

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	Sharon Collins	26:35	VW 55-59	55	F	65.71	Hay Hotfooters	24:26			27
2	Sue Richards	31:23	VW 60-64	63	F	61.34	Hay Hotfooters	29:13			44
3	Tina Lavelle	31:00	VW 60-64	62	F	61.29	Hay Hotfooters	27:24			32
4	Jack Dale	23:34	JM 11-14	12	M	61.24		22:10			5
5	Alan Harry	31:38	VM 75-79	76	M	60.33	Hay Hotfooters	30:19			57
6	Emily Sayce	34:59	JW 10	5	F	60.22		00:00	Y		1
7	Eleanor Walczak	24:49	SW 30-34	31	F	59.50		24:17			5
8	Jill Grundy	30:19	VW 55-59	56	F	58.33	Hay Hotfooters	28:34			44
9	Paul Smith	24:49	VM 45-49	45	M	57.29		22:22			25
10	John Warburton	26:24	VM 50-54	53	M	57.20	Hay Hotfooters	21:54			31
11	Rhys Sayce	28:29	JM 10	9	M	57.17		00:00	Y		1
12	John Price	28:45	VM 60-64	62	M	56.46	Hay Hotfooters	23:24			52
13	George Watson	23:46	SM 20-24	21	M	54.63					2
14	Alan Nicholls	32:11	VM 65-69	69	M	53.70	Hay Hotfooters	28:52			17
15	Chris Croft	26:02	SM 30-34	31	M	50.13	Hay Hotfooters	26:07	Y		2
16	Matthew Stallabross	28:02	VM 40-44	43	M	49.94		29:22	Y		2
17	Andrew Ritchie	29:22	VM 45-49	49	M	49.83		26:44			21
18	Faith Bancroft	32:21	VW 45-49	45	F	48.58		32:24	Y		3
19	Mike Sayce	34:59	VM 55-59	58	M	44.93		00:00	Y		1