

Kielder Blast		29-Sep-12		rating	improvement		
1	Simon Bailey	Mercia		0:47:38	1.02		
14	Gavin Mulholland	CVFR	V40	0:51:34	1.10	1%	
16	Karl Gray	CVFR	V40	0:51:55	1.11	-1%	
19	Ben Mounsey	CVFR		0:52:21	1.12	-1%	
21	Shaun Godsman	CVFR	V40	0:52:58	1.13	0%	
30	Tim Ellis	CVFR		0:55:21	1.18	-4%	
42	Jason Williams	CVFR		0:57:05	1.22	-7%	
52	Mark Goldie	CVFR	V40	0:58:56	1.26	1%	
54 (fem 1)	Holly Page	CVFR	LU23	0:59:07	1.26	3%	1st female
84	Robert Paradise	CVFR		1:04:07	1.37	-1%	
85	Ben Frechette	CVFR		1:04:10	1.37	4%	best this year
110 (fem 13)	Sally Newman	CVFR	LV50	1:08:05	1.45	-10%	
152	Graham Lloyd	CVFR	V50	1:17:42	1.66	-4%	
183 (fem 45)	Linda Hayles	CVFR	LV55	1:25:21	1.82	-2%	

206 runners (54 female)