Brien (F55)	22:59				
Teviotdale Harriers (A)	31	23:48				
	Lauren Corbett	23:48				
Calderglen Harriers (A)	39	25:43				
	Alexandra Hayden	25:43				
Metro Aberdeen Running Club (C)	44	28:01				
	Amy Mackie (F45)	28:01				

W50 Championship

	Stage 1		Stage 2		Stage 3	
1 Edinburgh Athletic Club	41	26:10	22	1:06:19	19	1:27:34
	Angela Routledge (F50)	26:10	Jill Morrow (F50)	40:09	Karen Dobbie (F50)	21:15
2 Fife Athletic Club (D)	30	23:35	23	1:06:34	22	1:29:01
	Innes Bracegirdle (F60)	23:35	Addy Gerrard (F55)	42:59	Lynne Stephen (F55)	22:27
3 Kirkintilloch Olympians	36	24:32	29	1:09:23	25	1:33:02
	Shirley MacNab (F50)	24:32	Marie McChord (F55)	44:52	Ada Stewart (F50)	23:38
4 Motherwell AC (A)	46	28:22	37	1:15:16	35	1:41:15
	Barbara Hogg (F50)	28:22	Joyce Allardice (F50)	46:54	Mae McIsaac (F60)	25:59

Fastest Times**Short Leg**

Naomi Lang (FU20)	Edinburgh Univ H&H	17:54
Claire Bruce	Metro Aberdeen RC	18:26
Megan Crawford	Fife AC	18:40
Helen Sharpe	Fife AC	18:41
Christina Rankin	Kilbarchan AAC	18:44
Jenny Selman	Fife AC	18:46
SarahRussell Brown	Edinburgh AC	18:47
Katie Bristow	Cambuslang Harriers	18:59
Kathryn Pennel	Shettleston Harriers	19:12
Siobhan Coleman	Lothian Running Club	19:12
Katie Jones	Fife AC	19:22
Morgan Blevins	Edinburgh Univ H&H	19:25
Natalie Stewart	Central AC	19:26
Zoe Pflug (FU20)	Gala Harriers	19:28
Karen Kennedy (F45)	PH Racing Club	19:33
Rhiannon Kirk (FU20)	Edinburgh Univ H&H	19:44
Emma Jackson	Lothian Running Club	19:48
Holly Thompson (FU20)	Kilbarchan AAC	19:56
Clare Hughes	Motherwell AC	19:57
Victoria Riddell	Edinburgh AC	20:03

Long Leg

Stephanie Pennycook	Fife AC	33:31
Sarah Inglis	Lothian Running Club	33:32
Mhairi MacLennan	Edinburgh Univ H&H	34:32
Jo Williams	Lothian Running Club	34:39
Annabel Simpson	Fife AC	34:39
Shona McIntosh	Hunters Bog Trotters	34:49
Claire Moffett	Falkirk Victoria Harriers	35:13
Lauren Wilson	Edinburgh AC	35:37
Elsbeth Curran	Kilbarchan AAC	35:58
Jennifer MacLean (F40)	Edinburgh AC	36:45
Ruth Joss	Shettleston Harriers	36:57
Fiona Matheson (F55)	Falkirk Victoria Harriers	37:11
Kirstin Maxwell	Gala Harriers	37:11
Amy Frankland	Edinburgh Univ H&H	37:14
Avril Mason (F40)	Shettleston Harriers	37:20
Sophie Mullins	Fife AC	37:53
Sara Green	Gala Harriers	37:59
Halina Rees	Fife AC	38:02
Megan Wright (F40)	Hunters Bog Trotters	38:06