

Team	NORTH 1		NORTH 2		NORTH 3		SOUTH 1		SOUTH 2		SOUTH 3		TOTAL
Central AC M 13	Michael Wright	1:02:51	Lewis Millar	0:59:17	Ross Houston	0:50:59	Barry Sturrock	0:44:53	Ross Milne	0:53:42	Alexander Hendry	0:44:33	5:16:15
Kilmarnock Harriers M 5	Iain Connell	1:05:01	Mark Alexander	1:16:38	Jim Sneddon	1:05:29	Brian Darroch	0:52:14	James Wales	0:56:53	Leslie McDerment	0:54:42	6:10:57
Arran Runners X 23	Gordon allsop	1:17:15	Ben Tattersfield	1:10:59	Mike Mellor	1:13:21	Tim Allan	0:48:32	Jennifer Emsley	0:55:30	Nick Emsley	0:54:22	6:19:59
Garscube Harriers M 10	Athole Smith	1:10:52	Evan Geddes	1:06:43	Raghibir Singh	1:26:29	John Murray	0:48:19	Stephen Kilpatrick	1:02:54	John McLaughlin	0:52:34	6:27:51
Linlithgow X 20	Gordon Forrest	1:26:51	John Bogie	1:14:56	Angus Gallie	1:05:33	Susan Forrest	0:56:16	Paul Dudchenko	1:04:43	Donald Stark	1:03:25	6:51:44
Ayr Seaforth X 6	Alex Dunlop	1:16:31	Steven Reid	1:07:23	Laurence Baker	1:02:24	Neil Dunlop	0:57:01	Kirsty Green	1:28:15	Ken Robson	1:02:54	6:54:28
Central AC B M 14	Allan Gall	1:23:40	Hugh Buchanan	1:16:05	Peter Cartwright	1:10:29	Steven Burgess	0:54:07	David Lindsay	1:03:16	Kenneth Hislop	1:06:51	6:54:28
Bellahouston Road Runners M 2	Callum McInnes	1:17:49	Nyall Godwinn	1:32:29	Andrew Harman	1:06:10	Ian Rankin	0:51:04	Gerry Hanlon	1:08:10	Chris Doak	1:01:58	6:57:40
North Ayrshire M 12	Damian Taylor	1:29:39	Peter Mackie	1:11:53	Derek Reid	1:09:22	Imran Ali	1:05:24	Mark Preston	1:07:21	Gareth Brown	0:58:36	7:02:15
Kelvin Runners X 15	Graham Thom	1:21:32	Hedley Benson	1:19:40	Iain Cullen	1:11:33	Anne Marie Cullen	0:56:32	Ruth Stocks	1:08:31	Lorna Greenshields	1:09:55	7:07:43
Troon Tortoises M 8	Graeme McKenzie	1:22:25	Kenny Fowler	1:20:52	Fraser McPhail	1:07:30	Robert Grey	1:07:59	Ian McNee	1:15:04	George McGregor	1:07:18	7:21:08
Bellahouston Road Runners X 3	Mark MacGodrick	1:25:00	Ciara Baxter	1:21:59	Lucy Mackay	1:21:40	Maddie Smillie	0:57:14	Sarah Gillies	1:17:16	Lynsey Munro	1:02:12	7:25:21
Campbelltown X 16	George Conley	1:27:21	Tommy Morran	1:16:54	Robert McDonald	1:13:53	Sarah MacFadzean	1:07:18	Rachel Edwards	1:10:50	Iona MacIntosh	1:11:29	7:27:45
Troon Tortoises X 7	Calum Wilson	1:21:12	Alan Wilson	1:30:54	Adam Stark	1:08:39	Jakie Catyanach	1:01:44	Laura Hunter	1:16:48	Kate McKean	1:13:59	7:33:16
Garscube Harriers F 9	Fiona McCormack	1:29:38	Katie White	1:08:27	Isobel Martin	1:26:34	Barbara Wallace	0:56:48	Sheina Gilmour	1:23:42	Charlene McCallum	1:08:32	7:33:41
Helensburgh F 21	Gail Thomas	1:30:09	Michelle Hetherington	1:19:05	Liz McHard	1:41:10	Jan Fellowes	1:04:08	Karen Wallace	1:15:23	Madeline Robinson	1:04:05	7:54:00
Inverclyde TC X 18	Jerry Packham	1:24:52	Selina Duncan	1:38:40	Stuart Minnis	1:21:30	Paul Thomson	0:43:05	Sara Packham	1:36:53	Alison Locke	1:13:31	7:58:31
Lothian Running Club X 17	Jim Salvage	1:43:50	Suzie Hannah	1:21:07	Dave Wardman	1:41:10	Teresa Salvage	1:02:07	Stuart Bird	1:21:23	Richard Docherty	0:57:10	8:06:47
Double A X 19	Ken Brearley	1:38:51	John Thomson	1:28:06	Davy Howie	1:21:46	Janice McClory	1:09:47	Tina Alexander	1:23:17	Douglas Lamb	1:13:26	8:15:13
Isle of Arran Homes X 22	Neil Wilkinson	2:21:36	Neil Ash	1:48:02	Sarah Whalen	1:24:31	Gerry Gallacher	0:57:31	Gary Cusick	1:22:43	Sean Gillespie	1:29:23	9:23:46
Irvine AC M 11	Jamie Findlay	1:05:37	Pat Culinane	1:14:23	Mark Livingstone	DNF	Alex Allardyce	0:43:09	Billy Richardson	0:54:11	George Irving	0:49:05	4:46:25
Kilmarnock Harriers F 4	Elizabeth McDerment	1:28:31	NR		Rosemary McMillan	1:17:34	Maire Gorman	0:54:13	NR		Susan Beattie	1:07:39	4:47:57