

<u>Hebden Bridge</u>		06-Jun-13	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>	
1	Ian Holmes	Bingley	M40	0:43:39	1.13		
4	Graeme Brown	CVFR	M	0:46:59	1.21	-1%	
6	Joe Washington	CVFR	M	0:47:34	1.23	1%	best this year
7	Mark Goldie	CVFR	M40	0:47:40	1.23	1%	
9	Andy Thorpe2	CVFR	M40	0:47:53	1.24	-4%	
10	Ian Symington	CVFR	M	0:48:49	1.26	-3%	
14	Ben Frechette	CVFR	M	0:50:27	1.30	1%	
18	Simon Bourne	CVFR	M40	0:51:17	1.32	-2%	
19	Toby Cotterill	CVFR	M	0:51:27	1.33	4%	best ever!
20	Ashley Sharp	CVFR	M	0:52:02	1.34	-2%	
21	Mark Wharton	CVFR	M40	0:52:05	1.34	-2%	
25	Mark O'Connor	CVFR	M	0:52:44	1.36	-1%	
26	Holly Page	CVFR	W	0:52:56	1.37	-2%	first woman
28	Jonathan Emberton	CVFR	M50	0:53:31	1.38	-5%	
36	Stephen Grimley	CVFR	M40	0:56:37	1.46	-1%	
39	James Kershaw	CVFR	M	0:56:51	1.47	-1%	
40	Jon Hairsine	CVFR	M50	0:57:04	1.47	-4%	
45	Jim Mosley	CVFR	M40	0:58:02	1.50	0%	
47	Tim Brooks	CVFR	M40	0:58:27	1.51	-5%	
48	Paul Taylor	CVFR	M40	0:58:35	1.51	9%	
50	Jackie Scarf	CVFR	W50	0:58:59	1.52	2%	
56	Toby Sydes	CVFR	M40	1:01:08	1.58	6%	best ever!
58	Darren Sargent	CVFR	M40	1:01:21	1.58	4%	
59	Kate Mansell	CVFR	W40	1:01:23	1.58	-4%	
60	Nathan Kennaugh	CVFR	M	1:01:25	1.58	2%	
61	Graeme Woodward	CVFR	M50	1:01:44	1.59	0%	
62	Helen Buchan	CVFR	W	1:02:00	1.60	2%	
63	Richard Ingram	CVFR	M40	1:02:05	1.60	-3%	
74	Rachel Johnston	CVFR	W40	1:03:56	1.65	10%	best ever!
82	Graham Lloyd	CVFR	M50	1:06:25	1.71	-7%	
83	Louise Marix-Evans	CVFR	W	1:06:42	1.72	-4%	
84	Andrew Meek	CVFR	M40	1:06:52	1.73	2%	
86	Graham Davy	CVFR	M50	1:08:45	1.77	5%	
97	Philip Jones	CVFR	M50	1:13:14	1.89	-3%	
103	Sarah Dunnakey	CVFR	W40	1:16:41	1.98		

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