

Hay Riverside Run (5k) Results By % WR

Weather: Cool and overcast

Date: 18 September 2021

Total Runners: 13

Pos.	Name	Time	Age Cat	Age	Gender	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Paul McDermott	24:20	VM 55-59	57	M	64.45	Hay Hotfooters	23:24			16
2	Alan Nicholls	28:26	VM 70-74	70	M	64.24	Hay Hotfooters	28:31	Y		40
3	Ceridwen Carter	29:11	JW 10	8	F	63.62		00:00			1
4	Alan HARRY	32:04	VM 75-79	78	M	63.05	Hay Hotfooters	30:19			82
5	Sue Richards	32:03	VW 65-69	65	F	62.82	Hay Hotfooters	29:13			67
6	Kevin Dunster	25:46	VM 55-59	59	M	61.51		24:33			8
7	James Walton	22:57	VM 40-44	43	M	60.42		23:07	Y		2
8	Nick Wells	26:28	VM 50-54	54	M	58.19	Hay Hotfooters	25:05			37
9	Ewelina Skolinowska	27:08	VW 35-39	36	F	54.12	Black Pear Joggers	00:00			1
10	Martin Carter	29:12	VM 55-59	56	M	53.42	Hay Hotfooters	21:49			13
11	Ruth McDermott	33:36	VW 55-59	57	F	52.63	Hay Hotfooters	33:10			14
12	Jess Price	29:16	SW 25-29	25	F	48.23		00:00			1
13	Taylor Jones	29:17	SW 25-29	25	F	48.21	Hay Hotfooters	25:35			9