

Red Rose Road Runners
 Grand Prix Results 2019
 Standish Trail 10K

Competitor	Handicap	Standish 10K	Min/Km	Ratio	Points
Richard Field	05:00	0:48:04	0:04:48	103.901%	30
Steven Moon	04:42	0:46:36	0:04:40	100.840%	29
Christopher Bridge	04:46	0:47:32	0:04:45	100.351%	28
Anthony Pope	06:05	1:01:31	0:06:09	98.889%	27
Michael Oddie	04:14	0:44:36	0:04:28	94.806%	26
Austin Trelfa	05:33	0:58:47	0:05:53	94.528%	25
Michael Hogarth	05:48	1:01:51	0:06:11	93.641%	24
David Antoni Brunton	04:11	0:45:30	0:04:33	91.795%	23
David Watson	06:41	1:13:14	0:07:19	91.158%	22
Barry Wheeler	04:08	0:45:25	0:04:33	91.107%	21
Stuart Smith	04:11	0:45:54	0:04:35	91.013%	20
Rob Mather	04:41	0:52:06	0:05:13	90.019%	19
Andy Speer	05:26	1:01:17	0:06:08	88.605%	18
Lee Burton	04:53	0:55:32	0:05:33	87.830%	17
Paul Woan	04:34	0:52:03	0:05:12	87.768%	16
Raymond Taylor	04:21	0:51:34	0:05:09	84.335%	15
Ben Donoghue	04:07	0:54:34	0:05:27	75.489%	14

Competitor	Handicap	Standish 10K	Min/Km	Ratio	Points
Ann Donoghue	07:00	1:09:55	0:07:00	100.012%	30
Julie Thorley	05:57	1:01:10	0:06:07	97.384%	29
Janette Rayton	05:03	0:52:18	0:05:14	96.431%	28
Catherine Morris	06:27	1:09:12	0:06:55	93.088%	27
Sarah Maltby	05:16	0:56:32	0:05:39	93.013%	26
Debbie Porter	05:36	1:01:15	0:06:08	91.474%	25
Michelle Griffiths	05:07	0:56:28	0:05:39	90.555%	24
Karen Smith	06:15	1:09:11	0:06:55	90.316%	23
Zoe Cain	05:23	1:00:13	0:06:01	89.455%	22
Joan Gouldthorpe	05:10	0:59:08	0:05:55	87.279%	21
Alison Parkinson	04:50	0:55:50	0:05:35	86.597%	20
Fiona Gutteridge	06:32	1:15:30	0:07:33	86.468%	19
Claire Shaw	04:58	0:57:22	0:05:44	86.452%	18
Pauline Moorcroft	04:48	0:55:38	0:05:34	86.234%	17
Helen Greenhalgh	05:34	1:04:48	0:06:29	86.025%	16
Jane Godsland	05:01	1:00:21	0:06:02	83.209%	15
Kathryn Abbott	05:22	1:05:51	0:06:35	81.486%	14
Joanne Malcolmson	05:15	1:09:55	0:07:00	75.018%	13