Category	Position	Men's Winners	Club	Time	Overall Position	Position	Women's Winners	Club	Time	Overall Position
Senior	1	Kai Hugtenburg	HBT	25:46	1	1	Twig Barber	Falkland Trail Runners	34:05	31
	2	Charlie Houston-Cody	HBT	26:02	2	2	Katie Una	Carnethy	34:28	34
	3	Blair Barnett-Johnston	Carnethy	26:25	3	3	Shannon Clarke	HBT	36:14	49
V40	1	Jelmer Samplonius	HBT	30:27	16	1	Vicki Taylor	HBT	35:35	43
	2	Graeme Kafka	HBT	30:44	18	2	Georgina McAllister	Penicuik Harriers	36:41	53
	3	Gavin Smith	HBT	32:22	21	3	Amy Jennings	HBT	42:55	90
V50	1	Andrew Macrae	Carnethy	28:40	11	1	Fiona Manson	Perth Road Runners	44:37	98
	2	Donald Naylor	HBT	29:27	12	2	Sandra Gardener	Falkland Trail Runners	72:15	115
	3	David Burgess	Anster Haddies	35:04	38					
V60+	1	Des Crowe	Penicuik Harriers	32:43	22	1	Hilary Spenceley	Carnethy	43:37	93
	2	Ally Macdonald	Morpeth Harriers	35:29	42	2	Alison MacFadyen	Penicuik Harriers	47:02	102
	3	David Gallie	Highland Hill Runners	35:49	47	3	Myra	Moorfoot Runners	50:56	111
U20	1	Zander Mcleod	Boxwright Academy	38:35	64					