

Hay Riverside Run (5k) Results By % WR

Weather: Beautiful sunny summer's morning Date: 12 June 2021 Total Runners: 19

Pos.	Name	Time	Age Cat	Age	Gender	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Steve Goodridge	22:29	VM 55-59	58	M	69.90	Hay Hotfooters	22:47	Y	<input type="checkbox"/>	63
2	Dave Prosser-Painting	21:54	VM 45-49	46	M	65.37		00:00	Y	<input type="checkbox"/>	1
3	John Warburton	24:07	VM 55-59	55	M	63.58	Hay Hotfooters	21:54		<input type="checkbox"/>	36
4	Paul McDermott	25:12	VM 55-59	57	M	61.84	South Cheshire Harrier	25:28	Y	<input type="checkbox"/>	11
5	Kevin Dunster	25:39	VM 55-59	59	M	61.73		25:28		<input type="checkbox"/>	4
6	Julian Lockwood	24:35	VM 50-54	53	M	61.42		00:00	Y	<input type="checkbox"/>	1
7	John Price	27:20	VM 60-64	64	M	60.43	Hay Hotfooters	23:24		<input type="checkbox"/>	70
8	Michael Gray	22:53	VM 35-39	36	M	58.27		23:11	Y	<input type="checkbox"/>	2
9	Alan Harry	33:25	VM 75-79	77	M	58.15	Hay Hotfooters	30:19		<input type="checkbox"/>	71
10	Liz Harvey	26:24	VW 40-44	41	F	57.77	Hay Hotfooters	25:00		<input type="checkbox"/>	30
11	Nick Wells	26:45	VM 50-54	53	M	56.45	Hay Hotfooters	25:05		<input type="checkbox"/>	29
12	Bryan Clee	27:40	VM 50-54	52	M	54.16		00:00	Y	<input type="checkbox"/>	1
13	Isobelle Keith	27:48	SW 30-34	33	F	53.24		30:27	Y	<input type="checkbox"/>	2
14	Lex Forster	26:26	VM 40-44	43	M	52.96		00:00	Y	<input type="checkbox"/>	1
15	Taylor Jones	28:13	SW 25-29	25	F	52.33	Hay Hotfooters	28:25	Y	<input type="checkbox"/>	4
16	Ruth McDermott	34:24	VW 55-59	57	F	51.99	South Cheshire Harrier	33:10		<input type="checkbox"/>	9
17	Phil Morris	29:48	VM 45-49	45	M	47.71	Builth & District R.C.	27:23		<input type="checkbox"/>	3
18	Lisa Ryan	31:38	SW 30-34	32	F	46.73		29:08		<input type="checkbox"/>	2
19	Ravina Croft	34:17	VW 35-39	35	F	43.36		34:25	Y	<input type="checkbox"/>	2