

BELLE VUE RACERS
CHAMPIONSHIP RESULT SHEET
Autumn & Winter 2009/10
Heaton Park Cross Country (SEL League) on 26th September, 2009

Name	Time	Age	WST	Age %	PB	Club Member	Age Related	TOTAL
9300 metres?						You Beat	Points	
James Corrigan	41.00	33	27.10	66.26	20	15	13	48
Steve Bunyan	42.21	38	28.00	66.12	20	14	12	46
Nigel Sedman	43.29	44	29.17	67.34		13	15	28
Tom Snaith	44.31	45	29.31	66.30		12	14	26
Phil D'Netto	45.44	41	28.37	62.57	20	11	10	41
Andy Roberts	46.44	45	29.31	63.16		10	11	21
David Okopochini	50.34	41	28.37	56.59		9	9	18
Kevin Egerton	63.19	57	32.32	51.38		8	8	16
6100 metres?								
Jill Osgood	31.51	31	19.15	60.44		15	13	28
Annie Hirsch	33.16	53	22.51	68.69	20	14	15	49
Cecilia Boodhoo	34.32	48	21.27	62.11	20	13	14	47
Tina Hicks	36.16	31	19.15	53.08		12	10	22
Dee O'Neill	36.54	44	20.34	55.74	10	11	12	33
Julia Foy	37.37	39	19.48	52.64	20	10	9	39
Toni Bradley	38.42	30	19.14	49.70		9	8	17
Maxine Grimshaw	38.46	48	21.27	55.33	20	8	11	39

Used 10k men & 4ml women

Mins Secs Time in Secs

41	0	2460.00
42	21	2541.00
43	29	2609.00
44	31	2671.00
45	44	2744.00
46	44	2804.00
50	34	3034.00
63	19	3799.00
31	51	1911.00
33	16	1996.00
34	32	2072.00
36	16	2176.00
36	54	2214.00
37	37	2257.00
38	42	2322.00
38	46	2326.00

WST = World Standard Running Times for each runner's age
 Good, firm conditions - ex turnout and well done to all.

Age% WST

66.26	1630	27.17	27	10
66.12	1680	28	28	0
67.34	1757	29.28	29	17
66.30	1771	29.52	29	31
62.57	1717	28.62	28	37
63.16	1771	29.52	29	31
56.59	1717	28.62	28	37
51.38	1952	32.53	32	32

60.44	1155	19.25	19	15
68.69	1371	22.85	22	51
62.11	1287	21.45	21	27
53.08	1155	19.25	19	15
55.74	1234	20.57	20	34
52.64	1188	19.8	19	48
49.70	1154	19.23	19	14
55.33	1287	21.45	21	27