

Hay Riverside Run (5k) Results By % WR

Weather: Cool, misty

Date: 16 October 2021

Total Runners: 11

Pos.	Name	Race No.	Time	Age Cat	Age	M/F	% of Age WR	Club	PB Time	PB?	CR?	Total Runs
1	David Rees		00:24:10	VM 70-74	70	M	74.69	Hay Hotfooters	23:54			15
2	Owen Bowers		00:21:04	VM 40-44	43	M	65.35	Brecon Triathlon	21:03			3
3	Mark Hird		00:25:03	VM 60-64	62	M	64.87	Hay Hotfooters	24:29			38
4	John Price		00:26:21	VM 60-64	64	M	62.87	Hay Hotfooters	23:24			82
5	Eleanor Griffiths		00:22:31	SW 30-34	32	F	62.69	Hay Hotfooters	22:21			32
6	Alan Harry		00:33:21	VM 75-79	78	M	60.62	Hay Hotfooters	30:19			85
7	Nick Wells		00:25:32	VM 50-54	54	M	59.60	Hay Hotfooters	25:05			39
8	Cath Kramer		00:32:19	VW 55-59	57	F	54.72		34:02	Y		11
9	Greg Stoves		00:26:14	VM 35-39	38	M	49.68		27:05	Y		2
10	Helen Holroyd		00:37:38	VW 55-59	57	F	46.99	Newport & District Running	00:00			1
11	Jacq Hall		00:37:38	VW 55-59	55	F	46.46	Bramhall Runners	00:00			1