





Men									
			Scottish 4K Championships	Liverpool Cross Challenge	Scottish District Championships	BUPA Great Stirling International Cross Country/Scottish Inter-District Championships	Scottish National Cross Country Championships	Inter Counties Cross Country Championships	Total
Position	Name	Club	10-Nov-18	24-Nov-18	08-Dec-18	12-Jan-19	23-Feb-19	09-Mar-19	
1	Sol Sweeney	Perth Strathtay Harriers	50						50
2	Adam Craig	Inverclyde AC	43						43
3	Michael Ferguson	Aberdeen AAC	36						36
4	Lachlan Oates	Shettleston Harriers	33						33
5	Andrew Douglas	Inverclyde AC	30						30
6	Alastair Hay	Central AC	27						27
7	Connor Maclean	Kilbarchan AAC	24						24
8	Michael Christoforou	Edinburgh AC	22						22
9	Scott Green	Central AC	20						20
10	Cameron Strachan	Metro Aberdeen RC	18						18
11	Freddie Carcas	Edinburgh AC	16						16
12	Ryan Thomson	Cambuslang Harriers	14						14
13	Craig Ruddy	Inverclyde AC	12						12
14	Tewoldeberhan Mengisteab	Shettleston Harriers	10						10
15	Alex Carcas	Edinburgh AC	8						8
16	Joseph Arthur	Edinburgh AC	6						6
17	Cameron Wright	Kilbarchan AAC	4						4
18	Calum McKenzie	Costorphine AAC	3						3
19	John Bell	Inverclyde AC	2						2
20	Fraser Stewart	Cambuslang Harriers	1						1



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Women			Scottish 4K Championships	Liverpool Cross Challenge	Scottish District Championships	BUPA Great Stirling International Cross Country/Scottish Inter-District Championships	Scottish National Cross Country Championships	Inter Counties Cross Country Championships	Total
Position	Name	Club	10-Nov-18	24-Nov-18	08-Dec-18	12-Jan-19	23-Feb-19	09-Mar-19	
1	Jemma Reekie	Kilbrachan AAC	50						50
2	Morag Millar	Central AC	43						43
3	Steph Pennycook	Fife AC	36						36
4	Anna MacFadyen	Forres Harriers	33						33
5	Elsbeth Curran	Kilbrachan AAC	30						30
6	Rachel Burns	Edinburgh AC	27						27
7	Josephine Moultrie	VPCOG	24						24
8	Jo Williams	Lothian RC	22						22
9	Michelle Sandison	Springburn Harriers	20						20
10	Kerry McAngus	Kilbrachan AAC	18						18
11	Rebecca Johnson	Edinburgh University	16						16
12	Jenny Selman	Fife AC	14						14
13	Nicola Hood	Dumfries RC	12						12
14	Constance Nankivell	East Sutherland	10						10
15	Mhairi Hendry	VPCOG	8						8
16	Zoe Bates	Edinburgh AC	6						6
17	Christina Rankin	Kilbrachan AAC	4						4
18	Kayleigh Jarrett	Metro Aberdeen RC	3						3
19	Avril Mason	Shettleston Harriers	2						2
20	Toni McIntosh	Ayr Seaforth AC	1						1