

Race	<b>Three Shires</b>
Date of Race	17-Sep-16
Winning Time	1:57:22
Race Difficulty Weighting	1.01

Number of Entrants	211
Number of CVFR Entrants	4

pos	name	club	category	time	category pos	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Ricky Lightfoot	Ellenborough		0 1:57:22	1	57	1.01			
2	Phil Davies	Borrowdale	M40	1:59:32	1	59	1.02			
7	VICTORIA WILKINSON	BINGLEY	W	2:05:55	1	13	1.08			
15	Paul Cornforth	Borrowdale	M50	2:14:21	1	42	1.15			
34	JUDITH JEPSON	Dark Peak	W40	2:27:06	1	16	1.26			
<b>38</b>	<b>Mark O'Connor</b>	<b>CVFR</b>		<b>0 2:29:10</b>	<b>21</b>	<b>57</b>	<b>1.28</b>	<b>1.25</b>	<b>-2.2%</b>	
<b>61</b>	<b>Bill Johnson</b>	<b>CVFR</b>	<b>M50</b>	<b>2:39:06</b>	<b>6</b>	<b>42</b>	<b>1.36</b>	<b>1.39</b>	<b>2.3%</b>	
88	CHARLOTTE MILLIGA	HELM HILL	WU23	2:51:39	1	3	1.47			
<b>107</b>	<b>Jake Ackroyd</b>	<b>CVFR</b>		<b>0 2:57:25</b>	<b>36</b>	<b>57</b>	<b>1.52</b>	<b>1.55</b>	<b>1.8%</b>	
108	ALISON WESTON	ILKLEY	W50	2:57:42	1	7	1.52			
143	Michael Bonallie	LUOC	MU23	3:14:12	1	1	1.66			
149	Micael McLoughlin	Preston H	M60	3:17:48	1	10	1.69			
<b>163</b>	<b>Gavin Roper</b>	<b>CVFR</b>		<b>0 3:22:34</b>	<b>47</b>	<b>57</b>	<b>1.73</b>	<b>1.84</b>	<b>5.5%</b>	
175	LESLEY MALARKEY	KESWICK	W60	3:25:27	1	2	1.76			
186	Jeff Norman	Altrincham	M70	3:35:45	1	1	1.85			