

Hellifield Gala

04-Aug-12

					<u>rating</u>	<u>improvement</u>	
1	Joseph Crossfield	Halifax	U23	0:26:27	1.20		
16	Robert Paradise	CVFR		0:30:02	1.36	1%	
21	Phil Scarf	CVFR	V40	0:31:33	1.43	-1%	
33	Zara Knappy	Keighley & Craven	FU18	0:33:33	1.52		
34	Jackie Scarf	CVFR	FV50	0:33:39	1.52	3%	best this year
39	Andy Thorpe1	CVFR	V40	0:35:10	1.59	-1%	
40	Brian Horsley	CVFR	V60	0:35:19	1.60	-8%	

61 runners