

Helvellyn & Dodds

03-Jun-12

rating **improvement**

1	Tim Ellis	CVFR		2:27:53	1.12	
12	Stephen Smithies	CVFR	V40	3:00:26	1.37	-10%
14	Natasha Fellowes	Chorley	FV40	3:02:43	1.39	
31	Jeff Winder	CVFR	V60	3:14:44	1.48	0%

71 runners