

**BELLE VUE RACERS**  
**CHAMPIONSHIP RESULT SHEET**  
**Spring & Summer 2009**  
One Mile Time Trial at Sportcity on Thursday 11th July, 2009

Name	Time	Age	WST	Age %	PB	Club Member	Age Related	TOTAL
						You Beat	Points	
James Corrigan	5.24.72	33	3.45.19	69.35	20	15	11	<b>46</b>
Steve Bunyan	5.29.85	38	3.52.07	70.36		14	14	<b>28</b>
Steve Webb	5.44.50	35	3.47.42	66.01	20	13	9	<b>42</b>
Nigel Sedman	5.46.95	44	4.02.77	69.97		12	12	<b>24</b>
Jon Sargeant	5.52.02	46	4.06.57	70.04		11	13	<b>24</b>
Andy Roberts	5.56.56	44	4.02.77	68.09	10	10	10	<b>30</b>
Dave Okopochini	6.10.47	41	3.57.31	64.06		9	8	<b>17</b>
Barry Guy	6.15.94	57	4.29.69	71.74	10	8	15	<b>33</b>
Tom Snaith	6.17.38	45	4.04.64	64.83	20	7	7	<b>34</b>
Lee Mills	6.18.49	39	3.53.80	61.77	20	6	4	<b>30</b>
Tony Houghton	6.31.43	48	4.10.45	63.98		5	6	<b>11</b>
Stuart Allwood	7.20.74	42	3.59.10	54.25		4	2	<b>6</b>
Kevin Egerton	7.23.85	56	4.27.42	60.25		3	3	<b>6</b>
Brian Roberts	7.36.74	63	4.44.22	62.23		2	5	<b>7</b>
Alison Sedman	6.00.49	44	4.37.77	77.05		15	15	<b>30</b>
Annie Hirsch	6.52.01	53	5.10.81	75.44	10	14	14	<b>38</b>
Rebecca Healey	6.56.40	42	4.31.35	65.17	20	13	11	<b>44</b>
Susan Sheehan	7.01.12	36	4.17.50	61.15		12	9	<b>21</b>
Cecilia Boodhoo	7.04.12	48	4.51.54	68.74		11	13	<b>24</b>
Kath Horwill	7.06.49	34	4.14.78	59.74		10	7	<b>17</b>
Lara Mason	7.10.91	24	4.11.60	58.39		9	5	<b>14</b>
Tina Hicks	7.17.65	31	4.12.31	57.65		8	4	<b>12</b>
Jean Woodhouse	7.21.37	46	4.44.49	64.46		7	10	<b>17</b>
Anne Webster	7.38.42	50	4.58.95	65.21		6	12	<b>18</b>
Julia Foy	7.40.89	39	4.23.26	57.12		5	3	<b>8</b>
Lynda Shentall	7.43.49	45	4.41.09	60.65		4	8	<b>12</b>

Mins	Secs	Time in Sec
5	24.72	324.72
5	29.85	329.85
5	44.5	344.50
5	46.95	346.95
5	52.02	352.02
5	56.56	356.56
6	10.47	370.47
6	15.94	375.94
6	17.38	377.38
6	18.49	378.49
6	31.43	391.43
7	20.74	440.74
7	23.85	443.85
7	36.74	456.74
6	0.49	360.49
6	52.01	412.01
6	56.4	416.40
7	1.12	421.12
7	4.12	424.12
7	6.49	426.49
7	10.91	430.91
7	17.65	437.65
7	21.37	441.37
7	38.42	458.42
7	40.89	460.89
7	43.49	463.49

Medwen Roberts	8.00.58	41	4.28.37	55.84		3	2	<b>5</b>
Maxine Grimshaw	8.14.16	48	4.51.54	59.00		2	6	<b>8</b>

8      0.58    480.58  
8      14.16    494.16

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

Age%      WST

69.35	225.19	3.75	3	45.19
70.36	232.07	3.87	3	52.07
66.01	227.42	3.79	3	47.42
69.97	242.77	4.05	4	2.77
70.04	246.57	4.11	4	6.57
68.09	242.77	4.05	4	2.77
64.06	237.31	3.96	3	57.31
71.74	269.69	4.49	4	29.69
64.83	244.64	4.08	4	4.64
61.77	233.8	3.9	3	53.8
63.98	250.45	4.17	4	10.45
54.25	239.1	3.99	3	59.1
60.25	267.42	4.46	4	27.42
62.23	284.22	4.74	4	44.22
77.05	277.77	4.63	4	37.77
75.44	310.81	5.18	5	10.81
65.17	271.35	4.52	4	31.35
61.15	257.5	4.29	4	17.5
68.74	291.54	4.86	4	51.54
59.74	254.78	4.25	4	14.78
58.39	251.6	4.19	4	11.6
57.65	252.31	4.21	4	12.31
64.46	284.49	4.74	4	44.49
65.21	298.95	4.98	4	58.95
57.12	263.26	4.39	4	23.26
60.65	281.09	4.68	4	41.09

55.84	268.37	4.47	4	28.37
59.00	291.54	4.86	4	51.54