

## Hay 5k Run

Date: 24 Feb 2018

Weather: Cold. Dry underfoot

Number of runners: 29

Position	Name	Time (eg.21.01)	Age Cat	Age Grade %	Gender (M/F)	Gender Pos	Club	PB	Total Runs
1	John Warburton	23.05	VM 50-54	64.4	M		Hay Hotfooters	23.05 PB	2
2	Emily Williams	23.45	SW 30-34	62.18	F			23.45	1
3	George Woodley?	24.02	SM 30-34	55.83	M			24.02	1
4	Martin Carter	24.51	VM 50-54	60.3	M		Hay Hotfooters	24.51	1
5	Addy Carter	24.54	JW 15-17	61.24	F		Hay Hotfooters	24.54	1
6	John Price	27.02	VM 60-64	59.06	M		Hay Hotfooters	27.02 PB	2
7	Nye? Turner	27.23	JM 10	59.46	M			27.23	1
8	Izzy Goodridge	27.49	JW 15-17	53.92	F		Hay Hotfooters	27.49 PB	2
9	Tina Lavelle	29.46	VW 60-64	62.26	F		Hay Hotfooters	29.46 PB	2
10	Pat Brister	29.55	VW 65-69	66.85	F		Hay Hotfooters	29.55	1
11	Rachel Jones	30.24	VW 45-49	53.18	F		Hay Hotfooters	30.24	1
12	Angela Price	30.24	VW 45-49	52.63	F		Hay Hotfooters	27.47	2
13	Sheenagh Finnie	30.54	VW 40-44	50.43	F			30.54	1
14	Sophie Norman	32.40	JW 10	59.03	F			32.40	1
15	Sea? Sampson	33.00	JW 10	52.68	F			33.00	1
16	Hannah Sampson	33.00	VW 40-44	45.96	F			33.00	1
17	Ellie Ford	33.16	JW 10	52.25	F			33.16	1
18	Will Ford	33.18	VM 35-39	40.89	M		Hay Hotfooters	33.18	2
19	Lottie Ford	33.18	JW 10	57.91	F			33.18	1
20	Siân Norman	33.24	VW 35-39	44.96	F		Chorlton Runners	33.24	1
21	Edna Stuart	34.31	VW 65-69	57.45	F			34.31	1
22	Emily Turner	34.31	VW 40-44	45.15	F			34.31	1
23	Alan HARRY	34.39	VM 70-74	53.25	M		Hay Hotfooters	34.07	2
24	Tanya Warburton	38.48	VW 50-54	43.51	F			38.48	1
25	Caz Phillips	42.44	VW 35-39	35.02	F		* With pushchair	42.44	1
26	Lisa Howard	44.01	VW 40-44	34.65	F			44.01	1
27	Jo James	44.01	VW 40-44	34.65	F			44.01	1

**Age Grading** - A bit of fun . Age grading takes your time and uses the world record time for your sex and age to produce a score (a percentage). This score allows you to compare your personal performance against other people's performances even though they might be a different age and a different sex to you - the higher the score the better the performance.

The following gives the age graded result

Position	Name	Time (eg.21.01)	Age Cat	Age Grade %	Gender (M/F)	Gender Pos	Club	PB	Total Runs
1	Pat Brister	29.55	VW 65-69	66.85	F		Hay Hotfooters	29.55	1
2	John Warburton	23.05	VM 50-54	64.4	M		Hay Hotfooters	23.05 PB	2
3	Tina Lavelle	29.46	VW 60-64	62.26	F		Hay Hotfooters	29.46 PB	2
4	Emily Williams	23.45	SW 30-34	62.18	F			23.45	1
5	Addy Carter	24.54	JW 15-17	61.24	F		Hay Hotfooters	24.54	1
6	Martin Carter	24.51	VM 50-54	60.3	M		Hay Hotfooters	24.51	1
7	Nye? Turner	27.23	JM 10	59.46	M			27.23	1
8	John Price	27.02	VM 60-64	59.06	M		Hay Hotfooters	27.02 PB	2
9	Sophie Norman	32.40	JW 10	59.03	F			32.40	1
10	Lottie Ford	33.18	JW 10	57.91	F			33.18	1
11	Edna Stuart	34.31	VW 65-69	57.45	F			34.31	1
12	George Woodley?	24.02	SM 30-34	55.83	M			24.02	1
13	Izzy Goodridge	27.49	JW 15-17	53.92	F		Hay Hotfooters	27.49 PB	2
14	Alan Harrhy	34.39	VM 70-74	53.25	M		Hay Hotfooters	34.07	2
15	Rachel Jones	30.24	VW 45-49	53.18	F		Hay Hotfooters	30.24	1
16	Sea? Sampson	33.00	JW 10	52.68	F			33.00	1
17	Angela Price	30.24	VW 45-49	52.63	F		Hay Hotfooters	27.47	2
18	Ellie Ford	33.16	JW 10	52.25	F			33.16	1
19	Sheenagh Finnie	30.54	VW 40-44	50.43	F			30.54	1
20	Hannah Sampson	33.00	VW 40-44	45.96	F			33.00	1
21	Emily Turner	34.31	VW 40-44	45.15	F			34.31	1
22	Siân Norman	33.24	VW 35-39	44.96	F		Chorlton Runners	33.24	1
23	Tanya Warburton	38.48	VW 50-54	43.51	F			38.48	1
24	Will Ford	33.18	VM 35-39	40.89	M		Hay Hotfooters	33.18	2
25	Caz Phillips	42.44	VW 35-39	35.02	F		* With pushchair	42.44	1
26	Lisa Howard	44.01	VW 40-44	34.65	F			44.01	1
27	Jo James	44.01	VW 40-44	34.65	F			44.01	1

