

**Langdale**

08-Oct-11

**rating** **improvement**

1	Carl Bell	Howgill Harriers		2:09:13	0.99	
40	Hazel Robinson	Ambleside	L	2:36:57	1.21	
78	Richard Crossland	CVFR	V55	2:48:49	1.30	6%
186	Brian Horsley	CVFR	V60	3:21:30	1.55	-5%
237	Linda Murgatroyd	CVFR	LV40	3:35:33	1.66	1%
241	Clare Kenny	CVFR	LV50	3:39:01	1.68	-5%

343 finishers