

Category	Position	Men's Winners	Club	Time	Overall Position		Women's Winners	Club	Time	Overall Position
Senior	1	Finn Lydon	Carnethy	0:25:31	1		Mo McClelland	HBT	0:32:15	17
	2	Fearghas Thomas	HBT	0:26:20	2		Lucy Jacques	HBT	0:34:33	25
	3	Florent Weillaert	HBT	0:26:25	3		Shannon Clarke	HBT	0:35:46	37
V40	1	Dave Longshorts	HBT	0:28:25	4		Vicki White	HBT	0:37:16	48
	2	Ray Ward	HBT	0:30:30	11		Gina McAllister	Penicuik Harriers	0:38:04	55
	3	Gavin Smith	HBT	0:31:19	13		Melissa Viguier	-	0:38:48	63
V50	1	Rob Wilson	Penicuik Harriers	0:34:20	23		Debz Hay	Anster Haddies	0:40:37	71
	2	Steven King	Carnegie Harriers	0:34:48	28		Joanne Thin	Carnethy	0:45:03	97
	3	Lee Holland	Carnegie Harriers	0:35:04	31		Angie Parkin	Carnegie Harriers	0.50.38	106
V60+	1	Ivor Normand	HBT	0:35:00	30		Mary Ockenden	Bowland Fell Runners	0:39:28	109
	2	Duncan Ball	Penicuik Harriers	0:35:29	34		Hilary Spenceley	Carnethy	0:40:13	69
	3	Gavin Smith	Bowland Fell Runners	0:40:33	70		Isobel Burnert	Carnegie Harriers	0:43:41	87
Junior (18-20)	1	Calum Rathjen	HBT	0:38:19	61		Bridget Harley	Durham University	0:32:33	19
Youngsters (16-17)	1	David Benjamin Morton	Musselburgh & District Athletic Club	0:31:47	15		Elodie Viguier	Edinburgh AC	0:35:06	32