

<u>overall</u>	<u>women</u>	<u>Buckden Pike</u>	15-Jun-13	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>	
1		Simon Bailey	Mercia	M	0:31:07	1.00		
6		Shaun Godsman	CVFR	MV40	0:32:47	1.06	3%	best this year
12		Max Wharton	CVFR	MU23	0:33:27	1.08	4%	best this year
20		Gavin Mulholland	CVFR	MV40	0:33:48	1.09	0%	
30		Ben Mounsey	CVFR	M	0:34:38	1.12	-3%	
35		Alex Whitem	CVFR	M	0:34:55	1.12	0%	
38		James Logue	CVFR	MV40	0:34:59	1.13	-2%	
66	1	Victoria Wilkinson	Bingley	L	0:37:25	1.21		
79		Mark Goldie	CVFR	MV45	0:38:01	1.22	1%	
89	2	Helen Fines	CVFR	L	0:38:39	1.24	-1%	
115		Robert Paradise	CVFR	M	0:40:21	1.30	0%	
124		Jon Smith	CVFR	M	0:40:43	1.31	1%	
130		Mark Wharton	CVFR	MV45	0:41:11	1.33	0%	
230	35	Gayle Sugden	CVFR	L	0:46:01	1.48	-5%	
286		Rod Sutcliffe	CVFR	MV60	0:49:32	1.60	2%	best this year
303		Rob Ball	CVFR	M	0:50:51	1.64		
305		David Culpan	CVFR	MV50	0:51:03	1.64	-3%	
355	82	Gail Tombs	CVFR	LV60	0:57:58	1.87	-7%	

371 runners (88 women)