

**Red Rose Road Runners**  
**Grand Prix**  
**Sheriff 10K**  
**Race Date - 30th April 2023**

Competitor	Handicap	Result	Min/Km	Ratio	Points
Liam Hooton	00:04:51	00:44:08	00:04:25	110.02%	30
David Park	00:04:07	00:38:40	00:03:52	106.64%	29
Ben Woodcock	00:04:40	00:45:16	00:04:32	103.05%	28
Liam Betney	00:04:10	00:40:43	00:04:04	102.38%	27
Emil Bowe	00:04:06	00:40:17	00:04:02	101.63%	26
Steven Bellamy	00:05:08	00:50:45	00:05:05	101.22%	25
Scott Jackson	00:04:18	00:42:35	00:04:16	100.94%	24
Wayne Hope	00:04:39	00:46:12	00:04:37	100.60%	23
Stuart Cann	00:04:27	00:44:33	00:04:27	99.82%	22
Philip Davidson	00:04:49	00:48:27	00:04:51	99.57%	21
John Naylor	00:04:22	00:43:48	00:04:23	99.49%	20
Anthony Pope	00:06:43	01:08:04	00:06:48	98.64%	19
Stephen Woodruffe	00:04:15	00:43:08	00:04:19	98.39%	18
Christopher Bridge	00:04:10	00:42:23	00:04:14	98.35%	17
Philip Butler	00:04:39	00:47:35	00:04:45	97.88%	16
Manolo Brook	00:04:16	00:43:39	00:04:22	97.81%	15
Joe Swarbrick	00:04:13	00:43:44	00:04:22	96.35%	14
Simon Croft	00:03:19	00:34:52	00:03:29	95.19%	13
Joydip Majumder	00:06:11	01:05:34	00:06:33	94.25%	12
Steve Murphy	00:04:49	00:51:09	00:05:07	94.03%	11
Ray Taylor	00:04:59	00:53:36	00:05:22	92.91%	10
Gary Corcoran	00:04:12	00:45:34	00:04:33	92.28%	9
Allan Howard	00:06:16	01:11:56	00:07:12	87.17%	8
Richard Field	00:05:51	01:08:00	00:06:48	85.99%	7
John Wiseman	00:06:03	01:15:04	00:07:30	80.53%	6

Competitor	Handicap	Result	Min/Km	Ratio	Points
Amanda Berry	00:07:02	01:07:25	00:06:45	104.30%	30
Annabel Rigby	00:05:30	00:53:43	00:05:22	102.34%	29
Jenn McDonough	00:04:57	00:49:01	00:04:54	101.12%	28
Alison Mercer	00:05:48	00:58:06	00:05:49	99.69%	27
Alison Parkinson	00:05:23	00:54:11	00:05:25	99.23%	26
Michelle Clapham	00:06:46	01:08:36	00:06:52	98.73%	25
Natalie Croft	00:05:08	00:52:03	00:05:12	98.49%	24
Louise Withnell	00:06:14	01:03:42	00:06:22	97.74%	23
Anneke Crosby	00:04:46	00:49:01	00:04:54	97.38%	22
Esther Stanier	00:05:26	00:56:12	00:05:37	96.73%	21
Caroline Cocker	00:06:06	01:03:12	00:06:19	96.53%	20
Julie Thorley	00:05:18	00:55:33	00:05:33	95.33%	19

Carol Douglass	00:05:21	00:56:20	00:05:38	94.82%	18
Kate Clipston	00:06:30	01:08:36	00:06:52	94.69%	17
Christine Rostron	00:06:09	01:05:18	00:06:32	94.18%	16
Rebecca Wells	00:05:22	00:57:45	00:05:47	93.07%	15
Ann Cleave	00:05:02	00:54:14	00:05:25	92.92%	14
Janette Rayton	00:04:36	00:49:49	00:04:59	92.47%	13
Judi Ingham	00:05:04	00:55:24	00:05:32	91.41%	12
Brittany Robinson	00:05:13	00:57:31	00:05:45	90.69%	11
Angela Dallinger	00:06:19	01:15:03	00:07:30	84.09%	10



