

Pos.	Bib	Time	Name	Team	Club
1	1	11:18	Anna Hedley	East	Fife AC
2	36	11:26	Lily Evans-Haggerty	West	VP City of Glasgow AC
3	40	11:40	Kate Richardson	West	Giffnock North AAC
4	41	11:51	Alisha Sivell	West	Kilbarchan AAC
5	2	12:00	Pippa Carcas	East	Edinburgh AC
6	33	12:04	Helen Chong	West	Giffnock North AAC
7	29	12:06	Isla Britton	West	VP City of Glasgow AC
8	5	12:07	Emma Johnson	East	Edinburgh AC
9	39	12:12	Anya Maclean	West	Garscube Harriers
10	28	12:16	Hannah Anderson	West	East Kilbride AC
11	3	12:18	Anna Dalglish	East	Fife AC
12	38	12:28	Morven Hubbard	West	Ayr Seaforth AC
13	37	12:34	Niamh Hay	West	VP City of Glasgow AC
14	6	12:35	Isla Calvert	East	Livingston & D. AAC
15	7	12:36	Emma Swanson	East	Banchory Stonehaven
16	4	12:37	Kyra Gibb	East	Central AC
17	30	12:38	Rhian Callan	West	VP City of Glasgow AC
18	9	12:42	Daisy Cumming	East	Dunfermline T & F AC
19	32	12:45	Emma Chamberlain	West	Giffnock North AAC
20	42	12:50	Isla Ward	West	Giffnock North AAC
21	11	12:51	Carrie Banks	East	Central AC
22	35	12:52	Rosie Davidson	West	Ayr Seaforth AC
23	12	12:53	Jenny Gillanders	East	Pitreavie AAC
24	31	12:55	Jill Carswell	West	Giffnock North AAC
25	16	12:56	Catriona Garvie	North	Inverness Harriers
26	10	12:57	Lauren Blair	East	Pitreavie AAC
27	20	13:05	Niamh Whelan	North	Moray Road Runners
28	8	13:10	Hannah Little	East	Lasswade AAC
29	13	13:13	Amy Kirkpatrick	East	Central AC
30	17	13:13	Kirsty Arnaud	North	Inverness Harriers
31	19	13:17	Eve Gardner	North	Inverness Harriers
32	21	13:24	Rachel Johnstone	North	Inverness Harriers
33	26	13:27	Luci Murdoch	North	Forres Harriers
34	14	13:29	Ciorstaidh Ainsworth	East	Central AC
35	23	13:51	Mairi Darroch	North	Inverness Harriers
36	27	13:59	Emma Seed	North	Inverness Harriers
37	25	14:11	Tara Larson	North	Inverness Harriers
38	24	15:06	Katy Gillies	North	Inverness Harriers

Team Result

1 West	31
Lily Evans-Haggerty (2), Kate Richardson (3), Alisha Sivell (4), Helen Chong (6), Isla Britton (7) & Anya Maclean (9)	
2 East	54
Anna Hedley (1), Pippa Carcas (5), Emma Johnson (8), Anna Dalglish (11), Isla Calvert (14) & Emma Swanson (15)	
3 North	178
Catriona Garvie (25), Niamh Whelan (27), Kirsty Arnaud (30), Eve Gardner (31), Rachel Johnstone (32) & Luci Murdoch (33)	

Pos.	Bib	Time	Name	Team	Club
1	52	10:54	Lewis Dow	East	Pitreavie AAC
2	51	10:57	David Addison	East	Corstorphine AAC
3	55	10:59	Ethan Elder	East	Moorfoot Runners
4	69	11:08	Ben Cameron	North	Forres Harriers
5	90	11:11	Alasdair McMonagle	West	Cumbernauld AAC
6	53	11:17	Harry Henriksen	East	Lasswade AAC
7	68	11:20	Joshua Milne	North	Moray Road Runners
8	54	11:21	Oscar Onley	East	Chirnside Chasers
9	70	11:23	Lucas Cairns	North	Inverness Harriers
10	59	11:24	Conor Gourley	East	Pitreavie AAC
11	83	11:25	Dylon Elliot	West	Kirkintilloch Olympians
12	87	11:26	Jonathan Houson	West	Kilmarnock H&AC
13	71	11:28	Blair Milne	North	Moray Road Runners
14	73	11:29	Danny McPake	North	Ross County AC
15	91	11:30	Jack Patton	West	Kilbarchan AAC
16	79	11:32	Callum Byrne	West	VP City of Glasgow AC
17	77	11:33	David Morrison	North	Stornoway R & AC
18	58	11:34	Gregor Collins	East	Gala Harriers
19	88	11:36	Calum Little	West	Cumbernauld AAC
20	81	11:42	Ethan Carolan	West	Giffnock North AAC
21	74	11:43	Duncan Macdonald	North	Inverness Harriers
22	80	11:43	Gregor Campbell	West	Shettleston Harriers
23	60	11:50	Aidan Simpson	East	Dundee Hawkhill H
24	63	11:50	Jack Dalgetty	East	Dundee Hawkhill H.
25	61	11:50	Owen Keddie	East	Fife AC
26	89	11:52	Harry McGill	West	Greenock Glenpark H
27	86	11:54	Lewis Hannigan	West	Kilbarchan AAC
28	62	11:55	Blair Scott	East	Dundee Hawkhill H.
29	65	12:03	Muir Gillespie	East	Edinburgh AC
30	78	12:06	David Spencer	North	Forres Harriers
31	64	12:08	Andrew McGill	East	Linlithgow AAC
32	92	12:15	Finlay Ross-Davie	West	Garscube Harriers
33	66	12:16	Scott Perry	North	Forres Harriers
34	67	12:18	Aodhan Finnegan	North	Stornoway R & AC
35	57	12:22	Samuel Griffin	East	Aberdeen AAC
36	93	12:23	Blayne Wright	West	VP City of Glasgow AC
37	84	12:23	Murray Fotheringham	West	Giffnock North AAC
38	76	12:25	Ben Sharpe	North	Inverness Harriers
39	72	12:25	Finlay Rutter	North	Ross County AC
40	75	12:26	Angus Rutter	North	Ross County AC
41	85	12:41	Kasey Fraser	West	Shettleston Harriers
42	82	12:42	James Connelly	West	Garscube Harriers
43	56	13:25	Kaim Brand	East	Perth Strathtay H

Team Result

1 East		30
	Lewis Dow (1), David Addison (2), Ethan Elder (3), Harry Henriksen (6), Oscar Onley (8) & Conor Gourley (10)	
2 North		64
	Ben Cameron (4), Joshua Milne (7), Lucas Cairns (9), Blair Milne (13), Danny McPake (14) & David Morrison (17)	
3 West		78
	Alasdair McMonagle (5), Dylon Elliot (11), Jonathan Houson (12), Jack Patton (15), Callum Byrne (16) & Calum Little (19)	

Pos.	Bib	Time	Name	Team	Club
1	125	15:15	Heather Barnes	West	Giffnock North AAC
2	129	15:24	Emma Frew	West	Ayr Seaforth AC
3	101	15:40	Jessica MacLeod	East	Corstorphine AAC
4	136	15:46	Lynn McKenna	West	Giffnock North AAC
5	102	15:51	Sarah Tait	East	Lasswade AAC
6	135	15:53	Charlotte McKenna	West	Giffnock North AAC
7	139	15:58	Clare Wallace	West	Giffnock North AAC
8	116	16:05	Grace Whelan	North	Moray Road Runners
9	138	16:09	Leona Murray	West	Kilbarchan AC
10	103	16:10	Mairi Wallace	East	Moorfoot Runners
11	127	16:14	Emily Crusher	West	Giffnock North AAC
12	117	16:17	Megan Keith	North	Inverness Harriers
13	105	16:24	Rosie Eckersley	East	Central AC
14	113	16:25	S Godfrey-Faussett	East	Gala Harriers
15	134	16:26	Nuala McCheyne	West	Inverclyde AC
16	128	16:30	Laura Ferguson	West	Glasgow School of Sport
17	130	16:35	Eilidh Gibson	West	Kilbarchan AC
18	106	16:39	Charlotte Clare	East	Moorfoot Runners
19	133	16:41	Jennifer Lyne	West	Inverclyde AC
20	126	16:46	Sarah Connolly	West	East Kilbride AC
21	109	16:52	Alix Phillips	East	Edinburgh AC
22	132	16:52	Sofia Kirkpatrick	West	Giffnock North AAC
23	108	16:53	Beth Hobbs	East	Moorfoot Runners
24	107	16:56	Kirsty Oldham	East	Aberdeen AAC
25	115	17:06	Zoe Nicholson	East	Pitreavie AAC
26	137	17:07	Lisa Miller	West	Giffnock North AAC
27	112	17:08	Anna Bennett	East	Dundee Hawkhill H.
28	111	17:10	Jemma Jamieson	East	Pitreavie AAC
29	118	17:16	Emily Andrew	North	Inverness Harriers
30	104	17:20	Laura McNeill	East	Aberdeen AAC
31	110	18:04	Lucia Montgomery	East	Edinburgh AC
32	114	18:10	Ishbel Strathdee	East	Edinburgh AC
33	121	18:15	Rebecca Johnston	North	Inverness Harriers
34	123	18:17	Lily Carmichael	North	Forres Harriers
35	120	18:25	Shauna Perry	North	Forres Harriers
36	119	18:29	Jenny Blackwood	North	Inverness Harriers
37	122	18:37	Sara-Marie Riise	North	Shetland AAC
38	124	18:53	Sophie Young	North	Inverness Harriers

Team Result

1 West	29
Heather Barnes (1), Emma Frew (2), Lynn McKenna (4), Charlotte McKenna (6), Clare Wallace (7) & Leona Murray (9)	
2 East	63
Jessica MacLeod (3), Sarah Tait (5), Mairi Wallace (10), Rosie Eckersley (13), Susannah Godfrey-Faussett (14) & Charlotte Clare (18)	
3 North	151
Grace Whelan (8), Megan Keith (12), Emily Andrew (29), Rebecca Johnston (33), Lily Carmichael (34) & Shauna Perry (35)	

Pos.	Bib	Time	Name	Team	Club
1	152	13:59	Robert Sparks	East	Fife AC
2	177	14:04	Hamish Armitt	West	Giffnock North AAC
3	183	14:06	David McNair	West	Kilbarchan AAC
4	181	14:08	Craig Kennedy	West	Kilbarchan AAC
5	151	14:11	Keir Howlieson	East	Central AC
6	186	14:11	Michael Simson	West	Kilbarchan AAC
7	184	14:27	Drew Pollock	West	Ronhill Cambuslang
8	157	14:30	Magnus Tait	East	Lasswade AAC
9	189	14:33	Cameron Watson	West	Inverclyde AC
10	166	14:37	Kieran Chalmers	North	Inverness Harriers
11	154	14:37	Stephen Addison	East	Corstorphine AAC
12	156	14:38	Alex Johnston	East	Pitreavie AAC
13	158	14:40	Ben MacMillan	East	Central AC
14	179	14:44	Cameron Corrigan	West	Kilbarchan AAC
15	163	14:48	James Logan	East	Gala Harriers
16	153	14:49	Tom Graham-Marr	East	Central AC
17	178	14:50	Cameron Campbell	West	Shettleston Harriers
18	165	14:53	Euan Hood	East	Lasswade AAC
19	155	14:55	Harry E Hall	East	Aberdeen AAC
20	160	14:56	Craig Morris	East	Fife AC
21	191	14:56	Calum Young	West	Giffnock North AAC
22	162	14:57	Iain McWhinnie	East	Fife AC
23	167	15:02	Mackenzie Brown	North	Inverness Harriers
24	164	15:03	Finlay Ross	East	Corstorphine AAC
25	161	15:09	Yousuf Khursheed	East	Gala Harriers
26	171	15:10	Craig Wilson	North	Inverness Harriers
27	168	15:22	Seumas Mackay	North	Shetland AAC
28	159	15:25	C Taylor-Cameron	East	Falkirk Victoria H.
29	185	15:27	Lewis Raeburn	West	Shettleston Harriers
30	187	15:29	Ryan Stephen	West	Ronhill Cambuslang
31	169	15:49	Ben Johnston	North	Inverness Harriers
32	172	16:02	Scott MacIver	North	Stornoway R & AC
33	174	16:11	Callum Wilson	North	Ross Country AC
34	173	16:25	John Bain	North	Stornoway R & AC
35	176	16:31	Robert Thorne	North	Inverness Harriers
36	170	16:33	Luke Davidson	North	Inverness Harriers
37	175	16:44	James Slimmon	North	Highland Hill Runners

Team Result

1 West	31
Hamish Armitt (2), David McNair (3), Craig Kennedy (4), Michael Simson (6), Drew Pollock (7) & Cameron Watson (9)	
2 East	50
Robert Sparks (1), Keir Howlieson (5), Magnus Tait (8), Stephen Addison (11), Alex Johnston (12) & Ben MacMillan (13)	
3 North	149
Kieran Chalmers (10), Mackenzie Brown (23), Craig Wilson (26), Seumas Mackay (27), Ben Johnston (31) & Scott MacIver (32)	

Pos.	Bib	Time	Name	Team	Club
1	85	15:09	Erin Wallace	West	
2	86	15:09	Kate Gallagher	East	
3	43	15:13	Anna McFadyan	North	Forres Harriers
4	88	15:26	Eloise Walker	East	
5	32	15:32	Lauren Dickson	East	Lasswade AAC
6	31	15:51	Clare Stewart	East	Banchory Stonehaven
7	34	16:05	Rebecca Eggeling	East	Aberdeen AAC
8	42	16:11	Caitlin Arnott	East	Corstorphine AAC
9	33	16:12	Zoe Bates	East	Edinburgh AC
10	49	16:14	Constance Nankivell	North	East Sutherland AC
11	58	16:14	Nikki Miller	West	Giffnock North AAC
12	59	16:27	Shelby Morrison	West	Inverclyde AC
13	87	16:36	Naomi Lang	East	
14	57	16:48	Iona Miller	West	Kilbarchan AAC
15	44	16:53	Sophie Green	North	Moray Road Runners
16	45	16:53	Lauren McCulloch	North	East Sutherland A
17	62	16:57	Rona Tytler	West	Kilbarchan AAC
18	53	17:04	Nicola Doohan	West	Inverclyde AC
19	56	17:11	Danielle Kelly	West	Giffnock North AAC
20	40	17:15	Rosa Hare	East	Banchory Stonehaven
21	50	17:22	Heather Addison	West	East Kilbride AC
22	37	17:27	Anisha Badial	East	Aberdeen AAC
23	41	17:35	Ailsa Innes	East	Lasswade AAC
24	51	17:42	Jenny Bichan	West	Glasgow School of Sport
25	54	17:48	Leanne Findlay	West	Glasgow School of Sport
26	47	17:49	Rachel Keith	North	Inverness Harriers
27	39	17:50	Morven Ferguson	East	Edinburgh AC
28	48	17:51	Joanna Gillies	North	Stornoway R & AC
29	36	17:52	Louise McCullagh	East	Fife AC
30	60	18:01	Kate Saxon	West	Giffnock North AAC
31	55	18:03	Kirsty Griffiths	West	Giffnock North AAC
32	38	18:15	Fiona Davies	East	Central AC
33	61	18:29	Holly Thompson	West	Kilbarchan AAC

Team Result

1 East	32
Kate Gallagher (2), Eloise Walker (4), Lauren Dickson (5), Clare Stewart (6), Rebecca Eggeling (7) & Caitlin Arnott (8)	
2 West	73
Erin Wallace (1), Nikki Miller (11), Shelby Morrison (12), Iona Miller (14), Rona Tytler (17) & Nicola Doohan (18)	
3 North	98
Anna McFadyan (3), Constance Nankivell (10), Sophie Green (15), Lauren McCulloch (16), Rachel Keith (26) & Joanna Gillies (28)	

Pos.	Bib	Time	Name	Team	Club
1	34	21:08	Ben Greenwood	East	Perth Strathtay H.
2	43	21:17	Joe Arthur	East	Edinburgh AC
3	57	21:22	Max Milarvie	West	VP City of Glasgow AC
4	42	21:26	Tristan Rees	East	Fife AC
5	46	21:30	Finlay Todd	North	Ross Country AC
6	31	21:32	Freddie Carcas	East	Edinburgh AC
7	56	21:33	John Law	West	VP City of Glasgow AC
8	32	21:34	James Donald	East	Dundee Hawkhill H.
9	36	21:40	Tyler White	East	Pitreavie AAC
10	52	21:52	Paul Morrison	North	North Uist AAC
11	63	21:54	Gavin Smith	West	Ronhill Cambuslang
12	58	21:55	Sam McNair	West	Kilbarchan AAC
13	65	21:56	Conor Thomson	West	Kilbarchan AAC
14	98	21:56	Andrew Love	WEST	
15	99	21:59	Andrew McAngus	WEST	
16	62	22:00	Rhys Sim	West	Ayr Seaforth AC
17	60	22:00	Struan Paton	West	Ronhill Cambuslang
18	97	22:02	Ryan Gray	WEST	
19	35	22:07	Conor O'Riordan	East	Aberdeen AAC
20	38	22:14	Anthony Addison	East	Corstorphine AAC
21	40	22:25	Aaron Odentz	East	Aberdeen AAC
22	37	22:31	Michael Swinton	East	Edinburgh AC
23	55	22:34	Josh Hendry	West	Kilbarchan AAC
24	51	22:34	James Geddes	North	Inverness Harriers
25	64	22:38	Fraser Stirling	West	Ayr Seaforth AC
26	100	22:50	Lewis Pentecost	EAST	
27	54	22:52	Aidan Comerford	West	Kilbarchan AAC
28	39	22:54	Gregor Malcom	East	Fife AC
29	61	22:55	Lewis Priest	West	VP City of Glasgow AC
30	49	23:00	Keir Beaton	North	East Sutherland AC
31	66	23:00	O Watson-Sweeney	West	Giffnock North AAC
32	45	23:06	Matthew Smith	East	Lasswade AAC
33	50	23:13	Kyle Munro	North	Stornoway R & AC
34	41	23:33	Samuel Galloway	East	Corstorphine AAC
35	33	23:35	Andrew Merry	East	Dundee Hawkhill H.
36	44	24:22	Jonathan Jackson	East	Corstorphine AAC
37	53	24:34	Owen Johnson	North	North Uist AAC
38	59	25:49	Harry Nimmo	West	Giffnock North AAC

Team Result

1 East	Ben Greenwood (1), Joe Arthur (2), Tristan Rees (4), Freddie Carcas (6), James Donald (8) & Tyler White (9)	30
2 West	Max Milarvie (3), John Law (7), Gavin Smith (11), Sam McNair (12), Conor Thomson (13) & Andrew Love (14)	60
3 North	Finlay Todd (5), Paul Morrison (10), James Geddes (24), Keir Beaton (30), Kyle Munro (33) & Owen Johnson (37)	139

Pos.	Bib	Time	Name	Team	Club
1	136	22:40	Fionnuala Ross	West	Shettleston Harriers
2	181	22:47	Mhairi McLennan	North	
3	180	23:13	Stephanie Pennycook	Scot Students	
4	116	23:18	Eilidh Mackenzie	North	Stornoway R & AC
5	139	23:23	Angela Richardson	Scot Students	University of St Andrews
6	125	23:24	Lesley Chisholm	West	Garscube Harriers
7	105	23:30	Rebecca Burns	East	Pitreavie AAC
8	101	23:36	Freya Ross	East	Edinburgh AC
9	103	23:36	Fiona Rudkin	East	Metro Aberdeen
10	140	23:44	Fanni Gyurko	Scot Students	University of Glasgow
11	102	23:45	Diane Lauder	East	Gala Harriers
12	137	23:53	Michelle Sandison	West	Springburn Harriers
13	147	23:57	Halina Rees	Scot Students	University of Aberdeen
14	143	24:08	Ellie Buchan	Scot Students	University of Aberdeen
15	132	24:12	Kirstin Oakley (U20)	West	Ayr Seaforth AC
16	183	24:15	Louise Mercer	Scot Students	
17	111	24:17	Charlotte Morgan	East	Carnethy HRC
18	113	24:19	Kirstin McRuary	East	Corstorphine AAC
19	108	24:22	S MacIsaac	East	Hunters Bog T
20	133	24:23	Christina Rankin	West	Kilbarchan AAC
21	131	24:24	Nynke Mulholland	West	Inverclyde AC
22	109	24:27	Hannah Addison(U20)	East	Corstorphine AAC
23	112	24:31	Gemma Cormack	East	Aberdeen AAC
24	106	24:32	Shona McIntosh	East	Hunters Bog T.
25	141	24:32	Eve MacKinnon (U20)	Scot Students	University of Edinburgh
26	182	24:36	Rachael Dunn	East	
27	129	24:51	Ruth Joss	West	Shettleston Harriers
28	117	25:00	Sarah Liebnitz	North	Inverness Harriers
29	128	25:06	Clara Horswell	West	Shettleston Harriers
30	121	25:16	Mary Macintosh (U20)	North	Nairn AAC
31	145	25:29	Alex Lamond	Scot Students	University of Glasgow
32	135	25:31	Madeline Robinson	West	Helensburgh AAC
33	134	25:39	Shona Robertson	West	Shettleston Harriers
34	146	25:43	Katie Bain	Scot Students	University of Aberdeen
35	124	25:51	Rachael Bushfield	West	Inverclyde AC
36	138	26:53	Carole Setchell	West	Shettleston Harriers
37	119	26:56	Catriona Fraser	North	Inverness Harriers
38	120	27:02	Julie Wilson	North	Inverness Harriers
39	126	27:20	Lindsey Currie	West	Dumbarton AAC
40	122	27:58	Caroline Marwick	North	Inverness Harriers

Team Result

1 Scot Students	61
Stephanie Pennycook (3), Angela Richardson (5), Fanni Gyurko (10), Halina Rees (13), Ellie Buchan (14) & Louise Mercer (16)	
2 East	70
Rebecca Burns (7), Freya Ross (8), Fiona Rudkin (9), Diane Lauder (11), Charlotte Morgan (17) & Kirstin McRuary (18)	
3 West	75
Fionnuala Ross (1), Lesley Chisholm (6), Michelle Sandison (12), Kirstin Oakley (U20) (15), Christina Rankin (20) & Nynke Mulholland (21)	
4 North	139
Mhairi McLennan (2), Eilidh Mackenzie (4), Sarah Liebnitz (28), Mary Macintosh (U20) (30), Catriona Fraser (37) & Julie Wilson (38)	

Pos.	Bib	Time	Name	Team	Club
1	29	26:16	Andrew Douglas	West	Inverclyde AC
2	80	26:26	Sean Chalmers	North	
3	82	26:39	Jonny Glen	West	
4	15	26:40	Mark Mitchell	North	
5	44	26:41	Michael Ferguson	Scot Students	Forres Harriers
6	36	26:42	Kamil Sieracki	West	University of Aberdeen
7	1	26:42	Alex Hendry	East	Shettleston Harriers
8	6	26:47	Scott Green	East	Central AC
9	40	26:54	Dale Colley	Scot Students	Central AC
10	34	26:57	Lachlan Oates	West	Glasgow City College
11	46	27:00	Aiden Thompson (U20)	Scot Students	Shettleston Harriers
12	32	27:03	Kyle McLellan	West	University of Stirling
13	16	27:05	John Newsom	North	Ronhill Cambuslang
14	81	27:10	Scott Stirling	Scot Students	Inverness Harriers
15	5	27:14	Will Mackay	East	Aberdeen AAC
16	4	27:19	Cameron Milne	East	Central AC
17	3	27:25	Calum McKenzie	East	Corstorphine AAC
18	83	27:47	Jamie Crowe	Scot Students	
19	14	27:49	Conan McCaughey	East	Central AC
20	31	27:54	Jethro Lennox	West	Shettleston Harriers
21	26	27:56	Grant Baillie	West	East Kilbride AC
22	9	28:00	Andrew Fallas	East	Carnethy HRC
23	30	28:00	Robert Gilroy	West	Ronhill Cambuslang
24	42	28:08	E de Mello (U20)	Scot Students	University of Edinburgh
25	37	28:14	Iain Reid	West	RH Cambuslang
26	7	28:16	Jamie Stevenson	East	Falkirk Victoria H
27	18	28:17	Kenny Wilson	North	Moray Road Runners
28	48	28:20	Callum Symmons (U20)	Scot Students	University of Edinburgh
29	28	28:24	Kenneth Campbell	West	Ronhill Cambuslang
30	20	28:34	Gordon Lennox	North	Inverness Harriers
31	35	28:34	Kerry Liam Wilson	West	Ronhill Cambuslang
32	38	28:40	Del Young	West	Garscube Harriers
33	13	28:41	Donald McCauley	East	Corstorphine AAC
34	27	28:45	Paul Sorrie	West	Shettleston Harriers
35	43	28:49	Alastair Thurlbeck	Scot Students	University of Glasgow
36	19	28:53	William McRury	North	Stornoway R & AC
37	47	28:57	James Dunn	Scot Students	University of Edinburgh
38	21	29:06	Rob Sinclair	North	Garrioch Road Runners
39	8	29:12	Bryan Mackie	East	Edinburgh AC
40	22	29:14	Murdo McKenzie	North	Stornoway R & AC
41	25	29:38	Ewan McKerral (U20)	West	Kilbarchan
42	45	29:46	Calum Murray	Scot Students	University of Edinburgh
43	23	30:15	Paul Miller	North	Inverness Harriers
44	24	30:35	M MacMillan (U20)	North	Stornoway R & AC

Team Result

1 West

Andrew Douglas (1), Jonny Glen (3), Kamil Sieracki (6), Lachlan Oates (10), Kyle McLellan (12) & Jethro Lennox (20)

52

2 Scot Students

Michael Ferguson (5), Dale Colley (9), Aiden Thompson (U20) (11), Scott Stirling (14), Jamie Crowe (18) & Elisha de Mello (U20) (24)

81

3 East

Alex Hendry (7), Scott Green (8), Will Mackay (15), Cameron Milne (16), Calum McKenzie (17) & Conan McCaughey (19)

82

4 North

Sean Chalmers (2), Mark Mitchell (4), John Newsom (13), Kenny Wilson (27), Gordon Lennox (30) & William McRury (36)

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