

Race	Pilgrims Cross
Date of Race	10-Aug-16
Winning Time	00:38:58
Race Difficulty	1.19
Weighting	

Number of Entrants	142
Number of CVFR Entrants	4

pos	name	club	category	time	category pos	number in category	Todays Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Callum Davidson	Rossendale Harriers	MU23	00:38:58	1	1	1.19			
2	Nick Leigh	Horwich RMI	MSEN	00:39:21	1	33	1.20			
6	James Titmuss	Unattached	MV40	00:42:15	1	17	1.29			
12	Darren Fishwick	Chorley Athletic & T	MV45	00:44:04	1	18	1.35			
15	Giles Simon	CVFR	MSEN	00:45:28	12	33	1.39	1.38	-0.4%	
20	Alan Life	Clayton le Moors	MV50	00:47:06	1	13	1.44			
23	Roman Sustovas	CVFR	MSEN	00:47:13	13	33	1.44	1.47	2.1%	
27	Keith Thomas	Burden Road Runn	MV55	00:48:06	1	15	1.47			
38	Deborah Gowans	Accrington RR	LV50	00:50:13	1	5	1.53			
44	Emma Flanagan	Rossendale Harriers	LSEN	00:51:36	1	13	1.58			
51	Andrew Corbishley	Rossendale Harriers	MV65	00:52:24	1	5	1.60			
57	Calvin Ferguson	CVFR	MSEN	00:53:09	25	33	1.62	1.67	2.9%	best ever!
65	Richard Ingram	CVFR	MV40	00:54:20	10	17	1.66	1.56	-6.4%	
68	Ian Smith	Bolton United Harrie	MV60	00:54:46	1	10	1.67			
69	Samantha Crofts	Rossendale Harriers	LV45	00:54:51	1	4	1.68			
118	Michelle Sunter	Horwich RMI	LV55	01:04:28	1	2	1.97			
120	Graham Breeze	Wharfedale Harriers	MV70	01:04:41	1	3	1.98			
130	Kate Rolston	Radcliffe AC	LV40	01:12:07	1	2	2.20			