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		Cumbrae 10M		Forfar 10K		Braemar HM		Glen Clova HM		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	where	pts
1	Elliot Collins	MS	5	397	1:18:22	99	28:37	100	36:39	100	35:48	98													2:47:00	London	0
2	James Fotheringham	M50	4	293	1:27:42	97	33:43	97	38:52	99	-	-													3:16:42	London	0
3	Dean Abberley	MS	4	286	1:39:21	95	34:48	96	-	-	45:23	95													3:41:54	Manchester	0
4	Alan Rigby	M50	4	282	1:46:08	94	37:04	94	-	-	46:12	94													4:54:10	Manchester	0
5	Alan Bothwell	M60	3	280	-	-	38:03	92	46:10	95	46:27	93															
6	Barry Campbell	M40	3	276	-	-	41:46	90	49:40	94	49:38	92															
7	James Waldie	MS	2	200	1:10:23	100	-	-	-	-	32:16	100															
8	Michael McConnell	MS	2	197	1:22:23	98	-	-	-	-	34:03	99															
9	Simon Grieshaber	M50	2	196	-	-	32:01	99	-	-	41:07	97															
10	Russell Thomson	M60	2	192	1:38:35	96	-	-	43:55	96	-	-															
11	Brian Galletly	M50	2	189	-	-	37:53	93	-	-	44:41	96															
12	Peter Ritchie	M60	2	181	2:01:44	92	48:07	89	-	-	-	-															
13=	Ronnie Glen	V50	1	98	-	-	-	-	40:54	98	-	-															
13=	Kevin Rogers	M40	1	98	-	-	33:14	98	-	-	-	-															
15	David Wishart	MS	2	97	-	-	-	-	41:30	97	-	-													3:50:56	London	0
16	Stewart Dallas	M40	1	95	-	-	35:39	95	-	-	-	-															
17	Roy Mitchell	M60	2	93	2:02:58	93	-	-	-	-	-	-													5:09:19	Barcelona, ESP	0
18=	Ivan Greaves	M40	1	91	2:20:07	91	-	-	-	-	-	-															
18=	Alan Wilson	M50	1	91	-	-	39:12	91	-	-	-	-															
	Mike Souter	MS	0	0	1:22:23	PNT	-	-	-	-	-	-													3:07:50	London	PNT
	Stuart Robertson	M50	1	0	-	-	-	-	-	-	-	-													2:40:43	London	0
	Martin McEwen	M40	1	0	-	-	-	-	-	-	-	-													3:18:56	Tokyo, JAP	0
	Duncan Ryan	M50	1	0	-	-	-	-	-	-	-	-													3:29:24	London	0
	Stewart Reid	V40	1	0	-	-	-	-	-	-	-	-													3:33:34	London	0

Notes

- age groups are as used by PRR for the Championship - MS, M40, M50, M60, FS, F40, F50, F60 - 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.
- PNT = points not taken (normaly a vest-wearing thing)

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 results link		Cupar 5M results link		Round Houses 10K results link		Babcock 10K results link		Blairgowrie HM		Kirkcaldy parkrun		Cumbrae 10M		Forfar 10K		Braemar HM		Glen Clova HM		Marathon		
					time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	where	pts
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3	Dean Abberley	MS	4	286	1:39:21	95	34:48	96	-	-	45:23	95													3:41:54	Manchester	0
4	Alan Rigby	M50	4	282	1:46:08	94	37:04	94	-	-	46:12	94													4:54:10	Manchester	0
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15	David Wishart	MS	2	97	-	-	-	-	41:30	97	-	-													3:50:56	London	0
16	Stewart Dallas	M40	1	95	-	-	35:39	95	-	-	-	-															
17	Roy Mitchell	M60	2	93	2:02:58	93	-	-	-	-	-	-													5:09:19	Barcelona, ESP	0
18=	Ivan Greaves	M40	1	91	2:20:07	91	-	-	-	-	-	-															
18=	Alan Wilson	M50	1	91	-	-	39:12	91	-	-	-	-															
	Mike Souter	MS	0	0	1:22:23	PNT	-	-	-	-	-	-													3:07:50	London	PNT
	Stuart Robertson	M50	1	0	-	-	-	-	-	-	-	-													2:40:43	London	0
	Martin McEwen	M40	1	0	-	-	-	-	-	-	-	-													3:18:56	Tokyo, JAP	0
	Duncan Ryan	M50	1	0	-	-	-	-	-	-	-	-													3:29:24	London	0
	Stewart Reid	V40	1	0	-	-	-	-	-	-	-	-													3:33:34	London	0

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