

	<b><u>Liver Hill</u></b>	02-Apr-13	<b><u>Cat</u></b>	<b><u>Time</u></b>	<b><u>rating</u></b>	<b><u>improvement</u></b>
1	Grant Cunliffe	Rossendale		0:32:35	1.10	
27	Ben Frechette	CVFR		0:38:57	1.31	2%
51	Sarah Toms	Rossendale	F	0:42:46	1.44	
78	Jim Mosley	CVFR	V40	0:45:55	1.55	-4%
87	Nathan Kennaugh	CVFR		0:46:51	1.58	

148 runners