

## Achievement Standards

Senior Male	10k	Half	Marathon
Gold	35.3	1.17.00	2.49.07
Silver	37	1.20.00	3.15.06
Bronze	40.05	1.29.30	3.31.23
Club	43.5	1.40.00	4.13.40

V40 Male	10km	½ Marathon	Marathon
Gold	36.3	1.19.00	3.02.30
Silver	38	1.22.00	3.29.39
Bronze	42	1.31.30	3.48.32
Club	45	1.42.00	4.32.46

V45 Male	10km	½ Marathon	Marathon
Gold	37	1.20.00	3.09.18
Silver	38.3	1.23.00	3.38.41
Bronze	42.45	1.32.45	3.57.04
Club	45.45	1.44.00	4.45.01

V50 Male	10km	½ Marathon	Marathon
Gold	37.3	1.21.00	3.17.24
Silver	39.3	1.24.00	3.48.32
Bronze	43.3	1.34.00	4.06.17
Club	46.3	1.46.00	4.54.58

V55 Male	10km	½ Marathon	Marathon
Gold	39.15	1.25.00	3.26.14
Silver	41	1.27.45	3.58.11
Bronze	44.45	1.37.30	4.18.51
Club	47.45	1.49.30	5.09.21

V60 Male	10km	½ Marathon	Marathon
Gold	41	1.29.00	3.36.49
Silver	42.3	1.31.30	4.11.09
Bronze	46	1.41.00	4.31.20
Club	49	1.53.00	5.25.13

Senior Female	10km	½ Marathon	Marathon
Gold	38.3	1.26.30	3.05.08
Silver	40.3	1.29.00	3.33.37
Bronze	44.3	1.39.00	3.51.25
Club	47.3	1.45.00	4.37.42

V35 Female	10km	½ Marathon	Marathon
Gold	39.3	1.29.00	3.14.12
Silver	41.3	1.33.00	3.43.57
Bronze	45.3	1.41.00	4.03.36
Club	48.3	1.50.00	4.52.19

V40 Female	10km	½ Marathon	Marathon
Gold	41	1.32.00	3.22.42
Silver	44	1.39.00	3.53.22
Bronze	51	1.52.00	4.14.46
Club	55	2.01.00	5.05.10

V45 Female	10km	½ Marathon	Marathon
Gold	42.3	1.34.00	3.31.59
Silver	45.3	1.41.00	4.05.45
Bronze	52.3	1.54.00	4.24.29
Club	57	2.03.00	5.19.12

V50 Female	10km	½ Marathon	Marathon
Gold	44	1.36.00	3.42.10
Silver	47	1.43.00	4.17.08
Bronze	54	1.56.00	4.37.42
Club	59	2.05.00	5.34.35

V55 Female	10km	½ Marathon	Marathon
Gold	46.3	1.43.00	3.54.40
Silver	50	1.50.30	4.29.37
Bronze	57	2.04.30	4.52.19
Club	62	2.15.00	5.51.31

V60 Female	10km	½ Marathon	Marathon
Gold	49	1.50.00	4.07.57
Silver	53	1.58.00	4.46.17
Bronze	60	2.13.00	5.12.01
Club	65	2.25.00	6.11.00

16 - 19 Female	10km		
Gold	40.09		
Silver	46.23		
Bronze	50.17		
Achievement	1.00.26		