

<u>Tom Tittiman</u>		23-Jun-13	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>	
1	Joe Crossfield	Halifax	U23	0:27:21	1.18		
4	Johny Helliwell	CVFR	M	0:28:57	1.25	-3%	
5	Jon Smith	CVFR	M	0:29:05	1.25	5%	
7	Robert Paradise	CVFR	M	0:29:50	1.29	2%	
10	Chris Standish	CVFR	V40	0:30:28	1.31	4%	<b>best this year</b>
13	Mark Wharton	CVFR	V45	0:30:57	1.33	-1%	
15	Richard Sunderland	CVFR	M	0:31:38	1.36	3%	
18	Lee Shimwell	CVFR	M	0:32:16	1.39	-3%	
25	Gayle Sugden	CVFR	F	0:33:48	1.46	2%	<b>1st woman</b>
27	James Kershaw	CVFR	M	0:34:02	1.47	-1%	
28	Sally Newman	CVFR	FV50	0:34:03	1.47	-9%	
31	Michael Dean	CVFR	V45	0:34:58	1.51	2%	
33	Stephen Grimley	CVFR	V40	0:35:13	1.52	1%	
35	Rob Ball	CVFR	M	0:35:22	1.52	2%	
39	Tim Brooks	CVFR	V40	0:35:45	1.54	-3%	
42	David Culpan	CVFR	V50	0:36:17	1.56	4%	
43	Martin Whitehead	CVFR	V55	0:36:19	1.56	-3%	
48	Nathan Kennaugh	CVFR	M	0:37:01	1.59	0%	
49	Andy Thorpe1	CVFR	V45	0:37:04	1.60	-2%	
54	Brian Horsley	CVFR	V60	0:37:23	1.61	-6%	
57	Andrew Meek	CVFR	V45	0:38:43	1.67	2%	<b>best ever!</b>
60	Sarah Tait	CVFR	F	0:39:17	1.69	3%	
64	Rachel Johnston	CVFR	FV45	0:39:33	1.70	2%	
66	Steve Woodhead	CVFR	V50	0:39:45	1.71	-4%	
68	Blair Garrett	CVFR	M	0:40:35	1.75	-7%	
75	Heidi Rushton	CVFR	FV40	0:41:21	1.78	2%	
80	Joanna Stevens	CVFR	F	0:41:58	1.81	-18%	
82	Graham Davy	CVFR	V50	0:43:07	1.86	-2%	
83	Liz Gunn	CVFR	F	0:43:12	1.86	22%	<b>best ever!</b>
85	Philip Jones	CVFR	V55	0:43:31	1.87	5%	
86	Sally Chesworth	CVFR	FV45	0:43:43	1.88		
87	Sarah Dunnakey	CVFR	FV45	0:43:56	1.89	4%	
88	Marc Collett	CVFR	V50	0:44:00	1.90		
92	Martin Millard	CVFR	V40	0:45:55	1.98		
94	Dan Biggs	CVFR	M	0:46:25	2.00		
95	Susan Bladon	CVFR	FV55	0:46:50	2.02		
96	Carolyn Shimwell	CVFR	F	0:46:58	2.02	1%	
97	Osadhi Burns	CVFR	FV45	0:46:59	2.02		
103	Tj Hart	CVFR	FV40	0:48:21	2.08		
104	Rebecca Yorke	CVFR	FV40	0:48:38	2.10	9%	
111	Heather Barham	CVFR	FV40	0:51:49	2.23		
114	Charlotte Walker	CVFR	FV50	1:09:55	3.01		

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