

<b>Flower Scar</b>		23-Feb-13	<b>Cat</b>	<b>Time</b>	<b>rating</b>	<b>improvement</b>	
1	Karl Gray	CVFR	V40	0:45:59	1.04	2%	
2	Tim Ellis	CVFR		0:46:00	1.04	5%	best this year
3	Alex Whittem	CVFR		0:49:31	1.12	0%	
10	Lauren Jeska	Todmorden	L	0:54:25	1.23		
12	Mark Goldie	CVFR	V40	0:54:34	1.24	1%	
19	Stephen Smithies	CVFR	V40	0:55:07	1.25	0%	
25	Rob Dobson	CVFR		0:56:12	1.28	0%	
33	Robert Paradise	CVFR		0:57:08	1.30	-2%	
35	Lee Shimwell	CVFR		0:57:19	1.30	1%	
42	Mark Wharton	CVFR	V40	0:58:01	1.32	0%	
44	Ben Frechette	CVFR		0:58:19	1.32	2%	
48	Alex Bowden	CVFR		0:59:07	1.34	-8%	
59	Richard Sunderland	CVFR		1:00:00	1.36	1%	
61	Sally Newman	CVFR	LV50	1:00:12	1.37	0%	
76	Chris Standish	CVFR	V40	1:01:25	1.39	-2%	
86	Graham Hill	CVFR	V40	1:03:09	1.43	-5%	
91	Jeff Winder	CVFR	V60	1:03:57	1.45	-1%	
101	James Kershaw	CVFR		1:05:29	1.49	1%	
109	Michael Dean	CVFR	V40	1:05:59	1.50	-2%	
112	Richard Ingram	CVFR	V40	1:06:54	1.52	-1%	
113	John Dunne	CVFR		1:06:57	1.52	0%	
124	Chris Gentle	CVFR		1:08:02	1.54		
133	Mike Wardle	CVFR	V50	1:09:06	1.57	-4%	
136	Nick Murphy	CVFR	V50	1:09:18	1.57	-8%	
138	David Culpan	CVFR	V50	1:09:38	1.58	2%	best this year
140	Andy Thorpe1	CVFR	V40	1:09:49	1.58	-4%	
172	Toby Sydes	CVFR	V40	1:13:43	1.67	2%	
193	Helen Buchan	CVFR	L	1:16:30	1.74	-6%	
205	Charlotte Wetton	CVFR	L	1:19:19	1.80	11%	best ever!

242 runners