

**BELLE VUE RACERS**  
**CHAMPIONSHIP RESULT SHEET**  
**Autumn & Winter 2009/10**  
Boggart Hole Clough Cross Country (SEL League) on 31st October, 2009

Name	Time	Age	WST	Age %	PB	Club Member	Age Related	TOTAL	Mins	Secs	Time in Secs
<b>9000 metres app</b>											
						<b>You Beat</b>	<b>Points</b>				
James Corrigan	42.29	33	27.10	63.95		15	14	<b>29</b>	42	29	2549.00
Nigel Sedman	44.12	44	29.17	66.25		14	15	<b>29</b>	44	12	2652.00
Steve Webb	45.09	35	27.26	60.76		13	12	<b>25</b>	45	9	2709.00
Steve Bunyan	45.42	38	28.00	61.27		12	13	<b>25</b>	45	42	2742.00
Phil D'Netto	47.26	41	28.37	60.33		11	11	<b>22</b>	47	26	2846.00
David Okopochini	50.37	41	28.37	56.54		10	9	<b>19</b>	50	37	3037.00
Barry Guy	55.40	58	32.48	58.92		9	10	<b>19</b>	55	40	3340.00
Kevin Egerton	62.00	57	32.32	52.47	10	8	8	<b>26</b>	62	0	3720.00
<b>6000 metres app</b>											
Vicky Smith	32.48	29	19.14	58.64		15	12	<b>27</b>	32	48	1968.00
Annie Hirsch	33.39	53	22.51	67.90		14	15	<b>29</b>	33	39	2019.00
Kath Horwill	34.57	34	19.22	55.41		13	11	<b>24</b>	34	57	2097.00
Cecilia Boodhoo	35.22	48	21.27	60.65		12	13	<b>25</b>	35	22	2122.00
Dee O'Neill	37.37	44	20.34	54.67	20	11	10	<b>41</b>	37	37	2257.00
Tina Hicks	38.12	31	19.15	50.39		10	8	<b>18</b>	38	12	2292.00
Toni Bradley	38.30	30	19.14	49.96		9	7	<b>16</b>	38	30	2310.00
Christine Barber	39.46	58	24.25	61.40		8	14	<b>22</b>	39	46	2386.00
Maxine Grimshaw	39.51	48	21.27	53.83	20	7	9	<b>36</b>	39	51	2391.00
Julia Foy	40.11	40	19.55	49.56	20	6	6	<b>32</b>	40	11	2411.00
Marie Lavin	44.45	45	20.45	46.37		5	5	<b>10</b>	44	45	2685.00

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

PB = Personal Best against same race last year

Warm & bright. Not as muddy as usual but very claggy in places.

Age%	WST	Used 10k men & 4mile women		
63.95	1630	27.17	27	10
66.25	1757	29.28	29	17
60.76	1646	27.43	27	26
61.27	1680	28	28	0
60.33	1717	28.62	28	37
56.54	1717	28.62	28	37
58.92	1968	32.8	32	48
52.47	1952	32.53	32	32
58.64	1154	19.23	19	14
67.90	1371	22.85	22	51
55.41	1162	19.37	19	22
60.65	1287	21.45	21	27
54.67	1234	20.57	20	34
50.39	1155	19.25	19	15
49.96	1154	19.23	19	14
61.40	1465	24.42	24	25
53.83	1287	21.45	21	27
49.56	1195	19.92	19	55
46.37	1245	20.75	20	45