

Hay Riverside Run (5k) Results By % WR

Weather: Cool, light rain

Date: 04 June 2022

Total Runners: 15

Pos.	Name	Race No.	Time	Age Cat	Age	M/F	% of Age WR	Club	PB Time	PB?	CR?	Total Runs
1	Richard Docwra		00:19:24	VM 45-49	49	M	75.43		00:00			1
2	Rose Thomas		00:28:51	VW 70-74	70	F	72.56	Rhayader R.C.	28:34			6
3	Greg Chance		00:20:20	VM 40-44	42	M	66.64	Bristol AC	19:43			3
4	Richard Elston		00:18:54	SM	28	M	66.58	Bristol & West	00:00			1
5	Sue Richards		00:30:18	VW 65-69	66	F	66.28	Hay Hotfooters	29:13			82
6	Mark Hird		00:25:24	VM 60-64	62	M	63.98	Hay Hotfooters	24:29			52
7	John Price		00:26:34	VM 65-69	65	M	62.99	Hay Hotfooters	23:24			100
8	Paul McDermott		00:25:25	VM 55-59	57	M	61.31	Hay Hotfooters	23:24			25
9	Steve Goodridge		00:26:35	VM 55-59	59	M	59.44	Hay Hotfooters	21:44			85
10	James Walton		00:23:30	VM 45-49	43	M	58.58	Hay Hotfooters	22:03			21
11	Alan Nicholls		00:31:12	VM 70-74	71	M	58.55	Hay Hotfooters	28:26			50
12	Crispin ELT		00:29:05	VM 60-64	63	M	56.39		28:06			4
13	Ruth McDermott		00:34:07	VW 55-59	58	F	52.13	Hay Hotfooters	32:56			21
14	Caroline Wright		00:31:07	VW 40-44	41	F	49.01		30:55			2
15	Elizabeth Hughes		00:32:06	SW 30-34	33	F	43.98	Northwich Running Club	32:06			1