2011 CHAMPIONSHIP POINTS

	Ailsa	Alice	Allan Gib	Allan Gal	Alan N	Audrey	Bill A	Bill H	Bill S	Carole	Chris B	Christine	Colin Mc	Catherine	Davie	Debz	Dell	Dougie	Duncan	Elise	Eck	Ewan C	Ewan D	Ellie	Fiona C	Fiona M	Gavin	George F	George H	Glenn	Gwen	Gordon	Hazel	Ian M	Ian S	Jackie	Jas	Jake	Jennifer C	Jennifer A	Jennifer G	John L	John D	Jonny	June	Karen S	Karen C	Lizzie	Liam	Murray	Neil	Pamela	Rachael	Tich	Richard	Ronan	Ross	Sally	Stewart	Stuart Mc	Susan H	Susan P	Timmy	Thomas	Tracy K	Tricia	Tracy C	Yvonne	Zach
Race	221	94	104	93	14	6	18	373	135	92	130	77	114	332	175	565	242	116	56	267	148	91	47	19	228	67	9	48	283	70	4	54	54	75	170	82	108	105	243	0	165	9	95	314	45	120	39	161	174	55	81	350	132	191	88	286	933	20	84	159	9	147	54	206	94	394	142	109	453
Training	23	21	11	5	7	0	0	3	13	17	16	6	7	18	25	25	7	22	12	16	20	10	3	7	22	12	0	11	24	15	0	0	6	8	27	8	10	17	11	0	9	2	16	20	11	19	11	15	9	2	0	21	13	1	2	28	1	2	9	15	0	18	5	18	16	15	23	14	13
TOTAL	244	115	115	98	21	6	18	376	148	109	146	83	121	350	200	590	249	138	68	283	168	101	50	26	250	79	9	59	307	85	4	54	60	83	197	90	118	122	254	0	174	11	111	334	56	139	50	176	183	57	81	371	145	192	90	314	934	22	93	174	9	165	59	224	110	409	165	123	466

TOTAL TAKING PART IN THE CHAMPIONSHIP
66

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
Age related Course P.B	+3
Age related Distance P.B	+7

Race Placing Bonus Points	
1st	10
2nd	6
3rd	4

Race Placing + PB	
Course	Various
Distance	Various

Age bands are 40-49, 50-59, 60-69

CHAMPIONSHIP TOP TWENTY
Updated 5th January

Ross	934	Elise	283
Debz	590	Jennifer C	254
Zach	466	Fiona C	250
Tricia	409	Dell	249
Bill H	376	Ailsa	244
Pamela	371	Thomas	224
Catherine	350	Davie	200
Johnny	334	Ian S	197
Ronan	314	Tich	192
George H	307	Liam	183

FINAL RESULTS

CHAMPIONSHIP			TRAINING		
1st	Ross	934	1st	Ronan	28
2nd	Debz	590	2nd	Ian S	27
3rd	Zach	466	3rd	Davie	25
				Debz	25

COURSE PB's

				Catherine	1
Debz	12	Alice	2	Tracy C	1
Johnny	8	Tracy K	2	Allan G	1
Tricia	8	Dougie	2	Rpnan	1
Pamela	7	Ross	1	Stuart McK	1
Lizzie	4	Colin	1	Elise	1
Fiona C	4	June	1	Tracy K	1
Thomas	3	Zach	1	Rachael	1
Jennifer C	3	Davie	1	Susan P	1
Karen S	2	Chris	1	Jake	1
George H	2	Liam	1	Stewart	1
Ewan C	2	Yvonne	1	Eck	1

DISTANCE PB's
Updated 5th January

Catherine	5	Jas	1	Murray	1
Ronan	4	Rachael	1	Ian S	1
Susan P	3	Dougie	1	Allan G	1
Stuart Mc	3	Sally	1	Dell	1
Zach	2	Tricia	1	Thomas	1
Elise	2	Alice	1	Liam	1
Debz	2	Jennifer G	1	Fiona C	1
Pamela	2	John D	1	George H	1
Richard M	2	Ailsa	1		
Yvonne	2	Jennifer C	1		

2011

Race	Number taking part
Edinburgh Park Run, 5K	1
Portobello Promathon, 4 miles	1
Tortoise & Hare Mixed Relay Race, Falkland	6
Bupa Great Winter Run, 5K	3
Bupa Great Winter Run Junior Run, 2.5K	1
Livingston XC Championships, Senior Men 9.6K	3
Livingston XC Championships, Senior Women 6.4K	2
Glencoe Duathlon 10k	3
Mars Bar, 4 miles (January)	40
Devils Burden Race	45
Scottish Masters XC Championship, Men 8K	4
Scottish Masters XC Championship, Women 6K	3
Forfar Multi Terrain Half Marathon	7
Carnethy 5 Hill Race, 6 miles, 2500ft	2
Scald Law Junior Race, 4K, 290m	2
Banstead Woods Park Run, 5K	1
Scottish National XC Champs, Falkirk <15 Boys, 4K	1
Scottish National XC Champs, Falkirk <17 Men, 6.4K	1
Scottish National XC Champs, Falkirk Snr Women, 8K	1
Scottish National XC Champs, Falkirk Snr Men, 12K	5
Arisaig Duathlon, 12K	3
Mars Bar, 4 miles (February)	33
Cupar 5	9
Great North West Half Marathon, Blackpool	1
Falkland Flyer Trail Race, 6 miles	6
Smokies Race,10 miles	3
Bishop Hill Race, 2.5miles, 1000ft	4
Haworth Hobble, SW Pennines, 33 miles 4400ft	1
Mighty Deerstalker	3
D33 Ultra Marathon, Aberdeen, 33 miles	1
Birnam Hill Race, 4 miles, 1750ft	1
Deuchary Hill Race, 12 miles, 2600ft	1
Alloa Half Marathon	6
Mars Bar, 4 miles (March)	30
Round the Houses 10K, Grangemouth	1
Lomonds Junior Hill Race, U12 Female, 3.2K	1
Lomonds Junior Hill Race, U14 Male & Female, 4.2K	2
Lomonds Junior Hill Race, U16 Male & U19 Female, 6.4K	2
Lomonds Junior Hill Race, U19 Male, 8.6K	1
Nevis Duathlon, 10K	2
Glenlivet 10K	2
Edinburgh Half Marathon	2
Beveridge Park 5K Road Race Series	2
Hunters Bog Trot, 6.4K, 240m	2
London Marathon	4
St Andrews 5K	25
Normans Law Hill Race, 5.5miles, 750ft	7
Emily Law Hill Race, 1 mile, 210ft	1
Balmoral Multi Terrain Half Marathon	2
Kellie Law, 3.5 miles	25
Kinross 10k	1
Highland Fling, 53 miles	1
Stuc A Chroin Race, 22K, 1500m	1
Angus Half Marathon	4
Tiree 10K	4
Strathkinness Blebo Craigs 4.5miles	26
Ben Lomond Scottish Champ Race, <19 boys, 6K, 380m	1
Glasgow Ladies 10K	3
Kellie Law Race, 3.5 miles	31
Loch Leven Half Marathon	3
Quarriers 5K	22
North Berwick Novice Tri, 2.5 mile	1
Kinnoull Hill Race, 4miles, 240m	1
Beveridge Park, 5K	4
Edinburgh Park Run, 5K	1
Cateran Ultra Marathon, Glenshee, 55 miles, 7500ft	1
Edinburgh Marathon	2
Edinburgh Marathon Relay	11
Ravenscraig Park, 1 mile	1
Isle of Jura, 16 miles, 7500ft	
Hyde Park 5K	1
Arbroath 10K	1
Hill of Tarvit Race, 5.5 miles	22
Mini Tour - Tentsmuir Beach Race <15 + <18, 3 miles	5
Mini Tour - East Lomond Hill Race <15 + <18, 3 miles	4
Mini Tour - Heatherhall Trail Race <15 + <18, 3 miles	4
Mini Tour -Tarvit Time Trial 2.1km	4
Mini Tour - Cambo Multi Terrain Race 5km	5
Isle of Skye Half Marathon	1
Templeton Trail Race, Dundee, 6 miles	3
Beveridge Park 5K Road Race Series	2
West Highland Way Race, 95 miles, 12,000ft	1
Seven Hills of Edinburgh, 14 miles, 2200ft	1
Milnathort Dash, 5.5 miles	2
Arrochar Alps, 25K, 2400m	1
Glenrothes 10K	4
Falkland Hill Race, 3 miles, 1200ft	3
Lairig Ghru Race, 26.6miles, 2733ft	3
Race for Life, Beveridge Park 5K	3
Edinburgh Womans Triathalon, 5K	1
Largo Law Hill Race, 290m	22
Sandy Slither Race, 6.1 miles	14
Black Rock 5 Race	2
Osmotherley Phoenix, 33 miles	1
Dollar Hill Race, 9.4 miles, 3150ft	1
White Tops Hill Race, 10km, 270m	1
Creag Choinnich Hill Race, 5km, 200m	2
Maddy Moss Hill Race, 10K, 760m	2
Heart of the Park, 12K, 300m	2
Ravenscraig Park, 1 mile	4
Beveridge Park, 5K	1
Dundee Half Marathon	2
Maxi Marathon, Killarney Ireland, 15miles	1
Newburgh Race, 4.23 miles	18
Tour of Fife, Black Hill Race, 5 miles, 525ft	13
Tour of Fife, Tarvit Trail Race, 4.7 miles	14
Up Hell Time Trial, 1.4miles, 754ft	13
Chariots of Fire Beach Race, St Andrews, 4.25 miles	11
Twisted Chicken Run, Strathmiglo, 5.1 miles	12
North Berwick Law Race, 3 miles, 600ft	9
Devil of the Highlands, 43 miles	1
Largo Law Hill Race, 6.8 mildes, 781ft	27
Balmullo Trail Race, 4.9 miles	13
Edinburgh Park Run, 5K	1
Forth Road Bridge 10K	4
Great Yarmouth Half Marathon	1
Ceres 8	21
Lomonds of Fife Hill Race, 11 miles, 3400ft	1
Forfar 10K	2
Beverisge Park 5K	4
Ravenscraig Park, 2 mile	1
Haribo Handicap Trail Race, 3 miles	1
Speyside Way, 36.5 miles	1
Perth 10K	1
Graham Clark Race, Knockhill, 3.9 miles	3
Morone Hill Race, 1000ft, Braemar, 4 miles	6
Glenmore 24hour Trail Race, 116 miles	1
Great Scottish Half Marathon, Glasgow	3
Gateside Gallop, 4 miles	16
Kingsbarns Fun Run, 4 miles	19
Stirling 10K	3
Great North Run Half Marathon	2
Hardmoor, Yorkshire 60 miles	1
River Ayr Way, 41 miles	1
East Neuk 10K	41
Banstead Woods Park Run, 5K	1
The Stoney Stomp, 7 miles, Stonehaven	2
Great Run Edinburgh, 10K	4
Loch Ness 10K	1
Loch Ness Marathon	3
East District CC Relays Camperdown Park, 4K	14
Giffordtown 5K	7
Kielder Marathon, Northumberland	1
Kingston 16 miles, London	1
Survival of the Fittest, 10K	
Aviemore Half Marathon	4
Istanbul 15K	1
Holyrood 5K, Edinburgh	1
Run of the Mill Race, Alva 14.7K, 910m	1
Edinburgh Park Run, 5K	2
Mars Bar Race (1), October, 4 Miles	36
Cairnie Creepy Crawly Junior Race, 2 miles	1
Meall a Bhuachaille, Aviemore 13K, 720m	4
Jedburgh Half Marathon	0
Nightmare Race 1, Ladybank, 4 miles	1
Leeds Park Run, 5K	1
Templeton 10 mile Race, Dundee	8
New York Marathon	2
Glen Clova Half Mararthon	7
Lasswade Cross Country U15 Boys, 3 miles	35
Lasswade Cross Country U15 Girls, 2 miles	1
Lasswade Cross Country, Men, 6 miles	1
Lasswade Cross Country, Women, 3.8 miles	1
Hartley Cup, Alva	39
Rosedale Rumble, North Yorkshire, 40 miles	1
Tyrebagger Trail Run, Aberdeen, 5 miles	2
Fraserburgh Half Mararthon	2
Mars Bar Race (2), November, 4 miles	33
Kinlochleven to Tyndrum, Winter Ultra 29 miles	1
Black Rock Nightmare Race, 2.9 miles	1
East District CC Champs, Aberdeen	2
Christmas Cracker Race, Falkland, 3.8miles	8
Mars Bar Race (3), December, 4 miles	25
Inverness Park Run, 5K	1
Total Number of Races	
0	
TOTAL POINTS	

	Ailsa	Alice	Allan Gib	Allan Gal	Alan N	Audrey	Bill A	Bill H	Bill S	Carole	Chris B	Christine	Colin Mc	Catherine	Davie	Debz	Dell	Dougie	Duncan	Elise	Eck	Ewan C	Ewan D	Ellie	Fiona C	Fiona M	Gavin	George F	George H	Glenn	Gwen	Gordon	Hazel	Ian M	Ian S	Jackie	Jas	Jake	Jennifer C	Jennifer A	Jennifer G	John L	John D	Jonny	June	Karen S	Karen C	Lizzie	Liam	Murray	Neil	Pamela	Rachael	Tich	Richard	Ronan	Ross	Sally	Stewart	Stuart Mc	Susan H	Susan P	Timmy	Thomas	Tracy K	Tricia	Tracy C	Yvonne	Zach
Total Number of Races	29	13	15	7	3	1	4	11	21	16	10	7	13	34	23	50	22	15	10	29	19	12	7	4	29	10	2	8	33	11	1	5	6	10	22	11	13	15	21	0	17	1	15	27	9	17	8	17	18	4	5	34	16	15	13	36	12	3	9	20	2	18	8	22	14	46	17	14	39
TOTAL POINTS	221	94	104	93	14	6	18	373	135	92	130	77	114	332	175	565	242	116	56	267	148	91	47	19	228	67	9	48	283	70	4	54	54	75	170	82	108	105	243	0	165	9	95	314	45	120	39	161	174	55	81	350	132	191	88	286	933	20	84	159	9	147	54	206	94	394	142	109	453

2011 TRAINING

Date	Total	4 week avg	13 week avg
5th January	30		
12th January	38		
26th January	23		
2nd February	25	29	
9th February	36	31	
16th February	28	28	
2nd March	24	28	
9th March	31	30	
16th March	25	27	
30th March	20	25	
6th April	26	26	
13th April	25	24	
18th May	26	24	25
25th May	18	24	24
8th June	8	19	22
15th June	17	17	22
22nd June	22	16	21
6th July	30	19	21
13th July	26	24	21
27th Jul;y	9	22	19
3rd August	12	19	18
10th August	15	16	18
17th August	15	13	17
24th August	24	17	17
31stAugust	23	19	17
14th Sept	6	17	16
21st Sept	35	22	18
28th Sept	37	25	20
5th Oct	0	20	18
12th Oct	32	26	18
19th Oct	18	22	17
2nd Nov	0	13	17
9th Nov	0	13	16
16th Nov	27	11	17
30th Nov	23	13	17
7th Dec	30	20	18
14th Dec	16	24	17
28th Dec	0	0	0

	Ailsa	Alice	Allan Gib	Allan Gal	Alan N	Audrey	Bill A	Bill H	Bill S	Carole	Chris B	Christine	Colin Mc	Catherine	Davie	Debz	Dell	Dougie	Duncan	Elise	Eck	Ewan C	Ewan D	Ellie	Fiona C	Fiona M	Gavin	George F	George H	Glenn	Gwen	Gordon	Hazel	Ian M	Ian S	Jackie	Jas	Jake	Jennifer C	Jennifer A	Jennifer G	John L	John D	Jonny	June	Karen S	Karen C	Lizzie	Liam	Murray	Neil	Pamela	Rachael	Tich	Richard	Ronan	Ross	Sally	Stewart	Stuart Mc	Susan H	Susan P	Timmy	Thomas	Tracy K	Tricia	Tracy C	Yvonne	Zach
Total	23	21	11	5	7	0	0	3	13	17	16	6	7	18	25	25	7	22	12	16	20	10	3	7	22	12	9	11	24	15	0	0	6	8	27	8	10	17	11	0	9	2	16	20	11	19	11	15	9	2	0	21	13	1	2	28	1	2	9	15	0	18	5	18	16	15	23	14	13