

Men's Race Standards

		5Km	5 Miles	10Km	10 Miles	½ Marathon	15 Miles	20 Miles	Marathon
Under 40	Diamond	16:00	26:20	33:00	0:55:20	1:14:00	1:26:00	2:00:00	2:44:00
	Gold	17:30	28:40	36:00	1:00:00	1:20:00	1:33:00	2:09:30	2:57:00
	Silver	18:30	30:20	38:00	1:03:20	1:25:00	1:38:30	2:16:00	3:05:00
	Bronze	20:00	32:40	41:00	1:08:00	1:31:00	1:45:30	2:25:30	3:18:00
40-44	Diamond	16:30	27:10	34:00	0:57:00	1:17:00	1:29:30	2:04:30	2:49:00
	Gold	18:15	30:00	37:30	1:02:40	1:24:00	1:37:30	2:15:45	3:04:00
	Silver	19:30	32:00	40:00	1:06:40	1:29:00	1:43:30	2:24:00	3:14:00
	Bronze	21:10	34:40	43:30	1:12:00	1:36:00	1:51:45	2:35:30	3:28:00
45-49	Diamond	17:10	28:10	35:15	0:59:00	1:19:00	1:32:15	2:08:00	2:54:00
	Gold	19:10	31:20	39:30	1:05:20	1:28:00	1:42:30	2:22:00	3:11:00
	Silver	20:20	33:20	42:00	1:09:20	1:33:00	1:48:30	2:29:00	3:21:00
	Bronze	22:45	37:10	46:30	1:17:00	1:43:00	2:00:30	2:44:00	3:41:00

50-54	Diamond	17:30	28:50	36:15	1:00:20	1:21:00	1:34:30	2:10:45	2:57:00
	Gold	20:15	33:10	41:30	1:09:00	1:32:00	1:47:45	2:27:45	3:20:00
	Silver	21:30	35:10	44:00	1:13:00	1:38:00	1:55:15	2:36:30	3:30:00
	Bronze	24:10	39:30	49:30	1:21:40	1:49:00	2:08:00	2:54:45	3:53:00
55-59	Diamond	18:40	30:40	38:30	1:04:00	1:26:00	1:40:15	2:18:30	3:07:00
	Gold	21:10	34:40	43:30	1:12:00	1:36:00	1:52:15	2:35:00	3:28:00
	Silver	22:50	37:20	47:00	1:17:20	1:43:00	2:00:00	2:45:45	3:42:00
	Bronze	26:00	42:20	53:00	1:27:20	1:56:00	2:15:30	3:05:30	4:08:00
60-64	Diamond	20:10	33:00	41:15	1:08:40	1:32:00	1:47:00	2:27:30	3:19:00
	Gold	22:30	36:50	46:00	1:16:20	1:42:00	1:58:45	2:43:45	3:39:00
	Silver	24:30	40:00	50:00	1:22:40	1:50:00	2:08:15	2:56:45	3:56:00
	Bronze	27:45	45:10	56:30	1:33:00	2:04:00	2:23:30	3:16:15	4:23:00
Over 65	Diamond	21:45	35:30	44:30	1:13:40	1:38:00	1:54:30	2:37:45	3:32:00
	Gold	24:00	39:10	49:00	1:21:00	1:48:00	2:06:00	2:53:30	3:51:00
	Silver	26:00	42:20	53:00	1:27:20	1:56:00	2:14:45	3:05:45	4:08:00
	Bronze	29:30	47:50	1:00:00	1:38:20	2:11:00	2:32:15	3:28:00	4:37:00

Ladies' Race Standards

		5Km	5 Miles	10Km	10 Miles	½ Marathon	15 Miles	20 Miles	Marathon
Under 35	Diamond	18:15	30:00	0:37:30	1:02:40	1:24:00	1:37:30	2:15:00	3:03:00
	Gold	19:30	32:00	0:40:00	1:06:40	1:29:15	1:43:15	2:23:00	3:14:00
	Silver	21:10	34:40	0:43:30	1:12:00	1:36:15	1:51:30	2:34:30	3:28:00
	Bronze	22:45	37:10	0:46:30	1:17:00	1:42:45	1:59:15	2:45:15	3:41:00
35-39	Diamond	19:10	31:30	0:39:30	1:05:20	1:27:30	1:41:30	2:20:30	3:10:00
	Gold	20:30	33:30	0:42:00	1:09:40	1:33:00	1:47:30	2:29:00	3:21:00
	Silver	22:45	37:10	0:46:30	1:17:00	1:42:45	1:58:15	2:44:00	3:41:00
	Bronze	24:10	39:30	0:49:30	1:21:40	1:49:00	2:05:15	2:53:45	3:53:00
40-44	Diamond	20:00	32:50	0:41:30	1:08:20	1:32:00	1:46:30	2:27:00	3:18:00
	Gold	21:30	35:10	0:44:00	1:13:00	1:38:00	1:54:00	2:37:15	3:30:00
	Silver	24:10	39:30	0:49:30	1:21:40	1:49:00	2:06:30	2:54:30	3:53:00
	Bronze	25:30	41:40	0:52:00	1:26:00	1:55:00	2:14:00	3:05:00	4:04:00

45-49	Diamond	21:10	34:40	0:43:30	1:12:00	1:36:00	1:51:15	2:33:30	3:28:00
	Gold	23:00	37:30	0:47:00	1:17:40	1:44:00	2:00:00	2:44:15	3:42:00
	Silver	26:00	42:20	0:53:00	1:27:20	1:56:00	2:14:30	3:04:00	4:08:00
	Bronze	27:30	44:50	0:56:00	1:32:20	2:03:00	2:22:45	3:15:00	4:21:00
50-54	Diamond	22:30	36:50	0:46:00	1:16:20	1:42:00	1:58:00	2:42:45	3:39:00
	Gold	24:20	39:50	0:50:00	1:22:20	1:50:00	2:07:30	2:55:45	3:55:00
	Silver	27:40	45:10	0:56:30	1:33:00	2:04:00	2:24:00	3:18:30	4:23:00
	Bronze	30:00	47:50	1:00:00	1:38:40	2:11:00	2:32:45	3:30:30	4:37:00
55-59	Diamond	24:00	39:10	0:49:00	1:21:00	1:48:00	2:05:00	2:52:00	3:51:00
	Gold	26:00	42:00	0:53:00	1:27:20	1:56:00	2:13:45	3:04:00	4:08:00
	Silver	30:00	47:50	1:00:00	1:38:40	2:11:00	2:31:15	3:28:00	4:38:00
	Bronze	32:00	50:30	1:03:30	1:44:00	2:19:00	2:40:15	3:40:30	4:53:00
60-64	Diamond	25:40	41:50	0:52:30	1:26:40	1:55:00	2:13:00	3:03:00	4:07:00
	Gold	27:50	45:00	0:57:00	1:33:20	2:04:00	2:23:45	3:17:45	4:25:00
	Silver	32:10	51:00	1:04:30	1:45:40	2:20:00	2:42:30	3:37:30	4:44:00
	Bronze	34:15	54:00	1:08:00	1:52:00	2:29:00	2:52:15	3:55:00	5:14:00

		5Km	5 Miles	10Km	10 Miles	½ Marathon	15 Miles	20 Miles	Marathon
Over 65	Diamond	27:30	44:50	0:56:00	1:33:00	2:03:00	2:22:00	3:15:45	4:24:00
	Gold	29:45	48:00	1:01:00	1:40:00	2:12:00	2:32:00	3:29:30	4:45:00
	Silver	34:30	54:30	1:09:00	1:53:00	2:30:00	2:53:15	3:50:30	5:04:00
	Bronze	36:40	57:50	1:13:00	2:00:00	2:39:00	3:03:45	4:09:00	5:36:00