

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	22:44	VM 55-59	58	M	69.13	Hay Hotfooters	22:29		<input type="checkbox"/>	65
2	Paul McDermott	24:22	VM 55-59	57	M	63.95	South Cheshire Harrier	25:12	Y	<input type="checkbox"/>	12
3	Eleanor Griffiths	23:12	SW 30-34	32	F	63.72	Hay Hotfooters	22:45		<input type="checkbox"/>	22
4	Sue Richards	31:13	VW 65-69	65	F	63.21	Hay Hotfooters	29:13		<input type="checkbox"/>	65
5	Mark Hird	25:29	VM 60-64	61	M	63.18	Hay Hotfooters	24:29		<input type="checkbox"/>	32
6	John Price	26:44	VM 60-64	64	M	61.78	Hay Hotfooters	23:24		<input type="checkbox"/>	72
7	Alan Nicholls	28:39	VM 70-74	70	M	60.97	Hay Hotfooters	28:52	Y	<input type="checkbox"/>	33
8	Lois Jones	24:55	VW 35-39	35	F	59.67		26:29	Y	<input type="checkbox"/>	5
9	Megan Ellis	25:15	SW 25-29	29	F	58.48		00:00		<input type="checkbox"/>	1
10	Nick Wells	26:04	VM 50-54	53	M	57.93	Hay Hotfooters	25:05		<input type="checkbox"/>	32
11	Peter Summers	25:30	VM 35-39	35	M	52.03		00:00		<input type="checkbox"/>	1
12	Ruth McDermott	34:29	VW 55-59	57	F	51.86	South Cheshire Harrier	33:10		<input type="checkbox"/>	10
13	Lisa Ryan	31:45	SW 30-34	32	F	46.56		29:08		<input type="checkbox"/>	3