

# Hay Riverside Run (5k) Results By % WR

Weather: Warm and dry

Date: 07 October 2023

Total Runners: 10

Pos.	Name	Race No.	Time	Age Cat	Age	M/F	% of Age WR	Club	PB Time	PB?	CR?	Total Runs
1	David Rees		00:25:04	VM 70-74	72	M	73.74	Hay Hotfooters	00:23:54			26
2	Rose Thomas		00:30:40	VW 70-74	72	F	71.63	Rhayader R.C.	00:28:14			51
3	Steve Goodridge		00:23:22	VM 60-64	61	M	68.90	Brecon AC	00:21:44			114
4	Emma Frost		00:26:11	VW 50-54	54	F	66.26	Hay Hotfooters	00:24:50			26
5	Jo Nicholl		00:29:21	VW 50-54	53	F	58.66		00:29:31	Y		15
6	Mick Collins		00:26:50	VM 55-59	58	M	58.51	Hay Hotfooters	00:22:51			85
7	Michael Letzer		00:22:18	SM	32	M	56.43		00:00:00			1
8	Simon Blyth		00:26:50	VM 50-54	53	M	56.21		00:00:00			1
9	Henrietta Kelly		00:26:47	SW	31	F	52.71		00:00:00			1
10	Peter Summers		00:24:50	VM 35-39	37	M	52.28	Hay Hotfooters	00:20:46			47