

| <u>Turnslack</u> | | 21-Jul-12 | | | <u>rating</u> | <u>improvement</u> | |
|------------------|-----------------|-----------|------|---------|---------------|--------------------|----------------|
| 1 | Tim Ellis | CVFR | S | 1:06:46 | 1.14 | 0% | |
| 2 | Shaun Godsman | CVFR | S | 1:07:09 | 1.15 | -4% | |
| 27 | Robert Paradise | CVFR | S | 1:22:54 | 1.42 | -5% | |
| 28 | Jayne Joy | Helsby | L | 1:22:59 | 1.42 | | |
| 39 | Ben Frechette | CVFR | S | 1:27:46 | 1.50 | -4% | |
| 40 | Nick Murphy | CVFR | V55 | 1:28:38 | 1.52 | 1% | best this year |
| 42 | Jackie Scarf | CVFR | LV50 | 1:29:17 | 1.53 | 3% | best this year |

85 runners