

<b><u>Moel Hebog</u></b>		01-Sep-12			<b><u>rating</u></b>	<b><u>improvement</u></b>	
1	Karl Gray	CVFR	V40	0:48:13	1.10	0%	
3	Ben Mounsey	CVFR		0:50:16	1.14	-3%	
4	Alex Whitem	CVFR		0:51:00	1.16	1%	
11	Jason Williams	CVFR		0:57:08	1.30	-15%	
15	Helen Fines	CVFR	F	0:58:42	1.34	-2%	1st female
40	Sharon Godsman	CVFR	FV40	1:35:17	2.17	-31%	
41	Trevor Murgatroyd	CVFR	V50	1:35:17	2.17	-24%	

42 runners