

<b>Moel Hebog</b>		08-Jun-13	<b>Cat</b>	<b>Time</b>	<b>rating</b>	<b>improvement</b>	
1	Ifan Richards	Meirionnydd		0:50:18	1.11		
2	Alex Whittam	CVFR		0:50:30	1.11	4%	best this year
8	Joe Washington	CVFR		0:54:44	1.20	2%	best this year
9	Johny Helliwell	CVFR		0:55:05	1.21	1%	
10	Helen Fines	CVFR	F	0:55:31	1.22	1%	1st woman
17	Ben Frechette	CVFR		0:59:05	1.30	1%	
20	Robert Paradise	CVFR		0:59:55	1.32	-2%	
28	Richard Sunderland	CVFR		1:03:22	1.39	-2%	
45	Mike Wardle	CVFR	V50	1:11:55	1.58	-4%	
49	Nick Murphy	CVFR	V50	1:13:03	1.61	-7%	
63	David Culpan	CVFR	V50	1:21:36	1.80	-12%	
71	Michael Dean	CVFR	V40	1:28:17	1.94	-31%	

76 runners