

<u>Sedbergh Hills</u>		18-Aug-13	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>
1	Rob Jebb	Bingley		2:11:14	0.98	
12	Victoria Wilkinson	Bingley	F	2:28:31	1.11	
18	Tim Black	CVFR		2:33:30	1.15	2%
53	Robert Paradise	CVFR		2:50:09	1.28	3%
68	Stephen Smithies	CVFR	V40	2:57:22	1.33	-4%
77	Liam Gough	CVFR		3:00:01	1.35	

191 started, 186 finished