SELECT tblRunners.runnerFirstName, tblRunners.runnerSurname, (YEAR(CURDATE()) - YEAR(tblRunners.runnerDOB) - 1) AS runnerAge FROM tblRunners WHERE runnerSurname = 'Smith'

SELECT tblRunners.runnerFirstName, tblRunners.runnerSurname, (YEAR(CURDATE()) - YEAR(tblRunners.runnerDOB) - 1) AS runnerAge, (SELECT tblWMA.WMAWRTime FROM tblWMA WHERE tblWMA.WMADistance = 10.000 AND tblWMA.WMASex = tblRunners.RunnerSex AND tblWMA.WMAAge = runnerAge) AS WorldRecordTime, (SELECT tblWMA.WMAFactor FROM tblWMA WHERE tblWMA.WMADistance = 10.000 AND tblWMA.WMASex = tblRunners.RunnerSex AND tblWMA.WMAAge = runnerAge) AS WMAFactor FROM tblRunners **- - - returns details for all runners**

INSERT INTO tblWMARaceTimes (RaceTimesID)

SELECT tblRaceTimes.RaceTimesID FROM tblRaceTimes WHERE tblRaceTimes.RunnerID IN (SELECT tblRunners.RunnerID FROM tblRunners WHERE (YEAR(CURDATE()) - YEAR(tblRunners.runnerDOB) - 1) >=35)

**Populate a php array using the following select statement**

**(**this is a one off statement to give everyone a WMATime – not to be used every time a race time is added or updated**)**

SELECT tblRaceTimes.RaceTimesID, tblRunners.runnerFirstName, tblRunners.runnerSurname, (YEAR(CURDATE()) - YEAR(tblRunners.runnerDOB) - 1) AS runnerAge, (SELECT tblRaces.RaceName FROM tblRaces WHERE tblRaces.RaceID = tblRaceTimes.RaceID) AS RaceName, tblRaceTimes.RaceTime, (SELECT tblRaces.RaceDist FROM tblRaces WHERE tblRaces.RaceID = tblRaceTimes.RaceID) AS RaceDist, (SELECT tblWMA.WMAFactor FROM tblWMA WHERE tblWMA.WMADistance = (SELECT (tblRaces.RaceDist/1000) FROM tblRaces WHERE tblRaces.RaceID = tblRaceTimes.RaceID) AND tblWMA.WMASex = tblRunners.RunnerSex AND tblWMA.WMAAge = runnerAge) AS WMAFactor, TIME\_FORMAT(SEC\_TO\_TIME(TIME\_TO\_SEC(tblRaceTimes.RaceTime) \* (SELECT tblWMA.WMAFactor FROM tblWMA WHERE tblWMA.WMADistance = (SELECT (tblRaces.RaceDist/1000) FROM tblRaces WHERE tblRaces.RaceID = tblRaceTimes.RaceID) AND tblWMA.WMASex = tblRunners.RunnerSex AND tblWMA.WMAAge = runnerAge)),'%H:%i:%s') AS WMATime FROM tblRunners JOIN tblRaceTimes ON tblRunners.RunnerID = tblRaceTimes.RunnerID