

Hay Riverside Run (5k) Results By % WR

Weather: Clear spring morning

Date: 23 April 2022

Total Runners: 13

Pos.	Name	Race No.	Time	Age Cat	Age	M/F	% of Age WR	Club	PB Time	PB?	CR?	Total Runs
1	Paul Millsom		00:22:04	VM 65-69	66	M	76.96	Vegan Runner	21:56			5
2	Rose Thomas		00:29:24	VW 70-74	70	F	71.20		00:00			1
3	Liam Corner		00:21:18	VM 50-54	51	M	69.72		00:00			1
4	Lesley Ashton		00:27:59	VW 60-64	63	F	68.37	Vegan Runner	27:58			7
5	George Daly		00:20:02	VM 40-44	42	M	67.64	Bristol AC	18:59			4
6	Sue Richards		00:30:43	VW 65-69	66	F	65.38	Hay Hotfooters	29:13			79
7	Sharon Collins		00:27:19	VW 55-59	58	F	65.10	Hay Hotfooters	24:26			71
8	Steve Goodridge		00:25:06	VM 55-59	59	M	62.95	Hay Hotfooters	21:44			80
9	Eleanor Griffiths		00:22:59	SW 30-34	33	F	61.42	Hay Hotfooters	21:32			45
10	Mandy Naylor		00:28:57	VW 55-59	57	F	61.08		00:00			1
11	Alan Harry		00:35:12	VM 75-79	78	M	57.43	Hay Hotfooters	30:19			94
12	Martyn Rosser		00:35:12	VM 70-74	72	M	52.51	Hay Hotfooters	25:23			31
13	James Walton		00:27:33	VM 45-49	43	M	49.97	Hay Hotfooters	22:03			18