	Orchan Rocks	29-Apr-14	Cat	Time	rating	improvement
1	Shaun Godsman	CVFR	V40	0:21:59	1.13	-1%
3	Joe Crossfield	CVFR		0:22:56	1.18	**2%**
4	John Lloyd	CVFR		0:23:42	1.22	0%
10	Iain Glendinning	CVFR		0:25:31	1.32	**2%**
11	Lee Shimwell	CVFR		0:25:34	1.32	0%
19	Ben Frechette	CVFR		0:26:46	1.38	-4%
20	Mark O'Connor	CVFR		0:26:47	1.38	-8%
21	Jonathan Emberton	CVFR	V50	0:26:53	1.39	-4%
32	James Kershaw	CVFR		0:29:17	1.51	-6%
33	Rebecca Patrick	Todmorden	FV40	0:29:27	1.52	
40	Sharon Godsman	CVFR	FV40	0:31:23	1.62	**4%**
45	Matthew Murray	CVFR	U16	0:33:19	1.72	-8%
47	Graham Davy	CVFR	V50	0:33:51	1.75	**6%**

53 runners