Race	Heart Of The Lakes Rydal Round					
Date of Race	26-Jul-12					
Winning Time	1:20:11					
Race Difficulty Weighting	0.00					



Number of	1
CVFR	
Entrants	





Race ID

pos	name	club	category	time	Pos in	number	Todays	Previous	Improvement	Comments
					category	in	Race	Rolling		
						category	Rating	Handicap		
1	R.LIGHTFOOT	ELLENBOROUGH		01:20:11						
105	L.MURGATROYD	CVFR	W	02:22:17						