

Hay Riverside Run (5k) 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	Martyn Rosser	26:54	VM 65-69	69	M	64.25	Hay Hotfooters	25:42			21
2	Sharon Collins	27:30	VW 55-59	55	F	63.52	Hay Hotfooters	24:26			24
3	Sharon Lindesay	26:37	VW 50-54	50	F	62.05	Hay Hotfooters	24:27			31
4	Sue Richards	31:14	VW 60-64	63	F	61.63	Hay Hotfooters	29:13			41
5	Sara Lake	26:46	VW 45-49	49	F	61.08		24:28			34
6	Alan HARRY	31:15	VM 75-79	76	M	61.07	Hay Hotfooters	30:19			52
7	John Price	26:47	VM 60-64	62	M	60.61	Hay Hotfooters	23:24			44
8	Mark Hird	26:45	VM 60-64	60	M	59.69		28:12	Y		2
9	Jill Grundy	30:01	VW 55-59	56	F	58.91	Hay Hotfooters	28:34			36
10	Nick Wells	25:26	VM 50-54	52	M	58.91	Hay Hotfooters	25:07			11
11	Kaleb Krause	30:57	VM 40-44	40	M	44.32		28:59			7
12	Charlotte Barlow	34:24	SW 30-34	32	F	42.97	Hay Hotfooters	27:39			20