

Hay 5k Results

Weather

Date:

Total Runners:

Pos.	Name	Time	Age Cat	Age	Gender	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Steve Goodridge	00:23:23	VM 55-59	57	M	66.64	Hay Hotfooters	00:22:47			35
2	Alan HARRY	00:30:19	VM 75-79	76	M	62.95	Hay Hotfooters	00:31:04	Y		47
3	Tina Lavelle	00:30:18	VW 60-64	62	F	62.71	Hay Hotfooters	00:27:24			26
4	Sue Hackett	00:28:08	VW 55-59	55	F	62.09		00:29:16	Y		9
5	Paul Smith	00:27:06	VM 40-44	44	M	52.03		00:22:22			21
6	Phillip Morris	00:27:06	VM 40-44	43	M	51.66		00:25:49			11
7	Paul McDermott	00:33:23	VM 55-59	55	M	45.93	South Cheshire Ha				1
8	Ruth McDermott	00:33:23	VW 55-59	55	M	45.93	South Cheshire Ha				1
9	Charlotte Barlow	00:32:27	SW 30-34	31	F	45.51	Hay Hotfooters	00:27:39			16
10	Nick Talbot	00:36:20	VM 60-64	64	M	45.46					1