

Hay Riverside Run (5k) Results By % WR

Weather: A blustery autumn day a bit warm Date: 28 September 2019 Total Runners: 12

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