

MEN	5k (not parkrun)				WOMEN	5k (not parkrun)			
	Platinum	Gold	Silver	Bronze		Platinum	Gold	Silver	Bronze
Senior	00:16:23	00:18:19	00:20:43	00:23:37	Senior	00:18:20	00:20:16	00:22:41	00:25:34
40	00:17:20	00:19:16	00:21:40	00:24:33	35	00:19:19	00:21:15	00:23:40	00:26:34
45	00:18:20	00:20:16	00:22:41	00:25:34	40	00:20:15	00:22:11	00:24:35	00:27:29
50	00:19:19	00:21:15	00:23:40	00:26:34	45	00:21:13	00:23:38	00:25:33	00:28:27
55	00:20:15	00:22:11	00:24:35	00:27:29	50	00:22:12	00:24:08	00:26:33	00:29:26
60	00:21:13	00:23:38	00:25:33	00:28:27	55	00:23:09	00:25:05	00:27:29	00:30:23
65	00:22:41	00:24:37	00:27:02	00:30:24	60	00:24:36	00:26:32	00:29:25	00:32:19
70	00:24:36	00:26:32	00:28:56	00:32:19	65	00:26:29	00:28:25	00:31:18	00:34:11
75	00:26:44	00:28:50	00:31:27	00:35:07	70	00:28:51	00:31:07	00:33:56	00:37:54
80	00:31:43	00:34:12	00:37:19	00:41:40	75	00:34:15	00:36:56	00:40:17	00:45:00

MEN	5 MILE				WOMEN	5 MILE			
	Platinum	Gold	Silver	Bronze		Platinum	Gold	Silver	Bronze
Senior	00:26:50	00:30:00	00:33:57	00:38:41	Senior	00:30:00	00:33:10	00:37:06	00:41:50
40	00:28:25	00:31:35	00:35:30	00:40:15	35	00:31:35	00:34:45	00:38:41	00:43:25
45	00:30:00	00:33:09	00:37:06	00:41:50	40	00:33:10	00:36:19	00:40:15	00:45:00
50	00:31:35	00:34:45	00:38:41	00:43:25	45	00:34:45	00:37:53	00:41:50	00:46:35
55	00:33:09	00:36:19	00:40:15	00:45:00	50	00:36:19	00:39:28	00:43:25	00:48:10
60	00:34:45	00:37:53	00:41:50	00:46:35	55	00:37:53	00:41:03	00:45:00	00:49:45
65	00:37:06	00:40:15	00:44:12	00:49:45	60	00:40:15	00:43:25	00:48:10	00:52:53
70	00:40:15	00:43:25	00:47:22	00:52:53	65	00:43:25	00:46:35	00:51:19	00:56:03
75	00:43:48	00:47:15	00:51:33	00:57:33	70	00:47:15	00:50:58	00:55:36	01:02:05
80	00:52:05	00:56:11	01:01:18	01:08:26	75	00:56:11	01:00:36	01:06:07	01:13:49

MEN	10km				WOMEN	10km			
	Platinum	Gold	Silver	Bronze		Platinum	Gold	Silver	Bronze
Senior	00:34:00	00:38:00	00:43:00	00:49:00	Senior	00:38:00	00:42:00	00:47:00	00:53:00
40	00:36:00	00:40:00	00:45:00	00:51:00	35	00:40:00	00:44:00	00:49:00	00:55:00
45	00:38:00	00:42:00	00:47:00	00:53:00	40	00:42:00	00:46:00	00:51:00	00:57:00
50	00:40:00	00:44:00	00:49:00	00:55:00	45	00:44:00	00:49:00	00:53:00	00:59:00
55	00:42:00	00:46:00	00:51:00	00:57:00	50	00:46:00	00:50:00	00:55:00	01:01:00
60	00:44:00	00:49:00	00:53:00	00:59:00	55	00:48:00	00:52:00	00:57:00	01:03:00
65	00:47:00	00:51:00	00:56:00	01:03:00	60	00:51:00	00:55:00	01:01:00	01:07:00
70	00:51:00	00:55:00	01:00:00	01:07:00	65	00:55:00	00:59:00	01:05:00	01:11:00
75	00:55:30	00:59:51	01:05:18	01:12:55	70	01:00:00	01:04:42	01:10:35	01:18:49
80	01:06:00	01:11:11	01:17:39	01:26:42	75	01:11:21	01:16:56	01:23:56	01:33:44

MEN	10 MILE				WOMEN	10 MILE			
	Platinum	Gold	Silver	Bronze		Platinum	Gold	Silver	Bronze
Senior	00:56:40	01:03:20	01:11:40	01:21:40	Senior	01:03:20	01:10:00	01:18:20	01:28:20
40	01:00:00	01:06:40	01:15:00	01:25:00	35	01:06:40	01:13:20	01:21:40	01:31:40
45	01:03:20	01:10:00	01:18:20	01:28:20	40	01:10:00	01:16:40	01:25:00	01:35:00
50	01:06:40	01:13:20	01:21:40	01:31:40	45	01:13:20	01:20:00	01:28:20	01:38:20
55	01:10:00	01:16:40	01:25:00	01:35:00	50	01:16:40	01:23:20	01:31:40	01:41:40
60	01:13:20	01:20:00	01:28:20	01:38:20	55	01:20:00	01:26:40	01:35:00	01:45:00
65	01:18:20	01:25:00	01:33:20	01:45:00	60	01:25:00	01:31:40	01:41:40	01:51:40
70	01:25:00	01:31:40	01:40:00	01:51:40	65	01:31:40	01:38:20	01:48:20	01:58:20
75	01:32:30	01:39:14	01:49:19	01:59:25	70	01:39:45	01:47:00	01:57:53	02:08:46
80	01:50:00	01:58:00	02:10:00	02:20:00	75	01:58:38	02:07:16	02:20:12	02:33:09

MEN	HALF MARATHON				WOMEN	HALF MARATHON			
	Platinum	Gold	Silver	Bronze		Platinum	Gold	Silver	Bronze
Senior	01:14:34	01:23:20	01:34:18	01:47:28	Senior	01:23:20	01:32:06	01:43:04	01:56:14
40	01:18:57	01:27:43	01:38:41	01:51:50	35	01:27:43	01:36:29	01:47:28	02:00:37
45	01:23:20	01:32:06	01:43:04	01:54:14	40	01:32:06	01:40:53	01:51:50	02:05:00
50	01:27:43	01:36:29	01:47:28	02:00:37	45	01:36:29	01:45:15	01:56:14	02:09:23
55	01:32:06	01:40:53	01:51:50	02:05:00	50	01:40:53	01:49:39	02:00:37	02:13:46
60	01:36:29	01:45:15	01:56:14	02:09:23	55	01:45:15	01:54:02	02:05:00	02:18:10
65	01:43:04	01:51:50	02:02:49	02:18:10	60	01:51:50	02:00:37	02:13:46	02:26:56
70	01:51:50	02:00:37	02:11:35	02:26:56	65	02:00:37	02:09:23	02:22:32	02:35:42
75	02:00:00	02:09:25	02:21:12	02:37:40	70	02:10:31	02:20:00	02:22:23	02:38:59
80	02:15:00	02:25:35	02:38:50	02:57:22	75	02:19:50	02:30:00	02:43:38	03:02:44

MEN	20 MILE				WOMEN	20 MILE			
	Platinum	Gold	Silver	Bronze		Platinum	Gold	Silver	Bronze
Senior	01:55:36	02:09:12	02:26:12	02:46:36	Senior	02:09:12	02:22:48	02:39:48	03:00:12
40	02:02:24	02:16:00	02:33:00	02:53:24	35	02:16:00	02:29:36	02:46:36	03:07:00
45	02:09:12	02:22:48	02:39:48	03:00:12	40	02:22:48	02:36:24	02:53:24	03:13:48
50	02:16:00	02:29:36	02:46:36	03:07:00	45	02:29:36	02:43:12	03:00:12	03:20:36
55	02:22:48	02:36:24	02:53:24	03:13:48	50	02:36:24	02:50:00	03:07:00	03:27:24
60	02:29:36	02:43:12	03:00:12	03:20:36	55	02:43:12	02:56:48	03:13:48	03:34:12
65	02:39:48	02:53:24	03:10:24	03:34:12	60	02:53:24	03:07:00	03:27:24	03:47:48
70	02:53:24	03:07:00	03:24:00	03:47:48	65	03:07:00	03:20:36	03:41:00	04:01:24
75	03:08:42	03:22:26	03:43:00	04:03:37	70	03:23:29	03:38:17	04:00:29	04:22:41
80	03:44:24	04:00:43	04:25:12	04:45:36	75	04:02:01	04:19:37	04:46:00	05:12:26

MEN	MARATHON				WOMEN	MARATHON			
	Platinum	Gold	Silver	Bronze		Platinum	Gold	Silver	Bronze
Senior	02:45:32	03:05:00	03:29:20	03:58:33	Senior	03:05:00	03:24:28	03:48:49	04:18:02
40	02:55:16	03:14:45	03:39:05	04:08:17	35	03:14:45	03:34:13	03:58:33	04:27:46
45	03:05:00	03:24:28	03:48:49	04:18:02	40	03:24:28	03:43:57	04:08:17	04:37:30
50	03:14:45	03:34:13	03:58:33	04:27:46	45	03:34:13	03:53:41	04:18:02	04:47:14
55	03:24:28	03:43:57	04:08:17	04:37:30	50	03:43:57	04:03:25	04:27:46	04:56:58
60	03:34:13	03:53:41	04:18:02	04:47:14	55	03:53:41	04:13:09	04:37:30	05:06:43
65	03:48:49	04:08:17	04:32:38	05:06:43	60	04:08:17	04:27:46	04:56:58	05:26:10
70	04:08:17	04:27:46	04:52:06	05:26:10	65	04:27:46	04:47:14	05:16:27	05:45:40
75	04:19:38	04:40:00	05:05:27	05:41:05	70	04:47:27	05:10:00	05:38:10	06:17:37
80	04:33:32	04:55:00	05:21:48	05:59:20	75	05:01:21	05:25:00	05:54:32	06:35:53