



Men			Scottish Short Course Championships	Scottish District Championships	Scottish Inter District Championships	Scottish National Cross Country Championships	Total
Position	Name	Club	05-Nov-22	03-Dec-22	14-Jan-23	25-Feb-23	
1	Ben Potrykus	Inverclyde AC	50				50
2	Tom Graham-Marr	Central AC	43				43
3	Ben MacMillan	Central AC	36				36
4	Callum Tharme	Strathclyde University	33				33
5	Matt Knowles	Edinburgh University	30				30
6	Duncan Robinson	Giffnock North AC	27				27
7	Jack Patton	Strathclyde University	24				24
8	Hamish Hickey	Central AC	22				22
9	Christian Graham	Lasswade AC	20				20
10	Scott Stirling	Falkirk Victoria Harriers	18				18
11	Lachlan Oates	Shettleston Harriers	16				16
12	Kane Elliott	Falkirk Victoria Harriers	14				14
13	Michael Ferguson	Aberdeen AAC	12				12
14	Adam Brown	Aberdeen AAC	10				10
15	Jamie Burns	Shettleston Harriers	8				8
16	Tendai Nyabadza	Harmeny AC	6				6
17	Ben Sandilands	Fife AC	4				4
18	Seyd Taha Ghafari	Shettleston Harriers	3				3
19	James Donald	Dundee Hawkhill Harriers	2				2
20	Cameron Milne	Central AC	1				1



Women			Scottish Short Course Championships	Scottish District Championships	Scottish Inter District Championships	Scottish National Cross Country Championships	Total
Position	Name	Club	05-Nov-22	03-Dec-22	14-Jan-23	25-Feb-23	
1	Megan Keith	Edinburgh University	50				50
2	Kirsty Walker	Edinburgh AC	43				43
3	Jenny Selman	Fife AC	36				36
4	Alice Goodall	Edinburgh University	33				33
5	Hannah Ryding	Giffnock North AAC	30				30
6	Beth Garland	Costorphine AAC	27				27
7	Brogan Wallace	Inverclyde AC	24				24
8	Erin Wallace	Glasgow University	22				22
9	Beth Ansell	Edinburgh AC	20				20
10	Sarah Calvert	Edinburgh University	18				18
11	Meredith Reid	Inverclyde AC	16				16
12	Constance Nankivell	Edinburgh University	14				14
13	Sarah Tait	Stirling University	12				12
14	Hannah Anderson	Edinburgh University	10				10
15	Zoe Pflug	Edinburgh University	8				8
16	Nynke Mulholland	Inverclyde AC	6				6
17	Sara Green	Gala Harriers	4				4
18	Stefanie Tucker	Aberdeen AAC	3				3
19	Sarah Coutts	Fife AC	2				2
20	Niamh Carr	Edinburgh University	1				1