Scottish Trail Race Championships
Mid Trail

Age Group	Distance	Individuals		Teams		Counters
		Medals	Trophy	Medals	Trophy	
Masters Men in 10 year Categories	10K	1st, 2nd, 3rd				3
Senior Men	10K	1st, 2nd, 3rd				
U20 Men	10K	1st, 2nd, 3rd				
U17 Men	5K	1st, 2nd, 3rd		1st, 2nd, 3rd		3
U15 Boys	5K	1st, 2nd, 3rd		1st, 2nd, 3rd		3
Masters Women in 10 year Categories	10K	1st, 2nd, 3rd				3
Senior Women	10K	1st, 2nd, 3rd				
U20 Women	10K	1st, 2nd, 3rd				
U17 Women	5K	1st, 2nd, 3rd		1st, 2nd, 3rd		3
U15 Girls	5K	1st, 2nd, 3rd		1st, 2nd, 3rd		3

The team race is calculated on finishing place. All athletes may count in the Senior championships race as well as their own age category.

Ultra Trail

Age Group	Distance	Individuals		Teams		Counters
		Medals	Trophy	Medals	Trophy	
Masters Men	50K	1st, 2nd, 3rd		1st, 2nd, 3rd		3
Senior Men	50K	1st, 2nd, 3rd				
Masters Women	50K	1st, 2nd, 3rd		1st, 2nd, 3rd		3
Senior Women	50K	1st, 2nd, 3rd				

The team race is calculated on cummulative time. All athletes may count in the Senior championships race as well as their own age category.