

Category	Position	Men's Winners	Club	Time	Overall Position	Women's Winners	Club	Time	Overall Position
Senior	1	Finn Lydon	Carnethy	24:09	1	Morag McClelland	HBT	30:08	23
	2	Sam Tosh	Carnethy	24:38	2	Katie Williams	HBT	30:19	25
	3	Eoin Lennon	Carnethy	25:09	3	Sophie Horrocks	Carnethy	31:39	36
V40	1	Ray Ward	HBT	28:25	12	Jill Stephen	HBT	34:07	63
	2	Chris Walsh	HBT	28:45	13	Amelia Hope-Jones	HBT	35:19	75
	3	Gavin Smith	HBT	29:20	16	Vicki White	HBT	37:37	100
V50	1	Andrew Macrae	Carnethy	27:46	10	Joy Gudgin	Carnegie Harriers	41:30	116
	2	Hayden Lorimer	HBT	30:10	24	n/a	n/a	n/a	n/a
	3	Jamie Thin	HBT	31:26	35	n/a	n/a	n/a	n/a
V60+	1	James Mayers	Musselburgh	32:18	40	Anne Craig	Carnethy	39:08	105
	2	Duncan Ball	Penicuik Harriers	33:24	55	Joan Wilson	Lomond Hill Runners	39:58	111
	3	Philip Williamson	Ochil Hill Runners	36:49	92	Gail Beveridge	Carnegie Harriers	50:49	141
Junior (18-20)	1	Angus Wright	Team East Lothian	25:57	5	n/a	n/a	n/a	n/a
Youngsters (16-17)	1	Laurence Ward	HBT	29:52	20	n/a	n/a	n/a	n/a