

	<u>Stoop</u>	16-Dec-12	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>	
1	Tom Adams	Ilkley		0:31:30	1.08		
8	Max Wharton	CVFR	U18	0:34:53	1.20	-3%	
16	Graeme Brown	CVFR		0:36:05	1.24	-1%	
25	Helen Fines	CVFR	F	0:37:58	1.30	0%	first woman
26	Ian Symington	CVFR		0:37:59	1.30	-1%	
30	Robert Paradise	CVFR		0:38:20	1.31	1%	
42	Mark Wharton	CVFR	V40	0:39:37	1.36	2%	best this year
56	Lee Shimwell	CVFR		0:40:44	1.40	-2%	
76	Phil Scarf	CVFR	V40	0:42:17	1.45	-1%	
88	Chris Sylge	CVFR	V40	0:43:19	1.49	-1%	
110	Carl Coughlan	CVFR		0:44:59	1.54	1%	
116	Richard Ingram	CVFR	V40	0:45:39	1.57	1%	
125	Dick Spendlove	CVFR	V60	0:46:15	1.59	3%	
128	Gary Muir	CVFR	V50	0:46:23	1.59	1%	
135	Jackie Scarf	CVFR	FV50	0:46:47	1.60	1%	
155	Kate Mansell	CVFR	FV40	0:48:26	1.66	-5%	
161	Martin Whitehead	CVFR	V50	0:48:41	1.67	-7%	
176	John Nunn	CVFR	V50	0:49:54	1.71	1%	
193	Helen Buchan	CVFR	F	0:51:08	1.75	-1%	
247	Carolyn Shimwell	CVFR	F	1:03:27	2.18	-7%	

270 runners