

Race	<b>Flower Scar</b>
Date of Race	21-Feb-16
Winning Time	1:02:49
Race Difficulty Weighting	1.27

Number of Entrants	120
Number of CVFR Entrants	6

pos	name	club	category	time	category pos	number in category	Todays Race Rating	Previous Rolling Handicap	Improvement	Comments
1	<i>Rob James</i>	<i>Royton Road Runne</i>	<i>M</i>	<i>1:02:49</i>	1	30	1.27			
5	<i>Ian Willis</i>	<i>Keighley &amp; Craven</i>	<i>M40</i>	<i>1:03:23</i>	1	14	1.28			
18	<i>Christopher Smale</i>	<i>Barlick Fell Runners</i>	<i>M50</i>	<i>1:07:59</i>	1	23	1.37			
<b>25</b>	<b>Gayle Sugden</b>	<b>CVFR</b>	<b>W40</b>	<b>1:09:04</b>	<b>1</b>	<b>5</b>	<b>1.39</b>	<b>1.41</b>	<b>1.5%</b>	
<b>33</b>	<b>Tristan Sheard</b>	<b>CVFR</b>	<b>M40</b>	<b>1:10:54</b>	<b>7</b>	<b>14</b>	<b>1.43</b>	<b>1.38</b>	<b>-3.3%</b>	
58	<i>Andrew Carruthers</i>	<i>Halesowen AC</i>	<i>M55</i>	<i>1:20:24</i>	1	5	1.62			
<b>67</b>	<b>Anthony Costello</b>	<b>CVFR</b>	<b>M50</b>	<b>1:21:20</b>	<b>11</b>	<b>23</b>	<b>1.64</b>	<b>1.69</b>	<b>2.8%</b>	
<b>80</b>	<b>Nick Murphy</b>	<b>CVFR</b>	<b>M55</b>	<b>1:22:52</b>	<b>3</b>	<b>5</b>	<b>1.67</b>	<b>1.68</b>	<b>0.4%</b>	
<b>98</b>	<b>David Culpan</b>	<b>CVFR</b>	<b>M50</b>	<b>1:32:35</b>	<b>16</b>	<b>23</b>	<b>1.86</b>	<b>1.76</b>	<b>-6.0%</b>	
<b>105</b>	<b>Gill Dickson</b>	<b>CVFR</b>	<b>W40</b>	<b>1:40:41</b>	<b>5</b>	<b>5</b>	<b>2.03</b>	<b>2.06</b>	<b>1.8%</b>	