

<u>Helm Hill</u>		23-Jun-13	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>	
1	Shaun Godsman	CVFR	V40	0:23:04	1.11	-3%	
9	Joe Washington	CVFR		0:25:08	1.21	3%	
22	Stephen Smithies	CVFR	V45	0:28:13	1.36	-9%	
28	Hazel Robinson	Ambleside	FV40	0:28:45	1.39		
49	Trevor Murgatroyd	CVFR	V50	0:32:14	1.55	3%	best this year
54	Sharon Godsman	CVFR	FV40	0:34:23	1.66	-2%	

83 runners