

<u>Tour of Pendle</u>		17-Nov-12	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>
1	Carl Bell	Howgill Harriers		2:27:01	1.18	
13	Graeme Brown	CVFR		2:44:12	1.32	-3%
40	Stephen Smithies	CVFR	V45	2:51:24	1.37	-4%
60	Robert Paradise	CVFR		2:57:16	1.42	4%
64	Jon Underwood	CVFR	V40	2:58:04	1.43	2%
68	Nicky Spinks	Dark Peak	LV45	2:58:21	1.43	
126	Mark Wharton	CVFR	V45	3:10:44	1.53	-4%
143	Stephen Grimley	CVFR	V40	3:14:38	1.56	0%
172	Mike Wardle	CVFR	V55	3:22:20	1.62	1%
234	Rod Sutcliffe	CVFR	V60	3:34:10	1.72	-6%
241	Kate Mansell	CVFR	LV40	3:35:25	1.73	-3%
291	Helen Buchan	CVFR	L	3:46:32	1.82	

382 runners, 362 finishers