

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	Sharon Collins		00:26:22	VW 55-59	59	F	67.83	Hay Hotfooters	00:24:26			104
2	Peter Flynn		00:22:34	VM 50-54	51	M	65.81	Wye Valley Runners	00:23:28	Y		6
3	Chris Speirs		00:22:15	VM 45-49	47	M	64.87		00:22:14			7
4	James Mclean		00:21:39	VM 40-44	44	M	64.59		00:22:05	Y		6
5	Emma Frost		00:26:54	VW 50-54	54	F	64.50	Hay Hotfooters	00:24:50			24
6	Sue Richards		00:32:59	VW 65-69	67	F	61.55	Hay Hotfooters	00:29:13			111
7	Ollie Wilkinson		00:23:49	VM 45-49	48	M	61.02		00:22:49			31
8	Sue Hackett		00:30:30	VW 60-64	61	F	60.22	Hay Hotfooters	00:25:37			41
9	Louise Austin		00:31:31	VW 60-64	62	F	59.49		00:33:00	Y		2
10	Becca Mason		00:24:32	SF	27	F	57.54		00:25:02	Y		3
11	Lucy Jardine		00:30:50	VW 55-59	56	F	57.03	Hay Hotfooters	00:28:54			27
12	Freddie Russell-Pavier		00:22:10	SM	30	M	56.77	Strive Tees	00:21:58			3
13	Alan Harry		00:38:47	vm 80-84	80	M	54.06	Hay Hotfooters	00:30:19			130
14	Will Ford		00:26:33	VM 45-49	45	M	53.61	Hay Hotfooters	00:22:13			23
15	Daniel Edney		00:28:41	VM 45-49	45	M	49.62		00:29:04	Y		2
16	Emma Anderson		00:31:10	VW 40-44	42	F	49.47		00:29:20			11
17	Jo Silverwood		00:31:01	VW 35-39	39	F	48.31		00:28:14			15