

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 | | 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 | 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 | 9 | 794 | 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 | 1:47:19 | 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 | 764 | 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 | 93 | | |
| 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 | 6 | 577 | - | - | - | - | - | - | 56:50 | 96 | 2:26:10 | 97 | 30:25 | 96 | 1:36:52 | 97 | 57:41 | 96 | - | - | - | - | 4:23:09 | New York | 95 | | |
| 7 | Tessa Ward | F50 | 5 | 494 | - | - | 38:34 | 98 | 47:13 | 100 | 47:14 | 99 | - | - | - | - | - | - | 53:27 | 98 | - | - | 1:54:54 | 99 | - | - | - | - | |
| 8 | Harriet Shaw | FS | 3 | 289 | - | - | - | - | - | - | 52:30 | 97 | - | - | - | - | - | - | - | - | 2:09:09 | 98 | - | - | 4:44:26 | London | 94 | | |
| 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= | Fiona Manson | F50 | 1 | 92 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 6:24:52 | Jungfrau, CH | 92 | | |
| 18= | Angela Thomson | F40 | 1 | 92 | 2:12:42 | 92 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | | |

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**).
- 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.

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| DIAMOND |
| PLATINUM |
| GOLD |
| SILVER |
| BRONZE |
| GREEN |