

# Championship 2022 - Ladies

posn	runner	PRR age cat	races run (inc marathon)	total points (best SEVEN scheduled races + marathon)	Inverness HM		Tom Scott 10M		Balmoral 10k		Loch Leven HM		Dunblane 12k		Perth parkrun		Kilfin 10k		Linnhitgow 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				time	where	pts
					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	Lisa Aikman	F5	8	788	1:46:31	94	1:14:48	99	45:37	100	-	-	57:48	98	21:18	100	44:42	100	-	-	78:46	99			3:32:58	Loch Ness	98		
2	Lou Ella Cole	F35	8	785	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	99		
3	Caroline Duffin	F45	8	750	1:56:56	92	1:26:41	94	54:13	94	-	-	1:06:53	93	25:20	91	55:48	97	-	-	88:33	96			4:32:25	Strathearn	93		
4	Rhiannon Laing	F35	7	697	-	-	-	-	46:23	99	1:40:42	100	55:35	100	21:55	98	-	-	45:06	100	74:17	100			3:21:15	Manchester	100		
5	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	-	-	-	-							
6	Diane White	F45	6	581	1:43:21	97	1:17:24	97	48:19	97	-	-	-	-	22:41	95	-	-	46:33	98	84:23	97							
7	Maria Dale	F55 (65)	6	569	-	-	1:26:29	95	-	-	1:59:07	95	1:05:58	94	-	-	59:30	95	-	-	99:28	95			4:21:26	Berlin, DE	95		
8	Tessa Ward	F45	4	385	1:45:00	95	-	-	49:42	96	-	-	-	-	-	-	-	-	-	-	79:51	98			3:37:58	Chicago, USA	96		
9	Harriet Shaw	F5	3	277	2:07:05	91	-	-	-	-	2:20:57	92	-	-	-	-	-	-	-	-	-	-			4:28:13	Manchester	94		
10	Kristen Bain	F5	2	193	1:43:49	96	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			3:36:09	Loch Rannoch	97		
11	Ann Reed	F55 (65)	2	188	-	-	-	-	-	-	1:58:47	96	-	-	24:33	92	-	-	-	-	-	-							
12=	Sue Bothwell	F55	2	181	-	-	-	-	-	-	-	-	1:20:19	92	29:32	89	-	-	-	-	-	-							
12=	Sally Newton	F55	2	181	-	-	1:51:26	93	-	-	-	-	-	-	30:12	88	-	-	-	-	-	-							
14=	Claire Douglas	F45	1	99	-	-	-	-	-	-	1:43:34	99	-	-	-	-	-	-	-	-	-	-							
14=	Erni Hamilton	F55	1	99	-	-	-	-	-	-	-	-	-	-	-	-	-	46:30	99	-	-	-							
16=	Fabienne Thompson	F55	1	98	-	-	1:15:18	98	-	-	-	-	-	-	-	-	-	-	-	-	-	-							
16=	Joan Wilson	F55	1	98	1:43:54	98	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-							
18=	Nicola Crowe	F45	1	97	-	-	-	-	-	-	-	-	58:19	97	-	-	-	-	-	-	-	-							
18=	Gillian McGuire	F45	1	97	-	-	-	-	-	-	-	-	-	-	-	-	-	46:50	97	-	-	-							
18=	Alice Gall	F45	1	97	-	-	-	-	-	-	-	-	-	-	21:57	97	-	-	-	-	-	-							
21=	Sam Newington	F40	1	96	-	-	-	-	-	-	-	-	-	-	-	-	56:50	96	-	-	-	-							
21=	Fiona Angus	F55	1	96	-	-	-	-	-	-	-	-	58:59	96	-	-	-	-	-	-	-	-							
23=	Gall Graham	F55	1	94	-	-	-	-	-	-	2:05:45	94	-	-	-	-	-	-	-	-	-	-							
23=	Marianne Crichton	F45	1	94	-	-	-	-	-	-	-	-	-	-	23:50	94	-	-	-	-	-	-							
25=	Rhona Barclay	F45	1	93	1:53:53	93	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-							
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, 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 true 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 have been assigned on races until 24th October 2022 and are provisional (hence in red), pending any other marathons recorded before the end of the calendar year.
- 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 + marathon)	Inverness HM		Tom Scott 10M		Balmoral 10k		Loch Leven HM		Dumblane 12k		Perth parkrun		Kilfin 10k		Linnhgow 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								
					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	10	793	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	61:23	99					2:57:56	York	98
2	Stuart Robertson	M50	9	792	1:17:52	99	58:14	100	-	-	1:20:19	100	44:35	99	17:18	98	37:51	98	36:32	98	63:31	98					2:43:22	Vienna, AUT	100
3	Stewart Reid	M40	8	760	1:31:00	95	-	-	-	-	1:31:32	97	50:24	95	20:04	95	41:38	95	43:26	95	71:32	96					3:37:18	Loch Ness	92
4	Roy Mitchell	M60	8	752	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	91
5	James Fotheringham	M50	7	679	1:25:46	97	1:04:50	98	-	-	1:27:18	98	-	-	-	-	40:56	96	39:29	96	69:05	97					3:13:41	Edinburgh	97
6	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	-	-							
7	James Waldie	MS	6	598	1:11:37	100	-	-	-	-	-	-	45:24	98	16:15	100	34:07	100	33:32	100	56:41	100							
8	Ronnie Glen	M50	4	385	1:28:41	96	-	-	-	-	1:32:23	96	48:28	96	19:33	97	-	-	-	-	-	-							
9	Richard Ward	M50	3	283.5	1:31:22	94	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					3:15:18	Chicago, USA	94.5	
10	David Innes	M50	3	281	-	-	2:49:58	97	-	-	1:51:25	92	59:53	92	-	-	-	-	-	-	-								
11	Kenneth Stewart	M60 (70)	3	265	-	-	-	-	-	-	2:18:27	90	-	-	31:47	89	-	-	-	-	-					6:41:05	Loch Ness	86	
12	Elliot Collins	MS	2	194	-	-	-	-	-	-	-	-	-	-	-	-	37:54	97	36:37	97	-	-					2:49:58	Amsterdam, NED	PNT
13	Simon Grieshaber	M50	2	189	-	-	-	-	-	-	-	-	-	-	19:42	96	-	-	-	-	-					3:23:07	Manchester	93	
14	Charles Woodhead	M50	2	189	-	-	-	-	-	-	1:39:59	95	-	-	21:27	94	-	-	-	-	-								
15	Finlay Dale	M60	2	186	-	-	-	-	-	-	-	-	-	-	-	-	63:35	92	-	-	-					1:55:20			
16	Dean Abberley	MS	2	184	-	-	-	-	-	-	-	-	-	-	22:30	90	-	-	46:27	94	-					3:53:41	Amsterdam, NED	PNT	
17	Duncan Ryan	M50	1	99	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					2:49:09	Edinburgh	99	
18	Kevin Rogers	M40	1	97	1:22:23	PNT	-	-	-	-	-	-	48:01	97	-	-	-	-	-	-	-					3:01:22	Vienna, AUT	PNT	
19	Martin McEwen	M45	1	96	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					3:14:30	Chicago, USA	96	
20	Garry Smith	M40	1	94.5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					3:15:18	Loch Ness	94.5	
21	David Wishart	MS	1	93	1:33:22	93	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-								
22=	Robin Wombill	M60	1	91	-	-	-	-	-	-	-	-	-	-	-	-	88:48	91	-	-	-								
22=	David Stokoe	M50	1	91	-	-	-	-	-	-	1:54:29	91	-	-	-	-	-	-	-	-	-								
22=	Alan Rigby	M40	1	91	1:50:02	91	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-								
25	Michael Wardlaw	M50	1	90	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					4:17:03	Manchester	90	
26	Piotr Feodorow	M40	1	89	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					4:30:57	Loch Ness	89	
27	Ewan Jelly	M40	1	89	2:01:04	89	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-								
28	Martin Warne	MS	1	88	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					4:42:47	Loch Ness	88	
29	Peter Ritchie	M60	1	87	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					4:47:16	Strathearn	87	

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- PNT = points not taken

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