

<u>Ovenden</u>		07-Jan-12		<u>rating</u>	<u>improvement</u>	
1	Karl Gray	CVFR	0:57:49	1.13	-5%	
4	Alex Whittem	CVFR	1:00:30	1.18	-5%	
10	Adam Breaks	CVFR	1:01:24	1.20	0%	
15	Steven Smithies	CVFR	1:02:50	1.23	1%	
18	Kevin Houlton	CVFR	1:04:01	1.25	2%	
25	Mark Goldie	CVFR	1:05:48	1.29	-3%	
28	Andy Thorpe2	CVFR	1:06:40	1.31	-10%	
30	Jo Waites	CVFR	1:07:03	1.31	2%	1st lady
35	Helen Fines	CVFR	1:08:13	1.34	0%	
42	Jon Underwood	CVFR	1:09:26	1.36	2%	
43	Anne Johnson	CVFR	1:09:49	1.37	0%	
49	Paul Biddulph	CVFR	1:10:49	1.39	-2%	
51	Chris Godridge	CVFR	1:10:54	1.39	2%	
56	Martin Huddleston	CVFR	1:11:41	1.40	1%	
68	Ben Frechette	CVFR	1:13:58	1.45	-4%	
88	Brian Horsley	CVFR	1:16:42	1.50	0%	
89	Martin Whitehead	CVFR	1:17:06	1.51	0%	
90	Mike Wardle	CVFR	1:17:22	1.52	2%	
101	Dave Culpán	CVFR	1:19:15	1.55	-3%	
109	John Nunn	CVFR	1:21:16	1.59	0%	
110	Jim Mosley	CVFR	1:21:18	1.59	-8%	
113	Jeremy Wilkinson	CVFR	1:21:47	1.60	0%	
115	Carl Greenwood	CVFR	1:22:01	1.61	-6%	
123	Gary Muir	CVFR	1:22:42	1.62	1%	
126	Joanna Stevens	CVFR	1:23:04	1.63	-7%	
127	Helen Lambert	CVFR	1:23:06	1.63	-5%	
131	Graham Lloyd	CVFR	1:24:35	1.66	-6%	
146	Gillian Wisbey	CVFR	1:27:23	1.71	1%	
147	Linda Crabtree	CVFR	1:27:37	1.72	-8%	
158	Blair Garrett	CVFR	1:28:57	1.74	-1%	
161	Clare Kenny	CVFR	1:29:08	1.75	-7%	
166	Linda Hayles	CVFR	1:29:32	1.75	1%	
178	Jo Marshall	CVFR	1:34:55	1.86	-4%	
179	Antony Mcmanus	CVFR	1:37:53	1.92	-7%	

192 runners