

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		Blaigowrie HM		Kirkcaldy parkrun		Cumbernauld 10M		Forfar 10K		Braemar HM		Glen Clova HM		Marathon				
					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	Caroline Hogarth	F40	4	287	2:10:20	93	46:15	95	1:00:37	99															4:50:08	Durham	0		
2	Rhiannon Laing	FS	3	199	1:35:30	100	34:19	99	-	-														3:20:29	London	0			
3	Lisa Aikman	FS	3	198	1:42:04	98	34:06	100	-	-														3:35:44	London	0			
4	Tessa Ward	F50	2	198	-	-	38:34	98	47:13	100																			
5	Sue Bothwell	F60	2	192	-	-	48:42	94	1:02:48	98																			
6	Caroline Duffin	F40	3	191	1:51:14	95	39:37	96	-	-														3:59:40	Manchester	0			
7	Lynn Gatherer	F40	2	99	1:39:46	99	-	-	-	-														3:37:21	London	0			
8	Gillian McGuire	F40	1	97	1:42:12	97	-	-	-	-																			
9	Joan Wilson	F60	1	97	-	-	38:40	97	-	-																			
10	Rhona Younger	F40	1	96	1:43:55	96	-	-	-	-																			
11	Fiona Nethercote	F60	1	96	-	-	-	-	1:03:14	96																			
12	Ann Reed	F60	1	94	1:59:25	94	-	-	-	-																			
13	Angela Thomson	F40	1	92	2:12:42	92	-	-	-	-																			
	Lou Ella Cole	F40	1	0	-	-	-	-	-	-														3:31:10	Tokyo, JAP	0			
	Harriet Shaw	FS	1	0	-	-	-	-	-	-														4:44:26	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.

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)	Aikoa HM		Cupar 5M		Round Houses 10K		Babcock 10K		Blairgowrie HM		Kirkcaldy parkrun		Cumbernauld 10M		Forfar 10K		Braemar HM		Glen Clova HM		Marathon		
					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	Elliot Collins	M5	4	299	1:18:22	99	28:37	100	36:39	100															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	Russell Thomson	M60	2	192	1:38:35	96	-	-	43:55	96																	
4	Dean Abberley	M5	3	191	1:39:21	95	34:48	96	-	-															3:41:54	Manchester	0
5	Alan Rigby	M50	3	188	1:46:08	94	37:04	94	-	-															4:54:10	Manchester	0
6	Alan Bothwell	M60	2	187	-	-	38:03	92	46:10	95																	
7	Barry Campbell	M40	2	184	-	-	41:46	90	49:40	94																	
8	Peter Ritchie	M60	2	181	2:01:44	92	48:07	89	-	-																	
9	James Waldie	M5	1	100	1:10:23	100	-	-	-	-																	
10	Simon Grieshaber	M50	1	99	-	-	32:01	99	-	-																	
11=	Ronnie Glen	V50	1	98	-	-	-	-	40:54	98																	
11=	Michael McConnell	M5	1	98	1:22:23	98	-	-	-	-																	
11=	Kevin Rogers	M40	1	98	-	-	33:14	98	-	-																	
14	David Wishart	M5	2	97	-	-	-	-	41:30	97															3:50:56	London	0
15	Stewart Dallas	M40	1	95	-	-	35:39	95	-	-																	
16=	Roy Mitchell	M60	2	93	2:02:58	93	-	-	-	-															5:09:19	Barcelona, ESP	0
16=	Brian Galletly	M50	1	93	-	-	37:53	93	-	-																	
18	Ivan Greaves	M40	1	91	2:20:07	91	-	-	-	-																	
19	Alan Wilson	M50	1	91	-	-	39:12	91	-	-																	
	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

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