



	Men		Scottish Short Course Championships	Scottish District Championships	Scottish Inter District Championships	Scottish National Cross Country Championships	Total
Position	Name	Club	4 Nov 23	2 Dec 23	13 Jan 24	24 Feb 24	
1	Jamie Crowe	Central AC	50	50	50	100	250
2	Duncan Robinson	Giffnock North AC	33	50	36	66	185
3	Scott Stirling	Falkirk Victoria Harriers	43		43	86	172
4	Andrew Douglas	Inverclyde AC		33	27	54	114
5	Eddie Narbett	Carnethy	16	27	22	44	109
6	Ben Potrykus	Inverclyde AC	20			72	92
7	Michael Ferguson	Aberdeen AAC		22	8	60	90
8	Lewis Hannigan	Kilbarchan			36	36	72
9	Tom Martyn	HBT			16	48	64
10	Freddie Carcas	Edinburgh AC	36			24	60
11	Lachlan Oates	Shettleston Harriers			20	40	60
12	Moray Pryde	Lothian Running Club		24	14	16	54
13	Calum Phillip	Central AC	2	33	18		53
14	Ross Gollan	East Sutherland AC		50			50
15	Jamie Mackinnon	Cambuslang Harriers	18	30	1		49
16	Callum Tharme	Strathclyde University	27			20	47

17	Andrew Butchart	Central AC		43			43
18	James Wilson	Moray Road Runners		43			43
19	Seyd Taha Ghafari	Shettleston Harriers		43			43
20	Max Abernethy	Aberdeen AAC	12			28	40
21	Gavin Smith	Cambuslang Harriers		36			36
22	Kristian Jones	Dundee Hawkhill Harriers		36			36
23	Gordon Lennox	East Sutherland AC		36			36
24	Lewis MacAlpine	Stornway RAC		33			33
25	Cameron Milne	Central AC				32	32
26	Jack Patton	Strathclyde University	30				30
27	Sean Chalmers	Aberdeen AAC		30			30
28	Matthew Blunden	Moray Road Runners		30			30
29	Finlay Ross-Davie	EUHH			30		30
30	Robbie Ferguson	Kilbrachan AC		27			27
31	George Fisher	Lochaber AC		27			27
32	Ben MacMillan	Central AC	24				24
33	Magnus Tait	Glasgow University		24			24
34	Alasdair Coupar	East Sutherland AC		24			24
35	Ryan Grey	Inverclyde AC		22	2		24
36	Harry Henricksen	Edinburgh University	22				22
37	Andrew Johnstone	Inverness Harriers		22			22
38	Philip Neilson	Shettleston Harriers		20			20
39	Calum McKenzie	Corstorphine AAC		20			20
40	Adam Baker	Moray Road Runners		20			20
41	Dan Dry	Shettleston Harriers		18			18
42	Mohamend Warsame	Aberdeen AAC		18			18
43	Sam Milton	Moray Road Runners		18			18
44	Andrew McGill	Glasgow University	8		7		15
45	Corey Campbell	Team East Lothian	14				14
46	Michael Christoforou	Cambuslang Harriers				12	12
47	Ryan Martin	Stirling University	10				10
48	Lewis Rodgers	Fife AC				8	8

49	Lucas Cairns	Edinburgh University	6				6
50	Fraser Gilmour	Kilbarchan			6		6
51	Fraser Stewart	Cambuslang Harriers				6	6
52	Logan Beagley	Livingston AC	4				4
53	Ross Grey	Inverclyde AC			4		4
54	Darryl Hastie	Gala Hastie				4	4
55	Peter Bradshaw	EUHH			3		3
56	Luke Davidson	Inverness Harriers	3				3
57	Luke Fisher	Carnethy				2	2
58	Noah Howlett	Edinburgh AC	1				1



Women			Scottish Short Course Championships	Scottish District Championships	Scottish Inter District Championships	Scottish National Cross Country Championships	Total
Position	Name	Club	4 Nov 23	2 Dec 23	13 Jan 24	24 Feb 24	
1	Kirsty Walker	Edinburgh AC	43	50	50	66	209
2	Nancy Scott	Edinburgh AC	30		43	86	159
3	Eve Mackinnon	Cambuslang Harriers	20	50	33	54	157
4	Nynke Mulholland-Stum	Inverclyde AC	16	43	24	44	127
5	Alice Goodall	Edinburgh AC	18			100	118
6	Scout Adkin	Moorfoots			36	72	108
7	Claire Bruce	Aberdeen Metro		36	18	48	102
8	Sara Green	Gala Harriers	14	33	20	24	91
9	Catriona MacDonald	Bellahouston Harriers	1	36	14	36	87
10	Lauren Dickson	Lasswade AC		43	30		73
11	Zoe Pflug	Cambuslang Harriers				60	60
12	Clare Stewart	Glasgow University		24	2	32	58
13	Monica Blair	Garscube Harriers	4	30	3	20	57
14	Hannah Cameron	Aberdeen AAC	2	27	27		56

15	Eloise Walker	Edinburgh AC	50				50
16	Catriona Graves	Highland Hill Runners		50			50
17	Mia Padmanabhan	Glasgow University		20	12	16	48
18	Georgina Tindley	Highland Hill Runners		43			43
19	Emily McNicol	Glasgow University				40	40
20	Lesley Bell	Garscube Harriers		33	6		39
21	Emma Creasey	Giffnock North AAC		27	10	2	39
22	Fionnuala Ross	Shettleston Harriers	36				36
23	Gemma Cormack	Moray Road Runners		36			36
24	Megan Crawford	Fife AC		18	16		34
25	Katie Anderson	Moray Road Runners		33			33
26	Erin Wallace	Giffnock North AAC	33				33
27	Amy Frankland	Lasswade AC		30			30
28	Helen Leigh	Highland Hill Runners		30			30
29	Gillian Black	VP Glasgow AC				28	28
30	Katja Blunden	Moray Road Runners		27			27
31	Stefanie Tucker	Cambuslang Harriers	27				27
32	Olivia Vareille	Falkirk Victoria Harriers		24			24
33	Lesley Hansen	Moray Road Runners		24			24
34	Sarah Calvert	Edinburgh University	24				24
35	Emma Jenkins	Aberdeen AC		22			22
36	Rachel Little	Insch Trail Running Club		22			22
37	Michelle Sandison	Springburn Harriers		22			22
38	Sarah Coutts	Fife AC			22		22
39	Lynn McKenna	Shettleston Harriers	22				22
40	Kara Mckenzie-Tait	Costorphine AAC		20	1		21
41	Monica Padilla	Highland Hill Runners		20			20
42	Aoife Carr	Shettleston Harriers		18			18
43	Isla MacKay	Lochaber AC		18			18
44	Anya MacLean	Edinburgh University	12				12
45	Beth Ansell	Edinburgh AC				12	12
46	Isla Paterson	Gala Harriers	10				10

47	Grace Pow	Carnethy HRC			8		8
48	Kirstian MacAulay	Costorphine AAC	8				8
49	Freya Ross	Falkirk Victoria Harriers				8	8
50	Merce Sanchez Oller	Edinburgh AC	6				6
51	Hollie Hindley	Carnethy HRC				6	6
52	Grace Tindall	Central AC			4		4
53	Shona McIntosh	Hunters Bog Trotters				4	4
54	Josie-Wren Golder	Costorphine AAC	3				3