

| Silent Valley | | 13-Apr-13 | Cat | Time | rating | improvement | |
|----------------------|------------------|------------|------------|-------------|---------------|--------------------|---------------------------|
| 1 | Gavin Bland | Borrowdale | M40 | 1:43:00 | 1.00 | | |
| 4 | Karl Gray | CVFR | M40 | 1:44:09 | 1.01 | 5% | |
| 13 | Tim Ellis | CVFR | MO | 1:51:40 | 1.08 | 2% | |
| 17 | Ben Mounsey | CVFR | MO | 1:52:19 | 1.09 | -1% | |
| 18 | James Logue | CVFR | M40 | 1:52:42 | 1.09 | 1% | |
| 29 | Shaun Godsman | CVFR | M40 | 1:56:25 | 1.12 | -3% | |
| 42 | Helen Fines | CVFR | FO | 2:01:14 | 1.17 | 6% | 1st woman, best this year |
| 54 | Andy Thorpe2 | CVFR | M40 | 2:08:00 | 1.24 | -5% | |
| 59 | Stephen Smithies | CVFR | M40 | 2:10:34 | 1.26 | -2% | |
| 66 | Lee Shimwell | CVFR | MO | 2:12:22 | 1.28 | 2% | best this year |
| 69 | Jo Waites | CVFR | F40 | 2:12:50 | 1.28 | 2% | |
| 79 | Paul Biddulph | CVFR | M40 | 2:15:49 | 1.31 | 4% | best this year |
| 111 | Mark Goldie | CVFR | M40 | 2:27:42 | 1.43 | -17% | |
| 146 | Rod Sutcliffe | CVFR | M60 | 2:49:46 | 1.64 | -4% | |
| 166 | Sharon Godsman | CVFR | F40 | 3:11:32 | 1.85 | -13% | |

Gavin Mulholland CVFR M40 DNF

179 started, 172 finished