

Hay Riverside Run (5k) Results By % WR

Weather: Warm and bright

Date: 14 May 2022

Total Runners: 14

Pos.	Name	Race No.	Time	Age Cat	Age	M/F	% of Age WR	Club	PB Time	PB?	CR?	Total Runs
1	Rose Thomas		00:28:34	VW 70-74	70	F	73.28	Rhayader R.C.	28:44	Y		3
2	Steve Goodridge		00:22:23	VM 55-59	59	M	70.59	Hay Hotfooters	21:44			83
3	Mark Hird		00:24:29	VM 60-64	62	M	66.37	Hay Hotfooters	24:29			51
4	Chris Speirs		00:22:16	VM 45-49	49	M	65.72		00:00			1
5	Iwan Evans		00:22:24	VM 45-49	48	M	64.88	Brecon AC	24:01	Y		2
6	Thomas Evans		00:26:07	JM	10	M	60.56	Brecon AC	27:53	Y		2
7	Ryan Lee		00:21:28	SM	26	M	58.62		22:11	Y		2
8	Martyn Rosser		00:33:20	VM 70-74	72	M	55.45	Hay Hotfooters	25:23			33
9	Harry Evans		00:28:51	JM	10	M	54.82	Brecon AC	29:02	Y		2
10	Cath Hughes		00:33:20	VW 55-59	58	F	53.35		30:48			5
11	Nicole Spriggs		00:31:30	SW 25-29	26	F	44.81		28:52			2
12	Ceridwen Carter		01:12:40	JW 10	6	F	27.68		29:11			3
13	Martin Carter		01:12:40	VM 55-59	56	M	21.28	Hereford Couriers	21:35			19
14	Addy Carter		01:12:40	JW 18-19	20	F	19.43	Hay Hotfooters	23:28			4