

<b>Blackshaw Head</b>		31-Aug-13	<b>Cat</b>	<b>Time</b>	<b>rating</b>	<b>improvement</b>	
1	Alex Whittle	CVFR	M	0:36:19	1.17	-6%	
2	Graeme Brown	CVFR	M	0:37:09	1.20	0%	
7	Joe Washington	CVFR	M	0:39:19	1.27	-3%	
8	Mark Goldie	CVFR	M40	0:39:28	1.28	-3%	
10	Liam Gough	CVFR	M	0:39:52	1.29	2%	<b>best ever!</b>
12	Robert Paradise	CVFR	M	0:40:30	1.31	1%	
13	Mark Wharton	CVFR	M40	0:40:40	1.31	1%	
20	Toby Cotterill	CVFR	M	0:42:09	1.36	-1%	
21	Helen Fines	CVFR	W40	0:42:13	1.36	-10%	<b>1st woman</b>
27	Ashley Sharp	CVFR	M	0:43:46	1.41	-6%	
30	Jim Mosley	CVFR	M40	0:44:00	1.42	4%	
32	Graham Hill	CVFR	M40	0:44:10	1.43	-3%	
34	James Kershaw	CVFR	M	0:44:23	1.43	2%	
38	Stephen Grimley	CVFR	M40	0:45:47	1.48	1%	
41	Lance Parker	CVFR	M40	0:46:14	1.49	0%	
52	Tim Brooks	CVFR	M40	0:47:51	1.55	-2%	
54	Simon Fisher	CVFR	M40	0:48:12	1.56	-1%	
58	Nathan Kennaugh	CVFR	M	0:49:31	1.60	0%	
59	Kate Mansell	CVFR	W40	0:49:34	1.60	-3%	
63	Paul McKay	CVFR	M40	0:50:03	1.62	4%	
65	David Culpan	CVFR	M50	0:50:19	1.63	0%	
69	John Nunn	CVFR	M50	0:50:53	1.64	2%	
72	Andrew Meek	CVFR	M40	0:51:50	1.68	1%	
79	Brian Shelmerdine	CVFR	M60	0:53:13	1.72	-5%	
81	Bob Howard	CVFR	M50	0:53:44	1.74	2%	<b>best ever!</b>
85	Steve Cavell	CVFR	M50	0:54:14	1.75	1%	
88	Charlie Boyce	CVFR	M40	0:55:36	1.80	-19%	
94	Thirza Hyde	CVFR	W50	0:57:02	1.84	-3%	
96	Linda Hayles	CVFR	W50	0:59:22	1.92	12%	
102	Sarah Dunnakey	CVFR	W40	1:01:27	1.99	-3%	
103	Neil Croasdell	CVFR	M60	1:01:34	1.99	-3%	
104	Catherine Plane	CVFR	W	1:01:49	2.00	3%	

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