

<u>Turnslack</u>		27-Jul-13	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>	
1	Harry Dalby	P & B	S	1:18:15	1.28		
3	Holly Page	CVFR	L	1:18:59	1.29	4%	1st woman, best this year
4	Liam Gough	CVFR	U23	1:19:12	1.29	2%	
5	Bill Johnson	CVFR	V45	1:19:18	1.29	0%	
11	Giles Simon	CVFR	S	1:20:45	1.32	5%	best ever!
21	Robert Paradise	CVFR	S	1:23:21	1.36	-4%	
33	James Kershaw	CVFR	S	1:27:13	1.42	0%	
35	Nick Murphy	CVFR	V55	1:28:04	1.44	6%	best this year
38	Andy Fleet	CVFR	S	1:28:50	1.45	-22%	
43	Stephen Grimley	CVFR	V40	1:33:19	1.52	-1%	
46	Michael Dean	CVFR	V45	1:33:52	1.53	1%	
53	Toby Sydes	CVFR	V40	1:38:38	1.61	3%	
55	Trevor Murgatroyd	CVFR	V50	1:40:36	1.64	-4%	
56	Andy Thorpe1	CVFR	V45	1:41:35	1.66	-5%	
59	Blair Garrett	CVFR	S	1:42:27	1.67	-2%	
77	Charlotte Wetton	CVFR	L	2:03:28	2.01	-7%	

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