

<u>Flower Scar</u>		02-May-12		<u>rating</u>	<u>improvement</u>		
1	Tim Ellis	CVFR		0:29:33	1.11	5%	best ever!
2	Jason Stevens	CVFR	v40	0:31:24	1.18	-3%	
4	Andy Thorpe2	CVFR	v40	0:31:45	1.20	2%	best this year
5	Lauren Jeska	Todmorden	f	0:31:58	1.21		
6	Andy Fleet	CVFR	u23	0:32:43	1.23	-1%	
12	Rob Dobson	CVFR		0:33:50	1.28	-1%	
18	Helen Fines	CVFR	f	0:34:54	1.32	-1%	
26	Jon Underwood	CVFR	v40	0:36:49	1.39	-1%	
42	Tim Brooks	CVFR	v40	0:39:29	1.49	-8%	
56	Joanna Stevens	CVFR	f	0:41:05	1.55	1%	
59	Michael Dean	CVFR	v45	0:41:32	1.57	-2%	
64	Graham Lloyd	CVFR	v50	0:41:53	1.58	1%	
66	Stephen Grimley	CVFR	v40	0:42:19	1.60	-11%	
91	Blair Garrett	CVFR		0:44:43	1.69	0%	
104	Tony Bradley	CVFR	v50	0:47:19	1.78	-1%	
106	Clare Kenny	CVFR	fv50	0:47:38	1.80	-7%	
110	Graham Davy	CVFR	v50	0:48:23	1.82	3%	best this year
118	Antony McManus	CVFR	v45	0:49:52	1.88	-3%	

130 runners