

Race	<b>Stan Bradshaw</b> <b>Pendle Round</b>
Date of Race	05-Mar-16
Winning Time	1:12:15
Race Difficulty Weighting	1.22

Number of Entrants	205
Number of CVFR Entrants	10

pos	name	club	category	time	category pos	number in category	Todays Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Jack Wood	Ilkley Harriers	M	1:12:15	1	45	1.22			
5	Rob Jebb	Bingley Harriers & A	M40	1:15:52	1	62	1.28			
<b>8</b>	<b>Darren Kay</b>	<b>CVFR</b>	<b>M40</b>	<b>1:17:17</b>	<b>2</b>	<b>62</b>	<b>1.31</b>	<b>1.17</b>	<b>-11.6%</b>	
25	Dave Nuttall	Bowland Fell Runne	M50	1:23:56	1	53	1.42			
36	Chris Davies	Saddleworth Runne	M60	1:26:51	1	12	1.47			
60	Deborah Gowans	Accrington Road Ru	F50	1:30:23	1	8	1.53			
<b>66</b>	<b>Jake Ackroyd</b>	<b>CVFR</b>	<b>M</b>	<b>1:32:19</b>	<b>26</b>	<b>45</b>	<b>1.56</b>	<b>1.61</b>	<b>2.9%</b>	
75	Lisa Parker	Accrington Road Ru	F	1:33:40	1	10	1.58			
77	Fiona Lynch	Radcliffe AC	F40	1:34:05	1	11	1.59			
<b>83</b>	<b>Richard Ingram</b>	<b>CVFR</b>	<b>M40</b>	<b>1:34:54</b>	<b>32</b>	<b>62</b>	<b>1.60</b>	<b>1.54</b>	<b>-4.1%</b>	
<b>89</b>	<b>Toby Sydes</b>	<b>CVFR</b>	<b>M40</b>	<b>1:37:07</b>	<b>34</b>	<b>62</b>	<b>1.64</b>	<b>1.67</b>	<b>1.5%</b>	
<b>93</b>	<b>John Minta</b>	<b>CVFR</b>	<b>M40</b>	<b>1:37:36</b>	<b>37</b>	<b>62</b>	<b>1.65</b>	<b>1.56</b>	<b>-5.8%</b>	
<b>97</b>	<b>Anthony Costello</b>	<b>CVFR</b>	<b>M50</b>	<b>1:37:48</b>	<b>18</b>	<b>53</b>	<b>1.65</b>	<b>1.68</b>	<b>1.3%</b>	
<b>102</b>	<b>Helen Buchan</b>	<b>CVFR</b>	<b>F</b>	<b>1:38:09</b>	<b>2</b>	<b>10</b>	<b>1.66</b>	<b>1.65</b>	<b>-0.4%</b>	
<b>145</b>	<b>Rachael Crossland</b>	<b>CVFR</b>	<b>F</b>	<b>1:46:33</b>	<b>5</b>	<b>10</b>	<b>1.80</b>	<b>1.74</b>	<b>-3.2%</b>	
<b>158</b>	<b>Simon Fisher</b>	<b>CVFR</b>	<b>M40</b>	<b>1:50:06</b>	<b>54</b>	<b>62</b>	<b>1.86</b>	<b>1.74</b>	<b>-6.9%</b>	<b>Stopped to be a hero</b>
<b>177</b>	<b>Tony Steward</b>	<b>CVFR</b>	<b>M60</b>	<b>1:53:08</b>	<b>9</b>	<b>12</b>	<b>1.91</b>	<b>1.80</b>	<b>-6.4%</b>	
181	Dennis Lucas	Rochdale Harriers	M70	1:57:21	1	3	1.98			
201	Karin Goss	Clayton le Moors Ha	F60	2:22:13	1	1	2.40			