

Age	Male 5K			Male 5M			Male 10K			Male 10M			Male Half Marathon			Male 20M			Male Full Marathon		
	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold
20	00:21:25	00:18:54	00:16:54	00:35:07	00:30:59	00:27:43	00:44:00	00:38:49	00:34:44	01:12:55	01:02:30	00:57:34	01:36:42	01:25:19	01:16:20	02:33:40	02:15:19	02:00:53	03:29:44	03:04:19	02:44:24
21	00:21:25	00:18:54	00:16:54	00:35:07	00:30:59	00:27:43	00:44:00	00:38:49	00:34:44	01:12:55	01:02:30	00:57:34	01:36:42	01:25:19	01:16:20	02:33:40	02:15:19	02:00:53	03:29:44	03:04:19	02:44:24
22	00:21:25	00:18:54	00:16:54	00:35:07	00:30:59	00:27:43	00:44:00	00:38:49	00:34:44	01:12:55	01:02:30	00:57:34	01:36:42	01:25:19	01:16:20	02:33:40	02:15:19	02:00:53	03:29:44	03:04:19	02:44:24
23	00:21:25	00:18:54	00:16:54	00:35:07	00:30:59	00:27:43	00:44:00	00:38:49	00:34:44	01:12:55	01:02:30	00:57:34	01:36:42	01:25:19	01:16:20	02:33:40	02:15:19	02:00:53	03:29:44	03:04:19	02:44:24
24	00:21:25	00:18:54	00:16:54	00:35:07	00:30:59	00:27:43	00:44:00	00:38:49	00:34:44	01:12:55	01:02:30	00:57:34	01:36:42	01:25:19	01:16:20	02:33:40	02:15:19	02:00:53	03:29:44	03:04:19	02:44:24
25	00:21:25	00:18:54	00:16:54	00:35:07	00:30:59	00:27:43	00:44:00	00:38:49	00:34:44	01:12:55	01:02:30	00:57:34	01:36:42	01:25:19	01:16:20	02:33:40	02:15:19	02:00:53	03:29:44	03:04:19	02:44:24
26	00:21:25	00:18:54	00:16:54	00:35:07	00:30:59	00:27:43	00:44:00	00:38:49	00:34:44	01:12:55	01:02:30	00:57:34	01:36:42	01:25:19	01:16:20	02:33:40	02:15:19	02:00:53	03:29:44	03:04:19	02:44:24
27	00:21:25	00:18:54	00:16:54	00:35:07	00:30:59	00:27:43	00:44:00	00:38:49	00:34:44	01:12:55	01:02:30	00:57:34	01:36:42	01:25:19	01:16:20	02:33:40	02:15:19	02:00:53	03:29:44	03:04:19	02:44:24
28	00:21:25	00:18:54	00:16:54	00:35:07	00:30:59	00:27:43	00:44:00	00:38:49	00:34:44	01:12:55	01:02:30	00:57:34	01:36:42	01:25:19	01:16:20	02:33:40	02:15:19	02:00:53	03:29:44	03:04:19	02:44:24
29	00:21:25	00:18:54	00:16:54	00:35:07	00:30:59	00:27:43	00:44:00	00:38:49	00:34:44	01:12:55	01:02:30	00:57:34	01:36:42	01:25:19	01:16:20	02:33:40	02:15:19	02:00:53	03:29:44	03:04:19	02:44:24
30	00:21:25	00:18:54	00:16:54	00:35:07	00:30:59	00:27:43	00:44:00	00:38:49	00:34:44	01:12:55	01:02:30	00:57:34	01:36:42	01:25:19	01:16:20	02:33:40	02:15:19	02:00:53	03:29:44	03:04:19	02:44:24
31	00:21:27	00:18:55	00:16:56	00:35:08	00:31:00	00:27:44	00:44:02	00:38:51	00:34:46	01:12:55	01:02:30	00:57:34	01:36:42	01:25:19	01:16:20	02:33:40	02:15:19	02:00:53	03:29:44	03:04:19	02:44:24
32	00:21:28	00:18:57	00:16:57	00:35:10	00:31:02	00:27:46	00:44:03	00:38:52	00:34:47	01:12:57	01:02:31	00:57:35	01:36:43	01:25:21	01:16:22	02:33:41	02:15:20	02:00:54	03:29:46	03:04:21	02:44:25
33	00:21:33	00:19:01	00:17:01	00:35:15	00:31:06	00:27:50	00:44:08	00:38:57	00:34:51	01:13:03	01:02:37	00:57:41	01:36:48	01:25:25	01:16:26	02:33:51	02:15:28	02:01:01	03:30:00	03:04:33	02:44:36
34	00:21:38	00:19:06	00:17:05	00:35:22	00:31:12	00:27:55	00:44:15	00:39:03	00:34:56	01:13:12	01:02:44	00:57:47	01:36:58	01:25:34	01:16:33	02:34:07	02:15:43	02:01:14	03:30:21	03:04:51	02:44:52
35	00:21:45	00:19:11	00:17:10	00:35:30	00:31:19	00:28:02	00:44:25	00:39:11	00:35:04	01:13:25	01:02:56	00:57:58	01:37:13	01:25:47	01:16:45	02:34:31	02:16:04	02:01:33	03:30:53	03:05:20	02:45:18
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37	00:22:03	00:19:28	00:17:25	00:35:50	00:31:37	00:28:17	00:44:48	00:39:32	00:35:22	01:14:00	01:03:26	00:58:25	01:37:58	01:26:27	01:17:21	02:35:41	02:17:06	02:02:29	03:32:30	03:06:45	02:46:33
38	00:22:13	00:19:36	00:17:33	00:36:05	00:31:50	00:28:29	00:45:03	00:39:45	00:35:34	01:14:23	01:03:46	00:58:44	01:38:28	01:26:53	01:17:44	02:36:29	02:17:48	02:03:06	03:33:36	03:07:42	02:47:25
39	00:22:23	00:19:45	00:17:41	00:36:20	00:32:04	00:28:41	00:45:20	00:40:00	00:35:47	01:14:52	01:04:10	00:59:06	01:39:03	01:27:24	01:18:12	02:37:25	02:18:37	02:03:50	03:34:51	03:08:49	02:48:24
40	00:22:33	00:19:54	00:17:48	00:36:37	00:32:18	00:28:54	00:45:40	00:40:18	00:36:03	01:15:22	01:04:36	00:59:30	01:39:43	01:27:59	01:18:44	02:38:29	02:19:33	02:04:40	03:36:19	03:10:06	02:49:33
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44	00:23:15	00:20:31	00:18:21	00:37:47	00:33:20	00:29:49	00:47:08	00:41:36	00:37:13	01:17:50	01:06:43	01:01:27	01:43:00	01:30:53	01:21:19	02:43:40	02:24:07	02:08:45	03:43:23	03:16:19	02:55:05
45	00:23:25	00:20:04	00:18:29	00:38:03	00:33:35	00:30:03	00:47:30	00:41:55	00:37:30	01:18:28	01:07:16	01:01:57	01:43:52	01:31:39	01:22:00	02:45:02	02:25:19	02:09:49	03:45:16	03:17:57	02:56:33
46	00:23:35	00:20:13	00:18:37	00:38:23	00:33:52	00:30:18	00:47:53	00:42:15	00:37:48	01:19:07	01:07:49	01:02:27	01:44:43	01:32:24	01:22:41	02:46:25	02:26:33	02:10:55	03:47:08	03:19:36	02:58:01
47	00:23:47	00:20:23	00:18:46	00:38:42	00:34:09	00:30:33	00:48:18	00:42:37	00:38:08	01:19:47	01:08:23	01:02:59	01:45:37	01:33:11	01:23:23	02:47:49	02:27:47	02:12:01	03:49:05	03:21:19	02:59:33
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49	00:24:10	00:20:43	00:19:05	00:39:20	00:34:42	00:31:03	00:49:07	00:43:20	00:38:46	01:21:10	01:09:34	01:04:05	01:47:27	01:34:48	01:24:49	02:50:43	02:30:20	02:14:18	03:53:03	03:24:48	03:02:39
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52	00:24:45	00:21:13	00:19:32	00:40:18	00:35:34	00:31:49	00:50:22	00:44:26	00:39:46	01:23:17	01:11:23	01:05:45	01:50:18	01:37:20	01:27:05	02:55:16	02:34:21	02:17:53	03:59:15	03:30:15	03:07:31
53	00:24:57	00:21:23	00:19:42	00:40:40	00:35:53	00:32:06	00:50:48	00:44:50	00:40:07	01:24:02	01:12:01	01:06:20	01:51:17	01:38:11	01:27:51	02:56:51	02:35:44	02:19:07	04:01:23	03:32:07	03:09:11
54	00:25:08	00:21:33	00:19:51	00:41:00	00:36:11	00:32:22	00:51:15	00:45:13	00:40:28	01:24:47	01:12:40	01:06:56	01:52:18	01:39:06	01:28:40	02:58:27	02:37:09	02:20:23	04:03:34	03:34:02	03:10:54
55	00:25:22	00:21:44	00:20:01	00:41:22	00:36:30	00:32:39	00:51:42	00:45:37	00:40:49	01:25:32	01:13:19	01:07:31	01:53:18	01:39:59	01:29:27	03:00:05	02:38:35	02:21:40	04:05:48	03:36:01	03:12:39
56	00:25:33	00:21:54	00:20:11	00:41:43	00:36:49	00:32:56	00:52:10	00:46:02	00:41:11	01:26:18	01:13:59	01:08:08	01:54:22	01:40:54	01:30:17	03:01:44	02:40:02	02:22:57	04:08:03	03:37:59	03:14:25
57	00:25:47	00:22:06	00:20:21	00:42:05	00:37:08	00:33:13	00:52:38	00:46:27	00:41:33	01:27:07	01:14:40	01:08:46	01:55:25	01:41:50	01:31:07	03:03:25	02:41:31	02:24:18	04:10:21	03:40:00	03:16:13
58	00:26:00	00:22:17	00:20:32	00:42:28	00:37:29	00:33:32	00:53:07	00:46:52	00:41:56	01:27:55	01:15:21	01:09:24	01:56:30	01:42:48	01:31:58	03:05:07	02:43:01	02:25:38	04:12:42	03:42:04	03:18:04
59	00:26:13	00:22:29	00:20:42	00:42:50	00:37:48	00:33:49	00:53:35	00:47:17	00:42:18	01:28:43	01:16:03	01:10:03	01:57:37	01:43:46	01:32:51	03:06:53	02:44:34	02:27:01	04:15:05	03:44:10	03:19:56
60	00:26:27	00:22:40	00:20:53	00:43:13	00:38:08	00:34:07	00:54:05	00:47:43	00:42:42	01:29:33	01:16:46	01:10:42	01:58:43	01:44:45	01:33:44	03:08:40	02:46:08	02:28:25	04:17:32	03:46:19	03:21:51
61	00:26:42	00:22:53	00:21:04	00:43:38	00:38:30	00:34:27	00:54:35	00:48:10	00:43:06	01:30:25	01:17:30	01:11:23	01:59:52	01:45:46	01:34:38	03:10:29	02:47:44	02:29:51	04:20:00	03:48:29	03:23:47
62	00:26:55	00:23:04	00:21:15	00:44:02	00:38:51	00:34:46	00:55:05														

84 00:38:32 00:33:01 00:30:25 01:02:17 00:54:57 00:49:10 01:17:28 01:08:21 01:01:10 02:09:25 01:50:56 01:42:10 02:52:23 02:32:06 02:16:06 04:34:50 04:02:01 03:36:12 06:14:29 05:29:05 04:53:31

Age	Female 5K			Female 5M			Female 10K			Female 10M			Female Half Marathon			Female 20M			Female Full Marathon		
	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold
20	00:25:51	00:22:30	00:19:55	00:41:49	00:36:23	00:32:12	00:52:15	00:45:28	00:40:15	01:26:10	01:14:59	01:06:22	01:54:04	01:39:16	01:27:52	02:57:45	02:34:41	02:16:55	03:56:44	03:26:00	03:02:21
21	00:25:51	00:22:30	00:19:55	00:41:49	00:36:23	00:32:12	00:52:08	00:45:22	00:40:09	01:25:58	01:14:49	01:06:13	01:53:24	01:38:41	01:27:21	02:56:47	02:33:50	02:16:10	03:55:35	03:25:01	03:01:28
22	00:25:51	00:22:30	00:19:55	00:41:49	00:36:23	00:32:12	00:52:08	00:45:22	00:40:09	01:25:58	01:14:49	01:06:13	01:53:11	01:38:30	01:27:11	02:56:28	02:33:34	02:15:55	03:55:12	03:24:41	03:01:10
23	00:25:51	00:22:30	00:19:55	00:41:49	00:36:23	00:32:12	00:52:08	00:45:22	00:40:09	01:25:58	01:14:49	01:06:13	01:53:11	01:38:30	01:27:11	02:56:28	02:33:34	02:15:55	03:55:12	03:24:41	03:01:10
24	00:25:51	00:22:30	00:19:55	00:41:49	00:36:23	00:32:12	00:52:08	00:45:22	00:40:09	01:25:58	01:14:49	01:06:13	01:53:11	01:38:30	01:27:11	02:56:28	02:33:34	02:15:55	03:55:12	03:24:41	03:01:10
25	00:25:51	00:22:30	00:19:55	00:41:49	00:36:23	00:32:12	00:52:08	00:45:22	00:40:09	01:25:58	01:14:49	01:06:13	01:53:11	01:38:30	01:27:11	02:56:28	02:33:34	02:15:55	03:55:12	03:24:41	03:01:10
26	00:25:51	00:22:30	00:19:55	00:41:49	00:36:23	00:32:12	00:52:08	00:45:22	00:40:09	01:25:58	01:14:49	01:06:13	01:53:11	01:38:30	01:27:11	02:56:28	02:33:34	02:15:55	03:55:12	03:24:41	03:01:10
27	00:25:51	00:22:30	00:19:55	00:41:49	00:36:23	00:32:12	00:52:08	00:45:22	00:40:09	01:25:58	01:14:49	01:06:13	01:53:11	01:38:30	01:27:11	02:56:28	02:33:34	02:15:55	03:55:12	03:24:41	03:01:10
28	00:25:51	00:22:30	00:19:55	00:41:49	00:36:23	00:32:12	00:52:08	00:45:22	00:40:09	01:25:58	01:14:49	01:06:13	01:53:11	01:38:30	01:27:11	02:56:28	02:33:34	02:15:55	03:55:12	03:24:41	03:01:10
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30	00:25:51	00:22:30	00:19:55	00:41:51	00:36:25	00:32:14	00:52:15	00:45:28	00:40:15	01:26:01	01:14:52	01:06:16	01:53:13	01:38:31	01:27:12	02:56:28	02:33:34	02:15:55	03:55:12	03:24:41	03:01:10
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32	00:25:53	00:22:31	00:19:56	00:41:58	00:36:31	00:32:19	00:52:26	00:45:37	00:40:23	01:26:15	01:15:04	01:06:26	01:53:27	01:38:44	01:27:23	02:56:37	02:33:42	02:16:03	03:55:14	03:24:42	03:01:12
33	00:25:54	00:22:33	00:19:57	00:42:05	00:36:37	00:32:25	00:52:33	00:45:44	00:40:28	01:26:28	01:15:15	01:06:36	01:53:39	01:38:54	01:27:33	02:56:50	02:33:53	02:16:13	03:55:23	03:24:50	03:01:18
34	00:25:58	00:22:36	00:20:00	00:42:10	00:36:42	00:32:29	00:52:43	00:45:53	00:40:36	01:26:40	01:15:25	01:06:45	01:53:57	01:39:10	01:27:46	02:57:11	02:34:11	02:16:29	03:55:39	03:25:04	03:01:31
35	00:26:01	00:22:39	00:20:03	00:42:19	00:36:49	00:32:35	00:52:54	00:46:02	00:40:45	01:26:56	01:15:39	01:06:58	01:54:18	01:39:28	01:28:02	02:57:37	02:34:34	02:16:49	03:56:07	03:25:28	03:01:52
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