

Senior Men

Pos	Time	Athlete	Club
1	31:51	Max Abernethy	Fraserburgh RC
2	32:14	James Wilson	Moray Road Runners
3	32:18	Ewan Davidson	Moray Road Runners

Under 20 Men

Pos	Time	Athlete	Club
1	35:00	Lucas Cairns	Inverness Harriers

Masters Men (M40+)

Pos	Time	Athlete	Club
1	36:32	Jonny MacLeod	Inverness Harriers
2	36:54	Stephen Sharpe	Forres Harriers
3	37:06	Stephen Carmichael	Moray Road Runners

Masters Men (M50+)

Pos	Time	Athlete	Club
1	38:34	Colin Green	Moray Road Runners

Senior Women

Pos	Time	Athlete	Club
1	36:49	Catriona Fraser	Inverness Harriers
2	38:10	Sarah Atwood	Skye & Lochalsh RAC
3	40:41	Vikki Thompson	Ross County AC
3	42:05	Isla Mackay	Lochaber AC

Under 20 Women

Pos	Time	Athlete	Club
1			n/a

Masters Women (W40+)

Pos	Time	Athlete	Club
1	38:10	Sarah Atwood	Skye & Lochalsh RAC
2	47:53	Maureen Mackie	Nairn Road Runners
3	48:42	Jennifer Bremner	North Highland Harriers
3	49:42	Karen Norvell	Moray Road Runners

Masters Women (W50+)