

Hebden 22		19-Jan-13	Time	rating	improvement
1	Ben Mounsey	CVFR	3:06:00	1.04	2%
1	Gavin Mulholland	CVFR	3:06:00	1.04	-1%
6	Ian Symington	CVFR	3:26:00	1.15	-6%
7	Simon Bourne	CVFR	3:29:00	1.17	0%
12	Kevin Hoult	CVFR	3:34:00	1.20	0%
25	Bill Johnson	CVFR	3:50:00	1.29	0%
26	Phil Scarf	CVFR	3:50:00	1.29	11%
32	Isaline Kneale		4:00:00	1.34	
33	Garry Traviss	CVFR	4:00:00	1.34	-1%
34	Paul Biddulph	CVFR	4:00:00	1.34	3%
36	Ian Wood	CVFR	4:00:00	1.34	-1%
38	Barbara Lonsdale	CVFR	4:03:00	1.36	14%
39	Jon Underwood	CVFR	4:04:00	1.37	-2%
65	Jackie Scarf	CVFR	4:31:00	1.52	4%
66	Linda Murgatroyd	CVFR	4:31:00	1.52	8%
71	Tony Steward	CVFR	4:35:00	1.54	6%
85	Michael Dean	CVFR	4:51:00	1.63	-2%
109	Philip Jones	CVFR	5:49:00	1.95	-4%
125	Joanna Stevens	CVFR	6:43:00	2.26	-48%
	Chris Standish	CVFR	DNF		
	Jane Frechette	CVFR	DNF		

135 runners