

### Scottish Cross Country Short Course Championships

Age Group	Distance	Individuals		Teams		
		Medals	Trophy	Medals	Trophy	Counters
<b>M40 plus 10 year age bands</b>	4K	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>		1st, 2nd, 3rd		4
<b>Senior Men</b>	4K	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>	The President's (Alan Potts) Trophy			
<b>U20 Men</b>	4K	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>				
<b>U17 Men</b>	3K	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>		1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>		3
<b>U15 Boys</b>	2K	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>		1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>		3

<b>W40 plus 10 year age bands</b>	4K	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>		1st, 2nd, 3rd		4
<b>Senior Women</b>	4K	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>	The President's (Alan Potts) Cup			
<b>U20 Women</b>	4K	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>				
<b>U17 Women</b>	3K	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>		1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>		3
<b>U15 Girls</b>	2K	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>		1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>		3

U20 and Masters athletes are eligible for individual and team medals in the Senior race as well as individual medals in their age category.