

Hay Riverside Run (5k) Results By % WR

Weather: Mild & bright

Date: 12 September 2020

Total Runners: 8

Pos.	Name	Time	Age Cat	Age	Gender	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	David Rees	25:24	VM 65-69	69	M	68.04	Hay Hotfooters	25:07			2
2	Sharon Collins	27:06	VW 55-59	56	F	65.25	Hay Hotfooters	24:26			31
3	Tom Jones	22:11	SM 25-29	29	M	58.60	Hay Hotfooters	00:00	Y		1
4	Paul Tree	27:03	VM 50-54	53	M	55.82	Hay Hotfooters	23:40			20
5	Paul Smith	26:23	VM 45-49	46	M	54.26	Hay Hotfooters	22:22			33
6	Ruth McDermott	35:29	VW 55-59	56	F	49.84	South Cheshire Harrier	33:23			4
7	Andrew Ritchie	32:20	VM 45-49	49	M	45.26	Hay Hotfooters	26:44			28
8	Paul McDermott	35:29	VM 55-59	56	M	43.54	South Cheshire Harrier	28:03			5