

Race	<b>Heptonstall</b>
Date of Race	20-Mar-16
Winning Time	1:49:05
Race Difficulty Weighting	1.03

Number of Entrants	0
Number of CVFR Entrants	0

pos	name	club	category	time	category pos	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Karl Gray	CVFR		1:49:05	0	0	1.03	1.04	0.8%	
2	Tim Ellis	CVFR	M*	1:49:15	0	0	1.04	1.09	4.7%	
10	James Logue	CVFR		2:05:09	0	0	1.19	1.13	-5.0%	
14	Kevin Hoult	CVFR	V40	2:08:08	0	0	1.21	1.16	-5.1%	
25	Darren Kay	CVFR	V40	2:15:04	0	0	1.28	1.15	-11.4%	
30	Ian Symington	CVFR	M	2:18:46	0	0	1.32	1.15	-14.0%	
31	Jo Buckley	CVFR	L	2:19:04	0	0	1.32	1.35	2.6%	best this year
34	Mark Wharton	CVFR	V50	2:19:28	0	0	1.32	1.45	8.7%	best this year
43	Lee Shimwell	CVFR	M	2:20:19	0	0	1.33	1.33	0.3%	
54	Iain Powell	CVFR	V40	2:25:07	0	0	1.38	1.41	2.5%	best this year
74	Jonathan Emberton	CVFR	V50	2:30:19	0	0	1.43	1.40	-2.0%	
86	Darren Sargent	CVFR	V40	2:40:24	0	0	1.52	1.64	7.2%	best this year
106	Toby Sydes	CVFR	V40	2:44:44	0	0	1.56	1.64	4.5%	best this year
109	Jake Ackroyd	CVFR	M	2:45:15	0	0	1.57	1.51	-3.9%	
110	Anthony Costello	CVFR	V50	2:45:16	0	0	1.57	1.90	17.5%	best ever!
127	Tristan Sheard	CVFR	V40	2:47:57	0	0	1.59	1.55	-2.7%	
132	Richard Ingram	CVFR	V40	2:48:49	0	0	1.60	1.55	-3.2%	
139	Helen Buchan	CVFR	L	2:50:28	0	0	1.62	1.56	-3.9%	
143	Nick Murphy	CVFR	V50	2:51:18	0	0	1.62	1.56	-4.4%	
161	Rod Sutcliffe	CVFR	V60	2:58:51	0	0	1.70	1.76	3.4%	
163	Tony Steward	CVFR	V60	2:59:06	0	0	1.70	1.72	1.5%	
166	Bob Howard	CVFR	V50	2:59:29	0	0	1.70	1.68	-1.4%	best this year
179	Rachael Crossland	CVFR	L	3:01:19	0	0	1.72	1.78	3.3%	
213	Charlotte Wetton	CVFR	L	3:18:30	0	0	1.88	2.49	24.5%	
224	Carolyn Shimwell	CVFR	L	3:26:13	0	0	1.96	2.23	12.2%	
229	Toby Cotterill	CVFR	M	3:29:08	0	0	1.98	1.44	-37.3%	
237	Harley Beecroft	CVFR	L	3:41:40	0	0	2.10			
238	Graham Davy	CVFR	V50	3:41:54	0	0	2.10	2.29	8.3%	