2009 CHAMPIONSHIP POINTS

	Alisa	Alice	Alan Gib	Abby	Allan Gill	Alan N	Anne	Audrey	Bill A	Bill H	Bill S	Brian	Carole	Chris B	Chris R	Christine	Colin D	Colin Mc	Dave	Debz	Duncan	Eck	Ewan C	Ewan D	Fiona C	Fiona M	Fiona S	Finlay	George F	George H	Glen	Gordon	Gwen	Hazel	Ian M	Ian Mac	Ian S
Race	117	122	80	22	28	6	15	86	42	197	22	51	211	7	231	10	240	433	530	52	72	71	51	169	40	0	2	48	31	23	34	16	20	233	94	189	147
Training	50	45	57	7	9	6	15	9	48	9	49	11	36	49	16	64	4	49	60	69	0	49	49	22	60	17	9	12	38	4	32	0	27	31	46	33	56
TOTAL	167	167	137	29	37	6	21	18	134	51	237	33	87	260	23	295	14	280	493	595	52	81	111	73	220	57	9	14	87	35	55	34	43	41	279	127	239

	Jacob	Jas	Jake	Jamie	Jennifer	Jessie	John T	John L	John M	Jonny	Jordan	Jenny	Jun	Karen	Kev	Kev C	Kirsten	Lizzie	Lewis	Monty	Murray	Nat	Nicola	Pamela	Penny	Peter	Rachael	Richard	Robin	Roy	Ross	Ryan	Sally	Stewart	Susan H	Susan P
Race	317	0	225	0	16	22	110	12	0	10	81	140	0	75	186	0	274	0	98	98	417	0	1	165	29	28	241	63	66	2	57	83	169	2	262	2
Training	253	254	29	21	312	27	4	357	7	275	0	40	50	159	12	0	28	121	188	0	93	186	1	326	3	125	148	422	2	8	165	43	36	278	90	89	11
TOTAL	570	254	254	21	328	49	114	369	7	285	81	180	50	234	198	0	302	121	286	98	510	186	2	491	29	153	389	485	68	10	222	126	205	280	180	328	250

TOTAL TAKING PART IN THE CHAMPIONSHIP

79

	2009 CHAM#
Race	
Training	
TOTAL	

Scoring System -	
	Points per mile
Road/Track	1
X-country	1.5
Hills	2
Marshalling/ Helping	Same points as runner
Personal Best Points Bonus	
Course P.B	+4
Distance P.B	+8

Training	1 point
Mars Bar	4 points

2009 CHAMPIONSHIP TOP TWENTY

Updated 14th Jan 2010

Race		Training	
1st	Debz	535	1st Debz 65
2nd	Dave	493	2nd Dave 64
3rd	Richard	417	3rd= Duncan 60
4th	John L	317	3rd= Fiona C 60
5th	Pamela	274	5th Allan Gib 57
6th	Jennifer	263	6th Pamela 52

1st	Debz	595	11th Stewart 278
2nd	Dave	493	12th Jonny 275
3rd	Richard	422	13th Chris B 260
4th	John L	357	14th Jas 254
5th	Pamela	326	15th Ian S 239
6th	Jennifer	312	16th Bill S 237
7th	Tracy C	304	17th Fiona C 220
8th	Christine	295	18th Trcia 217
9th	Colin Mc	280	19th Lewis 188
10th	Ian M	279	20th Neil 186

DISTANCE P.Bs

Jennifer	5	John L	5
Neil	6	Fiona C	2
Pamela	5	Christine	4
Davie	3	Ryan	1
Murray	2	Tom	1
Stewart	3	Alisa	1
Jacqui	1	Bill S	1
Tracy C	1	Colin Mc	1
Lewis	2		

Chris B	2
Ian M	1
Total	47

COURSE P.Bs

Bill S	1		
Christine	4	Iain Mac	1
Davie	6	Susan H	1
Debz	8	Jonny	4
Ian M	5	Alisa	2
John L	4	Fiona C	1
Neil	3	Alice	1
Ross	1	Stewart	2
Tracy C	2	George F	1

Bill A	2	Kirsten	1
Iain Mac	1	Allan Galloway	1
Susan H	1	Pamela	2
Jonny	4		
Alisa	2		
Fiona C	1		
Alice	1		
Stewart	2		
George F	1	Total	53

2009 RACES

	Alisa	Alice	Alan Gib	Abby	Allan Gill	Alan N	Anne	Audrey	Bill A	Bill H	Bill S	Brian	Carole	Chris B	Chris R	Christine	Colin D	Colin Mc	Dave	Debz	Duncan	Eck	Ewan C	Ewan D	Fiona C	Fiona M	Fiona S	Finlay	George F	George H	Glen	Gordon	Gwen	Hazel	Ian M	Ian Mac	Ian S
Cairnie Hill Cross Country 4.5 miles																11																					
Box Hill Knacker Cracker																																					
Tailworth 10																																					
St Andrews Nightmare	6									6									6	6					6												
Plumpton Classic CC, 7.5k																																					
Dave's Bonkers		10	10						10	10			10		10	10			10	10		10	10									10	10				
FoFar Multi - Terrain Half Marathon		20													20				20	24																	
SSAA Indoor Championships, 1500m																																					
Carnethy 5, 6 miles, 2500'																			12	12																	
East Lothian XC champs, 6.9k and 5k																																					
Fife Schools XC, Beveridge Park																									3												
National XC Championships 4000m																									4												
Kirkintilloch 12.5k																			8																		
Balmullo Nightmare	9																								9										9		
Cupar 5									5		5							5																			
Bishophill																		5																			
Smokies 10																																					
Lanswade 10																			16																		
Glentress Duathlon																				9																	
Gartmore 6																			13																		
Scottish Schools XC Championships																									3												
Laing Mor Hill Race														28																							
National Young Athletes Road Race																									3												
Alloa Half Marathon																										13					13						
The Mighty Deerstalker															10						10			10					10								
Shell Bay Nightmare	6	6					6	6		6				6		6			6	6				6	6			6	6	6	6	6		6	6		
Ravenscraig 2 Mile	2										2								2						2												
Spring Ballouster																																					
Paddock Wood Half Marathon																																					
Edinburgh Half Marathon																																				13	
Heaven and Hell Half Marathon																																					
Waid Cross Country																			2																		
Norman's Law Hill Race																		10		13																	
Emily Law Hill Race																			2																		
Tom Scott Memorial 10 Mile																			16																		
St Andrews 5k and Junior Race	2		5										5		13			5	5					13											5	5	
National Primary Schools XC, Kirkcaldy	2																																				
St Andrews West Sands 5k																			5																		
London Marathon		26							26						34				34																		
Ravenscraig 1 Mile	1										1														1												
Kinross 10k																			6																		
Great Edinburgh Run 10k																																					
Stoer a Chein - 14miles, 5000ft																																		24			
Strathkinness - Blebo	7		7					7		7			7		7		7	7	7					7											7	7
Scottish Ultra Marathon, 135 miles, Islay & Jura																																					
Scottish U15/U17 Championships, Wishaw																																					
Glasgow Women's 10k		6																													6						
Dunfermline Half Marathon																			13																	13	
Beveridge 5k																									3												
Loch Leven Half Marathon																				13																	
Quarriers 5k and 1 mile Race										5			5	5	5		5		5	5				5										5	5		
Kinnoull Hill Race																	8																				
Black Rock 5																	8			8															8		
Dunblane Hydro 7.5 Mile Road Race																	8																				
Riggs Race, Balerno																	6																				
Ravenscraig 1 Mile	1										1						1			1																	
Auld Toun 10k											6						6																				
Knock Hill, Crieff																	10																				
Edinburgh Marathon											26									26																	
Hill O'Tarvit									8		8				12			8	8					8													
Arbeath 10k																																					
Lowe Mountain Marathon, 25miles, 9100ft												50																									
Mini Tour of Fife - Beach Race	3			2															5						5												
Mini Tour of Fife - Hill Race	4			3															6						6												
Mini Tour of Fife - Tentsmuir Forest	5			2															5						5												
Mini Tour of Fife - Tay-it Time Trial	3			3															3						3												
Mini Tour of Fife - Cambo Multi Terrain	5			2															5						5												
Beltane 10k, Peebles																		6																			
Summer 10k Pearlsuit, Cupar																	5																				
Beveridge 5k + 2mile junior race	2										3								3						3												
Weald of Kent 10mile																																					
Falkland Hill Race - 2miles, 1200ft																																					
Race for Life, Beveridge Park	11																		11																		
Dundee Half Marathon																			13																		
West Highland Way - 95miles, 12000ft																				100																	
Milnathort Dash										6									6																		
Glenrothes 10k										6									6		6																
Glenrothes Bashfors' Junior 4k	2																		2																		
Carnie Hill Fruit Farm																																					
Ravenscraig 1 mile	1									8									1																		
Red Moss Hill Race - 5.5 miles , 720ft																																					
Ariocharr Alpa - 15.6miles, 7900ft																																		24			
Brig Bash											5										5																
Sandy Slither		9									9								9						9										9	9	
Cupar Highland Games Hill Race																			14																		
Newburgh 5	7										7								7		7		7		7												
Carnethy Midweek Hill Race																																					
Half Neva Hill Race - 6 miles, 2200ft																																					
Maidie Mess, Tillicoultry - 10k, 750m																																					
Musselburgh 10k																		14																			
Ballater 10																			16		10																
Nairns Hill Race, Edinburgh - 5 miles 1350ft																																					
Tour of Fife, Chicken Run - 5 miles		5									5					5			5	5				5	5									5	5		
Tour of Fife, Chariots of Fire - 3.7 miles		6									6					6			6	6				6	6									6	6		
Tour of Fife, Up Hill Time Trial - 2.25k		2									2					2			2	2				2	2									2	2		
Tour of Fife, Run Forrest Run - 5 miles		8									8					8			8	8				8	8									8	8		
Tour of Fife, Area Veritas - 3.7 miles		6									6					6			6	6				6	6									6	6		
Turnhouse Hill Race - 3 miles, 1100ft																																					
Ravenscraig 1 mile	1										1								1																		
Graham Clark Memorial, Knockhill	4																								4												
Scottish Gas 10k																					6																
North Berwick Law Race - 3miles, 600ft																																					
Largo Law Junior Race - 1 mile, 600ft	2			2															2																		
Largo Law Race - 6.8 miles, 781ft					14					14		14	14	14	14		18		14	18			14														
Haddington Half																							13														
Devil O'The Highlands - 43 miles																																					
Forth Bridge 10k																																					
Balmullo Trail/Hill Race	10		10							10			10		10		10		10	14			10		10												
FoFar 10k															6				6	6	6																
Lomonds of Fife - 11miles, 3400ft																		22																22			
Beveridge Park 5k	2																								3												
Ravenscraig 2 mile	2																								2												
Hawick 10k																																					
Perth 10k																			6																		
Monone Hill Race - 4miles, 1000'																				7	14																
Glasgow Half Marathon																																					
Brig Bash																																					
Turbo X, Mugdock Park													15								14																
River Ae Way - 44 miles																				88																	
Stirling 10k																					6																
Great North Run																				13																	
Two Breweries - 18 miles, 5000'																																		24			
East Neuk 10k		6	6			16		6	6	6	6	6	6	6		6			16	6	6	6	6	6	6			16					6	6		
East Neuk 1k	1																																				
Primary Schools 1k	3		3					3				3	3						3			3			3									3			
Junior Hill Running Championships - 3.2k, 200m																																					
Loch Ness 10k																			6																		
Loch Ness Marathon																																					
Run Kingston, 16m																																					
Manor Water Hill Race																				24																	
Giffordtown 5k	3																		3	3					3												
Aviemore Half													14									13		13				13						14			
5k Forest Run, Cambridge																																					
Scone 10k								6							14																						
Palma Half, Majorca																																					
National XC Championships 4000m		4																																4			
Jedburgh Half Marathon																		13					13														
Dublin Marathon									16				26			34																					
Templeton 10																																					
Stirling Cross Country				6							6																							4			
Cairnie Fruit Farm	2																																				
Meall a Bhuachaille - 6 miles, 2100ft																				12									12					12			
Lanswade Cross Country																																		6			
Glen Clova Half Marathon		17	13											13						13								13									
Hartley Cup, Kinross	2			2								2	2		2	2		2	2		2		2	2	2	2	2	2	2					2	3	2	
East District XC: Dunfermline, 8.6k			8																																		
Epsom 10 miler																																					
Box Hill Balliulster, 8 mile x 2																																					
Glentress Duathlon																																					
East District XC Championships, Livingston			9													6																					
Kinghorn Nightmare											7								7																		
Newlyte Hill Race																			6																		
Ultimate Urbathon 10k																			8																		
Black Rock Nightmare																			5																		
Serpentine 5k																																					
Turners Hill XC, 4.5 miles																																					
Total Number of Races	30	13	10	8	2	3	1	3	6	5	22	2	5	15	2	20	1	34	39	33	8	6	9	8	37	5	0	1	6	4	4	4	2	4	16	13	28
TOTAL PONTS	117	122	80	22	28	6	15	86	42	197	22	51	211	7	231	10	240	433	530	52	72	71	51	169	40	0	2	48	31	23	34	16	20	233	94	189	147

	Jacob	Jas	Jake	Jamie	Jennifer	Jessie	John T	John L	John M	Jonny	Jordan	Jenny	Jun	Karen	Kev	Kev C	Kirsten	Lizzie	Lewis	Monty	Murray	Nat	Nicola	Pamela	Penny	Peter	Rachael	Richard	Robin	Roy	Ross	Ryan	Sally	Stewart	Susan H	Susan P
Race	317	0	225	0	16	22	110	12	0	10	81	140	0	75	186	0	274	0	98	98	417	0	1	165	29	28	241	63	66	2	57	83	169	2	262	2
Training	253	254	29	21	312	27	4	357	7	275	0	40	50	159	12	0	28	121	188	0	93	186	1	326	3	125	148	422	2	8	165	43	36	278	90	89	11
TOTAL	570	254	254	21	328	49	114	369	7	285	81	180	50	234	198	0	302	121	286	98	510	186	2	491	29	153	389	485	68	10	222	126	205	280	180	328	250

	Tim	Tom	Thomas	Tricia	Tracy K	Tracy C	Zach	
Cairnie Hill Cross Country 4.5 miles								2
Box Hill Knacker Cracker								1
Tailworth 10								1
St Andrews Nightmare		6				6		12
Plumpton Classic CC, 7.5k								1
Dave's Bonkers		10				10		28
FoFar Multi - Terrain Half Marathon						24		10
SSAA Indoor Championships, 1500m								1
Carnethy 5, 6 miles, 2500'						12		5
East Lothian XC champs, 6.9k and 5k								2
Fife Schools XC, Beveridge Park								2
National XC Championships 4000m								2
Kirkintilloch 12.5k								1
Balmullo Nightmare				9				12
Cupar 5								8
Bishophill								1
Smokies 10								0
Lanswade 10								2
Glentress Duathlon								3
Gartmore 6								3
Scottish Schools XC Championships								2
Laing Mor Hill Race								1
National Young Athletes Road Race								2
Alloa Half Marathon								3
The Mighty Deerstalker								4
Shell Bay Nightmare				6		6		34
Ravenscraig 2 Mile				2				5
Spring Ballouster								1
Paddock Wood Half Marathon								1
Edinburgh Half Marathon						13		5
Heaven and Hell Half Marathon								1
Waid Cross Country								5
Norman's Law Hill Race				10				5
Emily Law Hill Race								2
Tom Scott Memorial 10 Mile						16		3
St Andrews 5k and Junior Race				5		5		20
National Primary Schools XC, Kirkcaldy								2
St Andrews West Sands 5k								3
London Marathon						26		9
Ravenscraig 1 Mile								4
Kinross 10k				14				4
Great Edinburgh Run 10k						6		1
Stoer a Chein - 14miles, 5000ft								2
Strathkinness - Blebo				7		7		25
Scottish Ultra Marathon, 135 miles, Islay & Jura								2
Scottish U15/U17 Championships, Wishaw								2
Glasgow Women's 10k								2
Dunfermline Half Marathon						13		3
Beveridge 5k								5
Loch Leven Half Marathon						13		2
Quarriers 5k and 1 mile Race				5		5		25
Kinnoull Hill Race								2
Black Rock 5						8		4
Dunblane Hydro 7.5 Mile Road Race						0		1
Riggs Race, Balerno								1
Ravenscraig 1 Mile								5
Auld Toun 10k						6		6
Knock Hill, Crieff								1
Edinburgh Marathon								4
Hill O'Tarvit				8		8		15
Arbeath 10k								1
Lowe Mountain Marathon, 25miles, 9100ft								1
Mini Tour of Fife - Beach Race				5				10
Mini Tour of Fife - Hill Race				6				8
Mini Tour of Fife - Tentsmuir Forest				5				9
Mini Tour of Fife - Tay-it Time Trial				3				10
Mini Tour of Fife - Cambo Multi Terrain				5				10
Beltane 10k, Peebles								1
Summer 10k Pearlsuit, Cupar								4
Beveridge 5k + 2mile junior race								8
Weald of Kent 10mile								1
Falkland Hill Race - 2miles, 1200ft								6
Race for Life, Beveridge Park								4
Dundee Half Marathon								4
West Highland Way - 95miles, 12000ft								1
Milnathort Dash								7
Glenrothes 10k								11
Glenrothes Bashfors' Junior 4k								3
Carnie Hill Fruit Farm								1
Ravenscraig 1 mile								3
Red Moss Hill Race - 5.5 miles , 720ft								1
Ariocharr Alpa - 15.6miles, 7900ft								2
Brig Bash								3
Sandy Slither								18
Cupar Highland Games Hill Race								3
Newburgh 5								13
Carnethy Midweek Hill Race							