

Championship 2022 - Ladies

| posn | runner | PRR age cat | races run (inc marathon) | total points (best SEVEN scheduled races score) | Inverness HM | | Tom Scott 10M | | Balmoral 10K | | Loch Leven HM | | Dunblane 22K | | Perth parkrun | | Killin 10K | | Linthgow 10K | | Templeton 10M | | Brampton-Cardife 10M | | Marathon | | | |
|------|-------------------|-------------|--------------------------|---|--------------|-----|---------------|-----|--------------|-----|---------------|-----|--------------|-----|---------------|-----|--------------|-----|--------------|-----|---------------|-----|----------------------|---------|------------|-------------|-------------|-------|
| | | | | | 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 | pts | time | where |
| 1 | Lou Ella Cole | F35 | 8 | 686 | 1:37:09 | 100 | 1:22:54 | 96 | 49:46 | 95 | 1:45:01 | 98 | 55:38 | 99 | 21:31 | 99 | 45:14 | 99 | | | | | | | | 3:30:33 | Boston, USA | 0 |
| 2 | Gillian Edwards | F35 | 7 | 683 | 1:39:25 | 99 | 1:13:21 | 100 | 47:29 | 98 | 1:46:42 | 97 | 59:53 | 95 | 22:23 | 96 | 45:58 | 98 | | | | | | | | | | |
| 3 | Lisa Aikman | FS | 6 | 591 | 1:46:31 | 94 | 1:14:48 | 99 | 45:37 | 100 | - | - | 57:48 | 98 | 21:18 | 100 | 44:42 | 100 | | | | | | | | | | |
| 4 | Caroline Duffin | F45 | 7 | 561 | 1:56:56 | 92 | 1:26:41 | 94 | 54:13 | 94 | - | - | 1:06:53 | 93 | 25:20 | 91 | 55:48 | 97 | | | | | | | 4:32:25 | Strathearn | 0 | |
| 5 | Rhiannon Laing | F35 | 5 | 397 | - | - | - | - | 46:23 | 99 | 1:40:42 | 100 | 55:35 | 100 | 21:55 | 98 | - | - | | | | | | | 3:21:15 | Manchester | 0 | |
| 6 | Diane White | F45 | 4 | 386 | 1:43:21 | 97 | 1:17:24 | 97 | 48:19 | 97 | - | - | - | - | 22:41 | 95 | - | - | | | | | | | | | | |
| 7 | Maria Dale | F55 (65) | 5 | 379 | - | - | 1:26:29 | 95 | - | - | 1:59:07 | 95 | 1:05:58 | 94 | - | - | 59:30 | 95 | | | | | | | 4:31:40 | Boston, USA | 0 | |
| 8 | Tessa Ward | F45 | 2 | 191 | 1:45:00 | 95 | - | - | 49:42 | 96 | - | - | - | - | - | - | - | - | | | | | | | | | | |
| 9 | Ann Reed | F55 (65) | 2 | 188 | - | - | - | - | - | - | 1:58:47 | 96 | - | - | 24:33 | 92 | - | - | | | | | | | | | | |
| 10 | Harriet Shaw | FS | 3 | 183 | 2:07:05 | 91 | - | - | - | - | 2:20:57 | 92 | - | - | - | - | - | - | | | | | | | 4:28:13 | Manchester | 0 | |
| 11= | Sue Bothwell | F55 | 2 | 181 | - | - | - | - | - | - | - | - | 1:20:19 | 92 | 29:32 | 89 | - | - | | | | | | | | | | |
| 11= | Sally Newton | F55 | 2 | 181 | - | - | 1:51:26 | 93 | - | - | - | - | - | - | 30:12 | 88 | - | - | | | | | | | | | | |
| 13 | Claire Douglas | F45 | 1 | 99 | - | - | - | - | - | - | 1:43:34 | 99 | - | - | - | - | - | - | | | | | | | | | | |
| 14= | Fabienne Thompson | F55 | 1 | 98 | - | - | 1:15:18 | 98 | - | - | - | - | - | - | - | - | - | - | | | | | | | | | | |
| 14= | Joan Wilson | F55 | 1 | 98 | 1:43:54 | 98 | - | - | - | - | - | - | - | - | - | - | - | - | | | | | | | | | | |
| 16= | Nicola Crowe | F45 | 1 | 97 | - | - | - | - | - | - | - | - | 58:19 | 97 | - | - | - | - | | | | | | | | | | |
| 16= | Alice Gall | F45 | 1 | 97 | - | - | - | - | - | - | - | - | - | - | 21:57 | 97 | - | - | | | | | | | | | | |
| 18= | Sam Newington | F40 | 1 | 96 | - | - | - | - | - | - | - | - | - | - | - | - | 56:50 | 96 | | | | | | | | | | |
| 18= | Fiona Angus | F55 | 1 | 96 | - | - | - | - | - | - | - | - | 58:59 | 96 | - | - | - | - | | | | | | | | | | |
| 18= | Kristen Bain | FS | 1 | 96 | 1:43:49 | 96 | - | - | - | - | - | - | - | - | - | - | - | - | | | | | | | | | | |
| 21= | Gail Graham | F55 | 1 | 94 | - | - | - | - | - | - | 2:05:45 | 94 | - | - | - | - | - | - | | | | | | | | | | |
| 21= | Marianne Crichton | F45 | 1 | 94 | - | - | - | - | - | - | - | - | - | - | 23:50 | 94 | - | - | | | | | | | | | | |
| 23= | Rhona Barclay | F45 | 2 | 93 | 1:53:53 | 93 | - | - | - | - | - | - | - | - | - | - | - | - | | | | | | 4:11:03 | Strathearn | 0 | | |
| 23= | Caroline Hogarth | F45 | 1 | 93 | - | - | - | - | - | - | 2:19:13 | 93 | - | - | - | - | - | - | | | | | | | | | | |
| 23= | Sue Jones | F45 | 1 | 93 | - | - | - | - | 55:30 | 93 | - | - | - | - | - | - | - | - | | | | | | | | | | |
| 23= | Catriona Liddell | F45 | 1 | 93 | - | - | - | - | - | - | - | - | - | - | 24:04 | 93 | - | - | | | | | | | | | | |
| 27 | Kate Cowan | F55 | 1 | 92 | - | - | - | - | 59:09 | 92 | - | - | - | - | - | - | - | - | | | | | | | | | | |
| 28 | Jane Dernie | F55 | 1 | 91 | - | - | - | - | - | - | - | - | 1:23:26 | 91 | - | - | - | - | | | | | | | | | | |
| 29 | Karen Walters | F55 | 1 | 90 | - | - | - | - | - | - | - | - | - | - | 27:47 | 90 | - | - | | | | | | | | | | |
| 30 | Kirsty Johnston | F45 | 1 | 87 | - | - | - | - | - | - | - | - | - | - | 34:53 | 87 | - | - | | | | | | | | | | |
| 31 | Jenny Shilton | F55 | 1 | 86 | - | - | - | - | - | - | - | - | - | - | 37:50 | 86 | - | - | | | | | | | | | | |
| 32 | Anne Wombill | F55 | 1 | 85 | - | - | - | - | - | - | - | - | - | - | 57:38 | 85 | - | - | | | | | | | | | | |

Notes

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- 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.
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- marathon points will first be assigned after the last of the ten scheduled races and will be updated until the end of 2022 (closing date) as further marathons are completed.
- 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.

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

Championship 2022 - Men

| posn | runner | PRR age cat | races run (inc marathon) | total points (best SEVEN scheduled races score) | Inverness HM | | Tom Scott 10M | | Balmoral 10K | | Loch Leven HM | | Dumblane 12K | | Pentl packrun | | Killin 10K | | Linnithgow 10K | | Templeton 10M | | Brampton- Carlisle 10M | | Marathon | | | | |
|------|--------------------|-------------|--------------------------------|--|--------------|-----|---------------|-----|--------------|-----|---------------|-----|--------------|-----|---------------|-----|--------------|-----|----------------|-----|---------------|-----|---------------------------|---------|--------------|-------------|------|-------|-----|
| | | | | | results link | | results link | | results link | | results link | | results link | | results link | | results link | | results link | | results link | | results link | | results link | | 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 | Kevin Riddell | M40 | 7 | 694 | 1:21:46 | 98 | 59:24 | 99 | 38:25 | 100 | 1:20:47 | 99 | 43:45 | 100 | 16:44 | 99 | 36:39 | 99 | | | | | | | | | | | |
| 2 | Roy Mitchell | M60 | 8 | 661 | 1:50:07 | 92 | 1:20:40 | 96 | 49:45 | 99 | 1:40:38 | 94 | 56:05 | 94 | 22:12 | 92 | 45:44 | 94 | | | | | | | 4:00:13 | Strathearn | 0 | | |
| 3 | Stuart Robertson | M50 | 7 | 594 | 1:17:52 | 99 | 58:14 | 100 | - | - | 1:20:19 | 100 | 44:35 | 99 | 17:18 | 98 | 37:51 | 98 | | | | | | | 2:43:22 | Vienna, AUT | 0 | | |
| 4 | Alan Bothwell | M60 | 6 | 557 | 1:54:38 | 90 | 1:22:30 | 95 | - | - | 1:48:58 | 93 | 57:00 | 93 | 22:04 | 93 | 47:04 | 93 | | | | | | | | | | | |
| 5 | Stewart Reid | M40 | 5 | 477 | 1:31:00 | 95 | - | - | - | - | 1:31:32 | 97 | 50:24 | 95 | 20:04 | 95 | 41:38 | 95 | | | | | | | | | | | |
| 6 | James Waldie | M5 | 4 | 398 | 1:11:37 | 100 | - | - | - | - | - | - | 45:24 | 98 | 16:15 | 100 | 34:07 | 100 | | | | | | | | | | | |
| 7 | James Fotheringham | M50 | 5 | 389 | 1:25:46 | 97 | 1:04:50 | 98 | - | - | 1:27:18 | 98 | - | - | - | - | 40:56 | 96 | | | | | | 3:13:41 | Edinburgh | 0 | | | |
| 8 | Ronnie Glen | M50 | 4 | 385 | 1:28:41 | 96 | - | - | - | - | 1:32:23 | 96 | 48:28 | 96 | 19:33 | 97 | - | - | | | | | | | | | | | |
| 9 | David Innes | M50 | 3 | 281 | - | - | 1:14:18 | 97 | - | - | 1:51:25 | 92 | 59:53 | 92 | - | - | - | - | | | | | | | | | | | |
| 10 | Charles Woodhead | M50 | 2 | 189 | - | - | - | - | - | - | 1:39:59 | 95 | - | - | 21:27 | 94 | - | - | | | | | | | | | | | |
| 11 | Kenneth Stewart | M60 (70) | 2 | 179 | - | - | - | - | - | - | 2:18:27 | 90 | - | - | 31:47 | 89 | - | - | | | | | | | | | | | |
| 12= | Elliot Collins | M5 | 1 | 97 | - | - | - | - | - | - | - | - | - | - | - | - | 37:54 | 97 | | | | | | | | | | | |
| 12= | Kevin Rogers | M40 | 1 | 97 | - | - | - | - | - | - | - | - | 48:01 | 97 | - | - | - | - | | | | | | | | | | | |
| 14 | Simon Grieshaber | M50 | 2 | 96 | - | - | - | - | - | - | - | - | - | - | 19:42 | 96 | - | - | | | | | | 3:23:07 | Manchester | 0 | | | |
| 15 | Richard Ward | M50 | 1 | 94 | 1:31:22 | 94 | - | - | - | - | - | - | - | - | - | - | - | - | | | | | | | | | | | |
| 16 | David Wishart | M5 | 1 | 93 | 1:33:22 | 93 | - | - | - | - | - | - | - | - | - | - | - | - | | | | | | | | | | | |
| 17 | Finlay Dale | M60 | 1 | 92 | - | - | - | - | - | - | - | - | - | - | - | - | 63:35 | 92 | | | | | | | | | | | |
| 18= | Robin Wombill | M60 | 1 | 91 | - | - | - | - | - | - | - | - | - | - | - | - | 88:48 | 91 | | | | | | | | | | | |
| 18= | David Stokoe | M50 | 1 | 91 | - | - | - | - | - | - | 1:54:29 | 91 | - | - | - | - | - | - | | | | | | | | | | | |
| 18= | Alan Rigby | M40 | 1 | 91 | 1:50:02 | 91 | - | - | - | - | - | - | - | - | - | - | - | - | | | | | | | | | | | |
| 21 | Dean Abberley | M5 | 1 | 90 | - | - | - | - | - | - | - | - | - | - | 22:30 | 90 | - | - | | | | | | | | | | | |
| 22 | Ewan Jelly | M40 | 1 | 89 | 2:01:04 | 89 | - | - | - | - | - | - | - | - | - | - | - | - | | | | | | | | | | | |
| 23 | Peter Ritchie | M60 | 1 | 0 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | | | | | | 5:07:51 | Strathearn | 0 | | | |
| 24 | Michael Wardlaw | M50 | 1 | 0 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | | | | | | 4:17:03 | Manchester | 0 | | | |

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