

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

Weather Cold and clear

Date: 04 December 2021

Total Runners: 9

Pos.	Name	Race No.	Time	Age Cat	Age	M/F	% of Age WR	Club	PB Time	PB?	CR?	Total Runs
1	Paul McDermott		00:23:46	VM 55-59	57	M	65.57	Hay Hotfooters	23:24			20
2	Mark Hird		00:25:14	VM 60-64	62	M	64.40	Hay Hotfooters	24:29			42
3	Alan Nicholls		00:29:17	VM 70-74	71	M	62.38	Hay Hotfooters	28:26			44
4	John Price		00:26:50	VM 60-64	64	M	61.74	Hay Hotfooters	23:24			85
5	Cath Kramer		00:30:52	VW 55-59	58	F	57.61		31:04	Y		15
6	Dilek Usta-Aarons		00:28:45	VW 45-49	46	F	56.00	Hay Hotfooters	25:24			22
7	Greg Stoves		00:26:23	VM 35-39	38	M	49.40		26:14			4
8	Duncan Henderson		00:33:55	VM 60-64	61	M	47.47	Tewkesbury Tri Club	00:00			1
9	Simon Thomas		00:33:55	VM 50-54	54	M	44.86		00:00			1