



Men		2010/11	Scottish District Championships	BUPA Great Edinburgh International Cross Country/Scottish Inter-District Championships	Scottish 4K Championships	Total
Position	Name	Club		Jan 10th	Jan 25th	
1	Tewoldeberhan Mengisteab	Shettleston Harriers	10	19	19	48
2	Tsegai Tewelde	Shettleston Harriers	8	18	20	46
3	Scott McDonald	Central AC	7	16	16	39
4	Alaistair Hay	Central AC		20	18	38
5	Tsegezab Woldemichael	Shettleston Harriers	9	14	15	38
6	Daniel Mulhare	Lasswade AAC	9	10	13	32
7	Chris McKay	Inverclyde AC		13	17	30
8	Robert Russell	Central AC	10		14	24
9	Paul Sorrie	Shettleston Harriers	6	11	5	22
10	Ben Livesey	Forres Harriers	10	12		22
11	Matthew Gillespie	Shettleston Harriers	1	5	12	18
12	Craig Ruddy	Inverclyde AC	3	15		18
13	Amanuel Tagus	Shettleston Harriers		17		17
14	Richie Nicoll	Dundee Hawkhill	4	9		13
15	Paul Leck	Kinbarchan AC			11	11
16	Michael Gillespie	Edinburgh U		2	9	11
17	Martin Graham	Shettleston H			10	10
18	Sean Reilly	Central AC		6	4	10
19=	David Rodgers	Lochaber	9			9
19=	Derek Hawkins	Kilbarchan AAC	2	7		9
21	Alex Hendry	Central AC			8	8

22=	Colin Donnelly	Lochaber	8			8
22=	Scott Fraser	Edinburgh Uni	8			8
22=	Jethro Lennox	Shettleston Harriers		8		8
25	Scott Hawkins	Kilbarchan AAC			7	7
26=	Greame Bartlett	Forres Harriers	7			7
26=	Mark Pollard	Inverclyde AC	7			7
28	Grant Bailey	East Kilbride AC			6	6
29=	Kyle Greig	Forres Harriers	6			6
29=	Neil Renault	Medway & Maidstone	6			6
31=	Simon Pride	Forres Harriers	5			5
31=	Conor McNulty	Kilbarchan AAC	5			5
31=	Barney Phillips	Lasswade AAC	5			5
31=	Alasdair Anthony	Central AC	2	3		5
35=	Mike Stewart	Keith & District	4			4
35=	Robert Quinn	Kilbarchan AAC	4			4
35=	Andrew Liston	Fife AC		4		4
38	Mark Haskett	Aberdeen			3	3
39=	Robert Paterson	Forres Harriers	3			3
39=	Ross Houston	Central AC	3			3
41	Ben Cole	Edinburgh U			2	2
42	Ross Bannerman	Highland Hill R	2			2
43	Andrew Connick	Corstorphine AC			1	1
44=	Douglas Selman	Corstorphine AAC	1			1
44=	Ross Arbuckle	Keith & District	1			1
44=	Matthew Bell	Edinburgh AC		1		1



STEWARTS
cross country
grandprix

				Scottish District Championships	BUPA Great Edinburgh International Cross Country/Scottish Inter-District Championships	Scottish 4K Championships	Total
Women							
Position	Name	Club		Jan 10th	Jan 25th		
1	Freya Murray	Edinburgh AC	10	20	20	50	
2	Nicola Hood	VP-Glasgow AC	10	18	19	47	
3	Lyn Wilson	Carnethy HRC	8	19	18	45	
4	Rosie Smith	Hunters Bog Trotters	7	16	17	40	
5	Josephine Moultrie	VP-Glasgow AC	8	17	11	36	
6	Jennifer MacLean	Edinburgh AC	6	14	13	33	
7	Niamh Devlin	Queen Margaret U		15	15	30	
8	Alison Docherty	Central AC		11	12	23	
9	Sarah Inglis	Edinburgh U	2	6	14	22	
10	Helen Sharpe	Fife AC	3	10	8	21	
11	Emma Waterhouse	Central AC		13	7	20	
12	Nicola Meekin	Lochaber AC	10	9		19	
13	Danielle Brown	Springburn Harriers	9		9	18	
14	Tony MacIntosh	Ayr Seaforth			16	16	
15	Dawn Scott	Lochaber AC	8	8		16	
16	Eildth Mackenzie	Heriot-Watt U		5	10	15	
17	Elsbeth Curran	Kilbarchan AAC	7		6	13	
18	Susan Ridley	Edinburgh AC		12		12	
19	Leanne Hamilton	Kilbarchan AAC	6		5	11	
20=	Melissa Whyte	Inverness Harriers	9			9	
20=	Edel Mooney	Lothian RC	9			9	
22	Sarah Hood	Edinburgh AC	1	3	3	7	

23=	Sarah Liebnitz	Inverness Harriers	7			7
23=	Siobhan Coleman	Glasgow U		7		7
25	Roxanne Bannerman	Highland Hill Runners	6			6
26	Fiona Thompson	Central AC	4		1	5
27=	Siobhan Evans	Forres Harriers	5			5
27=	Elke Schmidt	Bellahouston RR	5			5
27=	Megan Wright	Hunters Bog Trotters	5			5
30	Morgan Murphy	Fife AC			4	4
31=	Natalie Sharp	Kilbarchan AAC	4			4
31=	Dianne Lauder	Gala Harriers		4		4
31=	Karen MacLoed	Inverness Harriers	4			4
34=	Michelle Green	Moray Road Runners	3			3
34=	Ruth Joss	Giffnock North AAC	3			3
36	Donna Findlayson	VP-Glasgow AC			2	2
37=	Jenny Bannerman	Inverness Harriers	2			2
37=	Frances Florence	Springburn Harriers	2			2
37=	Claire Gordon	Hunters Bog Trotters		2		2
40=	Julie Wilson	Inverness Harriers	1			1
40=	Julia Henderson	Helensburgh AAC	1			1
40=	Claire Gemmell	Springburn Harriers		1		1