


<b>Men</b>							
			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	10-Nov-13	07-Dec-13	11-Jan-14	22-Feb-14	
1	Tewoldeberhan Mengisteab	Shettleston Harriers	17	18	20	48	103
2	Alexander Hendry	Central AC	14	10	35	40	99
3	Robert Russell	Central AC	29	18	14	26	87
4	Andrew Butchart	Central AC	24	0	0	58	82
5	Robbie Simpson	Deeside Runners	9	14	29	28	80
6	Callum Hawkins	Kilbarchan AAC	0	0	0	70	70
7	Alastair Hay	Central AC	35	0	0	30	65
8	Sean Fontana	VPCOG	0	0	17	34	51
9	Lachlan Oates	Shettleston Harriers	13	14	24	0	51
10	Douglas Selman	Costorphine AAC	0	12	15	22	49
11	Michael Crawley	Costorphine AAC	11	8	0	20	39
12	Max McNeill	Lothian RC	4	4	13	16	37
13	Murray Strain	Hunters Bog Trotters	0	0	7	24	31
14	Calum McKenzie	Costorphine AAC	7	6	12	0	25
15	Luke Traynor	Giffnock North AC	2	10	11	0	23
16	Iain MacCorquodale	RH Cambuslang	0	8	6	6	20
17	Cameron Boyek	Central AC	20	0	0	0	20
18	David Vernon	VPCOG	8	12	0	0	20
19	John Newsom	Central AC	0	0	0	18	18
20	Kyle McLellan	Edinburgh University	0	3	5	10	18
21	Gordon Lennox	Forres Harriers	0	18	0	0	18
22	Dan Mulhare	Inverclyde AC	15	0	0	0	15
23	Craig Ruddy	Inverclyde AC	0	0	0	14	14
24	Paul Sorrie	Shettleston Harriers	10	0	0	4	14
25	Kyle Greig	Forres Harriers	0	14	0	0	14
26	Kris Gauson	Inverclyde AC	0	0	0	12	12
27	Mark Mitchell	Forres Harriers	12	0	0	0	12

28	Graham Bee	Inverness Harriers	0	12	0	0	<b>12</b>
29	Robert Gilroy	RH Cambuslang	0	3	0	8	<b>11</b>
30	Dale Colley	Central AC	0	0	10	0	<b>10</b>
31	Patryk Gierjatowicz	Edinburgh University	0	2	8	0	<b>10</b>
32	Dan MacKenzie	Forres Harriers	0	10	0	0	<b>10</b>
33	Stuart Gibson	RH Cambuslang	0	0	9	0	<b>9</b>
34	Kenny Wilson	Moray Road Runners	0	8	0	0	<b>8</b>
35	Sean Reilly	Central AC	6	0	0	2	<b>8</b>
36	David Phee	Giffnock North AC	0	6	0	0	<b>6</b>
37	Gareth Jenkins	Moray Road Runners	0	6	0	0	<b>6</b>
38	Dermot Cummins	Costorphine AAC	5	0	0	0	<b>5</b>
39	Alessandro Tronconi	Strathclyde University	0	0	4	0	<b>4</b>
40	Matt Sullivan	Shettleston Harriers	0	4	0	0	<b>4</b>
41	Dean Cunningham	Inverness Harriers	0	4	0	0	<b>4</b>
42	Max Ralston	VPCOG	3	0	0	0	<b>3</b>
43	Ben Hukins	RH Cambuslang	0	1	2	0	<b>3</b>
44	James Waldie	Edinburgh University	0	0	3	0	<b>3</b>
45	Jack Trevelyan	North Highland H	0	3	0	0	<b>3</b>
46	Mark Pollard	Inverclyde AC	0	2	0	0	<b>2</b>
47	Robbie Paterson	Forres Harriers	0	2	0	0	<b>2</b>
48	Stephen Trainer	Glenpark Harriers	1	0	0	0	<b>1</b>
49	Conan McCaughey	Central AC	0	1	0	0	<b>1</b>
50	Ryan Beattie	Falkirk Victoria H	0	0	1	0	<b>1</b>
51	Andrew MacRae	Inverness Harriers	0	1	0	0	<b>1</b>
52							<b>0</b>
53							<b>0</b>
54							<b>0</b>
55							<b>0</b>



							
<b>Women</b>		2010/11	Scottish 4K Championships	Scottish District Championships	BUPA Great Edinburgh International Cross Country/Scottish Inter-District Championships	Scottish National Cross Country Championships	<b>Total</b>
Position	Name	Club	10-Nov-13	07-Dec-13	11-Jan-14	22-Feb-14	
1	Rhona Auckland	Banchory Stonehaven	24	0	0	70	<b>94</b>
2	Morag MacLarty	Central AC	29	18	0	30	<b>77</b>
3	Megan Crawford	Fife AC	20	0	20	26	<b>66</b>
4	Susan Partridge	VPCOG	0	0	0	58	<b>58</b>
5	Nicola Duncan	Portobello RC	0	0	29	28	<b>57</b>
6	Eilidh McKenzie	Stornaway Harriers	11	18	24	0	<b>53</b>
7	Jennifer Emsley	Central AC	15	0	17	20	<b>52</b>
8	Lesley Chisholm	Garscube Harriers	12	12	14	14	<b>52</b>
9	Fiona Thompson	Central AC	0	12	35	2	<b>49</b>
10	Beth Potter	VPCOG	0	0	0	48	<b>48</b>
11	Freya Ross	Edinburgh AC	0	14	0	34	<b>48</b>
12	Rosie Smith	Hunters Bog Trotters	0	0	0	40	<b>40</b>
13	Elsbeth Curran	Kilbarchan AAC	0	18	0	22	<b>40</b>
14	Sarah Benson	RH Cambuslang	0	14	0	24	<b>38</b>
15	Christina Rankin	Kilbarchan AAC	9	10	15	4	<b>38</b>
16	Helen Sharpe	Fife AC	13	8	0	16	<b>37</b>
17	Laura Muir	Dundee Hawkhill H	35	0	0	0	<b>35</b>
18	Kara Tait	Kilmarnock H&AC	14	8	12	0	<b>34</b>
19	Tessa Hill	Hunters Bog Trotters	0	10	13	8	<b>31</b>
20	Natalie Sharp	Kilbarchan AAC	17	0	0	10	<b>27</b>
21	Moira Davie	Forres Harriers	6	14	3	0	<b>23</b>
22	Edel Mooney	Lothian RC	0	0	0	18	<b>18</b>
23	Katie Bristow	RH Cambuslang	8	0	9	0	<b>17</b>
24	Michelle Sandison	Springburn Harriers	0	4	11	0	<b>15</b>
25	Shona McIntosh	Hunters Bog Trotters	0	0	0	12	<b>12</b>
26	Sarah Leibnitz	Inverness	0	12	0	0	<b>12</b>

27	Dianne Lauder	Gala Harriers	0	1	10	0	<b>11</b>
28	Danielle Beattie	VPCOG	10	0	0	0	<b>10</b>
29	Keira Murray	Lasswade AC	0	3	7	0	<b>10</b>
30	Chloe Cox	Lothian RC	0	4	6	0	<b>10</b>
31	Sheila Gollan	East Sutherland AC	0	10	0	0	<b>10</b>
32	Jessica Oliver-Bell	Shettleston Harriers	0	3	0	6	<b>9</b>
33	Fiona Rudkin	Metro Aberdeen	0	0	8	0	<b>8</b>
34	Megan Bee	Highland Hill Runners	0	8	0	0	<b>8</b>
35	Megan Davies	Sale Harriers	7	0	0	0	<b>7</b>
36	Lauren Quee	Glasgow University	0	6	1	0	<b>7</b>
37	Scout Adkin	Moorfoot Runners	0	6	0	0	<b>6</b>
38	Karen Lyons	Highland Hill Runners	0	6	0	0	<b>6</b>
39	Jenny Tan	Fife AC	5	0	0	0	<b>5</b>
40	Carla Molinaro	Bellahouston RR	4	1	0	0	<b>5</b>
41	Rachel Dunn	Edinburgh AC	0	0	5	0	<b>5</b>
42	Alexandra Lamont	RH Cambuslang	1	0	4	0	<b>5</b>
43	Jodie Lynch	Inverness	0	4	0	0	<b>4</b>
44	Katy Brown	RH Cambuslang	3	0	0	0	<b>3</b>
45	Rhona Grant	Highland Hill Runners	0	3	0	0	<b>3</b>
46	Katheryn Pennell	Glasgow University	0	0	2	0	<b>2</b>
47	Mhairi MacLennan	Inverness	2	0	0	0	<b>2</b>
48	Claire Gordon	Hunters Bog Trotters	0	2	0	0	<b>2</b>
49	Ruth Joss	Giffnock North	0	2	0	0	<b>2</b>
50	Roma Shepherd	Inverness	0	2	0	0	<b>2</b>
51	Kirsty Rogan	Forres Harriers	0	1	0	0	<b>1</b>
52							<b>0</b>
53							<b>0</b>
54							<b>0</b>
55							<b>0</b>
56							<b>0</b>
57							<b>0</b>
58							<b>0</b>
59							<b>0</b>