

Category	Placing	Bib No	Position	Name	Time	Club
Male	1	119	1	Hamish Hickey	30.5	Central Athletics Club
	2	116	2	Shaun Cumming	31.25	ESAC
	3	53	3	Aron Cardno	31.32	
M40	1	138	7	Gordon Lennox	34.18	ESAC
	2	32	10	David McColl	35.47	Inverness Harriers
	3	137	12	Jamie Ross	36.44	Deeside Runners
M50	1	130	18	Stephan Carmichael	37.48	MRR
	2	149	27	Graham Stephen	39.43	MRR
	3	3	37	Kenneth McRae	42.04	MRR
M60	1	5	23	Rob Wynne	39.14	Garioch RR
	2	111	34	Paul Mills	41.34	Deveron Harriers
	3	24	45	Chris Gransden	43.5	Forres Harriers
Female	1	118	13	Grace Whelan	36.52	Central Athletics Club
	2	10	14	Jenny Bannerman	37.07	Inverness Harriers
	3	140	21	Elina Smith	38.4	Hidden Peak
F40	1	62	30	Lisa Allen	40.38	Fraserburgh Running Club
	2	2	50	Joanne Philip	44.13	
	3	4	52	Kasia Klonowska	44.41	Forres Harriers
F50	1	18	59	Grace Chau	45.24	Garioch RR
	2	90	63	Anne Hewes	46.33	MRR
	3	67	74	Karen Norvell	48.51	MRR
F60	1	105	6690	Jackie Nicols	46.59	Forres Harriers
	2	39	107	Sarah Houston	51.29	
	3	110		Sheila Wallace	58.21	Muir of Ord

Team Prize		Position	Name	Time
Male	1	2	Shaun Cumming	31.25
	2	6	Finlay Murray	33.58
	3	7	Gordon Lennox	34.16
Female	1	36	Sarah Mcilvaney	41.46
	2	42	Grace Jenkins	43.37
	3	62	Niketa Cruikshank	46.08