



# CLUB AWARDS SCHEME

RECOGNITION  
CELEBRATION  
INSPIRATION

## How It Works And Time Standards

**ABOUT** - The Club Awards Scheme is our way of celebrating the achievements of our senior runners by measuring their performances across a range of race distances and comparing their times against internationally recognised standards. They take into account age and gender.

**RACE DISTANCES** - Over each calendar year we assess the results of Tavistock Athletic Club runners who compete in races over the following distances:

- > **1 mile**
- > **5k (excludes Park Runs)**
- > **10k**
- > **10 miles**
- > **Half Marathon**
- > **Marathon**

**RACE TIME STANDARDS** - For each race distance and each of the Senior and 5 year Veteran age groups we have established a time target. The tables below show you the times for each distance and the times required to achieve each of the 8 levels of award. These Age Grade Performances are based on internationally recognised standards used throughout the running community.

**LEVELS OF AWARD** - There are 8 levels of award and these are explained below. Achieve or better the times for your age group in any of the distances and you will be awarded with:

**BRONZE** You achieved an Age Grade Performance of **50% to 54%**

**BRONZE STAR** You achieved an Age Grade Performance of **55% to 59%**

**SILVER** You achieved an Age Grade Performance of **60% to 64%**

**SILVER STAR** You achieved an Age Grade Performance of **65% to 69%**

**GOLD** You achieved an Age Grade Performance of **70% to 74%**

**GOLD STAR** You achieved an Age Grade Performance of **75% to 79%**

**DIAMOND** You achieved an Age Grade Performance of **80% to 84%**

**DIAMOND STAR** You achieved an Age Grade Performance of **85% or higher**

**HOW WE WILL CELEBRATE** - At the end of each month we will publish the results for that month on the club website. The results will list all of the achievements and show which level of award has been attained. Anyone featured who wants a printed certificate can request one. We will also produce a certificate for each runner at the end of the year showing their best times and awards at each distance.

**COLLECTION OF THE DATA** - We will gather as much of the race result information as we can but it is difficult to track every runner's movements each week. So, to help you can email Allan Herdman at [allanherdman66@gmail.com](mailto:allanherdman66@gmail.com) with the following information after each race you complete:

- > **Date of Race**
- > **Name of Event**
- > **Event Distance (providing it is one of those listed above)**
- > **Your Name**
- > **Your Age Category**
- > **Your Finish Time**

*Last updated 24 January 2022*



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## How It Works And Time Standards

### 1 mile

Age Category	World	Bronze				Silver			Gold		Diamond	
	Class	Bronze	Star	Silver	Silver Star	Gold	Gold Star	Diamond	Star			
	100%	50%	55%	60%	65%	70%	75%	80%	85%+			
Senior Male	00:03:43	00:07:25	00:06:45	00:06:11	00:05:42	00:05:18	00:04:57	00:04:38	00:04:22			
M40	00:03:56	00:07:51	00:07:08	00:06:33	00:06:02	00:05:36	00:05:14	00:04:54	00:04:37			
M45	00:04:05	00:08:09	00:07:25	00:06:48	00:06:16	00:05:49	00:05:26	00:05:06	00:04:48			
M50	00:04:14	00:08:29	00:07:43	00:07:04	00:06:32	00:06:04	00:05:39	00:05:18	00:04:59			
M55	00:04:25	00:08:50	00:08:02	00:07:22	00:06:48	00:06:19	00:05:54	00:05:31	00:05:12			
M60	00:04:37	00:09:14	00:08:23	00:07:41	00:07:06	00:06:35	00:06:09	00:05:46	00:05:26			
M65	00:04:49	00:09:39	00:08:46	00:08:02	00:07:25	00:06:53	00:06:26	00:06:02	00:05:41			
M70	00:05:04	00:10:08	00:09:13	00:08:27	00:07:48	00:07:14	00:06:46	00:06:20	00:05:58			
M75	00:05:27	00:10:54	00:09:54	00:09:05	00:08:23	00:07:47	00:07:16	00:06:49	00:06:25			
M80	00:06:03	00:12:05	00:10:59	00:10:04	00:09:18	00:08:38	00:08:04	00:07:33	00:07:07			
M85	00:06:59	00:13:59	00:12:42	00:11:39	00:10:45	00:09:59	00:09:19	00:08:44	00:08:13			
M90	00:08:35	00:17:10	00:15:37	00:14:19	00:13:13	00:12:16	00:11:27	00:10:44	00:10:06			
M95	00:11:41	00:23:23	00:21:15	00:19:29	00:17:59	00:16:42	00:15:35	00:14:37	00:13:45			
M100	00:19:52	00:39:43	00:36:07	00:33:06	00:30:33	00:28:22	00:26:29	00:24:50	00:23:22			
Senior Female	00:04:12	00:08:23	00:07:37	00:06:59	00:06:27	00:05:59	00:05:35	00:05:15	00:04:56			
F35	00:04:16	00:08:32	00:07:46	00:07:07	00:06:34	00:06:06	00:05:41	00:05:20	00:05:01			
F40	00:04:26	00:08:51	00:08:03	00:07:23	00:06:49	00:06:20	00:05:54	00:05:32	00:05:13			
F45	00:04:41	00:09:22	00:08:31	00:07:48	00:07:12	00:06:42	00:06:15	00:05:51	00:05:31			
F50	00:04:59	00:09:58	00:09:04	00:08:18	00:07:40	00:07:07	00:06:39	00:06:14	00:05:52			
F55	00:05:19	00:10:38	00:09:40	00:08:52	00:08:11	00:07:36	00:07:06	00:06:39	00:06:16			
F60	00:05:42	00:11:25	00:10:23	00:09:31	00:08:47	00:08:09	00:07:37	00:07:08	00:06:43			
F65	00:06:09	00:12:19	00:11:12	00:10:16	00:09:28	00:08:48	00:08:13	00:07:42	00:07:15			
F70	00:06:41	00:13:22	00:12:09	00:11:08	00:10:17	00:09:33	00:08:55	00:08:21	00:07:52			
F75	00:07:18	00:14:37	00:13:17	00:12:10	00:11:14	00:10:26	00:09:44	00:09:08	00:08:36			
F80	00:08:03	00:16:07	00:14:39	00:13:25	00:12:24	00:11:30	00:10:44	00:10:04	00:09:29			
F85	00:09:17	00:18:34	00:16:53	00:15:29	00:14:17	00:13:16	00:12:23	00:11:36	00:10:55			
F90	00:11:52	00:23:45	00:21:35	00:19:47	00:18:16	00:16:58	00:15:50	00:14:50	00:13:58			
F95	00:18:37	00:37:14	00:33:51	00:31:02	00:28:39	00:26:36	00:24:50	00:23:17	00:21:54			
F100	01:01:56	02:03:53	01:52:37	01:43:14	01:35:18	01:28:29	01:22:35	01:17:25	01:12:52			



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## How It Works And Time Standards

### 5k

Age Category	World	Bronze				Silver		Gold		Diamond	
	Class	Bronze	Star	Silver	Silver Star	Gold	Gold Star	Diamond	Star		
	100%	50%	55%	60%	65%	70%	75%	80%	85%+		
Senior Male	00:12:54	00:25:48	00:23:27	00:21:30	00:19:51	00:18:26	00:17:12	00:16:07	00:15:11		
M40	00:13:39	00:27:18	00:24:49	00:22:45	00:21:00	00:19:30	00:18:12	00:17:04	00:16:04		
M45	00:14:11	00:28:22	00:25:47	00:23:38	00:21:49	00:20:16	00:18:55	00:17:44	00:16:41		
M50	00:14:45	00:29:30	00:26:49	00:24:35	00:22:42	00:21:04	00:19:40	00:18:26	00:17:21		
M55	00:15:22	00:30:44	00:27:56	00:25:37	00:23:38	00:21:57	00:20:29	00:19:12	00:18:05		
M60	00:16:02	00:32:04	00:29:09	00:26:43	00:24:40	00:22:54	00:21:23	00:20:02	00:18:52		
M65	00:16:46	00:33:32	00:30:29	00:27:57	00:25:48	00:23:57	00:22:21	00:20:58	00:19:44		
M70	00:17:38	00:35:16	00:32:04	00:29:23	00:27:08	00:25:11	00:23:31	00:22:02	00:20:45		
M75	00:18:57	00:37:54	00:34:27	00:31:35	00:29:09	00:27:04	00:25:16	00:23:41	00:22:18		
M80	00:21:01	00:42:02	00:38:13	00:35:02	00:32:20	00:30:01	00:28:01	00:26:16	00:24:44		
M85	00:24:18	00:48:36	00:44:11	00:40:30	00:37:23	00:34:43	00:32:24	00:30:22	00:28:35		
M90	00:29:51	00:59:42	00:54:16	00:49:45	00:45:55	00:42:39	00:39:48	00:37:19	00:35:07		
M95	00:40:39	01:21:18	01:13:55	01:07:45	01:02:32	00:58:04	00:54:12	00:50:49	00:47:49		
M100	01:09:03	02:18:06	02:05:33	01:55:05	01:46:14	01:38:39	01:32:04	01:26:19	01:21:14		
Senior Female	00:14:48	00:29:36	00:26:55	00:24:40	00:22:46	00:21:09	00:19:44	00:18:30	00:17:25		
F35	00:14:57	00:29:54	00:27:11	00:24:55	00:23:00	00:21:21	00:19:56	00:18:41	00:17:35		
F40	00:15:18	00:30:36	00:27:49	00:25:30	00:23:32	00:21:51	00:20:24	00:19:07	00:18:00		
F45	00:15:53	00:31:46	00:28:53	00:26:28	00:24:26	00:22:41	00:21:11	00:19:51	00:18:41		
F50	00:16:46	00:33:32	00:30:29	00:27:57	00:25:48	00:23:57	00:22:21	00:20:58	00:19:44		
F55	00:17:52	00:35:44	00:32:29	00:29:47	00:27:29	00:25:31	00:23:49	00:22:20	00:21:01		
F60	00:19:08	00:38:16	00:34:47	00:31:53	00:29:26	00:27:20	00:25:31	00:23:55	00:22:31		
F65	00:20:35	00:41:10	00:37:25	00:34:18	00:31:40	00:29:24	00:27:27	00:25:44	00:24:13		
F70	00:22:16	00:44:32	00:40:29	00:37:07	00:34:15	00:31:49	00:29:41	00:27:50	00:26:12		
F75	00:24:15	00:48:30	00:44:05	00:40:25	00:37:18	00:34:39	00:32:20	00:30:19	00:28:32		
F80	00:26:39	00:53:18	00:48:27	00:44:25	00:41:00	00:38:04	00:35:32	00:33:19	00:31:21		
F85	00:30:51	01:01:42	00:56:05	00:51:25	00:47:28	00:44:04	00:41:08	00:38:34	00:36:18		
F90	00:39:33	01:19:06	01:11:55	01:05:55	01:00:51	00:56:30	00:52:44	00:49:26	00:46:32		
F95	01:02:00	02:04:00	01:52:44	01:43:20	01:35:23	01:28:34	01:22:40	01:17:30	01:12:56		
F100	03:22:11	06:44:22	06:07:36	05:36:58	05:11:03	04:48:50	04:29:35	04:12:44	03:57:52		



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## How It Works And Time Standards

### 10k

Age Category	World	Bronze				Gold		Diamond	
	Class	Bronze	Star	Silver	Silver Star	Gold	Gold Star	Diamond	Star
	100%	50%	55%	60%	65%	70%	75%	80%	85%+
Senior Male	00:26:51	00:53:42	00:48:49	00:44:45	00:41:18	00:38:21	00:35:48	00:33:34	00:31:35
M40	00:28:25	00:56:50	00:51:40	00:47:22	00:43:43	00:40:36	00:37:53	00:35:31	00:33:26
M45	00:29:31	00:59:02	00:53:40	00:49:12	00:45:25	00:42:10	00:39:21	00:36:54	00:34:44
M50	00:30:42	01:01:24	00:55:49	00:51:10	00:47:14	00:43:51	00:40:56	00:38:22	00:36:07
M55	00:31:59	01:03:58	00:58:09	00:53:18	00:49:12	00:45:41	00:42:39	00:39:59	00:37:38
M60	00:33:23	01:06:46	01:00:42	00:55:38	00:51:22	00:47:41	00:44:31	00:41:44	00:39:16
M65	00:34:55	01:09:50	01:03:29	00:58:12	00:53:43	00:49:53	00:46:33	00:43:39	00:41:05
M70	00:36:41	01:13:22	01:06:42	01:01:08	00:56:26	00:52:24	00:48:55	00:45:51	00:43:09
M75	00:39:26	01:18:52	01:11:42	01:05:43	01:00:40	00:56:20	00:52:35	00:49:18	00:46:24
M80	00:43:45	01:27:30	01:19:33	01:12:55	01:07:18	01:02:30	00:58:20	00:54:41	00:51:28
M85	00:50:34	01:41:08	01:31:56	01:24:17	01:17:48	01:12:14	01:07:25	01:03:12	00:59:29
M90	01:02:08	02:04:16	01:52:58	01:43:33	01:35:35	01:28:46	01:22:51	01:17:40	01:13:06
M95	01:24:36	02:49:12	02:33:49	02:21:00	02:10:09	02:00:51	01:52:48	01:45:45	01:39:32
M100	02:23:44	04:47:28	04:21:20	03:59:33	03:41:08	03:25:20	03:11:39	02:59:40	02:49:06
Senior Female	00:30:20	01:00:40	00:55:09	00:50:33	00:46:40	00:43:20	00:40:27	00:37:55	00:35:41
F35	00:30:38	01:01:16	00:55:42	00:51:03	00:47:08	00:43:46	00:40:51	00:38:17	00:36:02
F40	00:31:21	01:02:42	00:57:00	00:52:15	00:48:14	00:44:47	00:41:48	00:39:11	00:36:53
F45	00:32:33	01:05:06	00:59:11	00:54:15	00:50:05	00:46:30	00:43:24	00:40:41	00:38:18
F50	00:34:22	01:08:44	01:02:29	00:57:17	00:52:52	00:49:06	00:45:49	00:42:57	00:40:26
F55	00:36:37	01:13:14	01:06:35	01:01:02	00:56:20	00:52:19	00:48:49	00:45:46	00:43:05
F60	00:39:12	01:18:24	01:11:16	01:05:20	01:00:18	00:56:00	00:52:16	00:49:00	00:46:07
F65	00:42:10	01:24:20	01:16:40	01:10:17	01:04:52	01:00:14	00:56:13	00:52:43	00:49:36
F70	00:45:38	01:31:16	01:22:58	01:16:03	01:10:12	01:05:11	01:00:51	00:57:03	00:53:41
F75	00:49:42	01:39:24	01:30:22	01:22:50	01:16:28	01:11:00	01:06:16	01:02:07	00:58:28
F80	00:54:38	01:49:16	01:39:20	01:31:03	01:24:03	01:18:03	01:12:51	01:08:18	01:04:16
F85	01:03:14	02:06:28	01:54:58	01:45:23	01:37:17	01:30:20	01:24:19	01:19:02	01:14:24
F90	01:21:04	02:42:08	02:27:24	02:15:07	02:04:43	01:55:49	01:48:05	01:41:20	01:35:22
F95	02:07:05	04:14:10	03:51:04	03:31:48	03:15:31	03:01:33	02:49:27	02:38:51	02:29:31
F100	06:54:23	13:48:46	12:33:25	11:30:38	10:37:31	09:51:59	09:12:31	08:37:59	08:07:31



# CLUB AWARDS SCHEME

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## How It Works And Time Standards

### 10 miles

Age Category	World	Bronze				Gold		Diamond	
	Class	Bronze	Star	Silver	Silver Star	Gold	Gold Star	Diamond	Star
	100%	50%	55%	60%	65%	70%	75%	80%	85%+
Senior Male	00:44:23	01:28:46	01:20:42	01:13:58	01:08:17	01:03:24	00:59:11	00:55:29	00:52:13
M40	00:46:31	01:33:02	01:24:35	01:17:32	01:11:34	01:06:27	01:02:01	00:58:09	00:54:44
M45	00:48:23	01:36:46	01:27:58	01:20:38	01:14:26	01:09:07	01:04:31	01:00:29	00:56:55
M50	00:50:24	01:40:48	01:31:38	01:24:00	01:17:32	01:12:00	01:07:12	01:03:00	00:59:18
M55	00:52:36	01:45:12	01:35:38	01:27:40	01:20:55	01:15:09	01:10:08	01:05:45	01:01:53
M60	00:55:00	01:50:00	01:40:00	01:31:40	01:24:37	01:18:34	01:13:20	01:08:45	01:04:42
M65	00:57:38	01:55:16	01:44:47	01:36:03	01:28:40	01:22:20	01:16:51	01:12:03	01:07:48
M70	01:00:34	02:01:08	01:50:07	01:40:57	01:33:11	01:26:31	01:20:45	01:15:43	01:11:15
M75	01:04:53	02:09:46	01:57:58	01:48:08	01:39:49	01:32:41	01:26:31	01:21:06	01:16:20
M80	01:11:47	02:23:34	02:10:31	01:59:38	01:50:26	01:42:33	01:35:43	01:29:44	01:24:27
M85	01:22:49	02:45:38	02:30:35	02:18:02	02:07:25	01:58:19	01:50:25	01:43:31	01:37:26
M90	01:41:39	03:23:18	03:04:49	02:49:25	02:36:23	02:25:13	02:15:32	02:07:04	01:59:35
M95	02:18:26	04:36:52	04:11:42	03:50:43	03:32:58	03:17:46	03:04:35	02:53:02	02:42:52
M100	03:56:20	07:52:40	07:09:42	06:33:53	06:03:35	05:37:37	05:15:07	04:55:25	04:38:02
Senior Female	00:49:41	01:39:22	01:30:20	01:22:48	01:16:26	01:10:59	01:06:15	01:02:06	00:58:27
F35	00:50:10	01:40:20	01:31:13	01:23:37	01:17:11	01:11:40	01:06:53	01:02:43	00:59:01
F40	00:51:20	01:42:40	01:33:20	01:25:33	01:18:58	01:13:20	01:08:27	01:04:10	01:00:24
F45	00:53:19	01:46:38	01:36:56	01:28:52	01:22:02	01:16:10	01:11:05	01:06:39	01:02:44
F50	00:56:17	01:52:34	01:42:20	01:33:48	01:26:35	01:20:24	01:15:03	01:10:21	01:06:13
F55	00:59:59	01:59:58	01:49:04	01:39:58	01:32:17	01:25:41	01:19:59	01:14:59	01:10:34
F60	01:04:12	02:08:24	01:56:44	01:47:00	01:38:46	01:31:43	01:25:36	01:20:15	01:15:32
F65	01:09:04	02:18:08	02:05:35	01:55:07	01:46:15	01:38:40	01:32:05	01:26:20	01:21:15
F70	01:14:44	02:29:28	02:15:53	02:04:33	01:54:58	01:46:46	01:39:39	01:33:25	01:27:55
F75	01:21:24	02:42:48	02:28:00	02:15:40	02:05:14	01:56:17	01:48:32	01:41:45	01:35:46
F80	01:29:29	02:58:58	02:42:42	02:29:08	02:17:40	02:07:50	01:59:19	01:51:51	01:45:16
F85	01:43:34	03:27:08	03:08:18	02:52:37	02:39:20	02:27:57	02:18:05	02:09:27	02:01:51
F90	02:12:46	04:25:32	04:01:24	03:41:17	03:24:15	03:09:40	02:57:01	02:45:57	02:36:12
F95	03:28:08	06:56:16	06:18:25	05:46:53	05:20:12	04:57:20	04:37:31	04:20:10	04:04:52
F100	11:18:44	22:37:28	20:34:04	18:51:13	17:24:12	16:09:37	15:04:59	14:08:25	13:18:31



# CLUB AWARDS SCHEME

RECOGNITION  
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## How It Works And Time Standards

### Half Marathon

Age Category	World	Bronze				Gold		Diamond	
	Class	Bronze	Star	Silver	Silver Star	Gold	Gold Star	Diamond	Star
	100%	50%	55%	60%	65%	70%	75%	80%	85%+
Senior Male	00:59:13	01:58:26	01:47:40	01:38:42	01:31:06	01:24:36	01:18:57	01:14:01	01:09:40
M40	01:01:41	02:03:22	01:52:09	01:42:48	01:34:54	01:28:07	01:22:15	01:17:06	01:12:34
M45	01:04:13	02:08:26	01:56:45	01:47:02	01:38:48	01:31:44	01:25:37	01:20:16	01:15:33
M50	01:06:57	02:13:54	02:01:44	01:51:35	01:43:00	01:35:39	01:29:16	01:23:41	01:18:46
M55	01:09:56	02:19:52	02:07:09	01:56:33	01:47:35	01:39:54	01:33:15	01:27:25	01:22:16
M60	01:13:12	02:26:24	02:13:05	02:02:00	01:52:37	01:44:34	01:37:36	01:31:30	01:26:07
M65	01:16:47	02:33:34	02:19:36	02:07:58	01:58:08	01:49:41	01:42:23	01:35:59	01:30:20
M70	01:20:45	02:41:30	02:26:49	02:14:35	02:04:14	01:55:21	01:47:40	01:40:56	01:35:00
M75	01:26:19	02:52:38	02:36:56	02:23:52	02:12:48	02:03:19	01:55:05	01:47:54	01:41:33
M80	01:35:20	03:10:40	02:53:20	02:38:53	02:26:40	02:16:11	02:07:07	01:59:10	01:52:09
M85	01:49:51	03:39:42	03:19:44	03:03:05	02:49:00	02:36:56	02:26:28	02:17:19	02:09:14
M90	02:14:42	04:29:24	04:04:55	03:44:30	03:27:14	03:12:26	02:59:36	02:48:22	02:38:28
M95	03:03:23	06:06:46	05:33:25	05:05:38	04:42:08	04:21:59	04:04:31	03:49:14	03:35:45
M100	05:13:49	10:27:38	09:30:35	08:43:02	08:02:48	07:28:19	06:58:25	06:32:16	06:09:12
Senior Female	01:05:50	02:11:40	01:59:42	01:49:43	01:41:17	01:34:03	01:27:47	01:22:18	01:17:27
F35	01:06:28	02:12:56	02:00:51	01:50:47	01:42:15	01:34:57	01:28:37	01:23:05	01:18:12
F40	01:08:01	02:16:02	02:03:40	01:53:22	01:44:38	01:37:10	01:30:41	01:25:01	01:20:01
F45	01:10:39	02:21:18	02:08:27	01:57:45	01:48:42	01:40:56	01:34:12	01:28:19	01:23:07
F50	01:14:34	02:29:08	02:15:35	02:04:17	01:54:43	01:46:31	01:39:25	01:33:12	01:27:44
F55	01:19:29	02:38:58	02:24:31	02:12:28	02:02:17	01:53:33	01:45:59	01:39:21	01:33:31
F60	01:25:05	02:50:10	02:34:42	02:21:48	02:10:54	02:01:33	01:53:27	01:46:21	01:40:06
F65	01:31:31	03:03:02	02:46:24	02:32:32	02:20:48	02:10:44	02:02:01	01:54:24	01:47:40
F70	01:39:02	03:18:04	03:00:04	02:45:03	02:32:22	02:21:29	02:12:03	02:03:47	01:56:31
F75	01:47:52	03:35:44	03:16:07	02:59:47	02:45:57	02:34:06	02:23:49	02:14:50	02:06:54
F80	01:58:35	03:57:10	03:35:36	03:17:38	03:02:26	02:49:24	02:38:07	02:28:14	02:19:31
F85	02:17:14	04:34:28	04:09:31	03:48:43	03:31:08	03:16:03	03:02:59	02:51:33	02:41:27
F90	02:55:56	05:51:52	05:19:53	04:53:13	04:30:40	04:11:20	03:54:35	03:39:55	03:26:59
F95	04:35:48	09:11:36	08:21:27	07:39:40	07:04:18	06:34:00	06:07:44	05:44:45	05:24:28
F100	14:59:22	05:58:44	03:15:13	00:58:57	23:03:38	21:24:49	19:59:09	18:44:12	17:38:05





# CLUB AWARDS SCHEME

RECOGNITION  
CELEBRATION  
INSPIRATION

## How It Works And Time Standards

### Marathon

Age Category	World	Bronze				Gold		Diamond	
	Class	Bronze	Star	Silver	Silver Star	Gold	Gold Star	Diamond	Star
	100%	50%	55%	60%	65%	70%	75%	80%	85%+
Senior Male	02:04:55	04:09:50	03:47:07	03:28:12	03:12:11	02:58:27	02:46:33	02:36:09	02:26:58
M40	02:08:00	04:16:00	03:52:44	03:33:20	03:16:55	03:02:51	02:50:40	02:40:00	02:30:35
M45	02:13:29	04:26:58	04:02:42	03:42:28	03:25:22	03:10:41	02:57:59	02:46:51	02:37:02
M50	02:19:28	04:38:56	04:13:35	03:52:27	03:34:34	03:19:14	03:05:57	02:54:20	02:44:05
M55	02:26:00	04:52:00	04:25:27	04:03:20	03:44:37	03:28:34	03:14:40	03:02:30	02:51:46
M60	02:33:11	05:06:22	04:38:31	04:15:18	03:55:40	03:38:50	03:24:15	03:11:29	03:00:13
M65	02:41:06	05:22:12	04:52:55	04:28:30	04:07:51	03:50:09	03:34:48	03:21:22	03:09:32
M70	02:49:53	05:39:46	05:08:53	04:43:08	04:21:22	04:02:41	03:46:31	03:32:21	03:19:52
M75	03:01:31	06:03:02	05:30:02	05:02:32	04:39:15	04:19:19	04:02:01	03:46:54	03:33:33
M80	03:20:19	06:40:38	06:04:13	05:33:52	05:08:11	04:46:10	04:27:05	04:10:24	03:55:40
M85	03:50:41	07:41:22	06:59:25	06:24:28	05:54:54	05:29:33	05:07:35	04:48:21	04:31:24
M90	04:42:41	09:25:22	08:33:58	07:51:08	07:14:54	06:43:50	06:16:55	05:53:21	05:32:34
M95	06:24:36	12:49:12	11:39:16	10:41:00	09:51:42	09:09:26	08:32:48	08:00:45	07:32:28
M100	10:56:46	21:53:32	19:54:07	18:14:37	16:50:25	15:38:14	14:35:41	13:40:57	12:52:40
Senior Female	02:15:25	04:30:50	04:06:13	03:45:42	03:28:20	03:13:27	03:00:33	02:49:16	02:39:19
F35	02:17:30	04:35:00	04:10:00	03:49:10	03:31:32	03:16:26	03:03:20	02:51:52	02:41:46
F40	02:22:39	04:45:18	04:19:22	03:57:45	03:39:28	03:23:47	03:10:12	02:58:19	02:47:49
F45	02:31:03	05:02:06	04:34:38	04:11:45	03:52:23	03:35:47	03:21:24	03:08:49	02:57:42
F50	02:40:50	05:21:40	04:52:25	04:28:03	04:07:26	03:49:46	03:34:27	03:21:03	03:09:13
F55	02:51:57	05:43:54	05:12:38	04:46:35	04:24:32	04:05:39	03:49:16	03:34:56	03:22:18
F60	03:04:45	06:09:30	05:35:55	05:07:55	04:44:14	04:23:56	04:06:20	03:50:56	03:37:21
F65	03:19:35	06:39:10	06:02:53	05:32:38	05:07:03	04:45:07	04:26:07	04:09:29	03:54:48
F70	03:37:01	07:14:02	06:34:35	06:01:42	05:33:52	05:10:01	04:49:21	04:31:16	04:15:19
F75	03:58:09	07:56:18	07:13:00	06:36:55	06:06:23	05:40:13	05:17:32	04:57:41	04:40:11
F80	04:31:39	09:03:18	08:13:55	07:32:45	06:57:55	06:28:04	06:02:12	05:39:34	05:19:35
F85	05:31:10	11:02:20	10:02:07	09:11:57	08:29:29	07:53:06	07:21:33	06:53:57	06:29:36
F90	07:31:41	15:03:22	13:41:15	12:32:48	11:34:54	10:45:16	10:02:15	09:24:36	08:51:24
F95	10:10:59	20:21:58	18:30:53	16:58:18	15:39:58	14:32:50	13:34:39	12:43:44	11:58:48
F100	23:42:12	23:24:24	14:44:00	07:30:20	01:23:23	20:08:51	15:36:16	11:37:45	08:07:18