

<u>Ambleside (bofra)</u>		25-Jul-13	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>
1	Rob Jebb	Bingley		0:14:32	1.07	
2	Shaun Godsman	CVFR	V40	0:15:00	1.10	0%
29	Lauren Munro-Bennett	Helm Hill	LU23	0:19:35	1.44	
43	Trevor Murgatroyd	CVFR	V50	0:21:25	1.57	0%
58	Sharon Godsman	CVFR	LV40	0:23:31	1.73	-1%

84 runners