



Men									
			Scottish Short Course Championships	Liverpool Cross Challenge	Scottish District Championships	Scottish Inter District Championships	Scottish National Cross Country Championships	Inter Counties Cross Country Championships	Total
Position	Name	Club	09-Nov-19	23-Nov-19	07-Dec-19	11-Jan-20	22-Feb-20	07-Mar-20	
1	Jamie Crowe	Central AC	36	43	50	43	50	0	222
2	Jonny Glen	Inverclyde AC	27	33	0	0	43	50	153
3	Kristian Jones	Dundee Hawkhill Harriers	33	50	0	50	0	0	133
4	Lachlan Oates	Shettleston Harriers	22	24	50	24	0	0	120
5	Jack Leitch	Edinburgh University	14	22	0	18	18	43	115
6	Ben Greenwood	Perth Strathtay	0	0	43	27	16	0	86
7	Andrew Butchart	Central AC	50	0	0	36	0	0	86
8	Tom Martyn	Costorphine AAC	3	0	30	30	20	0	83
9	Ryan Thomson	Cambuslang Harriers	30	18	33	0	0	0	81
10	Sol Sweeney	Glasgow University	43	36	0	0	0	0	79
11	Ross Gollan	Shettleston Harriers	0	0	43	10	24	0	77
12	Fraser Stewart	Cambuslang Harriers	4	0	36	0	1	33	74
13	Ewan Brown	Costorphine AAC	0	0	36	0	30	0	66
14	Cameron Strachan	Metro Aberdeen RC	12	0	36	14	0	0	62
15	Calum McKenzie	Costorphine AAC	1	0	27	8	22	0	58
16	Andrew Douglas	Inverclyde AC	0	0	0	20	33	0	53
17	Cameron Smith	Glasgow University	0	0	30	0	2	20	52
18	Hamish Hickey	Stirling University	8	0	0	16	0	27	51
19	Eoin Lennon	Carnethy HRC	0	0	24	12	14	0	50
20	John Newsom	Inverness Harriers AAC	0	0	50	0	0	0	50
21	Craig Jardine	Cambuslang Harriers	0	0	43	2	0	0	45
22	Craig Campbell	Inverness Harriers AAC	0	8	36	0	0	0	44
23	Kevin Wood	Fife AC	0	0	0	0	36	0	36
24	Conan McCaughey	Central AC	0	0	0	0	0	36	36
25	Ewan Davidson	Moray Road Runners	0	0	33	0	0	0	33
26	Sean Chalmers	Inverness Harriers AAC	0	0	0	33	0	0	33
27	Jamie Williamson	Springburn Harriers	0	30	0	0	0	0	30
28	Rob Sinclair	Highland Hill Runners	0	0	30	0	0	0	30
29	Ryan Gray	Inverclyde AC	0	0	0	0	0	30	30
30	Jack Eykelbosch	Edinburgh University	0	4	0	0	0	24	28
31	Alastair Hay	Central AC	0	0	0	0	27	0	27
32	Adam Craig	Inverclyde AC	0	27	0	0	0	0	27
33	Alasdair Campbell	Cambuslang Harriers	0	0	27	0	0	0	27
34	James Wilson	Moray Road Runners	0	0	27	0	0	0	27
35	Lewis Rodgers	Fife AC	18	0	0	0	8	0	26
36	Alexander Cheplin	Carnethy HRC	0	0	20	6	0	0	26
37	James Donald	Dundee Hawkhill Harriers	10	14	0	1	0	0	25
38	Michael Ferguson	Aberdeen AAC	24	0	0	0	0	0	24
39	Craig Ruddy	Inverclyde AC	0	0	24	0	0	0	24
40	John Yells	Lochaber AC	0	0	24	0	0	0	24
41	Ross Gray	Inverclyde AC	0	0	22	0	0	0	22
42	Douglas Selman	Costorphine AAC	0	0	22	0	0	0	22
43	Graham Bee	Inverness Harriers AAC	0	0	22	0	0	0	22
44	Robbie Simpson	Deeside Runners	0	0	0	22	0	0	22
45	James Gillon	Law & District AAC	0	0	0	0	0	22	22
46	Michael Christoforou	Edinburgh AC	2	16	0	3	0	0	21
47	Connor Maclean	Kilbarchan AAC	20	0	0	0	0	0	20
48	Max Milarvie	Edinburgh University	0	20	0	0	0	0	20

49	Mike Deason	Shettleston Harriers	0	0	20	0	0	0	20
50	Jack Ward	Highland Hill Runners	0	0	20	0	0	0	20
51	John Fergusson	East Kilbride AC	0	0	18	0	0	0	18
52	James Hoad	Aberdeen AAC	0	0	18	0	0	0	18
53	Blair Mackay	East Sutherland AC	0	0	18	0	0	0	18
54	John Lenehan	Edinburgh AC	0	0	0	0	0	18	18
55	Freddie Carcas	Edinburgh AC	16	0	0	0	0	0	16
56	Cameron Milne	Central AC	0	0	0	0	12	0	12
57	Joe Arthur	Edinburgh AC	0	12	0	0	0	0	12
58	Alasdair McLeod	Shettleston Harriers	0	0	0	0	10	0	10
59	Euan Campbell	Stornoway RAC	0	10	0	0	0	0	10
60	Eddie Narbett	Edinburgh University	0	0	0	0	6	0	6
61	Kristof Hornyik	Dundee Hawkhill Harriers	6	0	0	0	0	0	6
62	Alex Carcas	Edinburgh University	0	6	0	0	0	0	6
63	Matthew Sutherland	Central AC	0	0	0	0	4	0	4
64	Elisha de Mello	Edinburgh University	0	0	0	4	0	0	4



Women		Scottish Short Course Championships	Liverpool Cross Challenge	Scottish District Championships	Scottish Inter District Championships	Scottish National Cross Country Championships	Inter Counties Cross Country Championships	Total	
Position	Name	Club	09-Nov-19	23-Nov-19	07-Dec-19	11-Jan-20	22-Feb-20	07-Mar-20	
1	Annabel Simpson	Fife AC	50	50	50	36	43	0	229
2	Kayleigh Jarrett	Shettleston Harriers	6	30	43	16	30	36	161
3	Michelle Sandison	Springburn Harriers	18	0	0	24	27	50	119
4	Nynke Mulholland	Inverclyde AC	20	0	50	33	0	0	103
5	Mhairi MacLennan	Inverness Harriers AAC	0	0	0	50	50	0	100
6	Avril Mason	Shettleston Harriers	0	0	30	0	22	43	95
7	Catriona MacDonald	Bellahouston RR	0	0	36	10	14	33	93
8	Jenny Selman	Fife AC	43	33	0	0	0	0	76
9	Holly Little	VP-Glasgow AC	16	36	0	14	0	0	66
10	Fiona Brian	Metro Aberdeen	0	0	43	22	0	0	65
11	Virginie Barrand	Metro Aberdeen	0	0	36	27	0	0	63
12	Holly Page	Edinburgh University	30	0	0	0	0	30	60
13	Kerry McAngus	Kilbarchan AAC	12	43	0	2	0	0	57
14	Zoe Pflug	Edinburgh University	24	0	0	30	0	0	54
15	Moir Davie	Forres Harriers	0	0	50	0	0	0	50
16	Rebecca Johnson	Edinburgh University	0	27	0	20	0	0	47
17	Megan Crawford	Fife AC	0	0	27	0	16	0	43
18	Emma Watt	JSK Running Club	0	0	43	0	0	0	43
19	Fionnuala Ross	Shettleston Harriers	0	0	0	43	0	0	43
20	Freya Ross	Falkirk Victoria Harriers	0	0	30	12	0	0	42
21	Lauren Wilson	Edinburgh AC	22	0	0	18	0	0	40
22	Nicola Hood	Dumfries RC	0	0	33	0	6	0	39
23	Moir Stewart	Cambuslang Harriers	0	0	0	0	36	0	36
24	Megan Keith	Inverness Harriers	36	0	0	0	0	0	36
25	Caroline Marwick	Inverness Harriers AAC	0	0	36	0	0	0	36
26	Jill Stephens	Hunters Bog Trotters	1	0	33	0	0	0	34
27	Steph Pennycook	Fife AC	0	0	0	0	33	0	33
28	Cera Gemmell	Team East Lothian	33	0	0	0	0	0	33
29	Iona Robertson	Moray Road Runners	0	0	33	0	0	0	33
30	Polly Edwards	Edinburgh University	0	16	0	0	0	16	32
31	Michelle Slater	Moray Road Runners	0	0	30	0	0	0	30
32	Katie Lowery	Edinburgh University	2	24	0	0	3	0	29
33	Kathryn Pennel	Shettleston Harriers	0	0	18	0	10	0	28
34	Heather Anderson	Fife AC	0	0	20	0	8	0	28
35	Claire Bruce	Metro Aberdeen	0	0	22	6	0	0	28
36	Erin Wallace	Giffnock North AC	27	0	0	0	0	0	27
37	Sarah Attwood	Skye & Lochalsh RAC	0	0	27	0	0	0	27
38	Kara Tait	Kilmarnock Harriers	0	0	27	0	0	0	27
39	Sara Green	Gala Harriers	0	0	0	0	0	27	27
40	Jennifer Spence	Fife AC	0	0	0	0	24	0	24
41	Charlotte Black	Shetland AAC	0	0	24	0	0	0	24
42	Chloe Cox	Edinburgh AC	0	0	24	0	0	0	24
43	Aoife Carr	Glasgow University	0	0	24	0	0	0	24
44	Ruth Joss	Shettleston Harriers	0	0	0	0	0	24	24
45	Yvonne McNair	Giffnock North AC	0	0	0	0	1	22	23

46	Hannah Morrison	Edinburgh University	0	22	0	0	0	0	22
47	Karen Lyons	Highland Hill Runners	0	0	22	0	0	0	22
48	Steph Lawrie	VP-Glasgow AC	0	0	22	0	0	0	22
49	Catriona Graves	Edinburgh University	0	0	0	0	20	0	20
50	Holly Thompson	Kilbarchan AAC	0	20	0	0	0	0	20
51	Julie Wilson	Inverness Harriers AAC	0	0	20	0	0	0	20
52	Jessica Martin	Shettleston Harriers	0	0	20	0	0	0	20
53	Jill Smylie	Giffnock North AC	0	0	0	0	0	20	20
54	Kirsten Maxwell	Gala Harriers	0	0	0	0	18	0	18
55	Emily McNicol	Strathclyde University	0	18	0	0	0	0	18
56	Siobhan Evans	Forres Harriers	0	0	18	0	0	0	18
57	Morag Miller	Central AC	0	0	18	0	0	0	18
58	Constance Nankivell	Edinburgh University	14	0	0	4	0	0	18
59	Elaine Eadie	Edinburgh AC	0	0	0	0	0	18	18
60	Isla Scott-Pearce	Edinburgh AC	0	0	0	0	0	16	16
61	Sharon Hastie	Kilbarchan AAC	0	14	0	0	0	0	14
62	Sophie Collins	Hunters Bog Trotters	0	0	0	0	12	0	12
63	Lydia Blythe	Edinburgh University	0	12	0	0	0	0	12
64	Katy Brown	Giffnock North AC	10	0	0	0	0	0	10
65	Catriona Padmanabhan	Garscube Harriers	0	10	0	0	0	0	10