

Hay Riverside Run (5k) Results

Weather: Fine and dry. No wind

Date: 13 November 2021

Total Runners: 23

Pos.	Name	Race No.	Time	Age Cat	Age	M/F	Gend Pos.	% of Age WR	Club	PB Time	PB?	CR?	Total Runs
1	Owen Bowers		00:21:16	VM 40-44	43	M	1	64.73	Brecon Triathlon	21:03			4
2	Joshua Evans		00:22:23	SM	33	M	2	56.22		00:00			1
3	James Walton		00:23:12	VM 45-49	43	M	3	59.34		22:06			8
4	Peter Summers		00:23:24	VM 35-39	36	M	4	55.27	Hay Hotfooters	21:03			9
5	Eleanor Griffiths		00:23:26	SW 30-34	32	F	1	60.24	Hay Hotfooters	21:39			36
6	Tom Hird		00:23:30	SM 30-34	31	M	5	53.55		23:31	Y		2
7	Rory Hird		00:24:01	SM 25-29	27	M	6	52.39		22:50			2
8	Paul McDermott		00:24:22	VM 55-59	57	M	7	63.95	Hay Hotfooters	23:24			18
9	Menna Angharad		00:25:15	VW 60-64	64	F	2	77.29		00:00			1
10	Mark Hird		00:25:26	VM 60-64	62	M	8	63.89	Hay Hotfooters	24:29			40
11	Mick Collins		00:26:25	VM 55-59	57	M	9	58.99	Hay Hotfooters	22:51			39
12	Josh Arnett		00:26:49	SM	26	M	10	46.92		00:00			1
13	John Price		00:26:59	VM 60-64	64	M	11	61.40	Hay Hotfooters	23:24			83
14	Lucy Andrews Hird		00:27:10	SW 30-34	33	F	3	51.96		27:30	Y		2
15	Alan Nicholls		00:30:59	VM 70-74	71	M	12	58.96	Hay Hotfooters	28:26			43
16	MJ Bull		00:32:02	VM 35-39	39	M	13	40.84		35:12	Y		2
17	Cath Kramer		00:32:45	VW 55-59	58	F	4	54.30		31:04			13
18	Emma Robertson		00:32:59	VW 55-59	58	F	5	53.92		00:00			1

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19	Ruth McDermott		00:33:24	VW 55-59	57	F	6	52.94	Hay Hotfooters	33:10			15
20	Julia Mcfarlane		00:35:00	VW 35-39	37	F	7	42.24		59:00	Y		2
21	Brian Morgan		00:35:30	VM 50-54	53	M	14	42.49	Hay Hotfooters	21:50			53
22	Cassie Burgess-Rose		00:38:00	SW 30-34	34	F	8	37.15		00:00			1