

Race	Hebden Bridge
Date of Race	02-Jun-16
Winning Time	0:48:13
Race Difficulty Weighting	1.31

Number of Entrants	137
Number of CVFR Entrants	43

pos	name	club	category	time	category pos	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Jon Smith	CVFR	M	0:48:13	1	44	1.31	1.31	-0.2%	
3	Mark O'Connor	CVFR	M	0:48:37	3	44	1.32	1.32	-0.5%	
7	Giles Simon	CVFR	M	0:50:47	7	44	1.38	1.40	1.5%	best this year
8	Gayle Sugden	CVFR	W40	0:51:12	1	11	1.39	1.42	1.8%	
10	Iain Powell	CVFR	M40	0:51:31	1	14	1.40	1.42	1.1%	
13	Lee Shimwell	CVFR	M	0:52:19	11	44	1.43	1.38	-3.3%	
16	Mark Wharton	CVFR	M50	0:52:44	1	13	1.44	1.41	-2.1%	
18	Bill Johnson	CVFR	M50	0:52:53	2	13	1.44	1.42	-1.7%	
19	Richard Sunderland	CVFR	M40	0:52:56	3	14	1.44	1.41	-2.5%	
20	Phil Wells	CVFR	M40	0:53:03	4	14	1.45	1.51	4.2%	best ever!
21	Richard Butterwick	Todmorden Harriers	M45	0:53:04	1	15	1.45			
24	Alasdair Pedley	CVFR	M	0:53:20	15	44	1.45	0.00		
28	Dan Marsden	CVFR	M	0:53:38	18	44	1.46	0.00		
29	Iain Glendinning	CVFR	M	0:53:55	19	44	1.47	1.50	2.2%	
34	Toby Cotterill	CVFR	M	0:54:53	22	44	1.50	1.40	-6.8%	
35	Roman Sustovas	CVFR	M	0:55:29	23	44	1.51	0.00		
40	Richard Ingram	CVFR	M40	0:57:03	6	14	1.55	1.53	-1.3%	
41	Paul Haigh	CVFR	M	0:57:17	26	44	1.56	1.59	2.0%	
42	Paul Gilbert	CVFR	M	0:57:23	27	44	1.56	1.58	1.2%	best ever!
47	Sarah Nichols	0	W	0:58:31	1	14	1.59			
49	Chris Standish	CVFR	M40	0:58:45	7	14	1.60	1.46	-9.4%	
50	Rebecca Patrick	Todmorden Harriers	W45	0:59:01	1	4	1.61			
55	Gavin Roper	CVFR	M	0:59:56	32	44	1.63	1.65	1.1%	best ever!
56	Tim Brooks	CVFR	M45	1:00:00	9	15	1.63	1.62	-1.1%	best this year
59	John Bassinger	Stainland Lions	M60	1:00:28	1	4	1.65			
61	Toby Sydes	CVFR	M45	1:00:57	11	15	1.66	1.66	0.2%	
62	Johnnie Watson	CVFR	M40	1:01:11	9	14	1.67	1.62	-2.7%	
63	Andrew Meek	CVFR	M45	1:01:20	12	15	1.67	1.71	2.1%	
72	Brian Horsley	CVFR	M65	1:02:46	1	3	1.71	1.63	-4.8%	
80	Nick Murphy	CVFR	M55	1:03:53	1	10	1.74	1.64	-5.9%	
81	James Cooke	CVFR	M	1:04:31	36	44	1.76	1.81	3.1%	
84	Bob Howard	CVFR	M55	1:05:19	2	10	1.78	1.88	5.2%	
91	Jane Leonard	Todmorden Harriers	W55	1:07:23	1	2	1.84			
92	Gillian Wisbey	CVFR	W45	1:07:32	3	4	1.84	1.92	4.2%	
93	Graham Lloyd	CVFR	M50	1:07:36	9	13	1.84	1.77	-3.9%	
95	Charles Gear	CVFR	M55	1:07:45	3	10	1.85	0.00		
97	Stella Chrisanthou	CVFR	W40	1:08:26	6	11	1.86	1.85	-0.8%	
103	Aileen Baldwin	Stainland Lions	W60	1:09:18	1	2	1.89			
105	Charlotte Wetton	CVFR	W	1:09:49	7	14	1.90	1.96	2.9%	
112	Amanda Allman	CVFR	W40	1:12:28	7	11	1.97	1.98	0.4%	best ever!
114	Matthew Bott	CVFR	M40	1:12:39	14	14	1.98	0.00		
115	Susan Bladon	CVFR	W55	1:13:18	2	2	2.00	1.98	-0.6%	
118	Jocasta Fletcher	CVFR	W40	1:14:48	8	11	2.04	2.00	-1.7%	
121	Andrew O'Donnell	CVFR	M50	1:17:24	12	13	2.11	2.07	-1.9%	
125	Elina Nhinda-Latyo	CVFR	W40	1:18:32	9	11	2.14	2.16	0.9%	best ever!
126	Sue Roberts	Todmorden Harriers	W50	1:18:48	1	1	2.15			
127	Eileen McDonach	CVFR	W40	1:19:04	10	11	2.15	2.24	4.0%	
132	Tamsin Cooke	CVFR	W	1:30:29	13	14	2.46	2.53	2.6%	best ever!
133	Ruth Thompson-Davi	CVFR	W	1:32:19	14	14	2.51	0.00		
137	Matthew Murray	CVFR	M	DNF	44	44		1.61		