

**Red Rose Road Runners
Grand Prix Results 2019
Anderton Boat Lift Half Marathon Race**

Competitor	Handicap	Catforth	Min/Km	Ratio	Points
Craig Lancaster	0:07:06	02:12:56	00:06:18	112.722%	30
Steven Moon	0:04:42	01:37:57	00:04:39	101.228%	29
Christopher Bridge	0:04:46	01:44:33	00:04:57	96.267%	28
Stuart Smith	0:04:11	01:31:56	00:04:21	95.880%	27
Michael Oddie	0:04:14	01:33:18	00:04:25	95.625%	26
Barry Wheeler	0:04:08	01:31:54	00:04:21	95.002%	25
Simon Worbey	0:04:49	01:59:51	00:05:41	84.828%	24
John Wiseman	0:04:38	02:40:31	00:07:36	60.913%	23

Competitor	Handicap	Catforth	Min/Km	Ratio	Points
Margaret Worbey	0:06:20	01:59:54	00:05:41	111.395%	30
Janette Rayton	0:05:03	01:49:16	00:05:11	97.390%	29
Kathryn Abbott	0:05:22	01:59:39	00:05:40	94.625%	28
Jo Roberts	0:05:44	02:08:17	00:06:05	94.302%	27
Jill Jefferson	0:04:19	01:37:32	00:04:37	93.217%	26
Karen Smith	0:06:15	02:23:09	00:06:47	92.099%	25
Ann Donoghue	0:07:00	02:40:31	00:07:36	91.917%	24
Louise Withnell	0:05:39	02:11:09	00:06:13	90.828%	23
Pauline Moorcroft	0:04:48	01:57:35	00:05:34	86.090%	22
Amanda Berry	0:06:10	02:35:26	00:07:22	83.803%	21
Zoe Cain	0:05:23	02:16:09	00:06:27	83.480%	20
Mary Conway	0:05:42	02:24:33	00:06:51	83.098%	19
Helen Ormerod-Pateman	0:05:41	02:26:10	00:06:56	82.090%	18
Paula Plowman	0:05:11	02:15:23	00:06:25	80.819%	17
Lisa Baron	0:05:57	02:35:28	00:07:22	80.652%	16