

Crowhill Reverse		07-Aug-12		rating	improvement		
1	Ben Crowther	Halifax	M	0:31:29	1.18		
2	Tim Black	CVFR	M	0:31:33	1.18	-2%	
5	Mark Goldie	CVFR	V40	0:33:43	1.26	0%	
6	Joe Washington	CVFR	M	0:33:51	1.27	0%	
10	Oli White	CVFR	M	0:36:01	1.35	2%	
12	Iain Glendinning	CVFR	M	0:36:17	1.36	4%	
13	Stephen Smithies	CVFR	V40	0:36:20	1.36	-7%	
17	Sarah May	Todmorden	F	0:37:08	1.39		
18	Rob White	CVFR	M	0:37:16	1.39	2%	
19	Ben Frechette	CVFR	M	0:37:36	1.41	4%	best this year
22	Toby Cotterill	CVFR	M	0:37:52	1.42	-1%	best this year
24	Chris Standish	CVFR	M	0:38:04	1.42	-2%	
26	James Williams	CVFR	M	0:38:21	1.43	-8%	
27	Richard Sunderland	CVFR	M	0:38:33	1.44	1%	
30	Stephen Grimley	CVFR	V40	0:39:33	1.48	0%	
35	Jackie Scarf	CVFR	FV50	0:40:39	1.52	1%	best this year
46	Andy Thorpe1	CVFR	V40	0:43:35	1.63	-3%	
48	Gary Muir	CVFR	V50	0:43:40	1.63	-1%	
54	Rod Sutcliffe	CVFR	V60	0:44:03	1.65	-4%	
55	Blair Garrett	CVFR	M	0:44:09	1.65	0%	
61	Gillian Wisbey	CVFR	FV40	0:44:32	1.66	1%	
64	Jeremy Wilkinson	CVFR	V40	0:45:08	1.69	-3%	
66	Linda Murgatroyd	CVFR	FV40	0:45:13	1.69	-2%	
71	Toby Sydes	CVFR	V40	0:45:59	1.72	6%	best ever!
88	Joanne Marshall	CVFR	F	0:51:11	1.91	-3%	
89	Heidi Rushton	CVFR	FV40	0:51:12	1.91	-11%	
90	Vicky Butcher	CVFR	FV40	0:51:13	1.91	0%	
94	Charlotte Wetton	CVFR	F	0:52:37	1.97	10%	
103	Catherine Plane	CVFR	F	0:56:14	2.10	-3%	
105	Rachel Johnston	CVFR	FV40	0:57:57	2.17	-4%	

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