

Race	Heptonstall Festival
Date of Race	02-Jul-16
Winning Time	0:50:08
Race Difficulty	1.21
Weighting	

Number of Entrants	106
Number of CVFR Entrants	35

pos	name	club	category	time	category pos	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
1	Christopher Holdsworth	Clayton-le-Moors H	M	0:50:08	1	29	1.21			
5	Alex Whitem	CVFR	M	0:52:29	5	29	1.26	1.22	-3.5%	
6	Dave Kirkham	Wharfedale Harriers	V40	0:53:22	1	27	1.29			
7	Nicholas Charlesworth	Wharfedale Harriers	V50	0:54:05	1	17	1.30			
8	Mark O'Connor	CVFR	M	0:54:15	6	29	1.31	1.31	0.6%	
15	Giles Simon	CVFR	M	0:56:27	8	29	1.36	1.39	2.2%	best this year
18	Tristan Sheard	CVFR	V40	0:57:34	7	27	1.39	1.39	0.2%	
19	Iain Illstone	CVFR	M	0:58:14	10	29	1.40	1.50	6.7%	best ever!
20	Simon Bourne	CVFR	V40	0:58:26	8	27	1.41	1.40	-0.6%	
21	Mark Wharton	CVFR	V50	0:58:27	3	17	1.41	1.42	0.7%	
23	Dan Marsden	CVFR	M	0:58:41	11	29	1.41	0.00		
28	Richard Sunderland	CVFR	V40	1:01:16	12	27	1.48	1.42	-4.1%	
29 (lady 1)	Rachel Pilling	Pudsey and Bramley	F	1:01:38	1	10	1.48			
32	Iain Powell	CVFR	V40	1:02:32	14	27	1.51	1.41	-6.7%	
37	Paul Haigh	CVFR	M	1:04:06	15	29	1.54	1.61	4.2%	
38	Dave Collins	Todmorden Harriers	V60	1:04:17	1	8	1.55			
40	John Killerby	CVFR	M	1:04:35	16	29	1.56	1.49	-4.2%	
45	Andrew Davies	CVFR	V50	1:05:38	7	17	1.58	1.60	1.2%	
46	Jake Ackroyd	CVFR	M	1:05:48	18	29	1.59	1.60	0.9%	
47	Jon Underwood	CVFR	V40	1:05:57	18	27	1.59	1.49	-6.8%	
48	Richard Ingram	CVFR	V40	1:06:09	19	27	1.59	1.55	-3.0%	
54	Daniel Pope	CVFR	M	1:07:21	20	29	1.62	0.00		
57	Gavin Roper	CVFR	M	1:07:41	21	29	1.63	1.65	1.4%	
62 (lady 4)	Kate Mansell	Todmorden Harriers	FV40	1:08:18	1	7	1.65			
64 (lady 5)	Kath Brierley	Todmorden Harriers	FV50	1:09:00	1	6	1.66			
65 (lady 6)	Rachael Crossland	CVFR	F	1:09:19	4	10	1.67	1.71	2.5%	
67	Toby Sydes	CVFR	V40	1:09:48	24	27	1.68	1.67	-0.7%	
68	James Cooke	CVFR	M	1:09:59	25	29	1.69	1.79	5.7%	best ever!
70	Nick Murphy	CVFR	V50	1:10:19	13	17	1.69	1.70	0.2%	
75	Brian Horsley	CVFR	V60	1:10:44	4	8	1.70	1.69	-1.0%	
76	Andrew Meek	CVFR	V40	1:10:46	26	27	1.70	1.68	-1.2%	
77 (lady 8)	Helen Buchan	CVFR	F	1:11:48	5	10	1.73	1.67	-3.3%	
80	Nathan Kennaugh	CVFR	M	1:12:54	27	29	1.76	1.71	-2.4%	
84 (lady 12)	Aileen Baldwin	Stainland Lions RC	FV60	1:14:58	1	1	1.81			
86 (lady 13)	Gloria Ayuso	CVFR	FV40	1:16:03	3	7	1.83	1.99	8.0%	best ever!
87 (lady 14)	Stella Chrisanthou	CVFR	FV40	1:16:11	4	7	1.84	1.86	1.1%	
91	David Culpán	CVFR	V50	1:18:45	15	17	1.90	1.77	-7.3%	
92 (lady 17)	Nicki Latham	CVFR	FV50	1:19:04	4	6	1.90	1.89	-0.9%	
93 (lady 18)	Gill Dickson	CVFR	FV40	1:19:09	5	7	1.91	2.02	5.6%	
96 (lady 20)	Helen Flage	CVFR	FV40	1:23:05	6	7	2.00	0.00		
99 (lady 21)	Sue Martin	CVFR	FV50	1:26:24	5	6	2.08	2.10	0.8%	
100 (lady 22)	Carolyn Shimwell	CVFR	F	1:27:10	10	10	2.10	2.06	-1.8%	
101 (lady 23)	Eileen McDonach	CVFR	FV40	1:27:11	7	7	2.10	2.19	4.0%	best ever!
105	Phil Martin	Bowland	V70	1:42:11	1	1	2.46			