

Hay Riverside Run (5k) Results By % WR

Weather Showery

Date: 26 August 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	Rose Thomas		00:30:44	VW 70-74	72	F	71.48	Rhayader R.C.	00:28:14			47
2	Dilek Usta-Aarons		00:24:55	VW 45-49	47	F	65.28	Hay Hotfooters	00:25:24	Y		47
3	Clare Pringle		00:27:07	VW 55-59	57	F	65.21	Swindon Shin Splints	00:00:00			1
4	Tina Lavelle		00:30:36	VW 65-69	65	F	64.92	Hay Hotfooters	00:27:24			40
5	Mark Hird		00:25:19	VM 60-64	63	M	64.78	Hay Hotfooters	00:24:29			81
6	Emma Frost		00:26:53	VW 50-54	54	F	64.54	Hay Hotfooters	00:24:50			21
7	Sue Richards		00:31:48	VW 65-69	67	F	63.84	Hay Hotfooters	00:29:13			109
8	Richard Morris		00:23:35	VM 45-49	48	M	61.63	Fulham Running Club	00:22:49			3
9	Kevin Dunster		00:26:12	VM 60-64	61	M	61.45	Hay Hotfooters	00:24:33			27
10	James Walton		00:24:31	VM 45-49	45	M	58.06	Hay Hotfooters	00:22:03			45
11	Eleanor Griffiths		00:24:59	SW 30-34	34	F	56.50	Hay Hotfooters	00:21:32			59
12	Alan Nicholls		00:33:20	VM 70-74	72	M	55.45	Hay Hotfooters	00:28:26			71
13	Mari Fforde		00:30:05	VW 45-49	49	F	55.12	Hay Hotfooters	00:00:00			1
14	Paul Smith		00:27:16	VM 45-49	49	M	53.67	Hay Hotfooters	00:22:22			50
15	Sarah Jackson		00:29:23	VW 40-44	44	F	53.60	Fulham Running Club	00:00:00			1
16	Philip Morris		00:27:16	VM 45-49	48	M	53.30	Hay Hotfooters	00:25:00			30
17	Nigel Owen		00:31:49	VM 60-64	62	M	51.07	Hay Hotfooters	00:24:52			12