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	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	Lachlan Oates	Shettleston Harriers	33	33	50				**116**
2	Andrew Douglas	Inverclyde AC	30	36	43				**109**
3	Adam Craig	Inverclyde AC	43	43	0				**86**
4	Michael Ferguson	Aberdeen AAC	36	0	33				**69**
5	Michael Christoforou	Edinburgh AC	22	0	43				**65**
6	Ryan Thomson	Cambuslang Harriers	14	27	22				**63**
7	Jacob Adkin	Moorfoot Runners	0	30	27				**57**
8	Alastair Hay	Central AC	27	0	24				**51**
9	Sol Sweeney	Perth Strathtay Harriers	50	0	0				**50**
10	Kristian Jones	Dundee Hawkhill Harriers	0	50	0				**50**
11	Jamie Crowe	Central AC	0	0	50				**50**
12	Kenny Wilson	Moray Road Runners	0	0	50				**50**
13	Rob Sinclair	Insch TC	0	0	43				**43**
14	Cameron Strachan	Metro Aberdeen RC	18	0	22				**40**
15	Calum McKenzie	Costorphine AAC	3	0	36				**39**
16	John Bell	Inverclyde AC	2	0	36				**38**
17	Craig Campbell	Inverness Harriers	0	0	36				**36**
18	Jack Leitch	Edinburgh University	0	16	18				**34**
19	Fraser Stewart	Cambuslang Harriers	1	0	33				**34**
20	James Wilson	Moray Road Runners	0	0	33				**33**
21	Dale Colley	Central AC	0	12	20				**32**
22	Alasdair Campbell	Cambuslang Harriers	0	0	30				**30**
23	Robbie Simpson	Deeside Runners	0	0	30				**30**
24	Steve Daye	Shetland AAC	0	0	30				**30**
25	John Fergusson	East Kilbride AC	0	10	18				**28**
26	Kevan Harvey	Cambuslang Harriers	0	0	27				**27**
27	Robbie Patterson	Moray Road Runners	0	0	27				**27**
28	Connor Maclean	Kilbarchan AAC	24	0	0				**24**
29	Cameron Milne	Central AC	0	24	0				**24**
30	Grant Baillie	East Kilbride AC	0	0	24				**24**
31	Ewan Davidson	Moray Road Runners	0	0	24				**24**
32	Kevin Schenk	Forres Harriers	0	3	20				**23**
33	Euan Campbell	Stornoway RAC	0	22	0				**22**
34	Finlay Murray	East Sutherland AC	0	0	22				**22**
35	Scott Green	Central AC	20	0	0				**20**
36	James Donald	Dundee Hawkhill Harriers	0	20	0				**20**
37	Daniel Bradford	Shettleston Harriers	0	0	20				**20**
38	Lloyd Kempson	Cambridge & Coleridge	0	18	0				**18**
39	Graham Bee	Inverness Harriers	0	0	18				**18**
40	Freddie Carcas	Edinburgh AC	16	0	0				**16**
41	Cameron Young	Inverness Harriers	0	14	0				**14**
42	Craig Ruddy	Inverclyde AC	12	0	0				**12**
43	Tewoldeberhan Mengisteab	Shettleston Harriers	10	0	0				**10**
44	Alex Carcas	Edinburgh AC	8	0	0				**8**
45	Oskar Fraser Kraus	Edinburgh University	0	8	0				**8**
46	Joseph Arthur	Edinburgh AC	6	0	0				**6**
47	David Tamburini	Inverclyde AC	0	6	0				**6**
48	Cameron Wright	Kilbarchan AAC	4	0	0				**4**
49	Jamie Clements	East Kilbride AC	0	4	0				**4**
50	Euan Martin	Falkirk Harriers	0	2	0				**2**
51									**0**

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Position	Women Name	Club	Scottish Short Course Championships 10-Nov-18	Liverpool Cross Challenge 24-Nov-18	Scottish District Championships 08-Dec-18	Scottish Inter District Championships 12-Jan-19	Scottish National Cross Country Championships 23-Feb-19	Inter Counties Cross Country Championships 09-Mar-19	Total
1	Morag Millar	Central AC	43	36	50				129
2	Elspeth Curran	Kilbrachan AAC	30	0	50				80
3	Steph Pennycook	Fife AC	36	43	0				79
4	Jo Williams	Lothian RC	22	0	43				65
5	Michelle Sandison	Springburn Harriers	20	0	43				63
6	Rebecca Burns	Edinburgh AC	27	30	0				57
7	Anna Tait	VPCOG	0	24	27				51
8	Jemma Reekie	Kilbrachan AAC	50	0	0				50
9	Mhairi Maclennan	Edinburgh University	0	50	0				50
10	Helen Sharpe	Fife AC	0	20	30				50
11	Eilidh MacKenzie	Stornoway AC	0	0	50				50
12	Nicola Hood	Dumfries RC	12	0	36				48
13	Catriona Morrison	Highland Hill Runners	0	0	43				43
14	Jennifer Kibble Spence	Fife AC	0	18	18				36
15	Annabel Simpson	Fife AC	0	0	36				36
16	Kirstie Rogan	Moray Road Runners	0	0	36				36
17	Avril Mason	Shettleston Harriers	2	0	33				35
18	Anna MacFadyen	Forres Harriers	33	0	0				33
19	Megan Davies	Sale Harriers	0	33	0				33
20	Lauren Wilson	Edinburgh AC	0	0	33				33
21	Amy Hudson	Inverness Harriers	0	0	33				33
22	Katie White	Garscube Harriers	0	0	30				30
23	Tammy Wilson	JSK Running Club	0	0	30				30
24	Zoe Bates	Edinburgh AC	6	22	0				28
25	Sarah Potter	VPCOG	0	27	0				27
26	Claire Bruce	Metro Aberdeen RC	0	0	27				27
27	Moira Davie	Forres Harriers	0	0	27				27
28	Josephine Moultrie	VPCOG	24	0	0				24
29	Catriona MacDonald	Bellahouston RR	0	0	24				24
30	Megan Crawford	Fife AC	0	0	24				24
31	Karen Lyons	Highland Hill Runners	0	0	24				24
32	Lesley Chisolm	Garscube Harriers	0	0	22				22
33	Virgine Barrand	Metro Aberdeen RC	0	0	22				22
34	Sheila Gollan	East Sutherland AC	0	0	22				22
35	Hannah Terrance	Springburn Harriers	0	0	20				20
36	Jennifer Elvin	Metro Aberdeen RC	0	0	20				20
37	Iona Craft	Moray Road Runners	0	0	20				20
38	Kerry McAngus	Kilbrachan AAC	18	0	0				18
39	Ruth Joss	Shettleston Harriers	0	0	18				18
40	Isla MacKay	Moray Road Runners	0	0	18				18
41	Rebecca Johnson	Edinburgh University	16	0	0				16
42	Jennifer Cruickshanks	Fife AC	0	16	0				16
43	Jenny Selman	Fife AC	14	0	0				14
44	Chloe Simpson	Kilbrachan AAC	0	14	0				14
45	Amanda Connelly	Garscube Harriers	0	12	0				12
46	Constance Nankivell	East Sutherland	10	0	0				10
47	Ruth Kirk	Ayr Seaforth AC	0	10	0				10
48	Mhairi Hendry	VPCOG	8	0	0				8
49	Frances Parsons	Edinburgh AC	0	8	0				8
50	Christina Rankin	Kilbrachan AAC	4	0	0				4
51	Kayleigh Jarrett	Metro Aberdeen RC	3	0	0				3
52	Toni McIntosh	Ayr Seaforth AC	1	0	0				1
53									0