

<b>Stoodley Pike</b>		03-Jul-12			<b>rating</b>	<b>improvement</b>	
1	Ian Holmes	Bingley	MV40	0:19:46	1.12		
3	Alex Whittem	CVFR	M	0:20:01	1.13	2%	best this year
4	Tim Black	CVFR	M	0:20:08	1.14	1%	
9	Graeme Brown	CVFR	M	0:21:41	1.23	-1%	
12	Edan Whitelaw	CVFR	MU18	0:22:09	1.25	2%	
13	Oli White	CVFR	M	0:22:16	1.26	3%	best ever!
15	Holly Page	CVFR	L	0:22:26	1.27	4%	1st female
17	Helen Fines	CVFR	L	0:22:49	1.29	4%	
19	Romain Pierrel	CVFR	M	0:23:18	1.32		
20	Stephen Smithies	CVFR	MV40	0:23:20	1.32	-4%	
22	Jack Denton	CVFR	MU18	0:23:41	1.34	-1%	
23	James Williams	CVFR	M	0:23:43	1.34	1%	
51	Ben Frechette	CVFR	M	0:26:01	1.47	0%	
54	Martin Mason	CVFR	M	0:26:14	1.48	1%	best ever!
56	Stephen Grimley	CVFR	M	0:26:21	1.49	-1%	
58	Carl Coughlan	CVFR	M	0:26:30	1.50	0%	
61	Richard Sunderland	CVFR	M	0:26:45	1.51	-4%	
68	Barbara Lonsdale	CVFR	LV40	0:27:12	1.54	0%	
71	Graham Dyson	CVFR	MV40	0:27:17	1.54	2%	
72	Phil White	CVFR	MV50	0:27:18	1.54	3%	
83	Blair Garrett	CVFR	M	0:27:49	1.57	4%	best ever!
84	Nick Murphy	CVFR	MV50	0:27:53	1.58	-1%	
85	Andy Thorpe1	CVFR	MV40	0:28:00	1.58	-1%	
87	Jackie Scarf	CVFR	LV40	0:28:12	1.59	0%	
88	Claire Hanson	CVFR	L	0:28:14	1.60	-1%	
89	Kate Mansell	CVFR	LV40	0:28:17	1.60	-2%	
105	Gary Muir	CVFR	MV50	0:29:07	1.65	-2%	
115	Alastair Whitelaw	CVFR	MV40	0:29:35	1.67	6%	best this year
116	Clare Kenny	CVFR	LV50	0:29:36	1.67	1%	
120	Johnnie Watson	CVFR	MV40	0:29:59	1.70	-5%	
122	Gillian Wisbey	CVFR	LV40	0:30:08	1.70	-2%	
130	Antony Mcmanus	CVFR	MV40	0:30:44	1.74	5%	best this year
133	Steve Cavell	CVFR	MV50	0:30:54	1.75	3%	
153	Carolyn Shimwell	CVFR	M	0:34:28	1.95	11%	
154	Carole Fryer	CVFR	LV40	0:34:29	1.95	-17%	
162	Rachel Johnston	CVFR	LV40	0:42:03	2.38	-18%	
164	Dan Keeshan	CVFR	M	0:42:51	2.42		
165	Rob White	CVFR	M	0:43:48	2.48	-70%	

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