

Championship 2024 - Ladies

posn	runner	PRR age cat	races run (inc marathon)	total points (best SEVEN scheduled races + marathon)	Ten Sevens Cup		Loch Lomond VNH		Hillesholm VNH		Muirghrann VNH		Coyne's		Shillogie VNH		Linnahagan VNH		Hobnaggy VNH		Marathon					
					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	where	pts			
1	Rhiannon Laing	SEN	7	695	1:59:04	100	1:40:09	99	43:63	99	1:42:06	99			1:10:47	97	43:41	98	1:28:06	100			3:12:51	London	100	
2	Caroline Duffin	V40	7	664	1:24:37	92	1:58:31	93	52:27	98			1:10:47	97	51:07	94	52:29	97					4:00:54	Manchester	93	
3	Maria Dale	V60	7	660	1:26:09	91	1:59:34	92					1:13:34	95	50:30	95	53:15	96	1:56:43	97			3:54:31	Sydney	94	
4	Liz Johnston	V50	6	599		1:32:48	100	41:34	100	1:38:14	100	55:40	100	40:34	100									3:15:31	Loch Ness	99
5	Lisa Alkman	SEN	6	588	1:10:10	99	1:41:44	98			1:55:08	98			46:10				1:43:12	99			3:28:33	London	97	
6	Sue Bothwell	V60	6	554	1:46:11	89	2:36:35	88	1:02:19	97			1:39:07	94	1:06:43	92	1:09:39	94								
7	Diane White	V50	5	492	1:17:33	98	1:45:09	97					1:04:58	99			46:47	100	1:52:13	98						
8	Aga Mroczkowska	SEN	5	476	1:23:59	93	1:54:52	95					1:11:01	96	53:14	93	51:01	99								
9	Ann Reed	V60	5	473	1:31:08	90	2:01:02	91					1:09:21	98	50:24	96	51:28	98								
10	Lou Ella Cole	V40	2	193	1:17:57	97																				
11	Fiona Angus	V50	2	191	1:20:40	95	1:49:08	96																		
12	Jill Garvie	V40	2	189			1:56:21	94									55:24	95								
13	Tessa Ward	V50	2	188	1:20:18	96																		4:25:53	Boston	92
14	Caroline Hogarth	V40	2	190			2:14:40	89																4:51:53	Brighton	91
15	Lorraine MacPherson	V40	1	99										41:58	99											
16	Paige Brown	SEN	1	98																				3:22:37	Berlin	98
17	Gillian Edwards	V40	1	95																				3:40:25	Boston	95
18	Joan Wilson	V60	1	94	1:22:59	94																				
19	Jenny Shilton	SEN	1	91										1:07:56	91											
20+	Angela Thomson	V40	1	90																				4:54:31	Edinburgh	90
20+	Harriet Shaw	SEN	1	90			2:10:07	90																		

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)	Ten Sevens Cup		Loch Lomond VNH		Hillesholm VNH		Muirghrann VNH		Coyne's		Shillogie VNH		Linnahagan VNH		Hobnaggy VNH		Marathon						
					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	where	pts				
1	Richard Ward	V50	8	771	1:13:34	95	1:36:11	98	43:47	97	1:43:21	99	59:12	96	43:04	94	43:22	99							3:37:16	London	93
2	James Fotheringham	V60	7	681	1:08:41	96	1:31:57	99	41:08	98			58:01	97	42:49	95	43:08	100	1:36:07	96							
3	Dean Abberley	SEN	7	679	1:08:17	97			40:05	99	1:37:15	100	53:23	99	39:28	96			1:34:58	97					3:39:39	Loch Rannoch	91
4	Michael McConnell	SEN	6	596	57:35	99	1:16:44	100	34:52	100					34:18	100			1:20:48	99					2:51:18	Loch Rannoch	98
5	Willie Laing	SEN	6	579			1:39:41	96			1:46:10	98	55:03	98	39:02	97			1:30:40	98					3:38:28	Loch Ness	92
6	Barry Campbell	V40	6	561	1:18:35	93	1:50:01	92					1:08:12	92	47:47	92	47:14	97	1:44:15	95							
7	Alan Rigby	V50	6	559	1:28:05	91	2:01:52	90	51:03	96	2:07:15	97	1:08:15	91					1:46:33	94							
8	Alan Bothwell	V60	5	473	1:16:19	94	1:49:41	93					1:04:16	95	45:04	93	45:26	98									
9	Stewart Reid	V40	5	469	1:20:14	92	1:48:11	94					1:06:24	94			49:18	96	1:56:08	93							
10	Elliot Collins	SEN	4	398									48:05	100	34:36	99			1:19:09	100					2:44:40	Manchester	99
11	Peter Ritchie	V60	3	268			1:57:48	91					1:25:48	90											4:37:19	Elgin	87
12	Duncan Ryan	V50	2	192											38:34	98									3:21:43	Edinburgh	94
13	Gordon Lindsey	V60	2	186			1:44:17	95							46:46	91											
14+	Stuart Robertson	V50	1	100																					2:42:35	London	100
14+	James Waldie	SEN	1	100	54:11	100																					
16	Garry Smith	V50	1	98	1:07:41	98																					
17+	Harvey Mackie	SEN	1	97																					2:57:31	London	97
17+	Brian Galletty	V50	1	97			1:38:03	97																			
19	Iain Nillock	SEN	1	96																					3:03:14	Loch Rannoch	96
20	Kevin Riddell	V40	1	95																					3:16:11	Boston	95
21	Nathan Campbell	JUN	1	93									1:07:59	93													
22	Finlay Dale	V60	1	92															2:17:40	92							
23	Chris Duffy	SEN	1	90																					3:44:26	Loch Rannoch	90
24	Roy Mitchell	V60	1	89																					3:54:56	London	89
25	Garry Brailford	V40	1	88																					3:55:28	Brighton	88

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