

## 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>		<a href="#">results link</a>		<a href="#">results link</a>		<a href="#">results link</a>		<a href="#">results link</a>												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	Rhiannon Laing	FS	6	499	1:35:30	100	34:19	99	-	-	42:53	100	1:40:51	100	21:34	100											3:20:29	London	0
2	Caroline Duffin	F40	6	485	1:51:14	95	39:37	96	-	-	51:56	98	2:08:34	98	27:12	98											3:59:40	Manchester	0
3	Caroline Hogarth	F40	6	479	2:10:20	93	46:15	95	1:00:37	99	58:26	95	-	-	29:05	97											4:50:08	Durham	0
4	Sue Bothwell	F60	5	477	-	-	48:42	94	1:02:48	98	65:03	94	2:48:53	96	32:29	95													
5	Lisa Aikman	FS	5	396	1:42:04	98	34:06	100	-	-	-	-	1:52:10	99	22:00	99											3:35:44	London	0
6	Tessa Ward	F50	3	297	-	-	38:34	98	47:13	100	47:14	99	-	-	-	-													
7	Maria Dale	F60	3	289	-	-	-	-	-	-	56:50	96	2:26:10	97	30:25	96													
8	Lynn Gatherer	F40	2	99	1:39:46	99	-	-	-	-	-	-	-	-	-	-											3:37:21	London	0
9=	Harriet Shaw	FS	2	97	-	-	-	-	-	-	52:30	97	-	-	-	-											4:44:26	London	0
9=	Gillian McGuire	F40	1	97	1:42:12	97	-	-	-	-	-	-	-	-	-	-													
9=	Joan Wilson	F60	1	97	-	-	38:40	97	-	-	-	-	-	-	-	-													
12=	Rhona Younger	F40	1	96	1:43:55	96	-	-	-	-	-	-	-	-	-	-													
12=	Fiona Nethercote	F60	1	96	-	-	-	-	1:03:14	96	-	-	-	-	-	-													
14	Ann Reed	F60	1	94	1:59:25	94	-	-	-	-	-	-	-	-	-	-													
15	Angela Thomson	F40	1	92	2:12:42	92	-	-	-	-	-	-	-	-	-	-													
	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, F40, F50, F60 - thus in 10-yr increments and not the 5-yr gaps often used by the races themselves.
- we only award Champs trophies up to M60 and F60 inclusive; runners in older categories see their true 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 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 (normally 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		Cupar 5M		Round Houses 10k		Babcock 10k		Blairgowrie HM		Kirkcaldy parkrun		Cumbernauld 10M		Forfar 10k		Braemar HM		Glen Clova HM		Marathon		
					<a href="#">results link</a>		<a href="#">results link</a>		<a href="#">results link</a>		<a href="#">results link</a>		<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
1	Elliot Collins	MS	6	497	1:18:22	99	28:37	100	36:39	100	35:48	98	-	-	18:15	100									2:47:00	London	0
2	Alan Bothwell	M60	5	474	-	-	38:03	92	46:10	95	46:27	93	1:57:58	96	23:37	98											
3	James Fotheringham	M50	5	391	1:27:42	97	33:43	97	38:52	99	-	-	1:37:41	98	-	-									3:16:42	London	0
4	Dean Abberley	MS	5	385	1:39:21	95	34:48	96	-	-	45:23	95	-	-	20:23	99									3:41:54	Manchester	0
5	Alan Rigby	M50	5	379	1:46:08	94	37:04	94	-	-	46:12	94	1:55:14	97	-	-									4:54:10	Manchester	0
6	Barry Campbell	M40	4	373	-	-	41:46	90	49:40	94	49:38	92	-	-	24:15	97											
7	Michael McConnell	MS	3	297	1:22:23	98	-	-	-	-	34:03	99	1:22:57	100	-	-											
8	James Waldie	MS	2	200	1:10:23	100	-	-	-	-	32:16	100	-	-	-	-											
9	Simon Grieshaber	M50	2	196	-	-	32:01	99	-	-	41:07	97	-	-	-	-											
10	Russell Thomson	M60	3	192	1:38:35	96	-	-	43:55	96	-	-	-	-	-	-									3:50:04	Edinburgh	0
11	Brian Galletly	M50	2	189	-	-	37:53	93	-	-	44:41	96	-	-	-	-											
12	Roy Mitchell	M60	3	188	2:02:58	93	-	-	-	-	-	-	2:08:33	95	-	-									5:09:19	Barcelona, ESP	0
13	Peter Ritchie	M60	2	181	2:01:44	92	48:07	89	-	-	-	-	-	-	-	-											
14	Kevin Riddell	M40	1	99	-	-	-	-	-	-	-	-	1:26:34	99	-	-											
15=	Ronnie Glen	V50	1	98	-	-	-	-	40:54	98	-	-	-	-	-	-											
15=	Kevin Rogers	M40	1	98	-	-	33:14	98	-	-	-	-	-	-	-	-											
17	David Wishart	MS	2	97	-	-	-	-	41:30	97	-	-	-	-	-	-									3:50:56	London	0
18	Stewart Dallas	M40	1	95	-	-	35:39	95	-	-	-	-	-	-	-	-											
19=	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
	Mike Souter	MS	0	0	1:22:23	PNT	-	-	-	-	-	-	-	-	-	-									3:07:50	London	PNT
	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
	Ronan McDonnell	M45	1	0	-	-	-	-	-	-	-	-	-	-	-	-									6:43:17	Edinburgh	0

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