

Championship 2022 - Ladies

posn	runner	PRR age cat	races run (inc marathon)	total points (best SEVEN scheduled races score)	Inverness HM		Tom Scott 10M		Balmoral 10k		Loch Leven HM		Dunblane 22k		Perth parkrun		Killin 10k		Linnithgow 10k		Templeton 10M		Brampton- Carlisle 10M		Marathon				
					results link		results link		results link		results link		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	where	pts
1	Lou Ella Cole	F35	8	686	1:37:09	100	1:22:54	96	49:46	95	1:45:01	98	55:38	99	21:31	99	45:14	99	-	-	-	-	-	-	-	-	3:30:33	Boston, USA	0
2	Gillian Edwards	F35	7	683	1:39:25	99	1:13:21	100	47:29	98	1:46:42	97	59:53	95	22:23	96	45:58	98	-	-	-	-	-	-	-	-	-	-	-
3	Lisa Aikman	FS	6	591	1:46:31	94	1:14:48	99	45:37	100	-	-	57:48	98	21:18	100	44:42	100	-	-	-	-	-	-	-	-	-	-	-
4	Caroline Duffin	F45	7	561	1:56:56	92	1:26:41	94	54:13	94	-	-	1:06:53	93	25:20	91	55:48	97	-	-	-	-	-	-	-	4:32:25	Strathearn	0	
5	Rhiannon Laing	F35	6	497	-	-	-	-	46:23	99	1:40:42	100	55:35	100	21:55	98	-	-	45:06	100	-	-	-	-	-	3:21:15	Manchester	0	
6	Diane White	F45	5	484	1:43:21	97	1:17:24	97	48:19	97	-	-	-	-	22:41	95	-	-	46:33	98	-	-	-	-	-	-	-	-	
7	Maria Dale	F55 (65)	5	379	-	-	1:26:29	95	-	-	1:59:07	95	1:05:58	94	-	-	59:30	95	-	-	-	-	-	-	-	4:21:26	Berlin, DE	0	
8	Tessa Ward	F45	2	191	1:45:00	95	-	-	49:42	96	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
9	Ann Reed	F55 (65)	2	188	-	-	-	-	-	-	1:58:47	96	-	-	24:33	92	-	-	-	-	-	-	-	-	-	-	-	-	
10	Harriet Shaw	FS	3	183	2:07:05	91	-	-	-	-	2:20:57	92	-	-	-	-	-	-	-	-	-	-	-	-	4:28:13	Manchester	0		
11=	Sue Bothwell	F55	2	181	-	-	-	-	-	-	-	-	1:20:19	92	29:32	89	-	-	-	-	-	-	-	-	-	-	-	-	
11=	Sally Newton	F55	2	181	-	-	1:51:26	93	-	-	-	-	-	-	30:12	88	-	-	-	-	-	-	-	-	-	-	-	-	
13=	Claire Douglas	F45	1	99	-	-	-	-	-	-	1:43:34	99	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
13=	Erni Hamilton	F55	1	99	-	-	-	-	-	-	-	-	-	-	-	-	-	-	46:30	99	-	-	-	-	-	-	-	-	
15=	Fabienne Thompson	F55	1	98	-	-	1:15:18	98	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
15=	Joan Wilson	F55	1	98	1:43:54	98	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
17=	Nicola Crowe	F45	1	97	-	-	-	-	-	-	-	-	58:19	97	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
17=	Gillian McGuire	F45	1	97	-	-	-	-	-	-	-	-	-	-	-	-	-	-	46:50	97	-	-	-	-	-	-	-	-	
17=	Alice Gall	F45	1	97	-	-	-	-	-	-	-	-	-	-	21:57	97	-	-	-	-	-	-	-	-	-	-	-	-	
20=	Sam Newington	F40	1	96	-	-	-	-	-	-	-	-	-	-	-	-	56:50	96	-	-	-	-	-	-	-	-	-	-	
20=	Fiona Angus	F55	1	96	-	-	-	-	-	-	-	-	58:59	96	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
20=	Kristen Bain	FS	1	96	1:43:49	96	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
23=	Gail Graham	F55	1	94	-	-	-	-	-	-	2:05:45	94	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
23=	Marianne Crichton	F45	1	94	-	-	-	-	-	-	-	-	-	-	23:50	94	-	-	-	-	-	-	-	-	-	-	-	-	
25=	Rhona Barclay	F45	2	93	1:53:53	93	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4:11:03	Strathearn	0		
25=	Caroline Hogarth	F45	1	93	-	-	-	-	-	-	2:19:13	93	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
25=	Sue Jones	F45	1	93	-	-	-	-	55:30	93	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
25=	Catriona Liddell	F45	1	93	-	-	-	-	-	-	-	-	-	-	24:04	93	-	-	-	-	-	-	-	-	-	-	-	-	
29	Kate Cowan	F55	1	92	-	-	-	-	59:09	92	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
30	Jane Dernie	F55	1	91	-	-	-	-	-	-	-	-	1:23:26	91	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
31	Karen Walters	F55	1	90	-	-	-	-	-	-	-	-	-	-	27:47	90	-	-	-	-	-	-	-	-	-	-	-	-	
32	Kirsty Johnston	F45	1	87	-	-	-	-	-	-	-	-	-	-	34:53	87	-	-	-	-	-	-	-	-	-	-	-	-	
33	Jenny Shilton	F55	1	86	-	-	-	-	-	-	-	-	-	-	37:50	86	-	-	-	-	-	-	-	-	-	-	-	-	
34	Anne Wombill	F55	1	85	-	-	-	-	-	-	-	-	-	-	57:38	85	-	-	-	-	-	-	-	-	-	-	-	-	

Notes

- age groups are as used by PRR for the Championship - MS, M40, M50, M60, FS, 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; completers are highlighted YELLOW).
- 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 - Men

posn	runner	PRR age cat	races run (inc marathon)	total points (best SEVEN scheduled races score)	Inverness HM		Tom Scott 10M		Balmoral 10k		Loch Leven HM		Dunblane 12k		Perth parkrun		Killin 10k		Linnithgow 10k		Templeton 10M		Brampton Carlisle 10M		Marathon				
					results link		results link		results link		results link		results link		results link		results link		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	pts	time
1	Kevin Riddell	M40	8	695	1:21:46	98	59:24	99	38:25	100	1:20:47	99	43:45	100	16:44	99	36:39	99	35:39	99									
2	Stuart Robertson	M50	8	692	1:17:52	99	58:14	100	-	-	1:20:19	100	44:35	99	17:18	98	37:51	98	36:32	98						2:43:22	Vienna, AUT	0	
3	Roy Mitchell	M60	8	661	1:50:07	92	1:20:40	96	49:45	99	1:40:38	94	56:05	94	22:12	92	45:44	94	-	-						4:00:13	Strathearn	0	
4	Alan Bothwell	M60	7	650	1:54:38	90	1:22:30	95	-	-	1:48:58	93	57:00	93	22:04	93	47:04	93	46:55	93									
5	Stewart Reid	M40	6	572	1:31:00	95	-	-	-	-	1:31:32	97	50:24	95	20:04	95	41:38	95	43:26	95									
6	James Waldie	MS	5	498	1:11:37	100	-	-	-	-	-	-	45:24	98	16:15	100	34:07	100	33:32	100									
7	James Fotheringham	M50	6	485	1:25:46	97	1:04:50	98	-	-	1:27:18	98	-	-	-	-	40:56	96	39:29	96						3:13:41	Edinburgh	0	
8	Ronnie Glen	M50	4	385	1:28:41	96	-	-	-	-	1:32:23	96	48:28	96	19:33	97	-	-	-	-									
9	David Innes	M50	3	281	-	-	1:14:18	97	-	-	1:51:25	92	59:53	92	-	-	-	-	-	-									
10	Elliot Collins	MS	2	194	-	-	-	-	-	-	-	-	-	-	-	-	37:54	97	36:37	97									
11	Charles Woodhead	M50	2	189	-	-	-	-	-	-	1:39:59	95	-	-	21:27	94	-	-	-	-									
12=	Dean Abberley	MS	2	184	-	-	-	-	-	-	-	-	-	-	22:30	90	-	-	46:27	94									
12=	Kenneth Stewart	M60 (70)	2	179	-	-	-	-	-	-	2:18:27	90	-	-	31:47	89	-	-	-	-									
14	Kevin Rogers	M40	2	97	-	-	-	-	-	-	-	-	48:01	97	-	-	-	-	-	-						3:03:54	Berlin, DE	0	
15	Simon Grieshaber	M50	2	96	-	-	-	-	-	-	-	-	-	-	19:42	96	-	-	-	-						3:23:07	Manchester	0	
16	Richard Ward	M50	1	94	1:31:22	94	-	-	-	-	-	-	-	-	-	-	-	-	-	-									
17	David Wishart	MS	1	93	1:33:22	93	-	-	-	-	-	-	-	-	-	-	-	-	-	-									
18=	Finlay Dale	M60	1	92	-	-	-	-	-	-	-	-	-	-	-	-	63:35	92	-	-									
18=	Robin Wombill	M60	1	91	-	-	-	-	-	-	-	-	-	-	-	-	88:48	91	-	-									
18=	David Stokoe	M50	1	91	-	-	-	-	-	-	1:54:29	91	-	-	-	-	-	-	-	-									
21	Alan Rigby	M40	1	91	1:50:02	91	-	-	-	-	-	-	-	-	-	-	-	-	-	-									
22	Ewan Jelly	M40	1	89	2:01:04	89	-	-	-	-	-	-	-	-	-	-	-	-	-	-									
23	Peter Ritchie	M60	1	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-						5:07:51	Strathearn	0	
24	Michael Wardlaw	M50	1	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-						4:17:03	Manchester	0	

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