

Red Rose Road Runners

Grand Prix Results

Trawden 7

Date: 26 June 2022

| Competitor | Handicap | Trawden 7 | Min/Km | Ratio | Points |
|-------------------|-----------------|------------------|---------------|--------------|---------------|
| James Bretherton | 03:55 | 00:48:05 | 00:04:16 | 91.88% | 30 |
| Steven Moon | 04:55 | 01:00:23 | 00:05:21 | 91.69% | 29 |
| Steven Willetts | 04:13 | 00:52:12 | 00:04:38 | 90.89% | 28 |
| John Naylor | 04:22 | 00:55:24 | 00:04:55 | 88.95% | 27 |
| Karl Hodgson | 03:30 | 00:45:34 | 00:04:03 | 86.65% | 26 |
| David Watson | 06:33 | 01:27:02 | 00:07:43 | 84.88% | 25 |
| Austin Trelfa | 05:13 | 01:15:37 | 00:06:43 | 77.77% | 24 |
| Anthony Pope | 06:22 | 01:34:05 | 00:08:21 | 76.19% | 23 |
| Richard Field | 04:24 | 01:35:24 | 00:08:28 | 51.98% | 22 |
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| Competitor | Handicap | Trawden 7 | Min/Km | Ratio | Points |
|-------------------|-----------------|------------------|---------------|--------------|---------------|
| Nina Watters | 08:34 | 01:48:33 | 00:09:38 | 89.01% | 30 |
| Janine Needham | 04:28 | 00:57:39 | 00:05:07 | 87.25% | 29 |
| Alison Mercer | 05:42 | 01:15:06 | 00:06:40 | 85.45% | 28 |
| Paula Plowman | 04:59 | 01:10:01 | 00:06:13 | 80.13% | 27 |
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