Championship 2024 - Ladies

posn	runner	PRR age cat	races run (inc marathon)	total points *(best SEVEN scheduled races + marathon)*	Tom Scott 10		Loch Leven HM		Helensburgh 10K		Mhor 84 HM		Ceres 8		Stirling 10K		Linlithgow 10K		Jedburgh HM		Templeton 10		Jimmy Irvine 10K		Marathon		
					Results Link		Results Link		Results Link		Results Link		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	Liz Johnston	V50	8	799			1:32:48	100	41:34	100	1:38:14	100	55:40	100	40:34	100					1:12:06	100	41:51	100	3:15:31	Loch Ness	99
2	Rhiannon Laing	SEN	9	795	1:09:04	100	1:40:09	99	43:30	99	1:42:06	99			43:41	98			1:38:08	100	1:14:35	99	43:34	99	3:12:31	London	100
3	Lisa Aikman	SEN	8	784	1:10:10	99	1:41:44	98			1:55:08	98			46:10	97			1:43:12	99	1:17:07	98	44:31	98	3:28:33	London	97
4	Caroline Duffin	V40	8	758	1:24:37	92	1:58:31	93	52:27	98			1:10:47	97	51:07	94	52:39	97			!:28:33	95			4:00:54	Manchester	92
5	Diane White	V50	7	684	1:17:33	98	1:48:09	97					1:04:58	99			46:47	100	1:52:13	98	1:22:42	97	59:15	95			
6	Aga Mroczkowska	SEN	7	666	1:23:59	93	1:54:52	95					1:11:01	96	53:14	93	51:01	99			1:30:08	93	50:37	97			
7	Ann Reed	V60	7	663	1:31:08	90	2:01:02	91					1:09:21	98	50:24	96	51:38	98			1:29:13	94	51:50	96			
8	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					3:54:31	Sydney	93
9	Sue Bothwell	V60	7	648	1:46:11	89	2:36:35	88	1:02:19	97			1:39:07	94	1:06:43	92	1:09:39	94					1:11:49	94			
10	Lou Ella Cole	V40	2	192	1:17:57	97																			3:39:13	Berlin	95
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	187	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=	Sonjia 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

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- race times are coloured (using the key to right) to show the Club Standard achieved by that time.
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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 10		Loch Leven HM		Helensburgh 10K		Mhor 84 HM		Ceres 8		Stirling 10K		Linlithgow 10K		Jedburgh HM		Templeton 10		Jimmy Irvine 10K		Marathon		
					Results Link		Results Link		Results Link		Results Link		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	Michael McConnell	SEN	8	796	57:35	99	1:16:44	100	34:52	100					34:18	100			1:20:48	99	1:01:44	100	35:32	100	2:51:18	Loch Rannoch	98
2=	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=	James Fotheringham	V60	10	777	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	42:12	97	3:30:40	Malaga	94
4	Willie Laing	SEN	8	776			1:39:41	96			1:46:10	98	55:03	98	39:02	97			1:30:40	98	1:08:26	99	39:22	98	3:38:28	Loch Ness	92
5	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
6	Alan Rigby	V50	9	744	1:28:05	91	2:01:52	90	51:03	96	2:07:15	97	1:08:15	91					1:46:33	94	1:22:03	93	47:06	95	4:29:41	Larnaca	87
7	Barry Campbell	V40	8	656	1:18:35	93	1:50:01	92					1:08:12	92	47:47	91	47:14	97	1:44:15	95	1:22:01	94	47:44	93			
8	Stewart Reid	V40	7	652	1:20:14	92	1:48:11	94					1:06:24	94			49:18	96	1:56:08	93	1:28:25	91	48:55	92			
9	Alan Bothwell	V60	5	472	1:16:19	94	1:49:41	93					1:04:16	95	45:04	92	45:36	98									
10	Elliot Collins	SEN	4	398									48:05	100	34:36	99			1:19:09	100					2:44:40	Manchester	99
11	Peter Ritchie	V60	4	358			1:57:48	91					1:25:48	90									1:00:34	91	4:37:19	Elgin	86
12	Gordon Lindsey	V60	3	282			1:44:17	95							44:46	93							47:06	94			
13	Finlay Dale	V60	2	182															2:17:40	92	1:48:39	90					
14=	Stuart Robertson	V50	1	100																					2:42:35	London	100
14=	James Waldie	SEN	1	100	54:11	100																					
16	Michael Soutar	SEN	1	99																			38:48	99			
17=	Duncan Ryan	V50	1	98											38:34	98											
17=	Garry Smith	V50	1	98	1:07:41	98																					
19=	Harvey Mackie	SEN	1	97																					2:57:31	London	97
19=	Brian Galletly	V50	1	97			1:38:03	97																			
19=	Paul McCormick	SEN	1	97																	1:09:32	97					
22=	Iain Niblock	SEN	1	96																					3:03:14	Loch Rannoch	96
22=	Ronnie Glen	V50	1	96																			45:06	96			
24=	Kevin Riddell	V40	1	95																					3:16:11	Boston	95
24=	Ronan McDonnell	V50	1	95																	1:18:19	95					
26	Nathan Campbell	JUN	1	93									1:07:59	93													
27	David Stokoe	V50	1	92																	1:25:52	92					
28	Chris Duffy	SEN	1	90																					3:44:26	Loch Rannoch	90
29	Roy Mitchell	V60	1	89																					3:54:56	London	89
30	Garry Brailsford	V40	1	88																					3:55:28	Brighton	88

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