

Hay Riverside Run (5k) Results By % WR

Weather: Fine and cool but humid

Date: 11 September 2021

Total Runners: 13

Pos.	Name	Time	Age Cat	Age	Gender	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Steve Goodridge	22:53	VM 55-59	59	M	69.26	Hay Hotfooters	21:44			70
2	Owen Bowers	21:03	VM 40-44	43	M	65.87	Brecon Triathlon	21:10	Y		2
3	Alan Nicholls	28:46	VM 70-74	70	M	63.50	Hay Hotfooters	28:31			39
4	Sharon Collins	28:03	VW 55-59	57	F	63.04	Hay Hotfooters	24:26			53
5	John Price	26:23	VM 60-64	64	M	62.48	Hay Hotfooters	23:24			79
6	Dobs O'Brien	24:39	VM 50-54	54	M	62.47		00:00			1
7	Alan Harry	32:25	VM 75-79	78	M	62.37	Hay Hotfooters	30:19			81
8	Nick Wells	25:44	VM 50-54	54	M	59.84	Hay Hotfooters	25:05			36
9	Mick Collins	27:56	VM 55-59	56	M	55.85	Hay Hotfooters	22:51			34
10	Taylor Jones	25:35	SW 25-29	25	F	55.18	Hay Hotfooters	25:44	Y		8
11	Dilek Usta-Aarons	30:30	VW 45-49	45	F	52.24	Hay Hotfooters	25:24			15
12	Lisa Ryan	28:36	SW 30-34	33	F	49.36		29:08	Y		5
13	Helen Lloyd-Jones	48:02	VW 70-74	73	F	46.81	Pegasus	48:02			1