

M Park Run	1 Tungsten	2 Bronze	3 Silver	4 Gold	5 Sapphire	6 Platinum	7 Diamond
U17	33.10	26.45	24.15	22.20	20.35	19.10	17.55
U20	32.55	26.30	24.05	22.10	20.30	19.00	17.50
21 - 29	32.55	26.30	24.05	22.10	20.30	19.00	17.50
30 - 39	33.40	27.00	24.35	22.35	20.55	19.25	18.10
40 – 44	35.15	28.20	25.45	23.40	21.55	20.20	19.00
45 – 49	36.35	29.20	26.45	24.30	22.40	21.05	19.45
50 – 54	37.55	30.30	27.45	25.30	23.30	21.55	20.30
55 - 59	39.25	31.40	28.50	26.30	24.30	22.45	21.15
60 - 64	41.05	33.00	30.00	27.35	25.30	23.40	22.10
65 - 69	42.50	34.25	31.20	28.45	26.35	24.40	23.05
70 - 74	45.15	36.20	33.05	30.20	28.05	26.05	24.25
75 - 79	49.05	39.20	35.50	32.55	30.25	28.15	26.25
80+	52.20	43.00	38.10	35.05	32.25	30.05	28.10

F Park Run	1 Tungsten	2 Bronze	3 Silver	4 Gold	5 Sapphire	6 Platinum	7 Diamond
U17	38.00	30.30	27.45	25.30	23.35	21.55	20.30
U20	37.25	30.00	27.20	25.05	23.15	21.35	20.10
21 - 29	37.25	30.00	27.20	25.05	23.15	21.35	20.10
30 - 39	37.40	30.15	27.30	25.15	23.20	21.45	20.20
40 – 44	38.55	31.10	28.25	26.05	24.05	22.25	21.00
45 – 49	40.30	32.30	29.35	27.10	25.05	23.20	21.50
50 – 54	42.45	34.15	31.10	28.40	26.30	24.35	23.00
55 - 59	45.10	36.15	33.00	30.20	28.00	26.00	24.20
60 - 64	48.00	38.30	35.00	32.10	29.45	27.40	25.50
65 - 69	51.10	41.00	37.20	34.15	31.40	29.30	27.30
70 - 74	54.45	43.55	40.00	36.40	33.55	31.30	29.25
75 - 79	58.55	47.15	43.00	39.30	36.30	33.55	31.40
80+	1.01.55	49.35	45.10	41.25	38.15	35.35	33.15

M 5KM	1 Tungsten	2 Bronze	3 Silver	4 Gold	5 Sapphire	6 Platinum	7 Diamond
U17	32.40	26.10	23.45	21.50	20.05	18.40	17.25
U20	32.25	26.00	23.35	21.40	20.00	18.30	17.20
21 - 29	32.25	26.00	23.35	21.40	20.00	18.30	17.20
30 - 39	33.10	26.30	24.05	22.05	20.25	18.55	17.40
40 - 44	34.45	27.50	25.15	23.10	21.25	19.50	18.30
45 - 49	36.05	28.50	26.15	24.00	22.10	20.35	19.15
50 - 54	37.25	30.00	27.15	25.00	23.00	21.25	20.00
55 - 59	38.55	31.10	28.20	26.00	24.00	22.15	20.45
60 - 64	40.35	32.30	29.30	27.05	25.00	23.10	21.40
65 - 69	42.20	33.55	30.50	28.15	26.05	24.10	22.35
70 - 74	44.45	35.50	32.35	29.50	27.35	25.35	23.55
75 - 79	48.35	38.50	35.20	32.25	29.55	27.45	25.55
80+	51.50	42.30	37.40	34.35	31.55	29.35	27.40

F 5KM	1 Tungsten	2 Bronze	3 Silver	4 Gold	5 Sapphire	6 Platinum	7 Diamond
U17	37.30	30.00	27.15	25.00	23.05	21.25	20.00
U20	36.55	29.30	26.50	24.35	22.45	21.05	19.40
21 - 29	36.55	29.30	26.50	24.35	22.45	21.05	19.40
30 - 39	37.10	29.45	27.00	24.45	22.50	21.15	19.50
40 - 44	38.25	30.40	27.55	25.35	23.35	21.55	20.30
45 - 49	40.00	32.00	29.05	26.40	24.35	22.50	21.20
50 - 54	42.15	33.45	30.40	28.10	26.00	24.05	22.30
55 - 59	44.40	35.45	32.30	29.50	27.30	25.30	23.50
60 - 64	47.30	38.00	34.30	31.40	29.15	27.10	25.20
65 - 69	50.40	40.30	36.50	33.45	31.10	29.00	27.00
70 - 74	54.15	43.25	39.30	36.10	33.25	31.00	28.55
75 - 79	58.25	46.45	42.30	39.00	36.00	33.25	31.10
80+	1.01.25	49.05	44.40	40.55	37.45	35.05	32.45

M 5 MILES	1 Tungsten	2 Bronze	3 Silver	4 Gold	5 Sapphire	6 Platinum	7 Diamond
U17	53.45	43.00	39.05	35.50	33.05	30.45	28.40
U20	53.20	42.40	38.45	35.30	32.50	30.25	28.25
21 - 29	53.20	42.40	38.45	35.30	32.50	30.25	28.25
30 - 39	54.00	43.10	39.15	36.00	33.10	30.50	28.45
40 – 44	56.30	45.10	41.05	37.40	34.45	32.15	30.05
45 – 49	58.45	47.00	42.40	39.10	36.10	33.35	31.20
50 – 54	1.01.10	48.55	44.30	40.45	37.40	34.55	32.35
55 - 59	1.03.50	51.05	46.25	42.30	39.15	36.25	34.00
60 - 64	1.06.40	53.20	48.30	44.30	41.05	38.05	35.35
65 - 69	1.09.50	56.25	50.45	46.35	43.00	39.55	37.15
70 - 74	1.13.50	59.05	53.40	49.10	45.35	42.10	39.20
75 - 79	1.20.05	1.04.05	58.15	53.25	49.15	45.45	42.45
80+	1.25.30	1.10.05	1.02.10	57.00	52.35	48.50	45.35

F 5 MILES	1 Tungsten	2 Bronze	3 Silver	4 Gold	5 Sapphire	6 Platinum	7 Diamond
U17	1.02.00	49.35	45.05	41.20	38.10	35.25	33.05
U20	1.00.30	48.25	44.00	40.20	37.15	34.35	32.15
21 - 29	1.00.30	48.25	44.00	40.20	37.15	34.35	32.15
30 - 39	1.00.55	48.45	44.20	40.35	37.30	34.50	32.30
40 – 44	1.03.05	50.25	45.50	42.00	38.50	36.00	33.35
45 – 49	1.05.55	52.40	47.55	43.55	40.30	37.40	35.10
50 – 54	1.09.45	55.50	50.45	46.30	42.55	39.50	37.12
55 - 59	1.14.10	59.20	53.55	49.25	45.35	42.20	39.30
60 - 64	1.19.10	1.03.20	57.35	52.45	48.40	45.15	42.10
65 - 69	1.24.50	1.07.50	1.01.40	56.30	52.10	48.25	45.15
70 - 74	1.31.25	1.13.05	1.06.25	1.00.55	56.15	52.15	48.45
75 - 79	1.39.05	1.19.15	1.12.00	1.06.00	1.00.55	56.35	52.50
80+	1.44.35	1.23.40	1.16.05	1.09.45	1.04.20	59.45	55.45

M 10KM	1 Tungsten	2 Bronze	3 Silver	4 Gold	5 Sapphire	6 Platinum	7 Diamond
U17	1.07.25	53.55	49.00	44.55	41.30	38.30	35.55
U20	1.06.50	53.25	48.35	44.30	41.05	38.10	35.35
21 - 29	1.06.50	53.25	48.35	44.30	41.05	38.10	35.35
30 - 39	1.07.25	53.55	49.00	44.55	41.30	38.30	35.55
40 – 44	1.10.25	56.20	51.10	46.55	43.20	40.15	37.30
45 – 49	1.13.15	58.40	53.15	48.50	45.05	41.50	39.05
50 – 54	1.16.25	1.01.05	55.35	50.55	47.00	43.40	40.45
55 - 59	1.19.50	1.03.50	58.00	53.10	49.05	45.35	42.35
60 - 64	1.23.35	1.06.50	1.00.45	55.40	51.25	47.45	44.35
65 - 69	1.27.40	1.10.50	1.03.45	58.25	53.55	50.05	46.45
70 - 74	1.32.40	1.14.05	1.07.20	1.01.45	57.00	52.55	49.25
75 - 79	1.40.30	1.20.25	1.13.05	1.07.00	1.01.50	57.25	53.35
80+	1.47.15	1.28.00	1.18.00	1.11.30	1.06.00	1.01.15	57.10

F 10KM	1 Tungsten	2 Bronze	3 Silver	4 Gold	5 Sapphire	6 Platinum	7 Diamond
U17	1.17.45	1.02.10	56.30	51.50	47.50	44.25	41.25
U20	1.15.50	1.00.40	55.10	50.35	46.40	43.20	40.25
21 - 29	1.15.50	1.00.40	55.10	50.35	46.40	43.20	40.25
30 - 39	1.16.25	1.01.05	55.35	50.55	47.00	43.40	40.45
40 – 44	1.19.10	1.03.20	57.35	52.45	48.40	45.15	42.10
45 – 49	1.22.45	1.06.12	1.00.10	55.10	50.55	47.15	44.10
50 – 54	1.27.45	1.10.10	1.03.50	58.30	54.00	50.10	46.50
55 - 59	1.33.30	1.14.45	1:08:00	1.02.20	57.30	53.25	49.50
60 - 64	1.39.55	1.19.55	1.12.40	1.06.35	1.01.30	57.05	53.15
65 - 69	1.47.20	1.25.50	1.18.05	1.11.35	1.06.05	1.01.20	57.15
70 - 74	1.56.00	1.32.45	1.24.20	1.17.20	1.11.20	1.06.15	1.01.50
75 - 79	2.06.05	1.40.50	1.31.40	1.24.05	1.17.35	1.12.05	1.07.15
80+	2.13.30	1.46.50	1.37.05	1.29.00	1.22.10	1.16.15	1.11.10

M 10 MILES	1 Tungsten	2 Bronze	3 Silver	4 Gold	5 Sapphire	6 Platinum	7 Diamond
U17	1.50.55	1.28.45	1.20.40	1.13.55	1.08.15	1.03.25	59.10
U20	1:50:00	1.28.00	1.20.00	1.13.20	1.07.40	1.02.50	58.40
21 - 29	1.50.00	1.28.00	1.20.00	1.13.20	1.07.40	1.02.50	58.40
30 - 39	1.50.45	1.28.35	1.20.30	1.13.50	1.08.10	1.03.15	59.05
40 – 44	1.55.15	1.32.10	1.23.45	1.16.50	1.10.55	1.05.50	1.01.25
45 – 49	2.00.00	1.36.00	1.27.15	1.20.00	1.13.50	1.08.35	1.04.00
50 – 54	2.05.15	1.40.10	1.31.05	1.23.30	1.17.05	1.11.35	1.06.50
55 - 59	2.11.00	1.44.45	1.35.15	1.27.20	1.20.35	1.14.50	1.09.50
60 - 64	2.17.15	1.49.50	1.39.50	1.31.30	1.24.30	1.18.25	1.13.10
65 - 69	2.24.10	1.56.30	1.44.50	1.36.05	1.28.45	1.22.25	1.16.55
70 - 74	2.32.15	2.01.45	1.50.40	1.41.30	1.33.40	1.27.00	1.21.10
75 - 79	2.44.50	2.11.50	1.59.55	1.49.55	1.41.25	1.34.10	1.27.55
80+	2.55.50	2.24.05	2.07.50	1.57.10	1.48.10	1.40.25	1.33.45

F 10 MILES	1 Tungsten	2 Bronze	3 Silver	4 Gold	5 Sapphire	6 Platinum	7 Diamond
U17	2.04.35	1.39.40	1.30.35	1.23.00	1.16.40	1.11.10	1.06.25
U20	2.03.25	1.38.40	1.29.45	1.22.15	1.15.55	1.10.30	1.05.50
21 - 29	2.03.25	1.38.40	1.29.45	1.22.15	1.15.55	1.10.30	1.05.50
30 - 39	2.04.40	1.39.40	1.30.40	1.23.05	1.16.40	1.11.15	1.06.30
40 – 44	2.09.25	1.43.30	1.34.05	1.26.15	1.19.40	1.13.55	1.09.00
45 – 49	2.15.30	1.48.25	1.38.55	1.30.20	1.23.25	1.17.25	1.12.15
50 – 54	2.23.45	1.55.00	1.44.35	1.35.50	1.28.30	1.22.10	1.16.40
55 - 59	2.33.10	2.02.30	1.51.20	1.42.05	1.34.15	1.27.30	1.21.40
60 - 64	2.43.50	2.11.00	1.59.05	1.49.10	1.40.50	1.33.35	1.27.20
65 - 69	2.56.05	2.20.50	2.08.00	1.57.20	1.48.20	1.40.35	1.33.55
70 - 74	3.10.20	2.32.15	2.18.25	2.06.50	1.57.05	1.48.45	1.41.30
75 - 79	3.27.15	2.45.45	2.30.40	2.18.10	2.07.30	1.58.25	1.50.30
80+	3.53.20	3.06.40	2.49.40	2.35.30	2.23.35	2.13.20	2.04.25

M ½ MARATHON	1 Tungsten	2 Bronze	3 Silver	4 Gold	5 Sapphire	6 Platinum	7 Diamond
U17	2.27.15	1.57.45	1.47.05	1.38.10	1.30.35	1.24.05	1.18.30
U20	2:26:00	1.56.45	1.46.10	1.37.20	1.29.50	1.23.25	1.17.50
21 - 29	2.26.00	1.56.45	1.46.10	1.37.20	1.29.50	1.23.25	1.17.50
30 - 39	2.26.45	1.57.20	1.46.40	1.37.50	1.30.15	1.23.50	1.18.15
40 – 44	2.32.20	2.01.50	1.50.45	1.41.30	1.33.45	1.27.00	1.21.15
45 – 49	2.38.45	2.07.00	1.55.25	1.45.50	1.37.40	1.30.45	1.24.40
50 – 54	2.45.45	2.12.35	2.00.35	1.50.30	1.42.00	1.34.45	1.28.25
55 - 59	2.53.25	2.18.45	2.06.05	1.55.35	1.46.45	1.39.05	1.32.30
60 - 64	3.01.50	2.25.25	2.12.15	2.01.10	1.51.50	1.43.55	1.36.55
65 - 69	3.11.05	2.34.25	2.19.00	2.07.25	1.57.35	1.49.10	1.41.55
70 - 74	3.21.45	2.41.20	2.26.40	2.14.30	2.04.10	1.55.15	1.47.35
75 - 79	3.38.15	2.54.35	2.38.40	2.25.30	2.14.15	2.04.40	1.56.25
80+	4.04.35	3.10.35	2.57.55	2.43.05	2.30.30	2.19.45	2.10.25

F ½ MARATHON	1 Tungsten	2 Bronze	3 Silver	4 Gold	5 Sapphire	6 Platinum	7 Diamond
U17	2.51.10	2.16.55	2.04.25	1.54.05	1.45.20	1.37.45	1.31.15
U20	2.45.50	2.12.40	2.00.35	1.50.35	1.42.05	1.34.45	1.28.25
21 - 29	2.43.00	2.10.25	1.58.35	1.48.40	1.40.20	1.33.10	1.26.55
30 - 39	2.44.40	2.11.40	1.59.45	1.49.45	1.41.20	1.34.05	1.27.50
40 – 44	2.51.00	2.16.50	2.04.20	1.54.00	1.45.15	1.37.45	1.31.10
45 – 49	2.59.05	2.23.15	2.10.15	1.59.20	1.50.10	1.42.20	1.35.30
50 – 54	3.09.55	2.31.55	2.18.05	2.06.35	1.56.50	1.48.30	1.41.15
55 - 59	3.22.20	2.41.50	2.27.05	2.14.50	2.04.30	1.55.35	1.47.55
60 - 64	3.36.25	2.53.05	2.37.20	2.24.15	2.13.10	2.03.40	1.55.25
65 - 69	3.52.35	3.06.05	2.49.10	2.35.05	2.23.10	2.12.55	2.04.05
70 - 74	4.11.25	3.21.10	3.02.50	2.47.35	2.34.35	2.23.40	2.14.05
75 - 79	4.34.20	3.39.30	3.19.30	3.02.55	2.48.50	2.36.45	2.26.20
80+	5.10.45	4.08.35	3.46.00	3.27.10	3.11.10	2.57.35	2.45.45

M MARATHON	1 Tungsten	2 Bronze	3 Silver	4 Gold	5 Sapphire	6 Platinum	7 Diamond
U17	-	-	-	-	-	-	-
U20	5.07.25	4.05.55	3.43.35	3.24.55	3.09.10	2.55.40	2.43.55
21 - 29	5.07.25	4.05.55	3.43.35	3.24.55	3.09.10	2.55.40	2.43.55
30 - 39	5.08.55	4.07.10	3.44.40	3.25.55	3.10.05	2.56.30	2.44.45
40 – 44	5.20.45	4.16.35	3.53.15	3.33.50	3.17.20	3.03.15	2.51.05
45 – 49	5:34:20	4.27.25	4.03.05	3.42.50	3.25.45	3.11.00	2.58.15
50 – 54	5.49.05	4.39.15	4.13.50	3.52.40	3.34.50	3.19.25	3.06.10
55 - 59	6.05.10	4.52.10	4.25.35	4.03.25	3.44.45	3.28.40	3.14.45
60 - 64	6.22.55	5.06.20	4.38.25	4.15.15	3.55.35	3.38.45	3.24.10
65 - 69	6.42.25	5.25.15	4.52.40	4.28.15	4.07.35	3.49.55	3.34.35
70 - 74	7.04.50	5.39.50	5.08.55	4.43.10	4.21.25	4.02.45	3.46.35
75 - 79	7.39.00	6.07.40	5.34.15	5.06.20	4.42.50	4.22.35	4.05.05
80+	8.35.05	6.41.25	6.14.35	5.43.20	5.16.55	4.54.20	4.34.40

F MARATHON	1 Tungsten	2 Bronze	3 Silver	4 Gold	5 Sapphire	6 Platinum	7 Diamond
U17	-	-	-	-	-	-	-
U20	5.39.30	4.31.35	4.06.55	3.46.20	3.28.55	3.14.00	3.01.05
21 - 29	5.38.35	4.30.50	4.06.15	3.45.40	3.28.20	3.13.25	3.00.35
30 - 39	5.41.05	4.32.50	4.08.05	3.47.25	3.29.55	3.14.55	3.01.55
40 – 44	5.54.00	4.43.10	4.17.25	3.56.00	3.37.40	3.22.15	3.08.45
45 – 49	6.11.10	4.56.55	4.29.55	4.07.25	3.48.25	3.32.05	3.17.55
50 – 54	6.34.45	5.15.50	4.47.05	4.23.10	4.02.55	3.45.35	3.30.30
55 - 59	7.01.50	5.37.25	5.06.45	4.41.10	4.19.35	4.01.00	3.44.55
60 - 64	7.32.50	6.02.15	5.29.20	5.01.55	4.38.40	4.18.45	4.01.30
65 - 69	8.08.50	6.31.00	5.55.30	5.25.50	5.00.50	4.39.20	4.20.40
70 - 74	8.51.00	7.04.45	6.26.10	5.54.00	5.26.45	5.03.25	4.43.10
75 - 79	9.44.45	7.47.45	7.05.15	6.29.50	5.59.50	5.34.05	5.11.50
80+	11.14.25	8.59.30	8.10.25	7.29.35	6.55.00	6.25.20	5.59.40

