

5K						
	DIAMOND	PLATINUM	GOLD	SILVER	BRONZE	COPPER
OPEN	18.00	19.30	21.00	22.40	24.00	25.30
35-39	19.00	20.30	22.00	23.40	25.00	26.30
40-44	20.00	21.30	23.00	24.40	26.00	27.30
45-49	21.00	22.30	24.00	25.40	27.00	28.30
50-54	22.00	23.30	25.00	26.40	28.00	29.30
55-59	23.00	24.30	26.00	27.40	29.00	30.30
60-64	24.00	25.30	27.00	28.40	30.00	31.30
65-69	25.00	26.30	28.00	29.30	31.00	32.30
70+	26.00	27.30	29.00	30.30	32.00	33.30

5 MILES						
	DIAMOND	PLATINUM	GOLD	SILVER	BRONZE	COPPER
OPEN	30.00	32.30	35.00	37.30	40.00	43.00
35-39	32.00	34.00	36.50	39.30	42.30	45.30
40-44	33.00	35.00	37.30	40.00	45.00	47.30
45-49	34.00	36.00	38.30	42.00	47.00	48.30
50-54	37.00	39.00	42.00	44.30	49.30	52.00
55-59	41.00	43.00	46.00	48.30	53.30	56.00
60-64	45.00	47.00	50.00	52.30	57.30	60.00
65-59	49.00	51.00	54.00	56.30	61.30	64.00

10 K						
	DIAMOND	PLATINUM	GOLD	SILVER	BRONZE	COPPER
OPEN	38.30	41.00	44.00	47.00	50.00	55.00
35-39	40.30	43.30	47.00	50.00	53.00	57.30
40-44	42.30	46.00	49.00	53.00	56.00	60.00
45-49	45.00	48.30	51.30	56.00	59.00	61.30
50-54	49.00	52.30	55.30	60.00	63.00	65.30
55-59	54.00	57.30	60.30	66.00	69.00	71.30
60-64	60.00	63.30	66.30	72.00	75.00	77.30
65-69	66.00	69.30	72.30	78.00	81.00	83.30

10 MILES						
	DIAMOND	PLATINUM	GOLD	SILVER	BRONZE	COPPER
OPEN	1.04	1.08	1.11	1.17	1.22	1.30
35-39	1.08	1.12	1.16	1.20	1.27	1.35
40-44	1.12	1.16	1.20	1.26	1.32	1.40
45-49	1.15	1.20	1.24	1.31	1.37	1.50
50-54	1.20	1.25	1.30	1.38	1.45	1.58
55-59	1.25	1.30	1.35	1.43	1.50	2.03
60-64	1.31	1.36	1.41	1.49	1.56	2.09
65-69	1.37	1.42	1.47	1.54	2.02	2.15

HALF MARATHON						
	DIAMOND	PLATINUM	GOLD	SILVER	BRONZE	COPPER
OPEN	1.26	1.31	1.36	1.44	1.51	2.02
35-39	1.31	1.36	1.41	1.51	1.58	2.09
40-44	1.36	1.42	1.47	1.56	2.04	2.16
45-49	1.41	1.47	1.53	2.02	2.11	2.23
50-54	1.48	1.54	2.00	2.09	2.19	2.32
55-59	1.55	2.02	2.08	2.17	2.27	2.40
60-64	2.03	2.10	2.16	2.25	2.35	2.48
65-69	2.11	2.18	2.24	2.33	2.43	2.56

20 MILE						
	DIAMOND	PLATINUM	GOLD	SILVER	BRONZE	COPPER
OPEN	2.30.00	2.40.00	2.50.00	3.00.00	3.10.00	3.23.20
35-39	2.40.00	2.46.40	2.56.40	3.06.40	3.20.00	3.33.20
40-44	2.43.20	2.50.00	3.00.00	3.10.00	3.30.00	3.40.00
45-49	2.46.40	2.53.20	3.03.20	3.20.00	3.36.40	3.43.20
50-54	3.00.00	3.06.40	3.17.40	3.26.40	3.46.40	3.56.30
55-59	3.13.20	3.23.20	3.33.20	3.43.20	3.55.20	4.10.00
60-64	3.30.00	3.36.40	3.46.20	3.55.10	4.15.10	4.24.20
65-69	3.47.2	3.54.00	4.03.40	4.12.30	4.32.20	4.42.00

MARATHON						
	DIAMOND	PLATINUM	GOLD	SILVER	BRONZE	COPPER
OPEN	3.11.18	3.20.26	3.33.32	3.46.38	3.59.44	4.27.14
35-39	3.20.36	3.29.10	3.42.16	3.55.22	4.12.52	4.32.20
40-44	3.24.48	3.33.32	3.46.48	3.59.44	4.25.58	4.49.04
45-49	3.29.10	3.42.16	3.51.00	4.12.52	4.39.04	4.53.26
50-54	3.46.38	3.55.22	4.12.52	4.21.36	4.47.50	5.00.30
55-59	4.08.30	4.12.52	4.30.20	4.43.46	4.59.50	5.11.20
60-64	4.15.38	4.39.04	4.47.50	4.55.30	5.09.40	5.45.00
65-69	4.22.46	4.46.12	4.54.58	5.02.38	5.16.48	5.52.08