

BELLE VUE RACERS
CHAMPIONSHIP RESULT SHEET
Autumn & Winter 2009/10
Salford Women's 5.25 mile on Sunday 29th November, 2009

Name	Time	Age	WST	Age %	PB	Club Member	Age Related	TOTAL
						You Beat	Points	
Alison Sedman	34.32	45	26.07	75.63		15	15	30
Vicky Smith	38.43	29	24.12	62.51		14	11	25
Kath Horwill	41.28	34	24.23	58.80		13	10	23
Annie Hirsch	41.38	53	28.44	69.02		12	14	26
Cecilia Boodhoo	42.35	49	27.20	64.19	20	11	13	44
Dee O'Neill	44.11	44	25.52	58.54		10	8	18
Rebecca Healey	45.55	43	25.38	55.83		9	6	15
Jean Woodhouse	46.25	46	26.23	56.84		8	7	15
Anne Webster	47.05	50	27.40	58.76		7	9	16
Christine Barber	48.05	58	30.44	63.92		6	12	18
Maxine Grimshaw	51.31	49	27.20	53.06		5	5	10

Mins	Secs	Time in Secs
34	32	2072.00
38	43	2323.00
41	28	2488.00
41	38	2498.00
42	35	2555.00
44	11	2651.00
45	55	2755.00
46	25	2785.00
47	5	2825.00
48	5	2885.00
51	31	3091.00

WST = World Standard Running Times for each runner's age
PB = Personal Best against same race last year

Age% WST

75.63	1567	26.12	26	7
62.51	1452	24.2	24	12
58.80	1463	24.38	24	23
69.02	1724	28.73	28	44
64.19	1640	27.33	27	20
58.54	1552	25.87	25	52
55.83	1538	25.63	25	38
56.84	1583	26.38	26	23
58.76	1660	27.67	27	40
63.92	1844	30.73	30	44
53.06	1640	27.33	27	20