

Race	<b>Lee Mill</b>
Date of Race	27-Jul-16
Winning Time	00:48:44
Race Difficulty	1.34
Weighting	

Number of Entrants	97
Number of CVFR Entrants	6

pos	name	club	category	time	category pos	number in category	Todays Race Rating	Previous Rolling Handicap	Improvement	Comments
1	James Titmuss	Unattached	MV40	00:48:44	1	14	1.34			
2	Rhys Cope	Unattached	MSEN	00:48:47	1	21	1.34			
4	Darren Fishwick	Chorley Athletic & T	MV45	00:50:32	1	12	1.39			
<b>6</b>	<b>Lee Shimwell</b>	<b>CVFR</b>	<b>MSEN</b>	<b>00:51:52</b>	<b>2</b>	<b>21</b>	<b>1.42</b>	<b>1.39</b>	<b>-2.5%</b>	
<b>12</b>	<b>Roman Sustovas</b>	<b>CVFR</b>	<b>MSEN</b>	<b>00:53:10</b>	<b>6</b>	<b>21</b>	<b>1.46</b>	<b>1.47</b>	<b>1.0%</b>	
<b>13</b>	<b>Lucy Collins</b>	<b>CVFR</b>	<b>LSEN</b>	<b>00:53:46</b>	<b>1</b>	<b>6</b>	<b>1.47</b>	<b>1.45</b>	<b>-1.9%</b>	
14	Alan Life	Clayton le Moors	MV50	00:53:50	1	11	1.48			
15	Ben Grant	Harrogate Harriers	MV65	00:53:55	1	4	1.48			
<b>18</b>	<b>Jake Ackroyd</b>	<b>CVFR</b>	<b>MSEN</b>	<b>00:54:23</b>	<b>8</b>	<b>21</b>	<b>1.49</b>	<b>1.59</b>	<b>6.0%</b>	
19	Declan O'Duffy	Bowland FR	MV55	00:54:29	1	7	1.49			
23	Chris Davies	Saddleworth Runne	MV60	00:55:50	1	9	1.53			
<b>31</b>	<b>Richard Ingram</b>	<b>CVFR</b>	<b>MV40</b>	<b>00:58:11</b>	<b>9</b>	<b>14</b>	<b>1.60</b>	<b>1.55</b>	<b>-2.9%</b>	
<b>54</b>	<b>Calvin Ferguson</b>	<b>CVFR</b>	<b>MSEN</b>	<b>01:02:01</b>	<b>18</b>	<b>21</b>	<b>1.70</b>	<b>1.65</b>	<b>-3.2%</b>	
59	Corinna Howorth	Rossendale Harriers	LU23	01:03:04	1	3	1.73			
60	Natalie Murphy	Rossendale Harriers	LV45	01:03:13	1	2	1.73			
79	Graham Breeze	Wharfedale Harriers	MV70	01:13:29	1	2	2.02			
80	Hayley Nuttall	Prestwich A C	LV40	01:13:31	1	3	2.02			
81	Gill Simpson	Rossendale Harriers	LV50	01:14:28	1	3	2.04			