

Cragg Vale		03-Jul-13	Cat	Time	rating	improvement
1	Joe Washington	CVFR	M	0:29:46	1.24	-1%
6	Oli White	CVFR	M	0:31:29	1.31	0%
10	Alex Bowden	CVFR	M	0:32:06	1.33	-1%
12	Mark Wharton	CVFR	V40	0:32:15	1.34	-1%
13	Rob White	CVFR	M	0:32:25	1.35	4%
16	James Williams	CVFR	M	0:32:45	1.36	-2%
20	Jonathan Emberton	CVFR	V50	0:33:34	1.40	-4%
28	James Kershaw	CVFR	M	0:34:50	1.45	1%
31	Tim Brooks	CVFR	V40	0:35:03	1.46	3%
37	Stephen Grimley	CVFR	V40	0:35:44	1.49	2%
38	William Evans	CVFR	U16	0:35:48	1.49	
40	Gemma Ford	Todmorden	F	0:36:08	1.50	
42	Richard Ingram	CVFR	V40	0:36:32	1.52	3%
47	Carl Coughlan	CVFR	M	0:37:02	1.54	-3%
50	Nick Murphy	CVFR	V50	0:37:14	1.55	-1%
59	Blair Garrett	CVFR	M	0:40:00	1.66	1%
61	David Culpan	CVFR	V50	0:40:25	1.68	-5%
65	Andrew Meek	CVFR	V40	0:40:46	1.69	0%
69	John Nunn	CVFR	V50	0:41:09	1.71	-4%
80	Matthew Murray	CVFR	U16	0:42:56	1.79	
85	Heidi Rushton	CVFR	FV40	0:43:25	1.81	-1%
86	Graham Davy	CVFR	V50	0:43:39	1.81	1%
92	Charlotte Wetton	CVFR	F	0:45:27	1.89	1%
93	Sarah Dunnakey	CVFR	FV40	0:45:48	1.90	0%
99	Sally Chesworth	CVFR	FV40	0:48:08	2.00	-6%

104 runners