

Championship 2022 - Ladies

posn	runner	PRR age cat	honours	races run (inc marathon)	total points (best SEVEN scheduled races + marathon)	Inverness-HM		Tom Scott 10M		Balmoral 10K		Loch Leven HM		Dunblane 12K		Perth parkrun		Kilfin 10K		Linnhgow 10K		Templeton 10M		Brampton Cairnie 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	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	pts	time	pts	time
1	Rhiannon Laing	F35	1st overall, 1st F35	8	797	-	-	-	-	46:23	99	1:40:42	100	55:35	100	21:55	98	-	-	45:06	100	74:17	100	71:02	100	3:21:15	Manchester	100				
2	Lisa Aikman	FS	2nd overall	9	793	1:46:31	94	1:14:48	99	45:37	100	-	-	57:48	98	21:18	100	44:42	100	-	-	78:46	99	78:03	99	3:32:58	Loch Ness	98				
3	Lou Ella Cole	F35	3rd overall	8	785	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	99				
4	Caroline Duffin	F45	1st F45	8	750	1:56:56	92	1:26:41	94	54:13	94	-	-	1:06:53	93	25:20	91	55:48	97	-	-	88:33	96	-	-	4:32:25	Strathearn	93				
5	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	-	-	-	-	-	-	-	-	-	-			
6	Maria Dale	F55 (65)	1st F55	7	667	-	-	1:26:29	95	-	-	1:59:07	95	1:05:58	94	-	-	59:30	95	-	-	-	-	99:28	95	91:42	98	4:21:26	Berlin, DE	95		
7	Diane White	F45		6	581	1:43:21	97	1:17:24	97	48:19	97	-	-	-	-	22:41	95	-	-	46:33	98	84:23	97	-	-	-	-	-	-			
8	Tessa Ward	F45		4	385	1:45:00	95	-	-	49:42	96	-	-	-	-	-	-	-	-	-	-	-	79:51	98	-	-	3:37:58	Chicago, USA	96			
9	Harriet Shaw	FS		3	277	2:07:05	91	-	-	-	-	2:20:57	92	-	-	-	-	-	-	-	-	-	-	-	-	4:28:13	Manchester	94				
10	Kristen Bain	FS		2	193	1:43:49	96	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3:36:09	Loch Rannoch	97					
11	Ann Reed	F55 (65)		2	188	-	-	-	-	-	-	1:58:47	96	-	-	24:33	92	-	-	-	-	-	-	-	-	-	-	-	-			
12=	Sue Bothwell	F55		2	181	-	-	-	-	-	-	-	-	1:20:19	92	29:32	89	-	-	-	-	-	-	-	-	-	-	-	-			
12=	Sally Newton	F55		2	181	-	-	1:51:26	93	-	-	-	-	-	-	30:12	88	-	-	-	-	-	-	-	-	-	-	-	-			
14=	Claire Douglas	F45		1	99	-	-	-	-	-	-	1:43:34	99	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
14=	Erni Hamilton	F55		1	99	-	-	-	-	-	-	-	-	-	-	-	-	-	-	46:30	99	-	-	-	-	-	-	-	-			
16=	Fabienne Thompson	F55		1	98	-	-	1:15:18	98	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
16=	Joan Wilson	F55		1	98	1:43:54	98	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
18=	Nicola Crowe	F45		1	97	-	-	-	-	-	-	-	-	58:19	97	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
18=	Gillian McGuire	F45		1	97	-	-	-	-	-	-	-	-	-	-	-	-	-	-	46:50	97	-	-	-	-	-	-	-	-	-		
18=	Alice Gall	F45		1	97	-	-	-	-	-	-	-	-	-	-	21:57	97	-	-	-	-	-	-	-	-	-	-	-	-	-		
21=	Sam Newington	F40		1	96	-	-	-	-	-	-	-	-	-	-	-	-	56:50	96	-	-	-	-	-	-	-	-	-	-	-		
21=	Fiona Angus	F55		1	96	-	-	-	-	-	-	-	-	58:59	96	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
23=	Gail Graham	F55		1	94	-	-	-	-	-	-	2:05:45	94	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
23=	Marianne Crichton	F45		1	94	-	-	-	-	-	-	-	-	-	-	23:50	94	-	-	-	-	-	-	-	-	-	-	-	-	-		
25=	Rhona Barclay	F45		1	93	1:53:53	93	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
25=	Caroline Hogarth	F45		1	93	-	-	-	-	-	-	2:19:13	93	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
25=	Sue Jones	F45		1	93	-	-	-	-	55:30	93	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
25=	Catriona Liddell	F45		1	93	-	-	-	-	-	-	-	-	-	-	24:04	93	-	-	-	-	-	-	-	-	-	-	-	-	-		
29	Kate Cowan	F55		1	92	-	-	-	-	59:09	92	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
30	Jane Dernie	F55		1	91	-	-	-	-	-	-	-	-	1:23:26	91	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
31	Karen Walters	F55		1	90	-	-	-	-	-	-	-	-	-	-	27:47	90	-	-	-	-	-	-	-	-	-	-	-	-	-		
32	Kirsty Johnston	F45		1	87	-	-	-	-	-	-	-	-	-	-	34:53	87	-	-	-	-	-	-	-	-	-	-	-	-	-		
33	Jenny Shilton	F55		1	86	-	-	-	-	-	-	-	-	-	-	37:50	86	-	-	-	-	-	-	-	-	-	-	-	-	-		
34	Anne Wombill	F55		1	85	-	-	-	-	-	-	-	-	-	-	57:38	85	-	-	-	-	-	-	-	-	-	-	-	-	-		

Notes

- age groups are as used by PRR for the Championship - M5, M40, M50, M60, F5, F35, F45, F55 - thus in 10-yr increments and not the 5-yr gaps often used by the races themselves.
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- marathon points have been assigned on races until 24th October 2022 and are provisional (hence in red), pending any other marathons recorded before the end of the calendar year.
- 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

Championship 2022 - Men

posn	runner	PRR age cat	honours	races run (inc marathon)	total points (best SEVEN scheduled races + marathon)	Inverness HM		Tom Scott 10M		Balmoral 10K		Loch Leven HM		Dunblaine 12K		Perth parkrun		Kiln 10K		Linnhegou 10K		Templeton 10M		Brampton- Cairlie 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	pts	time
1	Stuart Robertson	M50	1st overall, 1st M50	10	794	1:17:52	99	58:14	100	-	-	1:20:19	100	44:35	99	17:18	98	37:51	98	36:32	98	63:31	98	59:12	100	2:43:22	Vienna, AUT	100		
2	Kevin Riddell	M40	2nd overall, 1st M40	11	793	1:21:46	98	59:24	99	38:25	100	1:20:47	99	43:45	100	16:44	99	36:39	99	35:39	99	61:23	99	59:19	99	2:57:56	York	98		
3	James Fotheringham	M50	3rd overall	8	777	1:25:46	97	64:50	98	-	-	1:27:18	98	-	-	-	-	40:56	96	39:29	96	69:05	97	64:29	98	3:13:41	Edinburgh	97		
4	Stewart Reid	M40		8	760	1:31:00	95	-	-	-	-	1:31:32	97	50:24	95	20:04	95	41:38	95	43:26	95	71:32	96	-	-	3:37:18	Loch Ness	92		
5	Roy Mitchell	M60	1st M60	8	752	1:50:07	92	80:40	96	49:45	99	1:40:38	94	56:05	94	22:12	92	45:44	94	-	-	-	-	-	-	4:00:13	Strathearn	91		
6	Alan Bothwell	M60		8	655	1:54:38	90	82:30	95	-	-	1:48:58	93	57:00	93	22:04	93	47:04	93	46:55	93	-	-	78:00	95					
7	James Waldie	MS		6	598	1:11:37	100	-	-	-	-	-	-	45:24	98	16:15	100	34:07	100	33:32	100	56:41	100	-	-					
8	Ronnie Glen	M50		4	385	1:28:41	96	-	-	-	-	1:32:23	96	48:28	96	19:33	97	-	-	-	-	-	-	-	-					
9	Richard Ward	M50		4	380.5	1:31:22	94	-	-	-	-	-	-	-	-	-	-	-	-	-	-	72:08	95	67:27	97	3:15:18	Chicago, USA	94.5		
10	David Innes	M50		3	281	-	-	74:18	97	-	-	1:51:25	92	59:53	92	-	-	-	-	-	-	-	-	-	-					
11	Finlay Dale	M60		3	280	-	-	-	-	-	-	-	-	-	-	-	-	63:35	92	-	-	1:55:20	94	1:50:03	94					
12	Kenneth Stewart	M60 (70)		3	265	-	-	-	-	-	-	2:18:27	90	-	-	31:47	89	-	-	-	-	-	-	-	-	6:41:05	Loch Ness	86		
13	Elliot Collins	MS		2	194	-	-	-	-	-	-	-	-	-	-	-	37:54	97	36:37	97	-	-	-	-	-	2:49:58	Amsterdam, NED	PNT		
14=	Simon Grieshaber	M50		2	189	-	-	-	-	-	-	-	-	-	-	19:42	96	-	-	-	-	-	-	-	-	3:23:07	Manchester	93		
14=	Charles Woodhead	M50		2	189	-	-	-	-	-	-	1:39:59	95	-	-	21:27	94	-	-	-	-	-	-	-	-					
16	Dean Abberley	MS		2	184	-	-	-	-	-	-	-	-	-	-	22:30	90	-	-	46:27	94	-	-	-	-	3:53:41	Amsterdam, NED	PNT		
17	Duncan Ryan	M50		1	99	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2:49:09	Edinburgh	99		
18	Kevin Rogers	M40		1	97	1:22:23	PNT	-	-	-	-	-	-	48:01	97	-	-	-	-	-	-	-	-	-	-	3:01:22	Vienna, AUT	PNT		
19=	Robin Livingstone	M60		1	96	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	73:54	96					
19=	Martin McEwen	M45		1	96	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3:14:30	Chicago, USA	96		
21	Garry Smith	M40		1	94.5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3:15:18	Loch Ness	94.5		
22	David Wishart	MS		1	93	1:33:22	93	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					
23=	Robin Wombill	M60		1	91	-	-	-	-	-	-	-	-	-	-	-	-	88:48	91	-	-	-	-	-	-					
23=	David Stokoe	M50		1	91	-	-	-	-	-	-	1:54:29	91	-	-	-	-	-	-	-	-	-	-	-	-					
23=	Alan Rigby	M40		1	91	1:50:02	91	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					
26	Michael Wardlaw	M50		1	90	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4:17:03	Manchester	90		
27=	Piotr Fieodorow	M40		1	89	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4:30:57	Loch Ness	89		
27=	Ewan Jelly	M40		1	89	2:01:04	89	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					
29	Martin Warne	MS		1	88	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4:42:47	Loch Ness	88		
30	Peter Ritchie	M60		1	87	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4:47:16	Strathearn	87		

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- Club Standards levels shown are determined by the age of the athlete on the day of the race.
- PNT = points not taken

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