

<u>Slieve Bearnagh</u>		12-May-12		<u>rating</u>	<u>improvement</u>		
1	Joe Symonds	Kendal	MO	0:49:13	0.99		
6	Karl Gray	CVFR	MV40	0:51:17	1.03	3%	
11	Gavin Mulholland	CVFR	MV40	0:52:55	1.07	4%	best this year
12	Ben Mounsey	CVFR	MO	0:53:06	1.07	2%	
25	Tim Ellis	CVFR	MO	0:56:25	1.14	1%	
26	James Logue	CVFR	MV40	0:56:33	1.14	-2%	
40 (female 1)	Angela Mudge	Carnethy	FV40	1:00:18	1.21		
44 (female 2)	Helen Fines	CVFR	FO	1:01:39	1.24	7%	best this year
45	Andy Fleet	CVFR	MU23	1:01:55	1.25	-1%	
51	Brad Traviss	CVFR	MU23	1:02:42	1.26	-9%	
62	Garry Traviss	CVFR	MV40	1:04:08	1.29	5%	best ever!
63	Mark Goldie	CVFR	MV40	1:04:12	1.29	-3%	
128 (female 25)	Linda Murgatroyd	CVFR	FV40	1:23:18	1.68	-1%	
131 (female 28)	Linda Crabtree	CVFR	FV50	1:23:49	1.69	-5%	
142	Trevor Murgatroyd	CVFR	MV50	1:35:16	1.92	-14%	

148 runners (incl 31 women)