

scottishathletics



Men

Position	Name	Club	09-Nov-13	06-Dec-13	10-Jan-13	22-Feb-13	Total
1	Andrew Butchart	Central AC	35				35
2	Dan Mulhare	Inverclyde AC	29				29
3	Tewoldeberhan Mengisteab	Shettleston Harriers	24				24
4	Craig Ruddy	Inverclyde AC	20				20
5	Luke Traynor	Giffnock North AC	17				17
6	Matt Gunby	Unattached	15				15
7	Dermot Cummins	Costorphine AAC	14				14
8	Euan Gillham	Kilbarchan AAC	13				13
9	Lachlan Oates	Shettleston Harriers	12				12
10	Howell Craske	Costorphine AAC	11				11
11	Gavin McArdle	Kilbarchan AAC	10				10
12	Jonny Glen	Inverclyde AC	9				9
13	Alexander Hendry	Central AC	8				8
14	Michael Ferguson	Aberdeen AAC	7				7
15	Ryan Thomson	Cambuslang H	6				6
16	Adam Craig	Edinburgh AC	5				5
17	Cameron Milne	Central AC	4				4
18	Douglas Selman	Costorphine AAC	3				3
19	Andrew Lawler	Edinburgh AC	2				2
20	Grant Muir	Giffnock North AC	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	09-Nov-13	06-Dec-13	10-Jan-13	22-Feb-13	
1	Rhona Auckland	Banchory Stonehaven	35				35
2	Madeline Murray	Edinburgh AC	29				29
3	Laura Muir	Dundee Hawkhill	24				24
4	Morag MacLarty	Central AC	20				20
5	Megan Crawford	Fife AC	17				17
6	Jennifer Emsley	Central AC	15				15
7	Kathryn Gillespie	Central AC	14				14
8	Eilidh McKenzie	Stornoway AC	13				13
9	Catriona Graves	Garscube Harriers	12				12
10	Lindsay Morrison	Central AC	11				11
11	Freya Prentice	Aberdeen AAC	10				10
12	Gillian Palmer	Edinburgh AC	9				9
13	Natalie Sharp	Kilbarchan AAC	8				8
14	Rebecca Burns	Pitreavie AAC	7				7
15	Michelle Sandison	Springburn Harriers	6				6
16	Stephanie Pennycook	Edinburgh University	5				5
17	Helen Sharpe	Fife AC	4				4
18	Jenny Tan	Fife AC	3				3
19	Annabel Simpson	Fife AC	2				2
20	Sarah Lavery	Glasgow University	1				1