

Stage 1

1	15:54	Ann Robin (F40)	Bellahouston Road Runners B	13	18:26	Karen Kealey (F45)	Ochil Hill Runners
2	16:44	Mary McCutcheon (F50)	Giffnock North AAC C	14	18:36	Alison Wilson (F45)	Inverness Harriers AAC B
3	16:47	Jennifer Forbes (F45)	Gala Harriers	15	19:01	Hilary Dupre (F45)	Garscube Harriers D
4	16:51	Sue Hewitson (F40)	Greenock Glenpark Harriers	16	19:04	Catherine Matthews (F40)	Dundee Hawkhill Harriers
5	16:57	Kirsty McBirnie (F40)	Harmeny AC	17	19:14	Kathryn Scott (F55)	Garscube Harriers C
6	16:59	Gillian Carr (F40)	Corstorphine AAC B	18	20:57	Lesley Mealing (F40)	PH Racing Club B
7	17:00	Karen Kennedy (F45)	PH Racing Club	19	21:02	Gillian McGale (F40)	Springburn Harriers B
8	17:22	Sheenagh MacLulich (F40)	Edinburgh AC E	20	21:18	Alison Curry (F45)	Central AC D
9	17:36	Yana Thandrayen (F45)	Portobello Running Club	21	21:48	Karen Speirs (F40)	Bellahouston Harriers D
10	17:37	Louise Provan (F40)	Fife AC C	22	22:23	Angeline Austin (F40)	Greenock Glenpark Harriers D
11	17:55	Joanne Clark (F40)	Motherwell AC	23	22:52	Fiona Cushnaghan (F50)	Greenock Glenpark Harriers C
12	18:02	Rachel Fagan (F40)	Gala Harriers B	24	24:33	Jacqueline Glass (F60)	Bellahouston Harriers E

Stage 2

1	17:16	Alison Whyte (F45)	PH Racing Club	12	19:10	Lorna Coyle (F55)	Greenock Glenpark Harriers
2	17:36	Gillian Duncan (F45)	Gala Harriers	13	19:18	Joyce Allardice (F50)	Motherwell AC
3	17:44	Shona Donnelly (F50)	Bellahouston Road Runners B	14	19:20	Mairi Mcintosh (F45)	Ochil Hill Runners
4	18:00	Melissa Conchar (F40)	Edinburgh AC E	15	19:52	Catriona M Reynolds (F50)	Dundee Hawkhill Harriers
5	18:15	Fiona Carver (F55)	Corstorphine AAC B	16	20:53	Shery Johnston (F45)	Portobello Running Club
6	18:27	Dawn Grant (F45)	Gala Harriers B	17	21:12	Jatinder Sumal (F40)	Giffnock North AAC C
7	18:32	Catriona Padmanabhan (F40)	Garscube Harriers D	18	21:47	Mary Kerr (F50)	Central AC D
8	18:35	Ann White (F65)	Garscube Harriers C	19	22:32	Kirstin Arthur (F40)	Greenock Glenpark Harriers C
9	18:40	Innes Bracegirdle (F60)	Fife AC C	20	23:18	Nathalie Smith (F40)	Greenock Glenpark Harriers D
10	19:04	Nicola Freedman (F45)	Harmeny AC	21	24:15	Stella McCulloch (F45)	Bellahouston Harriers D
11	19:05	Doreen Campbell (F45)	Inverness Harriers AAC B				

Stage 3

1	15:43	Jennifer MacLean (F40)	Edinburgh AC E	11	19:15	Merce Torres (F40)	Fife AC C
2	16:32	Kate Jenkins (F40)	Gala Harriers	12	19:18	Nighean Stevenson (F45)	Garscube Harriers D
3	16:43	Louise Ross (F40)	Bellahouston Road Runners B	13	19:34	Morag Casey (F40)	Garscube Harriers C
4	17:21	Nicola Ross (F45)	Corstorphine AAC B	14	20:01	Phyllis Hands (F60)	Motherwell AC
5	17:31	Mary Western (F55)	PH Racing Club	15	20:15	Eileen Maxwell (F50)	Gala Harriers B
6	17:46	Marian Monk (F45)	Greenock Glenpark Harriers	16	22:03	Eileen Stevenson (F45)	Greenock Glenpark Harriers C
7	18:21	Sheila Lewis (F50)	Giffnock North AAC C	17	22:17	Lee Houghton (F45)	Central AC D
8	18:28	Seona Burnett (F45)	Harmeny AC	18	22:59	Deirdre Hoyle (F65)	Bellahouston Harriers D
9	18:47	Helen Winton (F50)	Ochil Hill Runners	19	23:20	Kelly Marcus (F45)	Portobello Running Club
10	18:50	Fiona Gibson (F40)	Dundee Hawkhill Harriers				