

| Distance | 5 Km | 5 miles | 10km | 10 miles | 1/2Mara | 15 miles | 20 miles | Marathon |
|-----------------|-------|---------|---------|----------|---------|----------|----------|----------|
| Under 35 | | | | | | | | |
| Diamond | 17.59 | 31.30 | 39.30 | 1.05.00 | 1.27.00 | 1.41.00 | 2.17.00 | 3.04.00 |
| Gold | 19.51 | 36.00 | 45.00 | 1.14.00 | 1.39.00 | 1.55.00 | 2.36.00 | 3.30.00 |
| Silver | 22.08 | 38.30 | 48.00 | 1.19.00 | 1.46.00 | 2.03.00 | 2.47.00 | 3.45.00 |
| Bronze | 25.01 | 42.45 | 53.30 | 1.28.00 | 1.58.00 | 2.17.00 | 3.06.00 | 4.10.00 |
| Bronze Intermed | 28.46 | 44.30 | 56.00 | 1.32.00 | 2.04.00 | 2.24.00 | 3.15.00 | 4.22.00 |
| 35-39 | | | | | | | | |
| Diamond | 18.09 | 33.00 | 41.30 | 1.06.00 | 1.31.00 | 1.46.00 | 2.23.00 | 3.13.00 |
| Gold | 20.02 | 37.30 | 47.00 | 1.17.00 | 1.44.00 | 2.00.00 | 2.43.00 | 3.40.00 |
| Silver | 22.20 | 40.00 | 50.00 | 1.23.00 | 1.51.00 | 2.09.00 | 2.55.00 | 3.56.00 |
| Bronze | 25.15 | 44.30 | 56.00 | 1.32.00 | 2.04.00 | 2.24.00 | 3.15.00 | 4.22.00 |
| Bronze Intermed | 29.02 | 47.00 | 59.00 | 1.37.00 | 2.10.00 | 2.39.00 | 3.26.00 | 4.36.00 |
| 40-44 | | | | | | | | |
| Diamond | 18.53 | 34.45 | 43.30 | 1.12.00 | 1.36.00 | 1.51.30 | 2.31.00 | 3.23.00 |
| Gold | 20.50 | 40.00 | 50.00 | 1.21.00 | 1.55.00 | 2.12.00 | 3.00.00 | 3.52.00 |
| Silver | 23.14 | 42.30 | 53.00 | 1.27.00 | 2.02.00 | 2.22.00 | 3.05.00 | 4.09.00 |
| Bronze | 26.16 | 47.00 | 59.00 | 1.37.00 | 2.10.00 | 2.39.00 | 3.26.00 | 4.36.00 |
| Bronze Intermed | 30.12 | 50.00 | 1.03.30 | 1.43.00 | 2.18.00 | 2.41.00 | 3.38.00 | 4.54.00 |
| 45-49 | | | | | | | | |
| Diamond | 19.42 | 37.00 | 46.30 | 1.16.30 | 1.42.00 | 1.59.00 | 2.41.00 | 3.36.00 |
| Gold | 21.44 | 42.30 | 53.00 | 1.27.00 | 1.56.00 | 2.15.00 | 3.03.00 | 4.07.00 |
| Silver | 24.14 | 45.00 | 56.30 | 1.33.00 | 2.04.00 | 2.24.00 | 3.16.00 | 4.24.00 |
| Bronze | 27.24 | 50.00 | 1.03.30 | 1.43.00 | 2.18.00 | 2.41.00 | 3.38.00 | 4.54.00 |
| Bronze Intermed | 31.30 | 54.00 | 1.07.00 | 1.50.00 | 2.28.00 | 2.52.00 | 3.54.00 | 5.15.00 |
| 50.54 | | | | | | | | |
| Diamond | 20.35 | 39.45 | 49.45 | 1.22.00 | 1.50.00 | 2.07.00 | 2.53.00 | 3.52.00 |
| Gold | 22.43 | 45.00 | 56.30 | 1.33.00 | 2.04.00 | 2.25.00 | 3.16.00 | 4.25.00 |
| Silver | 25.20 | 48.30 | 1.00.00 | 1.39.00 | 2.13.00 | 2.35.00 | 3.30.00 | 4.43.00 |
| Bronze | 28.39 | 54.00 | 1.07.00 | 1.50.00 | 2.28.00 | 2.52.00 | 3.54.00 | 5.15.00 |

| | | | | | | | | |
|-----------------|-------|---------|---------|---------|---------|----------|---------|---------|
| Bronze Intermed | 32.56 | 58.00 | 1.12.00 | 1.59.00 | 2.40.00 | 3.06.00 | 4.12.00 | 5.39.00 |
| 55-59 | | | | | | | | |
| Diamond | 21.37 | 42.45 | 53.30 | 1.28.00 | 1.58.00 | 2.17.00 | 3.06.00 | 4.10.00 |
| Gold | 23.51 | 49.00 | 1.01.00 | 1.40.00 | 2.14.00 | 2.36.00 | 3.32.00 | 4.45.00 |
| Silver | 26.36 | 52.00 | 1.05.00 | 1.47.00 | 2.24.00 | 2.47.00 | 3.46.00 | 5.05.00 |
| Bronze | 30.04 | 58.00 | 1.12.00 | 1.59.00 | 2.40.00 | 3.06.00 | 4.12.00 | 5.39.00 |
| Bronze Intermed | 34.34 | 1.02.00 | 1.18.00 | 2.08.00 | 2.52.00 | 3.20.00 | 4.32.00 | 6.05.00 |
| 60-64 | | | | | | | | |
| Diamond | 22.47 | 46.00 | 57.45 | 1.35.00 | 2.07.00 | 2.28.00 | 3.20.00 | 4.29.00 |
| Gold | 25.08 | 52.00 | 1.05.00 | 1.48.00 | 2.25.00 | 2.48.00 | 3.48.00 | 5.07.00 |
| Silver | 28.02 | 56.00 | 1.10.00 | 1.55.00 | 2.35.00 | 3.00.00 | 4.04.00 | 5.29.00 |
| Bronze | 31.41 | 1.02.00 | 1.18.00 | 2.08.00 | 2.52.00 | 3.20.00 | 4.32.00 | 6.05.00 |
| Bronze Intermed | 36.26 | 1.07.00 | 1.24.00 | 2.18.00 | 3.04.00 | 3.34.00 | 4.51.00 | 6.31.00 |
| 65+ | | | | | | | | |
| Diamond | 24.09 | 49.15 | 1.01.45 | 1.42.00 | 2.16.00 | 2.38.00 | 3.35.00 | 4.48.00 |
| Gold | 26.39 | 56.00 | 1.10.00 | 1.55.00 | 2.35.00 | 3.00.00 | 4.04.00 | 5.29.00 |
| Silver | 29.44 | 1.00.00 | 1.15.00 | 2.03.00 | 2.46.00 | 3.12.00 | 4.21.00 | 5.52.00 |
| Bronze | 33.36 | 1.07.00 | 1.24.00 | 2.18.00 | 3.04.00 | 3.34.00- | 4.51.00 | 6.31.00 |
| Bronze intermed | 41.34 | 1.09.25 | 1.45.00 | 2.23.56 | 3.10.10 | 3.56.00 | 5.10.00 | 6.59.17 |