

Stage 1

1	13:37	Tom Ferrington (M40)	Corstorphine AAC F	18	16:09	Neil Park (M45)	Portobello Running Club C
2	13:38	Malcolm Lang (M40)	Lothian Running Club	19	16:21	Rick Booth (M40)	Fife AC C
3	13:55	Robert Pattinson (M50)	Motherwell AC B	20	16:21	John Stevenson (M45)	Greenock Glenpark Harriers B
4	13:57	Graeme McCabe (M45)	Kirkintilloch Olympians	21	16:24	Alan Inglis (M45)	Teviotdale Harriers B
5	14:02	Stephen Allan (M40)	Cumbernauld AAC	22	16:34	Colin Alexander (M40)	Central AC F
6	14:06	Gareth Jenkins (M45)	Moray Road Runners	23	16:37	Robert Watson (M55)	Kirkintilloch Olympians B
7	14:21	David Lindsay (M40)	Garscube Harriers	24	16:41	Iain Pettigrew (M45)	Ayr Seaforth AC B
8	14:30	Howard Elliott (M45)	Cumbernauld AAC B	25	16:56	Christopher Smith (M50)	Giffnock North AAC D
9	14:44	John O'Donnell (M40)	Giffnock North AAC E	26	17:52	Alastair Law (M45)	Inverclyde AC E
10	14:45	Darren Cavaroli (M45)	Harmeny AC	27	18:01	Raymond J Milne (M55)	Central AC G
11	14:53	Dino Roussias (M40)	Metro Aberdeen Running Club D	28	18:12	John Burns (M55)	Motherwell AC C
12	14:57	Brian Douglas (M45)	Cambuslang Harriers F	29	18:40	Grant Sellar (M50)	Ferranti AAC
13	14:59	Iain Macleod (M45)	Corstorphine AAC G	30	18:45	Richard Lawton (M40)	Calderglen Harriers B
14	15:13	Stuart Campbell (M50)	Corstorphine AAC H	31	19:16	Alastair Mccallum (M55)	Falkirk Victoria Harriers C
15	15:28	Iain Nicholl (M40)	Cambuslang Harriers G	32	19:26	Eric Stevenson (M65)	Edinburgh AC E
16	15:36	Andrew McGlone (M50)	Lasswade AAC B	33	20:20	Guillermo Hernandez (M70)	Dundee Hawhill Harriers B
17	16:00	Francis Gilroy (M50)	Bellahouston Harriers C				

Stage 2

1	13:12	Robert Gilroy (M40)	Cambuslang Harriers F	17	16:29	Russell Willox (M40)	Metro Aberdeen Running Club D
2	13:47	Moray Anderson (M40)	Corstorphine AAC F	18	16:32	Simon Gold (M40)	Cambuslang Harriers G
3	14:05	Steven Campbell (M40)	Greenock Glenpark Harriers B	19	16:34	Hugh Buchanan (M55)	Central AC F
4	14:17	Chris Greenhalgh (M40)	Giffnock North AAC E	20	16:34	Peter Ness (M45)	Lasswade AAC B
5	14:26	Nick Heaney (M40)	Garscube Harriers	21	16:38	Raymond Jaffray (M50)	Teviotdale Harriers B
6	14:41	Ian Johnston (M50)	Corstorphine AAC H	22	16:41	Robert Mclear (M40)	Portobello Running Club C
7	14:41	Alan Knowles (M40)	Lothian Running Club	23	17:05	Paul Houston (M45)	Bellahouston Harriers C
8	14:47	Martin Fitchie (M40)	Cumbernauld AAC	24	17:26	Jason Saunders (M40)	Central AC G
9	14:51	Colin Green (M45)	Moray Road Runners	25	18:02	Nicholas Farrell (M55)	Giffnock North AAC D
10	15:01	Ewen Cameron (M40)	Motherwell AC B	26	18:12	Steven Pennycook (M55)	Fife AC C
11	15:02	Sean Casey (M45)	Cumbernauld AAC B	27	18:20	John Hannah (M40)	Ayr Seaforth AC B
12	15:19	Dean Carr (M45)	Corstorphine AAC G	28	19:14	Raymond Tully (M45)	Dundee Hawhill Harriers B
13	15:57	Ross Millar (M40)	Harmeny AC	29	19:26	Simon Johnston (M40)	Falkirk Victoria Harriers C
14	16:06	Martin Ferguson (M50)	Edinburgh AC E	30	19:37	Robert Shaw (M60)	Inverclyde AC E
15	16:14	Alastair Dunlop (M60)	Kirkintilloch Olympians B	31	19:45	Gordon McInally (M50)	Calderglen Harriers B
16	16:17	Gary Shaw (M40)	Kirkintilloch Olympians	32	24:35	Edward McDonald (M65)	Ferranti AAC

Stage 3

1	13:25	Paul Monaghan (M45)	Greenock Glenpark Harriers B	16	16:36	Neil Nairn (M45)	Bellahouston Harriers C
2	14:05	Justin Carter (M40)	Cambuslang Harriers F	17	16:55	Hugh Kerr (M55)	Central AC G
3	14:11	Keith Hood (M45)	Corstorphine AAC F	18	16:57	Robert Taylor (M55)	Metro Aberdeen Running Club D
4	14:37	Ross McEachern (M50)	Cumbernauld AAC B	19	17:09	Richard Clark (M40)	Edinburgh AC E
5	14:42	Robert Bartley (M40)	Cumbernauld AAC	20	17:14	Marco Placentino (M50)	Dundee Hawhill Harriers B
6	15:02	Graeme Fletcher (M55)	Corstorphine AAC H	21	17:22	Damien Mallet (M40)	Inverclyde AC E
7	15:13	Jason Steele (M40)	Giffnock North AAC E	22	17:31	Timothy Downie (M60)	Ayr Seaforth AC B
8	15:14	Paul Kernohan (M40)	Cambuslang Harriers G	23	17:42	Brian Harper (M45)	Teviotdale Harriers B
9	15:20	Barry McComish (M40)	Lothian Running Club	24	17:53	Ian Beattie (M50)	Harmeny AC
10	15:24	Martin Bain (M40)	Moray Road Runners	25	18:17	Gordon Dewar (M50)	Falkirk Victoria Harriers C
11	15:57	Jeremy Hall (M45)	Corstorphine AAC G	26	18:38	Colin Simpson (M60)	Kirkintilloch Olympians B
12	16:02	Gary Mitchell (M45)	Kirkintilloch Olympians	27	18:55	Derrick Ritchie (M55)	Giffnock North AAC D
13	16:15	Brian McLinden (M60)	Motherwell AC B	28	19:01	Allan Barklie (M40)	Portobello Running Club C
14	16:21	Fraser Purves (M45)	Central AC F	29	20:45	Marco Consani (M40)	Garscube Harriers
15	16:26	Scott Dickson (M45)	Lasswade AAC B	30	21:14	Russell Couper (M50)	Calderglen Harriers B

Stage 4

1	13:23	Iain Reid (M40)	Cambuslang Harriers F	16	16:02	Andrew White (M45)	Greenock Glenpark Harriers B
2	13:59	Ross Milne (M40)	Corstorphine AAC F	17	16:38	Paul McMonagle (M45)	Cumbernauld AAC B
3	14:31	Steve Buchan (M40)	Metro Aberdeen Running Club D	18	16:39	Robert Gray (M45)	Inverclyde AC E
4	14:40	Colin Partridge (M40)	Lothian Running Club	19	17:02	Dave Clements (M45)	Edinburgh AC E
5	14:44	Paul Rogan (M45)	Moray Road Runners	20	17:04	Donald Shaw (M45)	Central AC F
6	14:56	David Hogg (M45)	Cumbernauld AAC	21	17:29	Alister Biggar (M45)	Teviotdale Harriers B
7	15:06	Luke Chamberlain (M40)	Giffnock North AAC E	22	17:44	Graham Knipe (M40)	Lasswade AAC B
8	15:13	Alan Tait (M40)	Motherwell AC B	23	17:52	Laurence Baker (M55)	Ayr Seaforth AC B
9	15:28	Michael O'Hagan (M45)	Cambuslang Harriers G	24	18:08	Mark Logie (M45)	Central AC G
10	15:40	Mark Welsford (M40)	Kirkintilloch Olympians	25	18:15	John Pugh (M45)	Kirkintilloch Olympians B
11	15:42	Robert McLennan (M55)	Garscube Harriers	26	20:08	David Chong (M Sen)	Giffnock North AAC D
12	15:54	mark wallace (M45)	Bellahouston Harriers C	27	20:16	Mark Jones (M45)	Harmeny AC
13	15:54	Steve Matthews (M45)	Dundee Hawkhill Harriers B	28	21:04	John Boyd (M55)	Calderglen Harriers B
14	15:58	Steve Crane (M55)	Portobello Running Club C	29	21:41	Fraser Houston (M45)	Falkirk Victoria Harriers C
15	16:02	Victor Jack (M45)	Corstorphine AAC G				