

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

Weather: Fine and dry

Date: 26 March 2022

Total Runners: 7

Pos.	Name	Race No.	Time	Age Cat	Age	M/F	% of Age WR	Club	PB Time	PB?	CR?	Total Runs
1	Martin Carter		00:21:38	VM 55-59	56	M	71.49	Hereford Couriers	21:39	Y		16
2	George Daly		00:18:59	VM 40-44	42	M	71.38	Bristol AC	19:59	Y		3
3	Sue Richards		00:30:02	VW 65-69	66	F	66.87	Hay Hotfooters	29:13			77
4	Ollie Wilkinson		00:22:49	VM 45-49	46	M	62.75		23:03	Y		8
5	Alan HARRY		00:33:47	VM 75-79	78	M	59.84	Hay Hotfooters	30:19			91
6	Dilek Usta-Aarons		00:27:40	VW 45-49	46	F	58.19	Hay Hotfooters	25:24			29
7	Charlie Barlow		00:32:27	VW 35-39	35	F	44.89	Hay Hotfooters	30:50			1