

Hay Riverside Run (5k) Results

Weather

Date:

09 September 2023

Total Runners:

17

Pos.	Name	Race No.	Time	Age Cat	Age	M/F	Gend Pos.	% of Age WR	Club	PB Time	PB?	CR?	Total Runs
1	Paul Millsom		00:22:49	VM 65-69	67	M	1	75.60	Vegan Runner	00:21:28			16
2	Peter Summers		00:24:11	VM 35-39	37	M	2	53.69	Hay Hotfooters	00:20:46			46
3	David Rees		00:25:28	VM 70-74	72	M	3	72.58	Hay Hotfooters	00:23:54			24
4	Mick Collins		00:26:20	VM 55-59	58	M	4	59.62	Hay Hotfooters	00:22:51			83
5	Emma Frost		00:27:41	VW 50-54	54	F	1	62.67	Hay Hotfooters	00:24:50			23
6	Max Clayton		00:28:09	SM	29	M	5	44.70		00:00:00			1
7	Paul McDermott		00:28:10	VM 55-59	59	M	6	56.09	Hay Hotfooters	00:23:24			46
8	Daisy McDermott		00:28:27	SW	27	F	2	49.62		00:00:00			1
9	Will Ford		00:30:04	VM 45-49	45	M	7	47.34	Hay Hotfooters	00:22:13			22
10	Emi Smith		00:30:25	SW	23	F	3	46.41		00:00:00			1
11	Lesley Ashton		00:30:50	VW 60-64	64	F	4	63.30	Vegan Runner	00:27:39			14
12	Tina Lavelle		00:31:22	VW 65-69	66	F	5	64.03	Hay Hotfooters	00:27:24			42
13	Rose Thomas		00:31:46	VW 70-74	72	F	6	69.15	Rhayader R.C.	00:28:14			49
14	Koo Smith		00:31:50	SW	29	F	7	44.35		00:00:00			1
15	Louise Austin		00:33:00	VW 60-64	62	F	8	56.82		00:00:00			1
16	Alan Nicholls		00:35:10	VM 70-74	72	M	8	52.56	Hay Hotfooters	00:28:26			72
17	Ruth McDermott		00:36:37	VW 55-59	59	F	9	48.84	Hay Hotfooters	00:32:56			39