

**BELLE VUE RACERS  
CHAMPIONSHIP RESULT SHEET  
Spring & Summer 2010  
Freckleton Half Marathon Sunday 20th June, 2010**

Name	Time	Age	WST	Age %	PB	Club Member	Age Related	TOTAL
						<b>You Beat</b>	<b>Points</b>	
Nigel Sedman	1.29.27	45	1.04.13	71.79		15	15	<b>30</b>
Jon Sargeant	1.32.45	47	1.05.17	70.39		14	14	<b>28</b>
Frank Rogers	1.43.28	37	1.00.18	58.28		13	12	<b>25</b>
Phil D'Netto	1.46.18	42	1.02.14	58.97		12	13	<b>25</b>
Anthony Preston	1.54.44	33	0.59.19	51.70		11	11	<b>22</b>

Mins	Secs	Time in Secs
89.00	27.00	5367.00
92.00	45.00	5565.00
103.00	28.00	6208.00
106.00	18.00	6378.00
114.00	44.00	6884.00

WST = World Standard Running Times for each runner's age  
PB = Personal Best against same race last year

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Alison Sedman	1.28.57	45	1.12.05	81.04		15	15	<b>30</b>
Cecilia Boodhoo	1.52.21	49	1.15.42	67.38		14	14	<b>28</b>
Kath Horwill	2.00.27	35	1.06.39	55.33		13	13	<b>26</b>

Mins	Secs	Time in Secs
88.00	57.00	5337.00
112.00	21.00	6741.00
120.00	27.00	7227.00

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

71.79	3853.00	64.22	64	13
70.39	3917.00	65.28	65	17
58.28	3618.00	60.3	60	18
58.97	3761.00	62.68	62	41
51.70	3559.00	59.32	59	19

Age% WST

81.04	4325.00	72.08	72	5
67.38	4542.00	75.7	75	42
55.33	3999.00	66.65	66	39