

## Hay 5k Run

Date: 10 March 2018

Weather: Mild . Damp underfoot

Number of runners: 19

Position	Name	Time (eg.21.01)	Age Cat	Age Grade %	Gender (M/F)	Gender Pos	Club	PB	Total Runs
1	Vickie Wilkinson	22.13	VW 40-44	70.14	F	1	Cheltenham Harriers	22.13	1
2	Matthew Haynes	22.41	VM 45-49	63.12	M	1	Builth & District	22.41	1
3	John Warburton	23.33	VM 50-54	63.62	M	2	Hay Hotfooters	23.05	3
4	Will Ford	23.46	VM 35-39	57.29	M	3	Hay Hotfooters	23.22	3
5	Brian Morgan	24.02	VM 50-54	61.37	M	4	Hay Hotfooters	24.02	1
6	Ollie Wilkinson	24.17	VM 40-44	57.24	M	5		24.17	1
7	Paul Tree	24.32	VM 50-54	60.6	M	6	Hay Hotfooters	24.32	1
8	Bill Phelps	24.45	VM 55-59	63.5	M	7	New Bitham Joggers	24.45	1
9	John Price	27.01	VM 60-64	59.1	M	8	Hay Hotfooters	27.01 PB	3
10	Tina Lavelle	30.01	VW 60-64	61.74	F	2	Hay Hotfooters	29.46	3
11	Alex Coomber	30.34	JM 10	53.27	M	9		30.34	1
12	Sue Richards	31.05	VW 60-64	61.13	F	3	Hay Hotfooters	31.05	1
13	Sheenagh Finnie	31.28	VW 40-44	49.52	F	4		30.54	2
14	Tanya Warburton	38.04	VW 50-54	44.35	F	5		38.04 PB	2

No time recorded for 5 runners

**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

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3	Bill Phelps	24.45	VM 55-59	63.5	M	7	New Bitham Joggers	24.45	1
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5	Tina Lavelle	30.01	VW 60-64	61.74	F	2	Hay Hotfooters	29.46	3
6	Brian Morgan	24.02	VM 50-54	61.37	M	4	Hay Hotfooters	24.02	1
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