

<u>Whernside</u>		22-Sep-12		<u>rating</u>	<u>improvement</u>	
1	Paul Webb	unattached		1:37:49	1.26	
15	Jane Luxmoore	Ambleside	F	1:48:39	1.40	
26	Robert Paradise	CVFR		1:53:24	1.46	9%
27	Jon Underwood	CVFR	MV40	1:53:48	1.46	-3%
87	Jimmy Oldfield	CVFR	MV40	2:14:47	1.73	0%
98	Michael Dean	CVFR	MV40	2:18:12	1.78	-7%
100	Andy Thorpe1	CVFR	MV40	2:18:54	1.79	0%
113	Ryan Colbeck	CVFR		2:26:19	1.88	-4%

131 runners