

Race	<b>Coiners</b>
Date of Race	02-May-16
Winning Time	0:50:14
Race Difficulty Weighting	1.24

Number of Entrants	81
Number of CVFR Entrants	17

pos	name	club	category	time	category pos	number in category	Todays Race Rating	Previous Rolling Handicap	Improvement	Comments
1	<i>Benjamin Coop</i>	<i>Bury AC</i>	<i>M</i>	<i>0:50:14</i>	1	15	1.24			
<b>5</b>	<b>Holly Page</b>	<b>CVFR</b>	<b>W</b>	<b>0:54:55</b>	<b>1</b>	<b>8</b>	<b>1.36</b>	<b>1.36</b>	<b>0.6%</b>	
6	<i>David Hulley</i>	<i>Stockport Harriers</i>	<i>M40</i>	<i>0:55:22</i>	1	12	1.37			
7	<i>Dave Garner</i>	<i>Todmorden Harriers</i>	<i>M45</i>	<i>0:56:55</i>	1	5	1.41			
<b>9</b>	<b>Gareth Clarke</b>	<b>CVFR</b>	<b>M40</b>	<b>0:57:15</b>	<b>3</b>	<b>12</b>	<b>1.41</b>	<b>1.64</b>	<b>13.7%</b>	<b>best ever!</b>
10	<i>Paul Hesketh</i>	<i>Clayton Harriers</i>	<i>M50</i>	<i>0:59:26</i>	1	11	1.47			
15	<i>Dominic Lodge</i>	<i>0</i>	<i>MU23</i>	<i>1:00:32</i>	1	1	1.50			
18	<i>Karen Pickles</i>	<i>Pudsey Pacers</i>	<i>W45</i>	<i>1:00:34</i>	1	4	1.50			
<b>22</b>	<b>Lindsey Oldfield</b>	<b>CVFR</b>	<b>W</b>	<b>1:01:18</b>	<b>2</b>	<b>8</b>	<b>1.51</b>	<b>1.54</b>	<b>1.5%</b>	
<b>23</b>	<b>Andrew Wright</b>	<b>CVFR</b>	<b>M</b>	<b>1:02:33</b>	<b>8</b>	<b>15</b>	<b>1.55</b>	<b>1.55</b>	<b>0.0%</b>	
<b>25</b>	<b>Paul Gilbert</b>	<b>CVFR</b>	<b>M</b>	<b>1:03:02</b>	<b>9</b>	<b>15</b>	<b>1.56</b>	<b>1.58</b>	<b>1.6%</b>	<b>best ever!</b>
26	<i>Steve Blackford</i>	<i>Denby Dale</i>	<i>M60</i>	<i>1:03:02</i>	1	2	1.56			
<b>27</b>	<b>Paul Haigh</b>	<b>CVFR</b>	<b>M</b>	<b>1:03:02</b>	<b>10</b>	<b>15</b>	<b>1.56</b>	<b>1.73</b>	<b>9.9%</b>	<b>best ever!</b>
28	<i>Martin Roberts</i>	<i>Todmorden Harriers</i>	<i>M55</i>	<i>1:03:07</i>	1	7	1.56			
31	<i>Annie Roberts</i>	<i>0</i>	<i>WU23</i>	<i>1:04:41</i>	1	2	1.60			
<b>32</b>	<b>Andrew Davies</b>	<b>CVFR</b>	<b>M55</b>	<b>1:04:44</b>	<b>2</b>	<b>7</b>	<b>1.60</b>	<b>1.61</b>	<b>0.9%</b>	
38	<i>Jennifer Battersby</i>	<i>Wharfedale Harriers</i>	<i>W40</i>	<i>1:05:57</i>	1	6	1.63			
<b>40</b>	<b>Toby Sydes</b>	<b>CVFR</b>	<b>M45</b>	<b>1:06:23</b>	<b>4</b>	<b>5</b>	<b>1.64</b>	<b>1.67</b>	<b>2.0%</b>	
<b>43</b>	<b>Rachael Crossland</b>	<b>CVFR</b>	<b>WU23</b>	<b>1:07:14</b>	<b>2</b>	<b>2</b>	<b>1.66</b>	<b>1.75</b>	<b>5.3%</b>	<b>best this year</b>
<b>44</b>	<b>Dick Spendlove</b>	<b>CVFR</b>	<b>M65</b>	<b>1:07:18</b>	<b>1</b>	<b>5</b>	<b>1.66</b>	<b>1.65</b>	<b>-1.0%</b>	
<b>45</b>	<b>Jackie Scarf</b>	<b>CVFR</b>	<b>W50</b>	<b>1:07:43</b>	<b>1</b>	<b>1</b>	<b>1.67</b>	<b>1.64</b>	<b>-2.1%</b>	
<b>56</b>	<b>James Cooke</b>	<b>CVFR</b>	<b>M</b>	<b>1:12:52</b>	<b>14</b>	<b>15</b>	<b>1.80</b>	<b>1.76</b>	<b>-2.4%</b>	
<b>67</b>	<b>Gill Dickson</b>	<b>CVFR</b>	<b>W40</b>	<b>1:17:59</b>	<b>3</b>	<b>6</b>	<b>1.93</b>	<b>2.05</b>	<b>6.1%</b>	<b>best ever!</b>
69	<i>Aileen Baldwin</i>	<i>Stainland Lions</i>	<i>W60</i>	<i>1:18:44</i>	1	2	1.94			
<b>71</b>	<b>Amanda Allman</b>	<b>CVFR</b>	<b>W40</b>	<b>1:19:17</b>	<b>4</b>	<b>6</b>	<b>1.96</b>	<b>2.01</b>	<b>2.8%</b>	<b>best ever!</b>
<b>73</b>	<b>Gail Tombs</b>	<b>CVFR</b>	<b>W60</b>	<b>1:19:32</b>	<b>2</b>	<b>2</b>	<b>1.96</b>	<b>1.93</b>	<b>-1.8%</b>	
<b>75</b>	<b>Jocasta Fletcher</b>	<b>CVFR</b>	<b>W40</b>	<b>1:19:57</b>	<b>6</b>	<b>6</b>	<b>1.97</b>	<b>2.00</b>	<b>1.2%</b>	