

Hay Riverside Run (5k) Results By % WR

Weather: Besutiful summer's morning Date: 17 July 2021 Total Runners: 21

Pos.	Name	Time	Age Cat	Age	Gender	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Dave Prosser-Painting	21:29	VM 45-49	47	M	67.11		21:54	Y	<input type="checkbox"/>	2
2	Sharon Collins	26:46	VW 55-59	57	F	66.81	Hay Hotfooters	24:26		<input type="checkbox"/>	45
3	Sue Richards	30:20	VW 65-69	65	F	65.05	Hay Hotfooters	29:13		<input type="checkbox"/>	66
4	Mark Hird	25:21	VM 60-64	61	M	63.51	Hay Hotfooters	24:29		<input type="checkbox"/>	33
5	Mick Collins	24:53	VM 55-59	56	M	62.09	Hay Hotfooters	23:07		<input type="checkbox"/>	26
6	John Price	26:42	VM 60-64	64	M	61.86	Hay Hotfooters	23:24		<input type="checkbox"/>	74
7	Alan HARRY	32:20	VM 75-79	78	M	61.34	Hay Hotfooters	30:19		<input type="checkbox"/>	75
8	Alan Nicholls	29:21	VM 70-74	70	M	59.51	Hay Hotfooters	28:39		<input type="checkbox"/>	35
9	Michael Gray	23:18	VM 35-39	37	M	57.58		22:53		<input type="checkbox"/>	3
10	Matthew Lockyer	28:32	VM 60-64	63	M	57.36		00:00		<input type="checkbox"/>	1
11	Rory Hird	22:50	SM 25-29	26	M	56.86		00:00		<input type="checkbox"/>	1
12	Peter Summers	23:42	VM 35-39	35	M	55.98		00:00		<input type="checkbox"/>	2
13	Tom Hird	23:31	SM 30-34	31	M	55.49		00:00		<input type="checkbox"/>	1
14	Lucy Andrews	27:30	SW 30-34	32	F	53.76		00:00		<input type="checkbox"/>	1
15	Jo Silverwood	28:52	VW 35-39	37	F	51.85		28:25		<input type="checkbox"/>	6
16	Lisa Ryan	29:26	SW 30-34	32	F	50.23		29:08		<input type="checkbox"/>	4
17	Taylor Jones	30:03	SW 25-29	25	F	49.14	Hay Hotfooters	28:13		<input type="checkbox"/>	5
18	Jim Lynes	31:59	VM 50-54	52	M	46.85		00:00		<input type="checkbox"/>	1
19	Andy Brown	29:06	VM 35-39	36	M	45.82		00:00		<input type="checkbox"/>	1
20	Tom Lynes	31:59	SM 30-34	30	M	40.70		00:00		<input type="checkbox"/>	1