

<b>Mytholmroyd</b>		09-Dec-12	<b>Cat</b>	<b>Time</b>	<b>rating</b>	<b>improvement</b>	
1	Chris Williams	Queensbury RR	M	0:55:02	1.28		
2	Stephen Smithies	CVFR	MV45	0:55:07	1.28	1%	
5	Joe Washington	CVFR	M	0:55:38	1.29	-2%	
6	Robert Paradise	CVFR	M	0:55:41	1.29	4%	best ever!
9	Rob Dobson	CVFR	M	0:56:29	1.31	-3%	
15	Lee Shimwell	CVFR	M	0:58:55	1.37	-1%	
17	Bill Johnson	CVFR	MV45	0:59:54	1.39	-8%	
18	Ben Frechette	CVFR	M	1:00:09	1.40	0%	
23	Richard Sunderland	CVFR	M	1:01:17	1.42	1%	
24	Phil Scarf	CVFR	MV45	1:01:25	1.43	1%	
31	Graham Hill	CVFR	MV45	1:02:56	1.46	-11%	
42	Stephen Grimley	CVFR	MV40	1:06:05	1.54	-4%	
48	Brian Horsley	CVFR	MV60	1:08:13	1.59	-2%	
50	Andy Thorpe1	CVFR	MV45	1:09:15	1.61	-1%	
55	Jackie Scarf	CVFR	FV50	1:10:34	1.64	-5%	1st woman
56	Dick Spendlove	CVFR	MV65	1:10:57	1.65	-11%	
59	Rod Sutcliffe	CVFR	MV60	1:11:27	1.66	0%	
67	Helen Buchan	CVFR	L	1:13:43	1.71	2%	
74	John Nunn	CVFR	MV50	1:15:58	1.77	-4%	

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