

Race	Great Lakes Run
Date of Race	18-Jun-16
Winning Time	2:43:49
Race Difficulty Weighting	0.89

Number of Entrants	74
Number of CVFR Entrants	3

pos	name	club	category	time	category pos	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
1	<i>Carl Bell</i>	<i>Keswick</i>	<i>M</i>	2:43:49	1	21	0.89			
2	<i>Simon Booth</i>	<i>Borrowdale</i>	<i>M40</i>	2:48:16	1	26	0.92			
10	<i>Paul Cornforth</i>	<i>Borrowdale</i>	<i>M50</i>	3:07:08	1	14	1.02			
18	<i>Georgia Tindley</i>	<i>HBT</i>	<i>W</i>	3:24:45	1	5	1.12			
21	Ian Symington	CVFR	M	3:28:57	12	21	1.14	1.19	4.2%	
36	<i>Jackie Winn</i>	<i>Ellenborough</i>	<i>M60</i>	3:58:31	1	4	1.30			
39	<i>Megan Mowbray</i>	<i>HBT</i>	<i>W40</i>	4:01:25	1	3	1.32			
52	Phil Scarf	CVFR	M50	4:30:58	9	14	1.48	1.41	-4.7%	
58	<i>Lesley Marlarky</i>	<i>Keswick</i>	<i>W60</i>	4:49:26	1	1	1.58			
69	Tony Steward	CVFR	M60	5:52:22	3	4	1.92	1.74	-10.3%	