

<u>Widdop</u>		17-Jul-13	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>	
1	Alex Whitem	CVFR	M	0:50:58	1.14	-1%	
5	Joe Washington	CVFR	M	0:55:46	1.25	-1%	
8	Oli White	CVFR	U23	0:57:33	1.29	-1%	
12	Rob White	CVFR	U23	0:57:51	1.30	<b>3%</b>	<b>best ever!</b>
24	Jonathan Emberton	CVFR	V50	1:00:26	1.35	<b>1%</b>	
28	Holly Page	CVFR	FU23	1:00:52	1.36	-2%	<b>1st woman</b>
30	Toby Cotterill	CVFR	M	1:01:41	1.38	-3%	
32	Mark O'Connor	CVFR	M	1:01:56	1.39	-6%	
39	Iain Powell	CVFR	M	1:02:39	1.40	0%	
40	Jim Mosley	CVFR	V40	1:03:00	1.41	<b>4%</b>	<b>best this year</b>
42	James Kershaw	CVFR	M	1:03:15	1.42	<b>2%</b>	<b>best ever!</b>
54	Tim Brooks	CVFR	V40	1:05:15	1.46	<b>2%</b>	
62	Nick Murphy	CVFR	V55	1:06:11	1.48	<b>3%</b>	<b>best this year</b>
63	Martin Mason	CVFR	V40	1:06:16	1.48	-1%	
91	Nathan Kennaugh	CVFR	M	1:11:37	1.60	0%	
100	Toby Sydes	CVFR	V40	1:13:40	1.65	<b>2%</b>	
103	Phil White	CVFR	V50	1:14:14	1.66	-9%	
112	Andrew Meek	CVFR	V45	1:16:37	1.72	-2%	
113	Rachel Johnston	CVFR	FV45	1:16:53	1.72	<b>4%</b>	
122	John Nunn	CVFR	V50	1:18:44	1.76	-3%	
124	Robin Gray	CVFR	V45	1:19:36	1.78		
131	Sally Chesworth	CVFR	FV45	1:21:55	1.84	<b>6%</b>	
145	Charlotte Wetton	CVFR	F	1:29:14	2.00	-4%	

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