

<u>Grasmere Guides</u>		25-Aug-13	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>	
1	Rob Jebb	Bingley		0:13:07	0.96		
9	Alex Whitem	CVFR		0:14:55	1.09	4%	best this year
29	Pippa Maddams	Keswick	F	0:17:04	1.25		
58	Stephen Smithies	CVFR	V40	0:18:40	1.36	-2%	
70	Robert Paradise	CVFR		0:19:05	1.40	-8%	

195 runners