

Championship 2024 - Ladies

posn	runner	PRR age cat	races run (inc marathon)	total points (best SEVEN scheduled races + marathon)	Tombago 10		Loch Lomond 10M		Hillsborough 10K		Wharfedale 10M		Cross 8		Shillinglee 10K		Lullington 10K		Kilnberg 10M		Tremington 10		Marathon						
					Results Link		Results Link		Results Link		Results Link		Results Link		Results Link		Results Link		Results Link		Results Link		Results Link		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	where	pts
1	Rhiannon Laing	SEN	8	794	1:09:04	100	1:40:09	99	43:30	99	1:42:06	99	1:10:47	97	51:07	94	52:39	97	1:38:08	100	1:14:35	99			3:12:31	London	100		
2	Caroline Duffin	V40	8	758	1:24:37	92	1:58:31	93	52:27	98										1:28:33	95			4:00:54	Manchester	92			
3	Liz Johnston	V50	7	699			1:32:48	100	41:34	100	1:38:14	100	55:40	100	40:34	100				1:12:06	100			3:15:31	Loch Ness	99			
4	Lisa Alliman	SEN	7	686	1:10:10	99	1:41:44	98			1:55:08	98			46:10	97			1:43:12	99	1:17:07	98		3:28:33	London	97			
5	Maria Dale	V60	7	659	1:26:09	91	1:59:34	92				1:13:34	95	50:30	95	53:15	96	1:56:43	97			1:22:42	97	3:54:31	Sydney	93			
6	Diane White	V50	6	589	1:17:33	98	1:48:09	97				1:04:58	99			46:47	100	1:52:11	98										
7	Aga Mroczkowska	SEN	6	569	1:29:59	93	1:54:52	95				1:11:01	96	53:14	93	51:01	99					1:30:08	93						
8	Ann Reed	V60	6	567	1:31:08	90	2:01:02	91				1:09:21	98	59:24	96	51:38	98			1:29:13	94								
9	Sue Bothwell	V60	6	554	1:46:11	89	2:36:26	88	1:02:49	97		1:39:07	94	1:06:43	92	1:09:39	94												
10	Lou Ella Cole	V40	2	192	1:37:57	97																		3:39:13	Berlin	98			
11	Fiona Angus	V50	2	191	1:20:40	95	1:49:08	96																					
12	Jill Garvie	V40	2	189			1:56:21	94								55:24	95												
13	Tessa Ward	V50	2	167	1:20:18	96																		4:25:53	Boston	91			
14	Caroline Hogarth	V40	2	179			2:14:40	89																4:51:53	Brighton	90			
15	Lorraine MacPherson	V40	1	99										41:58	99														
16	Paige Brown	SEN	1	98																				3:22:37	Berlin	98			
17*	Sonija Crow	V40	1	96																				3:37:21	New York	96			
17*	Joanne Brinkman	V40	1	96																1:27:53	96								
19*	Gillian Edwards	V40	1	94																				3:40:25	Boston	94			
19*	Joan Wilson	V60	1	94	1:22:59	94																							
21	Jenny Shilton	SEN	1	91										1:07:56	91														
22	Harriet Shaw	SEN	1	90			2:10:07	90																					
23	Angela Thomson	V40	1	89																				4:54:31	Edinburgh	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)	Tombago 10		Loch Lomond 10M		Hillsborough 10K		Wharfedale 10M		Cross 8		Shillinglee 10K		Lullington 10K		Kilnberg 10M		Tremington 10		Marathon						
					Results Link		Results Link		Results Link		Results Link		Results Link		Results Link		Results Link		Results Link		Results Link		Results Link		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	where	pts
1	Dean Abberley	SEN	8	777	1:08:17	97			40:05	99	1:37:15	100	53:23	99	39:28	96			1:34:58	97	1:08:37	98			3:39:39	Loch Rannoch	91		
2	Richard Ward	V50	8	771	1:13:34	95	1:36:11	98	43:47	97	1:43:21	99	59:12	96	43:04	94	43:22	99							3:37:16	London	93		
3	Michael McConnell	SEN	7	696	57:35	99	1:16:44	100	34:52	100					34:18	100			1:20:48	99	1:01:44	100			2:51:18	Loch Rannoch	98		
4	James Fotheringham	V60	8	682	1:08:41	96	1:31:57	99	41:08	98			58:01	97	42:49	95	43:08	100	1:36:07	96	1:12:25	96							
5	Willie Laing	SEN	7	678			1:39:41	96			1:46:10	98	55:03	98	39:02	97			1:30:40	98	1:08:26	99			3:38:28	Loch Ness	92		
6	Barry Campbell	V40	7	655	1:38:35	93	1:50:01	92				1:08:12	92	47:47	92	47:14	97	1:44:15	95	1:22:01	94								
7	Alan Bigby	V50	7	652	1:38:06	91	2:01:52	90	51:03	96	2:07:15	97	1:38:15	91					1:46:33	94	1:22:03	93							
8	Stewart Reid	V40	6	560	1:20:14	92	1:46:11	94				1:06:24	94			49:18	96	1:56:08	93	1:28:25	91								
9	Alan Bothwell	V60	5	473	1:16:19	94	1:49:41	93				1:04:16	95	45:04	93	45:26	98												
10	Elliot Collins	SEN	4	398								48:05	100	34:36	99			1:18:09	100					2:44:40	Manchester	99			
11	Peter Ritchie	V60	3	268			1:57:48	91				1:25:48	90											4:37:19	Elgin	87			
12	Duncan Ryan	V50	2	192										38:34	98										3:21:43	Edinburgh	94		
13	Gordon Lindsey	V60	2	186			1:44:17	95						48:46	91														
14	Finlay Dale	V60	2	182														2:17:40	92	1:48:39	90								
15*	Stuart Robertson	V50	1	100																				2:42:35	London	100			
15*	James Waidie	SEN	1	100	54:11	100																							
17	Garry Smith	V50	1	98	1:07:41	98																							
18*	Harvey Mackie	SEN	1	97																				2:57:31	London	97			
18*	Brian Galletty	V50	1	97			1:38:03	97																					
20	Paul McCormick	SEN	1	97																	1:09:32	97							
21	Iain Niblock	SEN	1	96																				3:03:14	Loch Rannoch	96			
22*	Kevin Riddell	V40	1	95																				3:16:11	Boston	95			
22*	Ronan McDonnell	V50	1	95																	1:18:19	95							
24	Nathan Campbell	JUN	1	93								1:07:59	93																
25	David Stokoe	V50	1	92																	1:25:52	92							
26	Chris Duffy	SEN	1	90																				3:44:26	Loch Rannoch	90			
27	Roy Mitchell	V60	1	89																				3:54:56	London	89			
28	Garry Brailsford	V40	1	88																				3:55:28	Brighton	88			

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.