

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](#)