

Race	Langdale
Date of Race	07-Oct-17
Winning Time	02:13:14
Race Difficulty Weighting	0.91

Number of Entrants	346
Number of CVFR Entrants	11

pos	name	club	category	time	category pos	number in category	Todays Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Carl Bell	Keswick AC	MSEN	02:13:14	1	97	0.91			
3	Joshua Jardine	Helm Hill Runners	MU23	02:18:29	1	6	0.95			
5	Tim Cowin	Helm Hill Runners	M40	02:20:39	1	104	0.96			
6	Ian Holmes	Bingley Harriers & A	M50	02:20:49	1	70	0.97			
48	Kelli Roberts	Ambleside AC	WSEN	02:44:09	1	19	1.13			
61	Leigh Warburton	Bowland Fell Runne	M60	02:48:01	1	20	1.15			
94	John Allan	CVFR	MSEN	02:57:09	49	97	1.21	1.29	5.8%	best ever!
101	Ian Symington	CVFR	MSEN	03:00:17	53	97	1.24	1.19	-4.2%	
104	Stephen Edwards	CVFR	M40	03:02:41	35	104	1.25	1.23	-2.0%	
109	Nicky Spinks	Dark Peak Fell Run	W50	03:05:50	1	10	1.27			
112	Zoe Procter	Pennine Fell Runne	W40	03:06:55	1	15	1.28			
160	Daniel Baron	CVFR	MSEN	03:24:32	65	97	1.40	0.00		
168	Rachael Crossland	CVFR	WSEN	03:25:58	6	19	1.41	1.72	17.9%	best ever!
177	Kieran Carr	Clayton-le-Moors H	M70	03:29:05	1	3	1.43			
189	Calvin Ferguson	CVFR	MSEN	03:32:16	73	97	1.46	1.73	15.9%	best ever!
229	Mark Wharton	CVFR	M50	03:39:24	37	70	1.50	1.41	-6.4%	
240	Stephen Grimley	CVFR	M40	03:40:58	82	104	1.51	1.54	1.7%	
262	Stuart Russell	CVFR	M40	03:46:19	85	104	1.55			
272	Lesley Malarkey	Keswick AC	W60	03:49:19	1	2	1.57			
277	Brian Horsley	CVFR	M60	03:50:08	9	20	1.58	1.57	-0.7%	
281	Tim Brooks	CVFR	M40	03:51:05	93	104	1.58	1.62	2.5%	