

Race	Turnslack
Date of Race	30-Jul-16
Winning Time	1:11:19
Race Difficulty	1.31
Weighting	

Number of Entrants	87
Number of CVFR Entrants	17

pos	name	club	category	time	category pos	number in category	Todays Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Marcus Preedy	Rosendale Harriers	MU23	1:11:19	1	1	1.31			
2	Ali Burns	Valley Striders	S	1:12:15	1		1.33			
3	Mark O'Connor	CVFR	S	1:12:43	2		1.33	1.31	-1.5%	
4	Neil Holding	West Pennine Runners	M55	1:12:54	1	5	1.34			
5	Darren Fishwick	Chorley	M45	1:13:06	1	13	1.34			
6	Matt Dunn	0	M40	1:13:13	1	11	1.34			
11	Gareth Clarke	CVFR	M40	1:17:27	3	11	1.42	1.42	-0.2%	
12	Chris Davies	Saddleworth Runners	M60	1:17:48	1	10	1.43			
15	Alan Bodell	West Pennine Road	M50	1:18:34	1	12	1.44			
16	Ben Frechette	CVFR	S	1:18:56	5		1.45	1.46	0.5%	
17	Helen Leigh	Blackburn Harriers	W	1:20:12	1	3	1.47			
19	Iain Powell	CVFR	M40	1:20:51	5	11	1.48	1.42	-4.2%	
21	Jake Ackroyd	CVFR	S	1:21:17	7		1.49	1.53	2.4%	
22	John Killerby	CVFR	S	1:21:25	8		1.49	1.51	1.2%	
27	Richard Ingram	CVFR	M40	1:23:41	6	11	1.54	1.57	2.4%	
28	Paul Gilbert	CVFR	S	1:24:09	10		1.54	1.58	2.3%	best ever!
34	Lynne Clough	Chorley	W45	1:25:29	1	2	1.57			
37	Gavin Roper	CVFR	S	1:27:11	11		1.60	1.65	3.0%	best ever!
42	Tony Hesketh	Horwich	M65	1:28:57	1	3	1.63			
45	Toby Sydes	CVFR	M45	1:30:04	9	13	1.65	1.67	1.0%	
46	Dick Spendlove	CVFR	M70	1:31:00	1	2	1.67	1.65	-1.4%	
47	Ann-Marie Jones	Altrincham & District	W60	1:31:05	1	2	1.67			
51	James Cooke	CVFR	S	1:32:15	14		1.69	1.75	3.0%	
54	Lesley Fisher	Burnden	W55	1:34:11	1	1	1.73			
56	Caroline Harding	Pudsey & Bramley	W40	1:34:31	1	2	1.73			
63	Nathan Kennaugh	CVFR	S	1:40:24	16		1.84	1.71	-7.7%	
71	Renou Blandine	0	W50	1:45:26	1	3	1.93			
73	Rod Sutcliffe	CVFR	M65	1:46:28	3	3	1.95	1.85	-5.9%	
76	Charlotte Wetton	CVFR	W	1:48:39	3	3	1.99	2.01	0.6%	
80	Graham Lloyd	CVFR	M50	1:51:16	11	12	2.04	1.77	-15.1%	
83	Helen Flage	CVFR	W40	2:01:58	2	2	2.24	2.04	-9.6%	