

<u>Austwick Amble</u>		27-May-13	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>	
1	Lee Athersmith	Bingley		0:48:44	1.12		
6	Tim Black	CVFR		0:49:52	1.15	1%	best this year
7	Johnny Helliwell	CVFR		0:51:57	1.20	5%	
10	Graeme Brown	CVFR		0:52:47	1.21	-2%	
22	Robert Paradise	CVFR		0:56:09	1.29	0%	
23	Mark Wharton	CVFR	M40	0:56:54	1.31	1%	
26	Richard Sunderland	CVFR		0:57:56	1.33	6%	best ever!
27	Giles Simon	CVFR		0:58:14	1.34	2%	
36	Lee Shimwell	CVFR		0:59:35	1.37	-3%	
39	Holly Page	CVFR	WU23	1:00:04	1.38	-11%	1st woman
58	Andy Thorpe1	CVFR	M40	1:03:25	1.46	5%	best ever!
59	James Kershaw	CVFR		1:03:37	1.46	-1%	
62	Michael Dean	CVFR	M40	1:04:03	1.47	1%	
72	Brian Horsley	CVFR	M60	1:06:05	1.52	0%	
78	Kate Mansell	CVFR	W40	1:06:34	1.53	-2%	
95	Helen Buchan	CVFR	W	1:10:01	1.61	1%	
108	David Culpan	CVFR	M50	1:12:07	1.66	-5%	
110	Rod Sutcliffe	CVFR	M60	1:12:37	1.67	-5%	
112	Gillian Wisbey	CVFR	W40	1:12:48	1.67	0%	best this year
122	Sarah Tait	CVFR	W40	1:15:11	1.73	1%	

164 runners