

Men	Name	Club	Time	Females	Name	Club	Time
1st	James Espie 'SA21818	Deeside Runners	35:27	1st	Bethany Hanson	Edinburgh Uni Hare and Hounds	39:08
2nd	James Dunn 'SA31046'	Hunters Bog Trotters	36:38	2nd	Heather Anderson	Fife Athletic Club	43:09
3rd	Gavin Bryson 'SA18806' (MU20)	Highland Hill Runners	37:57	3rd	Anna Galbraith		43:50

MU20	Name	Club	Time	FU20	Name	Club	Time
1st	Gavin Bryson 'SA18806'	Highland Hill Runners	37:57	1st	Anisha Badial 'SA34388'	Aberdeen Amateur Athletics Club	46:18
2nd	-	-	-	2nd	Lynn McKenna 'SA32275'	Giffnock North AC	46:54
3rd	-	-	-	3rd	Holly Crawford		49:44

M40	Name	Club	Time	F40	Name	Club	Time
1st	Jamie McGowan 'SA	Gala Harriers	43:06	1st	Rosie Allen 'SA43362	ADAC	52:00
2nd	Mark Whitelaw 'Sa38173'	Annan and District AC	43:37	2nd	Fiona Kelsall SA	Ochil Hill Runners	52:49
3rd	Graham Mclellan 'Sa38693'	Annan and District AC	43:57	3rd	Susan Cameron	Sidlaw Squad	1:11:15

M50	Name	Club	Time	F50	Name	Club	Time
1st	Adam Anderson 'SA18642'	Annan and District AC	44:53	1st	Carole Fortune	Harmeny AC	55:05
2nd	Ian Maxwell 'SA32217'	Gala Harriers	45:18	2nd	Caroline Tyser	Norham Running Club	58:10
3rd	William Pikett	Norham Running Club	46:06	3rd	-	-	-

M60	Name	Club	Time	F60	Name	Club	Time
1st	John Tullie 'SA	Teviotdale Harriers	45:19	1st	Jocelyn Scott '36302'	Fife Athletic Club	55:34
2nd	Les Turnbull 'SA	Norham Running Club	47:41	2nd	Pauline McAdam 'SA06955'	Teviotdale Harriers	1:03:34
3rd	David Nightingale '18246'		52:48	3rd	Shelagh King 'SA	Gala Harriers	1:07:44

M70	Name	Club	Time	F70	Name	Club	Time
1st	Douglas Miligan 'EA61SWW'	solway	53:51	1st	N/A	-	-
2nd	Frank Birch TD6 9HX 'SA 41403'	Teviotdale Harriers	1:10:21	2nd	-	-	-
3rd	-	-	-	3rd	-	-	-

Team Awards Male

Team Awards Female

Men	Club	Athletes	Time	Females	Club	Athletes	Time
1st	Annan and District AC	42.Andrew Livingstone 'SA455'	41:33	1st	Fife Athletic Club	63.Heather Anderson	43:09
	49 points	14.Mark Whitelaw 'Sa38173'	43:37		105 points	7.Maya Stone 'SA44495'	48:25
	(8,11,13,17)	74.Graham McLellan 'Sa38693'	43:57		(10,34,61)	76.Jocelyn Scott '36302'	55:34
		82.Adam Anderson 'SA18642'	44:53				

2nd	Gala Harriers	100.Jamie McGowan 'SA	43:06
	64 points	30.Gary Trewartha TD6 '42368'	44:33
	(9,14,18,23)	54.Ian Maxwell 'SA32217'	45:18
		47.Simon Adamson	46:16

2nd N/A

3rd	Teviotdale Harriers	102.John Tullie 'SA	45:19
	241 points	3.Paul Lockie 'sa27787'	56:14
	(19,64,77,81)	70.Alan Coltman 'SA08367'	1:04:38
		6.Frank Birch TD6 'SA 41403'	1:10:21

3rd N/A