

# Hay Riverside Run (5k) Results

Weather

Date:

Total Runners:

| Pos. | Name                  | Race No. | Time     | Age Cat  | Age | M/F | Gend Pos. | % of Age WR | Club           | PB Time | PB? | CR? | Total Runs |
|------|-----------------------|----------|----------|----------|-----|-----|-----------|-------------|----------------|---------|-----|-----|------------|
| 1    | Andrew Denham         |          | 00:21:23 | VM 40-44 | 44  | M   | 1         | 65.39       |                | 00:00   |     |     | 1          |
| 2    | Iwan Evans            |          | 00:22:09 | VM 45-49 | 48  | M   | 2         | 65.61       | Brecon AC      | 22:24   | Y   |     | 3          |
| 3    | Ollie Wilkinson       |          | 00:23:55 | VM 45-49 | 46  | M   | 3         | 59.86       |                | 22:49   |     |     | 10         |
| 4    | Laila Denham          |          | 00:24:40 | JW 11-14 | 13  | F   | 1         | 66.62       |                | 00:00   |     |     | 1          |
| 5    | Sara Lake             |          | 00:25:22 | VW 50-54 | 51  | F   | 2         | 66.69       | Hay Hotfooters | 24:28   |     |     | 42         |
| 6    | Kevin Dunster         |          | 00:26:09 | VM 60-64 | 60  | M   | 4         | 60.99       | Hay Hotfooters | 24:33   |     |     | 15         |
| 7    | Sue Hackett           |          | 00:26:37 | VW 55-59 | 59  | F   | 3         | 67.19       | Hay Hotfooters | 25:37   |     |     | 23         |
| 8    | John Price            |          | 00:27:06 | VM 65-69 | 65  | M   | 5         | 61.75       | Hay Hotfooters | 23:24   |     |     | 99         |
| 9    | Rose Thomas           |          | 00:28:52 | VW 70-74 | 70  | F   | 4         | 72.52       | Rhayader R.C.  | 28:34   |     |     | 4          |
| 10   | Alan Nicholls         |          | 00:30:54 | VM 70-74 | 71  | M   | 6         | 59.12       | Hay Hotfooters | 28:26   |     |     | 49         |
| 11   | Ted Prosser-Painting  |          | 00:32:43 | JM       | 12  | M   | 7         | 47.68       |                | 19:27   | Y   |     | 2          |
| 12   | Dave Prosser-Painting |          | 00:32:45 | VM 45-49 | 47  | M   | 8         | 44.07       |                | 20:41   |     |     | 9          |
| 13   | Rosie Evans           |          | 01:22:23 | JW 11-14 | 13  | F   | 5         | 19.95       |                | 00:00   |     |     | 1          |