

Hay Riverside Run (5k) Results By % WR

Weather

Date:

Total Runners:

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