

<u>Thieveley Pike</u>		29-Sep-12		<u>rating</u>	<u>improvement</u>	
1	Andy Brown	Clayton		0:35:53	1.21	
9	Rob Dobson	CVFR		0:38:42	1.30	-2%
15	Jon Underwood	CVFR	M40	0:40:16	1.35	0%
18	Stephen Smithies	CVFR	M45	0:41:05	1.38	-8%
19	Lee Shimwell	CVFR		0:41:11	1.39	-7%
21	Phil Scarf	CVFR	M45	0:41:39	1.40	5%
45	Kate Titlow	Warrington	F	0:44:19	1.49	best this year
55	Jackie Scarf	CVFR	F50	0:46:03	1.55	1%
75	Trevor Murgatroyd	CVFR	M50	0:48:44	1.64	6% best this year

118 runners