

**Scottish Trail Race Championships
Mid Trail**

Age Group	Distance	Individuals		Teams		Counters
		Medals	Trophy	Medals	Trophy	
M70	12-15K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd		4
M60	12-15K	1 st , 2 nd , 3 rd				
M50	12-15K	1 st , 2 nd , 3 rd				
M40	12-15K	1 st , 2 nd , 3 rd				
Senior Men	12-15K	1 st , 2 nd , 3 rd				
U20 Men	12-15K	1 st , 2 nd , 3 rd				
U17 Men	5K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd		3
U15 Boys	5K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd		3
W70	12-15K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd		4
W60	12-15K	1 st , 2 nd , 3 rd				
W50	12-15K	1 st , 2 nd , 3 rd				
W40	12-15K	1 st , 2 nd , 3 rd				
Senior Women	12-15K	1 st , 2 nd , 3 rd				
U20 Women	12-15K	1 st , 2 nd , 3 rd				
U17 Women	5K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd		3
U15 Girls	5K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd		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		
		Medals	Trophy	Medals	Trophy	Counters
Masters Men	50K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd		3
Senior Men	50K	1 st , 2 nd , 3 rd				
Masters Women	50K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd		3
Senior Women	50K	1 st , 2 nd , 3 rd				

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