

Race	<b>Sedbergh Sports - male</b>
Date of Race	09-Jul-16
Winning Time	0:24:58
Race Difficulty	1.08
Weighting	

Number of Entrants	330
Number of CVFR Entrants	15

pos	name	club	category	time	category pos	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Simon Bailey	Mercia Fell Runners	MOpen	0:24:58	1		1.08			
4	Rob Hope	Pudsey & Bramley	M40	0:25:10	1	60	1.09			
5	<b>Ben Mounsey</b>	CVFR	MOpen	<b>0:25:24</b>	<b>4</b>	<b>60</b>	<b>1.10</b>	<b>1.11</b>	1.5%	
13	James Hall	Wharfedale Harriers	MU23	0:26:12	1	13	1.13			
29	Ian Holmes	Bingley Harriers & A	M50	0:27:03	1	47	1.17			
32	<b>Karl Gray</b>	CVFR	M40	<b>0:27:13</b>	<b>4</b>	<b>60</b>	<b>1.18</b>	<b>1.13</b>	<b>-4.1%</b>	
38	<b>Tim Ellis</b>	CVFR	MOpen	<b>0:27:30</b>	<b>27</b>	<b>60</b>	<b>1.19</b>	<b>1.16</b>	<b>-2.2%</b>	
42	Shaun Godsman	CVFR	M40	0:27:45	6	60	1.20	1.12	-6.9%	
45	Gavin Mulholland	CVFR	M40	0:28:08	7	60	1.22	1.12	-8.2%	
77	James Logue	CVFR	M40	0:29:35	19	60	1.28	1.22	-4.7%	
96	Mike Egner	Settle Harriers	M60	0:30:30	1	24	1.32			
196	<b>Dick Spendlove</b>	CVFR	M70	<b>0:37:15</b>	<b>1</b>	<b>6</b>	<b>1.61</b>	<b>1.66</b>	2.8%	best this year
204	Calvin Ferguson	CVFR	MOpen	0:37:56	82		1.64			
221	Graham Lloyd	CVFR	M50	0:41:25	45	47	1.79	1.77	-1.2%	
1	Victoria Wilkinson	Bingley Harriers & A	WOpen	0:29:05	1		1.26			
5	Bronwen Jenkinson	Eryri Harriers	WU23	0:31:07	1	9	1.35			
8	Mel Price	Mercia Fell Runners	W40	0:31:24	1	34	1.36			
11	Gayle Sugden	CVFR	W40	0:32:11	3	34	1.39	1.40	0.9%	
17	Lucy Collins	CVFR	WOpen	0:33:24	11		1.44	1.45	0.2%	
26	Lindsey Oldfield	CVFR	WOpen	0:35:25	12		1.53	1.54	0.5%	
27	Carol Evans	Settle Harriers	W50	0:35:29	1	18	1.53			
28	<b>Jo Buckley</b>	CVFR	W40	<b>0:35:35</b>	<b>11</b>	<b>34</b>	<b>1.54</b>	<b>1.49</b>	<b>-3.6%</b>	
40	Ann-Marie Jones	Altrincham & District	W60	0:36:53	1	9	1.60			
60	Helen Buchan	CVFR	WOpen	0:38:18	20		1.66	1.71	3.1%	
65	Rachael Crossland	CVFR	WU23	0:38:56	7	9	1.68	1.70	0.7%	
98	Brenda Roberts	Saddleworth Runne	W70	1:00:01	1	1	2.60			