

Red Rose Road Runners
Grand Prix Results
English Half Marathon

Competitor	EHM	Min/Km	Ratio	Points
Steven Moon	01:37:25	04:37	108.66%	30
Paul Gardner	02:06:58	06:01	103.37%	29
Frank Nightingale	01:31:24	04:20	102.31%	28
Manolo Mendoza	01:31:54	04:21	98.42%	27
Stuart Isherwood	01:44:30	04:57	95.71%	26
David Hindle	02:00:32	05:43	95.29%	25
Tim Nuttall	01:48:11	05:08	95.08%	24
Scott Jackson	01:34:11	04:28	94.88%	23
Ben Smithers	01:39:32	04:43	94.58%	22
Allan Howard	02:09:25	06:08	94.28%	21
John Plowman	02:13:45	06:20	92.00%	20
Anees Shaikh	02:02:02	05:47	89.42%	19
David Bayliss	01:54:10	05:25	86.74%	18
Peter O'Grady	02:06:39	06:00	79.39%	17
Faisal Ali	02:20:57	06:41	77.37%	16
Richard Field	02:07:11	06:02	76.77%	15

Competitor	EHM	Min/Km	Ratio	Points
Emily Ingham	01:45:25	05:00	122.27%	30
Judi Ingham	01:55:16	05:28	101.31%	29
Marion O'grady	02:22:58	06:47	100.21%	28
Katy Cleece	02:07:12	06:02	100.11%	27
Samantha Edwards	01:44:05	04:56	98.46%	26
Glynis Leo	01:54:32	05:26	96.35%	25
Victoria Calvert	02:33:12	07:16	96.18%	24
Louise Withnell	02:06:28	06:00	95.73%	23
Nicola Patterson	02:06:59	06:01	93.98%	22
Wendy Rogerson	02:07:00	06:01	93.43%	21
Esther Stanier	02:04:48	05:55	93.21%	20
Paula Plowman	01:52:06	05:19	92.56%	19
Karen Bishop	02:33:10	07:16	92.37%	18
Carol Heaton	02:23:52	06:49	91.81%	17
Anneke Crosby	01:51:08	05:16	91.65%	16
Tracey Alami	02:33:10	07:16	84.80%	15
Josephine Walsh	02:36:43	07:26	84.04%	14
Pauline Moorcroft	02:07:11	06:02	81.10%	13