

<b>Hebden22</b>		21-Jan-12		<b>rating</b>	<b>improvement</b>	
1	Ben Mounsey	CVFR	2:53:00	1.05	2%	
2	Gavin Mulholland	CVFR	2:56:00	1.07	3%	
3	Adam Breaks	CVFR	3:11:00	1.16	2%	
5	Kevin Hoult	CVFR	3:15:00	1.18	7%	best ever!
12	Jo Waites	CVFR	3:31:00	1.28		1st woman
15	Martin Huddleston	CVFR	3:38:00	1.32	0%	
18	Graeme Brown	CVFR	3:41:00	1.34		
23	Anne Johnson	CVFR	3:43:00	1.35	0%	
39	Steve Grimley	CVFR	4:00:00	1.45	3%	
41	Phil Scarf	CVFR	4:03:00	1.47	-2%	
43	Paul Biddulph	CVFR	4:06:00	1.49	-9%	
56	Johnnie Watson	CVFR	4:14:00	1.54	2%	
66	Barbara Lonsdale	CVFR	4:26:00	1.61		
67	Jackie Scarf	CVFR	4:26:00	1.61	-1%	
93	David Culpan	CVFR	4:45:00	1.73	-5%	
99	Clare Kenny	CVFR	4:55:00	1.79	-9%	
109	Paul Frechette	CVFR	5:10:00	1.88		
155	Kay Pierce	CVFR	6:17:00	2.29		
156	Jane Frechette	CVFR	6:17:00	2.29		
157	Rose Carnochan	CVFR	6:17:00	2.29		
158	Cath Profitt	CVFR	6:17:00	2.29		
165	Angela Richards	CVFR	6:25:00	2.33		

171 runners