



Females			Scottish District Championships	BUPA Great Edinburgh International Cross Country/Scottish Inter-District Championships	Scottish 4K Championships	Scottish National Cross Country Championships	Total
Position	Name	Club	Dec 5th	Jan 9th	Jan 31st	Feb 20th	
1	Rosie Smith	Hunters Bog T	9	18	18	36	81
2	Elsbeth Curran	Kilbarchan AAC		17	20	34	71
3	Sula Young	Hunters Bog T	6	16	13	30	65
4	Jennifer MacLean	Edinburgh AC	4	8	19	32	63
5	Freya Murray	Edinburgh AC		19		40	59
6	Nicola Hood	VP-Glasgow AC	9	14		30	53
7	Melissa Whyte	Inverness H	10	13		28	51
8	Emma Raven	Central AC	8			38	46
9	Sarah Hood	Edinburgh AC		15	15	16	46
10	Sarah Inglis	Lothian RC			16	24	40
11	Helen Sharpe	Fife AC	5	11	14	10	40
12	Alison Docherty	Central AC		5	11	20	36
13	Catriona Buchanan	Central AC	7	10		12	29
14	Elizabeth Potter	VP-Glasgow AC				27	27
15	Hester Dix	Fife AC	1	9	17		27
16	Maxine Czarnecka	Chester Le Street				26	26
17	Beth Duff	East Kilbride AAC	5	3		18	26
18	Cara Sloss	Kilbarchan AAC	3	1	9	12	25
19	Shona McIntosh	Hunters Bog T				24	24

20	Dianne Lauder	Gala H				22	22
21	Abby McGhee	VP-Glasgow AC				21	21
22	Fiona Thompson	Central AC	2			18	20
23	Fiona Gentles	Springburn H	8	12			20
24	Stephanie Twell	AFD		20			20
25	Niamh Devlin	Queen Margaret U	3		10	6	19
26	Kerry Lang	Kilbarchan AAC	4		12		16
27	Josepine Moultrie	VP-Glasgow AC				15	15
28	Kate Jenkins	Hunters Bog T				14	14
29	Danielle Brown	Springburn H	10	4			14
30	Tony MacIntosh	Ayr Seaforth AAC	7		7		14
31	Rebecca Finch	VP-Glasgow AC	6	6			12
32	Emma Rice	Inverclyde AC	1			9	10
33	Megan Crawford	St Andrews U		2		8	10
34	Emily Stewart	Edinburgh AC	10				10
35	Gemma Cormack	Moray RR	9				9
36	Issy Menzies	Edinburgh AC			8		8
37	Sheila Gollan	Inverness H	8				8
38	Morgan Murphy	Fife AC		7			7
39	Moira Davie	H&I Uni	7				7
40	Nattie Sharp	Kilbarchan AAC				6	6
41	Amanda Blackhall	Lochaber HRC	6				6
42	Michelle Sandison	Springburn H			6		6
43	Jenny Bannerman	Inverness H	5				5
44	Stephanie Davis	Edinburgh Univ H&H			5		5
45	Joanne Thom	Edinburgh AC				4	4
46	Eleanor Duncan	Forres H	4				4
47	Ainsley Normand	Central AC			4		4
48	Christina Rankin	Kilbarchan AAC				3	3
49	Morina MacDougall	Inverness H	3				3
50	Emma Baxter	Edinburgh Univ H&H			3		3
51	Edel Mooney	Lothian RC				2	2
52	Lydia Davis	Moray RR	2				2



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Position	Name	Club	Dec 5th	Jan 9th	Jan 31st	Feb 20th	
1	Daniel Mulhare	Inverclyde AC	7	18	20	32	77
2	Tewoldeberhan Mengisteab	Shettleston H	9	19	19	30	77
3	Tsegezab Woldemichael	Shettleston H	6	11	18	38	73
4	John Newson	Pitreavie AAC	5	17	16	22	60
5	Derek Hawkins	Kilbarchan AAC	8	15		36	59
6	Alaistair Hay	Central AC	10			40	50
7	Tsegai Tewelde	Shettleston H	10	20	17		47
8	Michael Gillespie	Edinburgh Uni	6	9	14	16	45
9	Matthew Gillespie	Shettleston H		16		27	43
10	Alex Hendry	Central AC		4	12	21	37
11	Ross Houston	Central AC	7	10		20	37
12	Ben Livesey	Forres Harriers	10			26	36
13	Chris Powner	Winchester & D				34	34
14	Chris McKay	Inverclyde AC	5			28	33
15	Callum Hawkins	Kilbarchan AAC				30	30
16	Jethro Lennox	Shettleston H		12		18	30
17	Murray Strain	Hunters Bog T	8	13	3	4	28
18	Scott McDonald	Central AC	1			24	25
19	Connor McNulty	Kilbarchan AAC				24	24
20	Mark Pollard	Inverclyde AC	3		15	6	24
21	Lachlan Oates	Shettleston H	2	3		18	23

22	Andrew Crighton	Edinburgh AC			6	15	21
23	Craig Ruddy	Inverclyde AC	4	5		12	21
24	Ian Fisher	Inverclyde AC				14	14
25	Scott Fraser	Edinburgh Uni		14			14
26	Mark Haskett	Aberdeen AAC			13		13
27	Scott Hawkins	Kilbarchan AAC				12	12
28	Niall Sheehan	Lasswade AAC	3		9		12
29	Alasdair Anthony	Central AC	4	7			11
30	Matthew Bell	Edinburgh AC			11		11
31	Keith Hood	Corstorphine AAC				10	10
32	Stuart Gibson	RH Cambuslang H			10		10
33	Andrew Butchart	Central AC				9	9
34	Thomas Fay	Glasgow Univ H&H			7	2	9
35	Alan Murchison	Inverness H	9				9
36	Chris Smith	Aberdeen AAC	9				9
37	Chris Wilson	RH Cambuslang H				8	8
38	Matthew Sutherland	Caithness AC	8				8
39	Andrew Liston	Fife AC		8			8
40	Murray MacLarty	Central AC			8		8
41	Alan Reid	Peterhead AAC	7				7
42	Sean Fontana	VP-Glasgow AC				6	6
43	Graham Bartlett	Forres H	6				6
44	David Miller	Irvine AC		6			6
45	Kyle Greig	Forres H	5				5
46	John McNamara	RH Cambuslang H		1	4		5
47	Robert Gilroy	RH Cambuslang H			5		5
48	Paul Rogan	Forres H	4				4
49	Martin Graham	Shettleston H		2	2		4
50	Paul Leck	Kilbarchan AAC				3	3
51	Alex Keith	Inverness H	3				3
52	Ross Arbuckle	Keith & District AAC	2				2
53	Andrew Symonds	Carnegie H	2				2
54	Robert Quinn	Kilbarchan AAC	1				1
55	Lloyd Gallentree	Forres H	1				1
56	Ryan Gibb	VP-Glasgow AC			1		1

53	Chichi Guly	Shettleston H	2				2
54	Alison Winship	Garscube H			2		2
55	Sarah Johnson	H&I Uni	1				1
56	Ruth Joss	Glasgow Univ H&H			1		1