

Race	<b>Stoodley Pike</b>
Date of Race	05-Jul-16
Winning Time	0:19:36
Race Difficulty	1.19
Weighting	

Number of Entrants	188
Number of CVFR Entrants	28

pos	name	club	category	time	category pos	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Callum Davidson	Rossendale Harriers	MU23	0:19:36	1	5	1.19			
2	Andrew Worster	Todmorden Harriers	M	0:20:15	1	44	1.23			
3	<b>Alex Whitter</b>	CVFR	M	<b>0:20:44</b>	2	44	<b>1.26</b>	<b>1.26</b>	<b>0.1%</b>	
6	Benjamin Forrest	Bury AC	MU18	0:20:53	1	MU18	1.26			
7	Dave Kirkham	Wharfedale	M40	0:20:54	1	42	1.27			
16	<b>Tristan Sheard</b>	CVFR	M40	<b>0:22:42</b>	3	42	<b>1.37</b>	<b>1.38</b>	<b>0.6%</b>	
20	Gary Chadderton	Horwich RMI Harriers	M50	0:23:18	1	33	1.41			
24	<b>Lee Shimwell</b>	CVFR	M	<b>0:23:29</b>	10	44	<b>1.42</b>	<b>1.38</b>	<b>-2.7%</b>	
39	Roman Sustovas	CVFR	M	0:24:56	19	44	1.51	1.49	-1.7%	
45	Jonathan Emberton	CVFR	M50	0:25:35	8	33	1.55	1.52	-1.7%	
49	Richard Ingram	CVFR	M40	0:25:46	13	42	1.56	1.57	0.8%	
51	<b>Chris Standish</b>	CVFR	M40	<b>0:25:48</b>	14	42	<b>1.56</b>	<b>1.53</b>	<b>-2.3%</b>	
53	<b>Jake Ackroyd</b>	CVFR	M	<b>0:25:56</b>	22	44	<b>1.57</b>	<b>1.59</b>	<b>1.5%</b>	
57	Dave Collins	Todmorden Harriers	M60	0:26:06	1	23	1.58			
59	Paul Gilbert	CVFR	M	0:26:13	24	44	1.59	1.57	-0.9%	
60	<b>Andrew Davies</b>	CVFR	M50	<b>0:26:15</b>	12	33	<b>1.59</b>	<b>1.59</b>	<b>0.3%</b>	
63	<b>Jon Underwood</b>	CVFR	M40	<b>0:26:22</b>	18	42	<b>1.60</b>	<b>1.59</b>	<b>-0.2%</b>	
67	Rebecca Patrick	Todmorden Harriers	W40	0:26:34	1	10	1.61			
68	<b>Matthew Murray</b>	CVFR	MU18	<b>0:26:39</b>	3	MU18	<b>1.61</b>	<b>1.61</b>	<b>-0.5%</b>	
77	<b>Andrew Wright</b>	CVFR	M	<b>0:27:04</b>	27	44	<b>1.64</b>	<b>1.55</b>	<b>-5.9%</b>	
80	Dick Spendlove	CVFR	M70	0:27:17	1	5	1.65	1.66	0.6%	best this year
84	<b>Molly Heitz</b>	CVFR	W40	<b>0:27:30</b>	3	10	<b>1.67</b>	<b>1.60</b>	<b>-4.0%</b>	
85	Johnnie Watson	CVFR	M40	0:27:31	26	42	1.67	1.64	-1.3%	
86	<b>James Cooke</b>	CVFR	M	<b>0:27:32</b>	30	44	<b>1.67</b>	<b>1.72</b>	<b>3.1%</b>	best ever!
88	<b>Blair Garrett</b>	CVFR	M	<b>0:27:48</b>	31	44	<b>1.68</b>	<b>1.69</b>	<b>0.2%</b>	
89	<b>Jackie Scarf</b>	CVFR	W50	<b>0:27:49</b>	1	8	<b>1.68</b>	<b>1.65</b>	<b>-1.8%</b>	
95	Orlaith O'Mahony	Clayton-le-Moors	W	0:28:08	1	11	1.70			
108	<b>Andrew Meek</b>	CVFR	M40	<b>0:29:01</b>	31	42	<b>1.76</b>	<b>1.71</b>	<b>-2.8%</b>	
124	Aileen Baldwin	Stainland Lions	W60	0:30:52	1	3	1.87			
135	<b>Antony McManus</b>	CVFR	M40	<b>0:31:32</b>	38	42	<b>1.91</b>	<b>1.88</b>	<b>-1.4%</b>	
146	<b>Steve Cavell</b>	CVFR	M60	<b>0:32:27</b>	15	23	<b>1.97</b>	<b>1.95</b>	<b>-1.0%</b>	
154	Graham Davy	CVFR	M50	0:33:19	30	33	2.02	2.06	1.8%	
158	Martin Millard	CVFR	M40	0:33:25	40	42	2.02	2.00	-1.0%	
167	<b>Andrew O'Donnell</b>	CVFR	M50	<b>0:35:08</b>	32	33	<b>2.13</b>	<b>2.07</b>	<b>-2.6%</b>	
172	<b>Tamsin Cooke</b>	CVFR	W	<b>0:36:35</b>	7	11	<b>2.22</b>	<b>2.51</b>	<b>11.6%</b>	best ever!
178	<b>Ruth Thompson-Davie</b>	CVFR	W	<b>0:38:30</b>	9	11	<b>2.33</b>	<b>2.46</b>	<b>5.1%</b>	best ever!
179	<b>Clare Gadd</b>	CVFR	W	<b>0:38:43</b>	10	11	<b>2.34</b>			
182	Brenda Roberts	Saddleworth	W70	0:40:06	1	1	2.43			