

Full Marathon

Award	Men	M(40-44)	M(45-49) Lady	M(50-54) L(35-39)	M(55-59) L(40-44)	M(60-64) L(45-49)	M(65-69) L(50-54)	M(70+) L(55+)
Platinum	02:50:00	03:00:00	03:10:00	03:20:00	03:32:00	03:44:00	03:56:00	04:08:00
Diamond	03:00:00	03:10:00	03:20:00	03:32:00	03:44:00	03:56:00	04:08:00	04:22:00
Gold	03:10:00	03:20:00	03:32:00	03:44:00	03:56:00	04:08:00	04:22:00	04:36:00
Silver	03:20:00	03:32:00	03:44:00	03:56:00	04:08:00	04:22:00	04:36:00	04:50:00
Bronze	03:32:00	03:44:00	03:56:00	04:08:00	04:22:00	04:36:00	04:50:00	05:06:00
Jubilee	03:44:00	03:56:00	04:08:00	04:22:00	04:36:00	04:50:00	05:06:00	05:22:00
3 star	03:56:00	04:08:00	04:22:00	04:36:00	04:50:00	05:06:00	05:22:00	05:38:00
2 star	04:08:00	04:22:00	04:36:00	04:50:00	05:06:00	05:22:00	05:38:00	05:56:00
1 star	04:22:00	04:36:00	04:50:00	05:06:00	05:22:00	05:38:00	05:56:00	06:14:00

Half Marathon

Award	Men	M(40-44)	M(45-49) Lady	M(50-54) L(35-39)	M(55-59) L(40-44)	M(60-64) L(45-49)	M(65-69) L(50-54)	M(70+) L(55+)
Platinum	01:20:00	01:23:00	01:27:00	01:32:00	01:37:00	01:42:00	01:48:00	01:54:00
Diamond	01:23:00	01:27:00	01:32:00	01:37:00	01:42:00	01:48:00	01:54:00	02:00:00
Gold	01:27:00	01:32:00	01:37:00	01:42:00	01:48:00	01:54:00	02:00:00	02:07:00
Silver	01:32:00	01:37:00	01:42:00	01:48:00	01:54:00	02:00:00	02:07:00	02:14:00
Bronze	01:37:00	01:42:00	01:48:00	01:54:00	02:00:00	02:07:00	02:14:00	02:21:00
Jubilee	01:42:00	01:48:00	01:54:00	02:00:00	02:07:00	02:14:00	02:21:00	02:28:00
3 star	01:48:00	01:54:00	02:00:00	02:07:00	02:14:00	02:21:00	02:28:00	02:35:00
2 star	01:54:00	02:00:00	02:07:00	02:14:00	02:21:00	02:28:00	02:35:00	02:45:00
1 star	02:00:00	02:07:00	02:14:00	02:21:00	02:28:00	02:35:00	02:45:00	02:55:00

10 Mile

Award	Men	M(40-44)	M(45-49) Lady	M(50-54) L(35-39)	M(55-59) L(40-44)	M(60-64) L(45-49)	M(65-69) L(50-54)	M(70+) L(55+)
Platinum	00:59:00	01:01:00	01:03:00	01:06:00	01:09:00	01:12:00	01:16:00	01:20:00
Diamond	01:01:00	01:03:00	01:06:00	01:09:00	01:12:00	01:16:00	01:20:00	01:25:00
Gold	01:03:00	01:06:00	01:09:00	01:12:00	01:16:00	01:20:00	01:25:00	01:30:00
Silver	01:06:00	01:09:00	01:12:00	01:16:00	01:20:00	01:25:00	01:30:00	01:35:00
Bronze	01:09:00	01:12:00	01:16:00	01:20:00	01:25:00	01:30:00	01:35:00	01:41:00
Jubilee	01:12:00	01:16:00	01:20:00	01:25:00	01:30:00	01:35:00	01:41:00	01:47:00
3 star	01:16:00	01:20:00	01:25:00	01:30:00	01:35:00	01:41:00	01:47:00	01:53:00
2 star	01:20:00	01:25:00	01:30:00	01:35:00	01:41:00	01:47:00	01:53:00	02:00:00
1 star	01:25:00	01:30:00	01:35:00	01:41:00	01:47:00	01:53:00	02:00:00	02:10:00

10 Kilometre

Award	Men	M(40-44)	M(45-49) Lady	M(50-54) L(35-39)	M(55-59) L(40-44)	M(60-64) L(45-49)	M(65-69) L(50-54)	M(70+) L(55+)
Platinum	00:33:00	00:34:00	00:35:30	00:37:30	00:39:30	00:42:00	00:45:00	00:48:30
Diamond	00:34:00	00:35:30	00:37:30	00:39:30	00:42:00	00:45:00	00:48:30	00:52:30
Gold	00:35:30	00:37:30	00:39:30	00:42:00	00:45:00	00:48:30	00:52:30	00:57:30
Silver	00:37:30	00:39:30	00:42:00	00:45:00	00:48:30	00:52:30	00:57:30	01:02:30
Bronze	00:39:30	00:42:00	00:45:00	00:48:30	00:52:30	00:57:30	01:02:30	01:07:30
Jubilee	00:42:00	00:45:00	00:48:30	00:52:30	00:57:30	01:02:30	01:07:30	01:12:30
3 star	00:45:00	00:48:30	00:52:30	00:57:30	01:02:30	01:07:30	01:12:30	01:17:30
2 star	00:48:30	00:52:30	00:57:30	01:02:30	01:07:30	01:12:30	01:17:30	01:22:30
1 star	00:52:30	00:57:30	01:02:30	01:07:30	01:12:30	01:17:30	01:22:30	01:27:30