

Red Rose Road Runners
Grand Prix 2023/24
Blackpool XC
Race Date - 13 Janaury 2024

Competitor	Handicap	Result	Min/Km	Ratio	Points
John Carruthers	00:06:06	0:44:44	0:04:58	122.73%	30
Steven Moon	00:05:16	0:39:53	0:04:26	119.00%	29
Peter Bolton	00:05:29	0:48:22	0:05:22	102.04%	28
Imtiaz Patel	00:04:51	0:44:39	0:04:58	97.59%	27
Philip Butler	00:04:39	0:43:23	0:04:49	96.60%	26
David Brunton	00:04:33	0:42:32	0:04:44	96.37%	25
Christopher Bridge	00:04:10	0:40:36	0:04:31	92.40%	24
Simon Major	00:04:13	0:41:25	0:04:36	91.59%	23
Simon Shaw	00:04:04	0:41:29	0:04:37	88.30%	22
Scott Jackson	00:04:18	0:46:36	0:05:11	83.02%	21

Competitor	Handicap	Result	Min/Km	Ratio	Points
Zoe Cain	00:05:58	0:33:41	0:05:28	109.37%	30
Lisa Semley	00:06:56	0:40:29	0:06:34	105.57%	29
Alison Parkinson	00:05:23	0:32:38	0:05:17	101.66%	28
Paula Plowman	00:05:16	0:32:41	0:05:18	99.42%	27
Lesley Nixon	00:05:47	0:37:23	0:06:04	95.48%	26
Samantha Edwards	00:04:24	0:28:42	0:04:39	94.45%	25
Alison Mercer	00:05:48	0:38:12	0:06:11	93.56%	24
Christine Rostron	00:06:09	0:43:05	0:06:59	88.07%	23