

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

Weather:  Date: 09 September 2023 Total Runners: 17

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