

Race	Borrowdale
Date of Race	06-Aug-16
Winning Time	2:49:21
Race Difficulty Weighting	0.90

Number of Entrants	384
Number of CVFR Entrants	12

pos	name	club	category	time	category pos	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Ricky Lightfoot	Ellenborough Athleti	M	2:49:21	1	126	0.90			
3	Rob Hope	Pudsey & Bramley A	M40	2:53:27	1	46	0.93			
8	Karl Gray	CVFR	M45	3:05:32	1	37	0.99	1.03	3.6%	best this year
19	Ian Holmes	Bingley Harriers	M50	3:14:12	1	49	1.04			
40	Lou Roberts	Ambleside Athletic C	W40	3:26:09	1	18	1.10			
56	Philip Pearson	Northern Fells Runn	M55	3:33:57	1	20	1.14			
60	Nichola Jackson	Preston Harriers	W	3:35:06	1	29	1.15			
83	Richard Pattinson	CVFR	M50	3:45:15	10	49	1.20	1.13	-6.7%	
112	Gayle Sugden	CVFR	W40	3:53:40	3	18	1.25	1.28	2.3%	best this year
115	Judith Jepson	Dark Peak Fell Runi	W50	3:54:08	1	8	1.25			
121	Mike Egner	Settle Harriers	M60	3:56:11	1	22	1.26			
129	Mark O'Connor	CVFR	M	3:59:07	73	126	1.28	1.29	1.2%	best this year
134	Ben Grant	Harrogate Harriers	M65	3:59:58	1	8	1.28			
135	Nicky Spinks	Dark Peak Fell Runi	W45	3:59:59	1	15	1.28			
163	Lucy Collins	CVFR	W	4:13:39	8	29	1.35	1.43	5.6%	best ever!
171	Jo Buckley	CVFR	W40	4:15:46	6	18	1.36	1.34	-2.2%	
181	Dan Marsden	CVFR	M	4:20:08	89	126	1.39	1.37	-1.3%	
190	Lindsey Oldfield	CVFR	W	4:22:11	12	29	1.40	1.46	4.3%	best ever!
208	Rachael Crossland	CVFR	W	4:27:08	14	29	1.43	1.78	19.9%	best ever!
246	Wendy Dodds	Clayton-le-Moors H	W65	4:40:32	1	2	1.50			
253	Becky Weight	Bingley Harriers	W55	4:44:05	1	2	1.52			
310	Toby Sydes	CVFR	M45	5:12:07	31	37	1.67	1.67	0.2%	
315	Helen Buchan	CVFR	W	5:15:43	26	29	1.68	1.59	-5.6%	
363	Peter Hadley	Cambridge Harriers	M70	Rtd	1	2	#####			
379	Matthew Roberts DNF	CVFR	M	Rtd	125	126	#####			