

<b><u>Great Whernside</u></b>		27-Oct-12	<b><u>Cat</u></b>	<b><u>Time</u></b>	<b><u>rating</u></b>	<b><u>improvement</u></b>	
1	Ian Holmes	Bingley	V40	0:32:20	1.10		
20	Stephen Smithies	CVFR	V40	0:38:53	1.33	-2%	
21	Robert Paradise	CVFR		0:38:54	1.33	1%	
25	Annie Bamber	Ambleside	F	0:39:27	1.34		
73	Trevor Murgatroyd	CVFR	V50	0:47:20	1.61	4%	best this year
92	Helen Buchan	CVFR	F	0:51:35	1.76	-2%	
104	Ryan Colbeck	CVFR		0:54:42	1.86	-12%	

116 runners