

STANDARD	1 MILE	3KM	5KM	10KM	10 MILE	HALF	MARATHON
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LADIES

SENIORS

ACHIEVE	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH
BRONZE	7.37	15.11	26.54	55.09	1.30.20	1.59.41	4.06.12
SILVER	6.59	13.55	24.40	50.33	1.22.48	1.49.43	3.45.41
GOLD	6.27	12.51	22.46	46.39	1.16.26	1.41.16	3.28.19
DIAMOND	5.35	11.08	19.43	40.26	1.06.14	1.27.46	3.00.33

V35-39

ACHIEVE	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH
BRONZE	8.13	15.34	28.16	57.58	1.34.56	2.06.58	4.23.41
SILVER	7.32	14.16	25.55	53.08	1.27.01	1.56.23	4.01.43
GOLD	6.57	13.10	23.55	49.03	1.20.20	1.47.26	3.43.07
DIAMOND	5.45	11.25	20.06	41.11	1.07.29	1.29.43	3.05.11

V40-44

ACHIEVE	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH
BRONZE	8.13	16.11	28.16	57.58	1.34.56	2.06.58	4.23.41
SILVER	7.32	14.50	25.55	53.08	1.27.01	1.56.23	4.01.43
GOLD	6.57	13.42	23.55	49.03	1.20.20	1.47.26	3.43.07
DIAMOND	6.01	11.52	20.43	42.30	1.09.37	1.33.06	3.13.22

V45-49

ACHIEVE	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH
BRONZE	8.43	17.09	29.40	1.00.47	1.39.34	2.14.16	4.39.54
SILVER	7.59	15.43	27.11	55.43	1.31.16	2.03.05	4.16.35
GOLD	7.23	14.31	25.06	51.26	1.24.15	1.53.36	3.56.50
DIAMOND	6.23	12.35	21.45	44.34	1.13.01	1.38.27	3.25.15

V50-54

ACHIEVE	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH
BRONZE	9.17	18.17	31.32	1.04.40	1.45.54	2.23.00	4.58.23
SILVER	8.31	16.45	28.55	59.16	1.37.05	2.11.05	4.33.31
GOLD	7.51	15.28	26.41	54.43	1.29.36	2.00.59	4.12.29
DIAMOND	6.48	13.24	23.07	47.25	1.17.39	1.44.51	3.38.49

V55-59

ACHIEVE	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH
BRONZE	9.56	19.33	33.41	1.09.05	1.53.09	2.32.58	5.19.30
SILVER	9.06	17.56	30.53	1.03.20	1.43.43	2.20.13	4.52.53
GOLD	8.24	16.33	28.30	58.27	1.35.44	2.09.26	4.30.21
DIAMOND	7.17	14.20	24.42	50.39	1.22.58	1.52.10	3.54.18

V60-65

ACHIEVE	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH
BRONZE	10.41	21.02	36.10	1.14.09	2.01.25	2.44.25	5.44.18
SILVER	9.47	19.17	33.10	1.07.58	1.51.18	2.30.43	5.15.36
GOLD	9.02	17.48	30.36	1.02.44	1.42.44	2.19.07	4.51.20
DIAMOND	7.50	15.25	26.31	54.22	1.29.02	2.00.34	4.12.29