

# 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	Steve Goodridge	22:34	VM 55-59	58	M	69.65	Hay Hotfooters	22:29		<input type="checkbox"/>	64
2	David Rees	25:19	VM 70-74	70	M	68.99	Hay Hotfooters	25:05		<input type="checkbox"/>	7
3	Sharon Collins	26:32	VW 55-59	57	F	67.40	Hay Hotfooters	24:26		<input type="checkbox"/>	43
4	Sue Richards	30:19	VW 65-69	65	F	65.09	Hay Hotfooters	29:13		<input type="checkbox"/>	64
5	Eleanor Griffiths	22:45	SW 30-34	32	F	64.98	Hay Hotfooters	22:58	Y	<input type="checkbox"/>	21
6	Kevin Dunster	24:33	VM 55-59	59	M	64.49		25:28	Y	<input type="checkbox"/>	5
7	Mark Hird	24:58	VM 60-64	61	M	64.49	Hay Hotfooters	24:29		<input type="checkbox"/>	31
8	Alan Harry	31:54	VM 75-79	78	M	62.17	Hay Hotfooters	30:19		<input type="checkbox"/>	73
9	Nigel Owen	27:12	VM 60-64	62	M	59.68	Hay Hotfooters	24:52		<input type="checkbox"/>	10
10	Nick Wells	26:07	VM 50-54	53	M	57.82	Hay Hotfooters	25:05		<input type="checkbox"/>	31
11	Caitlin Carrick-Varty	26:15	SW 20-24	23	F	56.25		00:00	Y	<input type="checkbox"/>	1
12	Paul Smith	25:40	VM 45-49	47	M	56.17	Hay Hotfooters	22:22		<input type="checkbox"/>	42
13	Philip Morris	27:11	VM 45-49	46	M	52.67	Hay Hotfooters	25:49		<input type="checkbox"/>	15