

Age	Level	Men					Age	Level	Women				
(Cat)	(%age graded)	5K	10K	10M	HM	Mar	(Cat)	(%age graded)	5K	10K	10M	HM	Mar
	Bronze	25.54	53.14	1.28.14	1.57.00	4.05.22		Bronze	29.57	1.01.24	1.41.36	2.15.28	4.39.18
U20	Silver	21.35	44.22	1.13.22	1.37.30	3.24.28	U20	Silver	24.57	51.10	1.24.40	1.52.53	3.52.45
	Gold	18.30	38.01	1.03.01	1.23.34	2.55.16		Gold	21.23	43.51	1.12.34	1.36.46	3.19.30
	Platinum	17.16	35.29	58.49	1.18.00	2.43.35		Platinum	19.58	40.56	1.07.44	1.30.19	3.06.12
	Diamond	16.11	33.16	55.09	1.13.08	2.33.21		Diamond	18.43	38.23	1.03.30	1.24.40	2.54.34
SEN	Bronze	25.42	52.48	1.27.30	1.56.02	4.03.18	SEN	Bronze	29.28	59.26	1.38.00	2.09.02	4.28.08
	Silver	21.25	44.00	1.12.55	1.36.42	3.22.45		Silver	24.33	49.32	1.21.40	1.47.32	3.43.27
	Gold	18.21	37.43	1.02.30	1.22.53	2.53.47		Gold	21.03	42.27	1.10.00	1.32.10	3.11.31
	Platinum	17.08	35.12	58.20	1.17.21	2.42.12		Platinum	19.39	39.37	1.05.20	1.26.01	2.58.45
	Diamond	16.04	33.00	54.41	1.12.31	2.32.04		Diamond	18.03	37.09	1.01.15	1.20.39	2.47.35
V35	Bronze	26.29	53.46	1.28.48	1.57.34	4.06.30	V35	Bronze	29.51	1.00.48	1.39.54	2.11.16	4.30.48
	Silver	22.04	44.48	1.14.00	1.37.58	3.25.25		Silver	24.53	50.40	1.23.15	1.49.23	3.45.40
	Gold	18.25	38.24	1.03.26	1.23.59	2.56.04		Gold	21.19	43.26	1.11.21	1.33.46	3.13.26
	Platinum	17.39	35.51	59.12	1.18.23	2.44.20		Platinum	19.54	40.32	1.06.36	1.27.31	3.00.32
	Diamond	16.33	33.36	53.30	1.13.29	2.34.04		Diamond	18.40	38.00	1.02.26	1.22.03	2.49.15
V40	Bronze	27.28	55.40	1.31.52	2.01.34	4.14.54	V40	Bronze	30.39	1.02.34	1.42.48	2.15.06	4.38.18
	Silver	22.54	46.23	1.16.33	1.41.18	3.32.25		Silver	25.32	52.08	1.25.40	1.52.35	3.51.55
	Gold	19.37	39.46	1.05.37	1.26.50	3.02.04		Gold	21.53	44.41	1.13.26	1.36.30	3.18.47
	Platinum	18.19	37.07	1.01.15	1.21.03	2.49.56		Platinum	20.26	41.43	1.08.32	1.30.04	3.05.32
	Diamond	17.10	34.48	57.25	1.15.59	2.39.19		Diamond	19.09	39.06	1.04.15	1.24.26	2.53.56
V45	Bronze	28.32	57.58	1.35.44	2.06.44	4.25.44	V45	Bronze	31.57	1.05.14	1.47.22	2.21.10	4.51.26
	Silver	23.47	48.18	1.19.47	1.45.37	3.41.27		Silver	26.37	54.22	1.29.28	1.57.38	4.02.52
	Gold	20.23	41.24	1.08.23	1.30.31	3.09.49		Gold	22.49	46.36	1.16.41	1.40.50	3.28.10
	Platinum	19.01	38.39	1.03.49	1.24.29	2.57.09		Platinum	21.18	43.29	1.11.35	1.34.07	3.14.17
	Diamond	17.50	36.14	59.50	1.19.13	2.46.05		Diamond	19.58	40.46	1.07.06	1.28.14	3.02.09
V50	Bronze	29.41	1.00.26	1.39.56	2.12.22	4.37.32	V50	Bronze	33.42	1.08.56	1.53.38	2.29.34	5.09.56
	Silver	24.45	50.22	1.23.17	1.50.18	3.51.17		Silver	28.05	57.27	1.34.42	2.04.38	4.18.17
	Gold	21.12	43.10	1.11.23	1.34.33	3.18.14		Gold	24.04	49.14	1.21.10	1.46.50	3.41.23
	Platinum	19.48	40.17	1.06.37	1.28.15	3.05.01		Platinum	22.28	45.57	1.15.45	1.39.43	3.26.37
	Diamond	18.33	37.46	1.02.28	1.22.24	2.53.28		Diamond	21.04	43.05	1.11.01	1.33.29	3.13.43
V55	Bronze	30.56	1.03.10	1.44.32	2.18.30	4.50.24	V55	Bronze	35.41	1.13.08	2.00.48	2.39.10	5.31.06
	Silver	25.47	52.38	1.27.07	1.55.25	4.02.00		Silver	29.44	1.00.57	1.40.40	2.12.38	4.35.55
	Gold	22.06	45.07	1.14.40	1.38.56	3.27.26		Gold	25.29	52.14	1.26.17	1.53.41	3.56.30
	Platinum	20.38	42.07	1.09.41	1.32.20	3.13.36		Platinum	23.47	48.45	1.20.32	1.46.07	3.40.44
	Diamond	19.20	39.29	1.05.20	1.26.34	3.01.30		Diamond	22.18	45.43	1.15.30	1.39.29	3.26.56