

Hay Riverside Run (5k) Results By % WR

Weather: Fine, dry and cold

Date: 15 January 2022

Total Runners: 17

Pos.	Name	Race No.	Time	Age Cat	Age	M/F	% of Age WR	Club	PB Time	PB?	CR?	Total Runs
1	Paul Millsom		00:22:54	VM 65-69	66	M	74.16	Vegan Runner	00:00			1
2	George Daly		00:19:59	VM 40-44	42	M	67.81	Bristol AC	20:31	Y		2
3	Paul McDermott		00:23:40	VM 55-59	57	M	65.85	Hay Hotfooters	23:24			22
4	Lesley Ashton		00:28:40	VW 60-64	62	F	65.41	Vegan Runner	00:00			1
5	Sharon Collins		00:27:20	VW 55-59	57	F	64.70	Hay Hotfooters	24:26			63
6	Mark Hird		00:25:24	VM 60-64	62	M	63.98	Hay Hotfooters	24:29			44
7	John Price		00:26:10	VM 60-64	64	M	63.31	Hay Hotfooters	23:24			89
8	Oliver Wilkinson		00:23:44	VM 45-49	46	M	60.32		00:00			1
9	Nick Wells		00:25:44	VM 50-54	54	M	59.13	Hay Hotfooters	25:05			43
10	Cath Hughes		00:30:48	VW 55-59	58	F	57.74		32:54	Y		3
11	Alan Nicholls		00:32:21	VM 70-74	71	M	56.47	Hay Hotfooters	28:26			45
12	Peter Summers		00:23:15	VM 35-39	36	M	55.63	Hay Hotfooters	21:03			12
13	Ruth McDermott		00:33:20	VW 55-59	57	F	53.05	Hay Hotfooters	33:10			18
14	Greg Stoves		00:26:24	VM 35-39	38	M	49.37		26:14			5
15	Dilek Usta-Aarons		00:33:18	VW 45-49	46	F	48.35	Hay Hotfooters	25:24			24
16	MJ Bull		00:29:54	VM 40-44	40	M	43.87		32:02	Y		4
17	Julia Mcfarlane		00:33:43	VW 35-39	37	F	43.85		35:00	Y		4