

<u>Knowl Hill</u>		09-Jun-13	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>
1	Ian McBride	Royton RR		0:43:37	1.16	
14	Ben Frechette	CVFR		0:50:08	1.33	-2%
15	Mark O'Connor	CVFR		0:50:18	1.34	2%
40	James Kershaw	CVFR		0:54:27	1.45	1%
56	Jim Mosley	CVFR	V40	0:56:32	1.50	0%
69	Jan Needham	Rochdale	F	0:58:26	1.55	

169 runners