



**MENS TABLES**  
**SENIOR MEN < 40**

DISTANCE	DIAMOND	GOLD gilt	GOLD	SILVER gilt	SILVER	BRONZE gilt	BRONZE
5K	16:30	17:00	17:30	18:30	19:30	21:15	23:00
5 MILES	27:15	28:00	28:45	30:22	32:00	35:00	38:00
6 MILES	33:00	33:52	34:45	36:52	39:00	42:34	46:08
10K	34:15	35:07	36:00	38:15	40:30	44:15	48:00
7 MILES	38:50	39:50	40:50	43:22	45:55	50:11	54:28
8 MILES*	44:50	45:55	47:00	49:57	52:54	57:35	1:02:15
10 MILES	57:00	58:30	1:00:00	1:03:37	1:07:15	1:12:38	1:18:00
½MARATHON	1:16:00	1:18:00	1:20:00	1:24:30	1:29:00	1:37:00	1:45:00
20 MILES	2:01:00	2:04:30	2:08:00	2:15:30	2:23:00	2:34:30	2:46:00
MARATHON	2:45:00	2:50:30	2:56:00	3:05:30	3:15:00	3:32:30	3:50:00



**VET MEN  
(40-44)**

DISTANCE	DIAMOND	GOLD gilt	GOLD	SILVER gilt	SILVER	BRONZE gilt	BRONZE
5K	17:00	17:37	18:15	19:22	20:30	22:15	24:00
5 MILES	28:00	29:00	30:00	31:45	33:30	36:45	40:00
6 MILES	34:00	35:07	36:15	38:27	40:40	44:27	48:15
10K	35:30	36:45	38:00	40:15	42:30	46:15	50:00
7 MILES	40:15	41:22	42:30	45:12	47:55	52:20	56:45
8 MILES*	46:35	47:47	49:00	52:10	55:20	1:00:25	1:05:30
10 MILES	59:20	1:00:55	1:02:30	1:06:25	1:10:20	1:16:55	1:23:30
½MARATHON	1:20:00	1:22:00	1:24:00	1:29:00	1:34:00	1:42:00	1:50:00
20 MILES	2:06:00	2:10:00	2:14:00	2:22:00	2:30:00	2:43:00	2:56:00
MARATHON	3:00:00	3:05:00	3:10:00	3:20:00	3:30:00	3:48:00	4:06:00



**VET MEN  
(45-49)**

DISTANCE	DIAMOND	GOLD gilt	GOLD	SILVER gilt	SILVER	BRONZE gilt	BRONZE
5K	17:30	18:22	19:15	20:30	21:45	23:37	25:30
5 MILES	29:00	30:22	31:45	33:52	36:00	38:52	41:45
6 MILES	35:15	36:45	38:15	40:52	43:30	46:50	50:10
10K	36:45	38:15	39:45	42:17	44:50	48:25	52:00
7 MILES	41:30	43:10	44:50	48:00	51:10	54:57	58:45
8 MILES*	47:50	49:35	51:20	55:05	58:50	1:03:07	1:07:25
10 MILES	1:00:40	1:02:50	1:05:00	1:09:45	1:14:30	1:19:30	1:24:30
½MARATHON	1:21:30	1:24:15	1:27:00	1:33:30	1:40:00	1:46:30	1:53:00
20 MILES	2:08:00	2:13:30	2:19:00	2:29:30	2:40:00	2:54:00	3:08:00
MARATHON	3:02:30	3:08:45	3:15:00	3:27:30	3:40:00	3:57:30	4:15:00



**VET MEN  
(50-54)**

DISTANCE	DIAMOND	GOLD gilt	GOLD	SILVER gilt	SILVER	BRONZE gilt	BRONZE
5K	18:15	19:15	20:15	21:45	23:15	25:07	27:00
5 MILES	30:15	31:52	33:30	36:00	38:30	41:00	43:30
6 MILES	36:30	38:22	40:15	43:22	46:30	49:30	52:30
10K	38:00	39:52	41:45	45:00	48:15	51:24	54:34
7 MILES	42:50	44:55	47:00	50:50	54:40	58:10	61:40
8 MILES*	49:20	51:37	53:55	58:25	1:02:55	1:06:55	1:10:55
10 MILES	1:02:00	1:05:00	1:08:00	1:13:43	1:19:25	1:24:22	1:29:20
½MARATHON	1:23:50	1:28:25	1:33:00	1:39:15	1:45:30	1:52:45	2:00:00
20 MILES	2:14:00	2:21:00	2:28:00	2:39:00	2:50:00	3:05:00	3:20:00
MARATHON	3:03:00	3:11:30	3:20:00	3:35:00	3:50:00	4:09:00	4:28:00



**VET MEN  
(55-59)**

DISTANCE	DIAMOND	GOLD gilt	GOLD	SILVER gilt	SILVER	BRONZE gilt	BRONZE
5K	18:45	20:00	21:15	22:52	24:30	26:30	28:30
5 MILES	31:15	33:15	35:15	38:00	40:45	43:00	45:15
6 MILES	37:40	40:05	42:30	45:45	49:00	51:45	54:30
10K	39:15	41:42	44:10	47:27	50:45	53:37	56:30
7 MILES	44:20	47:05	49:50	53:35	57:20	1:00:40	1:04:00
8 MILES*	51:00	54:05	57:10	1:01:27	1:05:45	1:09:43	1:13:40
10 MILES	1:04:00	1:07:50	1:11:40	1:17:20	1:23:00	1:28:10	1:33:20
½MARATHON	1:25:30	1:30:45	1:36:00	1:43:30	1:51:00	1:57:30	2:04:00
20 MILES	2:18:00	2:26:30	2:35:00	2:47:30	3:00:00	3:16:00	3:32:00
MARATHON	3:04:30	3:14:45	3:25:00	3:45:00	4:05:00	4:22:37	4:40:15



**VET MEN  
(60-64)**

DISTANCE	DIAMOND	GOLD gilt	GOLD	SILVER gilt	SILVER	BRONZE gilt	BRONZE
5K	19:30	20:52	22:15	24:07	26:00	28:00	30:00
5 MILES	32:30	34:45	37:00	40:00	43:00	45:00	47:00
6 MILES	39:00	41:45	44:30	48:00	51:30	54:15	57:00
10K	40:40	43:25	46:10	49:42	53:15	56:07	59:00
7 MILES	45:45	48:52	52:00	56:07	1:00:15	1:03:22	1:06:30
8 MILES*	52:30	56:07	59:45	1:04:30	1:09:15	1:12:45	1:16:15
10 MILES	1:06:00	1:10:30	1:15:00	1:21:00	1:27:00	1:31:30	1:36:00
½MARATHON	1:29:00	1:34:00	1:39:00	1:47:30	1:56:00	2:02:00	2:08:00
20 MILES	2:22:00	2:32:00	2:42:00	2:56:00	3:10:00	3:25:00	3:40:00
MARATHON	3:10:00	3:23:00	3:36:00	3:54:30	4:13:00	4:32:00	4:51:00



**VET MEN  
(65-69)**

DISTANCE	DIAMOND	GOLD gilt	GOLD	SILVER gilt	SILVER	BRONZE gilt	BRONZE
5K	20:15	21:45	23:15	25:22	27:30	29:30	31:30
5 MILES	33:45	36:15	38:45	42:00	45:15	47:00	48:45
6 MILES	40:45	43:37	46:30	50:30	54:30	57:00	59:30
10K	43:00	45:55	48:50	52:55	57:00	59:35	1:02:10
7 MILES	48:00	51:22	54:45	59:37	1:04:30	1:07:08	1:09:45
8 MILES*	56:00	59:37	1:03:15	1:08:45	1:14:15	1:17:15	1:20:15
10 MILES	1:13:00	1:16:30	1:20:00	1:27:00	1:34:00	1:37:45	1:41:30
½MARATHON	1:35:00	1:41:00	1:47:00	1:56:15	2:05:30	2:10:22	2:15:15
20 MILES	2:26:00	2:38:00	2:50:00	3:05:00	3:20:00	3:35:00	3:50:00
MARATHON	3:12:45	3:30:23	3:48:00	4:07:00	4:26:00	4:47:00	5:08:00



**VET MEN  
(70-74)**

DISTANCE	DIAMOND	GOLD gilt	GOLD	SILVER gilt	SILVER	BRONZE gilt	BRONZE
5K	20:45	22:30	24:15	26:37	29:00	31:00	33:00
5 MILES	35:00	37:45	40:30	44:00	47:30	49:22	51:15
6 MILES	42:45	45:52	49:00	53:07	57:15	59:37	1:02:00
10K	44:30	47:45	51:00	55:15	59:30	1:01:57	1:04:25
7 MILES	50:30	54:15	58:00	1:02:37	1:07:15	1:10:08	1:13:00
8 MILES*	58:15	1:02:37	1:07:00	1:12:30	1:18:00	1:21:00	1:24:00
10 MILES	1:13:30	1:19:30	1:25:30	1:32:45	1:40:00	1:43:00	1:46:00
½MARATHON	1:39:00	1:46:30	1:54:00	2:04:30	2:15:00	2:18:45	2:22:30
20 MILES	2:34:00	2:46:00	2:58:00	3:14:00	3:30:00	3:45:00	4:00:00
MARATHON	3:28:30	3:43:00	3:57:30	4:17:45	4:38:00	5:00:00	5:22:00





**VET MEN  
(75+)**

DISTANCE	DIAMOND	GOLD gilt	GOLD	SILVER gilt	SILVER	BRONZE gilt	BRONZE
5K	21:30	23:22	25:15	27:52	30:30	32:30	34:30
5 MILES	36:15	39:15	42:15	45:37	49:00	50:52	52:45
6 MILES	43:45	47:22	51:00	55:22	59:45	1:02:07	1:04:30
10K	45:30	49:15	53:00	57:30	1:02:00	1:04:30	1:07:00
7 MILES	52:00	56:07	1:00:15	1:05:08	1:10:00	1:13:08	1:16:15
8 MILES*	1:00:30	1:05:00	1:09:30	1:15:15	1:21:00	1:24:22	1:27:45
10 MILES	1:17:00	1:22:30	1:28:00	1:35:00	1:42:00	1:47:30	1:53:00
½MARATHON	1:45:00	1:52:30	2:00:00	2:09:30	2:19:00	2:24:30	2:30:00
20 MILES	2:42:00	2:57:00	3:12:00	3:26:00	3:40:00	4:01:00	4:22:00
MARATHON	3:40:00	3:58:23	4:16:45	4:33:52	4:51:00	5:18:30	5:46:00



**WOMENS**  
**TABLES**

**SENIOR UNDER 35**

DISTANCE	DIAMOND	GOLD gilt	GOLD	SILVER gilt	SILVER	BRONZE gilt	BRONZE
5K	19:00	20:22	21:45	23:07	24:30	26:22	28:15
5 MILES	31:00	33:30	36:00	38:00	40:00	43:15	46:30
6 MILES	37:30	40:30	43:30	46:07	48:45	52:37	56:30
10K	39:00	42:00	45:00	47:45	50:30	54:30	58:30
7 MILES	44:15	47:37	51:00	54:15	57:30	1:01:52	1:06:15
8 MILES*	51:00	54:52	58:45	1:02:30	1:06:15	1:11:15	1:16:15
10 MILES	1:05:00	1:09:23	1:13:45	1:18:23	1:23:00	1:29:15	1:35:30
½MARATHON	1:27:00	1:32:52	1:38:45	1:44:45	1:50:45	1:59:15	2:07:45
20 MILES	2:19:00	2:27:30	2:36:00	2:45:30	2:55:00	3:07:30	3:20:00
MARATHON	3:10:00	3:20:00	3:30:00	3:42:30	3:55:00	4:14:45	4:34:30



## **VET WOMEN (35-39)**

DISTANCE	DIAMOND	GOLD gilt	GOLD	SILVER gilt	SILVER	BRONZE gilt	BRONZE
5K	20:30	21:37	22:45	24:07	25:30	27:15	29:00
5 MILES	34:00	35:45	37:30	39:45	42:00	45:00	48:00
6 MILES	41:00	43:07	45:15	48:00	50:45	54:22	58:00
10K	42:30	44:45	47:00	49:45	52:30	56:15	1:00:00
7 MILES	48:15	50:45	53:15	56:22	59:30	1:03:45	1:08:00
8 MILES*	55:30	58:22	1:01:15	1:04:45	1:08:15	1:13:08	1:18:00
10 MILES	1:10:00	1:13:30	1:17:00	1:21:30	1:26:00	1:32:00	1:38:00
½MARATHON	1:34:15	1:39:07	1:44:00	1:50:00	1:56:00	2:04:00	2:12:00
20 MILES	2:27:00	2:35:00	2:43:00	2:52:30	3:02:00	3:13:00	3:24:00
MARATHON	3:25:00	3:32:30	3:40:00	3:53:00	4:06:00	4:23:00	4:40:00



## **VET WOMEN (40-44)**

DISTANCE	DIAMOND	GOLD gilt	GOLD	SILVER gilt	SILVER	BRONZE gilt	BRONZE
5K	21:15	22:22	23:30	25:07	26:45	28:37	30:30
5 MILES	35:15	37:07	39:00	41:37	44:15	47:07	50:00
6 MILES	42:45	45:00	47:15	50:22	53:30	57:00	60:30
10K	44:15	46:37	49:00	52:15	55:30	59:07	1:02:45
7 MILES	50:15	52:52	55:30	59:00	1:02:30	1:06:45	1:11:00
8 MILES*	57:45	1:00:45	1:03:45	1:08:00	1:12:15	1:16:52	1:21:30
10 MILES	1:12:30	1:16:15	1:20:00	1:25:30	1:31:00	1:36:30	1:42:00
½MARATHON	1:37:30	1:43:30	1:49:30	1:56:45	2:04:00	2:10:00	2:16:00
20 MILES	2:33:30	2:41:45	2:50:00	3:01:00	3:12:00	3:23:15	3:34:30
MARATHON	3:32:00	3:41:00	3:50:00	4:04:00	4:18:00	4:34:00	4:50:00



## VET WOMEN (45-49)

DISTANCE	DIAMOND	GOLD gilt	GOLD	SILVER gilt	SILVER	BRONZE gilt	BRONZE
5K	22:00	23:15	24:30	26:15	28:00	30:00	32:00
5 MILES	36:30	38:37	40:45	43:37	46:30	49:15	52:00
6 MILES	44:30	46:52	49:15	52:52	56:30	1:00:15	1:04:00
10K	46:15	48:37	51:00	54:15	57:30	1:01:52	1:06:15
7 MILES	52:15	55:00	57:45	1:02:07	1:06:30	1:10:53	1:15:15
8 MILES*	1:00:00	1:03:15	1:06:30	1:11:30	1:16:30	1:21:30	1:26:30
10 MILES	1:15:00	1:19:00	1:23:00	1:29:30	1:36:00	1:42:00	1:48:00
½MARATHON	1:42:00	1:48:30	1:55:00	2:03:30	2:12:00	2:18:38	2:25:15
20 MILES	2:40:00	2:48:30	2:57:00	3:09:30	3:22:00	3:33:30	3:45:00
MARATHON	3:40:00	3:50:00	4:00:00	4:15:00	4:30:00	4:45:00	5:00:00



**VET WOMEN  
(50-54)**

DISTANCE	DIAMOND	GOLD gilt	GOLD	SILVER gilt	SILVER	BRONZE gilt	BRONZE
5K	22:45	24:15	25:45	27:30	29:15	31:22	33:30
5 MILES	37:45	40:00	42:15	45:30	48:45	51:22	54:00
6 MILES	45:45	48:30	51:15	55:22	59:30	1:03:30	1:07:30
10K	47:30	50:22	53:15	57:30	1:01:45	1:05:53	1:10:00
7 MILES	53:45	57:32	1:01:20	1:05:40	1:10:00	1:14:30	1:19:00
8 MILES*	1:01:45	1:06:00	1:10:15	1:15:23	1:20:30	1:25:37	1:30:45
10 MILES	1:17:30	1:22:45	1:28:00	1:34:30	1:41:00	1:47:30	1:54:00
½MARATHON	1:46:30	1:52:15	1:58:00	2:07:00	2:16:00	2:23:00	2:30:00
20 MILES	2:46:30	2:55:15	3:04:00	3:18:00	3:32:00	3:43:45	3:55:30
MARATHON	3:47:30	4:00:00	4:12:30	4:28:45	4:45:00	5:00:00	5:15:00



## **VET WOMEN (55-59)**

DISTANCE	DIAMOND	GOLD gilt	GOLD	SILVER gilt	SILVER	BRONZE gilt	BRONZE
5K	23:30	24:52	26:15	28:22	30:30	32:45	35:00
5 MILES	39:00	41:30	44:00	47:30	51:00	53:30	56:00
6 MILES	47:15	50:15	53:15	57:52	1:02:30	1:06:45	1:11:00
10K	49:00	52:12	55:25	1:00:05	1:04:45	1:09:08	1:13:30
7 MILES	55:15	58:52	1:02:30	1:08:00	1:13:30	1:18:38	1:23:45
8 MILES*	1:03:45	1:07:45	1:11:45	1:18:07	1:24:30	1:30:22	1:36:15
10 MILES	1:20:00	1:25:00	1:30:00	1:38:00	1:46:00	1:53:15	2:00:30
½MARATHON	1:51:00	1:56:30	2:02:00	2:12:30	2:23:00	2:31:30	2:40:00
20 MILES	2:53:00	3:02:00	3:11:00	3:26:30	3:42:00	3:54:00	4:06:00
MARATHON	3:55:00	4:10:00	4:25:00	4:42:30	5:00:00	5:15:00	5:30:00



**VET WOMEN  
(60-64)**

DISTANCE	DIAMOND	GOLD gilt	GOLD	SILVER gilt	SILVER	BRONZE gilt	BRONZE
5K	24:15	25:45	27:15	29:30	31:45	34:07	36:30
5 MILES	41:00	43:45	46:30	50:30	54:30	57:00	59:30
6 MILES	49:45	53:00	56:15	1:00:07	1:04:00	1:08:00	1:12:00
10K	51:00	54:30	58:00	1:03:00	1:08:00	1:13:00	1:18:00
7 MILES	1:00:45	1:03:30	1:06:15	1:12:00	1:17:45	1:21:15	1:24:45
8 MILES*	1:10:15	1:13:15	1:16:15	1:22:45	1:29:15	1:33:45	1:38:15
10 MILES	1:28:00	1:32:00	1:36:00	1:44:00	1:50:00	1:56:00	2:02:00
½MARATHON	1:59:00	2:04:30	2:10:00	2:20:00	2:30:00	2:37:30	2:45:00
20 MILES	3:05:00	3:12:30	3:20:00	3:35:30	3:51:00	4:01:30	4:12:00
MARATHON	4:12:00	4:28:30	4:45:00	5:02:30	5:20:00	5:35:00	5:50:00





## **VET WOMEN (65-69)**

DISTANCE	DIAMOND	GOLD gilt	GOLD	SILVER gilt	SILVER	BRONZE gilt	BRONZE
5K	25:15	27:52	30:30	32:30	34:30	36:37	38:30
5 MILES	42:15	45:37	49:00	53:52	55:45	1:00:10	1:02:30
6 MILES	51:00	55:22	59:45	1:02:37	1:06:30	1:10:30	1:14:00
10K	53:00	57:30	1:02:00	1:05:30	1:09:30	1:14:40	1:19:45
7 MILES	1:02:45	1:06:30	1:08:45	1:14:30	1:19:15	1:23:00	1:26:30
8 MILES*	1:12:15	1:16:15	1:19:00	1:24:30	1:30:45	1:35:00	1:38:15
10 MILES	1:31:00	1:35:30	1:41:00	1:47:30	1:53:30	1:59:30	2:05:30
½MARATHON	2:05:00	2:10:30	2:16:30	2:26:45	2:33:00	2:40:30	2:48:00
20 MILES	3:12:00	3:26:00	3:40:00	4:01:00	4:19:00	4:30:00	4:41:00
MARATHON	4:18:00	4:34:00	4:51:00	5:18:30	5:36:00	5:42:00	5:58:00



**VET WOMEN  
(70+)**

DISTANCE	DIAMOND	GOLD gilt	GOLD	SILVER gilt	SILVER	BRONZE gilt	BRONZE
5K	27:52	30:30	32:30	34:30	36:37	38:30	40:30
5 MILES	45:37	49:00	53:52	55:45	1:00:10	1:02:30	1:04:50
6 MILES	55:22	59:45	1:02:37	1:06:30	1:10:30	1:14:00	1:17:30
10K	57:30	1:02:00	1:05:30	1:09:30	1:14:40	1:19:45	1:25:00
7 MILES	1:06:30	1:08:45	1:14:30	1:19:15	1:23:00	1:26:30	1:30:00
8 MILES*	1:16:15	1:19:00	1:24:30	1:30:45	1:35:00	1:38:15	1:41:30
10 MILES	1:35:30	1:41:00	1:47:30	1:53:30	1:59:30	2:05:30	2:11:30
½MARATHON	2:10:30	2:16:30	2:26:45	2:33:00	2:40:30	2:48:00	2:55:30
20 MILES	3:26:00	3:40:00	4:01:00	4:19:00	4:30:00	4:41:00	4:52:00
MARATHON	4:34:00	4:51:00	5:18:30	5:36:00	5:41:00	5:56:00	6:05:00