

	<u>Tour of Pendle</u>	23-Nov-13	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>	
1	Matthew Roberts	Eryri		2:17:22	1.05		
3	Tim Ellis	CVFR		2:18:12	1.05	3%	
6	James Logue	CVFR	M45	2:23:01	1.09	1%	
10	Joe Crossfield	CVFR		2:26:25	1.12	10%	
13	Graeme Brown	CVFR		2:30:22	1.15	5%	best ever!
33	John Lloyd	CVFR		2:39:34	1.22		
39	Jasmin Paris	Carnethy	W	2:41:00	1.23		
55	Johny Helliwell	CVFR		2:46:21	1.27		
56	Joe Washington	CVFR		2:46:21	1.27	2%	
72	Alex Whittem	CVFR		2:48:33	1.29	-15%	
80	Bill Johnson	CVFR	M45	2:49:34	1.29	3%	
97	Robert Paradise	CVFR		2:53:03	1.32	-1%	
105	Garry Traviss	CVFR	M50	2:56:03	1.34	6%	
127	Ben Frechette	CVFR		3:00:25	1.38	-6%	
170	Jim Mosley	CVFR	M40	3:09:46	1.45	6%	
175	Mark Wharton	CVFR	M45	3:10:17	1.45	-5%	
195	Richard Ingram	CVFR	M40	3:15:22	1.49		
218	Mike Wardle	CVFR	M55	3:18:42	1.52	-1%	
239	Martin Mason	CVFR	M40	3:22:11	1.54	-1%	
264	Helen Buchan	CVFR	W	3:28:38	1.59	7%	
274	Rod Sutcliffe	CVFR	M60	3:30:40	1.61	-1%	
285	Nicky Bolton	CVFR		3:32:17	1.62	8%	
327	Andy Thorpe1	CVFR	M45	3:43:26	1.70	1%	
339	Michael Dean	CVFR	M45	3:46:56	1.73	-7%	
367	Tony Steward	CVFR	M60	3:59:48	1.83	-7%	
368	Sarah Tait	CVFR	W	4:00:27	1.83		
373	John Nunn	CVFR	M50	4:05:03	1.87	-3%	
376	Dean Clark	CVFR		4:06:28	1.88		
382	David Culpan	CVFR	M50	4:10:40	1.91	-5%	

437 started, 421 finished