

Stage 1

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|----|-------|----------------------------|-------------------------------|----|-------|---------------------------|-------------------------------|
| 1 | 14:48 | John Matheson (M50) | Metro Aberdeen Running Club E | 12 | 16:10 | Alan Gibson (M55) | Fife AC B |
| 2 | 14:51 | William Breckenridge (M50) | Shettleston Harriers E | 13 | 16:26 | David Arnott (M45) | Corstorphine AAC J |
| 3 | 14:53 | John Blair (M50) | Edinburgh AC D | 14 | 16:40 | Andy Redman (M55) | Metro Aberdeen Running Club F |
| 4 | 14:54 | Andrew Ronald (M50) | Falkirk Victoria Harriers D | 15 | 16:44 | Stephen Maley (M50) | Portobello Running Club E |
| 5 | 15:03 | David Eckersley (M50) | Central AC D | 16 | 16:53 | Jonathan Miller (M50) | VP-Glasgow AC B |
| 6 | 15:12 | William Jarvie (M55) | Portobello Running Club D | 17 | 17:19 | Simon Grieshaber (M50) | Perth Road Runners C |
| 7 | 15:13 | Colin Mclean (M50) | Springburn Harriers C | 18 | 17:20 | Ian Robert Johnston (M60) | PH Racing Club B |
| 8 | 15:23 | Ian McPherson (M50) | Corstorphine AAC I | 19 | 18:01 | Andrew Henderson (M60) | Calderglen Harriers C |
| 9 | 15:34 | Yan Horsburgh (M50) | Gala Harriers C | 20 | 18:30 | Tom Collins (M60) | Clydesdale Harriers B |
| 10 | 15:40 | Des Dickson (M55) | Cambuslang Harriers H | 21 | 19:30 | Paul Lockie (M50) | Teviotdale Harriers C |
| 11 | 16:01 | Neil McLure (M50) | Carnegie Harriers B | 22 | 20:00 | Cameron Campbell (M55) | Central AC E |

Stage 2

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| 1 | 14:40 | Chris Upson (M50) | Cambuslang Harriers H | 12 | 16:54 | Jan-Bert Van Den Berg (M55) | Corstorphine AAC I |
| 2 | 15:01 | Crawford Little (M50) | VP-Glasgow AC B | 13 | 17:11 | John Crookston (M60) | PH Racing Club B |
| 3 | 15:05 | Alan Derrick (M50) | Calderglen Harriers C | 14 | 17:34 | Steve Adam (M50) | Carnegie Harriers B |
| 4 | 15:08 | Michael McQuaid (M50) | Falkirk Victoria Harriers D | 15 | 17:44 | Willie Munro (M55) | Springburn Harriers C |
| 5 | 15:20 | William Coyle (M55) | Shettleston Harriers E | 16 | 18:02 | Peter Jennings (M60) | Metro Aberdeen Running Club F |
| 6 | 15:30 | Peter Buchanan (M55) | Portobello Running Club D | 17 | 19:03 | Robert Young (M70) | Clydesdale Harriers B |
| 7 | 15:48 | Chris Creegan (M55) | Edinburgh AC D | 18 | 19:13 | Allan Gall (M60) | Central AC E |
| 8 | 15:52 | George McPherson (M60) | Metro Aberdeen Running Club E | 19 | 20:08 | Alan Coltman (M50) | Teviotdale Harriers C |
| 9 | 16:08 | Charles Graham-Marr (M55) | Central AC D | 20 | 20:21 | Alan Simpson (M65) | Portobello Running Club E |
| 10 | 16:41 | Colin Brown (M50) | Fife AC B | 21 | 22:50 | Alan Bothwell (M55) | Perth Road Runners C |
| 11 | 16:41 | William Mcculloch (M55) | Gala Harriers C | | | | |

Stage 3

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|----|-------|------------------------|-------------------------------|----|-------|-----------------------|---------------------------|
| 1 | 14:28 | Nick Milovsorov (M50) | Metro Aberdeen Running Club E | 12 | 17:33 | Stuart Watson (M55) | Central AC D |
| 2 | 14:48 | Brian Scally (M50) | Shettleston Harriers E | 13 | 17:40 | David Cowan (M55) | Fife AC B |
| 3 | 14:55 | Jake Harper (M55) | Portobello Running Club D | 14 | 17:45 | Paul Stewart (M50) | Perth Road Runners C |
| 4 | 15:30 | Daniel O'Connell (M50) | Cambuslang Harriers H | 15 | 17:52 | Edward Reid (M50) | Calderglen Harriers C |
| 5 | 15:35 | David Cross (M50) | Edinburgh AC D | 16 | 17:55 | David Law (M55) | Corstorphine AAC I |
| 6 | 16:19 | Peter Jardine (M50) | VP-Glasgow AC B | 17 | 18:11 | Andrew Stavert (M55) | Portobello Running Club E |
| 7 | 16:22 | Wallace Grieve (M50) | Falkirk Victoria Harriers D | 18 | 21:06 | Peter Rudzinski (M65) | Clydesdale Harriers B |
| 8 | 16:26 | Keith Farquhar (M55) | Metro Aberdeen Running Club F | 19 | 21:38 | Stephen Greer (M55) | Carnegie Harriers B |
| 9 | 16:30 | Alan Cockburn (M50) | PH Racing Club B | 20 | 21:38 | Bill Knox (M65) | Teviotdale Harriers C |
| 10 | 16:40 | Ian Maxwell (M55) | Gala Harriers C | 21 | 21:44 | John Millar (M65) | Central AC E |
| 11 | 17:00 | Donnie Inglis (M50) | Springburn Harriers C | | | | |