

**BELLE VUE RACERS**  
**CHAMPIONSHIP RESULT SHEET**  
**Autumn & Winter 2009/10**  
Woodbank Park XC MCR LGE 3rd January, 2010

Name	Time	Age	WST	Age %	PB	Club Member	Age Related	TOTAL
<b>9000m</b>								
						<b>You Beat</b>	<b>Points</b>	
Steve Webb	42.43	35	27.26	64.22	20	15	13	<b>48</b>
Andy Roberts	44.56	45	29.31	65.69	20	14	14	<b>48</b>
Nigel Sedman	46.03	44	29.17	63.59		13	12	<b>25</b>
James Amin	46.59	31	26.59	57.43		12	10	<b>22</b>
Barry Guy	49.14	58	32.48	66.62		11	15	<b>26</b>
Kevin Egerton	55.06	57	32.32	59.04		10	11	<b>21</b>
<b>6000m</b>								
Annie Hirsch	31.57	53	21.14	66.46	10	15	15	<b>40</b>
Kath Horwill	32.27	34	18.01	55.52		14	13	<b>27</b>
Cecilia Boodhoo	32.58	49	20.12	61.27	20	13	14	<b>47</b>
Toni Bradley	36.37	30	17.53	48.84		12	12	<b>24</b>

Mins	Secs	Time in Secs
42	43	2563.00
44	56	2696.00
46	3	2763.00
46	59	2819.00
49	14	2954.00
55	6	3306.00
31	57	1917.00
32	27	1947.00
32	58	1978.00
36	37	2197.00

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

PB = Personal Best against same race last year

Frozen snow & ice. Cold but sunny.

Age%	Used 10k men 6k women			
	WST			
64.22	1646	27.43	27	26
65.69	1771	29.52	29	31
63.59	1757	29.28	29	17
57.43	1619	26.98	26	59
66.62	1968	32.8	32	48
59.04	1952	32.53	32	32
66.46	1274	21.23	21	14
55.52	1081	18.02	18	1
61.27	1212	20.2	20	12
48.84	1073	17.88	17	53