

<u>Withins Skyline</u>		23-Oct-11		<u>rating</u>	<u>improvement</u>	
1	Tom Addison	Helm Hill		0:42:32	1.08	
8	Tim Black	CVFR		0:45:58	1.17	1%
25	Steve Smithies	CVFR	V40	0:49:41	1.26	-2%
43	Jo Buckley	CVFR	FV35	0:51:20	1.30	-3%
106	Lance Parker	CVFR		0:56:52	1.44	4%
115	Steve Grimley	CVFR	V40	0:57:53	1.47	-3%
130	Brian Horsley	CVFR	V60	0:58:38	1.49	-1%
137	Andy Thorpe1	CVFR	V40	0:58:56	1.49	2%
144	Graham Dyson	CVFR	V40	0:59:16	1.50	-1%
194	Claire Hanson	CVFR	F	1:02:39	1.59	4%
243	John Nunn	CVFR	V50	1:06:29	1.69	-8%

1st lady  
best this year

best this year

323 runners