

Race	half Trog
Date of Race	13/11/2016
Winning Time	01:14:03
Race Difficulty	1.24
Weighting	

Number of Entrants	100
Number of CVFR Entrants	22

pos	name	club	category	time	category pos	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Sam Watson	Wharfedale	m	01:14:03	1	18	1.24			
2	James Logue	CVFR	v40	01:14:12	1	28	1.24	1.23	-1.4%	
3	Mark O'Connor	CVFR	m	01:15:32	2	18	1.27	1.32	4.0%	
4	Rob Allen	CVFR	m	01:18:40	3	18	1.32			
5 (fem 1)	Nichola Jackson	Preston Harriers	f	01:18:44	1	2	1.32			
7	Bill Johnson	CVFR	v50	01:20:09	1	27	1.34	1.41	4.6%	
12	Iain Powell	CVFR	v40	01:22:04	5	28	1.37	1.40	1.6%	
13	Simon Bourne	CVFR	v40	01:23:37	6	28	1.40	1.40	-0.2%	
14	Lee Shimwell	CVFR	M	01:23:41	6	18	1.40	1.38	-1.6%	
23	Jake Ackroyd	CVFR	m	01:31:03	9	18	1.53	1.53	0.5%	
29	Dave Collins	Todmorden Harriers	v60	01:32:05	1	10	1.54			
30	Ben Frechette	CVFR	m	01:32:10	11	18	1.54	1.43	-7.7%	
33	Stephen Smithies	CVFR	V40	01:32:37	14	28	1.55	1.36	-14.0%	
34	Dave Beels	CVFR	v60	01:32:47	2	10	1.55	1.52	-2.2%	
38 (fem 2)	Carol Morgan	Nidd Valley	fv40	01:33:23	1	4	1.56			
40	Jeffrey Pickup	Clayton Le Moors	v65	01:33:59	1	1	1.57			
41	Toby Sydes	CVFR	v40	01:34:29	16	28	1.58	1.64	3.7%	
55	Anthony Costello	CVFR	v50	01:38:56	16	27	1.66	1.65	-0.2%	
60	Nick Murphy	CVFR	v50	01:41:24	18	27	1.70	1.67	-1.8%	
62	Dan Biggs	CVFR	m	01:42:26	13	18	1.72	1.90	9.6%	
69	Nathan Kennaugh	CVFR	m	01:44:31	14	18	1.75	1.73	-1.2%	
73	Darren Earnshaw	CVFR	m	01:47:06	16	18	1.79			
76 (fem 5)	Sue Marshall	Skipton AC	fv50	01:54:51	1	6	1.92			
79	John Nunn	CVFR	v50	01:57:07	25	27	1.96	1.80	-9.1%	
81	David Culpan	CVFR	v50	01:57:48	26	27	1.97	1.78	-10.6%	
84 (fem 7)	Sue Morley	Knaresborough strid	fv60	02:00:34	1	3	2.02			
86	Rod Sutcliffe	CVFR	v60	02:01:37	7	10	2.04	1.93	-5.7%	
90 (fem 10)	Gail Tombs	CVFR	fv60	02:03:01	3	3	2.06	1.94	-6.4%	
94	David Hill	Skyrac AC	v70	02:11:30	1	1	2.20			
98 (fem 14)	Sue Martin	CVFR	fv50	02:44:10	5	6	2.75	2.10	-31.2%	