

<u>Beefys Nab</u>		07-Oct-12	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>
1	Jo Crossfield	Halifax	M18	0:21:19	1.23	
18	Carl Coughlan	CVFR	M35	0:25:58	1.50	0%
27	Tilly Melechi	Ilkley	WU14	0:27:43	1.60	
32	Trevor Murgatroyd	CVFR	M50	0:28:34	1.65	1%
45	Mollie Jagger	CVFR	WU18	0:36:53	2.13	-25%

48 runners