

Hay Riverside Run (5k) Results By % WR

Weather: Sunny & Warm

Date: 23 September 2023

Total Runners: 11

Pos.	Name	Race No.	Time	Age Cat	Age	M/F	% of Age WR	Club	PB Time	PB?	CR?	Total Runs
1	Rose Thomas		00:30:44	VW 70-74	72	F	71.48	Rhayader R.C.	00:28:14			50
2	Emma Frost		00:26:39	VW 50-54	54	F	65.10	Hay Hotfooters	00:24:50			25
3	Sharon Collins		00:29:33	VW 55-59	59	F	60.52	Hay Hotfooters	00:24:26			105
4	Mick Collins		00:26:00	VM 55-59	58	M	60.38	Hay Hotfooters	00:22:51			84
5	Alan Nicholls		00:33:25	VM 70-74	73	M	55.96	Hay Hotfooters	00:28:26			73
6	Paul Tree		00:29:15	VM 55-59	56	M	52.88	Hay Hotfooters	00:23:40			31
7	Paul Smith		00:28:03	VM 45-49	49	M	52.17	Hay Hotfooters	00:22:22			51
8	Philip Morris		00:28:02	VM 45-49	48	M	51.84	Hay Hotfooters	00:25:00			31
9	Alan Harray		00:40:49	vm 80-84	80	M	51.37	Hay Hotfooters	00:30:19			131
10	Emma Anderson		00:31:13	VW 40-44	42	F	49.39		00:29:20			12
11	Martyn Rosser		00:40:49	VM 70-74	73	M	45.81	Hay Hotfooters	00:25:23			36