

### Stage 1

1	00:15:23	Paul Thompson (M 50)	Ron Hill Cambuslang Harriers F	11	00:16:23	Alick Walkinshaw (M 50)	Ron Hill Cambuslang Harriers G
2	00:15:26	Robert McLennan (M 55)	Garscube Harriers E	12	00:16:39	Kenneth Anthony (M 50)	Fife AC
3	00:15:34	Denis Williams (M 50)	Shettleston Harriers D	13	00:16:50	Derek Watson Snr. (M 50)	VP-Glasgow AC D
4	00:15:36	Graeme Fletcher (M 50)	Corstorphine AAC D	14	00:17:18	John Gilhooly (M 55)	Bellahouston Road Runners F
5	00:15:46	David Cross (M 50)	Edinburgh AC	15	00:18:16	Stuart Watson (M 50)	Central AC F
6	00:15:56	Ian Stewart (M 55)	Carnegie Harriers	16	00:18:38	John Quinn (M 55)	Westerlands XC Club B
7	00:16:03	Martin Duthie (M 50)	Calderglen Harriers	17	00:19:11	Don Reid (M55)	Westerlands XC Club C
8	00:16:03	Matthew Strachan (M 50)	Dundee Hawkhill Harriers B	18	00:19:17	Allan Gall (M 55)	Central AC G
9	00:16:13	Benjamin Hands (M 50)	Motherwell AC E	19	00:19:54	Kenton Jones (M 50)	Lothian Running Club D
10	00:16:22	Steven Mcloone (M 50)	Greenock Glenpark Harriers D				

### Stage 2

1	00:15:41	Chris Upson (M 50)	Ron Hill Cambuslang Harriers F	10	00:16:25	Francis Hurley (M 60)	Ron Hill Cambuslang Harriers G
2	00:15:47	John Blair (M 50)	Edinburgh AC	11	00:16:26	Andrew McCaffery (M 50)	Calderglen Harriers
3	00:15:48	Keith Gibb (M 50)	Bellahouston Road Runners F	12	00:17:23	Gibson Fleming (M 70)	Westerlands XC Club B
4	00:15:58	Michael Mcloone Snr (M 50)	Greenock Glenpark Harriers D	13	00:17:49	Nigel Reynolds (M 50)	Dundee Hawkhill Harriers B
5	00:16:04	John Oates (M 55)	Shettleston Harriers D	14	00:17:55	John Hynd (M 50)	Carnegie Harriers
6	00:16:07	David Dickson (M 55)	Garscube Harriers E	15	00:19:06	Kenneth Morris (M 65)	Fife AC
7	00:16:07	David McCormack (M 50)	VP-Glasgow AC D	16	00:20:35	John Millar (M 60)	Central AC G
8	00:16:15	Bruce Malcolm (M 50)	Corstorphine AAC D	17	00:21:05	Raymond J Milne (M 50)	Central AC F
9	00:16:22	Graeme Kennedy (M 50)	Motherwell AC E	18	00:21:12	Kenny Mearns (M 55)	Lothian Running Club D

### Stage 3

1	00:14:37	Andy Little (M 50)	Shettleston Harriers D	10	00:16:59	Athole Smith (M 50)	Garscube Harriers E
2	00:15:09	Alexander Robertson (M 50)	Motherwell AC E	11	00:17:19	Edward Reid (M 50)	Calderglen Harriers
3	00:15:25	Ian Johnston (M 50)	Corstorphine AAC D	12	00:17:20	Tom Ord (M 55)	VP-Glasgow AC D
4	00:15:28	Martin Ferguson (M 50)	Edinburgh AC	13	00:17:30	John Crookston (M 55)	Carnegie Harriers
5	00:15:40	Colin Feechan (M 55)	Ron Hill Cambuslang Harriers F	14	00:18:32	D.Melville Scobie (M 65)	Fife AC
6	00:16:40	Graham Mcgrattan (M 55)	Greenock Glenpark Harriers D	15	00:18:42	Edward Carr (M 50)	Ron Hill Cambuslang Harriers G
7	00:16:42	Craig Ross (M 55)	Dundee Hawkhill Harriers B	16	00:19:19	Billy Mitchell (M 50)	Central AC F
8	00:16:54	Alastair MacLachlan (M 55)	Bellahouston Road Runners F	17	00:20:05	Cameron Campbell (M 55)	Central AC G
9	00:16:58	David Calder (M 50)	Westerlands XC Club B				