

# 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	Mark Hird	25:36	VM 60-64	60	M	62.37		25:17			10
2	Eleanor Walczak	23:48	SW 30-34	31	F	62.04	Hay Hotfooters	24:03	Y		7
3	John Warburton	24:38	VM 50-54	53	M	61.30	Hay Hotfooters	21:54			32
4	Jill Grundy	29:16	VW 55-59	56	F	60.42	Hay Hotfooters	28:34			46
5	Sharon Lindesay	28:00	VW 50-54	50	F	58.99	Hay Hotfooters	24:27			33
6	Nick Wells	26:31	VM 50-54	52	M	56.51	Hay Hotfooters	25:07			16
7	Paul Smith	28:00	VM 45-49	46	M	51.13	Hay Hotfooters	22:22			27
8	Andrew Ritchie	28:58	VM 45-49	49	M	50.52		26:44			23
9	Phil Morris	28:00	VM 40-44	44	M	50.36	Builth & District R.C.	28:00			1