

Scottish Cross Country 4K Championships

Age Group	Distance	Individuals		Teams		
		Medals	Trophy	Medals	Trophy	Counters
M60	4K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd		4
M50	4K	1 st , 2 nd , 3 rd				
M40	4K	1 st , 2 nd , 3 rd				
Senior Men	4K	1 st , 2 nd , 3 rd	The President's (Alan Potts) Trophy			
U20 Men	4K	1 st , 2 nd , 3 rd				
U17 Men	3K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd	3	
U15 Boys	2K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd	3	

W60	4K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd		4
W50	4K	1 st , 2 nd , 3 rd				
W40	4K	1 st , 2 nd , 3 rd				
Senior Women	4K	1 st , 2 nd , 3 rd	The President's (Alan Potts) Cup			
U20 Women	4K	1 st , 2 nd , 3 rd				
U17 Women	3K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd	3	
U15 Girls	2K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd	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.