

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

Weather: A winter's chill and damp

Date: 05 December 2020

Total Runners: 11

Pos.	Name	Time	Age Cat	Age	Gender	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Sharon Collins	25:18	VW 55-59	56	F	69.89	Hay Hotfooters	24:26			37
2	Mark Hird	25:51	VM 60-64	61	M	62.28	Hay Hotfooters	24:44			24
3	Sue Richards	31:29	VW 60-64	64	F	61.88	Hay Hotfooters	29:13			56
4	Steve Goodridge	25:33	VM 55-59	58	M	61.51	Hay Hotfooters	22:47			58
5	John Price	26:43	VM 60-64	63	M	61.26	Hay Hotfooters	23:24			64
6	Eleanor Griffiths	24:31	SW 30-34	32	F	60.30	Hay Hotfooters	23:48			13
7	Liz Harvey	26:08	VW 40-44	41	F	58.35	Hay Hotfooters	25:00			27
8	Brian Morgan	26:45	VM 50-54	52	M	56.01	Hay Hotfooters	21:50			48
9	Alan Nicholls	33:51	VM 70-74	70	M	51.60	Hay Hotfooters	28:52			25
10	Dilek Usta-Aarons	30:12	VW 40-44	44	F	51.60	Hay Hotfooters	25:24			14
11	Natalie Connors	30:27	SW 25-29	25	F	48.49	Hay Hotfooters	27:41			12