

<u>Arrochar Alps</u>		07-Jul-12		<u>rating</u>	<u>improvement</u>		
1	Ben Bardsley	Borrowdale	M40	3:07:19	0.95		
8	Karl Gray	CVFR	M40	3:21:27	1.02	6%	
15	Gavin Mulholland	CVFR	M40	3:25:33	1.04	4%	best this year
30	Jasmin Paris	Carnethy	F	3:42:02	1.13		
32	Helen Fines	CVFR	F	3:46:09	1.15	5%	best this year
34	Tim Ellis	CVFR	M	3:46:42	1.15	-6%	
44	James Logue	CVFR	M40	3:51:21	1.17	-7%	
46	Tim Black	CVFR	M	3:53:21	1.18	1%	
71	Ben Mounsey	CVFR	M	4:17:58	1.31	-19%	
82	Stephen Smithies	CVFR	M40	4:23:34	1.34	0%	

143 finishers