

1 Central AC	47:19	17 Hunters Bog Trotters	52:32	33 Law & District AAC	55:13
Jamie Crowe (M Sen)	11:50 (4)	Tom Martyn (M Sen)	12:28 (13)	Jamie McMorrow (M Sen)	14:01 (61)
Michael Wright (M Sen)	12:16 (2)	Patryk Gierjatowicz (M Sen)	13:08 (14)	Jonathan Kennedy (M Sen)	13:37 (42)
Alastair Hay (M Sen)	11:51 (2)	Michael Diver (M Sen)	13:47 (18)	Ross Hill (M Sen)	13:58 (40)
Andrew Butchart (M Sen)	11:22 (1)	Alasdair Anthony (M Sen)	13:09 (17)	Darran Muir (M Sen)	13:37 (33)
2 Edinburgh Univ Hare & Hounds	48:43	18 Gala Harriers	53:02	34 Fife AC	55:23
Scott Stirling (M Sen)	12:04 (6)	Darrell Hastie (M Sen)	12:40 (18)	Sam Fernando (MU20)	12:51 (23)
Logan Rees (MU20)	12:14 (3)	Graeme Murdoch (M Sen)	13:11 (20)	Gregor Malcolm (MU20)	13:19 (23)
Andrew Lawler (M Sen)	12:17 (3)	Bob Reid (M Sen)	13:37 (19)	James Rae (M Sen)	13:49 (25)
Euan Gillham (MU20)	12:08 (2)	Marcus D'Agrosa (M Sen)	13:34 (18)	Daniel Newman (M45)	15:24 (34)
3 Aberdeen AAC	48:54	19 Aberdeen AAC B	53:10	35 Inverclyde AC C	55:51
Rory Muir (M Sen)	12:32 (15)	Rory Stead (M Sen)	12:57 (25)	Sean Gaffney (M Sen)	13:31 (44)
Michael Ferguson (M Sen)	11:46 (4)	Eoghan MacNamara (M Sen)	12:53 (19)	Jason Kane (M Sen)	13:45 (38)
Will Mackay (M Sen)	12:23 (4)	James Joy (M Sen)	13:26 (17)	Matthew McKinnon (M Sen)	14:37 (42)
Broc Drury (MU20)	12:13 (3)	Euan Webster (M Sen)	13:54 (19)	Callum Hunter (M Sen)	13:58 (35)
4 Shettleston Harriers	49:04	20 Garscube Harriers	53:21	36 Garscube Harriers B	55:52
Paul Sorrie (M Sen)	12:29 (14)	Donald McPartlin (M Sen)	13:21 (39)	Kevin Liddle (M Sen)	13:39 (49)
Peter Avent (M Sen)	12:06 (7)	Alasdair MacMillan (M Sen)	13:26 (33)	Daniel Burns (M Sen)	14:32 (53)
Grant Boyne (M Sen)	12:41 (8)	Garry Mathew (M Sen)	13:30 (28)	Ally MacIver (M Sen)	13:30 (41)
Tewoldeberhan Mengisteab (M Sen)	11:48 (4)	Alan Blair (M Sen)	13:04 (20)	Steven Currie (M Sen)	14:11 (36)
5 Cambuslang Harriers	49:22	21 Glasgow University Hare and H	53:22	37 Kilmarnock H&AC	56:06
Stuart Gibson (M Sen)	12:16 (8)	Alastair Thurlbeck (M Sen)	13:01 (28)	Gavin Hogarth (M Sen)	13:21 (40)
Craig Jardine (MU20)	12:03 (5)	Rory Mcmillan (M Sen)	13:19 (27)	Neil Walker (M Sen)	13:58 (39)
Iain Reid (M Sen)	12:54 (7)	Gregor Gillespie (MU20)	14:23 (31)	James Wales (M Sen)	14:14 (39)
Ryan Thomson (M Sen)	12:09 (5)	Gavin Chalmers (M Sen)	12:39 (21)	Connell Drummond (M40)	14:33 (37)
6 Central AC B	49:43	22 Bellahouston Harriers	53:29	38 Ayr Seaforth AC	56:07
Aidan Thompson (MU20)	12:27 (12)	Crispin Walsh (M40)	13:22 (41)	Kenneth Neill (M Sen)	13:03 (31)
Conan McCaughey (M Sen)	12:19 (10)	Jack Heathwood (MU20)	13:14 (29)	Grahame Hopper (M Sen)	14:06 (36)
Cameron Milne (M Sen)	12:35 (9)	Gregor Yates (M Sen)	13:16 (23)	Stephen Kay (M Sen)	14:22 (38)
Alexander Hendry (M Sen)	12:22 (6)	Darren McQuade (M Sen)	13:37 (22)	Stephen McCrorie (M40)	14:36 (38)
7 Inverclyde AC	49:45	23 Inverclyde AC B	53:41	39 Strathclyde Univ Harriers	56:12
Andrew Douglas (M Sen)	11:47 (2)	Michael Houston (M Sen)	13:10 (33)	James Pettigrew (MU20)	13:49 (53)
Ross Gray (MU20)	12:34 (6)	David Henderson (M Sen)	13:09 (26)	Benjamin Hindley (MU20)	14:02 (45)
John Bell (M Sen)	12:43 (6)	Graeme Hyett (M Sen)	13:33 (22)	Craig Nolan (M Sen)	14:26 (45)
Mark Pollard (M Sen)	12:41 (7)	David Tamburini (M40)	13:49 (23)	Kieran Pugh (M Sen)	13:55 (39)
8 Kilbarchan AAC	49:54	25 Metro Aberdeen Running Club E	53:57	40 Lothian Running Club B	56:18
Ewan McKerral (MU20)	13:05 (32)	Hamish Battle (M Sen)	12:23 (11)	Ryan Ferguson (M Sen)	13:35 (45)
Callum Matthews (M Sen)	12:44 (18)	Ben Ward (M Sen)	13:55 (24)	Stig Walsh (M45)	14:53 (56)
Callum Hawkins (M Sen)	11:01 (5)	Jeremy Kibble (M Sen)	13:49 (27)	Kenny Mearns (M55)	14:14 (48)
Scott MacAulay (M Sen)	13:04 (8)	Steve Buchan (M40)	13:50 (25)	Martin Leadbetter (M55)	13:36 (40)
9 Corstorphine AAC E	50:14	24 Cambuslang Harriers C	53:57	41 Kilbarchan AAC B	56:32
Calum McKenzie (M Sen)	12:00 (5)	Alistair Campbell (M Sen)	12:37 (17)	Scott McLardie (MU20)	12:54 (24)
Howell Craske (M Sen)	12:39 (9)	Brendan Carey (MU20)	13:42 (25)	Ryan Waldron (M Sen)	14:46 (43)
Anthony Addison (MU20)	12:59 (10)	Richard Carr (M Sen)	13:38 (24)	Graham Evans (M Sen)	13:26 (34)
Ewan Brown (M Sen)	12:36 (9)	Colin Reilly (M Sen)	14:00 (24)	Grant Sandilands (M Sen)	15:26 (41)
10 VP-Glasgow AC	50:56	26 Aberdeen AAC C	54:19	42 VP-Glasgow AC B	56:33
Afwerki Haile (M Sen)	12:22 (10)	Steven Murray (MU20)	13:01 (29)	Duncan Thomson (M45)	15:14 (81)
Max Milarvie (MU20)	13:00 (12)	Aaron Odentz (MU20)	13:36 (30)	David Vernon (M Sen)	13:07 (55)
Jamie MacKinnon (MU20)	12:54 (12)	Andrew Ferguson Jnr (M Sen)	14:01 (30)	Kieron Rafferty (M Sen)	13:06 (37)
Martin Hayes (M Sen)	12:40 (10)	Fearghas Thomson (M Sen)	13:41 (26)	Gerard Craig (M45)	15:06 (42)
11 Cambuslang Harriers B	51:19	27 Corstorphine AAC G	54:20	43 Bellahouston Road Runners B	56:40
Paul Morrison (MU20)	13:02 (30)	Alastair Brockie (M Sen)	13:18 (35)	Bruce Carse (M Sen)	13:48 (52)
William MacRury (M Sen)	12:52 (21)	Jonathan Carpenter (M Sen)	13:26 (32)	Marc Bromwich (M Sen)	14:10 (48)
Grant Sheldon (M Sen)	12:07 (11)	Chris Poxton (M Sen)	13:44 (29)	Liam Conway (M45)	14:30 (46)
Gordon Robertson (M Sen)	13:18 (11)	Liam Sleigh (M Sen)	13:52 (27)	Iain Burns (M Sen)	14:12 (43)
12 Edinburgh Univ Hare & Hounds B	51:31	28 Cambuslang Harriers D	54:31	44 Inverness Harriers AAC B	56:41
Cameron Young (MU20)	12:58 (26)	Ross Stephen (M Sen)	13:20 (38)	Paul Davidson (M Sen)	13:55 (57)
Thomas Otton (MU20)	12:40 (15)	Scott Somerville (MU20)	13:18 (31)	Andrew Johnstone (MU20)	14:12 (52)
James Dunn (M Sen)	12:50 (14)	Paul Kernohan (M Sen)	14:36 (36)	Christopher Fife (M Sen)	15:01 (53)
Alex Muir (M Sen)	13:03 (12)	Iain MacCorquodale (M Sen)	13:17 (28)	Finlay MacLennan (M Sen)	13:33 (44)
13 Edinburgh AC B	51:40	29 Pitreavie AAC	54:39	45 Portobello Running Club	56:45
Iain Whitaker (M Sen)	12:17 (9)	Ben Potrykus (M Sen)	13:19 (37)	Johnny Lawson (M40)	13:25 (42)
Peter Cameron (M Sen)	12:58 (11)	Tyler White (MU20)	12:46 (22)	Angus McLean (M45)	14:52 (54)
Callum Reid (M Sen)	13:19 (15)	Evan Ross (MU20)	13:40 (21)	Craig Taylor (M40)	15:13 (55)
Leon Johnson (M Sen)	13:06 (13)	Colin Lamont (M Sen)	14:54 (29)	David Limmer (M Sen)	13:15 (45)
14 Falkirk Victoria Harriers	51:46	30 East Kilbride A.C.	54:45	46 Teviotdale Harriers	56:49
Ben Stevenson (M Sen)	11:44 (1)	Grant Baillie (M Sen)	12:42 (19)	Rory Anderson (M Sen)	13:18 (36)
Euan Martin (M Sen)	12:55 (8)	Niall Walker (M Sen)	14:18 (34)	Greg Walker (M Sen)	13:47 (35)
Barry Paterson (M Sen)	13:58 (16)	Martin Lynas (MU20)	13:46 (32)	Derek Scott (M Sen)	14:52 (43)
Peter Moffett (M Sen)	13:09 (14)	Vincent Hastings (M Sen)	13:59 (30)	Scott Watson (M Sen)	14:52 (46)
15 Inverness Harriers AAC	52:05	31 Motherwell AC	54:52	47 Corstorphine AAC H	57:04
Stephen Mackay (M Sen)	13:18 (34)	Allan Cameron (M40)	13:36 (46)	Blair Montgomery (M Sen)	13:56 (58)
John Newsom (M Sen)	12:27 (17)	Stephen Allen (M45)	13:43 (40)	Douglas McKinnon (M Sen)	13:56 (46)
Craig Campbell (M Sen)	12:34 (13)	Christopher MacDonald (M Sen)	13:38 (33)	Callum Campbell (MU20)	15:13 (52)
James Geddes (MU20)	13:46 (15)	Craig Mackenzie (M Sen)	13:55 (31)	Callum Thom (M Sen)	13:59 (48)
16 Corstorphine AAC F	52:14	32 Giffnock North AAC	54:55	48 Shettleston Harriers C	57:04
Julian Barrable (M Sen)	12:44 (20)	Grant Muir (M Sen)	12:14 (7)	William Bardsley (MU20)	12:59 (27)
Scott Pilkington (M Sen)	12:56 (16)	Keir Geatrell (M Sen)	13:11 (13)	Mark McColl (M Sen)	14:14 (37)
Thomas Wilson (M Sen)	13:51 (20)	Ted Gourley (M50)	14:36 (26)	Kevin Slaven (M Sen)	14:45 (44)
Donald Macaulay (M Sen)	12:43 (16)	Jason Steele (M40)	14:54 (32)	Duncan McCauley (M Sen)	15:06 (47)

49 Greenock Glenpark Harriers B	57:11	56 Garscube Harriers C	58:36	63 Lothian Running Club	1:00:29
Kevin O'Donoghue (M Sen)	13:42 (50)	Craig Shields (M Sen)	13:52 (55)	Andrew King (M Sen)	15:04 (77)
Gordon Hepburn (M Sen)	15:11 (60)	Iain Thompson (M Sen)	15:04 (61)	Owen Williams (M Sen)	15:04 (73)
John Stevenson (M45)	15:14 (60)	Patrick Gibbons (M40)	14:58 (57)	Joshua Dack (M Sen)	14:50 (63)
Shaun Lyon (M Sen)	13:04 (49)	Simon Sheridan (M40)	14:42 (56)	Malcolm Lang (M Sen)	15:31 (63)
50 Edinburgh AC C	57:22	57 University of St Andrews CC	58:38	64 Strathclyde Univ Harriers B	1:00:45
Kevin Hamilton (M Sen)	14:08 (63)	Andrew Taylor (MU20)	14:16 (65)	Fraser Young (M Sen)	15:12 (80)
Stuart Johnston (M Sen)	13:20 (41)	Andrew Mitchell (MU20)	13:42 (49)	Niall Campbell (M Sen)	15:14 (74)
Naim McWilliams (M Sen)	15:17 (49)	Corey Smith (MU20)	16:26 (62)	Rory Watson (MU20)	15:04 (72)
John Mowbray (M Sen)	14:37 (50)	Philip Wright (M Sen)	14:14 (57)	Jamie McLaren (MU20)	15:15 (64)
51 Hunters Bog Trotters C	57:26	58 Perth Road Runners	58:54	65 Linlithgow AC	1:00:46
Dave Ward (M Sen)	13:38 (47)	Michael McConnell (M Sen)	14:19 (66)	David Marshall (M Sen)	15:24 (86)
David Fulton (M Sen)	14:28 (51)	Myles Bax (M Sen)	13:35 (47)	Michael Watts (M Sen)	15:27 (77)
John McManus (M Sen)	14:34 (47)	Richard Ward (M45)	16:18 (61)	David Dalmau (M40)	15:23 (76)
Richard Dougal (M Sen)	14:46 (51)	Mark Dunn (M Sen)	14:42 (58)	Scott Cockburn (M Sen)	14:32 (65)
52 Bellahouston Harriers B	57:39	59 Gala Harriers B	59:36	66 Metro Aberdeen Running Club C	1:00:48
Paul Clawson (M Sen)	14:29 (70)	Andrew Lawrie (M Sen)	13:56 (59)	Callum Walker (M Sen)	14:38 (74)
Fraser Armstrong (MU20)	14:22 (59)	Magnus Ingles (M40)	16:01 (68)	Steven Morrison (M Sen)	15:21 (69)
David Mackintosh (M Sen)	14:21 (54)	Ian Maxwell (M55)	15:24 (68)	Craig Anderson (M45)	15:24 (69)
Thomas Smith (M Sen)	14:27 (52)	Fergus Johnston (M Sen)	14:15 (59)	Kenny Garden (M Sen)	15:25 (66)
53 Law & District AAC B	57:58	60 Strathearn Harriers	59:39	67 Central AC D	1:01:31
Riccardo Faccenda (M Sen)	13:46 (51)	Wattie Mackay (M50)	14:48 (75)	Liam McCabe (M55)	16:52 (107)
Ross Penny (M Sen)	13:58 (44)	Charlie Grimson (MU20)	15:17 (71)	David Lindsay (M Sen)	14:31 (85)
Bobby Hill (M Sen)	15:05 (50)	Andrew Greaves (M40)	15:20 (70)	Will Hensman (M Sen)	14:06 (71)
Kieran Cubis (MU20)	15:09 (53)	Roger Goddard (M40)	14:14 (60)	Iain Dunsmore (M45)	16:02 (67)
54 Metro Aberdeen Running Club F	58:04	61 Hunters Bog Trotters B	59:53	68 Falkland Trail Runners	1:02:14
Chris Richardson (M Sen)	14:11 (64)	George Ashley (M Sen)	14:23 (68)	Alexander Jarrett (M Sen)	15:20 (84)
Andrew Thompson (M40)	14:50 (62)	Michael Grant (M Sen)	15:38 (70)	Chris Russell (M Sen)	14:03 (63)
Jonny McIntosh (M Sen)	14:55 (59)	James Rogers (M Sen)	15:14 (66)	Mark Western (M50)	16:10 (73)
Ian McGregor (M Sen)	14:08 (54)	Huw Jones (M Sen)	14:38 (61)	Derek McDonald (M40)	16:41 (68)
55 Kirkintilloch Olympians	58:35	62 Dumbarton AAC	1:00:23		
Aidan McCaffrey (MU20)	13:53 (56)	Stephen Cole (M45)	14:59 (76)		
Robert Keenan (M Sen)	14:53 (58)	Richie Birt (M40)	14:57 (67)		
Euan Craig (M Sen)	14:17 (51)	Peter Walsh (M Sen)	15:08 (64)		
Edward McLoone (M Sen)	15:32 (55)	David Fenwick (M Sen)	15:19 (62)		

INCOMPLETE TEAMS

Central AC C	26:26	Dundee Hawkhill Harriers B	48:17	PH Racing Club	57:39
Euan Brownlie (MU20)	11:49 (3)	John Castle (M45)	15:05 (78)	Darren Jubb (M Sen)	28:30 (123)
Tom Watson (M Sen)	00:50 (1)	Nigel Reynolds (M55)	16:25 (87)	Roger Clark (M45)	14:15 (116)
Fraser Logan (M Sen)	13:47 (1)	Raymond Tully (M45)	16:47 (86)	James Traynor (M Sen)	14:54 (103)
Dundee Hawkhill Harriers	41:14	Hunters Bog Trotters D	48:32	Clydesdale Harriers	59:10
James Donald (MU20)	12:44 (21)	Ivor Normand (M50)	15:47 (93)	Ryan Nelson (M Sen)	16:09 (100)
Andrew Merry (MU20)	13:48 (28)	Rupert Nash (M Sen)	16:34 (94)	Graham Wiseman (M40)	14:49 (79)
Declan Gall (MU20)	14:42 (35)	Michael Bareford (M40)	16:11 (87)	Hugh Lavery (M60)	28:12 (104)
Edinburgh AC H	43:32	Greenock Glenpark Harriers C	48:40	Aberdeen AAC D	30:06
James Mclay (M Sen)	14:07 (62)	Robert Dolan (M40)	15:54 (95)	Fraser Cruickshank (MU20)	13:38 (48)
Archie Hodgson (MU20)	14:29 (57)	Alan O'Rourke (M45)	16:35 (95)	Alasdair Love (M Sen)	16:28 (72)
Iain Craven (M Sen)	14:56 (56)	Stuart Austin (M40)	16:11 (88)	Corstorphine AAC I	31:03
Lasswade AAC	43:56	Strathclyde Univ Harriers C	48:41	Peter Black (M Sen)	16:00 (98)
Matthew Smith (MU20)	12:46 (22)	Ross Coles (M Sen)	15:19 (83)	Gary Morrison (M Sen)	15:03 (80)
Andrew McGlone (M45)	15:18 (50)	David Seaman (M Sen)	17:26 (97)	Kilbarchan AAC C	31:07
Kyle A Mackenzie (MU20)	15:52 (58)	Ian Coghill (M Sen)	15:56 (89)	Alan Craig (M45)	15:34 (91)
Glasgow University Hare and H B	45:06	Calderglen Harriers	48:43	Robert Snodgrass (M45)	15:33 (84)
Michael Boesl (M Sen)	14:34 (73)	Andrew Buchanan (M Sen)	14:32 (72)	Portobello Running Club B	33:22
Callan Scott (M Sen)	15:10 (66)	Jim Holmes (M45)	16:33 (81)	Oliver Pound (M Sen)	17:27 (110)
Nicolas Daval (MU20)	15:22 (65)	Richard Lawton (M40)	17:38 (90)	William Jarvie (M55)	15:55 (99)
Bellahouston Harriers C	45:18	Dumbarton AAC B	49:09	Greenock Glenpark Harriers D	33:36
Francis Gilroy (M50)	15:27 (88)	Leigh Davies (M Sen)	15:33 (90)	Stephen Reid (M40)	16:28 (103)
Calum Ferguson (MU20)	15:24 (78)	William Goldie (M60)	16:02 (89)	Michael Dunn (M60)	17:08 (100)
John Whitener (M Sen)	14:27 (67)	Peter Walsh (M60)	17:34 (91)	Falkirk Victoria Harriers D	36:18
East Kilbride A.C. B	45:45	Airdrie Harriers	49:48	John Denholm (M60)	18:35 (117)
Christopher White (M Sen)	14:29 (71)	Francis Cullen (M Sen)	15:38 (92)	Stewart Christie (M50)	17:43 (107)
Jamie Clements (M Sen)	15:09 (64)	Mark Connelly (M40)	15:02 (76)	Teviotdale Harriers C	37:12
Graeme Haddow (M50)	16:07 (74)	Stephen Purvis (M40)	19:08 (92)	Paul Lockie (M45)	18:25 (115)
Inverclyde AC D	46:06	Law & District AAC C	50:09	Alan Coltman (M45)	18:47 (109)
Jon Hammerman (M Sen)	14:21 (67)	Jim Gillon (M50)	16:03 (99)	Garscube Harriers F	37:15
Gerard Gaffney (M60)	16:45 (82)	Shaun Burke (MU20)	16:34 (96)	Stefan Kuhr (M40)	18:12 (113)
Jude Boulton (M40)	15:00 (75)	Conor Butters (MU20)	17:32 (93)	Allan Jenkins (M60)	19:03 (110)
Falkirk Victoria Harriers B	46:33	Edinburgh AC G	50:25	VP-Glasgow AC D	38:17
Alexander Davidson (M Sen)	13:28 (43)	Owen Maguire (M Sen)	16:43 (105)	Damien Moore (M Sen)	16:13 (101)
Gordon Dewar (M50)	17:59 (86)	Kirk Ollason (M45)	17:06 (102)	Kenneth McVey (M65)	22:04 (112)
Stuart Douglas (M Sen)	15:06 (77)	Scott Henderson (M40)	16:36 (94)	Calderglen Harriers B	39:26
Kilmarnock H&AC B	46:57	Bellahouston Road Runners D	50:26	Gordon McInally (M50)	18:59 (118)
Cameron Wilson (M Sen)	13:50 (54)	Henry Merriweather (M45)	16:24 (102)	Russell Couper (M50)	20:27 (113)
Scott Lyden (M Sen)	15:52 (65)	Richard Leyton (M40)	16:46 (98)	Clydesdale Harriers B	39:35
William Duffy (M50)	17:15 (78)	Frans Roelofse (M55)	17:16 (95)	Peter Rudzinski (M65)	19:06 (119)
Garscube Harriers D	47:12	Metro Aberdeen Running Club D	50:31	Watson Jones (M75)	20:29 (114)
Chris Stockdale (M Sen)	15:15 (82)	Graham Moar (M40)	15:55 (96)	Ferranti AAC	41:50
John Murray (M40)	15:20 (75)	William Gavin Reid (M50)	17:54 (101)	Grant Sellar (M50)	18:17 (114)
Callum Esler (MU20)	16:37 (79)	Gavin McLennan (M Sen)	16:42 (96)	Edward McDonald (M65)	23:33 (115)
Cambuslang Harriers E	47:15	Ayr Seaforth AC D	52:02	Cumbernauld AAC	12:36
William Fairley (M45)	15:59 (97)	John Hannah (M40)	17:33 (111)	Cameron Richardson (MU20)	12:36 (16)
Tony McCutcheon (M45)	15:39 (91)	Stuart McLean (M40)	17:34 (106)	Shettleston Harriers F	13:59
Francis Hurley (M60)	15:37 (80)	Ian Young (M40)	16:55 (97)	Peter Mackie (M Sen)	13:59 (60)
Carnegie Harriers	47:20	Garscube Harriers E	53:39	Westerlands XC Club	15:24
Benjamin Groves (M Sen)	15:48 (94)	Craig Marsden (M Sen)	17:02 (108)	Alex Osborne (M Sen)	15:24 (87)
Kevin Davie (M Sen)	15:45 (88)	Craig Brown (M40)	17:24 (103)	Kilmarnock H&AC C	17:48
Jonathan Millar (M Sen)	15:47 (81)	David Esler (M55)	19:13 (98)	Leslie-James McDerment (M45)	17:48 (112)
Motherwell AC B	47:40	Hunters Bog Trotters E	54:21	Metro Aberdeen Running Club B	18:34
Ben Smith (M40)	15:29 (89)	Paul Cross (M Sen)	20:11 (121)	Linton Tyler (M Sen)	18:34 (116)
Robert Pattinson (M45)	16:16 (92)	Peter McClelland (M Sen)	17:27 (111)	Bellahouston Harriers D	19:28
Scott Dickson (M Sen)	15:55 (82)	Andrew McKeachie (M Sen)	16:43 (99)	John Beckett (M65)	19:28 (120)
Springburn Harriers C	47:44	Motherwell AC C	54:38	Garscube Harriers G	25:30
Alistair Peat (M Sen)	14:25 (69)	Jim White (M40)	16:36 (104)	Robert Cuthbertson (M60)	25:30 (122)
Joe Chambers (M Sen)	17:33 (93)	Steven McCaw (M Sen)	19:57 (108)		
Donnie Inglis (M45)	15:46 (83)	Thomas Sneddon (M40)	18:05 (100)		
Teviotdale Harriers B	47:56	Bellahouston Road Runners E	54:40		
Andrew Goodair (M45)	15:23 (85)	Kenny McDonald (M40)	17:10 (109)		
Alan Inglis (M45)	15:43 (83)	Christopher Doak (M Sen)	17:45 (105)		
Alistair Biggar (M45)	16:50 (84)	Andrew Haddow (M60)	19:45 (101)		
Ayr Seaforth AC C	47:59	Central AC E	56:37		
Craig Brown (M Sen)	15:07 (79)	Simon Barlow (M45)	16:48 (106)		
Iain Pettigrew (M45)	16:31 (90)	Kenneth Hislop (M Sen)	18:04 (104)		
Alasdair Meldrum (M45)	16:21 (85)	Sandy MacLarty (M Sen)	21:45 (102)		