

Hinckley Running Club
STANDARD TIMES

Updated February 2020

Age 14	Age 30	Age 46	Age 62	Age 78
Age 15	Age 31	Age 47	Age 63	Age 79
Age 16	Age 32	Age 48	Age 64	Age 80
Age 17	Age 33	Age 49	Age 65	Age 81
Age 18	Age 34	Age 50	Age 66	Age 82
Age 19	Age 35	Age 51	Age 67	Age 83
Age 20	Age 36	Age 52	Age 68	Age 84
Age 21	Age 37	Age 53	Age 69	Age 85
Age 22	Age 38	Age 54	Age 70	Age 86
Age 23	Age 39	Age 55	Age 71	Age 87
Age 24	Age 40	Age 56	Age 72	Age 88
Age 25	Age 41	Age 57	Age 73	Age 89
Age 26	Age 42	Age 58	Age 74	Age 90
Age 27	Age 43	Age 59	Age 75	
Age 28	Age 44	Age 60	Age 76	
Age 29	Age 45	Age 61	Age 77	

AGE 14

MALE

AGE 14

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	36:43	29:23	26:43	24:29	22:36	20:59	19:35	18:57	18:22	17:48
5 miles	1:01:48	49:26	44:57	41:12	38:02	35:19	32:58	31:54	30:54	29:58
6 miles	1:14:34	59:39	54:14	49:42	45:53	42:36	39:46	38:29	37:17	36:09
10 km	1:15:41	1:00:33	55:03	50:27	46:34	43:15	40:22	39:04	37:50	36:42

FEMALE

AGE 14

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	42:05	33:40	30:37	28:04	25:54	24:03	22:27	21:43	21:03	20:24
5 miles	1:10:50	56:40	51:31	47:13	43:35	40:28	37:46	36:33	35:25	34:20
6 miles	1:25:27	1:08:22	1:02:09	56:58	52:35	48:50	45:34	44:06	42:44	41:26
10 km	1:26:44	1:09:23	1:03:05	57:49	53:23	49:34	46:16	44:46	43:22	42:03

AGE 15

MALE

AGE 15

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	36:07	28:54	26:16	24:05	22:14	20:38	19:16	18:39	18:04	17:31
5 miles	1:00:47	48:37	44:12	40:31	37:24	34:44	32:25	31:22	30:23	29:28
6 miles	1:13:20	58:40	53:20	48:53	45:08	41:54	39:07	37:51	36:40	35:33
10 km	1:14:26	59:33	54:08	49:37	45:48	42:32	39:42	38:25	37:13	36:05

FEMALE

AGE 15

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	41:25	33:08	30:07	27:36	25:29	23:40	22:05	21:22	20:42	20:05
5 miles	1:09:41	55:45	50:41	46:27	42:53	39:49	37:10	35:58	34:51	33:47
6 miles	1:24:04	1:07:16	1:01:09	56:03	51:44	48:03	44:50	43:24	42:02	40:46
10 km	1:25:20	1:08:16	1:02:04	56:54	52:31	48:46	45:31	44:03	42:40	41:23

AGE 16

MALE

AGE 16

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	35:37	28:30	25:54	23:45	21:55	20:21	19:00	18:23	17:49	17:16
5 miles	59:56	47:57	43:36	39:58	36:53	34:15	31:58	30:56	29:58	29:04
6 miles	1:12:19	57:51	52:36	48:13	44:30	41:20	38:34	37:20	36:10	35:04
10 km	1:13:24	58:44	53:23	48:56	45:10	41:57	39:09	37:53	36:42	35:35
7 miles	1:20:52	1:04:42	58:49	53:55	49:46	46:13	43:08	41:44	40:26	39:12
8 miles	1:33:23	1:14:42	1:07:55	1:02:15	57:28	53:21	49:48	48:12	46:41	45:16

FEMALE

AGE 16

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	40:51	32:41	29:43	27:14	25:08	23:21	21:47	21:05	20:26	19:48
5 miles	1:08:45	55:00	50:00	45:50	42:18	39:17	36:40	35:29	34:22	33:20
6 miles	1:22:57	1:06:21	1:00:19	55:18	51:02	47:24	44:14	42:49	41:28	40:13
10 km	1:24:11	1:07:21	1:01:14	56:08	51:49	48:07	44:54	43:27	42:06	40:49
7 miles	1:32:45	1:14:12	1:07:27	1:01:50	57:04	53:00	49:28	47:52	46:22	44:58
8 miles	1:47:05	1:25:40	1:17:53	1:11:24	1:05:54	1:01:12	57:07	55:16	53:33	51:55

AGE 17

MALE

AGE 17

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	35:13	28:10	25:37	23:29	21:40	20:07	18:47	18:11	17:37	17:05
5 miles	59:16	47:25	43:06	39:31	36:28	33:52	31:36	30:35	29:38	28:44
6 miles	1:11:30	57:12	52:00	47:40	44:00	40:52	38:08	36:54	35:45	34:40
10 km	1:12:35	58:04	52:47	48:23	44:40	41:28	38:43	37:28	36:17	35:11
7 miles	1:20:05	1:04:04	58:15	53:23	49:17	45:46	42:43	41:20	40:03	38:50
8 miles	1:32:28	1:13:59	1:07:15	1:01:39	56:54	52:51	49:19	47:44	46:14	44:50
9 miles	1:45:01	1:24:01	1:16:23	1:10:01	1:04:38	1:00:01	56:01	54:12	52:31	50:55
15 km	1:49:09	1:27:19	1:19:23	1:12:46	1:07:10	1:02:22	58:13	56:20	54:34	52:55
10 miles	1:58:04	1:34:27	1:25:52	1:18:43	1:12:39	1:07:28	1:02:58	1:00:56	59:02	57:15
Half mar.	2:40:28	2:08:22	1:56:42	1:46:59	1:38:45	1:31:42	1:25:35	1:22:49	1:20:14	1:17:48

FEMALE

AGE 17

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	40:24	32:19	29:23	26:56	24:52	23:05	21:33	20:51	20:12	19:35
5 miles	1:08:00	54:24	49:27	45:20	41:51	38:51	36:16	35:06	34:00	32:58
6 miles	1:22:02	1:05:38	59:40	54:41	50:29	46:53	43:45	42:20	41:01	39:47
10 km	1:23:16	1:06:37	1:00:34	55:31	51:15	47:35	44:25	42:59	41:38	40:22
7 miles	1:31:53	1:13:30	1:06:49	1:01:15	56:33	52:30	49:00	47:25	45:56	44:33
8 miles	1:46:06	1:24:53	1:17:10	1:10:44	1:05:17	1:00:38	56:35	54:46	53:03	51:26
9 miles	2:00:29	1:36:23	1:27:38	1:20:20	1:14:09	1:08:51	1:04:16	1:02:11	1:00:15	58:25
15 km	2:05:13	1:40:11	1:31:04	1:23:29	1:17:04	1:11:33	1:06:47	1:04:38	1:02:37	1:00:43
10 miles	2:15:27	1:48:22	1:38:31	1:30:18	1:23:21	1:17:24	1:12:15	1:09:55	1:07:44	1:05:41
Half mar.	3:04:06	2:27:17	2:13:54	2:02:44	1:53:18	1:45:12	1:38:11	1:35:01	1:32:03	1:29:16

AGE 18

MALE

AGE 18

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	34:52	27:54	25:21	23:15	21:27	19:55	18:36	18:00	17:26	16:54
5 miles	58:40	46:56	42:40	39:07	36:06	33:32	31:18	30:17	29:20	28:27
6 miles	1:10:47	56:38	51:29	47:12	43:34	40:27	37:45	36:32	35:24	34:19
10 km	1:11:51	57:29	52:16	47:54	44:13	41:04	38:19	37:05	35:56	34:50
7 miles	1:19:40	1:03:44	57:56	53:07	49:01	45:31	42:29	41:07	39:50	38:37
8 miles	1:31:59	1:13:35	1:06:54	1:01:20	56:36	52:34	49:04	47:29	46:00	44:36
9 miles	1:44:28	1:23:34	1:15:59	1:09:39	1:04:17	59:42	55:43	53:55	52:14	50:39
15 km	1:48:34	1:26:51	1:18:58	1:12:23	1:06:49	1:02:02	57:54	56:02	54:17	52:38
10 miles	1:57:27	1:33:57	1:25:25	1:18:18	1:12:16	1:07:07	1:02:38	1:00:37	58:43	56:57
Half mar.	2:39:37	2:07:42	1:56:05	1:46:25	1:38:14	1:31:13	1:25:08	1:22:23	1:19:49	1:17:24
20 miles	4:19:59	3:27:59	3:09:05	2:53:19	2:39:59	2:28:34	2:18:39	2:14:11	2:09:59	2:06:03
Marathon	5:40:31	4:32:25	4:07:39	3:47:01	3:29:33	3:14:35	3:01:36	2:55:45	2:50:15	2:45:06

FEMALE

AGE 18

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	40:01	32:01	29:06	26:41	24:38	22:52	21:21	20:39	20:01	19:24
5 miles	1:07:21	53:52	48:59	44:54	41:26	38:29	35:55	34:45	33:40	32:39
6 miles	1:21:15	1:05:00	59:05	54:10	50:00	46:26	43:20	41:56	40:37	39:24
10 km	1:22:28	1:05:59	59:59	54:59	50:45	47:08	43:59	42:34	41:14	39:59
7 miles	1:31:26	1:13:09	1:06:30	1:00:57	56:16	52:15	48:46	47:11	45:43	44:20
8 miles	1:45:35	1:24:28	1:16:47	1:10:23	1:04:58	1:00:20	56:18	54:29	52:47	51:11
9 miles	1:59:54	1:35:55	1:27:12	1:19:56	1:13:47	1:08:31	1:03:57	1:01:53	59:57	58:08
15 km	2:04:36	1:39:41	1:30:37	1:23:04	1:16:41	1:11:12	1:06:27	1:04:19	1:02:18	1:00:25
10 miles	2:14:48	1:47:50	1:38:02	1:29:52	1:22:57	1:17:02	1:11:53	1:09:34	1:07:24	1:05:21
Half mar.	3:03:12	2:26:34	2:13:14	2:02:08	1:52:44	1:44:41	1:37:43	1:34:33	1:31:36	1:28:50
20 miles	4:58:23	3:58:42	3:37:00	3:18:55	3:03:37	2:50:30	2:39:08	2:34:00	2:29:12	2:24:40
Marathon	6:30:49	5:12:39	4:44:14	4:20:33	4:00:30	3:43:20	3:28:26	3:21:43	3:15:25	3:09:29

AGE 19

MALE

AGE 19

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	34:32	27:37	25:07	23:01	21:15	19:44	18:25	17:49	17:16	16:44
5 miles	58:06	46:29	42:15	38:44	35:45	33:12	30:59	29:59	29:03	28:10
6 miles	1:10:06	56:05	50:59	46:44	43:08	40:03	37:23	36:11	35:03	33:59
10 km	1:11:09	56:55	51:45	47:26	43:47	40:39	37:57	36:43	35:35	34:30
7 miles	1:19:48	1:03:51	58:02	53:12	49:07	45:36	42:34	41:11	39:54	38:42
8 miles	1:32:09	1:13:43	1:07:01	1:01:26	56:43	52:39	49:09	47:34	46:05	44:41
9 miles	1:44:39	1:23:43	1:16:07	1:09:46	1:04:24	59:48	55:49	54:01	52:20	50:44
15 km	1:48:46	1:27:01	1:19:06	1:12:31	1:06:56	1:02:09	58:00	56:08	54:23	52:44
10 miles	1:57:39	1:34:07	1:25:34	1:18:26	1:12:24	1:07:14	1:02:45	1:00:43	58:50	57:03
Half mar.	2:39:54	2:07:56	1:56:18	1:46:36	1:38:24	1:31:23	1:25:17	1:22:32	1:19:57	1:17:32
20 miles	4:20:26	3:28:21	3:09:25	2:53:38	2:40:16	2:28:49	2:18:54	2:14:25	2:10:13	2:06:16
Marathon	5:41:07	4:32:54	4:08:05	3:47:25	3:29:55	3:14:56	3:01:56	2:56:04	2:50:34	2:45:24

FEMALE

AGE 19

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:38	31:43	28:50	26:26	24:24	22:39	21:08	20:28	19:49	19:13
5 miles	1:06:42	53:22	48:31	44:28	41:03	38:07	35:35	34:26	33:21	32:21
6 miles	1:20:29	1:04:23	58:32	53:39	49:32	45:59	42:55	41:32	40:14	39:01
10 km	1:21:42	1:05:21	59:25	54:28	50:16	46:41	43:34	42:10	40:51	39:36
7 miles	1:31:38	1:13:18	1:06:38	1:01:05	56:23	52:22	48:52	47:18	45:49	44:26
8 miles	1:45:48	1:24:39	1:16:57	1:10:32	1:05:07	1:00:28	56:26	54:36	52:54	51:18
9 miles	2:00:09	1:36:08	1:27:23	1:20:06	1:13:57	1:08:40	1:04:05	1:02:01	1:00:05	58:16
15 km	2:04:53	1:39:54	1:30:49	1:23:15	1:16:51	1:11:21	1:06:36	1:04:27	1:02:26	1:00:33
10 miles	2:15:05	1:48:04	1:38:15	1:30:03	1:23:08	1:17:11	1:12:03	1:09:43	1:07:33	1:05:30
Half mar.	3:03:36	2:26:53	2:13:32	2:02:24	1:52:59	1:44:55	1:37:55	1:34:46	1:31:48	1:29:01
20 miles	4:59:01	3:59:13	3:37:28	3:19:21	3:04:01	2:50:52	2:39:29	2:34:20	2:29:31	2:24:59
Marathon	6:31:39	5:13:20	4:44:51	4:21:06	4:01:01	3:43:48	3:28:53	3:22:09	3:15:50	3:09:54

AGE 20

MALE

AGE 20

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	34:15	27:24	24:55	22:50	21:05	19:34	18:16	17:41	17:08	16:36
5 miles	57:38	46:07	41:55	38:25	35:28	32:56	30:44	29:45	28:49	27:57
6 miles	1:09:32	55:38	50:34	46:22	42:48	39:44	37:05	35:53	34:46	33:43
10 km	1:10:35	56:28	51:20	47:03	43:26	40:20	37:39	36:26	35:18	34:13
7 miles	1:20:00	1:04:00	58:11	53:20	49:14	45:43	42:40	41:18	40:00	38:47
8 miles	1:32:23	1:13:54	1:07:11	1:01:35	56:51	52:47	49:16	47:41	46:11	44:47
9 miles	1:44:55	1:23:56	1:16:18	1:09:57	1:04:34	59:57	55:57	54:09	52:27	50:52
15 km	1:49:02	1:27:14	1:19:18	1:12:41	1:07:06	1:02:18	58:09	56:17	54:31	52:52
10 miles	1:57:57	1:34:21	1:25:47	1:18:38	1:12:35	1:07:24	1:02:54	1:00:53	58:58	57:11
Half mar.	2:40:18	2:08:15	1:56:35	1:46:52	1:38:39	1:31:36	1:25:30	1:22:44	1:20:09	1:17:43
20 miles	4:21:05	3:28:52	3:09:53	2:54:04	2:40:40	2:29:12	2:19:15	2:14:45	2:10:33	2:06:35
Marathon	5:41:58	4:33:35	4:08:42	3:47:59	3:30:27	3:15:25	3:02:23	2:56:30	2:50:59	2:45:48

FEMALE

AGE 20

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:20	31:28	28:37	26:14	24:13	22:29	20:59	20:18	19:40	19:04
5 miles	1:06:12	52:58	48:09	44:08	40:44	37:50	35:18	34:10	33:06	32:06
6 miles	1:19:52	1:03:54	58:05	53:15	49:09	45:38	42:36	41:13	39:56	38:44
10 km	1:21:04	1:04:51	58:58	54:03	49:53	46:20	43:14	41:51	40:32	39:18
7 miles	1:31:53	1:13:31	1:06:50	1:01:16	56:33	52:31	49:00	47:26	45:57	44:33
8 miles	1:46:06	1:24:53	1:17:10	1:10:44	1:05:18	1:00:38	56:35	54:46	53:03	51:27
9 miles	2:00:30	1:36:24	1:27:38	1:20:20	1:14:09	1:08:51	1:04:16	1:02:12	1:00:15	58:25
15 km	2:05:14	1:40:11	1:31:05	1:23:29	1:17:04	1:11:34	1:06:47	1:04:38	1:02:37	1:00:43
10 miles	2:15:28	1:48:23	1:38:31	1:30:19	1:23:22	1:17:25	1:12:15	1:09:55	1:07:44	1:05:41
Half mar.	3:04:07	2:27:18	2:13:54	2:02:45	1:53:18	1:45:13	1:38:12	1:35:02	1:32:04	1:29:16
20 miles	4:59:53	3:59:54	3:38:06	3:19:55	3:04:32	2:51:22	2:39:56	2:34:47	2:29:56	2:25:24
Marathon	6:32:47	5:14:13	4:45:39	4:21:51	4:01:43	3:44:27	3:29:29	3:22:43	3:16:23	3:10:26

AGE 21

MALE

AGE 21

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	34:06	27:17	24:48	22:44	20:59	19:29	18:11	17:36	17:03	16:32
5 miles	57:23	45:55	41:44	38:15	35:19	32:48	30:36	29:37	28:42	27:49
6 miles	1:09:14	55:23	50:21	46:09	42:36	39:34	36:56	35:44	34:37	33:34
10 km	1:10:17	56:13	51:07	46:51	43:15	40:10	37:29	36:16	35:08	34:04
7 miles	1:20:12	1:04:10	58:20	53:28	49:21	45:50	42:47	41:24	40:06	38:53
8 miles	1:32:37	1:14:05	1:07:21	1:01:44	56:59	52:55	49:24	47:48	46:18	44:54
9 miles	1:45:11	1:24:08	1:16:29	1:10:07	1:04:43	1:00:06	56:06	54:17	52:35	51:00
15 km	1:49:18	1:27:27	1:19:30	1:12:52	1:07:16	1:02:28	58:18	56:25	54:39	53:00
10 miles	1:58:14	1:34:36	1:26:00	1:18:50	1:12:46	1:07:34	1:03:04	1:01:02	59:07	57:20
Half mar.	2:40:42	2:08:34	1:56:53	1:47:08	1:38:54	1:31:50	1:25:43	1:22:57	1:20:21	1:17:55
20 miles	4:21:44	3:29:24	3:10:21	2:54:30	2:41:04	2:29:34	2:19:36	2:15:05	2:10:52	2:06:54
Marathon	5:42:49	4:34:16	4:09:20	3:48:33	3:30:58	3:15:54	3:02:50	2:56:56	2:51:25	2:46:13

FEMALE

AGE 21

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:11	31:21	28:30	26:07	24:07	22:23	20:54	20:13	19:35	19:00
5 miles	1:05:56	52:45	47:57	43:57	40:35	37:41	35:10	34:02	32:58	31:58
6 miles	1:19:33	1:03:39	57:51	53:02	48:57	45:28	42:26	41:04	39:47	38:34
10 km	1:20:45	1:04:36	58:44	53:50	49:42	46:09	43:04	41:41	40:22	39:09
7 miles	1:32:09	1:13:43	1:07:01	1:01:26	56:43	52:40	49:09	47:34	46:05	44:41
8 miles	1:46:25	1:25:08	1:17:23	1:10:56	1:05:29	1:00:48	56:45	54:55	53:12	51:36
9 miles	2:00:51	1:36:41	1:27:53	1:20:34	1:14:22	1:09:03	1:04:27	1:02:22	1:00:25	58:36
15 km	2:05:35	1:40:28	1:31:20	1:23:44	1:17:17	1:11:46	1:06:59	1:04:49	1:02:48	1:00:54
10 miles	2:15:51	1:48:41	1:38:48	1:30:34	1:23:36	1:17:38	1:12:27	1:10:07	1:07:56	1:05:52
Half mar.	3:04:39	2:27:43	2:14:17	2:03:06	1:53:38	1:45:31	1:38:29	1:35:18	1:32:19	1:29:32
20 miles	5:00:44	4:00:35	3:38:43	3:20:30	3:05:04	2:51:51	2:40:24	2:35:13	2:30:22	2:25:49
Marathon	6:33:54	5:15:07	4:46:28	4:22:36	4:02:24	3:45:05	3:30:05	3:23:18	3:16:57	3:10:59

AGE 22

MALE

AGE 22

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	34:04	27:15	24:47	22:43	20:58	19:28	18:10	17:35	17:02	16:31
5 miles	57:20	45:52	41:42	38:13	35:17	32:46	30:35	29:35	28:40	27:48
6 miles	1:09:10	55:20	50:18	46:07	42:34	39:31	36:53	35:42	34:35	33:32
10 km	1:10:12	56:10	51:04	46:48	43:12	40:07	37:27	36:14	35:06	34:02
7 miles	1:20:24	1:04:19	58:29	53:36	49:29	45:57	42:53	41:30	40:12	38:59
8 miles	1:32:51	1:14:16	1:07:31	1:01:54	57:08	53:03	49:31	47:55	46:25	45:01
9 miles	1:45:26	1:24:21	1:16:41	1:10:18	1:04:53	1:00:15	56:14	54:25	52:43	51:07
15 km	1:49:35	1:27:40	1:19:42	1:13:03	1:07:26	1:02:37	58:27	56:33	54:47	53:08
10 miles	1:58:32	1:34:50	1:26:12	1:19:01	1:12:57	1:07:44	1:03:13	1:01:11	59:16	57:28
Half mar.	2:41:06	2:08:53	1:57:10	1:47:24	1:39:09	1:32:04	1:25:55	1:23:09	1:20:33	1:18:07
20 miles	4:22:24	3:29:55	3:10:50	2:54:56	2:41:28	2:29:56	2:19:57	2:15:26	2:11:12	2:07:13
Marathon	5:43:41	4:34:57	4:09:57	3:49:07	3:31:30	3:16:23	3:03:18	2:57:23	2:51:50	2:46:38

FEMALE

AGE 22

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:09	31:20	28:29	26:06	24:06	22:23	20:53	20:13	19:35	18:59
5 miles	1:05:54	52:43	47:55	43:56	40:33	37:39	35:09	34:01	32:57	31:57
6 miles	1:19:30	1:03:36	57:49	53:00	48:55	45:26	42:24	41:02	39:45	38:33
10 km	1:20:42	1:04:34	58:41	53:48	49:40	46:07	43:02	41:39	40:21	39:08
7 miles	1:32:25	1:13:56	1:07:13	1:01:37	56:52	52:49	49:17	47:42	46:13	44:49
8 miles	1:46:43	1:25:22	1:17:37	1:11:09	1:05:40	1:00:59	56:55	55:05	53:21	51:44
9 miles	2:01:12	1:36:57	1:28:08	1:20:48	1:14:35	1:09:15	1:04:38	1:02:33	1:00:36	58:46
15 km	2:05:57	1:40:46	1:31:36	1:23:58	1:17:31	1:11:58	1:07:10	1:05:00	1:02:59	1:01:04
10 miles	2:16:15	1:49:00	1:39:05	1:30:50	1:23:51	1:17:51	1:12:40	1:10:19	1:08:07	1:06:04
Half mar.	3:05:11	2:28:09	2:14:41	2:03:27	1:53:57	1:45:49	1:38:46	1:35:35	1:32:35	1:29:47
20 miles	5:01:36	4:01:17	3:39:21	3:21:04	3:05:36	2:52:21	2:40:51	2:35:40	2:30:48	2:26:14
Marathon	6:35:02	5:16:02	4:47:18	4:23:21	4:03:06	3:45:44	3:30:41	3:23:53	3:17:31	3:11:32

AGE 23

MALE

AGE 23

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	34:03	27:15	24:46	22:42	20:57	19:28	18:10	17:35	17:02	16:31
5 miles	57:18	45:51	41:41	38:12	35:16	32:45	30:34	29:35	28:39	27:47
6 miles	1:09:08	55:19	50:17	46:06	42:33	39:30	36:52	35:41	34:34	33:31
10 km	1:10:11	56:09	51:02	46:47	43:11	40:06	37:26	36:13	35:05	34:02
7 miles	1:20:24	1:04:19	58:29	53:36	49:29	45:57	42:53	41:30	40:12	38:59
8 miles	1:32:51	1:14:16	1:07:31	1:01:54	57:08	53:03	49:31	47:55	46:25	45:01
9 miles	1:45:26	1:24:21	1:16:41	1:10:18	1:04:53	1:00:15	56:14	54:25	52:43	51:07
15 km	1:49:35	1:27:40	1:19:42	1:13:03	1:07:26	1:02:37	58:27	56:33	54:47	53:08
10 miles	1:58:32	1:34:50	1:26:12	1:19:01	1:12:57	1:07:44	1:03:13	1:01:11	59:16	57:28
Half mar.	2:41:06	2:08:53	1:57:10	1:47:24	1:39:09	1:32:04	1:25:55	1:23:09	1:20:33	1:18:07
20 miles	4:22:24	3:29:55	3:10:50	2:54:56	2:41:28	2:29:56	2:19:57	2:15:26	2:11:12	2:07:13
Marathon	5:43:41	4:34:57	4:09:57	3:49:07	3:31:30	3:16:23	3:03:18	2:57:23	2:51:50	2:46:38

FEMALE

AGE 23

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:09	31:19	28:28	26:06	24:05	22:22	20:53	20:12	19:34	18:59
5 miles	1:05:52	52:42	47:54	43:55	40:32	37:38	35:08	34:00	32:56	31:56
6 miles	1:19:28	1:03:35	57:48	52:59	48:54	45:25	42:23	41:01	39:44	38:32
10 km	1:20:40	1:04:32	58:40	53:47	49:38	46:06	43:01	41:38	40:20	39:07
7 miles	1:32:25	1:13:56	1:07:13	1:01:37	56:52	52:49	49:17	47:42	46:13	44:49
8 miles	1:46:43	1:25:22	1:17:37	1:11:09	1:05:40	1:00:59	56:55	55:05	53:21	51:44
9 miles	2:01:12	1:36:57	1:28:08	1:20:48	1:14:35	1:09:15	1:04:38	1:02:33	1:00:36	58:46
15 km	2:05:57	1:40:46	1:31:36	1:23:58	1:17:31	1:11:58	1:07:10	1:05:00	1:02:59	1:01:04
10 miles	2:16:15	1:49:00	1:39:05	1:30:50	1:23:51	1:17:51	1:12:40	1:10:19	1:08:07	1:06:04
Half mar.	3:05:11	2:28:09	2:14:41	2:03:27	1:53:57	1:45:49	1:38:46	1:35:35	1:32:35	1:29:47
20 miles	5:01:36	4:01:17	3:39:21	3:21:04	3:05:36	2:52:21	2:40:51	2:35:40	2:30:48	2:26:14
Marathon	6:35:02	5:16:02	4:47:18	4:23:21	4:03:06	3:45:44	3:30:41	3:23:53	3:17:31	3:11:32

AGE 24

MALE

AGE 24

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	34:03	27:15	24:46	22:42	20:57	19:28	18:10	17:35	17:02	16:31
5 miles	57:18	45:51	41:41	38:12	35:16	32:45	30:34	29:35	28:39	27:47
6 miles	1:09:08	55:19	50:17	46:06	42:33	39:30	36:52	35:41	34:34	33:31
10 km	1:10:11	56:09	51:02	46:47	43:11	40:06	37:26	36:13	35:05	34:02
7 miles	1:20:24	1:04:19	58:29	53:36	49:29	45:57	42:53	41:30	40:12	38:59
8 miles	1:32:51	1:14:16	1:07:31	1:01:54	57:08	53:03	49:31	47:55	46:25	45:01
9 miles	1:45:26	1:24:21	1:16:41	1:10:18	1:04:53	1:00:15	56:14	54:25	52:43	51:07
15 km	1:49:35	1:27:40	1:19:42	1:13:03	1:07:26	1:02:37	58:27	56:33	54:47	53:08
10 miles	1:58:32	1:34:50	1:26:12	1:19:01	1:12:57	1:07:44	1:03:13	1:01:11	59:16	57:28
Half mar.	2:41:06	2:08:53	1:57:10	1:47:24	1:39:09	1:32:04	1:25:55	1:23:09	1:20:33	1:18:07
20 miles	4:22:24	3:29:55	3:10:50	2:54:56	2:41:28	2:29:56	2:19:57	2:15:26	2:11:12	2:07:13
Marathon	5:43:41	4:34:57	4:09:57	3:49:07	3:31:30	3:16:23	3:03:18	2:57:23	2:51:50	2:46:38

FEMALE

AGE 24

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:09	31:19	28:28	26:06	24:05	22:22	20:53	20:12	19:34	18:59
5 miles	1:05:52	52:42	47:54	43:55	40:32	37:38	35:08	34:00	32:56	31:56
6 miles	1:19:28	1:03:35	57:48	52:59	48:54	45:25	42:23	41:01	39:44	38:32
10 km	1:20:40	1:04:32	58:40	53:47	49:38	46:06	43:01	41:38	40:20	39:07
7 miles	1:32:25	1:13:56	1:07:13	1:01:37	56:52	52:49	49:17	47:42	46:13	44:49
8 miles	1:46:43	1:25:22	1:17:37	1:11:09	1:05:40	1:00:59	56:55	55:05	53:21	51:44
9 miles	2:01:12	1:36:57	1:28:08	1:20:48	1:14:35	1:09:15	1:04:38	1:02:33	1:00:36	58:46
15 km	2:05:57	1:40:46	1:31:36	1:23:58	1:17:31	1:11:58	1:07:10	1:05:00	1:02:59	1:01:04
10 miles	2:16:15	1:49:00	1:39:05	1:30:50	1:23:51	1:17:51	1:12:40	1:10:19	1:08:07	1:06:04
Half mar.	3:05:11	2:28:09	2:14:41	2:03:27	1:53:57	1:45:49	1:38:46	1:35:35	1:32:35	1:29:47
20 miles	5:01:36	4:01:17	3:39:21	3:21:04	3:05:36	2:52:21	2:40:51	2:35:40	2:30:48	2:26:14
Marathon	6:35:02	5:16:02	4:47:18	4:23:21	4:03:06	3:45:44	3:30:41	3:23:53	3:17:31	3:11:32

AGE 25

MALE

AGE 25

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	34:03	27:15	24:46	22:42	20:57	19:28	18:10	17:35	17:02	16:31
5 miles	57:18	45:51	41:41	38:12	35:16	32:45	30:34	29:35	28:39	27:47
6 miles	1:09:08	55:19	50:17	46:06	42:33	39:30	36:52	35:41	34:34	33:31
10 km	1:10:11	56:09	51:02	46:47	43:11	40:06	37:26	36:13	35:05	34:02
7 miles	1:20:24	1:04:19	58:29	53:36	49:29	45:57	42:53	41:30	40:12	38:59
8 miles	1:32:51	1:14:16	1:07:31	1:01:54	57:08	53:03	49:31	47:55	46:25	45:01
9 miles	1:45:26	1:24:21	1:16:41	1:10:18	1:04:53	1:00:15	56:14	54:25	52:43	51:07
15 km	1:49:35	1:27:40	1:19:42	1:13:03	1:07:26	1:02:37	58:27	56:33	54:47	53:08
10 miles	1:58:32	1:34:50	1:26:12	1:19:01	1:12:57	1:07:44	1:03:13	1:01:11	59:16	57:28
Half mar.	2:41:06	2:08:53	1:57:10	1:47:24	1:39:09	1:32:04	1:25:55	1:23:09	1:20:33	1:18:07
20 miles	4:22:24	3:29:55	3:10:50	2:54:56	2:41:28	2:29:56	2:19:57	2:15:26	2:11:12	2:07:13
Marathon	5:43:41	4:34:57	4:09:57	3:49:07	3:31:30	3:16:23	3:03:18	2:57:23	2:51:50	2:46:38

FEMALE

AGE 25

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:09	31:19	28:28	26:06	24:05	22:22	20:53	20:12	19:34	18:59
5 miles	1:05:52	52:42	47:54	43:55	40:32	37:38	35:08	34:00	32:56	31:56
6 miles	1:19:28	1:03:35	57:48	52:59	48:54	45:25	42:23	41:01	39:44	38:32
10 km	1:20:40	1:04:32	58:40	53:47	49:38	46:06	43:01	41:38	40:20	39:07
7 miles	1:32:25	1:13:56	1:07:13	1:01:37	56:52	52:49	49:17	47:42	46:13	44:49
8 miles	1:46:43	1:25:22	1:17:37	1:11:09	1:05:40	1:00:59	56:55	55:05	53:21	51:44
9 miles	2:01:12	1:36:57	1:28:08	1:20:48	1:14:35	1:09:15	1:04:38	1:02:33	1:00:36	58:46
15 km	2:05:57	1:40:46	1:31:36	1:23:58	1:17:31	1:11:58	1:07:10	1:05:00	1:02:59	1:01:04
10 miles	2:16:15	1:49:00	1:39:05	1:30:50	1:23:51	1:17:51	1:12:40	1:10:19	1:08:07	1:06:04
Half mar.	3:05:11	2:28:09	2:14:41	2:03:27	1:53:57	1:45:49	1:38:46	1:35:35	1:32:35	1:29:47
20 miles	5:01:36	4:01:17	3:39:21	3:21:04	3:05:36	2:52:21	2:40:51	2:35:40	2:30:48	2:26:14
Marathon	6:35:02	5:16:02	4:47:18	4:23:21	4:03:06	3:45:44	3:30:41	3:23:53	3:17:31	3:11:32

AGE 26

MALE

AGE 26

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	34:03	27:15	24:46	22:42	20:57	19:28	18:10	17:35	17:02	16:31
5 miles	57:18	45:51	41:41	38:12	35:16	32:45	30:34	29:35	28:39	27:47
6 miles	1:09:08	55:19	50:17	46:06	42:33	39:30	36:52	35:41	34:34	33:31
10 km	1:10:11	56:09	51:02	46:47	43:11	40:06	37:26	36:13	35:05	34:02
7 miles	1:20:24	1:04:19	58:29	53:36	49:29	45:57	42:53	41:30	40:12	38:59
8 miles	1:32:51	1:14:16	1:07:31	1:01:54	57:08	53:03	49:31	47:55	46:25	45:01
9 miles	1:45:26	1:24:21	1:16:41	1:10:18	1:04:53	1:00:15	56:14	54:25	52:43	51:07
15 km	1:49:35	1:27:40	1:19:42	1:13:03	1:07:26	1:02:37	58:27	56:33	54:47	53:08
10 miles	1:58:32	1:34:50	1:26:12	1:19:01	1:12:57	1:07:44	1:03:13	1:01:11	59:16	57:28
Half mar.	2:41:06	2:08:53	1:57:10	1:47:24	1:39:09	1:32:04	1:25:55	1:23:09	1:20:33	1:18:07
20 miles	4:22:24	3:29:55	3:10:50	2:54:56	2:41:28	2:29:56	2:19:57	2:15:26	2:11:12	2:07:13
Marathon	5:43:41	4:34:57	4:09:57	3:49:07	3:31:30	3:16:23	3:03:18	2:57:23	2:51:50	2:46:38

FEMALE

AGE 26

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:09	31:19	28:28	26:06	24:05	22:22	20:53	20:12	19:34	18:59
5 miles	1:05:52	52:42	47:54	43:55	40:32	37:38	35:08	34:00	32:56	31:56
6 miles	1:19:28	1:03:35	57:48	52:59	48:54	45:25	42:23	41:01	39:44	38:32
10 km	1:20:40	1:04:32	58:40	53:47	49:38	46:06	43:01	41:38	40:20	39:07
7 miles	1:32:25	1:13:56	1:07:13	1:01:37	56:52	52:49	49:17	47:42	46:13	44:49
8 miles	1:46:43	1:25:22	1:17:37	1:11:09	1:05:40	1:00:59	56:55	55:05	53:21	51:44
9 miles	2:01:12	1:36:57	1:28:08	1:20:48	1:14:35	1:09:15	1:04:38	1:02:33	1:00:36	58:46
15 km	2:05:57	1:40:46	1:31:36	1:23:58	1:17:31	1:11:58	1:07:10	1:05:00	1:02:59	1:01:04
10 miles	2:16:15	1:49:00	1:39:05	1:30:50	1:23:51	1:17:51	1:12:40	1:10:19	1:08:07	1:06:04
Half mar.	3:05:11	2:28:09	2:14:41	2:03:27	1:53:57	1:45:49	1:38:46	1:35:35	1:32:35	1:29:47
20 miles	5:01:36	4:01:17	3:39:21	3:21:04	3:05:36	2:52:21	2:40:51	2:35:40	2:30:48	2:26:14
Marathon	6:35:02	5:16:02	4:47:18	4:23:21	4:03:06	3:45:44	3:30:41	3:23:53	3:17:31	3:11:32

AGE 27

MALE

AGE 27

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	34:03	27:15	24:46	22:42	20:57	19:28	18:10	17:35	17:02	16:31
5 miles	57:18	45:51	41:41	38:12	35:16	32:45	30:34	29:35	28:39	27:47
6 miles	1:09:08	55:19	50:17	46:06	42:33	39:30	36:52	35:41	34:34	33:31
10 km	1:10:11	56:09	51:02	46:47	43:11	40:06	37:26	36:13	35:05	34:02
7 miles	1:20:24	1:04:19	58:29	53:36	49:29	45:57	42:53	41:30	40:12	38:59
8 miles	1:32:51	1:14:16	1:07:31	1:01:54	57:08	53:03	49:31	47:55	46:25	45:01
9 miles	1:45:26	1:24:21	1:16:41	1:10:18	1:04:53	1:00:15	56:14	54:25	52:43	51:07
15 km	1:49:35	1:27:40	1:19:42	1:13:03	1:07:26	1:02:37	58:27	56:33	54:47	53:08
10 miles	1:58:32	1:34:50	1:26:12	1:19:01	1:12:57	1:07:44	1:03:13	1:01:11	59:16	57:28
Half mar.	2:41:06	2:08:53	1:57:10	1:47:24	1:39:09	1:32:04	1:25:55	1:23:09	1:20:33	1:18:07
20 miles	4:22:24	3:29:55	3:10:50	2:54:56	2:41:28	2:29:56	2:19:57	2:15:26	2:11:12	2:07:13
Marathon	5:43:41	4:34:57	4:09:57	3:49:07	3:31:30	3:16:23	3:03:18	2:57:23	2:51:50	2:46:38

FEMALE

AGE 27

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:09	31:19	28:28	26:06	24:05	22:22	20:53	20:12	19:34	18:59
5 miles	1:05:52	52:42	47:54	43:55	40:32	37:38	35:08	34:00	32:56	31:56
6 miles	1:19:28	1:03:35	57:48	52:59	48:54	45:25	42:23	41:01	39:44	38:32
10 km	1:20:40	1:04:32	58:40	53:47	49:38	46:06	43:01	41:38	40:20	39:07
7 miles	1:32:25	1:13:56	1:07:13	1:01:37	56:52	52:49	49:17	47:42	46:13	44:49
8 miles	1:46:43	1:25:22	1:17:37	1:11:09	1:05:40	1:00:59	56:55	55:05	53:21	51:44
9 miles	2:01:12	1:36:57	1:28:08	1:20:48	1:14:35	1:09:15	1:04:38	1:02:33	1:00:36	58:46
15 km	2:05:57	1:40:46	1:31:36	1:23:58	1:17:31	1:11:58	1:07:10	1:05:00	1:02:59	1:01:04
10 miles	2:16:15	1:49:00	1:39:05	1:30:50	1:23:51	1:17:51	1:12:40	1:10:19	1:08:07	1:06:04
Half mar.	3:05:11	2:28:09	2:14:41	2:03:27	1:53:57	1:45:49	1:38:46	1:35:35	1:32:35	1:29:47
20 miles	5:01:36	4:01:17	3:39:21	3:21:04	3:05:36	2:52:21	2:40:51	2:35:40	2:30:48	2:26:14
Marathon	6:35:02	5:16:02	4:47:18	4:23:21	4:03:06	3:45:44	3:30:41	3:23:53	3:17:31	3:11:32

AGE 28

MALE

AGE 28

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	34:03	27:15	24:46	22:42	20:57	19:28	18:10	17:35	17:02	16:31
5 miles	57:19	45:51	41:41	38:12	35:16	32:45	30:34	29:35	28:39	27:47
6 miles	1:09:09	55:19	50:17	46:06	42:33	39:31	36:53	35:41	34:34	33:32
10 km	1:10:11	56:09	51:03	46:47	43:11	40:06	37:26	36:14	35:06	34:02
7 miles	1:20:24	1:04:19	58:29	53:36	49:29	45:57	42:53	41:30	40:12	38:59
8 miles	1:32:51	1:14:16	1:07:31	1:01:54	57:08	53:03	49:31	47:55	46:25	45:01
9 miles	1:45:26	1:24:21	1:16:41	1:10:18	1:04:53	1:00:15	56:14	54:25	52:43	51:07
15 km	1:49:35	1:27:40	1:19:42	1:13:03	1:07:26	1:02:37	58:27	56:33	54:47	53:08
10 miles	1:58:32	1:34:50	1:26:12	1:19:01	1:12:57	1:07:44	1:03:13	1:01:11	59:16	57:28
Half mar.	2:41:06	2:08:53	1:57:10	1:47:24	1:39:09	1:32:04	1:25:55	1:23:09	1:20:33	1:18:07
20 miles	4:22:24	3:29:55	3:10:50	2:54:56	2:41:28	2:29:56	2:19:57	2:15:26	2:11:12	2:07:13
Marathon	5:43:41	4:34:57	4:09:57	3:49:07	3:31:30	3:16:23	3:03:18	2:57:23	2:51:50	2:46:38

FEMALE

AGE 28

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:09	31:19	28:28	26:06	24:05	22:22	20:53	20:12	19:34	18:59
5 miles	1:05:52	52:42	47:55	43:55	40:32	37:39	35:08	34:00	32:56	31:56
6 miles	1:19:29	1:03:35	57:48	52:59	48:55	45:25	42:23	41:01	39:44	38:32
10 km	1:20:40	1:04:32	58:40	53:47	49:39	46:06	43:02	41:38	40:20	39:07
7 miles	1:32:25	1:13:56	1:07:13	1:01:37	56:52	52:49	49:17	47:42	46:13	44:49
8 miles	1:46:43	1:25:22	1:17:37	1:11:09	1:05:40	1:00:59	56:55	55:05	53:21	51:44
9 miles	2:01:12	1:36:57	1:28:08	1:20:48	1:14:35	1:09:15	1:04:38	1:02:33	1:00:36	58:46
15 km	2:05:57	1:40:46	1:31:36	1:23:58	1:17:31	1:11:58	1:07:10	1:05:00	1:02:59	1:01:04
10 miles	2:16:15	1:49:00	1:39:05	1:30:50	1:23:51	1:17:51	1:12:40	1:10:19	1:08:07	1:06:04
Half mar.	3:05:11	2:28:09	2:14:41	2:03:27	1:53:57	1:45:49	1:38:46	1:35:35	1:32:35	1:29:47
20 miles	5:01:36	4:01:17	3:39:21	3:21:04	3:05:36	2:52:21	2:40:51	2:35:40	2:30:48	2:26:14
Marathon	6:35:02	5:16:02	4:47:18	4:23:21	4:03:06	3:45:44	3:30:41	3:23:53	3:17:31	3:11:32

AGE 29

MALE

AGE 29

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	34:05	27:16	24:47	22:43	20:59	19:29	18:11	17:36	17:03	16:32
5 miles	57:21	45:53	41:43	38:14	35:18	32:47	30:35	29:36	28:41	27:49
6 miles	1:09:12	55:22	50:20	46:08	42:35	39:33	36:54	35:43	34:36	33:33
10 km	1:10:15	56:12	51:05	46:50	43:14	40:08	37:28	36:15	35:07	34:03
7 miles	1:20:24	1:04:19	58:29	53:36	49:29	45:57	42:53	41:30	40:12	38:59
8 miles	1:32:51	1:14:16	1:07:31	1:01:54	57:08	53:03	49:31	47:55	46:25	45:01
9 miles	1:45:26	1:24:21	1:16:41	1:10:18	1:04:53	1:00:15	56:14	54:25	52:43	51:07
15 km	1:49:35	1:27:40	1:19:42	1:13:03	1:07:26	1:02:37	58:27	56:33	54:47	53:08
10 miles	1:58:32	1:34:50	1:26:12	1:19:01	1:12:57	1:07:44	1:03:13	1:01:11	59:16	57:28
Half mar.	2:41:06	2:08:53	1:57:10	1:47:24	1:39:09	1:32:04	1:25:55	1:23:09	1:20:33	1:18:07
20 miles	4:22:24	3:29:55	3:10:50	2:54:56	2:41:28	2:29:56	2:19:57	2:15:26	2:11:12	2:07:13
Marathon	5:43:41	4:34:57	4:09:57	3:49:07	3:31:30	3:16:23	3:03:18	2:57:23	2:51:50	2:46:38

FEMALE

AGE 29

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:11	31:21	28:30	26:07	24:07	22:23	20:54	20:13	19:35	19:00
5 miles	1:05:56	52:45	47:57	43:57	40:34	37:40	35:10	34:02	32:58	31:58
6 miles	1:19:33	1:03:38	57:51	53:02	48:57	45:27	42:25	41:03	39:46	38:34
10 km	1:20:44	1:04:35	58:43	53:50	49:41	46:08	43:04	41:40	40:22	39:09
7 miles	1:32:25	1:13:56	1:07:13	1:01:37	56:52	52:49	49:17	47:42	46:13	44:49
8 miles	1:46:43	1:25:22	1:17:37	1:11:09	1:05:40	1:00:59	56:55	55:05	53:21	51:44
9 miles	2:01:12	1:36:57	1:28:08	1:20:48	1:14:35	1:09:15	1:04:38	1:02:33	1:00:36	58:46
15 km	2:05:57	1:40:46	1:31:36	1:23:58	1:17:31	1:11:58	1:07:10	1:05:00	1:02:59	1:01:04
10 miles	2:16:15	1:49:00	1:39:05	1:30:50	1:23:51	1:17:51	1:12:40	1:10:19	1:08:07	1:06:04
Half mar.	3:05:11	2:28:09	2:14:41	2:03:27	1:53:57	1:45:49	1:38:46	1:35:35	1:32:35	1:29:47
20 miles	5:01:36	4:01:17	3:39:21	3:21:04	3:05:36	2:52:21	2:40:51	2:35:40	2:30:48	2:26:14
Marathon	6:35:02	5:16:02	4:47:18	4:23:21	4:03:06	3:45:44	3:30:41	3:23:53	3:17:31	3:11:32

AGE 30

MALE

AGE 30

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	34:08	27:19	24:50	22:46	21:01	19:30	18:12	17:37	17:04	16:33
5 miles	57:27	45:58	41:47	38:18	35:21	32:50	30:38	29:39	28:43	27:51
6 miles	1:09:19	55:27	50:25	46:12	42:39	39:36	36:58	35:46	34:39	33:36
10 km	1:10:21	56:17	51:10	46:54	43:18	40:12	37:31	36:19	35:11	34:07
7 miles	1:20:24	1:04:19	58:29	53:36	49:29	45:57	42:53	41:30	40:12	38:59
8 miles	1:32:51	1:14:16	1:07:31	1:01:54	57:08	53:03	49:31	47:55	46:25	45:01
9 miles	1:45:26	1:24:21	1:16:41	1:10:18	1:04:53	1:00:15	56:14	54:25	52:43	51:07
15 km	1:49:35	1:27:40	1:19:42	1:13:03	1:07:26	1:02:37	58:27	56:33	54:47	53:08
10 miles	1:58:32	1:34:50	1:26:12	1:19:01	1:12:57	1:07:44	1:03:13	1:01:11	59:16	57:28
Half mar.	2:41:06	2:08:53	1:57:10	1:47:24	1:39:09	1:32:04	1:25:55	1:23:09	1:20:33	1:18:07
20 miles	4:22:24	3:29:55	3:10:50	2:54:56	2:41:28	2:29:56	2:19:57	2:15:26	2:11:12	2:07:13
Marathon	5:43:41	4:34:57	4:09:57	3:49:07	3:31:30	3:16:23	3:03:18	2:57:23	2:51:50	2:46:38

FEMALE

AGE 30

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:14	31:24	28:32	26:10	24:09	22:25	20:56	20:15	19:37	19:02
5 miles	1:06:02	52:50	48:01	44:01	40:38	37:44	35:13	34:05	33:01	32:01
6 miles	1:19:40	1:03:44	57:56	53:07	49:02	45:32	42:29	41:07	39:50	38:38
10 km	1:20:52	1:04:42	58:49	53:55	49:46	46:13	43:08	41:44	40:26	39:13
7 miles	1:32:25	1:13:56	1:07:13	1:01:37	56:52	52:49	49:17	47:42	46:13	44:49
8 miles	1:46:43	1:25:22	1:17:37	1:11:09	1:05:40	1:00:59	56:55	55:05	53:21	51:44
9 miles	2:01:12	1:36:57	1:28:08	1:20:48	1:14:35	1:09:15	1:04:38	1:02:33	1:00:36	58:46
15 km	2:05:57	1:40:46	1:31:36	1:23:58	1:17:31	1:11:58	1:07:10	1:05:00	1:02:59	1:01:04
10 miles	2:16:15	1:49:00	1:39:05	1:30:50	1:23:51	1:17:51	1:12:40	1:10:19	1:08:07	1:06:04
Half mar.	3:05:11	2:28:09	2:14:41	2:03:27	1:53:57	1:45:49	1:38:46	1:35:35	1:32:35	1:29:47
20 miles	5:01:36	4:01:17	3:39:21	3:21:04	3:05:36	2:52:21	2:40:51	2:35:40	2:30:48	2:26:14
Marathon	6:35:02	5:16:02	4:47:18	4:23:21	4:03:06	3:45:44	3:30:41	3:23:53	3:17:31	3:11:32

AGE 31

MALE

AGE 31

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	34:13	27:22	24:53	22:49	21:03	19:33	18:15	17:40	17:07	16:35
5 miles	57:35	46:04	41:53	38:23	35:26	32:54	30:43	29:43	28:47	27:55
6 miles	1:09:28	55:35	50:32	46:19	42:45	39:42	37:03	35:51	34:44	33:41
10 km	1:10:31	56:25	51:17	47:01	43:24	40:18	37:37	36:24	35:16	34:11
7 miles	1:20:25	1:04:20	58:29	53:37	49:29	45:57	42:53	41:30	40:13	38:59
8 miles	1:32:51	1:14:16	1:07:31	1:01:54	57:08	53:03	49:31	47:55	46:25	45:01
9 miles	1:45:26	1:24:21	1:16:41	1:10:18	1:04:53	1:00:15	56:14	54:25	52:43	51:07
15 km	1:49:35	1:27:40	1:19:42	1:13:03	1:07:26	1:02:37	58:27	56:33	54:47	53:08
10 miles	1:58:32	1:34:50	1:26:12	1:19:01	1:12:57	1:07:44	1:03:13	1:01:11	59:16	57:28
Half mar.	2:41:06	2:08:53	1:57:10	1:47:24	1:39:09	1:32:04	1:25:55	1:23:09	1:20:33	1:18:07
20 miles	4:22:24	3:29:55	3:10:50	2:54:56	2:41:28	2:29:56	2:19:57	2:15:26	2:11:12	2:07:13
Marathon	5:43:41	4:34:57	4:09:57	3:49:07	3:31:30	3:16:23	3:03:18	2:57:23	2:51:50	2:46:38

FEMALE

AGE 31

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:20	31:28	28:36	26:13	24:12	22:28	20:59	20:18	19:40	19:04
5 miles	1:06:11	52:57	48:08	44:07	40:44	37:49	35:18	34:10	33:06	32:05
6 miles	1:19:51	1:03:53	58:05	53:14	49:08	45:38	42:35	41:13	39:56	38:43
10 km	1:21:03	1:04:51	58:57	54:02	49:53	46:19	43:14	41:50	40:32	39:18
7 miles	1:32:26	1:13:57	1:07:14	1:01:37	56:53	52:49	49:18	47:43	46:13	44:49
8 miles	1:46:43	1:25:22	1:17:37	1:11:09	1:05:40	1:00:59	56:55	55:05	53:21	51:44
9 miles	2:01:12	1:36:57	1:28:08	1:20:48	1:14:35	1:09:15	1:04:38	1:02:33	1:00:36	58:46
15 km	2:05:57	1:40:46	1:31:36	1:23:58	1:17:31	1:11:58	1:07:10	1:05:00	1:02:59	1:01:04
10 miles	2:16:15	1:49:00	1:39:05	1:30:50	1:23:51	1:17:51	1:12:40	1:10:19	1:08:07	1:06:04
Half mar.	3:05:11	2:28:09	2:14:41	2:03:27	1:53:57	1:45:49	1:38:46	1:35:35	1:32:35	1:29:47
20 miles	5:01:36	4:01:17	3:39:21	3:21:04	3:05:36	2:52:21	2:40:51	2:35:40	2:30:48	2:26:14
Marathon	6:35:02	5:16:02	4:47:18	4:23:21	4:03:06	3:45:44	3:30:41	3:23:53	3:17:31	3:11:32

AGE 32

MALE

AGE 32

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	34:19	27:27	24:58	22:53	21:07	19:37	18:18	17:43	17:10	16:38
5 miles	57:45	46:12	42:00	38:30	35:33	33:00	30:48	29:49	28:53	28:00
6 miles	1:09:41	55:45	50:41	46:27	42:53	39:49	37:10	35:58	34:50	33:47
10 km	1:10:44	56:35	51:26	47:09	43:32	40:25	37:43	36:30	35:22	34:18
7 miles	1:20:30	1:04:24	58:32	53:40	49:32	46:00	42:56	41:33	40:15	39:02
8 miles	1:32:54	1:14:19	1:07:34	1:01:56	57:10	53:05	49:33	47:57	46:27	45:02
9 miles	1:45:30	1:24:24	1:16:44	1:10:20	1:04:55	1:00:17	56:16	54:27	52:45	51:09
15 km	1:49:39	1:27:43	1:19:44	1:13:06	1:07:28	1:02:39	58:29	56:35	54:49	53:10
10 miles	1:58:36	1:34:53	1:26:15	1:19:04	1:12:59	1:07:46	1:03:15	1:01:13	59:18	57:30
Half mar.	2:41:08	2:08:55	1:57:12	1:47:26	1:39:10	1:32:05	1:25:56	1:23:10	1:20:34	1:18:08
20 miles	4:22:27	3:29:57	3:10:52	2:54:58	2:41:30	2:29:58	2:19:58	2:15:27	2:11:13	2:07:15
Marathon	5:43:45	4:35:00	4:10:00	3:49:10	3:31:32	3:16:26	3:03:20	2:57:25	2:51:52	2:46:40

FEMALE

AGE 32

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:27	31:34	28:41	26:18	24:17	22:33	21:02	20:22	19:43	19:08
5 miles	1:06:23	53:07	48:17	44:15	40:51	37:56	35:24	34:16	33:12	32:11
6 miles	1:20:06	1:04:05	58:15	53:24	49:17	45:46	42:43	41:20	40:03	38:50
10 km	1:21:18	1:05:02	59:08	54:12	50:02	46:27	43:22	41:58	40:39	39:25
7 miles	1:32:31	1:14:01	1:07:17	1:01:41	56:56	52:52	49:21	47:45	46:16	44:51
8 miles	1:46:47	1:25:25	1:17:39	1:11:11	1:05:43	1:01:01	56:57	55:07	53:23	51:46
9 miles	2:01:16	1:37:01	1:28:12	1:20:51	1:14:38	1:09:18	1:04:41	1:02:35	1:00:38	58:48
15 km	2:06:02	1:40:49	1:31:39	1:24:01	1:17:33	1:12:01	1:07:13	1:05:03	1:03:01	1:01:06
10 miles	2:16:19	1:49:03	1:39:08	1:30:53	1:23:53	1:17:54	1:12:42	1:10:21	1:08:09	1:06:06
Half mar.	3:05:13	2:28:10	2:14:42	2:03:29	1:53:59	1:45:50	1:38:47	1:35:36	1:32:37	1:29:48
20 miles	5:01:40	4:01:20	3:39:23	3:21:07	3:05:38	2:52:23	2:40:53	2:35:42	2:30:50	2:26:16
Marathon	6:35:07	5:16:05	4:47:21	4:23:25	4:03:09	3:45:47	3:30:44	3:23:56	3:17:33	3:11:34

AGE 33

MALE

AGE 33

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	34:27	27:34	25:03	22:58	21:12	19:41	18:22	17:47	17:13	16:42
5 miles	57:58	46:23	42:10	38:39	35:41	33:08	30:55	29:55	28:59	28:06
6 miles	1:09:57	55:57	50:52	46:38	43:03	39:58	37:18	36:06	34:58	33:55
10 km	1:11:00	56:48	51:38	47:20	43:41	40:34	37:52	36:39	35:30	34:25
7 miles	1:20:37	1:04:30	58:38	53:45	49:37	46:04	43:00	41:37	40:19	39:05
8 miles	1:33:02	1:14:25	1:07:39	1:02:01	57:15	53:10	49:37	48:01	46:31	45:06
9 miles	1:45:39	1:24:31	1:16:50	1:10:26	1:05:01	1:00:22	56:21	54:32	52:49	51:13
15 km	1:49:48	1:27:50	1:19:51	1:13:12	1:07:34	1:02:45	58:34	56:40	54:54	53:14
10 miles	1:58:45	1:35:00	1:26:22	1:19:10	1:13:05	1:07:51	1:03:20	1:01:17	59:22	57:35
Half mar.	2:41:17	2:09:02	1:57:18	1:47:31	1:39:15	1:32:10	1:26:01	1:23:15	1:20:39	1:18:12
20 miles	4:22:41	3:30:09	3:11:03	2:55:07	2:41:39	2:30:06	2:20:06	2:15:35	2:11:20	2:07:22
Marathon	5:44:04	4:35:15	4:10:13	3:49:22	3:31:44	3:16:36	3:03:30	2:57:35	2:52:02	2:46:49

FEMALE

AGE 33

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:36	31:41	28:48	26:24	24:22	22:38	21:07	20:26	19:48	19:12
5 miles	1:06:38	53:18	48:28	44:25	41:00	38:05	35:32	34:24	33:19	32:18
6 miles	1:20:24	1:04:19	58:28	53:36	49:28	45:56	42:53	41:30	40:12	38:59
10 km	1:21:36	1:05:17	59:21	54:24	50:13	46:38	43:31	42:07	40:48	39:34
7 miles	1:32:40	1:14:08	1:07:24	1:01:47	57:02	52:57	49:25	47:50	46:20	44:56
8 miles	1:46:56	1:25:33	1:17:46	1:11:17	1:05:48	1:01:06	57:02	55:11	53:28	51:51
9 miles	2:01:26	1:37:09	1:28:19	1:20:57	1:14:44	1:09:24	1:04:46	1:02:41	1:00:43	58:53
15 km	2:06:12	1:40:58	1:31:47	1:24:08	1:17:40	1:12:07	1:07:19	1:05:08	1:03:06	1:01:11
10 miles	2:16:30	1:49:12	1:39:16	1:31:00	1:24:00	1:18:00	1:12:48	1:10:27	1:08:15	1:06:11
Half mar.	3:05:23	2:28:18	2:14:50	2:03:35	1:54:05	1:45:56	1:38:52	1:35:41	1:32:42	1:29:53
20 miles	5:01:56	4:01:33	3:39:35	3:21:17	3:05:48	2:52:32	2:41:02	2:35:50	2:30:58	2:26:24
Marathon	6:35:28	5:16:23	4:47:37	4:23:39	4:03:22	3:45:59	3:30:55	3:24:07	3:17:44	3:11:45

AGE 34

MALE

AGE 34

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	34:36	27:41	25:10	23:04	21:18	19:47	18:27	17:52	17:18	16:47
5 miles	58:14	46:35	42:21	38:49	35:50	33:17	31:04	30:03	29:07	28:14
6 miles	1:10:16	56:13	51:06	46:51	43:14	40:09	37:28	36:16	35:08	34:04
10 km	1:11:19	57:03	51:52	47:33	43:53	40:45	38:02	36:49	35:40	34:35
7 miles	1:20:48	1:04:39	58:46	53:52	49:44	46:11	43:06	41:42	40:24	39:11
8 miles	1:33:13	1:14:34	1:07:48	1:02:09	57:22	53:16	49:43	48:07	46:36	45:12
9 miles	1:45:52	1:24:41	1:16:59	1:10:34	1:05:09	1:00:30	56:28	54:38	52:56	51:20
15 km	1:50:01	1:28:01	1:20:01	1:13:21	1:07:42	1:02:52	58:41	56:47	55:01	53:21
10 miles	1:58:59	1:35:11	1:26:32	1:19:19	1:13:13	1:07:59	1:03:27	1:01:24	59:29	57:41
Half mar.	2:41:33	2:09:14	1:57:29	1:47:42	1:39:25	1:32:19	1:26:09	1:23:23	1:20:46	1:18:19
20 miles	4:23:06	3:30:29	3:11:21	2:55:24	2:41:55	2:30:21	2:20:19	2:15:48	2:11:33	2:07:34
Marathon	5:44:37	4:35:41	4:10:38	3:49:44	3:32:04	3:16:55	3:03:48	2:57:52	2:52:18	2:47:05

FEMALE

AGE 34

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:47	31:49	28:56	26:31	24:29	22:44	21:13	20:32	19:53	19:17
5 miles	1:06:56	53:33	48:41	44:38	41:12	38:15	35:42	34:33	33:28	32:27
6 miles	1:20:46	1:04:37	58:44	53:51	49:42	46:09	43:04	41:41	40:23	39:09
10 km	1:21:59	1:05:35	59:37	54:39	50:27	46:51	43:43	42:19	40:59	39:45
7 miles	1:32:53	1:14:18	1:07:33	1:01:55	57:10	53:05	49:32	47:56	46:26	45:02
8 miles	1:47:09	1:25:43	1:17:55	1:11:26	1:05:56	1:01:14	57:09	55:18	53:34	51:57
9 miles	2:01:41	1:37:21	1:28:30	1:21:07	1:14:53	1:09:32	1:04:54	1:02:48	1:00:50	59:00
15 km	2:06:27	1:41:10	1:31:58	1:24:18	1:17:49	1:12:16	1:07:27	1:05:16	1:03:14	1:01:19
10 miles	2:16:45	1:49:24	1:39:27	1:31:10	1:24:09	1:18:09	1:12:56	1:10:35	1:08:23	1:06:18
Half mar.	3:05:41	2:28:33	2:15:02	2:03:47	1:54:16	1:46:06	1:39:02	1:35:50	1:32:50	1:30:02
20 miles	5:02:25	4:01:56	3:39:56	3:21:37	3:06:06	2:52:49	2:41:17	2:36:05	2:31:13	2:26:38
Marathon	6:36:06	5:16:53	4:48:05	4:24:04	4:03:45	3:46:21	3:31:15	3:24:26	3:18:03	3:12:03

AGE 35

MALE

AGE 35

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	34:47	27:50	25:18	23:12	21:25	19:53	18:33	17:57	17:24	16:52
5 miles	58:33	46:50	42:35	39:02	36:02	33:27	31:13	30:13	29:16	28:23
6 miles	1:10:38	56:31	51:22	47:05	43:28	40:22	37:40	36:27	35:19	34:15
10 km	1:11:42	57:22	52:09	47:48	44:07	40:58	38:14	37:00	35:51	34:46
7 miles	1:21:03	1:04:51	58:57	54:02	49:53	46:19	43:14	41:50	40:32	39:18
8 miles	1:33:29	1:14:47	1:07:59	1:02:19	57:32	53:25	49:51	48:15	46:44	45:19
9 miles	1:46:10	1:24:56	1:17:12	1:10:46	1:05:20	1:00:40	56:37	54:48	53:05	51:28
15 km	1:50:20	1:28:16	1:20:14	1:13:33	1:07:54	1:03:03	58:51	56:57	55:10	53:30
10 miles	1:59:18	1:35:26	1:26:46	1:19:32	1:13:25	1:08:10	1:03:38	1:01:34	59:39	57:51
Half mar.	2:41:55	2:09:32	1:57:45	1:47:57	1:39:38	1:32:31	1:26:21	1:23:34	1:20:57	1:18:30
20 miles	4:23:43	3:30:58	3:11:47	2:55:49	2:42:17	2:30:42	2:20:39	2:16:07	2:11:51	2:07:52
Marathon	5:45:24	4:36:20	4:11:12	3:50:16	3:32:33	3:17:23	3:04:13	2:58:16	2:52:42	2:47:28

FEMALE

AGE 35

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:59	32:00	29:05	26:40	24:37	22:51	21:20	20:38	20:00	19:23
5 miles	1:07:18	53:50	48:56	44:52	41:25	38:27	35:53	34:44	33:39	32:38
6 miles	1:21:11	1:04:57	59:03	54:08	49:58	46:24	43:18	41:54	40:36	39:22
10 km	1:22:25	1:05:56	59:56	54:57	50:43	47:06	43:57	42:32	41:12	39:57
7 miles	1:33:10	1:14:32	1:07:45	1:02:07	57:20	53:14	49:41	48:05	46:35	45:10
8 miles	1:47:27	1:25:57	1:18:09	1:11:38	1:06:07	1:01:24	57:18	55:27	53:43	52:06
9 miles	2:02:01	1:37:37	1:28:45	1:21:21	1:15:05	1:09:44	1:05:05	1:02:59	1:01:01	59:10
15 km	2:06:49	1:41:27	1:32:14	1:24:33	1:18:02	1:12:28	1:07:38	1:05:27	1:03:24	1:01:29
10 miles	2:17:08	1:49:42	1:39:44	1:31:25	1:24:23	1:18:21	1:13:08	1:10:46	1:08:34	1:06:29
Half mar.	3:06:07	2:28:53	2:15:21	2:04:04	1:54:32	1:46:21	1:39:16	1:36:03	1:33:03	1:30:14
20 miles	5:03:07	4:02:30	3:40:27	3:22:05	3:06:32	2:53:13	2:41:40	2:36:27	2:31:34	2:26:58
Marathon	6:37:01	5:17:37	4:48:44	4:24:41	4:04:19	3:46:52	3:31:45	3:24:55	3:18:31	3:12:30

AGE 36

MALE

AGE 36

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	35:00	28:00	25:27	23:20	21:32	20:00	18:40	18:04	17:30	16:58
5 miles	58:54	47:07	42:50	39:16	36:15	33:39	31:25	30:24	29:27	28:33
6 miles	1:11:04	56:51	51:41	47:23	43:44	40:37	37:54	36:41	35:32	34:27
10 km	1:12:08	57:42	52:28	48:05	44:23	41:13	38:28	37:14	36:04	34:58
7 miles	1:21:22	1:05:05	59:10	54:15	50:04	46:30	43:24	42:00	40:41	39:27
8 miles	1:33:48	1:15:02	1:08:13	1:02:32	57:43	53:36	50:02	48:25	46:54	45:29
9 miles	1:46:32	1:25:13	1:17:28	1:11:01	1:05:33	1:00:52	56:49	54:59	53:16	51:39
15 km	1:50:42	1:28:34	1:20:31	1:13:48	1:08:08	1:03:16	59:03	57:08	55:21	53:41
10 miles	1:59:43	1:35:46	1:27:04	1:19:48	1:13:40	1:08:24	1:03:51	1:01:47	59:51	58:02
Half mar.	2:42:24	2:09:56	1:58:07	1:48:16	1:39:57	1:32:48	1:26:37	1:23:49	1:21:12	1:18:45
20 miles	4:24:31	3:31:36	3:12:22	2:56:20	2:42:47	2:31:09	2:21:04	2:16:31	2:12:15	2:08:15
Marathon	5:46:27	4:37:10	4:11:58	3:50:58	3:33:12	3:17:58	3:04:46	2:58:49	2:53:14	2:47:59

FEMALE

AGE 36

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	40:14	32:11	29:16	26:49	24:46	22:59	21:27	20:46	20:07	19:30
5 miles	1:07:42	54:10	49:14	45:08	41:40	38:41	36:06	34:57	33:51	32:50
6 miles	1:21:41	1:05:21	59:24	54:27	50:16	46:41	43:34	42:10	40:51	39:36
10 km	1:22:55	1:06:20	1:00:18	55:17	51:01	47:23	44:13	42:48	41:27	40:12
7 miles	1:33:31	1:14:49	1:08:01	1:02:21	57:33	53:26	49:53	48:16	46:46	45:21
8 miles	1:47:49	1:26:15	1:18:25	1:11:53	1:06:21	1:01:37	57:30	55:39	53:54	52:16
9 miles	2:02:27	1:37:57	1:29:03	1:21:38	1:15:21	1:09:58	1:05:18	1:03:12	1:01:13	59:22
15 km	2:07:15	1:41:48	1:32:33	1:24:50	1:18:18	1:12:43	1:07:52	1:05:41	1:03:38	1:01:42
10 miles	2:17:36	1:50:05	1:40:04	1:31:44	1:24:40	1:18:38	1:13:23	1:11:01	1:08:48	1:06:43
Half mar.	3:06:40	2:29:20	2:15:46	2:04:27	1:54:53	1:46:40	1:39:34	1:36:21	1:33:20	1:30:31
20 miles	5:04:02	4:03:14	3:41:07	3:22:41	3:07:06	2:53:44	2:42:09	2:36:55	2:32:01	2:27:25
Marathon	6:38:13	5:18:35	4:49:37	4:25:29	4:05:04	3:47:33	3:32:23	3:25:32	3:19:07	3:13:05

AGE 37

MALE

AGE 37

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	35:15	28:12	25:38	23:30	21:41	20:08	18:48	18:11	17:37	17:05
5 miles	59:19	47:27	43:08	39:32	36:30	33:53	31:38	30:37	29:39	28:45
6 miles	1:11:33	57:15	52:03	47:42	44:02	40:53	38:10	36:56	35:47	34:42
10 km	1:12:38	58:06	52:49	48:25	44:42	41:30	38:44	37:29	36:19	35:13
7 miles	1:21:44	1:05:23	59:26	54:29	50:18	46:42	43:35	42:11	40:52	39:38
8 miles	1:34:12	1:15:22	1:08:31	1:02:48	57:58	53:50	50:14	48:37	47:06	45:40
9 miles	1:46:59	1:25:35	1:17:48	1:11:19	1:05:50	1:01:08	57:03	55:13	53:29	51:52
15 km	1:51:11	1:28:57	1:20:51	1:14:07	1:08:25	1:03:32	59:18	57:23	55:35	53:54
10 miles	2:00:12	1:36:10	1:27:25	1:20:08	1:13:58	1:08:41	1:04:07	1:02:03	1:00:06	58:17
Half mar.	2:43:02	2:10:25	1:58:34	1:48:41	1:40:20	1:33:10	1:26:57	1:24:09	1:21:31	1:19:03
20 miles	4:25:32	3:32:25	3:13:07	2:57:01	2:43:24	2:31:44	2:21:37	2:17:03	2:12:46	2:08:44
Marathon	5:47:47	4:38:14	4:12:56	3:51:51	3:34:01	3:18:44	3:05:29	2:59:30	2:53:54	2:48:37

FEMALE

AGE 37

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	40:31	32:25	29:28	27:00	24:56	23:09	21:36	20:55	20:15	19:39
5 miles	1:08:10	54:32	49:35	45:27	41:57	38:57	36:22	35:11	34:05	33:03
6 miles	1:22:15	1:05:48	59:49	54:50	50:37	47:00	43:52	42:27	41:08	39:53
10 km	1:23:29	1:06:47	1:00:43	55:40	51:23	47:42	44:32	43:05	41:45	40:29
7 miles	1:33:56	1:15:09	1:08:19	1:02:38	57:49	53:41	50:06	48:29	46:58	45:33
8 miles	1:48:16	1:26:37	1:18:45	1:12:11	1:06:38	1:01:52	57:45	55:53	54:08	52:30
9 miles	2:02:58	1:38:22	1:29:26	1:21:59	1:15:40	1:10:16	1:05:35	1:03:28	1:01:29	59:37
15 km	2:07:48	1:42:14	1:32:56	1:25:12	1:18:38	1:13:01	1:08:09	1:05:57	1:03:54	1:01:58
10 miles	2:18:10	1:50:32	1:40:29	1:32:07	1:25:02	1:18:57	1:13:41	1:11:19	1:09:05	1:06:59
Half mar.	3:07:24	2:29:55	2:16:17	2:04:56	1:55:19	1:47:05	1:39:57	1:36:43	1:33:42	1:30:51
20 miles	5:05:12	4:04:10	3:41:58	3:23:28	3:07:49	2:54:24	2:42:47	2:37:31	2:32:36	2:27:59
Marathon	6:39:45	5:19:48	4:50:44	4:26:30	4:06:00	3:48:26	3:33:12	3:26:19	3:19:53	3:13:49

AGE 38

MALE

AGE 38

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	35:30	28:24	25:49	23:40	21:51	20:17	18:56	18:19	17:45	17:13
5 miles	59:45	47:48	43:27	39:50	36:46	34:08	31:52	30:50	29:52	28:58
6 miles	1:12:05	57:40	52:25	48:03	44:21	41:11	38:27	37:12	36:02	34:57
10 km	1:13:10	58:32	53:13	48:47	45:01	41:48	39:01	37:46	36:35	35:28
7 miles	1:22:10	1:05:44	59:45	54:46	50:34	46:57	43:49	42:24	41:05	39:50
8 miles	1:34:40	1:15:44	1:08:51	1:03:07	58:16	54:06	50:29	48:52	47:20	45:54
9 miles	1:47:31	1:26:01	1:18:12	1:11:41	1:06:10	1:01:26	57:20	55:29	53:45	52:08
15 km	1:51:44	1:29:23	1:21:16	1:14:29	1:08:46	1:03:51	59:36	57:40	55:52	54:10
10 miles	2:00:48	1:36:38	1:27:51	1:20:32	1:14:20	1:09:02	1:04:25	1:02:21	1:00:24	58:34
Half mar.	2:43:47	2:11:01	1:59:07	1:49:11	1:40:47	1:33:35	1:27:21	1:24:32	1:21:53	1:19:24
20 miles	4:26:45	3:33:24	3:14:00	2:57:50	2:44:09	2:32:25	2:22:16	2:17:40	2:13:22	2:09:20
Marathon	5:49:22	4:39:30	4:14:05	3:52:55	3:35:00	3:19:39	3:06:20	3:00:19	2:54:41	2:49:24

FEMALE

AGE 38

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	40:48	32:39	29:41	27:12	25:07	23:19	21:46	21:04	20:24	19:47
5 miles	1:08:40	54:56	49:56	45:47	42:15	39:14	36:37	35:27	34:20	33:18
6 miles	1:22:51	1:06:17	1:00:15	55:14	50:59	47:21	44:11	42:46	41:26	40:10
10 km	1:24:06	1:07:17	1:01:10	56:04	51:45	48:03	44:51	43:24	42:03	40:46
7 miles	1:34:26	1:15:33	1:08:41	1:02:58	58:07	53:58	50:22	48:45	47:13	45:47
8 miles	1:48:49	1:27:03	1:19:08	1:12:33	1:06:58	1:02:11	58:02	56:10	54:24	52:46
9 miles	2:03:35	1:38:52	1:29:53	1:22:23	1:16:03	1:10:37	1:05:55	1:03:47	1:01:47	59:55
15 km	2:08:26	1:42:45	1:33:24	1:25:37	1:19:02	1:13:23	1:08:30	1:06:17	1:04:13	1:02:16
10 miles	2:18:51	1:51:05	1:40:59	1:32:34	1:25:27	1:19:20	1:14:03	1:11:40	1:09:25	1:07:19
Half mar.	3:08:15	2:30:36	2:16:54	2:05:30	1:55:51	1:47:34	1:40:24	1:37:10	1:34:07	1:31:16
20 miles	5:06:36	4:05:17	3:42:59	3:24:24	3:08:41	2:55:12	2:43:31	2:38:15	2:33:18	2:28:39
Marathon	6:41:35	5:21:16	4:52:04	4:27:43	4:07:08	3:49:28	3:34:11	3:27:16	3:20:47	3:14:42

AGE 39

MALE

AGE 39

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	35:46	28:37	26:01	23:51	22:01	20:26	19:05	18:28	17:53	17:20
5 miles	1:00:11	48:09	43:46	40:08	37:02	34:24	32:06	31:04	30:06	29:11
6 miles	1:12:37	58:06	52:49	48:25	44:41	41:30	38:44	37:29	36:19	35:13
10 km	1:13:43	58:58	53:36	49:08	45:22	42:07	39:19	38:03	36:51	35:44
7 miles	1:22:40	1:06:08	1:00:07	55:06	50:52	47:14	44:05	42:40	41:20	40:05
8 miles	1:35:13	1:16:11	1:09:15	1:03:29	58:36	54:25	50:47	49:09	47:37	46:10
9 miles	1:48:09	1:26:31	1:18:39	1:12:06	1:06:33	1:01:48	57:41	55:49	54:04	52:26
15 km	1:52:23	1:29:55	1:21:44	1:14:56	1:09:10	1:04:13	59:56	58:00	56:12	54:29
10 miles	2:01:29	1:37:11	1:28:21	1:20:59	1:14:45	1:09:25	1:04:47	1:02:42	1:00:44	58:54
Half mar.	2:44:40	2:11:44	1:59:45	1:49:47	1:41:20	1:34:06	1:27:49	1:24:59	1:22:20	1:19:50
20 miles	4:28:11	3:34:33	3:15:03	2:58:47	2:45:02	2:33:15	2:23:02	2:18:25	2:14:06	2:10:02
Marathon	5:51:16	4:41:01	4:15:28	3:54:11	3:36:10	3:20:43	3:07:21	3:01:18	2:55:38	2:50:19

FEMALE

AGE 39

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	41:07	32:53	29:54	27:24	25:18	23:30	21:56	21:13	20:33	19:56
5 miles	1:09:11	55:21	50:19	46:07	42:34	39:32	36:54	35:42	34:35	33:33
6 miles	1:23:28	1:06:46	1:00:42	55:39	51:22	47:42	44:31	43:05	41:44	40:28
10 km	1:24:43	1:07:47	1:01:37	56:29	52:08	48:25	45:11	43:44	42:22	41:05
7 miles	1:35:01	1:16:01	1:09:06	1:03:20	58:28	54:18	50:40	49:02	47:30	46:04
8 miles	1:49:27	1:27:34	1:19:36	1:12:58	1:07:21	1:02:33	58:22	56:29	54:44	53:04
9 miles	2:04:18	1:39:26	1:30:24	1:22:52	1:16:30	1:11:02	1:06:18	1:04:09	1:02:09	1:00:16
15 km	2:09:11	1:43:21	1:33:57	1:26:07	1:19:30	1:13:49	1:08:54	1:06:40	1:04:35	1:02:38
10 miles	2:19:38	1:51:42	1:41:33	1:33:05	1:25:55	1:19:47	1:14:28	1:12:04	1:09:49	1:07:42
Half mar.	3:09:16	2:31:25	2:17:39	2:06:11	1:56:28	1:48:09	1:40:57	1:37:41	1:34:38	1:31:46
20 miles	5:08:16	4:06:37	3:44:11	3:25:30	3:09:42	2:56:09	2:44:24	2:39:06	2:34:08	2:29:28
Marathon	6:43:45	5:23:00	4:53:38	4:29:10	4:08:28	3:50:43	3:35:20	3:28:23	3:21:53	3:15:46

AGE 40

MALE

AGE 40

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	36:02	28:50	26:12	24:01	22:10	20:35	19:13	18:36	18:01	17:28
5 miles	1:00:38	48:30	44:06	40:25	37:19	34:39	32:20	31:18	30:19	29:24
6 miles	1:13:09	58:31	53:12	48:46	45:01	41:48	39:01	37:45	36:35	35:28
10 km	1:14:15	59:24	54:00	49:30	45:42	42:26	39:36	38:20	37:08	36:00
7 miles	1:23:13	1:06:34	1:00:31	55:29	51:13	47:33	44:23	42:57	41:36	40:21
8 miles	1:35:51	1:16:40	1:09:42	1:03:54	58:59	54:46	51:07	49:28	47:55	46:28
9 miles	1:48:51	1:27:05	1:19:10	1:12:34	1:06:59	1:02:12	58:03	56:11	54:25	52:46
15 km	1:53:07	1:30:30	1:22:16	1:15:25	1:09:37	1:04:38	1:00:20	58:23	56:34	54:51
10 miles	2:02:16	1:37:49	1:28:55	1:21:31	1:15:14	1:09:52	1:05:12	1:03:06	1:01:08	59:17
Half mar.	2:45:40	2:12:32	2:00:29	1:50:27	1:41:57	1:34:40	1:28:21	1:25:30	1:22:50	1:20:19
20 miles	4:29:49	3:35:51	3:16:14	2:59:53	2:46:02	2:34:11	2:23:54	2:19:16	2:14:54	2:10:49
Marathon	5:53:24	4:42:43	4:17:01	3:55:36	3:37:29	3:21:57	3:08:29	3:02:24	2:56:42	2:51:21

FEMALE

AGE 40

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	41:25	33:08	30:07	27:37	25:29	23:40	22:05	21:23	20:42	20:05
5 miles	1:09:42	55:45	50:41	46:28	42:53	39:50	37:10	35:58	34:51	33:47
6 miles	1:24:05	1:07:16	1:01:09	56:03	51:45	48:03	44:51	43:24	42:03	40:46
10 km	1:25:21	1:08:17	1:02:04	56:54	52:31	48:46	45:31	44:03	42:41	41:23
7 miles	1:35:39	1:16:31	1:09:34	1:03:46	58:52	54:39	51:01	49:22	47:50	46:23
8 miles	1:50:10	1:28:08	1:20:07	1:13:27	1:07:48	1:02:57	58:45	56:52	55:05	53:25
9 miles	2:05:07	1:40:05	1:30:59	1:23:24	1:16:59	1:11:29	1:06:44	1:04:34	1:02:33	1:00:40
15 km	2:10:01	1:44:01	1:34:34	1:26:41	1:20:01	1:14:18	1:09:21	1:07:06	1:05:01	1:03:02
10 miles	2:20:32	1:52:26	1:42:12	1:33:41	1:26:29	1:20:18	1:14:57	1:12:32	1:10:16	1:08:08
Half mar.	3:10:25	2:32:20	2:18:29	2:06:57	1:57:11	1:48:49	1:41:33	1:38:17	1:35:13	1:32:19
20 miles	5:10:08	4:08:06	3:45:33	3:26:45	3:10:51	2:57:13	2:45:24	2:40:04	2:35:04	2:30:22
Marathon	6:46:12	5:24:58	4:55:25	4:30:48	4:09:58	3:52:07	3:36:39	3:29:39	3:23:06	3:16:57

AGE 41

MALE

AGE 41

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	36:18	29:03	26:24	24:12	22:20	20:45	19:22	18:44	18:09	17:36
5 miles	1:01:06	48:52	44:26	40:44	37:36	34:55	32:35	31:32	30:33	29:37
6 miles	1:13:43	58:58	53:36	49:08	45:22	42:07	39:19	38:03	36:51	35:44
10 km	1:14:49	59:51	54:25	49:53	46:03	42:45	39:54	38:37	37:25	36:17
7 miles	1:23:51	1:07:05	1:00:59	55:54	51:36	47:55	44:43	43:17	41:55	40:39
8 miles	1:36:33	1:17:14	1:10:13	1:04:22	59:25	55:10	51:30	49:50	48:17	46:49
9 miles	1:49:39	1:27:43	1:19:45	1:13:06	1:07:29	1:02:39	58:29	56:36	54:49	53:10
15 km	1:53:57	1:31:10	1:22:53	1:15:58	1:10:08	1:05:07	1:00:47	58:49	56:59	55:15
10 miles	2:03:09	1:38:31	1:29:34	1:22:06	1:15:47	1:10:22	1:05:41	1:03:34	1:01:35	59:43
Half mar.	2:46:49	2:13:27	2:01:19	1:51:12	1:42:39	1:35:19	1:28:58	1:26:06	1:23:24	1:20:53
20 miles	4:31:41	3:37:21	3:17:35	3:01:07	2:47:11	2:35:15	2:24:54	2:20:13	2:15:51	2:11:44
Marathon	5:55:51	4:44:41	4:18:48	3:57:14	3:38:59	3:23:21	3:09:47	3:03:40	2:57:56	2:52:32

FEMALE

AGE 41

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	41:44	33:23	30:21	27:49	25:41	23:51	22:15	21:32	20:52	20:14
5 miles	1:10:13	56:11	51:04	46:49	43:13	40:08	37:27	36:15	35:07	34:03
6 miles	1:24:43	1:07:47	1:01:37	56:29	52:08	48:25	45:11	43:44	42:22	41:05
10 km	1:26:00	1:08:48	1:02:33	57:20	52:55	49:08	45:52	44:23	43:00	41:42
7 miles	1:36:23	1:17:06	1:10:06	1:04:15	59:19	55:04	51:24	49:45	48:11	46:44
8 miles	1:50:59	1:28:47	1:20:43	1:13:59	1:08:18	1:03:25	59:11	57:17	55:29	53:48
9 miles	2:06:02	1:40:50	1:31:40	1:24:01	1:17:34	1:12:01	1:07:13	1:05:03	1:03:01	1:01:06
15 km	2:10:59	1:44:47	1:35:16	1:27:19	1:20:36	1:14:51	1:09:51	1:07:36	1:05:29	1:03:30
10 miles	2:21:33	1:53:15	1:42:57	1:34:22	1:27:07	1:20:53	1:15:30	1:13:04	1:10:47	1:08:38
Half mar.	3:11:44	2:33:23	2:19:27	2:07:50	1:58:00	1:49:34	1:42:16	1:38:58	1:35:52	1:32:58
20 miles	5:12:17	4:09:50	3:47:07	3:28:11	3:12:10	2:58:27	2:46:33	2:41:11	2:36:08	2:31:25
Marathon	6:49:01	5:27:13	4:57:28	4:32:41	4:11:42	3:53:44	3:38:09	3:31:07	3:24:31	3:18:19

AGE 42

MALE

AGE 42

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	36:35	29:16	26:36	24:23	22:31	20:54	19:30	18:53	18:17	17:44
5 miles	1:01:33	49:15	44:46	41:02	37:53	35:10	32:50	31:46	30:47	29:51
6 miles	1:14:16	59:25	54:01	49:31	45:42	42:26	39:36	38:20	37:08	36:00
10 km	1:15:23	1:00:18	54:49	50:15	46:23	43:04	40:12	38:54	37:41	36:33
7 miles	1:24:31	1:07:37	1:01:28	56:21	52:01	48:18	45:05	43:37	42:16	40:59
8 miles	1:37:19	1:17:51	1:10:47	1:04:53	59:53	55:37	51:54	50:14	48:40	47:11
9 miles	1:50:31	1:28:25	1:20:23	1:13:41	1:08:01	1:03:09	58:57	57:03	55:16	53:35
15 km	1:54:52	1:31:53	1:23:32	1:16:34	1:10:41	1:05:38	1:01:16	59:17	57:26	55:41
10 miles	2:04:08	1:39:18	1:30:17	1:22:45	1:16:23	1:10:56	1:06:12	1:04:04	1:02:04	1:00:11
Half mar.	2:48:06	2:14:29	2:02:15	1:52:04	1:43:27	1:36:03	1:29:39	1:26:46	1:24:03	1:21:30
20 miles	4:33:47	3:39:02	3:19:07	3:02:31	2:48:29	2:36:27	2:26:01	2:21:18	2:16:54	2:12:45
Marathon	5:58:36	4:46:53	4:20:48	3:59:04	3:40:41	3:24:55	3:11:15	3:05:05	2:59:18	2:53:52

FEMALE

AGE 42

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	42:03	33:38	30:35	28:02	25:52	24:01	22:25	21:42	21:01	20:23
5 miles	1:10:45	56:36	51:27	47:10	43:32	40:26	37:44	36:31	35:22	34:18
6 miles	1:25:22	1:08:17	1:02:05	56:54	52:32	48:47	45:32	44:03	42:41	41:23
10 km	1:26:39	1:09:19	1:03:01	57:46	53:19	49:31	46:13	44:43	43:19	42:01
7 miles	1:37:09	1:17:43	1:10:39	1:04:46	59:47	55:31	51:49	50:08	48:34	47:06
8 miles	1:51:52	1:29:29	1:21:21	1:14:34	1:08:50	1:03:55	59:40	57:44	55:56	54:14
9 miles	2:07:02	1:41:38	1:32:23	1:24:42	1:18:11	1:12:36	1:07:45	1:05:34	1:03:31	1:01:36
15 km	2:12:02	1:45:37	1:36:01	1:28:01	1:21:15	1:15:27	1:10:25	1:08:09	1:06:01	1:04:01
10 miles	2:22:41	1:54:09	1:43:46	1:35:07	1:27:48	1:21:32	1:16:06	1:13:39	1:11:20	1:09:11
Half mar.	3:13:13	2:34:34	2:20:31	2:08:49	1:58:54	1:50:25	1:43:03	1:39:44	1:36:37	1:33:41
20 miles	5:14:42	4:11:45	3:48:52	3:29:48	3:13:39	2:59:50	2:47:50	2:42:25	2:37:21	2:32:35
Marathon	6:52:11	5:29:45	4:59:46	4:34:47	4:13:39	3:55:32	3:39:50	3:32:44	3:26:05	3:19:51

AGE 43

MALE

AGE 43

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	36:51	29:29	26:48	24:34	22:41	21:04	19:39	19:01	18:26	17:52
5 miles	1:02:01	49:37	45:06	41:21	38:10	35:26	33:05	32:01	31:01	30:04
6 miles	1:14:50	59:52	54:25	49:53	46:03	42:45	39:54	38:37	37:25	36:17
10 km	1:15:57	1:00:46	55:14	50:38	46:44	43:24	40:30	39:12	37:59	36:49
7 miles	1:25:11	1:08:09	1:01:57	56:48	52:26	48:41	45:26	43:58	42:36	41:18
8 miles	1:38:06	1:18:29	1:11:21	1:05:24	1:00:22	56:03	52:19	50:38	49:03	47:34
9 miles	1:51:25	1:29:08	1:21:02	1:14:16	1:08:34	1:03:40	59:25	57:30	55:42	54:01
15 km	1:55:47	1:32:38	1:24:12	1:17:11	1:11:15	1:06:10	1:01:45	59:46	57:54	56:08
10 miles	2:05:09	1:40:07	1:31:01	1:23:26	1:17:01	1:11:31	1:06:45	1:04:35	1:02:34	1:00:41
Half mar.	2:49:29	2:15:35	2:03:15	1:52:59	1:44:18	1:36:51	1:30:23	1:27:28	1:24:44	1:22:10
20 miles	4:36:02	3:40:49	3:20:45	3:04:01	2:49:52	2:37:44	2:27:13	2:22:28	2:18:01	2:13:50
Marathon	6:01:32	4:49:14	4:22:56	4:01:02	3:42:29	3:26:36	3:12:49	3:06:36	3:00:46	2:55:18

FEMALE

AGE 43

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	42:22	33:53	30:49	28:14	26:04	24:12	22:36	21:52	21:11	20:32
5 miles	1:11:17	57:02	51:51	47:31	43:52	40:44	38:01	36:48	35:39	34:34
6 miles	1:26:00	1:08:48	1:02:33	57:20	52:56	49:09	45:52	44:23	43:00	41:42
10 km	1:27:18	1:09:50	1:03:29	58:12	53:43	49:53	46:34	45:04	43:39	42:20
7 miles	1:37:55	1:18:20	1:11:13	1:05:17	1:00:16	55:57	52:13	50:32	48:58	47:29
8 miles	1:52:46	1:30:12	1:22:00	1:15:10	1:09:23	1:04:26	1:00:08	58:12	56:23	54:40
9 miles	2:08:03	1:42:27	1:33:08	1:25:22	1:18:48	1:13:11	1:08:18	1:06:06	1:04:02	1:02:05
15 km	2:13:05	1:46:28	1:36:47	1:28:43	1:21:54	1:16:03	1:10:59	1:08:41	1:06:33	1:04:32
10 miles	2:23:51	1:55:04	1:44:37	1:35:54	1:28:31	1:22:12	1:16:43	1:14:14	1:11:55	1:09:45
Half mar.	3:14:48	2:35:51	2:21:41	2:09:52	1:59:53	1:51:19	1:43:54	1:40:33	1:37:24	1:34:27
20 miles	5:17:17	4:13:49	3:50:45	3:31:31	3:15:15	3:01:18	2:49:13	2:43:45	2:38:38	2:33:50
Marathon	6:55:34	5:32:27	5:02:14	4:37:03	4:15:44	3:57:28	3:41:38	3:34:29	3:27:47	3:21:29

AGE 44

MALE

AGE 44

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	37:08	29:43	27:01	24:46	22:51	21:13	19:48	19:10	18:34	18:00
5 miles	1:02:30	50:00	45:27	41:40	38:28	35:43	33:20	32:15	31:15	30:18
6 miles	1:15:24	1:00:19	54:50	50:16	46:24	43:05	40:13	38:55	37:42	36:34
10 km	1:16:32	1:01:14	55:40	51:02	47:06	43:44	40:49	39:30	38:16	37:07
7 miles	1:25:53	1:08:42	1:02:28	57:15	52:51	49:05	45:48	44:20	42:56	41:38
8 miles	1:38:54	1:19:07	1:11:56	1:05:56	1:00:52	56:31	52:45	51:03	49:27	47:57
9 miles	1:52:19	1:29:52	1:21:41	1:14:53	1:09:07	1:04:11	59:54	57:58	56:10	54:28
15 km	1:56:44	1:33:23	1:24:54	1:17:49	1:11:50	1:06:42	1:02:15	1:00:15	58:22	56:36
10 miles	2:06:09	1:40:55	1:31:45	1:24:06	1:17:38	1:12:05	1:07:17	1:05:07	1:03:05	1:01:10
Half mar.	2:50:53	2:16:42	2:04:17	1:53:55	1:45:09	1:37:39	1:31:08	1:28:12	1:25:26	1:22:51
20 miles	4:38:19	3:42:39	3:22:25	3:05:33	2:51:16	2:39:02	2:28:26	2:23:39	2:19:09	2:14:56
Marathon	6:04:32	4:51:37	4:25:07	4:03:01	3:44:20	3:28:18	3:14:25	3:08:09	3:02:16	2:56:45

FEMALE

AGE 44

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	42:41	34:09	31:03	28:28	26:16	24:24	22:46	22:02	21:21	20:42
5 miles	1:11:50	57:28	52:15	47:54	44:12	41:03	38:19	37:05	35:55	34:50
6 miles	1:26:40	1:09:20	1:03:02	57:47	53:20	49:32	46:14	44:44	43:20	42:01
10 km	1:27:59	1:10:23	1:03:59	58:39	54:08	50:16	46:55	45:24	43:59	42:39
7 miles	1:38:43	1:18:58	1:11:48	1:05:49	1:00:45	56:25	52:39	50:57	49:21	47:52
8 miles	1:53:41	1:30:57	1:22:41	1:15:47	1:09:58	1:04:58	1:00:38	58:41	56:51	55:07
9 miles	2:09:06	1:43:17	1:33:54	1:26:04	1:19:27	1:13:47	1:08:51	1:06:38	1:04:33	1:02:36
15 km	2:14:11	1:47:21	1:37:35	1:29:27	1:22:34	1:16:40	1:11:34	1:09:15	1:07:05	1:05:03
10 miles	2:25:00	1:56:00	1:45:28	1:36:40	1:29:14	1:22:52	1:17:20	1:14:51	1:12:30	1:10:18
Half mar.	3:16:25	2:37:08	2:22:51	2:10:57	2:00:52	1:52:14	1:44:45	1:41:23	1:38:12	1:35:14
20 miles	5:19:54	4:15:55	3:52:39	3:33:16	3:16:52	3:02:48	2:50:37	2:45:07	2:39:57	2:35:06
Marathon	6:59:00	5:35:12	5:04:44	4:39:20	4:17:51	3:59:26	3:43:28	3:36:16	3:29:30	3:23:09

AGE 45

MALE

AGE 45

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	37:26	29:56	27:13	24:57	23:02	21:23	19:58	19:19	18:43	18:09
5 miles	1:02:59	50:23	45:48	41:59	38:45	35:59	33:35	32:30	31:29	30:32
6 miles	1:15:59	1:00:47	55:16	50:39	46:46	43:25	40:32	39:13	38:00	36:50
10 km	1:17:08	1:01:42	56:06	51:25	47:28	44:04	41:08	39:48	38:34	37:24
7 miles	1:26:35	1:09:16	1:02:58	57:43	53:17	49:28	46:10	44:41	43:17	41:59
8 miles	1:39:43	1:19:46	1:12:31	1:06:29	1:01:22	56:59	53:11	51:28	49:51	48:21
9 miles	1:53:14	1:30:36	1:22:21	1:15:30	1:09:41	1:04:43	1:00:24	58:27	56:37	54:54
15 km	1:57:41	1:34:09	1:25:35	1:18:27	1:12:25	1:07:15	1:02:46	1:00:45	58:51	57:04
10 miles	2:07:12	1:41:46	1:32:30	1:24:48	1:18:17	1:12:41	1:07:50	1:05:39	1:03:36	1:01:40
Half mar.	2:52:18	2:17:51	2:05:19	1:54:52	1:46:02	1:38:28	1:31:54	1:28:56	1:26:09	1:23:33
20 miles	4:40:38	3:44:31	3:24:06	3:07:05	2:52:42	2:40:22	2:29:40	2:24:51	2:20:19	2:16:04
Marathon	6:07:34	4:54:03	4:27:20	4:05:03	3:46:12	3:30:02	3:16:02	3:09:43	3:03:47	2:58:13

FEMALE

AGE 45

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	43:01	34:25	31:17	28:41	26:28	24:35	22:57	22:12	21:31	20:51
5 miles	1:12:23	57:55	52:39	48:16	44:33	41:22	38:36	37:22	36:12	35:06
6 miles	1:27:20	1:09:52	1:03:31	58:14	53:45	49:55	46:35	45:05	43:40	42:21
10 km	1:28:39	1:10:55	1:04:29	59:06	54:33	50:40	47:17	45:45	44:20	42:59
7 miles	1:39:31	1:19:37	1:12:22	1:06:21	1:01:14	56:52	53:04	51:22	49:45	48:15
8 miles	1:54:37	1:31:41	1:23:21	1:16:25	1:10:32	1:05:30	1:01:08	59:09	57:18	55:34
9 miles	2:10:10	1:44:08	1:34:40	1:26:46	1:20:06	1:14:23	1:09:25	1:07:11	1:05:05	1:03:07
15 km	2:15:16	1:48:13	1:38:23	1:30:11	1:23:15	1:17:18	1:12:09	1:09:49	1:07:38	1:05:35
10 miles	2:26:12	1:56:58	1:46:20	1:37:28	1:29:58	1:23:33	1:17:59	1:15:28	1:13:06	1:10:53
Half mar.	3:18:03	2:38:27	2:24:02	2:12:02	2:01:53	1:53:10	1:45:38	1:42:13	1:39:02	1:36:02
20 miles	5:22:34	4:18:03	3:54:36	3:35:03	3:18:30	3:04:20	2:52:02	2:46:29	2:41:17	2:36:24
Marathon	7:02:30	5:38:00	5:07:16	4:41:40	4:20:00	4:01:26	3:45:20	3:38:04	3:31:15	3:24:51

AGE 46

MALE

AGE 46

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	37:43	30:11	27:26	25:09	23:13	21:33	20:07	19:28	18:52	18:17
5 miles	1:03:28	50:47	46:10	42:19	39:04	36:16	33:51	32:46	31:44	30:47
6 miles	1:16:35	1:01:16	55:42	51:03	47:08	43:46	40:51	39:32	38:17	37:08
10 km	1:17:44	1:02:11	56:32	51:49	47:50	44:25	41:28	40:07	38:52	37:41
7 miles	1:27:17	1:09:50	1:03:29	58:12	53:43	49:53	46:33	45:03	43:39	42:19
8 miles	1:40:32	1:20:26	1:13:07	1:07:01	1:01:52	57:27	53:37	51:53	50:16	48:45
9 miles	1:54:10	1:31:20	1:23:02	1:16:07	1:10:16	1:05:14	1:00:54	58:56	57:05	55:21
15 km	1:58:39	1:34:55	1:26:18	1:19:06	1:13:01	1:07:48	1:03:17	1:01:14	59:20	57:32
10 miles	2:08:15	1:42:36	1:33:17	1:25:30	1:18:56	1:13:17	1:08:24	1:06:12	1:04:08	1:02:11
Half mar.	2:53:44	2:18:59	2:06:21	1:55:50	1:46:55	1:39:17	1:32:40	1:29:40	1:26:52	1:24:14
20 miles	4:42:58	3:46:22	3:25:48	3:08:39	2:54:08	2:41:42	2:30:55	2:26:03	2:21:29	2:17:12
Marathon	6:10:37	4:56:30	4:29:33	4:07:05	3:48:05	3:31:47	3:17:40	3:11:17	3:05:19	2:59:42

FEMALE

AGE 46

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	43:21	34:41	31:32	28:54	26:41	24:47	23:07	22:23	21:41	21:01
5 miles	1:12:58	58:22	53:04	48:38	44:54	41:41	38:55	37:39	36:29	35:22
6 miles	1:28:02	1:10:25	1:04:01	58:41	54:10	50:18	46:57	45:26	44:01	42:41
10 km	1:29:21	1:11:29	1:04:59	59:34	54:59	51:03	47:39	46:07	44:41	43:19
7 miles	1:40:20	1:20:16	1:12:58	1:06:53	1:01:45	57:20	53:31	51:47	50:10	48:39
8 miles	1:55:33	1:32:27	1:24:02	1:17:02	1:11:07	1:06:02	1:01:38	59:38	57:47	56:02
9 miles	2:11:14	1:44:59	1:35:27	1:27:29	1:20:46	1:14:59	1:09:59	1:07:44	1:05:37	1:03:38
15 km	2:16:23	1:49:07	1:39:11	1:30:55	1:23:56	1:17:56	1:12:44	1:10:24	1:08:12	1:06:08
10 miles	2:27:25	1:57:56	1:47:13	1:38:17	1:30:43	1:24:14	1:18:38	1:16:05	1:13:43	1:11:29
Half mar.	3:19:42	2:39:46	2:25:14	2:13:08	2:02:53	1:54:07	1:46:30	1:43:04	1:39:51	1:36:49
20 miles	5:25:15	4:20:12	3:56:33	3:36:50	3:20:09	3:05:51	2:53:28	2:47:52	2:42:37	2:37:42
Marathon	7:06:00	5:40:48	5:09:49	4:44:00	4:22:09	4:03:26	3:47:12	3:39:52	3:33:00	3:26:33

AGE 47

MALE

AGE 47

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	38:01	30:25	27:39	25:21	23:24	21:43	20:16	19:37	19:00	18:26
5 miles	1:03:58	51:11	46:31	42:39	39:22	36:33	34:07	33:01	31:59	31:01
6 miles	1:17:11	1:01:45	56:08	51:27	47:30	44:06	41:10	39:50	38:35	37:25
10 km	1:18:21	1:02:40	56:59	52:14	48:13	44:46	41:47	40:26	39:10	37:59
7 miles	1:28:00	1:10:24	1:04:00	58:40	54:10	50:17	46:56	45:25	44:00	42:40
8 miles	1:41:23	1:21:06	1:13:44	1:07:35	1:02:23	57:56	54:04	52:19	50:41	49:09
9 miles	1:55:08	1:32:06	1:23:44	1:16:45	1:10:51	1:05:47	1:01:24	59:25	57:34	55:49
15 km	1:59:39	1:35:43	1:27:01	1:19:46	1:13:38	1:08:22	1:03:49	1:01:45	59:50	58:01
10 miles	2:09:19	1:43:27	1:34:03	1:26:13	1:19:35	1:13:54	1:08:58	1:06:45	1:04:40	1:02:42
Half mar.	2:55:13	2:20:10	2:07:26	1:56:48	1:47:49	1:40:07	1:33:27	1:30:26	1:27:36	1:24:57
20 miles	4:45:22	3:48:18	3:27:32	3:10:15	2:55:37	2:43:04	2:32:12	2:27:17	2:22:41	2:18:22
Marathon	6:13:46	4:59:01	4:31:50	4:09:11	3:50:01	3:33:35	3:19:21	3:12:55	3:06:53	3:01:13

FEMALE

AGE 47

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	43:42	34:57	31:47	29:08	26:53	24:58	23:18	22:33	21:51	21:11
5 miles	1:13:32	58:49	53:29	49:01	45:15	42:01	39:13	37:57	36:46	35:39
6 miles	1:28:43	1:10:58	1:04:31	59:09	54:36	50:42	47:19	45:47	44:21	43:01
10 km	1:30:03	1:12:02	1:05:29	1:00:02	55:25	51:27	48:02	46:29	45:01	43:40
7 miles	1:41:09	1:20:56	1:13:34	1:07:26	1:02:15	57:48	53:57	52:13	50:35	49:03
8 miles	1:56:32	1:33:13	1:24:45	1:17:41	1:11:43	1:06:35	1:02:09	1:00:09	58:16	56:30
9 miles	2:12:20	1:45:52	1:36:15	1:28:13	1:21:26	1:15:37	1:10:35	1:08:18	1:06:10	1:04:10
15 km	2:17:32	1:50:02	1:40:01	1:31:41	1:24:38	1:18:35	1:13:21	1:10:59	1:08:46	1:06:41
10 miles	2:28:39	1:58:55	1:48:06	1:39:06	1:31:28	1:24:56	1:19:17	1:16:43	1:14:19	1:12:04
Half mar.	3:21:24	2:41:07	2:26:28	2:14:16	2:03:56	1:55:05	1:47:25	1:43:57	1:40:42	1:37:39
20 miles	5:28:00	4:22:24	3:58:33	3:38:40	3:21:51	3:07:26	2:54:56	2:49:18	2:44:00	2:39:02
Marathon	7:09:37	5:43:42	5:12:27	4:46:25	4:24:23	4:05:30	3:49:08	3:41:44	3:34:49	3:28:18

AGE 48

MALE

AGE 48

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	38:19	30:39	27:52	25:33	23:35	21:54	20:26	19:47	19:09	18:35
5 miles	1:04:28	51:35	46:53	42:59	39:41	36:51	34:23	33:17	32:14	31:16
6 miles	1:17:47	1:02:14	56:34	51:52	47:52	44:27	41:29	40:09	38:54	37:43
10 km	1:18:58	1:03:10	57:26	52:38	48:35	45:07	42:07	40:45	39:29	38:17
7 miles	1:28:45	1:11:00	1:04:33	59:10	54:37	50:43	47:20	45:48	44:22	43:02
8 miles	1:42:14	1:21:47	1:14:21	1:08:09	1:02:55	58:25	54:31	52:46	51:07	49:34
9 miles	1:56:06	1:32:53	1:24:26	1:17:24	1:11:27	1:06:20	1:01:55	59:55	58:03	56:17
15 km	2:00:39	1:36:31	1:27:45	1:20:26	1:14:15	1:08:57	1:04:21	1:02:16	1:00:20	58:30
10 miles	2:10:25	1:44:20	1:34:51	1:26:57	1:20:15	1:14:31	1:09:33	1:07:19	1:05:13	1:03:14
Half mar.	2:56:43	2:21:22	2:08:31	1:57:48	1:48:45	1:40:59	1:34:15	1:31:12	1:28:21	1:25:41
20 miles	4:47:48	3:50:15	3:29:19	3:11:52	2:57:07	2:44:28	2:33:30	2:28:33	2:23:54	2:19:33
Marathon	6:16:58	5:01:34	4:34:09	4:11:19	3:51:59	3:35:25	3:21:03	3:14:34	3:08:29	3:02:46

FEMALE

AGE 48

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	44:02	35:14	32:02	29:22	27:06	25:10	23:29	22:44	22:01	21:21
5 miles	1:14:07	59:17	53:54	49:24	45:36	42:21	39:31	38:15	37:03	35:56
6 miles	1:29:25	1:11:32	1:05:02	59:37	55:01	51:06	47:41	46:09	44:42	43:21
10 km	1:30:45	1:12:36	1:06:00	1:00:30	55:51	51:52	48:24	46:51	45:23	44:00
7 miles	1:42:00	1:21:36	1:14:11	1:08:00	1:02:46	58:17	54:24	52:39	51:00	49:27
8 miles	1:57:30	1:34:00	1:25:27	1:18:20	1:12:19	1:07:09	1:02:40	1:00:39	58:45	56:58
9 miles	2:13:27	1:46:45	1:37:03	1:28:58	1:22:07	1:16:15	1:11:10	1:08:52	1:06:43	1:04:42
15 km	2:18:41	1:50:57	1:40:52	1:32:27	1:25:21	1:19:15	1:13:58	1:11:35	1:09:21	1:07:14
10 miles	2:29:54	1:59:55	1:49:01	1:39:56	1:32:15	1:25:40	1:19:57	1:17:22	1:14:57	1:12:41
Half mar.	3:23:07	2:42:30	2:27:43	2:15:25	2:05:00	1:56:04	1:48:20	1:44:50	1:41:33	1:38:29
20 miles	5:30:49	4:24:39	4:00:35	3:40:33	3:23:35	3:09:02	2:56:26	2:50:45	2:45:24	2:40:24
Marathon	7:13:18	5:46:38	5:15:07	4:48:52	4:26:39	4:07:36	3:51:05	3:43:38	3:36:39	3:30:05

AGE 49

MALE

AGE 49

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	38:37	30:54	28:05	25:45	23:46	22:04	20:36	19:56	19:19	18:44
5 miles	1:05:00	52:00	47:16	43:20	40:00	37:08	34:40	33:33	32:30	31:31
6 miles	1:18:25	1:02:44	57:02	52:17	48:15	44:49	41:49	40:28	39:12	38:01
10 km	1:19:36	1:03:41	57:53	53:04	48:59	45:29	42:27	41:05	39:48	38:36
7 miles	1:29:30	1:11:36	1:05:05	59:40	55:04	51:08	47:44	46:12	44:45	43:24
8 miles	1:43:06	1:22:29	1:14:59	1:08:44	1:03:27	58:55	54:59	53:13	51:33	49:59
9 miles	1:57:05	1:33:40	1:25:09	1:18:04	1:12:03	1:06:54	1:02:27	1:00:26	58:33	56:46
15 km	2:01:41	1:37:21	1:28:30	1:21:07	1:14:53	1:09:32	1:04:54	1:02:48	1:00:51	59:00
10 miles	2:11:32	1:45:13	1:35:40	1:27:41	1:20:57	1:15:10	1:10:09	1:07:53	1:05:46	1:03:46
Half mar.	2:58:14	2:22:35	2:09:38	1:58:49	1:49:41	1:41:51	1:35:04	1:32:00	1:29:07	1:26:25
20 miles	4:50:17	3:52:14	3:31:07	3:13:32	2:58:38	2:45:53	2:34:49	2:29:50	2:25:09	2:20:45
Marathon	6:20:13	5:04:11	4:36:31	4:13:29	3:53:59	3:37:16	3:22:47	3:16:15	3:10:07	3:04:21

FEMALE

AGE 49

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	44:24	35:31	32:17	29:36	27:19	25:22	23:41	22:55	22:12	21:31
5 miles	1:14:42	59:46	54:20	49:48	45:58	42:41	39:51	38:33	37:21	36:13
6 miles	1:30:08	1:12:06	1:05:33	1:00:05	55:28	51:30	48:04	46:31	45:04	43:42
10 km	1:31:29	1:13:11	1:06:32	1:01:00	56:18	52:17	48:48	47:13	45:45	44:21
7 miles	1:42:52	1:22:18	1:14:49	1:08:35	1:03:18	58:47	54:52	53:06	51:26	49:53
8 miles	1:58:30	1:34:48	1:26:11	1:19:00	1:12:56	1:07:43	1:03:12	1:01:10	59:15	57:27
9 miles	2:14:35	1:47:40	1:37:53	1:29:43	1:22:49	1:16:54	1:11:47	1:09:28	1:07:18	1:05:15
15 km	2:19:52	1:51:54	1:41:43	1:33:15	1:26:04	1:19:56	1:14:36	1:12:11	1:09:56	1:07:49
10 miles	2:31:11	2:00:57	1:49:57	1:40:47	1:33:02	1:26:23	1:20:38	1:18:02	1:15:36	1:13:18
Half mar.	3:24:52	2:43:54	2:29:00	2:16:35	2:06:04	1:57:04	1:49:16	1:45:44	1:42:26	1:39:20
20 miles	5:33:40	4:26:56	4:02:40	3:42:27	3:25:20	3:10:40	2:57:57	2:52:13	2:46:50	2:41:47
Marathon	7:17:02	5:49:38	5:17:51	4:51:21	4:28:57	4:09:44	3:53:05	3:45:34	3:38:31	3:31:54

AGE 50

MALE

AGE 50

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	38:56	31:09	28:19	25:57	23:57	22:15	20:46	20:06	19:28	18:53
5 miles	1:05:31	52:25	47:39	43:41	40:19	37:26	34:56	33:49	32:45	31:46
6 miles	1:19:03	1:03:14	57:29	52:42	48:39	45:10	42:09	40:48	39:31	38:19
10 km	1:20:14	1:04:11	58:21	53:29	49:22	45:51	42:47	41:25	40:07	38:54
7 miles	1:30:15	1:12:12	1:05:38	1:00:10	55:32	51:34	48:08	46:35	45:08	43:45
8 miles	1:43:59	1:23:11	1:15:37	1:09:19	1:03:59	59:25	55:27	53:40	51:59	50:25
9 miles	1:58:05	1:34:28	1:25:53	1:18:43	1:12:40	1:07:29	1:02:59	1:00:57	59:03	57:15
15 km	2:02:43	1:38:11	1:29:15	1:21:49	1:15:31	1:10:08	1:05:27	1:03:20	1:01:22	59:30
10 miles	2:12:40	1:46:08	1:36:29	1:28:27	1:21:38	1:15:49	1:10:45	1:08:28	1:06:20	1:04:19
Half mar.	2:59:47	2:23:50	2:10:45	1:59:51	1:50:38	1:42:44	1:35:53	1:32:48	1:29:54	1:27:10
20 miles	4:52:49	3:54:15	3:32:58	3:15:13	3:00:12	2:47:19	2:36:10	2:31:08	2:26:25	2:21:58
Marathon	6:23:32	5:06:49	4:38:56	4:15:41	3:56:01	3:39:10	3:24:33	3:17:57	3:11:46	3:05:57

FEMALE

AGE 50

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	44:45	35:48	32:33	29:50	27:32	25:34	23:52	23:06	22:22	21:42
5 miles	1:15:18	1:00:15	54:46	50:12	46:20	43:02	40:10	38:52	37:39	36:31
6 miles	1:30:51	1:12:41	1:06:05	1:00:34	55:55	51:55	48:27	46:54	45:26	44:03
10 km	1:32:13	1:13:47	1:07:04	1:01:29	56:45	52:42	49:11	47:36	46:07	44:43
7 miles	1:43:44	1:22:59	1:15:27	1:09:09	1:03:50	59:17	55:20	53:32	51:52	50:18
8 miles	1:59:31	1:35:37	1:26:55	1:19:41	1:13:33	1:08:18	1:03:45	1:01:41	59:45	57:57
9 miles	2:15:44	1:48:35	1:38:43	1:30:29	1:23:32	1:17:34	1:12:23	1:10:03	1:07:52	1:05:49
15 km	2:21:04	1:52:51	1:42:35	1:34:02	1:26:48	1:20:36	1:15:14	1:12:48	1:10:32	1:08:24
10 miles	2:32:29	2:01:59	1:50:54	1:41:40	1:33:50	1:27:08	1:21:20	1:18:42	1:16:15	1:13:56
Half mar.	3:26:39	2:45:19	2:30:18	2:17:46	2:07:10	1:58:05	1:50:13	1:46:40	1:43:20	1:40:12
20 miles	5:36:34	4:29:15	4:04:47	3:44:23	3:27:07	3:12:20	2:59:30	2:53:43	2:48:17	2:43:11
Marathon	7:20:50	5:52:40	5:20:37	4:53:53	4:31:17	4:11:54	3:55:07	3:47:32	3:40:25	3:33:44

AGE 51

MALE

AGE 51

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:21	31:29	28:37	26:14	24:13	22:29	20:59	20:19	19:40	19:05
5 miles	1:06:13	52:58	48:09	44:09	40:45	37:50	35:19	34:11	33:06	32:06
6 miles	1:19:53	1:03:55	58:06	53:16	49:10	45:39	42:36	41:14	39:57	38:44
10 km	1:21:05	1:04:52	58:59	54:04	49:54	46:20	43:15	41:51	40:33	39:19
7 miles	1:31:15	1:13:00	1:06:22	1:00:50	56:09	52:09	48:40	47:06	45:38	44:15
8 miles	1:45:09	1:24:07	1:16:28	1:10:06	1:04:42	1:00:05	56:05	54:16	52:34	50:59
9 miles	1:59:25	1:35:32	1:26:51	1:19:36	1:13:29	1:08:14	1:03:41	1:01:38	59:42	57:54
15 km	2:04:06	1:39:17	1:30:15	1:22:44	1:16:22	1:10:55	1:06:11	1:04:03	1:02:03	1:00:10
10 miles	2:14:08	1:47:19	1:37:33	1:29:26	1:22:33	1:16:39	1:11:32	1:09:14	1:07:04	1:05:02
Half mar.	3:01:48	2:25:26	2:12:13	2:01:12	1:51:53	1:43:53	1:36:58	1:33:50	1:30:54	1:28:09
20 miles	4:56:06	3:56:53	3:35:21	3:17:24	3:02:13	2:49:12	2:37:55	2:32:49	2:28:03	2:23:34
Marathon	6:27:49	5:10:15	4:42:03	4:18:33	3:58:40	3:41:37	3:26:50	3:20:10	3:13:55	3:08:02

FEMALE

AGE 51

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	45:15	36:12	32:54	30:10	27:51	25:51	24:08	23:21	22:37	21:56
5 miles	1:16:08	1:00:55	55:22	50:46	46:51	43:30	40:36	39:18	38:04	36:55
6 miles	1:31:52	1:13:29	1:06:49	1:01:14	56:32	52:30	49:00	47:25	45:56	44:32
10 km	1:33:15	1:14:36	1:07:49	1:02:10	57:23	53:17	49:44	48:08	46:37	45:13
7 miles	1:44:56	1:23:57	1:16:19	1:09:57	1:04:34	59:58	55:58	54:09	52:28	50:53
8 miles	2:00:54	1:36:43	1:27:56	1:20:36	1:14:24	1:09:05	1:04:29	1:02:24	1:00:27	58:37
9 miles	2:17:18	1:49:51	1:39:52	1:31:32	1:24:30	1:18:28	1:13:14	1:10:52	1:08:39	1:06:34
15 km	2:22:42	1:54:09	1:43:47	1:35:08	1:27:49	1:21:32	1:16:06	1:13:39	1:11:21	1:09:11
10 miles	2:34:14	2:03:23	1:52:10	1:42:50	1:34:55	1:28:08	1:22:16	1:19:36	1:17:07	1:14:47
Half mar.	3:29:03	2:47:14	2:32:02	2:19:22	2:08:39	1:59:27	1:51:29	1:47:54	1:44:31	1:41:21
20 miles	5:40:28	4:32:22	4:07:37	3:46:59	3:29:31	3:14:33	3:01:35	2:55:44	2:50:14	2:45:05
Marathon	7:25:56	5:56:45	5:24:19	4:57:18	4:34:25	4:14:49	3:57:50	3:50:10	3:42:58	3:36:13

AGE 52

MALE

AGE 52

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	39:46	31:49	28:55	26:31	24:28	22:43	21:13	20:32	19:53	19:17
5 miles	1:06:55	53:32	48:40	44:37	41:11	38:14	35:42	34:32	33:28	32:27
6 miles	1:20:45	1:04:36	58:43	53:50	49:41	46:08	43:04	41:40	40:22	39:09
10 km	1:21:57	1:05:34	59:36	54:38	50:26	46:50	43:43	42:18	40:59	39:44
7 miles	1:32:16	1:13:49	1:07:06	1:01:31	56:47	52:43	49:13	47:37	46:08	44:44
8 miles	1:46:19	1:25:04	1:17:20	1:10:53	1:05:26	1:00:45	56:42	54:53	53:10	51:33
9 miles	2:00:45	1:36:36	1:27:49	1:20:30	1:14:18	1:09:00	1:04:24	1:02:19	1:00:22	58:33
15 km	2:05:29	1:40:23	1:31:16	1:23:40	1:17:13	1:11:42	1:06:56	1:04:46	1:02:45	1:00:51
10 miles	2:15:39	1:48:31	1:38:39	1:30:26	1:23:29	1:17:31	1:12:21	1:10:01	1:07:50	1:05:46
Half mar.	3:03:52	2:27:06	2:13:43	2:02:35	1:53:09	1:45:04	1:38:04	1:34:54	1:31:56	1:29:09
20 miles	4:59:28	3:59:35	3:37:48	3:19:39	3:04:17	2:51:08	2:39:43	2:34:34	2:29:44	2:25:12
Marathon	6:32:14	5:13:48	4:45:16	4:21:30	4:01:23	3:44:08	3:29:12	3:22:27	3:16:07	3:10:11

FEMALE

AGE 52

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	45:45	36:36	33:16	30:30	28:09	26:08	24:24	23:37	22:52	22:11
5 miles	1:16:59	1:01:35	55:59	51:19	47:22	43:59	41:03	39:44	38:29	37:19
6 miles	1:32:53	1:14:18	1:07:33	1:01:55	57:09	53:04	49:32	47:56	46:26	45:02
10 km	1:34:16	1:15:25	1:08:34	1:02:51	58:01	53:52	50:17	48:39	47:08	45:43
7 miles	1:46:08	1:24:54	1:17:11	1:10:45	1:05:19	1:00:39	56:36	54:47	53:04	51:28
8 miles	2:02:18	1:37:51	1:28:57	1:21:32	1:15:16	1:09:53	1:05:14	1:03:07	1:01:09	59:18
9 miles	2:18:54	1:51:07	1:41:01	1:32:36	1:25:28	1:19:22	1:14:05	1:11:41	1:09:27	1:07:21
15 km	2:24:21	1:55:29	1:44:59	1:36:14	1:28:50	1:22:29	1:16:59	1:14:30	1:12:10	1:09:59
10 miles	2:36:02	2:04:50	1:53:29	1:44:02	1:36:02	1:29:10	1:23:13	1:20:32	1:18:01	1:15:39
Half mar.	3:31:30	2:49:12	2:33:49	2:21:00	2:10:09	2:00:52	1:52:48	1:49:10	1:45:45	1:42:33
20 miles	5:44:29	4:35:35	4:10:32	3:49:39	3:31:59	3:16:51	3:03:43	2:57:48	2:52:14	2:47:01
Marathon	7:31:11	6:00:57	5:28:08	5:00:48	4:37:39	4:17:49	4:00:38	3:52:52	3:45:36	3:38:46

AGE 53

MALE

AGE 53

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	40:12	32:09	29:14	26:48	24:44	22:58	21:26	20:45	20:06	19:29
5 miles	1:07:38	54:07	49:12	45:06	41:38	38:39	36:05	34:55	33:49	32:48
6 miles	1:21:37	1:05:17	59:21	54:24	50:13	46:38	43:31	42:07	40:48	39:34
10 km	1:22:50	1:06:16	1:00:15	55:13	50:59	47:20	44:11	42:45	41:25	40:10
7 miles	1:33:19	1:14:39	1:07:52	1:02:12	57:25	53:19	49:46	48:10	46:39	45:14
8 miles	1:47:31	1:26:01	1:18:12	1:11:41	1:06:10	1:01:26	57:21	55:30	53:46	52:08
9 miles	2:02:07	1:37:41	1:28:48	1:21:24	1:15:09	1:09:47	1:05:08	1:03:01	1:01:03	59:12
15 km	2:06:54	1:41:31	1:32:18	1:24:36	1:18:06	1:12:31	1:07:41	1:05:30	1:03:27	1:01:32
10 miles	2:17:12	1:49:46	1:39:47	1:31:28	1:24:26	1:18:24	1:13:10	1:10:49	1:08:36	1:06:31
Half mar.	3:05:59	2:28:47	2:15:16	2:03:59	1:54:27	1:46:16	1:39:11	1:35:59	1:32:59	1:30:10
20 miles	5:02:54	4:02:20	3:40:18	3:21:56	3:06:24	2:53:05	2:41:33	2:36:20	2:31:27	2:26:52
Marathon	6:36:45	5:17:24	4:48:32	4:24:30	4:04:09	3:46:43	3:31:36	3:24:46	3:18:22	3:12:22

FEMALE

AGE 53

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	46:15	37:00	33:38	30:50	28:28	26:26	24:40	23:52	23:08	22:26
5 miles	1:17:50	1:02:16	56:36	51:53	47:54	44:29	41:31	40:10	38:55	37:44
6 miles	1:33:55	1:15:08	1:08:18	1:02:36	57:47	53:40	50:05	48:28	46:57	45:32
10 km	1:35:19	1:16:15	1:09:20	1:03:33	58:40	54:28	50:50	49:12	47:40	46:13
7 miles	1:47:22	1:25:54	1:18:05	1:11:35	1:06:05	1:01:21	57:16	55:25	53:41	52:04
8 miles	2:03:44	1:38:59	1:29:59	1:22:29	1:16:08	1:10:42	1:05:59	1:03:52	1:01:52	59:59
9 miles	2:20:31	1:52:25	1:42:12	1:33:41	1:26:28	1:20:18	1:14:56	1:12:31	1:10:15	1:08:08
15 km	2:26:02	1:56:50	1:46:12	1:37:21	1:29:52	1:23:27	1:17:53	1:15:22	1:13:01	1:10:48
10 miles	2:37:53	2:06:18	1:54:49	1:45:15	1:37:09	1:30:13	1:24:12	1:21:29	1:18:56	1:16:33
Half mar.	3:34:01	2:51:13	2:35:39	2:22:41	2:11:42	2:02:18	1:54:08	1:50:28	1:47:00	1:43:46
20 miles	5:48:34	4:38:51	4:13:30	3:52:22	3:34:30	3:19:11	3:05:54	2:59:54	2:54:17	2:49:00
Marathon	7:36:32	6:05:14	5:32:02	5:04:22	4:40:57	4:20:53	4:03:29	3:55:38	3:48:16	3:41:21

AGE 54

MALE

AGE 54

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	40:38	32:30	29:33	27:05	25:00	23:13	21:40	20:58	20:19	19:42
5 miles	1:08:23	54:42	49:44	45:35	42:05	39:04	36:28	35:18	34:11	33:09
6 miles	1:22:30	1:06:00	1:00:00	55:00	50:46	47:09	44:00	42:35	41:15	40:00
10 km	1:23:45	1:07:00	1:00:54	55:50	51:32	47:51	44:40	43:13	41:52	40:36
7 miles	1:34:22	1:15:29	1:08:38	1:02:54	58:04	53:55	50:20	48:42	47:11	45:45
8 miles	1:48:45	1:27:00	1:19:06	1:12:30	1:06:56	1:02:09	58:00	56:08	54:23	52:44
9 miles	2:03:31	1:38:49	1:29:50	1:22:20	1:16:00	1:10:35	1:05:52	1:03:45	1:01:45	59:53
15 km	2:08:22	1:42:41	1:33:21	1:25:34	1:18:59	1:13:21	1:08:28	1:06:15	1:04:11	1:02:14
10 miles	2:18:45	1:51:00	1:40:55	1:32:30	1:25:23	1:19:17	1:14:00	1:11:37	1:09:23	1:07:17
Half mar.	3:08:08	2:30:30	2:16:49	2:05:25	1:55:46	1:47:30	1:40:20	1:37:06	1:34:04	1:31:13
20 miles	5:06:25	4:05:08	3:42:51	3:24:16	3:08:34	2:55:05	2:43:25	2:38:09	2:33:12	2:28:34
Marathon	6:41:20	5:21:04	4:51:53	4:27:33	4:06:58	3:49:20	3:34:03	3:27:08	3:20:40	3:14:35

FEMALE

AGE 54

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	46:47	37:25	34:01	31:11	28:47	26:44	24:57	24:09	23:23	22:41
5 miles	1:18:43	1:02:58	57:15	52:29	48:26	44:59	41:59	40:38	39:22	38:10
6 miles	1:34:58	1:15:59	1:09:04	1:03:19	58:27	54:16	50:39	49:01	47:29	46:03
10 km	1:36:24	1:17:07	1:10:07	1:04:16	59:19	55:05	51:25	49:45	48:12	46:44
7 miles	1:48:37	1:26:54	1:19:00	1:12:25	1:06:51	1:02:04	57:56	56:04	54:19	52:40
8 miles	2:05:12	1:40:09	1:31:03	1:23:28	1:17:03	1:11:32	1:06:46	1:04:37	1:02:36	1:00:42
9 miles	2:22:11	1:53:45	1:43:24	1:34:47	1:27:30	1:21:15	1:15:50	1:13:23	1:11:05	1:08:56
15 km	2:27:46	1:58:13	1:47:28	1:38:31	1:30:56	1:24:26	1:18:48	1:16:16	1:13:53	1:11:39
10 miles	2:39:44	2:07:47	1:56:10	1:46:29	1:38:18	1:31:17	1:25:11	1:22:27	1:19:52	1:17:27
Half mar.	3:36:34	2:53:15	2:37:30	2:24:23	2:13:16	2:03:45	1:55:30	1:51:47	1:48:17	1:45:00
20 miles	5:52:44	4:42:11	4:16:32	3:55:09	3:37:04	3:21:34	3:08:07	3:02:03	2:56:22	2:51:01
Marathon	7:42:00	6:09:36	5:36:00	5:08:00	4:44:18	4:24:00	4:06:24	3:58:27	3:51:00	3:44:00

AGE 55

MALE

AGE 55

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	41:05	32:52	29:52	27:23	25:17	23:28	21:54	21:12	20:32	19:55
5 miles	1:09:08	55:18	50:16	46:05	42:32	39:30	36:52	35:41	34:34	33:31
6 miles	1:23:24	1:06:43	1:00:39	55:36	51:19	47:39	44:29	43:03	41:42	40:26
10 km	1:24:39	1:07:43	1:01:34	56:26	52:06	48:22	45:09	43:42	42:20	41:03
7 miles	1:35:27	1:16:21	1:09:25	1:03:38	58:44	54:32	50:54	49:16	47:43	46:16
8 miles	1:50:00	1:28:00	1:20:00	1:13:20	1:07:42	1:02:51	58:40	56:46	55:00	53:20
9 miles	2:04:55	1:39:56	1:30:51	1:23:17	1:16:53	1:11:23	1:06:38	1:04:29	1:02:28	1:00:34
15 km	2:09:50	1:43:52	1:34:25	1:26:33	1:19:54	1:14:11	1:09:15	1:07:01	1:04:55	1:02:57
10 miles	2:20:22	1:52:17	1:42:05	1:33:34	1:26:23	1:20:12	1:14:52	1:12:27	1:10:11	1:08:03
Half mar.	3:10:19	2:32:16	2:18:25	2:06:53	1:57:07	1:48:45	1:41:30	1:38:14	1:35:10	1:32:17
20 miles	5:09:59	4:07:59	3:45:26	3:26:39	3:10:45	2:57:08	2:45:19	2:39:59	2:34:59	2:30:18
Marathon	6:46:01	5:24:48	4:55:17	4:30:40	4:09:51	3:52:00	3:36:32	3:29:33	3:23:00	3:16:51

FEMALE

AGE 55

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	47:18	37:51	34:24	31:32	29:07	27:02	25:14	24:25	23:39	22:56
5 miles	1:19:36	1:03:41	57:54	53:04	48:59	45:29	42:27	41:05	39:48	38:36
6 miles	1:36:03	1:16:50	1:09:51	1:04:02	59:06	54:53	51:13	49:34	48:01	46:34
10 km	1:37:29	1:17:59	1:10:54	1:05:00	1:00:00	55:42	52:00	50:19	48:45	47:16
7 miles	1:49:55	1:27:56	1:19:56	1:13:16	1:07:38	1:02:48	58:37	56:44	54:57	53:17
8 miles	2:06:41	1:41:21	1:32:08	1:24:27	1:17:57	1:12:23	1:07:34	1:05:23	1:03:20	1:01:25
9 miles	2:23:52	1:55:05	1:44:38	1:35:55	1:28:32	1:22:12	1:16:44	1:14:15	1:11:56	1:09:45
15 km	2:29:31	1:59:37	1:48:44	1:39:41	1:32:00	1:25:26	1:19:44	1:17:10	1:14:45	1:12:29
10 miles	2:41:38	2:09:19	1:57:33	1:47:46	1:39:28	1:32:22	1:26:12	1:23:26	1:20:49	1:18:22
Half mar.	3:39:11	2:55:21	2:39:24	2:26:07	2:14:53	2:05:15	1:56:54	1:53:07	1:49:35	1:46:16
20 miles	5:56:59	4:45:35	4:19:37	3:57:59	3:39:41	3:23:59	3:10:23	3:04:15	2:58:29	2:53:05
Marathon	7:47:34	6:14:03	5:40:03	5:11:42	4:47:44	4:27:11	4:09:22	4:01:19	3:53:47	3:46:42

AGE 56

MALE

AGE 56

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	41:32	33:14	30:12	27:41	25:34	23:44	22:09	21:26	20:46	20:08
5 miles	1:09:54	55:55	50:50	46:36	43:01	39:56	37:17	36:04	34:57	33:53
6 miles	1:24:19	1:07:28	1:01:20	56:13	51:54	48:11	44:58	43:31	42:10	40:53
10 km	1:25:36	1:08:28	1:02:15	57:04	52:40	48:55	45:39	44:11	42:48	41:30
7 miles	1:36:32	1:17:14	1:10:12	1:04:21	59:24	55:10	51:29	49:49	48:16	46:48
8 miles	1:51:17	1:29:02	1:20:56	1:14:11	1:08:29	1:03:35	59:21	57:26	55:38	53:57
9 miles	2:06:23	1:41:06	1:31:55	1:24:15	1:17:46	1:12:13	1:07:24	1:05:14	1:03:11	1:01:17
15 km	2:11:21	1:45:04	1:35:31	1:27:34	1:20:50	1:15:03	1:10:03	1:07:47	1:05:40	1:03:41
10 miles	2:22:00	1:53:36	1:43:16	1:34:40	1:27:23	1:21:08	1:15:44	1:13:17	1:11:00	1:08:51
Half mar.	3:12:32	2:34:02	2:20:02	2:08:21	1:58:29	1:50:01	1:42:41	1:39:22	1:36:16	1:33:21
20 miles	5:13:35	4:10:52	3:48:04	3:29:03	3:12:59	2:59:11	2:47:15	2:41:51	2:36:48	2:32:02
Marathon	6:50:44	5:28:35	4:58:43	4:33:49	4:12:45	3:54:42	3:39:03	3:31:59	3:25:22	3:19:08

FEMALE

AGE 56

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	47:51	38:17	34:48	31:54	29:27	27:21	25:31	24:42	23:55	23:12
5 miles	1:20:31	1:04:25	58:34	53:41	49:33	46:01	42:57	41:33	40:16	39:02
6 miles	1:37:09	1:17:43	1:10:39	1:04:46	59:47	55:31	51:49	50:08	48:34	47:06
10 km	1:38:36	1:18:53	1:11:43	1:05:44	1:00:41	56:21	52:35	50:54	49:18	47:49
7 miles	1:51:13	1:28:58	1:20:53	1:14:08	1:08:26	1:03:33	59:19	57:24	55:36	53:55
8 miles	2:08:12	1:42:34	1:33:14	1:25:28	1:18:54	1:13:16	1:08:22	1:06:10	1:04:06	1:02:10
9 miles	2:25:36	1:56:29	1:45:53	1:37:04	1:29:36	1:23:12	1:17:39	1:15:09	1:12:48	1:10:36
15 km	2:31:19	2:01:03	1:50:03	1:40:53	1:33:07	1:26:28	1:20:42	1:18:06	1:15:39	1:13:22
10 miles	2:43:35	2:10:52	1:58:58	1:49:03	1:40:40	1:33:29	1:27:15	1:24:26	1:21:48	1:19:19
Half mar.	3:41:49	2:57:27	2:41:19	2:27:52	2:16:30	2:06:45	1:58:18	1:54:29	1:50:54	1:47:33
20 miles	6:01:16	4:49:01	4:22:44	4:00:51	3:42:19	3:26:26	3:12:40	3:06:28	3:00:38	2:55:09
Marathon	7:53:11	6:18:33	5:44:08	5:15:27	4:51:11	4:30:23	4:12:22	4:04:13	3:56:35	3:49:25

AGE 57

MALE

AGE 57

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	42:00	33:36	30:32	28:00	25:50	24:00	22:24	21:40	21:00	20:22
5 miles	1:10:40	56:32	51:24	47:07	43:29	40:23	37:41	36:28	35:20	34:16
6 miles	1:25:15	1:08:12	1:02:00	56:50	52:28	48:43	45:28	44:00	42:38	41:20
10 km	1:26:32	1:09:14	1:02:56	57:42	53:15	49:27	46:09	44:40	43:16	41:57
7 miles	1:37:39	1:18:07	1:11:01	1:05:06	1:00:06	55:48	52:05	50:24	48:50	47:21
8 miles	1:52:35	1:30:04	1:21:52	1:15:03	1:09:17	1:04:20	1:00:02	58:06	56:17	54:35
9 miles	2:07:51	1:42:17	1:32:59	1:25:14	1:18:41	1:13:03	1:08:11	1:05:59	1:03:55	1:01:59
15 km	2:12:52	1:46:18	1:36:38	1:28:35	1:21:46	1:15:56	1:10:52	1:08:35	1:06:26	1:04:25
10 miles	2:23:39	1:54:55	1:44:28	1:35:46	1:28:24	1:22:05	1:16:37	1:14:08	1:11:49	1:09:39
Half mar.	3:14:49	2:35:51	2:21:41	2:09:53	1:59:53	1:51:19	1:43:54	1:40:33	1:37:24	1:34:27
20 miles	5:17:18	4:13:50	3:50:46	3:31:32	3:15:16	3:01:19	2:49:13	2:43:46	2:38:39	2:33:50
Marathon	6:55:35	5:32:28	5:02:15	4:37:04	4:15:45	3:57:29	3:41:39	3:34:30	3:27:48	3:21:30

FEMALE

AGE 57

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	48:24	38:43	35:12	32:16	29:47	27:39	25:49	24:59	24:12	23:28
5 miles	1:21:26	1:05:09	59:14	54:18	50:07	46:32	43:26	42:02	40:43	39:29
6 miles	1:38:15	1:18:36	1:11:28	1:05:30	1:00:28	56:09	52:24	50:43	49:08	47:38
10 km	1:39:44	1:19:47	1:12:32	1:06:29	1:01:23	57:00	53:12	51:29	49:52	48:21
7 miles	1:52:33	1:30:02	1:21:51	1:15:02	1:09:16	1:04:19	1:00:02	58:05	56:16	54:34
8 miles	2:09:45	1:43:48	1:34:22	1:26:30	1:19:51	1:14:08	1:09:12	1:06:58	1:04:52	1:02:54
9 miles	2:27:21	1:57:53	1:47:10	1:38:14	1:30:40	1:24:12	1:18:35	1:16:03	1:13:40	1:11:26
15 km	2:33:08	2:02:30	1:51:22	1:42:05	1:34:14	1:27:30	1:21:40	1:19:02	1:16:34	1:14:15
10 miles	2:45:33	2:12:26	2:00:24	1:50:22	1:41:53	1:34:36	1:28:18	1:25:27	1:22:46	1:20:16
Half mar.	3:44:31	2:59:37	2:43:17	2:29:41	2:18:10	2:08:18	1:59:45	1:55:53	1:52:16	1:48:52
20 miles	6:05:41	4:52:33	4:25:57	4:03:47	3:45:02	3:28:58	3:15:02	3:08:44	3:02:50	2:57:18
Marathon	7:58:58	6:23:10	5:48:20	5:19:19	4:54:45	4:33:42	4:15:27	4:07:12	3:59:29	3:52:13

AGE 58

MALE

AGE 58

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	42:28	33:58	30:53	28:18	26:08	24:16	22:39	21:55	21:14	20:35
5 miles	1:11:27	57:10	51:58	47:38	43:58	40:50	38:06	36:53	35:44	34:39
6 miles	1:26:12	1:08:58	1:02:42	57:28	53:03	49:16	45:59	44:30	43:06	41:48
10 km	1:27:30	1:10:00	1:03:38	58:20	53:51	50:00	46:40	45:10	43:45	42:26
7 miles	1:38:47	1:19:02	1:11:51	1:05:52	1:00:48	56:27	52:41	50:59	49:24	47:54
8 miles	1:53:54	1:31:08	1:22:51	1:15:56	1:10:06	1:05:05	1:00:45	58:47	56:57	55:14
9 miles	2:09:22	1:43:29	1:34:05	1:26:14	1:19:36	1:13:55	1:09:00	1:06:46	1:04:41	1:02:43
15 km	2:14:26	1:47:33	1:37:47	1:29:38	1:22:44	1:16:49	1:11:42	1:09:23	1:07:13	1:05:11
10 miles	2:25:21	1:56:16	1:45:42	1:36:54	1:29:27	1:23:03	1:17:31	1:15:01	1:12:40	1:10:28
Half mar.	3:17:08	2:37:43	2:23:22	2:11:26	2:01:19	1:52:39	1:45:08	1:41:45	1:38:34	1:35:35
20 miles	5:21:05	4:16:52	3:53:31	3:34:03	3:17:35	3:03:28	2:51:15	2:45:43	2:40:32	2:35:41
Marathon	7:00:33	5:36:26	5:05:51	4:40:22	4:18:48	4:00:19	3:44:17	3:37:03	3:30:16	3:23:54

FEMALE

AGE 58

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	48:57	39:10	35:36	32:38	30:07	27:58	26:06	25:16	24:29	23:44
5 miles	1:22:23	1:05:54	59:55	54:55	50:42	47:04	43:56	42:31	41:11	39:56
6 miles	1:39:23	1:19:31	1:12:17	1:06:16	1:01:10	56:48	53:00	51:18	49:42	48:11
10 km	1:40:53	1:20:42	1:13:22	1:07:15	1:02:05	57:39	53:48	52:04	50:27	48:55
7 miles	1:53:54	1:31:07	1:22:50	1:15:56	1:10:05	1:05:05	1:00:45	58:47	56:57	55:13
8 miles	2:11:20	1:45:04	1:35:31	1:27:33	1:20:49	1:15:03	1:10:03	1:07:47	1:05:40	1:03:40
9 miles	2:29:09	1:59:19	1:48:28	1:39:26	1:31:47	1:25:14	1:19:33	1:16:59	1:14:34	1:12:19
15 km	2:35:00	2:04:00	1:52:44	1:43:20	1:35:23	1:28:34	1:22:40	1:20:00	1:17:30	1:15:09
10 miles	2:47:34	2:14:03	2:01:52	1:51:43	1:43:07	1:35:45	1:29:22	1:26:29	1:23:47	1:21:15
Half mar.	3:47:17	3:01:50	2:45:18	2:31:32	2:19:52	2:09:53	2:01:13	1:57:19	1:53:39	1:50:12
20 miles	6:10:11	4:56:09	4:29:14	4:06:47	3:47:48	3:31:32	3:17:26	3:11:04	3:05:06	2:59:29
Marathon	8:04:52	6:27:54	5:52:38	5:23:15	4:58:23	4:37:04	4:18:36	4:10:15	4:02:26	3:55:05

AGE 59

MALE

AGE 59

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	42:56	34:21	31:14	28:38	26:25	24:32	22:54	22:10	21:28	20:49
5 miles	1:12:16	57:48	52:33	48:10	44:28	41:17	38:32	37:18	36:08	35:02
6 miles	1:27:11	1:09:45	1:03:24	58:07	53:39	49:49	46:30	45:00	43:35	42:16
10 km	1:28:30	1:10:48	1:04:22	59:00	54:27	50:34	47:12	45:40	44:15	42:54
7 miles	1:39:57	1:19:58	1:12:42	1:06:38	1:01:31	57:07	53:19	51:35	49:59	48:28
8 miles	1:55:15	1:32:12	1:23:49	1:16:50	1:10:55	1:05:52	1:01:28	59:29	57:38	55:53
9 miles	2:10:53	1:44:43	1:35:12	1:27:16	1:20:33	1:14:48	1:09:48	1:07:33	1:05:27	1:03:28
15 km	2:16:02	1:48:49	1:38:56	1:30:41	1:23:43	1:17:44	1:12:33	1:10:12	1:08:01	1:05:57
10 miles	2:27:05	1:57:40	1:46:58	1:38:03	1:30:31	1:24:03	1:18:26	1:15:55	1:13:32	1:11:19
Half mar.	3:19:31	2:39:36	2:25:06	2:13:00	2:02:47	1:54:00	1:46:24	1:42:58	1:39:45	1:36:44
20 miles	5:24:56	4:19:57	3:56:19	3:36:38	3:19:58	3:05:41	2:53:18	2:47:43	2:42:28	2:37:33
Marathon	7:05:36	5:40:29	5:09:32	4:43:44	4:21:55	4:03:12	3:46:59	3:39:40	3:32:48	3:26:21

FEMALE

AGE 59

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	49:32	39:37	36:01	33:01	30:29	28:18	26:25	25:34	24:46	24:01
5 miles	1:23:21	1:06:40	1:00:37	55:34	51:17	47:37	44:27	43:01	41:40	40:25
6 miles	1:40:33	1:20:27	1:13:08	1:07:02	1:01:53	57:28	53:38	51:54	50:17	48:45
10 km	1:42:04	1:21:39	1:14:14	1:08:03	1:02:49	58:19	54:26	52:41	51:02	49:29
7 miles	1:55:17	1:32:14	1:23:51	1:16:52	1:10:57	1:05:53	1:01:29	59:30	57:39	55:54
8 miles	2:12:56	1:46:21	1:36:41	1:28:37	1:21:48	1:15:58	1:10:54	1:08:37	1:06:28	1:04:27
9 miles	2:30:58	2:00:46	1:49:48	1:40:39	1:32:54	1:26:16	1:20:31	1:17:55	1:15:29	1:13:12
15 km	2:36:54	2:05:31	1:54:06	1:44:36	1:36:33	1:29:39	1:23:41	1:20:59	1:18:27	1:16:04
10 miles	2:49:38	2:15:43	2:03:22	1:53:05	1:44:24	1:36:56	1:30:28	1:27:33	1:24:49	1:22:15
Half mar.	3:50:07	3:04:05	2:47:21	2:33:25	2:21:36	2:11:30	2:02:44	1:58:46	1:55:03	1:51:34
20 miles	6:14:47	4:59:50	4:32:34	4:09:51	3:50:38	3:34:10	3:19:53	3:13:26	3:07:24	3:01:43
Marathon	8:10:53	6:32:43	5:57:01	5:27:15	5:02:05	4:40:30	4:21:48	4:13:22	4:05:27	3:58:00

AGE 60

MALE

AGE 60

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	43:26	34:44	31:35	28:57	26:43	24:49	23:10	22:25	21:43	21:03
5 miles	1:13:05	58:28	53:09	48:43	44:58	41:45	38:58	37:43	36:32	35:26
6 miles	1:28:10	1:10:32	1:04:07	58:47	54:15	50:23	47:01	45:30	44:05	42:45
10 km	1:29:30	1:11:36	1:05:05	59:40	55:04	51:08	47:44	46:11	44:45	43:23
7 miles	1:41:08	1:20:54	1:13:33	1:07:25	1:02:14	57:47	53:56	52:12	50:34	49:02
8 miles	1:56:37	1:33:18	1:24:49	1:17:45	1:11:46	1:06:39	1:02:12	1:00:12	58:19	56:33
9 miles	2:12:27	1:45:57	1:36:19	1:28:18	1:21:30	1:15:41	1:10:38	1:08:22	1:06:13	1:04:13
15 km	2:17:39	1:50:07	1:40:06	1:31:46	1:24:42	1:18:39	1:13:25	1:11:03	1:08:49	1:06:44
10 miles	2:28:51	1:59:04	1:48:15	1:39:14	1:31:36	1:25:03	1:19:23	1:16:49	1:14:25	1:12:10
Half mar.	3:21:56	2:41:33	2:26:51	2:14:37	2:04:16	1:55:23	1:47:42	1:44:13	1:40:58	1:37:54
20 miles	5:28:53	4:23:06	3:59:11	3:39:15	3:22:23	3:07:56	2:55:24	2:49:45	2:44:26	2:39:27
Marathon	7:10:46	5:44:37	5:13:17	4:47:10	4:25:05	4:06:09	3:49:44	3:42:20	3:35:23	3:28:51

FEMALE

AGE 60

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	50:06	40:05	36:26	33:24	30:50	28:38	26:43	25:52	25:03	24:18
5 miles	1:24:19	1:07:27	1:01:19	56:13	51:53	48:11	44:58	43:31	42:10	40:53
6 miles	1:41:44	1:21:23	1:13:59	1:07:49	1:02:36	58:08	54:15	52:30	50:52	49:19
10 km	1:43:16	1:22:36	1:15:06	1:08:50	1:03:33	59:00	55:04	53:18	51:38	50:04
7 miles	1:56:42	1:33:21	1:24:52	1:17:48	1:11:49	1:06:41	1:02:14	1:00:14	58:21	56:35
8 miles	2:14:34	1:47:39	1:37:52	1:29:43	1:22:49	1:16:54	1:11:46	1:09:27	1:07:17	1:05:15
9 miles	2:32:49	2:02:15	1:51:09	1:41:53	1:34:03	1:27:20	1:21:30	1:18:53	1:16:25	1:14:06
15 km	2:38:49	2:07:03	1:55:30	1:45:53	1:37:44	1:30:45	1:24:42	1:21:58	1:19:25	1:17:00
10 miles	2:51:45	2:17:24	2:04:54	1:54:30	1:45:41	1:38:08	1:31:36	1:28:38	1:25:52	1:23:16
Half mar.	3:53:00	3:06:24	2:49:27	2:35:20	2:23:23	2:13:08	2:04:16	2:00:15	1:56:30	1:52:58
20 miles	6:19:29	5:03:35	4:35:59	4:12:59	3:53:31	3:36:51	3:22:23	3:15:52	3:09:44	3:03:59
Marathon	8:17:02	6:37:38	6:01:29	5:31:21	5:05:52	4:44:01	4:25:05	4:16:32	4:08:31	4:00:59

AGE 61

MALE

AGE 61

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	43:55	35:08	31:57	29:17	27:02	25:06	23:26	22:40	21:58	21:18
5 miles	1:13:55	59:08	53:45	49:17	45:29	42:14	39:25	38:09	36:57	35:50
6 miles	1:29:11	1:11:21	1:04:51	59:27	54:53	50:58	47:34	46:02	44:35	43:14
10 km	1:30:31	1:12:25	1:05:50	1:00:21	55:42	51:44	48:17	46:43	45:16	43:53
7 miles	1:42:21	1:21:53	1:14:26	1:08:14	1:02:59	58:29	54:35	52:50	51:10	49:37
8 miles	1:58:02	1:34:26	1:25:51	1:18:41	1:12:38	1:07:27	1:02:57	1:00:55	59:01	57:14
9 miles	2:14:03	1:47:14	1:37:29	1:29:22	1:22:30	1:16:36	1:11:30	1:09:11	1:07:02	1:05:00
15 km	2:19:19	1:51:27	1:41:19	1:32:53	1:25:44	1:19:36	1:14:18	1:11:54	1:09:39	1:07:33
10 miles	2:30:38	2:00:30	1:49:33	1:40:25	1:32:42	1:26:04	1:20:20	1:17:45	1:15:19	1:13:02
Half mar.	3:24:22	2:43:30	2:28:38	2:16:15	2:05:46	1:56:47	1:49:00	1:45:29	1:42:11	1:39:05
20 miles	5:32:51	4:26:17	4:02:05	3:41:54	3:24:50	3:10:12	2:57:31	2:51:48	2:46:26	2:41:23
Marathon	7:15:58	5:48:47	5:17:04	4:50:39	4:28:17	4:09:08	3:52:31	3:45:01	3:37:59	3:31:23

FEMALE

AGE 61

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	50:42	40:34	36:52	33:48	31:12	28:58	27:02	26:10	25:21	24:35
5 miles	1:25:19	1:08:15	1:02:03	56:53	52:30	48:45	45:30	44:02	42:40	41:22
6 miles	1:42:56	1:22:21	1:14:52	1:08:38	1:03:21	58:49	54:54	53:08	51:28	49:55
10 km	1:44:29	1:23:35	1:16:00	1:09:40	1:04:18	59:42	55:44	53:56	52:15	50:40
7 miles	1:58:08	1:34:31	1:25:55	1:18:46	1:12:42	1:07:31	1:03:01	1:00:59	59:04	57:17
8 miles	2:16:15	1:49:00	1:39:05	1:30:50	1:23:51	1:17:51	1:12:40	1:10:19	1:08:08	1:06:04
9 miles	2:34:44	2:03:47	1:52:32	1:43:09	1:35:13	1:28:25	1:22:32	1:19:52	1:17:22	1:15:01
15 km	2:40:49	2:08:39	1:56:57	1:47:12	1:38:58	1:31:54	1:25:46	1:23:00	1:20:24	1:17:58
10 miles	2:53:52	2:19:06	2:06:27	1:55:55	1:47:00	1:39:21	1:32:44	1:29:44	1:26:56	1:24:18
Half mar.	3:55:54	3:08:43	2:51:34	2:37:16	2:25:10	2:14:48	2:05:49	2:01:45	1:57:57	1:54:23
20 miles	6:24:13	5:07:22	4:39:26	4:16:09	3:56:27	3:39:33	3:24:55	3:18:18	3:12:07	3:06:17
Marathon	8:23:15	6:42:36	6:06:00	5:35:30	5:09:41	4:47:34	4:28:24	4:19:44	4:11:37	4:04:00

AGE 62

MALE

AGE 62

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	44:26	35:33	32:19	29:37	27:20	25:23	23:42	22:56	22:13	21:32
5 miles	1:14:46	59:49	54:22	49:51	46:00	42:43	39:52	38:35	37:23	36:15
6 miles	1:30:12	1:12:10	1:05:36	1:00:08	55:31	51:33	48:06	46:33	45:06	43:44
10 km	1:31:34	1:13:15	1:06:35	1:01:02	56:21	52:19	48:50	47:15	45:47	44:24
7 miles	1:43:34	1:22:52	1:15:20	1:09:03	1:03:44	59:11	55:14	53:27	51:47	50:13
8 miles	1:59:28	1:35:34	1:26:53	1:19:39	1:13:31	1:08:16	1:03:43	1:01:40	59:44	57:55
9 miles	2:15:40	1:48:32	1:38:40	1:30:27	1:23:29	1:17:32	1:12:21	1:10:01	1:07:50	1:05:47
15 km	2:21:00	1:52:48	1:42:33	1:34:00	1:26:46	1:20:34	1:15:12	1:12:46	1:10:30	1:08:22
10 miles	2:32:28	2:01:58	1:50:53	1:41:39	1:33:50	1:27:07	1:21:19	1:18:42	1:16:14	1:13:55
Half mar.	3:26:53	2:45:31	2:30:28	2:17:56	2:07:19	1:58:13	1:50:20	1:46:47	1:43:27	1:40:19
20 miles	5:36:57	4:29:34	4:05:04	3:44:38	3:27:22	3:12:33	2:59:43	2:53:55	2:48:29	2:43:22
Marathon	7:21:21	5:53:04	5:20:59	4:54:14	4:31:36	4:12:12	3:55:23	3:47:47	3:40:40	3:33:59

FEMALE

AGE 62

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	51:18	41:03	37:19	34:12	31:34	29:19	27:22	26:29	25:39	24:52
5 miles	1:26:20	1:09:04	1:02:47	57:33	53:08	49:20	46:03	44:34	43:10	41:52
6 miles	1:44:10	1:23:20	1:15:45	1:09:26	1:04:06	59:31	55:33	53:46	52:05	50:30
10 km	1:45:44	1:24:35	1:16:54	1:10:29	1:05:04	1:00:25	56:23	54:34	52:52	51:16
7 miles	1:59:36	1:35:41	1:26:59	1:19:44	1:13:36	1:08:21	1:03:47	1:01:44	59:48	57:59
8 miles	2:17:57	1:50:22	1:40:20	1:31:58	1:24:54	1:18:50	1:13:34	1:11:12	1:08:59	1:06:53
9 miles	2:36:40	2:05:20	1:53:56	1:44:27	1:36:25	1:29:31	1:23:33	1:20:52	1:18:20	1:15:58
15 km	2:42:49	2:10:15	1:58:25	1:48:33	1:40:12	1:33:02	1:26:50	1:24:02	1:21:25	1:18:57
10 miles	2:56:04	2:20:51	2:08:03	1:57:22	1:48:21	1:40:36	1:33:54	1:30:52	1:28:02	1:25:22
Half mar.	3:58:54	3:11:08	2:53:45	2:39:16	2:27:01	2:16:31	2:07:25	2:03:18	1:59:27	1:55:50
20 miles	6:29:06	5:11:17	4:42:59	4:19:24	3:59:27	3:42:21	3:27:31	3:20:50	3:14:33	3:08:39
Marathon	8:29:39	6:47:43	6:10:39	5:39:46	5:13:38	4:51:14	4:31:49	4:23:03	4:14:49	4:07:06

AGE 63

MALE

AGE 63

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	44:56	35:57	32:41	29:58	27:39	25:41	23:58	23:12	22:28	21:47
5 miles	1:15:38	1:00:30	55:00	50:25	46:32	43:13	40:20	39:02	37:49	36:40
6 miles	1:31:15	1:13:00	1:06:22	1:00:50	56:09	52:08	48:40	47:06	45:37	44:14
10 km	1:32:37	1:14:06	1:07:21	1:01:45	57:00	52:55	49:24	47:48	46:18	44:54
7 miles	1:44:50	1:23:52	1:16:15	1:09:53	1:04:31	59:54	55:55	54:07	52:25	50:50
8 miles	2:00:56	1:36:45	1:27:57	1:20:37	1:14:25	1:09:06	1:04:30	1:02:25	1:00:28	58:38
9 miles	2:17:20	1:49:52	1:39:53	1:31:34	1:24:31	1:18:29	1:13:15	1:10:53	1:08:40	1:06:35
15 km	2:22:44	1:54:11	1:43:48	1:35:09	1:27:50	1:21:34	1:16:07	1:13:40	1:11:22	1:09:12
10 miles	2:34:21	2:03:28	1:52:15	1:42:54	1:34:59	1:28:12	1:22:19	1:19:40	1:17:10	1:14:50
Half mar.	3:29:27	2:47:34	2:32:20	2:19:38	2:08:54	1:59:41	1:51:43	1:48:06	1:44:44	1:41:33
20 miles	5:41:09	4:32:55	4:08:06	3:47:26	3:29:56	3:14:56	3:01:57	2:56:04	2:50:34	2:45:24
Marathon	7:26:49	5:57:28	5:24:58	4:57:53	4:34:58	4:15:20	3:58:18	3:50:37	3:43:25	3:36:39

FEMALE

AGE 63

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	51:55	41:32	37:45	34:37	31:57	29:40	27:41	26:48	25:58	25:10
5 miles	1:27:22	1:09:54	1:03:32	58:15	53:46	49:55	46:36	45:05	43:41	42:22
6 miles	1:45:24	1:24:20	1:16:40	1:10:16	1:04:52	1:00:14	56:13	54:24	52:42	51:06
10 km	1:47:00	1:25:36	1:17:49	1:11:20	1:05:50	1:01:08	57:04	55:13	53:30	51:52
7 miles	2:01:07	1:36:53	1:28:05	1:20:44	1:14:32	1:09:12	1:04:36	1:02:31	1:00:33	58:43
8 miles	2:19:42	1:51:46	1:41:36	1:33:08	1:25:58	1:19:50	1:14:31	1:12:06	1:09:51	1:07:44
9 miles	2:38:40	2:06:56	1:55:23	1:45:46	1:37:38	1:30:40	1:24:37	1:21:53	1:19:20	1:16:56
15 km	2:44:53	2:11:55	1:59:55	1:49:56	1:41:28	1:34:13	1:27:56	1:25:06	1:22:27	1:19:57
10 miles	2:58:18	2:22:38	2:09:40	1:58:52	1:49:43	1:41:53	1:35:06	1:32:02	1:29:09	1:26:27
Half mar.	4:01:58	3:13:35	2:55:59	2:41:19	2:28:54	2:18:16	2:09:03	2:04:53	2:00:59	1:57:19
20 miles	6:34:06	5:15:17	4:46:37	4:22:44	4:02:31	3:45:12	3:30:11	3:23:24	3:17:03	3:11:05
Marathon	8:36:11	6:52:57	6:15:24	5:44:07	5:17:39	4:54:58	4:35:18	4:26:25	4:18:05	4:10:16

AGE 64

MALE

AGE 64

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	45:28	36:23	33:04	30:19	27:59	25:59	24:15	23:28	22:44	22:03
5 miles	1:16:31	1:01:13	55:39	51:01	47:05	43:43	40:48	39:30	38:15	37:06
6 miles	1:32:19	1:13:51	1:07:08	1:01:33	56:49	52:45	49:14	47:39	46:09	44:46
10 km	1:33:42	1:14:58	1:08:09	1:02:28	57:40	53:33	49:59	48:22	46:51	45:26
7 miles	1:46:07	1:24:53	1:17:10	1:10:45	1:05:18	1:00:38	56:36	54:46	53:03	51:27
8 miles	2:02:25	1:37:56	1:29:02	1:21:37	1:15:20	1:09:57	1:05:17	1:03:11	1:01:13	59:21
9 miles	2:19:02	1:51:13	1:41:07	1:32:41	1:25:33	1:19:27	1:14:09	1:11:45	1:09:31	1:07:24
15 km	2:24:29	1:55:35	1:45:05	1:36:20	1:28:55	1:22:34	1:17:04	1:14:34	1:12:15	1:10:03
10 miles	2:36:14	2:04:59	1:53:38	1:44:10	1:36:09	1:29:17	1:23:20	1:20:38	1:18:07	1:15:45
Half mar.	3:32:05	2:49:40	2:34:14	2:21:23	2:10:31	2:01:11	1:53:07	1:49:28	1:46:02	1:42:50
20 miles	5:45:25	4:36:20	4:11:13	3:50:17	3:32:34	3:17:23	3:04:13	2:58:17	2:52:42	2:47:28
Marathon	7:32:25	6:01:56	5:29:02	5:01:37	4:38:25	4:18:32	4:01:17	3:53:30	3:46:13	3:39:21

FEMALE

AGE 64

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	52:33	42:02	38:13	35:02	32:20	30:02	28:02	27:07	26:16	25:29
5 miles	1:28:26	1:10:45	1:04:19	58:57	54:25	50:32	47:10	45:38	44:13	42:52
6 miles	1:46:41	1:25:21	1:17:36	1:11:08	1:05:39	1:00:58	56:54	55:04	53:21	51:44
10 km	1:48:18	1:26:38	1:18:46	1:12:12	1:06:39	1:01:53	57:45	55:54	54:09	52:30
7 miles	2:02:38	1:38:06	1:29:11	1:21:45	1:15:28	1:10:05	1:05:24	1:03:18	1:01:19	59:28
8 miles	2:21:29	1:53:11	1:42:54	1:34:19	1:27:04	1:20:51	1:15:27	1:13:01	1:10:44	1:08:36
9 miles	2:40:40	2:08:32	1:56:51	1:47:07	1:38:53	1:31:49	1:25:42	1:22:56	1:20:20	1:17:54
15 km	2:46:59	2:13:35	2:01:27	1:51:19	1:42:46	1:35:25	1:29:03	1:26:11	1:23:29	1:20:58
10 miles	3:00:34	2:24:27	2:11:19	2:00:23	1:51:07	1:43:11	1:36:18	1:33:12	1:30:17	1:27:33
Half mar.	4:05:06	3:16:05	2:58:15	2:43:24	2:30:50	2:20:03	2:10:43	2:06:30	2:02:33	1:58:50
20 miles	6:39:12	5:19:21	4:50:19	4:26:08	4:05:39	3:48:07	3:32:54	3:26:02	3:19:36	3:13:33
Marathon	8:42:51	6:58:17	6:20:16	5:48:34	5:21:45	4:58:47	4:38:51	4:29:52	4:21:26	4:13:30

AGE 65

MALE

AGE 65

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	46:00	36:48	33:27	30:40	28:19	26:17	24:32	23:45	23:00	22:18
5 miles	1:17:25	1:01:56	56:18	51:36	47:38	44:14	41:17	39:57	38:42	37:32
6 miles	1:33:24	1:14:43	1:07:56	1:02:16	57:29	53:22	49:49	48:12	46:42	45:17
10 km	1:34:48	1:15:51	1:08:57	1:03:12	58:20	54:10	50:34	48:56	47:24	45:58
7 miles	1:47:26	1:25:57	1:18:08	1:11:37	1:06:07	1:01:23	57:18	55:27	53:43	52:05
8 miles	2:03:57	1:39:10	1:30:09	1:22:38	1:16:17	1:10:50	1:06:06	1:03:59	1:01:59	1:00:06
9 miles	2:20:46	1:52:37	1:42:23	1:33:51	1:26:38	1:20:26	1:15:05	1:12:39	1:10:23	1:08:15
15 km	2:26:18	1:57:02	1:46:24	1:37:32	1:30:02	1:23:36	1:18:01	1:15:30	1:13:09	1:10:56
10 miles	2:38:12	2:06:33	1:55:03	1:45:28	1:37:21	1:30:24	1:24:22	1:21:39	1:19:06	1:16:42
Half mar.	3:34:46	2:51:48	2:36:11	2:23:10	2:12:10	2:02:43	1:54:32	1:50:51	1:47:23	1:44:08
20 miles	5:49:47	4:39:49	4:14:23	3:53:11	3:35:15	3:19:52	3:06:33	3:00:32	2:54:53	2:49:35
Marathon	7:38:08	6:06:30	5:33:11	5:05:25	4:41:56	4:21:47	4:04:20	3:56:27	3:49:04	3:42:08

FEMALE

AGE 65

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	53:11	42:33	38:41	35:27	32:44	30:24	28:22	27:27	26:36	25:47
5 miles	1:29:30	1:11:36	1:05:05	59:40	55:05	51:09	47:44	46:12	44:45	43:24
6 miles	1:47:59	1:26:23	1:18:32	1:11:59	1:06:27	1:01:42	57:35	55:44	54:00	52:21
10 km	1:49:36	1:27:41	1:19:43	1:13:04	1:07:27	1:02:38	58:27	56:34	54:48	53:09
7 miles	2:04:12	1:39:22	1:30:20	1:22:48	1:16:26	1:10:58	1:06:15	1:04:06	1:02:06	1:00:13
8 miles	2:23:19	1:54:39	1:44:13	1:35:32	1:28:11	1:21:53	1:16:26	1:13:58	1:11:39	1:09:29
9 miles	2:42:45	2:10:12	1:58:22	1:48:30	1:40:09	1:33:00	1:26:48	1:24:00	1:21:23	1:18:55
15 km	2:49:08	2:15:19	2:03:01	1:52:46	1:44:05	1:36:39	1:30:13	1:27:18	1:24:34	1:22:00
10 miles	3:02:54	2:26:19	2:13:01	2:01:56	1:52:33	1:44:31	1:37:33	1:34:24	1:31:27	1:28:41
Half mar.	4:08:18	3:18:38	3:00:35	2:45:32	2:32:48	2:21:53	2:12:25	2:08:09	2:04:09	2:00:23
20 miles	6:44:24	5:23:31	4:54:06	4:29:36	4:08:52	3:51:05	3:35:41	3:28:43	3:22:12	3:16:04
Marathon	8:49:41	7:03:44	6:25:13	5:53:07	5:25:57	5:02:40	4:42:30	4:33:23	4:24:50	4:16:49

AGE 66

MALE

AGE 66

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	46:33	37:14	33:51	31:02	28:39	26:36	24:50	24:02	23:17	22:34
5 miles	1:18:20	1:02:40	56:58	52:13	48:12	44:46	41:47	40:26	39:10	37:59
6 miles	1:34:31	1:15:37	1:08:44	1:03:01	58:10	54:00	50:24	48:47	47:15	45:50
10 km	1:35:56	1:16:45	1:09:46	1:03:57	59:02	54:49	51:10	49:31	47:58	46:31
7 miles	1:48:46	1:27:01	1:19:06	1:12:31	1:06:56	1:02:09	58:01	56:08	54:23	52:44
8 miles	2:05:30	1:40:24	1:31:16	1:23:40	1:17:14	1:11:43	1:06:56	1:04:46	1:02:45	1:00:51
9 miles	2:22:32	1:54:01	1:43:39	1:35:01	1:27:43	1:21:27	1:16:01	1:13:34	1:11:16	1:09:06
15 km	2:28:07	1:58:30	1:47:44	1:38:45	1:31:09	1:24:39	1:19:00	1:16:27	1:14:04	1:11:49
10 miles	2:40:11	2:08:09	1:56:30	1:46:48	1:38:35	1:31:32	1:25:26	1:22:41	1:20:06	1:17:40
Half mar.	3:37:28	2:53:58	2:38:09	2:24:59	2:13:50	2:04:16	1:55:59	1:52:14	1:48:44	1:45:26
20 miles	5:54:11	4:43:21	4:17:35	3:56:08	3:37:58	3:22:24	3:08:54	3:02:48	2:57:06	2:51:44
Marathon	7:43:55	6:11:08	5:37:23	5:09:16	4:45:29	4:25:06	4:07:25	3:59:26	3:51:57	3:44:56

FEMALE

AGE 66

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	53:51	43:04	39:10	35:54	33:08	30:46	28:43	27:47	26:55	26:06
5 miles	1:30:36	1:12:29	1:05:54	1:00:24	55:45	51:47	48:19	46:46	45:18	43:56
6 miles	1:49:19	1:27:27	1:19:30	1:12:53	1:07:16	1:02:28	58:18	56:25	54:40	53:00
10 km	1:50:58	1:28:46	1:20:42	1:13:58	1:08:17	1:03:24	59:11	57:16	55:29	53:48
7 miles	2:05:48	1:40:39	1:31:30	1:23:52	1:17:25	1:11:53	1:07:06	1:04:56	1:02:54	1:01:00
8 miles	2:25:09	1:56:08	1:45:34	1:36:46	1:29:20	1:22:57	1:17:25	1:14:55	1:12:35	1:10:23
9 miles	2:44:51	2:11:53	1:59:54	1:49:54	1:41:27	1:34:12	1:27:55	1:25:05	1:22:26	1:19:56
15 km	2:51:19	2:17:04	2:04:36	1:54:13	1:45:26	1:37:54	1:31:22	1:28:26	1:25:40	1:23:04
10 miles	3:05:17	2:28:13	2:14:45	2:03:31	1:54:01	1:45:52	1:38:49	1:35:38	1:32:38	1:29:50
Half mar.	4:11:32	3:21:13	3:02:56	2:47:41	2:34:47	2:23:44	2:14:09	2:09:49	2:05:46	2:01:57
20 miles	6:49:40	5:27:44	4:57:56	4:33:07	4:12:06	3:54:06	3:38:29	3:31:26	3:24:50	3:18:37
Marathon	8:56:34	7:09:15	6:30:14	5:57:43	5:30:12	5:06:37	4:46:10	4:36:56	4:28:17	4:20:09

AGE 67

MALE

AGE 67

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	47:06	37:41	34:16	31:24	28:59	26:55	25:07	24:19	23:33	22:50
5 miles	1:19:16	1:03:25	57:39	52:51	48:47	45:18	42:17	40:55	39:38	38:26
6 miles	1:35:38	1:16:31	1:09:33	1:03:46	58:51	54:39	51:00	49:22	47:49	46:22
10 km	1:37:05	1:17:40	1:10:36	1:04:43	59:44	55:28	51:47	50:06	48:32	47:04
7 miles	1:50:08	1:28:06	1:20:06	1:13:25	1:07:46	1:02:56	58:44	56:50	55:04	53:24
8 miles	2:07:05	1:41:40	1:32:25	1:24:43	1:18:12	1:12:37	1:07:47	1:05:35	1:03:32	1:01:37
9 miles	2:24:19	1:55:28	1:44:58	1:36:13	1:28:49	1:22:28	1:16:58	1:14:29	1:12:10	1:09:58
15 km	2:29:59	2:00:00	1:49:05	1:40:00	1:32:18	1:25:43	1:20:00	1:17:25	1:15:00	1:12:43
10 miles	2:42:14	2:09:47	1:57:59	1:48:09	1:39:50	1:32:42	1:26:31	1:23:44	1:21:07	1:18:39
Half mar.	3:40:16	2:56:13	2:40:11	2:26:50	2:15:33	2:05:52	1:57:28	1:53:41	1:50:08	1:46:48
20 miles	5:58:44	4:46:59	4:20:54	3:59:10	3:40:46	3:25:00	3:11:20	3:05:09	2:59:22	2:53:56
Marathon	7:49:52	6:15:54	5:41:43	5:13:15	4:49:09	4:28:30	4:10:36	4:02:31	3:54:56	3:47:49

FEMALE

AGE 67

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	54:30	43:36	39:38	36:20	33:33	31:09	29:04	28:08	27:15	26:26
5 miles	1:31:43	1:13:23	1:06:42	1:01:09	56:27	52:25	48:55	47:20	45:52	44:28
6 miles	1:50:40	1:28:32	1:20:29	1:13:47	1:08:06	1:03:14	59:01	57:07	55:20	53:39
10 km	1:52:20	1:29:52	1:21:42	1:14:53	1:09:08	1:04:11	59:55	57:59	56:10	54:28
7 miles	2:07:26	1:41:57	1:32:41	1:24:57	1:18:25	1:12:49	1:07:58	1:05:46	1:03:43	1:01:47
8 miles	2:27:03	1:57:38	1:46:57	1:38:02	1:30:29	1:24:02	1:18:25	1:15:54	1:13:31	1:11:18
9 miles	2:47:00	2:13:36	2:01:27	1:51:20	1:42:46	1:35:26	1:29:04	1:26:12	1:23:30	1:20:58
15 km	2:53:33	2:18:51	2:06:13	1:55:42	1:46:48	1:39:10	1:32:34	1:29:35	1:26:47	1:24:09
10 miles	3:07:43	2:30:10	2:16:31	2:05:09	1:55:31	1:47:16	1:40:07	1:36:53	1:33:51	1:31:01
Half mar.	4:14:52	3:23:54	3:05:21	2:49:55	2:36:50	2:25:38	2:15:56	2:11:33	2:07:26	2:03:34
20 miles	6:55:06	5:32:05	5:01:53	4:36:44	4:15:27	3:57:12	3:41:23	3:34:15	3:27:33	3:21:16
Marathon	9:03:41	7:14:57	6:35:25	6:02:28	5:34:35	5:10:41	4:49:58	4:40:37	4:31:51	4:23:36

AGE 68

MALE

AGE 68

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	47:41	38:09	34:40	31:47	29:20	27:15	25:26	24:36	23:50	23:07
5 miles	1:20:14	1:04:11	58:21	53:29	49:22	45:51	42:47	41:25	40:07	38:54
6 miles	1:36:48	1:17:26	1:10:24	1:04:32	59:34	55:19	51:38	49:58	48:24	46:56
10 km	1:38:15	1:18:36	1:11:28	1:05:30	1:00:28	56:09	52:24	50:43	49:08	47:38
7 miles	1:51:32	1:29:13	1:21:07	1:14:21	1:08:38	1:03:44	59:29	57:34	55:46	54:04
8 miles	2:08:43	1:42:58	1:33:37	1:25:49	1:19:13	1:13:33	1:08:39	1:06:26	1:04:21	1:02:24
9 miles	2:26:11	1:56:56	1:46:19	1:37:27	1:29:57	1:23:32	1:17:58	1:15:27	1:13:05	1:10:52
15 km	2:31:55	2:01:32	1:50:29	1:41:17	1:33:29	1:26:49	1:21:01	1:18:24	1:15:57	1:13:39
10 miles	2:44:17	2:11:26	1:59:29	1:49:32	1:41:06	1:33:53	1:27:37	1:24:48	1:22:09	1:19:39
Half mar.	3:43:07	2:58:30	2:42:16	2:28:45	2:17:18	2:07:30	1:59:00	1:55:09	1:51:33	1:48:11
20 miles	6:03:23	4:50:43	4:24:17	4:02:16	3:43:37	3:27:39	3:13:48	3:07:33	3:01:42	2:56:11
Marathon	7:55:58	6:20:46	5:46:09	5:17:18	4:52:54	4:31:59	4:13:51	4:05:39	3:57:59	3:50:46

FEMALE

AGE 68

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	55:11	44:09	40:08	36:48	33:58	31:32	29:26	28:29	27:36	26:46
5 miles	1:32:52	1:14:18	1:07:33	1:01:55	57:09	53:04	49:32	47:56	46:26	45:02
6 miles	1:52:03	1:29:39	1:21:30	1:14:42	1:08:57	1:04:02	59:46	57:50	56:02	54:20
10 km	1:53:44	1:30:59	1:22:43	1:15:50	1:10:00	1:05:00	1:00:40	58:42	56:52	55:09
7 miles	2:09:06	1:43:17	1:33:54	1:26:04	1:19:27	1:13:46	1:08:51	1:06:38	1:04:33	1:02:36
8 miles	2:29:00	1:59:12	1:48:22	1:39:20	1:31:41	1:25:08	1:19:28	1:16:54	1:14:30	1:12:14
9 miles	2:49:13	2:15:22	2:03:04	1:52:48	1:44:08	1:36:41	1:30:15	1:27:20	1:24:36	1:22:02
15 km	2:55:51	2:20:41	2:07:54	1:57:14	1:48:13	1:40:29	1:33:47	1:30:46	1:27:56	1:25:16
10 miles	3:10:11	2:32:09	2:18:19	2:06:47	1:57:02	1:48:40	1:41:26	1:38:09	1:35:05	1:32:12
Half mar.	4:18:16	3:26:37	3:07:50	2:52:11	2:38:56	2:27:35	2:17:45	2:13:18	2:09:08	2:05:13
20 miles	7:00:39	5:36:31	5:05:56	4:40:26	4:18:52	4:00:22	3:44:21	3:37:07	3:30:20	3:23:57
Marathon	9:10:58	7:20:46	6:40:42	6:07:18	5:39:03	5:14:50	4:53:51	4:44:22	4:35:29	4:27:08

AGE 69

MALE

AGE 69

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	48:18	38:38	35:08	32:12	29:43	27:36	25:46	24:56	24:09	23:25
5 miles	1:21:17	1:05:01	59:07	54:11	50:01	46:27	43:21	41:57	40:38	39:24
6 miles	1:38:04	1:18:27	1:11:19	1:05:23	1:00:21	56:02	52:18	50:37	49:02	47:33
10 km	1:39:32	1:19:38	1:12:24	1:06:22	1:01:15	56:53	53:05	51:23	49:46	48:16
7 miles	1:52:57	1:30:21	1:22:08	1:15:18	1:09:30	1:04:32	1:00:14	58:18	56:28	54:46
8 miles	2:10:22	1:44:17	1:34:49	1:26:55	1:20:13	1:14:30	1:09:32	1:07:17	1:05:11	1:03:12
9 miles	2:28:03	1:58:26	1:47:40	1:38:42	1:31:06	1:24:36	1:18:58	1:16:25	1:14:01	1:11:47
15 km	2:33:52	2:03:05	1:51:54	1:42:35	1:34:41	1:27:55	1:22:04	1:19:25	1:16:56	1:14:36
10 miles	2:46:25	2:13:08	2:01:02	1:50:57	1:42:25	1:35:06	1:28:45	1:25:54	1:23:13	1:20:41
Half mar.	3:46:02	3:00:50	2:44:23	2:30:41	2:19:06	2:09:10	2:00:33	1:56:40	1:53:01	1:49:36
20 miles	6:08:08	4:54:31	4:27:44	4:05:26	3:46:33	3:30:22	3:16:20	3:10:00	3:04:04	2:58:30
Marathon	8:02:11	6:25:45	5:50:41	5:21:27	4:56:44	4:35:32	4:17:10	4:08:52	4:01:06	3:53:47

FEMALE

AGE 69

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	55:56	44:45	40:41	37:17	34:25	31:58	29:50	28:52	27:58	27:07
5 miles	1:34:08	1:15:18	1:08:27	1:02:45	57:55	53:47	50:12	48:35	47:04	45:38
6 miles	1:53:34	1:30:51	1:22:36	1:15:43	1:09:53	1:04:54	1:00:34	58:37	56:47	55:04
10 km	1:55:16	1:32:13	1:23:50	1:16:51	1:10:56	1:05:52	1:01:29	59:30	57:38	55:53
7 miles	2:10:48	1:44:38	1:35:07	1:27:12	1:20:29	1:14:44	1:09:45	1:07:30	1:05:24	1:03:25
8 miles	2:30:58	2:00:46	1:49:48	1:40:39	1:32:54	1:26:16	1:20:31	1:17:55	1:15:29	1:13:12
9 miles	2:51:27	2:17:10	2:04:41	1:54:18	1:45:30	1:37:58	1:31:26	1:28:29	1:25:43	1:23:08
15 km	2:58:11	2:22:33	2:09:35	1:58:47	1:49:39	1:41:49	1:35:02	1:31:58	1:29:05	1:26:23
10 miles	3:12:43	2:34:11	2:20:10	2:08:29	1:58:36	1:50:08	1:42:47	1:39:28	1:36:22	1:33:26
Half mar.	4:21:46	3:29:24	3:10:22	2:54:30	2:41:05	2:29:35	2:19:36	2:15:06	2:10:53	2:06:55
20 miles	7:06:20	5:41:04	5:10:03	4:44:13	4:22:21	4:03:37	3:47:22	3:40:02	3:33:10	3:26:42
Marathon	9:18:24	7:26:43	6:46:06	6:12:16	5:43:38	5:19:05	4:57:49	4:48:12	4:39:12	4:30:44

AGE 70

MALE

AGE 70

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	48:59	39:11	35:37	32:39	30:08	27:59	26:07	25:17	24:29	23:45
5 miles	1:22:25	1:05:56	59:56	54:57	50:43	47:06	43:57	42:32	41:13	39:58
6 miles	1:39:26	1:19:33	1:12:19	1:06:17	1:01:12	56:49	53:02	51:19	49:43	48:13
10 km	1:40:56	1:20:45	1:13:24	1:07:17	1:02:07	57:41	53:50	52:06	50:28	48:56
7 miles	1:54:27	1:31:34	1:23:14	1:16:18	1:10:26	1:05:24	1:01:02	59:04	57:13	55:29
8 miles	2:12:05	1:45:40	1:36:04	1:28:03	1:21:17	1:15:29	1:10:27	1:08:10	1:06:03	1:04:02
9 miles	2:30:00	2:00:00	1:49:06	1:40:00	1:32:19	1:25:43	1:20:00	1:17:25	1:15:00	1:12:44
15 km	2:35:54	2:04:43	1:53:23	1:43:56	1:35:56	1:29:05	1:23:09	1:20:28	1:17:57	1:15:35
10 miles	2:48:35	2:14:52	2:02:37	1:52:24	1:43:45	1:36:20	1:29:55	1:27:01	1:24:18	1:21:44
Half mar.	3:49:01	3:03:13	2:46:33	2:32:41	2:20:56	2:10:52	2:02:09	1:58:12	1:54:30	1:51:02
20 miles	6:13:00	4:58:24	4:31:16	4:08:40	3:49:32	3:33:08	3:18:56	3:12:31	3:06:30	3:00:51
Marathon	8:08:33	6:30:50	5:55:18	5:25:42	5:00:39	4:39:10	4:20:33	4:12:09	4:04:16	3:56:52

FEMALE

AGE 70

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	56:44	45:24	41:16	37:50	34:55	32:25	30:16	29:17	28:22	27:31
5 miles	1:35:29	1:16:23	1:09:27	1:03:39	58:46	54:34	50:55	49:17	47:45	46:18
6 miles	1:55:12	1:32:10	1:23:47	1:16:48	1:10:54	1:05:50	1:01:26	59:28	57:36	55:51
10 km	1:56:56	1:33:33	1:25:03	1:17:57	1:11:58	1:06:49	1:02:22	1:00:21	58:28	56:42
7 miles	2:12:36	1:46:05	1:36:26	1:28:24	1:21:36	1:15:46	1:10:43	1:08:26	1:06:18	1:04:17
8 miles	2:33:01	2:02:25	1:51:17	1:42:01	1:34:10	1:27:27	1:21:37	1:18:59	1:16:31	1:14:12
9 miles	2:53:47	2:19:02	2:06:23	1:55:51	1:46:57	1:39:18	1:32:41	1:29:42	1:26:54	1:24:16
15 km	3:00:37	2:24:29	2:11:21	2:00:24	1:51:09	1:43:12	1:36:19	1:33:13	1:30:18	1:27:34
10 miles	3:15:19	2:36:15	2:22:03	2:10:13	2:00:12	1:51:37	1:44:10	1:40:49	1:37:40	1:34:42
Half mar.	4:25:19	3:32:16	3:12:58	2:56:53	2:43:17	2:31:37	2:21:30	2:16:56	2:12:40	2:08:38
20 miles	7:12:08	5:45:42	5:14:17	4:48:05	4:25:56	4:06:56	3:50:28	3:43:02	3:36:04	3:29:31
Marathon	9:26:00	7:32:48	6:51:38	6:17:20	5:48:18	5:23:26	5:01:52	4:52:08	4:43:00	4:34:25

AGE 71

MALE

AGE 71

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	49:43	39:46	36:09	33:08	30:35	28:24	26:31	25:39	24:51	24:06
5 miles	1:23:39	1:06:55	1:00:50	55:46	51:29	47:48	44:37	43:11	41:50	40:34
6 miles	1:40:56	1:20:44	1:13:24	1:07:17	1:02:07	57:40	53:50	52:05	50:28	48:56
10 km	1:42:27	1:21:57	1:14:30	1:08:18	1:03:03	58:32	54:38	52:52	51:13	49:40
7 miles	1:56:05	1:32:52	1:24:26	1:17:23	1:11:26	1:06:20	1:01:55	59:55	58:03	56:17
8 miles	2:13:57	1:47:10	1:37:25	1:29:18	1:22:26	1:16:33	1:11:27	1:09:08	1:06:59	1:04:57
9 miles	2:32:08	2:01:42	1:50:38	1:41:25	1:33:37	1:26:56	1:21:08	1:18:31	1:16:04	1:13:46
15 km	2:38:06	2:06:29	1:54:59	1:45:24	1:37:18	1:30:21	1:24:19	1:21:36	1:19:03	1:16:39
10 miles	2:50:59	2:16:47	2:04:21	1:53:59	1:45:13	1:37:42	1:31:11	1:28:15	1:25:29	1:22:54
Half mar.	3:52:10	3:05:44	2:48:51	2:34:46	2:22:52	2:12:40	2:03:49	1:59:49	1:56:05	1:52:34
20 miles	6:18:07	5:02:30	4:35:00	4:12:05	3:52:41	3:36:04	3:21:40	3:15:09	3:09:04	3:03:20
Marathon	8:15:15	6:36:12	6:00:11	5:30:10	5:04:46	4:43:00	4:24:08	4:15:37	4:07:38	4:00:07

FEMALE

AGE 71

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	57:37	46:06	41:54	38:25	35:27	32:55	30:44	29:44	28:48	27:56
5 miles	1:36:57	1:17:34	1:10:31	1:04:38	59:40	55:24	51:43	50:02	48:29	47:00
6 miles	1:56:59	1:33:35	1:25:04	1:17:59	1:11:59	1:06:51	1:02:23	1:00:22	58:29	56:43
10 km	1:58:44	1:34:59	1:26:21	1:19:09	1:13:04	1:07:51	1:03:20	1:01:17	59:22	57:34
7 miles	2:14:33	1:47:38	1:37:51	1:29:42	1:22:48	1:16:53	1:11:45	1:09:27	1:07:16	1:05:14
8 miles	2:35:15	2:04:12	1:52:55	1:43:30	1:35:32	1:28:43	1:22:48	1:20:08	1:17:38	1:15:17
9 miles	2:56:19	2:21:03	2:08:14	1:57:33	1:48:30	1:40:45	1:34:02	1:31:00	1:28:10	1:25:29
15 km	3:03:14	2:26:36	2:13:16	2:02:10	1:52:46	1:44:43	1:37:44	1:34:35	1:31:37	1:28:51
10 miles	3:18:10	2:38:32	2:24:07	2:12:07	2:01:57	1:53:14	1:45:41	1:42:17	1:39:05	1:36:05
Half mar.	4:29:05	3:35:16	3:15:42	2:59:23	2:45:35	2:33:46	2:23:30	2:18:53	2:14:32	2:10:28
20 miles	7:18:15	5:50:36	5:18:43	4:52:10	4:29:41	4:10:26	3:53:44	3:46:11	3:39:07	3:32:29
Marathon	9:34:00	7:39:12	6:57:28	6:22:40	5:53:14	5:28:00	5:06:08	4:56:16	4:47:00	4:38:18

AGE 72

MALE

AGE 72

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	50:31	40:25	36:44	33:41	31:05	28:52	26:56	26:04	25:15	24:29
5 miles	1:25:00	1:08:00	1:01:49	56:40	52:19	48:34	45:20	43:52	42:30	41:13
6 miles	1:42:33	1:22:03	1:14:35	1:08:22	1:03:07	58:36	54:42	52:56	51:17	49:43
10 km	1:44:06	1:23:17	1:15:42	1:09:24	1:04:04	59:29	55:31	53:44	52:03	50:28
7 miles	1:57:53	1:34:18	1:25:44	1:18:35	1:12:32	1:07:21	1:02:52	1:00:50	58:56	57:09
8 miles	2:16:00	1:48:48	1:38:55	1:30:40	1:23:42	1:17:43	1:12:32	1:10:12	1:08:00	1:05:56
9 miles	2:34:27	2:03:34	1:52:20	1:42:58	1:35:03	1:28:15	1:22:22	1:19:43	1:17:14	1:14:53
15 km	2:40:31	2:08:25	1:56:44	1:47:01	1:38:47	1:31:43	1:25:36	1:22:51	1:20:15	1:17:50
10 miles	2:53:34	2:18:51	2:06:14	1:55:43	1:46:49	1:39:11	1:32:34	1:29:35	1:26:47	1:24:09
Half mar.	3:55:36	3:08:29	2:51:21	2:37:04	2:24:59	2:14:38	2:05:39	2:01:36	1:57:48	1:54:14
20 miles	6:23:44	5:06:59	4:39:05	4:15:49	3:56:08	3:39:16	3:24:39	3:18:03	3:11:52	3:06:03
Marathon	8:22:36	6:42:05	6:05:32	5:35:04	5:09:18	4:47:12	4:28:03	4:19:24	4:11:18	4:03:41

FEMALE

AGE 72

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	58:34	46:51	42:36	39:03	36:03	33:28	31:14	30:14	29:17	28:24
5 miles	1:38:34	1:18:51	1:11:41	1:05:42	1:00:39	56:19	52:34	50:52	49:17	47:47
6 miles	1:58:55	1:35:08	1:26:29	1:19:17	1:13:11	1:07:57	1:03:25	1:01:23	59:27	57:39
10 km	2:00:42	1:36:34	1:27:47	1:20:28	1:14:17	1:08:58	1:04:22	1:02:18	1:00:21	58:31
7 miles	2:16:41	1:49:21	1:39:24	1:31:07	1:24:07	1:18:06	1:12:54	1:10:33	1:08:20	1:06:16
8 miles	2:37:42	2:06:09	1:54:41	1:45:08	1:37:03	1:30:07	1:24:06	1:21:23	1:18:51	1:16:27
9 miles	2:59:05	2:23:16	2:10:15	1:59:23	1:50:12	1:42:20	1:35:31	1:32:26	1:29:33	1:26:50
15 km	3:06:07	2:28:54	2:15:22	2:04:05	1:54:32	1:46:21	1:39:16	1:36:04	1:33:04	1:30:14
10 miles	3:21:15	2:41:00	2:26:22	2:14:10	2:03:51	1:55:00	1:47:20	1:43:52	1:40:37	1:37:35
Half mar.	4:33:11	3:38:33	3:18:41	3:02:07	2:48:07	2:36:06	2:25:42	2:21:00	2:16:36	2:12:27
20 miles	7:24:56	5:55:57	5:23:35	4:56:37	4:33:48	4:14:15	3:57:18	3:49:39	3:42:28	3:35:44
Marathon	9:42:46	7:46:13	7:03:50	6:28:31	5:58:38	5:33:01	5:10:49	5:00:47	4:51:23	4:42:33

AGE 73

MALE

AGE 73

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	51:23	41:07	37:22	34:16	31:37	29:22	27:24	26:31	25:42	24:55
5 miles	1:26:29	1:09:11	1:02:53	57:39	53:13	49:25	46:07	44:38	43:14	41:56
6 miles	1:44:20	1:23:28	1:15:53	1:09:33	1:04:12	59:37	55:39	53:51	52:10	50:35
10 km	1:45:54	1:24:43	1:17:01	1:10:36	1:05:10	1:00:31	56:29	54:40	52:57	51:21
7 miles	1:59:50	1:35:52	1:27:09	1:19:53	1:13:45	1:08:29	1:03:55	1:01:51	59:55	58:06
8 miles	2:18:13	1:50:34	1:40:31	1:32:09	1:25:03	1:18:59	1:13:43	1:11:20	1:09:06	1:07:01
9 miles	2:36:58	2:05:34	1:54:10	1:44:39	1:36:36	1:29:42	1:23:43	1:21:01	1:18:29	1:16:06
15 km	2:43:08	2:10:30	1:58:38	1:48:45	1:40:23	1:33:13	1:27:00	1:24:12	1:21:34	1:19:06
10 miles	2:56:24	2:21:07	2:08:17	1:57:36	1:48:33	1:40:48	1:34:05	1:31:02	1:28:12	1:25:31
Half mar.	3:59:24	3:11:31	2:54:07	2:39:36	2:27:20	2:16:48	2:07:41	2:03:34	1:59:42	1:56:05
20 miles	6:29:55	5:11:56	4:43:35	4:19:57	3:59:57	3:42:49	3:27:57	3:21:15	3:14:58	3:09:03
Marathon	8:30:43	6:48:34	6:11:26	5:40:28	5:14:17	4:51:50	4:32:23	4:23:36	4:15:21	4:07:37

FEMALE

AGE 73

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	59:37	47:41	43:21	39:44	36:41	34:04	31:48	30:46	29:48	28:54
5 miles	1:40:19	1:20:15	1:12:57	1:06:52	1:01:44	57:19	53:30	51:46	50:09	48:38
6 miles	2:01:02	1:36:49	1:28:01	1:20:41	1:14:29	1:09:10	1:04:33	1:02:28	1:00:31	58:41
10 km	2:02:51	1:38:17	1:29:21	1:21:54	1:15:36	1:10:12	1:05:31	1:03:24	1:01:25	59:34
7 miles	2:19:00	1:51:12	1:41:06	1:32:40	1:25:33	1:19:26	1:14:08	1:11:45	1:09:30	1:07:24
8 miles	2:40:20	2:08:16	1:56:36	1:46:53	1:38:40	1:31:37	1:25:31	1:22:45	1:20:10	1:17:44
9 miles	3:02:05	2:25:40	2:12:25	2:01:23	1:52:03	1:44:03	1:37:07	1:33:59	1:31:02	1:28:17
15 km	3:09:14	2:31:23	2:17:37	2:06:09	1:56:27	1:48:08	1:40:55	1:37:40	1:34:37	1:31:45
10 miles	3:24:37	2:43:42	2:28:49	2:16:25	2:05:55	1:56:55	1:49:08	1:45:36	1:42:18	1:39:12
Half mar.	4:37:43	3:42:10	3:21:58	3:05:08	2:50:54	2:38:42	2:28:07	2:23:20	2:18:51	2:14:39
20 miles	7:32:18	6:01:51	5:28:57	5:01:32	4:38:21	4:18:28	4:01:14	3:53:27	3:46:09	3:39:18
Marathon	9:52:25	7:53:56	7:10:51	6:34:57	6:04:34	5:38:32	5:15:58	5:05:46	4:56:13	4:47:14

AGE 74

MALE

AGE 74

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	52:20	41:52	38:03	34:53	32:12	29:54	27:55	27:01	26:10	25:22
5 miles	1:28:04	1:10:27	1:04:03	58:42	54:11	50:19	46:58	45:27	44:02	42:42
6 miles	1:46:15	1:25:00	1:17:16	1:10:50	1:05:23	1:00:43	56:40	54:50	53:07	51:31
10 km	1:47:50	1:26:16	1:18:26	1:11:54	1:06:22	1:01:37	57:31	55:40	53:55	52:17
7 miles	2:01:58	1:37:34	1:28:42	1:21:19	1:15:03	1:09:42	1:05:03	1:02:57	1:00:59	59:08
8 miles	2:20:39	1:52:31	1:42:18	1:33:46	1:26:33	1:20:22	1:15:01	1:12:36	1:10:20	1:08:12
9 miles	2:39:44	2:07:47	1:56:10	1:46:30	1:38:18	1:31:17	1:25:12	1:22:27	1:19:52	1:17:27
15 km	2:46:01	2:12:49	2:00:44	1:50:40	1:42:10	1:34:52	1:28:32	1:25:41	1:23:00	1:20:29
10 miles	2:59:29	2:23:35	2:10:32	1:59:39	1:50:27	1:42:34	1:35:43	1:32:38	1:29:44	1:27:01
Half mar.	4:03:31	3:14:49	2:57:06	2:42:21	2:29:52	2:19:09	2:09:53	2:05:41	2:01:46	1:58:04
20 miles	6:36:37	5:17:18	4:48:27	4:24:25	4:04:05	3:46:38	3:31:32	3:24:42	3:18:19	3:12:18
Marathon	8:39:29	6:55:36	6:17:49	5:46:20	5:19:41	4:56:51	4:37:04	4:28:07	4:19:45	4:11:52

FEMALE

AGE 74

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:00:44	48:35	44:10	40:29	37:22	34:42	32:23	31:21	30:22	29:27
5 miles	1:42:11	1:21:45	1:14:19	1:08:08	1:02:53	58:24	54:30	52:45	51:06	49:33
6 miles	2:03:18	1:38:38	1:29:40	1:22:12	1:15:52	1:10:27	1:05:45	1:03:38	1:01:39	59:47
10 km	2:05:09	1:40:07	1:31:01	1:23:26	1:17:01	1:11:31	1:06:45	1:04:36	1:02:34	1:00:41
7 miles	2:21:33	1:53:14	1:42:56	1:34:22	1:27:06	1:20:53	1:15:29	1:13:03	1:10:46	1:08:38
8 miles	2:43:14	2:10:35	1:58:43	1:48:49	1:40:27	1:33:16	1:27:03	1:24:15	1:21:37	1:19:09
9 miles	3:05:23	2:28:18	2:14:49	2:03:35	1:54:05	1:45:56	1:38:52	1:35:41	1:32:41	1:29:53
15 km	3:12:39	2:34:07	2:20:07	2:08:26	1:58:33	1:50:05	1:42:45	1:39:26	1:36:20	1:33:24
10 miles	3:28:17	2:46:38	2:31:29	2:18:51	2:08:10	1:59:01	1:51:05	1:47:30	1:44:09	1:40:59
Half mar.	4:42:36	3:46:05	3:25:32	3:08:24	2:53:55	2:41:29	2:30:43	2:25:52	2:21:18	2:17:01
20 miles	7:40:17	6:08:13	5:34:45	5:06:51	4:43:15	4:23:01	4:05:29	3:57:34	3:50:08	3:43:10
Marathon	10:02:52	8:02:18	7:18:27	6:41:55	6:11:00	5:44:30	5:21:32	5:11:09	5:01:26	4:52:18

AGE 75

MALE

AGE 75

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	53:21	42:41	38:48	35:34	32:50	30:29	28:27	27:32	26:41	25:52
5 miles	1:29:47	1:11:50	1:05:18	59:51	55:15	51:18	47:53	46:20	44:54	43:32
6 miles	1:48:20	1:26:40	1:18:47	1:12:13	1:06:40	1:01:54	57:46	55:55	54:10	52:31
10 km	1:49:57	1:27:58	1:19:58	1:13:18	1:07:40	1:02:50	58:39	56:45	54:59	53:19
7 miles	2:04:17	1:39:25	1:30:23	1:22:51	1:16:29	1:11:01	1:06:17	1:04:09	1:02:08	1:00:15
8 miles	2:23:18	1:54:38	1:44:13	1:35:32	1:28:11	1:21:53	1:16:25	1:13:58	1:11:39	1:09:29
9 miles	2:42:44	2:10:11	1:58:21	1:48:30	1:40:09	1:33:00	1:26:48	1:24:00	1:21:22	1:18:54
15 km	2:49:08	2:15:18	2:03:00	1:52:45	1:44:05	1:36:39	1:30:12	1:27:17	1:24:34	1:22:00
10 miles	3:02:51	2:26:17	2:12:59	2:01:54	1:52:31	1:44:29	1:37:31	1:34:22	1:31:25	1:28:39
Half mar.	4:08:01	3:18:25	3:00:22	2:45:20	2:32:37	2:21:43	2:12:16	2:08:00	2:04:00	2:00:15
20 miles	6:43:56	5:23:09	4:53:46	4:29:17	4:08:35	3:50:49	3:35:26	3:28:29	3:21:58	3:15:51
Marathon	8:49:04	7:03:15	6:24:47	5:52:43	5:25:35	5:02:20	4:42:10	4:33:04	4:24:32	4:16:31

FEMALE

AGE 75

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:01:57	49:33	45:03	41:18	38:07	35:24	33:02	31:58	30:58	30:02
5 miles	1:44:14	1:23:23	1:15:49	1:09:30	1:04:09	59:34	55:36	53:48	52:07	50:32
6 miles	2:05:46	1:40:37	1:31:28	1:23:51	1:17:24	1:11:52	1:07:05	1:04:55	1:02:53	1:00:59
10 km	2:07:39	1:42:08	1:32:51	1:25:06	1:18:34	1:12:57	1:08:05	1:05:53	1:03:50	1:01:54
7 miles	2:24:17	1:55:26	1:44:56	1:36:11	1:28:47	1:22:27	1:16:57	1:14:28	1:12:09	1:09:57
8 miles	2:46:22	2:13:06	2:01:00	1:50:55	1:42:23	1:35:04	1:28:44	1:25:52	1:23:11	1:20:40
9 miles	3:08:56	2:31:09	2:17:25	2:05:57	1:56:16	1:47:58	1:40:46	1:37:31	1:34:28	1:31:36
15 km	3:16:21	2:37:05	2:22:48	2:10:54	2:00:50	1:52:12	1:44:43	1:41:21	1:38:11	1:35:12
10 miles	3:32:17	2:49:50	2:34:23	2:21:31	2:10:38	2:01:18	1:53:13	1:49:34	1:46:08	1:42:56
Half mar.	4:47:56	3:50:21	3:29:25	3:11:58	2:57:12	2:44:32	2:33:34	2:28:37	2:23:58	2:19:36
20 miles	7:48:58	6:15:10	5:41:04	5:12:39	4:48:36	4:27:59	4:10:07	4:02:03	3:54:29	3:47:23
Marathon	10:14:15	8:11:24	7:26:43	6:49:30	6:18:00	5:51:00	5:27:36	5:17:02	5:07:07	4:57:49

AGE 76

MALE

AGE 76

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	54:28	43:34	39:37	36:19	33:31	31:07	29:03	28:07	27:14	26:24
5 miles	1:31:39	1:13:19	1:06:39	1:01:06	56:24	52:22	48:53	47:18	45:50	44:26
6 miles	1:50:35	1:28:28	1:20:25	1:13:43	1:08:03	1:03:11	58:59	57:04	55:17	53:37
10 km	1:52:15	1:29:48	1:21:38	1:14:50	1:09:04	1:04:08	59:52	57:56	56:07	54:25
7 miles	2:06:48	1:41:26	1:32:13	1:24:32	1:18:02	1:12:27	1:07:37	1:05:27	1:03:24	1:01:29
8 miles	2:26:11	1:56:56	1:46:19	1:37:27	1:29:57	1:23:32	1:17:58	1:15:27	1:13:05	1:10:52
9 miles	2:46:00	2:12:48	2:00:44	1:50:40	1:42:09	1:34:52	1:28:32	1:25:41	1:23:00	1:20:29
15 km	2:52:32	2:18:01	2:05:28	1:55:01	1:46:10	1:38:35	1:32:01	1:29:03	1:26:16	1:23:39
10 miles	3:06:31	2:29:13	2:15:39	2:04:21	1:54:47	1:46:35	1:39:29	1:36:16	1:33:16	1:30:26
Half mar.	4:12:55	3:22:20	3:03:56	2:48:36	2:35:38	2:24:31	2:14:53	2:10:32	2:06:27	2:02:37
20 miles	6:51:55	5:29:32	4:59:34	4:34:36	4:13:29	3:55:23	3:39:41	3:32:36	3:25:57	3:19:43
Marathon	8:59:31	7:11:37	6:32:23	5:59:41	5:32:01	5:08:18	4:47:45	4:38:28	4:29:45	4:21:35

FEMALE

AGE 76

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:03:16	50:37	46:00	42:10	38:56	36:09	33:44	32:39	31:38	30:40
5 miles	1:46:27	1:25:10	1:17:25	1:10:58	1:05:31	1:00:50	56:47	54:57	53:14	51:37
6 miles	2:08:26	1:42:45	1:33:25	1:25:38	1:19:02	1:13:24	1:08:30	1:06:17	1:04:13	1:02:16
10 km	2:10:22	1:44:18	1:34:49	1:26:55	1:20:14	1:14:30	1:09:32	1:07:17	1:05:11	1:03:13
7 miles	2:27:16	1:57:49	1:47:06	1:38:11	1:30:38	1:24:09	1:18:33	1:16:01	1:13:38	1:11:24
8 miles	2:49:47	2:15:50	2:03:29	1:53:11	1:44:29	1:37:01	1:30:33	1:27:38	1:24:53	1:22:19
9 miles	3:12:49	2:34:15	2:20:14	2:08:33	1:58:39	1:50:11	1:42:50	1:39:31	1:36:24	1:33:29
15 km	3:20:23	2:40:19	2:25:44	2:13:35	2:03:19	1:54:30	1:46:52	1:43:26	1:40:12	1:37:09
10 miles	3:36:38	2:53:19	2:37:33	2:24:26	2:13:19	2:03:48	1:55:32	1:51:49	1:48:19	1:45:02
Half mar.	4:53:45	3:55:00	3:33:38	3:15:50	3:00:46	2:47:51	2:36:40	2:31:37	2:26:53	2:22:25
20 miles	7:58:26	6:22:45	5:47:57	5:18:57	4:54:25	4:33:23	4:15:10	4:06:56	3:59:13	3:51:58
Marathon	10:26:39	8:21:19	7:35:44	6:57:46	6:25:38	5:58:05	5:34:13	5:23:26	5:13:19	5:03:50

AGE 77

MALE

AGE 77

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	55:41	44:33	40:30	37:07	34:16	31:49	29:42	28:44	27:50	27:00
5 miles	1:33:42	1:14:57	1:08:08	1:02:28	57:39	53:32	49:58	48:21	46:51	45:26
6 miles	1:53:02	1:30:26	1:22:13	1:15:22	1:09:34	1:04:36	1:00:17	58:21	56:31	54:48
10 km	1:54:45	1:31:48	1:23:27	1:16:30	1:10:37	1:05:34	1:01:12	59:13	57:22	55:38
7 miles	2:09:33	1:43:38	1:34:13	1:26:22	1:19:43	1:14:01	1:09:05	1:06:52	1:04:46	1:02:49
8 miles	2:29:19	1:59:27	1:48:36	1:39:33	1:31:53	1:25:19	1:19:38	1:17:04	1:14:39	1:12:24
9 miles	2:49:34	2:15:39	2:03:20	1:53:03	1:44:21	1:36:54	1:30:26	1:27:31	1:24:47	1:22:13
15 km	2:56:14	2:20:59	2:08:10	1:57:29	1:48:27	1:40:42	1:33:59	1:30:57	1:28:07	1:25:27
10 miles	3:10:30	2:32:24	2:18:32	2:07:00	1:57:14	1:48:51	1:41:36	1:38:19	1:35:15	1:32:22
Half mar.	4:18:17	3:26:38	3:07:51	2:52:12	2:38:57	2:27:36	2:17:45	2:13:19	2:09:09	2:05:14
20 miles	7:00:40	5:36:32	5:05:57	4:40:27	4:18:53	4:00:23	3:44:22	3:37:07	3:30:20	3:23:58
Marathon	9:10:59	7:20:48	6:40:43	6:07:20	5:39:04	5:14:51	4:53:52	4:44:23	4:35:30	4:27:09

FEMALE

AGE 77

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:04:42	51:45	47:03	43:08	39:49	36:58	34:30	33:24	32:21	31:22
5 miles	1:48:52	1:27:06	1:19:11	1:12:35	1:07:00	1:02:13	58:04	56:11	54:26	52:47
6 miles	2:11:21	1:45:05	1:35:32	1:27:34	1:20:50	1:15:04	1:10:03	1:07:48	1:05:41	1:03:41
10 km	2:13:20	1:46:40	1:36:58	1:28:53	1:22:03	1:16:11	1:11:07	1:08:49	1:06:40	1:04:39
7 miles	2:30:32	2:00:25	1:49:29	1:40:21	1:32:38	1:26:01	1:20:17	1:17:42	1:15:16	1:12:59
8 miles	2:53:30	2:18:48	2:06:11	1:55:40	1:46:46	1:39:09	1:32:32	1:29:33	1:26:45	1:24:07
9 miles	3:17:03	2:37:38	2:23:18	2:11:22	2:01:15	1:52:36	1:45:05	1:41:42	1:38:31	1:35:32
15 km	3:24:47	2:43:49	2:28:56	2:16:31	2:06:01	1:57:01	1:49:13	1:45:42	1:42:23	1:39:17
10 miles	3:41:21	2:57:05	2:40:59	2:27:34	2:16:13	2:06:29	1:58:03	1:54:15	1:50:41	1:47:19
Half mar.	5:00:08	4:00:06	3:38:17	3:20:05	3:04:42	2:51:30	2:40:04	2:34:54	2:30:04	2:25:31
20 miles	8:08:49	6:31:03	5:55:30	5:25:53	5:00:49	4:39:20	4:20:42	4:12:18	4:04:25	3:57:00
Marathon	10:40:15	8:32:12	7:45:38	7:06:50	6:34:00	6:05:51	5:41:28	5:30:27	5:20:07	5:10:25

AGE 78

MALE

AGE 78

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	56:59	45:36	41:27	38:00	35:04	32:34	30:24	29:25	28:30	27:38
5 miles	1:35:54	1:16:43	1:09:45	1:03:56	59:01	54:48	51:09	49:30	47:57	46:30
6 miles	1:55:43	1:32:34	1:24:09	1:17:08	1:11:12	1:06:07	1:01:43	59:43	57:51	56:06
10 km	1:57:27	1:33:58	1:25:25	1:18:18	1:12:17	1:07:07	1:02:38	1:00:37	58:43	56:57
7 miles	2:12:31	1:46:01	1:36:23	1:28:21	1:21:33	1:15:44	1:10:41	1:08:24	1:06:16	1:04:15
8 miles	2:32:43	2:02:10	1:51:04	1:41:49	1:33:59	1:27:16	1:21:27	1:18:49	1:16:21	1:14:03
9 miles	2:53:26	2:18:45	2:06:08	1:55:37	1:46:44	1:39:06	1:32:30	1:29:31	1:26:43	1:24:05
15 km	3:00:15	2:24:12	2:11:05	2:00:10	1:50:55	1:43:00	1:36:08	1:33:02	1:30:07	1:27:23
10 miles	3:14:50	2:35:52	2:21:42	2:09:53	1:59:54	1:51:20	1:43:55	1:40:33	1:37:25	1:34:28
Half mar.	4:24:07	3:31:18	3:12:05	2:56:05	2:42:32	2:30:55	2:20:52	2:16:19	2:12:03	2:08:03
20 miles	7:10:10	5:44:08	5:12:51	4:46:47	4:24:43	4:05:48	3:49:25	3:42:01	3:35:05	3:28:34
Marathon	9:23:25	7:30:44	6:49:46	6:15:37	5:46:43	5:21:57	5:00:29	4:50:48	4:41:43	4:33:10

FEMALE

AGE 78

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:06:15	53:00	48:11	44:10	40:46	37:52	35:20	34:12	33:08	32:07
5 miles	1:51:29	1:29:11	1:21:05	1:14:20	1:08:37	1:03:42	59:28	57:33	55:45	54:03
6 miles	2:14:31	1:47:37	1:37:50	1:29:40	1:22:47	1:16:52	1:11:44	1:09:26	1:07:15	1:05:13
10 km	2:16:32	1:49:14	1:39:18	1:31:01	1:24:01	1:18:01	1:12:49	1:10:28	1:08:16	1:06:12
7 miles	2:34:03	2:03:15	1:52:02	1:42:42	1:34:48	1:28:02	1:22:10	1:19:31	1:17:02	1:14:42
8 miles	2:57:32	2:22:02	2:09:07	1:58:21	1:49:15	1:41:27	1:34:41	1:31:38	1:28:46	1:26:05
9 miles	3:21:37	2:41:18	2:26:38	2:14:25	2:04:04	1:55:13	1:47:32	1:44:04	1:40:49	1:37:45
15 km	3:29:32	2:47:38	2:32:23	2:19:41	2:08:57	1:59:44	1:51:45	1:48:09	1:44:46	1:41:36
10 miles	3:46:29	3:01:12	2:44:43	2:31:00	2:19:23	2:09:25	2:00:48	1:56:54	1:53:15	1:49:49
Half mar.	5:07:02	4:05:38	3:43:18	3:24:41	3:08:57	2:55:27	2:43:45	2:38:28	2:33:31	2:28:52
20 miles	8:20:04	6:40:03	6:03:41	5:33:23	5:07:44	4:45:45	4:26:42	4:18:06	4:10:02	4:02:27
Marathon	10:54:59	8:43:59	7:56:21	7:16:39	6:43:04	6:14:16	5:49:19	5:38:03	5:27:29	5:17:34

AGE 79

MALE

AGE 79

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	58:25	46:44	42:29	38:57	35:57	33:23	31:09	30:09	29:13	28:19
5 miles	1:38:18	1:18:39	1:11:30	1:05:32	1:00:30	56:10	52:26	50:44	49:09	47:40
6 miles	1:58:36	1:34:53	1:26:16	1:19:04	1:12:59	1:07:46	1:03:15	1:01:13	59:18	57:30
10 km	2:00:23	1:36:19	1:27:33	1:20:16	1:14:05	1:08:48	1:04:12	1:02:08	1:00:12	58:22
7 miles	2:15:46	1:48:37	1:38:44	1:30:31	1:23:33	1:17:35	1:12:25	1:10:04	1:07:53	1:05:50
8 miles	2:36:27	2:05:10	1:53:47	1:44:18	1:36:17	1:29:24	1:23:27	1:20:45	1:18:14	1:15:51
9 miles	2:57:41	2:22:09	2:09:13	1:58:27	1:49:21	1:41:32	1:34:46	1:31:42	1:28:50	1:26:09
15 km	3:04:39	2:27:44	2:14:18	2:03:06	1:53:38	1:45:31	1:38:29	1:35:18	1:32:20	1:29:32
10 miles	3:19:36	2:39:41	2:25:10	2:13:04	2:02:50	1:54:03	1:46:27	1:43:01	1:39:48	1:36:46
Half mar.	4:30:29	3:36:23	3:16:43	3:00:19	2:46:27	2:34:33	2:24:15	2:19:36	2:15:14	2:11:08
20 miles	7:20:31	5:52:25	5:20:23	4:53:41	4:31:06	4:11:44	3:54:57	3:47:22	3:40:16	3:33:35
Marathon	9:37:00	7:41:36	6:59:38	6:24:40	5:55:04	5:29:43	5:07:44	4:57:48	4:48:30	4:39:45

FEMALE

AGE 79

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:07:56	54:21	49:25	45:18	41:49	38:49	36:14	35:04	33:58	32:56
5 miles	1:54:20	1:31:28	1:23:09	1:16:13	1:10:21	1:05:20	1:00:59	59:01	57:10	55:26
6 miles	2:17:56	1:50:21	1:40:19	1:31:58	1:24:53	1:18:49	1:13:34	1:11:12	1:08:58	1:06:53
10 km	2:20:01	1:52:01	1:41:50	1:33:21	1:26:10	1:20:00	1:14:40	1:12:16	1:10:00	1:07:53
7 miles	2:37:54	2:06:19	1:54:50	1:45:16	1:37:10	1:30:14	1:24:13	1:21:30	1:18:57	1:16:33
8 miles	3:01:58	2:25:34	2:12:20	2:01:18	1:51:58	1:43:59	1:37:03	1:33:55	1:30:59	1:28:13
9 miles	3:26:39	2:45:19	2:30:17	2:17:46	2:07:10	1:58:05	1:50:13	1:46:39	1:43:19	1:40:11
15 km	3:34:46	2:51:48	2:36:11	2:23:10	2:12:10	2:02:43	1:54:32	1:50:51	1:47:23	1:44:08
10 miles	3:52:08	3:05:42	2:48:49	2:34:45	2:22:51	2:12:39	2:03:48	1:59:49	1:56:04	1:52:33
Half mar.	5:14:34	4:11:39	3:48:47	3:29:43	3:13:35	2:59:45	2:47:46	2:42:21	2:37:17	2:32:31
20 miles	8:32:20	6:49:52	6:12:36	5:41:33	5:15:17	4:52:46	4:33:15	4:24:26	4:16:10	4:08:24
Marathon	11:11:03	8:56:50	8:08:02	7:27:22	6:52:57	6:23:27	5:57:54	5:46:21	5:35:31	5:25:21

AGE 80

MALE

AGE 80

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	59:59	47:59	43:37	39:59	36:55	34:16	31:59	30:57	29:59	29:05
5 miles	1:40:56	1:20:45	1:13:24	1:07:17	1:02:07	57:40	53:50	52:06	50:28	48:56
6 miles	2:01:46	1:37:25	1:28:34	1:21:11	1:14:56	1:09:35	1:04:57	1:02:51	1:00:53	59:03
10 km	2:03:36	1:38:53	1:29:54	1:22:24	1:16:04	1:10:38	1:05:55	1:03:48	1:01:48	59:56
7 miles	2:19:19	1:51:27	1:41:20	1:32:53	1:25:44	1:19:37	1:14:18	1:11:54	1:09:40	1:07:33
8 miles	2:40:31	2:08:25	1:56:44	1:47:01	1:38:47	1:31:43	1:25:37	1:22:51	1:20:15	1:17:50
9 miles	3:02:18	2:25:50	2:12:35	2:01:32	1:52:11	1:44:10	1:37:13	1:34:05	1:31:09	1:28:23
15 km	3:09:27	2:31:34	2:17:47	2:06:18	1:56:35	1:48:15	1:41:02	1:37:47	1:34:44	1:31:51
10 miles	3:24:46	2:43:49	2:28:56	2:16:31	2:06:01	1:57:01	1:49:13	1:45:41	1:42:23	1:39:17
Half mar.	4:37:28	3:41:59	3:21:48	3:04:59	2:50:45	2:38:33	2:27:59	2:23:13	2:18:44	2:14:32
20 miles	7:31:55	6:01:32	5:28:40	5:01:17	4:38:06	4:18:14	4:01:01	3:53:15	3:45:58	3:39:07
Marathon	9:51:55	7:53:32	7:10:29	6:34:37	6:04:15	5:38:14	5:15:41	5:05:30	4:55:57	4:46:59

FEMALE

AGE 80

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:09:47	55:50	50:45	46:31	42:57	39:53	37:13	36:01	34:54	33:50
5 miles	1:57:26	1:33:57	1:25:24	1:18:17	1:12:16	1:07:06	1:02:38	1:00:37	58:43	56:56
6 miles	2:21:41	1:53:21	1:43:03	1:34:27	1:27:12	1:20:58	1:15:34	1:13:08	1:10:51	1:08:42
10 km	2:23:49	1:55:03	1:44:36	1:35:53	1:28:30	1:22:11	1:16:42	1:14:14	1:11:55	1:09:44
7 miles	2:42:06	2:09:41	1:57:54	1:48:04	1:39:45	1:32:38	1:26:27	1:23:40	1:21:03	1:18:36
8 miles	3:06:46	2:29:25	2:15:50	2:04:31	1:54:56	1:46:43	1:39:36	1:36:24	1:33:23	1:30:33
9 miles	3:32:06	2:49:41	2:34:15	2:21:24	2:10:31	2:01:12	1:53:07	1:49:28	1:46:03	1:42:50
15 km	3:40:26	2:56:21	2:40:19	2:26:57	2:15:39	2:05:58	1:57:34	1:53:46	1:50:13	1:46:52
10 miles	3:58:15	3:10:36	2:53:17	2:38:50	2:26:37	2:16:09	2:07:04	2:02:58	1:59:08	1:55:31
Half mar.	5:22:51	4:18:17	3:54:48	3:35:14	3:18:40	3:04:29	2:52:11	2:46:38	2:41:25	2:36:32
20 miles	8:45:49	7:00:39	6:22:25	5:50:33	5:23:35	5:00:28	4:40:26	4:31:23	4:22:55	4:14:57
Marathon	11:28:42	9:10:58	8:20:53	7:39:08	7:03:49	6:33:33	6:07:19	5:55:28	5:44:21	5:33:55

AGE 81

MALE

AGE 81

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:01:41	49:21	44:51	41:07	37:57	35:15	32:54	31:50	30:50	29:54
5 miles	1:43:48	1:23:02	1:15:29	1:09:12	1:03:52	59:19	55:21	53:34	51:54	50:19
6 miles	2:05:14	1:40:11	1:31:04	1:23:29	1:17:04	1:11:33	1:06:47	1:04:38	1:02:37	1:00:43
10 km	2:07:07	1:41:41	1:32:27	1:24:44	1:18:13	1:12:38	1:07:48	1:05:36	1:03:33	1:01:38
7 miles	2:23:11	1:54:33	1:44:08	1:35:28	1:28:07	1:21:49	1:16:22	1:13:54	1:11:36	1:09:25
8 miles	2:44:58	2:11:58	1:59:58	1:49:58	1:41:31	1:34:16	1:27:59	1:25:08	1:22:29	1:19:59
9 miles	3:07:20	2:29:52	2:16:15	2:04:54	1:55:17	1:47:03	1:39:55	1:36:42	1:33:40	1:30:50
15 km	3:14:42	2:35:45	2:21:36	2:09:48	1:59:49	1:51:15	1:43:50	1:40:29	1:37:21	1:34:24
10 miles	3:30:26	2:48:21	2:33:03	2:20:18	2:09:30	2:00:15	1:52:14	1:48:37	1:45:13	1:42:02
Half mar.	4:45:05	3:48:04	3:27:20	3:10:03	2:55:26	2:42:54	2:32:03	2:27:08	2:22:32	2:18:13
20 miles	7:44:19	6:11:27	5:37:41	5:09:33	4:45:44	4:25:19	4:07:38	3:59:39	3:52:09	3:45:07
Marathon	10:08:09	8:06:31	7:22:17	6:45:26	6:14:15	5:47:31	5:24:21	5:13:53	5:04:05	4:54:52

FEMALE

AGE 81

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:11:48	57:26	52:13	47:52	44:11	41:02	38:17	37:03	35:54	34:49
5 miles	2:00:49	1:36:39	1:27:52	1:20:33	1:14:21	1:09:02	1:04:26	1:02:21	1:00:25	58:35
6 miles	2:25:46	1:56:37	1:46:01	1:37:11	1:29:42	1:23:18	1:17:45	1:15:14	1:12:53	1:10:41
10 km	2:27:58	1:58:22	1:47:36	1:38:38	1:31:03	1:24:33	1:18:55	1:16:22	1:13:59	1:11:44
7 miles	2:46:41	2:13:20	2:01:13	1:51:07	1:42:34	1:35:15	1:28:54	1:26:02	1:23:20	1:20:49
8 miles	3:12:01	2:33:37	2:19:39	2:08:01	1:58:10	1:49:44	1:42:25	1:39:06	1:36:01	1:33:06
9 miles	3:38:04	2:54:27	2:38:36	2:25:23	2:14:12	2:04:37	1:56:18	1:52:33	1:49:02	1:45:44
15 km	3:46:38	3:01:18	2:44:49	2:31:05	2:19:28	2:09:30	2:00:52	1:56:58	1:53:19	1:49:53
10 miles	4:04:58	3:15:58	2:58:09	2:43:18	2:30:45	2:19:59	2:10:39	2:06:26	2:02:29	1:58:46
Half mar.	5:31:51	4:25:29	4:01:21	3:41:14	3:24:13	3:09:38	2:56:59	2:51:17	2:45:55	2:40:54
20 miles	9:00:29	7:12:23	6:33:04	6:00:19	5:32:36	5:08:51	4:48:15	4:38:57	4:30:14	4:22:03
Marathon	11:47:55	9:26:20	8:34:51	7:51:56	7:15:38	6:44:31	6:17:33	6:05:22	5:53:57	5:43:14

AGE 82

MALE

AGE 82

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:03:33	50:50	46:13	42:22	39:06	36:19	33:53	32:48	31:46	30:49
5 miles	1:46:56	1:25:33	1:17:46	1:11:17	1:05:48	1:01:06	57:02	55:11	53:28	51:51
6 miles	2:09:01	1:43:13	1:33:50	1:26:01	1:19:24	1:13:43	1:08:48	1:06:35	1:04:30	1:02:33
10 km	2:10:57	1:44:46	1:35:14	1:27:18	1:20:35	1:14:50	1:09:51	1:07:35	1:05:29	1:03:30
7 miles	2:27:26	1:57:57	1:47:13	1:38:17	1:30:43	1:24:15	1:18:38	1:16:06	1:13:43	1:11:29
8 miles	2:49:50	2:15:52	2:03:31	1:53:13	1:44:31	1:37:03	1:30:35	1:27:39	1:24:55	1:22:21
9 miles	3:12:53	2:34:18	2:20:16	2:08:35	1:58:42	1:50:13	1:42:52	1:39:33	1:36:26	1:33:31
15 km	3:20:27	2:40:22	2:25:47	2:13:38	2:03:21	1:54:33	1:46:54	1:43:27	1:40:13	1:37:11
10 miles	3:36:39	2:53:19	2:37:34	2:24:26	2:13:19	2:03:48	1:55:33	1:51:49	1:48:20	1:45:03
Half mar.	4:53:26	3:54:44	3:33:24	3:15:37	3:00:34	2:47:40	2:36:30	2:31:27	2:26:43	2:22:16
20 miles	7:57:54	6:22:19	5:47:34	5:18:36	4:54:06	4:33:05	4:14:53	4:06:40	3:58:57	3:51:43
Marathon	10:25:57	8:20:45	7:35:14	6:57:18	6:25:12	5:57:41	5:33:50	5:23:04	5:12:58	5:03:29

FEMALE

AGE 82

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:14:00	59:12	53:49	49:20	45:32	42:17	39:28	38:12	37:00	35:53
5 miles	2:04:32	1:39:37	1:30:34	1:23:01	1:16:38	1:11:10	1:06:25	1:04:16	1:02:16	1:00:23
6 miles	2:30:15	2:00:12	1:49:16	1:40:10	1:32:28	1:25:51	1:20:08	1:17:33	1:15:07	1:12:51
10 km	2:32:30	2:02:00	1:50:55	1:41:40	1:33:51	1:27:09	1:21:20	1:18:43	1:16:15	1:13:57
7 miles	2:51:41	2:17:21	2:04:52	1:54:28	1:45:39	1:38:06	1:31:34	1:28:37	1:25:51	1:23:15
8 miles	3:17:47	2:38:14	2:23:51	2:11:51	2:01:43	1:53:01	1:45:29	1:42:05	1:38:53	1:35:54
9 miles	3:44:37	2:59:42	2:43:21	2:29:45	2:18:14	2:08:21	1:59:48	1:55:56	1:52:18	1:48:54
15 km	3:53:26	3:06:45	2:49:46	2:35:37	2:23:39	2:13:23	2:04:30	2:00:29	1:56:43	1:53:11
10 miles	4:12:18	3:21:51	3:03:30	2:48:12	2:35:16	2:24:10	2:14:34	2:10:13	2:06:09	2:02:20
Half mar.	5:41:43	4:33:22	4:08:31	3:47:48	3:30:17	3:15:16	3:02:15	2:56:22	2:50:51	2:45:41
20 miles	9:16:33	7:25:14	6:44:45	6:11:02	5:42:29	5:18:01	4:56:49	4:47:15	4:38:16	4:29:50
Marathon	12:08:57	9:43:10	8:50:09	8:05:58	7:28:35	6:56:33	6:28:46	6:16:14	6:04:29	5:53:26

AGE 83

MALE

AGE 83

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:05:35	52:28	47:41	43:43	40:21	37:28	34:58	33:51	32:47	31:48
5 miles	1:50:21	1:28:17	1:20:15	1:13:34	1:07:54	1:03:03	58:51	56:57	55:10	53:30
6 miles	2:13:08	1:46:31	1:36:50	1:28:46	1:21:56	1:16:05	1:11:00	1:08:43	1:06:34	1:04:33
10 km	2:15:08	1:48:07	1:38:17	1:30:06	1:23:10	1:17:13	1:12:04	1:09:45	1:07:34	1:05:31
7 miles	2:32:05	2:01:40	1:50:37	1:41:24	1:33:36	1:26:54	1:21:07	1:18:30	1:16:03	1:13:44
8 miles	2:55:12	2:20:09	2:07:25	1:56:48	1:47:49	1:40:07	1:33:26	1:30:25	1:27:36	1:24:56
9 miles	3:18:58	2:39:10	2:24:42	2:12:38	2:02:26	1:53:41	1:46:07	1:42:41	1:39:29	1:36:28
15 km	3:26:46	2:45:25	2:30:23	2:17:51	2:07:15	1:58:09	1:50:17	1:46:43	1:43:23	1:40:15
10 miles	3:43:27	2:58:45	2:42:30	2:28:58	2:17:30	2:07:41	1:59:10	1:55:20	1:51:43	1:48:20
Half mar.	5:02:39	4:02:07	3:40:06	3:21:46	3:06:15	2:52:56	2:41:25	2:36:12	2:31:19	2:26:44
20 miles	8:12:55	6:34:20	5:58:29	5:28:37	5:03:20	4:41:40	4:22:53	4:14:24	4:06:27	3:58:59
Marathon	10:45:37	8:36:29	7:49:32	7:10:24	6:37:18	6:08:55	5:44:20	5:33:13	5:22:48	5:13:01

FEMALE

AGE 83

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:16:24	1:01:07	55:34	50:56	47:01	43:39	40:45	39:26	38:12	37:03
5 miles	2:08:34	1:42:51	1:33:30	1:25:43	1:19:07	1:13:28	1:08:34	1:06:21	1:04:17	1:02:20
6 miles	2:35:07	2:04:06	1:52:49	1:43:25	1:35:27	1:28:38	1:22:44	1:20:04	1:17:33	1:15:12
10 km	2:37:27	2:05:58	1:54:31	1:44:58	1:36:54	1:29:58	1:23:58	1:21:16	1:18:43	1:16:20
7 miles	2:57:12	2:21:45	2:08:52	1:58:08	1:49:03	1:41:15	1:34:30	1:31:27	1:28:36	1:25:55
8 miles	3:24:07	2:43:17	2:28:27	2:16:05	2:05:36	1:56:38	1:48:52	1:45:21	1:42:03	1:38:58
9 miles	3:51:48	3:05:27	2:48:35	2:34:32	2:22:39	2:12:28	2:03:38	1:59:38	1:55:54	1:52:23
15 km	4:00:54	3:12:43	2:55:12	2:40:36	2:28:15	2:17:40	2:08:29	2:04:20	2:00:27	1:56:48
10 miles	4:20:20	3:28:16	3:09:20	2:53:33	2:40:12	2:28:46	2:18:50	2:14:22	2:10:10	2:06:13
Half mar.	5:52:36	4:42:05	4:16:26	3:55:04	3:36:59	3:21:29	3:08:03	3:01:59	2:56:18	2:50:58
20 miles	9:34:17	7:39:26	6:57:40	6:22:51	5:53:24	5:28:10	5:06:17	4:56:24	4:47:08	4:38:26
Marathon	12:32:11	10:01:45	9:07:03	8:21:27	7:42:53	7:09:49	6:41:10	6:28:14	6:16:06	6:04:42

AGE 84

MALE

AGE 84

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:07:49	54:15	49:19	45:13	41:44	38:45	36:10	35:00	33:54	32:53
5 miles	1:54:07	1:31:18	1:23:00	1:16:05	1:10:14	1:05:13	1:00:52	58:54	57:04	55:20
6 miles	2:17:41	1:50:09	1:40:08	1:31:47	1:24:44	1:18:41	1:13:26	1:11:04	1:08:51	1:06:45
10 km	2:19:45	1:51:48	1:41:38	1:33:10	1:26:00	1:19:52	1:14:32	1:12:08	1:09:53	1:07:46
7 miles	2:37:13	2:05:47	1:54:21	1:44:49	1:36:45	1:29:51	1:23:51	1:21:09	1:18:37	1:16:14
8 miles	3:01:06	2:24:53	2:11:42	2:00:44	1:51:27	1:43:29	1:36:35	1:33:28	1:30:33	1:27:48
9 miles	3:25:40	2:44:32	2:29:34	2:17:07	2:06:34	1:57:31	1:49:41	1:46:09	1:42:50	1:39:43
15 km	3:33:44	2:50:59	2:35:27	2:22:30	2:11:32	2:02:08	1:54:00	1:50:19	1:46:52	1:43:38
10 miles	3:50:58	3:04:46	2:47:58	2:33:59	2:22:08	2:11:59	2:03:11	1:59:12	1:55:29	1:51:59
Half mar.	5:12:44	4:10:12	3:47:27	3:28:30	3:12:27	2:58:43	2:46:48	2:41:25	2:36:22	2:31:38
20 miles	8:29:22	6:47:29	6:10:27	5:39:34	5:13:27	4:51:04	4:31:40	4:22:54	4:14:41	4:06:58
Marathon	11:07:09	8:53:43	8:05:12	7:24:46	6:50:33	6:21:14	5:55:49	5:44:20	5:33:35	5:23:28

FEMALE

AGE 84

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:19:03	1:03:14	57:29	52:42	48:39	45:10	42:09	40:48	39:31	38:20
5 miles	2:13:01	1:46:25	1:36:44	1:28:41	1:21:51	1:16:01	1:10:57	1:08:39	1:06:31	1:04:30
6 miles	2:40:29	2:08:23	1:56:43	1:46:59	1:38:46	1:31:42	1:25:36	1:22:50	1:20:15	1:17:49
10 km	2:42:54	2:10:19	1:58:28	1:48:36	1:40:15	1:33:05	1:26:53	1:24:05	1:21:27	1:18:59
7 miles	3:03:16	2:26:37	2:13:17	2:02:10	1:52:47	1:44:43	1:37:44	1:34:35	1:31:38	1:28:51
8 miles	3:31:05	2:48:52	2:33:31	2:20:43	2:09:54	2:00:37	1:52:35	1:48:57	1:45:33	1:42:21
9 miles	3:59:43	3:11:47	2:54:21	2:39:49	2:27:31	2:16:59	2:07:51	2:03:44	1:59:52	1:56:14
15 km	4:09:08	3:19:18	3:01:11	2:46:05	2:33:19	2:22:22	2:12:52	2:08:35	2:04:34	2:00:48
10 miles	4:29:13	3:35:22	3:15:47	2:59:28	2:45:40	2:33:50	2:23:35	2:18:57	2:14:36	2:10:32
Half mar.	6:04:32	4:51:38	4:25:07	4:03:01	3:44:20	3:28:18	3:14:25	3:08:09	3:02:16	2:56:45
20 miles	9:53:43	7:54:58	7:11:47	6:35:48	6:05:22	5:39:16	5:16:39	5:06:26	4:56:51	4:47:52
Marathon	12:57:38	10:22:07	9:25:33	8:38:25	7:58:33	7:24:22	6:54:44	6:41:22	6:28:49	6:17:02

AGE 85

MALE

AGE 85

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:10:18	56:14	51:07	46:52	43:15	40:10	37:29	36:17	35:09	34:05
5 miles	1:58:17	1:34:38	1:26:02	1:18:52	1:12:48	1:07:36	1:03:05	1:01:03	59:09	57:21
6 miles	2:22:43	1:54:10	1:43:48	1:35:09	1:27:50	1:21:33	1:16:07	1:13:40	1:11:22	1:09:12
10 km	2:24:52	1:55:54	1:45:21	1:36:35	1:29:09	1:22:47	1:17:16	1:14:46	1:12:26	1:10:14
7 miles	2:42:52	2:10:18	1:58:27	1:48:35	1:40:14	1:33:04	1:26:52	1:24:04	1:21:26	1:18:58
8 miles	3:07:35	2:30:04	2:16:25	2:05:03	1:55:26	1:47:11	1:40:03	1:36:49	1:33:48	1:30:57
9 miles	3:33:02	2:50:26	2:34:56	2:22:01	2:11:06	2:01:44	1:53:37	1:49:57	1:46:31	1:43:17
15 km	3:41:24	2:57:07	2:41:01	2:27:36	2:16:15	2:06:31	1:58:05	1:54:16	1:50:42	1:47:21
10 miles	3:59:14	3:11:23	2:53:59	2:39:29	2:27:13	2:16:42	2:07:35	2:03:28	1:59:37	1:55:59
Half mar.	5:23:54	4:19:07	3:55:34	3:35:56	3:19:19	3:05:05	2:52:45	2:47:10	2:41:57	2:37:02
20 miles	8:47:32	7:02:01	6:23:39	5:51:41	5:24:38	5:01:27	4:41:21	4:32:16	4:23:46	4:15:46
Marathon	11:30:57	9:12:45	8:22:30	7:40:38	7:05:12	6:34:50	6:08:30	5:56:37	5:45:28	5:35:00

FEMALE

AGE 85

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:21:58	1:05:35	59:37	54:39	50:27	46:50	43:43	42:19	40:59	39:45
5 miles	2:17:57	1:50:21	1:40:19	1:31:58	1:24:53	1:18:49	1:13:34	1:11:12	1:08:58	1:06:53
6 miles	2:46:26	2:13:09	2:01:02	1:50:57	1:42:25	1:35:06	1:28:46	1:25:54	1:23:13	1:20:42
10 km	2:48:56	2:15:09	2:02:52	1:52:37	1:43:57	1:36:32	1:30:06	1:27:11	1:24:28	1:21:54
7 miles	3:09:56	2:31:57	2:18:08	2:06:37	1:56:53	1:48:32	1:41:18	1:38:02	1:34:58	1:32:05
8 miles	3:38:45	2:55:00	2:39:05	2:25:50	2:14:37	2:05:00	1:56:40	1:52:54	1:49:22	1:46:04
9 miles	4:08:26	3:18:44	3:00:40	2:45:37	2:32:53	2:21:57	2:12:30	2:08:13	2:04:13	2:00:27
15 km	4:18:11	3:26:33	3:07:46	2:52:07	2:38:53	2:27:32	2:17:42	2:13:15	2:09:05	2:05:11
10 miles	4:38:59	3:43:11	3:22:53	3:05:59	2:51:41	2:39:25	2:28:47	2:23:59	2:19:29	2:15:16
Half mar.	6:17:42	5:02:10	4:34:42	4:11:48	3:52:26	3:35:50	3:21:27	3:14:57	3:08:51	3:03:08
20 miles	10:15:10	8:12:08	7:27:24	6:50:07	6:18:34	5:51:31	5:28:05	5:17:30	5:07:35	4:58:16
Marathon	13:25:44	10:44:35	9:45:59	8:57:10	8:15:50	7:40:25	7:09:44	6:55:52	6:42:52	6:30:40

AGE 86

MALE

AGE 86

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:13:02	58:26	53:07	48:41	44:57	41:44	38:57	37:42	36:31	35:25
5 miles	2:02:54	1:38:19	1:29:23	1:21:56	1:15:38	1:10:14	1:05:33	1:03:26	1:01:27	59:35
6 miles	2:28:17	1:58:37	1:47:50	1:38:51	1:31:15	1:24:44	1:19:05	1:16:32	1:14:08	1:11:54
10 km	2:30:30	2:00:24	1:49:28	1:40:20	1:32:37	1:26:00	1:20:16	1:17:41	1:15:15	1:12:58
7 miles	2:49:08	2:15:18	2:03:00	1:52:45	1:44:05	1:36:39	1:30:12	1:27:18	1:24:34	1:22:00
8 miles	3:14:47	2:35:49	2:21:39	2:09:51	1:59:52	1:51:18	1:43:53	1:40:32	1:37:23	1:34:26
9 miles	3:41:12	2:56:58	2:40:53	2:27:28	2:16:08	2:06:24	1:57:59	1:54:10	1:50:36	1:47:15
15 km	3:49:53	3:03:55	2:47:12	2:33:16	2:21:28	2:11:22	2:02:36	1:58:39	1:54:57	1:51:28
10 miles	4:08:24	3:18:43	3:00:39	2:45:36	2:32:52	2:21:56	2:12:29	2:08:12	2:04:12	2:00:26
Half mar.	5:36:16	4:29:00	4:04:33	3:44:10	3:26:56	3:12:09	2:59:20	2:53:33	2:48:08	2:43:02
20 miles	9:07:40	7:18:08	6:38:18	6:05:07	5:37:01	5:12:57	4:52:05	4:42:40	4:33:50	4:25:32
Marathon	11:57:19	9:33:51	8:41:41	7:58:13	7:21:26	6:49:54	6:22:34	6:10:14	5:58:40	5:47:48

FEMALE

AGE 86

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:25:12	1:08:10	1:01:58	56:48	52:26	48:41	45:27	43:59	42:36	41:19
5 miles	2:23:23	1:54:42	1:44:17	1:35:35	1:28:14	1:21:56	1:16:28	1:14:00	1:11:41	1:09:31
6 miles	2:52:59	2:18:24	2:05:49	1:55:20	1:46:27	1:38:51	1:32:16	1:29:17	1:26:30	1:23:52
10 km	2:55:36	2:20:28	2:07:42	1:57:04	1:48:03	1:40:20	1:33:39	1:30:38	1:27:48	1:25:08
7 miles	3:17:19	2:37:52	2:23:30	2:11:33	2:01:26	1:52:45	1:45:14	1:41:51	1:38:40	1:35:40
8 miles	3:47:14	3:01:48	2:45:16	2:31:30	2:19:50	2:09:51	2:01:12	1:57:17	1:53:37	1:50:11
9 miles	4:18:04	3:26:27	3:07:41	2:52:03	2:38:49	2:27:28	2:17:38	2:13:12	2:09:02	2:05:08
15 km	4:28:12	3:34:34	3:15:03	2:58:48	2:45:03	2:33:16	2:23:03	2:18:26	2:14:06	2:10:02
10 miles	4:49:48	3:51:50	3:30:46	3:13:12	2:58:20	2:45:36	2:34:33	2:29:34	2:24:54	2:20:30
Half mar.	6:32:18	5:13:51	4:45:19	4:21:32	4:01:25	3:44:10	3:29:14	3:22:29	3:16:09	3:10:12
20 miles	10:38:56	8:31:09	7:44:41	7:05:58	6:33:12	6:05:07	5:40:46	5:29:47	5:19:28	5:09:47
Marathon	13:56:53	11:09:30	10:08:38	9:17:55	8:35:00	7:58:13	7:26:20	7:11:56	6:58:26	6:45:45

AGE 87

MALE

AGE 87

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:16:04	1:00:51	55:19	50:43	46:49	43:28	40:34	39:16	38:02	36:53
5 miles	2:08:00	1:42:24	1:33:06	1:25:20	1:18:46	1:13:09	1:08:16	1:06:04	1:04:00	1:02:04
6 miles	2:34:27	2:03:33	1:52:19	1:42:58	1:35:02	1:28:15	1:22:22	1:19:43	1:17:13	1:14:53
10 km	2:36:46	2:05:25	1:54:01	1:44:31	1:36:28	1:29:35	1:23:36	1:20:55	1:18:23	1:16:00
7 miles	2:56:06	2:20:53	2:08:05	1:57:24	1:48:22	1:40:38	1:33:55	1:30:54	1:28:03	1:25:23
8 miles	3:22:47	2:42:14	2:27:29	2:15:11	2:04:48	1:55:53	1:48:09	1:44:40	1:41:24	1:38:19
9 miles	3:50:18	3:04:14	2:47:29	2:33:32	2:21:43	2:11:36	2:02:50	1:58:52	1:55:09	1:51:40
15 km	3:59:20	3:11:28	2:54:04	2:39:34	2:27:17	2:16:46	2:07:39	2:03:32	1:59:40	1:56:03
10 miles	4:18:39	3:26:55	3:08:07	2:52:26	2:39:10	2:27:48	2:17:57	2:13:30	2:09:19	2:05:24
Half mar.	5:50:05	4:40:04	4:14:36	3:53:23	3:35:26	3:20:03	3:06:43	3:00:41	2:55:03	2:49:44
20 miles	9:30:11	7:36:09	6:54:41	6:20:07	5:50:53	5:25:49	5:04:06	4:54:17	4:45:05	4:36:27
Marathon	12:26:49	9:57:27	9:03:08	8:17:53	7:39:35	7:06:45	6:38:18	6:25:27	6:13:25	6:02:06

FEMALE

AGE 87

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:28:47	1:11:02	1:04:34	59:12	54:38	50:44	47:21	45:50	44:24	43:03
5 miles	2:29:25	1:59:32	1:48:40	1:39:36	1:31:57	1:25:23	1:19:41	1:17:07	1:14:42	1:12:27
6 miles	3:00:16	2:24:13	2:11:06	2:00:11	1:50:56	1:43:01	1:36:08	1:33:02	1:30:08	1:27:24
10 km	3:02:59	2:26:23	2:13:04	2:01:59	1:52:36	1:44:34	1:37:35	1:34:26	1:31:29	1:28:43
7 miles	3:25:33	2:44:26	2:29:30	2:17:02	2:06:30	1:57:27	1:49:38	1:46:05	1:42:47	1:39:40
8 miles	3:56:42	3:09:21	2:52:08	2:37:48	2:25:39	2:15:15	2:06:14	2:02:10	1:58:21	1:54:46
9 miles	4:28:48	3:35:03	3:15:30	2:59:12	2:45:25	2:33:36	2:23:22	2:18:44	2:14:24	2:10:20
15 km	4:39:22	3:43:29	3:23:10	3:06:14	2:51:55	2:39:38	2:29:00	2:24:11	2:19:41	2:15:27
10 miles	5:01:54	4:01:31	3:39:34	3:21:16	3:05:47	2:52:31	2:41:01	2:35:49	2:30:57	2:26:22
Half mar.	6:48:37	5:26:54	4:57:11	4:32:25	4:11:28	3:53:30	3:37:56	3:30:54	3:24:19	3:18:07
20 miles	11:05:31	8:52:25	8:04:01	7:23:41	6:49:33	6:20:18	5:54:57	5:43:30	5:32:46	5:22:41
Marathon	14:31:41	11:37:21	10:33:57	9:41:07	8:56:25	8:18:06	7:44:54	7:29:54	7:15:51	7:02:38

AGE 88

MALE

AGE 88

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:19:28	1:03:34	57:48	52:59	48:54	45:25	42:23	41:01	39:44	38:32
5 miles	2:13:44	1:46:59	1:37:15	1:29:09	1:22:18	1:16:25	1:11:19	1:09:01	1:06:52	1:04:50
6 miles	2:41:21	2:09:05	1:57:21	1:47:34	1:39:17	1:32:12	1:26:03	1:23:16	1:20:40	1:18:14
10 km	2:43:46	2:11:01	1:59:06	1:49:11	1:40:47	1:33:35	1:27:21	1:24:32	1:21:53	1:19:24
7 miles	3:03:52	2:27:06	2:13:43	2:02:35	1:53:09	1:45:04	1:38:04	1:34:54	1:31:56	1:29:09
8 miles	3:31:44	2:49:24	2:34:00	2:21:10	2:10:18	2:01:00	1:52:56	1:49:17	1:45:52	1:42:40
9 miles	4:00:28	3:12:22	2:54:53	2:40:19	2:27:59	2:17:25	2:08:15	2:04:07	2:00:14	1:56:35
15 km	4:09:55	3:19:56	3:01:45	2:46:36	2:33:47	2:22:48	2:13:17	2:08:59	2:04:57	2:01:10
10 miles	4:30:04	3:36:03	3:16:24	3:00:02	2:46:11	2:34:19	2:24:02	2:19:23	2:15:02	2:10:56
Half mar.	6:05:28	4:52:22	4:25:48	4:03:39	3:44:54	3:28:50	3:14:55	3:08:38	3:02:44	2:57:12
20 miles	9:55:14	7:56:11	7:12:54	6:36:49	6:06:18	5:40:08	5:17:27	5:07:13	4:57:37	4:48:36
Marathon	12:59:38	10:23:42	9:27:00	8:39:45	7:59:46	7:25:30	6:55:48	6:42:23	6:29:49	6:18:00

FEMALE

AGE 88

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:32:48	1:14:14	1:07:29	1:01:52	57:06	53:02	49:30	47:54	46:24	45:00
5 miles	2:36:10	2:04:56	1:53:34	1:44:06	1:36:06	1:29:14	1:23:17	1:20:36	1:18:05	1:15:43
6 miles	3:08:25	2:30:44	2:17:01	2:05:36	1:55:57	1:47:40	1:40:29	1:37:15	1:34:12	1:31:21
10 km	3:11:15	2:33:00	2:19:05	2:07:30	1:57:41	1:49:17	1:42:00	1:38:42	1:35:37	1:32:43
7 miles	3:34:42	2:51:46	2:36:09	2:23:08	2:12:08	2:02:41	1:54:31	1:50:49	1:47:21	1:44:06
8 miles	4:07:16	3:17:48	2:59:49	2:44:50	2:32:10	2:21:17	2:11:52	2:07:37	2:03:38	1:59:53
9 miles	4:40:48	3:44:39	3:24:13	3:07:12	2:52:48	2:40:28	2:29:46	2:24:56	2:20:24	2:16:09
15 km	4:51:50	3:53:28	3:32:14	3:14:33	2:59:35	2:46:46	2:35:39	2:30:37	2:25:55	2:21:30
10 miles	5:15:22	4:12:17	3:49:21	3:30:14	3:14:04	3:00:12	2:48:12	2:42:46	2:37:41	2:32:54
Half mar.	7:06:46	5:41:25	5:10:23	4:44:31	4:22:38	4:03:52	3:47:37	3:40:16	3:33:23	3:26:55
20 miles	11:35:05	9:16:04	8:25:31	7:43:23	7:07:44	6:37:11	6:10:43	5:58:45	5:47:32	5:37:00
Marathon	15:10:24	12:08:19	11:02:07	10:06:56	9:20:15	8:40:14	8:05:33	7:49:53	7:35:12	7:21:24

AGE 89

MALE

AGE 89

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:23:17	1:06:37	1:00:34	55:31	51:15	47:35	44:25	42:59	41:38	40:23
5 miles	2:20:08	1:52:07	1:41:55	1:33:25	1:26:14	1:20:05	1:14:44	1:12:20	1:10:04	1:07:57
6 miles	2:49:05	2:15:16	2:02:58	1:52:43	1:44:03	1:36:37	1:30:10	1:27:16	1:24:32	1:21:59
10 km	2:51:37	2:17:18	2:04:49	1:54:25	1:45:37	1:38:04	1:31:32	1:28:35	1:25:49	1:23:13
7 miles	3:12:35	2:34:04	2:20:04	2:08:23	1:58:31	1:50:03	1:42:43	1:39:24	1:36:18	1:33:22
8 miles	3:41:48	2:57:27	2:41:19	2:27:52	2:16:30	2:06:45	1:58:18	1:54:29	1:50:54	1:47:32
9 miles	4:11:54	3:21:31	3:03:12	2:47:56	2:35:01	2:23:56	2:14:21	2:10:01	2:05:57	2:02:08
15 km	4:21:47	3:29:26	3:10:23	2:54:31	2:41:06	2:29:36	2:19:37	2:15:07	2:10:54	2:06:56
10 miles	4:42:49	3:46:15	3:25:41	3:08:33	2:54:03	2:41:37	2:30:50	2:25:58	2:21:25	2:17:07
Half mar.	6:22:45	5:06:12	4:38:22	4:15:10	3:55:32	3:38:43	3:24:08	3:17:33	3:11:22	3:05:34
20 miles	10:23:22	8:18:42	7:33:22	6:55:35	6:23:37	5:56:13	5:32:28	5:21:44	5:11:41	5:02:15
Marathon	13:36:29	10:53:11	9:53:48	9:04:19	8:22:27	7:46:34	7:15:28	7:01:25	6:48:15	6:35:52

FEMALE

AGE 89

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:37:17	1:17:50	1:10:45	1:04:52	59:52	55:36	51:53	50:13	48:39	47:10
5 miles	2:43:43	2:10:59	1:59:04	1:49:09	1:40:45	1:33:33	1:27:19	1:24:30	1:21:52	1:19:23
6 miles	3:17:32	2:38:01	2:23:39	2:11:41	2:01:33	1:52:52	1:45:21	1:41:57	1:38:46	1:35:46
10 km	3:20:30	2:40:24	2:25:49	2:13:40	2:03:23	1:54:34	1:46:56	1:43:29	1:40:15	1:37:13
7 miles	3:45:00	3:00:00	2:43:38	2:30:00	2:18:27	2:08:34	2:00:00	1:56:08	1:52:30	1:49:05
8 miles	4:19:08	3:27:18	3:08:28	2:52:45	2:39:28	2:28:04	2:18:12	2:13:45	2:09:34	2:05:38
9 miles	4:54:17	3:55:26	3:34:02	3:16:11	3:01:06	2:48:10	2:36:57	2:31:53	2:27:09	2:22:41
15 km	5:05:50	4:04:40	3:42:26	3:23:54	3:08:13	2:54:46	2:43:07	2:37:51	2:32:55	2:28:17
10 miles	5:30:25	4:24:20	4:00:18	3:40:17	3:23:20	3:08:48	2:56:13	2:50:32	2:45:12	2:40:12
Half mar.	7:27:09	5:57:43	5:25:12	4:58:06	4:35:10	4:15:31	3:58:29	3:50:47	3:43:35	3:36:48
20 miles	12:08:17	9:42:37	8:49:39	8:05:31	7:28:10	6:56:10	6:28:25	6:15:53	6:04:08	5:53:06
Marathon	15:53:53	12:43:07	11:33:44	10:35:56	9:47:00	9:05:05	8:28:44	8:12:20	7:56:57	7:42:29

AGE 90

MALE

AGE 90

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:27:34	1:10:03	1:03:41	58:23	53:53	50:02	46:42	45:12	43:47	42:27
5 miles	2:27:21	1:57:53	1:47:10	1:38:14	1:30:41	1:24:12	1:18:35	1:16:03	1:13:41	1:11:27
6 miles	2:57:47	2:22:14	2:09:18	1:58:31	1:49:24	1:41:36	1:34:49	1:31:46	1:28:54	1:26:12
10 km	3:00:28	2:24:22	2:11:15	2:00:18	1:51:03	1:43:07	1:36:15	1:33:08	1:30:14	1:27:30
7 miles	3:22:26	2:41:57	2:27:14	2:14:58	2:04:35	1:55:41	1:47:58	1:44:29	1:41:13	1:38:09
8 miles	3:53:08	3:06:30	2:49:33	2:35:25	2:23:28	2:13:13	2:04:20	2:00:19	1:56:34	1:53:02
9 miles	4:24:45	3:31:48	3:12:33	2:56:30	2:42:56	2:31:17	2:21:12	2:16:39	2:12:23	2:08:22
15 km	4:35:09	3:40:07	3:20:07	3:03:26	2:49:19	2:37:14	2:26:45	2:22:01	2:17:35	2:13:24
10 miles	4:57:18	3:57:51	3:36:13	3:18:12	3:02:57	2:49:53	2:38:34	2:33:27	2:28:39	2:24:09
Half mar.	6:42:21	5:21:53	4:52:37	4:28:14	4:07:36	3:49:55	3:34:35	3:27:40	3:21:11	3:15:05
20 miles	10:55:19	8:44:15	7:56:36	7:16:53	6:43:16	6:14:28	5:49:30	5:38:14	5:27:39	5:17:44
Marathon	14:18:19	11:26:39	10:24:14	9:32:13	8:48:12	8:10:28	7:37:46	7:23:00	7:09:10	6:56:09

FEMALE

AGE 90

Distance	Merit	Merit+	Bronze	Bronze+	Silver	Silver+	Gold	Gold+	Diam	Diam+
5 km	1:42:21	1:21:53	1:14:26	1:08:14	1:02:59	58:29	54:35	52:50	51:11	49:37
5 miles	2:52:14	2:17:47	2:05:16	1:54:49	1:45:59	1:38:25	1:31:51	1:28:54	1:26:07	1:23:30
6 miles	3:27:48	2:46:14	2:31:08	2:18:32	2:07:53	1:58:45	1:50:50	1:47:15	1:43:54	1:40:45
10 km	3:30:56	2:48:45	2:33:24	2:20:37	2:09:48	2:00:32	1:52:30	1:48:52	1:45:28	1:42:16
7 miles	3:56:37	3:09:18	2:52:05	2:37:45	2:25:37	2:15:13	2:06:12	2:02:08	1:58:19	1:54:43
8 miles	4:32:29	3:37:59	3:18:10	3:01:39	2:47:41	2:35:42	2:25:20	2:20:38	2:16:15	2:12:07
9 miles	5:09:27	4:07:34	3:45:03	3:26:18	3:10:26	2:56:50	2:45:03	2:39:43	2:34:44	2:30:02
15 km	5:21:36	4:17:17	3:53:54	3:34:24	3:17:55	3:03:46	2:51:31	2:45:59	2:40:48	2:35:56
10 miles	5:47:30	4:38:00	4:12:44	3:51:40	3:33:51	3:18:34	3:05:20	2:59:21	2:53:45	2:48:29
Half mar.	7:50:17	6:16:14	5:42:02	5:13:31	4:49:24	4:28:44	4:10:49	4:02:44	3:55:09	3:48:01
20 miles	12:45:57	10:12:46	9:17:03	8:30:38	7:51:21	7:17:41	6:48:30	6:35:20	6:22:59	6:11:22
Marathon	16:43:14	13:22:35	12:09:37	11:08:49	10:17:22	9:33:17	8:55:03	8:37:48	8:21:37	8:06:25

Revisions

Version 1 - 21st January 2020 - First published

Version 2 - 24th January 2020 - Added clickable index of ages to front page

Version 3 - 3rd Feb 2020 - Revised times for female over 50 and female under 22