

Half Trog		12-Nov-11			rating	improvement
1	James Logue	CVFR	V40	1:07:25	1.07	3%
3	Shaun Godsman	CVFR	M	1:09:17	1.10	-1%
5	Tim Black	CVFR	M	1:14:57	1.19	-1%
6	Mark Goldie	CVFR	V40	1:18:38	1.24	1%
7	Steve Smithies	CVFR	V40	1:18:42	1.24	-1%
19	Sarah Ridgway	Eryri	L	1:22:27	1.30	
20	Alex Whittem	CVFR	M	1:22:30	1.30	-17%
22	Richard Crossland	CVFR	V55	1:24:32	1.34	-3%
25	Anne Johnson	CVFR	LV45	1:24:59	1.34	1%
29	Helen Fines	CVFR	L	1:29:11	1.41	-11%
30	Mark Wharton	CVFR	V45	1:29:15	1.41	-3%
43	Phil Scarf	CVFR	V45	1:31:43	1.45	-3%
45	Nick Murphy	CVFR	V50	1:32:01	1.46	1%
52	Steve Grimley	CVFR	V40	1:32:42	1.47	-2%
53	Lance Parker	CVFR	M	1:32:44	1.47	0%
55	Brian Horsley	CVFR	V60	1:32:53	1.47	1%
66	Andy Thorpe1	CVFR	V45	1:38:30	1.56	0%
82	Jackie Scarf	CVFR	LV45	1:41:28	1.60	0%
90	Claire Hanson	CVFR	L	1:44:10	1.65	-2%
98	Ben Davies	CVFR	M	1:46:34	1.69	-6%
115	Linda Hayles	CVFR	LV55	1:52:19	1.78	-1%

140 runners