

<u>Shining Tor</u>		19-May-12		<u>rating</u>	<u>improvement</u>
1	Stephen Vernon	Gt Manchester	0:46:54	1.04	
16	Karl Gray	Yorkshire	0:49:43	1.10	-5%
32	Jason Williams	Leicestershire	0:52:22	1.16	3%
40	Lizzie Adams	Yorkshire	0:53:20	1.18	
91	Helen Fines	Yorkshire	0:59:11	1.31	1%
136	Mark Wharton	CVFR	1:04:21	1.42	-4%
168	Carl Coughlan	CVFR	1:08:28	1.51	2%
174	David Culpan	CVFR	1:09:10	1.53	2%
180	Martin Whitehead	CVFR	1:09:28	1.53	1%
182	Carole Fryer	CVFR	1:10:13	1.55	0%