

Championship 2023 - Ladies

posn	runner	PRR age cat	races run (inc marathon)	total points (best SEVEN scheduled races + marathon)	Aloa 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		results link		results link		results link		results link		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	pts	time	pts	time
1	Rhiannon Laing	FS	8	799	1:35:30	100	34:19	99	-	-	42:53	100	1:40:51	100	21:34	100	1:11:37	100	43:43	100	-	-					3:20:29	London	100
2	Lisa Aikman	FS	8	792	1:42:04	98	34:06	100	-	-	-	-	1:52:10	99	22:00	99	1:17:07	99	45:59	99	1:43:00	100					3:35:44	London	98
3	Caroline Duffin	F40	8	776	1:51:14	95	39:37	96	-	-	51:56	98	2:08:34	98	27:12	98	1:32:32	98	54:49	97	-	-					3:59:40	Manchester	96
4	Caroline Hogarth	F40	8	765	2:10:20	93	46:15	95	1:00:37	99	58:26	95	-	-	29:05	97	-	-	1:00:30	95	2:12:42	97					4:50:08	Durham	94
5	Sue Bothwell	F60	7	665	-	-	48:42	94	1:02:48	98	65:03	94	2:48:53	96	32:29	95	1:55:32	96	1:21:33	92	-	-							
6	Maria Dale	F60	5	482	-	-	-	-	-	-	56:50	96	2:26:10	97	30:25	96	1:36:52	97	57:41	96	-	-							
7	Tessa Ward	F50	4	395	-	-	38:34	98	47:13	100	47:14	99	-	-	-	-	-	-	53:27	98	-	-							
8	Harriet Shaw	FS	3	290	-	-	-	-	-	-	52:30	97	-	-	-	-	-	-	-	-	-	-	2:09:09	98			4:44:26	London	95
9	Lynn Gatherer	F40	2	196	1:39:46	99	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					3:37:21	London	97
10	Fiona Nethercote	F60	2	190	-	-	-	-	1:03:14	96	-	-	-	-	-	-	-	-	1:05:28	94	-	-							
11=	Lou Ella Cole	F40	1	99	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					3:31:10	Tokyo, JAP	99
11=	Diane White	F50	1	99	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1:46:54	99						
13=	Gillian McGuire	F40	1	97	1:42:12	97	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-							
13=	Joan Wilson	F60	1	97	-	-	38:40	97	-	-	-	-	-	-	-	-	-	-	-	-	-	-							
15	Rhona Younger	F40	1	96	1:43:55	96	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-							
16	Ann Reed	F60	1	94	1:59:25	94	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-							
17	Yvonne Bryson	F50	1	93	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1:08:56	93						
18	Angela Thomson	F40	1	92	2:12:42	92	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-							

Notes

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- 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.
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- 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).
- marathon points (in peach shading) shown are provisional and will be finally determined at end of calendar 2023.

DIAMOND
PLATINUM
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BRONZE
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Championship 2023 - Men

posn	runner	PRR age cat	races run (inc marathon)	total points (best SEVEN scheduled races + marathon)	Aikoa HM		Culpar 5M		Round Houses 10K		Babcock 10K		Blairgowrie HM		Kirkcaldy parkrun		Cumbernauld 10M		Fonfar 10K		Braemar HM		Glen Clova HM		Marathon				
					results link		results link		results link		results link		results link		results link		results link		results link		results link		results link		results link		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	where	pts
1	Alan Rigby	M50	8	761	1:46:08	94	37:04	94	-	-	46:12	94	1:55:14	97	-	-	1:19:35	95	46:47	98	1:43:41	98	-	-	4:54:10	Manchester	91		
2	Elliot Collins	MS	7	696	1:18:22	99	28:37	100	36:39	100	35:48	98	-	-	18:15	100	59:40	100	-	-	-	-	-	-	2:47:00	London	99		
3	Dean Abberley	MS	7	676	1:39:21	95	34:48	96	-	-	45:23	95	-	-	20:23	99	1:10:13	98	-	-	1:38:45	99	-	-	3:41:54	Manchester	94		
4	Alan Bothwell	M60	7	664	-	-	38:03	92	46:10	95	46:27	93	1:57:58	96	23:37	98	1:19:48	94	55:51	96	-	-	-	-	-	-	-		
5	James Fotheringham	M50	6	588	1:27:42	97	33:43	97	38:52	99	-	-	1:37:41	98	-	-	1:10:01	99	-	-	-	-	-	-	3:16:42	London	98		
6	Barry Campbell	M40	5	470	-	-	41:46	90	49:40	94	49:38	92	-	-	24:15	97	-	-	49:13	97	-	-	-	-	-	-	-		
7	Brian Galletly	M50	4	384	-	-	37:53	93	-	-	44:41	96	-	-	-	-	1:18:10	96	46:22	99	-	-	-	-	-	-			
8	Roy Mitchell	M60	4	375	2:02:58	93	-	-	-	-	-	-	2:08:33	95	-	-	-	-	-	-	1:43:49	97	-	-	5:09:19	Barcelona, ESP	90		
9	Peter Ritchie	M60	4	365	2:01:44	92	48:07	89	-	-	-	-	-	-	-	-	-	-	1:05:45	95	-	-	-	-	5:48:32	Leeds	89		
10	James Waldie	MS	3	300	1:10:23	100	-	-	-	-	32:16	100	-	-	-	-	-	-	33:35	100	-	-	-	-	-	-			
11	Michael McConnell	MS	3	297	1:22:23	98	-	-	-	-	34:03	99	1:22:57	100	-	-	-	-	-	-	-	-	-	-	-	-			
12	Russell Thomson	M60	3	285	1:38:35	96	-	-	43:55	96	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3:50:04	Edinburgh	93		
13	Simon Grieshaber	M50	2	196	-	-	32:01	99	-	-	41:07	97	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
14	David Wishart	MS	2	189	-	-	-	-	41:30	97	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3:50:56	London	92		
15=	Stuart Robertson	M50	1	100	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2:40:43	London	100		
15=	Greg Simpson	M40	1	100	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1:37:55	100	-	-	-	-	-			
17	Kevin Riddell	M40	1	99	-	-	-	-	-	-	-	-	1:26:34	99	-	-	-	-	-	-	-	-	-	-	-	-			
18=	Ronnie Glen	M40	1	98	-	-	-	-	40:54	98	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
18=	Kevin Rogers	M40	1	98	-	-	33:14	98	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
20=	Martin McEwen	M40	1	97	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3:18:56	Tokyo, JAP	97		
20=	Mark Crawford	M50	1	97	-	-	-	-	-	-	-	-	-	-	-	-	1:14:54	97	-	-	-	-	-	-	-	-			
22	Duncan Ryan	M50	1	96	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3:29:24	London	96		
23=	Stewart Reid	M40	1	95	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3:33:34	London	95		
23=	Stewart Dallas	M40	1	95	-	-	35:39	95	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
25	Kenneth Stewart	M70	1	94	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1:20:15	94	-	-	-	-	-			
26=	Ivan Greaves	M40	1	91	2:20:07	91	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
26=	Alan Wilson	M50	1	91	-	-	39:12	91	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
28	Ronan McDonnell	M45	1	88	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	6:43:17	Edinburgh	88		
29	Mike Souter	MS	0	0	1:22:23	PNT	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3:07:50	London	PNT		

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