

# 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	Sue Richards	31:17	VW 65-69	65	F	63.08	Hay Hotfooters	29:13			61
2	Mark Hird	26:01	VM 60-64	61	M	61.88	Hay Hotfooters	24:29			29
3	Mick Collins	25:21	VM 55-59	56	M	60.95	Hay Hotfooters	23:07			23
4	Liz Harvey	25:20	VW 40-44	41	F	60.20	Hay Hotfooters	25:00			29
5	Alan HARRY	32:31	VM 75-79	77	M	59.76	Hay Hotfooters	30:19			70
6	Nigel Owen	27:10	VM 60-64	62	M	59.75	Hay Hotfooters	24:52			9
7	Paul Tree	26:01	VM 50-54	54	M	58.49	Hay Hotfooters	23:40			23
8	Alan Nicholls	30:36	VM 70-74	71	M	57.79	Hay Hotfooters	28:52			30
9	Lucy Jardine	30:51	VW 50-54	53	F	55.38	Hay Hotfooters	29:49			15
10	Paul Smith	28:03	VM 45-49	47	M	51.40	Hay Hotfooters	22:22			40
11	Lois Jones	29:07	VW 35-39	35	F	51.06		00:00	Y		2
12	Kerry Lee	35:35	VW 45-49	49	F	45.95		00:00	Y		1