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	Men		Scottish 4K Championships	Scottish District Championships	BUPA Great Edinburgh International Cross Country/Scottish Inter-District Championships	Scottish National Cross Country Championships	Total
Position	Name	Club	09-Nov-14	06-Dec-14	10-Jan-15	22-Feb-15	
1	Andrew Butchart	Central AC	35	0	0	70	105
2	Luke Traynor	Giffnock North AC	17	14	14	48	93
3	Tewoldeberhan Mengisteab	Shettleston Harriers	24	18	29	16	87
4	Callum Hawkins	Kilbarchan AAC	0	0	0	58	58
5	Alexander Hendry	Central AC	8	14	0	34	56
6	Murray Strain	HBT	0	18	35	0	53
7	Craig Ruddy	Inverclyde AC	20	12	6	10	48
8	Scott MacDonald	Central AC	0	0	24	22	46
9	Alasdair McLeod	Shettleston Harriers	0	3	0	40	43
10	John Newsom	Inverness Harriers	0	18	11	12	41
11	Alastair Hay	Central AC	0	6	0	30	36
12	Max McNeill	Lothian RC	0	10	17	6	33
13	Lachlan Oates	Shettleston Harriers	12	0	0	18	30
14	Dan Mulhare	Inverclyde AC	29	0	0	0	29
15	Michael Crawley	Costorphine AAC	0	0	0	28	28
16	Dermot Cummins	Costorphine AAC	14	0	0	14	28
17	Michael Ferguson	Aberdeen AAC	7	0	20	0	27
18	Sean Fontana	VPCOG	0	0	0	26	26
19	Ross Houston	Central AC	0	1	0	24	25
20	Callum McKenzie	Costorphine AAC	0	0	3	20	23
21	Douglas Selman	Costorphine AAC	3	12	0	8	23
22	Iain MacCorquodale	RH Cambuslang	0	10	13	0	23
23	Ryan Thomson	RH Cambuslang	6	0	15	0	21
24	Howell Craske	Costorphine AAC	11	3	4	0	18
25	Patryk Gierjatowicz	HBT	0	4	9	2	15
26	Matt Gunby	Unattached	15	0	0	0	15
27	Kyle Greig	Forres Harriers	0	14	0	0	14
28	Cameron Milne	Central AC	4	8	2	0	14

29	Euan Gillham	Kilbarchan AAC	13	0	0	0	<b>13</b>
30	Kenny Wilson	Moray RR	0	12	0	0	<b>12</b>
31	Dale Colley	Central AC	0	0	12	0	<b>12</b>
32	Gavin McArdle	Kilbarchan AAC	10	0	0	0	<b>10</b>
33	Donnie MacDonald	Inverness Harriers	0	10	0	0	<b>10</b>
34	Aidan Thompson	Central AC	0	0	10	0	<b>10</b>
35	Jonathan Glen	Inverclyde AC	9	0	0	0	<b>9</b>
36	Stephen Trainer	Glenpark Harriers	0	4	5	0	<b>9</b>
37	Marc Austin	VPCOG	0	8	0	0	<b>8</b>
38	Graham Bee	Inverness Harriers	0	8	0	0	<b>8</b>
39	Kyle McLellan	RH Cambuslang	0	0	8	0	<b>8</b>
40	Jonathan Henderson	HBT	0	0	7	0	<b>7</b>
41	Mark Pollard	Inverclyde AC	0	6	0	0	<b>6</b>
42	Gordon Lennox	Forres Harriers	0	6	0	0	<b>6</b>
43	Adam Craig	Edinburgh AC	5	0	0	0	<b>5</b>
44	Thomas Owens	Shettleston Harriers	0	0	0	4	<b>4</b>
45	William MacRury	Stornoway AC	0	4	0	0	<b>4</b>
46	Sam Hesling	Highland Hill R	0	3	0	0	<b>3</b>
47	Andrew Lawler	Edinburgh AC	2	0	0	0	<b>2</b>
48	Grant Sheldon	RH Cambuslang	0	2	0	0	<b>2</b>
49	Keith Hood	Costorphine AAC	0	2	0	0	<b>2</b>
50	Jack Trevelyan	Highland Hill R	0	2	0	0	<b>2</b>
51	Grant Muir	Giffnock North AC	1	0	0	0	<b>1</b>
52	Robert Gilroy	RH Cambuslang	0	1	0	0	<b>1</b>
53	Paul Miller	Inverness Harriers	0	1	0	0	<b>1</b>
54	Paul Sorrie	Shettleston Harriers	0	0	1	0	<b>1</b>