

<u>Ian Roberts</u>		11-Mar-12			<u>rating</u>	<u>improvement</u>	
1	Gavin Mulholland	CVFR	V40	0:48:37	1.14	-3%	
4	Katie Walshaw	Holmfirth	F	0:52:03	1.22		
18	Helen Fines	CVFR	F	0:57:44	1.36	-4%	
49	Graham Dyson	CVFR	V40	1:06:10	1.55	-4%	
62	Blair Garrett	CVFR	M	1:09:28	1.63	7%	best ever!

103 runners