

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](#)
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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](#)
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Winter 2025-26 (*National races are underlined*)

- East District Relays – venue TBA – Sat 11th October – [RESULTS](#)
- National Relays – Cumbernauld – Sat 25th October – [RESULTS](#)
- East District League 1 – Kirkcaldy – Sat 1st November – [RESULTS](#)
- National Short Course Champs – Lanark – Sat 8th November – [RESULTS](#)
- East District League 2 – Dundee – Sat 22nd November – [RESULTS](#)
- East District Championships – Stirling Univ – Sat 6th December – [RESULTS](#)
- East District League 3 – Bathgate – Sat 17th January – [RESULTS](#)
- National Masters Championships – Tolcross Park, Glasgow – Saturday 31st Jan – [RESULTS](#)
- National Championships – Callendar Park, Falkirk – Sat 21st February – [RESULTS](#)