

## Championship 2024 - Ladies

posn	runner	PRR age cat	races run (inc marathon)	total points (best SEVEN scheduled races + marathon)	Tom Scott 10																				Marathon			
					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	Rhiannon Laing	SEN	1	100	1:09:04	100																						
2	Lisa Alkman	SEN	1	99	1:10:10	99																						
3	Diane White	V50	1	98	1:17:33	98																						
4	Lou Ella Cole	V40	1	97	1:17:57	97																						
5	Tessa Ward	V50	1	96	1:20:18	96																						
6	Fiona Angus	V50	1	95	1:20:40	95																						
7	Joan Wilson	V60	1	94	1:22:59	94																						
8	Aga Mroczkowska	SEN	1	93	1:23:59	93																						
9	Caroline Duffin	V40	1	92	1:24:37	92																						
10	Maria Dale	V60	1	91	1:26:09	91																						
11	Ann Reed	V60	1	90	1:31:08	90																						
12	Sue Bothwell	V60	1	89	1:46:11	89																						

**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.
- 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; completers are highlighted **YELLOW**).
- 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.

DIAMOND
PLATINUM
GOLD
SILVER
BRONZE
GREEN

## Championship 2024 - Men

posn	runner	PRR age cat	races run (inc marathon)	total points (best SEVEN scheduled races + marathon)	Tom Scott 10																				Marathon	
					Results Link																					
					time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	where
1	James Waldie	SEN	1	100	54:11	100																				
2	Michael McConnell	SEN	1	99	57:35	99																				
3	C Duffy	SEN	1	98	1:06:40	98																				
4	Garry Smith	V50	1	97	1:07:41	97																				
5	Dean Abberley	SEN	1	96	1:08:17	96																				
6	James Fotheringham	V60	1	95	1:08:41	95																				
7	Richard Ward	V50	1	94	1:13:34	94																				
8	Alan Bothwell	V60	1	93	1:16:19	93																				
9	Barry Campbell	V40	1	92	1:18:35	92																				
10	Stewart Reid	V40	1	91	1:20:14	91																				
11	Alan Rigby	V50	1	90	1:28:05	90																				

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