

**Inter District Championships**  
**Edinburgh 13<sup>th</sup> January 2018**  
**U13 Girls**

<b>Pos</b>	<b>Name</b>	<b>District</b>	<b>Club</b>	<b>Time</b>
1	Katie Johnson	East	Edinburgh AC	11:38
2	Valencia Wright	West	VP City of Glasgow AC	11:43
3	Anya Morrison	North	East Sutherland AC	11:58
4	Hannah Ryding	West	Giffnock North AAC	12:09
5	Isla Hedley	East	Fife AC	12:16
6	Katie Christie	East	Falkirk Victoria H	12:18
7	Molly Kidd	East	George Heriots School	12:23
8	Isla Thoms	East	Fife AC	12:25
9	Phoebe Armstrong	East	Aberdeen AAC	12:31
10	Bridget Harley	East	Team East Lothian	12:33
11	Zoe Sharpe	North	Inverness Harriers AAC	12:33
12	Olivia Clarke	East	Corstorphine AAC	12:33
13	Grace GMacDonald	North	Inverness Harriers AAC	12:34
14	Iona Jamieson	East	Teviotdale Harriers	12:36
15	Sophie Sinclair	West	VP City of Glasgow AC	12:41
16	Mary Jane McInally	West	North Ayrshire AC	12:44
17	Melissa Turnbull	East	Central AC	12:45
18	Kate Paul	West	Giffnock North AAC	12:46
19	Anna Cairns	North	Inverness Harriers AAC	12:47
20	Chloe Cameron	West	Kilbarchan AAC	12:51
21	Caitlyn Christie	East	Falkirk VH	12:55
22	Abbie Alemu	West	Kilbarchan AAC	12:55
23	Isla Scott	West	Giffnock North AAC	12:57
24	Erin Hendry	East	Falkirk Victoria H	13:02
25	Kaylee Tulloch	North	Shetland AAC	13:04
26	Maya Millar	East	Pitreavie AAC	13:07
27	Millie Nicholl	West	Cambuslang Harriers	13:07
28	Zara Gill	North	Moray Road Runners	13:10
29	Evie Livingstone	West	Kilbarchan AAC	13:12
30	Katie Slimon	North	Highland Hill Runners	13:16
31	Tilly Wilson-Machin	West	Nithsdale AC	13:17
32	Islay Hubbard	West	Ayr Seaforth AC	13:20
33	Kenzie Macintosh	West	Clydesdale Harriers	13:22
34	Beth Bushell	West	VP City of Glasgow AC	13:23
35	Beth Urquhart	North	Moray Road Runners	13:25
36	Jessie Gilchrist	West	Law & District AAC	13:28
37	Joni Smith	North	North Uist	13:45
38	Rosie Milligan	North	East Sutherland AC	13:50
39	Nicole Taylor	North	Moray Road Runners	14:25

<b>Inter-District</b>	
East	36
West	75
North	99

**Inter District Championships**  
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**U13 Boys**

<b>Pos</b>	<b>Name</b>	<b>District</b>	<b>Club</b>	<b>Time</b>
1	Finlay Ross	East	Harmeny AC	11:08
2	Ross Dewar	East	Edinburgh AC	11:08
3	Lachlan Buchanan	North	Inverness Harriers AAC	11:09
4	Ewan Christie	East	Gala Harriers	11:10
5	Reuben Macdonald	West	Giffnock North AAC	11:13
6	Tendai Nyabadza	East	Harmeny AC	11:17
7	Struan Bennet	East	Fife AC	11:19
8	Shaun MacDonald	North	North Uist AAC	11:27
9	Robert Gray	West	Giffnock North AAC	11:27
10	Angus Wright	East	Team East Lothian	11:28
11	Stewart Millard	West	Cambuslang Harriers	11:28
12	Fergus Currie	West	Garscube Harriers	11:30
13	Fraser Gilmour	West	VP-City of Glasgow AC	11:31
14	Lewis Roddis	West	Cambuslang Harriers	11:34
15	Hugh Shiels	West	Giffnock North AAC	11:34
16	Alexander Douglas	East	Perth Strathtay Harriers	11:39
17	Matthew Burnside	West	Garscube Harriers	11:39
18	Sam Coull	North	Ross County Athletic Club	11:39
19	David Kirkpatrick	West	VP-City of Glasgow AC	11:40
20	Sam Burnett	North	Inverness Harriers AAC	11:45
21	Russell Barnett	West	VP-City of Glasgow AC	11:47
22	Patrick Milne	East	Corstorphine AAC	11:47
23	Ben Struthers	East	Corstorphine AAC	11:51
24	Reece Black	North	Shetland AAC	11:53
25	Kai Crawford	East	Aberdeen AAC	11:53
26	Connor Bell	East	Central AC	11:56
27	R Woodland-Broome	East	Edinburgh AC	11:57
28	Dylan Walton	West	Nithsdale AC	11:57
29	Ross Wolfenden	East	Lasswade AAC	11:59
30	Warren Lorente	East	Dundee Hawkhill Harriers	12:00
31	Hamish McKay	East	Aberdeen AAC	12:06
32	Jonathon Downey	West	Kilmarnock Harriers	12:07
33	Alex Jamieson	North	Inverness Harriers AAC	12:08
34	Rory Elliott	West	Cumbernauld AAC	12:10
35	Gregor Nixon	North	Inverness Harriers AAC	12:11
36	David Woods	West	Shttleston Harriers	12:12
37	Bruce Evans	North	Forres Harriers	12:26
38	Gregor Naughton	North	Deveron Harriers	12:32
39	Ruaridh Ellen	North	Ross County Athletic Club	12:35
40	Roy Taylor	North	Moray Road Runners	12:37
41	Samuel Bryan	North	East Sutherland AC	12:38
42	Bruce Newlands	North	Moray Road Runners	12:43
43	Daniel Boyle	West	Whitemoss AAC	12:45
44	Charlie Morrison	North	Stornoway Running & AC	12:48
45	Ben Webster	North	Inverness Harriers AAC	13:02

Inter-District	
East	30
West	64
North	106

**Inter District Championships**  
**Edinburgh 13<sup>th</sup> January 2018**  
**U15 Girls**

<b>Pos</b>	<b>Name</b>	<b>District</b>	<b>Club</b>	<b>Time</b>
1	Anna Hedley	East	Fife AC	14:56
2	Anya Maclean	West	Garscube Harriers	15:03
3	Pippa Carcas	East	Edinburgh AC	15:31
4	Isla Calvert	East	Livingston AC	15:49
5	Sarah Coutts	East	Pitreavie AAC	15:50
6	Hannah Anderson	West	East Kilbride AC	15:51
7	Rosie Davidson	West	Ayr Seaforth AC	15:52
8	Isla Britton	West	VP-City of Glasgow AC	16:00
9	Emma Swanson	East	Banchory Stonehaven	16:12
10	Daisy Cumming	East	Dunfermline T & F	16:16
11	Alisha Sivell	West	Kilbarchan AAC	16:18
12	Caitlin Purcell	East	Aberdeen AAC	16:19
13	Jill Carswell	West	Giffnock North AAC	16:19
14	Jennifer Murray	West	Giffnock North AAC	16:19
15	Georgia Ledingham	East	Corstorphine AAC	16:20
16	Ellie Isabella Hinks	West	Garscube Harriers	16:21
17	Francesca Davidson	West	Giffnock North AAC	16:23
18	Carrie Banks	East	Central AC	16:25
19	Charlie Frew	West	Whitemoss AAC	16:28
20	Abby Thomson	West	Giffnock North AAC	16:31
21	Joanna Littlefield	West	VP-City of Glasgow AC	16:51
22	Aimee Anderson	West	Glasgow School of Sport	16:53
23	Helen Chong	West	Giffnock North AAC	16:55
24	Katherine MacLeod	East	Corstorphine AAC	16:57
25	Anna Dalglish	East	Fife AC	17:02
26	Kirsty Purcell	East	Aberdeen AAC	17:02
27	Eve Gardiner	North	Inverness Harriers AAC	17:25
28	Ellyn Smith	North	Moray Road Runners	17:26
29	Charlie Maree Nolan	East	Livingston AC	17:28
30	Harriet Woodland-Broome	East	Edinburgh AC	17:46
31	Catriona Garvie	North	Inverness Harriers AAC	17:57
32	Olive Richards	North	Ross County Athletic Club	17:58
33	Abbie Robb	East	Falkirk VH	18:04
34	Katie Riddick	North	Gordonstoun School	18:17
35	Cara Doig	North	Inverness Harriers AAC	18:21
36	Vicki Elder	North	Fraserburgh Running Club	18:24
37	Lucy Morrison	North	North Uist	18:25
38	Rachel Ross	North	East Sutherland AC	18:32
39	Sophie Bath	North	East Sutherland AC	18:47
40	Shannon Brown	East	Banchory Stonehaven	18:48
41	Emma Seed	North	Inverness Harriers AAC	19:20
42	Ellen Saunders	North	Inverness Harriers AAC	19:26
43	Niamh Whelan	North	Moray Road Runners	20:02

Inter-District	
West	32
East	47
North	187

**Inter District Championships**  
**Edinburgh 13<sup>th</sup> January 2018**  
**U15 Boys**

<b>Pos</b>	<b>Name</b>	<b>District</b>	<b>Club</b>	<b>Time</b>
1	Jack Patton	West	Kilbarchan AAC	13:52
2	David Addison	East	Corstorphine AAC	13:54
3	Lucas Cairns	North	Inverness Harriers AAC	14:06
4	Ben Sandilands	East	Fife AC	14:10
5	Ethan Carolan	West	Giffnock North AAC	14:12
6	Lewis Hannigan	West	Kilbarchan AAC	14:15
7	James Connelly	West	Garscube Harriers	14:16
8	Peter Scott	East	Fife AC	14:19
9	Hugh Morrow	East	Edinburgh AC	14:22
10	Alastair Marshall	East	Livingston AC	14:30
11	Brodie Aitken	West	Cambuslang Harriers	14:33
12	Harry Henriksen	East	Lasswade AAC	14:36
13	Blair Milne	North	Moray Road Runners	14:37
14	Conor Gourley	East	Pitreavie AAC	14:38
15	Ben Cameron	North	Forres Harriers	14:42
16	John Docherty	West	Clydesdale Harriers	14:44
17	Andrew McGill	East	Linlithgow AC	14:44
18	Harris Paterson	West	Giffnock North AAC	14:47
19	Josh Benton	East	Deeside Runners	14:49
20	Gregor Campbell	West	Shettleston Harriers	14:51
21	Luke Aitken	West	Garscube Harriers	14:53
22	Gregor Collins	East	Gala Harriers	14:56
23	Danny McPake	North	Ross County Athletic Club	14:58
24	David Morrison	North	Stornoway Running & AC	14:58
25	Euan Rollo	North	Inverness Harriers AAC	14:59
26	Cameron Welsh	North	East Sutherland AC	15:01
27	Samuel Griffin	East	Aberdeen AAC	15:07
28	Jacob Luc	West	Giffnock North AAC	15:09
29	Michael Black	West	Cambuslang Harriers	15:09
30	Lewis Dow	East	Central AC	15:10
31	Angus Smith	North	Inverness Harriers AAC	15:14
32	Finlay Ross-Davie	West	Garscube Harriers	15:17
33	Finlay Rutter	North	Inverness Harriers AAC	15:18
34	Fabian Despinoy	East	Edinburgh AC	15:19
35	Ben Henderson	East	Perth Strathtay Harriers	15:19
36	Alex Ellen	North	Ross County Athletic Club	15:22
37	Gaspard Lecrivain	East	Aberdeen AAC	15:30
38	Sean Fischer-Keogh	West	Inverclyde AC	15:37
39	David Scott	North	Forres Harriers	15:39
40	David Spencer	North	Forres Harriers	15:43
41	Joshua Milne	North	Moray Road Runners	15:49
42	Dylan Elliott	West	Cumbernauld AAC	15:50
43	Callum Byrne	West	VP-Glasgow AC	15:52
44	Duncan MacDonald	North	Inverness Harriers AAC	16:11
45	Ewan Spink	North	Inverness Harriers AAC	16:12

<b>Inter-District</b>	
East	45
West	46
North	103

**Inter District Championships**  
**Edinburgh 13<sup>th</sup> January 2018**  
**U17 International and District Women**

<b>Pos</b>	<b>Name</b>	<b>District</b>	<b>Country/Club</b>	<b>Time</b>
1	Kelsey Chmiel		USA	14:10
2	Mariana Machado		EUR	14:13
3	Jasmijn Lau		EUR	14:13
4	Cari Hughes		GBR	14:19
5	Khahisa Mhlanga		GBR	14:22
6	Niamh Brown		GBR	14:22
7	Claudia Lane		USA	14:30
8	Nadia Battocletti		EUR	14:30
9	Katelynn Hart		USA	14:34
10	Emily Venters		USA	14:34
11	Eloise Walker		GBR	14:39
12	Maggie Farrell		USA	14:41
13	Cera Gemmell	East	Team East Lothian	14:59
14	Erin Wallace		GBR	15:03
15	Phoebe Barker		GBR	15:04
16	Callie Logue		USA	15:15
17	Carla Gallardo		EUR	15:22
18	Christina Ruiz		EUR	15:48
19	Lynn McKenna	West	Giffnock North AAC	15:56
20	Charlotte McKenna	West	Giffnock North AAC	16:02
21	Stephanie Cotter		EUR	16:16
22	Rhona Mowat	West	Giffnock North AAC	16:21
23	Jessica Hogarth	East	Edinburgh AC	16:27
24	Nuala McCheyne	West	Inverclyde AC	16:32
25	Alice Goodall	East	Edinburgh AC	16:33
26	Sarah Calvert	East	Livingston AAC	16:35
27	Sarah Tait	East	Lasswade AAC	16:37
28	Emma Jenkins	East	Perth Strathtay H	16:39
29	Emily Andrew	North	Inverness Harriers AAC	16:47
30	Clare Wallace	West	Giffnock North AAC	16:49
31	Megan Keith	North	Inverness Harriers AAC	16:52
32	Rosie Eckersley	East	Central AC	16:58
33	Laine Alemu	West	Kilbarchan AC	17:05
34	Eilidh Jaffray	East	Teviotdale Harriers	17:05
35	Beth Hobbs	East	Moorfoot Runners	17:05
36	Jessica Christie	East	Falkirk VH	17:09
37	Emily Crusher	West	Giffnock North AAC	17:16
38	Zoe Nicholson	East	Pitreavie AAC	17:18
39	Zoe Renfrew	West	Inverclyde AC	17:25
40	Mairi Wallace	East	Moorfoot Runners	17:42
41	Katie Craig	East	Livingston AAC	17:45
42	Nyah Gillan	West	Inverclyde AC	17:49
43	Emma Mahon	West	Kirkintilloch Olympians	17:58
44	Kerry Gallacher	West	Garscube Harriers	18:06
45	Cliona McCheyne	West	Inverclyde AC	18:08
46	Leona Murray	West	Kilbarchan AC	18:13
47	Hannah Paton	West	Kirkintilloch Olympians	18:31
48	Anna Bennet	East	Dundee Hawkhill	18:41



49	Connie Campbell	North	Inverness Harriers AAC	19:13
50	Annabel Ballantyne	West	Giffnock North AAC	19:13
51	Shauna Perry	North	Elgin AAC	19:15
52	Ruby Soldan	North	Inverness Harriers AAC	20:33
53	Ailsa Hewick	North	Inverness Harriers AAC	21:22

Inter-District	
East	40
West	42
North	157

**Inter District Championships**  
**Edinburgh 13<sup>th</sup> January 2018**  
**U17 International and District Men**

<b>Pos</b>	<b>Name</b>	<b>District</b>	<b>Country/Club</b>	<b>Time</b>
1	Simen Halle Haugen		EUR	19:13
2	Ouassim Oumaiz		EUR	19:16
3	Matthew Willis		GBR	19:18
4	Danny Kilrea		USA	19:24
5	Mario Garcia		EUR	19:34
6	Tom Mortimer		GBR	19:35
7	Jake Heyward		GBR	19:43
8	Graydon Morris		USA	19:47
9	Dylan Jacobs		USA	19:49
10	Adrian Garcea		EUR	19:53
11	Drew Bosley		USA	19:57
12	Luca Alfieri		EUR	20:00
13	Dustin Horter		USA	20:11
14	Hugh Sadler		GBR	20:12
15	Clayton Mendez		USA	20:24
16	Lachlan Wellington		GBR	20:30
17	Christian Graham	East	Lasswade AAC	20:40
18	Ricky Lutakome		GBR	20:54
19	Cameron Wright	West	Kilbarchan AAC	20:59
20	James Gillon	West	Law & District AAC	21:01
21	Robert Sparks	East	Fife AC	21:20
22	Ben Shaw	West	Giffnock North AC	21:25
23	Sunny McGrath	North	Deveron Harriers	21:27
24	Calum Young	West	Giffnock North AC	21:27
25	Magnus Tait	East	Lasswade AAC	21:36
26	Kristof Hornyik	East	Dundee Hawkhill Harriers	21:45
27	Annashe Mahboub		EUR	21:49
28	Cameron Watson	West	Inverclyde AC	21:49
29	Ryan Donnelly	West	Cambuslang Harriers	21:56
30	Luke McCaffrey	West	Cumbernauld AAC	22:00
31	Stephen Addison	East	Corstorphine AAC	22:07
32	Christopher McLew	West	Cambuslang Harriers	22:10
33	Drew Pollock	West	Cambuslang Harriers	22:11
34	Hamish Hickey	North	Ross County Athletic Club	22:13
35	Ryan Donald	East	Dundee Hawkhill Harriers	22:22
36	Tom Graham-Marr	East	Central AC	22:30
37	Yousuf Khursheed	East	Gala Harriers	22:46
38	Craig Kennedy	West	Kilbarchan AAC	22:56
39	Adam Brown	East	Aberdeen AAC	23:06
40	Fraser Clyne	East	Teviotdale Harriers	23:11
41	Iain McWhinnie	East	Fife AC	23:25
42	Michael Watt	East	Aberdeen AAC	23:27
43	Tom Ireland	East	Edinburgh AC	23:49
44	Lewis Raeburn	West	Shettleston Harriers	23:59
45	Max Abernethy	North	Fraserburgh Running Club	24:12

46	Finlay Emmot	North	Stornoway Running & AC	24:12
47	Rudi Paul	North	Inverness Harriers AAC	24:16
48	Robert Thorne	North	Inverness Harriers AAC	26:37

Inter-District	
West	38
East	52
North	136

**Inter District Championships**  
**Edinburgh 13<sup>th</sup> January 2018**  
**Senior/Junior Women**

<b>Pos</b>	<b>Name</b>	<b>District</b>	<b>Club</b>	<b>Time</b>
1	Fionnuala Ross	West	Shettleston Harriers	22:27
2	Abbie Donnelly	North of England	Lincoln Wellington	22:34
3	Georgia Malir	North of England	Leeds City	22:41
4	Elsbeth Curran	West	Kilbarchan AAC	22:59
5	Rebecca Burns	East	Edinburgh AC	23:03
6	Francesca Brint (U20)	North of England	Sale Harriers	23:04
7	Bronwen Owen	North of England	Scarborough AC	23:05
8	Nicola Hood	West	Dumfries RC	23:07
9	Jo Williams	East	Lothian Running Club	23:13
10	Kayleigh Jarrett	East	Metro Aberdeen	23:16
11	Michelle Sandison	West	Springburn Harriers	23:17
12	Fanni Gyurko	East	Central AC	23:30
13	Catrina Thomas	North of England	North Cumbria	23:33
14	Clare Stewart (U20)	East	Banchory Stonehaven	23:35
15	Catriona Buchanan	East	Central AC	23:39
16	Kate Gallagher (U20)	East	Central AC	23:48
17	Charlotte Morgan	East	Carnethy Hill Racing Club	23:49
18	Katie White	West	Garscube Harriers	24:00
19	Annabel Simpson	Scottish Students	University of Glasgow	24:08
20	Zoe Bates (U20)	Scottish Students	University of Aberdeen	24:09
21	Gillian Black U20)	Scottish Students	Queen Margaret University	24:12
22	Naomi Lang	Scottish Students	University of Edinburgh	24:20
23	Lauren Wilson	East	Edinburgh AC	24:21
24	Catriona MacDonald	West	Bellahouston Road Runners	24:24
25	Catriona Morrison	East	Stirling Triathlon Club	24:24
26	Amy Frankland	Scottish Students	University of Edinburgh	24:29
27	Ruth Joss	West	Shettleston Harriers	24:31
28	Catriona Graves	Scottish Students	University of Edinburgh	24:32
29	Halina Rees	East	Fife AC	24:34
30	Rebecca Eggeling (U20)	East	Aberdeen AAC	24:41
31	Rebecca Johnson	Scottish Students	University of Edinburgh	24:42
32	Katie Lowry (U20)	North of England	Warrington	24:44
33	Constance Nankivell (U20)	North	East Sutherland AC	24:51
34	Laura Stark (U20)	Scottish Students	University of Edinburgh	24:53
35	Lauren Stoddart	East	Edinburgh AC	25:04
36	Rhona Grant	North	Highland Hill Runners	25:05
37	Kirstie Rogan	North	Moray Road Runners	25:05
38	Nynke Mulholland	West	Inverclyde AC	25:08
39	Lauren McCulloch	Scottish Students	University of Stirling	25:11
40	Hannah Addison (U20)	Scottish Students	University of Aberdeen	25:15
41	Laura Wallace	West	Ayr Seaforth AC	25:16
42	Stephanie Lawrie	West	VP-City of Glasgow	25:22
43	Lauren Dickson (U20)	East	Lasswade AAC	25:24
44	Jill Stephen	East	Hunters Bog Trotters	25:31
45	Sophie Collins	Scottish Students	University of Edinburgh	25:49

46	Rachael Bushfield	West	Inverclyde AC	26:01
47	Jill Smylie	West	Giffnock North AAC	26:24
48	Karen Lyons	North	Highland Hill Runners	26:37
49	Caroline Marwick	North	Inverness Harriers AAC	26:39
50	Charlotte Black	North	Shetland AAC	26:43
51	Holly Thompson (U20)	West	Kilbarchan AAC	27:01
52	Holly Little (U20)	West	VP-City of Glasgow	27:36
53	Jessica Howarth	North	Forres Harriers	28:03
54	Michelle Slater	North	Moray Road Runners	28:06
55	Siobhan Evans	North	Forres Harriers	29:02

<b>Inter-District</b>	
East	41
West	46
Scottish Students	106
North	217

**Inter District Championships**  
**Edinburgh 13<sup>th</sup> January 2018**  
**Senior/Junior/Men**

<b>Pos</b>	<b>Name</b>	<b>District</b>	<b>Club</b>	<b>Time</b>
1	Kristian Jones	East	Dundee Hawkhill Harriers	25:55
2	Lachlan Oates	West	Shettleston Harriers	26:31
3	Logan Rees	Scottish Students	University of Edinburgh	26:35
4	Alastair Hay	East	Central AC	26:36
5	Andrew Douglas	West	Inverclyde AC	26:46
6	Liam Burthem	North of England	Leeds City	26:54
7	Calum McKenzie	East	Corstorphine AAC	26:56
8	Angus McMillan (U20)	North of England	City of York	26:59
9	Aidan Thompson	Scottish Students	University of Stirling	27:02
10	Euan Gillham	Scottish Students	University of Edinburgh	27:04
11	Josh Scofield (U20)	North of England	City of York	27:11
12	Will Mackay	East	Aberdeen AAC	27:15
13	Jonathan Crickmore	Scottish Students	Heriot Watt University	27:16
14	Ross Gollan	Scottish Students	University of Glasgow	27:19
15	Eoin Lennon	East	Carnethy Hill Racing Club	27:20
16	Alex Carcas (U20)	Scottish Students	University of Edinburgh	27:21
17	Jacob Adkin	Scottish Students	University of Edinburgh	27:22
18	Matthew Sheen	North of England	Vale Royal AC	27:25
19	Kenneth Wilson	North	Moray Road Runners	27:28
20	Cameron Bell	North of England	Hallamshire	27:30
21	Michael Crawley	East	Corstorphine AAC	27:32
22	Ross Matheson	East	Lasswade AAC	27:36
23	Tristan Rees (U20)	Scottish Students	University of Glasgow	27:40
24	Connor MacLean (U20)	North	Stornoway RAC	27:50
25	Stuart Gibson	West	Cambuslang Harriers	27:55
26	Grant Baillie	West	East Kilbride AC	27:57
27	Matthew Sutherland	East	Central AC	27:58
28	Gavin Bryson (U20)	East	Edinburgh AC	27:58
29	Baldvin Por Manusson	North of England	Kingston upon Hull	28:00
30	Gavin Smith (U20)	West	Cambuslang Harriers	28:03
31	Kieron Rafferty	West	VP-Glasgow AC	28:04
32	Robert Simpson	West	Shettleston Harriers	28:09
33	Stephen Trainer	West	Greenock Glenpark H	28:13
34	Donnie MacDonald	North	Inverness Harriers AAC	28:14
35	Finlay Todd (U20)	North	Ross County AC	28:17
36	Gordon Lennox	North	Inverness Harriers AAC	28:19
37	James Hoad	East	Aberdeen AAC	28:19
38	Gavyn Chalmers	Scottish Students	University of Glasgow	28:21
39	John Fergusson	West	East Kilbride AC	28:26
40	Dermot Cummins	East	Corstorphine AAC	28:29
41	Darrell Hastie	East	Gala Harriers	28:30
42	Josh Hendry (U20)	West	Kilbarchan AC	28:39
43	James Donald (U20)	Scottish Students	Dundee & Angus College	28:42
44	Ewan Davidson	Scottish Students	University of Strathclyde	28:47
45	John Lenehan	East	Edinburgh AC	28:59

46	Benjamin Hukins	West	Cambuslang Harriers	29:04
47	Ross Gray (U20)	West	Inverclyde AC	29:14
48	Faisal Khursheed (U20)	East	Gala Harriers	29:25
49	Cameron Young (U20)	North	Inverness Harriers AAC	29:32
50	John Yells	North	Lochaber AC	29:41
51	Robbie Patterson	North	Moray Road Runners	29:50
52	Graham Bee	North	Inverness Harriers AAC	29:54
53	Michael O'Donnell	North	Inverness Harriers AAC	29:58
54	Luke Williams (U20)	North	Inverness Harriers AAC	30:19
55	James Wilson	North	Moray Road Runners	30:28
56	Cameron Main (U20)	North	Moray Road Runners	30:48
57	William Nicholson	North	Highland Hill Runners	32:32

Inter-District	
East	48
Scottish Students	52
West	97
North	164