

BELLE VUE RACERS
CHAMPIONSHIP RESULT SHEET
Autumn & Winter 2009/10
Heaton Park Cross Country (MCR League) on 24th October, 2009

| Name | Time | Age | WST | Age % | PB | Club Member | Age Related | TOTAL |
|------------------------|-------|-----|-------|-------|----|-----------------|---------------|-----------|
| 9000 metres app | | | | | | | | |
| | | | | | | You Beat | Points | |
| James Corrigan | 43.12 | 33 | 27.10 | 62.89 | | 15 | 12 | 27 |
| Steve Bunyan | 43.56 | 37 | 27.47 | 63.24 | | 14 | 14 | 28 |
| Nigel Sedman | 44.07 | 44 | 29.17 | 66.38 | | 13 | 15 | 28 |
| Steve Webb | 46.12 | 35 | 27.26 | 59.38 | | 12 | 9 | 21 |
| Phil D'Netto | 48.06 | 41 | 28.37 | 59.49 | 20 | 11 | 10 | 41 |
| Andy Roberts | 49.20 | 45 | 29.31 | 59.83 | | 10 | 11 | 21 |
| David Okopochini | 49.44 | 41 | 28.37 | 57.54 | 20 | 9 | 8 | 37 |
| James Amin | 50.37 | 31 | 26.59 | 53.31 | | 8 | 6 | 14 |
| Barry Guy | 52.09 | 58 | 32.48 | 62.90 | 20 | 7 | 13 | 40 |
| Brian Roberts | 59.47 | 63 | 34.17 | 57.35 | | 6 | 7 | 13 |
| | | | | | | | | |
| 7500 metres app | | | | | | | | |
| Vicky Smith | 40.19 | 29 | 24.05 | 59.74 | 20 | 15 | 12 | 47 |
| Annie Hirsch | 41.12 | 53 | 28.36 | 69.42 | | 14 | 15 | 29 |
| Cecilia Boodhoo | 43.24 | 48 | 26.52 | 61.90 | | 13 | 14 | 27 |
| Kath Horwill | 44.29 | 34 | 24.15 | 54.51 | 20 | 12 | 10 | 42 |
| Dee O'Neill | 46.16 | 44 | 25.45 | 55.66 | | 11 | 11 | 22 |
| Toni Bradley | 48.22 | 30 | 24.05 | 49.79 | | 10 | 8 | 18 |
| Maxine Grimshaw | 49.26 | 48 | 26.52 | 54.35 | 20 | 9 | 9 | 38 |
| Christine Barber | 50.14 | 58 | 30.35 | 60.88 | 20 | 8 | 13 | 41 |
| Marie Lavin | 55.21 | 45 | 25.59 | 46.94 | | 7 | 7 | 14 |

| Mins | Secs | Time in Secs |
|------|------|--------------|
| | | |
| 43 | 12 | 2592.00 |
| 43 | 56 | 2636.00 |
| 44 | 7 | 2647.00 |
| 46 | 12 | 2772.00 |
| 48 | 6 | 2886.00 |
| 49 | 20 | 2960.00 |
| 49 | 44 | 2984.00 |
| 50 | 37 | 3037.00 |
| 52 | 9 | 3129.00 |
| 59 | 47 | 3587.00 |
| | | |
| 40 | 19 | 2419.00 |
| 41 | 12 | 2472.00 |
| 43 | 24 | 2604.00 |
| 44 | 29 | 2669.00 |
| 46 | 16 | 2776.00 |
| 48 | 22 | 2902.00 |
| 49 | 26 | 2966.00 |
| 50 | 14 | 3014.00 |
| 55 | 21 | 3321.00 |

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

PB = Personal Best against same race last October

Warm & Sunny but v. Strong wind on first long uphill drag. Not v. muddy

Used 10k men & 4 miles women

| Age% | WST | | | |
|-------|------|-------|----|----|
| 62.89 | 1630 | 27.17 | 27 | 10 |
| 63.24 | 1667 | 27.78 | 27 | 47 |
| 66.38 | 1757 | 29.28 | 29 | 17 |
| 59.38 | 1646 | 27.43 | 27 | 26 |
| 59.49 | 1717 | 28.62 | 28 | 37 |
| 59.83 | 1771 | 29.52 | 29 | 31 |
| 57.54 | 1717 | 28.62 | 28 | 37 |
| 53.31 | 1619 | 26.98 | 26 | 59 |
| 62.90 | 1968 | 32.8 | 32 | 48 |
| 57.35 | 2057 | 34.28 | 34 | 17 |
| | | | | |
| 59.74 | 1445 | 24.08 | 24 | 5 |
| 69.42 | 1716 | 28.6 | 28 | 36 |
| 61.90 | 1612 | 26.87 | 26 | 52 |
| 54.51 | 1455 | 24.25 | 24 | 15 |
| 55.66 | 1545 | 25.75 | 25 | 45 |
| 49.79 | 1445 | 24.08 | 24 | 5 |
| 54.35 | 1612 | 26.87 | 26 | 52 |
| 60.88 | 1835 | 30.58 | 30 | 35 |
| 46.94 | 1559 | 25.98 | 25 | 59 |