

Stage 1

1	17:05	Karen Dobbie (F50)	Edinburgh AC D	5	18:59	Claire Gilchrist (F50)	Ferranti AAC
2	17:29	Hazel Dean (F50)	Central AC E	6	19:27	Ann Smart (F50)	Inverness Harriers AAC C
3	17:29	Pamela McCrossan (F55)	Clydesdale Harriers	7	20:57	Gillian Marshall (F50)	Pitreavie AAC B
4	18:30	Carole Craig (F50)	Springburn Harriers C				

Stage 2

1	19:08	Sharyn Ramage (F55)	Edinburgh AC D	5	22:09	Lorna Fife (F50)	Inverness Harriers AAC C
2	19:34	Jane Waterhouse (F60)	Central AC E	6	23:04	Siobhan Sellar (F50)	Ferranti AAC
3	20:03	Susan De Quadra (F55)	Springburn Harriers C	7	23:25	Hylida Stewart (F55)	Clydesdale Harriers
4	20:47	Penny Hicks (F50)	Pitreavie AAC B				

Stage 3

1	16:59	Jill Morrow (F50)	Edinburgh AC D	5	20:22	Christine Duncanson (F55)	Clydesdale Harriers
2	17:17	Patricia Milne (F55)	Central AC E	6	21:19	Morna Fleming (F60)	Pitreavie AAC B
3	18:26	Julie Wilson (F50)	Inverness Harriers AAC C	7	24:30	Elizabeth Gilchrist (F70)	Ferranti AAC
4	19:43	Barbara Knox (F50)	Springburn Harriers C				