

### Stage 1

1	00:12:51	Lachlan Oates (M Sen)	Shettleston Harriers	52	00:15:47	Cameron Mackie (M Sen)	Kilmarnock H&AC C
2	00:13:06	Murray Strain (M Sen)	Hunters Bog Trotters	53	00:15:50	David Moffat (M 40)	Gala Harriers B
3	00:13:14	Jonathan Glen (MU20)	Inverclyde AC	54	00:15:54	William Jarvie (M 55)	Portobello Running Club
4	00:13:21	Dermot Cummins (M Sen)	Corstorphine AAC	55	00:15:55	Owen Williams (M Sen)	Lothian Running Club B
5	00:13:24	Michael Ferguson (MU20)	Aberdeen AAC	56	00:15:58	Euan Crumley (M Sen)	Helensburgh AAC
6	00:13:27	Max McNeill (M Sen)	Lothian Running Club	57	00:16:01	Colin Welsh (M Sen)	Gala Harriers
7	00:13:32	Daniel Clements (M Sen)	Hunters Bog Trotters D	58	00:16:03	David Reynolds (M Sen)	Bellahouston Harriers B
8	00:13:33	Benjamin Hukins (M Sen)	Ron Hill Cambuslang Harriers	59	00:16:03	Chris Marsh (M Sen)	Giffnock North AAC B
9	00:13:40	Cameron Milne (M Sen)	Central AC	60	00:16:07	Huw Vaughan-Jackson (M 50)	Edinburgh Univ Hare & Hounds B
10	00:13:40	Dale Colley (MU20)	Central AC B	61	00:16:10	Brian Harkins (M 40)	Greenock Glenpark Harriers C
11	00:13:44	Marc Austin (M Sen)	VP-Glasgow AC	62	00:16:15	John Stevenson (M 50)	Ochil Hill Runners
12	00:13:48	Tom Watson (M Sen)	Central AC C	63	00:16:16	Neil Robbins (M 50)	Hamilton Harriers
13	00:13:49	Mark Pollard (M Sen)	Inverclyde AC B	64	00:16:21	George Ashley (M Sen)	Hunters Bog Trotters C
14	00:13:51	Ruraidh Miller (M Sen)	Edinburgh AC C	65	00:16:24	Gordon Clements (M 60)	Bellahouston Road Runners C
15	00:13:52	Alastair Thurlbeck (MU20)	Glasgow University H and H	66	00:16:26	David Mackintosh (M Sen)	Kilbarchan AAC C
16	00:13:53	Greg Turner (M Sen)	Giffnock North AAC	67	00:16:27	Liam Smart (M Sen)	Greenock Glenpark Harriers F
17	00:13:55	Robert Quinn (M 45)	Kilbarchan AAC	68	00:16:44	Anthony Higgins (M 40)	Law & District AAC C
18	00:14:01	Callum Matthews (MU20)	Kilbarchan AAC B	69	00:16:52	Neil Wilson (M Sen)	Glasgow University H and H B
19	00:14:03	Cameron Wilson (M Sen)	Kilmarnock H&AC	70	00:16:53	Tony Dolan (MU20)	Clydesdale Harriers B
20	00:14:04	Neale Robertson (M Sen)	Garscube Harriers	71	00:17:06	Paul MacFarlane (M Sen)	VP-Glasgow AC B
21	00:14:08	Luke Foss (MU20)	Law & District AAC	72	00:17:11	Laurence Baker (M 55)	Ayr Seaforth AC B
22	00:14:10	Andrew Harkins (M Sen)	Greenock Glenpark Harriers	73	00:17:14	Stephen Cole (M 40)	Dumbarton AAC
23	00:14:13	Malcolm Fraser (M Sen)	Edinburgh AC E	74	00:17:15	Derek Martin (M 45)	Kirkintilloch Olympians B
24	00:14:14	Bobby Bristow (M Sen)	Ron Hill Cambuslang Harriers B	75	00:17:23	Michael Millsop (M Sen)	Hamilton Harriers B
25	00:14:23	Ray Ward (M Sen)	Hunters Bog Trotters B	76	00:17:26	Robbie Drummond (M 45)	Garscube Harriers C
26	00:14:24	Robert Leach (MU20)	University of St Andrews CC	77	00:17:28	Athol Burnett (M 50)	Aberdeen AAC C
27	00:14:27	Stephen Mackay (M Sen)	Inverness Harriers AAC	78	00:17:33	Robert Todd (MU20)	Inverclyde AC D
28	00:14:28	Kyle McLellan (M Sen)	Edinburgh Univ Hare & Hounds	79	00:17:38	Anthony J M McGale (M 40)	Springburn Harriers
29	00:14:31	Kenneth Neill (M Sen)	Ayr Seaforth AC	80	00:17:45	Ruwan Fernando (M 45)	Fife AC B
30	00:14:42	Jamie Clements (M Sen)	East Kilbride A.C.	81	00:17:47	Barry Edwards (M Sen)	Bellahouston Road Runners E
31	00:14:42	Rory Anderson (M Sen)	Teviotdale Harriers	82	00:17:51	Hugh Miller (M Sen)	Lothian Running Club C
32	00:14:44	Steven Murray (MU20)	Aberdeen AAC B	83	00:17:55	Francis Gilroy (M 50)	Bellahouston Harriers D
33	00:14:46	Alastair Brockie (M Sen)	Corstorphine AAC B	84	00:17:57	Stewart McAllister (M Sen)	Kilmarnock H&AC D
34	00:14:48	Brian Bonnyman (M 40)	Westerlands XC Club	85	00:17:59	Alistair Cuthbertson (M 45)	Garscube Harriers D
35	00:14:50	Craig Reid (M Sen)	Bellahouston Road Runners	86	00:18:36	Andrew McLinden (M 60)	Hamilton Harriers C
36	00:14:51	John Brogan (M Sen)	Falkirk Victoria Harriers	87	00:18:47	Thomas Knox (M Sen)	Gala Harriers D
37	00:14:55	Vincent Hastings (MU20)	East Kilbride A.C. B	88	00:18:52	Pete Cartwright (M 70)	Clydesdale Harriers C
38	00:14:55	John Bell (M 45)	Garscube Harriers B	89	00:18:54	Kenneth Hislop (M Sen)	Central AC D
39	00:14:59	Thomas Jamieson (M Sen)	Inverclyde AC C	90	00:18:54	Iain Crawford (M 45)	Ron Hill Cambuslang Harriers D
40	00:15:04	Thomas Wilson (M Sen)	Corstorphine AAC C	91	00:19:10	John Burns (M 50)	Motherwell AC B
41	00:15:07	Andrew Smith (M Sen)	Carnegie Harriers C	92	00:19:13	Gavin Reid (M Sen)	Metro Aberdeen Running Club B
42	00:15:20	Nicholas Hughes (M Sen)	Motherwell AC	93	00:19:24	Paul Reilly (M 45)	Kirkintilloch Olympians C
43	00:15:25	Timothy Norwood (M Sen)	Corstorphine AAC F	94	00:19:25	David Steele (M 50)	Edinburgh AC F
44	00:15:27	Adam Peters (M Sen)	Shettleston Harriers B	95	00:19:36	Michael Hampson (M 50)	Giffnock North AAC C
45	00:15:30	James Austin (M 45)	Clydesdale Harriers	96	00:19:38	Andrew Stavert (M 50)	Portobello Running Club B
46	00:15:35	Callum Walker (M Sen)	Metro Aberdeen Running Club	97	00:19:52	Kenneth Letham (M 50)	Dundee Hawkhill Harriers
47	00:15:36	Andrew Ferguson Jnr (M Sen)	Anchor Stonehaven AC	98	00:20:39	Keith Copland (M 45)	Corstorphine AAC G
48	00:15:40	Craig Lamont (M Sen)	Bellahouston Harriers	99	00:20:54	Peter Blackmore (M 40)	Motherwell AC C
49	00:15:40	Ross Hill (MU20)	Law & District AAC B	100	00:21:40	Peter Rudzinski (M 60)	Clydesdale Harriers D
50	00:15:42	David Sidebottom (M Sen)	Edinburgh AC D	101	00:21:46	Andy Buchanan (M Sen)	Calderglen Harriers B
51	00:15:43	John Ball (MU20)	Ron Hill Cambuslang Harriers C	102	00:25:03	Russell Couper (M 45)	Calderglen Harriers D

### Stage 2

1	00:12:23	Callum Hawkins (M Sen)	Kilbarchan AAC	48	00:16:26	Alex Hay (M 50)	Law & District AAC B
2	00:12:59	Alexander Hendry (M Sen)	Central AC	49	00:16:30	Anthony McParland (M 45)	Bellahouston Road Runners C
3	00:13:08	Andrew Douglas (M Sen)	Inverclyde AC	50	00:16:31	Paul Brennan (M Sen)	Edinburgh AC D
4	00:13:32	Stephen Trainer (M Sen)	Greenock Glenpark Harriers	51	00:16:32	Adam Stark (M Sen)	Glasgow University H and H B
5	00:13:35	Scott Green (M Sen)	Central AC B	52	00:16:35	Alan Craig (M 45)	Kilbarchan AAC C
6	00:13:39	Howell Craske (M Sen)	Corstorphine AAC B	53	00:16:36	Colin Wylie (M 40)	Giffnock North AAC
7	00:13:49	Iain MacCorquodale (M Sen)	Cambuslang Harriers B	54	00:16:37	Stuart Ferguson (MU20)	Banchory Stonehaven AC
8	00:13:58	James Joy (M Sen)	Aberdeen AAC	55	00:16:37	Adam Redpath (M Sen)	VP-Glasgow AC B
9	00:14:00	Craig Jardine (MU20)	VP-Glasgow AC	56	00:16:41	Darren Murray (M 40)	Bellahouston Harriers D
10	00:14:01	John Fergusson (M Sen)	East Kilbride A.C.	57	00:16:44	Stuart McLean (M 40)	Ayr Seaforth AC
11	00:14:05	Scott Pilkington (M Sen)	Corstorphine AAC	58	00:16:45	Alan Moffat (M Sen)	Lothian Running Club B
12	00:14:05	Hector Haines (M Sen)	Hunters Bog Trotters	59	00:16:45	Alan Inglis (M 45)	Teviotdale Harriers
13	00:14:07	Ryan Thomson (MU20)	Don Hill Cambuslang Harriers	60	00:16:48	Stuart Macdougall (M Sen)	Bellahouston Harriers
14	00:14:12	Clement Eliot (M Sen)	Shettleston Harriers	61	00:16:50	Huw Jones (M Sen)	Hunters Bog Trotters C
15	00:14:21	James Mclay (M Sen)	Edinburgh AC C	62	00:16:56	James Breen (M 45)	Hamilton Harriers
16	00:14:25	Graeme Murdoch (M Sen)	Gala Harriers	63	00:17:09	Stephen (jnr) Paris (M 45)	Cambuslang Harriers D
17	00:14:31	Euan Martin (M Sen)	Falkirk Victoria Harriers	64	00:17:12	Robert Rogerson (M 50)	Kirkintilloch Olympians B
18	00:14:32	Graham Evans (M Sen)	Kilbarchan AAC B	65	00:17:16	Scott Jackson (M 45)	Law & District AAC C
19	00:14:39	Andrew Murphy (M Sen)	Fife AC B	66	00:17:20	Peter McClelland (M Sen)	Hunters Bog Trotters D
20	00:14:50	Andrew MacRae (M Sen)	Inverness Harriers AAC	67	00:17:21	Ryan Savage (M Sen)	Clydesdale Harriers B
21	00:14:51	Alan Blair (M Sen)	Garscube Harriers	68	00:17:30	Michael Freshour (M 50)	Bellahouston Harriers B
22	00:14:59	Matthew O'Brien (MU20)	Garscube Harriers B	69	00:17:34	John Murray (M Sen)	Garscube Harriers C
23	00:15:04	Malcolm Lang (M Sen)	Lothian Running Club	70	00:17:36	David Gorman (M Sen)	East Kilbride A.C. B
24	00:15:05	Chris Russell (M Sen)	University of St Andrews CC	71	00:17:40	Ryan Kennedy (M Sen)	Kilmarnock H&AC C
25	00:15:06	Jamie McMorrow (M Sen)	Law & District AAC	72	00:17:43	Peter Walsh (M Sen)	Dumbarton AAC
26	00:15:09	Craig Mackenzie (M Sen)	Motherwell AC	73	00:17:45	Ewan Calder (MU20)	Aberdeen AAC C
27	00:15:10	Matthew Rallison (M Sen)	Edinburgh Univ Hare & Hounds	74	00:17:51	Ross Neilson (M Sen)	Greenock Glenpark Harriers F
28	00:15:13	Euan Webster (MU20)	Aberdeen AAC B	75	00:17:51	Gavin McLennan (MU20)	Aberdeen Running Club B
29	00:15:17	Duncan Macfadyen (M 50)	Inverclyde AC C	76	00:17:55	Ryan Nelson (M Sen)	Clydesdale Harriers C
30	00:15:19	Callum Hunter (MU20)	Inverclyde AC B	77	00:18:04	Matt Jackson (M Sen)	Springburn Harriers
31	00:15:20	Neil Walker (M Sen)	Kilmarnock H&AC	78	00:18:10	David Dawson (M 45)	Hamilton Harriers B
32	00:15:23	Paul Carroll (M 45)	Clydesdale Harriers	79	00:18:35	Alistair Laurie (M 50)	Gala Harriers D
33	00:15:23	Mark McColl (M Sen)	Shettleston Harriers B	80	00:18:40	Stephen Malcolm (M 45)	Lothian Running Club C
34	00:15:25	Will Hensman (M Sen)	Central AC C	81	00:18:57	Andrew Crichton (M Sen)	Ayr Seaforth AC B
35	00:15:29	Andrew Lawrie (M Sen)	Gala Harriers B	82	00:19:06	Cathal McCarthy (M Sen)	Corstorphine AAC G
36	00:15:32	George Pettit (M Sen)	Don Hill Cambuslang Harriers C	83	00:19:08	Ian Beattie (M 45)	Portobello Running Club
37	00:15:33	Michael Sweeney (M Sen)	Helensburgh AAC	84	00:19:22	Cornel Neil (M 50)	Kirkintilloch Olympians C
38	00:15:40	Iain Burns (M Sen)	Bellahouston Road Runners	85	00:19:48	Hugh Simpson (M 50)	Calderglen Harriers B
39	00:15:42	Christopher O'Brien (M Sen)	Corstorphine AAC C	86	00:19:53	Jonathan Millar (M Sen)	Carnegie Harriers C
40	00:15:44	Bruce Scott (M 40)	Dundee Hawkhill Harriers	87	00:20:04	Nyall Goodwin (M Sen)	Bellahouston Road Runners E
41	00:15:50	Keir Geatrell (M Sen)	Giffnock North AAC B	88	00:20:06	Alex MacEwen (M 55)	Edinburgh AC F
42	00:16:00	Aishan Patil (MU20)	Glasgow University H and H	89	00:20:19	David Kelly (M Sen)	Hamilton Harriers C
43	00:16:01	Alan Torgersen (M Sen)	Corstorphine AAC F	90	00:20:42	Tony Hall (M 65)	Garscube Harriers D
44	00:16:07	Ian Thurlbeck (M 50)	Westerlands XC Club	91	00:20:58	John Bannister (M 55)	Inverclyde AC D
45	00:16:12	Adam Jack (M Sen)	Edinburgh AC E	92	00:21:38	Andrew Scott (M 45)	Motherwell AC B
46	00:16:15	Ian McGregor (M Sen)	Metro Aberdeen Running Club	93	00:23:34	Sandy MacLarty (M Sen)	Central AC D
47	00:16:16	Ewan Crawford (M Sen)	Hunters Bog Trotters B	94	00:32:37	Duncan Anderson (M Sen)	Greenock Glenpark Harriers C

### Stage 3

1	00:12:42	Scott McDonald (M Sen)	Central AC	46	00:16:06	Roger Rees (M 45)	Fife AC B
2	00:12:52	Craig Ruddy (M Sen)	Inverclyde AC	47	00:16:07	Darren McQuade (M Sen)	Bellahouston Harriers B
3	00:13:01	Teweldeberhan Mengisteab (M Sen)	Shettleston Harriers	48	00:16:13	Donald Shaw (M 40)	Lothian Running Club B
4	00:13:11	Euan Gillham (MU20)	Kilbarchan AAC	49	00:16:14	Scott Hunter (M 40)	Ron Hill Cambuslang Harriers C
5	00:13:33	Dougie Selman (M Sen)	Corstorphine AAC	50	00:16:17	Aiden Cameron (M Sen)	Central AC D
6	00:13:34	Grant Sheldon (M Sen)	Ron Hill Cambuslang Harriers B	51	00:16:27	Daniel Burns (M Sen)	Garscube Harriers B
7	00:13:43	Stuart Gibson (M Sen)	Ron Hill Cambuslang Harriers	52	00:16:40	Fraser McGillivray (M Sen)	Aberdeen AAC C
8	00:13:47	Michael Taylor (M Sen)	Hunters Bog Trotters B	53	00:16:47	David Roberts (M Sen)	Greenock Glenpark Harriers F
9	00:13:53	Adam Craig (MU20)	Edinburgh AC C	54	00:16:56	Ian Maxwell (M 50)	Gala Harriers B
10	00:13:55	Jamie Crowe (MU20)	Central AC B	55	00:16:58	Grant Cairns (M Sen)	Springburn Harriers
11	00:13:56	Craig Campbell (MU20)	Inverness Harriers AAC	56	00:17:01	Stewart Robertson (M Sen)	Bellahouston Road Runners C
12	00:14:03	Bryan Clark (M Sen)	Corstorphine AAC B	57	00:17:02	Bill Winning (M 40)	Shettleston Harriers B
13	00:14:04	Greg Williams (MU20)	Inverclyde AC B	58	00:17:05	Simon Harrison (M Sen)	Hunters Bog Trotters C
14	00:14:15	Christopher Devine (M Sen)	Garscube Harriers	59	00:17:08	Jim Gillon (M Sen)	Law & District AAC C
15	00:14:17	Grant Baillie (M Sen)	East Kilbride A.C.	60	00:17:10	Neil Richardson (M 40)	Hamilton Harriers
16	00:14:20	Grant Boyne (MU20)	Glasgow University H and H	61	00:17:11	Scott Dickson (M Sen)	Motherwell AC
17	00:14:22	Shaun Lyon (M Sen)	Greenock Glenpark Harriers	62	00:17:25	Stewart McRoberts (M Sen)	Kilmarnock H&AC C
18	00:14:33	James Thomas (MU20)	Edinburgh Univ Hare & Hounds	63	00:17:26	Kevin Bloy (M 45)	Ayr Seaforth AC
19	00:14:35	Jordan Chapman (MU20)	Aberdeen AAC	64	00:17:27	Paul Kelly (M Sen)	Dumbarton AAC
20	00:14:36	Andrew Clark (MU20)	Giffnock North AAC	65	00:17:35	Kevin Davie (M Sen)	Carnegie Harriers C
21	00:14:46	Kieron Rafferty (MU20)	VP-Glasgow AC	66	00:17:36	Alister Biggar (M 40)	Teviotdale Harriers
22	00:15:01	Graeme Paterson (M 40)	Bellahouston Road Runners	67	00:17:39	Eoghan Maguire (M Sen)	Edinburgh AC F
23	00:15:03	Thomas Callan (M Sen)	Glasgow University H and H B	68	00:17:39	Richard Hadfield (M 45)	Portobello Running Club
24	00:15:05	Philip Wright (MU20)	University of St Andrews CC	69	00:17:43	Damien Moore (M Sen)	VP-Glasgow AC B
25	00:15:09	Colin Partridge (M Sen)	Lothian Running Club	70	00:17:44	Harry Mulholland (M 50)	Lothian Running Club C
26	00:15:11	Stephen Allen (M 45)	Law & District AAC	71	00:17:51	Campbell Fullarton (M Sen)	Helensburgh AAC
27	00:15:13	Alasdair MacMillan (M Sen)	Aberdeen Running Club	72	00:17:54	Craig Johnston (M 45)	Falkirk Victoria Harriers
28	00:15:15	Grant Thomson (M Sen)	Westerlands XC Club	73	00:17:59	James McAneny (M 55)	Garscube Harriers C
29	00:15:16	Nicholas Wolverson (M Sen)	Edinburgh AC E	74	00:18:02	Paul McKendry (M 50)	Clydesdale Harriers B
30	00:15:18	Tomas Brdgeman (M Sen)	Hunters Bog Trotters	75	00:18:22	Peter Jennongs (M Sen)	Aberdeen Running Club B
31	00:15:19	Wayne McIntosh (M Sen)	Gala Harriers	76	00:18:26	Iain Cumming (M 60)	Corstorphine AAC G
32	00:15:22	Tom Ferrington (M Sen)	Corstorphine AAC F	77	00:18:36	Steven Hill (M Sen)	Kilbarchan AAC C
33	00:15:24	Alan Henderson (M Sen)	Greenock Glenpark Harriers C	78	00:18:43	Christopher Kilshaw (M Sen)	Garscube Harriers D
34	00:15:25	Christopher Mchardy (M Sen)	Central AC C	79	00:18:48	Ross Bickerstaff (M 55)	Hamilton Harriers C
35	00:15:27	Alex Cumming (M Sen)	Corstorphine AAC C	80	00:19:04	Kenny McDonald (M 45)	Bellahouston Road Runners E
36	00:15:30	Crispin Walsh (M 40)	Bellahouston Harriers	81	00:19:05	Dewar Stewart (M 50)	Clydesdale Harriers C
37	00:15:32	Argy Rizos (M 40)	Edinburgh AC D	82	00:19:37	Robin Thomas (M 55)	Hunters Bog Trotters D
38	00:15:45	James Wales (M Sen)	Kilmarnock H&AC	83	00:19:41	Michael Maxton (M 40)	Hamilton Harriers B
39	00:15:48	Lukasz Czyzycki (M Sen)	Aberdeen AAC B	84	00:19:42	Jim Mearns (M 45)	Calderglen Harriers B
40	00:15:51	Jonathan Kennedy (MU20)	Law & District AAC B	85	00:19:55	Daniel O'Connell (M 45)	Ron Hill Cambuslang Harriers D
41	00:15:56	Matthew Thomson (M Sen)	Inverclyde AC C	86	00:20:00	Tom McCulloch (M 60)	Ayr Seaforth AC B
42	00:15:57	Kieran Pugh (MU20)	Kirkintilloch Olympians B	87	00:20:10	Thomas Sneddon (M 40)	Motherwell AC B
43	00:15:58	Jason Steele (M 40)	Giffnock North AAC B	88	00:20:18	Alastair Law (M Sen)	Inverclyde AC D
44	00:15:59	Gary Downey (M Sen)	Kilbarchan AAC B	89	00:20:23	David Gates (M 45)	Kirkintilloch Olympians C
45	00:16:06	David Brown (M Sen)	Clydesdale Harriers				

### Stage 4

1	00:12:20	Andrew Butchart (M Sen)	Central AC	41	00:16:06	Luke Chamberlain (M 40)	Giffnock North AAC B
2	00:12:43	Dan Mulhare (M Sen)	Inverclyde AC	42	00:16:11	Paul Clawson (M Sen)	Bellahouston Harriers
3	00:12:54	Scott Fraser (M Sen)	Lothian Running Club	43	00:16:14	Ruairidh Macdonald (M Sen)	Bellahouston Harriers B
4	00:13:21	Gavin McArdle (MU20)	Kilbarchan AAC	44	00:16:15	David Weatherhead (M Sen)	Bellahouston Road Runners C
5	00:13:22	Robert Gilroy (M Sen)	Ron Hill Cambuslang Harriers	45	00:16:22	Mark Bryson (M 45)	Gala Harriers B
6	00:13:27	Andrew Lawler (MU20)	Edinburgh AC C	46	00:16:23	Stuart Leghorn (MU20)	Law & District AAC C
7	00:13:43	Patryk Gierjatowicz (M Sen)	Hunters Bog Trotters	47	00:16:33	Thomas Watterson (M Sen)	Hamilton Harriers
8	00:13:45	Lewis Millar (M Sen)	Central AC B	48	00:16:39	Duncan McKellar (M Sen)	Garscube Harriers C
9	00:13:45	Keith Hood (M 40)	Corstorphine AAC	49	00:16:39	Ross McEachern (M 45)	Springburn Harriers
10	00:14:04	James Dunn (MU20)	Edinburgh Univ Hare & Hounds	50	00:16:40	Ian Urquhart (M Sen)	Metro Aberdeen Running Club B
11	00:14:10	Moray Anderson (M Sen)	Corstorphine AAC B	51	00:16:45	Daniel Newman (M 45)	Fife AC B
12	00:14:11	Donnie Macdonald (M Sen)	Inverness Harriers AAC	52	00:16:48	James Farmer (M Sen)	Clydesdale Harriers B
13	00:14:11	Brian McGarrity (M Sen)	Shettleston Harriers	53	00:16:53	James Rogers (M Sen)	Hunters Bog Trotters C
14	00:14:13	Callum Symmons (MU20)	Aberdeen AAC	54	00:16:54	Gordon Appelbe (M Sen)	Central AC C
15	00:14:15	David Henderson (M Sen)	Greenock Glenpark Harriers	55	00:17:11	Gary Munro (MU20)	Falkirk Victoria Harriers
16	00:14:25	Calum McKenzie (M Sen)	Corstorphine AAC C	56	00:17:11	Stewart Kerr (M40)	Lothian Running Club B
17	00:14:29	Fergus Johnston (M Sen)	Gala Harriers	57	00:17:30	Alan O'Rourke (M 45)	Greenock Glenpark Harriers F
18	00:14:29	Myles Bax (M Sen)	Glasgow University H and H	58	00:17:34	John McLaughlin (M 45)	Garscube Harriers B
19	00:14:32	Michael Houston (MU20)	Inverclyde AC B	59	00:17:37	Gavin Morrison (M 45)	Inverclyde AC C
20	00:14:34	Gordon Robertson (M Sen)	Ron Hill Cambuslang Harriers B	60	00:17:53	Nicholas Brown (M Sen)	Corstorphine AAC F
21	00:14:48	Chris Greenhalgh (M 40)	Giffnock North AAC	61	00:17:54	John Pugh (M 45)	Kirkintilloch Olympians B
22	00:14:49	Dave Ward (M Sen)	Hunters Bog Trotters B	62	00:17:54	Alex Corbett (M 45)	Teviotdale Harriers
23	00:14:49	Tom Murray (MU20)	Kilbarchan AAC B	63	00:17:55	Peter Laing (M 50)	Ayr Seaforth AC
24	00:15:02	Darran Muir (M Sen)	Law & District AAC	64	00:18:20	Kieran McQuade (M Sen)	Dumbarton AAC
25	00:15:04	Tom Brian (M Sen)	Metro Aberdeen Running Club	65	00:18:21	Robert Pattinson (M 45)	Motherwell AC B
26	00:15:08	Luke McIlvenna (M Sen)	Motherwell AC	66	00:18:39	Shaun Cavens (M 50)	Corstorphine AAC G
27	00:15:10	James Montgomery (M Sen)	Bellahouston Road Runners	67	00:18:57	Matthew Newnham (M 55)	Edinburgh AC D
28	00:15:10	Andrew Mitchell (M Sen)	University of St Andrews CC	68	00:19:00	Kenneth Wales (M 45)	Kilmarnock H&AC C
29	00:15:13	John Denovan (M Sen)	Westerlands XC Club	69	00:19:06	Colin Douglas (M 40)	Helensburgh AAC
30	00:15:14	Andrew Robert Gibson (M Sen)	Garscube Harriers	70	00:19:20	James Healy (M 45)	Ron Hill Cambuslang Harriers D
31	00:15:16	Niall Walker (M Sen)	East Kilbride A.C.	71	00:19:33	Robert Young (M 70)	Clydesdale Harriers C
32	00:15:31	Mark Hand (M 40)	Law & District AAC B	72	00:19:38	Kieran McLaughlin (M Sen)	Garscube Harriers D
33	00:15:32	Frank Boyne (M 45)	Aberdeen AAC C	73	00:19:46	Terence Grady (M 55)	Hamilton Harriers C
34	00:15:43	David Limmer (M Sen)	Portobello Running Club	74	00:19:58	Martin Leadbetter (M 55)	Lothian Running Club C
35	00:15:47	Michael O'Hagan (M 45)	Ron Hill Cambuslang Harriers C	75	00:20:11	Ross Martin (M Sen)	Glasgow University H and H B
36	00:15:47	Patrick Bowman (MU20)	VP-Glasgow AC	76	00:20:37	Barry Davie (M Sen)	Carnegie Harriers C
37	00:15:48	Keith Dunlop (M Sen)	Edinburgh AC E	77	00:22:21	James Murray (M Sen)	Ayr Seaforth AC B
38	00:15:55	Robert O'Neill (M Sen)	Clydesdale Harriers	78	00:23:02	Peter Middleton (M Sen)	Hamilton Harriers B
39	00:16:00	Scott Lyden (M Sen)	Kilmarnock H&AC	79	00:23:04	Tom Tracey (M 60)	Inverclyde AC D
40	00:16:05	Gareth Lake (M Sen)	Aberdeen AAC B	80	00:25:33	Ian Marshall (M 65)	Hunters Bog Trotters D