

# 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	Paul Millsom		00:21:53	VM 65-69	66	M	77.61	Vegan Runner	21:42			7
2	David Rees		00:25:03	VM 70-74	71	M	72.92	Hay Hotfooters	23:54			17
3	Rose Thomas		00:28:46	VW 70-74	70	F	72.77	Rhayader R.C.	28:34			7
4	Liam Corner		00:21:07	VM 50-54	51	M	70.32		20:55			3
5	Lesley Ashton		00:27:58	VW 60-64	63	F	68.41	Vegan Runner	27:58			9
6	John Price		00:26:46	VM 65-69	65	M	62.52	Hay Hotfooters	23:24			101
7	Paul McDermott		00:25:09	VM 55-59	58	M	62.43	Hay Hotfooters	23:24			26
8	James Walton		00:22:30	VM 45-49	43	M	61.19	Hay Hotfooters	22:03			22
9	Ollie Wilkinson		00:23:30	VM 45-49	46	M	60.92		22:49			11
10	Alan Nicholls		00:31:21	VM 70-74	71	M	58.27	Hay Hotfooters	28:26			51
11	Alan Harry		00:35:56	VM 75-79	79	M	57.28	Hay Hotfooters	30:19			96
12	Peter Summers		00:22:43	VM 35-39	36	M	56.93	Hay Hotfooters	21:03			17
13	Mark Thomas		00:30:22	VM 60-64	63	M	54.01	The Stragglers	00:00			1
14	Ruth McDermott		00:33:23	VW 55-59	58	F	53.27	Hay Hotfooters	32:56			22
15	Adam Gregory		00:26:33	VM 35-39	39	M	49.28		24:22			9
16	Charlotte Barlow		00:31:18	VW 35-39	35	F	46.54	Hay Hotfooters	27:39			27
17	Joni Corner		01:38:00	JF	5	F	21.50		00:00			1
18	Ella Corner		01:36:18	JF	8	F	19.28		00:00			1
19	Alana Benjamin		01:36:24	VW 40-44	42	F	15.99		00:00			1
20	Tim Corner		01:38:00	VM 45-49	45	M	14.52		00:00			1