

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

Weather

Date:

Total Runners:

Pos.	Name	Time	Age Cat	Age	Gender	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Sara Lake	25:34	VW 50-54	51	F	65.32	Hay Hotfooters	24:28			40
2	Sharon Collins	28:02	VW 55-59	57	F	63.79	Hay Hotfooters	24:26			42
3	Sue Richards	31:05	VW 65-69	65	F	63.49	Hay Hotfooters	29:13			59
4	John Price	26:46	VM 60-64	64	M	61.71	Hay Hotfooters	23:24			67
5	Eleanor Griffiths	24:19	SW 30-34	32	F	60.80	Hay Hotfooters	23:32			17
6	Paul McDermott	25:36	VM 55-59	56	M	60.35	South Cheshire Harrier	25:35			9
7	Kevin Dunster	26:17	VM 55-59	59	M	60.24		00:00	Y		1
8	Alan Nicholls	30:23	VM 70-74	71	M	58.20	Hay Hotfooters	28:52			28
9	Joe Skyrme	22:29	SM 25-29	25	M	57.75		23:09	Y		2
10	Polly Owen	30:02	VW 50-54	53	F	56.88		00:00	Y		1
11	Charlotte Lewis	30:36	JW 11-14	11	F	55.23		29:35			2
12	Mick Collins	28:02	VM 55-59	56	M	55.11	Hay Hotfooters	23:07			22
13	Lucy Jardine	31:10	VW 50-54	53	F	54.81	Hay Hotfooters	29:49			14
14	Ruth McDermott	34:32	VW 55-59	57	F	51.79	South Cheshire Harrier	33:10			7
15	Jo Silverwood	29:27	VW 35-39	37	F	50.82		31:58	Y		4
16	Rupert Lewis	34:15	JM 10	10	M	45.35		00:00	Y		1
17	Owen Price	34:15	JM 10	10	M	45.35		00:00	Y		1