

Race	Castle Carr
Date of Race	04-Sep-16
Winning Time	2:18:45
Race Difficulty Weighting	1.09

Number of Entrants	55
Number of CVFR Entrants	14

pos	name	club	category	time	category pos	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Ben Mounsey	CVFR	M	2:18:45	1	15	1.09	1.05	-3.8%	
2	James Logue	CVFR	M45	2:21:58	1	11	1.12	1.13	0.7%	best this year
4	Kevin Hoult	CVFR	M40	2:34:30	1	8	1.22	1.19	-2.3%	
5	Mark O'Connor	CVFR	M	2:34:43	3	15	1.22	1.29	5.2%	best this year
11	Roman Sustovas	CVFR	M	2:50:26	6	15	1.34			best ever!
16	Iain Powell	CVFR	M40	2:54:27	4	8	1.37	1.40	2.1%	
18	Douglas Zinis	CVFR	M	2:56:53	9	15	1.39			
19	<i>Ken Taylor</i>	<i>Rossendale Harrier</i>	<i>M65</i>	<i>2:57:02</i>	<i>1</i>	<i>2</i>	<i>1.39</i>			
20	<i>Dave Collins</i>	<i>Todmorden Harrier</i>	<i>M60</i>	<i>3:01:08</i>	<i>1</i>	<i>3</i>	<i>1.43</i>			
23	Andrew Wright	CVFR	M	3:12:41	11	15	1.52	1.64	7.6%	best this year
24	<i>Stephen Booth</i>	<i>0</i>	<i>M50</i>	<i>3:13:26</i>	<i>1</i>	<i>7</i>	<i>1.52</i>			
25	Jake Ackroyd	CVFR	M	3:18:04	12	15	1.56	1.52	-2.3%	
28	<i>Keith Thomas</i>	<i>Burnden RR</i>	<i>M55</i>	<i>3:24:36</i>	<i>1</i>	<i>2</i>	<i>1.61</i>			
31	<i>Natalie Murphy</i>	<i>Rossendale Harrier</i>	<i>W45</i>	<i>3:26:06</i>	<i>1</i>	<i>2</i>	<i>1.62</i>			
32	Tim Brooks	CVFR	M45	3:28:19	7	11	1.64	1.61	-2.1%	
33	<i>Abigail Thompson</i>	<i>Rossendale Harrier</i>	<i>W</i>	<i>3:30:42</i>	<i>1</i>	<i>3</i>	<i>1.66</i>			
35	Helen Buchan	CVFR	W	3:35:17	2	3	1.70	1.59	-6.3%	
40	<i>Jane Leonard</i>	<i>Todmorden Harrier</i>	<i>W55</i>	<i>3:44:42</i>	<i>1</i>	<i>1</i>	<i>1.77</i>			
41	<i>Catriona Purdy</i>	<i>0</i>	<i>W40</i>	<i>3:45:12</i>	<i>1</i>	<i>1</i>	<i>1.77</i>			
44	Simon Fisher	CVFR	M40	3:49:01	7	8	1.80	1.69	-6.5%	
46	Emma Smyth	CVFR	W	4:00:58	3	3	1.90			
51	Andrew Meek	CVFR	M45	4:19:03	10	11	2.04	1.73	-18.1%	