

Cross-Country results from previous seasons

Winter 2022-23 (*National races are underlined*)

- East District Relays – Galashiels – Sat 1st October – [RESULTS](#)
- East District League 1 – Hawick – Sat 15th October – [RESULTS](#)
- National Relays – Cumbernauld – Sat 22nd October – [RESULTS](#)
- National Short Course Champs – Kirkcaldy – Sat 5th November – [RESULTS](#)
- East District League 2 – Dundee – Sat 19th November – [RESULTS](#)
- East District Championships – Stirling (Univ) – Sat 3rd December – [RESULTS](#)
- East District League 3 – Bathgate – Sat 7th January – [RESULTS](#)
- National Masters Championships – Tolcross Park, Glasgow – Sun 5th February – [RESULTS](#)
- National Championships – Falkirk – Sat 25th February – [RESULTS](#)

Winter 2023-24 (*National races are underlined*)

- East District Relays – Livingston – Sat 7th October – [RESULTS](#)
- East District League 1 – Kirkcaldy – Sat 14th October – [RESULTS](#)
- National Relays – Cumbernauld – Sat 21st October – [RESULTS](#)
- National Short Course Champs – Lanark – Sat 4th November – [RESULTS](#)
- East District League 2 – Dundee – Sat 18th November – [RESULTS](#)
- East District Championships – Aberdeen – Sat 2nd December – [RESULTS](#)
- Inter-District Championships – Renfrew – Sat 13th January – [RESULTS](#)
- East District League 3 – Bathgate – Sat 27th January – [RESULTS](#)
- National Masters Championships – Forres – Sunday 11th February – [RESULTS](#)
- National Championships – Falkirk – Sat 24th February – [RESULTS](#)

Winter 2024-25 (*National races are underlined*)

- **East District Relays** – Livingston – **Sat 5th October** – [RESULTS](#)
- **National Relays** – Cumbernauld – **Sat 19th October** – [RESULTS](#)
- **East District League 1** – Kirkcaldy – **Sat 26th October** – [RESULTS](#)
- **National Short Course Champs** – Kirkcaldy – **Sat 2nd November** – [RESULTS](#)
- **East District League 2** – Dundee – **Sat 16th November** – [RESULTS](#)
- **East District Championships** – Stirling Univ – **Sat 30th November** – [RESULTS](#)
- **East District League 3** – Bathgate – **Sat 18th January** – [RESULTS](#)
- **National Masters Championships** – Dundee – **Saturday 8th February** – [RESULTS](#)
- **National Championships** – Falkirk – **Sat 22nd February** – [RESULTS](#)