scottishathletics

	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	50	20		**186**
2	Andrew Douglas	Inverclyde AC	30	36	43	30	0		**139**
3	Adam Craig	Inverclyde AC	43	43	0	0	50		**136**
4	Alastair Hay	Central AC	27	0	24	43	22		**116**
5	Calum McKenzie	Costorphine AAC	3	0	36	36	33		**108**
6	Ryan Thomson	Cambuslang Harriers	14	27	22	27	12		**102**
7	Michael Christoforou	Edinburgh AC	22	0	43	0	36		**101**
8	Michael Ferguson	Aberdeen AAC	36	0	33	0	30		**99**
9	Cameron Strachan	Metro Aberdeen RC	18	0	22	20	24		**84**
10	Kevin Wood	Fife AC	0	0	0	24	43		**67**
11	Kenny Wilson	Moray Road Runners	0	0	50	0	16		**66**
12	Jacob Adkin	Moorfoot Runners	0	30	27	0	0		**57**
13	Sol Sweeney	Perth Strathtay Harriers	50	0	0	0	0		**50**
14	Kristian Jones	Dundee Hawkhill Harriers	0	50	0	0	0		**50**
15	Jamie Crowe	Central AC	0	0	50	0	0		**50**
16	Jack Leitch	Edinburgh University	0	16	18	16	0		**50**
17	Fraser Stewart	Cambuslang Harriers	1	0	33	14	0		**48**
18	Rob Sinclair	Insch TC	0	0	43	0	0		**43**
19	Cameron Milne	Central AC	0	24	0	0	18		**42**
20	Alasdair Campbell	Cambuslang Harriers	0	0	30	12	0		**42**
21	Dale Colley	Central AC	0	12	20	0	8		**40**
22	John Bell	Inverclyde AC	2	0	36	0	0		**38**
23	Craig Campbell	Inverness Harriers	0	0	36	0	0		**36**
24	Kevan Harvey	Cambuslang Harriers	0	0	27	8	0		**35**
25	James Wilson	Moray Road Runners	0	0	33	0	0		**33**
26	Alexander Chepelin	Edinburgh University	0	0	0	33	0		**33**
27	Robbie Simpson	Deeside Runners	0	0	30	0	0		**30**
28	Steve Daye	Shetland AAC	0	0	30	0	0		**30**
29	John Fergusson	East Kilbride AC	0	10	18	0	0		**28**
30	Derek Hawkins	Kilbarchan AAC	0	0	0	0	27		**27**
31	Robbie Patterson	Moray Road Runners	0	0	27	0	0		**27**
32	Scott Fraser	Hunters Bog Trotters	0	0	0	22	4		**26**
33	Connor Maclean	Kilbarchan AAC	24	0	0	0	0		**24**
34	Grant Baillie	East Kilbride AC	0	0	24	0	0		**24**
35	Ewan Davidson	Moray Road Runners	0	0	24	0	0		**24**
36	Kevin Schenk	Forres Harriers	0	3	20	0	0		**23**
37	Euan Campbell	Stornoway RAC	0	22	0	0	0		**22**
38	Finlay Murray	East Sutherland AC	0	0	22	0	0		**22**
39	James Donald	Dundee Hawkhill Harriers	0	20	0	1	0		**21**
40	Scott Green	Central AC	20	0	0	0	0		**20**
41	Daniel Bradford	Shettleston Harriers	0	0	20	0	0		**20**
42	Lloyd Kempson	Cambridge & Coleridge	0	18	0	0	0		**18**
43	Graham Bee	Inverness Harriers	0	0	18	0	0		**18**
44	Douglas Selman	Costorphine AAC	0	0	0	18	0		**18**
45	Freddie Carcas	Edinburgh AC	16	0	0	0	0		**16**
46	Ewan Brown	Costorphine AAC	0	0	0	0	14		**14**
47	Craig Ruddy	Inverclyde AC	12	0	0	0	2		**14**
48	Cameron Young	Inverness Harriers	0	14	0	0	0		**14**
49	Conan McCaughey	Central AC	0	0	0	0	10		**10**
50	Tewoldeberhan Mengisteab	Shettleston Harriers	10	0	0	0	0		**10**
51	Alex Carcas	Edinburgh AC	8	0	0	2	0		**10**
52	Jonathan Crickmore	Hunters Bog Trotters	0	0	0	10	0		**10**
53	Oskar Fraser Kraus	Edinburgh University	0	8	0	0	0		**8**
54	Lewis Rodgers	Fife AC	0	0	0	0	6		**6**
55	Joseph Arthur	Edinburgh AC	6	0	0	0	0		**6**
56	David Tamburini	Inverclyde AC	0	6	0	0	0		**6**
57	Richard Mair	Kilmarnock Harriers	0	0	0	6	0		**6**
58	Cameron Wright	Kilbarchan AAC	4	0	0	0	0		**4**
59	Jamie Clements	East Kilbride AC	0	4	0	0	0		**4**
60	Hamish Hickey	Central AC	0	0	0	4	0		**4**
61	Sean Fontana	Inverclyde AC	0	0	0	0	3		**3**
62	Robert Simpson	Shettleston Harriers	0	0	0	3	0		**3**
63	Euan Martin	Falkirk Harriers	0	2	0	0	0		**2**
64	Stuart Gibson	Cambuslang Harriers	0	0	0	0	1		**1**
65									**0**

scottishathletics

	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	50	43	36		**208**
2	Mhairi Maclennan	Edinburgh University	0	50	0	50	33		**133**
3	Michelle Sandison	Springburn Harriers	20	0	43	30	22		**115**
4	Elspeth Curran	Kilbrachan AAC	30	0	50	0	30		**110**
5	Jo Williams	Lothian RC	22	0	43	27	0		**92**
6	Steph Pennycook	Fife AC	36	43	0	0	0		**79**
7	Avril Mason	Shettleston Harriers	2	0	33	22	16		**73**
8	Katie White	Garscube Harriers	0	0	30	12	24		**66**
9	Anna Tait	VPCOG	0	24	27	0	14		**65**
10	Lauren Wilson	Edinburgh AC	0	0	33	16	10		**59**
11	Rebecca Burns	Edinburgh AC	27	30	0	0	0		**57**
12	Steph Twell	Kilbrachan AAC	0	0	0	0	50		**50**
13	Jemma Reekie	Kilbrachan AAC	50	0	0	0	0		**50**
14	Helen Sharpe	Fife AC	0	20	30	0	0		**50**
15	Eilidh MacKenzie	Stornoway AC	0	0	50	0	0		**50**
16	Rebecca Johnson	Edinburgh University	16	0	0	33	0		**49**
17	Nicola Hood	Dumfries RC	12	0	36	0	0		**48**
18	Moira Stewart	Cambuslang Harriers	0	0	0	0	43		**43**
19	Catriona Morrison	Highland Hill Runners	0	0	43	0	0		**43**
20	Freya Ross	Falkirk Victoria Harriers	0	0	0	24	18		**42**
21	Fanni Gyurko	Central AC	0	0	0	20	20		**40**
22	Jennifer Kibble Spence	Fife AC	0	18	18	0	0		**36**
23	Annabel Simpson	Fife AC	0	0	36	0	0		**36**
24	Kirstie Rogan	Moray Road Runners	0	0	36	0	0		**36**
25	Eloise Walker	Edinburgh AC	0	0	0	36	0		**36**
26	Claire Bruce	Metro Aberdeen RC	0	0	27	1	6		**34**
27	Zoe Bates	Edinburgh AC	6	22	0	6	0		**34**
28	Anna MacFadyen	Forres Harriers	33	0	0	0	0		**33**
29	Megan Davies	Sale Harriers	0	33	0	0	0		**33**
30	Amy Hudson	Inverness Harriers	0	0	33	0	0		**33**
31	Tammy Wilson	JSK Running Club	0	0	30	0	0		**30**
32	Kayleigh Jarrett	Metro Aberdeen RC	3	0	0	14	12		**29**
33	Fiona Brian	Metro Aberdeen RC	0	0	0	0	27		**27**
34	Sarah Potter	VPCOG	0	27	0	0	0		**27**
35	Moira Davie	Forres Harriers	0	0	27	0	0		**27**
36	Megan Crawford	Fife AC	0	0	24	0	2		**26**
37	Virgine Barrand	Metro Aberdeen RC	0	0	22	4	0		**26**
38	Lesley Chisolm	Garscube Harriers	0	0	22	3	0		**25**
39	Josephine Moultrie	VPCOG	24	0	0	0	0		**24**
40	Catriona MacDonald	Bellahouston RR	0	0	24	0	0		**24**
41	Karen Lyons	Highland Hill Runners	0	0	24	0	0		**24**
42	Sheila Gollan	East Sutherland AC	0	0	22	0	0		**22**
43	Hannah Terrance	Springburn Harriers	0	0	20	0	0		**20**
44	Jennifer Elvin	Metro Aberdeen RC	0	0	20	0	0		**20**
45	Iona Craft	Moray Road Runners	0	0	20	0	0		**20**
46	Kerry McAngus	Kilbrachan AAC	18	0	0	0	0		**18**
47	Ruth Joss	Shettleston Harriers	0	0	18	0	0		**18**
48	Isla MacKay	Moray Road Runners	0	0	18	0	0		**18**
49	Zoe Pflug	Gala Harriers	0	0	0	18	0		**18**
50	Jennifer Cruickshanks	Fife AC	0	16	0	0	0		**16**
51	Jenny Selman	Fife AC	14	0	0	0	0		**14**
52	Chloe Simpson	Kilbrachan AAC	0	14	0	0	0		**14**
53	Amanda Connelly	Garscube Harriers	0	12	0	0	0		**12**
54	Amy Frankland	Lasswade AC	0	0	0	8	3		**11**
55	Constance Nankivell	East Sutherland	10	0	0	0	0		**10**
56	Ruth Kirk	Ayr Seaforth AC	0	10	0	0	0		**10**
57	Stephanie Tucker	Glasgow University	0	0	0	10	0		**10**
58	Kirsty Dickson	Glasgow University	0	0	0	0	8		**8**
59	Mhairi Hendry	VPCOG	8	0	0	0	0		**8**
60	Frances Parsons	Edinburgh AC	0	8	0	0	0		**8**
61	Jillian Stephens	Hunters Bog Trotters	0	0	0	0	4		**4**
62	Christina Rankin	Kilbrachan AAC	4	0	0	0	0		**4**
63	Jessica McLeod	Costorphine AAC	0	0	0	2	0		**2**
64	Alison McGill	PH Racing Club	0	0	0	0	1		**1**
65	Toni McIntosh	Ayr Seaforth AC	1	0	0	0	0		**1**