

<u>Kirkby Gala</u>		06-Jul-13	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>	
1	Simon Bailey	Mercia		0:30:31	1.05		
2	Shaun Godsman	CVFR	V40	0:31:45	1.09	0%	
17	Hazel Robinson	Ambleside	FV40	0:40:01	1.38		
19	Stephen Smithies	CVFR	V45	0:40:30	1.40	-9%	
34	Trevor Murgatroyd	CVFR	V50	0:43:57	1.51	4%	best ever!
51	Sharon Godsman	CVFR	FV40	0:53:06	1.83	-12%	

62 runners