

<u>Blisco Dash</u>		27-Jul-13	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>	
1	Simon Bailey	Mercia	M	0:37:32	1.01		
6	Max Wharton	CVFR	U23	0:39:10	1.05	5%	best ever!
12	Shaun Godsman	CVFR	M40	0:40:17	1.08	2%	
25	Tim Ellis	CVFR	M	0:41:32	1.12	-1%	
31	Gavin Mulholland	CVFR	M40	0:42:18	1.14	-5%	
60	Brad Traviss	CVFR	U20	0:45:21	1.22	-7%	
64	Helen Fines	CVFR	W40	0:45:26	1.22	2%	1st woman
99	Mark Wharton	CVFR	M45	0:48:56	1.31	1%	
114	Sally Newman	CVFR	W50	0:51:39	1.39	-1%	
147	Stephen Smithies	CVFR	M45	0:54:21	1.46	-13%	
208	Rod Sutcliffe	CVFR	M60	0:59:07	1.59	6%	
232	Sharon Godsman	CVFR	W40	1:03:14	1.70	1%	
243	Martin Whitehead	CVFR	M55	1:03:55	1.72	-12%	
253	David Culpan	CVFR	M50	1:06:35	1.79	-9%	
264	Gail Tombs	CVFR	W60	1:11:28	1.92	-4%	

281 runners