

<u>Heptonstall Festival</u>		06-Jul-13	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>	
1	Johny Helliwell	CVFR	M	0:52:56	1.19	3%	best ever!
4	Mark Goldie	CVFR	V40	0:54:35	1.23	1%	
6	Joe Washington	CVFR	M	0:55:47	1.25	-2%	
7	Ian Symington	CVFR	M	0:56:16	1.26	1%	
8	Robert Paradise	CVFR	M	0:56:27	1.27	2%	
15	Holly Page	CVFR	L*	0:59:15	1.33	0%	first woman
18	Toby Cotterill	CVFR	M	0:59:31	1.34	1%	
19	Rob White	CVFR	M	0:59:42	1.34	5%	
22	Mark Wharton	CVFR	V40	1:00:03	1.35	-2%	
29	Jonathan Emberton	CVFR	V50	1:01:42	1.39	-4%	
32	Graham Hill	CVFR	V40	1:03:03	1.42	-7%	
34	James Kershaw	CVFR	M	1:03:24	1.42	2%	best ever!
37	Jim Mosley	CVFR	V40	1:03:48	1.43	4%	best this year
44	James Williams	CVFR	M	1:04:47	1.46	-9%	
52	Jackie Scarf	CVFR	LV50	1:06:02	1.48	3%	best this year
54	Nick Murphy	CVFR	V50	1:07:03	1.51	2%	best this year
56	Tim Brooks	CVFR	V40	1:08:36	1.54	-4%	
59	Darren Sargent	CVFR	V40	1:09:29	1.56	3%	
63	Stephen Grimley	CVFR	V40	1:10:59	1.59	-6%	
69	David Culpan	CVFR	V50	1:11:57	1.62	-1%	
70	Nathan Kennaugh	CVFR	M	1:12:15	1.62	-2%	
73	Sarah Tait	CVFR	L	1:12:45	1.63	4%	best ever!
79	Toby Sydes	CVFR	V40	1:14:41	1.68	-2%	
81	Graham Lloyd	CVFR	V50	1:14:59	1.68	-4%	
97	Susan Bladon	CVFR	LV50	1:27:49	1.97	2%	
98	Charlotte Wetton	CVFR	L	1:28:34	1.99	-4%	

104 runners