

Hay Riverside Run (5k) Results

Weather: Absolutely soaking

Date: 26 October 2019

Total Runners: 7

Pos.	Name	Time	Age Cat	Age	Gender	Gend Pos.	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Paul Smith	24:22	VM 45-49	45	M	1	58.34		22:22			22
2	Nick Wells	27:10	VM 50-54	52	M	2	55.15	Hay Hotfooters	25:07			8
3	Sharon Collins	28:24	VW 55-59	55	F	1	61.50	Hay Hotfooters	24:26			22
4	Tina Lavelle	30:47	VW 60-64	62	F	2	61.72	Hay Hotfooters	27:24			30
5	Sue Richards	31:27	VW 60-64	63	F	3	61.21	Hay Hotfooters	29:13			39
6	Alan Harry	32:33	VM 75-79	76	M	3	58.63	Hay Hotfooters	30:19			51
7	Jo James	37:13	VW 40-44	42	F	4	41.24		41:23	Y		3