

Race	<b>Harriers V Cyclists</b>
Date of Race	12/11/16
Winning Time	0:34:03
Race Difficulty	1.07
Weighting	

Number of Entrants	246
Number of CVFR Entrants	5

pos	name	club	category	time	category pos	number in category	Todays Race Rating	Previous Rolling Handicap	Improvement	Comments
1	<i>Tom Adams</i>	<i>Ilkley Harriers</i>	<i>M</i>	<i>0:34:03</i>			1.07			
11	<b>Darren Kay</b>	<b>CVFR</b>	<b>M40</b>	<b>0:38:41</b>			<b>1.22</b>	<b>1.18</b>	<b>-2.9%</b>	
86	<b>Jo Buckley</b>	<b>CVFR</b>	<b>F40</b>	<b>0:46:22</b>			<b>1.46</b>	<b>1.49</b>	<b>2.2%</b>	
176	<b>Jeremy Wilkinson</b>	<b>CVFR</b>	<b>M40</b>	<b>0:54:00</b>			<b>1.70</b>	<b>1.74</b>	<b>2.1%</b>	<b>best this year</b>
182	<b>Jackie Scarf</b>	<b>CVFR</b>	<b>F50</b>	<b>0:54:46</b>			<b>1.72</b>	<b>1.66</b>	<b>-4.1%</b>	
217	<b>Steve Cavell</b>	<b>CVFR</b>	<b>M60</b>	<b>1:01:13</b>			<b>1.93</b>	<b>1.94</b>	<b>0.7%</b>	