

Race	<b>Orchan Rocks</b>
Date of Race	26-Apr-16
Winning Time	0:21:32
Race Difficulty Weighting	1.17

Number of Entrants	104
Number of CVFR Entrants	30

pos	name	club	category	time	category pos	number in category	Todays Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Tim Ellis	CVFR	M Senior	0:21:32	1		1.17	1.18	0.5%	
3	Alex Whittern	CVFR	M Senior	0:23:12	3		1.26	1.24	-1.7%	
4	Ashley Holt	Rosendale Harriers	M40	0:23:54	1	26	1.30			
6	Mark O'Connor	CVFR	M Senior	0:24:36	5		1.34	1.33	-0.3%	
8	Ian Symington	CVFR	M Senior	0:24:53	7		1.35	1.30	-3.7%	
12	Mark Goldie	CVFR	M40	0:25:27	4	26	1.38	1.36	-1.9%	
14	Giles Simon	CVFR	M Senior	0:26:02	10		1.41	1.42	0.3%	
18	Richard Byers	Cheshire Hill Runners	M50	0:26:19	1	23	1.43			
19	Mark Wharton	CVFR	M50	0:26:24	2	23	1.43	1.41	-2.0%	
21	Iain Powell	CVFR	M40	0:26:34	7	26	1.44	1.44	0.0%	
24	Phil Wells	CVFR	M40	0:27:25	10	26	1.49	1.52	1.9%	
27	Steve Jackson	Horwich RMI	M60	0:27:50	1	11	1.51			
30	Richard Ingram	CVFR	M40	0:28:26	12	26	1.55	1.54	-0.6%	best this year
32	Deborah Gowans	Accrington	W50	0:28:38	1	3	1.56			
34	Jonathan Emberton	CVFR	M50	0:28:49	4	23	1.57	1.47	-6.7%	
39	Paul Gilbert	CVFR	M Senior	0:29:04	17		1.58	1.65	4.2%	best ever!
41	Andrew Davies	CVFR	M50	0:29:17	6	23	1.59	1.65	3.5%	best this year
46	Simon Fisher	CVFR	M40	0:30:11	18	26	1.64	1.74	5.9%	best this year
49	Lucy Burnett	Todmorden Harriers	W40	0:30:25	1	5	1.65			
52	Jake Ackroyd	CVFR	M Senior	0:30:31	21		1.66	1.57	-5.7%	
53	Gavin Roper	CVFR	M Senior	0:30:32	22		1.66	1.68	1.2%	
56	Tim Brooks	CVFR	M40	0:30:48	20	26	1.67	1.60	-4.4%	
58	James Cooke	CVFR	M Senior	0:31:35	23		1.72	1.86	7.6%	best ever!
60	Nathan Kennaugh	CVFR	M Senior	0:31:51	25		1.73	1.69	-2.1%	
61	Graham Lloyd	CVFR	M50	0:32:01	10	23	1.74	1.77	1.7%	best this year
69	Jeremy Wilkinson	CVFR	M40	0:32:46	25	26	1.78	1.74	-2.5%	
76	Richard Blakeley	Todmorden Harriers	M70	0:34:17	1	2	1.86			
77	Dan Biggs	CVFR	M Senior	0:34:38	28		1.88	1.87	-0.5%	
80	Carolyn Shimwell	CVFR	W Senior	0:35:09	30		1.91	2.04	6.2%	
83	Rod Sutcliffe	CVFR	M60	0:35:44	7	11	1.94	1.78	-8.8%	
85	Steve Cavell	CVFR	M50	0:36:15	17	23	1.97	1.91	-2.9%	
87	Jocasta Fletcher	CVFR	W40	0:36:41	3	5	1.99	2.07	3.8%	
90	Graham Davy	CVFR	M50	0:37:43	19	23	2.05	2.06	0.5%	
101	Tamsin Cooke	CVFR	W Senior	0:45:49	32		2.49	2.56	2.6%	best ever!