

Hay Riverside Run (5k) Results

Weather: A blustery autumn day a bit warm

Date: 28 September 2019

Total Runners: 12

Pos.	Name	Time	Age Cat	Age	Gender	Gend Pos.	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Nick Wells	25:25	VM 50-54	52	M	1	58.95	Hay Hotfooters	25:29	Y	<input type="checkbox"/>	5
2	Nye Turner	27:58	JW 10	10	F	1	62.16	Brecon AC	25:27		<input type="checkbox"/>	5
3	Paul McDermott	28:03	VM 55-59	55	M	2	54.66	South Cheshire Ha	33:23	Y	<input type="checkbox"/>	3
4	Andrew Ritchie	28:38	VM 45-49	48	M	3	50.76		26:44		<input type="checkbox"/>	18
5	Jill Grundy	29:29	VW 55-59	56	F	2	59.98		29:01		<input type="checkbox"/>	30
6	Dilek Usta-Aarons	30:34	VW 40-44	43	F	3	50.60	Crystal Palace Fun	25:24		<input type="checkbox"/>	5
7	Kaleb Krause	31:22	VM 40-44	40	M	4	43.73		00:00	Y	<input type="checkbox"/>	1
8	Alan Harry	31:47	VM 75-79	76	M	5	60.04	Hay Hotfooters	30:19		<input type="checkbox"/>	48
9	Charlotte Barlow	32:52	SW 30-34	32	F	4	44.98	Hay Hotfooters	27:39		<input type="checkbox"/>	19
10	Emily Hogan-Turner	33:45	VW 40-44	44	F	5	46.17		32:58		<input type="checkbox"/>	3
11	Claire Meredith	35:40	SW 25-29	27	F	6	41.40		33:03		<input type="checkbox"/>	6
12	Carys Bate	35:41	SW 25-29	26	F	7	41.38		29:11		<input type="checkbox"/>	8