

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	Rose Thomas		00:30:24	VW 70-74	72	F	72.26	Rhayader R.C.	00:28:14			48
2	Steve Goodridge		00:24:14	VM 60-64	61	M	66.44	Brecon AC	00:21:44			113
3	Tina Lavelle		00:30:15	VW 65-69	66	F	66.39	Hay Hotfooters	00:27:24			41
4	Sue Richards		00:31:09	VW 65-69	67	F	65.17	Hay Hotfooters	00:29:13			110
5	Chris Speirs		00:22:14	VM 45-49	47	M	64.92		00:22:16	Y		6
6	Emma Frost		00:26:51	VW 50-54	54	F	64.62	Hay Hotfooters	00:24:50			22
7	Eric Chappell		00:20:48	VM 40-44	41	M	64.10		00:19:45			12
8	Max Ramwell		00:21:42	SM	25	M	57.99		00:00:00			1
9	Jo Nicholl		00:30:04	VW 50-54	53	F	57.26		00:29:31			14
10	James Walton		00:25:10	VM 45-49	45	M	56.56	Hay Hotfooters	00:22:03			46
11	Mick Collins		00:28:35	VM 55-59	58	M	54.93	Hay Hotfooters	00:22:51			82
12	Andrew Cleal		00:29:40	VM 60-64	60	M	53.76		00:30:56	Y		6