

Race	Hodder Valley
Date of Race	10-Sep-16
Winning Time	00:51:31
Race Difficulty	1.20
Weighting	

Number of Entrants	0
Number of CVFR Entrants	10

pos	name	club	category	time	category pos	number in category	Todays Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Phil Marsden	Bolton Harriers	M	00:51:31	1	18	1.20			
3	Richard Mellon	Bowland	M40	00:55:26	1	15	1.29			
4	Jon Smith	CVFR	M	00:56:06	3	18	1.30	1.30	-0.3%	
8	Steven Worsely	Inverness Harriers	M50	00:58:06	1	27	1.35			
12	Ben Grant	Harrogate	M60	00:59:59	1	9	1.39			
18	Mark Wharton	CVFR	M50	01:01:36	4	27	1.43	1.41	-1.3%	
24	Dan Marsden	CVFR	M	01:04:58	9	18	1.51	1.46	-3.8%	
28	Jake Ackroyd	CVFR	M	01:06:22	10	18	1.54	1.55	0.7%	
41	Toby Sydes	CVFR	M40	01:10:42	12	15	1.64	1.65	0.3%	
45	Norman Bush	Ilkley	M70	01:11:18	1	2	1.66			
46	Helen Buchan	CVFR	L	01:11:19	1	8	1.66	1.69	1.8%	
50	James Cooke	CVFR	M	01:12:46	14	18	1.69	1.70	0.2%	
66	Anne Middleton	Denby Dale	L50	01:18:01	1	5	1.81			
73	Graham Lloyd	CVFR	M50	01:21:41	26	27	1.90	1.81	-5.0%	
75	Charlotte Wetton	CVFR	L	01:24:54	6	8	1.97	2.01	1.8%	
76	Debbie Porter	Red Rose	L40	01:26:31	1	3	2.01			
85	Tamsin Cooke	CVFR	L	01:37:53	8	8	2.28	2.32	2.0%	