

	<u>Summit</u>	20-Oct-12	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>	
1	William Neill	Mercia		0:30:37	1.19		
9	Stephen Smithies	CVFR	V40	0:33:40	1.31	-3%	
10	Robert Paradise	CVFR		0:33:52	1.32	4%	best ever!
18	Mark Wharton	CVFR	V40	0:35:57	1.40	-2%	
19	Richard Sunderland	CVFR		0:36:19	1.41	3%	
29	Lisa Lacon	Holmfirth	L	0:38:53	1.51		
34	Michael Dean	CVFR	V40	0:39:57	1.56	-1%	
38	Martin Whitehead	CVFR	V50	0:41:26	1.61	-5%	
39	Gary Muir	CVFR	V50	0:41:30	1.62	-1%	
41	Graham Lloyd	CVFR	V50	0:42:26	1.65	-3%	
42	David Culpan	CVFR	V50	0:42:34	1.66	-5%	
46	Helen Buchan	CVFR	L	0:43:32	1.69	4%	
49	Rod Sutcliffe	CVFR	V60	0:44:45	1.74	-6%	
55	Graham Davy	CVFR	V50	0:47:01	1.83	2%	

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