

<u>Moel Wnion</u>		08-Sep-12		<u>rating</u>	<u>improvement</u>	
1	Morgan Donnelly	Borrowdale	M	0:34:07	0.98	
7	Karl Gray	CVFR	M40	0:38:13	1.10	0%
9	Gavin Mulholland	CVFR	M40	0:38:48	1.12	0%
13	Tim Black	CVFR	M	0:39:25	1.13	2%
15	Shaun Godsman	CVFR	M40	0:39:48	1.15	-2%
16	Alex Whitem	CVFR	M	0:39:56	1.15	1%
25	James Logue	CVFR	M40	0:41:57	1.21	-9%
29	Lauren Jeska	Todmorden	F	0:43:40	1.26	
41	Mark Goldie	CVFR	M40	0:45:29	1.31	-4%
48	Helen Fines	CVFR	F	0:46:44	1.34	-2%
116	Sharon Godsman	CVFR	F40	1:01:47	1.78	-8%

130 runners