

Race	Crow Hill Reverse
Date of Race	02-Aug-16
Winning Time	0:29:10
Race Difficulty	1.16
Weighting	

Number of Entrants	55
Number of CVFR Entrants	22

pos	name	club	category	time	category pos	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Ben Mounsey	CVFR	M	0:29:10	1	18	1.16	1.11	-4.8%	
5	<i>Christian Holmes</i>	<i>Wharfedale</i>	<i>M40</i>	<i>0:32:33</i>	1	12	1.30			
11	Tristan Sheard	CVFR	M40	0:35:03	4	12	1.40	1.39	-0.4%	
12	Iain Powell	CVFR	M40	0:35:26	5	12	1.41	1.47	3.8%	
13	Richard Sunderland	CVFR	M40	0:36:08	6	12	1.44	1.43	-0.9%	
14	Gareth Clarke	CVFR	M40	0:36:10	7	12	1.44	1.43	-0.5%	
15	<i>Alan Bodell</i>	<i>Royton Road Runners</i>	<i>M50</i>	<i>0:36:30</i>	1	9	1.45			
16	<i>Kirsty Hall</i>	<i>Wharfedale</i>	<i>W40</i>	<i>0:36:32</i>	1	7	1.45			
20	Lucy Collins	CVFR	W	0:37:15	1	5	1.48	1.46	-1.4%	
22	Jake Ackroyd	CVFR	M	0:37:20	9	18	1.49	1.53	2.8%	
23	Roman Sustovas	CVFR	M	0:37:21	10	18	1.49	1.46	-1.7%	
27	Paul Gilbert	CVFR	M	0:39:34	14	18	1.58	1.56	-0.7%	
28	Rob Rawlinson	CVFR	M40	0:40:28	9	12	1.61	1.51	-6.9%	
30	James Cooke	CVFR	M	0:41:27	15	18	1.65	1.73	4.4%	best ever!
31	Dick Spendlove	CVFR	M70	0:42:23	1	1	1.69	1.67	-0.8%	
35	Nathan Kennaugh	CVFR	M	0:44:34	18	18	1.77	1.81	1.7%	
37	Rachel Johnston	CVFR	W50	0:44:54	1	3	1.79	1.82	1.8%	
40	<i>Robert Myers</i>	<i>Baldon Runners</i>	<i>M60</i>	<i>0:48:22</i>	1	5	1.93			
42	Rod Sutcliffe	CVFR	M60	0:50:55	3	5	2.03	1.95	-4.0%	
44	Linda Hayles	CVFR	W60	0:52:08	1	1	2.08	1.93	-7.7%	
46	Graham Davy	CVFR	M50	0:53:49	7	9	2.14	2.03	-5.5%	
47	Andrew O'Donnell	CVFR	M50	0:54:19	8	9	2.16	2.09	-3.3%	
50	John Riley	CVFR	M60	0:55:52	4	5	2.22	2.23	0.5%	
51	Tamsin Cooke	CVFR	W	0:57:01	3	5	2.27	2.41	5.7%	
53	Ruth Thompson-Davie	CVFR	W	0:59:50	4	5	2.38	2.45	2.9%	
55	Clare Gadd	CVFR	W	1:04:16	5	5	2.56	2.47	-3.6%	