

# 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	26:31	VM 65-69	70	M	65.87	Hay Hotfooters	25:42			24
2	Sharon Lindesay	25:55	VW 50-54	50	F	63.73	Hay Hotfooters	24:27			34
3	Rosie Richards	23:42	SW 30-34	32	F	62.38		23:42			1
4	Paul Smith	23:06	VM 45-49	46	M	61.98	Hay Hotfooters	22:22			28
5	Jack Dale	22:55	JM 11-14	13	M	61.24		22:10			6
6	Sue Richards	31:27	VW 60-64	63	F	61.21	Hay Hotfooters	29:13			46
7	Eleanor Walczak	24:09	SW 30-34	31	F	61.15	Hay Hotfooters	23:48			8
8	Alan Harry	31:47	VM 75-79	76	M	60.04	Hay Hotfooters	30:19			59
9	John Warburton	26:38	VM 50-54	53	M	56.70	Hay Hotfooters	21:54			33
10	Alan Nicholls	30:58	VM 65-69	69	M	55.81	Hay Hotfooters	28:52			18
11	John Price	29:26	VM 60-64	62	M	55.15	Hay Hotfooters	23:24			54
12	Lucy Jardine	30:50	VW 50-54	52	F	54.76	Hay Hotfooters	29:49			13
13	Cath Kramer	34:40	VW 55-59	56	F	51.01		34:02			9
14	Maik Van Den Berg	26:39	VM 35-39	38	M	50.72		26:39			1
15	Andrew Ritchie	28:52	VM 45-49	49	M	50.69		26:44			24
16	Johnny Kramer	30:58	VM 55-59	57	M	50.32		28:53			9
17	Charlotte Barlow	30:50	SW 30-34	32	F	47.95	Hay Hotfooters	27:39			24
18	Daisy Huball	31:23	SW 30-34	33	F	47.16		29:26			3
19	Jo Silverwood	31:58	VW 35-39	35	F	46.51		33:16	Y		2