





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	Duncan Robinson	Giffnock North AC	27	50			77
2	Tom Graham-Marr	Central AC	43	33			76
3	Ben MacMillan	Central AC	36	36			72
4	Callum Tharme	Strathclyde University	33	33			66
5	Hamish Hickey	Central AC	22	43			65
6	Ben Potrykus	Inverclyde AC	50	0			50
7	Kristian Jones	Dundee Hawkhill Harriers	0	50			50
8	Max Abernethy	Fraserburgh RC	0	50			50
9	Seyd Taha Ghafari	Shettleston Harriers	3	43			46
10	Jamie Burns	Shettleston Harriers	8	36			44
11	Lachlan Oates	Shettleston Harriers	16	27			43
12	Kenny Wilson	Moray Road Runners	0	43			43
13	Scott Stirling	Falkirk Victoria Harriers	18	24			42
14	Eoghann Gollan	East Sutherland AC	0	36			36
15	Michael Ferguson	Aberdeen AAC	12	22			34
16	Rob Sinclair	Highland Hill Runners	0	33			33
17	Matt Knowles	Edinburgh University	30	0			30
18	Alexander Chepelin	Carnethy HRC	0	30			30
19	Gavin Smith	Cambuslang Harriers	0	30			30
20	Adam Baker	Moray Road Runners	0	30			30
21	Calum Phillip	Central AC	0	27			27
22	Matthew Blunden	Moray Road Runners	0	27			27
23	Jack Patton	Strathclyde University	24	0			24
24	Jonathan Glen	Inverclyde AC	0	24			24
25	James Wilson	Moray Road Runners	0	24			24
26	Fraser Stewart	Cambuslang Harriers	0	22			22
27	Ben Livesey	Moray Road Runners	0	22			22
28	Christian Graham	Lasswade AC	20	0			20
29	Lewis Rodgers	Fife AC	0	20			20
30	John Bell	Inverclyde AC	0	20			20
31	Ruairidh Gollan	East Sutherland AC	0	20			20
32	Luca Fanatolli	Central AC	0	18			18
33	Ross Good	Giffnock North AC	0	18			18
34	John Yells	Lochaber Athletic Club	0	18			18
35	Kane Elliott	Falkirk Victoria Harriers	14	0			14
36	Adam Brown	Aberdeen AAC	10	0			10
37	Tendai Nyabadza	Harmony AC	6	0			6
38	Ben Sandilands	Fife AC	4	0			4
39	James Donald	Dundee Hawkhill Harriers	2	0			2
40	Cameron Milne	Central AC	1	0			1
41							0
42							0
43							0
44							0
45							0



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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	Constance Nankivell	Edinburgh University	14	43			57
2	Megan Keith	Edinburgh University	50	0			50
3	Holly Page	Carnethy HRC	0	50			50
4	Catriona MacDonald	Bellahouston RR	0	50			50
5	Catriona Graves	Highland Hill Runners	0	50			50
6	Nynke Mulholland	Inverclyde AC	6	43			49
7	Sarah Tait	Stirling University	12	33			45
8	Zoe Pflug	Edinburgh University	8	36			44
9	Kirsty Walker	Edinburgh AC	43	0			43
10	Zoe Harding	Highland Hill Runners	0	43			43
11	Jenny Selman	Fife AC	36	0			36
12	Clare Stewart	Glasgow University	0	36			36
13	Sarah Attwood	Skye & Lochalsh Running Club	0	36			36
14	Sara Green	Gala Harriers	4	30			34
15	Alice Goodall	Edinburgh University	33	0			33
16	Sophie Chisholm	Glasgow University	0	33			33
17	Louise Cartmell	Moray Road Runners	0	33			33
18	Hannah Ryding	Giffnock North AAC	30	0			30
19	Lesley Bell	Garscube Harriers	0	30			30
20	Kirsty Rogan	Highland Hill Runners	0	30			30
21	Beth Garland	Costorphine AAC	27	0			27
22	Grace Pow	Edinburgh University	0	27			27
23	Eve MacKinnon	Cambuslang Harriers	0	27			27
24	Moira Davie	Forres Harriers	0	27			27
25	Brogan Wallace	Inverclyde AC	24	0			24
26	Kirsty Dickson	Carnethy HRC	0	24			24
27	Emily McNicol	Glasgow University	0	24			24
28	Emma Murray	JSK Running Club	0	24			24
29	Erin Wallace	Glasgow University	22	0			22
30	Naomi Lang	Carnethy HRC	0	22			22
31	Kirsten Oakley	Ayr Seaforth AC	0	22			22
32	Tammy Wilson	JSK Running Club	0	22			22
33	Beth Ansell	Edinburgh AC	20	0			20
34	Megan Crawford	Fife AC	0	20			20
35	Michelle Sandison	Springburn Harriers	0	20			20
36	Lesley Hanson	Inverness Harriers AAC	0	20			20
37	Sarah Calvert	Edinburgh University	18	0			18
38	Fiona Davies	Edinburgh AC	0	18			18
39	Yvonne McNairn	Giffnock North AAC	0	18			18
40	Rosie Doull	Lochaber AC	0	18			18
41	Meredith Reid	Inverclyde AC	16	0			16
42	Hannah Anderson	Edinburgh University	10	0			10
43	Stefanie Tucker	Aberdeen AAC	3	0			3
44	Sarah Coutts	Fife AC	2	0			2
45	Niamh Carr	Edinburgh University	1	0			1