

BELLE VUE RACERS
CHAMPIONSHIP RESULT SHEET
Autumn & Winter 2009/10
Sherdley Park Cross Country (MCR League) on 15th November, 2009

Name	Time	Age	WST	Age %	PB	Club Member	Age Related	TOTAL
9300 metres								
						You Beat	Points	
James Corrigan	42.57	33	27.10	63.25		15	14	29
Nigel Sedman	45.18	44	29.17	64.64		14	15	29
Phil D'Netto	47.51	41	28.37	59.80		13	11	24
Barry Guy	54.03	58	32.48	60.68		12	13	25
Brian Roberts	56.59	63	34.17	60.16		11	12	23
Kevin Egerton	62.56	57	32.32	51.69		10	10	20
6200 metres								
Vicky Smith	32.56	29	19.14	58.40		15	13	28
Cecilia Boodhoo	33.25	48	21.27	64.19		14	15	29
Kath Horwill	34.17	34	19.22	56.49		13	12	25
Julia Foy	38.29	39	19.48	51.45		12	10	22
Toni Bradley	38.37	30	19.14	49.81		11	9	20
Christine Barber	39.54	58	24.25	61.19		10	14	24
Maxine Grimshaw	41.38	48	21.27	51.52		9	11	20
Marie Lavin	44.59	45	20.45	46.13		8	8	16

Mins	Secs	Time in Secs
42	57	2577.00
45	18	2718.00
47	51	2871.00
54	3	3243.00
56	59	3419.00
62	56	3776.00
32	56	1976.00
33	25	2005.00
34	17	2057.00
38	29	2309.00
38	37	2317.00
39	54	2394.00
41	38	2498.00
44	59	2699.00

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

No PBs as course shortened

Warm & bright. Pretty wet underfoot

Age%	Used 10k men & 4mile women WST			
63.25	1630	27.17	27	10
64.64	1757	29.28	29	17
59.80	1717	28.62	28	37
60.68	1968	32.8	32	48
60.16	2057	34.28	34	17
51.69	1952	32.53	32	32
58.40	1154	19.23	19	14
64.19	1287	21.45	21	27
56.49	1162	19.37	19	22
51.45	1188	19.8	19	48
49.81	1154	19.23	19	14
61.19	1465	24.42	24	25
51.52	1287	21.45	21	27
46.13	1245	20.75	20	45