

**Whinberry Naze**

26-Dec-11

**rating** **improvement**

1	Lee Morley	Ilkley	M	0:25:28	1.14		
5	Annabel Mason	Wakefield	JL	0:26:07	1.16		
12	Steve Smithies	CVFR	MV40	0:27:51	1.24	-1%	
46	Carole Fryer	CVFR	LV45	0:32:30	1.45	10%	best yet!
106	Trevor Murgatroyd	CVFR	MV45	0:38:00	1.69	0%	

179 runners