

Race	Ilkley Moor
Date of Race	21-Feb-16
Winning Time	0:39:13
Race Difficulty Weighting	1.06

Number of Entrants	314
Number of CVFR Entrants	25

pos	name	club	category	time	category pos	number in category	Todays Race Rating	Previous Rolling Handicap	Improvement	Comments
1	<i>Tom Adams</i>	<i>Ilkley Harriers</i>	<i>M</i>	<i>0:39:13</i>			<i>1.06</i>			
23	Mark O'Connor	CVFR	M	0:47:09			1.28	1.32	3.7%	
24	Jon Smith	CVFR	M	0:47:18			1.28	1.31	2.6%	
49	Ben Frechette	CVFR	M	0:50:21			1.36	1.43	4.5%	best this year
51	Martin Howard	CVFR	MU18	0:50:36			1.37	1.39	1.6%	
52	Mark Wharton	CVFR	M50	0:50:37			1.37	1.41	3.1%	best this year
60	Iain Glendinning	CVFR	M	0:51:21			1.39	1.42	2.2%	
103	Jo Buckley	CVFR	F	0:55:56			1.51	1.47	-3.0%	
131	Richard Ingram	CVFR	M40	0:58:24			1.58	1.52	-4.0%	
148	Gavin Roper	CVFR	M	1:00:31			1.64	1.69	3.4%	best ever!
150	Toby Sydes	CVFR	M40	1:00:57			1.65	1.67	1.2%	
161	Paul Haigh	CVFR	M	1:02:37			1.69	1.72	1.3%	
173	Nathan Kenneough	CVFR	M	1:03:41			1.72	1.71	-0.8%	
174	Jake Ackroyd	CVFR	M	1:03:42			1.72	1.56	-10.1%	
212	Dan Biggs	CVFR	M	1:07:17			1.82	1.83	0.7%	
215	Darren Sargent	CVFR	M40	1:07:41			1.83	1.64	-11.5%	
223	Graham Lloyd	CVFR	M50	1:08:21			1.85	1.73	-7.1%	
227	Stella Chrisanthou	CVFR	F40	1:08:32			1.85	1.83	-1.4%	
230	John Nunn	CVFR	M50	1:08:48			1.86	1.84	-1.4%	best this year
231	Jeremy Wilkinson	CVFR	M40	1:08:49			1.86	1.71	-9.0%	
235	James Cooke	CVFR	M	1:09:39			1.88	1.82	-3.4%	
254	Gillian Wisbey	CVFR	F40	1:11:05			1.92	1.76	-9.3%	
272	Bob Howard	CVFR	M50	1:14:37			2.02	1.88	-7.2%	
283	Carolyn Shimwell	CVFR	F	1:16:36			2.07	2.03	-2.0%	
291	Graham Davy	CVFR	M50	1:18:25			2.12	2.11	-0.6%	best this year
300	Helen Flage	CVFR	F40	1:21:53			2.22	0.00		