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	<b>Men</b>		<b>Scottish 4K Championships</b>	<b>Scottish District Championships</b>	<b>BUPA Great Edinburgh International Cross Country/Scottish Inter-District Championships</b>	<b>Scottish National Cross Country Championships</b>	<b>Total</b>
<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>09-Nov-14</b>	<b>06-Dec-14</b>	<b>10-Jan-15</b>	<b>22-Feb-15</b>	
1	Andrew Butchart	Central AC	35	0	0	70	105
2	Luke Traynor	Giffnock North AC	17	14	14	48	93
3	Tewoldeberhan Mengisteab	Shettleston Harriers	24	18	29	16	87
4	Callum Hawkins	Kilbarchan AAC	0	0	0	58	58
5	Alexander Hendry	Central AC	8	14	0	34	56
6	Murray Strain	HBT	0	18	35	0	53
7	Craig Ruddy	Inverclyde AC	20	12	6	10	48
8	Scott MacDonald	Central AC	0	0	24	22	46
9	Alasdair McLeod	Shettleston Harriers	0	3	0	40	43
10	John Newsom	Inverness Harriers	0	18	11	12	41
11	Alastair Hay	Central AC	0	6	0	30	36
12	Max McNeill	Lothian RC	0	10	17	6	33
13	Lachlan Oates	Shettleston Harriers	12	0	0	18	30
14	Dan Mulhare	Inverclyde AC	29	0	0	0	29
15	Michael Crawley	Costorphine AAC	0	0	0	28	28
16	Dermot Cummins	Costorphine AAC	14	0	0	14	28
17	Michael Ferguson	Aberdeen AAC	7	0	20	0	27
18	Sean Fontana	VPCOG	0	0	0	26	26
19	Ross Houston	Central AC	0	1	0	24	25
20	Callum McKenzie	Costorphine AAC	0	0	3	20	23
21	Douglas Selman	Costorphine AAC	3	12	0	8	23
22	Iain MacCorquodale	RH Cambuslang	0	10	13	0	23
23	Ryan Thomson	RH Cambuslang	6	0	15	0	21
24	Howell Craske	Costorphine AAC	11	3	4	0	18
25	Patryk Gierjatowicz	HBT	0	4	9	2	15
26	Matt Gunby	Unattached	15	0	0	0	15
27	Kyle Greig	Forres Harriers	0	14	0	0	14
28	Cameron Milne	Central AC	4	8	2	0	14

29	Euan Gillham	Kilbarchan AAC	13	0	0	0	13
30	Kenny Wilson	Moray RR	0	12	0	0	12
31	Dale Colley	Central AC	0	0	12	0	12
32	Gavin McArdle	Kilbarchan AAC	10	0	0	0	10
33	Donnie MacDonald	Inverness Harriers	0	10	0	0	10
34	Aidan Thompson	Central AC	0	0	10	0	10
35	Jonathan Glen	Inverclyde AC	9	0	0	0	9
36	Stephen Trainer	Glenpark Harriers	0	4	5	0	9
37	Marc Austin	VPCOG	0	8	0	0	8
38	Graham Bee	Inverness Harriers	0	8	0	0	8
39	Kyle McLellan	RH Cambuslang	0	0	8	0	8
40	Jonathan Henderson	HBT	0	0	7	0	7
41	Mark Pollard	Inverclyde AC	0	6	0	0	6
42	Gordon Lennox	Forres Harriers	0	6	0	0	6
43	Adam Craig	Edinburgh AC	5	0	0	0	5
44	Thomas Owens	Shettleston Harriers	0	0	0	4	4
45	William MacRury	Stornoway AC	0	4	0	0	4
46	Sam Hesling	Highland Hill R	0	3	0	0	3
47	Andrew Lawler	Edinburgh AC	2	0	0	0	2
48	Grant Sheldon	RH Cambuslang	0	2	0	0	2
49	Keith Hood	Costorphine AAC	0	2	0	0	2
50	Jack Trevelyan	Highland Hill R	0	2	0	0	2
51	Grant Muir	Giffnock North AC	1	0	0	0	1
52	Robert Gilroy	RH Cambuslang	0	1	0	0	1
53	Paul Miller	Inverness Harriers	0	1	0	0	1
54	Paul Sorrie	Shettleston Harriers	0	0	1	0	1

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	<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>
<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>09-Nov-14</b>	<b>06-Dec-14</b>	<b>10-Jan-15</b>	<b>22-Feb-15</b>	
1	Morag MacLarty	Central AC	20	18	35	48	<b>121</b>
2	Madeline Murray	Edinburgh AC	29	0	0	70	<b>99</b>
3	Jennifer Wetton	Central AC	15	14	24	26	<b>79</b>
4	Dianne Lauder	Gala Harriers	0	8	29	28	<b>65</b>
5	Rosie Smith	HBT	0	0	0	58	<b>58</b>
6	Charlotte Morgan	Carnethy Hill Runners	0	10	10	34	<b>54</b>
7	Michelle Sandison	Springburn Harriers	6	18	14	16	<b>54</b>
8	Beth Potter	VPCOG	0	0	0	40	<b>40</b>
9	Megan Crawford	Fife AC	17	6	17	0	<b>40</b>
10	Shona McIntosh	HBT	0	3	13	22	<b>38</b>
11	Rhona Auckland	Banchory Stonehaven	35	0	0	0	<b>35</b>
12	Lindsay Morrison	Central AC	11	12	12	0	<b>35</b>
13	Catrina Graves	Garscube Harriers	12	0	20	0	<b>32</b>
14	Fiona Rudkin	Metro Aberdeen	0	0	11	20	<b>31</b>
15	Fiona Thompson	Central AC	0	0	0	30	<b>30</b>
16	Susan Partridge	VPCOG	0	0	0	24	<b>24</b>
17	Katie Bristow	RH Cambuslang	0	6	0	18	<b>24</b>
18	Laura Muir	Dundee Hawkhill	24	0	0	0	<b>24</b>
19	Moira Davie	Forres Harriers	0	18	4	0	<b>22</b>
20	Scout Adkin	Moorfoot	0	0	7	12	<b>19</b>
21	Kirsten Maxwell	Gala Harriers	0	0	9	6	<b>15</b>
22	Mhairi MacLennan	Inverness Harriers	0	0	15	0	<b>15</b>
23	Georgia Tindley	Edinburgh University	0	0	0	14	<b>14</b>
24	Edel Mooney	Lothian AC	0	4	0	10	<b>14</b>
25	Kathryn Gillespie	Central AC	14	0	0	0	<b>14</b>
26	Mellisa Wylie	Dumbarton AAC	0	14	0	0	<b>14</b>
27	Rhona Grant	Highland Hill Runners	0	14	0	0	<b>14</b>
28	Eilidh McKenzie	Stornoway AC	13	0	0	0	<b>13</b>

29	Carole Setchell	Shettleston Harriers	0	12	0	0	<b>12</b>
30	Helen Gertig	Inverness Harriers	0	12	0	0	<b>12</b>
31	Stephanie Pennycook	Edinburgh University	5	0	6	0	<b>11</b>
32	Freya Prentice	Aberdeen AAC	10	0	0	0	<b>10</b>
33	Alexandra Lamond	RH Cambuslang	0	10	0	0	<b>10</b>
34	Catriona Fraser	Inverness Harriers	0	10	0	0	<b>10</b>
35	Gillian Palmer	Edinburgh AC	9	0	0	0	<b>9</b>
36	Rachel Haines	HBT	0	0	0	8	<b>8</b>
37	Natalie Sharp	Kilbarchan AAC	8	0	0	0	<b>8</b>
38	Suzanne Gilmour	VPCOG	0	8	0	0	<b>8</b>
39	Karen Lyons	Highland Hill Runners	0	8	0	0	<b>8</b>
40	Rachel Dunn	Edinburgh AC	0	0	8	0	<b>8</b>
41	Rebecca Burns	Pitreavie AAC	7	0	0	0	<b>7</b>
42	Alanna Goddard	Stornoway AC	0	6	0	0	<b>6</b>
43	Eve MacKinnon	RH Cambuslang	0	0	5	0	<b>5</b>
44	Gemma Cormack	Aberdeen AAC	0	0	0	4	<b>4</b>
45	Ellis McKechanie	HBT	0	2	2	0	<b>4</b>
46	Helen Sharpe	Fife AC	4	0	0	0	<b>4</b>
47	Jessica Oliver-Bell	Shettleston Harriers	0	4	0	0	<b>4</b>
48	Caroline Marwick	Inverness Harriers	0	4	0	0	<b>4</b>
49	Jenny Tan	Fife AC	3	0	0	0	<b>3</b>
50	Julie Gordon	Inverclyde AC	0	3	0	0	<b>3</b>
51	Hilary Cameron	Forres Harriers	0	3	0	0	<b>3</b>
52	Christina Rankin	Kilbarchan AAC	0	0	3	0	<b>3</b>
53	Sophie Mullinns	Fife AC	0	0	0	2	<b>2</b>
54	Annabel Simpson	Fife AC	2	0	0	0	<b>2</b>
55	Carla Molinaro	Bellahouston RR	0	2	0	0	<b>2</b>
56	Charlotte Black	Shetland AAC	0	2	0	0	<b>2</b>
57	Sarah Laverty	Glasgow University	1	0	0	0	<b>1</b>
58	Ruth Joss	Shettleston Harriers	0	1	0	0	<b>1</b>
59	Rachel Haines	HBT	0	1	0	0	<b>1</b>
60	Kirstie Rogan	Forres Harriers	0	1	0	0	<b>1</b>
61	Sarah Douglas	Edinburgh University	0	0	1	0	<b>1</b>