

Sheet 1

Group A ; male 5k	26 – 39	40 – 44	45 – 49	50 – 54	55 – 59	60 – 64	65 – 69	70 – 74	75 – 79	80 – 84
1 st class times	16 – 14	17 – 09	17 – 46	18 – 26	19 – 10	19 – 58	20 – 49	21 – 50	23 – 26	25 – 55
2 nd	17 – 19	18 – 17	18 – 57	19 – 40	20 – 27	21 – 17	22 – 12	23 – 17	25 – 00	27 – 39
3 rd	18 – 33	19 – 36	20 – 19	21 – 04	21 – 54	22 – 49	23 – 47	24 – 57	26 – 47	29 – 37
4 th	19 – 58	21 – 06	21 – 52	22 – 42	23 – 35	24 – 34	25 – 37	26 – 52	28 – 51	31 – 54

Group A ; male 5 miles	26 – 39	40 – 44	45 – 49	50 – 54	55 – 59	60 – 64	65 – 69	70 – 74	75 – 79	80 – 84
1 st class times	26 – 39	27 – 49	28 – 54	30 – 05	31 – 21	32 – 45	34 – 16	36 – 00	38 – 38	42 – 44
2 nd	28 – 25	29 – 40	30 – 49	32 – 05	33 – 27	34 – 56	36 – 33	38 – 24	41 – 12	45 – 35
3 rd	30 – 27	31 – 47	33 – 01	34 – 23	35 – 50	37 – 26	39 – 10	41 – 09	44 – 09	48 – 50
4 th	32 – 48	34 – 14	35 – 34	37 – 02	38 – 35	40 – 18	42 – 11	44 – 18	47 – 32	52 – 35

Group A; male 10k	26 – 39	40 – 44	45 – 49	50 – 54	55 – 59	60 – 64	65 – 69	70 – 74	75 – 79	80 – 84
1 st class times	33 – 24	34 – 39	36 – 03	37 – 34	39 – 13	41 – 00	42 – 59	45 – 11	48 – 28	53 – 38
2 nd	35 – 37	36 – 57	38 – 27	40 – 04	41 – 49	43 – 44	45 – 51	48 – 12	51 – 41	57 – 12
3 rd	38 – 10	39 – 36	41 – 11	42 – 56	44 – 49	46 – 51	49 – 07	51 – 39	55 – 23	1 – 01 – 17
4 th	41 – 06	42 – 38	44 – 22	46 – 14	48 – 15	50 – 28	52 – 54	55 – 37	59 – 38	1 – 06 – 00

Group B; male 10 miles	26 – 39	40 – 44	45 – 49	50 – 54	55 – 59	60 – 64	65 – 69	70 – 74	75 – 79	80 – 84
1 st class times	55 – 00	56 – 44	59 – 01	1 – 01 – 34	1 – 04 – 19	1 – 07 – 20	1 – 10 – 39	1 – 14 – 19	1 – 19 – 33	1 – 27 – 54
2 nd	58 – 40	1 – 00 – 31	1 – 02 – 57	1 – 05 – 40	1 – 08 – 36	1 – 11 – 49	1 – 15 – 21	1 – 19 – 16	1 – 24 – 51	1 – 33 – 45
3 rd	1 – 02 – 51	1 – 04 – 50	1 – 07 – 27	1 – 10 – 21	1 – 13 – 30	1 – 16 – 57	1 – 20 – 44	1 – 24 – 56	1 – 30 – 54	1 – 40 – 27
4 th	1 – 07 – 42	1 – 09 – 49	1 – 12 – 38	1 – 15 – 46	1 – 19 – 09	1 – 22 – 52	1 – 26 – 57	1 – 31 – 28	1 – 37 – 54	1 – 48 – 11

Group C; male ½ marathon	26 – 39	40 – 44	45 – 49	50 – 54	55 – 59	60 – 64	65 – 69	70 – 74	75 – 79	80 – 84
1 st class times	1 – 12 – 59	1 – 15 – 03	1 – 18 – 04	1 – 21 – 26	1 – 25 – 09	1 – 29 – 11	1 – 33 – 38	1 – 38 – 34	1 – 45 – 20	1 – 56 – 16
2 nd	1 – 17 – 51	1 – 20 – 03	1 – 23 – 16	1 – 26 – 52	1 – 30 – 49	1 – 35 – 08	1 – 39 – 52	1 – 45 – 08	1 – 52 – 21	2 – 04 – 01
3 rd	1 – 23 – 24	1 – 25 – 46	1 – 29 – 13	1 – 33 – 04	1 – 37 – 19	1 – 41 – 56	1 – 47 – 00	1 – 52 – 39	2 – 00 – 23	2 – 12 – 53
4 th	1 – 29 – 49	1 – 32 – 22	1 – 36 – 05	1 – 40 – 14	1 – 44 – 48	1 – 49 – 46	1 – 55 – 14	2 – 01 – 18	2 – 09 – 38	2 – 23 – 06

Group D; male 20 miles	26 – 39	40 – 44	45 – 49	50 – 54	55 – 59	60 – 64	65 – 69	70 – 74	75 – 79	80 – 84
1 st class times	1 – 54 – 56	1 – 58 – 11	2 – 02 – 55	2 – 08 – 15	2 – 14 – 05	2 – 20 – 26	2 – 27 – 28	2 – 35 – 13	2 – 45 – 53	3 – 03 – 05
2 nd	2 – 02 – 36	2 – 06 – 04	2 – 11 – 07	2 – 16 – 48	2 – 23 – 01	2 – 29 – 48	2 – 37 – 17	2 – 45 – 33	2 – 56 – 56	3 – 15 – 17
3 rd	2 – 11 – 21	2 – 15 – 04	2 – 20 – 29	2 – 26 – 34	2 – 33 – 14	2 – 40 – 30	2 – 48 – 31	2 – 57 – 23	3 – 09 – 34	3 – 29 – 14
4 th	2 – 21 – 28	2 – 25 – 28	2 – 31 – 17	2 – 37 – 51	2 – 45 – 02	2 – 52 – 51	3 – 01 – 29	3 – 11 – 02	3 – 24 – 09	3 – 45 – 20

Group E; male marathon	26 – 39	40 – 44	45 – 49	50 – 54	55 – 59	60 – 64	65 – 69	70 – 74	75 – 79	80 – 84
1 st class times	2 – 33 – 41	2 – 38 – 03	2 – 44 – 23	2 – 51 – 30	2 – 59 – 18	3 – 07 – 49	3 – 17 – 11	3 – 27 – 33	3 – 41 – 49	4 – 04 – 50
2 nd	2 – 43 – 56	2 – 48 – 35	2 – 55 – 20	3 – 02 – 56	3 – 11 – 15	3 – 20 – 20	3 – 30 – 20	3 – 41 – 23	3 – 56 – 36	4 – 21 – 09
3 rd	2 – 55 – 39	3 – 00 – 37	3 – 07 – 51	3 – 16 – 00	3 – 24 – 54	3 – 34 – 39	3 – 45 – 21	3 – 57 – 11	4 – 13 – 30	4 – 39 – 49
4 th	3 – 09 – 09	3 – 14 – 31	3 – 22 – 18	3 – 31 – 05	3 – 40 – 40	3 – 51 – 09	4 – 02 – 42	4 – 15 – 26	4 – 33 – 00	5 – 01 – 20

Group E; male 50k										
1 st class times	3 – 06 – 53	3 – 12 – 10	3 – 19 – 53	3 – 28 – 33	3 – 38 – 00	3 – 48 – 23	3 – 59 – 46	4 – 12 – 21	4 – 29 – 43	4 – 57 – 43
2 nd	3 – 19 – 20	3 – 24 – 59	3 – 33 – 12	3 – 42 – 27	3 – 52 – 32	4 – 03 – 36	4 – 15 – 45	4 – 29 – 11	4 – 47 – 41	5 – 17 – 33
3 rd	3 – 33 – 34	3 – 39 – 37	3 – 48 – 26	3 – 58 – 20	4 – 09 – 09	4 – 21 – 00	4 – 34 – 01	4 – 48 – 24	5 – 08 – 14	5 – 40 – 14
4 th	3 – 50 – 00	3 – 56 – 31	4 – 06 – 00	4 – 16 – 40	4 – 28 – 18	4 – 41 – 05	4 – 55 – 06	5 – 10 – 35	5 – 31 – 57	6 – 06 – 25