

Race	<b>Donard - Commedagh</b>
Date of Race	09-Apr-16
Winning Time	1:17:21
Race Difficulty Weighting	1.11

Number of Entrants	248
Number of CVFR Entrants	7

pos	name	club	category	time	category pos	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Rob Hope	Pudsey And Bramle	M40	1:17:21	1	60	1.11			
2	Sam Tosh	Rosendale Harriers	M	1:17:29	1	65	1.11			
<b>6</b>	<b>Karl Gray</b>	<b>CVFR</b>	<b>M40</b>	<b>1:19:05</b>	<b>2</b>	<b>60</b>	<b>1.13</b>	<b>1.12</b>	<b>-0.9%</b>	
<b>7</b>	<b>Tim Ellis</b>	<b>CVFR</b>	<b>M</b>	<b>1:19:08</b>	<b>5</b>	<b>65</b>	<b>1.13</b>	<b>1.23</b>	<b>7.7%</b>	
<b>12</b>	<b>Matthew Roberts</b>	<b>CVFR</b>	<b>M</b>	<b>1:23:15</b>	<b>9</b>	<b>65</b>	<b>1.19</b>	<b>1.21</b>	<b>1.0%</b>	
13	Tom Saville	Dark Peak Fell Run	MU23	1:24:06	1	7	1.21			
<b>17</b>	<b>Darren Kay</b>	<b>CVFR</b>	<b>M40</b>	<b>1:25:05</b>	<b>4</b>	<b>60</b>	<b>1.22</b>	<b>1.20</b>	<b>-1.8%</b>	
20	David Taylor	Dark Peak Fell Run	M50	1:25:28	1	35	1.23			
36	Heidi Dent	Howgill Harriers	W	1:29:35	1	26	1.28			
<b>41</b>	<b>James Logue</b>	<b>CVFR</b>	<b>M40</b>	<b>1:31:14</b>	<b>10</b>	<b>60</b>	<b>1.31</b>	<b>1.18</b>	<b>-10.6%</b>	
61	Lou Roberts	Ambleside AC	W40	1:34:10	1	26	1.35			
65	Bronwen Jenkinson	Eryri Harriers	WU23	1:35:45	1	2	1.37			
<b>71</b>	<b>Holly Page</b>	<b>CVFR</b>	<b>W</b>	<b>1:36:25</b>	<b>3</b>	<b>26</b>	<b>1.38</b>	<b>1.30</b>	<b>-6.0%</b>	
88	Mike Egner	Settle Harriers	M60	1:40:58	1	19	1.45			
181	Joanna Schreiber	Pudsey And Bramle	W50	2:01:55	1	7	1.75			
187	Wendy Dodds	Clayton-le-Moors H	W60	2:03:38	1	1	1.77			
<b>199</b>	<b>Helen Buchan</b>	<b>CVFR</b>	<b>W</b>	<b>2:08:41</b>	<b>17</b>	<b>26</b>	<b>1.85</b>	<b>1.65</b>	<b>-11.5%</b>	