

<u>Muker Show</u>		04-Sep-13	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>
1	Shaun Godsman	CVFR	V40	0:11:37	1.13	-3%
10	Stephen Smithies	CVFR	V45	0:13:45	1.34	0%
15	Caroline Lambert	Wetherby	FU23	0:14:15	1.39	
30	Trevor Murgatroyd	CVFR	V50	0:16:33	1.61	-1%

61 runners