

<b><u>Helvellyn &amp; Dodds</u></b>		26-May-13	<b><u>Cat</u></b>	<b><u>Time</u></b>	<b><u>rating</u></b>	<b><u>improvement</u></b>
1	Carl Bell	Keswick		2:09:07	0.99	
5	Tim Ellis	CVFR		2:26:07	1.11	-7%
30	Paul Biddulph	CVFR	V40	2:53:35	1.32	<b>5%</b>
37	Carol Morgan	Nidd Valley	F	2:59:43	1.37	
100	Manhar Patel	CVFR	V40	3:50:22	1.76	<b>1%</b>
101	Tony Steward	CVFR	V60	3:59:11	1.82	-11%

113 runners