

	Stage 1		Stage 2		Stage 3		Stage 4	
1 Shettleston Ladies A	20:39	2	57:18	2	01:17:32	1	01:55:20	1
	E Reid	20:39	F Florence	36:39	H Min-Chung	20:14	A Hughes	37:48
2 Falkirk Victoria H A	21:32	3	56:41	1	01:19:02	2	01:59:39	2
	A Douglas	21:32	J Stevenson	35:09	K Blair	22:21	C Lawless	40:37
3 Shettleston Ladies B	21:41	5	01:01:53	4	01:27:11	4	02:09:08	3
	S Carter	21:41	L Tedford	40:12	M Daly	25:18	L Halliday	41:57
4 Livingston & Dist A	20:00	1	01:01:24	3	01:22:58	3	02:11:19	4
	A Gardner	20:00	V Dempsey	41:24	V Blair	21:34	F Weir	48:21
5 Livingston & Dist C	21:47	6	01:03:34	5	01:29:34	5	02:15:12	5
	T McMenemy	21:47	J Brosnan	41:47	L McGiffen	26:00	M Turnbull	45:38
6 Livingston & Dist B	21:47	7	01:07:38	7	01:32:27	6	02:17:07	6
	S Campbell	21:47	J Henck	45:51	C Shanley	24:49	D Leddy	44:40
7 Kirkintilloch Olympians A	21:39	4	01:05:47	6	01:33:58	7	02:20:12	7
	A Stewart	21:39	A Flynn	44:08	L Johnstone	28:11	L Sutherland	46:14
8 Penicuik Harriers A	26:12	9	01:15:10	9	01:39:17	8	02:21:58	8
	A Graham	26:12	A Affleck	48:58	L Dallas	24:07	J Smith	42:41
9 Troon Tortoises A	22:50	8	01:14:30	8	01:39:59	9	02:24:08	9
	S Gray	22:50	F Grant	51:40	M Robertson	25:29	K McKean	44:09

Fastest Times

A Gardner	Livingston & Dist A	20.00	J Stevenson	Falkirk Victoria H A	35.09
H Min-Chung	Shettleston Ladies A	20.14	F Florence	Shettleston Ladies A	36.39
E Reid	Shettleston Ladies A	20.39	A Hughes	Shettleston Ladies A	37.48
A Douglas	Falkirk Victoria H A	21.32	L Tedford	Shettleston Ladies B	40.12
V Blair	Livingston & Dist A	21.34	C Lawless	Falkirk Victoria H A	40.37
A Stewart	Kirkintilloch Olympians A	21.39	V Dempsey	Livingston & Dist A	41.24
S Carter	Shettleston Ladies B	21.41	J Brosnan	Livingston & Dist C	41.47
S Campbell	Livingston & Dist B	21.47	L Halliday	Shettleston Ladies B	41.57
T McMenemy	Livingston & Dist C	21.47	J Smith	Penicuik Harriers A	42.41
K Blair	Falkirk Victoria H A	22.21	A Flynn	Kirkintilloch Olympians A	44.08
S Gray	Troon Tortoises A	22.50	K McKean	Troon Tortoises A	44.09
L Dallas	Penicuik Harriers A	24.07	D Leddy	Livingston & Dist B	44.40