

Race	<b>Cragg Vale</b>
Date of Race	29-Jun-16
Winning Time	00:28:30
Race Difficulty Weighting	1.19

Number of Entrants	104
Number of CVFR Entrants	34

pos	name	club	category	time	category pos	number in category	Todays Race Rating	Previous Rolling Handicap	Improvement	Comments
1	<i>callum davidson</i>	<i>rossendale harriers</i>	<i>m</i>	<i>00:28:30</i>			<i>1.19</i>			
6	<b>Mark O'Connor</b>	<b>CVFR</b>	<b>m</b>	<b>00:31:23</b>			<b>1.31</b>	<b>1.32</b>	<b>1.2%</b>	
11	<b>alasdair pedley</b>	<b>CVFR</b>	<b>m</b>	<b>00:32:32</b>			<b>1.35</b>	<b>0.00</b>		
12	<b>Tristan Sheard</b>	<b>CVFR</b>	<b>m</b>	<b>00:32:36</b>			<b>1.36</b>	<b>1.40</b>	<b>3.3%</b>	
14	<i>nichola jackson</i>	<i>preston harriers</i>	<i>f</i>	<i>00:32:45</i>			<i>1.36</i>			
15	<b>Richard Sunderland</b>	<b>CVFR</b>	<b>m</b>	<b>00:32:55</b>			<b>1.37</b>	<b>1.42</b>	<b>3.4%</b>	
16	<b>Gareth Clarke</b>	<b>CVFR</b>	<b>m</b>	<b>00:33:15</b>			<b>1.38</b>	<b>1.44</b>	<b>4.2%</b>	<b>best ever!</b>
18	<b>Dan Marsden</b>	<b>CVFR</b>	<b>m</b>	<b>00:33:54</b>			<b>1.41</b>	<b>0.00</b>		
19	<b>Mark Wharton</b>	<b>CVFR</b>	<b>m</b>	<b>00:33:57</b>			<b>1.41</b>	<b>1.41</b>	<b>-0.3%</b>	
21	<b>Giles Simon</b>	<b>CVFR</b>	<b>m</b>	<b>00:34:25</b>			<b>1.43</b>	<b>1.39</b>	<b>-2.9%</b>	
29	<b>Roman Sustovas</b>	<b>CVFR</b>	<b>m</b>	<b>00:35:32</b>			<b>1.48</b>	<b>1.51</b>	<b>1.9%</b>	
32	<b>Lindsey Oldfield</b>	<b>CVFR</b>	<b>f</b>	<b>00:36:49</b>			<b>1.53</b>	<b>1.55</b>	<b>1.1%</b>	
33	<b>Jonathan Emberton</b>	<b>CVFR</b>	<b>m</b>	<b>00:36:54</b>			<b>1.54</b>	<b>1.50</b>	<b>-2.5%</b>	
36	<b>Richard Ingram</b>	<b>CVFR</b>	<b>m</b>	<b>00:37:29</b>			<b>1.56</b>	<b>1.54</b>	<b>-1.5%</b>	
37	<b>Molly Heitz</b>	<b>CVFR</b>	<b>f</b>	<b>00:37:57</b>			<b>1.58</b>	<b>1.64</b>	<b>3.5%</b>	<b>best ever!</b>
40	<b>Andrew Davies</b>	<b>CVFR</b>	<b>m</b>	<b>00:38:20</b>			<b>1.60</b>	<b>1.60</b>	<b>0.5%</b>	
42	<b>Matthew Murray</b>	<b>CVFR</b>	<b>m</b>	<b>00:38:28</b>			<b>1.60</b>	<b>1.62</b>	<b>1.1%</b>	
49	<b>Dick Spendlove</b>	<b>CVFR</b>	<b>m</b>	<b>00:39:55</b>			<b>1.66</b>	<b>1.66</b>	<b>0.0%</b>	
51	<b>Rachael Crossland</b>	<b>CVFR</b>	<b>f</b>	<b>00:40:18</b>			<b>1.68</b>	<b>1.71</b>	<b>1.9%</b>	
53	<b>Brian Horsley</b>	<b>CVFR</b>	<b>m</b>	<b>00:40:31</b>			<b>1.69</b>	<b>1.69</b>	<b>0.1%</b>	<b>best this year</b>
60	<b>Nick Murphy</b>	<b>CVFR</b>	<b>m</b>	<b>00:41:13</b>			<b>1.72</b>	<b>1.70</b>	<b>-1.0%</b>	
63	<b>Toby Sydes</b>	<b>CVFR</b>	<b>m</b>	<b>00:41:29</b>			<b>1.73</b>	<b>1.67</b>	<b>-3.4%</b>	
65	<b>Rachel Johnston</b>	<b>CVFR</b>	<b>f</b>	<b>00:42:06</b>			<b>1.75</b>	<b>1.79</b>	<b>1.9%</b>	
70	<b>Gillian Wisbey</b>	<b>CVFR</b>	<b>f</b>	<b>00:43:58</b>			<b>1.83</b>	<b>1.85</b>	<b>0.9%</b>	
72	<b>gavin wilkinson</b>	<b>CVFR</b>	<b>m</b>	<b>00:44:44</b>			<b>1.86</b>	<b>0.00</b>		
74	<b>Gill Dickson</b>	<b>CVFR</b>	<b>f</b>	<b>00:44:55</b>			<b>1.87</b>	<b>2.02</b>	<b>7.4%</b>	
75	<b>Gloria Ayuso</b>	<b>CVFR</b>	<b>f</b>	<b>00:44:56</b>			<b>1.87</b>	<b>1.99</b>	<b>6.1%</b>	
76	<b>Antony McManus</b>	<b>CVFR</b>	<b>m</b>	<b>00:45:14</b>			<b>1.88</b>	<b>1.86</b>	<b>-1.1%</b>	
81	<b>David Culpán</b>	<b>CVFR</b>	<b>m</b>	<b>00:46:08</b>			<b>1.92</b>	<b>1.77</b>	<b>-8.5%</b>	
83	<b>Steve Cavell</b>	<b>CVFR</b>	<b>m</b>	<b>00:46:24</b>			<b>1.93</b>	<b>1.91</b>	<b>-0.9%</b>	
90	<b>Kate Pope</b>	<b>CVFR</b>	<b>f</b>	<b>00:50:07</b>			<b>2.09</b>	<b>2.15</b>	<b>3.0%</b>	
91	<b>Jocasta Fletcher</b>	<b>CVFR</b>	<b>f</b>	<b>00:50:13</b>			<b>2.09</b>	<b>2.02</b>	<b>-3.4%</b>	
95	<b>Charlotte Wetton</b>	<b>CVFR</b>	<b>f</b>	<b>00:51:43</b>			<b>2.15</b>	<b>1.95</b>	<b>-10.6%</b>	
98	<b>Eileen McDonach</b>	<b>CVFR</b>	<b>f</b>	<b>00:54:17</b>			<b>2.26</b>	<b>2.19</b>	<b>-3.4%</b>	
102	<b>ruth thompson-davies</b>	<b>CVFR</b>	<b>f</b>	<b>00:58:43</b>			<b>2.44</b>	<b>0.00</b>		
104	<b>danielle williams</b>	<b>CVFR</b>	<b>f</b>	<b>00:61:10</b>			<b>2.55</b>	<b>0.00</b>		