

## Championship 2024 - Ladies

posn	runner	PRR age cat	races run (inc marathon)	total points (best SEVEN scheduled races + marathon)	Tom Scott 100		Luch Lewin 100		Halemburg 100		Moor 84 100														Marathon				
					Results Link		Results Link		Results Link		Results Link		time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	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	SEN	4	397	1:09:04	100	1:40:09	99	43:30	99	1:42:06	99																	
2	Liz Johnston	V50	3	300			1:32:48	100	41:34	100	1:38:14	100																	
3	Lisa Aikman	SEN	3	295	1:10:10	99	1:41:44	98			1:55:08	98																	
4	Caroline Duffin	V40	3	283	1:24:37	92	1:58:31	93	52:27	98																			
5	Sue Bothwell	V60	3	274	1:46:11	89	2:36:35	88	1:02:19	97																			
6	Diane White	V50	2	195	1:17:33	98	1:48:09	97																					
7	Fiona Angus	V50	2	191	1:20:40	95	1:49:08	96																					
8	Aga Mroczkowska	SEN	2	188	1:23:59	93	1:54:52	95																					
9	Maria Dale	V60	2	183	1:26:09	91	1:59:34	92																					
10	Ann Reed	V60	2	181	1:31:08	90	2:01:02	91																					
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)	Tom Scott 100		Luch Lewin 100		Halemburg 100		Moor 84 100														Marathon		
					Results Link		Results Link		Results Link		Results Link		time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	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
1	Richard Ward	V50	4	389	1:13:34	95	1:36:11	98	43:47	97	1:43:21	99															
2	Alan Rigby	V50	4	374	1:28:05	91	2:01:52	90	51:03	96	2:07:15	97															
3	Michael McConnell	SEN	3	299	57:35	99	1:16:44	100	34:52	100																	
4	Dean Abberley	SEN	3	296	1:08:17	97			40:05	99	1:37:15	100															
5	James Fotheringham	V60	3	293	1:08:41	96	1:31:57	99	41:08	98																	
6	Willie Laing	SEN	2	194			1:39:41	96			1:46:10	98															
7	Alan Bothwell	V60	2	187	1:16:19	94	1:49:41	93																			
8	Stewart Reid	V40	2	186	1:20:14	92	1:48:11	94																			
9	Barry Campbell	V40	2	185	1:18:35	93	1:50:01	92																			
10	James Waldie	SEN	1	100	54:11	100																					
11	Garry Smith	V50	1	98	1:07:41	98																					
12	Brian Galletly	V50	1	97			1:38:03	97																			
13	Gordon Lindsey	V60	1	95			1:44:17	95																			
14	Peter Ritchie	V60	1	91			1:57:48	91																			

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