

<u>Bouldsworth Hill</u>		14-Apr-13	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>	
1	Mark Addison	Helm Hill		0:57:02	1.09		
4	Tim Black	CVFR	M	1:00:59	1.16	-1%	best this year
18	Robert Paradise	CVFR	M	1:08:11	1.30	-1%	
37	Richard Ingram	CVFR	M40	1:16:08	1.45	7%	best ever!
39	James Kershaw	CVFR	M	1:17:11	1.47	-2%	
40	Barbara Lonsdale	CVFR	W40	1:17:28	1.48	0%	1st woman
63	David Culpan	CVFR	M50	1:26:21	1.65	-4%	

71 runners