

| 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**

|  |            |
|--|------------|
| <b>1 West</b>  | <b>31</b>  |
| Lily Evans-Haggerty (2), Kate Richardson (3), Alisha Sivell (4), Helen Chong (6), Isla Britton (7) & Anya Maclean (9)    |            |
| <b>2 East</b>  | <b>54</b>  |
| Anna Hedley (1), Pippa Carcas (5), Emma Johnson (8), Anna Dalglish (11), Isla Calvert (14) & Emma Swanson (15)           |            |
| <b>3 North</b>   | <b>178</b> |
| 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**

|  |           |
|--|-----------|
| <b>1 East</b>  | <b>30</b> |
| Lewis Dow (1), David Addison (2), Ethan Elder (3), Harry Henriksen (6), Oscar Onley (8) & Conor Gourley (10)             |           |
| <b>2 North</b>   | <b>64</b> |
| Ben Cameron (4), Joshua Milne (7), Lucas Cairns (9), Blair Milne (13), Danny McPake (14) & David Morrison (17)           |           |
| <b>3 West</b>  | <b>78</b> |
| 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 | Alixé 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 | Sauna 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**

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

| Pos. | Bib | Time  | Name             | Team  | Club                  |
|------|-----|-------|------------------|-------|-----------------------|
| 1    | 152 | 13:59 | Robert Sparks    | East  | Fife AC               |
| 2    | 177 | 14:04 | Hamish Armit     | 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**

|                |   |            |
|----------------|---|------------|
| <b>1 West</b>  |   | <b>31</b>  |
|                | Hamish Armit (2), David McNair (3), Craig Kennedy (4), Michael Simson (6), Drew Pollock (7) & Cameron Watson (9)          |            |
| <b>2 East</b>  |   | <b>50</b>  |
|                | Robert Sparks (1), Keir Howlieson (5), Magnus Tait (8), Stephen Addison (11), Alex Johnston (12) & Ben MacMillan (13)     |            |
| <b>3 North</b> |   | <b>149</b> |
|                | 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**

|  |           |
|--|-----------|
| <b>1 East</b>  | <b>32</b> |
| Kate Gallagher (2), Eloise Walker (4), Lauren Dickson (5), Clare Stewart (6), Rebecca Eggeling (7) & Caitlin Arnott (8)        |           |
| <b>2 West</b>  | <b>73</b> |
| Erin Wallace (1), Nikki Miller (11), Shelby Morrison (12), Iona Miller (14), Rona Tytler (17) & Nicola Doohan (18)             |           |
| <b>3 North</b>   | <b>98</b> |
| 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**

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

| 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**

|   |            |
|---|------------|
| <b>1 Scot Students</b>  | <b>61</b>  |
| Stephanie Pennycook (3), Angela Richardson (5), Fanni Gyurko (10), Halina Rees (13), Ellie Buchan (14) & Louise Mercer (16)               |            |
| <b>2 East</b>   | <b>70</b>  |
| Rebecca Burns (7), Freya Ross (8), Fiona Rudkin (9), Diane Lauder (11), Charlotte Morgan (17) & Kirstin McRuary (18)                      |            |
| <b>3 West</b>   | <b>75</b>  |
| Fionnuala Ross (1), Lesley Chisholm (6), Michelle Sandison (12), Kirstin Oakley (U20) (15), Christina Rankin (20) & Nynke Mulholland (21) |            |
| <b>4 North</b>  | <b>139</b> |
| 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         | Forres Harriers         |
| 5    | 44  | 26:41 | Michael Ferguson     | Scot Students | University of Aberdeen  |
| 6    | 36  | 26:42 | Kamil Sieracki       | West          | Shettleston Harriers    |
| 7    | 1   | 26:42 | Alex Hendry          | East          | Central AC              |
| 8    | 6   | 26:47 | Scott Green          | East          | Central AC              |
| 9    | 40  | 26:54 | Dale Colley          | Scot Students | Glasgow City College    |
| 10   | 34  | 26:57 | Lachlan Oates        | West          | Shettleston Harriers    |
| 11   | 46  | 27:00 | Aiden Thompson (U20) | Scot Students | University of Stirling  |
| 12   | 32  | 27:03 | Kyle McLellan        | West          | Ronhill Cambuslang      |
| 13   | 16  | 27:05 | John Newsom          | North         | Inverness Harriers      |
| 14   | 81  | 27:10 | Scott Stirling       | Scot Students |                         |
| 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**

|                        |  |            |
|------------------------|--|------------|
| <b>1</b>               |  | <b>52</b>  |
| <b>1 West</b>          | Andrew Douglas (1), Jonny Glen (3), Kamil Sieracki (6), Lachlan Oates (10), Kyle McLellan (12) & Jethro Lennox (20)                  |            |
| <b>2 Scot Students</b> | Michael Ferguson (5), Dale Colley (9), Aiden Thompson (U20) (11), Scott Stirling (14), Jamie Crowe (18) & Elisha de Mello (U20) (24) | <b>81</b>  |
| <b>3 East</b>          | Alex Hendry (7), Scott Green (8), Will Mackay (15), Cameron Milne (16), Calum McKenzie (17) & Conan McCaughey (19)                   | <b>82</b>  |
| <b>4 North</b>         | Sean Chalmers (2), Mark Mitchell (4), John Newsom (13), Kenny Wilson (27), Gordon Lennox (30) & William McRury (36)                  | <b>112</b> |