

<u>Wadsworth Half Trog</u>		11-Nov-12	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>
1	Tim Black	CVFR		1:15:55	1.20	-2%
3	Ian Symington	CVFR		1:23:32	1.32	-7%
4	Robert Paradise	CVFR		1:23:34	1.32	1%
13	Garry Traviss	CVFR	V40	1:26:07	1.36	-1%
16	Mark Wharton	CVFR	V40	1:26:40	1.37	1%
18	Lee Shimwell	CVFR		1:28:11	1.39	-4%
23	Richard Sunderland	CVFR		1:29:55	1.42	1%
28	Dave Beels	CVFR	V60	1:31:23	1.44	-1%
44	Mike Wardle	CVFR	V50	1:35:24	1.51	4%
47	Jeff Winder	CVFR	V60	1:36:27	1.52	-4%
53	Martin Mason	CVFR		1:38:48	1.56	-5%
54	Brian Horsley	CVFR	V60	1:39:21	1.57	2%
56	Richard Ingram	CVFR	V40	1:40:27	1.59	
57	Martin Whitehead	CVFR	V50	1:42:48	1.62	-4%
58	Andy Thorpe1	CVFR	V40	1:42:50	1.62	-1%
75	Rod Sutcliffe	CVFR	V60	1:47:33	1.70	-1%
79	John Nunn	CVFR	V50	1:48:22	1.71	2%
81	David Culpan	CVFR	V50	1:50:07	1.74	-9%
83	Helen Buchan	CVFR	L	1:50:40	1.75	1%
87	Tony Steward	CVFR	V50	1:52:20	1.77	-8%
88	Toby Sydes	CVFR	V40	1:52:25	1.77	1%
90	John Riley	CVFR	V60	2:12:10	2.09	-16%
91	Charlotte Wetton	CVFR	L	2:22:01	2.24	-8%

112 runners