

Race	Cader Idris
Date of Race	22-May-16
Winning Time	1:26:26
Race Difficulty Weighting	1.13

Number of Entrants	0
Number of CVFR Entrants	21

pos	name	club	category	time	category pos	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Jon Bowie	Mercia Fell RC	MOPEN	1:26:26	1	74	1.13			
5	Owen Roberts	Eryri Harriers	MU23	1:32:04	1	4	1.20			
7	Mark Palmer	Mynydd Du Mouna	M50+	1:35:25	1	39	1.25			
8	Martin Cliffe	Eryri Harriers	M40+	1:36:15	1	72	1.26			
9	Jason Williams	CVFR	M40+	1:36:23	2	72	1.26	1.24	-1.2%	
15	Mark O'Connor	CVFR	MOPEN	1:39:28	10	74	1.30	1.33	2.4%	
18	Jon Smith	CVFR	MOPEN	1:40:06	12	74	1.31	1.32	0.7%	
24	Emma Gould	Mercia Fell RC	FOPEN	1:41:16	1	20	1.32			
30	Iain Powell	CVFR	M40+	1:46:25	8	72	1.39	1.44	3.4%	
33	Graham Jones	Shrewsbury AC	M60+	1:47:08	1	11	1.40			
34	Lee Shimwell	CVFR	MOPEN	1:47:13	17	74	1.40	1.36	-2.9%	
49	Stephen Smithies	CVFR	M40+	1:52:26	15	72	1.47	1.38	-6.4%	
65	Ben Frechette	CVFR	MOPEN	1:55:36	29	74	1.51	1.42	-6.4%	
73	Richard Ingram	CVFR	M40+	1:57:24	24	72	1.53	1.54	0.3%	best this year
76	Paul Haigh	CVFR	MOPEN	1:57:51	34	74	1.54	1.64	6.5%	best ever!
78	Iain Glendinning	CVFR	MOPEN	1:58:12	35	74	1.54	1.40	-10.3%	
79	Jim Mosley	CVFR	M40+	1:58:14	26	72	1.54	1.50	-2.9%	
83	Nina Skilton	Cannock Stafford A	F40+	1:59:01	1	10	1.55			
101	Gavin Roper	CVFR	MOPEN	2:05:07	46	74	1.63	1.67	2.3%	best ever!
107	Toby Sydes	CVFR	M40+	2:06:17	35	72	1.65	1.67	1.3%	
112	Rona Davies	Mynydd Du Mouna	F50+	2:07:40	1	4	1.67			
127	Nathan Kennaugh	CVFR	MOPEN	2:10:04	52	74	1.70	1.70	0.2%	best this year
157	Graham Lloyd	CVFR	M50+	2:17:09	23	39	1.79	1.77	-1.3%	
159	Jake Ackroyd	CVFR	MOPEN	2:17:29	61	74	1.79	1.59	-13.2%	
168	Dan Biggs	CVFR	MOPEN	2:19:51	65	74	1.83	1.88	3.0%	
182	Nicki Latham	CVFR	F50+	2:23:37	2	4	1.87	1.95	4.1%	best ever!
183	David Culpán	CVFR	M50+	2:24:04	28	39	1.88	1.75	-7.2%	
192	Rod Sutcliffe	CVFR	M60+	2:28:26	6	11	1.94	1.87	-3.8%	
198	Charlotte Wetton	CVFR	FOPEN	2:30:15	17	20	1.96			
207	Gillian Wisbey	CVFR	F40+	2:34:27	6	10	2.02	1.78	-13.0%	