

BELLE VUE RACERS
CHAMPIONSHIP RESULT SHEET
Spring & Summer 2009
Frank Hodson Saddleworth 6 Mile Road Race on Wednesday 12th August, 2009

Name	Time	Age	WST	Age %	PB	Club Member	Age Related	TOTAL
						You Beat	Points	
Nigel Sedman	38.07	44	29.17	76.83		15	15	30
James Corrigan	38.13	33	27.10	71.09		14	13	27
Steve Webb	40.26	35	27.26	67.85	20	13	10	43
Tom Snaith	42.42	45	29.31	69.13		12	12	24
Andy Roberts	43.18	45	29.31	68.17	20	11	11	42
Lee Mills	43.33	39	28.12	64.75	20	10	8	38
Tony Houghton	44.35	48	30.13	67.78	10	9	9	28
Barry Guy	45.04	57	32.32	72.19	20	8	14	42
Kevin Egerton	57.18	56	32.15	56.28		7	6	13
Brian Roberts	57.26	63	34.17	59.69		6	7	13
Alison Sedman	40.16	44	32.25	80.50		15	15	30
Annie Hirsch	45.41	53	36.02	78.88		14	14	28
Tina Hicks	50.30	31	30.22	60.13		13	11	24
Dee O'Neill	51.39	44	32.25	62.76		12	12	24
Anne Webster	53.20	50	34.41	65.03		11	13	24
Julia Foy	54.29	39	31.14	57.33		10	10	20

Used 10k		
Mins	Secs	Time in Sec
38	7	2287.00
38	13	2293.00
40	26	2426.00
42	42	2562.00
43	18	2598.00
43	33	2613.00
44	35	2675.00
45	4	2704.00
57	18	3438.00
57	26	3446.00
40	16	2416.00
45	41	2741.00
50	30	3030.00
51	39	3099.00
53	20	3200.00
54	29	3269.00

WST = World Standard Running Times for each runner's age
 Good running conditions - warm and still. Well done all with some excellent PBs

Age% WST

76.83	1757	29.28	29	17
71.09	1630	27.17	27	10
67.85	1646	27.43	27	26
69.13	1771	29.52	29	31
68.17	1771	29.52	29	31
64.75	1692	28.2	28	12
67.78	1813	30.22	30	13
72.19	1952	32.53	32	32
56.28	1935	32.25	32	15
59.69	2057	34.28	34	17
80.50	1945	32.42	32	25
78.88	2162	36.03	36	2
60.13	1822	30.37	30	22
62.76	1945	32.42	32	25
65.03	2081	34.68	34	41
57.33	1874	31.23	31	14