

Hay Riverside Run (5k) Results By % WR

Weather: Cold and wet. This time the rain started as Date: 19 December 2020 Total Runners: 9

Pos.	Name	Time	Age Cat	Age	Gender	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Sharon Collins	27:07	VW 55-59	56	F	65.21	Hay Hotfooters	24:26			39
2	Sue Richards	30:49	VW 60-64	64	F	63.22	Hay Hotfooters	29:13			57
3	Mark Hird	26:49	VM 60-64	61	M	60.04	Hay Hotfooters	24:44			25
4	Alan HARRY	33:34	VM 75-79	77	M	57.89	Hay Hotfooters	30:19			67
5	Brian Morgan	29:14	VM 50-54	52	M	51.25	Hay Hotfooters	21:50			50
6	Ruth McDermott	36:05	VW 55-59	56	F	49.01	South Cheshire Harrier	33:23			5
7	Paul Smith	29:13	VM 45-49	46	M	49.00	Hay Hotfooters	22:22			38
8	Philip Morris	29:13	VM 45-49	45	M	48.66	Hay Hotfooters	25:49			14
9	Paul McDermott	36:05	VM 55-59	56	M	42.82	South Cheshire Harrier	26:04			7