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| --- | --- | --- | --- | --- | --- | --- |
| 1 | Sam | Griffin | Male | 16 | 00:33:20 | Aberdeen AAC |
| 2 | Marc | Wilkinson | Male | 30 | 00:34:30 | Lauderdale Limpers Running Club |
| 3 | Iain | Stewart | Male | 40 | 00:35:13 | Westerlands Cross Country Club |
| 4 | Daniel | Lavin | Male | 30 | 00:35:26 | Carnethy Hill Running Club |
| 5 | Sam | MacNeil | Male | 23 | 00:35:31 | Edinburgh Athletics Club |
| 6 | Jonny | Muir | Male | 39 | 00:35:36 | Carnethy Hill Racing Club |
| 7 | Colin | Williams | Male | 45 | 00:36:57 | Moorfoot Runners |
| 8 | Duncan | Lockie | Male | 25 | 00:36:59 | Teviotdale Harriers |
| 9 | Sam | Bandeen | Male | 25 | 00:37:22 |  |
| 10 | Liam | Riggans | Male | 37 | 00:38:37 | Carnethy Hill Racing Club |
| 11 | Andrew David | Gilmour | Male | 40 | 00:39:35 | Unattached |
| 12 | Gregor | Ker | Male | 29 | 00:40:28 | Lauderdale Limpers Running Club |
| 13 | Brian | Smith | Male | 44 | 00:42:37 | Moorfoot Runners |
| 14 | Ben | Thomas | Male | 46 | 00:42:39 |  |
| 15 | Vivien | Watson | Female | 37 | 00:44:34 |  |
| 16 | Judith | Turner | Female | 47 | 00:44:43 | Falkland Trail Runners |
| 17 | Keith | Beveridge | Male | 42 | 00:45:51 | Lochaber Athletic Club |
| 18 | Derek | Scott | Male | 33 | 00:45:58 | Teviotdale Harriers |
| 19 | Luis | Molero | Male | 41 | 00:46:54 | lauderdale Limpers Running Club |
| 20 | James | Purves | Male | 62 | 00:47:47 | Gala Harriers |
| 21 | Jill | Thomson | Female | 34 | 00:47:57 |  |
| 22 | Rachel | Mcaleese | Female | 36 | 00:49:09 |  |
| 23 | Lori | Pate | Female | 28 | 00:49:16 | Lauder limpers |
| 24 | Graeme | Sutherland | Male | 60 | 00:49:19 | Lauderdale Limpers Running Club |
| 25 | Alan | Coltman | Male | 53 | 00:50:01 | Teviotdale Harriers |
| 26 | Neil | Jones | Male | 57 | 00:51:40 | Dunbar Running Club |
| 27 | Kirsty | Hughes | Female | 44 | 00:51:43 | Teviotdale Harriers |
| 28 | Iain | Davidson | Male | 60 | 00:52:00 | Girvan Harriers |
| 29 | Lindsey | Knox | Female | 60 | 00:52:58 | Teviotdale Harriers |
| 30 | Ian | Campbell | Male | 55 | 00:53:37 | Hunters Bog Trotters |
| 31 | Peggy | Series | Female | 46 | 00:54:39 |  |
| 32 | Pauline | McAdam | Female | 65 | 00:55:45 | Teviotdale Harriers |
| 33 | Frank | Birch | Male | 76 | 00:56:35 | Lauderdale Limpers Running Club |
| 34 | Miles | Leslie | Male | 54 | 00:56:48 |  |
| 35 | Ron | Hastings | Male | 61 | 01:05:13 | Teviotdale Harriers |