

## Cross-Country results from previous seasons

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

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

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

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

