

# Hay Riverside Run (5k) Results By % WR

Weather: Cool, but dry overhead but very damp und Date: 19 October 2019 Total Runners: 8

Pos.	Name	Time	Age Cat	Age	Gender	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Patrick Morgan	20:02	JM 15-17	15	M	67.14	Hay Hotfooters	18:29			18
2	Tina Lavelle	30:06	VW 60-64	62	F	63.12	Hay Hotfooters	27:24			29
3	Alan HARRY	31:07	VM 75-79	76	M	61.33	Hay Hotfooters	30:19			50
4	Jill Grundy	29:21	VW 55-59	56	F	60.25		28:34			33
5	Alan Nicholls	32:12	VM 65-69	67	M	52.64	Hay Hotfooters	28:52			14
6	Andrew Ritchie	28:12	VM 45-49	48	M	51.54		26:44			20
7	John Warburton	31:07	VM 50-54	52	M	48.15	Hay Hotfooters	21:54			29
8	Kaleb Krause	29:49	VM 40-44	40	M	46.00		28:59			4