

<b>Widdop</b>		18-Jul-12			<b>rating</b>	<b>improvement</b>	
1	Ian Holmes	Bingley	V45	0:54:38	1.18		
3	Andy Thorpe2	CVFR	V40	0:55:38	1.20	0%	
12	James Williams	CVFR	M	1:00:40	1.31	2%	best this year
15	Pierrel Romain	CVFR	M	1:01:13	1.32	-2%	
23	Rob White	CVFR	U23	1:04:30	1.39	5%	best ever!
26	Phil Scarf	CVFR	V45	1:05:01	1.40	1%	best this year
28	Dave Beels	CVFR	V60	1:05:31	1.41	2%	best this year
31	Sarah Sarginson	Bowland	FV40	1:06:00	1.42		
38	Tim Brooks	CVFR	V40	1:07:30	1.46	1%	
43	Martin Mason	CVFR	M	1:08:20	1.47	1%	best ever!
47	Oli White	CVFR	U23	1:09:14	1.49	-17%	
52	Stephen Grimley	CVFR	V40	1:09:32	1.50	-1%	
53	Richard Sunderland	CVFR	M	1:09:34	1.50	-2%	
63	Paul Taylor	CVFR	V45	1:11:25	1.54	4%	best ever!
65	Nick Murphy	CVFR	V55	1:11:27	1.54	0%	
70	Jackie Scarf	CVFR	FV50	1:13:04	1.58	0%	
73	Phil White	CVFR	V50	1:14:37	1.61	-3%	
93	Gillian Wisbey	CVFR	FV40	1:18:46	1.70	-1%	
106	Toby Sydes	CVFR	V40	1:23:46	1.81	3%	

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