

Men							
Position	Name	Club	Scottish 4K Championships 09-Nov-14	Scottish District Championships 06-Dec-14	BUPA Great Edinburgh International Cross Country/Scottish Inter-District Championships 10-Jan-15	Scottish National Cross Country Championships 22-Feb-15	Total
1	Tewoldeberhan Mengisteab	Shettleston Harriers	24	18			42
2	Andrew Butchart	Central AC	35	0			35
3	Craig Ruddy	Inverclyde AC	20	12			32
4	Luke Traynor	Giffnock North AC	17	14			31
5	Dan Mulhare	Inverclyde AC	29	0			29
6	Alexander Hendry	Central AC	8	14			22
7	Murray Strain	HBT	0	18			18
8	John Newsom	Inverness Harriers	0	18			18
9	Matt Gunby	Unattached	15	0			15
10	Douglas Selman	Costorphine AAC	3	12			15
11	Dermot Cummins	Costorphine AAC	14	0			14
12	Howell Craske	Costorphine AAC	11	3			14
13	Kyle Greig	Forres Harriers	0	14			14
14	Euan Gillham	Kilbarchan AAC	13	0			13
15	Lachlan Oates	Shettleston Harriers	12	0			12
16	Cameron Milne	Central AC	4	8			12
17	Kenny Wilson	Moray RR	0	12			12
18	Gavin McArdle	Kilbarchan AAC	10	0			10
19	Iain MacCorquodale	RH Cambuslang	0	10			10
20	Max McNeill	Lothian RC	0	10			10
21	Donnie MacDonald	Inverness Harriers	0	10			10
22	Jonathan Glen	Inverclyde AC	9	0			9
23	Marc Austin	VPCOG	0	8			8
24	Graham Bee	Inverness Harriers	0	8			8
25	Michael Ferguson	Aberdeen AAC	7	0			7
26	Ryan Thomson	RH Cambuslang	6	0			6
27	Mark Pollard	Inverclyde AC	0	6			6
28	Gordon Lennox	Forres Harriers	0	6			6

29	Alastair Hay	Central AC	0	6			6
30	Adam Craig	Edinburgh AC	5	0			5
31	Stephen Trainer	Glenpark Harriers	0	4			4
32	Patryk Gierjatowicz	HBT	0	4			4
33	William MacRury	Stornoway AC	0	4			4
34	Alasdair McLeod	Shettleston Harriers	0	3			3
35	Sam Hesling	Highland Hill R	0	3			3
36	Andrew Lawler	Edinburgh AC	2	0			2
37	Grant Sheldon	RH Cambuslang	0	2			2
38	Keith Hood	Costorphine AAC	0	2			2
39	Jack Trevelyan	Highland Hill R	0	2			2
40	Grant Muir	Giffnock North AC	1	0			1
41	Robert Gilroy	RH Cambuslang	0	1			1
42	Ross Houston	Central AC	0	1			1
43	Paul Miller	Inverness Harriers	0	1			1
44							0
45							0