

**BELLE VUE RACERS
CHAMPIONSHIP RESULT SHEET
Spring & Summer 2010
Salford 10k Road Race on Friday 2nd April, 2010**

| Name | Time | Age | WST | Age % | PB | Club Member | Age Related | TOTAL |
|-----------------|-------|-----|-------|-------|----|-------------|-------------|-----------|
| | | | | | | You Beat | Points | |
| Jon Sargeant | 39.46 | 47 | 29.58 | 75.36 | 20 | 15 | 15 | 50 |
| Nigel Sedman | 42.01 | 45 | 29.31 | 70.25 | | 14 | 14 | 28 |
| David Furey | 43.36 | 34 | 27.17 | 62.58 | | 13 | 10 | 23 |
| Phil D'Netto | 43.55 | 41 | 28.37 | 65.16 | | 12 | 12 | 24 |
| Tom Vernon | 46.34 | 44 | 29.17 | 62.88 | | 11 | 11 | 22 |
| Barry Guy | 49.50 | 58 | 32.48 | 65.82 | | 10 | 13 | 23 |
| | | | | | | | | |
| | | | | | | | | |
| Alison Sedman | 39.46 | 45 | 32.44 | 82.31 | 10 | 15 | 15 | 40 |
| Cecilia Boodhoo | 50.22 | 49 | 34.15 | 68.00 | | 14 | 14 | 28 |
| Toni Bradley | 52.03 | 30 | 30.21 | 58.31 | | 13 | 13 | 26 |
| Tina Hicks | 52.43 | 31 | 30.22 | 57.60 | | 12 | 12 | 24 |
| Marie Lavin | 57.32 | 46 | 33.05 | 57.50 | | 11 | 11 | 22 |
| Medwen Roberts | 58.43 | 42 | 31.53 | 54.30 | | 10 | 9 | 19 |
| Lynda Shentall | 59.03 | 44 | 32.25 | 54.90 | | 9 | 10 | 19 |

| Mins | Secs | Time in Secs |
|------|------|--------------|
| 39 | 46 | 2386.00 |
| 42 | 1 | 2521.00 |
| 43 | 36 | 2616.00 |
| 43 | 55 | 2635.00 |
| 46 | 34 | 2794.00 |
| 49 | 50 | 2990.00 |
| | | |
| | | |
| 39 | 46 | 2386.00 |
| 50 | 22 | 3022.00 |
| 52 | 3 | 3123.00 |
| 52 | 43 | 3163.00 |
| 57 | 32 | 3452.00 |
| 58 | 43 | 3523.00 |
| 59 | 3 | 3543.00 |

WST = World Standard Running Times for each runner's age

PB = Personal Best against same race last year

Age% WST

| | | | | |
|-------|------|-------|----|----|
| 75.36 | 1798 | 29.97 | 29 | 58 |
| 70.25 | 1771 | 29.52 | 29 | 31 |
| 62.58 | 1637 | 27.28 | 27 | 17 |
| 65.16 | 1717 | 28.62 | 28 | 37 |
| 62.88 | 1757 | 29.28 | 29 | 17 |
| 65.82 | 1968 | 32.8 | 32 | 48 |
| | | | | |
| 82.31 | 1964 | 32.73 | 32 | 44 |
| 68.00 | 2055 | 34.25 | 34 | 15 |
| 58.31 | 1821 | 30.35 | 30 | 21 |
| 57.60 | 1822 | 30.37 | 30 | 22 |
| 57.50 | 1985 | 33.08 | 33 | 5 |
| 54.30 | 1913 | 31.88 | 31 | 53 |
| 54.90 | 1945 | 32.42 | 32 | 25 |