

Championship 2023 - Ladies

posn	runner	PRR age cat	races run (inc marathon)	total points (best SEVEN scheduled races + marathon)	Alloa HM		Cupar 5M		Round Houses 10K		Babcock 10K		Blaigowrie HM		Kirkcaldy parkrun		Cumbernauld 10M		Forfar 10K		Braemar HM		Glen Clova HM		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	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	FS	8	699	1:35:30	100	34:19	99	-	-	42:53	100	1:40:51	100	21:34	100	1:11:37	100	43:43	100					3:20:29	London	0		
2	Caroline Duffin	F40	8	680	1:51:14	95	39:37	96	-	-	51:56	98	2:08:34	98	27:12	98	1:32:32	98	54:49	97					3:59:40	Manchester	0		
3	Sue Bothwell	F60	7	665	-	-	48:42	94	1:02:48	98	65:03	94	2:48:53	96	32:29	95	1:55:32	96	1:21:33	92									
4	Lisa Aikman	FS	7	594	1:42:04	98	34:06	100	-	-	-	-	1:52:10	99	22:00	99	1:17:07	99	45:59	99					3:35:44	London	0		
5	Caroline Hogarth	F40	7	574	2:10:20	93	46:15	95	1:00:37	99	58:26	95	-	-	29:05	97	-	-	1:00:30	95					4:50:08	Durham	0		
6	Maria Dale	F60	5	482	-	-	-	-	-	-	56:50	96	2:26:10	97	30:25	96	1:36:52	97	57:41	96									
7	Tessa Ward	F50	4	395	-	-	38:34	98	47:13	100	47:14	99	-	-	-	-	-	-	53:27	98									
8	Fiona Nethercote	F60	2	190	-	-	-	-	1:03:14	96	-	-	-	-	-	-	-	-	1:05:28	94									
9	Lynn Gatherer	F40	2	99	1:39:46	99	-	-	-	-	-	-	-	-	-	-	-	-	-	-					3:37:21	London	0		
10=	Harriet Shaw	FS	2	97	-	-	-	-	-	-	52:30	97	-	-	-	-	-	-	-	-					4:44:26	London	0		
10=	Gillian McGuire	F40	1	97	1:42:12	97	-	-	-	-	-	-	-	-	-	-	-	-	-	-									
10=	Joan Wilson	F60	1	97	-	-	38:40	97	-	-	-	-	-	-	-	-	-	-	-	-									
13	Rhona Younger	F40	1	96	1:43:55	96	-	-	-	-	-	-	-	-	-	-	-	-	-	-									
14	Ann Reed	F60	1	94	1:59:25	94	-	-	-	-	-	-	-	-	-	-	-	-	-	-									
15	Yvonne Bryson	F50	1	93	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1:08:56	93									
16	Angela Thomson	F40	1	92	2:12:42	92	-	-	-	-	-	-	-	-	-	-	-	-	-	-									
	Lou Ella Cole	F40	1	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					3:31:10	Tokyo, JAP	0		

Notes

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DIAMOND
PLATINUM
GOLD
SILVER
BRONZE
GREEN

Championship 2023 - Men

posn	runner	PRR age cat	races run (inc marathon)	total points (best SEVEN scheduled races + marathon)	Aikoa HM		Culpar 5M		Round Houses 10K		Babcock 10K		Blairgowrie HM		Kirkcaldy parkrun		Cumberae 10M		Fonfar 10K		Braemar HM		Glen Clova HM		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	Alan Bothwell	M60	7	664	-	-	38:03	92	46:10	95	46:27	93	1:57:58	96	23:37	98	1:19:48	94	55:51	96									
2	Elliot Collins	MS	7	597	1:18:22	99	28:37	100	36:39	100	35:48	98	-	-	18:15	100	59:40	100	-	-					2:47:00	London	0		
3	Alan Rigby	M50	6	572	1:46:08	94	37:04	94	-	-	46:12	94	1:55:14	97	-	-	1:19:35	95	46:47	98									
4	James Fotheringham	M50	6	490	1:27:42	97	33:43	97	38:52	99	-	-	1:37:41	98	-	-	1:10:01	99	-	-					3:16:42	London	0		
5	Dean Abberley	MS	6	483	1:39:21	95	34:48	96	-	-	45:23	95	-	-	20:23	99	1:10:13	98	-	-					3:41:54	Manchester	0		
6	Barry Campbell	M40	6	470	-	-	41:46	90	49:40	94	49:38	92	-	-	24:15	97	-	-	49:13	97					4:54:10	Manchester	0		
7	Brian Galletly	M50	4	384	-	-	37:53	93	-	-	44:41	96	-	-	-	-	1:18:10	96	46:22	99									
8	James Waldie	MS	3	300	1:10:23	100	-	-	-	-	32:16	100	-	-	-	-	-	-	33:35	100									
9	Michael McConnell	MS	3	297	1:22:23	98	-	-	-	-	34:03	99	1:22:57	100	-	-	-	-	-	-									
10	Peter Ritchie	M60	4	276	2:01:44	92	48:07	89	-	-	-	-	-	-	-	-	-	-	1:05:45	95				5:48:32	Leeds	0			
11	Simon Grieshaber	M50	2	196	-	-	32:01	99	-	-	41:07	97	-	-	-	-	-	-	-	-									
12	Russell Thomson	M60	3	192	1:38:35	96	-	-	43:55	96	-	-	-	-	-	-	-	-	-	-					3:50:04	Edinburgh	0		
13	Roy Mitchell	M60	3	188	2:02:58	93	-	-	-	-	-	-	2:08:33	95	-	-	-	-	-	-					5:09:19	Barcelona, ESP	0		
14	Kevin Riddell	M40	1	99	-	-	-	-	-	-	-	-	1:26:34	99	-	-	-	-	-	-									
15=	Ronnie Glen	M40	1	98	-	-	-	-	40:54	98	-	-	-	-	-	-	-	-	-	-									
15=	Kevin Rogers	M40	1	98	-	-	33:14	98	-	-	-	-	-	-	-	-	-	-	-	-									
17=	Mark Crawford	M50	1	97	-	-	-	-	-	-	-	-	-	-	-	-	1:14:54	97	-	-									
17=	David Wishart	MS	2	97	-	-	-	-	41:30	97	-	-	-	-	-	-	-	-	-	-					3:50:56	London	0		
19	Stewart Dallas	M40	1	95	-	-	35:39	95	-	-	-	-	-	-	-	-	-	-	-	-									
20	Kenneth Stewart	M70	1	94	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1:20:15	94									
21=	Ivan Greaves	M40	1	91	2:20:07	91	-	-	-	-	-	-	-	-	-	-	-	-	-	-									
21=	Alan Wilson	M50	1	91	-	-	39:12	91	-	-	-	-	-	-	-	-	-	-	-	-									
	Stuart Robertson	M50	1	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					2:40:43	London	0		
	Mike Souter	MS	0	0	1:22:23	PNT	-	-	-	-	-	-	-	-	-	-	-	-	-	-					3:07:50	London	PNT		
	Martin McEwen	M40	1	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					3:18:56	Tokyo, JAP	0		
	Duncan Ryan	M50	1	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					3:29:24	London	0		
	Stewart Reid	M40	1	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					3:33:34	London	0		
	Ronan McDonnell	M45	1	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					6:43:17	Edinburgh	0		

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