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|---|----------------|--|----------------|---|----------------|
| 1 Edinburgh Univ Hare & Hounds | 56:28 | 15 Edinburgh Univ Hare & Hounds B | 1:04:22 | 29 Kilmarnock H&AC | 1:11:37 |
| Stephanie Pennycook (F Sen) | 13:38 (1) | Lydia Blythe (FU20) | 17:06 (39) | Stephanie Hewitt (F Sen) | 16:54 (34) |
| Catriona Graves (FU20) | 14:30 (2) | Sophie Collins (F Sen) | 15:21 (20) | Laura Haggarty (F Sen) | 17:20 (32) |
| Louise Mercer (F Sen) | 14:02 (2) | Rhiannon Kirk (FU20) | 16:15 (18) | Elizabeth McDermott (F45) | 18:37 (32) |
| Mhairi MacLennan (F Sen) | 14:18 (1) | Sarah Douglas (F Sen) | 15:40 (15) | Kirsteen Hawlin (F Sen) | 18:46 (29) |
| 3 VP-Glasgow AC | 56:44 | 16 Inverness Harriers AAC | 1:05:43 | 30 Hunters Bog Trotters C | 1:12:11 |
| Mhairi Hendry (F Sen) | 13:59 (5) | Sarah Liebnitz (F Sen) | 14:59 (14) | Sarah O'Neil (F Sen) | 17:03 (37) |
| Philippa Millage (F Sen) | 14:48 (3) | Caroline Marwick (F Sen) | 16:01 (16) | Amy Jennings (F Sen) | 18:07 (40) |
| Josephine Moutrie (F Sen) | 13:38 (3) | Julie Wilson (F45) | 16:26 (15) | Katherine Golding (F Sen) | 17:47 (33) |
| Anna Tait (FU20) | 14:19 (2) | Roma Shepherd (F40) | 18:17 (16) | Amelia Hope-Jones (F Sen) | 19:14 (30) |
| 2 Central AC | 56:44 | 17 Hunters Bog Trotters B | 1:06:03 | 31 Anster Haddies Running Club | 1:12:50 |
| Lyndsay Morrison (F Sen) | 15:16 (16) | Briony Curtis (F Sen) | 15:42 (19) | Fiona Cruickshanks (F65) | 18:13 (48) |
| Fiona Thompson (F Sen) | 14:14 (8) | Shona McIntosh (F Sen) | 16:22 (19) | Yvonne Dehn (F Sen) | 18:14 (44) |
| Jennifer Wetton (F Sen) | 13:56 (4) | Eilis McKechnie (F Sen) | 16:27 (17) | Pamela Cruickshanks (F50) | 18:02 (39) |
| Morag MacLarty (F Sen) | 13:18 (3) | Mairead Kelly (F Sen) | 17:32 (17) | Hazel Bradley (F65) | 18:21 (32) |
| 4 Kilbarchan AAC | 57:43 | 18 Garscube Harriers C | 1:06:41 | 32 Greenock Glenpark Harriers | 1:12:50 |
| Christina Rankin (F Sen) | 14:57 (12) | Chloe McAdam (F Sen) | 15:44 (20) | Emma Baxter (F Sen) | 16:20 (31) |
| Elspeth Curran (F Sen) | 14:25 (6) | Petra Sambale (F50) | 16:49 (21) | Lorna Coyle (F55) | 18:34 (38) |
| Laura Stark (FU20) | 14:14 (5) | Amy Cromarty (F Sen) | 17:21 (23) | Emma O'Rourke (F Sen) | 18:43 (38) |
| Jemma Reekie (FU20) | 14:07 (4) | Daisy Ochoa (F Sen) | 16:47 (18) | Susan Clark (F45) | 19:13 (31) |
| 5 Edinburgh AC | 58:19 | 19 Springburn Harriers | 1:07:04 | 33 Bellahouston Harriers | 1:13:47 |
| Gillian Palmer (F Sen) | 14:21 (8) | Michelle Sandison (F Sen) | 14:20 (7) | Suzanne Boyle (F Sen) | 18:54 (54) |
| Lauren Stoddart (F Sen) | 14:45 (4) | Hannah Terrance (F Sen) | 16:05 (12) | Katherine Hylands (F Sen) | 16:40 (42) |
| Lauren Wilson (F Sen) | 14:49 (6) | Marlene Hunter (F40) | 17:17 (16) | Rebecca Simister (F Sen) | 19:45 (41) |
| Rachael Dunn (F Sen) | 14:24 (5) | Pauline Doherty (F45) | 19:22 (19) | Emily Jackson (F Sen) | 18:28 (33) |
| 6 Hunters Bog Trotters | 59:20 | 20 Central AC B | 1:07:21 | 34 Garscube Harriers B | 1:14:09 |
| Rosie Smith (F Sen) | 13:40 (3) | Claire Houston (F Sen) | 16:43 (32) | Nicola Adams - Hendry (F Sen) | 17:21 (43) |
| Jillian Stephen (F Sen) | 15:31 (5) | Kimberley Timmins (F Sen) | 16:13 (23) | Emma Blair (F Sen) | 18:50 (43) |
| Claire Gordon (F Sen) | 15:23 (9) | Eleanor Hanson (FU20) | 16:43 (21) | Hannah Berry (FU20) | 20:31 (43) |
| Georgia Tindley (F Sen) | 14:46 (6) | Jodie Currie (FU20) | 17:42 (20) | Louise Torr (F Sen) | 17:27 (34) |
| 7 Shettleston Harriers | 59:31 | 21 Glasgow University Hare and H B | 1:07:22 | 35 Airdrie Harriers | 1:14:26 |
| Ruth Joss (F Sen) | 14:34 (10) | Alice Everett (F Sen) | 16:57 (35) | Roisin Smith (FU20) | 16:07 (28) |
| Emma Dunnett (F Sen) | 14:53 (7) | Rachael MacLennan (FU20) | 16:39 (29) | Marie Thérèse Rodgers (F45) | 18:03 (31) |
| Avril Mason (F40) | 14:57 (7) | Audrey Braven-Ayres (F Sen) | 17:33 (26) | Christine McMenemy (F50) | 19:15 (36) |
| Jessica Oliver-Bell (F Sen) | 15:07 (7) | Mikaela Hannam (F Sen) | 16:13 (21) | Morven Glennie (F Sen) | 21:01 (35) |
| 8 Fife AC | 1:00:26 | 22 Kilbarchan AAC C | 1:09:24 | 36 Metro Aberdeen Running Club B | 1:14:51 |
| Halina Rees (F Sen) | 14:27 (9) | Sharon Hastie (F40) | 17:10 (40) | Joanna Geddes (F Sen) | 18:47 (53) |
| Fiona Bracegirdle (F Sen) | 15:12 (9) | Holly Thompson (FU20) | 17:37 (35) | Lauren Smith (F Sen) | 19:22 (50) |
| Jennifer Spence (F Sen) | 14:48 (8) | Caroline Cochran (F45) | 18:18 (35) | Kirsty Robson (F45) | 18:22 (42) |
| Katie Jones (F Sen) | 15:59 (8) | Chloe Simpson (FU20) | 16:19 (22) | Rebecca Ward (F Sen) | 18:20 (36) |
| 9 Inverclyde AC | 1:01:28 | 23 Liniithgow AC | 1:09:31 | 37 Dumbarton AAC | 1:15:43 |
| Julie Gordon (F40) | 15:39 (17) | Jill Horsburgh (F55) | 19:25 (56) | Alison Gallacher (F Sen) | 20:50 (61) |
| Sharon Muir (F40) | 14:57 (13) | Karen Duncan (F Sen) | 17:49 (45) | Clare Egan (F40) | 19:08 (52) |
| Rachael Bushfield (F Sen) | 15:52 (13) | Lynne McGill (F Sen) | 16:20 (37) | Laura Johnston (F Sen) | 19:36 (47) |
| Nynke Mulholland (F Sen) | 15:00 (9) | Mairi Watts (F Sen) | 15:57 (23) | Charlene Kelly (F Sen) | 16:09 (37) |
| 10 Kilbarchan AAC B | 1:02:08 | 24 Shettleston Harriers B | 1:09:49 | 38 Law & District AAC | 1:17:22 |
| Sarah Dempsey (FU20) | 15:13 (15) | Carole Setchell-McColl (F Sen) | 15:53 (26) | Hilary McGrath (F50) | 15:50 (23) |
| Iona Miller (FU20) | 15:26 (15) | Mhairi Donaldson (F Sen) | 17:17 (26) | Margaret Newell (FU20) | 18:33 (33) |
| Kerry MacAngus (FU20) | 15:35 (11) | Hayley McCrorie (F Sen) | 19:03 (28) | Nicola Donnelly (F Sen) | 20:08 (40) |
| Elaine Eadie (F Sen) | 15:54 (10) | Oonagh Dunnett (F Sen) | 17:36 (24) | Hannah Stark (FU20) | 22:51 (38) |
| 11 Glasgow University Hare and H | 1:02:31 | 25 Edinburgh Univ Hare & Hounds C | 1:10:04 | 39 Teviotdale Harriers | 1:19:39 |
| Annabel Simpson (FU20) | 13:56 (4) | Iona Evans (F Sen) | 16:12 (30) | Lauren Corbett (F Sen) | 17:35 (45) |
| Isabella Sheldon (FU20) | 16:05 (10) | Rosie Wright (FU20) | 16:48 (24) | Kirsty Hughes (F40) | 19:40 (46) |
| Katrina Ballantyne (FU20) | 16:09 (10) | Amy Bristow (F Sen) | 18:37 (27) | Anne Aitken (F45) | 21:00 (45) |
| Heather Addison (FU20) | 16:21 (11) | Leda Olia (F Sen) | 18:27 (25) | Donna Inglis (F50) | 21:24 (39) |
| 12 Lothian Running Club | 1:03:03 | 26 Dundee Hawkhill Harriers | 1:10:08 | 40 Springburn Harriers C | 1:23:22 |
| Sarah Inglis (F Sen) | 13:39 (2) | Portia Brown (F Sen) | 15:48 (22) | Lesley Corr (F45) | 19:21 (55) |
| Lana Turnbull (F Sen) | 16:37 (11) | Eilidh L Reynolds (FU20) | 17:21 (25) | Gillian McGale (F40) | 20:50 (53) |
| Mel Zobel (F Sen) | 16:53 (14) | Louise Beveridge (F Sen) | 17:12 (24) | Siobahn McHugh (F40) | 21:07 (49) |
| Mhairi Inglis (F Sen) | 15:54 (12) | Nicola Tully (F40) | 19:47 (26) | Erica Dickson (F Sen) | 22:04 (40) |
| 13 Metro Aberdeen Running Club | 1:03:35 | 27 Strathearn Harriers | 1:10:14 | | |
| Debbie Moore (F Sen) | 15:42 (18) | Maddy Watson (FU20) | 16:50 (33) | | |
| Erin Rendall (F Sen) | 17:37 (27) | Ruth Clark (F Sen) | 17:59 (36) | | |
| Claire Bruce (F Sen) | 15:39 (19) | Kerry Sweeney (F40) | 18:14 (34) | | |
| Kayleigh Jarrett (F Sen) | 14:37 (13) | Emily Greaves (F Sen) | 17:11 (27) | | |
| 14 Edinburgh AC B | 1:03:53 | 28 Calderglen Harriers | 1:10:15 | | |
| Katie Bain (F Sen) | 14:52 (11) | Kay Conneff (F Sen) | 18:19 (49) | | |
| Hannah Cameron (FU20) | 15:47 (14) | Julie Beveridge (F Sen) | 16:14 (34) | | |
| Amanda Woodrow (F Sen) | 15:39 (12) | Alison Lessells (F Sen) | 18:15 (30) | | |
| Hannah Waugh (F Sen) | 17:35 (14) | Joanne McEvoy (F Sen) | 17:27 (28) | | |

INCOMPLETE TEAMS

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| Giffnock North AAC B | 37:27 | Metro Aberdeen Running Club C | 1:01:02 | Ferranti AAC | 41:11 |
| Li Wang (F50) | 17:53 (46) | Claire Bremner (F Sen) | 21:31 (63) | Pascaline Mollard (F Sen) | 18:20 (50) |
| Heather Thompson (F Sen) | 05:21 (1) | Lisa McShea (F40) | 20:02 (56) | Siobhan Sellar (F45) | 22:51 (55) |
| Alison Gordon (F40) | 14:13 (1) | Valerie Wilson (F45) | 19:29 (48) | | |
| Corstorphine AAC | 49:37 | Bellahouston Harriers C | 1:05:15 | Calderglen Harriers B | 42:55 |
| Hannah Addison (FU20) | 14:58 (13) | Michelle O'Shea (F Sen) | 21:17 (62) | Alexandra Hayden (F Sen) | 20:29 (60) |
| Lisa Christy (F Sen) | 16:52 (18) | Anne Macfie (F50) | 21:53 (58) | Lorraine Buchanan (F Sen) | 22:26 (57) |
| Jilly Mackay (F Sen) | 17:47 (20) | Deirdre Hoyle (F65) | 22:05 (50) | | |
| Fife AC B | 49:44 | Hamilton Harriers | 2:09:27 | Banchory Stonehaven AC | 1:56:45 |
| Jennifer Cruickshanks (F Sen) | 15:45 (21) | Andrew McLinden (M65) | 40:01 (67) | Ben Leftwich (M Sen) | 39:18 (66) |
| Ailsa Cruickshanks (FU20) | 16:52 (18) | Stephen Duffy (M40) | 14:38 (59) | Andrew Ferguson Snr (M55) | 17:27 (60) |
| Katy Aitken (FU20) | 18:22 (22) | Neil Robbins (M50) | 14:48 (51) | | |
| Motherwell AC | 50:40 | Gala Harriers D | 32:54 | Edinburgh AC C | 14:02 |
| Katelyn McGeever (F Sen) | 16:09 (29) | Sarah Green (F Sen) | 15:56 (27) | Sarah Lavery (FU20) | 14:02 (6) |
| Clare Barr (F45) | 17:52 (30) | Gillian Duncan (F40) | 16:58 (22) | | |
| Emma Stevenson (F Sen) | 16:39 (25) | | | Falkirk Victoria Harriers B | 15:52 |
| Garscube Harriers D | 52:27 | Cambuslang Harriers | 33:21 | Claire Moffett (F Sen) | 15:52 (25) |
| Mary Cox (F60) | 17:17 (42) | Alexandra Lamond (F Sen) | 15:50 (24) | | |
| Diane Clark (F Sen) | 17:36 (37) | Lesley McArdle (F Sen) | 17:31 (28) | East Kilbride A.C. | 17:13 |
| | 17:34 (29) | | | Kelly Baillie (F Sen) | 17:13 (41) |
| Ochil Hill Runners B | 52:50 | Cumbernauld AAC | 35:07 | Kilbarchan AAC D | 20:12 |
| Carla Sutherland (F Sen) | 17:05 (38) | Alicia Paton (FU20) | 16:59 (36) | Sandra Houldsworth (F Sen) | 20:12 (58) |
| Katy Baxter (F45) | 18:11 (41) | Victoria Robertson (FU20) | 18:08 (39) | | |
| Karen Kealey (F45) | 17:34 (31) | | | Greenock Glenpark Harriers B | 20:19 |
| Glasgow University Hare and H C | 57:12 | Carnegie Harriers | 37:22 | Angeline Austin (F40) | 20:19 (59) |
| Chloe Plazalska (FU20) | 19:40 (57) | Charlotte Briggs (F Sen) | 17:31 (44) | | |
| Kerry Gibson (F Sen) | 18:18 (49) | Zuleika Brett (F Sen) | 19:51 (47) | Hunters Bog Trotters D | 21:50 |
| Juliet Hill (F Sen) | 19:14 (44) | | | Sheila Strain (F65) | 21:50 (64) |
| Kilmarnock H&AC B | 58:45 | Bellahouston Road Runners B | 39:57 | Giffnock North AAC C | 23:36 |
| Paula Wilson (F45) | 18:38 (51) | Camilla Sims (F Sen) | 18:04 (47) | Lesley Hunter (F55) | 23:36 (65) |
| Amanda Bryden (F Sen) | 19:15 (48) | Jill Herbert (F Sen) | 21:53 (51) | | |
| Laura Cruithers (F Sen) | 20:52 (46) | | | | |
| | | Ferranti AAC B | 40:15 | | |
| | | Claire Gilchrist (F50) | 18:40 (52) | | |
| | | Elizabeth Gilchrist (F70) | 21:35 (54) | | |