

Hay Riverside Run Results By % WR

Weather

Date:

Total Runners:

Pos.	Name	Time	Age Cat	Age	Gender	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Sue Richards	30:16	VW 60-64	63	F	63.60	Hay Hotfooters	29:13			38
2	Ramon Portocarero	24:31	VM 50-54	53	M	61.59		23:48			8
3	S A Leighton	35:31	VW 70-74	70	F	59.46		00:00	Y		1
4	Neil Stone	27:15	VM 60-64	60	M	58.59	Brecon AC	28:15	Y		4
5	Nick Wells	25:48	VM 50-54	52	M	58.07	Hay Hotfooters	25:29			4
6	Sara Lake	28:18	VW 45-49	49	F	57.77		24:28			33
7	Charles Portocarero	24:00	JM 11-14	14	M	57.08		24:07	Y		7
8	Liz Rynenberg	33:50	VW 60-64	62	F	56.16	Brecon AC	52:21	Y		3
9	Pete Jones	26:46	VM 45-49	46	M	53.49		23:29			15
10	Andrew Ritchie	28:42	VM 45-49	48	M	50.64		26:44			17
11	Charlotte Barlow	32:07	SW 30-34	32	F	46.03	Hay Hotfooters	27:39			18
12	Robin Gardner	32:59	VM 50-54	53	M	45.78		34:12	Y		3