

Tier 1											
Club	Rank#1	NatXCR	Rank#2	Short	Total	Rank#3	NatXC	TOTAL	Tier	Mship	
Garscube Harriers	1	78	1	67	145	1	0	145	1	+275	
Giffnock North AC	2	71	2	59	130	2	0	130	1	+275	
Edinburgh AC	6	45	3	67	112	3	0	112	1	+275	
Cambuslang Harriers	5	52	4	43	95	4	0	95	1	+125	
Falkirk Victoria Harriers	3	53	5	38	91	5	0	91	1	+125	
Central AC	3	53	6	33	86	6	0	86	1	+275	
Corstorphine AAC	7	43	7	31	74	7	0	74	1	+275	
Greenock Glenpark Harriers	12	33	8	38	71	8	0	71	1	+125	
Edinburgh Univ Hare and Hounds	10	34	9	36	70	9	0	70	1	-125	
Aberdeen AAC	10	34	10	33	67	10	0	67	1	+275	
Shettleston Harriers	8	37	10	30	67	10	0	67	1	+275	
Kilbarchan AAC	15	29	12	35	64	12	0	64	1	+275	
East Kilbride AC	14	30	12	34	64	12	0	64	1	+125	
Harmeny AC	12	33	14	28	61	14	0	61	1	+275	
Bellahouston Harriers	18	19	15	34	53	15	0	53	1	+125	
Law & District AAC	16	24	15	29	53	15	0	53	1	+275	
Gala Harriers	9	35	17	17	52	17	0	52	1	+125	
Bellahouston RR	16	24	18	21	45	18	0	45	1	+125	
Fife AC	19	14	19	16	30	19	0	30	1	+125	
West End RR	20	7	20	18	25	20	0	25	1	+125	

Tier 2											
Club	Rank#1	NatXCR	Rank#2	Short	Total	Rank#3	NatXC	TOTAL	Tier	Mship	
Glasgow University Hares and Hounds	1	37	1	27	64	1	0	64	2	-125	
Inverclyde AC	2	31	2	11	42	2	0	42	2	-125	
VP-Glasgow AC	6	18	3	22	40	3	0	40	2	+275	
Kilmarnock H&AC	4	24	3	16	40	3	0	40	2	+275	
Carnegie Harriers	8	16	5	23	39	5	0	39	2	-125	
Cumbernauld AAC	3	28	6	8	36	6	0	36	2	+125	
PH Racing Club	12	13	7	18	31	7	0	31	2	-125	
Lasswade AC	12	13	8	15	28	8	0	28	2	+125	
Strathclyde Univ Harriers	11	14	8	14	28	8	0	28	2	-125	
Springburn Harriers	7	17	10	9	26	10	0	26	2	+275	
Dundee Hawkhill Harriers	5	22	10	4	26	10	0	26	2	+275	
Ayr Seaforth AC	12	13	12	11	24	12	0	24	2	+125	
Metro Aberdeen Running Club	17	6	13	17	23	13	0	23	2	+275	
Dundee Roadrunners	9	15	14	7	22	14	0	22	2	+125	
Perth RR	15	11	15	8	19	15	0	19	2	+125	
Linlithgow AC	9	15	15	4	19	15	0	19	2	+125	
Team East Lothian	18	4	17	13	17	17	0	17	2	-125	
Portobello RC	20	1	18	14	15	18	0	15	2	+125	
University of St Andrews CCC	16	9	19	0	9	19	0	9	2	-125	
Hunters Bog Trotters	18	4	20	1	5	20	0	5	2	-125	

Tier 3											
Club	Rank#1	NatXCR	Rank#2	Short	Total	Rank#3	NatXC	TOTAL	Tier	Mship	
Motherwell AC	1	19	1	19	38	1	0	38	3	+125	
Pitreevie AAC	2	18	2	15	33	2	0	33	3	+125	
Lothian RC	5	16	3	14	30	3	0	30	3	+125	
Airdrie Harriers	5	16	4	11	27	4	0	27	3	-125	
Calderglen Harriers	8	12	5	12	24	5	0	24	3	-125	
Stirling University AC	7	13	6	9	22	6	0	22	3	-125	
Moray RR	3	17	6	5	22	6	0	22	3	+125	
Strathearn Harriers	3	17	6	5	22	6	0	22	3	+125	
Newton Road Runners	14	7	9	12	19	9	0	19	3	-125	
Livingston AC	15	6	10	12	18	10	0	18	3	-125	
Clydesdale Harriers	10	10	10	8	18	10	0	18	3	-125	
Perth Strathtay Harriers	8	12	12	5	17	12	0	17	3	-125	
Kirkintilloch Olympians	11	8	13	5	13	13	0	13	3	-125	
Musselburgh and District AC	11	8	14	3	11	14	0	11	3	+125	
Helensburgh AAC	11	8	15	2	10	15	0	10	3	+125	
Inverness Harriers AAC	15	6	16	3	9	16	0	9	3	+125	
George Heriots School		0	17	8	8	17	0	8	3	-125	
Westerlands CCC		0	18	5	5	18	0	5	3	+125	
Banchory Stonehaven Athletics Club	20	2	18	3	5	18	0	5	3	-125	
Dumfries Running Club		0	20	4	4	20	0	4	3	+125	
Dumbarton AAC	17	4	20	0	4	20	0	4	3	-125	
Glasgow Fronrunners	17	4	20	0	4	20	0	4	3	+125	
Hamilton Harriers		0	23	3	3	23	0	3	3	-125	
Ross County Athletics Club		0	23	3	3	23	0	3	3	-125	
Stornoway running and athletics club		0	23	3	3	23	0	3	3	-125	
Troon Tortoises A C		0	23	3	3	23	0	3	3	-125	
Ochil Hill Runners	19	3	23	0	3	23	0	3	3	-125	
Nithsdale AAC		0	28	2	2	28	0	2	3	-125	
Whitemoss AAC		0	28	2	2	28	0	2	3	-125	
East Sutherland AC	21	1	28	1	2	28	0	2	3	-125	
Carnethy HRC		0	31	1	1	31	0	1	3	-125	
Dunbar Running Club		0	31	1	1	31	0	1	3	-125	
Dundee University Athletics and Cross Country Club		0	31	1	1	31	0	1	3	-125	
Irvine Running Club		0	31	1	1	31	0	1	3	-125	
Kinross Road Runners		0	31	1	1	31	0	1	3	+125	
Moorfoot Runners		0	31	1	1	31	0	1	3	-125	
Red Star AC		0	31	1	1	31	0	1	3	-125	
Stewartry Athletics Club		0	31	1	1	31	0	1	3	-125	
Strathaven Striders		0	31	1	1	31	0	1	3	+275	

Clubs affected by Storm Babet have been scored at 75% turnout

Top 4 clubs will be promoted, bottom 4 clubs relegated

Tiebreaker - total at National XC, then Short XC

