

<u>Norland Moor</u>		26-Aug-12		<u>rating</u>	<u>improvement</u>	
1	Shaun Dimelow	Barnsley		0:38:42	1.19	
14	Gayle Sugden	CVFR	F	0:45:47	1.40	-1% 1st female
15	Richard Sunderland	CVFR		0:45:48	1.41	4% best ever!
29	Martin Whitehead	CVFR	M55	0:49:12	1.51	2% best this year
32	Michael Dean	CVFR	M45	0:49:33	1.52	1%
33	Darren Sugden	CVFR	M40	0:50:35	1.55	0%
50	David Culpan	CVFR	M50	0:53:38	1.65	-4%
61	Gillian Wisbey	CVFR	F40	0:55:36	1.71	-1%

94 runners