Race	Grasmere Guides
Date of Race	25-Aug-13
Winning Time	0:13:07
Race Difficulty Weighting	0.00



Number of CVFR Entrants	3
Lilliants	



Race ID

pos	name	club	category	time	Pos in	number	Todays	Previous	Improvement	Comments
					category	in	Race	Rolling		
						category	Rating	Handicap		
1	Rob Jebb	Bingley Harriers	M	00:13:07						
9	Alex Whittem	CVFR	M	00:14:55						
58	Stephen Smithies	CVFR	M40	00:18:40						
70	Robert Paradise	CVFR	M	00:19:05						