

Hay 5k Run

Date: 17 March 2018

Weather: Cold, Snowy, Windy

Number of runners: 17

Position	Name	Time (eg.21.01)	Age Cat	Age Grade %	Gender (M/F)	Gender Pos	Club	PB CR = Course Record	Total Runs
1.	Evan Price-Davies	21.05	16		M	1	Brecon AC	21.05 CR	1
2	Martin Carter	22.42	52		M	2		22.42 PB	2
3	Will Ford	23.08	39		M	3	Hay Hotfooters	23.08 PB	4
4	John Warburton	23.25	52		M	4	Hay Hotfooters	23.05	4
5	John Price	27.44	60		M	5	Hay Hotfooters	27.02	4
6	Izzy Goodridge	29.41	17		F	1	Hay Hotfooters	28.03	3
7	Steve Goodridge	29.45	55		M	6	Hay Hotfooters	26.53	2
8	Phoebe Goodridge	31.07	16		F	2		31.07	1
9	Sue Richards	31.11	62		F	3	Hay Hotfooters	31.05	2
10	Andrew Price	31.20	54		M	7	Hay Hotfooters	31.20	1
11	Sarah Miles-Griffiths	31.37	58		F	4	Hay Hotfooters	31.37	1
12	Sheenagh Finnie	32.12	44		F	5		30.54	3
13	Johnny Williams	34.01	9		M	8		34.01	1
14	Charlie Williams	34.06	8		M	9		34.06	1
15	Caz Phillips	34.17	37		F	6		34.17 PB	2
16	Jo James & Molly (2)	37.17	41		F	7	With pushchair - short course		2

No time recorded for 1 runner

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 CR = Course Record	Total Runs
1	Martin Carter	22.42	52	66.01	M	2		22.42 PB	2
2	John Warburton	23.25	52	63.99	M	4	Hay Hotfooters	23.05	4
3	Evan Price-Davies	21.05	16	62.85	M	1	Brecon AC	21.05 PB (CR)	1
4	Sue Richards	31.11	62	60.93	F	3	Hay Hotfooters	31.05	2
5	Will Ford	23.08	39	58.86	M	3	Hay Hotfooters	23.08 PB	4
6	John Price	27.44	60	57.57	M	5	Hay Hotfooters	27.02	4
7	Sarah Miles-Griffiths	31.37	58	57.25	F	4	Hay Hotfooters		1
8	Steve Goodridge	29.45	55	51.54	M	6	Hay Hotfooters	29.45	1
9	Izzy Goodridge	29.41	17	50.53	F	1	Hay Hotfooters	29.41	3
10	Charlie Williams	34.06	8	50.39	M	9		34.06	1
11	Phoebe Goodridge	31.07	16	49.01	F	2		31.07	1
12	Andrew Price	31.20	54	48.56	M	7	Hay Hotfooters	31.20	1
13	Sheenagh Finnie	32.12	44	48.4	F	5		30.54	3
14	Johnny Williams	34.01	9	47.87	M	8		34.01	1
15	Caz Phillips	34.17	37	43.66	F	6		34.17	1
16	Jo James & Molly (2)	37.17	41		F	7	With pushchair - short course		2