Yellow course - short
2.2km, 45m climb

1	Clare Stansfield	Junior	21.00
2	St Mungo's A	Junior	23.00
3	St Mungo's B	Junior	27.05
4	Lizzie Stansfield	Junior	29.10
5	Kerry Randfield & Evie Waddell	Junior	30.20

Orange course
3.0km, 125m climb

1	Walter Clarke			19.30
2	Daniel Stansfield	Junior	FVO	24.15
3	Calum Kitching	Junior	FVO	26.10
4	Joyce Blair			27.00
5=	Ewen Randfield	Junior	FVO	27.10
5=	Alastair Kitching	Junior	FVO	27.10
7	Helen Randfield		FVO	28.20
8	Claire Macpherson		Clyde	34.00
9	Alan Bothwell		TAY	41.20

Green Course
3.5km, 140m climb

1	Jason Inman		FVO	26.20
2	Ross McLellan		FVO	26.25
3	Ben Stansfield		FVO	27.40
4	John McKendrick		STAG	33.00
5	Abi Longhurst	Junior	FVO	34.40
6	Neil Kitching		FVO	34.40
7	Clive Masson		ESOC	35.25
8	Mark Holliday		FVO	41.15
9	Alison McQuillen		FVO	41.30
10	Louise Longhurst		FVO	41.35
11	Jon Cross		FVO	44.00
12	David Kilburn		FVO	48.40
13	Andrew Macpherson		Clyde	54.00
14	Daniel Forth		ESOC	DNF