

Burnsall

25-Aug-12

rating **improvement**

1	Hector Haines	Ilkley		0:15:03	1.07		
15	Romain Pierrel	CVFR		0:17:58	1.27	1%	
17	Holly Page	CVFR	L	0:18:11	1.29	1%	1st female
23	Stephen Smithies	CVFR	V40	0:19:05	1.35	-5%	
25	Robert Paradise	CVFR		0:19:14	1.36	0%	
47	Tim Brooks	CVFR	V40	0:20:37	1.46	0%	
84	Blair Garrett	CVFR		0:23:43	1.68	0%	

128 runners