

Stoodley Pike		09-Jul-13	Cat	Time	rating	improvement	
1	Rob Hope	P&B	M	0:18:59	1.08		
3	Karl Gray	CVFR	M40	0:19:40	1.12	-5%	
8	Joe Washington	CVFR	M	0:21:37	1.23	1%	
9	Mark Goldie	CVFR	M40	0:21:43	1.23	0%	
11	Oli White	CVFR	M	0:21:58	1.25	5%	
15	Mark O'Connor	CVFR	M	0:22:31	1.28	4%	best ever!
20	Rob White	CVFR	M	0:23:04	1.31	2%	best ever!
21	Chris Standish	CVFR	M40	0:23:05	1.31	2%	best this year
23	Martin Howard	CVFR	MU16	0:23:09	1.32	3%	
25	Toby Cotterill	CVFR	M	0:23:24	1.33	1%	
30	Mark Wharton	CVFR	M40	0:23:38	1.34	-1%	
33	Holly Page	CVFR	W	0:23:47	1.35	-2%	first woman
37	Jonathan Emberton	CVFR	M50	0:23:59	1.36	1%	
42	Lee Shimwell	CVFR	M	0:24:12	1.38	-2%	
45	Giles Simon	CVFR	M	0:24:39	1.40	-2%	
51	James Kershaw	CVFR	M	0:25:02	1.42	1%	best ever!
54	Jim Mosley	CVFR	M40	0:25:16	1.44	2%	
59	Carl Coughlan	CVFR	M	0:25:56	1.47	1%	
61	Martin Mason	CVFR	M40	0:26:06	1.48	-3%	
74	Richard Ingram	CVFR	M40	0:26:48	1.52	2%	
77	Phil White	CVFR	M50	0:26:56	1.53	0%	
81	Jackie Scarf	CVFR	W50	0:27:16	1.55	-3%	
85	Darren Sargent	CVFR	M40	0:27:30	1.56	0%	
88	Blair Garrett	CVFR	M	0:27:53	1.58	5%	best this year
99	Jack Denton	CVFR	MU16	0:28:53	1.64	-33%	
103	Issy Wharton	CVFR	WU16	0:29:04	1.65	-3%	
106	Graeme Woodward	CVFR	M50	0:29:16	1.66	-5%	
107	Andrew Meek	CVFR	M40	0:29:18	1.67	2%	best ever!
110	Johnnie Watson	CVFR	M40	0:29:33	1.68	-5%	
113	Graham Lloyd	CVFR	M50	0:29:49	1.69	-2%	
117	Rod Sutcliffe	CVFR	M60	0:30:00	1.70	-5%	
120	Toby Sydes	CVFR	M40	0:30:11	1.72	-3%	
129	Steve Cavell	CVFR	M50	0:30:40	1.74	2%	best this year
132	John Nunn	CVFR	M50	0:30:49	1.75	-7%	
143	Bob Howard	CVFR	M50	0:31:49	1.81	-2%	
149	Graham Davy	CVFR	M50	0:32:01	1.82	1%	
150	Rachel Johnston	CVFR	W40	0:32:06	1.82	-5%	
160	Charlotte Wetton	CVFR	W	0:33:11	1.89	4%	
166	Carolyn Shimwell	CVFR	W	0:34:23	1.95	4%	

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