

Great Lakes		16-Jun-12		rating	improvement	
1	Ben Abdelnoor	Ambleside	M	2:48:45	0.97	
11	Tim Ellis	CVFR	M	3:05:12	1.07	5% best ever!
22	Karl Gray	CVFR	MV40	3:14:17	1.12	-11%
23	James Logue	CVFR	MV40	3:14:26	1.12	-5%
36	Gavin Mulholland	CVFR	MV40	3:28:13	1.20	-11%
40	Lauren Jeska	Todmorden	L	3:28:38	1.20	
46	Holly Page	CVFR	LU23	3:31:04	1.22	best ever!
47	Ben Mounsey	CVFR	M	3:32:47	1.23	-11%
52	Simon Bourne	CVFR	MV40	3:41:56	1.28	-7%
61	Bill Johnson	CVFR	MV45	3:48:20	1.31	2%
62	Mark Goldie	CVFR	MV40	3:48:59	1.32	-9%
68	Jason Williams	CVFR	M	3:50:29	1.33	
73	Sally Newman	CVFR	LV50	3:52:29	1.34	
83	Stephen Smithies	CVFR	MV40	3:54:48	1.35	0%
106	Mike Wardle	CVFR	MV50	4:16:17	1.48	1% best this year
144	Iain Glendinning	CVFR	M	4:30:12	1.56	
159	Tim Brooks	CVFR	MV40	4:45:34	1.64	-6%
190	Rod Sutcliffe	CVFR	MV60	5:23:41	1.86	-17%
234	Romain Pierrel	CVFR	M	5:53:41	2.04	
252	Graham Lloyd	CVFR	MV50	6:19:43	2.19	-24%
252	Carole Fryer	CVFR	LV45	6:19:43	2.19	-41%
252	David Culpan	CVFR	MV50	6:19:43	2.19	-27%
	Helen Fines	CVFR	L	dnf		

301 starters, 273 finishers