

U13 Girls 3k

Pos	Time	First Name	Last Name	Cat	Team Name
1	14:31	Niamh	Doorley	U13G	Inverness Harriers AAC
2	15:03	Reeta	Moncrieff	U13G	Shetland AAC
3	15:03	Annie	English	U13G	Inverness Harriers AAC
4	15:23	Lily	Cant	U13G	Lochaber Athletic Club
5	15:43	Sophie	Bertram	U13G	Inverness Harriers AAC
6	16:08	Lexie	Macrae	U13G	Inverness Harriers AAC
7	16:14	Rowan	Campbell	U13G	North Uist Amateur Athletics Club
8	17:21	Cora	Comisso	U13G	Ross County Athletics Club
9	17:53	Isla	Macleod	U13G	Stornoway Running & Athletics Club
10	17:58	Ava	Scaramuccia	U13G	Stornoway Running & Athletics Club
11	18:14	Florence	Lindsay	U13G	Gordonstoun School
12	18:37	Sophie	MacGruer	U13G	Ross County Athletics Club
13	18:39	Lilly	Scaramuccia	U13G	Stornoway Running & Athletics Club
14	18:51	Alice	Reid	U13G	Stornoway Running & Athletics Club
15	18:56	Eva	Landy	U13G	Gordonstoun School
16	20:37	Skye	Tinney	U13G	Ross County Athletics Club
17	21:01	Sophie	Needs	U13G	Peterhead Athletics Club
18	23:59	Maisie	Smith	U13G	Stornoway Running & Athletics Club
19	23:59	Rebecca	Morrison	U13G	Stornoway Running & Athletics Club

U13 Boys 3k

Pos	Time	First Name	Last Name	Cat	Team Name
1	13:52	Aaron	Tresidder	U13B	Lochaber Athletic Club
2	14:09	Reuben	Urquhart	U13B	East Sutherland AC
3	14:26	Fraser	Hume	U13B	Ross County Athletics Club
4	14:28	Cullen	Bowie	U13B	Insch Trail Running Club
5	14:35	Callum	Crawford	U13B	Ross County Athletics Club
6	14:54	Ben	McNair	U13B	Ross County Athletics Club
7	15:26	Harry	Barr	U13B	Gordonstoun School
8	15:30	John	Macritchie	U13B	Stornoway Running & Athletics Club
9	16:25	Liam	Ferguson	U13B	Gordonstoun School
10	16:40	Archie	Macdonald	U13B	Lochaber Athletic Club
11	16:40	Rhys	Paterson	U13B	Moray Road Runners
12	16:55	Liam	Rice	U13B	Stornoway Running & Athletics Club
13	16:58	Stewart	Gordon	U13B	Stornoway Running & Athletics Club
14	17:02	Josh	Clark	U13B	Gordonstoun School
15	17:08	Tom	Roche-Nishimori	U13B	Forres Harriers
16	17:10	Hugh	Cumming	U13B	Moray Road Runners
17	18:02	Euan	STEEL	U13B	Peterhead Athletics Club
18	21:13	Darach	Cowan	U13B	Stornoway Running & Athletics Club

U15 Boys 4k

Pos	Time	First Name	Last Name	Cat	Team Name
1	14:06	Israel	Noble	U15B	Fraserburgh Running Club
2	15:03	George	Comisso	U15B	Ross County Athletics Club
3	15:12	Ruairidh	Smith	U15B	Stornoway Running & Athletics Club
4	15:31	Ruairidh	MacPhail	U15B	Stornoway Running & Athletics Club
5	15:41	Ewan	Thompson	U15B	Inverness Harriers AAC
6	15:59	Jamie	MacGruer	U15B	Ross County Athletics Club
7	16:05	Alfie	Perrin	U15B	Insch Trail Running Club
8	16:08	Elliot	Henderson	U15B	Stornoway Running & Athletics Club
9	16:19	Rudi	Wroe	U15G	Gordonstoun School
10	16:20	Ewan	MacDonald	U15B	Ross County Athletics Club
11	16:24	William	King	U15B	Moray Road Runners
12	16:27	David	Rodgers	U15B	Lochaber Athletic Club
13	16:30	Martin	Maciver	U15B	Stornoway Running & Athletics Club
14	16:33	Austin	Davis	U15B	Forres Harriers
15	16:35	Darren	Green	U15B	Moray Road Runners
16	16:41	Eduardo	Portuondo	U15B	Gordonstoun School
17	16:43	Ruairidh	Cowan	U15B	Stornoway Running & Athletics Club
18	16:46	Pierre-Antoine	Peter	U15B	Gordonstoun School
19	16:51	Digby	Nightingale	U15B	Gordonstoun School
20	17:07	Archie	Macpherson	U15B	North Uist Amateur Athletics Club
21	17:10	John	Scott	U15B	Forres Harriers
22	17:13	Alasdair	Jenkins	U15B	Moray Road Runners
23	17:16	George	Game	U15B	Gordonstoun School
24	17:22	Danny	Smith	U15B	Stornoway Running & Athletics Club
25	17:23	Harry	Sheldon	U15B	Gordonstoun School
26	17:23	Cathal	Dobbie	U15B	North Uist Amateur Athletics Club
27	17:33	Ghillies	Donaghue	U15B	Ross County Athletics Club
28	17:35	James	Bain	U15B	Stornoway Running & Athletics Club
29	17:48	Jack	Macleod	U15B	Stornoway Running & Athletics Club
30	17:50	Luc	Smith	U15B	Stornoway Running & Athletics Club
31	17:54	Michael	Laing	U15B	Stornoway Running & Athletics Club
32	18:14	Daniel	Reid	U15B	Stornoway Running & Athletics Club
33	18:30	Alexander	MacLeod	U15B	Stornoway Running & Athletics Club
34	18:41	Craig	Macleod	U15B	Stornoway Running & Athletics Club
35	18:43	Callum	Thompson	U15B	Inverness Harriers AAC
36	18:59	Richard	Linhart	U15B	Gordonstoun School
37	19:00	Sebastian	Sinfield-Hain	U15B	Gordonstoun School
38	19:03	Finlay	Walker	U15B	Inverness Harriers AAC
39	19:11	James	Ryder	U15B	Forres Harriers

U15 Girls 4k U17 Wom 5.5k

Pos	Time	First Name	Last Name	Cat	Team Name	Cat
1	15:32	Anna	Meek	U15G	Inverness Harriers AAC	1
2	15:51	Flora	Sutherland	U15G	Ross County Athletics Club	2
3	15:54	Anna	Macdonald	U15G	North Uist Amateur Athletics Club	3
4	16:34	Naomi	Ferris	U15G	Stornoway Running & Athletics Club	4
5	16:35	Alexandra	Whelan	U15G	Moray Road Runners	5
6	16:41	Isla	Cant	U15G	Lochaber Athletic Club	6
7	16:52	Lucy	Fraser	U15G	Ross County Athletics Club	7
8	16:56	Lucy	Beastall	U15G	Inverness Harriers AAC	8
9	17:07	Sky	Simpson	U15G	Inverness Harriers AAC	9
10	17:21	Rosie	Conroy	U15G	Inverness Harriers AAC	10
11	17:31	Caitlin	Anderson	U15G	Shetland AAC	11
12	17:42	Rowan	Reid	U15G	Stornoway Running & Athletics Club	12
13	18:01	Isla	Burns	U15G	Inverness Harriers AAC	13
14	18:13	Anna	Fraser	U15G	Ross County Athletics Club	14
15	18:15	Jazmine	Carmichael	U15G	Gordonstoun School	15
16	18:49	Iona	Mackenzie	U15G	Stornoway Running & Athletics Club	16
17	19:22	Maeve	Sandilands	U15G	Inverness Harriers AAC	17
18	19:22	Daisy	Hendry	U15G	Ross County Athletics Club	18
19	19:31	Catriona	Fernie	U15G	Ross County Athletics Club	19
20	19:51	Catriona	Beaton	U15G	North Uist Amateur Athletics Club	20
21	21:36	Caitlyn	Heggie	U17W	Inverness Harriers AAC	1
22	22:01	Katie	Meek	U17W	Inverness Harriers AAC	2
23	22:17	Abbie	Stewart	U17W	Stornoway Running & Athletics Club	3
24	22:58	Layla	Todd	U17W	Shetland AAC	4
25	23:09	Charlotte-Rose	Burton	U17W	Highland Hill Runners	5
26	24:17	Iona	Scott	U17W	Inverness Harriers AAC	6
27	24:51	Louisa	Prendergast	U17W	Gordonstoun School	7
28	27:02	Kyla	McMurdo	U17W	Stornoway Running & Athletics Club	8
29	27:12	Emily	Murray	U17W	Stornoway Running & Athletics Club	9
30	27:25	Harriet	Carmichael	U17W	Gordonstoun School	10
31	27:30	Seonag	MacGillivray	U17W	Gordonstoun School	11
32	27:47	Juliane	Ehrlich	U17W	Gordonstoun School	12
33	29:02	Evie	Collins	U17W	Elgin Amateur Athletics Club	13
34	30:04	Eva	Wroe	U17W	Gordonstoun School	14
35	30:42	India	Yung	U17W	Gordonstoun School	15
36	38:56	Chloe	Yung	U17W	Gordonstoun School	16

U20 Wom 6.5k Sen Mas Wom 8k

Pos	Time	First Name	Last Name	Cat	Team Name	Cat
1	29:03	Rachel	Murray	U20W	Stornoway Running & Athletics Club	1
2	30:06	Catriona	Graves	SW	Highland Hill Runners	1
3	30:53	Georgia	Tindley	SW	Highland Hill Runners	2
4	30:56	Gemma	Cormack	SW	Moray Road Runners	3
5	31:18	Katie	Anderson	SW	Moray Road Runners	4
6	31:28	Helen	Leigh	SW	Highland Hill Runners	5
7	31:59	Grace	Jenkins	U20W	Moray Road Runners	2
8	32:02	Katja	Blunden	W40	Moray Road Runners	1
9	32:07	Lesley	Hansen	W40	Inverness Harriers AAC	2
10	32:38	Rachel	Little	W40	Insch Trail Running Club	3
11	32:45	Monica	Padilla	SW	Highland Hill Runners	6
12	33:11	Isla	Mackay	SW	Lochaber Athletic Club	7
13	33:18	Caroline	Marwick	SW	Highland Hill Runners	8
14	33:30	Angela	Bell	SW	Moray Road Runners	9
15	33:44	Hannah	Stephen	U20W	Moray Road Runners	3
16	34:07	Rachel	Gillies	SW	Inverness Harriers AAC	10
17	34:49	Siobhan	Evans	W50	Forres Harriers	1
18	35:00	Kirstie	Rogan	SW	Highland Hill Runners	11
19	35:02	Alice	Scriven	W45	Inverness Harriers AAC	1
20	35:19	Kate	Comisso	W45	Ross County Athletics Club	2
21	35:25	Kasia	Klonowska	SW	Forres Harriers	12
22	35:33	Susan	McNairney	W40	Moray Road Runners	4
23	35:45	Marie	Meldrum	W45	Lochaber Athletic Club	3
24	36:12	Carrie-Ann	Ward	W45	Forres Harriers	4
25	36:34	Kellie	Calder	W45	Inverness Harriers AAC	5
26	36:59	Lorraine	Coull	W50	Highland Hill Runners	2
27	37:08	Jessica	Acheson	SW	Lochaber Athletic Club	13
28	37:32	Alison	MacDonald	W50	Inverness Harriers AAC	3
29	37:48	Susan	McRitchie	W45	Forres Harriers	6
30	37:52	Helen	Rennard	W45	Lochaber Athletic Club	7
31	38:05	Sarah	Mcilvaney	SW	Moray Road Runners	14
32	38:18	Karen	Crawford	W40	Ross County Athletics Club	5
33	38:24	Moira	Davie	SW	Forres Harriers	15
34	38:34	Lorna	Blake	SW	Highland Hill Runners	16
35	38:37	Roma	McIntosh	W45	JSK Running Club	8
36	39:07	Linda	McGee	W50	Peterhead Athletics Club	4
37	39:43	Paula	Boon	W50	Forres Harriers	5
38	39:52	Katy	Beck	W50	Forres Harriers	6
39	40:03	Grace	Rennie	SW	Fraserburgh Running Club	17
40	40:20	Anne	Hewes	W50	Moray Road Runners	7
41	40:22	Mhairi	Dobbie	W40	North Uist Amateur Athletics Club	6
42	40:46	Sharon	Beck	W50	Highland Hill Runners	8
43	40:59	Ros	Wright	W60	Forres Harriers	1
44	41:33	Denise	Eadsforth	W50	Insch Trail Running Club	9
45	41:36	Clare	Nicholas	W55	Forres Harriers	1
46	41:43	Jude	Colligan	W45	Highland Hill Runners	9
47	41:49	Morag	Thompson	W45	Fraserburgh Running Club	10
48	41:56	Anne	Murray	W50	Insch Trail Running Club	10
49	41:57	SIOBBHAN	RYDER	W40	Forres Harriers	7
50	41:57	Barbara Anne	Needs	W45	Peterhead Athletics Club	11

U20 Wom 6.5k Sen Mas Wom 8k

Pos	Time	First Name	Last Name	Cat	Team Name	Cat
51	41:58	Carol	Hume	W45	Ross County Athletics Club	12
52	42:26	Carol	Massie	W60	Fraserburgh Running Club	2
53	42:47	Kerry	Anderson	W45	JSK Running Club	13
54	43:46	Rachel	Paterson	W50	JSK Running Club	11
55	45:11	Marisa	Christie	W50	Forres Harriers	12
56	45:25	Anna	King	W40	Moray Road Runners	8
57	45:55	Cathy	Donegan	W50	Moray Road Runners	13
58	53:55	Elaine	Bryan	W45	Insch Trail Running Club	14

U17 Men 5.5k

Pos	Time	First Name	Last Name	Cat	Team Name
1	18:52	Andrew	Baird	U17M	Ross County Athletics Club
2	19:36	Lachlan	Thomas	U17M	Ross County Athletics Club
3	20:23	Ruairidh	Stirling	U17M	Inverness Harriers AAC
4	20:31	Noah	Carson	U17M	Ross County Athletics Club
5	20:37	Kaeden	Thomas	U17M	Ross County Athletics Club
6	21:05	Michael	Bishenden	U17M	Moray Road Runners
7	21:48	Alistair	Young	U17M	Ross County Athletics Club
8	22:00	Hector	Neally	U17M	Stornoway Running & Athletics Club
9	22:22	Lewis	Paterson	U17M	Moray Road Runners
10	22:34	Andrew	Macaskill	U17M	Stornoway Running & Athletics Club
11	22:50	Bill	Symon	U17M	Forres Harriers
12	23:00	Harry	Comisso	U17M	Ross County Athletics Club
13	23:05	Coinneach	Stewart	U17M	Stornoway Running & Athletics Club
14	23:44	Stuart	Mackay	U17M	Stornoway Running & Athletics Club
15	23:55	Henry	Maclean	U17M	Gordonstoun School
16	24:10	Connor	Cameron	U17M	Moray Road Runners
17	25:04	William	Sendall	U17M	Ross County Athletics Club
18	26:25	Owen	Young	U17M	Gordonstoun School
19	26:51	Fraser	Libby	U17M	Stornoway Running & Athletics Club
20	27:30	Ben	Dyer	U17M	Stornoway Running & Athletics Club
21	27:46	Kirill	Kirill	U17M	Gordonstoun School
22	30:44	Jack	Merrilees	U17M	Gordonstoun School

U20 Men 6.5k Sen Mas Men 8k

Pos	Time	First Name	Last Name	Cat	Team Name	Cat
1	24:32	Bruce	Evans	U20M	Forres Harriers	1
2	25:32	Tom	Palmer	U20M	Elgin Amateur Athletics Club	2
3	25:38	Ross	Gollan	SM	East Sutherland AC	1
4	26:02	Thomas	Burnett	U20M	Inverness Harriers AAC	3
5	26:08	James	Wilson	SM	Moray Road Runners	2
6	26:16	Gordon	Lennox	SM	East Sutherland AC	3
7	26:36	Lewis	MacAlpine	SM	Stornoway Running & Athletics Club	4
8	26:56	Matthew	Blunden	M40	Moray Road Runners	1
9	27:00	George	Fisher	SM	Lochaber Athletic Club	5
10	27:01	Alasdair	Coupar	SM	East Sutherland AC	6
11	27:02	Andrew	Johnstone	SM	Inverness Harriers AAC	7
12	27:04	Adam	Baker	SM	Moray Road Runners	8
13	27:06	Sam	Milton	SM	Moray Road Runners	9
14	27:18	Ruairidh	Gollan	SM	East Sutherland AC	10
15	27:24	Caleb	MacLeod	U20M	Inverness Harriers AAC	4
16	27:32	Shaun	Cumming	SM	East Sutherland AC	11
17	27:36	Ryan	Curran	U20M	Nairn Area Amateur Athletic Club	5
18	27:43	Robin	Howie	SM	Highland Hill Runners	12
19	27:51	Donnie	Macdonald	M45	Inverness Harriers AAC	1
20	27:54	George	Carroll	U20M	Forres Harriers	6
21	27:55	Blair	Mackay	SM	East Sutherland AC	13
22	28:02	Daniel	Rowe-Leete	M40	Highland Hill Runners	2
23	28:09	Jonathan	Fairgrieve	SM	Stornoway Running & Athletics Club	14
24	28:12	Stuart	Gardiner	SM	Highland Hill Runners	15
25	28:21	Francisco Javier	Cabrera Valdes	M40	Highland Hill Runners	3
26	28:26	Colin	McRae	SM	Moray Road Runners	16
27	28:30	Esmond	Tresidder	M40	Lochaber Athletic Club	4
28	28:31	Mark	Brown	SM	Fraserburgh Running Club	17
29	28:35	Finlay	MacLennan	SM	Inverness Harriers AAC	18
30	28:47	Alan	Ross	M45	Lochaber Athletic Club	2
31	28:57	Peter	Fraser	M40	Inverness Harriers AAC	5
32	29:08	Robin	Burnett	M50	Inverness Harriers AAC	1
33	29:18	Norman	Ferguson	M40	Stornoway Running & Athletics Club	6
34	29:18	David	McCull	M40	Inverness Harriers AAC	7
35	29:22	Alistair	MacWilliam	SM	Moray Road Runners	19
36	29:27	Ruairidh	Oliver-Jones	SM	Lochaber Athletic Club	20
37	29:29	Gareth	Jenkins	M50	Moray Road Runners	2
38	29:33	Mike	Stewart	M55	Keith and District AAC	1
39	29:43	Euan	Wilson	M40	Insch Trail Running Club	8
40	29:52	Graeme	Brown	M40	Highland Hill Runners	9
41	30:01	Alasdair	Thomson	M45	Inverness Harriers AAC	3
42	30:18	Waldemar	Krogulec	M40	Highland Hill Runners	10
43	30:21	Ally	Beaven	SM	Highland Hill Runners	21
44	30:23	Grant	Hassan	SM	Inverness Harriers AAC	22
45	30:34	William	Nicolson	M45	Highland Hill Runners	4
46	30:40	Gary	McKay	SM	Moray Road Runners	23
47	30:46	David	Horne	M50	Peterhead Athletics Club	3
48	30:48	Gavin	Whiteside	M45	Highland Hill Runners	5
49	31:03	Warren	King	SM	Moray Road Runners	24
50	31:15	Robin	Reid	M40	Stornoway Running & Athletics Club	11

U20 Men 6.5k Sen Mas Men 8k

Pos	Time	First Name	Last Name	Cat	Team Name	Cat
51	31:25	Tom	Roche	M45	JSK Running Club	6
52	31:46	Douglas	Runcieman	M55	Lochaber Athletic Club	2
53	32:04	Graham	Aitken	SM	Insch Trail Running Club	25
54	32:05	Fraser	Mackintosh	M55	Highland Hill Runners	3
55	32:08	Jordan	Stewart	SM	Moray Road Runners	26
56	32:17	Scott	Phimister	M40	Moray Road Runners	12
57	32:19	Stephen	Carmichael	M50	Moray Road Runners	4
58	32:24	Nick	Sedgwick	SM	Lochaber Athletic Club	27
59	32:34	David	Weir	M60	Forres Harriers	1
60	32:55	Iain	MacIennan	M50	Highland Hill Runners	5
61	33:03	Eddy	McCluskey	SM	Insch Trail Running Club	28
62	33:15	Paul	Miller	M50	Inverness Harriers AAC	6
63	33:23	Callum	Shand	SM	Moray Road Runners	29
64	33:34	Colin	Green	M50	Moray Road Runners	7
65	33:40	Kevin	Reid	M45	Nairn Road Runners	7
66	33:49	Ben	Holmes	M40	Forres Harriers	13
67	33:56	Steven	Worsley	M60	Inverness Harriers AAC	2
68	33:57	Peter	Mutch	SM	JSK Running Club	30
69	34:08	John	Devine	SM	Moray Road Runners	31
70	34:11	Kenneth	MacRae	M50	Moray Road Runners	8
71	34:15	Stephen	Simpson	M40	JSK Running Club	14
72	34:22	Angus	MacDonald	M40	Highland Hill Runners	15
73	34:29	Ian	Meek	M55	Highland Hill Runners	4
74	34:41	Steven	Burnside	M45	Highland Hill Runners	8
75	34:44	Simon	MacDonald	M60	Moray Road Runners	3
76	34:51	Richard	Masson	M45	Peterhead Athletics Club	9
77	35:07	Lawrie	Currie	M45	Moray Road Runners	10
78	35:18	Simon	Dobbs	M55	Forres Harriers	5
79	35:33	Dougie	Macdonald	M50	Highland Hill Runners	9
80	35:56	Gary	Macfadyen	M55	Forres Harriers	6
81	36:01	Richard	Chatburn	M50	Highland Hill Runners	10
82	36:20	Joe	Aitken	SM	Insch Trail Running Club	32
83	36:25	Drew	McLelland	M45	JSK Running Club	11
84	36:30	Tim	Pott	M60	Forres Harriers	4
85	36:32	Mark	Christie	M50	Forres Harriers	11
86	36:48	Kenneth	Macdonald	M45	North Uist Amateur Athletics Club	12
87	37:30	Stuart	WEBSTER	M55	JSK Running Club	7
88	37:52	Greig	Cruickshank	M60	JSK Running Club	5
89	38:15	Andrew	Jones	SM	Moray Road Runners	33
90	38:52	Gary	Urquhart	M45	East Sutherland AC	13
91	39:46	Michael	Laing	M50	Moray Road Runners	12
92	40:00	Gavin	Milne	M40	JSK Running Club	16
93	40:00	Jamie	Walker	M45	JSK Running Club	14
94	41:30	Graeme	Clark	M65	Fraserburgh Running Club	1
95	41:50	Andy	Steel	M60	Peterhead Athletics Club	6
96	43:08	Lee	Russell	M50	Insch Trail Running Club	13
97	45:20	David	Burton	M50	Nairn Road Runners	14
98	48:09	Phill	Thompson	M70	Moray Road Runners	1
99	53:43	Malcolm	Christie	M65	Elgin Amateur Athletics Club	2

U13 Girls Teams**Pos Club**

1	Inverness Harriers AAC
2	Stornoway Running & Athletics Club
3	Ross County Athletics Club

Pts Athlete

9	1 Niamh Doorley (1)
32	9 Isla Macleod (9)
36	8 Cora Comisso (8)

Athlete

3	Annie English (3)
10	Ava Scaramuccia (10)
12	Sophie MacGruer (12)

Athlete

5	Sophie Bertram (5)
13	Lilly Scaramuccia (13)
16	Skye Tinney (16)

Pos Club

1	Ross County Athletics Club
2	Gordonstoun School
3	Stornoway Running & Athletics Club

Pts Athlete

14	3 Fraser Hume (3)
30	7 Harry Barr (7)
33	8 John Macritchie (8)

Athlete

5	Callum Crawford (5)
9	Liam Ferguson (9)
12	Liam Rice (12)

Athlete

6	Ben McNair (6)
14	Josh Clark (14)
13	Stewart Gordon (13)

Pos Club

1	Stornoway Running & Athletics Club
2	Ross County Athletics Club
3	Moray Road Runners
4	Gordonstoun School
5	Forres Harriers
6	Inverness Harriers AAC

Pts Athlete

15	3 Ruairidh Smith (3)
18	2 George Comisso (2)
48	11 William King (11)
53	16 Eduardo Portuondo (16)
74	14 Austin Davis (14)
78	5 Ewan Thompson (5)

Athlete

4	Ruairidh MacPhail (4)
6	Jamie MacGruer (6)
15	Darren Green (15)
18	Pierre-Antoine Peter (18)
21	John Scott (21)
35	Callum Thompson (35)

Athlete

8	Elliot Henderson (8)
10	Ewan MacDonald (10)
22	Alasdair Jenkins (22)
19	Digby Nightingale (19)
39	James Ryder (39)
38	Finlay Walker (38)

Pos Club

1	Inverness Harriers AAC
2	Ross County Athletics Club
3	Stornoway Running & Athletics Club

Pts Athlete

18	1 Anna Meek (1)
23	2 Flora Sutherland (2)
32	4 Naomi Ferris (4)

Athlete

8	Lucy Beastall (8)
7	Lucy Fraser (7)
12	Rowan Reid (12)

Athlete

9	Sky Simpson (9)
14	Anna Fraser (14)
16	Iona Mackenzie (16)

Pos Club

1	Inverness Harriers AAC
2	Stornoway Running & Athletics Club
3	Gordonstoun School

Pts Athlete

9	21 Caitlyn Heggie (1)
20	23 Abbie Stewart (3)
28	27 Louisa Prendergast (7)

Athlete

22	Katie Meek (2)
28	Kyla McMurdo (8)
30	Harriet Carmichael (10)

Athlete

26	Iona Scott (6)
29	Emily Murray (9)
31	Seonag MacGillivray (11)

Pos Club

1	Highland Hill Runners
2	Moray Road Runners
3	Inverness Harriers AAC
4	Forres Harriers
5	Lochaber Athletic Club
6	Insch Trail Running Club

Pts Athlete

17	2 Catriona Graves (1)
25	4 Gemma Cormack (3)
58	9 Lesley Hansen (7)
79	17 Siobhan Evans (14)
81	12 Isla Mackay (10)
149	10 Rachel Little (8)

Athlete

3	Georgia Tindley (2)
5	Katie Anderson (4)
16	Rachel Gillies (13)
21	Kasia Klonowska (18)
23	Marie Meldrum (20)
44	Denise Eadsforth (41)

Athlete

6	Helen Leigh (5)
8	Katja Blunden (6)
19	Alice Scriven (16)
24	Carrie-Ann Ward (21)
27	Jessica Acheson (24)
48	Anne Murray (45)

Athlete

11	Monica Padilla (9)
14	Angela Bell (12)
25	Kellie Calder (22)
29	Susan McRitchie (26)
30	Helen Rennard (27)
58	Elaine Bryan (55)

Pos Club

1	Inverness Harriers AAC
2	Forres Harriers
3	Moray Road Runners
4	Ross County Athletics Club
5	Insch Trail Running Club
6	Highland Hill Runners
7	JSK Running Club

Pts Athlete

17	9 Lesley Hansen (2)
26	17 Siobhan Evans (4)
28	8 Katja Blunden (1)
52	20 Kate Comisso (6)
55	10 Rachel Little (3)
59	26 Lorraine Coull (11)
83	35 Roma McIntosh (16)

Athlete

19	Alice Scriven (5)
24	Carrie-Ann Ward (9)
22	Susan McNairney (7)
32	Karen Crawford (15)
44	Denise Eadsforth (24)
42	Sharon Beck (22)
53	Kerry Anderson (33)

Athlete

25	Kellie Calder (10)
29	Susan McRitchie (13)
40	Anne Hewes (20)
51	Carol Hume (31)
48	Anne Murray (28)
46	Jude Colligan (26)
54	Rachel Paterson (34)

Pos	Club	Pts	Athlete	Athlete	Athlete	Athlete	Athlete
1	Ross County Athletics Club	7	1 Andrew Baird (1)	2 Lachlan Thomas (2)	4 Noah Carson (4)		
2	Stornoway Running & Athletics Club	31	8 Hector Neally (8)	10 Andrew Macaskill (10)	13 Coinneach Stewart (13)		
3	Moray Road Runners	31	6 Michael Bishenden (6)	9 Lewis Paterson (9)	16 Connor Cameron (16)		
4	Gordonstoun School	54	15 Henry Maclean (15)	18 Owen Young (18)	21 Kirill Kirill (21)		
Pos	Club	Pts	Athlete	Athlete	Athlete	Athlete	Athlete
1	East Sutherland AC	49	3 Ross Gollan (1)	6 Gordon Lennox (3)	10 Alasdair Coupar (7)	14 Ruairidh Gollan (11)	16 Shaun Cumming (12)
2	Moray Road Runners	75	5 James Wilson (2)	8 Matthew Blunden (5)	12 Adam Baker (9)	13 Sam Milton (10)	26 Colin McRae (20)
3	Inverness Harriers AAC	124	11 Andrew Johnstone (8)	19 Donnie Macdonald (14)	29 Finlay MacLennan (23)	31 Peter Fraser (25)	32 Robin Burnett (26)
4	Highland Hill Runners	136	18 Robin Howie (13)	22 Daniel Rowe-Leete (16)	24 Stuart Gardiner (18)	25 Francisco Javier Cabrera Valdes (19)	40 Graeme Brown (34)
5	Lochaber Athletic Club	179	9 George Fisher (6)	27 Esmond Tresidder (21)	30 Alan Ross (24)	36 Ruairidh Oliver-Jones (30)	52 Douglas Runcieman (46)
6	JSK Running Club	412	51 Tom Roche (45)	68 Peter Mutch (62)	71 Stephen Simpson (65)	83 Drew McLelland (77)	87 Stuart WEBSTER (81)
7	Forres Harriers	416	59 David Weir (53)	66 Ben Holmes (60)	78 Simon Dobbs (72)	80 Gary Macfadyen (74)	84 Tim Pott (78)
Pos	Club	Pts	Athlete	Athlete	Athlete	Athlete	Athlete
1	Inverness Harriers AAC	17	19 Donnie Macdonald (2)	31 Peter Fraser (7)	32 Robin Burnett (8)		21 Blair Mackay (15)
2	Highland Hill Runners	21	22 Daniel Rowe-Leete (3)	25 Francisco Javier Cabrera Valdes (4)	40 Graeme Brown (14)		35 Alistair MacWilliam (29)
3	Lochaber Athletic Club	33	27 Esmond Tresidder (5)	30 Alan Ross (6)	52 Douglas Runcieman (22)		34 David McColl (28)
4	Moray Road Runners	36	8 Matthew Blunden (1)	37 Gareth Jenkins (11)	56 Scott Phimister (24)		42 Waldemar Krogulec (36)
5	Forres Harriers	98	59 David Weir (26)	66 Ben Holmes (31)	78 Simon Dobbs (41)		58 Nick Sedgwick (52)
6	JSK Running Club	100	51 Tom Roche (21)	71 Stephen Simpson (34)	83 Drew McLelland (45)		88 Greig Cruickshank (82)
7	Peterhead Athletics Club	113	47 David Horne (18)	76 Richard Masson (39)	95 Andy Steel (56)		85 Mark Christie (79)