

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

Weather Cool and dry.

Date: 04 January 2020

Total Runners: 26

Pos.	Name	Time	Age Cat	Age	Gender	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Ben Merriman	19:23	JM 11-14	14	M	70.68		18:48			6
2	Steve Goodridge	23:11	VM 55-59	57	M	67.22	Hay Hotfooters	22:47			46
3	Andrew Merriman	22:05	VM 45-49	46	M	64.83	Hay Hotfooters	22:22	Y		7
4	Mark Hird	25:17	VM 60-64	60	M	63.15		25:37	Y		8
5	Eleanor Walczak	24:17	SW 30-34	31	F	60.81		24:29	Y		3
6	Peter Price	21:55	JM 15-17	16	M	60.46		20:35			9
7	Matthew Price	22:41	JM 11-14	14	M	60.40		22:15			12
8	Jill Grundy	29:26	VW 55-59	56	F	60.08	Hay Hotfooters	28:34			42
9	Tam Emmett	25:13	JM 11-14	11	M	59.15		25:09			2
10	Sue Richards	32:41	VW 60-64	63	F	58.90	Hay Hotfooters	29:13			43
11	Nick Wells	25:50	VM 50-54	52	M	58.00	Hay Hotfooters	25:07			15
12	John Price	29:17	VM 60-64	62	M	55.44	Hay Hotfooters	23:24			50
13	William Stallabrass	32:32	JM 10	8	M	52.82		00:00	Y		1
14	Dilek Usta-Aarons	29:34	VW 40-44	43	F	52.31	Crystal Palace Fun Run	25:24			6
15	Adam Gregory	25:36	SM 30-34	36	M	52.08		24:22			6
16	Chris Croft	26:07	SM 30-34	31	M	49.97	Hay Hotfooters	00:00	Y		1
17	Tom Stallabrass	30:49	JM 11-14	11	M	48.40		00:00	Y		1
18	Cath Kramer	36:46	VW 55-59	56	F	48.10		34:02			7
19	Matthew Stallabrass	29:22	VM 40-44	43	M	47.67		00:00	Y		1
20	Charlotte Barlow	31:51	SW 30-34	32	F	46.42	Hay Hotfooters	27:39			22
21	Johnny Kramer	33:58	VM 55-59	57	M	45.88		28:53			8
22	Jo Silverwood	33:16	VW 35-39	35	F	44.69		00:00	Y		1
23	Catriona Emmett	35:09	VW 40-44	42	F	43.67		00:00	Y		1

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24	Bridie Whittle	38:42	VW 45-49	44	F	40.27		00:00	Y		1
25	Charlie Whittle	38:42	JM 11-14	11	M	38.54		00:00	Y		1
26	James Stallabrass	39:49	JM 11-14	13	M	35.24		00:00	Y		1