

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	Martin Carter	23:28	VM 50-54	54	M	64.84	Hay Hotfooters	21:49			7
2	Sharon Lindesay	25:51	VW 50-54	50	F	63.89	Hay Hotfooters	24:27			32
3	Addy Carter	23:28	JW 18-19	18	F	63.21	Hay Hotfooters	24:52	Y		3
4	Jo Mahi	28:04	VW 55-59	56	F	63.00		00:00	Y		1
5	Mark Hird	25:55	VM 60-64	60	M	61.61		26:20	Y		4
6	Mark Davies	26:13	VM 60-64	61	M	61.41	Hay Hotfooters	24:22			9
7	Sara Lake	27:15	VW 50-54	50	F	60.61	Hay Hotfooters	24:28			35
8	Steve Goodridge	25:47	VM 55-59	57	M	60.44	Hay Hotfooters	22:47			42
9	Alan Harry	31:54	VM 75-79	76	M	59.82	Hay Hotfooters	30:19			53
10	Jill Grundy	29:51	VW 55-59	56	F	59.24	Hay Hotfooters	28:34			38
11	Nigel Jones	28:40	VM 55-59	59	M	55.23		00:00	Y		1
12	Paul McDermott	28:04	VM 55-59	55	M	54.63	South Cheshire Harrier	28:03			4
13	Sarah Christensen	27:15	VW 35-39	35	F	54.56	Hay Hotfooters				
14	Brian Morgan	27:47	VM 50-54	51	M	53.51	Hay Hotfooters	21:50			36
15	Crispin ELT	31:03	VM 60-64	61	M	51.85		00:00	Y		1
16	Natalie Connors	28:30	SW 20-24	24	F	51.81	Hay Hotfooters	27:41			10
17	Ruth McDermott	34:24	VW 55-59	55	F	50.78	South Cheshire Harrier	33:23			3
18	Kaleb Krause	29:30	VM 40-44	40	M	46.50		28:59			8
19	Cath Kramer	38:47	VW 55-59	56	F	45.60		34:02			5
20	Robin Gardner	35:51	VM 50-54	53	M	42.12		32:59			4
21	Johnny Kramer	38:37	VM 55-59	57	M	40.35		28:53			6
22	Geoff Brighty	38:37	VM 55-59	56	M	40.01		00:00	Y		1
23	Stephen Bartlett	23:59	VM 50-54	51	M	1.06		00:00	Y		1