

<u>British Relays leg1</u>		14-Oct-12	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>	
1	Carl Bell	Howgill Harriers	A	0:35:44	1.08		
12	Tim Black	CVFR	A	0:39:19	1.19	-2%	
23	Mark Goldie	CVFR	V40	0:41:46	1.26	1%	
25	Katie Walshaw	Holmfirth	L	0:41:59	1.27		
48	Ben Frechette	CVFR	B	0:44:49	1.35	4%	best this year
81	Michael Fryer	CVFR	V50	0:48:59	1.48	-3%	
137	Helen Buchan	CVFR	L	0:58:31	1.76		

154 runners