

**Red Rose Road Runners  
Grand Prix Results 2019  
Catforth 5k**

Competitor	Handicap	Catforth	Min/Km	Ratio	Points
Ethan Hodgkinson	0:04:40	00:20:14	00:04:03	115.372%	30
Steven Moon	0:04:42	00:20:25	00:04:05	115.082%	29
Reece Thomas	0:06:05	00:26:32	00:05:18	114.510%	28
Christopher Bridge	0:04:46	00:20:50	00:04:10	114.480%	27
Simon Winster	0:04:46	00:21:13	00:04:15	112.176%	26
Alan Jolly	0:04:16	00:19:03	00:03:49	112.123%	25
Simon Worbey	0:04:49	00:21:53	00:04:23	110.091%	24
Chris Corrigan	0:04:28	00:20:22	00:04:04	109.636%	23
Stuart Smith	0:04:11	00:19:37	00:03:55	106.478%	22
Barry Wheeler	0:04:08	00:19:41	00:03:56	105.109%	21
Sam Hodgson	0:04:13	00:20:08	00:04:02	104.677%	20
Stephen Woodruffe	0:04:03	00:19:36	00:03:55	103.373%	19
Simon Croft	0:03:23	00:16:26	00:03:17	102.688%	18
Philip Marsden	0:03:36	00:17:34	00:03:31	102.419%	17
David Parkinson	0:03:44	00:18:31	00:03:42	100.945%	16
James Darkin	0:04:00	00:20:01	00:04:00	99.917%	15
Stuart Cann	0:04:00	00:20:10	00:04:02	99.050%	14
Raymond Taylor	0:04:21	00:22:25	00:04:29	97.001%	13
Damian Clapham	0:06:08	00:32:20	00:06:28	94.832%	12
John Wiseman	0:04:38	00:26:45	00:05:21	86.615%	11

Competitor	Handicap	Catforth	Min/Km	Ratio	Points
Ann Donoghue	0:07:00	00:26:40	00:05:20	131.109%	30
Sian King	0:05:51	00:24:50	00:04:58	117.718%	29
Ruth Watkinson	0:07:01	00:30:19	00:06:04	115.682%	28
Karen Smith	0:06:15	00:27:54	00:05:35	111.977%	27
Helen Greenhalgh	0:05:34	00:25:15	00:05:03	110.385%	26
Esther Stanier	0:05:40	00:25:55	00:05:11	109.277%	25
Catherine Morris	0:06:27	00:29:29	00:05:54	109.243%	24
Samantha Edwards	0:04:42	00:21:44	00:04:21	108.052%	23
Sue Brookes	0:05:02	00:23:20	00:04:40	108.036%	22
Zoe Cain	0:05:23	00:25:07	00:05:01	107.233%	21
Fiona Gutteridge	0:06:32	00:30:28	00:06:06	107.139%	20
Janette Rayton	0:05:03	00:23:39	00:04:44	106.624%	19
Natalie Croft	0:04:55	00:23:05	00:04:37	106.426%	18
Helen Ormerod-Pateman	0:05:41	00:26:44	00:05:21	106.359%	17
Kathryn Abbott	0:05:22	00:25:32	00:05:06	105.075%	16
Sandra Rolston	0:06:20	00:30:21	00:06:04	104.402%	15
Sophie Pilkington	0:04:19	00:20:54	00:04:11	103.170%	14
Lesley Renshaw	0:06:00	00:29:06	00:05:49	102.950%	13
Louise Withnell	0:05:39	00:27:41	00:05:32	101.967%	12
Ann Cleave	0:04:48	00:23:37	00:04:43	101.517%	11
Jill Jefferson	0:04:19	00:21:18	00:04:16	101.148%	10
Jo Roberts	0:05:44	00:28:24	00:05:41	100.939%	9
Carolyn Douglass	0:05:02	00:26:03	00:05:13	96.684%	8