

Stage 1

1	14:48	John Matheson (M50)	Metro Aberdeen Running Club E	12	16:01	Neil McLure (M50)	Carnegie Harriers B
2	14:51	William Breckenridge (M50)	Shettleston Harriers E	13	16:10	Alan Gibson (M55)	Fife AC B
3	14:53	John Blair (M50)	Edinburgh AC D	14	16:26	David Amott (M45)	Corstorphine AAC J
4	14:54	Andrew Ronald (M50)	Falkirk Victoria Harriers D	15	16:40	Andy Redman (M55)	Metro Aberdeen Running Club F
5	15:03	David Eckersley (M50)	Central AC D	16	16:44	Stephen Maley (M50)	Portobello Running Club E
6	15:12	William Jarvie (M55)	Portobello Running Club D	17	17:19	Simon Grieshaber (M50)	Perth Road Runners C
7	15:13	Stuart Campbell (M50)	Corstorphine AAC H	18	17:20	Ian Robert Johnston (M60)	PH Racing Club B
8	15:13	Colin Mclean (M50)	Springburn Harriers C	19	18:01	Andrew Henderson (M60)	Calderglen Harriers C
9	15:23	Ian McPherson (M50)	Corstorphine AAC I	20	18:30	Tom Collins (M60)	Clydesdale Harriers B
10	15:34	Yan Horsburgh (M50)	Gala Harriers C	21	19:30	Paul Lockie (M50)	Teviotdale Harriers C
11	15:40	Des Dickson (M55)	Cambuslang Harriers H	22	20:00	Cameron Campbell (M55)	Central AC E

Stage 2

1	14:40	Chris Upson (M50)	Cambuslang Harriers H	12	16:54	Jan-Bert Van Den Berg (M55)	Corstorphine AAC I
2	14:41	Ian Johnston (M50)	Corstorphine AAC H	13	17:11	John Crookston (M60)	PH Racing Club B
3	15:05	Alan Derrick (M50)	Calderglen Harriers C	14	17:34	Steve Adam (M50)	Carnegie Harriers B
4	15:08	Michael McQuaid (M50)	Falkirk Victoria Harriers D	15	17:44	Willie Munro (M55)	Springburn Harriers C
5	15:20	William Coyle (M55)	Shettleston Harriers E	16	18:02	Peter Jennings (M60)	Metro Aberdeen Running Club F
6	15:30	Peter Buchanan (M55)	Portobello Running Club D	17	19:03	Robert Young (M70)	Clydesdale Harriers B
7	15:48	Chris Creegan (M55)	Edinburgh AC D	18	19:13	Allan Gall (M60)	Central AC E
8	15:52	George McPherson (M60)	Metro Aberdeen Running Club E	19	20:08	Alan Coltman (M50)	Teviotdale Harriers C
9	16:08	Charles Graham-Marr (M55)	Central AC D	20	20:21	Alan Simpson (M65)	Portobello Running Club E
10	16:41	Colin Brown (M50)	Fife AC B	21	22:50	Alan Bothwell (M55)	Perth Road Runners C
11	16:41	William Mcculloch (M55)	Gala Harriers C				

Stage 3

1	14:28	Nick Milovsorov (M50)	Metro Aberdeen Running Club E	12	17:33	Stuart Watson (M55)	Central AC D
2	14:48	Brian Scally (M50)	Shettleston Harriers E	13	17:40	David Cowan (M55)	Fife AC B
3	14:55	Jake Harper (M55)	Portobello Running Club D	14	17:45	Paul Stewart (M50)	Perth Road Runners C
4	15:02	Graeme Fletcher (M55)	Corstorphine AAC H	15	17:52	Edward Reid (M50)	Calderglen Harriers C
5	15:30	Daniel O'Connell (M50)	Cambuslang Harriers H	16	17:55	David Law (M55)	Corstorphine AAC I
6	15:35	David Cross (M50)	Edinburgh AC D	17	18:11	Andrew Stavert (M55)	Portobello Running Club E
7	16:22	Wallace Grieve (M50)	Falkirk Victoria Harriers D	18	21:06	Peter Rudzinski (M65)	Clydesdale Harriers B
8	16:26	Keith Farquhar (M55)	Metro Aberdeen Running Club F	19	21:38	Stephen Greer (M55)	Carnegie Harriers B
9	16:30	Alan Cockburn (M50)	PH Racing Club B	20	21:38	Bill Knox (M65)	Teviotdale Harriers C
10	16:40	Ian Maxwell (M55)	Gala Harriers C	21	21:44	John Millar (M65)	Central AC E
11	17:00	Donnie Inglis (M50)	Springburn Harriers C				