

## Championship 2023 - Ladies

posn	runner	PRR age cat	races run (inc marathon)	total points (best SEVEN scheduled races + marathon)	Alloa HM		Cupar 5M		Round Houses 10k		Babcock 10k		Blairgowrie HM		Kirkcaldy parkrun		Cumbernae 10M		Forfar 10k		Braemar HM		Glen Clova HM		Marathon			
					<a href="#">results link</a>		<a href="#">results link</a>																					
					time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	where
1	Rhiannon Laing	FS	2	199	1:35:30	100	34:19	99																				
2	Lisa Aikman	FS	2	198	1:42:04	98	34:06	100																				
3	Caroline Duffin	F40	2	191	1:51:14	95	39:37	96																				
4	Caroline Hogarth	F40	2	188	2:10:20	93	46:15	95																				
5	Lynn Gatherer	F40	1	99	1:39:46	99	-	-																				
6	Tessa Ward	F50	1	98	-	-	38:34	98																				
7=	Gillian McGuire	F40	1	97	1:42:12	97	-	-																				
7=	Joan Wilson	F60	1	97	-	-	38:40	97																				
9	Rhona Younger	F40	1	96	1:43:55	96	-	-																				
10=	Ann Reed	F60	1	94	1:59:25	94	-	-																				
10=	Sue Bothwell	F60	1	94	-	-	48:42	94																				
12	Angela Thomson	F40	1	92	2:12:42	92	-	-																				
13	Lou Ella Cole	F40	1	0	-	-	-	-																	3:31:10	Tokyo, JAP	0	

### 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 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 times will be shown but not assigned provisional/indicative points until after race 9 of the series
- 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 2023 - Men

posn	runner	PRR age cat	races run (inc marathon)	total points (best SEVEN scheduled races + marathon)	Alloa HM		Cupar 5M		Round Houses 10k		Babcock 10k		Blairgowrie HM		Kirkcaldy parkrun		Cumberae 10M		Forfar 10k		Braemar HM		Glen Clova HM		Marathon						
					<a href="#">results link</a>		<a href="#">results link</a>		time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	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	where	pts
1	Elliot Collins	MS	2	199	1:18:22	99	28:37	100																							
2	James Fotheringham	M50	2	194	1:27:42	97	33:43	97																							
3	Dean Abberley	MS	2	191	1:39:21	95	34:48	96																							
4	Alan Rigby	M50	2	188	1:46:08	94	37:04	94																							
5	Peter Ritchie	M60	2	181	2:01:44	92	48:07	89																							
6	James Waldie	MS	1	100	1:10:23	100	-	-																							
7	Simon Grieshaber	M50	1	99	-	-	32:01	99																							
8=	Michael McConnell	MS	1	98	1:22:23	98	-	-																							
8=	Kevin Rogers	M40	1	98	-	-	33:14	98																							
10	Russell Thomson	M60	1	96	1:38:35	96	-	-																							
11	Stewart Dallas	M40	1	95	-	-	35:39	95																							
12=	Roy Mitchell	M60	1	93	2:02:58	93	-	-																							
12=	Brian Galletty	M50	1	93	-	-	37:53	93																							
14	Alan Bothwell	M60	1	92	-	-	38:03	92																							
15=	Ivan Greaves	M40	1	91	2:20:07	91	-	-																							
15=	Alan Wilson	M50	1	91	-	-	39:12	91																							
17	Barry Campbell	M40	1	90	-	-	41:46	90																							
18	Martin McEwen	M40	1	0	-	-	-	-																		3:18:56	Tokyo, JAP	0			

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