

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
65-69	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

Over 69	Diamond	23:20	38:00	0:47:35	1:18:35	1:44:20	2:01:35	2:47:15	3:44:15
	Gold	25:30	41:30	0:51:50	1:25:35	1:53:50	2:12:30	3:02:10	4:02:00
	Silver	27:40	44:55	0:56:10	1:32:25	2:02:25	2:22:00	3:15:20	4:20:15
	Bronze	31:15	50:35	1:03:20	1:43:35	2:17:40	2:39:40	3:37:40	4:49:20

Ladies' Race Standards

		5Km	5 Miles	10Km	10 Miles	½ Marathon	15 Miles	20 Miles	Marathon
Under 35	Diamond	18:15	30:05	0:37:40	1:03:10	1:24:25	1:38:05	2:16:55	3:07:05
	Gold	19:45	32:20	0:40:40	1:07:45	1:30:15	1:44:55	2:26:10	3:19:45
	Silver	20:40	33:55	0:42:25	1:10:45	1:34:55	1:50:00	2:31:50	3:26:35
	Bronze	22:15	36:20	0:45:35	1:15:40	1:41:15	1:57:20	2:41:50	3:40:15
35-39	Diamond	19:10	31:35	0:39:30	1:06:15	1:29:30	1:44:00	2:24:40	3:16:20
	Gold	21:00	34:30	0:43:05	1:12:00	1:36:30	1:52:00	2:35:55	3:31:25
	Silver	22:10	36:25	0:45:30	1:15:45	1:41:10	1:57:40	2:43:40	3:40:30
	Bronze	24:00	39:15	0:49:15	1:21:30	1:48:40	2:06:30	2:56:00	3:55:25

40-44	Diamond	20:00	32:50	0:41:05	1:08:45	1:32:05	1:47:30	2:29:10	3:22:45
	Gold	22:10	36:10	0:45:35	1:15:25	1:41:35	1:58:20	2:43:55	3:40:30
	Silver	23:40	38:45	0:48:50	1:20:35	1:48:05	2:06:10	2:53:15	3:53:40
	Bronze	25:40	41:55	0:52:25	1:26:50	1:56:10	2:15:55	3:05:00	4:09:15
45-49	Diamond	21:10	34:55	0:43:50	1:13:00	1:38:00	1:54:20	2:38:10	3:34:05
	Gold	23:40	38:45	0:48:25	1:20:35	1:47:25	2:05:45	2:52:25	3:53:25
	Silver	25:05	41:00	0:51:20	1:25:10	1:54:20	2:14:25	3:02:30	4:04:55
	Bronze	28:05	45:50	0:57:30	1:34:50	2:06:30	2:28:35	3:22:50	4:30:30
50-54	Diamond	22:30	37:00	0:46:25	1:17:10	1:43:40	2:00:50	2:47:00	3:45:25
	Gold	26:05	42:40	0:53:30	1:28:35	1:58:05	2:18:05	3:10:40	4:15:50
	Silver	27:40	45:15	0:56:55	1:33:40	2:04:45	2:25:20	3:20:40	4:28:45
	Bronze	31:05	50:35	1:03:20	1:44:25	2:18:40	2:41:55	3:41:40	4:56:25
55-59	Diamond	24:00	39:15	0:49:05	1:21:45	1:49:30	2:07:20	2:55:35	3:56:50
	Gold	27:15	44:35	0:55:40	1:32:20	2:03:25	2:23:40	3:18:05	4:24:55
	Silver	29:20	47:55	0:59:55	1:39:05	2:11:50	2:33:40	3:31:50	4:42:50
	Bronze	33:25	54:25	1:08:05	1:52:05	2:29:25	2:52:55	3:56:25	5:16:50

60-64	Diamond	25:40	41:55	0:52:30	1:26:55	1:55:40	2:15:10	3:06:10	4:10:10
	Gold	28:40	46:45	0:58:30	1:36:40	2:08:55	2:30:20	3:27:00	4:35:40
	Silver	31:10	50:45	1:03:35	1:44:45	2:19:10	2:41:35	3:42:45	4:57:25
	Bronze	35:20	57:15	1:11:50	1:57:45	2:36:50	3:02:20	4:09:00	5:31:40
65-69	Diamond	27:30	0:45:10	0:56:35	1:34:20	2:06:30	2:27:25	3:24:10	4:36:30
	Gold	30:20	0:49:40	1:02:15	1:43:25	2:18:10	2:41:05	3:42:45	5:00:05
	Silver	32:55	0:53:50	1:07:25	1:51:40	2:29:10	2:53:45	3:59:20	5:21:40
	Bronze	37:20	1:00:50	1:16:15	2:05:50	2:47:50	3:15:30	4:28:05	5:59:35
Over 69	Diamond	29:30	0:48:25	1:00:45	1:41:15	2:15:40	2:38:05	3:39:00	4:56:35
	Gold	32:10	0:52:40	1:06:00	1:49:35	2:26:30	2:50:45	3:56:05	5:18:05
	Silver	34:40	0:56:45	1:11:05	1:57:45	2:37:15	3:03:15	4:12:25	5:39:15
	Bronze	39:10	1:03:55	1:20:05	2:12:05	2:56:15	3:25:20	4:41:35	6:17:35