

Race	<b>Mytholmroyd</b>
Date of Race	11-Dec-16
Winning Time	00:45:54
Race Difficulty	1.11
Weighting	

Number of Entrants	180
Number of CVFR Entrants	19

pos	name	club	category	time	category pos	number in category	Todays Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Chris Holdsworth	Clayton Le Moors	M	00:45:54	1	36	1.11			
3	Karl Gray	CVFR	V40	00:46:50	1	43	1.13	1.13	-0.6%	
6	Marcus Preedy	Rossendale Harriers	U23	00:50:57	1	3	1.23			
20	Mark O'Connor	CVFR	M	00:55:33	11	36	1.34	1.30	-3.2%	
21	Bill Johnson	CVFR	V50	00:55:35	1	42	1.35	1.38	2.3%	
44	Phil Grimes	Halifax Harriers	V60	00:59:19	1	21	1.44			
51 (lady 1)	Anne Johnson	CVFR	FV50	01:00:15	1	11	1.46	1.50	2.9%	best this year
54	Stephen Smithies	CVFR	V40	01:01:10	18	43	1.48	1.36	-9.0%	
58	Paul Gilbert	CVFR	M	01:01:38	24	36	1.49	1.57	4.7%	best ever!
70	Phil Scarf	CVFR	V50	01:02:44	13	42	1.52	1.52	0.0%	
73 (lady 2)	Holly Martin	Pennine FR	F	01:03:26	1	11	1.54			
76	Matt Ray	CVFR	M	01:03:39	27	36	1.54			
78	Jon Underwood	CVFR	V40	01:04:25	25	43	1.56	1.58	1.1%	best this year
81	Tim Brooks	CVFR	V40	01:04:45	27	43	1.57	1.60	1.7%	
85 (lady 3)	Natalie Murphy	Rossendale Harriers	FV40	01:05:27	1	8	1.58			
97 (lady 5)	Jackie Scarf	CVFR	FV50	01:06:53	2	11	1.62	1.66	2.7%	best this year
100	Anthony Costello	CVFR	V50	01:07:29	23	42	1.63	1.64	0.6%	
104	Calvin Ferguson	CVFR	M	01:09:10	30	36	1.67	1.73	3.2%	
109	Nick Murphy	CVFR	V50	01:10:48	25	42	1.71	1.68	-2.2%	
116	Dick Spendlove	CVFR	V70	01:12:02	1	2	1.74	1.66	-4.8%	
135 (lady 13)	Aileen Baldwin	Stainland Lions	FV60	01:15:30	1	2	1.83			
146	Tony Steward	CVFR	V60	01:17:44	14	21	1.88	1.77	-6.4%	
147	David Culpan	CVFR	V50	01:18:01	36	42	1.89	1.78	-6.2%	
151	John Nunn	CVFR	V50	01:20:05	38	42	1.94	1.80	-7.9%	
173 (lady 28)	Ruth Thompson-Davis	CVFR	F	01:39:42	8	11	2.41	2.48	2.6%	