



scottishathletics							
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	0	50		100
2	Constance Nankivell	Edinburgh University	14	43	22		79
3	Holly Page	Carnethy HRC	0	50	27		77
4	Alice Goodall	Edinburgh University	33	0	33		66
5	Sarah Tait	Stirling University	12	33	18		63
6	Nynke Mulholland	Inverclyde AC	6	43	12		61
7	Catriona MacDonald	Bellahouston RR	0	50	10		60
8	Beth Garland	Costorphine AAC	27	0	30		57
9	Catriona Graves	Highland Hill Runners	0	50	6		56
10	Sara Green	Gala Harriers	4	30	20		54
11	Naomi Lang	Carnethy HRC	0	22	24		46
12	Zoe Pflug	Edinburgh University	8	36	0		44
13	Fionnuala Ross	Shettleston Harriers	0	0	43		43
14	Kirsty Walker	Edinburgh AC	43	0	0		43
15	Zoe Harding	Highland Hill Runners	0	43	0		43
16	Kirsty Dickson	Carnethy HRC	0	24	16		40
17	Scout Adkin	Moorfoot Runners	0	0	36		36
18	Clare Stewart	Glasgow University	0	36	0		36
19	Jenny Selman	Fife AC	36	0	0		36
20	Sarah Attwood	Skye & Lochalsh Running Club	0	36	0		36
21	Louise Cartmell	Moray Road Runners	0	33	0		33
22	Sophie Chisholm	Glasgow University	0	33	0		33
23	Hannah Ryding	Giffnock North AAC	30	0	0		30
24	Kirsty Rogan	Highland Hill Runners	0	30	0		30
25	Lesley Bell	Garscube Harriers	0	30	0		30
26	Eve MacKinnon	Cambuslang Harriers	0	27	0		27
27	Grace Pow	Edinburgh University	0	27	0		27
28	Moira Davie	Forres Harriers	0	27	0		27
29	Emily McNicol	Glasgow University	0	24	2		26
30	Hannah Anderson	Edinburgh University	10	0	14		24
31	Brogan Wallace	Inverclyde AC	24	0	0		24
32	Emma Murray	JSK Running Club	0	24	0		24
33	Erin Wallace	Glasgow University	22	0	0		22
34	Kirsten Oakley	Ayr Seaforth AC	0	22	0		22
35	Tammy Wilson	JSK Running Club	0	22	0		22
36	Megan Crawford	Fife AC	0	20	1		21
37	Beth Ansell	Edinburgh AC	20	0	0		20
38	Lesley Hanson	Inverness Harriers AAC	0	20	0		20
39	Michelle Sandison	Springburn Harriers	0	20	0		20
40	Fiona Davies	Edinburgh AC	0	18	0		18
41	Rosie Doull	Lochaber AC	0	18	0		18
42	Sarah Calvert	Edinburgh University	18	0	0		18
43	Yvonne McNairn	Giffnock North AAC	0	18	0		18
44	Meredith Reid	Inverclyde AC	16	0	0		16
45	Natasha Phillips	Dundee Hawkhill	0	0	8		8
46	Aoife Carr	Shettleston Harriers	0	0	4		4
47	Pippa Carcas	Edinburgh AC	0	0	3		3
48	Stefanie Tucker	Aberdeen AAC	3	0	0		3
49	Sarah Coutts	Fife AC	2	0	0		2
50	Niamh Carr	Edinburgh University	1	0	0		1



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	Hamish Hickey	Central AC	22	43	30	95
2	Kristian Jones	Dundee Hawkhill Harriers	0	50	43	93
3	Callum Tharme	Strathclyde University	33	33	22	88
4	Ben MacMillan	Central AC	36	36	12	84
5	Lachlan Oates	Shettleston Harriers	16	27	36	79
6	Duncan Robinson	Giffnock North AC	27	50	0	77
7	Tom Graham-Marr	Central AC	43	33	0	76
8	Scott Stirling	Falkirk Victoria Harriers	18	24	27	69
9	Seyd Taha Ghafari	Shettleston Harriers	3	43	20	66
10	Jamie Burns	Shettleston Harriers	8	36	18	62
11	Max Abernethy	Fraserburgh RC	0	50	10	60
12	Ben Potrykus	Inverclyde AC	50	0	0	50
13	Jamie Crowe	Central AC	0	0	50	50
14	Calum Phillip	Central AC	0	27	16	43
15	Kenny Wilson	Moray Road Runners	0	43	0	43
16	Eoghann Gollan	East Sutherland AC	0	36	0	36
17	Michael Ferguson	Aberdeen AAC	12	22	2	36
18	Kieran Reilly	Central AC	0	0	33	33
19	Rob Sinclair	Highland Hill Runners	0	33	0	33
20	Adam Baker	Moray Road Runners	0	30	0	30
21	Alexander Chepelin	Carnethy HRC	0	30	0	30
22	Gavin Smith	Cambuslang Harriers	0	30	0	30
23	Matt Knowles	Edinburgh University	30	0	0	30
24	Matthew Blunden	Moray Road Runners	0	27	0	27
25	Luca Fanatolli	Central AC	0	18	8	26
26	Jack Patton	Strathclyde University	24	0	0	24
27	James Wilson	Moray Road Runners	0	24	0	24
28	Jonathan Glen	Inverclyde AC	0	24	0	24
29	Lewis Rodgers	Fife AC	0	20	4	24
30	Ross Gollan	East Sutherland AC	0	0	24	24
31	Ben Livesey	Moray Road Runners	0	22	0	22
32	Fraser Stewart	Cambuslang Harriers	0	22	0	22
33	Christian Graham	Lasswade AC	20	0	0	20
34	John Bell	Inverclyde AC	0	20	0	20
35	Ruairidh Gollan	East Sutherland AC	0	20	0	20
36	John Yells	Lochaber Athletic Club	0	18	0	18
37	Ross Good	Giffnock North AC	0	18	0	18
38	Kane Elliott	Falkirk Victoria Harriers	14	0	0	14
39	Lewis Hannigan	Kilbarchan AAC	0	0	14	14
40	Adam Brown	Aberdeen AAC	10	0	0	10
41	Jacob Adkin	Moorfoot Runners	0	0	6	6
42	Tendai Nyabadza	Harmeny AC	6	0	0	6
43	James Donald	Dundee Hawkhill Harriers	2	0	3	5
44	Ben Sandilands	Fife AC	4	0	0	4
45	Cameron Milne	Central AC	1	0	0	1
46	Robbie Ferguson	Kilbarchan AAC	0	0	1	1