

Pos.	Bib	Time	Name	Team	Club
1	295	16:15	Hamish Armitt	West	Giffnock North AC
2	283	16:16	Jack Patton	West	Kilbarchan AAC
3	254	16:25	Kristof Hornyik	East	Dundee Hawkhill H
4	279	16:29	Sunny McGrath	North	Deveron Harriers
5	252	16:39	Ben MacMillan	East	Central AC
6	281	16:56	Jack Trainer	West	Garscube Harriers
7	284	17:06	Harry McGill	West	Greenock Glenpark H
8	282	17:07	Christopher McLew	West	Cambuslang Harriers
9	257	17:11	Ryan Donald	East	Dundee Hawkhill H
10	260	17:13	Ben Sandilands	East	Fife AC
11	253	17:17	Hugh Morrow	East	Edinburgh AC
12	289	17:18	Ruairidh MacGregor	West	Cambuslang Harriers
13	285	17:18	Lewis Hannigan	West	Kilbarchan AAC
14	287	17:20	Ross J Whitelaw	West	Glasgow School of Sport
15	286	17:25	Ethan Carolan	West	Giffnock North AC
16	256	17:29	Alastair Marshall	East	Livingston AC
17	259	17:33	Iain McWhinnie	East	Fife AC
18	258	17:38	Adam Brown	East	Aberdeen AAC
19	264	17:39	David Addison	East	Corstorphine AAC
20	263	17:40	Michael Watt	East	Aberdeen AAC
21	267	17:40	Blair Milne	North	Moray RR
22	255	17:52	Cameron Sale	East	Dundee Hawkhill H
23	290	18:04	David McNair	West	Kilbarchan AAC
24	265	18:06	Gavin McWhinnie	East	Fife AC
25	270	18:07	Danny McPake	North	Ross County AC
26	293	18:08	Jack Bell	West	Giffnock North AC
27	262	18:10	Fraser Clyne	East	Teviotdale Harriers
28	251	18:11	Tom Ireland	East	Edinburgh AC
29	294	18:12	Brodie Aitken	West	Cambuslang Harriers
30	268	18:12	Angus Smith	North	Inverness Harriers AAC
31	261	18:14	Nathan Tosh	East	Metro Aberdeen RC
32	292	18:33	James Connelly	West	Garscube Harriers
33	272	18:48	Joshua Milne	North	Moray RR
34	276	18:52	Gordon Manson	North	Inverness Harriers AAC
35	274	18:57	Alex Ellen	North	Ross County AC
36	280	19:15	Sam Greenslade	North	Stornoway Running & AC
37	275	19:18	Kyle Sutherland	North	Ross County AC
38	269	19:23	David Scott	North	Forres Harriers
39	271	19:31	David Morrison	North	Stornoway Running & AC
40	278	19:58	Ewan Spink	North	Inverness Harriers AAC
41	277	20:00	Daniel Stewart	North	Stornoway Running & AC

### Team Result

<b>1 West</b>	Hamish Armitt (1), Jack Patton (2), Jack Trainer (6), Harry McGill (7), Christopher McLew (8) & Ruairidh MacGregor (12)	<b>36</b>
<b>2 East</b>	Kristof Hornyik (3), Ben MacMillan (5), Ryan Donald (9), Ben Sandilands (10), Hugh Morrow (11) & Alastair Marshall (16)	<b>54</b>
<b>3 North</b>	Sunny McGrath (4), Blair Milne (21), Danny McPake (25), Angus Smith (30), Joshua Milne (33) & Gordon Manson (34)	<b>147</b>