

**Hebden 15**

19-Jan-13

**Time rating improvement**

1	Paul Crabtree		2:26:00	1.24	
3	Darren Sugden	CVFR	2:51:00	1.46	
4	Donna Cartright		2:51:00	1.46	
38	Heidi Rushton	CVFR	3:53:00	1.98	
43	Catherine Plane	CVFR	3:56:00	2.01	
53	Kay Pierce	CVFR	4:46:00	2.44	-9%
54	Rose Carnochan	CVFR	4:46:00	2.44	-9%

62 runners