

2023 Tables split into tiers - top 20, middle 20 and the rest.

Tiebreaker is total at NatXC, then ShortXC

2024 Promotion / relegation of top and bottom 4 teams

| Club | Rank#1 | NatXCR | Rank#2 | Short | Total | Rank#3 | NatXC | TOTAL | Tier |
|--------------------------------|--------|--------|--------|-------|-------|--------|-------|-------|------|
| Giffnock North AC | 1 | 90 | 1 | 63 | 153 | 1 | 101 | 254 | 1 |
| Edinburgh AC | 2 | 65 | 2 | 65 | 130 | 2 | 68 | 198 | 1 |
| Garscube Harriers | 3 | 64 | 3 | 39 | 103 | 3 | 56 | 159 | 1 |
| Cambuslang Harriers | 5 | 52 | 5 | 35 | 87 | 4 | 56 | 143 | 1 |
| Central AC | 6 | 51 | 7 | 31 | 82 | 5 | 60 | 142 | 1 |
| Falkirk Victoria Harriers | 4 | 56 | 6 | 29 | 85 | 6 | 51 | 136 | 1 |
| Corstorphine AAC | 10 | 36 | 11 | 25 | 61 | 7 | 72 | 133 | 1 |
| Edinburgh Univ Hare and Hounds | 7 | 50 | 4 | 41 | 91 | 8 | 30 | 121 | 1 |
| Shettleston Harriers | 9 | 38 | 8 | 34 | 72 | 8 | 49 | 121 | 1 |
| Harmeny AC | 15 | 26 | 14 | 24 | 50 | 10 | 55 | 105 | 1 |
| East Kilbride AC | 12 | 33 | 9 | 37 | 70 | 11 | 32 | 102 | 1 |
| Aberdeen AAC | 13 | 32 | 10 | 30 | 62 | 12 | 32 | 94 | 1 |
| Greenock Glenpark Harriers | 8 | 40 | 14 | 10 | 50 | 13 | 40 | 90 | 1 |
| Fife AC | 17 | 25 | 13 | 27 | 52 | 14 | 32 | 84 | 1 |
| Bellahouston RR | 10 | 36 | 12 | 18 | 54 | 15 | 28 | 82 | 1 |
| Gala Harriers | 14 | 27 | 14 | 23 | 50 | 16 | 30 | 80 | 1 |
| Law & District AAC | 15 | 26 | 18 | 22 | 48 | 16 | 32 | 80 | 1 |
| Kilbarchan AAC | 20 | 19 | 20 | 20 | 39 | 18 | 40 | 79 | 1 |
| Bellahouston Harriers | 18 | 24 | 19 | 21 | 45 | 19 | 29 | 74 | 1 |
| West End RR | 18 | 24 | 17 | 25 | 49 | 20 | 24 | 73 | 1 |

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|-------------------------------------|--------|--------|--------|-------|-------|--------|-------|-------|------|
| Glasgow University Hares and Hounds | 1 | 30 | 1 | 25 | 55 | 1 | 18 | 73 | 2 |
| Hunters Bog Trotters | 14 | 14 | 19 | 5 | 19 | 2 | 52 | 71 | 2 |
| Inverclyde AC | 3 | 28 | 4 | 16 | 44 | 2 | 27 | 71 | 2 |
| Kilmarnock H&AC | 2 | 29 | 3 | 16 | 45 | 4 | 25 | 70 | 2 |
| PH Racing Club | 9 | 20 | 2 | 30 | 50 | 5 | 17 | 67 | 2 |
| Dundee Hawkhill Harriers | 4 | 24 | 7 | 12 | 36 | 6 | 27 | 63 | 2 |
| Ayr Seaforth AC | 12 | 17 | 8 | 18 | 35 | 7 | 25 | 60 | 2 |
| Dundee Road Runners | 10 | 19 | 13 | 11 | 30 | 8 | 28 | 58 | 2 |
| VP-Glasgow AC | 5 | 23 | 5 | 16 | 39 | 9 | 15 | 54 | 2 |
| University of St. Andrews CC | 5 | 23 | 6 | 15 | 38 | 10 | 15 | 53 | 2 |
| Metro Aberdeen RC | 13 | 16 | 14 | 13 | 29 | 11 | 23 | 52 | 2 |
| Strathclyde Univ Harriers | 14 | 14 | 9 | 20 | 34 | 11 | 18 | 52 | 2 |
| Team East Lothian | 16 | 13 | 17 | 13 | 26 | 13 | 25 | 51 | 2 |
| Lasswade AC | 11 | 18 | 11 | 13 | 31 | 14 | 19 | 50 | 2 |
| Linlithgow AC | 7 | 21 | 10 | 11 | 32 | 15 | 16 | 48 | 2 |
| Carnegie Harriers | 16 | 13 | 15 | 15 | 28 | 16 | 16 | 44 | 2 |
| Cumbernauld AAC | 7 | 21 | 11 | 10 | 31 | 17 | 8 | 39 | 2 |
| Perth RR | 16 | 13 | 17 | 13 | 26 | 17 | 13 | 39 | 2 |
| Portobello RC | 20 | 5 | 20 | 13 | 18 | 19 | 19 | 37 | 2 |
| Springburn Harriers | 19 | 12 | 16 | 15 | 27 | 20 | 9 | 36 | 2 |

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|----------------------------------|--------|--------|--------|-------|-------|--------|-------|-------|------|
| Lothian RC | 1 | 19 | 2 | 8 | 27 | 1 | 9 | 36 | 3 |
| Stornoway Running & AC | | 0 | 21 | 4 | 4 | 1 | 32 | 36 | 3 |
| Pitreavie AAC | 7 | 10 | 1 | 18 | 28 | 3 | 7 | 35 | 3 |
| Calderglen Harriers | 6 | 11 | 4 | 15 | 26 | 4 | 8 | 34 | 3 |
| Motherwell AC | 4 | 15 | 2 | 12 | 27 | 4 | 7 | 34 | 3 |
| Livingston AC | 12 | 6 | 8 | 11 | 17 | 6 | 15 | 32 | 3 |
| Moray RR | | 0 | 28 | 1 | 1 | 7 | 28 | 29 | 3 |
| Inverness Harriers AAC | 7 | 10 | 9 | 6 | 16 | 8 | 12 | 28 | 3 |
| Stirling University AC | 1 | 19 | 5 | 5 | 24 | 9 | 1 | 25 | 3 |
| Teviotdale Harriers | 7 | 10 | 10 | 5 | 15 | 9 | 10 | 25 | 3 |
| Kirkintilloch Olympians | 4 | 15 | 7 | 6 | 21 | 11 | 3 | 24 | 3 |
| Newton Road Runners | 3 | 16 | 6 | 7 | 23 | 12 | 0 | 23 | 3 |
| Ross County AC | | 0 | 19 | 5 | 5 | 12 | 18 | 23 | 3 |
| George Heriots School XC Club | | 0 | 12 | 10 | 10 | 14 | 12 | 22 | 3 |
| Strathearn Harriers | 10 | 9 | 11 | 5 | 14 | 14 | 8 | 22 | 3 |
| Westerlands XCC | | 0 | 28 | 1 | 1 | 14 | 21 | 22 | 3 |
| Carnethy Hill Racing Club | | 0 | | 0 | 0 | 17 | 17 | 17 | 3 |
| Helensburgh AAC | 17 | 3 | 16 | 3 | 6 | 17 | 11 | 17 | 3 |
| Moorfoot Runners | | 0 | 28 | 1 | 1 | 19 | 15 | 16 | 3 |
| Musselburgh and District AC | | 0 | 24 | 2 | 2 | 20 | 13 | 15 | 3 |
| Airdrie Harriers | 12 | 6 | 12 | 4 | 10 | 21 | 4 | 14 | 3 |
| Perth Strathtay Harriers | 12 | 6 | 14 | 2 | 8 | 21 | 6 | 14 | 3 |
| Kinross RR | | 0 | 28 | 1 | 1 | 23 | 12 | 13 | 3 |
| Penicuik Harriers | | 0 | | 0 | 0 | 24 | 12 | 12 | 3 |
| Dundee University AC and XC club | 11 | 8 | 14 | 0 | 8 | 25 | 2 | 10 | 3 |
| Dunfermline Track and Field AC | | 0 | 19 | 5 | 5 | 25 | 5 | 10 | 3 |
| JSK RC | | 0 | 28 | 1 | 1 | 25 | 9 | 10 | 3 |
| Dumbarton AAC | 12 | 6 | 16 | 0 | 6 | 28 | 3 | 9 | 3 |
| Highland Hill Runners | | 0 | | 0 | 0 | 28 | 9 | 9 | 3 |
| Troon Tortoises AC | | 0 | | 0 | 0 | 28 | 9 | 9 | 3 |
| Banchory Stonehaven AC | 16 | 5 | 16 | 1 | 6 | 31 | 2 | 8 | 3 |
| Garioch RR | | 0 | | 0 | 0 | 32 | 7 | 7 | 3 |
| Clydesdale Harriers | | 0 | | 0 | 0 | 33 | 6 | 6 | 3 |
| Glasgow FrontRunners | | 0 | | 0 | 0 | 33 | 6 | 6 | 3 |
| Glasgow School of Sport | | 0 | 23 | 3 | 3 | 33 | 3 | 6 | 3 |
| Hamilton Harriers | | 0 | | 0 | 0 | 36 | 5 | 5 | 3 |
| Heriot-Watt Univ AC | | 0 | 21 | 4 | 4 | 36 | 1 | 5 | 3 |
| Irvine RC | | 0 | 28 | 1 | 1 | 36 | 4 | 5 | 3 |
| Nithsdale AC | | 0 | 24 | 2 | 2 | 36 | 3 | 5 | 3 |
| North Uist AAC | | 0 | | 0 | 0 | 36 | 5 | 5 | 3 |
| Ferranti AAC | | 0 | 28 | 1 | 1 | 41 | 3 | 4 | 3 |
| Maryhill Harriers | | 0 | | 0 | 0 | 41 | 4 | 4 | 3 |
| North Highland Harriers | | 0 | | 0 | 0 | 41 | 4 | 4 | 3 |
| Ochil Hill Runners | | 0 | | 0 | 0 | 41 | 4 | 4 | 3 |
| Whitemoss AAC | | 0 | 28 | 1 | 1 | 41 | 3 | 4 | 3 |
| Annan and District AC | | 0 | | 0 | 0 | 46 | 3 | 3 | 3 |
| Lochaber AC | | 0 | | 0 | 0 | 46 | 3 | 3 | 3 |
| East Sutherland AC | 18 | 1 | 24 | 1 | 2 | 48 | 0 | 2 | 3 |
| Elgin AAC | | 0 | 28 | 1 | 1 | 48 | 1 | 2 | 3 |
| Forfar RR | | 0 | | 0 | 0 | 48 | 2 | 2 | 3 |
| Forres Harriers | | 0 | 28 | 1 | 1 | 48 | 1 | 2 | 3 |
| Fraserburgh RC | | 0 | | 0 | 0 | 48 | 2 | 2 | 3 |
| Haddington RC | | 0 | | 0 | 0 | 48 | 2 | 2 | 3 |
| Insch Trail RC | | 0 | | 0 | 0 | 48 | 2 | 2 | 3 |
| North Ayrshire AAC | | 0 | | 0 | 0 | 48 | 2 | 2 | 3 |
| Peterhead AC | | 0 | 24 | 2 | 2 | 48 | 0 | 2 | 3 |
| Unattached | | 0 | 28 | 1 | 1 | 48 | 1 | 2 | 3 |
| West Dunbartonshire AC | | 0 | | 0 | 0 | 48 | 2 | 2 | 3 |
| Border Harriers & AC | | 0 | 28 | 1 | 1 | 59 | 0 | 1 | 3 |
| Dumfries RC | | 0 | | 0 | 0 | 59 | 1 | 1 | 3 |
| Dunbar AC | | 0 | 28 | 1 | 1 | 59 | 0 | 1 | 3 |
| Larkhall YMCA Harriers | | 0 | | 0 | 0 | 59 | 1 | 1 | 3 |
| North Down AC | | 0 | 28 | 1 | 1 | 59 | 0 | 1 | 3 |
| Ron's Runners | | 0 | | 0 | 0 | 59 | 1 | 1 | 3 |
| Shetland AAC | | 0 | | 0 | 0 | 59 | 1 | 1 | 3 |
| Ayrodynamic Triathlon Club | | 0 | | 0 | 0 | | 0 | 0 | 3 |
| Campbeltown RC | | 0 | | 0 | 0 | | 0 | 0 | 3 |
| Dacorum AC | | 0 | | 0 | 0 | | 0 | 0 | 3 |
| Hamilton & District AC | | 0 | | 0 | 0 | | 0 | 0 | 3 |
| Morpeth Harriers | | 0 | | 0 | 0 | | 0 | 0 | 3 |
| Red Star AC | | 0 | | 0 | 0 | | 0 | 0 | 3 |
| Royal Mail Run GMC | | 0 | | 0 | 0 | | 0 | 0 | 3 |
| Scottish Prison Service AAC | | 0 | | 0 | 0 | | 0 | 0 | 3 |
| Stirling Triathlon Club | | 0 | | 0 | 0 | | 0 | 0 | 3 |