

Tier 1						
Club	Rank#1	NatXCR	Rank#2	Short	Total	Tier
Edinburgh AC	2	59	1	67	126	1
Giffnock North AC	1	68	2	50	118	1
Camuslang Harriers	3	56	3	35	91	1
Central AC	4	52	4	38	90	1
Garscube Harriers	5	46	5	37	83	1
Glasgow University Hares and Hounds	9	33	6	42	75	1
Corstorphine AAC	7	39	7	34	73	1
Harmeny AC	9	33	7	40	73	1
Falkirk Victoria Harriers	9	33	9	39	72	1
East Kilbride AC	6	41	10	24	65	1
Edinburgh Univ Hare and Hounds	8	36	11	25	61	1
Bellahouston Harriers	13	31	12	27	58	1
Shettleston Harriers	12	32	13	19	51	1
Aberdeen AAC	18	20	14	29	49	1
Gala Harriers	17	23	15	23	46	1
Inverclyde AC	16	25	16	14	39	1
Greenock Glenpark Harriers	14	29	17	8	37	1
Kilmarnock H&AC	15	28	17	9	37	1
Kilbarchan AAC	19	13	19	18	31	1
Hunters Bog Trotters		0	20	12	12	1

Tier 2						
Club	Rank#1	NatXCR	Rank#2	Short	Total	Tier
Fife AC	3	28	1	51	79	2
VP-Glasgow AC	1	30	2	22	52	2
Lothian RC	1	30	3	19	49	2
Carnegie Harriers	15	11	4	28	39	2
Lasswade AC	4	21	5	17	38	2
Law & District AAC	12	14	6	23	37	2
Dundee Hawkhill Harriers	8	17	6	20	37	2
Bellahouston RR	6	20	8	15	35	2
Motherwell AC	6	20	9	12	32	2
Pitreavie AAC	11	15	10	12	27	2
Dundee Road Runners	10	16	11	9	25	2
Linlithgow AC	8	17	11	8	25	2
Strathclyde Univ Harriers	14	12	13	12	24	2
Moray RR	4	21	14	0	21	2
West End RR	15	11	15	9	20	2
Cumbernauld AAC	13	13	15	7	20	2
PH Racing Club	19	4	15	16	20	2
Metro Aberdeen RC	19	4	18	11	15	2
Portobello RC	17	9	19	4	13	2
Ayr Seaforth AC	18	6	20	6	12	2

Tier 3						
Club	Rank#1	NatXCR	Rank#2	Short	Total	Tier
Stirling University AC	1	22	1	21	43	3
Kirkintilloch Olympians	2	20	2	8	28	3
Perth RR	5	13	3	7	20	3
Calderglen Harriers	3	14	4	5	19	3
Perth Strathtay Harriers	5	13	4	6	19	3
Team East Lothian	9	9	6	9	18	3
Strathearn Harriers	3	14	7	3	17	3
Livingston AC	13	7	7	10	17	3
Springburn Harriers	7	12	9	4	16	3
Glasgow Frontrunners	7	12	10	3	15	3
Airdrie Harriers	9	9	11	5	14	3
Musselburgh and District AC	19	3	12	10	13	3
Helensburgh AAC	13	7	12	6	13	3
University of St. Andrews CC	12	8	14	3	11	3
Inverness Harriers AAC	9	9	14	2	11	3
Clydesdale Harriers	16	6	16	3	9	3
Dumbarton AAC	13	7	17	0	7	3
Carnethy HRC		0	17	7	7	3
Teviotdale Harriers		0	17	7	7	3
Larkhall YMCA Harriers	16	6	20	0	6	3
Kinross Road Runners		0	21	5	5	3
George Heriots School	20	2	22	2	4	3
Ross County Athletics Club		0	22	4	4	3
Irvine RC	18	4	22	0	4	3
Banchory Stonehaven AC	21	1	25	2	3	3
Moorfoot Runners		0	25	3	3	3
Westerlands CCC		0	27	2	2	3
Dunbar Running Club		0	27	2	2	3
Stornoway running and athletics club		0	29	1	1	3
Ochil Hill Runners		0	29	1	1	3
Red Star AC		0	29	1	1	3
Dunfermline Track and Field Club		0	29	1	1	3
Garioch Roadrunners		0	29	1	1	3
Heriot Watt University Athletics club		0	29	1	1	3
Maryhill Harriers		0	29	1	1	3
Peterhead Athletics Club		0	29	1	1	3

