

**BELLE VUE RACERS**  
**CHAMPIONSHIP RESULT SHEET**  
**Autumn & Winter 2009/10**  
**Wythenshawe Park Cross Country (MCR LGE) 30th January, 2010**

Name	Time	Age	WST	Age %	PB	Club Member	Age Related	TOTAL
<b>9300 metres</b>						<b>You Beat</b>	<b>Points</b>	
Steve Bunyan	41.04	38	28.00	68.18		15	13	<b>28</b>
Nigel Sedman	41.54	44	29.17	69.89		14	15	<b>29</b>
Andy Roberts	44.08	45	29.31	66.88		13	12	<b>25</b>
Barry Guy	47.36	58	32.48	68.91		12	14	<b>26</b>
Kevin Egerton	51.49	57	32.32	62.79		11	11	<b>22</b>
<b>6200 metres</b>								
Vicky Smith	29.39	29	19.14	64.87		15	12	<b>27</b>
Kath Horwill	31.03	35	19.26	62.59		14	11	<b>25</b>
Annie Hirsch	31.22	53	22.51	72.85		13	15	<b>28</b>
Cecilia Boodhoo	33.07	49	21.43	65.58		12	13	<b>25</b>
Tina Hicks	33.08	31	19.15	58.10		11	10	<b>21</b>
Julia Foy	35.20	40	19.55	56.37		10	9	<b>19</b>
Christine Barber	36.29	58	24.25	66.93		9	14	<b>23</b>
Marie Lavin	43.14	46	20.58	48.50		8	8	<b>16</b>

Used 10k men & 4ml women

Mins	Secs	Time in Secs
41	4	2464.00
41	54	2514.00
44	8	2648.00
47	36	2856.00
51	49	3109.00
29	39	1779.00
31	3	1863.00
31	22	1882.00
33	7	1987.00
33	8	1988.00
35	20	2120.00
36	29	2189.00
43	14	2594.00

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

PB = Personal Best against same race last year

No PB as course changed

Beautiful sunny day. Mixture of soft and some partly frozen ground.

Age%    WST

68.18	1680	28	28	0
69.89	1757	29.28	29	17
66.88	1771	29.52	29	31
68.91	1968	32.8	32	48
62.79	1952	32.53	32	32

64.87	1154	19.23	19	14
62.59	1166	19.43	19	26
72.85	1371	22.85	22	51
65.58	1303	21.72	21	43
58.10	1155	19.25	19	15
56.37	1195	19.92	19	55
66.93	1465	24.42	24	25
48.50	1258	20.97	20	58