

<u>Gt Whernside</u>		29-Oct-11			<u>rating</u>	<u>improvement</u>	
1	Carl Bell	Howgill Harriers		0:31:06	1.05		
5	Gavin Mulholland	CVFR	V40	0:31:46	1.07	4%	
6	Karl Gray	CVFR	V40	0:31:47	1.07	-1%	
10	James Logue	CVFR	V40	0:32:28	1.10	2%	
28	Andy Fleet	CVFR	U/23	0:36:20	1.23	3%	
30	Sarah Ridgway	Eryri	F	0:36:33	1.23		
32	Rob Dobson	CVFR		0:37:20	1.26	0%	
47	Jo Waites	CVFR	FV40	0:39:10	1.32	2%	
52	Gary Parker	CVFR	V40	0:39:30	1.33	-7%	
81	Tim Brooks	CVFR	V40	0:42:14	1.43	-3%	
89	Matt Flanagan	CVFR		0:43:04	1.45	-10%	
92	Brian Horsley	CVFR	V60	0:43:52	1.48	0%	
100	Dave Culpan	CVFR	V40	0:44:28	1.50	0%	
104	Martin Whitehead	CVFR	V50	0:44:46	1.51	1%	
105	Mike Wardle	CVFR	V50	0:44:48	1.51	-2%	
109	Allan Greenwood	CVFR	V50	0:45:03	1.52	1%	best this year
139	Andy Thorpe1	CVFR	V40	0:48:20	1.63	-8%	

175 runners