

<u>Coley Canter</u>		30-Dec-12	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>	
1=	Richard Pattinson	P&B	V40	0:47:01	1.22		
1=	Joe Crossfield	Halifax	U23	0:47:01	1.22		
4	Adam Breaks	CVFR	M Open	0:48:51	1.27	1%	
5	Andy Thorpe2	CVFR	V40	0:49:49	1.29	-8%	
7	Robert Paradise	CVFR	M Open	0:50:55	1.32	1%	
16	Gayle Sugden	CVFR	F Open	0:56:01	1.45	-4%	1st woman
26	Brian Horsley	CVFR	V60	1:00:37	1.57	-1%	
27	Andy Thorpe1	CVFR	V40	1:00:51	1.58	1%	
29	Lance Parker	CVFR	V40	1:01:35	1.59		
32	Helen Buchan	CVFR	F Open	1:03:54	1.65	5%	best ever!
33	Jimmy Oldfield	CVFR	V40	1:04:16	1.66	-5%	
37	Gary Muir	CVFR	V50	1:04:56	1.68	-5%	
39	David Culpan	CVFR	V50	1:05:49	1.70	-7%	
41	Allan Greenwood	CVFR	V50	1:06:22	1.72	-9%	
45	Ryan Colbeck	CVFR	M Open	1:08:16	1.77	-3%	
52	Philip Jones	CVFR	V50	1:11:18	1.85	-8%	
54	Tony Bradley	CVFR	V50	1:12:47	1.88	-7%	
59	John Riley	CVFR	V60	1:18:05	2.02	-5%	

66 runners