2008 CHAMPIONSHIP POINTS

	Ailsa	Alice	Allan G	Allan N	Andy	Anne	Audrey	Bill A	Bill H	Bill S	Chappie	Christine	Colin D	Colin M	Davie B	Debz	Eck	Ewan	Fiona C	Fiona M	George F.	George H	Gordon	Gwen	Hazel	Ian M	Iain Mc	Ian S	Jacqui	Jas	Jennifer	John	Jonny	Jordan	Jenny	June	Karen	Kev	Kev. C	Kristine	Lewis	Monty	Murray	Neil	Nicola	Pamela	Peter	Richard	Ross	Stewart	Susan	Tom	Tracy	Chris B	Robin	Ewan P	Penny	Chris R	Brian
Race	47	107	107	0	0	36	14	156	65	114	9	217	31	43	394	451	53	30	85	8	53	81	30	51	64	297	86	293	246	23	97	81	166	20	69	50	99	89	0	0	13	20	83	177	9	131	62	15	234	250	49	38	321	85	0	19	12	13	67
Training	25	51	40	9	12	43	19	52	39	25	0	64	28	19	52	65	41	41	19	26	54	0	0	47	10	23	25	58	9	14	30	34	9	4	43	44	35	15	4	8	16	4	25	0	1	37	32	0	24	40	51	29	37	40	28	19	9	26	17
TOTAL	72	158	147	9	12	79	33	208	104	139	9	281	59	62	446	516	94	71	104	34	107	81	30	98	74	320	111	351	255	37	127	115	175	24	112	94	134	104	4	8	29	24	108	177	10	168	94	15	258	290	100	67	358	125	28	38	21	39	84

TOTAL TAKING PART IN THE CHAMPIONSHIP: 59

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

CHAMPIONSHIP TOP TWENTY
(UPDATED 31st DECEMBER)

1st	Debz	516	11th	Neil	177
2nd	Davie	446	12th	Jonny	175
3rd	Tracy	358	13th	Pamela	168
4th	Ian S	351	14th	Alice	158
5th	Ian M	320	15th	Allan G	147
6th	Stewart	290	16th	Bill S	139
7th	Christine	281	17th	Karen	134
8th	Ross	258	18th	Jennifer	127
9th	Jacqui	255	19th	Chris B	125
10th	Bill A	208	20th	John	115

DISTANCE P.Bs

Chris B	1	Jacqui	1
Christine	3	Ian S	1
Neil	3	Alice	1
Ross	3		
John	1		
Stewart	5		
Jennifer	1		
Davie	2		
Bill A	3		
Gwen	1		
			26

COURSE P.Bs

Ailsa	1	Ian M	1
Allan G	2	Jacqui	3
Alice	1	Jennifer	5
Bill A	1	Karen	2
Bill H	1	Neil	1
Davie	11	Pamela	1
Debz	2	Tracy	2
Eck	1	John	1
Fiona C	2	Susan	1
Gordon	1		
Ian S	6		
			46

2008 RACES

	Ailsa	Alice	Allan G	Allan N	Andy	Anne	Audrey	Bill A	Bill H	Bill S	Chappie	Christine	Colin D	Colin M	Davie B	Debz	Eck	Ewan	Fiona C	Fiona M	George F.	George H	Gordon	Gwen	Hazel	Ian M	Iain Mc	Ian S	Jacqui	Jas	Jennifer	John	Jonny	Jordan	Jenny	June	Karen	Kev	Kev. C	Kristine	Lewis	Monty	Murray	Neil	Nicola	Pamela	Peter	Richard	Ross	Stewart	Susan	Tom	Tracy	Chris B	Robin	Ewan P	Penny	Chris R	Brian	
Tadworth Ten, Epsom																																												19																	Tadworth Ten, Epsom	1
Plumpton Classic, 7.5k																																												7																	Plumpton Classic, 7.5k	1
Loch Leven Nightmare, 10k														9													9																								9								Loch Leven Nightmare, 10k	3
Devil's Burdens		9	13						13	9		9			9	9	9	9			9				9		13	9			9	9				9	9						9	9				9			9	9						Devil's Burdens	23
Fife AC XC Championships	2														3		6		3												6														6																Fife AC XC Championships	5
Forfar Multi-Terrain Half Marathon		20												20		20																				20														20	20			20						Forfar Multi-Terrain Half Marathon	8
Carnethy Five Hill Race (+junior 4k)																11																	5																											Carnethy Five Hill Race (+junior 4k)	2
Balmullo Hill Nightmare											9					9			9					9				9		9		9														9														Balmullo Hill Nightmare	11
Cupar 5								5		5		5			5								5				9				5			5														5		5									Cupar 5	11
Gartmore 6															9																																													Gartmore 6	1
Shell Bay Nightmare	6	10				6	6	6	6			6			6	10	10	6	6		6		6				6	6	10	6				6										6		6	6	6	6	10	6							Shell Bay Nightmare	26
Edinburgh Half Marathon												13			13												13	13																								13	21							Edinburgh Half Marathon	6
Norman's Law Hill Race																11																																												Norman's Law Hill Race	1
Ailsa Half Marathon															17	13						17					13	13																								13								Ailsa Half Marathon	6
Easter Bunny 10k Paarlauf		4						4				4			4	4								4						8																					8								Easter Bunny 10k Paarlauf	8
Connemara Marathon		26																																																									Connemara Marathon	1
London Marathon																																										26																	London Marathon	2
St Andrews 5k		5				5				5		5			5	5			6								6	5	5		9				5	5												9			5		5				5	5		St Andrews 5k	17
Steyning Duathlon																																												8																Steyning Duathlon	1
National Duathlon Champs																																												18																National Duathlon Champs	1
The Highland Fling																106																																														The Highland Fling	1
Kinross 10k								10																																																					Kinross 10k	1
Black Rock 5															11	7						7					7																																			Black Rock 5	4
Black Rock Midi																			6																																										Black Rock Midi	1
Strathkinness - Blebo			7					7		7		7	7			7	7	7	7		7				7		7	7	7		7			7																												Strathkinness - Blebo	19
Auld Toun 10k															6																																															Auld Toun 10k	2
Kirbymoorside 10k																																											6																	Kirbymoorside 10k	1
Stuc a'Chroin																									28								28																											Stuc a'Chroin	2
Dunfermline Half Marathon								21				21			13																																															Dunfermline Half Marathon	4
Quarriers 5k																			5												13	13																															Quarriers 5k	8
Selkirk Sprint Triathlon																3																																														Selkirk Sprint Triathlon	2
Loch Leven Half Marathon															17	17						13						17																																				Loch Leven Half Marathon	7
Beveridge Park 5k										3																																																				Beveridge Park 5k	1
Race for Life, Beveridge Park	7																		7										3	7						3																											Race for Life, Beveridge Park	6
Womens 10k Glasgow		6																		6																																										Womens 10k Glasgow	2
Scottish Island Peaks Race																									80								60																												Scottish Island Peaks Race	2
Forfar Maraflun Relay									6						6		6	6			6				6				6						6														6													Forfar Maraflun Relay	12
Edinburgh Marathon								34				34										34					26								26		26																									Edinburgh Marathon	9
Ravebscraig Park One Mile										1																																																					Ravebscraig Park One Mile	1
Hill O' Tarvit			8							8		8	8		12									8	8	8	8	12			12	8														8			8	8									Hill O' Tarvit	15
Summer 10k Paarlauf	4														4				4																		4														4										Summer 10k Paarlauf	5
Glenrothes 10k						6			6																6		6										6																6		6	6					Glenrothes 10k	8
Falkland Hill Race																6					6																																6									Falkland Hill Race	3
Dundee Half Marathon								13				13																																																		Dundee Half Marathon	3
Lairig Ghru																									56																																					Lairig Ghru	1
Brig Bash										5																																																				Brig Bash	1
Sandy Slither			9										9		9		9										9						9	9														9			9	9								Sandy Slither	11
Newbrough 5			7							7			7		7	7									7		7	7			7						7	7												7			7	7			7				Newbrough 5	14
Cupar Highland Games Hill Race															12																																															Cupar Highland Games Hill Race	3
Ballater 10															18																																															Ballater 10	3
Langdale Gala Hill Race																									4																																						Langdale Gala Hill Race	1
Maddy Moss Hill Race																									12																																						Maddy Moss Hill Race	1
Turnhouse Hill Race																									6																																						Turnhouse Hill Race	1
Tour of Fife - Luthrie Lumpy 5k										3					11	3										3		3	3							3														3			3								Tour of Fife - Luthrie Lumpy 5k	10
Tour of Fife - Upside Down Hill Race										6					6	6									6	6	6		6						6														6			6								Tour of Fife - Upside Down Hill Race	11
Tour of Fife - Chariots of Fire Beach Race										6					10	6										6	6		6						6														6			6								Tour of Fife - Chariots of Fire Beach Race	10
Tour of Fife - Uphell Time Trial										2					8	2										2			2						2														2			2								Tour of Fife - Uphell Time Trial	10
Tour of Fife - Strathmiglo Forest Frenzy Multi-Terrain										7						7										7			7						7														7			7								Tour of Fife - Strathmiglo Forest Frenzy Multi-Terrain	10
Mauritius Hash Harriers 8 miles												8																																																			Mauritius Hash Harriers 8 miles	
Beaulieu Triathlon - 14 mile run																																											14																	Beaulieu Triathlon - 14 mile run	1
Cowman Triathlon - 13.1 mile run																																											13																	Cowman Triathlon - 13.1 mile run	1
Alpe D'Huez Triathlon - 22k run																																											14																	Alpe D'Huez Triathlon - 22k run	1
Correyairack Challenge																32					32																																										Correyairack Challenge	2
Heart of the Park, Braemar																12																																															Heart of the Park, Braemar	1
Largo Law Hill Race	14		14					14				14			14	14			14		14						14	14							14	14	14														14											Largo Law Hill Race	22
Isle of Man Marathon									26																																																						Isle of Man Marathon	1
Balmullo Hill Race			14							10					14	10													14								10																10								Balmullo Hill Race	8
European Masters, Slovakia, 5000m																								3																																								European Masters, Slovakia, 5000m	1
Forfar 10k																								6																																								Forfar 10k	1
Lomonds of Fife, 11m, 3400ft																																																																	Lomonds of Fife, 11m, 3400ft	1
Graham Clark Memorial Race, Knockhill	4									4					6				4										4							8														4											Graham Clark Memorial Race, Knockhill	8
Kent Coastal Half Marathon																																											21																	Kent Coastal Half Marathon	1
Haribo 1 - Coaltown of Balgonie										6																																																				Haribo 1 - Coaltown of Balgonie	1
Braemar Highland Gathering Hill Race																8									8																																					Braemar Highland Gathering Hill Race	3
East Neuk 10k	6	6	6			6	6		6			6				6	6		6		6				6	6	6	6	6	6	6	6	6		6	6	6					6					6	6									6		East Neuk 10k	31
Ceres 8			8									8			12	8											8	8															16					8											Ceres 8	8
Hopetoun House 10k																9																																													Hopetoun House 10k	1
Two Breweries Hill Race																									36								36																											Two Breweries Hill Race	2
Haribo 4 - Holl Reservoir										5				5													5																																			Haribo 4 - Holl Reservoir	3
Loch Ness Marathon															26												30	34																								26	34			26						Loch Ness Marathon	7
Great North Run						13																																																									Great North Run	2
Salomon Turbo X, Muqdock Park																15					15								15																										15								Salomon Turbo X, Muqdock Park	4
Pentland Skyline Hill Race																									36																																						Pentland Skyline Hill Race	1
Gifforddtown 5k										3		11		3													3	3																																				Gifforddtown 5k	6
Manor Water Hill Race, Peebles																20																																																Manor Water Hill Race, Peebles	1
Jedburgh Half																																																																	Jedburgh Half	4
Scone 10k								6				6												6																																								Scone 10k	4
Aviemore Half Marathon																																																																	Aviemore Half Marathon	1
World Duathlon Championships, Italy, 10k/5k run																																											10																	World Duathlon Championships, Italy, 10k/5k run	1
East Sussex Cross Country League, 8k																																											8																	East Sussex Cross Country League, 8k	1
The Wee Charmer, Aviemore																12					12																																											The Wee Charmer, Aviemore	2
Kinross Nightmare, 10k													9	13		9										9	13	9																						9		9	9								Kinross Nightmare, 10k	9
Templeton 10			10										10			10											18																								10											Templeton 10	5
Glen Clova Half Marathon		21												17		13											17	13									13																		17								Glen Clova Half Marathon	7
Hartley Cup Relay, 2 x 1mile	2		2				2	2	2	2		2		2	2	2	2	2	2	2					2	2	2	2	2	2	2	2	2			2							2															2	2		Hartley Cup Relay, 2 x 1mile	30
Lasswade Cross Country	2																		3						9					3																														Lasswade Cross Country	4
Ballbuster Duathlon (8R/24B/8R)																																											16																	Ballbuster Duathlon (8R/24B/8R)	1
Brighton 10k																																										14																	Brighton 10k	1
The Blacker-than-Black Black Rock Nightmare										5			5	5		5										5	5	5		9						9														5	5		5	5					The Blacker-than-Black Black Rock Nightmare	13
Florence Marathon									34			26																							26																										Florence Marathon	3
East District CC Champs			9					1				6		9	9	6											9	6																							9			6								East District CC Champs	9
Santa 5k, Falkland																											5																																	Santa 5k, Falkland	1
Maspie Den Nightmare										5																	5																								5			5								Maspie Den Nightmare	5
St Andrews 10k Paarlauf																											5																								5			5								St Andrews 10k Paarlauf	2
Forfar Plum Pudding Plod 2.75 miles												5																																																			Forfar Plum Pudding Plod 2.75 miles	
Tortoise and Hare, 2x2x2 miles																																																														Tortoise and Hare, 2x2x2 miles	2
Total Number of Races	9	9	12	0	0	5	3	12	7	22	1	21	4	7	38	37	7	5	14	2	7	7	2	4	10	14	15	31	28	3	12	11	9	3	5	6	11	11	0	0	3	2	8	14	1	18	6	1	23	20	6	5	37	6	0	3	2	3	6	Total Number of Races	
TOTAL POINTS	47	107	107	0	0	36	14	156	65	114	9	217	31	43	394	451	53	30	85	8	53	81	30	51	64	297	86	293	246	23	97	81	166	20	69	50	99	89	0	0	13	20	83	177	9	131	62	15	234	250	49	38	321	85	0	19	12	13	67	TOTAL POINTS	

2008 TRAINING

	Ailsa	Alice	Allan G	Allan N	Andy	Anne	Audrey	Bill A	Bill H	Bill S	Chappie	Christine	Colin D	Colin M	Davie B	Debz	Eck	Ewan	Fiona C	Fiona M	George F.	George H	Gordon	Gwen	Hazel	Ian M	Iain Mc	Ian S	Jacqui	Jas	Jennifer	John	Jonny	Jordan	Jenny	June	Karen	Kev	Kev. C	Kristine	Lewis	Monty	Murray	Neil	Nicola	Pamela	Peter	Richard	Ross	Stewart	Susan	Tom	Tracy	Chris B	Robin	Ewan P	Penny	Chris R	Brian	Total	4 week avg	13 week avg
2nd Jan		1				1	1	1	1			1				1	1	1			1						1				1																														2nd Jan	17		
9th Jan		1	1	1	1	1	1		1	1		1			1	1	1		1		1			1		1			1						1	1									1	1		1	1			1	1	1				9th Jan	32		
16th Jan		4	4		4	4	4	4	4			4			4	4	4				4			4		4		4			4		4			4		4												4	4					4		16th Jan	29		
23rd Jan		1	1	1		1		1	1	1		1			1		1				1			1					1							1					1																		23rd Jan	17	24	
30th Jan		1	1		1		1	1	1	1		1	1		1	1	1		1		1			1				1		1				1			1				1					1		1	1	1	1	1						30th Jan	26	26	
6th Feb		1		1		1			1	1		1			1	1	1	1			1			1				1			1				1			1				1					1		1	1	1		1	1				6th Feb	25	24	
13th Feb		4	4		4	4		4	4	4		4	4		4	4	4				4							4		4	4							4												4						4	4	13th Feb	25	23	
20th Feb		1			1	1		1				1	1						1	1				1											1														1										20th Feb	12	22	
27th Feb		1			1		1	1				1	1		1	1	1				1			1				1			1				1														1										27th Feb	21	21