

Race	Widdop
Date of Race	20-Jul-16
Winning Time	0:51:20
Race Difficulty	1.20
Weighting	

Number of Entrants	114
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	Ian Holmes	Bingley	M50	0:51:20	1	17	1.20			
2	Sam Watson	Wharfedale	M	0:51:31	1	28	1.20			
5	Marcus Preedy	Rossendale	MU23	0:54:56	1	1	1.28			
6	Paul Crabtree	Wharfedale	M40	0:55:27	1	28	1.29			
11	Nichola Jackson	Preston Harriers	W	0:57:48	1	7	1.35			
12	Andy Thorpe2	CVFR	M40	0:58:11	4	28	1.36	1.33	-2.4%	
13	Giles Simon	CVFR	M	0:58:48	6	28	1.37	1.38	0.4%	
20	Tristan Sheard	CVFR	M40	1:00:35	10	28	1.42	1.38	-2.9%	
22	Gayle Sugden	CVFR	W40	1:01:26	1	13	1.44	1.40	-2.4%	
23	Lee Shimwell	CVFR	W	1:01:33	9	28	1.44	1.39	-3.3%	
25	Roman Sustovas	CVFR	M	1:01:59	10	28	1.45	1.47	1.3%	
26	Mark Wharton	CVFR	M50	1:02:05	3	17	1.45	1.41	-3.2%	
34	Dan Marsden	CVFR	M	1:03:40	13	28	1.49	1.45	-2.5%	
35	Jonathan Emberton	CVFR	M50	1:04:35	5	17	1.51	1.51	0.0%	
41	Jake Ackroyd	CVFR	M	1:06:07	17	28	1.55	1.59	2.6%	
49	Deborah Gowans	Accrington RR	W50	1:07:11	1	6	1.57			
51	Richard Ingram	CVFR	M40	1:07:47	18	28	1.58	1.55	-1.9%	
52	Andrew Corbishley	Rossendale	M60	1:07:57	1	10	1.59			
54	Toby Sydes	CVFR	M40	1:08:45	20	28	1.61	1.66	3.4%	
59	Jackie Scarf	CVFR	W50	1:09:39	2	6	1.63	1.66	2.0%	best this year
66	Dick Spendlove	CVFR	M70	1:11:23	1	2	1.67	1.64	-1.6%	
68	Molly Heitz	CVFR	W40	1:12:23	4	13	1.69	1.65	-2.5%	
71	Blair Garrett	CVFR	M	1:14:29	22	28	1.74	1.69	-2.8%	
72	James Cooke	CVFR	M	1:14:43	23	28	1.75	1.73	-0.8%	
82	Gloria Ayuso	CVFR	W40	1:18:52	6	13	1.84	1.88	1.8%	
83	Rachel Johnston	CVFR	W50	1:19:40	3	6	1.86	1.76	-5.5%	
86	Stella Chrisanthou	CVFR	W40	1:20:24	7	13	1.88	1.85	-1.7%	
87	David Culpán	CVFR	M50	1:20:27	14	17	1.88	1.82	-3.3%	
89	Aileen Baldwin	Stainland Lions	W60	1:21:05	1	1	1.90			
93	Gill Dickson	CVFR	W40	1:23:52	8	13	1.96	1.94	-1.3%	
97	Helen Flage	CVFR	W40	1:25:53	9	13	2.01	2.03	1.2%	best ever!
98	Jocasta Fletcher	CVFR	W40	1:26:29	10	13	2.02	2.05	1.6%	
104	Kate Pope	CVFR	W40	1:32:48	11	13	2.17	2.13	-2.0%	
109	Joanne Wain	CVFR	W40	1:39:53	13	13	2.34	2.40	2.8%	
111	Tamsin Cooke	CVFR	W	1:43:25	6	7	2.42	2.36	-2.6%	
112	Ruth Thompson-Davie	CVFR	W	1:46:04	7	7	2.48	2.44	-1.6%	
113	George Arnold	Preston Harriers	V80	1:47:58	1	V80	2.52			