

Race	Lee Mills Relay
Date of Race	27-Nov-16
Winning Time	00:46:24
Race Difficulty	1.15

Number of Entrants	380
Number of CVFR Entrants	52

pos	name	club	time	Todays Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Harry Holmes	York Knavesmire Ha	00:46:24	1.15			
13	Douglas Zinis	CVFR	00:55:31	1.38	1.54	10.8%	
20	Richard Sunderland	CVFR	00:56:40	1.41	1.42	0.7%	
16	Mark Wharton	CVFR	00:56:22	1.40	1.40	0.2%	
23	Richard Peel	CVFR	00:56:48	1.41			
29	Martin Howard	CVFR	00:58:24	1.45	1.36	-6.3%	
69	Molly Heitz	CVFR	01:06:52	1.66	1.65	-0.4%	
30	James Adey	CVFR	00:58:40	1.46	1.36	-7.2%	
63	Toby Sydes	CVFR	01:05:52	1.63	1.63	0.0%	
35	Anne Johnson	CVFR	00:59:53	1.49	1.52	2.2%	
88	Gill Dickson	CVFR	01:20:51	2.01	1.96	-2.6%	
89	Carolyn Shimwell	CVFR	01:23:15	2.07	2.03	-1.6%	
93	Sue Martin	CVFR	01:51:18	2.76	2.10	-31.7%	
93	Eileen McDonach	CVFR	01:51:18	2.76	2.20	-25.7%	
1	Chris Roberts	York Knavesmire Ha	00:49:21	1.22			
24	Dan Marsden	CVFR	00:59:19	1.47	1.46	-0.5%	
35	Andrew Wright	CVFR	01:02:48	1.56	1.56	0.3%	
25	Jake Ackroyd	CVFR	01:00:37	1.50	1.54	2.3%	
43	Jonathan Moon	CVFR	01:04:08	1.59			
11	Matt Keyse	CVFR	00:55:56	1.39	1.34	-3.9%	
21	Ben Frechette	CVFR	00:58:52	1.46	1.43	-2.0%	
57	Nathan Kennaugh	CVFR	01:07:13	1.67	1.73	3.6%	best this year
73	Phillip Beecroft	CVFR	01:13:05	1.81	1.72	-5.4%	
31	Gary Hodgkinson	CVFR	01:02:07	1.54	1.55	0.7%	
51	James Cooke	CVFR	01:05:31	1.63	1.71	5.0%	
91	Harley Beecroft	CVFR	01:26:32	2.15	2.15	0.0%	
68	Andrew Davies	CVFR	01:10:39	1.75	1.62	-8.5%	
85	Charlotte Wetton	CVFR	01:18:09	1.94	1.99	2.4%	
1	Sam Allin	York Knavesmire Ha	00:48:58	1.21			
8	Gareth Clarke	CVFR	00:55:09	1.37	1.41	2.9%	
13	Alasdair Pedley	CVFR	00:55:44	1.38	1.40	1.0%	
32	Richard Ingram	CVFR	01:00:58	1.51	1.55	2.3%	best this year
3	Ian Symington	CVFR	00:53:10	1.32	1.31	-0.4%	
45	Paul Gilbert	CVFR	01:02:47	1.56	1.58	1.3%	best ever!
10	Bill Johnson	CVFR	00:55:23	1.37	1.37	-0.2%	
24	Stephen Smithies	CVFR	00:58:45	1.46	1.36	-7.2%	
25	Jo Buckley	CVFR	00:58:57	1.46	1.48	1.1%	
64	Rachael Crossland	CVFR	01:09:43	1.73	1.72	-0.6%	
76	Gloria Ayuso	CVFR	01:15:19	1.87	1.88	0.5%	
91	Tamsin Cooke	CVFR	01:27:57	2.18	2.30	5.0%	
77	Tony Steward	CVFR	01:15:43	1.88	1.77	-6.2%	
90	Kate Pope	CVFR	01:26:02	2.13	2.17	1.6%	
1	Luke Maude	Barlick Mens A	00:48:19	1.20			
12	Rob Allen	CVFR	00:53:32	1.33	1.32	-0.8%	
8	Mark O'Connor	CVFR	00:52:13	1.30	1.30	0.3%	
17	Iain Powell	CVFR	00:55:07	1.37	1.40	2.4%	
33	Simon Bourne	CVFR	00:59:24	1.47	1.40	-5.3%	
23	Roman Sustovas	CVFR	00:56:33	1.40	1.47	4.5%	
11	Iain Glendinning	CVFR	00:53:12	1.32	1.40	5.5%	best this year
21	Lee Shimwell	CVFR	00:56:25	1.40	1.39	-0.9%	
20	Giles Simon	CVFR	00:55:50	1.39	1.37	-0.8%	
56	Simon Fisher	CVFR	01:06:26	1.65	1.72	4.2%	
48	Anthony Costello	CVFR	01:03:35	1.58	1.67	5.4%	
83	Manhar Patel	CVFR	01:18:48	1.96	1.88	-4.0%	
91	Martin Millard	CVFR	01:27:30	2.17	2.07	-4.7%	
86	Helen Flage	CVFR	01:21:17	2.02	1.96	-2.8%	