

| | <u>Good Shepherd</u> | 21-Sep-13 | <u>Cat</u> | <u>Time</u> | <u>rating</u> | <u>improvement</u> |
|----|----------------------|------------|------------|-------------|---------------|--------------------|
| 1 | Chris Farrell | Horwich | M | 1:41:33 | 1.14 | |
| 2 | James Logue | CVFR | V40 | 1:41:42 | 1.14 | -7% |
| 3 | Tim Ellis | CVFR | M | 1:41:51 | 1.14 | -7% |
| 6 | Graeme Brown | CVFR | M | 1:46:35 | 1.19 | 2% |
| 8 | Ian Symington | CVFR | M | 1:54:47 | 1.29 | -10% |
| 9 | Joe Washington | CVFR | M | 1:54:55 | 1.29 | |
| 13 | Joe Crossfield | CVFR | M | 1:56:46 | 1.31 | 4% |
| 19 | Liam Gough | CVFR | M | 1:59:39 | 1.34 | 1% |
| 23 | Jonathan Emberton | CVFR | V50 | 2:00:18 | 1.35 | 1% |
| 26 | Bill Johnson | CVFR | V40 | 2:02:02 | 1.37 | 0% |
| 27 | Paul Biddulph | CVFR | V40 | 2:02:12 | 1.37 | 1% |
| 45 | Lorraine Hopley | Rossendale | F | 2:14:53 | 1.51 | |
| 47 | Tim Brooks | CVFR | M | 2:17:22 | 1.54 | 6% |
| 59 | Michael Dean | CVFR | V40 | 2:29:30 | 1.68 | -6% |
| 66 | Tony Steward | CVFR | V60 | 2:31:24 | 1.70 | 1% |
| 67 | Andrew Meek | CVFR | V40 | 2:31:37 | 1.70 | 9% |
| 70 | Brian Horsley | CVFR | V60 | 2:32:18 | 1.71 | -14% |

99 runners