

Pos.	Bib	Time	Name	Team	Club
1	178	13:21	Hamish Armitt	West	Giffnock North AAC
2	189	13:37	David McNair	West	Kilbarchan AAC
3	155	13:40	Joe Ewing	East	Edinburgh AC
4	170	13:50	Sunny McGrath	North	Deveron Harriers
5	156	13:52	Harry Hall	East	Aberdeen AAC
6	158	13:52	Iain McWhinnie	East	Fife AC
7	182	13:55	Elliot Duff	West	Garscube Harriers
8	154	13:59	Kane Elliott	East	Falkirk Victoria H.
9	162	14:00	Thomas Ross	East	Corstorphine AAC
10	179	14:01	Cameron Campbell	West	Shettleston Harriers
11	163	14:01	Ben Sandilands	East	Fife AC
12	188	14:16	Alasdair McMonagle	West	Cumbernauld AAC
13	190	14:18	Jack Patton	West	Kilbarchan AAC
14	185	14:19	Jonathan Houson	West	Kilmarnock Harriers
15	184	14:19	Lewis Hannigan	West	Kilbarchan AAC
16	192	14:20	Ross Whitelaw	West	Glasgow School of Sport
17	167	14:22	Luke Davidson	North	Inverness Harriers
18	152	14:24	Ryan Donald	East	Dundee Hawkhill H.
19	174	14:24	David Morrison	North	Stornway RAC
20	180	14:24	Ethan Carolan	West	Giffnock North AAC
21	191	14:25	Jack Trainer	West	Garscube Harriers
22	172	14:28	Blair Milne	North	Moray RR
23	173	14:29	Joshua Milne	North	Moray RR
24	186	14:30	Josh Law	West	Inverclyde AC
25	176	14:30	James Slimon	North	Highland Hill Runners
26	187	14:31	Ruairidh MacGregor	West	Cambuslang Harriers
27	161	14:37	Max Rintoul	East	Falkirk Victoria H.
28	164	14:44	Daniel Saunders	East	Corstorphine AAC
29	166	14:45	Ben Cameron	North	Forres Harriers
30	183	14:49	Murphy Hand	West	Garscube Harriers
31	181	14:51	James Connelly	West	Garscube Harriers
32	159	14:56	Gavin McWhinnie	East	Fife AC
33	175	15:28	Finn Rutter	North	Inverness Harriers
34	177	15:39	Callum Wilson	North	Ross County AC
35	153	15:43	Lewis Dow	East	Pitreavie AAC
36	169	15:52	Sean Kelt	North	Ross County AC
37	168	16:36	Alex Ellen	North	Ross County AC

Team Result

1 East	42
Joe Ewing (3), Harry Hall (5), Iain McWhinnie (6), Kane Elliott (8), Thomas Ross (9) & Ben Sandilands (11)	
2 West	45
Hamish Armitt (1), David McNair (2), Elliot Duff (7), Cameron Campbell (10), Alasdair McMonagle (12) & Jack Patton (13)	
3 North	110
Sunny McGrath (4), Luke Davidson (17), David Morrison (19), Blair Milne (22), Joshua Milne (23) & James Slimon (25)	

Pos.	Bib	Time	Name	Team	Club
1	136	14:23	Lily Evans-Haggerty	West	VP-City of Glasgow AC
2	131	14:36	Heather Barnes	West	Giffnock North AAC
3	108	14:55	Cera Gemmell	East	Team East Lothian
4	142	15:05	Alisha Sivell	West	Kilbarchan AAC
5	132	15:10	Isla Britton	West	VP-City of Glasgow AC
6	135	15:11	Rosie Davidson	West	Ayr Seaforth AC
7	141	15:18	Kate Richardson	West	Giffnock North AAC
8	140	15:32	Nuala McCheyne	West	Inverclyde AC
9	102	15:35	Isla Calvert	East	Livingston & D. AAC
10	130	15:39	Hannah Anderson	West	East Kilbride AC
11	129	15:39	Aimee Anderson	West	Glasgow School of Sport
12	113	15:39	Chloe McClung	East	Falkirk Victoria H
13	106	15:44	Daisy Cumming	East	Dunfermline T & F
14	133	15:46	Jill Carswell	West	Giffnock North AAC
15	111	15:49	Emma Jenkins	East	Perth Stathtay H.
16	138	15:53	Sofia Kirkpatrick	West	Giffnock North AAC
17	107	15:54	Rosie Eckersley	East	Central AC
18	134	15:59	Francesca Davidson	West	Giffnock North AAC
19	109	15:59	Kyra Gibb	East	Central AC
20	115	16:02	Beatrice Winkler	East	Edinburgh AC
21	143	16:05	Clare Wallace	West	Giffnock North AAC
22	139	16:11	J Littlefield	West	VP-City of Glasgow AC
23	122	16:13	Megan Keith	North	Inverness Harriers
24	105	16:16	Carrie Banks	East	Central AC
25	112	16:33	Georgia Ledingham	East	Corstorphine AAC
26	114	16:34	Kirsty Oldham	East	Aberdeen AAC
27	103	16:34	Caitlin Purcell	East	Edinburgh AC
28	116	16:46	Emily Andrew	North	Inverness Harriers
29	123	16:48	Jenn Mackenzie	North	Inverness Harriers
30	101	16:49	Lauren Blair	East	Pitreavie AAC
31	104	17:02	Hannah Little	East	Edinburgh AC
32	124	17:06	Sarah-Marie Riise	North	Shetland AAC
33	119	17:11	Catriona Garvie	North	Inverness Harriers
34	125	17:14	Morven Ross	North	Moray RR
35	121	17:17	Rebecca Johnstone	North	Inverness Harriers
36	110	17:30	Jemma Jamieson	East	Pitreavie AAC
37	117	17:36	Vicki Elder	North	Fraserburgh RC
38	128	18:02	Niamh Whelan	North	Moray RR
39	127	18:19	Emma Seed	North	Inverness Harriers
40	126	18:27	Catriona Scott	North	East Sutherland AC
41	118	18:31	Lucy Evans	North	Forres Harriers

Team Result

1 West	25
Lily Evans-Haggerty (1), Heather Barnes (2), Alisha Sivell (4), Isla Britton (5), Rosie Davidson (6) & Kate Richardson (7)	
2 East	69
Cera Gemmell (3), Isla Calvert (9), Chloe McClung (12), Daisy Cumming (13), Emma Jenkins (15) & Rosie Eckersley (17)	
3 North	179
Megan Keith (23), Emily Andrew (28), Jenn Mackenzie (29), Sarah-Marie Riise (32), Catriona Garvie (33) & Morven Ross (34)	

Pos.	Bib	Time	Name	Team	Club
1	34	21:22	Freddie Carcas	East	Edinburgh AC
2	60	21:30	Ryan Gray	West	Inverclyde AC
3	46	21:39	Cameron Allan	North	Moray Road Runners
4	39	21:44	Faisal Khursheed	East	Gala Harriers
5	59	21:47	James Gillon	West	Law & District AAC
6	55	21:56	Tam Munro-White	North	Inverness Harriers
7	65	22:00	Charlie Milarvie	West	VP-City of Glasgow AC
8	42	22:02	Robert Sparks	East	Fife AC
9	63	22:03	Andrew Love	West	Giffnock North AAC
10	69	22:05	Robbie Smith	West	VP-City of Glasgow
11	31	22:08	James Adam	East	Pitreavie AAC
12	35	22:13	Jack Gillespie	East	Aberdeen AAC
13	33	22:16	Euan Boyle	East	Fife AC
14	68	22:17	Lewis Ross	West	Ayr Seaforth AC
15	58	22:17	Jamie Burns	West	Shettleston Harriers
16	47	22:20	Joe Arnaud	North	Inverness Harriers
17	71	22:21	Cameron Watson	West	Inverclyde AC
18	56	22:23	Fraser Roach	North	East Sutherland AC
19	43	22:25	Michael Swinton	East	Edinburgh AC
20	44	22:28	Magnus Tait	East	Lasswade AAC
21	66	22:30	Drew Pollock	West	Cambuslang Harriers
22	64	22:33	Andrew MacAngus	West	Kilbarchan AAC
23	45	22:34	Callum Tharme	East	Gala Harriers
24	70	22:38	Cody Stevenson	West	Garscube Harriers
25	62	22:46	Craig Kennedy	West	Kilbarchan AAC
26	72	23:04	Lorn Webster	West	Garscube Harriers
27	40	23:04	Lewis Pentecost	East	Falkirk Victoria H.
28	37	23:20	Ben Grant	East	Pitreavie AAC
29	32	23:29	Stephen Addison	East	Corstorphine AAC
30	67	23:29	Jamie Sturrock	West	Giffnock North AAC
31	36	23:30	Christian Graham	East	Lasswade AAC
32	51	23:31	Aiden Ferry	North	Inverness Harriers
33	38	23:35	Sandy Holl	East	Central AC
34	52	24:02	Ben Johnstone	North	Inverness Harriers
35	50	24:05	Finlay Emmott	North	Stornoway RAC
36	54	24:06	Kyle Munro	North	Stornoway RAC
37	48	24:09	Alistair Binns	North	Stornoway RAC
38	49	24:10	Mackenzie Brown	North	Inverness Harriers
39	57	24:10	Luke Williams	North	Inverness Harriers

Team Result

1 West	47
Ryan Gray (2), James Gillon (5), Charlie Milarvie (7), Andrew Love (9), Robbie Smith (10) & Lewis Ross (14)	
2 East	49
Freddie Carcas (1), Faisal Khursheed (4), Robert Sparks (8), James Adam (11), Jack Gillespie (12) & Euan Boyle (13)	
3 North	109
Cameron Allan (3), Tam Munro-White (6), Joe Arnaud (16), Fraser Roach (18), Aiden Ferry (32) & Ben Johnstone (34)	

Pos.	Bib	Time	Name	Team	Club
1	42	14:47	Clare Stewart	East	Banchory Stonehaven
2	44	14:53	Eloise Walker	East	Edinburgh AC
3	36	14:57	Naomi Lang	East	Aberdeen AAC
4	33	15:03	Lauren Dickson	East	Lasswade AAC
5	34	15:22	Rebecca Eggeling	East	Aberdeen AAC
6	58	15:36	Shelby Morrison	West	Inverclyde AC
7	37	15:38	Jessica MacLeod	East	Corstorphine AAC
8	46	15:45	Constance Nankivell	North	East Sutherland AC
9	35	15:51	Kate Gallagher	East	Central AC
10	57	15:56	Lynn McKenna	West	Giffnock North AAC
11	31	16:01	Sarah Calvert	East	Livingston AAC
12	32	16:21	Jessica Christie	East	Falkirk Victoria H
13	56	16:36	Charlotte McKenna	West	Giffnock North AAC
14	41	16:37	Katie Rourke	East	Gala Harriers
15	43	16:46	Sarah Tait	East	Lasswade AAC
16	53	16:52	Danielle Kelly	West	Giffnock North AAC
17	61	17:00	Rona Tytler	West	Kilbarchan AAC
18	39	17:01	Lauren McCulloch	East	Central AC
19	45	17:07	Mairi Wallace	East	Moorfoot Runners
20	38	17:14	Louise McCullagh	East	Fife AC
21	55	17:21	Emma Mahon	West	Kirkintilloch Olympians
22	60	17:24	Lucy Sommerville	West	Cumbernauld AAC
23	52	17:30	Nicola Doohan	West	Inverclyde AC
24	59	18:00	Grace Pow	West	Annan & District
25	54	18:08	Jennifer Lyne	West	Inverclyde AC
26	49	18:20	Amy Bissett	West	VP-City of Glasgow AC
27	50	18:31	Kim Crawford	West	Kilbarchan AAC

Team Result

1 East

Clare Stewart (1), Eloise Walker (2), Naomi Lang (3), Lauren Dickson (4), Rebecca Eggeling (5) & Jessica MacLeod (7)

22

2 West

Shelby Morrison (6), Lynn McKenna (10), Charlotte McKenna (13), Danielle Kelly (16), Rona Tytler (17) & Emma Mahon (21)

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Pos.	Bib	Time	Name	Team	Club
1	14	25:33	Kris Jones	East	Dundee Hawkhill Harriers
2	43	25:45	Luke Traynor	West	Giffnock North AAC
3	47	26:12	Jamie Crowe	Scottish Students	Univ of Stirling
4	39	26:18	Lachlan Oates	West	Shettleston Harriers
5	5	26:22	Peter Hodkinson	East	Hunters Bog T.
6	9	26:27	Calum McKenzie	East	Corstorphine AAC
7	53	26:30	Logan Rees (U20)	Scottish Students	Univ of Edinburgh
8	49	26:35	Broc Drury	Scottish Students	Univ of Aberdeen
9	40	26:40	Grant Sheldon	West	Cambuslang Harriers
10	38	26:45	Tewolde Mengisteab	West	Shettleston Harriers
11	10	26:48	Max McNeil	East	Lothian RC
12	30	26:50	Peter Avent	West	Shettleston Harriers
13	15	26:58	Murray Strain	East	Hunters Bog T.
14	6	27:00	Will Mackay	East	Aberdeen AAC
15	1	27:01	Michael Christoforou	East	Edinburgh AC
16	26	27:01	John Newson	North	Inverness Harriers
17	56	27:02	Ryan Thomson	Scottish Students	Univ of Strathclyde
18	33	27:10	Kyle McLellan	West	Cambuslang Harriers
19	13	27:13	Douglas Selman	East	Corstorphine AAC
20	11	27:17	Cameron Milne	East	Central AC
21	55	27:20	Scott Stirling	Scottish Students	Univ of Edinburgh
22	8	27:20	Conan McCaughey	East	Central AC
23	37	27:24	Alasdair McLeod	West	Shettleston Harriers
24	48	27:28	Elisha de Mello	Scottish Students	Univ of Edinburgh
25	28	27:35	Kenny Wilson	North	Moray RR
26	12	27:40	Tristan Rees (U20)	East	Fife AC
27	16	27:43	Michael Wright	East	Central AC
28	35	27:45	Stuart Gibson	West	Cambuslang Harriers
29	4	27:49	Kyle Greig	East	Metro Aberdeen RC
30	18	27:50	Craig Campbell	North	Inverness Harriers
31	41	27:53	Robert Simpson	West	Shettleston Harriers
32	32	28:03	John Bell	West	Inverclyde AC
33	7	28:03	Tom Martyn	East	Hunters Bog T.
34	21	28:09	Gordon Lennox	North	Inverness Harriers
35	52	28:09	Jack Leitch (U20)	Scottish Students	Univ of Edinburgh
36	51	28:11	James Taylor	Scottish Students	Univ of Edinburgh
37	42	28:15	Alastair Thurlbeck	West	Glasgow Uni H&H
38	31	28:17	Grant Baillie	West	East Kilbride AC
39	46	28:21	A Chepelin (U20)	Scottish Students	Univ of Edinburgh
40	17	28:24	Graham Bee	North	Inverness Harriers
41	44	28:27	Matthew Turner	West	Shettleston Harriers
42	50	28:33	Hamish Battle	Scottish Students	Robert Gordon Univ
43	36	28:42	Robert Gilroy	West	Cambuslang Harriers
44	27	29:18	Finlay Todd (U20)	North	Ross County AC
45	45	29:41	Alex Carcas (U20)	Scottish Students	Univ of Edinburgh
46	29	30:18	Cameron Young (U20)	North	Inverness Harriers

Team Result

1 East	50
Kris Jones (1), Peter Hodkinson (5), Calum McKenzie (6), Max McNeil (11), Murray Strain (13) & Will Mackay (14)	
2 West	55
Luke Traynor (2), Lachlan Oates (4), Grant Sheldon (9), Tewolde Mengisteab (10), Peter Avent (12) & Kyle McLellan (18)	
3 Scottish Students	80
Jamie Crowe (3), Logan Rees (U20) (7), Broc Drury (8), Ryan Thomson (17), Scott Stirling (21) & Elisha de Mello (24)	
4 North	189
John Newson (16), Kenny Wilson (25), Craig Campbell (30), Gordon Lennox (34), Graham Bee (40) & Finlay Todd (U20) (44)	

Pos.	Bib	Time	Name	Team	Club
1	110	22:18	Morag McLarty	East	Central AC
2	133	22:33	Nicola Hood	West	Dumfries RC
3	124	22:38	Anna MacFadyen (U20)	North	Forres Harriers
4	152	22:46	Mhairi MacLennan	Scottish Students	Univ of Edinburgh
5	153	22:53	Louise Mercer	Scottish Students	Univ of Edinburgh
6	130	23:11	Gillian Black (U20)	West	VP-City of Glasgow
7	131	23:21	Lesley Chisholm	West	Garscube Harriers
8	105	23:22	Megan Crawford	East	Fife AC
9	107	23:24	Sarah Inglis	East	Lothian RC
10	106	23:27	Rachel Dunn	East	Edinburgh AC
11	114	23:28	Jennifer Wetton	East	Central AC
12	139	23:29	Michelle Sandison	West	Springburn Harriers
13	103	23:32	Fiona Brian	East	Metro Aberdeen RC
14	144	23:44	Katie White	West	Garscube Harriers
15	156	23:54	A Simpson (U20)	Scottish Students	Univ of Glasgow
16	108	23:58	Kayleigh Jarrett	East	Metro Aberdeen RC
17	132	23:59	Elspeth Curran	West	Kilbarchan AAC
18	104	24:01	Rebecca Burns	East	Edinburgh AC
19	155	24:02	Halina Rees	Scottish Students	Univ of Strathclyde
20	125	24:03	Eilidh Mackenzie	North	Stornoway RAC
21	115	24:03	Lauren Wilson	East	Edinburgh AC
22	135	24:04	Ruth Joss	West	Shettleston Harriers
23	137	24:16	Avril Mason	West	Shettleston Harriers
24	101	24:18	Katie Bain	East	Edinburgh AC
25	142	24:23	Anna Tait (U20)	West	VP-City of Glasgow AC
26	118	24:25	Moira Davie	North	Forres Harriers
27	138	24:29	Nynke Mulholland	West	Inverclyde AC
28	102	24:31	Virginie Barrand	East	Metro Aberdeen RC
29	113	24:34	Lauren Stoddart	East	Edinburgh AC
30	143	24:40	Laura Wallace	West	Ayr Seaforth AC
31	111	24:49	Charlotte Morgan	East	Carnethy Hill RC
32	136	24:54	Jessica Martin	West	Shettleston Harriers
33	150	24:56	Alexandra Lamond	Scottish Students	Univ of Strathclyde
34	146	24:57	Sophie Collins	Scottish Students	Univ of Edinburgh
35	134	24:59	Clara Horswell	West	Shettleston Harriers
36	140	25:02	Jill Smylie	West	Giffnock North AAC
37	145	25:14	Zoe Bates (U20)	Scottish Students	Univ of Aberdeen
38	128	25:46	Kirstie Rogan	North	Forres Harriers
39	116	26:07	Marie Baxter	North	Garioch Road Runners
40	147	26:14	A Cruickshanks (U20)	Scottish Students	Edinburgh Napier
41	123	26:17	Karen Lyons	North	Highland Hill Runners
42	127	27:46	Susan Rae	North	Moray RR
43	119	27:49	M Donaldson-Slater	North	Moray RR
44	121	28:42	Siobhan Evans	North	Forres Harriers

Team Result

1 East	52
Morag McLarty (1), Megan Crawford (8), Sarah Inglis (9), Rachel Dunn (10), Jennifer Wetton (11) & Fiona Brian (13)	
2 West	58
Nicola Hood (2), Gillian Black (U20) (6), Lesley Chisholm (7), Michelle Sandison (12), Katie White (14) & Elspeth Curran (17)	
3 Scottish Students	110
Mhairi MacLennan (4), Louise Mercer (5), Annabel Simpson (U20) (15), Halina Rees (19), Alexandra Lamond (33) & Sophie Collins (34)	
4 North	167
Anna MacFadyen (U20) (3), Eilidh Mackenzie (20), Moira Davie (26), Kirstie Rogan (38), Marie Baxter (39) & Karen Lyons (41)	