

Race	Wadsworth Trog
Date of Race	6-Feb-16
Winning Time	2:39:56
Race Difficulty Weighting	1.03

Number of Entrants	159
Number of CVFR Entrants	15

pos	name	club	category	time	category pos	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Karl Gray	CVFR		2:39:56	1	58	1.03	1.05	1.4%	
2	Ben Mounsey	CVFR	M	2:39:56	1	25	1.03	1.05	1.7%	
5	Ian Symington	CVFR		3:01:48	3	25	1.18	1.23	4.6%	
6	Kevin Hoult	CVFR	V40	3:07:29	3	58	1.21	1.19	-2.0%	
13 (lady 1)	Holly Page	CVFR	F	3:14:08	1	10	1.26			
<i>16</i>	<i>Martin Cowton</i>	<i>Halifax Harriers</i>	<i>V50</i>	<i>3:15:23</i>	<i>1</i>	<i>40</i>	<i>1.26</i>			
<i>23 (lady 2)</i>	<i>Nicky Spinks</i>	<i>Dark Peak FR</i>	<i>FV40</i>	<i>3:18:30</i>	<i>1</i>	<i>18</i>	<i>1.28</i>			
25	Bill Johnson	CVFR	V50	3:19:49	5	40	1.29	1.40	7.9%	
36	Lee Shimwell	CVFR	M	3:26:34	10	25	1.34	1.33	-0.5%	
59 (lady 7)	Helen Buchan	CVFR	F	3:45:39	5	10	1.46	1.57	7.0%	best ever!
67	Ian Wood	CVFR	V40	3:52:10	30	58	1.50	1.42	-6.1%	
81	Toby Sydes	CVFR	V40	4:01:58	35	58	1.56	1.69	7.6%	
<i>89</i>	<i>Michael McLoughlin</i>	<i>Preston Harriers</i>	<i>V60</i>	<i>4:08:48</i>	<i>1</i>	<i>3</i>	<i>1.61</i>			
106	John Minta	CVFR	V40	4:22:20	44	58	1.70	1.41	-20.3%	
107	Mike Wardle	CVFR	V50	4:22:22	28	40	1.70	1.57	-7.8%	
<i>125 (lady 19)</i>	<i>Nicky Jaquier</i>	<i>Unattached</i>	<i>FV50</i>	<i>4:39:23</i>	<i>1</i>	<i>4</i>	<i>1.81</i>			
129	Manhar Patel	CVFR	V40	4:40:54	53	58	1.82	1.82	0.1%	
<i>141</i>	<i>Malcolm Coles</i>	<i>Valley Striders</i>	<i>V70</i>	<i>5:01:52</i>	<i>1</i>	<i>1</i>	<i>1.95</i>			
144	Doug Gurr	CVFR	V50	5:18:14	36	40	2.06	1.59	-29.1%	