

	Men		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	Andrew Butchart	Central AC	35	0			35
2	Tewoldeberhan Mengisteab	Shettleston Harriers	24	10			34
3	Dan Mulhare	Inverclyde AC	29	0			29
4	Craig Ruddy	Inverclyde AC	20	8			28
5	Luke Traynor	Giffnock North AC	17	9			26
6	Alexander Hendry	Central AC	8	9			17
7	Matt Gunby	Unattached	15	0			15
8	Dermot Cummins	Costorphine AAC	14	0			14
9	Howell Craske	Costorphine AAC	11	3			14
10	Euan Gillham	Kilbarchan AAC	13	0			13
11	Lachlan Oates	Shettleston Harriers	12	0			12
12	Douglas Selman	Costorphine AAC	3	8			11
13	Gavin McArdle	Kilbarchan AAC	10	0			10
14	Murray Strain	HBT	0	10			10
15	John Newsom	Inverness Harriers	0	10			10
16	Cameron Milne	Central AC	4	6			10
17	Jonathan Glen	Inverclyde AC	9	0			9
18	Kyle Greig	Forres Harriers	0	9			9
19	Kenny Wilson	Moray RR	0	8			8
20	Michael Ferguson	Aberdeen AAC	7	0			7
21	Iain MacCorquodale	RH Cambuslang	0	7			7
22	Max McNeill	Lothian RC	0	7			7
23	Donnie MacDonald	Inverness Harriers	0	7			7
24	Ryan Thomson	Cambuslang H	6	0			6
25	Marc Austin	VPCOG	0	6			6
26	Graham Bee	Inverness Harriers	0	6			6
27	Adam Craig	Edinburgh AC	5	0			5
28	Mark Pollard	Inverclyde AC	0	5			5
29	Gordon Lennox	Forres Harriers	0	5			5
30	Alastair Hay	Central AC	0	5			5
31	Stephen Trainer	Glenpark Harriers	0	4			4
32	Patryk Gierjatowicz	HBT	0	4			4
33	William MacRury	Stornoway AC	0	4			4
34	Alasdair McLeod	Shettleston Harriers	0	3			3

35	Sam Hesling	Highland Hill R	0	3			3
36	Andrew Lawler	Edinburgh AC	2	0			2
37	Grant Sheldon	RH Cambuslang	0	2			2
38	Keith Hood	Costorphine AAC	0	2			2
39	Jack Trevelyan	Highland Hill R	0	2			2
40	Grant Muir	Giffnock North AC	1	0			1
41	Robert Gilroy	RH Cambuslang	0	1			1
42	Ross Houston	Central AC	0	1			1
43	Paul Miller	Inverness Harriers	0	1			1
44							0
45							0

	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	0			35
2	Morag MacLarty	Central AC	20	10			30
3	Madeline Murray	Edinburgh AC	29	0			29
4	Laura Muir	Dundee Hawkhill	24	0			24
5	Jennifer Whetton	Central AC	15	9			24
6	Megan Crawford	Fife AC	17	5			22
7	Lindsay Morrison	Central AC	11	8			19
8	Michelle Sandison	Springburn Harriers	6	10			16
9	Kathryn Gillespie	Central AC	14	0			14
10	Eilidh McKenzie	Stornoway AC	13				13
11	Catriona Graves	Garscube Harriers	12	0			12
12	Freya Prentice	Aberdeen AAC	10	0			10
13	Moirae Davie	Forres Harriers	0	10			10
14	Gillian Palmer	Edinburgh AC	9	0			9
15	Mellisa Wylie	Dumbarton AAC	0	9			9
16	Rhona Grant	Highland Hill Runners	0	9			9
17	Natalie Sharp	Kilbarchan AAC	8	0			8
18	Carole Setchell	Shettleston Harriers	0	8			8
19	Helen Gertig	Inverness Harriers	0	8			8
20	Rebecca Burns	Pitreavie AAC	7	0			7
21	Alexandra Lamond	RH Cambuslang	0	7			7
22	Charlotte Morgan	Carnethy Hill Runners	0	7			7
23	Catriona Fraser	Inverness Harriers	0	7			7
24	Suzanne Gilmour	VPCOG	0	6			6
25	Dianne Lauder	Gala Harriers	0	6			6
26	Karen Lyons	Highland Hill Runners	0	6			6
27	Stephanie Pennycook	Edinburgh University	5	0			5
28	Katie Bristow	RH Cambuslang	0	5			5
29	Alanna Goddard	Stornoway AC	0	5			5
30	Helen Sharpe	Fife AC	4	0			4
31	Jessica Oliver-Bell	Shettleston Harriers	0	4			4
32	Edel Mooney	Lothian AC	0	4			4
33	Caroline Marwick	Inverness Harriers	0	4			4
34	Jenny Tan	Fife AC	3	0			3

35	Julie Gordon	Inverclyde AC	0	3			3
36	Shona McIntosh	HBT	0	3			3
37	Hilary Cameron	Forres Harriers	0	3			3
38	Annabel Simpson	Fife AC	2	0			2
39	Carla Molinaro	Bellahouston RR	0	2			2
40	Ellis McKechanie	HBT	0	2			2
41	Charlotte Black	Shetland AAC	0	2			2
42	Sarah Lavery	Glasgow University	1	0			1
43	Ruth Joss	Shettleston Harriers	0	1			1
44	Rachel Haines	HBT	0	1			1
45	Kirstie Rogan	Forres Harriers	0	1			1