

Tier 1										
Club	Rank#1	NatXCR	Rank#2	Short	Total	Rank#3	NatXC	TOTAL	Tier	Mship
Garscube Harriers	1	78	1	67	145	1	88	233	1	+275
Giffnock North AC	2	71	2	59	130	2	93	223	1	+275
Edinburgh AC	6	45	3	67	112	3	74	186	1	+275
Falkirk Victoria Harriers	3	53	5	38	91	4	60	151	1	+125
Cambuslang Harriers	5	52	4	43	95	5	48	143	1	+125
Central AC	3	53	6	33	86	6	56	142	1	+275
Shettleston Harriers	8	37	10	30	67	7	52	119	1	+275
Corstorphine AAC	7	43	7	31	74	8	44	118	1	+275
Harmeny AC	13	33	15	28	61	9	52	113	1	+275
Aberdeen AAC	11	34	10	33	67	10	39	106	1	+275
Kilbarchan AAC	17	29	12	35	64	10	42	106	1	+275
Greenock Glenpark Harriers	13	33	8	38	71	12	34	105	1	+125
East Kilbride AC	16	30	12	34	64	14	35	99	1	+125
Gala Harriers	10	35	17	17	52	15	40	92	1	+125
Edinburgh Univ Hare and Hounds	11	34	9	36	70	16	19	89	1	-125
Bellahouston Harriers	19	19	16	34	53	17	31	84	1	+125
Law & District AAC	2	24	1	29	53	1	27	80	2	+275
Bellahouston RR	2	24	2	21	45	2	24	69	2	+125
Fife AC	13	14	9	16	30	9	20	50	2	+125
West End RR	18	7	14	18	25	12	19	44	2	+125

Tier 2										
Club	Rank#1	NatXCR	Rank#2	Short	Total	Rank#3	NatXC	TOTAL	Tier	Mship
Glasgow University Hares and Hounds	8	37	12	27	64	13	37	101	1	-125
Hunters Bog Trotters	20	4	20	1	5	18	75	80	1	-125
Kilmarnock H&AC	18	24	19	16	40	19	30	70	1	+275
Inverclyde AC	15	31	18	11	42	20	27	69	1	-125
Carnegie Harriers	9	16	4	23	39	3	22	61	2	-125
VP-Glasgow AC	6	18	3	22	40	4	18	58	2	+275
Lasswade AC	15	13	11	15	28	5	27	55	2	+125
Strathclyde Univ Harriers	13	14	11	14	28	7	25	53	2	-125
Dundee Hawkhill Harriers	4	22	13	4	26	9	24	50	2	+275
Cumbernauld AAC	1	28	6	8	36	11	12	48	2	+125
PH Racing Club	15	13	8	18	31	13	10	41	2	-125
Linlithgow AC	11	15	19	4	19	16	20	39	2	+125
Ayr Seaforth AC	15	13	15	11	24	17	14	38	2	+125
Metro Aberdeen Running Club	19	6	16	17	23	17	15	38	2	+275
Dundee Roadrunners	11	15	17	7	22	19	12	34	2	+125
Portobello RC	20	1	20	14	15	19	19	34	2	+125
Springburn Harriers	1	17	2	9	26	4	7	33	3	+275
Perth RR	7	11	6	8	19	7	11	30	3	+125
Team East Lothian	16	4	10	13	17	8	11	28	3	-125
University of St. Andrews CC	9	9	15	0	9	23	3	12	3	-125

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Top 4 clubs will be promoted, bottom 4 clubs relegated

Tiebreaker - total at National XC, then Short XC



Tier 3										
Club	Rank#1	NatXCR	Rank#2	Short	Total	Rank#3	NatXC	TOTAL	Tier	Mship
Lothian RC	9	16	9	14	30	6	24	54	2	+125
Motherwell AC	5	19	5	19	38	7	15	53	2	+125
Moray RR	8	17	17	5	22	13	19	41	2	+125
Pitreavie AAC	6	18	7	15	33	15	7	40	2	+125
Livingston AC	14	6	8	12	18	1	21	39	3	-125
Airdrie Harriers	3	16	1	11	27	2	11	38	3	-125
Calderglen Harriers	5	12	3	12	24	3	11	35	3	-125
Strathearn Harriers	1	17	4	5	22	4	11	33	3	+125
Carnethy HRC		0	31	1	1	6	31	32	3	-125
Perth Strathtay Harriers	5	12	10	5	17	9	9	26	3	-125
Clydesdale Harriers	8	10	8	8	18	10	7	25	3	-125
Musselburgh and District AC	10	8	13	3	11	10	14	25	3	+125
Stirling University AC	4	13	4	9	22	10	3	25	3	-125
Stornoway Running and Athletics Club		0	23	3	3	10	22	25	3	-125
Inverness Harriers AAC	14	6	15	3	9	14	11	20	3	+125
Newton Road Runners	13	7	6	12	19	15	0	19	3	-125
Helensburgh AAC	10	8	14	2	10	16	8	18	3	+125
Kirkintilloch Olympians	10	8	12	5	13	17	4	17	3	-125
Westerlands CCC		0	18	5	5	17	12	17	3	+125
Kinross Road Runners		0	31	1	1	19	14	15	3	+125
George Heriots School		0	17	8	8	19	7	15	3	-125
Moorfoot Runners		0	31	1	1	21	13	14	3	-125
Ross County Athletics Club		0	23	3	3	21	11	14	3	-125
Banchory Stonehaven Athletics Club	20	2	18	3	5	24	6	11	3	-125
Ochil Hill Runners	19	3	23	0	3	24	8	11	3	-125
Dumbarton AAC	16	4	20	0	4	26	5	9	3	-125
East Sutherland AC	21	1	28	1	2	27	5	7	3	-125
Glasgow Fronrunners	16	4	20	0	4	27	3	7	3	+125
Teviotdale Harriers		0		0	0	27	7	7	3	-125
Troon Tortoises A C		0	23	3	3	27	4	7	3	-125
JSK RC		0		0	0	31	6	6	3	+125
Maryhill Harriers		0		0	0	31	6	6	3	-125
Whitemoss AAC		0	28	2	2	31	4	6	3	-125
Haddington Running Club		0		0	0	34	5	5	3	+125
North Uist Amateur Athletics Club		0		0	0	34	5	5	3	-125
Dumfries Running Club		0	20	4	4	36	0	4	3	+125
Dunfermline Track and Field AC		0		0	0	36	4	4	3	-125
Hamilton Harriers		0	23	3	3	36	1	4	3	-125
Highland Hill Runners		0		0	0	36	4	4	3	+125
Larkhall YMCA Harriers		0		0	0	36	4	4	3	-125
Nithsdale AAC		0	28	2	2	36	2	4	3	-125
Insch Trail Running Club		0		0	0	42	3	3	3	-125
Irvine Running Club		0	31	1	1	42	2	3	3	-125
Penicuik Harriers		0		0	0	42	3	3	3	-125
Shetland Amateur Athletics Club		0		0	0	42	3	3	3	-125
Annan and District Athletics Club		0		0	0	46	2	2	3	-125
Anster Haddies RC		0		0	0	46	2	2	3	-125
Campbeltown RC		0		0	0	46	2	2	3	-125
Forres Harriers		0		0	0	46	2	2	3	-125
Stewartry Athletics Club		0	31	1	1	46	1	2	3	-125
Ron's Runners		0		0	0	46	2	2	3	-125
Dundee University Athletics and Cross Country Club		0	31	1	1	46	1	2	3	-125
Dunbar Running Club		0	31	1	1	53	0	1	3	-125
Ferranti AAC		0		0	0	53	1	1	3	-125
Fraserburgh RC		0		0	0	53	1	1	3	-125
Lomond Hill Runners AAC		0		0	0	53	1	1	3	-125
North Highland Harriers		0		0	0	53	1	1	3	+125
Red Star AC		0	31	1	1	53	0	1	3	-125
Strathaven Striders		0	31	1	1	53	0	1	3	+275

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