

Young Females											
Pos	Team Name	Time	Leg1	Athlete	Pos	Leg2	Athlete	Pos	Leg3	Athlete	Pos
1	Giffnock North AC	36:20	12:36	Eve Cameron	3	11:56	Freya Scobie	1	11:48	Ruth Walsh	1
2	Kilbarchan AAC	36:33	12:22	Emma Nicholson	1	12:34	Ella Carden	2	11:37	Zara Redmond	2
3	Giffnock North AC	36:44	12:26	Erika Tait	2	12:38	Eilidh Caldwell	3	11:40	Freya Campbell	3
4	Airdrie Harriers	37:13	12:59	Dionne Maguinness	5	12:33	Eihlenn Gillespie	5	11:41	Millie Gairn	4
5	Giffnock North AC	38:01	13:18	Lucy Tonner	6	11:58	Millie Boothman	4	12:45	Lauren Mcpherson	5
6	Giffnock North AC	38:33	13:39	Eilidh Brown	10	11:59	Holly Simpson	6	12:55	Isla Munro	6
7	Law & District AAC	38:42	13:51	Emily Taylor	12	13:20	Olivia Inglis	14	11:31	Jessica Inglis	7
8	Giffnock North AC	39:10	14:11	Erica Ross	20	12:22	Amy Gallagher	8	12:37	Iona Stroma Hubbard	8
9	Shettleston Harriers	39:16	13:23	Zoe Roberts	9	13:24	Mairi Stephen	9	12:29	Katie Woods	9
10	East Kilbride AC	39:30	14:07	Nina Clark	19	11:47	Matilda Frew	7	13:36	Amy Andrew	10
11	Kilbarchan AAC	39:48	14:06	Mhairi McDougall	18	12:59	Clara Bain	12	12:43	Cara McMinn	11
12	Springburn Harriers	39:54	13:59	Willow Smith	17	12:50	Brooke Dawson	10	13:05	Skye Smith	12
13	Giffnock North AC	41:16	13:53	Chloe Simpson	13	13:35	Erin Reilly	15	13:48	Rachael Niamh Hill	13
14	Law & District AAC	41:16	14:16	Olivia Kelly	22	13:45	Lucy Taylor	16	13:15	Neve Elliott	14
15	Garscube Harriers	41:16	15:28	Phoebe Thomson	41	13:14	Chloe Hendry	24	12:34	Sophie Gibbons	15
16	Giffnock North AC	41:16	13:56	Freya Mearns	15	13:09	Nicole Yates	13	14:11	Amy Vincent	16
17	Kilmarnock Harrier & Athletic Club	41:25	13:21	Ava Warboys	7	13:40	Cara Monachello	11	14:24	Eve Starritt	17
18	Cambuslang Harriers	41:29	12:54	Brooke Walker	4	15:09	Erin Kearney	17	13:26	Grace Ferry	18
19	Victoria Park City of Glasgow AC	42:24	15:59	Phoebe Bonham	46	12:26	Anna Elizabeth Ross	23	13:59	Eve Morrison	19
20	North Ayrshire AC	42:38	14:39	Isla Preston	27	14:34	Emy Finnigan	30	13:25	Nell Mcgregor	20
21	North Ayrshire AC	42:48	13:46	Lola Finnigan	11	14:34	Ella McMillan	22	14:28	Eilidh Dunwoodie	21
22	East Kilbride AC	42:54	15:20	Annie MacDonald	39	13:39	Carrie Charters	28	13:55	Rhianna Docherty	22
23	Giffnock North AC	43:00	14:56	Lotty Martin	32	13:15	Emmé Johnston	19	14:49	Lucy O'Donoghue	23
24	Giffnock North AC	43:02	15:12	Anna Hill	37	13:41	Eve Wilkinson	25	14:09	Samantha McKeown	24
25	Airdrie Harriers	43:11	14:14	Zara Gillespie	21	15:34	Murryn Burns	34	13:23	Grace Wilson	25
26	Kilbarchan AAC	43:16	15:26	Lara Arnott	40	13:45	Lauren McArthur	29	14:05	Poppy Bowers	26
27	Helensburgh AAC	43:35	15:48	Lucy Mackenzie	45	13:32	Zoe McPherson	32	14:15	Scarlett Jones	27
28	Giffnock North AC	43:40	14:19	Megan Jackson	24	15:42	Rebecca Martin	37	13:39	Sarah McNulty	28
29	Shettleston Harriers	43:51	15:11	Eilidh Stephen	36	14:21	Daisy Gildea	33	14:19	Emma Leiper	29
30	East Kilbride AC	43:54	14:48	Lottie Sim	28	14:05	Skye Christie	27	15:01	Katie Fielding	30
31	Law & District AAC	44:05	16:28	Nieve Fitzpatrick	53	14:42	Erin McGurk	45	12:55	Alayna Mccann	31
32	East Kilbride AC	44:05	14:52	Elsbeth Thorpe	29	14:01	Eva Morrison	28	15:12	Kayleigh Pew	32
33	Victoria Park City of Glasgow AC	44:14	15:31	Sophie Friel	42	12:36	Mimi Taylor	18	16:07	Orla Stewart	33
34	Kilmarnock Harrier & Athletic Club	44:16	13:22	Madeline Curley	8	14:55	Eilidh Cooke	20	15:59	Amelie Adam	34
35	Giffnock North AC	44:30	14:53	Emma Birrell	30	13:24	Eva Saez	21	16:13	Hannah Sluman	35
36	Kilbarchan AAC	44:39	16:03	Daisy De Lange	48	13:53	Vanessa McVeigh	35	14:43	Freya Milford	36
37	Shettleston Harriers	44:56	15:15	Charlotte Reilly	38	14:52	Imogen Millar	39	14:49	Katie Burns	37
38	Airdrie Harriers	44:58	16:28	Leah Paterson	54	13:53	Kady Wood	42	14:37	Lucille King	38
39	Cumbernauld Amateur Athletics Club	45:22	15:42	Cheyenne Kolegar	44	13:31	Jemma Macleod	31	16:09	Niamh Reilly	39
40	Garscube Harriers	45:26	16:23	Fay McLaughlin	52	14:37	Alexandra Bell	43	14:26	Jennifer MacMahon	40
41	Ayr Seaforth AC	45:29	14:54	Megan Mason	31	15:15	Anna Campbell	41	15:20	Anna Kirk	41
42	Motherwell Athletics Club	45:34	14:16	Ana Muldoon	23	17:06	Niamh Cameron	46	14:12	Viktoria Tennant	42
43	Ayr Seaforth AC	46:29	15:09	Isla Milligan	35	16:17	Katharina Owens	47	15:03	Jessica Byers	43
44	Garscube Harriers	46:32	19:30	Rose Harford-Cross	67	13:40	Isobel Collingwood	56	13:22	Nina Padmanabhan	44
45	Garscube Harriers	46:38	16:44	Lena Weidenhammer	56	15:21	Emma Fox	51	14:33	Alice Henderson	45
46	North Ayrshire AC	46:46	16:19	Lacey Dailly	51	15:21	Tilly Carroll	49	15:06	Leesa Dunwoodie	46
47	Giffnock North AC	47:17	13:53	Eva McGrory	14	18:27	Ruby McWilliams	52	14:57	Anna Ross	47
48	Kilbarchan AAC	47:34	18:17	Lauren Taylor	62	14:35	Olivia Cooper	54	14:42	Adele Street	48
49	Springburn Harriers	47:52	13:56	Beth Wells	16	16:10	Niamh Wilson	38	17:46	Ruby Lennon	49
50	Kilbarchan AAC	48:07	17:13	Rachel Bedford	59	14:47	Amelie Kerr	50	16:07	Elizabeth Burke	50
51	Giffnock North AC	48:21	18:50	Keira Saez	63	15:29	Neve Reilly	58	14:02	Beth Adams	51
52	East Kilbride AC	48:36	16:32	Ava Hendry	55	16:03	Olivia Baxter	53	16:01	Erin Chapman	52
53	Garscube Harriers	49:12	19:08	Iona Perry	65	16:17	Ava Mcbean	62	13:47	Charlotte Tower	53
54	Victoria Park City of Glasgow AC	49:44	17:08	Mairi Sine Fisher	58	13:57	Freya Matheson	44	18:39	Margot Hamm	54
55	Garscube Harriers	50:30	18:08	Eva Gardner	61	16:15	Skye Dick	59	16:07	Anna MacKay	55

Young Females											
Pos	Team Name	Time	Leg1	Athlete	Pos	Leg2	Athlete	Pos	Leg3	Athlete	Pos
	Garscube Harriers		19:23	Melanie Welsh	66						
	East Kilbride AC		16:47	Reeve Stuart	57						
	Cambuslang Harriers		14:36	Eve Campbell	26						
	Springburn Harriers		14:30	Louisa Fraser-Moodie	25						
	Garscube Harriers		19:30	Isla Clark	68	16:47	Jodi Abel	64			
	Kilmarnock Harrier & Athletic Club		17:42	Olivia Lough	60	18:08	Lia Sanders	63			
	Garscube Harriers		19:04	Rebecca Henderson	64	15:58	Lucy Adamson	61			
	Victoria Park City of Glasgow AC		16:10	Charlotte Hughes	50	18:40	Lucy Beattie	60			
	Motherwell Athletics Club		16:02	Amelie Hill	47	17:39	Katy Collum	57			
	Law & District AAC		16:04	Eilidh Boyle	49	16:54	Sarah Chambers	55			
	Kilmarnock Harrier & Athletic Club		15:03	Ellie Alexander	34	16:25	Rebecca McNulty	48			
	Kilmarnock Harrier & Athletic Club		15:01	Beth Gladston	33	15:06	Kacey Watson	40			
	Shettleston Harriers		15:31	Alexia Rigg	43	14:25	Kate Monaghan	36			

Young Males

Pos	Team Name	Time	Leg1	Athlete	Pos	Leg2	Athlete	Pos	Leg3	Athlete	Pos
1	Giffnock North AC	31:32	11:27	Kian Dick	1	9:59	Calum Dick	1	10:06	Jack Wallace	1
2	Giffnock North AC	32:01	11:27	Donald MacInnes	2	10:29	Louie Muir	2	10:05	Alasdair Nugent	2
3	Kilbarchan AAC	32:33	12:15	Jay Jenkins	9	10:04	Alistair Street	5	10:14	Oliver Patton	3
4	Giffnock North AC	32:39	11:27	Sam Deery	3	11:02	Aaron Reid	6	10:10	Jamie Connor	4
5	Cambuslang Harriers	32:58	11:37	Ewan Kennedy	5	10:40	Daibhidh Kinnaird	4	10:41	Sam Mccarthy	5
6	East Kilbride AC	33:09	12:08	Matthew Sweeney	7	9:48	Angus Wilkinson	4	11:13	Aaron Thomson	6
7	Garscube Harriers	33:18	12:24	Maxwell Connolly	13	10:52	Daniel Hendry	8	10:02	James Alexander	7
8	Law & District AAC	33:47	11:33	Alexander Wotherspoon	4	11:12	John Frood	7	11:02	Ryan Kellock	8
9	Giffnock North AC	33:54	12:24	Logan McNulty	14	10:56	Cameron Nugent	9	10:34	Calan Chong	9
10	Giffnock North AC	34:12	12:15	Finlay Hamilton	10	11:13	Ethan Scobie	10	10:44	Zac Meiklejohn	10
11	Giffnock North AC	34:18	12:24	James Andrew	15	11:04	Finlay Laskey	12	10:50	Matthew Shaw	11
12	Springburn Harriers	35:01	11:37	Gregor Mcnaught	6	12:02	Finn Smith	12	11:22	Archie Watters	12
13	Giffnock North AC	35:19	12:18	Adam Tortolano	11	12:15	Patrick Fraser	14	10:46	Oliver MacDonald	13
14	Kilbarchan AAC	35:23	12:36	Oran Feely	17	12:09	Aj Campbell	16	10:38	Joshua Mungin	14
15	Garscube Harriers	35:38	13:08	Ruben Stewart	24	11:57	Kyle Thomson	20	10:33	Fraser Donaldson	15
16	Cambuslang Harriers	35:43	12:34	Finlay Reid	16	11:26	Euan Reid	13	11:43	Gabriel Murphy	16
17	Garscube Harriers	35:48	13:50	Andrew Dale	33	11:07	Connor Campbell	17	10:51	Daniel Owens	17
18	Kilbarchan AAC	36:17	13:02	Noah Kerr	23	12:16	Oscar Linton	21	10:59	Andrew Shorts	18
19	East Kilbride AC	36:42	13:16	Harris Rosling	26	11:44	Rory Charters	18	11:42	Jonathan Hunter	19
20	Giffnock North AC	36:48	12:22	Ollie Macfarlane	12	12:15	Joseph Mowat	15	12:11	Dillon Sim	20
21	Kilbarchan AAC	36:48	12:46	Matthew Watt	20	12:38	Lucas Watt	23	11:24	Ruaridh Miller	22
22	Kilbarchan AAC	36:54	12:50	Elijah Ajsafe	21	12:50	Billy McKie	24	11:14	Lewis Stevenson	22
23	North Ayrshire AC	36:57	14:45	Kai Little	40	10:55	Luke Grundy	25	11:17	Sam Walton	23
24	Ayr Seaforth AC	37:16	12:13	Lewis Relly	8	14:10	Lucan Marshall-Watt	28	10:53	Alasdair Maclean	24
25	Kilbarchan AAC	37:18	13:58	Duncan Hewitt	35	12:35	Fraser McKillop	29	10:45	Ryan Knights	25
26	Kilmarnock Harrier & Athletic Club	37:30	12:44	Lewis Sinclair	18	13:53	Callum Oneill	30	10:53	Jamie Work	26
27	Victoria Park City of Glasgow AC	37:44	12:45	Andrew William Ross	19	12:18	Adam Watts	19	12:41	Lewis Boal	27
28	Kilmarnock Harrier & Athletic Club	38:06	13:33	Calum Fitzgerald	30	13:17	Nicholas Latto	34	11:16	Matthew Monachello	28
29	Motherwell Athletics Club	38:58	13:25	Eoghan Connelly	28	13:30	Luke Russell	35	12:03	Liam Ross	29
30	Garscube Harriers	38:58	14:20	Brodie Burnett	39	12:20	Theo Stalin	31	12:18	Christopher Hargreaves	31
31	Kilbarchan AAC	39:35	13:58	Fergus McKie	36	13:43	Alexander Massie	36	11:54	Ian Macpherson	31
32	East Kilbride AC	39:44	15:35	Neil Arthur	46	12:09	Euan Thorpe	39	12:00	Ryan Mcnamara	32
33	Ayr Seaforth AC	39:52	13:21	Riley Fulton	27	14:49	Iain MacLean	40	11:42	Sam McCrorie	33
34	Ayr Seaforth AC	40:06	15:44	Robert Barnard	47	13:09	Matthew Cox	41	11:13	Fraser McIntyre	34
35	Kilbarchan AAC	40:26	14:58	Kerr Watkins	42	12:43	Tom MacDonald	37	12:45	Rory McKie	35
36	Springburn Harriers	41:12	12:56	Samuel Robertson	22	13:50	Thomas Souter	33	14:26	Umberto Minchella	36
37	Shettleston Harriers	41:23	13:50	Euan Grant-Pantrey	34	16:25	Cameron Mcardle	43	11:08	Matthew Fox	37
38	Shettleston Harriers	42:07	15:11	Ciaran Curley	43	15:36	Lucas Millican	45	11:20	Adam Clifford	38
39	Kilbarchan AAC	42:57	15:11	Nathaniel Gaston	44	14:29	Richard Forbes	42	13:17	Rhys Knights	39
40	Kilbarchan AAC	46:39	18:31	Kye Gillies	51	14:19	Jamie Boylan	46	13:49	Nathan Fitzpatrick	40

Young Males											
Pos	Team Name	Time	Leg1	Athlete	Pos	Leg2	Athlete	Pos	Leg3	Athlete	Pos
	Victoria Park City of Glasgow AC		16:23	Struan Dodson	48						
	Garscube Harriers		14:09	Elliott Tyler	37						
	North Ayrshire AC		14:09	Miller Mackay	38						
	Garscube Harriers		13:12	Ben Stanger	25						
	Kilmarnock Harrier & Athletic Club		18:07	Arthur Fleming	50	24:57	Lewis Anderson	47			
	Victoria Park City of Glasgow AC		17:10	Noah Freer	49	13:16	Charlie Rankin	44			
	Cambuslang Harriers		15:34	Aiden O'connell	45	12:07	Angus O'Neil	38			
	Giffnock North AC		14:45	Finlay Shennan	41	11:58	Connor McCallum	32			
	Garscube Harriers		13:29	Sorley Gemmell	29	12:47	Jackson Tower	27			
	Victoria Park City of Glasgow AC		13:48	Alexander Low	32	11:57	Jamie Turner	26			
	Helensburgh AAC		13:42	William Heasman	31	11:36	Angus Ritchie	22			

Senior and Master Women											
Pos.	Team Name	Time	Leg1	Athlete	Pos	Leg2	Athlete	Pos	Leg3	Athlete	Pos
1	Shettleston Harriers	45:55	16:28	Hannah Terrance	8	14:53	Lynn McKenna	2	14:34	Fionnuala Ross	1
2	Cambuslang Harriers	45:59	15:53	Hannah Addison	3	15:10	Eve MacKinnon	1	14:56	Stefanie Tucker	2
3	Giffnock North AC	47:33	16:07	Emma McIannan	5	16:32	Esme Dougall	3	14:54	Hannah Ryding	3
4	Glasgow University Hares and Hounds	49:01	15:50	Clare Stewart	1	17:27	Rosa Donaldson	5	15:44	Rachel Giffen	4
5	Giffnock North AC	50:00	15:50	Emma Creasey	2	17:20	Yvonne McNairn	4	16:50	Katy Brown	5
6	Glasgow University Hares and Hounds	51:45	16:28	Lea Meinecke	9	18:16	Rachel Muir	9	17:01	Anna Dalglish	6
7	Shettleston Harriers	52:18	17:09	Victoria Riddell	17	17:11	Holly Morrison	7	17:58	Charlene McCallum	7
8	Giffnock North AC V40	52:50	17:02	Catriona Bark	15	18:22	Allie Chong	13	17:26	Jill Smylie	8
9	Shettleston Harriers	53:10	17:27	Avril Mason	22	17:33	Emma Baird	11	18:10	Amy Maclellan	9
10	Kilmarnock Harrier & Athletic Club	53:33	17:21	Lynsey O'Connor	20	17:36	Laura Haggarty	10	18:36	Sasha l'Anson	10
11	Bellahouston Harriers	53:35	17:21	Kristina Greig	21	16:51	Emily Renfrew	6	19:23	Emma Rogerson	11
12	Garscube Harriers	54:00	16:25	Frances Wardle	7	18:48	Lucy Donaldson	12	18:47	Holly Smith	12
13	Strathclyde University Harriers	54:06	17:52	Ellen Astley	25	18:33	Grace Campbell	16	17:41	Sophie Jenkins	13
14	Garscube Harriers V40	54:39	15:56	Lesley Bell	4	18:37	Laura Gray	8	20:06	Catriona Padmanabhan	14
15	Glasgow University Hares and Hounds	54:46	19:18	Tara Tallulah Garioch	34	18:07	Flora Henry	18	17:21	Laura Diana Jedrusiak	15
16	Law & District AAC	55:12	17:16	Reagan Binnie	18	18:26	Elaine Boyle	15	19:30	Lesley Graham	16
17	Giffnock North AC	55:37	17:59	Kiara Meiklejohn	26	19:51	Jacqueline Campbell	22	17:47	Ella Youngs	17
18	Cambuslang Harriers V40	56:51	17:18	Jacqueline Etherington	19	21:20	Julie Reid	23	18:13	Kirsty O'Brien	18
19	Bellahouston Road Runners V40	57:14	18:31	Louise Ross	30	18:56	Rhona Fraser	19	19:47	Claire Wharton	19
20	Cambuslang Harriers	57:15	18:06	Catriona Bain	28	19:36	Natalie McWilliams	21	19:33	Rachel Wardrope	20
21	Motherwell Athletics Club	57:25	17:31	Emma Morris	23	21:25	Nicole Gierlowski	24	18:29	Gayle Forbes	21
22	Newton Road Runners V40	58:01	19:07	Emma Craig	33	20:15	Joanne Thorburn	28	18:39	Joanna Wallace	22
23	Bellahouston Road Runners	58:42	17:40	Lucy Mitchell	24	21:19	Kirsty Toms	25	19:43	Kirsty Macfarlane	23
24	West End Road Runners	59:20	19:47	Eleanor Martin	36	19:19	Catriona Campbell	26	20:14	Hannah Mearns	24
25	Ayr Seaforth AC	59:38	16:34	Kirstin Oakley	10	19:06	Toni McIntosh	14	23:58	Ruth Kirk	25
26	Bellahouston Harriers	59:44	20:12	Rebecca Simister	40	19:20	Katherine Hylands	29	20:12	Claire McCormick	26
27	Cumbernauld Amateur Athletics Club	59:53	16:48	Alicia Paton	12	19:45	Carla Mclellan	17	23:20	Claire Doyle	27
28	Victoria Park City of Glasgow AC	1:00:24	18:55	Emma Matheson	31	20:52	Amy Bristow	30	20:37	Emma Gilmour	28
29	Giffnock North AC V40	1:00:33	20:40	Caroline Munro	43	19:35	Hilary Carswell	33	20:18	Angela Carson	29
30	East Kilbride AC	1:02:01	21:40	Rachael Thomson	49	19:27	Millie Aitken	37	20:54	Emma Livingstone	30
31	Springburn Harriers V40	1:02:18	16:52	Ruth Fraser-moodie	14	23:02	Elaine Nelson	31	22:24	Anna Bogucki	31
32	Glasgow University Hares and Hounds	1:03:21	18:21	Ruby McGill	29	22:29	Mia Glen	35	22:31	Iara Nave Calton	32
33	Calderglen Harriers V40	1:03:24	19:01	Karen Allen	32	20:15	Alison Lessells	27	24:08	Lorraine Buchanan	33
34	Bellahouston Harriers	1:03:57	20:10	Kirsty Stewart	38	21:18	Lauren Mackintosh	38	22:29	Stephanie Rudd	34
35	Bellahouston Harriers	1:04:15	21:51	Pauline Henderson	51	21:52	Angela Campbell	43	20:32	Alison Mackenzie	35
36	Garscube Harriers	1:04:34	21:21	Alison Rutherford	48	23:39	Lyndsay Kerrigan	46	19:34	Alison Wood	36
37	Airdrie Harriers	1:04:44	24:23	Darci Burns	62	19:10	Emma Higgins	42	21:11	Morven Glennie	37
38	Garscube Harriers	1:04:44	20:51	Fiona Moar	46	21:28	Helen Collingwood	40	22:25	Bex Currie Moodie	38
39	Bellahouston Road Runners	1:05:15	20:15	Laura Wilkinson	42	22:02	Anne Campbell	39	22:58	Roz Wilson	39
40	Kirkintilloch Olympians V40	1:05:59	22:50	Ada Stewart	55	23:11	Ros O Sullivan	49	19:58	Maira Paterson	40
41	Newton Road Runners V40	1:07:08	23:23	Natalie Hunter	56	22:01	Fiona Thomson	48	21:44	Jacqueline Wyllie	41
42	Garscube Harriers V40	1:07:48	22:05	Kathryn Scott	53	23:06	Morag Casey	47	22:37	Jan Boyd	42
43	Bellahouston Harriers	1:08:04	20:50	Carys Mitchell	45	23:06	Vicki Fraser-Hopewell	45	24:08	Sally McLintock	43
44	West End Road Runners	1:08:22	21:44	Kirsty Hurt	50	21:41	Ray Musleth	41	24:57	Kate Goldsmith	44
45	Bellahouston Road Runners V40	1:09:00	21:58	Camilla Cunningham	52	24:34	Shirley Wieland	51	22:28	Rhoda Yarmahmoudi	45
46	Glasgow University Hares and Hounds	1:09:24	20:13	Lea Hamberger	41	23:39	Anna-Sophia Bohn	44	25:32	Sophia Morcom	46
47	Bellahouston Harriers	1:13:33	22:10	Shona Beasley	54	25:18	Deirdre Parkinson	53	26:05	Amy Frank	47

Senior and Master Women											
Pos.	Team Name	Time	Leg1	Athlete	Pos	Leg2	Athlete	Pos	Leg3	Athlete	Pos
	Shettleston Harriers		16:48	Elena Heger	13	20:48	Carly Monaghan	20			
	Kilmarnock Harrier & Athletic Club		19:24	Bethany Ross	35	20:49	Izzy Caufield	32			
	Motherwell Athletics Club		20:11	Maryann Milne	39	20:25	Emma Hunter	34			
	Glasgow University Hares and Hounds		20:47	Sophie Misslin	44	20:04	Sadie Croasdale	36			
	Garscube Harriers		24:02	Lara Croxford	61	22:23	Amy Cromarty	50			
	West End Road Runners		23:25	Madeleine Chadwick	58	24:02	Grace Mackie	52			
	Bellahouston Harriers		23:59	Lisa Robertson	60	24:09	Karen Rosling	54			
	Kilbarchan AAC		16:21	Libby Sutherland	6						
	Helensburgh AAC		16:40	Claire Heasman	11						
	Springburn Harriers		17:03	Catriona Gillen	16						
	Strathclyde University Harriers		18:04	Beth Trainer	27						
	Cambuslang Harriers		19:51	Eilidh Kennedy	37						
	Calderglen Harriers		20:51	Julia Pechlof	47						
	Victoria Park City of Glasgow AC		23:23	Julia Wylie	57						
	Westerlands Cross Country Club		23:47	Wiebke Lammers	59						
	Garscube Harriers V40		25:56	Mary Cox	63						
	Bellahouston Road Runners V40		25:57	Terry Nimmo	64						
	Giffnock North AC V40		27:48	Doreen Henderson	65						
Master Women											
Pos	Team Name	Time	Leg1	Athlete	Pos	Leg2	Athlete	Pos	Leg3	Athlete	Pos
1	Giffnock North AC V40	52:50	17:02	Catriona Bark	3	18:22	Allie Chong	2	17:26	Jill Smylie	1
2	Garscube Harriers V40	54:39	15:56	Lesley Bell	1	18:37	Laura Gray	1	20:06	Catriona Padmanabhan	2
3	Cambuslang Harriers V40	56:51	17:18	Jacqueline Etherington	4	21:20	Julie Reid	4	18:13	Kirsty O'Brien	3
4	Bellahouston Road Runners V40	57:14	18:31	Louise Ross	5	18:56	Rhona Fraser	3	19:47	Claire Wharton	4
5	Newton Road Runners V40	58:01	19:07	Emma Craig	7	20:15	Joanne Thorburn	6	18:39	Joanna Wallace	5
6	Giffnock North AC V40	1:00:33	20:40	Caroline Munro	8	19:35	Hilary Carswell	8	20:18	Angela Carson	6
7	Springburn Harriers V40	1:02:18	16:52	Ruth Fraser-moodie	2	23:02	Elaine Nelson	7	22:24	Anna Bogucki	7
8	Calderglen Harriers V40	1:03:24	19:01	Karen Allen	6	20:15	Alison Lessells	5	24:08	Lorraine Buchanan	8
9	Kirkintilloch Olympians V40	1:05:59	22:50	Ada Stewart	11	23:11	Ros O Sullivan	11	19:58	Moirá Paterson	9
10	Newton Road Runners V40	1:07:08	23:23	Natalie Hunter	12	22:01	Fiona Thomson	10	21:44	Jacqueline Wylie	10
11	Garscube Harriers V40	1:07:48	22:05	Kathryn Scott	10	23:06	Morag Casey	9	22:37	Jan Boyd	11
12	Bellahouston Road Runners V40	1:09:00	21:58	Camilla Cunningham	9	24:34	Shirley Wieland	12	22:28	Rhoda Yarmahmoudi	12
	Giffnock North AC V40		27:48	Doreen Henderson	15						
	Bellahouston Road Runners V40		25:57	Terry Nimmo	14						
	Garscube Harriers V40		25:56	Mary Cox	13						

Senior and Master Men														
Pos	Team Name	Time	Leg1	Athlete	Pos	Leg2	Athlete	Pos	Leg3	Athlete	Pos	Leg4	Athlete	Pos
1	Kilbarchan AAC	51:45	13:00	Jack Patton	2	12:46	Fraser Gilmour	1	12:49	Lewis Hannigan	1	13:10	Callum Hawkins	1
2	Glasgow University Hares and Hounds	53:04	12:58	Connor Bell	1	12:49	Andrew McGill	2	13:36	Magnus Tait	2	13:41	Stephen Addison	2
3	Shettleston Harriers	53:50	13:39	Lucas Cheskin	5	13:03	Seyd Taha Ghafari	3	13:38	Matthew Turner	3	13:30	Philip Neilson	3
4	Cambuslang Harriers	54:27	14:14	Colin Reilly	12	13:22	Kevan Harvey	4	13:29	Jamie Mackinnon	4	13:22	Gavin Smith	4
5	Giffnock North AC	55:05	13:52	Ross O'Brien	7	13:58	Calum Young	5	14:01	Nikolai Gajić	6	13:14	Duncan Robinson	5
6	East Kilbride AC	56:29	14:08	Calum Charters	9	13:44	John Fergusson	6	13:55	Daryl Reid	5	14:42	Euan Rose	6
7	Glasgow University Hares and Hounds	57:36	14:33	Euan Docherty	17	14:04	Marc Jameson	10	13:54	Elliot Frame	9	15:05	Theo Phillips Smith	7
8	Glasgow University Hares and Hounds	57:50	14:54	Harry McGill	21	14:08	Lewis Tharme	12	14:16	Zak Povey	10	14:32	Ewan Anderson	8
9	Victoria Park City of Glasgow AC	58:04	14:10	Videsh Weerakkody	10	13:58	Henry Horiuchi-Sutton	8	15:17	Graeme Laing	11	14:39	Martin Hayes	9
10	Cambuslang Harriers V40	58:18	14:56	John Speirs	23	14:51	Stuart Gibson	20	14:20	Iain MacCorguodale	14	14:11	Gordon Robertson	10
11	Giffnock North AC	58:55	13:49	Conor Drummond	6	15:10	Josh Adams	11	14:40	Alastair Stables	12	15:16	Allistair Gray	11
12	Garscube Harriers	59:35	14:56	Euan Convery	24	14:08	Charlie Treharne	13	14:35	Crawford Smith	13	15:56	Jordan Queen	12
13	Strathclyde University Harriers	59:50	14:23	Tom Porter	15	14:50	Euan Bell	16	15:00	Patrick Mochan	15	15:37	Cameron Wallace	13
14	Law & District AAC	1:00:13	14:14	Kieran Pugh	13	15:09	Darran Muir	18	15:41	Matthew Gillon	17	15:09	Allan Neill	14
15	Cambuslang Harriers	1:00:27	13:57	Seonaidh MacInnes	8	14:31	Lewis Roddis	9	14:03	Callum Matthews	9	17:56	Kevin Farmer	15
16	Garscube Harriers V40	1:00:43	15:35	Daniel Scroop	31	15:28	John Coyle	30	14:44	James MacLeod	20	14:56	Nicholas Gemmell	16
17	East Kilbride AC	1:00:44	15:35	Luke Kirwan	32	15:27	Lewis Thorpe	28	14:51	Sam Hosie	21	14:51	Andrew Forfeath	17
18	Irvine RC	1:01:13	14:36	Michael Rimicans	18	15:00	James Coulter	19	16:09	Mark Sands	19	15:28	Craig Houston	18
19	Bellahouston Harriers	1:01:47	14:10	Matthew O'Connor	11	15:01	Fraser Armstrong	15	15:37	Lee Shaw	16	16:59	Matthew Brown	19
20	Motherwell Athletics Club	1:02:04	13:38	Jonathan Moore	4	15:43	Christopher Macdonald	17	17:09	Iain Campbell	23	15:34	Paul Burns	20
21	Glasgow University Hares and Hounds	1:02:11	15:35	Sandy Gilhooly	33	15:40	Ieuan Harries	31	15:32	Finlay Raynor	24	15:24	Fergus Currie	21
22	Shettleston Harriers V40	1:02:24	15:56	Ronald Strachan	39	14:35	Paul Sorrie	23	17:06	Denis Williams	30	14:47	Jethro Lennox	22
23	Giffnock North AC	1:02:42	14:44	Oliver Traynor	20	15:16	Nicholas Boyle	21	15:16	Jordan Orr	18	17:12	Scott McMillan	23
24	Cumbernauld Amateur Athletics Club V40	1:02:54	14:54	Stephen Allen	22	15:41	Allan Cameron	24	15:42	Walter Henderson	22	16:37	David Hogg	24
25	Cambuslang Harriers V40	1:03:08	16:42	David Thom	44	15:22	Mark Gallacher	36	15:26	Justin Carter	28	15:38	Chris Upson	25
26	Bellahouston Road Runners	1:03:32	15:33	Stuart Laurence	30	16:05	Mark Young	32	15:47	Alan Moss	27	16:07	Kenneth Osborne	26
27	Shettleston Harriers	1:03:54	14:17	Andrew Taylor	14	17:57	William Bradley	37	15:49	David Houston	32	15:51	Scott McKelvie	27
28	Strathclyde University Harriers	1:03:58	14:56	Alasdair McMonagle	25	15:19	Joshua Mirtle	22	17:08	Eldon Wigram	26	16:35	Taylor Cadwell	28
29	Giffnock North AC V40	1:04:00	15:20	Ruairidh Maclean	27	15:36	Michael Cross	26	17:37	Aldo Tortolano	33	15:27	Andrew Campbell	29
30	Kilmarnock Harrier & Athletic Club	1:04:14	14:37	Craig Fergusson	19	14:30	Jamie Phillips	14	18:07	Nicholas Carter	25	17:00	Ross McNaught	30
31	Garscube Harriers V40	1:04:32	15:35	Finlay Finlay	34	15:22	Craig Shields	27	17:39	David Butterly	34	15:56	Ian Thomson	31
32	Garscube Harriers	1:05:15	16:15	Jamie Flaherty	41	15:32	Timothy Martin	34	18:14	Daniel Burns	38	15:14	Callum Macdonald	32
33	Greenock Glenpark Harriers	1:05:22	15:53	Stephen Hanley	38	19:34	James Doherty	52	15:08	Daniel Doherty	41	14:47	Andrew McCall	33
34	West End Road Runners	1:05:31	16:50	Paul Gooding	46	14:49	Stephen Brown	33	18:34	Andrew Clark	39	15:18	Andrew Macpherson	34
35	Law & District AAC	1:05:52	15:50	Jordon Morrison	35	15:06	Ross Penny	26	17:04	Ben Fountain	31	17:52	Bobby Hill	35
36	Bellahouston Road Runners V40	1:06:34	15:26	Craig Ross	29	16:49	Alan Digweed	38	17:34	David Fergusson	37	16:45	Simon Wells	36
37	Westerlands Cross Country Club	1:06:55	17:19	Graham Coubrough	52	16:11	Drew Carr	44	17:41	Ian Collins	43	15:44	Scott Henderson	37
38	Cumbernauld Amateur Athletics Club V40	1:07:12	15:50	Martin Fitchie	36	17:02	Vincent Carroll	42	16:47	Ross McEachern	36	17:33	Andrew Callan	38
39	East Kilbride AC	1:07:53	15:51	Gary Craig	37	17:06	Keith Charters	43	16:33	David Gorman	35	18:23	Andrew Chapman	39
40	Ayr Seaforth AC V40	1:08:21	17:13	Stephen McCrorie	50	17:29	Peter Maclean	48	18:45	Stuart Brockie	49	14:54	Kenneth Neill	40
41	Glasgow University Hares and Hounds	1:09:15	18:01	Oliver Watson	57	18:36	Andrew Blair	57	15:39	Ben Brown	46	16:59	Cieron Hadfield	41
42	Garscube Harriers V40	1:09:43	17:56	Andy Downey	56	16:35	Gareth Treharne	47	17:22	Mike Donaldson	45	17:50	Kenneth Macmahon	42
43	Bellahouston Road Runners V40	1:10:45	18:10	Ronnie Hart	61	18:11	Gerard Scullion	56	17:25	Colin Hughes	51	16:59	Liam Conway	43
44	Strathclyde University Harriers	1:10:54	16:38	Cameron Maguire	43	15:56	Marc Auchie	40	20:57	Duncan Richards	50	17:23	Eamonn McClay	44
45	Bellahouston Road Runners	1:11:42	17:12	Jamie Robinson	48	17:48	Thomas Burrigde	50	19:14	Andrew McCulloch	52	17:28	Callum Dickson	45
46	Giffnock North AC V40	1:12:25	17:39	Rob Crusher	54	16:26	David Shaw	46	20:22	Stephen Hall	54	17:58	Derren Thomson	46
47	Motherwell Athletics Club	1:12:27	17:12	Derek O'Neill	49	18:18	Alan Main	53	17:56	Lewis McLuskey	48	19:01	Robert Pattinson	47
48	Clydesdale Harriers	1:12:40	14:29	Michael Miller	16	17:57	Iain Robertson	39	18:04	Graeme Wiseman	40	22:10	Daniel Docherty	48
49	Victoria Park City of Glasgow AC V40	1:13:50	17:16	Iain Harding	51	18:05	Gerard Craig	51	19:04	Alex Potter	53	19:25	Michael Craig	49
50	Cambuslang Harriers V40	1:14:22	18:08	Daniel O'Connell	60	17:59	Gary Miller	55	19:45	Alan Anderson	58	18:30	William Fairley	50

Senior and Master Men														
Pos	Team Name	Time	Leg1	Athlete	Pos	Leg2	Athlete	Pos	Leg3	Athlete	Pos	Leg4	Athlete	Pos
51	Kilmarnock Harrier & Athletic Club	1:14:51	21:09	Stewart McRoberts	76	17:11	Robert Lindsay	65	17:36	Colin Glencorse	59	18:55	Murray Mcdonald	51
52	Newton Road Runners	1:15:13	20:00	Jonathan Mellin	71	18:27	John Kelly	66	18:07	Peter Alexander	63	18:39	Alistair Macdonald	52
53	Calderglen Harriers V40	1:15:35	16:55	Andrew Buchanan	47	18:00	Gerry Connelly	49	20:01	Jim Mearns	55	20:39	Martin Howell	53
54	Springburn Harriers	1:16:23	17:33	Nathan O'Neill	53	20:00	Glenn McKinstry	62	18:34	Paul Wilson	61	20:16	Joe Chambers	54
55	Garscube Harriers V40	1:16:44	17:54	Robert McLennan	55	20:40	Gordon MacKay	68	16:53	Duncan Boyd	57	21:17	James Boyle	55
56	Victoria Park City of Glasgow AC V40	1:16:52	18:48	Sandy Gardner	65	18:26	Chris Sheridan	61	19:36	Ralph Connolly	64	20:02	Tom Ord	56
57	Calderglen Harriers V40	1:20:15	20:46	Gordon McNally	75	19:58	Allan Mclellan	69	18:27	David Herbertson	66	21:04	Kenny Leinster	57
58	West End Road Runners V40	1:20:20	19:14	Allen Campbell	69	18:48	George Clerk	64	22:05	Paul Toland	67	20:13	James Speakman	58
59	Motherwell Athletics Club	1:21:14	19:37	David Hoolaghan	70	21:21	Colin Gardner	70	19:27	Scott Dickson	68	20:49	Brian McLinden	59
60	Shettleston Harriers V40	1:21:26	18:48	John Oates	66	25:37	Robert Porteous	74	19:16	David Murphy	72	17:45	Johnj Duffy	60
61	Garscube Harriers	1:21:59	18:06	Alan McIntosh	59	19:39	Graeme Little	63	24:43	Stuart Irvine	70	19:31	James McAneny	61
62	West End Road Runners V40	1:22:12	20:30	Jonathan Bell	74	18:02	Graeme Jack	67	24:20	Trevor Wayman	71	19:20	Alham Said	62
63	Bellahouston Harriers	1:23:12	18:57	James McLaughlin	67	22:35	David Gemmill	71	20:36	Garry Henderson	69	21:04	Simon Mcdougall	63

Senior and Master Men														
Pos	Team Name	Time	Leg1	Athlete	Pos	Leg2	Athlete	Pos	Leg3	Athlete	Pos	Leg4	Athlete	Pos
	Kilbarchan AAC		13:33	Robbie Ferguson	3	14:29	Ewan McKerral	7	14:10	Luke Lindsay				
	Cambuslang Harriers		15:17	Theo Carter	26	15:46	Tom Adams	30	16:33	Callum Wright				
	Bellahouston Harriers		15:22	Brent Brodie	28	16:31	Sam Kelly	35	18:53	Iain Buckley				
	Cumbernauld Amateur Athletics Club		16:06	Louis R O'Hare	40	16:39	Cliff Binning	41	18:29	Callum Ballantyne				
	Kirkintilloch Olympians		16:36	Ruairi Ferris	42	17:26	Kyle Paterson	45	18:21	Scott Elliott				
	Westerlands Cross Country Club V40		18:02	Marc Roper	58	18:39	Chris Furse	58	18:33	Ian Thurlbeck				
	Glasgow University Hares and Hounds		18:18	Thomas Harris	62	18:25	Ross Agar	59	19:16	Maximilian MacDonald				
	Bellahouston Road Runners V40		18:44	Jim Robinson	64	18:17	Kenneth Crawford	60	19:19	James Shepherd				
	Motherwell Athletics Club		21:36	Alastair Loudon	79	22:29	John Burns	73	14:43	David Gardiner				
	Cambuslang Harriers V40		21:13	David Wardrope	77	22:05	Simon Gold	72	21:39	Chris Paton				
	Law & District AAC		16:47	Mark Hand	45	19:15	Martin Kay	54						
	Calderglen Harriers V40		25:11	Russell Couper	80	27:14	David Searil	75						
	Garscube Harriers V40		18:37	John Murray	63									
	Cumbernauld Amateur Athletics Club V40		19:11	Brian O'Reilly	68									
	Shettleston Harriers		20:07	Stephen Clark	72									
	East Kilbride AC		20:15	Gordon Colvin	73									
	Clydesdale Harriers		21:17	Robert Young	78									

Master Men														
Pos	Team Name	Time	Leg1	Athlete	Pos	Leg2	Athlete	Pos	Leg3	Athlete	Pos	Leg4	Athlete	Pos
1	Cambuslang Harriers V40	58:18	14:56	John Speirs	2	14:51	Stuart Gibson	1	14:20	Iain MacCorquodale	1	14:11	Gordon Robertson	1
2	Garscube Harriers V40	1:00:43	15:35	Daniel Scroop	5	15:28	John Coyle	6	14:44	James MacLeod	2	14:56	Nicholas Gemmill	2
3	Shettleston Harriers V40	1:02:24	15:56	Ronald Strachan	8	14:35	Paul Sorrie	2	17:06	Denis Williams	5	14:47	Jethro Lennox	3
4	Cumbernauld Amateur Athletics Club V40	1:02:54	14:54	Stephen Allen	1	15:41	Allan Cameron	3	15:42	Walter Henderson	3	16:37	David Hogg	4
5	Cambuslang Harriers V40	1:03:08	16:42	David Thom	9	15:22	Mark Gallacher	7	15:26	Justin Carter	4	15:38	Chris Upson	5
6	Giffnock North AC V40	1:04:00	15:20	Ruairidh Maclean	3	15:36	Michael Cross	4	17:37	Aldo Tortolano	6	15:27	Andrew Campbell	6
7	Garscube Harriers V40	1:04:32	15:35	Finlay Finlay	6	15:22	Craig Shields	5	17:39	David Butterly	7	15:56	Ian Thomson	7
8	Bellahouston Road Runners V40	1:06:34	15:26	Craig Ross	4	16:49	Alan Digweed	8	17:34	David Ferguson	9	16:45	Simon Wells	8
9	Cumbernauld Amateur Athletics Club V40	1:07:12	15:50	Martin Fitchie	7	17:02	Vincent Carroll	9	16:47	Ross McEachern	8	17:33	Andrew Callan	9
10	Ayr Seaforth AC V40	1:08:21	17:13	Stephen McCrorie	11	17:29	Peter Maclean	12	18:45	Stuart Brockie	11	14:54	Kenneth Neill	10
11	Garscube Harriers V40	1:09:43	17:56	Andy Downey	15	16:35	Gareth Treharne	11	17:22	Mike Donaldson	10	17:50	Kenneth Macmahon	11
12	Bellahouston Road Runners V40	1:10:45	18:10	Ronnie Hart	18	18:11	Gerard Scullion	16	17:25	Colin Hughes	12	16:59	Liam Conway	12
13	Giffnock North AC V40	1:12:25	17:39	Rob Crusher	13	16:26	David Shaw	10	20:22	Stephen Hall	14	17:58	Derren Thomson	13
14	Victoria Park City of Glasgow AC V40	1:13:50	17:16	Iain Harding	12	18:05	Gerard Craig	14	19:04	Alex Potter	13	19:25	Michael Craig	14
15	Cambuslang Harriers V40	1:14:22	18:08	Daniel O'Connell	17	17:59	Gary Miller	15	19:45	Alan Anderson	18	18:30	William Fairley	15
16	Calderglen Harriers V40	1:15:35	16:55	Andrew Buchanan	10	18:00	Gerry Connelly	13	20:01	Jim Mearns	15	20:39	Martin Howell	16
17	Garscube Harriers V40	1:16:44	17:54	Robert McLennan	14	20:40	Gordon MacKay	22	16:53	Duncan Boyd	17	21:17	James Boyle	17
18	Victoria Park City of Glasgow AC V40	1:16:52	18:48	Sandy Gardner	21	18:26	Chris Sheridan	19	19:36	Ralph Connolly	20	20:02	Tom Ord	18
19	Calderglen Harriers V40	1:20:15	20:46	Gordon McNally	26	19:58	Allan Mclellan	23	18:27	David Herbertson	21	21:04	Kenny Leinster	19
20	West End Road Runners V40	1:20:20	19:14	Allen Campbell	24	18:48	George Clerk	20	22:05	Paul Toland	22	20:13	James Speakman	20
21	Shettleston Harriers V40	1:21:26	18:48	John Oates	22	25:37	Robert Porteous	25	19:16	David Murphy	24	17:45	Johnj Duffy	21
22	West End Road Runners V40	1:22:12	20:30	Jonathan Bell	25	18:02	Graeme Jack	21	24:20	Trevor Wayman	23	19:20	Alham Said	22
	Westerlands Cross Country Club V40		18:02	Marc Roper	16	18:39	Chris Furse	17	18:33	Ian Thurlbeck				
	Bellahouston Road Runners V40		18:44	Jim Robinson	20	18:17	Kenneth Crawford	18	19:19	James Shepherd				
	Cambuslang Harriers V40		21:13	David Wardrope	27	22:05	Simon Gold	24	21:39	Chris Paton				
	Calderglen Harriers V40		25:11	Russell Couper	28	27:14	David Searil	26						
	Garscube Harriers V40		18:37	John Murray	19									
	Cumbernauld Amateur Athletics Club V40		19:11	Brian O'Reilly	23									

Young Females Fastest Legs			
Rank	Leg1	Athlete	Team Name
1	12:22	Emma Nicholson	Kilbarchan AAC
2	12:26	Erika Tait	Giffnock North AC
3	12:36	Eve Cameron	Giffnock North AC
4	12:54	Brooke Walker	Cambuslang Harriers
5	12:59	Dionne Maguinness	Airdrie Harriers
6	13:18	Lucy Tonner	Giffnock North AC
7	13:21	Ava Warboys	Kilmarnock Harrier & Athletic Club
8	13:22	Madeline Curley	Kilmarnock Harrier & Athletic Club
9	13:23	Zoe Roberts	Shettleston Harriers
10	13:39	Eilidh Brown	Giffnock North AC
11	13:46	Lola Finnigan	North Ayrshire AC
12	13:51	Emily Taylor	Law & District AAC
13	13:53	Chloe Simpson	Giffnock North AC
13	13:53	Eva McGrory	Giffnock North AC
15	13:56	Freya Mearns	Giffnock North AC
15	13:56	Beth Wells	Springburn Harriers
17	13:59	Willow Smith	Springburn Harriers
18	14:06	Mhairi McDougall	Kilbarchan AAC
19	14:07	Nina Clark	East Kilbride AC
20	14:11	Erica Ross	Giffnock North AC
21	14:14	Zara Gillespie	Airdrie Harriers
22	14:16	Olivia Kelly	Law & District AAC
22	14:16	Ana Muldoon	Motherwell Athletics Club
24	14:19	Megan Jackson	Giffnock North AC
25	14:30	Louisa Fraser-Moodie	Springburn Harriers
26	14:36	Eve Campbell	Cambuslang Harriers
27	14:39	Isla Preston	North Ayrshire AC
28	14:48	Lottie Sim	East Kilbride AC
29	14:52	Elsbeth Thorpe	East Kilbride AC
30	14:53	Emma Birrell	Giffnock North AC
31	14:54	Megan Mason	Ayr Seaforth AC
32	14:56	Lotty Martin	Giffnock North AC
33	15:01	Beth Gladston	Kilmarnock Harrier & Athletic Club
34	15:03	Ellie Alexander	Kilmarnock Harrier & Athletic Club
35	15:09	Isla Milligan	Ayr Seaforth AC
36	15:11	Eilidh Stephen	Shettleston Harriers
37	15:12	Anna Hill	Giffnock North AC
38	15:15	Charlotte Reilly	Shettleston Harriers
39	15:20	Annie MacDonald	East Kilbride AC
40	15:26	Lara Amott	Kilbarchan AAC
41	15:28	Phoebe Thomson	Garscube Harriers
42	15:31	Sophie Friel	Victoria Park City of Glasgow AC
42	15:31	Alexia Rigg	Shettleston Harriers
44	15:42	Cheyenne Kolegar	Cumbernauld Amateur Athletics Club
45	15:48	Lucy Mackenzie	Helensburgh AAC
46	15:59	Phoebe Bonham	Victoria Park City of Glasgow AC
47	16:02	Amelie Hill	Motherwell Athletics Club
48	16:03	Daisy De Lange	Kilbarchan AAC
49	16:04	Eilidh Boyle	Law & District AAC
50	16:10	Charlotte Hughes	Victoria Park City of Glasgow AC
51	16:19	Lacey Dailly	North Ayrshire AC
52	16:23	Fay McLaughlin	Garscube Harriers
53	16:28	Nieve Fitzpatrick	Law & District AAC
53	16:28	Leah Paterson	Airdrie Harriers
55	16:32	Ava Hendry	East Kilbride AC
56	16:44	Lena Weidenhammer	Garscube Harriers
57	16:47	Reeve Stuart	East Kilbride AC
58	17:08	Mairi Sine Fisher	Victoria Park City of Glasgow AC
59	17:13	Rachel Bedford	Kilbarchan AAC
60	17:42	Olivia Lough	Kilmarnock Harrier & Athletic Club
61	18:08	Eva Gardner	Garscube Harriers
62	18:17	Lauren Taylor	Kilbarchan AAC
63	18:50	Keira Saez	Giffnock North AC
64	19:04	Rebecca Henderson	Garscube Harriers
65	19:08	Iona Perry	Garscube Harriers
66	19:23	Melanie Welsh	Garscube Harriers
67	19:30	Rose Harford-Cross	Garscube Harriers
67	19:30	Isla Clark	Garscube Harriers

Young Females Fastest Legs			
Rank	Leg2	Athlete	Team Name
1	11:47	Matilda Frew	East Kilbride AC
2	11:56	Freya Scobie	Giffnock North AC
3	11:58	Millie Boothman	Giffnock North AC
4	11:59	Holly Simpson	Giffnock North AC
5	12:22	Amy Gallagher	Giffnock North AC
6	12:26	Anna Elizabeth Ross	Victoria Park City of Glasgow AC
7	12:33	Eihlenn Gillespie	Airdrie Harriers
8	12:34	Ella Carden	Kilbarchan AAC
9	12:36	Mimi Taylor	Victoria Park City of Glasgow AC
10	12:38	Eilidh Caldwell	Giffnock North AC
11	12:50	Brooke Dawson	Springburn Harriers
12	12:59	Clara Bain	Kilbarchan AAC
13	13:09	Nicole Yates	Giffnock North AC
14	13:14	Chloe Hendry	Garscube Harriers
15	13:15	Emmé Johnston	Giffnock North AC
16	13:20	Olivia Inglis	Law & District AAC
17	13:24	Mairi Stephen	Shettleston Harriers
17	13:24	Eva Saez	Giffnock North AC
19	13:31	Jemma Macleod	Cumbernauld Amateur Athletics Club
20	13:32	Zoe McPherson	Helensburgh AAC
21	13:35	Erin Reilly	Giffnock North AC
22	13:39	Carrie Charters	East Kilbride AC
23	13:40	Cara Monachello	Kilmarnock Harrier & Athletic Club
23	13:40	Isobel Collingwood	Garscube Harriers
25	13:41	Eve Wilkinson	Giffnock North AC
26	13:45	Lucy Taylor	Law & District AAC
26	13:45	Lauren McArthur	Kilbarchan AAC
28	13:53	Vanessa McVeigh	Kilbarchan AAC
28	13:53	Kady Wood	Airdrie Harriers
30	13:57	Freya Matheson	Victoria Park City of Glasgow AC
31	14:01	Eva Morrison	East Kilbride AC
32	14:05	Skye Christie	East Kilbride AC
33	14:21	Daisy Gildea	Shettleston Harriers
34	14:25	Kate Monaghan	Shettleston Harriers
35	14:34	Emy Finnigan	North Ayrshire AC
35	14:34	Ella McMillan	North Ayrshire AC
37	14:35	Olivia Cooper	Kilbarchan AAC
38	14:37	Alexandra Bell	Garscube Harriers
39	14:42	Erin McGurk	Law & District AAC
40	14:47	Amelie Kerr	Kilbarchan AAC
41	14:52	Imogen Millar	Shettleston Harriers
42	14:55	Eilidh Cooke	Kilmarnock Harrier & Athletic Club
43	15:06	Kacey Watson	Kilmarnock Harrier & Athletic Club
44	15:09	Erin Kearney	Cambuslang Harriers
45	15:15	Anna Campbell	Ayr Seaforth AC
46	15:21	Emma Fox	Garscube Harriers
46	15:21	Tilly Carroll	North Ayrshire AC
48	15:29	Neve Reilly	Giffnock North AC
49	15:34	Murryn Burns	Airdrie Harriers
50	15:42	Rebecca Martin	Giffnock North AC
51	15:58	Lucy Adamson	Garscube Harriers
52	16:03	Olivia Baxter	East Kilbride AC
53	16:10	Niamh Wilson	Springburn Harriers
54	16:15	Skye Dick	Garscube Harriers
55	16:17	Katharina Owens	Ayr Seaforth AC
55	16:17	Ava Mcbean	Garscube Harriers
57	16:25	Rebecca McNulty	Kilmarnock Harrier & Athletic Club
58	16:47	Jodi Abel	Garscube Harriers
59	16:54	Sarah Chambers	Law & District AAC
60	17:06	Niamh Cameron	Motherwell Athletics Club
61	17:39	Katy Collum	Motherwell Athletics Club
62	18:08	Lila Sanders	Kilmarnock Harrier & Athletic Club
63	18:27	Ruby McWilliams	Giffnock North AC
64	18:40	Lucy Beattie	Victoria Park City of Glasgow AC

Young Females Fastest Legs			
Rank	Leg3	Athlete	Team Name
1	11:31	Jessica Inglis	Law & District AAC
2	11:37	Zara Redmond	Kilbarchan AAC
3	11:40	Freya Campbell	Giffnock North AC
4	11:41	Millie Gairn	Airdrie Harriers
5	11:48	Ruth Walsh	Giffnock North AC
6	12:29	Katie Woods	Shettleston Harriers
7	12:34	Sophie Gibbons	Garscube Harriers
8	12:37	Iona Stroma Hubbard	Giffnock North AC
9	12:43	Cara McMinn	Kilbarchan AAC
10	12:45	Lauren Mcpherson	Giffnock North AC
11	12:55	Isla Munro	Giffnock North AC
11	12:55	Alayna Mccann	Law & District AAC
13	13:05	Skye Smith	Springburn Harriers
14	13:15	Neve Elliott	Law & District AAC
15	13:22	Nina Padmanabhan	Garscube Harriers
16	13:23	Grace Wilson	Airdrie Harriers
17	13:25	Nell Mcgregor	North Ayrshire AC
18	13:26	Grace Ferry	Cambuslang Harriers
19	13:36	Amy Andrew	East Kilbride AC
20	13:39	Sarah McNulty	Giffnock North AC
21	13:47	Charlotte Tower	Garscube Harriers
22	13:48	Rachael Niamh Hill	Giffnock North AC
23	13:55	Rhianna Docherty	East Kilbride AC
24	13:59	Eve Morrison	Victoria Park City of Glasgow AC
25	14:02	Beth Adams	Giffnock North AC
26	14:05	Poppy Bowers	Kilbarchan AAC
27	14:09	Samantha McKeown	Giffnock North AC
28	14:11	Amy Vincent	Giffnock North AC
29	14:12	Viktoria Tennant	Motherwell Athletics Club
30	14:15	Scarlett Jones	Helensburgh AAC
31	14:19	Emma Leiper	Shettleston Harriers
32	14:24	Eve Starritt	Kilmarnock Harrier & Athletic Club
33	14:26	Jennifer MacMahon	Garscube Harriers
34	14:28	Eilidh Dunwoodie	North Ayrshire AC
35	14:33	Alice Henderson	Garscube Harriers
36	14:37	Lucille King	Airdrie Harriers
37	14:42	Adele Street	Kilbarchan AAC
38	14:43	Freya Milford	Kilbarchan AAC
39	14:49	Lucy O'Donoghue	Giffnock North AC
39	14:49	Katie Burns	Shettleston Harriers
41	14:57	Anna Ross	Giffnock North AC
42	15:01	Katie Fielding	East Kilbride AC
43	15:03	Jessica Byers	Ayr Seaforth AC
44	15:06	Leesa Dunwoodie	North Ayrshire AC
45	15:12	Kayleigh Pew	East Kilbride AC
46	15:20	Anna Kirk	Ayr Seaforth AC
47	15:59	Amelie Adam	Kilmarnock Harrier & Athletic Club
48	16:01	Erin Chapman	East Kilbride AC
49	16:07	Orla Stewart	Victoria Park City of Glasgow AC
49	16:07	Elizabeth Burke	Kilbarchan AAC
49	16:07	Anna MacKay	Garscube Harriers
52	16:09	Niamh Reilly	Cumbernauld Amateur Athletics Club
53	16:13	Hannah Sluman	Giffnock North AC
54	17:46	Ruby Lennon	Springburn Harriers
55	18:39	Margot Hamm	Victoria Park City of Glasgow AC

Young Males Fastest Legs			
Rank	Leg1	Athlete	Team Name
1	11:27	Kian Dick	Giffnock North AC
1	11:27	Donald MacInnes	Giffnock North AC
1	11:27	Sam Deery	Giffnock North AC
4	11:33	Alexander Wotherspoon	Law & District AAC
5	11:37	Ewan Kennedy	Cambuslang Harriers
5	11:37	Gregor Mcnaught	Springburn Harriers
7	12:08	Matthew Sweeney	East Kilbride AC
8	12:13	Lewis Rely	Ayr Seaforth AC
9	12:15	Jay Jenkins	Kilbarchan AAC
9	12:15	Finlay Hamilton	Giffnock North AC
11	12:18	Adam Tortolano	Giffnock North AC
12	12:22	Ollie Macfarlane	Giffnock North AC
13	12:24	Maxwell Connolly	Garscube Harriers
13	12:24	Logan McNulty	Giffnock North AC
13	12:24	James Andrew	Giffnock North AC
16	12:34	Finlay Reid	Cambuslang Harriers
17	12:36	Oran Feely	Kilbarchan AAC
18	12:44	Lewis Sinclair	Kilmarnock Harrier & Athletic Club
19	12:45	Andrew William Ross	Victoria Park City of Glasgow AC
20	12:46	Matthew Watt	Kilbarchan AAC
21	12:50	Elijah Ajsafe	Kilbarchan AAC
22	12:56	Samuel Robertson	Springburn Harriers
23	13:02	Noah Kerr	Kilbarchan AAC
24	13:08	Ruben Stewart	Garscube Harriers
25	13:12	Ben Stanger	Garscube Harriers
26	13:16	Harris Rosling	East Kilbride AC
27	13:21	Riley Fulton	Ayr Seaforth AC
28	13:25	Eoghan Connelly	Motherwell Athletics Club
29	13:29	Sorley Gemmell	Garscube Harriers
30	13:33	Calum Fitzgerald	Kilmarnock Harrier & Athletic Club
31	13:42	William Heasman	Helensburgh AAC
32	13:48	Alexander Low	Victoria Park City of Glasgow AC
33	13:50	Andrew Dale	Garscube Harriers
33	13:50	Euan Grant-Pantrey	Shettleston Harriers
35	13:58	Duncan Hewitt	Kilbarchan AAC
35	13:58	Fergus McKie	Kilbarchan AAC
37	14:09	Elliott Tyler	Garscube Harriers
37	14:09	Miller Mackay	North Ayrshire AC
39	14:20	Brodie Burnett	Garscube Harriers
40	14:45	Kai Little	North Ayrshire AC
40	14:45	Finlay Shennan	Giffnock North AC
42	14:58	Kerr Watkins	Kilbarchan AAC
43	15:11	Ciaran Curley	Shettleston Harriers
43	15:11	Nathaniel Gaston	Kilbarchan AAC
45	15:34	Aiden O'connell	Cambuslang Harriers
46	15:35	Neil Arthur	East Kilbride AC
47	15:44	Robert Barnard	Ayr Seaforth AC
48	16:23	Struan Dodson	Victoria Park City of Glasgow AC
49	17:10	Noah Freer	Victoria Park City of Glasgow AC
50	18:07	Arthur Fleming	Kilmarnock Harrier & Athletic Club
51	18:31	Kye Gillies	Kilbarchan AAC

Young Males Fastest Legs			
Rank	Leg2	Athlete	Team Name
1	9:48	Angus Wilkinson	East Kilbride AC
2	9:59	Calum Dick	Giffnock North AC
3	10:04	Alistair Street	Kilbarchan AAC
4	10:29	Louie Muir	Giffnock North AC
5	10:40	Daibhidh Kinnaird	Cambuslang Harriers
6	10:52	Daniel Hendry	Garscube Harriers
7	10:55	Luke Grundy	North Ayrshire AC
8	10:56	Cameron Nugent	Giffnock North AC
9	11:02	Aaron Reid	Giffnock North AC
10	11:04	Finlay Laskey	Giffnock North AC
11	11:07	Connor Campbell	Garscube Harriers
12	11:12	John Frood	Law & District AAC
13	11:13	Ethan Scobie	Giffnock North AC
14	11:26	Euan Reid	Cambuslang Harriers
15	11:36	Angus Ritchie	Helensburgh AAC
16	11:44	Rory Charters	East Kilbride AC
17	11:57	Kyle Thomson	Garscube Harriers
17	11:57	Jamie Turner	Victoria Park City of Glasgow AC
19	11:58	Connor McCallum	Giffnock North AC
20	12:02	Finn Smith	Springburn Harriers
21	12:07	Angus O'Neil	Cambuslang Harriers
22	12:09	Aj Campbell	Kilbarchan AAC
22	12:09	Euan Thorpe	East Kilbride AC
24	12:15	Patrick Fraser	Giffnock North AC
24	12:15	Joseph Mowat	Giffnock North AC
26	12:16	Oscar Linton	Kilbarchan AAC
27	12:18	Adam Watts	Victoria Park City of Glasgow AC
28	12:20	Theo Stalin	Garscube Harriers
29	12:35	Fraser McKillop	Kilbarchan AAC
30	12:38	Lucas Watt	Kilbarchan AAC
31	12:43	Tom MacDonald	Kilbarchan AAC
32	12:47	Jackson Tower	Garscube Harriers
33	12:50	Billy McKie	Kilbarchan AAC
34	13:09	Matthew Cox	Ayr Seaforth AC
35	13:16	Charlie Rankin	Victoria Park City of Glasgow AC
36	13:17	Nicholas Latto	Kilmarnock Harrier & Athletic Club
37	13:30	Luke Russell	Motherwell Athletics Club
38	13:43	Alexander Massie	Kilbarchan AAC
39	13:50	Thomas Souter	Springburn Harriers
40	13:53	Callum Oneill	Kilmarnock Harrier & Athletic Club
41	14:10	Lucan Marshall-Watt	Ayr Seaforth AC
42	14:19	Jamie Boylan	Kilbarchan AAC
43	14:29	Richard Forbes	Kilbarchan AAC
44	14:49	Iain MacLean	Ayr Seaforth AC
45	15:36	Lucas Millican	Shettleston Harriers
46	16:25	Cameron Mcardle	Shettleston Harriers
47	24:57	Lewis Anderson	Kilmarnock Harrier & Athletic Club

Young Males Fastest Legs			
Rank	Leg3	Athlete	Team Name
1	10:02	James Alexander	Garscube Harriers
2	10:05	Alasdair Nugent	Giffnock North AC
3	10:06	Jack Wallace	Giffnock North AC
4	10:10	Jamie Connor	Giffnock North AC
5	10:14	Oliver Patton	Kilbarchan AAC
6	10:33	Fraser Donaldson	Garscube Harriers
7	10:34	Calan Chong	Giffnock North AC
8	10:38	Joshua Mungin	Kilbarchan AAC
9	10:41	Sam Mccarthy	Cambuslang Harriers
10	10:44	Zac Meiklejohn	Giffnock North AC
11	10:45	Ryan Knights	Kilbarchan AAC
12	10:46	Oliver MacDonald	Giffnock North AC
13	10:50	Matthew Shaw	Giffnock North AC
14	10:51	Daniel Owens	Garscube Harriers
15	10:53	Alasdair Maclean	Ayr Seaforth AC
15	10:53	Jamie Work	Kilmarnock Harrier & Athletic Club
17	10:59	Andrew Shorts	Kilbarchan AAC
18	11:02	Ryan Kellock	Law & District AAC
19	11:08	Matthew Fox	Shettleston Harriers
20	11:13	Aaron Thomson	East Kilbride AC
20	11:13	Fraser McIntyre	Ayr Seaforth AC
22	11:14	Lewis Stevenson	Kilbarchan AAC
23	11:16	Matthew Monachello	Kilmarnock Harrier & Athletic Club
24	11:17	Sam Walton	North Ayrshire AC
25	11:20	Adam Clifford	Shettleston Harriers
26	11:22	Archie Watters	Springburn Harriers
27	11:24	Ruaridh Miller	Kilbarchan AAC
28	11:42	Jonathan Hunter	East Kilbride AC
28	11:42	Sam McCrorie	Ayr Seaforth AC
30	11:43	Gabriel Murphy	Cambuslang Harriers
31	11:54	Ian Macpherson	Kilbarchan AAC
32	12:00	Ryan Mcnamara	East Kilbride AC
33	12:03	Liam Ross	Motherwell Athletics Club
34	12:11	Dillon Sim	Giffnock North AC
35	12:18	Christopher Hargreaves	Garscube Harriers
36	12:41	Lewis Boal	Victoria Park City of Glasgow AC
37	12:45	Rory McKie	Kilbarchan AAC
38	13:17	Rhys Knights	Kilbarchan AAC
39	13:49	Nathan Fitzpatrick	Kilbarchan AAC
40	14:26	Umberto Minchella	Springburn Harriers

Senior and Master Women Fastest Laps				
Rank	Time	Athlete	Team Name	Leg
1	14:34	Fionnuala Ross	Shettleston Harriers	3
2	14:53	Lynn McKenna	Shettleston Harriers	2
3	14:54	Hannah Ryding	Giffnock North AC	3
4	14:56	Stefanie Tucker	Cambuslang Harriers	3
5	15:10	Eve MacKinnon	Cambuslang Harriers	2
6	15:44	Rachel Giffen	Glasgow University Hares and Hounds	3
7	15:50	Clare Stewart	Glasgow University Hares and Hounds	1
7	15:50	Emma Creasey	Giffnock North AC	1
9	15:53	Hannah Addison	Cambuslang Harriers	1
10	15:56	Lesley Bell	Garscube Harriers V40	1
11	16:07	Emma McLennan	Giffnock North AC	1
12	16:21	Libby Sutherland	Kilbarchan AAC	1
13	16:25	Frances Wardle	Garscube Harriers	1
14	16:28	Hannah Terrance	Shettleston Harriers	1
14	16:28	Lea Meinecke	Glasgow University Hares and Hounds	1
16	16:32	Esme Dougall	Giffnock North AC	2
17	16:34	Kirstin Oakley	Ayr Seaforth AC	1
18	16:40	Claire Heasman	Helensburgh AAC	1
19	16:48	Alicia Paton	Cumbernauld Amateur Athletics Club	1
19	16:48	Elena Heger	Shettleston Harriers	1
21	16:50	Katy Brown	Giffnock North AC	3
22	16:51	Emily Renfrew	Bellahouston Harriers	2
23	16:52	Ruth Fraser-moodie	Springburn Harriers V40	1
24	17:01	Anna Dalglish	Glasgow University Hares and Hounds	3
25	17:02	Catriona Bark	Giffnock North AC V40	1
26	17:03	Catriona Gillen	Springburn Harriers	1
27	17:09	Victoria Riddell	Shettleston Harriers	1
28	17:11	Holly Morrison	Shettleston Harriers	2
29	17:16	Reagan Binnie	Law & District AAC	1
30	17:18	Jacqueline Etherington	Cambuslang Harriers V40	1
31	17:20	Yvonne McNairn	Giffnock North AC	2
32	17:21	Lynsey O'Connor	Kilmarnock Harrier & Athletic Club	1
32	17:21	Kristina Greig	Bellahouston Harriers	1
32	17:21	Laura Diana Jedrusiak	Glasgow University Hares and Hounds	3
35	17:26	Jill Smylie	Giffnock North AC V40	3
36	17:27	Avril Mason	Shettleston Harriers	1
36	17:27	Rosa Donaldson	Glasgow University Hares and Hounds	2
38	17:31	Emma Morris	Motherwell Athletics Club	1
39	17:33	Emma Baird	Shettleston Harriers	2
40	17:36	Laura Haggarty	Kilmarnock Harrier & Athletic Club	2
41	17:40	Lucy Mitchell	Bellahouston Road Runners	1
42	17:41	Sophie Jenkins	Strathclyde University Harriers	3
43	17:47	Ella Youngs	Giffnock North AC	3
44	17:52	Ellen Astley	Strathclyde University Harriers	1
45	17:58	Charlene McCallum	Shettleston Harriers	3
46	17:59	Kiara Meiklejohn	Giffnock North AC	1
47	18:04	Beth Trainer	Strathclyde University Harriers	1
48	18:06	Catriona Bain	Cambuslang Harriers	1
49	18:07	Flora Henry	Glasgow University Hares and Hounds	2
50	18:10	Amy Maclellan	Shettleston Harriers	3

Senior and Master Women Fastest Laps				
Rank	Time	Athlete	Team Name	Leg
51	18:13	Kirsty O'Brien	Cambuslang Harriers V40	3
52	18:16	Rachel Muir	Glasgow University Hares and Hounds	2
53	18:21	Ruby McGill	Glasgow University Hares and Hounds	1
54	18:22	Allie Chong	Giffnock North AC V40	2
55	18:26	Elaine Boyle	Law & District AAC	2
56	18:29	Gayle Forbes	Motherwell Athletics Club	3
57	18:31	Louise Ross	Bellahouston Road Runners V40	1
58	18:33	Grace Campbell	Strathclyde University Harriers	2
59	18:36	Sasha l'Anson	Kilmarnock Harrier & Athletic Club	3
60	18:37	Laura Gray	Garscube Harriers V40	2
61	18:39	Joanna Wallace	Newton Road Runners V40	3
62	18:47	Holly Smith	Garscube Harriers	3
63	18:48	Lucy Donaldson	Garscube Harriers	2
64	18:55	Emma Matheson	Victoria Park City of Glasgow AC	1
65	18:56	Rhona Fraser	Bellahouston Road Runners V40	2
66	19:01	Karen Allen	Calderglen Harriers V40	1
67	19:06	Toni McIntosh	Ayr Seaforth AC	2
68	19:07	Emma Craig	Newton Road Runners V40	1
69	19:10	Emma Higgins	Airdrie Harriers	2
70	19:18	Tara Tallulah Garioch	Glasgow University Hares and Hounds	1
71	19:19	Catriona Campbell	West End Road Runners	2
72	19:20	Katherine Hylands	Bellahouston Harriers	2
73	19:23	Emma Rogerson	Bellahouston Harriers	3
74	19:24	Bethany Ross	Kilmarnock Harrier & Athletic Club	1
75	19:27	Millie Aitken	East Kilbride AC	2
76	19:30	Lesley Graham	Law & District AAC	3
77	19:33	Rachel Wardrope	Cambuslang Harriers	3
78	19:34	Alison Wood	Garscube Harriers	3
79	19:35	Hilary Carswell	Giffnock North AC V40	2
80	19:36	Natalie McWilliams	Cambuslang Harriers	2
81	19:43	Kirsty Macfarlane	Bellahouston Road Runners	3
82	19:45	Carla McLellan	Cumbernauld Amateur Athletics Club	2
83	19:47	Eleanor Martin	West End Road Runners	1
83	19:47	Claire Wharton	Bellahouston Road Runners V40	3
85	19:51	Eilidh Kennedy	Cambuslang Harriers	1
85	19:51	Jacqueline Campbell	Giffnock North AC	2
87	19:58	Moira Paterson	Kirkintilloch Olympians V40	3
88	20:04	Sadie Croasdale	Glasgow University Hares and Hounds	2
89	20:06	Catriona Padmanabhan	Garscube Harriers V40	3
90	20:10	Kirsty Stewart	Bellahouston Harriers	1
91	20:11	Maryann Milne	Motherwell Athletics Club	1
92	20:12	Rebecca Simister	Bellahouston Harriers	1
92	20:12	Claire McCormick	Bellahouston Harriers	3
94	20:13	Lea Hamberger	Glasgow University Hares and Hounds	1
95	20:14	Hannah Mearns	West End Road Runners	3
96	20:15	Laura Wilkinson	Bellahouston Road Runners	1
96	20:15	Joanne Thorburn	Newton Road Runners V40	2
96	20:15	Alison Lessells	Calderglen Harriers V40	2
99	20:18	Angela Carson	Giffnock North AC V40	3
100	20:25	Emma Hunter	Motherwell Athletics Club	2

Senior and Master Women Fastest Laps				
Rank	Time	Athlete	Team Name	Leg
101	20:32	Alison Mackenzie	Bellahouston Harriers	3
102	20:37	Emma Gilmour	Victoria Park City of Glasgow AC	3
103	20:40	Caroline Munro	Giffnock North AC V40	1
104	20:47	Sophie Misslin	Glasgow University Hares and Hounds	1
105	20:48	Carly Monaghan	Shettleston Harriers	2
106	20:49	Izzy Caufield	Kilmarnock Harrier & Athletic Club	2
107	20:50	Carys Mitchell	Bellahouston Harriers	1
108	20:51	Fiona Moar	Garscube Harriers	1
108	20:51	Julia Pechlof	Calderglen Harriers	1
110	20:52	Amy Bristow	Victoria Park City of Glasgow AC	2
111	20:54	Emma Livingstone	East Kilbride AC	3
112	21:11	Morven Glennie	Airdrie Harriers	3
113	21:18	Lauren Mackintosh	Bellahouston Harriers	2
114	21:19	Kirsty Toms	Bellahouston Road Runners	2
115	21:20	Julie Reid	Cambuslang Harriers V40	2
116	21:21	Alison Rutherford	Garscube Harriers	1
117	21:25	Nicole Gierlowski	Motherwell Athletics Club	2
118	21:28	Helen Collingwood	Garscube Harriers	2
119	21:40	Rachael Thomson	East Kilbride AC	1
120	21:41	Ray Musleh	West End Road Runners	2
121	21:44	Kirsty Hurt	West End Road Runners	1
121	21:44	Jacqueline Wyllie	Newton Road Runners V40	3
123	21:51	Pauline Henderson	Bellahouston Harriers	1
124	21:52	Angela Campbell	Bellahouston Harriers	2
125	21:58	Camilla Cunningham	Bellahouston Road Runners V40	1
126	22:01	Fiona Thomson	Newton Road Runners V40	2
127	22:02	Anne Campbell	Bellahouston Road Runners	2
128	22:05	Kathryn Scott	Garscube Harriers V40	1
129	22:10	Shona Beasley	Bellahouston Harriers	1
130	22:23	Amy Cromarty	Garscube Harriers	2
131	22:24	Anna Bogucki	Springburn Harriers V40	3
132	22:25	Bex Currie Moodie	Garscube Harriers	3
133	22:28	Rhoda Yarmahmoudi	Bellahouston Road Runners V40	3
134	22:29	Mia Glen	Glasgow University Hares and Hounds	2
134	22:29	Stephanie Rudd	Bellahouston Harriers	3
136	22:31	Iara Nave Calton	Glasgow University Hares and Hounds	3
137	22:37	Jan Boyd	Garscube Harriers V40	3
138	22:50	Ada Stewart	Kirkintilloch Olympians V40	1
139	22:58	Roz Wilson	Bellahouston Road Runners	3
140	23:02	Elaine Nelson	Springburn Harriers V40	2
141	23:06	Morag Casey	Garscube Harriers V40	2
141	23:06	Vicki Fraser-Hopewell	Bellahouston Harriers	2
143	23:11	Ros O Sullivan	Kirkintilloch Olympians V40	2
144	23:20	Claire Doyle	Cumbernauld Amateur Athletics Club	3
145	23:23	Natalie Hunter	Newton Road Runners V40	1
145	23:23	Julia Wylie	Victoria Park City of Glasgow AC	1
147	23:25	Madeleine Chadwick	West End Road Runners	1
148	23:39	Lyndsay Kerrigan	Garscube Harriers	2
148	23:39	Anna-Sophia Bohn	Glasgow University Hares and Hounds	2
150	23:47	Wiebke Lammers	Westerlands Cross Country Club	1

Senior and Master Women Fastest Laps				
Rank	Time	Athlete	Team Name	Leg
151	23:58	Ruth Kirk	Ayr Seaforth AC	3
152	23:59	Lisa Robertson	Bellahouston Harriers	1
153	24:02	Lara Croxford	Garscube Harriers	1
153	24:02	Grace Mackie	West End Road Runners	2
155	24:08	Lorraine Buchanan	Calderglen Harriers V40	3
155	24:08	Sally McIntock	Bellahouston Harriers	3
157	24:09	Karen Rosling	Bellahouston Harriers	2
158	24:23	Darci Burns	Airdrie Harriers	1
159	24:34	Shirley Wieland	Bellahouston Road Runners V40	2
160	24:57	Kate Goldsmith	West End Road Runners	3
161	25:18	Deirdre Parkinson	Bellahouston Harriers	2
162	25:32	Sophia Morcom	Glasgow University Hares and Hounds	3
163	25:56	Mary Cox	Garscube Harriers V40	1
164	25:57	Terry Nimmo	Bellahouston Road Runners V40	1
165	26:05	Amy Frank	Bellahouston Harriers	3
166	27:48	Doreen Henderson	Giffnock North AC V40	1

Senior and Master Men Fastest Laps				
Pos	Time	Athlete	Team Name	Leg
1	12:46	Fraser Gilmour	Kilbarchan AAC	2
2	12:49	Andrew McGill	Glasgow University Hares and Hounds	2
2	12:49	Lewis Hannigan	Kilbarchan AAC	3
4	12:58	Connor Bell	Glasgow University Hares and Hounds	1
5	13:00	Jack Patton	Kilbarchan AAC	1
6	13:03	Seyd Taha Ghafari	Shettleston Harriers	2
7	13:10	Callum Hawkins	Kilbarchan AAC	4
8	13:14	Duncan Robinson	Giffnock North AC	4
9	13:22	Kevan Harvey	Cambuslang Harriers	2
9	13:22	Gavin Smith	Cambuslang Harriers	4
11	13:29	Jamie Mackinnon	Cambuslang Harriers	3
12	13:30	Philip Neilson	Shettleston Harriers	4
13	13:33	Robbie Ferguson	Kilbarchan AAC	1
14	13:36	Magnus Tait	Glasgow University Hares and Hounds	3
15	13:38	Jonathan Moore	Motherwell Athletics Club	1
15	13:38	Matthew Turner	Shettleston Harriers	3
17	13:39	Lucas Cheskin	Shettleston Harriers	1
18	13:41	Stephen Addison	Glasgow University Hares and Hounds	4
19	13:44	John Fergusson	East Kilbride AC	2
20	13:49	Conor Drummond	Giffnock North AC	1
21	13:52	Ross O'Brien	Giffnock North AC	1
22	13:54	Elliot Frame	Glasgow University Hares and Hounds	3
23	13:55	Daryl Reid	East Kilbride AC	3
24	13:57	Seonaidh MacInnes	Cambuslang Harriers	1
25	13:58	Calum Young	Giffnock North AC	2
25	13:58	Henry Horiuchi-Suttor	Victoria Park City of Glasgow AC	2
27	14:01	Nikolai Gajić	Giffnock North AC	3
28	14:03	Callum Matthews	Cambuslang Harriers	3
29	14:04	Marc Jameson	Glasgow University Hares and Hounds	2
30	14:08	Calum Charters	East Kilbride AC	1
30	14:08	Lewis Tharme	Glasgow University Hares and Hounds	2
30	14:08	Charlie Treharne	Garscube Harriers	2
33	14:10	Videsh Weerakkody	Victoria Park City of Glasgow AC	1
33	14:10	Matthew O'Connor	Bellahouston Harriers	1
33	14:10	Luke Lindsay	Kilbarchan AAC	3
36	14:11	Gordon Robertson	Cambuslang Harriers V40	4
37	14:14	Colin Reilly	Cambuslang Harriers	1
37	14:14	Kieran Pugh	Law & District AAC	1
39	14:16	Zak Povey	Glasgow University Hares and Hounds	3
40	14:17	Andrew Taylor	Shettleston Harriers	1
41	14:20	Iain MacCorquodale	Cambuslang Harriers V40	3
42	14:23	Tom Porter	Strathclyde University Harriers	1
43	14:29	Michael Miller	Clydesdale Harriers	1
43	14:29	Ewan McKerral	Kilbarchan AAC	2
45	14:30	Jamie Phillips	Kilmarnock Harrier & Athletic Club	2
46	14:31	Lewis Roddis	Cambuslang Harriers	2
47	14:32	Ewan Anderson	Glasgow University Hares and Hounds	4
48	14:33	Euan Docherty	Glasgow University Hares and Hounds	1
49	14:35	Paul Sorrie	Shettleston Harriers V40	2
49	14:35	Crawford Smith	Garscube Harriers	3

Senior and Master Men Fastest Laps				
Pos	Time	Athlete	Team Name	Leg
51	14:36	Michael Rimicans	Irvine RC	1
52	14:37	Craig Ferguson	Kilmarnock Harrier & Athletic Club	1
53	14:39	Martin Hayes	Victoria Park City of Glasgow AC	4
54	14:40	Alastair Stables	Giffnock North AC	3
55	14:42	Euan Rose	East Kilbride AC	4
56	14:43	David Gardiner	Motherwell Athletics Club	3
57	14:44	Oliver Traynor	Giffnock North AC	1
57	14:44	James MacLeod	Garscube Harriers V40	3
59	14:47	Jethro Lennox	Shettleston Harriers V40	4
59	14:47	Andrew McCall	Greenock Glenpark Harriers	4
61	14:49	Stephen Brown	West End Road Runners	2
62	14:50	Euan Bell	Strathclyde University Harriers	2
63	14:51	Stuart Gibson	Cambuslang Harriers V40	2
63	14:51	Sam Hosie	East Kilbride AC	3
63	14:51	Andrew Forteach	East Kilbride AC	4
66	14:54	Harry McGill	Glasgow University Hares and Hounds	1
66	14:54	Stephen Allen	Cumbernauld Amateur Athletics Club V40	1
66	14:54	Kenneth Neill	Ayr Seaforth AC V40	4
69	14:56	John Speirs	Cambuslang Harriers V40	1
69	14:56	Euan Convery	Garscube Harriers	1
69	14:56	Alasdair McMonagle	Strathclyde University Harriers	1
69	14:56	Nicholas Gemmell	Garscube Harriers V40	4
73	15:00	James Coulter	Irvine RC	2
73	15:00	Patrick Mochan	Strathclyde University Harriers	3
75	15:01	Fraser Armstrong	Bellahouston Harriers	2
76	15:05	Theo Phillips Smith	Glasgow University Hares and Hounds	4
77	15:06	Ross Penny	Law & District AAC	2
78	15:08	Daniel Doherty	Greenock Glenpark Harriers	3
79	15:09	Darran Muir	Law & District AAC	2
79	15:09	Allan Neill	Law & District AAC	4
81	15:10	Josh Adams	Giffnock North AC	2
82	15:14	Callum Macdonald	Garscube Harriers	4
83	15:16	Nicholas Boyle	Giffnock North AC	2
83	15:16	Allistair Gray	Giffnock North AC	4
85	15:17	Theo Carter	Cambuslang Harriers	1
85	15:17	Graeme Laing	Victoria Park City of Glasgow AC	3
87	15:18	Andrew Macpherson	West End Road Runners	4
88	15:19	Joshua Mirtle	Strathclyde University Harriers	2
89	15:20	Ruairidh Maclean	Giffnock North AC V40	1
90	15:22	Brent Brodie	Bellahouston Harriers	1
90	15:22	Mark Gallacher	Cambuslang Harriers V40	2
90	15:22	Craig Shields	Garscube Harriers V40	2
93	15:24	Fergus Currie	Glasgow University Hares and Hounds	4
94	15:26	Craig Ross	Bellahouston Road Runners V40	1
94	15:26	Justin Carter	Cambuslang Harriers V40	3
96	15:27	Lewis Thorpe	East Kilbride AC	2
96	15:27	Andrew Campbell	Giffnock North AC V40	4
98	15:28	John Coyle	Garscube Harriers V40	2
98	15:28	Craig Houston	Irvine RC	4
100	15:30	Jordan Orr	Giffnock North AC	3

Senior and Master Men Fastest Laps				
Pos	Time	Athlete	Team Name	Leg
101	15:32	Timothy Martin	Garscube Harriers	2
101	15:32	Finlay Raynor	Glasgow University Hares and Hounds	3
103	15:33	Stuart Laurence	Bellahouston Road Runners	1
104	15:34	Paul Burns	Motherwell Athletics Club	4
105	15:35	Daniel Scroop	Garscube Harriers V40	1
105	15:35	Luke Kirwan	East Kilbride AC	1
105	15:35	Sandy Gilhooly	Glasgow University Hares and Hounds	1
105	15:35	Finlay Finlay	Garscube Harriers V40	1
109	15:36	Michael Cross	Giffnock North AC V40	2
110	15:37	Lee Shaw	Bellahouston Harriers	3
110	15:37	Cameron Wallace	Strathclyde University Harriers	4
112	15:38	Chris Upson	Cambuslang Harriers V40	4
113	15:39	Ben Brown	Glasgow University Hares and Hounds	3
114	15:40	Ieuan Harries	Glasgow University Hares and Hounds	2
115	15:41	Allan Cameron	Cumbernauld Amateur Athletics Club V40	2
115	15:41	Matthew Gillon	Law & District AAC	3
117	15:42	Walter Henderson	Cumbernauld Amateur Athletics Club V40	3
118	15:43	Christopher Macdonald	Motherwell Athletics Club	2
119	15:44	Scott Henderson	Westerlands Cross Country Club	4
120	15:46	Tom Adams	Cambuslang Harriers	2
121	15:47	Alan Moss	Bellahouston Road Runners	3
122	15:49	David Houston	Shettleston Harriers	3
123	15:50	Jordon Morrison	Law & District AAC	1
123	15:50	Martin Fitchie	Cumbernauld Amateur Athletics Club V40	1
125	15:51	Gary Craig	East Kilbride AC	1
125	15:51	Scott McKelvie	Shettleston Harriers	4
127	15:53	Stephen Hanley	Greenock Glenpark Harriers	1
128	15:56	Ronald Strachan	Shettleston Harriers V40	1
128	15:56	Marc Auchie	Strathclyde University Harriers	2
128	15:56	Jordan Queen	Garscube Harriers	4
128	15:56	Ian Thomson	Garscube Harriers V40	4
132	16:05	Mark Young	Bellahouston Road Runners	2
133	16:06	Louis R O'Hare	Cumbernauld Amateur Athletics Club	1
134	16:07	Kenneth Osborne	Bellahouston Road Runners	4
135	16:09	Mark Sands	Irvine RC	3
136	16:11	Drew Carr	Westerlands Cross Country Club	2
137	16:15	Jamie Flaherty	Garscube Harriers	1
138	16:26	David Shaw	Giffnock North AC V40	2
139	16:31	Sam Kelly	Bellahouston Harriers	2
140	16:33	David Gorman	East Kilbride AC	3
140	16:33	Callum Wright	Cambuslang Harriers	3
142	16:35	Gareth Treharne	Garscube Harriers V40	2
142	16:35	Taylor Cadwell	Strathclyde University Harriers	4
144	16:36	Ruairi Ferris	Kirkintilloch Olympians	1
145	16:37	David Hogg	Cumbernauld Amateur Athletics Club V40	4
146	16:38	Cameron Maguire	Strathclyde University Harriers	1
147	16:39	Cliff Binning	Cumbernauld Amateur Athletics Club	2
148	16:42	David Thom	Cambuslang Harriers V40	1
149	16:45	Simon Wells	Bellahouston Road Runners V40	4
150	16:47	Mark Hand	Law & District AAC	1
150	16:47	Ross McEachern	Cumbernauld Amateur Athletics Club V40	3

Senior and Master Men Fastest Laps				
Pos	Time	Athlete	Team Name	Leg
152	16:49	Alan Digweed	Bellahouston Road Runners V40	2
153	16:50	Paul Gooding	West End Road Runners	1
154	16:53	Duncan Boyd	Garscube Harriers V40	3
155	16:55	Andrew Buchanan	Calderglen Harriers V40	1
156	16:59	Matthew Brown	Bellahouston Harriers	4
156	16:59	Cieron Hadfield	Glasgow University Hares and Hounds	4
156	16:59	Liam Conway	Bellahouston Road Runners V40	4
159	17:00	Ross McNaught	Kilmarnock Harrier & Athletic Club	4
160	17:02	Vincent Carroll	Cumbernauld Amateur Athletics Club V40	2
161	17:04	Ben Fountain	Law & District AAC	3
162	17:06	Keith Charters	East Kilbride AC	2
162	17:06	Denis Williams	Shettleston Harriers V40	3
164	17:08	Eldon Wigram	Strathclyde University Harriers	3
165	17:09	Iain Campbell	Motherwell Athletics Club	3
166	17:11	Robert Lindsay	Kilmarnock Harrier & Athletic Club	2
167	17:12	Jamie Robinson	Bellahouston Road Runners	1
167	17:12	Derek O'Neill	Motherwell Athletics Club	1
167	17:12	Scott McMillan	Giffnock North AC	4
170	17:13	Stephen McCrorie	Ayr Seaforth AC V40	1
171	17:16	Iain Harding	Victoria Park City of Glasgow AC V40	1
172	17:19	Graham Coubrough	Westerlands Cross Country Club	1
173	17:22	Mike Donaldson	Garscube Harriers V40	3
174	17:23	Eamonn McClay	Strathclyde University Harriers	4
175	17:25	Colin Hughes	Bellahouston Road Runners V40	3
176	17:26	Kyle Paterson	Kirkintilloch Olympians	2
177	17:28	Callum Dickson	Bellahouston Road Runners	4
178	17:29	Peter Maclean	Ayr Seaforth AC V40	2
179	17:33	Nathan O'Neill	Springburn Harriers	1
179	17:33	Andrew Callan	Cumbernauld Amateur Athletics Club V40	4
181	17:34	David Ferguson	Bellahouston Road Runners V40	3
182	17:36	Colin Glencorse	Kilmarnock Harrier & Athletic Club	3
183	17:37	Aldo Tortolano	Giffnock North AC V40	3
184	17:39	Rob Crusher	Giffnock North AC V40	1
184	17:39	David Butterly	Garscube Harriers V40	3
186	17:41	Ian Collins	Westerlands Cross Country Club	3
187	17:45	Johnj Duffy	Shettleston Harriers V40	4
188	17:48	Thomas Burrige	Bellahouston Road Runners	2
189	17:50	Kenneth Macmahon	Garscube Harriers V40	4
190	17:52	Bobby Hill	Law & District AAC	4
191	17:54	Robert McLennan	Garscube Harriers V40	1
192	17:56	Andy Downey	Garscube Harriers V40	1
192	17:56	Lewis McLuskey	Motherwell Athletics Club	3
192	17:56	Kevin Farmer	Cambuslang Harriers	4
195	17:57	William Bradley	Shettleston Harriers	2
195	17:57	Iain Robertson	Clydesdale Harriers	2
197	17:58	Derren Thomson	Giffnock North AC V40	4
198	17:59	Gary Miller	Cambuslang Harriers V40	2
199	18:00	Gerry Connelly	Calderglen Harriers V40	2
200	18:01	Oliver Watson	Glasgow University Hares and Hounds	1

Senior and Master Men Fastest Laps				
Pos	Time	Athlete	Team Name	Leg
201	18:02	Marc Roper	Westerlands Cross Country Club V40	1
201	18:02	Graeme Jack	West End Road Runners V40	2
203	18:04	Graeme Wiseman	Clydesdale Harriers	3
204	18:05	Gerard Craig	Victoria Park City of Glasgow AC V40	2
205	18:06	Alan Mcintosh	Garscube Harriers	1
206	18:07	Nicholas Carter	Kilmarnock Harrier & Athletic Club	3
206	18:07	Peter Alexander	Newton Road Runners	3
208	18:08	Daniel O'Connell	Cambuslang Harriers V40	1
209	18:10	Ronnie Hart	Bellahouston Road Runners V40	1
210	18:11	Gerard Scullion	Bellahouston Road Runners V40	2
211	18:14	Daniel Burns	Garscube Harriers	3
212	18:17	Kenneth Crawford	Bellahouston Road Runners V40	2
213	18:18	Thomas Harris	Glasgow University Hares and Hounds	1
213	18:18	Alan Main	Motherwell Athletics Club	2
215	18:21	Scott Elliott	Kirkintilloch Olympians	3
216	18:23	Andrew Chapman	East Kilbride AC	4
217	18:25	Ross Agar	Glasgow University Hares and Hounds	2
218	18:26	Chris Sheridan	Victoria Park City of Glasgow AC V40	2
219	18:27	John Kelly	Newton Road Runners	2
219	18:27	David Herbertson	Calderglen Harriers V40	3
221	18:29	Callum Ballantyne	Cumbernauld Amateur Athletics Club	3
222	18:30	William Fairley	Cambuslang Harriers V40	4
223	18:33	Ian Thurlbeck	Westerlands Cross Country Club V40	3
224	18:34	Andrew Clark	West End Road Runners	3
224	18:34	Paul Wilson	Springburn Harriers	3
226	18:36	Andrew Blair	Glasgow University Hares and Hounds	2
227	18:37	John Murray	Garscube Harriers V40	1
228	18:39	Chris Furse	Westerlands Cross Country Club V40	2
228	18:39	Alistair Macdonald	Newton Road Runners	4
230	18:44	Jim Robinson	Bellahouston Road Runners V40	1
231	18:45	Stuart Brockie	Ayr Seaforth AC V40	3
232	18:48	Sandy Gardner	Victoria Park City of Glasgow AC V40	1
232	18:48	John Oates	Shettleston Harriers V40	1
232	18:48	George Clerk	West End Road Runners V40	2
235	18:53	Iain Buckley	Bellahouston Harriers	3
236	18:55	Murray McDonald	Kilmarnock Harrier & Athletic Club	4
237	18:57	James McLaughlin	Bellahouston Harriers	1
238	19:01	Robert Pattinson	Motherwell Athletics Club	4
239	19:04	Alex Potter	Victoria Park City of Glasgow AC V40	3
240	19:11	Brian O'Reilly	Cumbernauld Amateur Athletics Club V40	1
241	19:14	Allen Campbell	West End Road Runners V40	1
241	19:14	Andrew McCulloch	Bellahouston Road Runners	3
243	19:15	Martin Kay	Law & District AAC	2
244	19:16	David Murphy	Shettleston Harriers V40	3
244	19:16	Maximilian MacDonal	Glasgow University Hares and Hounds	3
246	19:19	James Shepherd	Bellahouston Road Runners V40	3
247	19:20	Alham Said	West End Road Runners V40	4
248	19:25	Michael Craig	Victoria Park City of Glasgow AC V40	4
249	19:27	Scott Dickson	Motherwell Athletics Club	3
250	19:31	James McAneny	Garscube Harriers	4

Senior and Master Men Fastest Laps				
Pos	Time	Athlete	Team Name	Leg
251	19:34	James Doherty	Greenock Glenpark Harriers	2
252	19:36	Ralph Connolly	Victoria Park City of Glasgow AC V40	3
253	19:37	David Hoolaghan	Motherwell Athletics Club	1
254	19:39	Graeme Little	Garscube Harriers	2
255	19:45	Alan Anderson	Cambuslang Harriers V40	3
256	19:58	Allan Mclellan	Calderglen Harriers V40	2
257	20:00	Jonathan Mellin	Newton Road Runners	1
257	20:00	Glenn McKinstry	Springburn Harriers	2
259	20:01	Jim Mearns	Calderglen Harriers V40	3
260	20:02	Tom Ord	Victoria Park City of Glasgow AC V40	4
261	20:07	Stephen Clark	Shettleston Harriers	1
262	20:13	James Speakman	West End Road Runners V40	4
263	20:15	Gordon Colvin	East Kilbride AC	1
264	20:16	Joe Chambers	Springburn Harriers	4
265	20:22	Stephen Hall	Giffnock North AC V40	3
266	20:30	Jonathan Bell	West End Road Runners V40	1
267	20:36	Garry Henderson	Bellahouston Harriers	3
268	20:39	Martin Howell	Calderglen Harriers V40	4
269	20:40	Gordon MacKay	Garscube Harriers V40	2
270	20:46	Gordon Mclnally	Calderglen Harriers V40	1
271	20:49	Brian McLinden	Motherwell Athletics Club	4
272	20:57	Duncan Richards	Strathclyde University Harriers	3
273	21:04	Kenny Leinster	Calderglen Harriers V40	4
273	21:04	Simon Mcdougall	Bellahouston Harriers	4
275	21:09	Stewart McRoberts	Kilmarnock Harrier & Athletic Club	1
276	21:13	David Wardrope	Cambuslang Harriers V40	1
277	21:17	Robert Young	Clydesdale Harriers	1
277	21:17	James Boyle	Garscube Harriers V40	4
279	21:21	Colin Gardner	Motherwell Athletics Club	2
280	21:36	Alastair Loudon	Motherwell Athletics Club	1
281	21:39	Chris Paton	Cambuslang Harriers V40	3
282	22:05	Simon Gold	Cambuslang Harriers V40	2
282	22:05	Paul Toland	West End Road Runners V40	3
284	22:10	Daniel Docherty	Clydesdale Harriers	4
285	22:29	John Burns	Motherwell Athletics Club	2
286	22:35	David Gemmell	Bellahouston Harriers	2
287	24:20	Trevor Wayman	West End Road Runners V40	3
288	24:43	Stuart Irvine	Garscube Harriers	3
289	25:11	Russell Couper	Calderglen Harriers V40	1
290	25:37	Robert Porteous	Shettleston Harriers V40	2
291	27:14	David Searil	Calderglen Harriers V40	2