

<b><u>Pen Y Ghent</u></b>		01-Jun-13	<b><u>Cat</u></b>	<b><u>Time</u></b>	<b><u>rating</u></b>	<b><u>improvement</u></b>	
1	Mark Addison	Helm Hill		0:47:25	1.12		
34	Robert Paradise	CVFR		0:57:55	1.37	-6%	
43	Lynne Clough	Chorley	FV40	0:59:16	1.40		
86	Trevor Murgatroyd	CVFR	V50	1:06:07	1.56	<b>2%</b>	best this year
105	Toby Sydes	CVFR	V40	1:11:02	1.68	0%	

144 runners