

Tier 1

Club	Rank#1	NatXCR	Rank#2	Short	Total	Tier
Edinburgh AC	1	81	1	59	140	1
Giffnock North AC	2	75	2	47	122	1
Garscube Harriers	3	62	3	43	105	1
Glasgow University Hares and Hounds	5	50	3	55	105	1
Edinburgh Univ Hare and Hounds	4	54	5	46	100	1
Cambuslang Harriers	5	50	6	32	82	1
East Kilbride AC	7	46	7	28	74	1
Central AC	9	44	7	30	74	1
Corstorphine AAC	10	42	9	27	69	1
Gala Harriers	7	46	10	20	66	1
Aberdeen AAC	13	35	11	27	62	1
Falkirk Victoria Harriers	14	33	11	29	62	1
Bellahouston Harriers	11	36	13	25	61	1
Shettleston Harriers	15	31	13	30	61	1
Harmeny AC	11	36	15	21	57	1
Lothian RC	17	29	16	19	48	1
VP-Glasgow AC	18	28	17	14	42	1
Lasswade AC	19	26	18	11	37	1
Hunters Bog Trotters	16	30	19	5	35	1
Fife AC	20	17	20	8	25	1

Tier 2

Club	Rank#1	NatXCR	Rank#2	Short	Total	Tier
Kilbarchan AAC	1	41	1	16	57	2
Law & District AAC	3	31	2	23	54	2
Inverclyde AC	3	31	3	19	50	2
Motherwell AC	6	26	4	21	47	2
Stirling University AC	5	28	5	18	46	2
Kilmarnock H&AC	2	33	6	12	45	2
Pitreavie AAC	7	25	7	17	42	2
Greenock Glenpark Harriers	8	20	8	16	36	2
Bellahouston RR	10	19	9	13	32	2
West End RR	17	13	9	19	32	2
Dundee Hawkhill Harriers	8	20	11	9	29	2
Strathclyde Univ Harriers	14	15	12	12	27	2
Strathearn Harriers	12	17	13	9	26	2
Kirkintilloch Olympians	14	15	14	9	24	2
Dundee Road Runners	10	19	15	3	22	2
Metro Aberdeen RC	18	12	16	9	21	2
Inverness Harriers AAC	13	16	17	4	20	2
Linlithgow AC	14	15	18	3	18	2
Carnegie Harriers	19	8	18	10	18	2
Moray Road Runners		0		0	0	2

Tier 3

Club	Rank#1	NatXCR	Rank#2	Short	Total	Tier
Calderglen Harriers	1	24	1	10	34	3
Perth RR	3	17	2	11	28	3
Springburn Harriers	2	21	3	3	24	3
Team East Lothian	8	12	3	12	24	3
Cumbernauld AAC	3	17	5	5	22	3
Ayr Seaforth AC	6	13	6	7	20	3
Airdrie Harriers	6	13	7	5	18	3
Westerland CCC	8	12	8	5	17	3
Perth Strathtay Harriers	5	14	9	2	16	3
Musselburgh and District AC	14	7	10	8	15	3
Clydesdale Harriers	11	8	11	6	14	3
Glasgow Frontrunners	11	8	11	6	14	3
George Heriots School	10	10	13	3	13	3
University of St. Andrews CC	11	8	13	5	13	3
Livingston AC	14	7	15	4	11	3
Dumfries RC		0	15	11	11	3
Banchory Stonehaven AC	14	7	17	3	10	3
Teviotdale Harriers	14	7	18	2	9	3
Wee County Harriers		0	18	9	9	3
Helensburgh AAC		0	20	7	7	3
Portobello RC		0	20	7	7	3
PH Racing Club	20	1	22	5	6	3
Dunfermline Track & Field Club	19	3	23	2	5	3
Newton Road Runners	18	4	24	0	4	3
Carnethy HRC		0	24	4	4	3
North Ayrshire AC		0	24	4	4	3
Larkhall YMCA Harriers		0	27	3	3	3
Whitemoss AAC		0	27	3	3	3
Dundee University ACCC	20	1	29	0	1	3
Anster Haddies RC		0	29	1	1	3
Irvine RC		0	29	1	1	3
Lauderdale Limpers RC		0	29	1	1	3
Moorfoot Runners		0	29	1	1	3
Penicuik Harriers		0	29	1	1	3
Peterhead AC		0	29	1	1	3
Ross County AC		0	29	1	1	3
Stewartry AC		0	29	1	1	3
Stornoway RAC		0	29	1	1	3
Troon Tortoises AC		0	29	1	1	3

Top 4 clubs will be promoted, bottom 4 clubs relegated
Tiebreaker - total at National XC, then Short XC