

SENIOR		MEN			
Place	Pos	Name		Club	Time
1st	1st	Calum	Phillip	Central AC	67:50
2nd	3rd	Ewan	Cameron	Edinbvrgh AC	69:43
3rd	6th	Marcus	D'agrosa	Gala Harriers	72:19

MASTERS		MEN			
Place	Pos	Name		Club	Time
1st	1st	Ewan	Cameron	Edinburgh AC	69:43
2nd	12th	Dessie	Flanagan	Carnethy HRC	74:27
3rd	14th	Stuart	Campbell	Corstorphine AAC	75:57

SENIOR		WOMEN			
Place	Pos	Name		Club	Time
1st	1st	Sara	Green	Gala Harriers	78:14
2nd	2nd	Nicola	MacDonald	Metro Aberden RC	80:20
3rd	4th	Katie	Phillips	Central AC	82:24

MASTERS		WOMEN			
Place	Pos	Name		Club	Time
1st	1st	Sara	Green	Gala Harriers	78:14
2nd	6th	Rhona	Vanrensburg	Fife AC	86:42
3rd	12th	Pamela	Baillie	Gala Harriers	59:29