



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	Alice Goodall	Edinburgh University	33	0	33	86	152
2	Scout Adkin	Moorfoot Runners	0	0	36	100	136
3	Sara Green	Gala Harriers	4	30	20	66	120
4	Nynke Mulholland	Inverclyde AC	6	43	12	48	109
5	Zoe Pflug	Edinburgh University	8	36	0	60	104
=6	Naomi Lang	Carnethy HRC	0	22	24	54	100
=6	Megan Keith	Edinburgh University	50	0	50	0	100
8	Catriona MacDonald	Bellahouston RR	0	50	10	36	96
9	Catriona Graves	Highland Hill Runners	0	50	6	24	80
10	Constance Nankivell	Edinburgh University	14	43	22	0	79
11	Holly Page	Carnethy HRC	0	50	27	0	77
=12	Stephanie Pennycook	Fife AC	0	0	0	72	72
=12	Kirsty Dickson	Carnethy HRC	0	24	16	32	72
14	Sarah Tait	Stirling University	12	33	18	0	63
15	Beth Garland	Costorphine AAC	27	0	30	0	57
16	Eve MacKinnon	Cambuslang Harriers	0	27	0	28	55
17	Sarah Brown	Edinburgh AC	0	0	0	44	44
=18	Fionnuala Ross	Shettleston Harriers	0	0	43	0	43
=18	Kirsty Walker	Edinburgh AC	43	0	0	0	43
=18	Zoe Harding	Highland Hill Runners	0	43	0	0	43
21	Fiona Bunn	Edinburgh University	0	0	0	40	40
=22	Clare Stewart	Glasgow University	0	36	0	0	36
=22	Jenny Selman	Fife AC	36	0	0	0	36
=22	Sarah Attwood	Skye & Lochalsh Running Club	0	36	0	0	36
25	Emily McNicol	Glasgow University	0	24	2	8	34
=26	Megan Crawford	Fife AC	0	20	1	12	33
=26	Louise Cartmell	Moray Road Runners	0	33	0	0	33
=26	Sophie Chisholm	Glasgow University	0	33	0	0	33
=29	Hannah Ryding	Giffnock North AAC	30	0	0	0	30
=29	Kirsty Rogan	Highland Hill Runners	0	30	0	0	30
=29	Lesley Bell	Garscube Harriers	0	30	0	0	30
=32	Grace Pow	Edinburgh University	0	27	0	0	27
=32	Molra Davie	Forres Harriers	0	27	0	0	27
=34	Brogan Wallace	Inverclyde AC	24	0	0	0	24
=34	Emma Murray	JSK Running Club	0	24	0	0	24
=34	Hannah Anderson	Edinburgh University	10	0	14	0	24
=37	Erin Wallace	Glasgow University	22	0	0	0	22
=37	Kirsten Oakley	Ayr Seaforth AC	0	22	0	0	22
=37	Tammy Wilson	JSK Running Club	0	22	0	0	22
=40	Eilidh Bell	Shettleston Harriers	0	0	0	20	20
=40	Beth Ansell	Edinburgh AC	20	0	0	0	20
=40	Lesley Hanson	Inverness Harriers AAC	0	20	0	0	20
=40	Michelle Sandison	Springburn Harriers	0	20	0	0	20
=44	Fiona Davies	Edinburgh AC	0	18	0	0	18
=44	Rosie Doull	Lochaber AC	0	18	0	0	18
=44	Sarah Calvert	Edinburgh University	18	0	0	0	18
=44	Yvonne McNairn	Giffnock North AAC	0	18	0	0	18
=48	Freya Ross	Falkirk Victoria Harriers	0	0	0	16	16
=48	Meredith Reid	Inverclyde AC	16	0	0	0	16
50	Natasha Phillips	Dundee Hawkhill	0	0	8	0	8
51	Anna Wallace	Shettleston Harriers	0	0	0	6	6
=52	Gillian Black	VP-Glasgow AC	0	0	0	4	4
=52	Aoife Carr	Shettleston Harriers	0	0	4	0	4
=54	Pippa Carcas	Edinburgh AC	0	0	3	0	3
=54	Stefanie Tucker	Aberdeen AAC	3	0	0	0	3
=55	Rose Penfold	Edinburgh AC	0	0	0	2	2
=55	Sarah Coutts	Fife AC	2	0	0	0	2
58	Niamh Carr	Edinburgh University	1	0	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	72	167
2	Jamie Crowe	Central AC	0	0	50	86	136
3	Lachlan Oates	Shettleston Harriers	16	27	36	54	133
4	Scott Stirling	Falkirk Victoria Harriers	18	24	27	60	129
5	Tom Graham-Marr	Central AC	43	33	0	48	124
6	Ben Potrykus	Inverclyde AC	50	0	0	66	116
7	Jamie Burns	Shettleston Harriers	8	36	18	44	106
8	Logan Rees	Fife AC	0	0	0	100	100
9	Seyd Taha Ghafari	Shettleston Harriers	3	43	20	28	94
10	Kristian Jones	Dundee Hawkhill Harriers	0	50	43	0	93
11	Callum Tharme	Strathclyde University	33	33	22	0	88
12	Ben MacMillan	Central AC	36	36	12	0	84
13	Duncan Robinson	Giffnock North AC	27	50	0	0	77
14	Max Abernethy	Fraserburgh RC	0	50	10	6	66
15	Ross Gollan	East Sutherland AC	0	0	24	40	64
16	Gavin Smith	Cambuslang Harriers	0	30	0	32	62
17	Calum Phillip	Central AC	0	27	16	12	55
18	Alexander Chepelin	Carnethy HRC	0	30	0	16	46
19	Christian Graham	Lasswade AC	20	0	0	24	44
20	Kenny Wilson	Moray Road Runners	0	43	0	0	43
21	Michael Ferguson	Aberdeen AAC	12	22	2	4	40
=22	Adam Craig	Inverclyde AC	0	0	0	36	36
=22	Eoghann Gollan	East Sutherland AC	0	36	0	0	36
=24	Kieran Reilly	Central AC	0	0	33	0	33
=24	Rob Sinclair	Highland Hill Runners	0	33	0	0	33
=26	Fraser Stewart	Cambuslang Harriers	0	22	0	8	30
=26	Adam Baker	Moray Road Runners	0	30	0	0	30
=26	Matt Knowles	Edinburgh University	30	0	0	0	30
29	Luca Fanatoli	Central AC	0	18	8	2	28
30	Matthew Blunden	Moray Road Runners	0	27	0	0	27
=31	Jack Patton	Strathclyde University	24	0	0	0	24
=31	James Wilson	Moray Road Runners	0	24	0	0	24
=31	Jonathan Glen	Inverclyde AC	0	24	0	0	24
=31	Lewis Rodgers	Fife AC	0	20	4	0	24
35	Ben Livesey	Moray Road Runners	0	22	0	0	22
=36	Grant Sheldon	Cambuslang Harriers	0	0	0	20	20
=36	John Bell	Inverclyde AC	0	20	0	0	20
=36	Ruaridh Gollan	East Sutherland AC	0	20	0	0	20
=39	Ross Good	Giffnock North AC	0	18	0	0	18
=39	John Yells	Lochaber Athletic Club	0	18	0	0	18
=41	Kane Elliott	Falkirk Victoria Harriers	14	0	0	0	14
=41	Lewis Hannigan	Kilbarchan AAC	0	0	14	0	14
43	Adam Brown	Aberdeen AAC	10	0	0	0	10
=44	Jacob Adkin	Moorfoot Runners	0	0	6	0	6
=44	Tendai Nyabadza	Harmeny AC	6	0	0	0	6
46	James Donald	Dundee Hawkhill Harriers	2	0	3	0	5
47	Ben Sandilands	Fife AC	4	0	0	0	4
=48	Cameron Milne	Central AC	1	0	0	0	1
=48	Robbie Ferguson	Kilbarchan AAC	0	0	1	0	1