

Distance	5 Km	5 miles	10km	10 miles	1/2Mara	15 miles	20 miles	Marathon
Under 40								
Diamond	16.13	26.20	33.00	54.00	1.12.00	1.23.00	1.54.00	2.35.00
Gold	17.54	28.45	36.00	1.00.00	1.20.00	1.34.00	2.13.00	3.00.00
Silver	19.57	30.30	38.00	1.03.00	1.23.00	1.38.00	2.21.00	3.10.00
Bronze	22.34	33.00	41.00	1.08.00	1.30.00	1.45.00	2.40.00	3.30.00
Bronze Intermed	25.56	35.00	43.30	1.12.00	1.36.00	1.54.00	2.48.00	3.45.00
40-44								
Diamond	16.17	27.10	34.00	56.00	1.15.00	1.26.30	1.58.30	2.40.00
Gold	17.58	30.00	37.30	1.02.00	1.24.00	1.38.00	2.18.00	3.05.00
Silver	20.02	32.00	40.00	1.06.00	1.28.00	1.44.00	2.28.00	3.28.00
Bronze	22.39	35.00	43.30	1.12.00	1.36.00	1.54.00	2.48.00	3.45.00
Bronze Intermed	26.05	37.15	46.30	1.16.00	1.42.00	2.03.00	2.58.00	4.00.00
45-49								
Diamond	16.50	28.00	35.15	58.00	1.18.00	1.30.00	2.02.30	2.45.00
Gold	18.35	31.30	39.30	1.05.00	1.28.00	1.43.00	2.23.00	3.12.00
Silver	20.44	33.30	42.00	1.09.00	1.33.00	1.51.00	2.36.00	3.30.00
Bronze	23.36	37.15	46.30	1.16.00	1.42.00	2.03.00	2.58.00	4.00.00
Bronze Intermed	26.56	39.30	49.30	1.20.00	1.48.00	2.13.00	3.09.00	4.15.00
50-54								
Diamond	17.28	28.50	36.15	59.40	1.20.00	1.32.30	2.06.00	2.50.00
Gold	19.16	33.15	41.30	1.08.00	1.32.00	1.48.00	2.28.00	3.20.00
Silver	21.30	35.15	44.00	1.12.00	1.38.00	1.58.00	2.45.00	3.40.00
Bronze	24.18	39.30	49.30	1.20.00	1.48.00	2.13.00	3.09.00	4.15.00
Bronze Intermed	27.56	42.30	53.00	1.25.00	1.55.00	2.25.00	3.22.00	4.33.00
55-59								
Diamond	18.09	30.30	38.30	1.03.00	1.25.00	1.38.00	2.14.00	3.00.00
Gold	20.02	34.45	43.30	1.11.00	1.36.00	1.53.00	2.35.00	3.30.00
Silver	22.20	37.30	47.00	1.16.00	1.43.00	2.06.00	2.55.00	3.50.00
Bronze	25.15	42.30	53.00	1.25.00	1.55.00	2.25.00	3.22.00	4.33.00

Bronze Intermed	29.02	45.15	56.30	1.30.00	2.02.00	2.39.00	3.40.00	4.55.00
60-64								
Diamond	18.55	33.00	41.15	1.07.30	1.30.00	1.43.45	2.22.30	3.15.00
Gold	20.53	36.45	46.00	1.15.00	1.41.00	1.58.00	2.42.00	3.40.00
Silver	23.17	40.00	50.00	1.20.00	1.48.00	2.15.00	3.06.00	4.05.00
Bronze	26.20	45.15	56.30	1.30.00	2.02.00	2.39.00	3.40.00	4.55.00
Bronze Inter	30.16	48.00	1.00.00	1.36.00	2.13.00	2.58.00	4.00.00	5.17.00
65-69								
Diamond	19.48	35.30	44.30	1.13.00	1.37.00	1.52.00	2.34.00	3.30.00
Gold	21.51	39.15	49.00	1.20.00	1.50.00	2.05.00	2.52.00	3.55.00
Silver	24.22	42.30	53.00	1.26.00	1.59.00	2.27.00	3.20.00	4.23.00
Bronze	27.33	48.00	1.00.00	1.36.00	2.13.00	2.58.00	4.00.00	5.17.00
Bronze Intermediate	31.40	50.30	1.03.00	1.45.00	2.25.00	3.23.00	4.24.00	5.42.00
70+								
Diamond	20.48	38.10	47.50	1.18.00	1.44.00	2.00.00	2.45.00	3.45.00
Gold	22.57	41.30	52.00	1.26.00	2.00.00	2.15.00	3.04.00	4.15.00
Silver	25.36	45.15	56.30	1.34.00	2.10.00	2.43.00	3.34.00	4.45.00
Bronze	28.56	50.30	1.03.00	1.45.00	2.25.00	3.23.00	4.24.00	5.42.00
Bronze inter	32.31	53.26	1.06.58	1.49.52	2.29.02	3.50.00	4.54.00	5.36.25