

Championship 2022 - Men

posn	runner	PRR age cat	total points	Inverness HM		Tom Scott 10M		Balmoral 10k		Loch Leven HM		Dunblane 12k		Perth parkrun		Killin 10k		Braemar HM		Linhithgow 10k		Templeton 10M		Marathon		
				results link		results link		results link		results link																
				time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time
1	Kevin Riddell	M40	396	1:21:46	98	59:24	99	38:25	100	1:20:47	99															
2	Roy Mitchell	M60	381	1:50:07	92	1:20:40	96	49:45	99	1:40:38	94															
3	Stuart Robertson	M50	299	1:17:52	99	58:14	100	-	-	1:20:19	100													2:43:22	Vienna, AUT	
4	James Fotheringham	M50	293	1:25:46	97	1:04:50	98	-	-	1:27:18	98													3:27:14	Vienna, AUT	
5	Alan Bothwell	M60	278	1:54:38	90	1:22:30	95	-	-	1:48:58	93															
6=	Ronnie Glen	M50	192	1:28:41	96	-	-	-	-	1:32:23	96															
6=	Stewart Reid	M40	192	1:31:00	95	-	-	-	-	1:31:32	97															
8	David Innes	M50	189	-	-	1:14:18	97	-	-	1:51:25	92															
9	James Waldie	MS	100	1:11:37	100	-	-	-	-	-	-															
10	Charles Woodhead	M50	95	-	-	-	-	-	-	1:39:59	95															
11	Richard Ward	M50	94	1:31:22	94	-	-	-	-	-	-															
12	David Wishart	MS	93	1:33:22	93	-	-	-	-	-	-															
13=	David Stokoe	M50	91	-	-	-	-	-	-	1:54:29	91															
13=	Alan Rigby	M40	91	1:50:02	91	-	-	-	-	-	-															
15	Kenneth Stewart	M60 (70)	90	-	-	-	-	-	-	2:18:27	90															
16	Ewan Jelly	M40	89	2:01:04	89	-	-	-	-	-	-															
17	Simon Grieshaber	M50	0	-	-	-	-	-	-	-	-													3:23:07	Manchester	
18	Michael Wardlaw	M50	0	-	-	-	-	-	-	-	-													4:17:03	Manchester	

Notes

- age groups are as used by PRR for the Championship - MS, M40, M50, M60, F5, F35, F45, F55 - thus in 10-yr increments and not the 5-yr gaps often used by the races themselves.
- we only award trophies up to M60 and F55 inclusive; runners in older categories see their category shown in brackets but are eligible only for M60 or F55 silverware.
- age group shown for each athlete is determined by that which applies on date of first race of series - this then applies to the whole series.
- points are awarded on the basis of race finish position and thus on GUN time.
- however, times shown are CHIP time so that runners can use this table to see their true times for the season's races and distances.
- consequently, points awarded may not be in order of time shown.
- total points are amassed from a runner's best SEVEN scores across the 10 prescribed races PLUS a marathon if run (NB: completer medal requires only the seven races or six + marathon).
- marathon points will first be assigned after the last of the ten scheduled races and will be updated until the end of 2022 (closing date) as further marathons are completed.
- race times are coloured (using the key to right) to show the Club Standard achieved by that time.
- Club Standards levels shown are determined by the age of the athlete on the day of the race.

DIAMOND
PLATINUM
GOLD
SILVER
BRONZE
GREEN

Championship 2022 - Ladies

posn	runner	PRR age cat	total points	Inverness HM		Tom Scott 10M		Balmoral 10K		Loch Leven HM		Dunblane 12k		Perth parkrun		Killin 10k		Braemar HM		Linnithgow 10k		Templeton 10M		Marathon			
				results link		results link		results link		results link		time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	where	pts	
				time	pts	time	pts	time	pts	time	pts																
1	Gillian Edwards	F35	394	1:39:25	99	1:13:21	100	47:29	98	1:46:42	97																
2	Lou Ella Cole	F35	389	1:37:09	100	1:22:54	96	49:46	95	1:45:01	98														3:30:33	Boston, USA	
3	Lisa Aikman	FS	293	1:46:31	94	1:14:48	99	45:37	100	-	-																
4	Diane White	F45	291	1:43:21	97	1:17:24	97	48:19	97	-	-																
5	Caroline Duffin	F45	280	1:56:56	92	1:26:41	94	54:13	94	-	-																
6	Rhiannon Laing	F35	199	-	-	-	-	46:23	99	1:40:42	100														3:21:15	Manchester	
7	Tessa Ward	F45	191	1:45:00	95	-	-	49:42	96	-	-																
8	Maria Dale	F55 (65)	190	-	-	1:26:29	95	-	-	1:59:07	95														4:31:40	Boston, USA	
9	Harriet Shaw	FS	183	2:07:05	91	-	-	-	-	2:20:57	92														4:28:13	Manchester	
10	Claire Douglas	F45	99	-	-	-	-	-	-	1:43:34	99																
11=	Fabienne Thompson	F55	98	-	-	1:15:18	98	-	-	-	-																
11=	Joan Wilson	F55	98	1:43:54	98	-	-	-	-	-	-																
13=	Kristen Bain	FS	96	1:43:49	96	-	-	-	-	-	-																
13=	Ann Reed	F55 (65)	96	-	-	-	-	-	-	1:58:47	96																
15	Gail Graham	F55	94	-	-	-	-	-	-	2:05:45	94																
16=	Rhona Barclay	F45	93	1:53:53	93	-	-	-	-	-	-																
16=	Caroline Hogarth	F45	93	-	-	-	-	-	-	2:19:13	93																
16=	Sally Newton	F55	93	-	-	1:51:26	93	-	-	-	-																
16=	Sue Jones	F45	93	-	-	-	-	55:30	93	-	-																
20	Kate Cowan	F55	92	-	-	-	-	59:09	92	-	-																

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