



Men							
Position	Name	Club	11-Nov-12	08-Dec-12	05-Jan-13	23-Feb-13	Total
1	Wegene Tafese	RH Cambuslang	10	9	18	40	77
2	Robbie Simpson	Deeside Runners	0	9	20	38	67
3	Alexander Hendry	Central AC	17	6	14	22	59
4=	Sean Fontana	VPCOG	0	7	19	32	58
4=	Douglas Selman	Costorphine AAC	12	5	15	26	58
6	Scott McDonald	Central AC	16	0	0	34	50
7=	Joe Symonds	Inverness Harriers	0	10	0	36	46
7=	Stuart Gibson	RH Cambuslang	11	0	11	24	46
9	Murray Strain	Hunters Bog Trotters	0	10	0	30	40
10	David Vernon	VPCOG	19	0	17	0	36
11	Ross Houston	Central AC	18	7	0	10	35
12	John Newsom	Central AC	0	0	13	20	33
13	Kyle Greig	Forres Harriers	0	9	4	18	31
14	Andrew Butchart	Central AC	0	0	16	14	30
15	Alastair Hay	Central AC	0	0	0	28	28
16	Stephen Trainer	Greenock Glenpark H	9	0	9	8	26
17	Michael Deason	Shettleston Harriers	0	6	0	16	22
18	Mark Mitchell	Forres Harriers	20	0	0	0	20
19=	Michael Crawley	Costorphine AAC	14	3	0	0	17
19=	Chris Deveney	Kilbarchan AAC	0	5	12	0	17
21	Luke Traynor	Giffnock North AAC	15	0	0	0	15
22	Neil Gourley	Giffnock North AAC	13	0	0	0	13
23	Keith Hood	Costorphine AAC	0	0	0	12	12
24=	Kerry-Liam Wilson	RH Cambuslang	0	1	10	0	11
24=	Lewis Millar	Central AC	7	4	0	0	11
26=	Paul Sorrie	Shettleston Harriers	5	0	5	0	10
26=	Derek Hawkins	Kilbarchan AAC	0	10	0	0	10
28=	Iain MacCorquodale	RH Cambuslang	1	4	0	4	9
28=	Kerrick Hesse	Glasgow University	6	3	0	0	9
30=	Cameron Boyek	Shildon AC	8	0	0	0	8
30=	Robert Russell	Central AC	0	8	0	0	8
30=	Andrew Douglas	Inverclyde AC	0	8	0	0	8
30=	Gordon Lennox	Forres Harriers	0	8	0	0	8
30=	Mickey Breen	Costorphine AAC	0	2	6	0	8
30=	Max McNeill	Lothian RC	0	0	8	0	8
36=	Calum McKenzie	Costorphine AAC	0	1	0	6	7
36=	Lachlan Oates	Shettleston Harriers	0	0	7	0	7
36=	William Jackson	Moray Road Runners	0	7	0	0	7
39=	David Munro	RH Cambuslang	2	0	4	0	6
39=	Dave Wilby	Highland Hill Runners	0	6	0	0	6
41=	Benjamin Hukins	RH Cambuslang	3	2	0	0	5
41=	Murdo Mackenzie	Stornoway RAC	0	5	0	0	5
43=	Max Ralston	VPCOG	4	0	0	0	4
43=	Jack Trevelyan	North Highland Harriers	0	4	0	0	4
45=	Patryk Gierjatoiwicz	Edinburgh University	0	0	3	0	3
45=	Gareth Jenkins	Moray Road Runners	0	3	0	0	3
47=	Andrew Crichton	Edinburgh AC	0	0	0	2	2
47=	Kenny Wilson	Moray Road Runners	0	2	0	0	2
47=	Michael Ferguson	Banchory Stonehaven	0	0	2	0	2
50=	Geraint Watkins	Forres Harriers	0	1	0	0	1
50=	Matthew White	Stirling University	0	0	1	0	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	11-Nov-12	08-Dec-12	05-Jan-13	23-Feb-13	
1	Elsbeth Curran	Kilbarchan AAC	19	10	20	28	77
2	Gillian Palmer	Edinburgh AC	17	0	19	26	62
3	Helen Sharpe	Fife AC	13	8	18	18	57
4	Jennifer Emsley	Central AC	16	6	16	14	52
5=	Elizabeth Potter	VPCOG	0	0	0	40	40
5=	Sarah Hood	Edinburgh AC	0	10	0	30	40
7=	Rosie Smith	Hunters Bog Trotters	0	0	0	38	38
7=	Fiona Matheson	Falkirk Victoria H	0	1	17	20	38
9	Susan Partridge	VPCOG	0	0	0	36	36
10	Jennifer MacLean	Edinburgh AC	12	7	0	16	35
11	Abbey McGhee	VPCOG	0	0	0	34	34
12=	Edel Mooney	Lothian RC	0	9	0	24	33
12=	Christina Rankin	Kilbarchan AAC	14	8	11	0	33
14	Amy Campbell	Shaftsbury Barnett	0	0	0	32	32
15	Lesley Chisolm	Garscube Harriers	0	9	0	22	31
16	Eilias McKeachie	Hunters Bog Trotters	15	0	14	0	29
17	Nicola Duncan	Portobello RC	0	0	15	10	25
18	Fiona Thompson	Central AC	0	4	13	6	23
19	Rhona Auckland	Edinburgh University	20	0	0	0	20
20	Gemma Cormack	Aberdeen AAC	10	0	9	0	19
21	Laura Muir	Dundee Hawkhill H	18	0	0	0	18
22	Michelle Sandison	Springburn Harriers	6	7	4	0	17
23	Alexandra Lamond	RH Cambuslang	4	0	12	0	16
24=	Catriona Buchanan	Central AC	0	3	0	12	15
24=	Kathryn Pennel	Glasgow University	8	0	7	0	15
26	Jessica - Oliver Bell	Shettleston Harriers	2	6	6	0	14
27=	Tessa Hill	Hunters Bog Trotters	0	5	0	8	13
27=	Kara Tait	Kilmarnock H&AC	7	4	2	0	13
29	Eilidh MacKenzie	Stornoway RAC	0	10	3	0	13
30	Emma Dunnett	Edinburgh AC	11	0	0	0	11
31	Halina Rees	Fife AC	0	0	10	0	10
32=	Natalie Sharp	Kilbarchan AAC	9	0	0	0	9
32=	Moirae Davie	Moray Road Runners	0	9	0	0	9
34=	Chloe Cox	Lothian RC	0	0	8	0	8
34=	Roma Shephard	Inverness Harriers	0	8	0	0	8
36	Karen Lyons	Highland Hill Runners	0	7	0	0	7
37	Lorna Stanger	North Highland Harriers	0	6	0	0	6
38=	Sarah Inglis	Lothian RC	0	0	5	0	5
38=	Avril Mason	Shettleston Harriers	0	5	0	0	5
38=	Sarah Potter	VPCOG	5	0	0	0	5
38=	Julie Wilson	Inverness Harriers	0	5	0	0	5
42=	Dianne Lauder	Gala Harriers	0	0	0	4	4
42=	Alison Wilson	Inverness Harriers	0	4	0	0	4
44=	Oonagh Dunnett	Edinburgh AC	3	0	0	0	3
44=	Hilary McGrath	Law & District	0	3	0	0	3
44=	Hilary Cameron	Forres Harriers	0	3	0	0	3
47=	Lyndsay Morrison	Central AC	0	0	0	2	2
47=	Emma Baxter	Greenock Glenpark H	0	2	0	0	2
47=	Elke Prasad	Unattached	0	2	0	0	2
47=	Paula Ross	Inverness Harriers	0	2	0	0	2
51=	Katy Brown	Stewartry AC	1	0	0	0	1
51=	Emma Rice	Inverclyde AC	0	1	0	0	1
51=	Katie MacKenzie	Stornoway RAC	0	1	0	0	1
51=	Rachel Dunn	Edinburgh AC	0	0	1	0	1