

<u>Coiners</u>		07-May-12			<u>rating</u>	<u>improvement</u>	
1	Andy Lamont	Macclesfield	M	0:52:23	1.16		
6	Ian Symington	CVFR	M	0:54:32	1.21		
7	Andy Thorpe2	CVFR	V40	0:55:13	1.22	-1%	
9	Stephen Smithies	CVFR	V40	0:57:03	1.26	0%	
13	Bill Johnson	CVFR	V45	0:58:40	1.30	0%	
17	Graham Hill	CVFR	V45	1:00:12	1.33	0%	
20	Helen Fines	CVFR	L	1:01:24	1.36	-4%	1st female
21	Mark Wharton	CVFR	V45	1:01:35	1.36	1%	best this year
24	Anne Johnson	CVFR	LV45	1:02:58	1.39	-2%	
25	Gayle Sugden	CVFR	L	1:02:59	1.39	1%	
29	James Williams	CVFR	M	1:05:04	1.44	-14%	
34	Tim Brooks	CVFR	V40	1:07:22	1.49	-1%	
45	Stephen Grimley	CVFR	V40	1:11:42	1.59	-2%	
62	Manhar Patel	CVFR	V45	1:18:08	1.73	-3%	
64	Graham Davy	CVFR	V50	1:19:14	1.75	5%	best ever!

73 runners