

<b><u>Pilgrims Cross</u></b>		15-Aug-12			<b><u>rating</u></b>	<b><u>improvement</u></b>	
1	Grant Cunliffe	Rossendale	U23	0:37:16	1.04		
27	Stephen Smithies	CVFR	V40	0:46:25	1.29	0%	
38	Sarah Yeomans	Rossendale	FU23	0:48:32	1.35		
39	Jon Underwood	CVFR	V40	0:48:41	1.35	0%	
83	Allan Greenwood	CVFR	V50	0:55:41	1.55	<b>2%</b>	best this year

144 runners, 141 finishers