

BELLE VUE RACERS
CHAMPIONSHIP RESULT SHEET
Autumn & Winter 2009/10
Clayton Vale Cross Country (SEL League) on 28th November, 2009

Name	Time	Age	WST	Age %	PB	Club Member	Age Related	TOTAL
9300 metres						You Beat	Points	
James Corrigan	43.38	33	27.10	62.26		15	13	28
Steve Bunyan	43.48	38	28.00	63.93	20	14	14	48
Nigel Sedman	44.45	44	29.17	65.44		13	15	28
Andy Roberts	49.55	45	29.31	59.13		12	11	23
James Amin	50.10	31	26.59	53.79		11	10	21
Barry Guy	52.44	58	32.48	62.20		10	12	22
6400 metres								
Vicky Smith	34.39	29	19.14	55.51		15	13	28
Kath Horwill	36.44	34	19.22	52.72		14	11	25
Annie Hirsch	37.28	53	22.51	60.99		13	15	28
Cecilia Boodhoo	37.52	49	21.43	57.35		12	14	26
Tina Hicks	40.17	31	19.15	47.79		11	10	21
Toni Bradley	40.33	30	19.14	47.43		10	8	18
Julia Foy	41.53	40	19.55	47.55	20	9	9	38
Christine Barber	42.55	58	24.25	56.89		8	12	20
Maxine Grimshaw	46.45	48	21.27	45.88		7	7	14

Mins	Secs	Time in Secs
43	38	2618.00
43	48	2628.00
44	45	2685.00
49	55	2995.00
50	10	3010.00
52	44	3164.00
34	39	2079.00
36	44	2204.00
37	28	2248.00
37	52	2272.00
40	17	2417.00
40	33	2433.00
41	53	2513.00
42	55	2575.00
46	45	2805.00

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

Cool, some sun & no wind. Wet but good running conditions - no real mud on this course.

Age%	Used 10k men & 4mile women WST			
62.26	1630	27.17	27	10
63.93	1680	28	28	0
65.44	1757	29.28	29	17
59.13	1771	29.52	29	31
53.79	1619	26.98	26	59
62.20	1968	32.8	32	48
55.51	1154	19.23	19	14
52.72	1162	19.37	19	22
60.99	1371	22.85	22	51
57.35	1303	21.72	21	43
47.79	1155	19.25	19	15
47.43	1154	19.23	19	14
47.55	1195	19.92	19	55
56.89	1465	24.42	24	25
45.88	1287	21.45	21	27