

MEN < 40

DISTANCE	DIAMOND	GOLD	SILVER	BRONZE
5K	00:15:40	00:17:20	00:18:30	00:20:00
5 MILES	00:26:00	00:28:00	00:31:00	00:33:30
10K	00:33:00	00:36:20	00:39:00	00:42:00
10 MILES	00:55:00	01:00:40	01:04:00	01:10:00
HALF MARA	01:13:00	01:21:00	01:25:00	01:31:00
15 MILES	01:24:00	01:34:00	01:39:00	01:47:00
20 MILES	01:55:00	02:10:00	02:20:40	02:38:00
MARATHON	02:35:40	02:55:00	03:08:20	03:37:20

MEN 40-44

DISTANCE	DIAMOND	GOLD	SILVER	BRONZE
5K	00:16:40	00:18:20	00:20:00	00:21:00
5 MILES	00:27:40	00:30:20	00:33:00	00:35:30
10K	00:34:30	00:38:00	00:41:00	00:44:00
10 MILES	00:57:00	01:03:00	01:08:00	01:14:00
HALF MARA	01:17:00	01:25:00	01:30:00	01:38:00
15 MILES	01:28:00	01:39:20	01:46:00	01:56:00
20 MILES	02:00:00	02:16:40	02:29:20	02:46:00
MARATHON	02:43:00	03:03:00	03:19:40	03:42:00

MEN 45-49

DISTANCE	DIAMOND	GOLD	SILVER	BRONZE
5K	00:17:00	00:18:40	00:20:40	00:22:40
5 MILES	00:28:20	00:31:00	00:34:00	00:37:20
10K	00:35:40	00:39:20	00:42:30	00:47:00
10 MILES	00:59:00	01:05:20	01:10:00	01:17:00
HALF MARA	01:19:00	01:27:40	01:34:00	01:44:00
15 MILES	01:31:00	01:42:00	01:51:40	02:02:40
20 MILES	02:03:00	02:21:00	02:34:00	02:51:00
MARATHON	02:34:00	03:08:00	03:26:00	03:51:00

MEN 50-54

DISTANCE	DIAMOND	GOLD	SILVER	BRONZE
5K	00:17:30	00:19:30	00:21:20	00:23:00
5 MILES	00:29:00	00:32:30	00:35:00	00:39:00
10K	00:36:40	00:41:00	00:44:20	00:49:00
10 MILES	01:00:00	01:07:00	01:13:00	01:20:30
HALF MARA	01:21:00	01:31:00	01:38:00	01:48:00
15 MILES	01:33:00	01:46:00	01:56:00	02:09:00
20 MILES	02:07:00	02:25:00	02:40:00	03:00:00
MARATHON	02:52:40	03:15:00	03:35:00	04:05:00

MEN 55-59

DISTANCE	DIAMOND	GOLD	SILVER	BRONZE
5K	00:18:40	00:20:40	00:22:40	00:25:00
5 MILES	00:31:00	00:34:30	00:37:20	00:42:00
10K	00:39:00	00:43:20	00:47:00	00:52:30
10 MILES	01:04:00	01:12:00	01:18:00	01:26:00
HALF MARA	01:26:40	01:36:20	01:44:00	01:55:30
15 MILES	01:40:00	01:52:00	02:04:30	02:20:00
20 MILES	02:16:00	02:33:00	02:51:00	03:15:00
MARATHON	03:01:00	03:28:00	03:50:00	04:20:00

MEN 60-64

DISTANCE	DIAMOND	GOLD	SILVER	BRONZE
5K	00:20:00	00:22:00	00:24:20	00:26:40
5 MILES	00:33:20	00:36:40	00:40:20	00:45:00
10K	00:42:00	00:46:20	00:51:00	00:56:20
10 MILES	01:09:00	01:16:00	01:22:00	01:32:00
HALF MARA	01:32:00	01:42:40	01:50:00	02:04:00
15 MILES	01:45:00	01:59:00	02:13:30	02:32:00
20 MILES	02:25:00	02:43:00	03:03:00	03:30:00
MARATHON	03:17:00	03:39:20	04:03:00	04:40:00

MEN 65-69

DISTANCE	DIAMOND	GOLD	SILVER	BRONZE
5K	00:21:20	00:23:20	00:25:40	00:28:30
5 MILES	00:35:20	00:39:00	00:42:40	00:48:00
10K	00:45:00	00:49:20	00:54:00	00:59:40
10 MILES	01:14:00	01:22:00	01:29:00	01:37:40
HALF MARA	01:39:00	01:50:20	02:00:00	02:13:20
15 MILES	01:54:00	02:06:00	02:25:00	02:45:00
20 MILES	02:37:00	02:54:00	03:15:00	03:45:00
MARATHON	03:31:40	03:55:00	04:20:00	05:05:00

MEN 70+

DISTANCE	DIAMOND	GOLD	SILVER	BRONZE
5K	00:22:40	00:24:40	00:27:00	00:30:30
5 MILES	00:38:00	00:41:20	00:45:40	00:50:20
10K	00:48:00	00:52:40	00:57:00	01:03:40
10 MILES	01:19:00	01:27:00	01:35:00	01:46:00
HALF MARA	01:46:00	02:00:00	02:10:00	02:25:00
15 MILES	02:01:00	02:16:00	02:43:00	03:23:00
20 MILES	02:47:00	03:05:00	03:34:00	04:24:00
MARATHON	03:45:40	04:15:00	04:45:00	05:42:00