

Hay Riverside Run (5k) Results By % WR

Weather: Warm and drizzly. Perfect running conditio Date: 14 August 2021 Total Runners: 23

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	59	M	69.72	Hay Hotfooters	21:44			68
2	Dave Prosser-Painting	21:06	VM 45-49	47	M	69.12		21:16	Y		5
3	Sharon Collins	25:36	VW 55-59	57	F	69.08	Hay Hotfooters	24:26			49
4	Mick Collins	23:02	VM 55-59	56	M	67.73	Hay Hotfooters	23:02			30
5	Greg Chance	20:18	VM 40-44	41	M	65.85	Bristol & West	00:00			1
6	Janak Subberwal	21:03	JM 15-17	16	M	64.53	Heathside London	20:57			2
7	Mark Hird	25:28	VM 60-64	61	M	63.09	Hay Hotfooters	24:29			35
8	Eleanor Griffiths	22:27	SW 30-34	32	F	62.88	Hay Hotfooters	22:28	Y		27
9	Alan HARRY	32:14	VM 75-79	78	M	62.72	Hay Hotfooters	30:19			78
10	Alan Nicholls	29:14	VM 70-74	70	M	62.49	Hay Hotfooters	28:31			37
11	John Price	27:05	VM 60-64	64	M	60.86	Hay Hotfooters	23:24			76
12	Helen Corbishley	26:39	VW 45-49	45	F	59.79		00:00			1
13	Rajan Subberwal	27:50	VW 45-49	48	F	59.22	Heathside London	37:37	Y		2
14	Peter Summers	21:53	VM 35-39	35	M	58.87		22:47	Y		4
15	Diego Ponce	22:52	VM 35-39	36	M	56.56		30:56	Y		2
16	Taylor Jones	26:24	SW 25-29	25	F	53.47	Hay Hotfooters	28:13	Y		6
17	Alonso Ponce	31:15	JM 10	9	M	52.11		30:31			4
18	Cath Hughes	35:24	VW 55-59	57	F	49.95		00:00			1
19	Maarten Lossie	28:38	VM 40-44	40	M	45.81		00:00			1
20	Clare Holden	36:57	VW 35-39	49	F	45.06		39:07	Y		2
21	Andrew Ritchie	35:18	VM 50-54	50	M	42.16	Hay Hotfooters	26:44			33
22	Francisco Ponce	31:16	VM 35-39	37	M	41.52		24:51			4
23	Gemma Spencer	37:48	SW 20-24	20	F	37.35		00:00			1