

## Championship 2022 - Men

posn	runner	PRR age cat	total points	Inverness HM		Tom Scott 10M		Balmoral 10K		Loch Leven HM		Dumblane 12K		Perth parkrun		Glenrothes 10K		Killin 10K		Braemar HM		Templeton 10M		Marathon			
				time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	where	pts	
1	Kevin Riddell	M40	297	1:21:46	98	59:24	99	38:25	100																		
2	Roy Mitchell	M60	287	1:50:07	92	1:20:40	96	49:45	99																		
3	Stuart Robertson	M50	199	1:17:52	99	58:14	100	-	-																2:43:22	Vienna, AT	
4	James Fotheringham	M50	195	1:25:46	97	1:04:50	98	-	-																3:27:14	Vienna, AT	
5	Alan Bothwell	M60	185	1:54:38	90	1:22:30	95	-	-																		
6	James Waldie	MS	100	1:11:37	100	-	-	-	-																		
7	David Innes	M50	97	-	-	1:14:18	97	-	-																		
8	Ronnie Glen	M50	96	1:28:41	96	-	-	-	-																		
9	Stewart Reid	M40	95	1:31:00	95	-	-	-	-																		
10	Richard Ward	M50	94	1:31:22	94	-	-	-	-																		
11	David Wishart	MS	93	1:33:22	93	-	-	-	-																		
12	Alan Rigby	M40	91	1:50:02	91	-	-	-	-																		
13	Ewan Jelly	M40	89	2:01:04	89	-	-	-	-																		
14	Simon Grieshaber	M50	0	-	-	-	-	-	-																	3:23:07	Manchester
15	Michael Wardlaw	M50	0	-	-	-	-	-	-																	4:17:03	Manchester

## Championship 2022 - Ladies

posn	runner	PRR age cat	total points	Inverness HM		Tom Scott 10M		Balmoral 10K		Loch Leven HM		Dumblane 12K		Perth parkrun		Glenrothes 10K		Killin 10K		Braemar HM		Templeton 10M		Marathon				
				time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	where	pts		
1	Gillian Edwards	F35	297	1:39:25	99	1:13:21	100	47:29	98																			
2	Lisa Aikman	FS	293	1:46:31	94	1:14:48	99	45:37	100																			
3=	Lou Ella Cole	F35	291	1:37:09	100	1:22:54	96	49:46	95																	3:30:33	Boston, USA	
3=	Diane White	F45	291	1:43:21	97	1:17:24	97	48:19	97																			
5	Caroline Duffin	F45	280	1:56:56	92	1:26:41	94	54:13	94																			
6	Tessa Ward	F45	191	1:45:00	95	-	-	49:42	96																			
7	Rhiannon Laing	F35	99	-	-	-	-	46:23	99																	3:21:15	Manchester	
8=	Fabienne Thompson	F55	98	-	-	1:15:18	98	-	-																			
8=	Joan Wilson	F55	98	1:43:54	98	-	-	-	-																			
10	Kristen Bain	FS	96	1:43:49	96	-	-	-	-																			
11	Maria Dale	F55	95	-	-	1:26:29	95	-	-																	4:31:40	Boston, USA	
12=	Rhona Barclay	F45	93	1:53:53	93	-	-	-	-																			
12=	Sally Newton	F55	93	-	-	1:51:26	93	-	-																			
12=	Sue Jones	F45	93	-	-	-	-	55:30	93																			
15	Kate Cowan	F55	92	-	-	-	-	59:09	92																			
16	Harriet Shaw	FS	91	2:07:05	91	-	-	-	-																		4:28:13	Manchester

### Notes

- age groups are as used by PRR for the Championship - MS, M40, M50, M60, FS, F35, F45, F55 - thus in 10-yr increments and not the 5-yr gaps often used by the races themselves.
- 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).
- 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.

DIAMOND
PLATINUM
GOLD
SILVER
BRONZE
GREEN