

Tom Tittiman		24-Jun-12			rating	improvement	
1	James Logue	CVFR	V40	0:27:20	1.12	-4%	
2	Jason Williams	CVFR	M	0:28:25	1.16	-1%	
5	Andy Thorpe2	CVFR	V40	0:29:25	1.20	0%	
7	Graeme Brown	CVFR	M	0:30:01	1.22	0%	
9	Stephen Smithies	CVFR	V40	0:31:01	1.27	1%	
10	Edan Whitelaw	CVFR	U16	0:31:15	1.28	0%	
12	Robert Paradise	CVFR	V40	0:32:45	1.34	0%	
15	Jack Denton	CVFR	U16	0:33:03	1.35	-2%	
25	Stephen Grimley	CVFR	V40	0:35:57	1.47	2%	
27	Heather Gardner	CVFR	F	0:36:07	1.47	-4%	1st female
31	Kate Mansell	CVFR	FV40	0:37:47	1.54	1%	best ever!
32	Graham Dyson	CVFR	V40	0:37:52	1.55	-2%	
35	Blair Garrett	CVFR	M	0:38:45	1.58	7%	best ever!
41	Graham Lloyd	CVFR	V50	0:39:50	1.63	-1%	
42	Ryan Colbeck	CVFR	M	0:39:54	1.63	4%	best ever!
55	Toby Sydes	CVFR	V40	0:44:38	1.82	-1%	
dnf	Richard Sunderland	CVFR	M				
dnf	Daniel Keeshan	CVFR	M				

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