

		Sen/Jun Men	Mas Men	Sen/Jun Women	Mas Women	Young Males	Young Females
	Teams	10	9	11	8	13	15
East Sutherland AC	1	1	0	0	0	0	0
Forres Harriers	4	1	0	0	3	0	0
Fraserburgh RC	1	0	0	1	0	0	0
Highland Hill Runners	5	1	2	2	0	0	0
Inverness Harriers AAC	2	1	1	0	0	2	5
JSK RC	7	2	1	4	0	0	0
Moray RR	10	2	3	2	3	1	0
Motherwell AC	0	0	0	0	0	0	1
Nairn Area AAC	0	0	0	0	0	1	1
Nairn Road Runners	2	0	1	0	1	0	0
North Highland Harriers	2	1	0	1	0	0	0
Peterhead AC	2	0	1	0	1	0	1
Ross County AC	0	0	0	0	0	4	3
Stornoway Running & AC	2	1	0	1	0	5	4