

Race	High Cup Nick
Date of Race	27-Feb-16
Winning Time	1:00:01
Race Difficulty	1.11
Weighting	

NOTE: Due to the long delay between racing and the results being published - the race rating has been difficult to calculate accurately. Please advise if this appears incorrect.

Number of Entrants	273
Number of CVFR Entrants	5

pos	name	club	category	time	category pos	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Ricky Lightfoot	Ellenborough	MS	1:00:01	1	MS	1.11			
3	Rob Hope	Pudsey & Bramley	M40	1:01:04	1	65	1.13			
5	Karl Gray	CVFR	M40	1:03:08	2	65	1.17	1.12	-3.8%	
25	Dave Cope	Howgill Harriers	MU23	1:09:01	1	7	1.28			
41	Dave Prosser	Keswick	M50	1:12:48	1	50	1.35			
56	Lou Roberts	Ambleside	W40	1:15:14	1	24	1.39			
100	Jackie Winn	Ellenborough	M60	1:22:03	1	10	1.52			
114	Hannah Bradley	Cfr	WU23	1:24:26	1	1	1.56			
123	Gary Hodgkinson	CVFR	M40	1:25:48	36	65	1.59	1.46	-8.6%	
126	Camilla Lauren-Maatta	Elvet Striders	W50	1:26:04	1	14	1.59			
154	Helen Buchan	CVFR	WS	1:28:32	72	WS	1.64	1.65	0.8%	
159	John Minta	CVFR	M40	1:28:59	45	65	1.64	1.56	-5.5%	
170	Simon Fisher	CVFR	M40	1:31:37	48	65	1.69	1.74	2.6%	
254	Dot Patton	Cfr	W60	1:54:35	1	3	2.12			
259	Mike Gill	Blackhill Bounders	M70	1:58:07	1	1	2.18			