

Championship 2024 - Ladies

posn	runner	PRR age cat	races run (inc marathon)	total points (best SEVEN scheduled races + marathon)	Top Seven 10		Loch Leven HM																Marathon			
					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	where
1	Rhiannon Laing	SEN	2	199	1:09:04	100	1:40:09	99																		
2	Lisa Aikman	SEN	2	197	1:10:10	99	1:41:44	98																		
3	Diane White	V50	2	195	1:17:33	98	1:48:09	97																		
4	Fiona Angus	V50	2	191	1:20:40	95	1:49:08	96																		
5	Aga Mroczkowska	SEN	2	188	1:23:59	93	1:54:52	95																		
6	Caroline Duffin	V40	2	185	1:24:37	92	1:58:31	93																		
7	Maria Dale	V60	2	183	1:26:09	91	1:59:34	92																		
8	Ann Reed	V60	2	181	1:31:08	90	2:01:02	91																		
9	Sue Bothwell	V60	2	177	1:46:11	89	2:36:35	88																		
10	Liz Johnston	V50	1	100			1:32:48	100																		
11	Lou Ella Cole	V40	1	97	1:17:57	97																				
12	Tessa Ward	V50	1	96	1:20:18	96																				
13=	Joan Wilson	V60	1	94	1:22:59	94																				
13=	Jill Garvie	V40	1	94			1:56:21	94																		
15	Harriet Shaw	SEN	1	90			2:10:07	90																		
16	Caroline Hogarth	V40	1	89			2:14:40	89																		

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.

DIAMOND
PLATINUM
GOLD
SILVER
BRONZE
GREEN

Championship 2024 - Men

posn	runner	PRR age cat	races run (inc marathon)	total points (best SEVEN scheduled races + marathon)	Top Seven 10		Loch Leven HM																Marathon	
					Results Link		Results Link																	
					time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	where
1	Michael McConnell	SEN	2	199	57:35	99	1:16:44	100																
2	James Fotheringham	V60	2	195	1:08:41	96	1:31:57	99																
3	Richard Ward	V50	2	193	1:13:34	95	1:36:11	98																
4	Alan Bothwell	V60	2	187	1:16:19	94	1:49:41	93																
5	Stewart Reid	V40	2	186	1:20:14	92	1:48:11	94																
6	Barry Campbell	V40	2	185	1:18:35	93	1:50:01	92																
7	Alan Rigby	V50	2	181	1:28:05	91	2:01:52	90																
8	James Waldie	SEN	1	100	54:11	100																		
9	Garry Smith	V50	1	98	1:07:41	98																		
10=	Brian Galletly	V50	1	97			1:38:03	97																
10=	Dean Abberley	SEN	1	97	1:08:17	97																		
12	Willie Laing	SEN	1	96			1:39:41	96																
13	Gordon Lindsey	V60	1	95			1:44:17	95																
14	Peter Ritchie	V60	1	91			1:57:48	91																

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