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| Race | Up The Nab |
| Date of Race | 07-May-16 |
| Winning Time | 0:34:04 |
| Race Difficulty Weighting | 1.11 |

| | |
|-------------------------|----|
| Number of Entrants | 0 |
| Number of CVFR Entrants | 16 |

| pos | name | club | category | time | category pos | number in category | Todays Race Rating | Previous Rolling Handicap | Improvement | Comments |
|-----|---------------------|------------------|----------|----------------|--------------|--------------------|--------------------|---------------------------|-------------|----------|
| 1 | SIMON BAILEY | MERCIA FELL RUN | MSEN | 0:34:04 | 1 | 96 | 1.11 | | | |
| 4 | Ben Mounsey | CVFR | MSEN | 0:34:41 | 4 | 96 | 1.13 | 1.11 | -2.0% | |
| 5 | ROB HOPE | PUDSEY & BRAML | MV40 | 0:34:58 | 1 | 30 | 1.14 | | | |
| 9 | Karl Gray | CVFR | MV45 | 0:35:27 | 1 | 30 | 1.16 | 1.13 | -2.7% | |
| 11 | IAN HOLMES | BINGLEY HARRIER | MV50 | 0:35:37 | 1 | 36 | 1.16 | | | |
| 12 | MATTHEW ELKINGTON | DARK PEAK FELL | MU23 | 0:35:44 | 1 | 11 | 1.17 | | | |
| 15 | Tim Ellis | CVFR | MSEN | 0:35:55 | 10 | 96 | 1.17 | 1.17 | -0.1% | |
| 19 | Darren Kay | CVFR | MV45 | 0:36:12 | 2 | 30 | 1.18 | 1.20 | 1.5% | |
| 48 | Alex Whitem | CVFR | MSEN | 0:38:13 | 36 | 96 | 1.25 | 1.25 | -0.3% | |
| 53 | Jason Williams | CVFR | MV40 | 0:38:21 | 6 | 30 | 1.25 | 1.21 | -3.5% | |
| 68 | James Logue | CVFR | MV45 | 0:39:41 | 4 | 30 | 1.30 | 1.23 | -5.4% | |
| 86 | MICK EGNER | SETTLE HARRIERS | MV60 | 0:41:15 | 1 | 24 | 1.35 | | | |
| 96 | MICK STENTON | DARK PEAK FELL | MV55 | 0:42:02 | 1 | 19 | 1.37 | | | |
| 118 | Stephen Smithies | CVFR | MV45 | 0:43:04 | 14 | 30 | 1.41 | 1.37 | -3.1% | |
| 140 | BEN GRANT | HARROGATE HAR | MV65 | 0:44:36 | 1 | 10 | 1.46 | | | |
| 205 | Dick Spendlove | CVFR | MV70 | 0:50:32 | 1 | 10 | 1.65 | 1.65 | -0.4% | |
| 237 | Graham Lloyd | CVFR | MV50 | 0:54:34 | 34 | 36 | 1.78 | 1.75 | -1.7% | |
| 242 | Rod Sutcliffe | CVFR | MV60 | 0:57:27 | 21 | 24 | 1.88 | 1.88 | 0.2% | |
| 254 | CALVIN FERGUSON | CVFR | MSEN | 1:03:45 | 93 | 96 | 2.08 | 0.00 | | |
| 255 | RAYMOND BROWN | PENISTONE FOOT | MV75 | 1:04:20 | 1 | 1 | 2.10 | | | |
| 1 | HEIDI DENT | HOWGILL HARRIE | FSEN | 0:38:27 | 1 | 25 | 1.26 | | | |
| 3 | LOU ROBERTS | AMBLESIDE AC | FV40 | 0:40:57 | 1 | 18 | 1.34 | | | |
| 9 | Lucy Collins | CVFR | FSEN | 0:43:59 | 6 | 25 | 1.44 | 1.43 | -0.9% | |
| 10 | Gayle Sugden | CVFR | FV40 | 0:44:00 | 4 | 18 | 1.44 | 1.41 | -2.0% | |
| 12 | JUDITH JEPSON | DARK PEAK FELL | FV45 | 0:44:44 | 1 | 16 | 1.46 | | | |
| 14 | HANNAH RUSSELL | HELM HILL RUNNE | FU23 | 0:45:56 | 1 | 6 | 1.50 | | | |
| 16 | TRACEY GREENWAY | DERBY AC | FV50 | 0:46:19 | 1 | 15 | 1.51 | | | |
| 17 | Lindsey Oldfield | CVFR | FSEN | 0:46:21 | 8 | 25 | 1.52 | 1.54 | 1.3% | |
| 19 | SALLY NEWMAN | SADDLEWORTH R | FV55 | 0:46:33 | 1 | 7 | 1.52 | | | |
| 41 | ANN-MARIE JONES | ALTRINCHAM & DIS | FV60 | 0:49:50 | 1 | 4 | 1.63 | | | |
| 57 | Rachael Crossland | CVFR | FU23 | 0:52:28 | 5 | 6 | 1.72 | 1.75 | 2.2% | |
| 61 | WENDY DODDS | CLAYTON-LE-MOO | FV65 | 0:52:50 | 1 | 7 | 1.73 | | | |
| 97 | MOYRA PARFITT | TODMORDEN HAR | FV70 | 1:09:23 | 1 | 1 | 2.27 | | | |