



Penistone Footpath Runners & AC

Winter Handicap 2016/17

WMA League Table

		Races	Points	Individual race points							
				1	2	3	4	5	6	7	8
1	Shaun Dimelow	7	174	25	25	25	25		24	25	25
2	Martin Ball	8	169	21	21	19	21	22	20	22	23
3	Bill Phillips	7	151	23	19	21	23	23	21		21
4	Barbara Haigh	6	139		24	23		25	25	20	22
5	John Lawcock	8	113	14	17	14	5	18	10	18	17
6	Matthew Robinson	5	110		22	22		21	22	23	
7	Susan Higham	7	108		15	13	19	16	16	14	15
8	Julie Darigala	6	107	15			18	19	17	19	19
9	Jonathan Bentley	5	96	22	18	17			18	21	
10	Mick Quinn	4	95					24	23	24	24
11	Peter Claydon	7	88	7	5	12	17		15	16	16
12	Alan Knox	6	85			6	20	20	19	15	5
13	Simon Pike	7	77	9	13	5	16	14	6		14
14	David Needham	8	75	11	8	5	13	12	5	11	10
15	Kelvin Bowskill	5	69	5		18	22	17			7
16	John Howsham	4	61		14	15			14		18
17	Mark Riordan	6	51		10	10		7	5	8	11
=	Steve Sanders	8	51	10	5	5	5	9	7	5	5
19	Steve Frith	3	50						13	17	20
20	Richard Hayes	3	49	17	16	16					
21	Ian Sutcliffe	7	47	5	5	5	5	11	11		5
=	Antony Wright	2	47	24	23						
23	Laura Gill	7	45	5	5	5	10		8	7	5
24	Elizabeth Deacon	5	44			5	5		9	12	13
25	Paul Fryers	8	42	5	5	5	6	6	5	5	5
=	Brent Lindsay	6	42	5		8	11	8	5	5	
27	Ashleigh Bowskill	8	40	5	5	5	5	5	5	5	5
=	Dawn Godley	8	40	5	5	5	5	5	5	5	5
=	Damian Kilpin	2	40		20	20					
=	Daniel Limb	8	40	5	5	5	5	5	5	5	5
=	Stuart Smith	8	40	5	5	5	5	5	5	5	5
=	John Spencer	8	40	5	5	5	5	5	5	5	5
33	Steve Dickinson	6	39		5	5	7	10		6	6
34	Paula Gould	3	37						12	13	12
=	John Tomlinson	4	37	5	7	11	14				
36	Nick Whittingham	5	36	8	9	5		5		9	
37	Susan Beevers	7	35	5	5	5		5	5	5	5
=	Matthew Coldwell	7	35	5	5	5	5		5	5	5
=	Emily Duckett	7	35	5	5	5	5	5		5	5
=	Kelly Howson	7	35	5	5	5	5	5	5	5	
=	Thomas Hudson	7	35	5	5		5	5	5	5	5
=	Denise Pozorski	7	35	5	5	5	5	5	5	5	
=	Andrew Walch	7	35	5	5	5	5		5	5	5
=	Helen Wright	7	35		5	5	5	5	5	5	5
45	Christopher Deacon	5	33			5	5		5	10	8
46	Jim Bell	2	30				15	15			

				Individual race points							
		Races	Points	1	2	3	4	5	6	7	8
=	Margaret Hudson	6	30	5	5			5	5	5	5
=	Rachel Jarvis	6	30	5	5		5	5	5	5	
=	Eleanor Law	6	30	5			5	5	5	5	5
=	Sarah Walch	6	30	5	5	5	5		5	5	
51	Charles Halstead	5	29	5	5	5	9		5		
52	Hope Claydon	2	28	16	12						
53	Jane Cockerton	5	25		5		5		5	5	5
=	David Cooper	2	25				12	13			
=	Geoff Dimelow	5	25	5	5				5	5	5
=	David Foster	5	25	5	5	5				5	5
=	Sarah Halstead	5	25	5		5	5		5	5	
=	Lisa Hinchliffe	5	25	5		5	5		5	5	
=	Jude Matthews	5	25	5	5		5		5		5
=	Karen Schofield	5	25	5	5	5	5			5	
=	Pete Stanley	5	25			5	5	5	5	5	
=	Teresa Wall	5	25	5	5	5		5	5		
63	Jacqueline Armitage	4	24		5	5			5		9
=	Robin Clough	1	24				24				
=	Julia Johnson	1	24			24					
66	Ryan Duckett	3	21		6	7	8				
67	Andrew Heppenstall	1	20	20							
=	Chris Hodgson	4	20			5			5	5	5
=	Colin Porteous	4	20		5	5	5		5		
=	Charles Ready	4	20		5	5		5	5		
=	Rebecca Timms	4	20					5	5	5	5
72	Martyn Goodwin	1	19	19							
73	Martin Booth	1	18	18							
74	Valentina Wright	3	16	6	5	5					
75	Dean Allcroft	3	15		5			5			5
=	Gary Briscoe	3	15		5		5			5	
=	Nicola Brown	3	15		5	5	5				
=	Lindsay Crew	3	15	5					5	5	
=	Shelley Gill	3	15						5	5	5
=	Aneurin Hughes	3	15					5	5	5	
=	Jane Partridge	3	15	5	5	5					
=	Sarah Plummer	3	15				5			5	5
=	Miriam Simpson	3	15	5		5					5
=	Stuart Woodhead	3	15					5		5	5
85	Sarah Jones-Morris	1	13	13							
86	Richard Mackie	1	12	12							
87	Julie Moxon	1	11		11						
88	Julia Cobham	2	10						5	5	
=	Andrea Henson	2	10	5		5					
=	Michael Walsh	2	10		5	5					
=	Zowie Whinfrey	2	10				5		5		
92	Alex Simon	1	9			9					
93	Damien Briscoe	1	5	5							
=	Martyn Cartwright	1	5	5							
=	Chris Charlesworth	1	5	5							
=	Alison Nockels	1	5		5						
=	Marysia Pozorski	1	5			5					
=	Adam Stead	1	5								5
=	David Turner	1	5							5	
=	Shaun Walker	1	5						5		



Penistone Footpath Runners & AC

Winter Handicap 2016/17

Individual best times

Men			Ladies				
	Time	Race		Time	Race		
1	Shaun Dimelow	26:19	2	1	Julia Johnson	32:55	3
2	Damian Kilpin	27:35	2	2	Julie Darigala	33:58	5
3	Richard Hayes	27:52	3	3	Laura Gill	34:24	3
4	Andrew Heppenstall	27:54	1	4	Hope Claydon	34:26	1
5	Martin Ball	28:23	8	5	Elizabeth Deacon	34:34	7
6	Antony Wright	28:39	2	6	Paula Gould	34:48	7
7	Matthew Robinson	28:47	7	7	Sarah Jones-Morris	35:00	1
8	Robin Clough	29:11	4	8	Helen Wright	35:42	7
9	Simon Pike	29:14	2	9	Emily Duckett	35:54	7
10	Mick Quinn	29:44	7	10	Julie Moxon	36:00	2
11	Jonathan Bentley	29:53	2	11	Rebecca Timms	36:03	7
12	Damien Briscoe	30:50	1	12	Miriam Simpson	37:18	1
13	Ryan Duckett	30:53	2	13	Valentina Wright	37:21	1
14	Mark Riordan	31:11	2	14	Lisa Hinchliffe	37:39	1
15	John Lawcock	31:31	2	15	Jude Matthews	38:00	8
16	Richard Mackie	31:53	1	16	Kelly Howson	38:07	4
17	John Howsham	31:59	8	17	Sarah Walch	38:15	1
18	Peter Claydon	32:06	8	18	Ashleigh Bowskill	38:24	8
19	Steve Sanders	32:12	1	19	Andrea Henson	38:51	3
20	Gary Briscoe	32:32	2	20	Alison Nockels	38:56	2
21	John Tomlinson	32:36	2	21	Jacqueline Armitage	39:13	2
22	Aneurin Hughes	32:44	7	22	Sarah Halstead	40:14	6
23	Chris Charlesworth	32:53	1	23	Julia Cobham	40:46	7
24	Chris Hodgson	32:54	3	24	Jane Cockerton	41:01	8
25	Martin Booth	32:58	1	25	Barbara Haigh	41:02	2
26	Alex Simon	32:59	3	26	Eleanor Law	41:02	1
27	Martyn Goodwin	33:04	1	27	Rachel Jarvis	41:26	7
28	Matthew Coldwell	33:19	3	28	Nicola Brown	41:53	2
29	David Cooper	33:46	5	29	Sarah Plummer	42:01	8
30	Alan Knox	34:01	5	30	Jane Partridge	42:13	2
31	Andrew Walch	34:08	3	31	Shelley Gill	42:14	8
32	Jim Bell	34:27	5	32	Dawn Godley	42:18	2
33	Kelvin Bowskill	34:33	3	33	Zowie Whinfrey	43:25	4
34	Christopher Deacon	34:34	7	34	Susan Higham	45:12	2
35	Steve Dickinson	34:36	8	35	Susan Beevers	45:25	2
36	Bill Phillips	34:37	5	36	Teresa Wall	45:40	1
37	Paul Fryers	35:10	5	37	Denise Pozorski	47:41	4
38	Steve Frith	35:15	8	38	Karen Schofield	47:49	1
39	Charles Halstead	35:17	3	39	Lindsay Crew	47:59	7
40	Brent Lindsay	35:20	3	40	Marysia Pozorski	50:52	3
41	Dean Allcroft	35:49	2	41	Margaret Hudson	54:10	2
42	Ian Sutcliffe	35:52	5				
43	Daniel Limb	36:40	3				
44	Nick Whittingham	36:59	2				
45	Adam Stead	37:10	8				
46	Shaun Walker	37:14	6				
47	Michael Walsh	37:25	2				

Men

		Time	Race
48	Colin Porteous	37:40	2
49	Pete Stanley	39:00	4
50	David Turner	39:21	7
51	David Needham	39:25	1
52	David Foster	39:30	8
53	Charles Ready	39:39	3
54	Stuart Woodhead	39:47	8
55	Geoff Dimelow	40:04	2
56	Stuart Smith	40:06	5
57	Martyn Cartwright	43:09	1
58	John Spencer	46:32	2
59	Thomas Hudson	51:37	1

Ladies

		Time	Race
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Penistone Footpath Runners & AC

Winter Handicap 2016/17

Race 1 Results

20 September 2016

57 finishers

						WMA times – adjusted for age and sex				
	Est	H'cap	Finish	Actual	+/-		Time	Points		
1	Antony Wright	35:00	17:00	46:04	29:04	- 5:56	1	Shaun Dimelow	24:22	25
2	Jude Matthews	42:15	09:45	48:39	38:54	- 3:21	2	Antony Wright	26:23	24
3	Karen Schofield	51:00	01:00	48:49	47:49	- 3:11	3	Bill Phillips	26:52	23
4	Teresa Wall	48:30	03:30	49:10	45:40	- 2:50	4	Jonathan Bentley	27:07	22
5	Emily Duckett	38:30	13:30	49:46	36:16	- 2:14	5	Martin Ball	27:25	21
6	Damien Briscoe	33:00	19:00	49:50	30:50	- 2:10	6	Andrew Heppenstall	27:33	20
7	Daniel Limb	39:45	12:15	49:55	37:40	- 2:05	7	Martyn Goodwin	27:37	19
8	Sarah Jones-Morris	37:00	15:00	50:00	35:00	- 2:00	8	Martin Booth	28:15	18
9	John Lawcock	34:30	17:30	50:00	32:30	- 2:00	9	Richard Hayes	28:15	17
10	Martyn Goodwin	35:00	17:00	50:04	33:04	- 1:56	10	Hope Claydon	28:38	16
11	Denise Pozorski	50:00	02:00	50:08	48:08	- 1:52	11	Julie Darigala	28:43	15
12	Paul Fryers	38:15	13:45	50:16	36:31	- 1:44	12	John Lawcock	28:48	14
13	Martin Ball	31:00	21:00	50:30	29:30	- 1:30	13	Sarah Jones-Morris	29:21	13
14	Dawn Godley	44:00	08:00	50:34	42:34	- 1:26	14	Richard Mackie	29:24	12
15	Jane Partridge	45:15	06:45	50:34	43:49	- 1:26	15	David Needham	29:29	11
16	Shaun Dimelow	28:00	24:00	50:38	26:38	- 1:22	16	Steve Sanders	29:55	10
17	Kelly Howson	41:00	11:00	50:47	39:47	- 1:13	17	Simon Pike	29:56	9
18	Valentina Wright	38:30	13:30	50:51	37:21	- 1:09	18	Nick Whittingham	30:15	8
19	Nick Whittingham	39:00	13:00	50:51	37:51	- 1:09	19	Peter Claydon	30:30	7
20	Matthew Coldwell	35:15	16:45	50:52	34:07	- 1:08	20	Valentina Wright	30:31	6
21	Chris Charlesworth	34:00	18:00	50:53	32:53	- 1:07	21	Damien Briscoe	30:44	5
22	Andrew Heppenstall	29:00	23:00	50:54	27:54	- 1:06	22	John Tomlinson	31:14	5
23	Eleanor Law	42:00	10:00	51:02	41:02	- 0:58	23	Chris Charlesworth	31:16	5
24	Bill Phillips	36:30	15:30	51:03	35:33	- 0:57	24	Dawn Godley	31:22	5
25	Laura Gill	37:15	14:45	51:12	36:27	- 0:48	25	Lisa Hinchliffe	31:35	5
26	Ashleigh Bowskill	41:00	11:00	51:16	40:16	- 0:44	26	Margaret Hudson	31:45	5
27	Kelvin Bowskill	41:00	11:00	51:17	40:17	- 0:43	27	Kelvin Bowskill	31:54	5
28	Jonathan Bentley	30:45	21:15	51:22	30:07	- 0:38	28	Martyn Cartwright	31:56	5
29	Steve Sanders	32:45	19:15	51:27	32:12	- 0:33	29	Emily Duckett	31:56	5
30	Martin Booth	33:30	18:30	51:28	32:58	- 0:32	30	Laura Gill	32:02	5
31	Sarah Walch	38:45	13:15	51:30	38:15	- 0:30	31	Brent Lindsay	32:19	5
32	Miriam Simpson	37:45	14:15	51:33	37:18	- 0:27	32	Ian Sutcliffe	32:20	5
33	Thomas Hudson	52:00	00:00	51:37	51:37	- 0:23	33	Teresa Wall	32:25	5
34	Andrew Walch	35:30	16:30	51:41	35:11	- 0:19	34	Matthew Coldwell	32:27	5
35	Andrea Henson	39:45	12:15	51:59	39:44	- 0:01	35	Andrea Henson	32:28	5
36	Richard Hayes	28:30	23:30	52:00	28:30	0:00	36	David Foster	32:30	5
37	Ian Sutcliffe	38:00	14:00	52:03	38:03	+ 0:03	37	Charles Halstead	32:32	5
38	David Needham	39:15	12:45	52:10	39:25	+ 0:10	38	Susan Beevers	32:47	5
39	Susan Beevers	46:00	06:00	52:12	46:12	+ 0:12	39	Miriam Simpson	32:51	5
40	John Tomlinson	34:00	18:00	52:25	34:25	+ 0:25	40	Paul Fryers	32:53	5
41	Simon Pike	30:00	22:00	52:27	30:27	+ 0:27	41	Geoff Dimelow	33:14	5
42	Geoff Dimelow	41:00	11:00	52:35	41:35	+ 0:35	42	Sarah Walch	33:14	5
43	Lisa Hinchliffe	37:00	15:00	52:39	37:39	+ 0:39	43	Eleanor Law	33:32	5
44	Julie Darigala	34:45	17:15	52:45	35:30	+ 0:45	44	Stuart Smith	33:46	5
45	David Foster	40:00	12:00	53:03	41:03	+ 1:03	45	Jude Matthews	33:55	5
46	Peter Claydon	33:15	18:45	53:11	34:26	+ 1:11	46	Andrew Walch	34:12	5
47	Hope Claydon	33:15	18:45	53:11	34:26	+ 1:11	47	Kelly Howson	34:15	5

57 finishers

		Est	H'cap	Finish	Actual	+/-
48	Stuart Smith	40:00	12:00	53:30	41:30	+ 1:30
49	Rachel Jarvis	40:15	11:45	53:48	42:03	+ 1:48
50	Margaret Hudson	52:00	00:00	54:26	54:26	+ 2:26
51	Richard Mackie	29:15	22:45	54:38	31:53	+ 2:38
52	Lindsay Crew	50:00	02:00	54:48	52:48	+ 2:48
53	Charles Halstead	34:00	18:00	55:02	37:02	+ 3:02
54	Brent Lindsay	35:15	16:45	55:06	38:21	+ 3:06
55	Sarah Halstead	40:45	11:15	55:48	44:33	+ 3:48
56	Martyn Cartwright	39:00	13:00	56:09	43:09	+ 4:09
57	John Spencer	45:30	06:30	57:12	50:42	+ 5:12

WMA times – adjusted for age and sex

		Time	Points
48	Thomas Hudson	34:20	5
49	Rachel Jarvis	34:41	5
50	Sarah Halstead	35:14	5
51	Ashleigh Bowskill	35:28	5
52	Karen Schofield	36:06	5
53	Jane Partridge	36:28	5
54	Denise Pozorski	36:46	5
55	Daniel Limb	37:20	5
56	John Spencer	40:53	5
57	Lindsay Crew	43:56	5



Penistone Footpath Runners & AC

Winter Handicap 2016/17

Race 2 Results

11 October 2016

59 finishers

						WMA times – adjusted for age and sex				
						Time	Points			
		Est	H'cap	Finish	Actual	+/-				
1	Jacqueline Armitage	44:30	07:30	46:43	39:13	- 5:17	1	Shaun Dimelow	24:04	25
2	Nicola Brown	44:30	07:30	49:23	41:53	- 2:37	2	Barbara Haigh	24:41	24
3	Gary Briscoe	35:00	17:00	49:32	32:32	- 2:28	3	Antony Wright	26:00	23
4	Laura Gill	37:00	15:00	49:47	34:47	- 2:13	4	Matthew Robinson	26:23	22
5	Damian Kilpin	29:45	22:15	49:50	27:35	- 2:10	5	Martin Ball	26:36	21
6	Ryan Duckett	33:00	19:00	49:53	30:53	- 2:07	6	Damian Kilpin	26:38	20
7	Jane Partridge	44:15	07:45	49:58	42:13	- 2:02	7	Bill Phillips	26:39	19
8	John Spencer	48:30	03:30	50:02	46:32	- 1:58	8	Jonathan Bentley	26:54	18
9	Michael Walsh	39:15	12:45	50:10	37:25	- 1:50	9	John Lawcock	27:55	17
10	Mark Riordan	33:00	19:00	50:11	31:11	- 1:49	10	Richard Hayes	28:15	16
11	Julie Moxon	37:45	14:15	50:15	36:00	- 1:45	11	Susan Higham	28:24	15
12	John Tomlinson	34:15	17:45	50:21	32:36	- 1:39	12	John Howsham	28:25	14
13	Nick Whittingham	38:15	13:45	50:44	36:59	- 1:16	13	Simon Pike	28:44	13
14	John Lawcock	32:45	19:15	50:46	31:31	- 1:14	14	Hope Claydon	28:52	12
15	Martin Ball	30:00	22:00	50:51	28:51	- 1:09	15	Julie Moxon	29:25	11
16	Colin Porteous	38:45	13:15	50:55	37:40	- 1:05	16	Mark Riordan	29:26	10
17	Simon Pike	30:15	21:45	50:59	29:14	- 1:01	17	Nick Whittingham	29:33	9
18	Andrew Walch	35:30	16:30	51:02	34:32	- 0:58	18	David Needham	29:33	8
19	Geoff Dimelow	41:00	11:00	51:04	40:04	- 0:56	19	John Tomlinson	29:35	7
20	Susan Beevers	46:15	05:45	51:10	45:25	- 0:50	20	Ryan Duckett	29:36	6
21	Helen Wright	38:15	13:45	51:16	37:31	- 0:44	21	Alison Nockels	29:44	5
22	Barbara Haigh	41:45	10:15	51:17	41:02	- 0:43	22	Jacqueline Armitage	29:57	5
23	Matthew Robinson	30:15	21:45	51:17	29:32	- 0:43	23	Laura Gill	30:34	5
24	Shaun Dimelow	27:00	25:00	51:19	26:19	- 0:41	24	Peter Claydon	30:45	5
25	Teresa Wall	47:00	05:00	51:21	46:21	- 0:39	25	Dawn Godley	31:10	5
26	John Howsham	33:15	18:45	51:22	32:37	- 0:38	26	Colin Porteous	31:28	5
27	Jonathan Bentley	30:30	21:30	51:23	29:53	- 0:37	27	Margaret Hudson	31:36	5
28	Antony Wright	29:15	22:45	51:24	28:39	- 0:36	28	David Foster	31:36	5
29	David Foster	40:30	11:30	51:25	39:55	- 0:35	29	Valentina Wright	31:45	5
30	Emily Duckett	37:00	15:00	51:29	36:29	- 0:31	30	Steve Dickinson	31:49	5
31	Bill Phillips	35:45	16:15	51:31	35:16	- 0:29	31	Jane Cockerton	31:51	5
32	Susan Higham	45:30	06:30	51:42	45:12	- 0:18	32	Charles Halstead	31:52	5
33	Stuart Smith	40:45	11:15	51:43	40:28	- 0:17	33	Geoff Dimelow	32:01	5
34	Richard Hayes	28:45	23:15	51:45	28:30	- 0:15	34	Emily Duckett	32:08	5
35	Dawn Godley	42:30	09:30	51:48	42:18	- 0:12	35	Steve Sanders	32:13	5
36	Matthew Coldwell	34:15	17:45	51:51	34:06	- 0:09	36	Susan Beevers	32:14	5
37	Ashleigh Bowskill	40:15	11:45	51:53	40:08	- 0:07	37	Ian Sutcliffe	32:23	5
38	Kelly Howson	40:15	11:45	51:57	40:12	- 0:03	38	Matthew Coldwell	32:26	5
39	Ian Sutcliffe	38:00	14:00	52:07	38:07	+ 0:07	39	Dean Allcroft	32:30	5
40	David Needham	39:15	12:45	52:15	39:30	+ 0:15	40	Gary Briscoe	32:32	5
41	Charles Halstead	36:00	16:00	52:16	36:16	+ 0:16	41	Stuart Smith	32:38	5
42	Jude Matthews	39:15	12:45	52:17	39:32	+ 0:17	42	Helen Wright	32:49	5
43	Daniel Limb	37:45	14:15	52:26	38:11	+ 0:26	43	Teresa Wall	32:54	5
44	Rachel Jarvis	41:15	10:45	52:29	41:44	+ 0:29	44	Andrew Walch	33:34	5
45	Denise Pozorski	48:30	03:30	52:39	49:09	+ 0:39	45	Paul Fryers	33:54	5
46	Jane Cockerton	41:30	10:30	52:41	42:11	+ 0:41	46	Sarah Walch	34:10	5
47	Sarah Walch	38:30	13:30	52:49	39:19	+ 0:49	47	Rachel Jarvis	34:25	5

59 finishers

						WMA times – adjusted for age and sex				
		Est	H'cap	Finish	Actual	+/-			Time	Points
48	Valentina Wright	38:00	14:00	52:52	38:52	+ 0:52	48	Jude Matthews	34:28	5
49	Paul Fryers	36:45	15:15	52:54	37:39	+ 0:54	49	Kelly Howson	34:36	5
50	Thomas Hudson	52:00	00:00	52:55	52:55	+ 0:55	50	Jane Partridge	35:08	5
51	Alison Nockels	38:00	14:00	52:56	38:56	+ 0:56	51	Thomas Hudson	35:12	5
52	Dean Allcroft	34:45	17:15	53:04	35:49	+ 1:04	52	Ashleigh Bowskill	35:21	5
53	Karen Schofield	48:00	04:00	53:09	49:09	+ 1:09	53	Charles Ready	36:12	5
54	Peter Claydon	33:30	18:30	53:13	34:43	+ 1:13	54	Nicola Brown	36:14	5
55	Hope Claydon	33:30	18:30	53:13	34:43	+ 1:13	55	Michael Walsh	36:47	5
56	Steve Dickinson	35:00	17:00	53:31	36:31	+ 1:31	56	Karen Schofield	37:06	5
57	Steve Sanders	32:45	19:15	53:55	34:40	+ 1:55	57	John Spencer	37:31	5
58	Margaret Hudson	52:00	00:00	54:10	54:10	+ 2:10	58	Denise Pozorski	37:33	5
59	Charles Ready	38:30	13:30	54:22	40:52	+ 2:22	59	Daniel Limb	37:51	5



Penistone Footpath Runners & AC

Winter Handicap 2016/17

Race 3 Results

1 November 2016

61 finishers

						WMA times – adjusted for age and sex				
						Time	Points			
	Est	H'cap	Finish	Actual	+/-					
1	Chris Hodgson	36:15	15:45	48:39	32:54	- 3:21	1	Shaun Dimelow	24:29	25
2	Alex Simon	35:00	17:00	49:59	32:59	- 2:01	2	Julia Johnson	24:51	24
3	Charles Ready	41:15	10:45	50:24	39:39	- 1:36	3	Barbara Haigh	25:43	23
4	Kelly Howson	40:15	11:45	50:31	38:46	- 1:29	4	Matthew Robinson	25:45	22
5	Daniel Limb	38:00	14:00	50:40	36:40	- 1:20	5	Bill Phillips	26:38	21
6	Ashleigh Bowskill	40:15	11:45	50:44	38:59	- 1:16	6	Damian Kilpin	26:47	20
7	Matthew Coldwell	34:15	17:45	51:04	33:19	- 0:56	7	Martin Ball	26:56	19
8	Matthew Robinson	29:45	22:15	51:05	28:50	- 0:55	8	Kelvin Bowskill	27:06	18
9	Andrea Henson	39:45	12:15	51:06	38:51	- 0:54	9	Jonathan Bentley	27:27	17
10	Richard Hayes	28:45	23:15	51:07	27:52	- 0:53	10	Richard Hayes	27:37	16
11	Andrew Walch	35:00	17:00	51:08	34:08	- 0:52	11	John Howsham	28:35	15
12	Julia Johnson	33:45	18:15	51:10	32:55	- 0:50	12	John Lawcock	28:59	14
13	Helen Wright	38:00	14:00	51:13	37:13	- 0:47	13	Susan Higham	29:07	13
14	Charles Halstead	36:00	16:00	51:17	35:17	- 0:43	14	Peter Claydon	29:25	12
15	Laura Gill	35:00	17:00	51:24	34:24	- 0:36	15	John Tomlinson	29:35	11
16	Valentina Wright	38:30	13:30	51:27	37:57	- 0:33	16	Mark Riordan	29:37	10
17	Brent Lindsay	35:45	16:15	51:35	35:20	- 0:25	17	Alex Simon	29:42	9
18	Mark Riordan	31:45	20:15	51:38	31:23	- 0:22	18	Brent Lindsay	29:46	8
19	Peter Claydon	33:30	18:30	51:42	33:12	- 0:18	19	Ryan Duckett	29:49	7
20	Bill Phillips	35:30	16:30	51:44	35:14	- 0:16	20	Alan Knox	29:58	6
21	Teresa Wall	46:45	05:15	51:45	46:30	- 0:15	21	David Needham	30:02	5
22	Shaun Dimelow	27:00	25:00	51:46	26:46	- 0:14	22	Laura Gill	30:14	5
23	Steve Dickinson	35:15	16:45	51:48	35:03	- 0:12	23	Steve Dickinson	30:33	5
24	Colin Porteous	38:00	14:00	51:49	37:49	- 0:11	24	Chris Hodgson	30:34	5
25	John Tomlinson	32:45	19:15	51:51	32:36	- 0:09	25	Charles Halstead	31:00	5
26	Marysia Pozorski	51:00	01:00	51:52	50:52	- 0:08	26	Valentina Wright	31:01	5
27	David Foster	40:00	12:00	51:53	39:53	- 0:07	27	Jacqueline Armitage	31:33	5
28	Ian Sutcliffe	38:00	14:00	51:53	37:53	- 0:07	28	David Foster	31:35	5
29	Emily Duckett	36:30	15:30	51:56	36:26	- 0:04	29	Elizabeth Deacon	31:35	5
30	Damian Kilpin	27:45	24:15	52:00	27:45	0:00	30	Colin Porteous	31:35	5
31	Stuart Smith	40:45	11:15	52:02	40:47	+ 0:02	31	Matthew Coldwell	31:41	5
32	John Howsham	32:45	19:15	52:03	32:48	+ 0:03	32	Andrea Henson	31:45	5
33	Denise Pozorski	48:45	03:15	52:06	48:51	+ 0:06	33	Dawn Godley	31:51	5
34	Ryan Duckett	31:00	21:00	52:07	31:07	+ 0:07	34	Emily Duckett	32:05	5
35	Sarah Halstead	48:45	03:15	52:10	48:55	+ 0:10	35	Ian Sutcliffe	32:11	5
36	Martin Ball	29:00	23:00	52:13	29:13	+ 0:13	36	Simon Pike	32:13	5
37	Jonathan Bentley	30:15	21:45	52:14	30:29	+ 0:14	37	Steve Sanders	32:27	5
38	Sarah Walch	39:00	13:00	52:23	39:23	+ 0:23	38	Christopher Deacon	32:33	5
39	Michael Walsh	37:30	14:30	52:28	37:58	+ 0:28	39	Helen Wright	32:33	5
40	Nicola Brown	42:00	10:00	52:31	42:31	+ 0:31	40	Lisa Hinchliffe	32:51	5
41	Kelvin Bowskill	34:00	18:00	52:33	34:33	+ 0:33	41	Stuart Smith	32:53	5
42	David Needham	39:30	12:30	52:39	40:09	+ 0:39	42	Teresa Wall	33:00	5
43	Dawn Godley	42:30	09:30	52:43	43:13	+ 0:43	43	Nick Whittingham	33:02	5
44	Susan Higham	45:30	06:30	52:50	46:20	+ 0:50	44	Pete Stanley	33:09	5
45	Karen Schofield	48:30	03:30	52:53	49:23	+ 0:53	45	Andrew Walch	33:11	5
46	Jane Partridge	42:45	09:15	52:56	43:41	+ 0:56	46	Susan Beevers	33:14	5
47	John Lawcock	31:45	20:15	52:58	32:43	+ 0:58	47	Kelly Howson	33:22	5

61 finishers

						WMA times – adjusted for age and sex				
						Time	Points			
		Est	H'cap	Finish	Actual	+/-				
48	Susan Beevers	45:45	06:15	53:05	46:50	+ 1:05	48	Miriam Simpson	34:12	5
49	Miriam Simpson	37:30	14:30	53:19	38:49	+ 1:19	49	Sarah Walch	34:13	5
50	Barbara Haigh	41:15	10:45	53:31	42:46	+ 1:31	50	Ashleigh Bowskill	34:20	5
51	Steve Sanders	33:15	18:45	53:40	34:55	+ 1:40	51	Charles Ready	35:08	5
52	Jacqueline Armitage	39:30	12:30	53:48	41:18	+ 1:48	52	Paul Fryers	35:48	5
53	Lisa Hinchliffe	37:30	14:30	53:59	39:29	+ 1:59	53	Daniel Limb	36:21	5
54	John Spencer	52:00	00:00	54:16	54:16	+ 2:16	54	Jane Partridge	36:21	5
55	Alan Knox	35:15	16:45	54:36	37:51	+ 2:36	55	Nicola Brown	36:47	5
56	Paul Fryers	37:00	15:00	54:46	39:46	+ 2:46	56	Michael Walsh	37:07	5
57	Simon Pike	29:30	22:30	55:16	32:46	+ 3:16	57	Karen Schofield	37:17	5
58	Christopher Deacon	34:00	18:00	55:21	37:21	+ 3:21	58	Denise Pozorski	37:19	5
59	Elizabeth Deacon	34:00	18:00	55:21	37:21	+ 3:21	59	Sarah Halstead	38:42	5
60	Pete Stanley	36:30	15:30	55:32	40:02	+ 3:32	60	John Spencer	43:45	5
61	Nick Whittingham	37:15	14:45	56:05	41:20	+ 4:05	61	Marysia Pozorski	44:49	5



Penistone Footpath Runners & AC

Winter Handicap 2016/17

Race 4 Results

22 November 2016

51 finishers

						WMA times – adjusted for age and sex				
						Time	Points			
	Est	H'cap	Finish	Actual	+/-					
1	Sarah Halstead	45:00	07:00	48:23	41:23	- 3:37	1	Shaun Dimelow	24:33	25
2	Alan Knox	37:00	15:00	49:48	34:48	- 2:12	2	Robin Clough	26:42	24
3	Paul Fryers	37:15	14:45	49:56	35:11	- 2:04	3	Bill Phillips	26:47	23
4	Kelly Howson	39:30	12:30	50:37	38:07	- 1:23	4	Kelvin Bowskill	27:07	22
5	Denise Pozorski	48:45	03:15	50:56	47:41	- 1:04	5	Martin Ball	27:19	21
6	Jim Bell	36:00	16:00	51:00	35:00	- 1:00	6	Alan Knox	27:33	20
7	Ian Sutcliffe	38:00	14:00	51:09	37:09	- 0:51	7	Susan Higham	28:36	19
8	John Spencer	49:00	03:00	51:18	48:18	- 0:42	8	Julie Darigala	29:12	18
9	Sarah Walch	39:15	12:45	51:22	38:37	- 0:38	9	Peter Claydon	29:17	17
10	Peter Claydon	33:30	18:30	51:33	33:03	- 0:27	10	Simon Pike	29:29	16
11	Julie Darigala	36:30	15:30	51:36	36:06	- 0:24	11	Jim Bell	29:44	15
12	Charles Halstead	35:45	16:15	51:38	35:23	- 0:22	12	John Tomlinson	29:54	14
13	Helen Wright	37:45	14:15	51:41	37:26	- 0:19	13	David Needham	30:07	13
14	Andrew Walch	34:30	17:30	51:44	34:14	- 0:16	14	David Cooper	30:23	12
15	Susan Higham	45:45	06:15	51:46	45:31	- 0:14	15	Brent Lindsay	30:32	11
16	Laura Gill	35:00	17:00	51:52	34:52	- 0:08	16	Laura Gill	30:38	10
17	Ashleigh Bowskill	39:45	12:15	51:54	39:39	- 0:06	17	Charles Halstead	31:05	9
18	Bill Phillips	35:30	16:30	51:56	35:26	- 0:04	18	Ryan Duckett	31:11	8
19	Eleanor Law	41:30	10:30	51:56	41:26	- 0:04	19	Steve Dickinson	31:21	7
20	Emily Duckett	36:30	15:30	52:02	36:32	+ 0:02	20	Paul Fryers	31:25	6
21	Kelvin Bowskill	34:30	17:30	52:04	34:34	+ 0:04	21	Ian Sutcliffe	31:34	5
22	Shaun Dimelow	26:45	25:15	52:05	26:50	+ 0:05	22	Lisa Hinchliffe	31:51	5
23	Matthew Coldwell	33:45	18:15	52:09	33:54	+ 0:09	23	Jane Cockerton	31:57	5
24	Robin Clough	29:00	23:00	52:11	29:11	+ 0:11	24	Emily Duckett	32:10	5
25	John Tomlinson	32:45	19:15	52:12	32:57	+ 0:12	25	Colin Porteous	32:11	5
26	Lisa Hinchliffe	38:00	14:00	52:17	38:17	+ 0:17	26	Matthew Coldwell	32:14	5
27	Jane Cockerton	42:00	10:00	52:19	42:19	+ 0:19	27	Pete Stanley	32:18	5
28	Simon Pike	29:45	22:15	52:24	30:09	+ 0:24	28	Steve Sanders	32:18	5
29	Stuart Smith	40:45	11:15	52:28	41:13	+ 0:28	29	Dawn Godley	32:34	5
30	Brent Lindsay	35:45	16:15	52:30	36:15	+ 0:30	30	John Lawcock	32:36	5
31	David Needham	39:45	12:15	52:30	40:15	+ 0:30	31	Sarah Halstead	32:44	5
32	Colin Porteous	38:00	14:00	52:32	38:32	+ 0:32	32	Helen Wright	32:45	5
33	Jude Matthews	39:30	12:30	52:36	40:06	+ 0:36	33	Kelly Howson	32:49	5
34	Martin Ball	29:00	23:00	52:37	29:37	+ 0:37	34	Elizabeth Deacon	32:59	5
35	Karen Schofield	48:45	03:15	52:38	49:23	+ 0:38	35	Stuart Smith	33:14	5
36	Steve Dickinson	35:15	16:45	52:44	35:59	+ 0:44	36	Andrew Walch	33:16	5
37	Rachel Jarvis	41:45	10:15	52:50	42:35	+ 0:50	37	Sarah Walch	33:33	5
38	Pete Stanley	38:00	14:00	53:00	39:00	+ 1:00	38	Eleanor Law	33:51	5
39	Steve Sanders	33:30	18:30	53:15	34:45	+ 1:15	39	Christopher Deacon	33:59	5
40	Sarah Plummer	44:00	08:00	53:20	45:20	+ 1:20	40	Gary Briscoe	34:14	5
41	Zowie Whinfrey	42:00	10:00	53:25	43:25	+ 1:25	41	Ashleigh Bowskill	34:56	5
42	Gary Briscoe	32:45	19:15	53:30	34:15	+ 1:30	42	Jude Matthews	34:58	5
43	Ryan Duckett	31:00	21:00	53:33	32:33	+ 1:33	43	Rachel Jarvis	35:07	5
44	Nicola Brown	42:00	10:00	53:52	43:52	+ 1:52	44	Sarah Plummer	35:27	5
45	David Cooper	33:00	19:00	53:52	34:52	+ 1:52	45	Denise Pozorski	36:26	5
46	Dawn Godley	42:45	09:15	54:00	44:45	+ 2:00	46	Zowie Whinfrey	37:10	5
47	Daniel Limb	37:00	15:00	55:49	40:49	+ 3:49	47	Thomas Hudson	37:15	5

51 finishers

		Est	H'cap	Finish	Actual	+/-
48	Thomas Hudson	52:00	00:00	56:00	56:00	+ 4:00
49	John Lawcock	32:15	19:45	56:33	36:48	+ 4:33
50	Christopher Deacon	34:00	18:00	57:00	39:00	+ 5:00
51	Elizabeth Deacon	34:00	18:00	57:00	39:00	+ 5:00

WMA times – adjusted for age and sex

		Time	Points
48	Karen Schofield	37:17	5
49	Nicola Brown	37:57	5
50	John Spencer	38:57	5
51	Daniel Limb	40:28	5



Penistone Footpath Runners & AC

Winter Handicap 2016/17

Race 5 Results

13 December 2016

42 finishers

						WMA times – adjusted for age and sex				
						Time	Points			
		Est	H'cap	Finish	Actual	+/-				
1	Mick Quinn	33:15	18:45	48:53	30:08	- 3:07	1	Barbara Haigh	25:16	25
2	Julie Darigala	36:15	15:45	49:43	33:58	- 2:17	2	Mick Quinn	25:49	24
3	Ian Sutcliffe	37:30	14:30	50:22	35:52	- 1:38	3	Bill Phillips	26:10	23
4	Jim Bell	35:30	16:30	50:57	34:27	- 1:03	4	Martin Ball	26:23	22
5	Alan Knox	35:00	17:00	51:01	34:01	- 0:59	5	Matthew Robinson	26:40	21
6	Bill Phillips	35:30	16:30	51:07	34:37	- 0:53	6	Alan Knox	26:56	20
7	Teresa Wall	47:00	05:00	51:15	46:15	- 0:45	7	Julie Darigala	27:28	19
8	David Cooper	34:30	17:30	51:16	33:46	- 0:44	8	John Lawcock	28:28	18
9	Helen Wright	37:45	14:15	51:19	37:04	- 0:41	9	Kelvin Bowskill	28:34	17
10	Stuart Smith	40:45	11:15	51:21	40:06	- 0:39	10	Susan Higham	28:52	16
11	Martin Ball	29:15	22:45	51:22	28:37	- 0:38	11	Jim Bell	29:16	15
12	Paul Fryers	35:30	16:30	51:40	35:10	- 0:20	12	Simon Pike	29:23	14
13	Eleanor Law	41:30	10:30	51:52	41:22	- 0:08	13	David Cooper	29:25	13
14	John Lawcock	32:15	19:45	51:53	32:08	- 0:07	14	David Needham	30:28	12
15	Steve Dickinson	35:15	16:45	52:00	35:15	0:00	15	Ian Sutcliffe	30:29	11
16	Denise Pozorski	48:00	04:00	52:05	48:05	+ 0:05	16	Steve Dickinson	30:43	10
17	Emily Duckett	36:30	15:30	52:09	36:39	+ 0:09	17	Steve Sanders	30:49	9
18	Susan Higham	45:45	06:15	52:11	45:56	+ 0:11	18	Brent Lindsay	30:53	8
19	Kelly Howson	38:15	13:45	52:14	38:29	+ 0:14	19	Mark Riordan	31:10	7
20	Thomas Hudson	54:00	- 02:00	52:18	54:18	+ 2:18	20	Paul Fryers	31:24	6
21	Dean Allcroft	35:45	16:15	52:19	36:04	+ 0:19	21	Nick Whittingham	31:31	5
22	Steve Sanders	33:00	19:00	52:25	33:25	+ 0:25	22	Rebecca Timms	32:07	5
23	Margaret Hudson	55:00	- 03:00	52:32	55:32	+ 3:32	23	Emily Duckett	32:17	5
24	Simon Pike	29:30	22:30	52:33	30:03	+ 0:33	24	Stuart Smith	32:20	5
25	Matthew Robinson	29:15	22:45	52:36	29:51	+ 0:36	25	Margaret Hudson	32:24	5
26	Susan Beevers	46:00	06:00	52:37	46:37	+ 0:37	26	Helen Wright	32:26	5
27	Barbara Haigh	41:15	10:45	52:45	42:00	+ 0:45	27	Dean Allcroft	32:44	5
28	Brent Lindsay	35:45	16:15	52:54	36:39	+ 0:54	28	Teresa Wall	32:49	5
29	David Needham	39:45	12:15	52:58	40:43	+ 0:58	29	Susan Beevers	33:05	5
30	Ashleigh Bowskill	39:45	12:15	53:00	40:45	+ 1:00	30	Kelly Howson	33:08	5
31	Charles Ready	40:00	12:00	53:01	41:01	+ 1:01	31	Dawn Godley	33:15	5
32	John Spencer	47:30	04:30	53:02	48:32	+ 1:02	32	Eleanor Law	33:48	5
33	Nick Whittingham	38:15	13:45	53:12	39:27	+ 1:12	33	Stuart Woodhead	33:51	5
34	Dawn Godley	44:15	07:45	53:26	45:41	+ 1:26	34	Aneurin Hughes	33:52	5
35	Mark Riordan	31:30	20:30	53:31	33:01	+ 1:31	35	Pete Stanley	34:33	5
36	Aneurin Hughes	33:00	19:00	53:34	34:34	+ 1:34	36	Ashleigh Bowskill	35:54	5
37	Rebecca Timms	35:30	16:30	53:37	37:07	+ 1:37	37	Rachel Jarvis	36:04	5
38	Daniel Limb	37:00	15:00	53:49	38:49	+ 1:49	38	Thomas Hudson	36:08	5
39	Rachel Jarvis	42:15	09:45	53:53	44:08	+ 1:53	39	Charles Ready	36:20	5
40	Kelvin Bowskill	34:30	17:30	53:55	36:25	+ 1:55	40	Denise Pozorski	36:44	5
41	Stuart Woodhead	40:00	12:00	53:59	41:59	+ 1:59	41	Daniel Limb	38:20	5
42	Pete Stanley	39:00	13:00	54:44	41:44	+ 2:44	42	John Spencer	39:08	5



Penistone Footpath Runners & AC

Winter Handicap 2016/17

Race 6 Results

10 January 2017

60 finishers

						WMA times – adjusted for age and sex				
						Time	Points			
	Est	H'cap	Finish	Actual	+/-					
1	Lindsay Crew	54:00	-02:00	49:26	51:26	-2:34	1	Barbara Haigh	25:28	25
2	Julia Cobham	45:45	06:15	49:49	43:34	-2:11	2	Shaun Dimelow	26:32	24
3	Sarah Halstead	41:30	10:30	50:44	40:14	-1:16	3	Mick Quinn	26:47	23
4	Christopher Deacon	37:45	14:15	50:58	36:43	-1:02	4	Matthew Robinson	26:53	22
5	Elizabeth Deacon	37:45	14:15	50:58	36:43	-1:02	5	Bill Phillips	27:27	21
6	Teresa Wall	46:15	05:45	51:36	45:51	-0:24	6	Martin Ball	27:36	20
7	Ian Sutcliffe	36:00	16:00	51:57	35:57	-0:03	7	Alan Knox	27:54	19
8	Helen Wright	37:15	14:45	51:57	37:12	-0:03	8	Jonathan Bentley	28:12	18
9	Susan Beevers	46:15	05:45	52:01	46:16	+0:01	9	Julie Darigala	28:36	17
10	Thomas Hudson	54:00	-02:00	52:18	54:18	+0:18	10	Susan Higham	29:28	16
11	Rebecca Timms	37:15	14:45	52:20	37:35	+0:20	11	Peter Claydon	29:39	15
12	Laura Gill	35:00	17:00	52:21	35:21	+0:21	12	John Howsham	29:48	14
13	Matthew Robinson	29:45	22:15	52:21	30:06	+0:21	13	Steve Frith	30:02	13
14	Jude Matthews	39:15	12:45	52:23	39:38	+0:23	14	Paula Gould	30:31	12
15	Peter Claydon	33:15	18:45	52:30	33:45	+0:30	15	Ian Sutcliffe	30:33	11
16	Stuart Smith	40:15	11:45	52:33	40:48	+0:33	16	John Lawcock	30:49	10
17	Paula Gould	36:00	16:00	52:41	36:41	+0:41	17	Elizabeth Deacon	31:03	9
18	Paul Fryers	35:15	16:45	52:50	36:05	+0:50	18	Laura Gill	31:04	8
19	John Spencer	47:30	04:30	52:51	48:21	+0:51	19	Steve Sanders	31:05	7
20	Sarah Walch	38:30	13:30	52:53	39:23	+0:53	20	Simon Pike	31:06	6
21	Martin Ball	29:00	23:00	52:56	29:56	+0:56	21	David Needham	31:11	5
22	Ashleigh Bowskill	39:45	12:15	52:58	40:43	+0:58	22	Sarah Halstead	31:49	5
23	Alan Knox	34:15	17:45	52:59	35:14	+0:59	23	Christopher Deacon	32:00	5
24	Mick Quinn	30:15	21:45	53:00	31:15	+1:00	24	Mark Riordan	32:03	5
25	Aneurin Hughes	33:00	19:00	53:02	34:02	+1:02	25	Chris Hodgson	32:05	5
26	Barbara Haigh	41:15	10:45	53:06	42:21	+1:06	26	Paul Fryers	32:14	5
27	Julie Darigala	34:15	17:45	53:07	35:22	+1:07	27	Rebecca Timms	32:31	5
28	Susan Higham	45:45	06:15	53:09	46:54	+1:09	28	Teresa Wall	32:32	5
29	Steve Sanders	32:30	19:30	53:13	33:43	+1:13	29	Helen Wright	32:33	5
30	Chris Hodgson	33:15	18:45	53:16	34:31	+1:16	30	Jacqueline Armitage	32:42	5
31	Lisa Hinchliffe	38:00	14:00	53:19	39:19	+1:19	31	Lisa Hinchliffe	32:43	5
32	John Howsham	32:45	19:15	53:27	34:12	+1:27	32	Jane Cockerton	32:45	5
33	Bill Phillips	34:45	17:15	53:34	36:19	+1:34	33	Susan Beevers	32:50	5
34	Jonathan Bentley	30:00	22:00	53:35	31:35	+1:35	34	Stuart Smith	32:54	5
35	Rachel Jarvis	42:15	09:45	53:37	43:52	+1:37	35	Brent Lindsay	33:01	5
36	Jane Cockerton	42:15	09:45	53:40	43:55	+1:40	36	Shaun Walker	33:15	5
37	Pete Stanley	39:30	12:30	53:51	41:21	+1:51	37	Aneurin Hughes	33:20	5
38	David Needham	39:45	12:15	53:55	41:40	+1:55	38	Margaret Hudson	33:29	5
39	Zowie Whinfrey	43:30	08:30	53:59	45:29	+1:59	39	Colin Porteous	33:30	5
40	Shaun Dimelow	27:00	25:00	54:00	29:00	+2:00	40	Sarah Walch	34:13	5
41	Colin Porteous	38:00	14:00	54:07	40:07	+2:07	41	Pete Stanley	34:14	5
42	Charles Ready	40:00	12:00	54:10	42:10	+2:10	42	Charles Halstead	34:25	5
43	Shaun Walker	35:00	17:00	54:14	37:14	+2:14	43	Dawn Godley	34:31	5
44	Simon Pike	29:30	22:30	54:18	31:48	+2:18	44	Jude Matthews	34:34	5
45	Margaret Hudson	55:00	-03:00	54:24	57:24	+2:24	45	Kelly Howson	35:02	5
46	Kelly Howson	38:15	13:45	54:27	40:42	+2:27	46	Matthew Coldwell	35:05	5
47	Mark Riordan	31:30	20:30	54:28	33:58	+2:28	47	Rachel Jarvis	35:51	5

60 finishers

						WMA times – adjusted for age and sex				
		Est	H'cap	Finish	Actual	+/-			Time	Points
48	Denise Pozorski	48:00	04:00	54:31	50:31	+ 2:31	48	Ashleigh Bowskill	35:52	5
49	Jacqueline Armitage	40:15	11:45	54:33	42:48	+ 2:33	49	Thomas Hudson	36:08	5
50	John Lawcock	31:45	20:15	55:02	34:47	+ 3:02	50	Eleanor Law	36:36	5
51	Matthew Coldwell	33:30	18:30	55:23	36:53	+ 3:23	51	Geoff Dimelow	37:05	5
52	Brent Lindsay	35:45	16:15	55:26	39:11	+ 3:26	52	Andrew Walch	37:17	5
53	Eleanor Law	41:15	10:45	55:32	44:47	+ 3:32	53	Charles Ready	37:21	5
54	Charles Halstead	35:30	16:30	55:40	39:10	+ 3:40	54	Julia Cobham	37:59	5
55	Steve Frith	34:30	17:30	55:47	38:17	+ 3:47	55	Denise Pozorski	38:35	5
56	Andrew Walch	34:30	17:30	56:07	38:37	+ 4:07	56	Zowie Whinfrey	38:56	5
57	Dawn Godley	43:15	08:45	56:11	47:26	+ 4:11	57	John Spencer	38:59	5
58	Shelley Gill	40:15	11:45	58:09	46:24	+ 6:09	58	Shelley Gill	40:28	5
59	Geoff Dimelow	40:15	11:45	58:09	46:24	+ 6:09	59	Lindsay Crew	42:48	5
60	Daniel Limb	37:00	15:00	58:57	43:57	+ 6:57	60	Daniel Limb	43:24	5



Penistone Footpath Runners & AC

Winter Handicap 2016/17

Race 7 Results

24 January 2017

57 finishers

						WMA times – adjusted for age and sex				
						Time	Points			
	Est	H'cap	Finish	Actual	+/-					
1	Lindsay Crew	51:30	00:30	48:29	47:59	- 3:31	1	Shaun Dimelow	24:50	25
2	Julia Cobham	43:45	08:15	49:01	40:46	- 2:59	2	Mick Quinn	25:29	24
3	Sarah Plummer	45:00	07:00	49:36	42:36	- 2:24	3	Matthew Robinson	25:42	23
4	Christopher Deacon	36:45	15:15	49:49	34:34	- 2:11	4	Martin Ball	26:26	22
5	Elizabeth Deacon	36:45	15:15	49:49	34:34	- 2:11	5	Jonathan Bentley	26:45	21
6	Paula Gould	36:30	15:30	50:18	34:48	- 1:42	6	Barbara Haigh	26:56	20
7	Helen Wright	37:15	14:45	50:27	35:42	- 1:33	7	Julie Darigala	27:51	19
8	Shelley Gill	46:15	05:45	50:33	44:48	- 1:27	8	John Lawcock	28:20	18
9	Rebecca Timms	37:15	14:45	50:48	36:03	- 1:12	9	Steve Frith	28:36	17
10	Rachel Jarvis	42:15	09:45	51:11	41:26	- 0:49	10	Peter Claydon	28:48	16
11	David Turner	40:00	12:00	51:21	39:21	- 0:39	11	Alan Knox	28:50	15
12	Emily Duckett	36:30	15:30	51:24	35:54	- 0:36	12	Susan Higham	28:53	14
13	Nick Whittingham	38:15	13:45	51:27	37:42	- 0:33	13	Paula Gould	28:57	13
14	Mick Quinn	30:15	21:45	51:29	29:44	- 0:31	14	Elizabeth Deacon	29:14	12
15	Peter Claydon	33:15	18:45	51:32	32:47	- 0:28	15	David Needham	29:47	11
16	Matthew Robinson	29:15	22:45	51:32	28:47	- 0:28	16	Christopher Deacon	30:07	10
17	Laura Gill	35:00	17:00	51:34	34:34	- 0:26	17	Nick Whittingham	30:08	9
18	Thomas Hudson	54:00	- 02:00	51:38	53:38	- 0:22	18	Mark Riordan	30:14	8
19	Shaun Dimelow	27:30	24:30	51:39	27:09	- 0:21	19	Laura Gill	30:22	7
20	Martin Ball	29:00	23:00	51:40	28:40	- 0:20	20	Steve Dickinson	30:33	6
21	Ashleigh Bowskill	39:45	12:15	51:42	39:27	- 0:18	21	Brent Lindsay	30:48	5
22	Jonathan Bentley	30:15	21:45	51:42	29:57	- 0:18	22	Chris Hodgson	30:57	5
23	Aneurin Hughes	33:00	19:00	51:44	32:44	- 0:16	23	Rebecca Timms	31:11	5
24	Steve Dickinson	35:15	16:45	51:48	35:03	- 0:12	24	Helen Wright	31:14	5
25	Sarah Walch	38:30	13:30	51:51	38:21	- 0:09	25	Emily Duckett	31:37	5
26	Steve Frith	36:30	15:30	51:57	36:27	- 0:03	26	Paul Fryers	31:49	5
27	Susan Beevers	46:15	05:45	52:00	46:15	0:00	27	Jane Cockerton	31:58	5
28	Stuart Smith	40:15	11:45	52:00	40:15	0:00	28	Aneurin Hughes	32:04	5
29	Chris Hodgson	33:15	18:45	52:03	33:18	+ 0:03	29	Steve Sanders	32:26	5
30	Stuart Woodhead	41:30	10:30	52:08	41:38	+ 0:08	30	Sarah Halstead	32:26	5
31	Andrew Walch	34:30	17:30	52:09	34:39	+ 0:09	31	Stuart Smith	32:27	5
32	Julie Darigala	34:15	17:45	52:11	34:26	+ 0:11	32	Margaret Hudson	32:31	5
33	Susan Higham	45:45	06:15	52:13	45:58	+ 0:13	33	Susan Beevers	32:49	5
34	John Lawcock	31:45	20:15	52:14	31:59	+ 0:14	34	Lisa Hinchliffe	32:50	5
35	Paul Fryers	35:15	16:45	52:22	35:37	+ 0:22	35	Sarah Plummer	32:56	5
36	Sarah Halstead	40:30	11:30	52:30	41:00	+ 0:30	36	Dawn Godley	33:08	5
37	Daniel Limb	39:00	13:00	52:31	39:31	+ 0:31	37	Matthew Coldwell	33:12	5
38	Mark Riordan	31:30	20:30	52:32	32:02	+ 0:32	38	Sarah Walch	33:19	5
39	Jane Cockerton	42:15	09:45	52:37	42:52	+ 0:37	39	Andrew Walch	33:27	5
40	David Needham	39:35	12:25	52:40	40:15	+ 0:40	40	Stuart Woodhead	33:34	5
41	Margaret Hudson	55:00	- 03:00	52:45	55:45	+ 0:45	41	Pete Stanley	33:48	5
42	Brent Lindsay	35:45	16:15	52:49	36:34	+ 0:49	42	Rachel Jarvis	33:51	5
43	Eleanor Law	41:15	10:45	53:12	42:27	+ 1:12	43	Kelly Howson	33:59	5
44	Kelly Howson	38:15	13:45	53:13	39:28	+ 1:13	44	Eleanor Law	34:20	5
45	Pete Stanley	39:30	12:30	53:19	40:49	+ 1:19	45	Ashleigh Bowskill	34:45	5
46	Matthew Coldwell	33:30	18:30	53:25	34:55	+ 1:25	46	Geoff Dimelow	34:58	5
47	Lisa Hinchliffe	38:00	14:00	53:28	39:28	+ 1:28	47	David Foster	35:11	5

57 finishers

		Est	H'cap	Finish	Actual	+/-
48	Denise Pozorski	48:00	04:00	53:30	49:30	+ 1:30
49	Alan Knox	34:15	17:45	54:10	36:25	+ 2:10
50	Dawn Godley	43:15	08:45	54:17	45:32	+ 2:17
51	John Spencer	47:30	04:30	54:17	49:47	+ 2:17
52	Gary Briscoe	33:00	19:00	54:19	35:19	+ 2:19
53	Steve Sanders	32:30	19:30	54:40	35:10	+ 2:40
54	Geoff Dimelow	40:45	11:15	55:00	43:45	+ 3:00
55	Barbara Haigh	41:15	10:45	55:32	44:47	+ 3:32
56	Karen Schofield	48:00	04:00	55:48	51:48	+ 3:48
57	David Foster	40:00	12:00	56:51	44:51	+ 4:51

WMA times – adjusted for age and sex

		Time	Points
48	Gary Briscoe	35:18	5
49	Julia Cobham	35:33	5
50	Thomas Hudson	35:41	5
51	David Turner	36:51	5
52	Denise Pozorski	37:49	5
53	Daniel Limb	39:01	5
54	Shelley Gill	39:04	5
55	Karen Schofield	39:06	5
56	Lindsay Crew	39:56	5
57	John Spencer	40:08	5



Penistone Footpath Runners & AC

Winter Handicap 2016/17

Race 8 Results

7 February 2017

50 finishers

						WMA times – adjusted for age and sex				
						Time	Points			
	Est	H'cap	Finish	Actual	+/-					
1	Adam Stead	43:15	08:45	45:55	37:10	- 6:05	1	Shaun Dimelow	25:15	25
2	Shelley Gill	44:45	07:15	49:29	42:14	- 2:31	2	Mick Quinn	25:48	24
3	David Foster	41:45	10:15	49:45	39:30	- 2:15	3	Martin Ball	26:10	23
4	Stuart Woodhead	42:00	10:00	49:47	39:47	- 2:13	4	Barbara Haigh	26:16	22
5	Jane Cockerton	42:30	09:30	50:31	41:01	- 1:29	5	Bill Phillips	26:35	21
6	Thomas Hudson	53:30	- 01:30	50:32	52:02	- 1:28	6	Steve Frith	27:39	20
7	Jude Matthews	39:15	12:45	50:45	38:00	- 1:15	7	Julie Darigala	27:40	19
8	Peter Claydon	33:00	19:00	51:06	32:06	- 0:54	8	John Howsham	27:52	18
9	Ashleigh Bowskill	39:15	12:45	51:09	38:24	- 0:51	9	John Lawcock	27:55	17
10	Kelvin Bowskill	39:15	12:45	51:10	38:25	- 0:50	10	Peter Claydon	28:12	16
11	Jacqueline Armitage	40:15	11:45	51:12	39:27	- 0:48	11	Susan Higham	28:51	15
12	John Howsham	32:45	19:15	51:14	31:59	- 0:46	12	Simon Pike	29:07	14
13	Sarah Plummer	42:45	09:15	51:16	42:01	- 0:44	13	Elizabeth Deacon	29:15	13
14	Steve Dickinson	35:15	16:45	51:21	34:36	- 0:39	14	Paula Gould	29:24	12
15	Martin Ball	29:00	23:00	51:23	28:23	- 0:37	15	Mark Riordan	29:43	11
16	Susan Beevers	46:15	05:45	51:27	45:42	- 0:33	16	David Needham	29:47	10
17	Christopher Deacon	35:00	17:00	51:35	34:35	- 0:25	17	Jacqueline Armitage	30:08	9
18	Elizabeth Deacon	35:00	17:00	51:35	34:35	- 0:25	18	Christopher Deacon	30:08	8
19	Margaret Hudson	55:30	- 03:30	51:40	55:10	- 0:20	19	Kelvin Bowskill	30:09	7
20	Geoff Dimelow	41:45	10:15	51:43	41:28	- 0:17	20	Steve Dickinson	30:09	6
21	Laura Gill	34:45	17:15	51:44	34:29	- 0:16	21	Laura Gill	30:18	5
22	John Lawcock	31:45	20:15	51:46	31:31	- 0:14	22	Jane Cockerton	30:35	5
23	Helen Wright	36:00	16:00	51:53	35:53	- 0:07	23	Alan Knox	30:39	5
24	Rebecca Timms	36:15	15:45	51:57	36:12	- 0:03	24	David Foster	31:00	5
25	Mark Riordan	31:30	20:30	51:59	31:29	- 0:01	25	Rebecca Timms	31:19	5
26	Mick Quinn	30:00	22:00	52:06	30:06	+ 0:06	26	Helen Wright	31:23	5
27	Andrew Walch	34:30	17:30	52:08	34:38	+ 0:08	27	Chris Hodgson	31:25	5
28	Susan Higham	45:45	06:15	52:09	45:54	+ 0:09	28	Steve Sanders	31:32	5
29	Stuart Smith	40:15	11:45	52:11	40:26	+ 0:11	29	Dawn Godley	31:57	5
30	Julie Darigala	34:00	18:00	52:12	34:12	+ 0:12	30	Stuart Woodhead	32:05	5
31	Simon Pike	29:30	22:30	52:17	29:47	+ 0:17	31	Emily Duckett	32:10	5
32	Dean Allcroft	36:00	16:00	52:20	36:20	+ 0:20	32	Margaret Hudson	32:11	5
33	Bill Phillips	34:45	17:15	52:26	35:11	+ 0:26	33	Susan Beevers	32:26	5
34	David Needham	39:45	12:15	52:30	40:15	+ 0:30	34	Sarah Plummer	32:28	5
35	Emily Duckett	36:00	16:00	52:32	36:32	+ 0:32	35	Paul Fryers	32:35	5
36	Chris Hodgson	33:15	18:45	52:33	33:48	+ 0:33	36	Stuart Smith	32:36	5
37	Paula Gould	34:45	17:15	52:35	35:20	+ 0:35	37	Dean Allcroft	32:59	5
38	Ian Sutcliffe	43:15	08:45	52:39	43:54	+ 0:39	38	Matthew Coldwell	33:00	5
39	Dawn Godley	43:15	08:45	52:39	43:54	+ 0:39	39	Jude Matthews	33:08	5
40	Steve Frith	34:30	17:30	52:45	35:15	+ 0:45	40	Geoff Dimelow	33:08	5
41	Shaun Dimelow	26:45	25:15	52:51	27:36	+ 0:51	41	Andrew Walch	33:26	5
42	Matthew Coldwell	33:30	18:30	53:12	34:42	+ 1:12	42	Ashleigh Bowskill	33:50	5
43	Paul Fryers	35:15	16:45	53:14	36:29	+ 1:14	43	Miriam Simpson	34:19	5
44	Miriam Simpson	37:30	14:30	53:28	38:58	+ 1:28	44	Thomas Hudson	34:37	5
45	Steve Sanders	32:30	19:30	53:42	34:12	+ 1:42	45	Eleanor Law	35:21	5
46	Daniel Limb	37:15	14:45	53:47	39:02	+ 1:47	46	Shelley Gill	36:50	5
47	Barbara Haigh	41:45	10:15	53:56	43:41	+ 1:56	47	Adam Stead	37:03	5

50 finishers

		Est	H'cap	Finish	Actual	+/-
48	Eleanor Law	41:15	10:45	54:27	43:42	+ 2:27
49	John Spencer	47:30	04:30	54:50	50:20	+ 2:50
50	Alan Knox	34:15	17:45	56:27	38:42	+ 4:27

WMA times – adjusted for age and sex

		Time	Points
48	Ian Sutcliffe	37:18	5
49	Daniel Limb	38:33	5
50	John Spencer	40:35	5