

<b><u>Borrowdale</u></b>		04-Aug-12			<b><u>rating</u></b>	<b><u>improvement</u></b>
1	Ricky Lightfoot	Ellenborough	M	2:49:20	0.93	
14	Karl Gray	CVFR	M40	3:12:54	1.06	-1%
16	Tim Ellis	CVFR	M	3:14:35	1.07	5%
27	Gavin Mulholland	CVFR	M40	3:22:29	1.11	-6%
38	Jasmin Paris	Carnethy	F	3:32:03	1.16	
50	Simon Bourne	CVFR	M40	3:38:18	1.20	3%
68	Holly Page	CVFR	F	3:46:24	1.24	-2%
119	Romain Pierrel	CVFR	M	4:08:39	1.36	33%
209	Michael Fryer	CVFR	M50	4:35:07	1.51	
272	Allan Greenwood	CVFR	M50	4:57:34	1.63	2%
308	Rod Sutcliffe	CVFR	M60	5:12:31	1.72	-8%
320	Martin Whitehead	CVFR	M55	5:18:43	1.75	-8%
	Steve Smithies	CVFR	M40	DNF		
	Helen Fines	CVFR	F	DNF		
	Lee Shimwell	CVFR	M	DNF		
	Manhar Patel	CVFR	M45	DNF		

416 runners, 372 finishers