

Race	FRA Relays Leg 4
Date of Race	15-Oct-17
Winning Time	0:40:45
Race Difficulty Weighting	1.10

Number of Entrants	176
Number of CVFR Entrants	6

pos	name	club	category	time	category pos	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
1	James Hall	Wharfedale Harriers	Male Open	0:40:45	11	70	1.10			
4	Alex Carcas	Edinburgh University	Male Open	0:41:12	2	70	1.11			
6	Gavin Mulholland	CVFR	Male Open	0:42:49	4	70	1.15	1.15	-0.1%	
9	Robert Little	Dark Peak Fell Runners	Male Open	0:43:02	1	70	1.16			
21	Mark Taylor	CVFR	Male Vet 40	0:45:28	2	24	1.22	1.25	1.7%	
26	Ross Spalding	Ochil HR	Male Open	0:46:38	5	70	1.26			
28	Peter Mackie	Shettleston Harriers	Male Vet 40	0:46:57	1	24	1.26			
39	Louisa Powell-Smith	Ribble Valley Harriers	Female Open	0:48:14	1	31	1.30			
68	Iain Powell	CVFR	Male Open	0:51:56	31	70	1.40	1.40	0.0%	
70	Michael Reynolds	Mercia Fell Runners	Male Vet 50	0:52:52	1	9	1.42			
77	Giles Simon	CVFR	Male Vet 40	0:53:32	19	24	1.44	1.38	-4.2%	
81	Liz Batt	Dark Peak Fell Runners	Female Vet 40	0:54:05	1	6	1.46			
122	Bryony Harding	Shettleston Harriers	Mixed Any Age (3M/3)	1:00:52	1	14	1.64			
124	Rowen Ratcliffe	Horwich RMI Harriers	Mixed (any combination)	1:01:12	1	22	1.65			
143	Emma Smyth	CVFR	Female Open	1:04:56	13	31	1.75	1.88	6.9%	best ever!
150	Bob Howard	CVFR	Male Vet 50	1:08:13	7	9	1.84	1.87	1.5%	best this year