

Championship 2023 - Ladies

posn	runner	PRR age cat	races run (inc marathon)	total points (best SEVEN scheduled races + marathon)	Aikoa HM		Cupar 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		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
1	Rhiannon Laing	FS	8	799	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	100
2	Lisa Aikman	FS	9	794	1:42:04	98	34:06	100	-	-	-	-	1:52:10	99	22:00	99	1:17:07	99	45:59	99	1:43:00	100	1:47:19	100	3:35:44	London	98
3	Caroline Duffin	F40	8	776	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	96
4	Caroline Hogarth	F40	8	764	2:10:20	93	46:15	95	1:00:37	99	58:26	95	-	-	29:05	97	-	-	1:00:30	95	2:12:42	97	-	-	4:50:08	Durham	93
5	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	-	-	-	-	-	-	-
6	Maria Dale	F60	6	577	-	-	-	-	-	-	56:50	96	2:26:10	97	30:25	96	1:36:52	97	57:41	96	-	-	-	-	4:23:09	New York, USA	95
7	Tessa Ward	F50	5	494	-	-	38:34	98	47:13	100	47:14	99	-	-	-	-	-	-	53:27	98	-	-	1:54:54	99	-	-	-
8	Harriet Shaw	FS	3	289	-	-	-	-	-	-	52:30	97	-	-	-	-	-	-	-	-	2:09:09	98	-	-	4:44:26	London	94
9	Lynn Gatherer	F40	2	196	1:39:46	99	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3:37:21	London	97
10	Fiona Nethercote	F60	2	190	-	-	-	-	1:03:14	96	-	-	-	-	-	-	-	-	1:05:28	94	-	-	-	-	-	-	-
11=	Lou Ella Cole	F40	1	99	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3:31:10	Tokyo, JAP	99
11=	Diane White	F50	1	99	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1:46:54	99	-	-	-	-	-
13=	Gillian McGuire	F40	1	97	1:42:12	97	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
13=	Joan Wilson	F60	1	97	-	-	38:40	97	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
15	Rhona Younger	F40	1	96	1:43:55	96	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
16	Ann Reed	F60	1	94	1:59:25	94	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
17	Yvonne Bryson	F50	1	93	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1:08:56	93	-	-	-	-	-	-	-
18=	Fiona Manson	F50	1	92	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	6:24:52	Jungfrau, CH	92
18=	Angela Thomson	F40	1	92	2:12:42	92	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Notes

- age groups are as used by PRR for the Championship - MS, M40, M50, M60, FS, F40, F50, F60 - thus in 10-yr increments and not the 5-yr gaps often used by the races themselves.
- we only award Champs trophies up to M60 and F60 inclusive; runners in older categories see their true category shown in brackets but are eligible only for M60 or F60 silverware.
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- 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.
- PNT = points not taken (normally a vest-wearing thing).
- marathon points (in peach shading) shown are provisional and will be finally determined at end of calendar 2023.

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Championship 2023 - Men

posn	runner	PRR age cat	races run (inc marathon)	total points (best SEVEN scheduled races + marathon)	Aikoa HM		Cupar 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		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
1	Elliot Collins	MS	8	796	1:18:22	99	28:37	100	36:39	100	35:48	98	-	-	18:15	100	59:40	100	-	-	-	-	1:22:10	100	2:47:00	London	99
2	Dean Abberley	MS	8	772	1:39:21	95	34:48	96	-	-	45:23	95	-	-	20:23	99	1:10:13	98	-	-	1:38:45	99	1:36:42	99	3:41:54	Manchester	91
3	Alan Rigby	M50	8	758	1:46:08	94	37:04	94	-	-	46:12	94	1:55:14	97	-	-	1:19:35	95	46:47	98	1:43:41	98	-	-	4:05:29	Loch Ness	88
4	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	-	-	-	-	-	-	-
5	James Fotheringham	M50	6	585	1:27:42	97	33:43	97	38:52	99	-	-	1:37:41	98	-	-	1:10:01	99	-	-	-	-	-	-	3:16:42	London	95
6	Barry Campbell	M40	6	567	-	-	41:46	90	49:40	94	49:38	92	-	-	24:15	97	-	-	49:13	97	-	-	1:45:58	97	-	-	-
7	Brian Galletly	M50	5	482	-	-	37:53	93	-	-	44:41	96	-	-	-	-	1:18:10	96	46:22	99	-	-	1:40:45	98	-	-	-
8	Michael McConnell	MS	4	395	1:22:23	98	-	-	-	-	34:03	99	1:22:57	100	-	-	-	-	-	-	-	-	-	-	2:50:04	Loch Ness	98
9	Roy Mitchell	M60	4	372	2:02:58	93	-	-	-	-	-	-	2:08:33	95	-	-	-	-	-	-	1:43:49	97	-	-	4:06:43	Dublin, IRE	87
10	Peter Ritchie	M60	4	360	2:01:44	92	48:07	89	-	-	-	-	-	-	-	-	-	-	1:05:45	95	-	-	-	-	5:48:37	Leeds	84
11	James Waldie	MS	3	300	1:10:23	100	-	-	-	-	32:16	100	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
12	Russell Thomson	M60	3	282	1:38:35	96	-	-	43:55	96	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3:50:04	Edinburgh	90
13=	Simon Grieshaber	M50	2	196	-	-	32:01	99	-	-	41:07	97	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
13=	Kevin Riddell	M40	2	195	-	-	-	-	-	-	-	-	1:26:34	99	-	-	-	-	-	-	-	-	-	-	3:14:40	New York, USA	96
15	David Wishart	MS	2	186	-	-	-	-	41:30	97	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3:50:56	London	89
16	Ronnie Glen	M50	2	184	-	-	-	-	40:54	98	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4:10:01	New York, USA	86
17	Stewart Dallas	M40	2	180	-	-	35:39	95	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4:37:49	Sunset, Edinburgh	85
18	Kenneth Stewart	M70	2	175	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1:20:15	94	-	-	-	-	8:39:22	Loch Ness	81
19=	Stuart Robertson	M50	1	100	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2:40:43	London	100	
19=	Greg Simpson	M40	1	100	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1:37:55	100	-	-	-	-	-
21	Kevin Rogers	M40	1	98	-	-	33:14	98	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
22=	Duncan Ryan	M50	1	97	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2:58:38	Valencia	97
22=	Mark Crawford	M50	1	97	-	-	-	-	-	-	-	-	-	-	-	-	1:14:54	97	-	-	-	-	-	-	-	-	-
24	Garry Smith	M40	1	94	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3:17:16	Chicago, USA	94
25	Martin McEwen	M40	1	93	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3:18:56	Tokyo, JAP	93
26	Stewart Reid	M40	1	92	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3:33:34	London	92
27=	Ivan Greaves	M40	1	91	2:20:07	91	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
27=	Alan Wilson	M50	1	91	-	-	39:12	91	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
29	Mike Dales	M60	1	83	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	6:14:23	Jungfrau, CH	83
30	Ronan McDonnell	M45	1	82	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	6:43:17	Edinburgh	82
	Mike Souter	MS	0	0	1:22:23	PNT	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3:07:50	London	PNT
	Kerr Mackinnon	MS	0	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1:19:29	PNT	-	-	-

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