

Men							
Position	Name	Club	Scottish 4K Championships 09-Nov-14	Scottish District Championships 06-Dec-14	BUPA Great Edinburgh International Cross Country/Scottish Inter-District Championships 10-Jan-15	Scottish National Cross Country Championships 22-Feb-15	Total
1	Tewoldeberhan Mengisteab	Shettleston Harriers	24	18	29		71
2	Murray Strain	HBT	0	18	35		53
3	Luke Traynor	Giffnock North AC	17	14	14		45
4	Craig Ruddy	Inverclyde AC	20	12	6		38
5	Andrew Butchart	Central AC	35	0	0		35
6	Dan Mulhare	Inverclyde AC	29	0	0		29
7	John Newsom	Inverness Harriers	0	18	11		29
8	Max McNeill	Lothian RC	0	10	17		27
9	Michael Ferguson	Aberdeen AAC	7	0	20		27
10	Scott MacDonald	Central AC	0	0	24		24
11	Iain MacCorquodale	RH Cambuslang	0	10	13		23
12	Alexander Hendry	Central AC	8	14	0		22
13	Ryan Thomson	RH Cambuslang	6	0	15		21
14	Howell Craske	Costorphine AAC	11	3	4		18
15	Matt Gunby	Unattached	15	0	0		15
16	Douglas Selman	Costorphine AAC	3	12	0		15
17	Dermot Cummins	Costorphine AAC	14	0	0		14
18	Kyle Greig	Forres Harriers	0	14	0		14
19	Cameron Milne	Central AC	4	8	2		14
20	Euan Gillham	Kilbarchan AAC	13	0	0		13
21	Patryk Gierjatowicz	HBT	0	4	9		13
22	Lachlan Oates	Shettleston Harriers	12	0	0		12
23	Kenny Wilson	Moray RR	0	12	0		12
24	Dale Colley	Central AC	0	0	12		12
25	Gavin McArdle	Kilbarchan AAC	10	0	0		10
26	Donnie MacDonald	Inverness Harriers	0	10	0		10
27	Aidan Thompson	Central AC	0	0	10		10
28	Jonathan Glen	Inverclyde AC	9	0	0		9

29	Stephen Trainer	Glenpark Harriers	0	4	5		9
30	Marc Austin	VPCOG	0	8	0		8
31	Graham Bee	Inverness Harriers	0	8	0		8
32	Kyle McLellan	RH Cambuslang	0	0	8		8
33	Jonathan Henderson	HBT	0	0	7		7
34	Mark Pollard	Inverclyde AC	0	6	0		6
35	Gordon Lennox	Forres Harriers	0	6	0		6
36	Alastair Hay	Central AC	0	6	0		6
37	Adam Craig	Edinburgh AC	5	0	0		5
38	William MacRury	Stornoway AC	0	4	0		4
39	Alasdair McLeod	Shettleston Harriers	0	3	0		3
40	Sam Hesling	Highland Hill R	0	3	0		3
41	Callum McKenzie	Costorphine AAC	0	0	3		3
42	Andrew Lawler	Edinburgh AC	2	0	0		2
43	Grant Sheldon	RH Cambuslang	0	2	0		2
44	Keith Hood	Costorphine AAC	0	2	0		2
45	Jack Trevelyan	Highland Hill R	0	2	0		2
46	Grant Muir	Giffnock North AC	1	0	0		1
47	Robert Gilroy	RH Cambuslang	0	1	0		1
48	Ross Houston	Central AC	0	1	0		1
49	Paul Miller	Inverness Harriers	0	1	0		1
50	Paul Sorrie	Shettleston Harriers	0	0	1		1