

Stage 1

1	00:17:09	Gillian Sangster (F40)	Dundee Road Runners AC	9	00:19:31	Kirsty Baird (F40)	Carnegie Harriers D
2	00:17:09	Fiona Dalgleish (F40)	Gala Harriers	10	00:20:18	Phyllis Hands (F55)	Motherwell AC B
3	00:17:38	Jo Phillips (F40)	Edinburgh AC F	11	00:20:25	Ausrine Ward (F Sen)	Kirkintilloch Olympians C
4	00:17:58	Anya Campbell (F40)	Gala Harriers B	12	00:20:42	Pamela Cruickshanks (F50)	Anster Haddies Running Club
5	00:17:59	Jennifer Clark (F 40)	Bellahouston Harriers	13	00:20:49	Elizabeth McAuslan (F45)	Greenock Glenpark B
6	00:18:16	Anne Marie McGregor (F40)	Kirkintilloch Olympians	14	00:21:18	Shery Johnston (F45)	Portobello Running Club B
7	00:18:28	Fabienne Thompson (F45)	Carnegie Harriers	15	00:21:26	Alison Whyte (F45)	Carnegie Harriers C
8	00:18:37	Sandra Rathjen (F40)	Hunters Bog Trotters B				

Stage 2

1	00:18:14	Rachel Fagan (F40)	Gala Harriers	9	00:20:04	Marian Monk (F40)	Greenock Glenpark B
2	00:18:25	Annamarie McCaffrey (F45)	Kirkintilloch Olympians	10	00:20:07	Dawn Grant (F40)	Gala Harriers B
3	00:18:33	Erica Christie (F55)	Bellahouston Harriers	11	00:20:11	Clare Barr (F45)	Motherwell AC B
4	00:18:36	Isobel Burnett (F55)	Carnegie Harriers	12	00:20:39	Zoe Kemp (F40)	Hunters Bog Trotters B
5	00:18:58	Sharyn Ramage (F50)	Edinburgh AC F	13	00:21:38	Lesley Halstead (F45)	Carnegie Harriers C
6	00:19:13	Elise Methven (F60)	Anster Haddies Running Club	14	00:22:03	Vivien Fraser (F45)	Kirkintilloch Olympians C
7	00:19:18	Monica Flanagan (F40)	Portobello Running Club B	15	00:22:15	Gail Rattray (F 40)	Dundee Road Runners AC
8	00:20:04	Helena Sim (F50)	Carnegie Harriers D				

Stage 3

1	00:16:38	Megan Wright (F40)	Hunters Bog Trotters B	8	00:19:03	Fiona Wright (F40)	Portobello Running Club B
2	00:17:29	Kate Jenkins (F40)	Gala Harriers	9	00:19:17	Morag Taggart (F55)	Dundee Road Runners AC
3	00:18:22	Karen Dobbie (F45)	Edinburgh AC F	10	00:20:16	Rhonda White (F40)	Greenock Glenpark B
4	00:18:37	Gail Murdoch (F45)	Carnegie Harriers	11	00:20:29	Hazel Bradley (F60)	Anster Haddies Running Club
5	00:18:43	Elaine Hogg (F45)	Kirkintilloch Olympians	12	00:20:58	Samantha Newington (F40)	Carnegie Harriers D
6	00:18:52	Fiona Shepherd (F45)	Gala Harriers B	13	00:22:19	Gillian McCracken (F45)	Carnegie Harriers C
7	00:19:02	Bernadette O'Neil (F45)	Bellahouston Harriers	14	00:23:04	Sian Casey (F45)	Kirkintilloch Olympians C