

Orchan Rocks 2024-04-30

Total finishers 134

CVFR finishers 29

Position	Name	Club	Time	Category	Cat Pos	Rating	Comment
1	Martin Howard	CVFR	0:21:28	M Senior	1/18	1.14	
2	Doni Clarke	Tod Harriers	0:22:43	MV40	1/18	1.20	
5	Karl Gray	CVFR	0:25:14	MV50	1/30	1.34	
8	Lee Shimwell	CVFR	0:26:03	MV40	2/18	1.38	
9	Sinead Bent	Salford Harriers	0:26:06	F Senior	1/10	1.38	
20	Stephen Smithies	CVFR	0:28:20	MV50	4/30	1.50	
24	James Cooke	CVFR	0:28:38	MV40	8/18	1.52	Best Ever (prev 1.52)
27	Charlotte Jackson	CVFR	0:28:57	F Senior	4/10	1.53	
28	Dave Kelly	Rossendale Harriers	0:29:40	MV60	1/24	1.57	
31	Jonathan Moon	CVFR	0:29:54	M Senior	12/18	1.58	
36	Oliver Thompson	Unattached	0:30:09	U18	1/1	1.60	
39	Cass Chisholm	CVFR	0:30:20	FV40	1/14	1.61	
42	Mark Barnabus	CVFR	0:30:25	M Senior	15/18	1.61	
45	Ian Dobie	CVFR	0:30:30	MV50	12/30	1.62	
55	Stuart Russell	CVFR	0:31:25	MV50	18/30	1.66	
56	Mel Blackhurst	Tod Harriers	0:31:37	FV50	1/7	1.67	
57	Andy Davies	CVFR	0:31:42	MV60	4/24	1.68	
58	Christina Turner	CVFR	0:32:05	FV40	3/14	1.70	Best This Year (prev 1.77)
60	Andy Wright	CVFR	0:32:20	MV40	12/18	1.71	
65	Oliver Beaumont	CVFR	0:32:41	M Senior	17/18	1.73	
67	Jon Underwood	CVFR	0:32:53	MV50	20/30	1.74	
72	Samantha Hartley	CVFR	0:33:20	F Senior	6/10	1.77	
73	Jayde McGregor	CVFR	0:33:47	FU18	1/1	1.79	
75	Neil Thorpe	CVFR	0:33:57	MV40	16/18	1.80	
86	Graham Lloyd	CVFR	0:35:02	MV60	13/24	1.86	



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87	Rachel Johnston	CVFR	0:35:18	FV50	2/7	1.87	
88	Ken Taylor	Rossendale Harriers	0:35:19	MV70	1/6	1.87	
96	Gloria Ayuso	CVFR	0:36:53	FV50	3/7	1.95	
99	Christine Whittaker	Tod Harriers	0:37:12	FV60	1/5	1.97	
103	Bob Howard	CVFR	0:37:55	MV60	17/24	2.01	
111	Ali Haley	CVFR	0:39:07	FV40	8/14	2.07	Best Ever (prev 2.34)
115	Jocasta Fletcher	CVFR	0:39:49	FV50	5/7	2.11	
120	Marc Collett	CVFR	0:41:09	MV60	20/24	2.18	
123	Tamsin Cooke	CVFR	0:43:32	FV40	14/14	2.31	
124	Debbie Hudson	CVFR	0:43:33	F Senior	10/10	2.31	
127	Ian Sparks	CVFR	0:44:08	MV60	22/24	2.34	