

Hay Riverside Run (5k) Results By % WR

Weather: Cool, overcast and mild. A bit wet underfoot Date: 31 July 2021 Total Runners: 17

Pos.	Name	Time	Age Cat	Age	Gender	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Steve Goodridge	21:44	VM 55-59	58	M	72.32	Hay Hotfooters	22:11	Y	<input type="checkbox"/>	67
2	Dave Prosser-Painting	21:22	VM 45-49	47	M	67.47		21:29	Y	<input type="checkbox"/>	3
3	Mick Collins	23:25	VM 55-59	56	M	65.98	Hay Hotfooters	23:07		<input type="checkbox"/>	28
4	Eleanor Griffiths	22:28	SW 30-34	32	F	65.80	Hay Hotfooters	22:40	Y	<input type="checkbox"/>	25
5	Sharon Collins	27:22	VW 55-59	57	F	65.35	Hay Hotfooters	24:26		<input type="checkbox"/>	47
6	Kevin Dunster	25:39	VM 55-59	59	M	61.73		24:33		<input type="checkbox"/>	7
7	Alan Nicholls	28:31	VM 70-74	70	M	61.25	Hay Hotfooters	28:39	Y	<input type="checkbox"/>	36
8	Alan Harry	32:28	VM 75-79	78	M	61.09	Hay Hotfooters	30:19		<input type="checkbox"/>	77
9	John Kingsnorth	28:38	VM 65-69	67	M	59.20	Sittingbourne Striders	00:00		<input type="checkbox"/>	1
10	Duncan Tindle	23:10	SM 25-29	26	M	56.04		00:00		<input type="checkbox"/>	1
11	Chris Eade	26:03	VM 45-49	46	M	54.96		00:00		<input type="checkbox"/>	1
12	Jo Silverwood	28:14	VW 35-39	37	F	53.01		28:25	Y	<input type="checkbox"/>	7
13	Steve Hewitt	31:10	VM 50-54	54	M	48.82		00:00		<input type="checkbox"/>	1
14	Amy Fisher	36:44	SW 25-29	26	F	40.20		00:00		<input type="checkbox"/>	1
15	Maisy Rafferty	36:44	SW 25-29	26	F	40.20		00:00		<input type="checkbox"/>	1