

# Hay Riverside Run (5k) Results By % WR

Weather: Mild and overcast

Date: 28 August 2021

Total Runners: 26

Pos.	Name	Time	Age Cat	Age	Gender	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Ben Merriman	18:00	JM 15-17	16	M	75.46	Hay Hotfooters	18:48	Y	Y	8
2	Dave Prosser-Painting	20:41	VM 45-49	47	M	70.51		21:06	Y		6
3	Malc Gonnella	24:49	VM 65-69	67	M	69.64	Fairwater Cwmbran	00:00			1
4	Mick Collins	22:51	VM 55-59	56	M	68.27	Hay Hotfooters	23:02	Y		32
5	Sharon Collins	26:06	VW 55-59	57	F	67.75	Hay Hotfooters	24:26			51
6	Paul McDermott	23:52	VM 55-59	57	M	65.71	South Cheshire Harrier	23:24			15
7	Owen Bowers	21:10	VM 40-44	43	M	65.51	Brecon AC	00:00			1
8	Mark Hird	24:46	VM 60-64	61	M	64.87	Hay Hotfooters	24:29			36
9	Alan Harry	31:41	VM 75-79	78	M	63.81	Hay Hotfooters	30:19			80
10	Eleanor Griffiths	22:21	SW 30-34	32	F	63.16	Hay Hotfooters	22:27	Y		29
11	Ellie Merriman	22:32	JW 18-19	20	F	62.65	Hay Hotfooters	22:17			6
12	Nick Tickner	23:05	VM 45-49	45	M	62.31		00:00			1
13	Andrew Merriman	23:45	VM 45-49	48	M	61.82	Hay Hotfooters	22:05			9
14	Peter Summers	21:03	VM 35-39	35	M	61.20	Hay Hotfooters	21:53	Y		6
15	Kevin Brady	23:53	VM 45-49	47	M	61.06	White Horse Harriers	23:37			5
16	Alex Tickner	23:27	JM 15-17	15	M	60.13		00:00			1
17	Nick Wells	25:46	VM 50-54	54	M	59.77	Hay Hotfooters	25:05			35
18	Alan Nicholls	31:42	VM 70-74	70	M	57.62	Hay Hotfooters	28:31			38
19	George Brady	24:50	JM 15-17	15	M	56.78		00:00			1
20	Miriam Kempsov	31:47	VW 55-59	57	F	55.64	Chiltern Harriers AC	00:00			1
21	Joe Cruxon	23:45	SM 30-34	30	M	52.98		24:35	Y		3
22	Harrison Brady	24:50	JM 15-17	17	M	51.95		22:50			2
23	Ruth McDermott	34:04	VW 55-59	57	F	51.91	South Cheshire Harrier	33:10			13

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24	Jo Brady	32:05	VW 45-49	48	F	51.38		30:57			3
25	Priscilla Tickner	31:46	VW 45-49	46	F	50.73		00:00			1
26	Robyn Collins	32:13	SW 20-24	23	F	43.82		30:40			3