

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

Weather Cold and bright

Date: 01 May 2021

Total Runners: 0

Pos.	Name	Time	Age Cat	Age	Gender	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Pat Brister	28:44	VW 65-69	67	F	70.53	Hay Hotfooters	28:02			11
2	Sharon Collins	25:34	VW 55-59	57	F	69.95	Hay Hotfooters	24:26			40
3	Mark Hird	24:29	VM 60-64	61	M	65.76	Hay Hotfooters	24:44	Y		26
4	Sue Richards	30:19	VW 65-69	65	F	65.09	Hay Hotfooters	29:13			58
5	Steve Goodridge	24:28	VM 55-59	58	M	64.24	Hay Hotfooters	22:47			60
6	Eleanor Griffiths	23:32	SW 30-34	32	F	62.82	Hay Hotfooters	23:48	Y		15
7	John Price	26:41	VM 60-64	64	M	61.90	Hay Hotfooters	23:24			65
8	Sara Lake	27:17	VW 50-54	51	F	61.21	Hay Hotfooters	24:28			39
9	Liz Harvey	25:12	VW 40-44	41	F	60.52	Hay Hotfooters	25:00			28
10	Paul McDermott	25:35	VM 55-59	56	M	60.39	South Cheshire Harrier	26:04	Y		8
11	Mick Collins	26:09	VM 55-59	56	M	59.08	Hay Hotfooters	23:07			20
12	Alan Nicholls	31:00	VM 70-74	70	M	56.34	Hay Hotfooters	28:52			26
13	Ruth McDermott	33:10	VW 55-59	57	F	53.92	South Cheshire Harrier	33:23	Y		6
14	Tim Marsh	27:50	VM 50-54	50	M	52.99		00:00	Y		1
15	Phil Morris	27:23	VM 45-49	45	M	51.92	Builth & District R.C.	28:00	Y		2