

Summer Series 2023 - Ladies

| posn | runner | PRR age cat | races run (inc Dron TT) | total points | Hidden Glen 10K 23rd April | | East Bank Dash TT 1 May to 31 Aug | | Templeton Trail 9 June | | Camperdown parkrun 17 June | | Milnathort Dash 22 June | | Milnathort Dash 22 June | | St Andrews parkrun 22 July | | Graham Clark 15 August | |
|------|-------------------|-------------|----------------------------|--------------|-------------------------------|-----|--------------------------------------|-----|---------------------------|-----|-------------------------------|-----|----------------------------|-----|----------------------------|-----|-------------------------------|-----|---------------------------|-----|
| | | | | | time | pts | time | pts | time | pts | time | pts | time | pts | time | pts | time | pts | time | pts |
| 1 | Ann Reed | F60 | 3 | 149 | 58:47 | 50 | | | 50:51 | 50 | 26:46 | 49 | | | | | | | | |
| 2 | Amy Bryson | FS | 3 | 143 | 1:07:01 | 48 | | | 60:27 | 48 | 30:12 | 47 | | | | | | | | |
| 3 | Sarah Hammersley | F50 | 2 | 97 | - | - | | | 57:36 | 49 | 30:06 | 48 | | | | | | | | |
| 4 | Lou Ella Cole | F40 | 1 | 50 | - | - | | | - | - | 26:20 | 50 | | | | | | | | |
| 5 | Harriet Rousselot | F40 | 1 | 49 | 1:03:56 | 49 | | | - | - | - | - | | | | | | | | |
| 6 | Rhona Henderson | F50 | 1 | 47 | 1:09:43 | 47 | | | - | - | - | - | | | | | | | | |
| 7 | Maria Dale | F60 | 1 | 46 | - | - | | | - | - | 30:35 | 46 | | | | | | | | |
| 8 | Sally Newton | F60 | 1 | 45 | - | - | | | - | - | 36:01 | 45 | | | | | | | | |

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 F60 inclusive; runners in older categories see their category shown in brackets but are eligible only for M60 or F60 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 SIX scores across the 8 prescribed races.
- points for the East Bank Dash TT will be awarded when the window for attempts closes on 31st August; times so far recorded are shown here for completeness.
- East Bank Dash TT times may feature two listings: a) unitalicised (Strava time, on which the SS points ranking is based unless no Strava time is available) and b) italicised and in brackets (manual time taken at PRR mass attempt).
- runners highlighted in gold qualify for a SS finishers' medal.

Summer Series 2023 - Men

| posn | runner | PRR age cat | races run (inc Dron TT) | total points | Hidden Glen 10K 23rd April | | East Bank Dash TT 1 May to 31 Aug | | Templeton Trail 9 June | | Camperdown parkrun 17 June | | Milnathort Dash 22 June | | Crieff 10K 9 July | | St Andrews parkrun 22 July | | Graham Clark 15 August | |
|------|-----------------|-------------|----------------------------|--------------|-------------------------------|-----|--------------------------------------|-----|---------------------------|-----|-------------------------------|-----|----------------------------|-----|----------------------|-----|-------------------------------|-----|---------------------------|-----|
| | | | | | time | pts | time | pts | time | pts | time | pts | time | pts | time | pts | time | pts | time | pts |
| 1 | Paul Hammersley | M50 | 3 | 144 | 51:49 | 50 | | | 44:43 | 48 | 24:22 | 46 | | | | | | | | |
| 2 | Elliot Collins | M5 | 2 | 100 | - | - | | | 35:56 | 50 | 18:38 | 50 | | | | | | | | |
| 3 | Clive Bowman | M50 | 2 | 98 | - | - | | | 39:55 | 49 | 20:47 | 49 | | | | | | | | |
| 4 | Barry Campbell | M40 | 2 | 92 | - | - | | | 51:14 | 47 | 27:57 | 45 | | | | | | | | |
| 5 | Dean Abberley | M5 | 1 | 48 | - | - | | | - | - | 21:25 | 48 | | | | | | | | |
| 6 | Ronnie Glen | M50 | 1 | 47 | - | - | | | - | - | 22:47 | 47 | | | | | | | | |

Notes

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