

# Hay Riverside Run (5k) Results By % WR

Weather cool, light winds, autumnal

Date: 17 October 2020

Total Runners: 18

Pos.	Name	Time	Age Cat	Age	Gender	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Sharon Collins	25:10	VW 55-59	56	F	70.26	Hay Hotfooters	24:26			34
2	Martyn Rosser	25:23	VM 70-74	70	M	68.81	Hay Hotfooters	25:39	Y		30
3	Martin Carter	22:52	VM 55-59	55	M	67.06	Hay Hotfooters	21:49			11
4	Sara Lake	25:08	VW 50-54	51	F	66.45	Hay Hotfooters	24:28			37
5	Sue Hackett	27:31	VW 55-59	58	F	65.78	Hay Hotfooters	28:08	Y		11
6	Mark Hird	25:03	VM 60-64	61	M	64.27	Hay Hotfooters	24:44			20
7	Sue Richards	30:21	VW 60-64	64	F	64.20	Hay Hotfooters	29:13			54
8	Paul Smith	23:11	VM 45-49	46	M	61.75	Hay Hotfooters	22:22			36
9	Alan Harray	31:39	VM 75-79	77	M	61.40	Hay Hotfooters	30:19			65
10	Liz Harvey	25:12	VW 40-44	40	F	60.19	Hay Hotfooters	25:00			24
11	Eleanor Walczak	24:49	SW 30-34	31	F	59.50	Hay Hotfooters	23:48			10
12	Paul Tree	25:24	VM 50-54	53	M	59.45	Hay Hotfooters	23:40			22
13	Paul McDermott	26:04	VM 55-59	56	M	59.27	South Cheshire Harrier	28:03	Y		6
14	Nick Wells	25:53	VM 50-54	53	M	58.34	Hay Hotfooters	25:05			25
15	Maik Van Den Berg	23:56	VM 35-39	38	M	56.48		25:41	Y		4
16	Joe Skyrme	23:09	SM 25-29	25	M	56.08		00:00	Y		1
17	Dilek Usta-Aarons	28:30	VW 40-44	44	F	54.68	Crystal Palace Fun Run	25:24			11
18	Alan Nicholls	33:24	VM 70-74	70	M	52.30	Hay Hotfooters	28:52			23