

age	event	World Standard	Platinum	Gold	Silver	Bronze	Copper	Pewter
<b>Open</b>	5 Km Road Race	0:12:58	0:15:34	0:17:30	0:19:27	0:21:24	0:23:59	0:25:56
	5 Mile Road Race	0:21:19	0:25:35	0:28:47	0:31:58	0:35:10	0:39:26	0:42:38
	6 Mile Road Race	0:26:06	0:31:19	0:35:14	0:39:09	0:43:04	0:48:17	0:52:12
	10 Km Road Race	0:26:58	0:32:22	0:36:24	0:40:27	0:44:30	0:49:53	0:53:56
	7 Mile Road Race	0:30:27	0:36:32	0:41:06	0:45:40	0:50:14	0:56:20	1:00:54
	8 Mile Road Race	0:34:48	0:41:45	0:46:58	0:52:12	0:57:25	1:04:22	1:09:35
	10 Mile Road Race	0:44:40	0:53:36	1:00:18	1:07:00	1:13:42	1:22:38	1:29:20
	1/2 Marathon	0:59:39	1:11:35	1:20:32	1:29:29	1:38:25	1:50:21	1:59:18
	20 Mile Road Race	1:40:13	2:00:16	2:15:18	2:30:19	2:45:21	3:05:24	3:20:26
<b>40 - 44</b>	Marathon	2:06:50	2:32:12	2:51:14	3:10:15	3:29:16	3:54:39	4:13:40
	5 Km Road Race	0:13:40	0:16:24	0:18:27	0:20:30	0:22:33	0:25:17	0:27:20
	5 Mile Road Race	0:22:23	0:26:52	0:30:13	0:33:35	0:36:56	0:41:25	0:44:46
	6 Mile Road Race	0:27:21	0:32:50	0:36:56	0:41:02	0:45:08	0:50:36	0:54:43
	10 Km Road Race	0:28:16	0:33:55	0:38:10	0:42:24	0:46:38	0:52:18	0:56:32
	7 Mile Road Race	0:31:55	0:38:18	0:43:05	0:47:52	0:52:39	0:59:02	1:03:50
	8 Mile Road Race	0:36:28	0:43:46	0:49:14	0:54:43	1:00:11	1:07:29	1:12:57
	10 Mile Road Race	0:46:37	0:55:56	1:02:56	1:09:56	1:16:55	1:26:14	1:33:14
	1/2 Marathon	1:02:03	1:14:28	1:23:46	1:33:05	1:42:23	1:54:48	2:04:06
<b>45 - 49</b>	20 Mile Road Race	1:44:04	2:04:53	2:20:29	2:36:06	2:51:43	3:12:31	3:28:08
	Marathon	2:10:49	2:36:59	2:56:36	3:16:14	3:35:51	4:02:01	4:21:38
	5 Km Road Race	0:14:12	0:17:02	0:19:10	0:21:18	0:23:26	0:26:16	0:28:24
	5 Mile Road Race	0:23:14	0:27:53	0:31:22	0:34:51	0:38:20	0:42:59	0:46:28
	6 Mile Road Race	0:28:34	0:34:17	0:38:34	0:42:51	0:47:08	0:52:51	0:57:08
	10 Km Road Race	0:29:31	0:35:25	0:39:51	0:44:16	0:48:42	0:54:36	0:59:02
	7 Mile Road Race	0:33:20	0:39:59	0:44:59	0:49:59	0:54:59	1:01:39	1:06:39
	8 Mile Road Race	0:38:05	0:45:42	0:51:25	0:57:08	1:02:51	1:10:28	1:16:10
	10 Mile Road Race	0:48:23	0:58:04	1:05:19	1:12:35	1:19:50	1:29:31	1:36:46
<b>50 - 54</b>	1/2 Marathon	1:04:24	1:17:17	1:26:56	1:36:36	1:46:16	1:59:08	2:08:48
	20 Mile Road Race	1:48:01	2:09:37	2:25:49	2:42:01	2:58:14	3:19:50	3:36:02
	Marathon	2:15:45	2:42:54	3:03:16	3:23:38	3:43:59	4:11:08	4:31:30
	5 Km Road Race	0:14:46	0:17:43	0:19:56	0:22:09	0:24:22	0:27:19	0:29:32
	5 Mile Road Race	0:24:10	0:29:00	0:32:38	0:36:15	0:39:52	0:44:43	0:48:20
	6 Mile Road Race	0:29:33	0:35:27	0:39:53	0:44:19	0:48:45	0:54:40	0:59:06
	10 Km Road Race	0:30:32	0:36:38	0:41:13	0:45:48	0:50:23	0:56:29	1:01:04
	7 Mile Road Race	0:34:28	0:41:22	0:46:32	0:51:43	0:56:53	1:03:47	1:08:57
	8 Mile Road Race	0:39:24	0:47:17	0:53:11	0:59:06	1:05:00	1:12:53	1:18:48
<b>55 - 59</b>	10 Mile Road Race	0:50:20	1:00:24	1:07:57	1:15:30	1:23:03	1:33:07	1:40:40
	1/2 Marathon	1:07:00	1:20:24	1:30:27	1:40:30	1:50:33	2:03:57	2:14:00
	20 Mile Road Race	1:52:21	2:14:49	2:31:40	2:48:31	3:05:23	3:27:51	3:44:42
	Marathon	2:21:11	2:49:25	3:10:36	3:31:47	3:52:57	4:21:11	4:42:22
	5 Km Road Race	0:15:25	0:18:30	0:20:49	0:23:07	0:25:26	0:28:31	0:30:50
	5 Mile Road Race	0:25:14	0:30:17	0:34:04	0:37:51	0:41:38	0:46:41	0:50:28
	6 Mile Road Race	0:30:50	0:37:00	0:41:38	0:46:15	0:50:53	0:57:03	1:01:41
	10 Km Road Race	0:31:52	0:38:14	0:43:01	0:47:48	0:52:35	0:58:57	1:03:44
	7 Mile Road Race	0:35:59	0:43:10	0:48:34	0:53:58	0:59:22	1:06:34	1:11:57
<b>60 - 64</b>	8 Mile Road Race	0:41:07	0:49:21	0:55:31	1:01:41	1:07:51	1:16:04	1:22:14
	10 Mile Road Race	0:52:32	1:03:02	1:10:55	1:18:48	1:26:41	1:37:11	1:45:04
	1/2 Marathon	1:09:55	1:23:54	1:34:23	1:44:53	1:55:22	2:09:21	2:19:50
	20 Mile Road Race	1:57:15	2:20:42	2:38:17	2:55:52	3:13:28	3:36:55	3:54:30
	Marathon	2:27:19	2:56:47	3:18:53	3:40:59	4:03:04	4:32:32	4:54:38

age	event	World Standard	Platinum	Gold	Silver	Bronze	Copper	Pewter
<b>50 - 54</b>	5 Km Road Race	0:14:46	0:17:43	0:19:56	0:22:09	0:24:22	0:27:19	0:29:32
	5 Mile Road Race	0:24:10	0:29:00	0:32:38	0:36:15	0:39:52	0:44:43	0:48:20
	6 Mile Road Race	0:29:33	0:35:27	0:39:53	0:44:19	0:48:45	0:54:40	0:59:06
	10 Km Road Race	0:30:32	0:36:38	0:41:13	0:45:48	0:50:23	0:56:29	1:01:04
	7 Mile Road Race	0:34:28	0:41:22	0:46:32	0:51:43	0:56:53	1:03:47	1:08:57
	8 Mile Road Race	0:39:24	0:47:17	0:53:11	0:59:06	1:05:00	1:12:53	1:18:48
	10 Mile Road Race	0:50:20	1:00:24	1:07:57	1:15:30	1:23:03	1:33:07	1:40:40
	1/2 Marathon	1:07:00	1:20:24	1:30:27	1:40:30	1:50:33	2:03:57	2:14:00
	20 Mile Road Race	1:52:21	2:14:49	2:31:40	2:48:31	3:05:23	3:27:51	3:44:42
<b>55 - 59</b>	Marathon	2:21:11	2:49:25	3:10:36	3:31:47	3:52:57	4:21:11	4:42:22
	5 Km Road Race	0:15:25	0:18:30	0:20:49	0:23:07	0:25:26	0:28:31	0:30:50
	5 Mile Road Race	0:25:14	0:30:17	0:34:04	0:37:51	0:41:38	0:46:41	0:50:28
	6 Mile Road Race	0:30:50	0:37:00	0:41:38	0:46:15	0:50:53	0:57:03	1:01:41
	10 Km Road Race	0:31:52	0:38:14	0:43:01	0:47:48	0:52:35	0:58:57	1:03:44
	7 Mile Road Race	0:35:59	0:43:10	0:48:34	0:53:58	0:59:22	1:06:34	1:11:57
	8 Mile Road Race	0:41:07	0:49:21	0:55:31	1:01:41	1:07:51	1:16:04	1:22:14
	10 Mile Road Race	0:52:32	1:03:02	1:10:55	1:18:48	1:26:41	1:37:11	1:45:04
	1/2 Marathon	1:09:55	1:23:54	1:34:23	1:44:53	1:55:22	2:09:21	2:19:50
<b>60 - 64</b>	20 Mile Road Race	1:57:15	2:20:42	2:38:17	2:55:52	3:13:28	3:36:55	3:54:30
	Marathon	2:27:19	2:56:47	3:18:53	3:40:59	4:03:04	4:32:32	4:54:38

age	event	World Standard	Platinum	Gold	Silver	Bronze	Copper	Pewter
<b>60 - 64</b>	5 Km Road Race	0:16:09	0:19:23	0:21:48	0:24:13	0:26:39	0:29:53	0:32:18
	5 Mile Road Race	0:26:26	0:31:43	0:35:41	0:39:39	0:43:37	0:48:54	0:52:52
	6 Mile Road Race	0:32:19	0:38:47	0:43:38	0:48:29	0:53:20	0:59:48	1:04:39
	10 Km Road Race	0:33:24	0:40:05	0:45:05	0:50:06	0:55:07	1:01:47	1:06:48
	7 Mile Road Race	0:37:43	0:45:15	0:50:54	0:56:34	1:02:13	1:09:46	1:15:25
	8 Mile Road Race	0:43:06	0:51:43	0:58:11	1:04:39	1:11:07	1:19:44	1:26:12
	10 Mile Road Race	0:55:03	1:06:04	1:14:19	1:22:34	1:30:50	1:41:51	1:50:06
	1/2 Marathon	1:13:15	1:27:54	1:38:53	1:49:52	2:00:52	2:15:31	2:26:30
	20 Mile Road Race	2:02:51	2:27:25	2:45:51	3:04:17	3:22:42	3:47:16	4:05:42
<b>65 - 69</b>	Marathon	2:34:20	3:05:12	3:28:21	3:51:30	4:14:39	4:45:31	5:08:40
	5 Km Road Race	0:17:01	0:20:25	0:22:58	0:25:31	0:28:05	0:31:29	0:34:02
	5 Mile Road Race	0:27:52	0:33:26	0:37:37	0:41:48	0:45:59	0:51:33	0:55:44
	6 Mile Road Race	0:34:04	0:40:53	0:45:59	0:51:06	0:56:12	1:03:01	1:08:08
	10 Km Road Race	0:35:12	0:42:14	0:47:31	0:52:48	0:58:05	1:05:07	1:10:24
	7 Mile Road Race	0:39:45	0:47:41	0:53:39	0:59:37	1:05:34	1:13:31	1:19:29
	8 Mile Road Race	0:45:25	0:54:30	1:01:19	1:08:08	1:14:57	1:24:02	1:30:50
	10 Mile Road Race	0:58:01	1:09:37	1:18:19	1:27:02	1:35:44	1:47:20	1:56:02
	1/2 Marathon	1:19:11	1:35:01	1:46:54	1:58:46	2:10:39	2:26:29	2:38:22
<b>70 &amp; Over</b>	20 Mile Road Race	2:09:26	2:35:19	2:54:44	3:14:09	3:33:34	3:59:27	4:18:52
	Marathon	2:42:35	3:15:06	3:39:29	4:03:53	4:28:16	5:00:47	5:25:10
	5 Km Road Race	0:18:04	0:21:41	0:24:23	0:27:06	0:29:49	0:33:25	0:36:08
	5 Mile Road Race	0:29:35	0:35:30	0:39:56	0:44:22	0:48:49	0:54:44	0:59:10
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	10 Km Road Race	0:37:23	0:44:52	0:50:28	0:56:05	1:01:41	1:09:10	1:14:46
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	8 Mile Road Race	0:48:14	0:57:53	1:05:07	1:12:21	1:19:35	1:29:14	1:36:28
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1/2 Marathon	1:21:55	1:38:18	1:50:35	2:02:52	2:15:10	2:31:33	2:43:50	
20 Mile Road Race	2:17:22	2:44:50	3:05:27	3:26:03	3:46:39	4:14:08	4:34:44	
Marathon	2:52:30	3:27:00	3:52:53	4:18:45	4:44:38	5:19:08	5:45:00	