

## Championship 2024 - Ladies

| posn | runner              | PRR age cat | races run<br>(inc<br>marathon) | total points<br>(best SEVEN<br>scheduled<br>races +<br>marathon) | Transact 10  |     | Loch Leven 10 |     | Halemburg 10k |     | Moor 10 1/2  |     | Creech 8     |     | Stirling 5k  |     |      |     |      |     |      |     | Marathon |         |            |            |     |
|------|---------------------|-------------|--------------------------------|--|--------------|-----|---------------|-----|---------------|-----|--------------|-----|--------------|-----|--------------|-----|------|-----|------|-----|------|-----|----------|---------|------------|------------|-----|
|      |                     |             |                                |  | 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       | where      | pts |
| 1    | Rhiannon Laing      | SEN         | 6                              | 595  | 1:09:04      | 100 | 1:40:09       | 99  | 43:30         | 99  | 1:42:06      | 99  |              |     | 43:41        | 98  |      |     |      |     |      |     |          |         | 3:12:31    | London     | 100 |
| 2    | Caroline Duffin     | V40         | 6                              | 570  | 1:24:37      | 92  | 1:58:31       | 93  | 52:27         | 98  |              |     | 1:10:47      | 97  | 51:07        | 94  |      |     |      |     |      |     |          |         | 4:00:54    | Manchester | 96  |
| 3    | Liz Johnston        | V50         | 5                              | 500  |              |     | 1:32:48       | 100 | 41:34         | 100 | 1:38:14      | 100 | 55:40        | 100 | 40:34        | 100 |      |     |      |     |      |     |          |         |            |            |     |
| 4    | Lisa Alkman         | SEN         | 5                              | 491  | 1:10:10      | 99  | 1:41:44       | 98  |               |     | 1:55:08      | 98  |              |     | 46:10        | 97  |      |     |      |     |      |     |          |         | 3:28:33    | London     | 99  |
| 5    | Maria Dale          | V60         | 5                              | 468  | 1:26:09      | 91  | 1:59:34       | 92  |               |     |              |     | 1:13:34      | 95  | 50:30        | 95  |      |     |      |     |      |     |          |         | 4:16:38    | Tokyo      | 95  |
| 6    | Sue Bothwell        | V60         | 5                              | 460  | 1:46:11      | 89  | 2:36:35       | 88  | 1:02:19       | 97  |              |     | 1:39:07      | 94  | 1:06:43      | 92  |      |     |      |     |      |     |          |         |            |            |     |
| 7    | Aga Mroczkowska     | SEN         | 4                              | 377  | 1:23:59      | 93  | 1:54:52       | 95  |               |     |              |     | 1:11:01      | 96  | 53:14        | 93  |      |     |      |     |      |     |          |         |            |            |     |
| 8    | Ann Reed            | V60         | 4                              | 375  | 1:31:08      | 90  | 2:01:02       | 91  |               |     |              |     | 1:09:21      | 98  | 50:24        | 96  |      |     |      |     |      |     |          |         |            |            |     |
| 9    | Diane White         | V50         | 3                              | 294  | 1:17:33      | 98  | 1:48:09       | 97  |               |     |              |     | 1:04:58      | 99  |              |     |      |     |      |     |      |     |          |         |            |            |     |
| 10   | Lou Elia Cole       | V40         | 2                              | 194  | 1:17:57      | 97  |               |     |               |     |              |     |              |     |              |     |      |     |      |     |      |     |          | 3:54:46 | Manchester | 97         |     |
| 11   | Fiona Angus         | V50         | 2                              | 191  | 1:20:40      | 95  | 1:49:08       | 96  |               |     |              |     |              |     |              |     |      |     |      |     |      |     |          |         | 4:25:53    | Boston     | 94  |
| 12   | Tessa Ward          | V50         | 2                              | 190  | 1:20:18      | 96  |               |     |               |     |              |     |              |     |              |     |      |     |      |     |      |     |          |         | 4:51:53    | Brighton   | 93  |
| 13   | Caroline Hogarth    | V40         | 2                              | 182  |              |     | 2:14:40       | 89  |               |     |              |     |              |     |              |     |      |     |      |     |      |     |          |         |            |            |     |
| 14   | Lorraine MacPherson | V40         | 1                              | 99   |              |     |               |     |               |     |              |     |              |     | 41:58        | 99  |      |     |      |     |      |     |          |         |            |            |     |
| 15   | Gillian Edwards     | V40         | 1                              | 98   |              |     |               |     |               |     |              |     |              |     |              |     |      |     |      |     |      |     |          | 3:40:25 | Boston     | 98         |     |
| 16   | Joan Wilson         | V60         | 1                              | 94   | 1:22:59      | 94  |               |     |               |     |              |     |              |     |              |     |      |     |      |     |      |     |          |         |            |            |     |
| 17   | Jill Garvie         | V40         | 1                              | 94   |              |     | 1:56:21       | 94  |               |     |              |     |              |     |              |     |      |     |      |     |      |     |          |         |            |            |     |
| 18   | Angela Thomson      | V40         | 1                              | 92   |              |     |               |     |               |     |              |     |              |     |              |     |      |     |      |     |      |     |          | 4:54:31 | Edinburgh  | 92         |     |
| 19   | Jenny Shilton       | SEN         | 1                              | 91   |              |     |               |     |               |     |              |     |              |     | 1:07:56      | 91  |      |     |      |     |      |     |          |         |            |            |     |
| 20   | Harriet Shaw        | SEN         | 1                              | 90   |              |     | 2:10:07       | 90  |               |     |              |     |              |     |              |     |      |     |      |     |      |     |          |         |            |            |     |

**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.
- 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<br>(inc<br>marathon) | total points<br>(best SEVEN<br>scheduled<br>races +<br>marathon) | Transact 10  |     | Loch Leven 10 |     | Halemburg 10k |     | Moor 10 1/2  |         | Creech 8     |     | Stirling 5k  |     |      |     |      |     |      |     | Marathon |         |           |            |     |
|------|--------------------|-------------|--------------------------------|--|--------------|-----|---------------|-----|---------------|-----|--------------|---------|--------------|-----|--------------|-----|------|-----|------|-----|------|-----|----------|---------|-----------|------------|-----|
|      |                    |             |                                |  | 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      | where      | pts |
| 1    | Richard Ward       | V50         | 7                              | 673  | 1:13:34      | 95  | 1:36:11       | 98  | 43:47         | 97  | 1:43:21      | 99      | 59:12        | 96  | 43:04        | 93  |      |     |      |     |      |     |          |         | 3:37:16   | London     | 95  |
| 2    | Dean Abberley      | SEN         | 5                              | 491  | 1:08:17      | 97  |               |     | 40:05         | 99  | 1:37:15      | 100     | 53:23        | 99  | 39:28        | 96  |      |     |      |     |      |     |          |         |           |            |     |
| 3    | James Fotheringham | V60         | 5                              | 484  | 1:08:41      | 96  | 1:31:57       | 99  | 41:08         | 98  |              |         | 58:01        | 97  | 42:49        | 94  |      |     |      |     |      |     |          |         |           |            |     |
| 4    | Alan Rigby         | V50         | 5                              | 465  | 1:28:05      | 91  | 2:01:52       | 90  | 51:03         | 96  | 2:07:15      | 97      | 1:08:15      | 91  |              |     |      |     |      |     |      |     |          |         |           |            |     |
| 5    | Michael McConnell  | SEN         | 4                              | 399  | 57:35        | 99  | 1:16:44       | 100 | 34:52         | 100 |              |         |              |     | 34:18        | 100 |      |     |      |     |      |     |          |         |           |            |     |
| 6    | Willie Laing       | SEN         | 4                              | 389  |              |     | 1:39:41       | 96  |               |     | 1:46:10      | 98      | 55:03        | 98  | 39:02        | 97  |      |     |      |     |      |     |          |         |           |            |     |
| 7    | Alan Bothwell      | V60         | 4                              | 373  | 1:16:19      | 94  | 1:49:41       | 93  |               |     |              |         | 1:04:16      | 95  | 45:04        | 91  |      |     |      |     |      |     |          |         |           |            |     |
| 8    | Barry Campbell     | V40         | 4                              | 367  | 1:18:35      | 93  | 1:50:01       | 92  |               |     |              |         | 1:08:12      | 92  | 47:47        | 90  |      |     |      |     |      |     |          |         |           |            |     |
| 9    | Elliot Collins     | SEN         | 3                              | 296  |              |     |               |     |               |     |              |         | 48:05        | 100 | 34:36        | 99  |      |     |      |     |      |     |          |         | 2:44:40   | Manchester | 99  |
| 10   | Stewart Reid       | V40         | 3                              | 280  | 1:20:14      | 92  | 1:48:11       | 94  |               |     |              |         | 1:06:24      | 94  |              |     |      |     |      |     |      |     |          |         |           |            |     |
| 11   | Peter Ritchie      | V60         | 3                              | 273  |              |     | 1:57:48       | 91  |               |     |              |         | 1:25:48      | 90  |              |     |      |     |      |     |      |     |          | 4:37:19 | Elgin     | 92         |     |
| 12   | Duncan Ryan        | V50         | 2                              | 194  |              |     |               |     |               |     |              |         |              |     | 38:34        | 98  |      |     |      |     |      |     |          | 3:21:43 | Edinburgh | 96         |     |
| 13   | Gordon Lindsey     | V60         | 2                              | 187  |              |     | 1:44:17       | 95  |               |     |              |         |              |     | 48:46        | 92  |      |     |      |     |      |     |          |         |           |            |     |
| 14=  | James Waldie       | SEN         | 1                              | 100  | 54:11        | 100 |               |     |               |     |              |         |              |     |              |     |      |     |      |     |      |     |          |         |           |            |     |
| 14=  | Stuart Robertson   | V50         | 1                              | 100  |              |     |               |     |               |     |              |         |              |     |              |     |      |     |      |     |      |     |          | 2:42:35 | London    | 100        |     |
| 16=  | Garry Smith        | V50         | 1                              | 98   | 1:07:41      | 98  |               |     |               |     |              |         |              |     |              |     |      |     |      |     |      |     |          |         |           |            |     |
| 16=  | Harvey Mackie      | SEN         | 1                              | 98   |              |     |               |     |               |     |              |         |              |     |              |     |      |     |      |     |      |     |          | 2:57:31 | London    | 98         |     |
| 18=  | Brian Galletly     | V50         | 1                              | 97   |              |     | 1:38:03       | 97  |               |     |              |         |              |     |              |     |      |     |      |     |      |     |          |         |           |            |     |
| 18=  | Kevin Riddell      | V40         | 1                              | 97   |              |     |               |     |               |     |              |         |              |     |              |     |      |     |      |     |      |     |          | 3:16:11 | Boston    | 97         |     |
| 20   | Chris Duffy        | SEN         | 1                              | 95   |              |     |               |     |               |     |              |         |              |     | 42:12        | 95  |      |     |      |     |      |     |          |         |           |            |     |
| 21   | Roy Mitchell       | V60         | 1                              | 94   |              |     |               |     |               |     |              |         |              |     |              |     |      |     |      |     |      |     |          | 3:54:56 | London    | 94         |     |
| 22=  | Garry Brailsford   | V40         | 1                              | 93   |              |     |               |     |               |     |              |         |              |     |              |     |      |     |      |     |      |     |          | 3:55:28 | Brighton  | 93         |     |
| 22=  | Nathan Campbell    | JUN         | 1                              | 93   |              |     |               |     |               |     |              | 1:07:59 | 93           |     |              |     |      |     |      |     |      |     |          |         |           |            |     |

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

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