

Junior Girls													
Team No.	1st Runner				2nd Runner				3rd Runner				Club
	Name	Position	Runner time	Finish time	Name	Position	Runner time	Finish time	Name	Position	Runner time	Finish time	
<i>Example</i>	<i>Runner 1</i>												
29	Beth Urquhart	4	10.23	10.23	Ellyn Smith		9.4	20.03	Grace Whelan	1	9.04	29.07	MRR
16	Stroma Fraser	2	10.06	10.06	Isla Kelly		9.54	20.00	Emily Andrew	2	9.46	29.46	IH
1	Anya Morrison	1	9.27	9.27	Alyth Gollan		10.07	19.34	Catriona Scott	3	11.03	30.37	ESAC
17	Anna Cairns	3	10.18	10.18	Kirsty Arnaud		10.54	21.12	Sophie Young	4	10.54	32.18	IH
30	Harriet Whelan	5	11.06	11.06	Niamh Whelan		11.09	22.15	Morven Ross	5	10.23	32.38	MRR
18	Ruth Wilson	7	11.34	11.34	Eve Gardiner		10.32	22.06	Ruby Soldan	6	10.46	32.52	IH
4	Roslyn McRitchie	10	13.01	13.01	Isobel Howard		10.08	23.09	Lauren Cameron	7	11.06	34.15	FH
20	Isla Marwick	9	13.00	13.00	Ava Walsh		10.42	23.42	Connie Campbell	8	11.14	34.56	IH
31	Nicole Taylor	6	11.12	11.12	Megan McKay		11.31	23.43	Grace Jenkins	9	12.28	36.11	MRR
19	Beth Hewick	11	14.05	14.05	Emma Seed		11.06	25.52	Ailsa Hewick	10	11.27	36.38	IH
47	Non Count Runner	8	12.35	12.35	Non Count Runner		11.17	23.52					Incompetete Team

JUNIOR GIRLS

- 1 Moray Road Runners (Urquhart, Smith, Whelan) 29.07
- 2 Inverness Harriers (Fraser, Kelly, Andrew) 29.46
- 3 East Sutherland (Morrison, Gollan, Scott) 30.37

Fastest laps:			
1	Grace Whelan U17	MRR	9.04
2	Anya Morrison U13	ESAC	9.27
3	Ellyn Smith U15	MRR	9.40
4	Emily Andrew U17	IHAAC	9.46
5	Islay Kelly U15	IHAAC	9.54

Junior Boys													
Team No.	1st Runner				2nd Runner				3rd Runner				
	Name	Position	Runner time	Finish time	Name	Position	Runner time	Finish time	Name	Position	Runner time	Finish time	Club
Example	Runner 1												
39	Sam Coull	2	9.10	9.10	Danny McPake	2	8.27	17.37	Hamish Hickey	1	8.15	25.52	RCAC
21	Lachlan Buchanan	1	8.47	8.47	Angus Smith	1	8.45	17.32	Lucas Cairns	2	8.32	26.04	IH
32	Roy Taylor	3	9.15	9.15	Joshua Milne	3	8.45	18.10	Blair Milne	3	8.44	26.44	MRR
44	Lewis MacLean	9	10.33	10.33	David Morrison	4	8.34	19.07	Finlay Emmott	4	8.51	27.58	SRAC
2	Tom Simco	7	9.52	9.52	Sam Bryan	8	10.14	20.06	Eoghann Gollan	5	8.13	28.19	ESAC
40	Ruaridh Ellen	5	9.42	9.42	Fergus Whiteside	5	9.28	19.10	Alex Ellen	6	9.17	28.27	RCAC
5	Bruce Evans	4	9.35	9.35	Oliver Watson	7	10	19.35	Ben Cameron	7	8.59	28.34	FH
22	Gregor Nixon	6	9.48	9.48	Alex Jamieson	6	9.4	19.28	Ewan Spink	8	9.36	29.04	IH
33	Liam Paterson	11	12.01	12.01	Bruce Newlands	9	9.41	21.42	Morgan Lewis	9	9.11	30.53	MRR
41	Zak Fearn	8	10.25	10.25	Douglas MacLennan	10	11.24	21.49	Hamish Whiteside	10	10.18	31.27	RCAC
45	Ewan Murray	10	11.57	11.51	Non Count Runner	11	13.56	25.47	Sam Greenslade	11	9.53	35.40	SRAC

JUNIOR BOYS

- 1 Ross County AC (Coull, McPake, Hickey) 25.52
- 2 Inverness Harriers (Buchanan, Smith, Cairns) 26.04
- 3 Moray Road Runners (Taylor, J Milne, B Milne) 26.54

Fastest laps:			
1	Eoghann Gollan U17	ESAC	8.13
2	Hamish Hickey U17	RCAC	8.15
3	Danny McPake U15	RCAC	8.27
4	Lucas Cairns U15	RCAC	8.32
5	David Morrison U15	SRAC	8.34

Senior Women													
Team No.	1st Runner				2nd Runner				3rd Runner				Club
	Name	Position	Runner time	Finish time	Name	Position	Runner time	Finish time	Name	Position	Runner time	Finish time	
34	Susan Rae	3	16.08	16.08	Justine Blaszk	4	17.31	33.39	Louise Cartmell	1	14.59	48.38	MRR
10	Anna MacArthur	9	18.30	18.30	Karen Lyons	5	15.22	33.52	Rhona Grant	2	15.11	49.03	HHR
6	Siobhan Evans	4	16.32	16.32	Susan McRitchie	3	16.56	33.28	Hilary Cameron	3	15.56	49.24	FH Master Team
3	Constance Nankivell	2	15.14	15.14	Sheila Gollan	1	15.55	31.09	Audrey Scott	4	18.28	49.37	ESAC
24	Gemma Cormack	1	14.34	14.34	Alison Wilson	2	17.4	32.14	Heather Gardiner	5	17.27	49.41	IHAAC
11	Cath McCormack	10	18.32	18.32	Jenny Henderson	8	19.12	37.44	Sheryl Innes	6	17.12	54.56	HHR
42	Kate Whiteside	5	17.29	17.29	Jo Ellen	6	19.18	36.47	Lorraine Coull	7	18.57	55.44	RCAC Master Team
7	Shirley Feaks	7	18.13	18.13	Ros Wright	7	18.54	37.07	June MacKintosh	8	19.02	56.09	FH Master Team
35	Karen Norvell	6	17.57	17.57	Amanda Strang	9	20.25	38.22	Maria McLeod	9	20.06	58.28	MRR Master Team
25	Doreen Campbell	8	18.22	18.22	Joanna Cairns	10	24.07	42.29	Joanna Cairns	10	23.57	66.26	IHAAC Non Count

SENIOR WOMEN

1	Moray Road Runners (Rae, Blaszk, Cartmell)	48.38
2	Highland Hill Runners (MacArthur, Lyons, Grant)	49.03
3	Forres Harriers (Evans, McRitchie, Cameron)	49.24

SENIOR MASTERS WOMEN

1	Forres Harriers (Evans, McRitchie, Cameron)	49.24
2	Ross County AC (Whiteside, Ellen, Coull)	55.44
3	Forres Harriers (Feaks, Wright, MacKintosh)	56.09

Fastest laps:			
1	Gemma Cormack	IHAAC	14.34
2	Louise Cartmell	MRR	14.59
3	Rhona Grant	HHR	15.11
4	Constance Nankivell	MRR	15.14
5	Karen Lyons	HHR	15.22

Senior Men																	
Team No.	1st Runner				2nd Runner				3rd Runner				4th Runner				Club
	Name	Position	Runner time	Finish time	Name	Position	Runner time	Finish time	Name	Position	Runner time	Finish time	Name	Position	Runner time	Finish time	
26	Michael O'Donnell	1	13.02	13.02	Luke Williams	1	13.4	26.42	Donnie MacDonald	1	12.41	39.23	John Newsom	1	12.04	51.27	IH
36	Colin Green	4	14.03	14.03	James Wilson	2	13.1	27.13	Gareth Jenkins	2	13.15	40.28	Kenny Wilson	2	12.04	52.32	MRR
27	Finlay MacLennan	2	13.34	13.34	Dean Kane	3	13.43	27.17	Tony Golabek	3	13.34	40.51	Derek Mackenzie	3	14.27	55.18	IH
13	Dougie MacDonald	5	14.41	14.41	William Nicolson	4	13.28	28.09	Ryan Mackenzie	4	14.43	42.52	Jack Trevalyan	4	13.31	56.23	HHR Masters Team
14	Fraser Mackintosh	7	14.56	14.56	Stuart Forrest	6	14.37	29.33	Ian MacLennan	5	15.21	44.54	David Wilby	5	13.23	58.17	HHR
43	Eoin Coull	3	13.57	13.57	Graham Paterson	5	14.54	28.51	Thomas Mathieson	6	17.04	45.55	Adam MacLellan	6	14.53	60.48	RCAC
38	Martin Bain	8	15.01	15.01	Robert Bruce	8	16.27	31.28	Nigel Williams	8	16.02	47.30	Andy Alexander	7	15.17	62.47	MRR Masters Team
28	Graham MacLennan	10	15.31	15.31	David Cullen	7	15.06	30.37	Graham Whyte	7	16.44	47.21	Alex Sutherland	8	16.18	63.39	IH Masters Team
37	Jason James	6	14.53	14.53	Brian Milne	10	18.07	33.00	Darrin Cameron	9	15.10	48.10	Simon MacDonald	9	16.33	64.43	MRR
15	Rebecca Mackenzie	11	21.58	21.58	Andy Hall	11	15.17	37.15	Richard Chatburn	11	16.15	53.30	Ben Fiddes	10	16.10	69.40	HHR Non Count
46	Ruairdh Oliver Jones	9	15.08	15.08	Dave Bryan	9	16.29	31.37	Non Count Runner	10	16.52	48.29	N/A		N/A	N/A	Incomplete Team

SENIOR MEN

- 1 Inverness Harriers (O'Donnell, Williams, MacDonald, Newsom) 51.27
- 2 Moray Road Runners (Green, J Wilson, Jenkins, K Wilson) 52.32
- 3 Inverness Harriers (MacLennan, Kane, Golabek, Mackenzie) 55.18

SENIOR MASTERS MEN

- 1 Highland Hill Runners (MacDonald, Nicolson, Mackenzie, Trevalyan) 56.23
- 2 Moray Road Runners (Bain, Bruce, Williams, Alexander) 62.47
- 3 Inverness Harriers (MacLennan, Cullen, Whyte, Sutherland) 63.39

Fastest laps:			
1	Kenny Wilson	MRR	12.04
2	John Newsom	IHAAC	12.04
3	Donnie MacDonald	IHAAC	12.41
4	Michael O'Donnell	IHAAC	13.02
5	James Wilson	MRR	13.10