

<u>Snowdon</u>		20-Jul-13	<u>Cat</u>	<u>Time</u>	<u>rating</u>	<u>improvement</u>	
1	Andi Jones	Salford	M	1:08:50	0.98		
18	Gavin Mulholland	Nth Ireland	M	1:15:32	1.08	1%	
30	Johny Helliwell	CVFR	M	1:21:39	1.17	4%	best ever!
47	Sarah Mulligan	Ireland	F	1:26:25	1.24		
81	Stephen Smithies	CVFR	M45	1:31:34	1.31	-1%	
93	Robert Paradise	CVFR	M	1:32:55	1.33	-3%	
173	Richard Sunderland	CVFR	M	1:41:03	1.45	-4%	
383	Nicky Bolton	CVFR	M	1:59:00	1.70	-12%	

533 runners