

<u>overall</u>	<u>women</u>	<u>Coledale</u>	14-Apr-12			<u>rating</u>	<u>improvement</u>	
1		Joe Symonds	Kendal	M	1:07:45	0.99		
9		Karl Gray	CVFR	MV40	1:11:23	1.04	2%	
35		Gavin Mulholland	CVFR	MV40	1:15:51	1.11	1%	
40		James Logue	CVFR	MV40	1:17:05	1.13	-2%	
43		Tim Ellis	CVFR	M	1:17:13	1.13	8%	
46		Ben Mounsey	CVFR	M	1:17:48	1.14	-6%	
48		Tim Black	CVFR	M	1:17:58	1.14	5%	best ever!
88	1	Lauren Jeska	Todmorden	L	1:22:40	1.21		
96		Andy Fleet	CVFR	MU23	1:23:25	1.22	2%	
100		Andy Thorpe2	CVFR	MV40	1:23:47	1.23	0%	
117		Mark Goldie	CVFR	MV40	1:25:50	1.26	0%	
137	6	Helen Fines	CVFR	L	1:27:33	1.28	2%	best this year
164	10	Jo Waites	CVFR	LV40	1:29:48	1.31	1%	
167	11	Sally Newman	CVFR	LV50	1:29:58	1.32	2%	
254	29	Jo Buckley	CVFR	L	1:38:03	1.44	-7%	
281		Dave Beels	CVFR	MV60	1:40:05	1.46	-1%	
282		Paul Biddulph	CVFR	MV40	1:40:15	1.47	-6%	
305	43	Trudi Entwistle	CVFR	LV40	1:43:10	1.51	-4%	
311	46	Helen Lambert	CVFR	LV40	1:43:42	1.52	5%	best this year
363		Martin Whitehead	CVFR	MV55	1:49:40	1.61	-5%	
375		David Culpan	CVFR	MV50	1:50:35	1.62	-5%	
388		Iain Glendinning	CVFR	M	1:52:03	1.64	-6%	
401	80	Linda Murgatroyd	CVFR	LV40	1:54:10	1.67	0%	
427	90	Sharon Godsman	CVFR	L	1:57:53	1.73	-6%	
463	106	Linda Hayles	CVFR	LV55	2:05:41	1.84	0%	

507 runners (126 women)