

SENIOR MEN < 40							
DISTANCE	DIAMOND	GOLD *	GOLD	SILVER *	SILVER	BRONZE *	BRONZE
5K	0:17:30	0:18:30	0:19:30	0:21:15	0:23:00	0:25:00	0:27:00
5 Miles	0:28:45	0:30:20	0:32:00	0:35:00	0:38:00	0:41:00	0:44:00
6 Miles	0:34:45	0:36:50	0:39:00	0:42:35	0:46:10	0:50:10	0:54:10
10K	0:36:00	0:38:15	0:40:30	0:44:15	0:48:00	0:53:00	0:58:00
7 Miles	0:40:50	0:43:20	0:45:55	0:50:11	0:54:28	0:59:28	1:05:28
8 Miles	0:47:00	0:49:55	0:52:44	0:57:35	1:02:15	1:08:15	1:14:15
10 Miles	1:00:00	1:03:35	1:07:15	1:12:38	1:18:00	1:24:00	1:30:00
1/2 Marathon	1:20:00	1:24:30	1:29:00	1:37:00	1:45:00	1:53:00	2:01:00
20 Miles	2:08:00	2:15:30	2:23:00	2:34:30	2:46:00	2:58:00	3:10:00
Marathon	2:56:00	3:05:30	3:15:00	3:32:30	3:50:00	4:08:00	4:26:00

SENIOR UNDER 35							
DISTANCE	DIAMOND	GOLD *	GOLD	SILVER *	SILVER	BRONZE *	BRONZE
5K	0:21:45	0:23:07	0:24:30	0:26:22	0:28:15	0:30:15	0:32:15
5 Miles	0:36:00	0:38:00	0:40:00	0:43:15	0:46:30	0:49:30	0:52:30
6 Miles	0:43:30	0:46:07	0:48:45	0:52:37	0:56:30	1:00:30	1:04:30
10K	0:45:00	0:47:45	0:50:30	0:54:30	0:58:30	1:03:30	1:08:30
7 Miles	0:51:00	0:54:15	0:57:30	1:01:52	1:06:15	1:11:15	1:16:15
8 Miles	0:58:45	1:02:30	1:06:15	1:11:15	1:16:15	1:22:15	1:28:15
10 Miles	1:13:45	1:18:23	1:23:00	1:29:15	1:35:30	1:41:30	1:47:30
1/2 Marathon	1:38:45	1:44:45	1:50:45	1:59:15	2:07:45	2:15:45	2:23:45
20 Miles	2:36:00	2:45:30	2:55:00	3:07:30	3:20:00	3:32:00	3:44:00
Marathon	3:30:00	3:42:30	3:55:00	4:14:45	4:34:30	4:52:00	5:10:00

VET MEN (40-44)							
DISTANCE	DIAMOND	GOLD *	GOLD	SILVER *	SILVER	BRONZE *	BRONZE
5K	0:18:15	0:19:22	0:20:30	0:22:15	0:24:00	0:26:00	0:28:00
5 Miles	0:30:00	0:31:45	0:33:30	0:36:45	0:40:00	0:43:00	0:46:00
6 Miles	0:36:15	0:38:27	0:40:40	0:44:27	0:48:15	0:52:15	0:56:15
10K	0:38:00	0:40:15	0:42:30	0:46:15	0:50:00	0:55:00	1:00:00
7 Miles	0:42:30	0:45:12	0:47:55	0:52:20	0:56:45	1:01:45	1:06:45
8 Miles	0:49:00	0:52:10	0:55:20	1:00:25	1:05:30	1:11:30	1:17:30
10 Miles	1:02:30	1:06:25	1:10:20	1:16:55	1:23:30	1:29:30	1:35:30
1/2 Marathon	1:24:00	1:29:00	1:34:00	1:42:00	1:50:00	1:58:00	2:06:00
20 Miles	2:14:00	2:22:00	2:30:00	2:43:00	2:56:00	3:08:00	3:20:00
Marathon	3:10:00	3:20:00	3:30:00	3:48:00	4:06:00	4:24:00	4:42:00

VET WOMEN (35-39)							
DISTANCE	DIAMOND	GOLD *	GOLD	SILVER *	SILVER	BRONZE *	BRONZE
5K	0:22:45	0:24:07	0:25:30	0:27:15	0:29:00	0:31:00	0:33:00
5 Miles	0:37:30	0:39:45	0:42:00	0:45:00	0:48:00	0:51:00	0:54:00
6 Miles	0:45:15	0:48:00	0:50:45	0:54:22	0:58:00	1:02:00	1:06:00
10K	0:47:00	0:49:45	0:52:30	0:56:15	1:00:00	1:05:00	1:10:00
7 Miles	0:53:15	0:56:22	0:59:30	1:03:45	1:08:00	1:13:00	1:18:00
8 Miles	1:01:15	1:04:45	1:08:15	1:13:08	1:18:00	1:24:00	1:30:00
10 Miles	1:17:00	1:21:30	1:26:00	1:32:00	1:38:00	1:44:00	1:50:00
1/2 Marathon	1:44:00	1:50:00	1:56:00	2:04:00	2:12:00	2:20:00	2:28:00
20 Miles	2:43:00	2:52:30	3:02:00	3:13:00	3:24:00	3:36:00	3:48:00
Marathon	3:40:00	3:53:00	4:06:00	4:23:00	4:40:00	4:58:00	5:16:00

VET MEN (45-49)							
DISTANCE	DIAMOND	GOLD *	GOLD	SILVER *	SILVER	BRONZE *	BRONZE
5K	0:19:15	0:20:30	0:21:45	0:23:37	0:25:30	0:27:30	0:29:30
5 Miles	0:31:45	0:33:52	0:36:00	0:38:52	0:41:45	0:44:45	0:47:45
6 Miles	0:38:15	0:40:52	0:43:30	0:46:50	0:50:10	0:54:10	0:58:10
10K	0:39:45	0:42:17	0:44:50	0:48:25	0:52:00	0:57:00	1:02:00
7 Miles	0:44:50	0:48:00	0:51:10	0:54:57	0:58:45	1:03:45	1:08:45
8 Miles	0:50:00	0:53:10	0:56:20	1:00:30	1:04:45	1:09:00	1:14:00
10 Miles	1:05:00	1:09:45	1:14:30	1:19:30	1:24:30	1:30:00	1:36:00
1/2 Marathon	1:27:00	1:33:00	1:40:00	1:46:30	1:53:00	2:00:00	2:09:00
20 Miles	2:19:00	2:29:30	2:40:00	2:54:00	3:08:00	3:20:00	3:32:00
Marathon	3:15:00	3:27:30	3:40:00	3:57:30	4:15:00	4:33:00	4:51:00

VET WOMEN (40-44)							
DISTANCE	DIAMOND	GOLD *	GOLD	SILVER *	SILVER	BRONZE *	BRONZE
5K	0:23:30	0:25:07	0:26:45	0:28:37	0:30:30	0:32:30	0:34:30
5 Miles	0:39:00	0:41:40	0:44:15	0:47:10	0:50:00	0:53:00	0:56:00
6 Miles	0:47:15	0:50:22	0:53:00	0:57:00	1:00:30	1:04:30	1:08:30
10K	0:49:00	0:52:15	0:55:30	0:59:10	1:02:45	1:07:45	1:12:45
7 Miles	0:55:30	0:59:00	1:02:30	1:06:45	1:11:00	1:16:00	1:21:00
8 Miles	1:03:45	1:08:00	1:12:15	1:16:52	1:21:30	1:27:30	1:33:30
10 Miles	1:20:00	1:25:30	1:31:00	1:36:30	1:42:00	1:48:00	1:54:00
1/2 Marathon	1:49:30	1:56:45	2:04:00	2:10:00	2:16:00	2:24:00	2:32:00
20 Miles	2:50:00	3:01:00	3:12:00	3:23:15	3:34:30	3:46:30	3:58:30
Marathon	3:50:00	4:04:00	4:18:00	4:34:00	4:50:00	5:08:00	5:26:00

VET MEN (50-54)							
DISTANCE	DIAMOND	GOLD *	GOLD	SILVER *	SILVER	BRONZE *	BRONZE
5K	0:20:15	0:21:45	0:23:15	0:25:07	0:27:00	0:29:00	0:31:00
5 Miles	0:33:30	0:36:00	0:38:30	0:41:00	0:43:30	0:46:30	0:49:30
6 Miles	0:40:15	0:43:22	0:46:30	0:49:30	0:52:30	0:56:30	1:00:30
10K	0:41:45	0:45:00	0:48:15	0:51:24	0:54:34	0:59:34	1:04:34
7 Miles	0:47:00	0:50:50	0:54:40	0:58:10	1:01:40	1:06:40	1:11:40
8 Miles	0:53:55	0:58:25	1:02:55	1:06:55	1:10:55	1:16:55	1:22:55
10 Miles	1:08:00	1:13:43	1:19:25	1:24:22	1:29:20	1:35:20	1:41:20
1/2 Marathon	1:33:00	1:39:15	1:45:30	1:52:45	2:00:00	2:08:00	2:16:00
20 Miles	2:28:00	2:39:00	2:50:00	3:05:00	3:20:00	3:32:00	3:44:00
Marathon	3:20:00	3:35:00	3:50:00	4:09:00	4:28:00	4:46:00	5:04:00

VET WOMEN (45-49)							
DISTANCE	DIAMOND	GOLD *	GOLD	SILVER *	SILVER	BRONZE *	BRONZE
5K	0:24:30	0:26:15	0:28:00	0:30:00	0:32:00	0:34:00	0:36:00
5 Miles	0:40:45	0:43:40	0:46:30	0:49:15	0:52:00	0:55:00	0:58:00
6 Miles	0:49:15	0:52:50	0:56:30	1:00:15	1:04:00	1:08:00	1:12:00
10K	0:51:00	0:54:15	0:57:30	1:01:52	1:06:15	1:11:15	1:16:15
7 Miles	0:57:45	1:02:07	1:06:30	1:10:53	1:15:15	1:20:15	1:25:15
8 Miles	1:06:30	1:11:30	1:16:30	1:21:30	1:26:30	1:32:30	1:38:30
10 Miles	1:23:00	1:29:30	1:36:00	1:42:00	1:48:00	1:54:00	2:00:00
1/2 Marathon	1:55:00	2:03:30	2:12:00	2:18:38	2:25:15	2:33:15	2:41:15
20 Miles	2:57:00	3:09:30	3:22:00	3:33:30	3:45:00	3:57:00	4:09:00
Marathon	4:00:00	4:15:00	4:30:00	4:45:00	5:00:00	5:18:00	5:36:00

VET MEN (55-59)							
DISTANCE	DIAMOND	GOLD *	GOLD	SILVER *	SILVER	BRONZE *	BRONZE
5K	0:21:15	0:22:52	0:24:30	0:26:30	0:28:30	0:30:30	0:32:30
5 Miles	0:35:15	0:38:00	0:40:45	0:43:00	0:45:15	0:48:15	0:51:15
6 Miles	0:42:30	0:45:45	0:49:00	0:51:45	0:54:30	0:58:30	1:02:30
10K	0:44:10	0:47:27	0:50:45	0:53:37	0:56:30	1:01:30	1:06:30
7 Miles	0:49:50	0:53:35	0:57:20	1:00:40	1:04:00	1:09:00	1:14:00
8 Miles	0:57:10	1:01:27	1:05:45	1:09:43	1:13:40	1:19:40	1:25:40
10 Miles	1:11:40	1:17:20	1:23:00	1:28:10	1:33:20	1:39:20	1:45:20
1/2 Marathon	1:36:00	1:43:30	1:51:00	1:57:30	2:04:00	2:12:00	2:20:00
20 Miles	2:35:00	2:47:30	3:00:00	3:16:00	3:32:00	3:44:00	3:56:00
Marathon	3:25:00	3:45:00	4:05:00	4:22:37	4:40:15	4:58:15	5:16:15

VET WOMEN (50-54)							
DISTANCE	DIAMOND	GOLD *	GOLD	SILVER *	SILVER	BRONZE *	BRONZE
5K	0:25:45	0:27:30	0:29:15	0:31:22	0:33:30	0:35:30	0:37:30
5 Miles	0:42:15	0:45:30	0:48:45	0:51:22	0:54:00	0:57:00	1:00:00
6 Miles	0:51:15	0:55:22	0:59:30	1:03:30	1:07:30	1:11:30	1:15:30
10K	0:53:15	0:57:30	1:01:45	1:05:53	1:10:00	1:15:00	1:20:00
7 Miles	1:01:20	1:05:40	1:10:00	1:14:30	1:19:00	1:24:00	1:29:00
8 Miles	1:10:15	1:15:23	1:20:30	1:25:37	1:30:45	1:36:45	1:41:45
10 Miles	1:28:00	1:34:30	1:41:00	1:47:30	1:54:00	2:00:00	2:06:00
1/2 Marathon	1:58:00	2:07:00	2:16:00	2:23:00	2:30:00	2:38:00	2:44:00
20 Miles	3:04:00	3:18:00	3:32:00	3:43:45	3:55:30	4:07:30	4:19:30
Marathon	4:12:30	4:28:45	4:45:00	5:00:00	5:15:00	5:33:00	5:51:00

VET MEN (60-64)							
DISTANCE	DIAMOND	GOLD *	GOLD	SILVER *	SILVER	BRONZE *	BRONZE
5K	0:22:00	0:24:07	0:26:00	0:28:00	0:30:00		