

Tier 1

Club	Rank#1	NatXCR	Rank#2	Short	Total	Rank#3	NatXC	TOTAL	Tier
Edinburgh AC	1	81	1	59	140	1	71	211	1
Giffnock North AC	2	75	2	47	122	2	72	194	1
Garscube Harriers	3	62	3	43	105	3	71	176	1
Glasgow University Hares and Hounds	5	50	3	55	105	4	40	145	1
Cambuslang Harriers	5	50	6	32	82	5	58	140	1
Corstorphine AAC	10	42	9	27	69	6	61	130	1
Edinburgh Univ Hare and Hounds	4	54	5	46	100	7	24	124	1
Central AC	9	44	7	30	74	8	48	122	1
East Kilbride AC	7	46	7	28	74	9	34	108	1
Shettleston Harriers	15	31	13	30	61	10	45	106	1
Aberdeen AAC	13	35	11	27	62	11	39	101	1
Gala Harriers	7	46	10	20	66	12	34	100	1
Hunters Bog Trotters	16	30	19	5	35	13	59	94	1
Falkirk Victoria Harriers	14	33	11	29	62	14	32	94	1
Harmeny AC	11	36	15	21	57	15	35	92	1
Bellahouston Harriers	11	36	13	25	61	16	30	91	1
Lothian RC	17	29	16	19	48	17	29	77	1
VP-Glasgow AC	18	28	17	14	42	18	22	64	1
Lasswade AC	19	26	18	11	37	19	23	60	1
Fife AC	20	17	20	8	25	20	29	54	1

Tier 2

Club	Rank#1	NatXCR	Rank#2	Short	Total	Rank#3	NatXC	TOTAL	Tier
Kilbarchan AAC	1	41	1	16	57	1	31	88	2
Law & District AAC	3	31	2	23	54	2	21	75	2
Inverclyde AC	3	31	3	19	50	3	20	70	2
Kilmarnock H&AC	2	33	6	12	45	4	24	69	2
Motherwell AC	6	26	4	21	47	5	20	67	2
Greenock Glenpark Harriers	8	20	8	16	36	6	28	64	2
Stirling University AC	5	28	5	18	46	7	12	58	2
Pitreavie AAC	7	25	7	17	42	8	12	54	2
West End RR	17	13	9	19	32	9	21	53	2
Bellahouston RR	10	19	9	13	32	10	18	50	2
Dundee Hawkhill Harriers	8	20	11	9	29	11	18	47	2
Linlithgow AC	14	15	18	3	18	12	26	44	2
Dundee Road Runners	10	19	15	3	22	13	21	43	2
Strathearn Harriers	12	17	13	9	26	14	17	43	2
Inverness Harriers AAC	13	16	17	4	20	15	22	42	2
Metro Aberdeen RC	18	12	16	9	21	16	20	41	2
Strathclyde Univ Harriers	14	15	12	12	27	17	9	36	2
Kirkintilloch Olympians	14	15	14	9	24	18	9	33	2
Carnegie Harriers	19	8	18	10	18	19	9	27	2
Moray Road Runners		0		0	0	20	2	2	2

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
Calderglen Harriers	1	24	1	10	34	1	14	48	3
Perth RR	3	17	2	11	28	2	12	40	3
Springburn Harriers	2	21	3	3	24	3	15	39	3
Westerland CCC	8	12	8	5	17	4	21	38	3
Team East Lothian	8	12	3	12	24	5	13	37	3
Ayr Seaforth AC	6	13	6	7	20	6	15	35	3
Carnethy HRC		0	24	4	4	7	27	31	3
Perth Strathtay Harriers	5	14	9	2	16	8	15	31	3
Airdrie Harriers	6	13	7	5	18	9	13	31	3
University of St. Andrews CC	11	8	13	5	13	10	14	27	3
Cumbernauld AAC	3	17	5	5	22	11	4	26	3
Musselburgh and District AC	14	7	10	8	15	12	10	25	3
Glasgow Frontrunners	11	8	11	6	14	13	7	21	3
Portobello RC		0	20	7	7	14	12	19	3
Helensburgh AAC		0	20	7	7	15	11	18	3
Teviotdale Harriers	14	7	18	2	9	16	9	18	3
PH Racing Club	20	1	22	5	6	17	11	17	3
George Heriots School	10	10	13	3	13	18	4	17	3
Stornoway RAC		0	29	1	1	19	15	16	3
Wee County Harriers		0	18	9	9	20	7	16	3
Banchory Stonehaven AC	14	7	17	3	10	21	6	16	3
Clydesdale Harriers	11	8	11	6	14	22	2	16	3
West Edinburgh RC		0		0	0	23	15	15	3
Livingston AC	14	7	15	4	11	24	4	15	3
Maryhill Harriers		0		0	0	25	13	13	3
Dunfermline Track & Field Club	19	3	23	2	5	26	8	13	3
Moorfoot Runners		0	29	1	1	27	11	12	3
Dumfries RC		0	15	11	11	28	1	12	3
Highland Hill Runners		0		0	0	29	11	11	3
JSK RC		0		0	0	30	10	10	3
Ross County AC		0	29	1	1	31	9	10	3
North Ayrshire AC		0	24	4	4	32	4	8	3
Whitemoss AAC		0	27	3	3	33	4	7	3
Irvine RC		0	29	1	1	34	5	6	3
Haddington Running Club		0		0	0	35	5	5	3
Kinross Road Runners		0		0	0	35	5	5	3
Larkhall YMCA Harriers		0	27	3	3	37	2	5	3
North Uist AAC		0		0		38	4	4	3
Troon Tortoises AC		0	29	1	1	39	3	4	3
Newton Road Runners	18	4	24	0	4	40	0	4	3
Dumbarton AAC		0		0	0	41	3	3	3
East Sutherland AC		0		0	0	41	3	3	3
Anster Haddies RC		0	29	1	1	42	2	3	3
Penicuik Harriers		0	29	1	1	42	2	3	3
Annan & District AC		0		0	0	45	2	2	3
Forres Harriers		0		0	0	45	2	2	3
Ochil Hill Runners		0		0	0	45	2	2	3
Lauderdale Limpers RC		0	29	1	1	46	1	2	3
Peterhead AC		0	29	1	1	46	1	2	3
Stewartry AC		0	29	1	1	46	1	2	3
Dunbar RC		0		0	0	51	1	1	3
Fraserburgh RC		0		0	0	51	1	1	3
Garioch Roadrunners		0		0	0	51	1	1	3
Hamilton Harriers		0		0	0	51	1	1	3
Nairn Road Runners		0		0	0	51	1	1	3
Red Star AC		0		0	0	51	1	1	3
Dundee University ACCC	20	1	29	0	1	52	0	1	3

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