



Men			Scottish 4K Championships	Scottish District Championships	BUPA Great Edinburgh International Cross Country/Scottish Inter-District Championships	Scottish National Cross Country Championships	Total
Position	Name	Club	05-Nov-11	10-Dec-11	07-Jan-12	18-Feb-12	
1	Andrew Douglas	Inverclyde AC	15	10	19	38	82
2	Alex Hendry	Central AC	19	9	17	32	77
3	Ross Houston	Central AC	14	5		36	55
4	Dermot Cummings	Corstorphine AAC	12			34	46
5	Sean Fontana	VP-Glasgow AC		3	13	28	44
6	Ross Matheson	Lasswade AAC	13	4		27	44
7	Andrew Crichton	Edinburgh AC	8		16	18	42
8	Luke Traynor	Glasgow Caledonian			11	30	41
9	David Vernon	VP-Glasgow AC	17			24	41
10	Mark Pollard	Inverclyde AC	10	8	8	14	40
11	Derek Hawkins	Kilbarchan AAC				40	40
12	Lachlan Oates	Shettleston H	2	7	9	21	39
13	Michael Gillespie	Shettleston H	16	6	14	2	38
14	Michael Crawley	Corstorphine AAC			15	18	33
15	Murray Strain	Hunters Bog T		10	20		30
16	Chris Wilson	RH Cambuslang H				30	30
17	Jethro Lennox	Shettleston H		2		26	28
18	Stuart Gibson	RH Cambuslang H	7	4		16	27
19	Craig Ruddy	Inverclyde AC		9	18		27
20	Joe Symonds	Hunters Bog T				24	24
21	Keith Hood	Corstorphine AAC		6	7	10	23
22	John Newson	Central AC	11			12	23
23	Jack Hamilton	Cambuslang H	9	5		9	23
24	Chris Devenney	Kilbarchan AAC				22	22
25	Stuart Orr	RH Cambuslang H	6			15	21
26	Matthew Gillespie	Shettleston H	20				20

27	Lewis Miller	Central AC				20	20
28	Ben Hukins	Aberdeen AAC		8	12		20
29	Tewoldeberhan Mengisteab	Shettleston H	18				18
30	James Waldie	Edinburgh Uni H&H				12	12
31	Mark Haskett	Aberdeen AAC	5	1	5		11
32	Mark Mitchell	Forres H		10			10
33	Douglas Selman	Corstorphine AAC			10		10
34	Kyle Greig	Forres H		9			9
35	Robbie Paterson	Forres H		8			8
36	Ian McCorquodale	Cambuslang H				8	8
37	Thomas Fay	Shettleston H	1			6	7
38	Robbie Simpson	Deeside R		7			7
39	Gordon Lennox	Forres H		7			7
40	David Phee	Giffnock North AAC		1	6		7
41	Simon Pride	Forres H		6			6
42	Barnie Phillips	Lasswade AAC		2	4		6
43	Jake Wightman	Edinburgh AC				6	6
44	Graham Bartlett	Forres H		5			5
45	Paul Sorrie	Shettleston H	4				4
46	Niall Sheehan	Lasswade AAC	3		1		4
47	Michael Deason	Shettleston H				4	4
48	Daniel Leedham	Murray RR		4			4
49	Paul Rogan	Forres H		3			3
50	Matthew Sutherland	Caithness AC		3			3
51	Kerry-Liam Wilson	RH Cambuslang H			3		3
52	Grant Sheldon	RH Cambuslang H				3	3
53	Lloyd Gallentree	Forres H		2			2
54	Kris Berry	Corstorphine AAC			2		2
55	Alex Keith	Inverness H		1			1

Women		2010/11	Scottish 4K Championships	Scottish District Championships	BUPA Great Edinburgh International Cross Country/Scottish Inter-District Championships	Scottish National Cross Country Championships	Total
Position	Name	Club	05-Nov-11	10-Dec-11	07-Jan-12	18-Feb-12	
1	Jennifer McLean	Edinburgh AC	13	10	15	24	62
2	Gillian Palmer	Edinburgh AC	11		14	34	59
3	Rosie Smith	Hunters Bog T	19			38	57
4	Kiera Murray	Lasswade AAC	9		16	30	55
5	Abbey McGhee	VP-Glasgow AC			18	36	54
6	Morgan Windram-Geddes	Fife AC		7	17	26	50
7	Laura Muir	Dundee Hawkhill H	17			30	47
8	Elizabeth Potter	VP-Glasgow AC			20	27	47
9	Louisa Stewart	Edinburgh AC	15	5		21	41
10	Rhona Auckland	Edinburgh Univ H&H	16			24	40
11	Freya Murray	Edinburgh AC				40	40
12	Christina Rankin	Kilbarchan AAC	2	9	8	20	39
13	Fiona Matheson	Falkirk Victoria H	14		12	12	38
14	Emily Stewart	Edinburgh AC	18		19		37
15	Sarah Potter	VP-Glasgow AC	10	8		18	36
16	Sarah Hood	Edinburgh AC			3	32	35
17	Stephanie Davis	Edinburgh Univ H&H			11	22	33
18	Elsbeth Curran	Kilbarchan AAC				28	28
19	Sarah McCormack	Moorfoot Runners		8	13		21
20	Sarah Inglis	Lothian RC		6	4	10	20
21	Morag McLarty	Central AC	20				20
22	Josia Zakrzewski	Dumfries AC			10	8	18
23	Jennifer Emsley	Central AC		2		16	18
24	Kerry MacPhee	Central AC				18	18
25	Lesley Chisholm	Garscube H	8	7			15
26	Kathryn Pennel	Glasgow University H&H		3		12	15

27	Catriona Buchanan	Central AC				15	15
28	Una Britton	Central AC				14	14
29	Helen Sharpe	Fife AC	9	3	1		13
30	Natie Sharp	Kilbarchan AAC	12				12
31	Tessa Hill	Hunters Bog T		1	9		10
32	Lindsey McNeill	Shettleston H		10			10
33	Katie White	Garscube H	5	5			10
34	Jenny Bannerman	Inverness H		10			10
35	Moira Davie	Forres H		9			9
36	Dianne Lauder	Gala H		4	5		9
37	Fiona Bracegirdle	Fife AC				9	9
38	Laura Dunn	Edinburgh AC	6		2		8
39	Emma Atkinson	Inverness H		8			8
40	Eilis McKechnie	Hunters Bog T			4	4	8
41	Lyndsay Morrison	Central AC			7		7
42	Louise Cartmell	Moray RR		7			7
43	Holly Young	VP-Glasgow AC	3	4			7
44	Halina Rees	Fife AC	7				7
45	Emma Rice	Inverclyde AC		1		6	7
46	Ruth Joss	Giffnock North AC		6			6
47	Roma Davidson	Inverness H		6			6
48	Melissa Whyte	Inverness H			6		6
49	Chloe Cox	Lothian RC				6	6
50	Elspeth Jenkins	Moray RR		5			5
51	Susan McRitchie	Forres H		4			4
52	Megan Crawford	Fife AC	4				4
53	Kirsty Rogan	Forres Harriers		3			3
54	Scout Adkin	Moorfoot Runners				3	3
55	Shona Robertson	Shettleston H		2			2
56	Norma Beaton	Forres H		2			2
57	Megan Wright	Hunters Bog T				2	2
58	Ceit Stewart	Stornoway RAC		1			1
59	Bekka Hannah	Edinburgh Univ H&H	1				1