

<b><u>Blackshaw Head</u></b>		01-Sep-12		<b><u>rating</u></b>	<b><u>improvement</u></b>	
1	Ben Crowther	Halifax		0:38:01	1.17	
2	Max Wharton	CVFR		0:38:57	1.20	-6%
6	Graeme Brown	CVFR		0:40:46	1.25	-3%
8	Romain Pierrel	CVFR		0:41:28	1.27	<b>1%</b>
9	Holly Page	CVFR	F	0:41:59	1.29	<b>1%</b> 1st female
12	Robert Paradise	CVFR		0:44:11	1.36	0%
13	Ben Frechette	CVFR		0:45:20	1.39	<b>4%</b> best this year
22	Tim Brooks	CVFR	V40	0:48:15	1.48	-2%
29	Kate Mansell	CVFR	FV40	0:49:58	1.54	<b>2%</b> best ever!
30	Michael Dean	CVFR	V40	0:50:03	1.54	-1%
33	Charlie Boyce	CVFR	V40	0:51:19	1.58	-3%
44	David Culpan	CVFR	V50	0:54:14	1.67	-4%
46	Toby Sydes	CVFR	V40	0:54:58	1.69	<b>6%</b> best ever!
48	Steve Cavell	CVFR	V50	0:58:35	1.80	-2%
51	Louise Marix-Evans	CVFR	FV40	0:58:55	1.81	-7%
58	Charlotte Wetton	CVFR	F	1:05:56	2.03	<b>3%</b>

66 runners