

	Men								
Gold Star	Open	40+	45+	50+	55+	60+	65+	70+	75+
5K	15.45	16.30	17.15	18.00	19.00	20.00	21.03	22.39	24.18
10K	32.30	34.00	35.30	37.00	39.00	41.00	43.27	46.46	50.09
10m	53.00	55.30	57.30	1.01.00	1.03.30	1.07.00	1.10.51	1.16.16	1.23.48
1/2	1.11	1.14	1.17	1.21	1.25	1.29	1.34.56	1.42.10	1.52.15
Mara	2.35	2.39	2.45	2.52	3.00	3.09	3.19.57	3.41.11	4.05.03
Gold	Open	40+	45+	50+	55+	60+	65+	70+	75+
5K	16.45	17.45	18.15	19.00	20.00	21.00	22.23	24.06	25.51
10K	34.30	36.00	37.30	39.00	41.00	43.00	46.08	49.38	53.23
10m	57.00	59.00	1.01.30	1.05.30	1.08.00	1.12.00	1.16.13	1.22.01	1.30.07
1/2	1.17	1.20	1.23	1.27	1.31	1.35	1.42.57	1.50.48	2.01.44
Mara	2.50	2.55	3.01	3.08	3.17	3.27	3.39.18	4.02.35	4.28.46
Silver	Open	40+	45+	50+	55+	60+	65+	70+	75+
5K	18.00	18.30	19.30	20.15	21.30	23.00	24.04	25.54	27.46
10K	37.00	38.00	40.00	41.30	44.00	47.00	49.28	53.14	57.01
10m	1.01.00	1.03.00	1.06.30	1.10.00	1.13.00	1.17.00	1.21.33	1.27.46	1.36.26
1/2	1.23	1.26	1.30	1.34	1.38	1.43	1.50.58	1.59.26	2.11.13
Mara	3.05	3.10	3.17	3.25	3.35	3.45	3.58.39	4.15.40	4.52.29
Bronze	Open	40+	45+	50+	55+	60+	65+	70+	75+
5K	19.30	20.15	21.15	22.15	23.30	24.45	26.04	28.03	30.05
10K	40.00	41.30	43.30	45.30	48.00	50.30	53.29	57.34	1.01.43
10m	1.06.00	1.08.30	1.11.30	1.15.30	1.19.00	1.23.30	1.28.15	1.34.58	1.44.21
1/2	1.30	1.34	1.38	1.42	1.47	1.52	2.00.19	2.09.31	2.22.17
Mara	3.17	3.23	3.30	3.39	3.49	4.00	4.14.08	4.41.07	5.11.27

	Ladies								
Gold Star	Open	40+	45+	50+	55+	60+	65+	70+	75+
5K	18.15	18.45	19.30	20.45	22.00	23.00	24.24	26.15	28.10
10K	37.30	38.30	40.00	42.30	45.00	47.00	50.08	53.57	57.51
10m	1.01.00	1.03.00	1.06.30	1.10.00	1.13.30	1.17.00	1.21.33	1.27.46	1.36.26
1/2	1.22	1.25	1.29	1.33	1.37	1.42	1.49.38	1.57.59	2.09.39
Mara	2.58	3.03	3.10	3.17	3.27	3.36	3.49.37	4.14.00	4.41.25
Gold	Open	40+	45+	50+	55+	60+	65+	70+	75+
5K	19.15	19.45	20.45	22.00	23.15	24.30	25.44	27.42	29.42
10K	39.30	40.30	42.30	45.00	47.30	50.00	52.48	56.50	60.57
10m	1.05.30	1.08.00	1.11.00	1.15.00	1.18.30	1.23.00	1.27.34	1.34.15	1.59.22
1/2	1.29	1.33	1.37	1.41	1.46	1.51	1.58.59	2.08.04	2.20.43
Mara	3.16	3.22	3.29	3.37	3.47	3.58	4.12.50	4.39.41	5.09.53
Silver	Open	40+	45+	50+	55+	60+	65+	70+	75+
5K	20.45	21.15	22.15	23.30	25.00	26.30	27.44	29.51	32.01
10K	42.30	43.30	45.30	48.00	51.00	54.00	56.49	1.01.09	1.05.35
10m	1.11.00	1.13.00	1.17.00	1.20.30	1.24.00	1.28.30	1.34.55	1.42.10	1.52.15
1/2	1.35	1.39	1.44	1.48	1.53	1.58	2.07.00	2.16.42	2.30.12
Mara	3.33	3.39	3.47	3.56	4.07	4.19	4.34.46	5.03.57	5.36.45
Bronze	Open	40+	45+	50+	55+	60+	65+	70+	75+
5K	22.15	22.45	23.45	25.00	26.15	28.15	29.44	32.01	34.20
10K	45.30	46.30	48.30	51.00	53.30	57.30	1.00.50	1.05.28	1.10.12
10m	1.16.00	1.18.30	1.22.30	1.27.00	1.31.00	1.36.00	1.41.36	1.49.21	2.00.09
1/2	1.44	1.49	1.54	1.59	2.04	2.10	2.19.02	2.29.39	2.44.25
Mara	3.47	3.54	4.02	4.12	4.24	4.36	4.52.49	5.23.55	5.58.53