

Hay Riverside Run (5k) Results By % WR

Weather: Dry, mild and windy although forecast not Date: 22 February 2020 Total Runners: 14

Pos.	Name	Time	Age Cat	Age	Gender	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Martin Carter	22:59	VM 55-59	55	M	66.72	Hay Hotfooters	21:49			9
2	Martyn Rosser	26:11	VM 70-74	70	M	66.71	Hay Hotfooters	25:42			26
3	Steve Goodridge	23:57	VM 55-59	57	M	65.07	Hay Hotfooters	22:47			50
4	Mark Hird	25:06	VM 60-64	60	M	63.61		25:17	Y		12
5	Sue Richards	30:26	VW 60-64	63	F	63.25	Hay Hotfooters	29:13			47
6	Tina Lavelle	30:12	VW 60-64	62	F	62.91	Hay Hotfooters	27:24			33
7	Paul Smith	23:39	VM 45-49	46	M	60.54	Hay Hotfooters	22:22			30
8	Jill Grundy	29:38	VW 55-59	56	F	59.67	Hay Hotfooters	28:34			48
9	Paul Tree	25:21	VM 50-54	53	M	59.57	Hay Hotfooters	23:40			17
10	Nick Wells	25:35	VM 50-54	52	M	58.57	Hay Hotfooters	25:07			18
11	Brian Morgan	25:44	VM 50-54	52	M	58.23	Hay Hotfooters	21:50			40
12	John Price	28:26	VM 60-64	62	M	57.09	Hay Hotfooters	23:24			56
13	Alan Nicholls	32:26	VM 65-69	69	M	53.29	Hay Hotfooters	28:52			19
14	Harriet Milne	36:11	SW 25-29	28	F	40.81		36:11			1