

<u>Snowdon</u>		21-Jul-12			<u>rating</u>	<u>improvement</u>
1	Murray Strain	Scotland	M-INT	1:05:10	0.98	
21	Gavin Mulholland	Nth Ireland	M-INT	1:14:54	1.13	-2%
43	Tessa Hill		F	1:21:24	1.22	
54 (fem 2)	Helen Fines	England	F-INT	1:23:09	1.25	5%
74	Stephen Smithies	CVFR	M40	1:25:59	1.29	-1%
79 (fem 5)	Holly Page	England	F-INT	1:26:56	1.31	-1%
135	Jason Williams	CVFR	M	1:34:35	1.42	-24%
164	Michael Fryer	CVFR	M50	1:36:30	1.45	-2%

513 runners