




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	10-Nov-18	24-Nov-18	08-Dec-18	12-Jan-19	23-Feb-19	09-Mar-19
1	Adam Craig	Inverclyde AC	43	43				86
2	Lachlan Oates	Shettleston Harriers	33	33				66
3	Andrew Douglas	Inverclyde AC	30	36				66
4	Sol Sweeney	Perth Strathtay Harriers	50	0				50
5	Kristian Jones	Dundee Hawkhill Harriers	0	50				50
6	Ryan Thomson	Cambuslang Harriers	14	27				41
7	Michael Ferguson	Aberdeen AAC	36	0				36
8	Jacob Adkin	Moorfoot Runners	0	30				30
9	Alastair Hay	Central AC	27	0				27
10	Connor Maclean	Kilbarchan AAC	24	0				24
11	Cameron Milne	Central AC	0	24				24
12	Michael Christoforou	Edinburgh AC	22	0				22
13	Euan Campbell	Stornoway RAC	0	22				22
14	Scott Green	Central AC	20	0				20
15	James Donald	Dundee Hawkhill Harriers	0	20				20
16	Cameron Strachan	Metro Aberdeen RC	18	0				18
17	Lloyd Kempson	Cambridge & Coleridge	0	18				18
18	Freddie Carcas	Edinburgh AC	16	0				16
19	Jack Leitch	Edinburgh University	0	16				16
20	Cameron Young	Inverness Harriers	0	14				14
21	Craig Ruddy	Inverclyde AC	12	0				12
22	Dale Colley	Central AC	0	12				12
23	Tewoldeberhan Mengisteab	Shettleston Harriers	10	0				10
24	John Fergusson	East Kilbride AC	0	10				10
25	Alex Carcas	Edinburgh AC	8	0				8
26	Oskar Fraser Kraus	Edinburgh University	0	8				8
27	Joseph Arthur	Edinburgh AC	6	0				6
28	David Tamburini	Inverclyde AC	0	6				6
29	Cameron Wright	Kilbarchan AAC	4	0				4
30	Jamie Clements	East Kilbride AC	0	4				4
31	Calum McKenzie	Costorphine AAC	3	0				3
32	Kevin Schenk	Forres Harriers	0	3				3
33	John Bell	Inverclyde AC	2	0				2
34	Euan Martin	Falkirk Harriers	0	2				2
35	Fraser Stewart	Cambuslang Harriers	1	0				1



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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	10-Nov-18	24-Nov-18	08-Dec-18	12-Jan-19	23-Feb-19	09-Mar-19	
1	Morag Millar	Central AC	43	36					79
2	Steph Pennycook	Fife AC	36	43					79
3	Rebecca Burns	Edinburgh AC	27	30					57
4	Jemma Reekie	Kilbrachan AAC	50	0					50
5	Mhairi MacIennan	Edinburgh University	0	50					50
6	Anna MacFadyen	Forres Harriers	33	0					33
7	Megan Davies	Sale Harriers	0	33					33
8	Elsbeth Curran	Kilbrachan AAC	30	0					30
9	Zoe Bates	Edinburgh AC	6	22					28
10	Sarah Potter	VPCOG	0	27					27
11	Josephine Moultrie	VPCOG	24	0					24
12	Anna Tait	VPCOG	0	24					24
13	Jo Williams	Lothian RC	22	0					22
14	Michelle Sandison	Springburn Harriers	20	0					20
15	Helen Sharpe	Fife AC	0	20					20
16	Kerry McAngus	Kilbrachan AAC	18	0					18
17	Jennifer Kibble Spence	Fife AC	0	18					18
18	Rebecca Johnson	Edinburgh University	16	0					16
19	Jennifer Cruickshanks	Fife AC	0	16					16
20	Jenny Selman	Fife AC	14	0					14
21	Chloe Simpson	Kilbrachan AAC	0	14					14
22	Nicola Hood	Dumfries RC	12	0					12
23	Amanda Connelly	Garscube Harriers	0	12					12
24	Constance Nankivell	East Sutherland	10	0					10
25	Ruth Kirk	Ayr Seaforth AC	0	10					10
26	Mhairi Hendry	VPCOG	8	0					8
27	Frances Parsons	Edinburgh AC	0	8					8
28	Christina Rankin	Kilbrachan AAC	4	0					4
29	Kayleigh Jarrett	Metro Aberdeen RC	3	0					3
30	Avril Mason	Shettleston Harriers	2	0					2
31	Toni McIntosh	Ayr Seaforth AC	1	0					1