

**Red Rose Road Runners  
Grand Prix Results 2020  
Lancaster Cross Country**

Competitor	Handicap	Lanc. XC	Min/Km	Ratio	Points
Ethan Hodgkinson	04:51	0:42:43	0:04:27	109.072%	30
Simon Worbey	05:14	0:48:50	0:05:05	102.881%	29
Chris Hall	05:40	0:53:05	0:05:32	102.511%	28
Philip Dean	04:56	0:48:30	0:05:03	97.545%	27
Gareth Bell	05:26	0:54:08	0:05:38	96.443%	26
Jon Royle	04:47	0:47:40	0:04:58	96.352%	25
David Park	04:30	0:45:01	0:04:41	96.071%	24
Michael Oddie	04:15	0:43:07	0:04:29	94.813%	23
Stephen Woodruffe	04:04	0:41:08	0:04:17	94.807%	22
John Carruthers	04:49	0:48:57	0:05:06	94.453%	21
Stuart Smith	04:07	0:41:48	0:04:21	94.431%	20
Barry Wheeler	04:08	0:42:21	0:04:25	93.821%	19
Manolo Mendoza	04:06	0:42:01	0:04:23	93.728%	18
Mick Cleece	06:21	01:05:28	0:06:49	93.116%	17
Simon Shaw	04:12	0:43:28	0:04:32	92.871%	16
Matt Wilson	04:25	0:45:47	0:04:46	92.558%	15
Frank Nightingale	03:58	0:41:35	0:04:20	91.498%	14
Daniel Hughes	03:39	0:38:24	0:04:00	91.361%	13
Stuart Cann	04:06	0:44:00	0:04:35	89.491%	12
Philip Butler	04:12	0:45:20	0:04:43	89.082%	11
Craig Goldsworthy	04:30	0:48:27	0:05:03	89.032%	10
David Barnes	05:50	01:03:03	0:06:34	88.717%	9
Ian Miller	05:55	01:04:20	0:06:42	88.402%	8
Raymond Taylor	04:26	0:48:20	0:05:02	88.177%	7
Dave Stewart	04:36	0:50:40	0:05:17	87.032%	6
Fred Lynch	04:21	0:48:18	0:05:02	86.327%	5

Competitor	Handicap	Lanc. XC	Min/Km	Ratio	Points
Margaret Worbey	06:12	0:35:02	0:05:50	106.270%	30
Samantha Edwards	04:34	0:27:25	0:04:34	100.109%	29
Melissa Houghton	05:15	0:32:00	0:05:20	98.391%	28
Ann Donoghue	06:38	0:43:14	0:07:12	92.097%	27
Hannah Clayton	06:05	0:39:47	0:06:38	91.688%	26
Annette Russ	06:02	0:40:00	0:06:40	90.500%	25
Andrea Davison	06:27	0:43:14	0:07:12	89.429%	24
Melanie Lowe	05:12	0:36:01	0:06:00	86.627%	23
Alison Mercer	05:27	0:37:54	0:06:19	86.324%	22
Josie Swarbrick	05:40	0:39:47	0:06:38	85.513%	21