

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	Steve Goodridge	23:21	VM 55-59	57	M	66.74	Hay Hotfooters	22:47			53
2	John Price	24:38	VM 60-64	62	M	65.90	Hay Hotfooters	23:24			58
3	Jack Dale	22:34	JM 11-14	13	M	62.19		22:10			8
4	Mark Hird	25:42	VM 60-64	60	M	62.13	Hay Hotfooters	25:06			15
5	Alan Harry	31:05	VM 75-79	76	M	61.39	Hay Hotfooters	30:19			62
6	Paul Tree	24:45	VM 50-54	53	M	61.01	Hay Hotfooters	23:40			18
7	Paul Smith	24:00	VM 45-49	46	M	59.65	Hay Hotfooters	22:22			31
8	Nick Wells	25:40	VM 50-54	52	M	58.38	Hay Hotfooters	25:07			20
9	Simon Jones	29:59	VM 65-69	67	M	56.53	Hook Norton Harriers	29:59			1
10	Will Ford	24:45	VM 40-44	41	M	55.76	Hay Hotfooters	22:13			17
11	Alan Nicholls	31:41	VM 65-69	69	M	54.55	Hay Hotfooters	28:52			20
12	Pete Jones	27:14	VM 45-49	47	M	52.94		23:29			16
13	Maik Van Den Berg	25:41	VM 35-39	38	M	52.63		26:07	Y		3
14	Andrew Ritchie	28:24	VM 45-49	49	M	51.53		26:44			26
15	Dilek Usta-Aarons	30:10	VW 40-44	43	F	51.27	Crystal Palace Fun Run	25:24			8