



				Scottish District Championships	BUPA Great Edinburgh International Cross Country/Scottish Inter-District Championships	Scottish 4K Championships	Scottish National Cross Country Championships	Total
		Men	2010/11					
Position	Name	Club		Jan 8th	Jan 30th	Feb 19th		
1	Alaistair Hay	Central AC	10	19	19	36	84	
2	John Newson	Central AC	9	15	17	26	67	
3	Derek Hawkins	Kilbarchan AAC		20		40	60	
4	Andrew Douglas	Inverclyde AC		17	14	22	53	
5=	Murray Strain	Hunters Bog T		18		32	50	
5=	Ross Matheson	Lasswade AAC	7	13		30	50	
7	Stuart Gibson	RH Cambuslang H	7		13	24	44	
8	Paul Sorrie	Shettleston H	9	8	10	14	41	
9	Ross Houston	Central AC		12		28	40	
10	Craig Ruddy	Inverclyde AC	10	11	16	2	39	
11	Chris McKay	Inverclyde AC				38	38	
12	James McMullan	Hunters Bog T				34	34	
13	Dermot Cummings	Corstorphine AAC	3		15	16	34	
14	David Vernon	VP-Glasgow AC	4		6	24	34	
15	Andrew Crichton	Edinburgh AC	8	14	12		34	
16	Tsegai Tewelde	Shettleston H				30	30	
17	Michael Gillespie	Shettleston H			9	20	29	
18	Alex Hendry	Central AC	5	1	2	21	29	
19	Mark Mitchell	Forres H	10		18		28	
20	Matthew Gillespie	Shettleston H				27	27	
21	Ben Hukins	Aberdeen AAC	6	9		12	27	

22	Andrew Butchart	Central AC			8	18	26
23	Mark Haskett	Aberdeen AAC	4	5	11		20
24	Daniel Mulhare	Inverclyde AC			20		20
25	Chris Wilson	RH Cambuslang H				18	18
26	Robert Quinn	Kilbarchan AAC	2		5	10	17
27	Paul Leck	Kilbarchan AAC		10	7		17
28	Lachlan Oates	University of Glasgow	8	3		6	17
29	Callum Hawkins	Kilbarchan AAC		16			16
30	Fraser Scott	Corstorphine AAC				15	15
31	Jamie Stevenson	Edinburgh Uni				12	12
32	Lewis Miller	Central AC	1			8	9
33	Jethro Lennox	Shettleston H	6		3		9
34	Stuart Orr	RH Cambuslang H				9	9
35	Graham Bartlett	Forres H	9				9
36	Alasdair Anthony	Central AC	2			6	8
37	David Rodgers	Lochaber AC	8				8
38	Mark Pollard	Inverclyde AC		7			7
39	Paul Rogan	Forres H	7				7
40	Jack Hamilton	Cambuslang H		6			6
41	Kyle Greig	Forres H	6				6
42	David Miller	Irvine AC	5				5
43	Calum Macleod	Inverness Harriers	5				5
44	Michael Crawley	University of Edinburgh		4			4
45	Ian Reid	RH Cambuslang H				4	4
46	David McNamee	Central AC			4		4
47	Stan Mackenzie	Forres Harriers	4				4
48	Tewoldeberhan Mengisteab	Shettleston H	3				3
49	Mac Ralston	Edinburgh Uni				3	3
50	Andy Buchan	Forres Harriers	3				3
51	Ian McCorquodale	Cambuslang H		2			2
52	Murdo Mackenzie	SRAC	2				2
53	Michael Deason	Shettleston H	1				1
54	John McNamara	RH Cambuslang H			1		1
55	Willie Macrury	SRAC	1				1

56	Carol Setchell	Garscube H			2		2
57	Adrienne Stewart	SRAC	2				2
58	Debbie Cox	Shettleston H	1				1
59	Jennifer Kibble	Fife AC			1		1
60	Alice Cameron	Ross County	1				1



Women		2010/11	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		Jan 8th	Jan 30th	Feb 19th	
1	Elspeth Curran	Kilbarchan AAC	10		20	38	68
2	Christina Rankin	Kilbarchan AAC	8	8	14	32	62
3	Hester Dix	Fife AC	9	18	15	18	60
4	Sarah Inglis	Lothian RC	3	10	19	27	59
5	Dianne Lauder	Gala H	8	13	13	24	58
6	Nattie Sharp	Kilbarchan AAC	9		18	24	51
7	Elizabeth Potter	VP-Glasgow AC		19		30	49
8	Rosie Smith	Hunters Bog T	10			36	46
9	Sarah McCormack	Moorfoot Runners			12	34	46
10	Melissa Whyte	Inverness H		15		28	43
11	Helen Sharpe	Fife AC	4	6	10	22	42
12	Freya Murray	Edinburgh AC				40	40
13	Beth Duff	East Kilbride AAC	6		9	18	33
14	Emma Raven	Central AC		16		16	32
15	Lyndsay Morrison	Central AC	7	9	16		32
16	Sarah Hood	Edinburgh AC				30	30
17	Kerry Lang	Kilbarchan AAC				26	26
18	Jennifer McLean	Edinburgh AC	1		11	12	24
19	Catriona Buchanan	Central AC	6	2		15	23
20	Morgan Windram-Geddes	Fife AC	2			20	22
21	Josepine Moultrie	VP-Glasgow AC				21	21
22	Stephanie Twell	Aldershot Farnham & D		20			20

23	Abbey McGhee	VP-Glasgow AC		17			17
24	Emily Stewart	Edinburgh AC			17		17
25	Alexandra Lamond	Kirkintilloch O			4	12	16
26	Shona McIntosh	Hunters Bog T				14	14
27	Elish McColgan	Dundee Hawkhill H		14			14
28	Danielle Brown	Springburn H	7	7			14
29	Kara Tait	Kilmarnock H	5	1	8		14
30	Nicola Hood	VP-Glasgow AC		12			12
31	Josia Zakrzewski	Dumfries AC		11			11
32	Maxine Czarnecka	Chester Le Street				10	10
33	Eilidh Mackenzie	SRAC	10				10
34	Holly Young	VP-Glasgow AC				9	9
35	Claire McCracken	VP-Glasgow AC	2		7		9
36	Moira Davie	Forres H	9				9
37	Susan Ridley	Edinburgh AC				8	8
38	Michelle Sandison	Springburn H	4	4			8
39	Fiona Thompson	Central AC	5	3			8
40	Dawn Scott	Lochaber AC	8				8
41	Kirsty Rogan	Forres Harriers	7				7
42	Rose Nicholson	Hunters Bog T				6	6
43	Rhona Auckland	Banchory Stonehaven AC				6	6
44	Laura Muir	Dundee Hawkhill H			6		6
45	Ceit Stewart	SRAC	6				6
46	Laura Dunn	Edinburgh AC		5			5
47	Lynsey Sharp	Edinburgh AC			5		5
48	Jenny Dickie	Forres Harriers	5				5
49	Lindsey McNeill	Shettleston H				4	4
50	Kirstin Grant	Nairn AAC	4				4
51	Rebecca Hannah	Edinburgh Univ H&H				3	3
52	Lesley Chisholm	Garscube H	3				3
53	Megan Crawford	Fife AC			3		3
54	Kathleen Macleod	SRAC	3				3
55	Megan Wright	Hunters Bog T				2	2