

Hay Riverside Run (5k) Results By % WR

Weather

Date:

Total Runners:

Pos.	Name	Race No.	Time	Age Cat	Age	M/F	% of Age WR	Club	PB Time	PB?	CR?	Total Runs
1	Eric Chappell		00:19:45	VM 40-44	41	M	67.51		00:20:04	Y		11
2	Emma Frost		00:28:15	VW 50-54	54	F	61.42	Hay Hotfooters	00:24:50			20
3	Sue Richards		00:33:39	VW 65-69	67	F	60.33	Hay Hotfooters	00:29:13			108
4	Jo James		00:31:45	VW 55-59	58	F	56.01	Crickhowell Runners	00:29:32			2
5	Andrew Cleal		00:30:56	VM 60-64	60	M	51.56		00:31:27	Y		5
6	Ruth McDermott		00:35:44	VW 55-59	59	F	50.05	Hay Hotfooters	00:32:56			38
7	Seren Berry		00:29:59	SF	32	F	47.08		00:29:00			5
8	Isabel James		00:31:30	SW	22	F	44.81		00:00:00			1
9	Paul McDermott		00:35:44	VM 55-59	59	M	44.22	Hay Hotfooters	00:23:24			45