

STANDARD	1 MILE	3KM	5KM	10KM	10 MILE	HALF	MARATHON
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**MENS  
SENIORS**

ACHIEVE	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH
BRONZE	6.45	13.22	23.30	48.56	1.20.41	1.47.40	3.47.07
SILVER	6.11	12.15	21.33	44.51	1.13.58	1.38.41	3.28.11
GOLD	5.43	11.18	19.53	41.24	1.08.16	1.31.06	3.12.10
DIAMOND	4.57	9.48	17.14	35.53	59.10	1.18.57	2.46.33

**V40-44**

ACHIEVE	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH
BRONZE	7.14	14.19	25.10	52.25	1.25.52	1.53.58	3.56.36
SILVER	6.38	13.07	23.05	48.03	1.18.43	1.44.28	3.36.53
GOLD	6.07	12.07	21.18	44.21	1.12.40	1.36.26	3.20.12
DIAMOND	5.18	10.30	18.27	38.26	1.02.58	1.23.34	2.53.30

**V45-49**

ACHIEVE	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH
BRONZE	7.31	14.53	26.10	54.29	1.29.23	1.58.41	4.06.56
SILVER	6.54	13.38	24.00	49.56	1.21.56	1.48.48	3.46.21
GOLD	6.22	12.35	22.09	46.06	1.15.38	1.40.26	3.28.56
DIAMOND	5.31	10.54	19.11	39.57	1.05.33	1.27.07	3.01.05

**V50-54**

ACHIEVE	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH
BRONZE	7.50	15.29	27.14	56.43	1.33.10	2.03.50	4.18.10
SILVER	7.11	14.12	24.58	52.00	1.25.25	1.53.31	3.56.40
GOLD	6.37	13.06	23.03	47.59	1.18.50	1.44.47	3.38.27
DIAMOND	5.44	11.21	19.58	41.35	1.08.19	1.30.49	3.09.19

**V55-59**

ACHIEVE	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH
BRONZE	8.10	16.09	28.25	59.09	1.37.20	2.09.27	4.30.30
SILVER	7.29	14.48	26.03	54.13	1.29.13	1.58.40	4.07.58
GOLD	6.54	13.40	24.03	26.03	1.22.21	1.49.32	3.48.53
DIAMOND	5.59	11.50	20.50	43.22	1.11.22	1.34.55	3.18.22

**V60-64**

ACHIEVE	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH
BRONZE	8.32	16.52	29.40	1.01.47	1.41.52	2.15.36	4.44.05
SILVER	7.49	15.28	27.11	56.38	1.33.23	2.04.18	4.20.25
GOLD	7.13	14.16	25.06	52.16	1.26.12	1.54.44	4.00.23
DIAMOND	6.15	12.22	21.45	45.18	1.14.42	1.39.26	3.28.19

**V65-69**

ACHIEVE	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH
BRONZE	8.56	17.39	31.03	1.04.40	1.46.49	2.22.23	4.59.05
SILVER	8.11	16.11	28.28	59.16	1.37.55	2.10.31	4.34.10
GOLD	7.33	14.56	26.16	54.43	1.30.23	2.00.29	4.13.04
DIAMOND	6.33	12.57	22.46	47.25	1.18.19	1.44.25	3.39.19

**V70+**

ACHIEVE	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH	FINISH
BRONZE	9.27	18.41	32.52	1.08.25	1.52.47	2.30.14	5.16.05
SILVER	8.40	17.07	30.08	1.02.43	1.43.23	2.17.43	4.49.45
GOLD	8.00	15.48	27.49	57.53	1.35.26	2.07.07	4.27.27
DIAMOND	6.56	13.42	24.06	50.10	1.22.42	1.50.10	3.51.47