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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	09-Nov-19	23-Nov-19	07-Dec-19	11-Jan-20	22-Feb-20	07-Mar-20	
1	Jamie Crowe	Central AC	36	43	50	43	50		222
2	Kristian Jones	Dundee Hawkhill Harriers	33	50	0	50	0		133
3	Lachlan Oates	Shettleston Harriers	22	24	50	24	0		120
4	Jonny Glen	Inverclyde AC	27	33	0	0	43		103
5	Ben Greenwood	Perth Strathtay	0	0	43	27	16		86
6	Andrew Butchart	Central AC	50	0	0	36	0		86
7	Tom Martyn	Costorphine AAC	3	0	30	30	20		83
8	Ryan Thomson	Cambuslang Harriers	30	18	33	0	0		81
9	Sol Sweeney	Glasgow University	43	36	0	0	0		79
10	Ross Gollan	Shettleston Harriers	0	0	43	10	24		77
11	Jack Leitch	Edinburgh University	14	22	0	18	18		72
12	Ewan Brown	Costorphine AAC	0	0	36	0	30		66
13	Cameron Strachan	Metro Aberdeen RC	12	0	36	14	0		62
14	Calum McKenzie	Costorphine AAC	1	0	27	8	22		58
15	Andrew Douglas	Inverclyde AC	0	0	0	20	33		53
16	Eoin Lennon	Carnethy HRC	0	0	24	12	14		50
17	John Newsom	Inverness Harriers AAC	0	0	50	0	0		50
18	Craig Jardine	Cambuslang Harriers	0	0	43	2	0		45
19	Craig Campbell	Inverness Harriers AAC	0	8	36	0	0		44
20	Fraser Stewart	Cambuslang Harriers	4	0	36	0	1		41
21	Kevin Wood	Fife AC	0	0	0	0	36		36
22	Ewan Davidson	Moray Road Runners	0	0	33	0	0		33
23	Sean Chalmers	Inverness Harriers AAC	0	0	0	33	0		33
24	Cameron Smith	Glasgow University	0	0	30	0	2		32
25	Jamie Williamson	Springburn Harriers	0	30	0	0	0		30
26	Rob Sinclair	Highland Hill Runners	0	0	30	0	0		30
27	Alastair Hay	Central AC	0	0	0	0	27		27
28	Adam Craig	Inverclyde AC	0	27	0	0	0		27
29	Alasdair Campbell	Cambuslang Harriers	0	0	27	0	0		27
30	James Wilson	Moray Road Runners	0	0	27	0	0		27
31	Lewis Rodgers	Fife AC	18	0	0	0	8		26
32	Alexander Cheplin	Carnethy HRC	0	0	20	6	0		26
33	James Donald	Dundee Hawkhill Harriers	10	14	0	1	0		25
34	Michael Ferguson	Aberdeen AAC	24	0	0	0	0		24
35	Craig Ruddy	Inverclyde AC	0	0	24	0	0		24
36	John Yells	Lochaber AC	0	0	24	0	0		24
37	Hamish Hickey	Stirling University	8	0	0	16	0		24
38	Ross Gray	Inverclyde AC	0	0	22	0	0		22
39	Douglas Selman	Costorphine AAC	0	0	22	0	0		22
40	Graham Bee	Inverness Harriers AAC	0	0	22	0	0		22
41	Robbie Simpson	Deeside Runners	0	0	0	22	0		22
42	Michael Christoforou	Edinburgh AC	2	16	0	3	0		21
43	Connor Maclean	Kilbarchan AAC	20	0	0	0	0		20
44	Max Milarvie	Edinburgh University	0	20	0	0	0		20
45	Mike Deason	Shettleston Harriers	0	0	20	0	0		20
46	Jack Ward	Highland Hill Runners	0	0	20	0	0		20
47	John Fergusson	East Kilbride AC	0	0	18	0	0		18
48	James Hoad	Aberdeen AAC	0	0	18	0	0		18
49	Blair Mackay	East Sutherland AC	0	0	18	0	0		18
50	Freddie Carcas	Edinburgh AC	16	0	0	0	0		16
51	Cameron Milne	Central AC	0	0	0	0	12		12
52	Joe Arthur	Edinburgh AC	0	12	0	0	0		12
53	Alasdair McLeod	Shettleston Harriers	0	0	0	0	10		10
54	Euan Campbell	Stornoway RAC	0	10	0	0	0		10
55	Eddie Narbett	Edinburgh University	0	0	0	0	6		6
56	Kristof Hornyik	Dundee Hawkhill Harriers	6	0	0	0	0		6
57	Alex Carcas	Edinburgh University	0	6	0	0	0		6
58	Matthew Sutherland	Central AC	0	0	0	0	4		4
59	Jack Eykelbosch	Edinburgh University	0	4	0	0	0		4
60	Elisha de Mello	Edinburgh University	0	0	0	4	0		4
61	Alex Muir	Edinburgh University	0	0	0	0	3		3
62	Conor Thomson	Kilbarchan AAC	0	3	0	0	0		3
63	Euan Martin	Falkirk Victoria Harriers	0	2	0	0	0		2
64	David Tamburini	Inverclyde AC	0	1	0	0	0		1
65									0
66									0
67									0
68									0
69									0
70									0
71									0
72									0
73									0
74									0
75									0

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Position	Women Name	Club	Scottish Short Course Championships 09-Nov-19	Liverpool Cross Challenge 23-Nov-19	Scottish District Championships 07-Dec-19	Scottish Inter District Championships 11-Jan-20	Scottish National Cross Country Championships 22-Feb-20	Inter Counties Cross Country Championships 07-Mar-20	Total
1	Annabel Simpson	Fife AC	50	50	50	36	43		**229**
2	Kayleigh Jarrett	Shettleston Harriers	6	30	43	16	30		**125**
3	Nynke Mulholland	Inverclyde AC	20	0	50	33	0		**103**
4	Mhairi MacLennan	Inverness Harriers AAC	0	0	0	50	50		**100**
5	Jenny Selman	Fife AC	43	33	0	0	0		**76**
6	Michelle Sandison	Springburn Harriers	18	0	0	24	27		**69**
7	Holly Little	VP-Glasgow AC	16	36	0	14	0		**66**
8	Fiona Brian	Metro Aberdeen	0	0	43	22	0		**65**
9	Virginie Barrand	Metro Aberdeen	0	0	36	27	0		**63**
10	Catriona MacDonald	Bellahouston RR	0	0	36	10	14		**60**
11	Kerry McAngus	Kilbarchan AAC	12	43	0	2	0		**57**
12	Zoe Pflug	Edinburgh University	24	0	0	30	0		**54**
13	Avril Mason	Shettleston Harriers	0	0	30	0	22		**52**
14	Moira Davie	Forres Harriers	0	0	50	0	0		**50**
15	Rebecca Johnson	Edinburgh University	0	27	0	20	0		**47**
16	Megan Crawford	Fife AC	0	0	27	0	16		**43**
17	Emma Watt	JSK Running Club	0	0	43	0	0		**43**
18	Fionnuala Ross	Shettleston Harriers	0	0	0	43	0		**43**
19	Freya Ross	Falkirk Victoria Harriers	0	0	30	12	0		**42**
20	Lauren Wilson	Edinburgh AC	22	0	0	18	0		**40**
21	Nicola Hood	Dumfries RC	0	0	33	0	6		**39**
22	Moira Stewart	Cambuslang Harriers	0	0	0	0	36		**36**
23	Megan Keith	Inverness Harriers	36	0	0	0	0		**36**
24	Caroline Marwick	Inverness Harriers AAC	0	0	36	0	0		**36**
25	Jill Stephens	Hunters Bog Trotters	1	0	33	0	0		**34**
26	Steph Pennycook	Fife AC	0	0	0	0	33		**33**
27	Cera Gemmell	Team East Lothian	33	0	0	0	0		**33**
28	Iona Robertson	Moray Road Runners	0	0	33	0	0		**33**
29	Holly Page	Edinburgh University	30	0	0	0	0		**30**
30	Michelle Slater	Moray Road Runners	0	0	30	0	0		**30**
31	Katie Lowery	Edinburgh University	2	24	0	0	3		**29**
32	Kathryn Pennel	Shettleston Harriers	0	0	18	0	10		**28**
33	Heather Anderson	Fife AC	0	0	20	0	8		**28**
34	Claire Bruce	Metro Aberdeen	0	0	22	6	0		**28**
35	Erin Wallace	Giffnock North AC	27	0	0	0	0		**27**
36	Sarah Attwood	Skye & Lochalsh RAC	0	0	27	0	0		**27**
37	Kara Tait	Kilmarnock Harriers	0	0	27	0	0		**27**
38	Jennifer Spence	Fife AC	0	0	0	0	24		**24**
39	Charlotte Black	Shetland AAC	0	0	24	0	0		**24**
40	Chloe Cox	Edinburgh AC	0	0	24	0	0		**24**
41	Aoife Carr	Glasgow University	0	0	24	0	0		**24**
42	Hannah Morrison	Edinburgh University	0	22	0	0	0		**22**
43	Karen Lyons	Highland Hill Runners	0	0	22	0	0		**22**
44	Steph Lawrie	VP-Glasgow AC	0	0	22	0	0		**22**
45	Catriona Graves	Edinburgh University	0	0	0	0	20		**20**
46	Holly Thompson	Kilbarchan AAC	0	20	0	0	0		**20**
47	Julie Wilson	Inverness Harriers AAC	0	0	20	0	0		**20**
48	Jessica Martin	Shettleston Harriers	0	0	20	0	0		**20**
49	Kirsten Maxwell	Gala Harriers	0	0	0	0	18		**18**
50	Emily McNicol	Strathclyde University	0	18	0	0	0		**18**
51	Siobhan Evans	Forres Harriers	0	0	18	0	0		**18**
52	Morag Miller	Central AC	0	0	18	0	0		**18**
53	Constance Nankivell	Edinburgh University	14	0	0	4	0		**18**
54	Polly Edwards	Edinburgh University	0	16	0	0	0		**16**
55	Sharon Hastie	Kilbarchan AAC	0	14	0	0	0		**14**
56	Sophie Collins	Hunters Bog Trotters	0	0	0	0	12		**12**
57	Lydia Blythe	Edinburgh University	0	12	0	0	0		**12**
58	Katy Brown	Giffnock North AC	10	0	0	0	0		**10**
59	Catriona Padmanabhan	Garscube Harriers	0	10	0	0	0		**10**
60	Hannah Cameron	Edinburgh AC	8	0	0	0	0		**8**
61	Margaret Newell	Law & District AAC	0	8	0	0	0		**8**
62	Sophia Green	Moray Road Runners	0	0	0	8	0		**8**
63	Amanda Connelly	Garscube Harriers	0	6	0	0	0		**6**
64	Kirsty Dickson	Glasgow University	0	0	0	0	4		**4**
65	Philippa Millage	VP-Glasgow AC	4	0	0	0	0		**4**
66	Ruth Kirk	Ayr Seaforth	0	4	0	0	0		**4**
67	Emily Andrew	Inverness Harriers AAC	3	0	0	0	0		**3**
68	Gemma Cormack	Inverness Harriers	0	0	0	3	0		**3**
69	Keira Gore	Lasswade AC	0	0	0	0	2		**2**
70	Yvonne McNairn	Giffnock North AC	0	0	0	0	1		**1**
71	Amy Frankland	Lasswade AC	0	0	0	1	0		**1**
72									**0**
73									**0**
74									**0**
75									**0**