

Race	<b>Howgills</b>
Date of Race	06-Apr-19
Winning Time	2:28:05
Race Difficulty Weighting	0.98



Number of Entrants	341
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Number of CVFR Entrants	11
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Processed at 24/06/2019 15:19

Race ID 7999

pos	name	club	category	time	Pos in category	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Carl Bell	Keswick AC	MSEN	02:28:05	1	95	0.98			
2	Rob Jebb	Helm Hill Runners	M40	02:28:26	1	43	0.98			
<b>8</b>	<b>Karl Gray</b>	<b>CVFR</b>	<b>M45</b>	<b>02:34:38</b>	<b>1</b>	<b>25</b>	<b>1.02</b>	<b>1.14</b>	10.60%	
11	Phil Davies	Borrowdale Fell Runners	M50	02:35:42	1	41	1.03			
14	Max WAINWRIGHT	Dark Peak Fell Runners	MU23	02:41:07	1	4	1.06			
21	Victoria Wilkinson	Bingley Harriers & AC	W40	02:44:52	1	12	1.09			
<b>29</b>	<b>Darren Kay</b>	<b>CVFR</b>	<b>M45</b>	<b>02:47:54</b>	<b>2</b>	<b>25</b>	<b>1.11</b>	<b>1.18</b>	6.20%	
34	Nichola Jackson	Ribble Valley Harriers	WSEN	02:50:01	1	33	1.12			
<b>40</b>	<b>Adam Osborne</b>	<b>CVFR</b>	<b>M40</b>	<b>02:51:27</b>	<b>7</b>	<b>43</b>	<b>1.13</b>			
42	Mark Roberts	Borrowdale Fell Runners	M55	02:53:12	1	29	1.14			
<b>78</b>	<b>Mark Taylor</b>	<b>CVFR</b>	<b>M45</b>	<b>03:07:02</b>	<b>6</b>	<b>25</b>	<b>1.23</b>	<b>1.25</b>	1.30%	
79	Helen Berry	Holmfirth Harriers AC	W45	03:07:10	1	12	1.23			
<b>81</b>	<b>Mark Burton</b>	<b>CVFR</b>	<b>M45</b>	<b>03:08:02</b>	<b>7</b>	<b>25</b>	<b>1.24</b>	<b>1.25</b>	<b>0.80%</b>	
<b>96</b>	<b>Charlie Ing</b>	<b>CVFR</b>	<b>MSEN</b>	<b>03:16:34</b>	<b>60</b>	<b>95</b>	<b>1.3</b>			
107	Leigh Warburton	Bowland Fell Runners	M60	03:19:48	1	15	1.32			
117	Hannah Russell	Helm Hill Runners	WU23	03:22:27	1	3	1.33			
<b>129</b>	<b>Paul Haigh</b>	<b>CVFR</b>	<b>M40</b>	<b>03:28:00</b>	<b>23</b>	<b>43</b>	<b>1.37</b>	<b>1.32</b>	<b>-3.90%</b>	
147	Gillian Lindsey	Macclesfield Harriers	W50	03:31:50	1	13	1.4			
<b>155</b>	<b>Jonny Croston</b>	<b>CVFR</b>	<b>M40</b>	<b>03:35:54</b>	<b>26</b>	<b>43</b>	<b>1.42</b>	<b>1.27</b>	<b>-12.10%</b>	
171	Jack Holt	Clayton-le-Moors Harriers	M70	03:40:06	1	2	1.45			
172	Carol Evans	Settle Harriers	W55	03:40:13	1	7	1.45			
<b>196</b>	<b>Helen Buchan</b>	<b>CVFR</b>	<b>W40</b>	<b>03:50:05</b>	<b>6</b>	<b>12</b>	<b>1.52</b>	<b>1.54</b>	1.50%	
<b>213</b>	<b>Mark Wharton</b>	<b>CVFR</b>	<b>M50</b>	<b>03:54:39</b>	<b>28</b>	<b>41</b>	<b>1.55</b>	<b>1.41</b>	<b>-9.70%</b>	
220	Nick Brooke	Dorset Daddlers RC	M65	03:57:22	1	11	1.57			
233	Pat GOODALL	Totley AC	W60	04:00:03	1	2	1.58			
241	Wendy Dodds	Clayton-le-Moors Harriers	W65	04:08:05	1	2	1.64			
<b>278</b>	<b>Toby Sydes</b>	<b>CVFR</b>	<b>M50</b>	<b>04:28:16</b>	<b>36</b>	<b>41</b>	<b>1.77</b>	<b>1.58</b>	<b>-12.00%</b>	