

Hay Riverside Run (5k) Results By % WR

Weather: Cooler and overcast

Date: 24 July 2021

Total Runners: 17

Pos.	Name	Time	Age Cat	Age	Gender	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	David Rees	24:22	VM 70-74	70	M	71.68	Hay Hotfooters	24:37	Y	<input type="checkbox"/>	9
2	Eleanor Griffiths	22:51	SW 30-34	32	F	64.70	Hay Hotfooters	22:40	<input type="checkbox"/>	<input type="checkbox"/>	24
3	Mick Collins	23:54	VM 55-59	56	M	64.64	Hay Hotfooters	23:07	<input type="checkbox"/>	<input type="checkbox"/>	27
4	Sharon Collins	27:46	VW 55-59	57	F	64.41	Hay Hotfooters	24:26	<input type="checkbox"/>	<input type="checkbox"/>	46
5	Paul McDermott	24:39	VM 55-59	57	M	63.22	South Cheshire Harrier	24:22	<input type="checkbox"/>	<input type="checkbox"/>	13
6	Alan Harray	31:29	VM 75-79	78	M	63.00	Hay Hotfooters	30:19	<input type="checkbox"/>	<input type="checkbox"/>	76
7	Mark Hird	25:45	VM 60-64	61	M	62.52	Hay Hotfooters	24:29	<input type="checkbox"/>	<input type="checkbox"/>	34
8	Angela Price	27:42	VW 50-54	51	F	60.29	Hay Hotfooters	27:03	<input type="checkbox"/>	<input type="checkbox"/>	10
9	Adam Hayes	21:59	SM 25-29	29	M	59.14		00:00	<input type="checkbox"/>	<input type="checkbox"/>	1
10	Peter Summers	22:47	VM 35-39	35	M	58.23		22:47	<input type="checkbox"/>	<input type="checkbox"/>	3
11	Nigel Owen	28:02	VM 60-64	62	M	57.91	Hay Hotfooters	24:52	<input type="checkbox"/>	<input type="checkbox"/>	11
12	Kate Hird	27:20	SW 25-29	29	F	54.02		27:20	<input type="checkbox"/>	<input type="checkbox"/>	1
13	Alonso Ponce	30:31	JM 10	9	M	53.36		30:31	<input type="checkbox"/>	<input type="checkbox"/>	2
14	Ruth McDermott	33:57	VW 55-59	57	F	52.68	South Cheshire Harrier	33:10	<input type="checkbox"/>	<input type="checkbox"/>	11
15	Meriel Ascott	33:25	VW 50-54	53	F	51.12		33:25	<input type="checkbox"/>	<input type="checkbox"/>	1
16	James Hancock	26:14	VM 35-39	36	M	50.83		26:14	<input type="checkbox"/>	<input type="checkbox"/>	1
17	Francisco Pnce	30:31	VM 35-39	37	M	43.97		30:31	<input type="checkbox"/>	<input type="checkbox"/>	2