

1 Inverclyde AC	50:50	17 Garscube Harriers B	54:26	33 Hunters Bog Trotters	57:35
Andrew Douglas (M Sen)	12:10 (1)	Garry Mathew (M Sen)	13:36 (29)	Alasdair Anthony (M40)	13:25 (20)
John Bell (M Sen)	12:56 (1)	Donald McPartlin (M Sen)	13:38 (22)	Ewan Crawford (M Sen)	14:43 (36)
Ross Gray (MU20)	13:02 (1)	Cody Stevenson (MU20)	13:41 (18)	John McManus (M Sen)	14:34 (34)
Craig Ruddy (M Sen)	12:42 (1)	Thomas Berry (MU20)	13:31 (17)	Andrew Cummings (M Sen)	14:53 (33)
2 Aberdeen AAC	51:12	18 Gala Harriers	54:27	34 Inverclyde AC C	57:36
Rory Stead (M Sen)	13:02 (10)	Callum Tharme (MU20)	13:02 (11)	David Henderson (M Sen)	13:51 (37)
James Hoad (M Sen)	13:02 (6)	Graeme Murdoch (M Sen)	13:16 (8)	Jon Hammerman (M Sen)	14:04 (31)
Will Mackay (M Sen)	12:51 (4)	Craig Mattocks (M40)	14:49 (19)	Nicholas Gemmell (M40)	14:37 (32)
Michael Ferguson (M Sen)	12:17 (2)	Faisal Khurshed (MU20)	13:20 (18)	Jason Kane (M Sen)	15:04 (34)
3 Central AC	51:23	19 Inverclyde AC B	54:46	35 Kilmarnock H&AC	58:01
Scott McDonald (M Sen)	12:37 (4)	Sean Gaffney (M Sen)	13:30 (25)	Craig Ferguson (M Sen)	14:11 (49)
Lewis Millar (M Sen)	13:17 (5)	Mark Pollard (M Sen)	13:10 (15)	Colin Glencorse (M40)	14:51 (48)
Aidan Thompson (M Sen)	12:40 (2)	Callum Hunter (M Sen)	13:58 (14)	Scott Martin (M45)	15:01 (49)
Cameron Milne (M Sen)	12:49 (3)	Peter Tucker (M Sen)	14:08 (19)	Cameron Wilson (M Sen)	13:58 (35)
4 Shettleston Harriers	51:26	20 Cambuslang Harriers C	55:08	36 Ayr Seaforth AC	58:06
Peter Avent (M Sen)	12:54 (8)	Fraser Stewart (M Sen)	13:29 (23)	Kenneth Neil (M Sen)	13:34 (28)
Matthew Turner (M Sen)	12:58 (4)	Richard Carr (M Sen)	13:46 (24)	Stephen McCrorie (M45)	14:57 (40)
William Bardsley (MU20)	13:25 (6)	Colin Reilly (M Sen)	13:56 (20)	Brian Robinson (M40)	14:51 (38)
Lachlan Oates (M Sen)	12:09 (4)	Bobby Bristow (M Sen)	13:57 (20)	Grahame Hopper (M Sen)	14:44 (36)
5 Corstorphine AAC	51:41	21 Metro Aberdeen Running Club	55:17	37 Corstorphine AAC D	58:09
Anthony Addison (MU20)	12:52 (7)	Hamish Battle (M Sen)	13:05 (12)	Forbes Jackson (MU20)	13:53 (41)
Calum McKenzie (M Sen)	12:24 (2)	Ben Ward (M Sen)	14:18 (25)	Jonathan Carpenter (M Sen)	14:16 (38)
Andrew Christy (M Sen)	13:36 (3)	Iain Manson (M Sen)	13:49 (21)	Thomas Wilson (M Sen)	14:57 (37)
Dermot Cummins (M Sen)	12:49 (5)	Tom Brian (M Sen)	14:05 (21)	Liam Sleigh (M Sen)	15:03 (37)
6 Edinburgh Univ Hare & Hounds	52:01	22 Aberdeen AAC C	55:25	38 Garscube Harriers C	58:13
Cameron Young (MU20)	13:16 (15)	Steven Murray (M Sen)	13:43 (30)	Craig Shields (M Sen)	14:16 (51)
Thomas Otton (MU20)	13:16 (13)	Aaron Odentz (MU20)	14:16 (32)	Kevin Liddle (M Sen)	13:48 (34)
Alexander Chepelin (M Sen)	12:49 (8)	Fearghas Thomson (M Sen)	13:40 (23)	Gavin Hinde (M40)	15:24 (40)
Alex Carcas (MU20)	12:40 (6)	James Joy (M Sen)	13:46 (22)	Chris Stockdale (M Sen)	14:45 (38)
7 Fife AC	52:06	23 Bellahouston Harriers	55:28	39 Dundee Hawkhill Harriers	58:18
Tristan Rees (MU20)	12:56 (9)	Gregor Yates (M Sen)	13:31 (26)	Gareth Irons (M Sen)	14:55 (65)
Derek Rae (M Sen)	13:26 (9)	Crispin Walsh (M45)	14:21 (30)	Scott Dyer (M Sen)	14:45 (55)
Simon Anetts (M Sen)	13:35 (11)	David Mackintosh (M Sen)	14:03 (27)	Billy Gibson (M40)	14:07 (42)
Logan Rees (M Sen)	12:09 (7)	Jack Arnold (M Sen)	13:33 (23)	Mike Herron (M Sen)	14:31 (39)
8 Cambuslang Harriers	52:30	24 Cambuslang Harriers D	55:52	40 Aberdeen AAC D	58:26
Struan Paton (MU20)	13:23 (16)	Scott Somerville (MU20)	13:49 (36)	Matthias Flamenco (MU20)	14:41 (59)
Gavin Smith (MU20)	13:00 (10)	Eamon Carr (MU20)	14:16 (35)	Ben Nelson (M Sen)	15:21 (63)
Stuart Gibson (M Sen)	12:56 (7)	Matthew McKenna (M Sen)	14:41 (35)	Philip Neilson (MU20)	13:59 (47)
Kyle McLellan (M Sen)	13:11 (8)	Iain MacCorquodale (M Sen)	13:06 (24)	Joe Barton (MU20)	14:25 (40)
9 Cambuslang Harriers B	52:38	25 Giffnock North AAC	55:56	41 PH Racing Club	58:28
Craig Jardine (M Sen)	12:43 (5)	Nikolai Gajic (MU20)	13:24 (19)	Darren Jubb (M Sen)	13:51 (38)
Jamie MacKinnon (MU20)	13:29 (7)	Nicholas Boyle (MU20)	14:09 (26)	Daniel Monaghan (M Sen)	14:40 (41)
Kevan Harvey (M Sen)	13:15 (9)	Joseph Lowrie (MU20)	14:25 (28)	Wright Beveridge (M45)	15:18 (43)
Benjamin Hukins (M Sen)	13:11 (9)	Andrew Love (MU20)	13:58 (25)	Stuart Mackay (M Sen)	14:39 (41)
10 Edinburgh AC	52:40	26 Pitreavie AAC	55:59	42 Edinburgh AC B	58:29
Gavin Bryson (MU20)	12:51 (6)	Ben Potrykuk (M Sen)	12:29 (3)	Mark MacDermot (M Sen)	14:33 (55)
Jake Wightman (M Sen)	12:35 (3)	James Adam (MU20)	13:58 (12)	Michael Cameron (M Sen)	14:07 (44)
Daniel Bryant (M Sen)	13:38 (5)	Colin Lamont (M Sen)	15:16 (24)	Iain Macdonald (M Sen)	15:12 (44)
Leon Johnson (M40)	13:36 (10)	Evan Ross (M Sen)	14:16 (26)	Nicholas Wolverson (M Sen)	14:37 (42)
11 Glasgow University Hare and H	52:54	27 Law & District AAC	56:07	43 Bellahouston Road Runners	58:31
Sol Sweeney (MU20)	12:20 (2)	Darran Muir (M40)	13:45 (32)	Bruce Carse (M Sen)	14:38 (58)
Euan Rose (M Sen)	14:04 (11)	Ross Macdonald (M Sen)	13:29 (23)	Anthony Lucio Jannetta (M Sen)	14:36 (50)
Thomas Callan (M Sen)	13:27 (10)	Jonathan Kennedy (M Sen)	14:22 (22)	Alan Moss (M Sen)	14:55 (51)
Gavyn Chalmers (M Sen)	13:03 (11)	Riccardo Faccenda (M Sen)	14:31 (27)	Graeme Paterson (M40)	14:22 (43)
12 East Kilbride A.C.	53:18	28 Corstorphine AAC C	56:18	44 Greenock Glenpark Harriers C	58:40
Aidan Gilbride (MU20)	13:11 (13)	Alastair Brockie (M Sen)	13:47 (33)	Malcolm Maclean (M Sen)	15:11 (73)
Martin Lynas (MU20)	13:30 (16)	Jonathan Jackson (MU20)	14:04 (29)	Stephen Reid (M45)	14:13 (52)
John Ferguson (M Sen)	13:16 (12)	Chris Poxton (M Sen)	14:09 (29)	Frank McMahon (M65)	14:51 (52)
Grant Baillie (M Sen)	13:21 (12)	Aaron Hoyle (M Sen)	14:18 (28)	Kevin James Gill (M50)	14:25 (44)
13 Corstorphine AAC B	54:02	29 Perth Road Runners	56:56	45 Teviotdale Harriers	58:49
Julian Barrable (M Sen)	13:24 (18)	Michael McConnell (M Sen)	14:01 (45)	Greg Walker (M Sen)	14:53 (64)
Bryan Clark (M Sen)	13:37 (18)	Myles Bax (M Sen)	14:03 (33)	Alastair Walker (M60)	14:45 (54)
Stuart Livingstone (M Sen)	13:43 (15)	Kevin Riddell (M Sen)	14:57 (36)	Bruce Hughes (M Sen)	14:17 (46)
James Taylor (M Sen)	13:18 (13)	Alistair Gudgin (M Sen)	13:55 (29)	Rory Anderson (M Sen)	14:54 (45)
14 Kilbarchan AAC	54:03	30 Kilbarchan AAC B	57:08	46 Metro Aberdeen Running Club B	58:54
Graham Evans (M Sen)	13:13 (14)	Robbie Ferguson (MU20)	14:05 (46)	Chris Richardson (M Sen)	14:07 (47)
Robert Quinn (M50)	13:49 (19)	Scott McLardie (MU20)	14:03 (37)	Stuart Milne (M Sen)	14:43 (46)
Callum Matthews (M Sen)	13:44 (16)	Matthew O'Brien (M Sen)	14:00 (31)	Andrew Pearson (M Sen)	15:02 (45)
Josh Hendry (MU20)	13:17 (14)	Stuart Kerr (M Sen)	15:00 (30)	Craig Beattie (M Sen)	15:02 (46)
15 Aberdeen AAC B	54:08	31 Shettleston Harriers B	57:15	47 East Kilbride A.C. B	58:59
Stewart Millar (MU20)	13:23 (17)	Paul Sorrie (M Sen)	13:29 (24)	Jamie Clements (M Sen)	13:28 (22)
Tyler White (MU20)	13:13 (14)	Brian McGarrity (M Sen)	14:11 (27)	Vincent Hastings (M Sen)	15:03 (39)
Euan Webster (M Sen)	13:48 (13)	Callum Drummond (M Sen)	14:14 (26)	Ross Grant (M Sen)	15:04 (41)
Andrew John Ferguson (M Sen)	13:44 (15)	Andrew Jackson (M Sen)	15:21 (31)	Luke Kirwan (MU20)	15:24 (47)
16 Central AC B	54:15	32 Central AC C	57:32	48 Bellahouston Harriers B	59:00
Fraser Logan (M Sen)	13:44 (31)	Murray MacLarty (M Sen)	13:27 (21)	Paul Clawson (M Sen)	15:18 (75)
Ruaridh Miller (M Sen)	13:26 (20)	Matthew Sutherland (M Sen)	13:46 (21)	Fraser Armstrong (M Sen)	14:55 (68)
Scott Brember (M45)	13:36 (17)	David Lindsay (M Sen)	14:37 (25)	Stuart Miller (M Sen)	14:21 (55)
Michael Wright (M Sen)	13:29 (16)	Ross McNaught (M Sen)	15:42 (32)	Darren McQuade (M Sen)	14:26 (48)

49 Edinburgh AC C	59:14	63 Lothian Running Club B	1:02:13	77 Inverclyde AC D	1:05:31
Lewis Renton (M Sen)	14:49 (61)	Robert Kennedy (M Sen)	14:26 (53)	Matthew Thomson (M Sen)	15:53 (84)
Kevin Hamilton (M Sen)	14:42 (53)	Owen Williams (M Sen)	14:58 (51)	Gavin Morrison (M50)	16:40 (84)
Steven Watters (M Sen)	14:31 (48)	Alan Cunningham (M45)	16:34 (64)	Robert Todd (M Sen)	16:48 (83)
Iain Craven (M Sen)	15:12 (49)	Brian Lees (M50)	16:15 (63)	Thomas Jamieson (M Sen)	16:10 (77)
50 VP-Glasgow AC	59:18	64 Hunters Bog Trotters B	1:02:34	78 Corstorphine AAC E	1:06:01
Charlie Milarvie (MU20)	13:48 (35)	Richard Dougal (M Sen)	14:43 (60)	Peter Black (M Sen)	16:07 (89)
Max Milarvie (MU20)	13:09 (17)	Michael Grant (M Sen)	15:23 (66)	David Hart (M Sen)	16:34 (86)
Gerard Craig (M45)	15:40 (33)	Peter McClelland (M Sen)	16:01 (66)	Neill Porterfield (M40)	17:21 (86)
Duncan Thomson (M45)	16:41 (50)	Dave Ward (M Sen)	16:27 (64)	Alan Cameron (M45)	15:59 (78)
51 Springburn Harriers	59:20	65 Garscube Harriers D	1:02:55	79 Gala Harriers B	1:06:26
Scott Partyka (M Sen)	14:08 (48)	Jeremy Couling (M45)	16:38 (94)	Fergus Johnston (M Sen)	16:50 (96)
Jack McCabe (MU20)	14:27 (43)	Alexander Chisholm (M60)	13:50 (70)	Rory Campbell (M45)	15:44 (85)
Joseph Junior Chambers (M Sen)	15:33 (50)	John Murray (M40)	16:04 (67)	Derrick Brydon (M45)	18:34 (88)
Andy Norris (M Sen)	15:12 (51)	Robbie Drummond (M45)	16:23 (65)	Graeme Murdoch (M Sen)	15:18 (79)
52 Inverness Harriers AAC	59:24	66 Kirkintilloch Olympians C	1:03:12	80 Airdrie Harriers	1:06:53
Christopher Fife (M Sen)	13:56 (44)	Euan Craig (M Sen)	14:52 (63)	Andrew Morgan (M Sen)	15:40 (81)
Ross Cairns (M40)	15:48 (58)	Mark Tyrrell (M Sen)	15:32 (69)	Steven Phillips (M Sen)	17:04 (87)
Timothy Cooke (M50)	15:35 (57)	Robert Conroy (M40)	16:34 (69)	Iain Chisholm (M50)	17:01 (85)
Finlay MacLennan (M Sen)	14:05 (52)	Paul Waters (M40)	16:14 (66)	Francis Cullen (M Sen)	17:08 (80)
53 Strathclyde Univ Harriers	59:46	67 Kilmarnock H&AC B	1:03:27	81 Hamilton Harriers B	1:07:00
Kieran Pugh (M Sen)	14:57 (68)	Jamie Nix (MU20)	15:10 (72)	Ross Bickerstaff (M55)	17:39 (103)
Jamie McLaren (MU20)	16:10 (74)	James Wales (M Sen)	14:48 (62)	Andrew Bickerstaff (M Sen)	17:11 (96)
James Pettigrew (M Sen)	14:57 (65)	Scott Lyden (M Sen)	15:44 (62)	Richard Murciano (M Sen)	16:30 (89)
Lewis Ross (MU20)	13:42 (53)	Mario Campagna (M45)	17:45 (67)	Stephen Duffy (M40)	15:40 (81)
54 Glasgow University Hare and H B	59:53	68 Clydesdale Harriers	1:03:48	82 Garscube Harriers E	1:09:00
Neil Wilson (M Sen)	13:51 (39)	Iain Robertson (M Sen)	15:28 (77)	David McKay (M Sen)	16:21 (91)
Tom Hartley (M Sen)	15:22 (49)	Michael Diver (M50)	16:07 (79)	Athole Smith (M55)	17:35 (92)
Callam Scott (M Sen)	14:14 (39)	Tony Dolan (M Sen)	17:02 (78)	Alan McIntosh (M Sen)	17:27 (90)
Daniel Nixon (MU20)	16:26 (54)	Ryan Nelson (M Sen)	15:11 (68)	Iain McFarlane (M Sen)	17:37 (82)
55 Shettleston Harriers C	1:00:06	69 Moray Road Runners B	1:03:50	83 Law & District AAC B	1:10:17
John Connaghan (M45)	14:19 (52)	James Wilson (M Sen)	13:47 (34)	James McClafferty (MU20)	15:38 (79)
Peter Mackie (M40)	14:32 (47)	Andy Alexander (M50)	15:57 (57)	Shaun Burke (MU20)	18:38 (94)
Paul Masson (M Sen)	15:36 (54)	Jason James (M Sen)	16:02 (63)	James Scullion (M40)	18:44 (94)
Duncan McCauley (M Sen)	15:39 (55)	Nigel Williams (M50)	18:04 (69)	Kieran Cubis (MU20)	17:17 (83)
56 Irvine Running Club	1:00:39	70 Metro Aberdeen Running Club C	1:03:57	84 Garscube Harriers F	1:12:40
Steve Daye (M Sen)	14:51 (62)	Philip Brown (M Sen)	14:56 (67)	Ade Kearns (M55)	18:38 (108)
Alan Douglas (M Sen)	15:44 (71)	Steven Morrison (M Sen)	15:08 (64)	Craig Brown (M45)	17:57 (103)
Paul Lafferty (M Sen)	14:57 (60)	Barry Maguire (M Sen)	18:33 (77)	Jim McAneney (M55)	18:03 (97)
Mark Livingstone (M45)	15:07 (56)	Rankin Lascelles (M Sen)	15:20 (70)	Alistair Cuthbertson (M50)	18:02 (84)
57 Dumbarton AAC	1:01:09	71 Bellahouston Road Runners B	1:04:06	85 Greenock Glenpark Harriers D	1:13:28
David Fenwick (M Sen)	14:31 (54)	Jim Robinson (M55)	15:42 (82)	Greenock Glenpark Harriers D	18:06 (106)
Peter Walsh (M Sen)	15:27 (61)	Ronan Beale (M Sen)	15:36 (75)	Greenock Glenpark Harriers D	17:30 (98)
John McLean (M Sen)	14:55 (56)	Christopher Logue (M40)	16:49 (75)	Greenock Glenpark Harriers D	18:36 (96)
Stephen Cole (M45)	16:16 (57)	Gerard Scullion (M50)	15:59 (71)	Greenock Glenpark Harriers D	19:16 (85)
58 Shettleston Harriers D	1:01:17	72 Westerlands XC Club	1:04:29	86 Portobello Running Club B	1:16:41
Michael Blair (M Sen)	17:33 (101)	Alasdair MacInnes (M Sen)	16:04 (88)	Oliver Pound (M Sen)	17:24 (100)
Lachlan Calder (M Sen)	13:49 (76)	Roddy Cunningham (M Sen)	15:33 (80)	Sandy MacDonald (M40)	17:40 (97)
David I Houston (M Sen)	14:14 (61)	David Calder (M55)	16:29 (74)	Adam Small (M Sen)	21:10 (98)
John Oates (M55)	15:41 (58)	Christopher Butler (M Sen)	16:23 (72)	Mark Fry (M50)	20:27 (86)
59 Portobello Running Club	1:01:20	73 Calderglen Harriers	1:05:19	87 Westerlands XC Club B	1:17:02
David McNamara (M Sen)	14:55 (66)	Mark Saez (M40)	14:57 (69)	John Quinn (M55)	18:54 (109)
Marcin Karpowicz (M Sen)	15:14 (67)	Andrew Buchanan (M Sen)	14:50 (59)	Kevin Baird (M Sen)	17:33 (102)
David McNamara (M Sen)	16:53 (70)	Stephen Phimister (M45)	16:51 (68)	Graeme Orr (M65)	21:30 (100)
David Limmer (M Sen)	14:18 (59)	Jim Holmes (M45)	18:41 (73)	Andrew Fullwood (M50)	19:05 (87)
60 Giffnock North AAC B	1:01:27	74 Hamilton Harriers	1:05:23	88 Airdrie Harriers B	1:20:00
Harry Nimmo (MU20)	15:05 (70)	Andrew McLinden (M65)	16:37 (93)	Stephen Purvis (M40)	18:25 (107)
David Ross (M Sen)	14:37 (56)	James Breen (M50)	16:07 (88)	Mark Connelly (M40)	17:14 (99)
Colin Wylie (M45)	15:39 (58)	Murray McAlpine (M Sen)	16:22 (81)	David Thomson (M Sen)	23:45 (102)
Jan Bienkowski (M Sen)	16:06 (60)	Gary McLaughlan (M Sen)	16:17 (74)	Alan Burns (M40)	20:36 (88)
61 Falkirk Victoria Harriers	1:01:43	75 Giffnock North AAC C	1:05:24		
Steven George (M Sen)	13:53 (42)	Mark Sutherland (M40)	15:42 (83)		
Craig Johnston (M45)	15:58 (60)	Andy Munro (M Sen)	16:26 (82)		
Stuart Douglas (M Sen)	15:36 (59)	Colin Porter (M40)	16:54 (80)		
Alexander Davidson (M Sen)	16:16 (61)	Jordan Orr (MU20)	16:22 (75)		
62 Motherwell AC	1:02:09	76 Carnegie Harriers	1:05:28		
Paul Burns (M Sen)	13:53 (43)	Chris Stephenson (M45)	15:05 (71)		
Craig Mackenzie (M Sen)	14:40 (42)	Jonathan Millar (M Sen)	16:28 (78)		
Ross Thomson (M Sen)	15:43 (53)	Steven Honeyman (M40)	16:25 (72)		
Graham McEwan (M40)	17:53 (62)	Alan Murray (M45)	17:30 (76)		

INCOMPLETE TEAMS

Lasswade AAC	42:08	Cambuslang Harriers E	51:33	Kilbarchan AAC C	30:05
Scott Thomson (M Sen)	13:31 (27)	Scott Hunter (M40)	15:58 (86)	Suleiman Niven (MU20)	14:36 (56)
Martin Gore (M Sen)	14:10 (28)	John Kelly (M45)	18:38 (95)	Conor Thomson (MU20)	15:29 (65)
Jamie Darling (MU20)	14:27 (30)	William Fairley (M45)	16:57 (91)		
Pitreavie AAC B	47:34	Ochill Hill Runners	51:57	Edinburgh AC F	36:56
Craig Moriarty (MU20)	16:55 (97)	David Millar (M40)	15:12 (74)	Alex MacEwen (M60)	19:48 (111)
Taylor Roy (MU20)	16:02 (89)		16:51 (81)	Garry Robertson (M55)	17:08 (104)
Struan Ross (MU20)	14:37 (71)	Ron Martin (M50)	19:54 (92)		
Bellahouston Harriers D	48:03	East Kilbride A.C. C	52:50	Garscube Harriers G	45:38
Calum Ferguson (MU20)	16:08 (90)	Jack Kirwan (M Sen)	16:36 (92)	Charles Gordon (M45)	19:35 (110)
Mark Porter (M Sen)	15:18 (77)	Graeme Haddow (M55)	17:33 (93)	Raghbir Singh (M65)	26:03 (107)
Iain Morrison (M50)	16:37 (73)	Gordon Colvin (M55)	18:41 (93)		
Aberdeen AAC E	48:13	Dumbarton AAC B	53:20	Cumbernauld AAC C	14:14
Craig Smith (MU20)	15:29 (78)	William Goldie (M60)	17:20 (99)	Aidan McCaffrey (MU20)	14:14 (50)
Fraser McGillivray (M Sen)	15:08 (72)	Peter Walsh (M60)	18:50 (101)		
Alasdhair Love (M40)	17:36 (76)	Kieran McQuade (M Sen)	17:10 (95)	Glasgow University Hare and H C	15:19
				William Bryant (M Sen)	15:19 (76)
Perth Road Runners B	48:46	Kilmarnock H&AC C	56:26	Shetleston Harriers F	15:54
David Knight (M45)	14:37 (57)	Gordon Sandler (M50)	17:48 (104)	John J Duffy (M50)	15:54 (85)
Richard Ward (M45)	16:30 (73)	John McClarty (M50)	17:54 (100)		
Dave Sinclair (M Sen)	17:39 (79)	Stewart McRoberts (M Sen)	20:44 (99)	Banchory Stonehaven AC	17:37
				Andrew Ferguson Snr (M55)	17:37 (102)
Bellahouston Road Runners C	49:08	Hunters Bog Trotters C	58:08	Central AC H	19:54
Kenneth MacMahon (M40)	17:20 (98)	Daniel Darwin-Clements (M Sen)	16:47 (95)	Kenneth Hislop (M Sen)	19:54 (112)
Allon Galbraith (M55)	15:37 (90)	Robin Thomas (M60)	21:02 (105)		
Stuart Mathieson (M40)	16:11 (82)	Peter Gardner (M Sen)	20:19 (101)	Falkirk Victoria Harriers E	22:16
				David Bunyan (M65)	22:16 (113)
Springburn Harriers B	49:44	Metro Aberdeen Running Club G	1:01:44	Inverclyde AC F	23:41
Anthony J M McGale (M45)	16:00 (87)	Phil Mann (M55)	18:03 (105)	Tom Tracey (M65)	23:41 (114)
Stewart Robertson (M40)	16:25 (83)	Kevin Mackie (M40)	21:19 (106)		
Sean Gillin (M40)	17:19 (84)	Roy Milne (M Sen)	22:22 (103)		
Falkirk Victoria Harriers B	50:37	Edinburgh Univ Hare & Hounds B	28:43		
Peter Faulks (M40)	15:39 (80)	Daniel Smith (MU20)	13:51 (40)		
Malcolm Finlayson (M50)	17:30 (91)		14:52 (45)		
Callum Douglas (M Sen)	17:28 (87)				