

Men

Marathon								
	Age							
Standard	Under 40	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 +
Super Platinum	2:30:00	2:40:00	2:50:00	3:00:00	3:10:00	3:20:00	3:30:00	3:40:00
Platinum	2:50:00	3:00:00	3:10:00	3:20:00	3:30:00	3:40:00	3:50:00	4:00:00
Diamond	3:10:00	3:20:00	3:30:00	3:40:00	3:50:00	4:00:00	4:10:00	4:20:00
Gold	3:30:00	3:40:00	3:50:00	4:00:00	4:10:00	4:20:00	4:30:00	4:40:00
Silver	3:40:00	3:50:00	4:00:00	4:10:00	4:20:00	4:30:00	4:40:00	4:50:00
Bronze	4:00:00	4:10:00	4:20:00	4:30:00	4:40:00	4:50:00	5:00:00	5:10:00
Challenge	Distance completed							

Half Marathon								
	Age							
Standard	Under 40	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 +
Super Platinum	1:10:00	1:15:00	1:20:00	1:25:00	1:30:00	1:35:00	1:40:00	1:45:00
Platinum	1:20:00	1:25:00	1:30:00	1:35:00	1:40:00	1:45:00	1:50:00	1:55:00
Diamond	1:30:00	1:35:00	1:40:00	1:45:00	1:50:00	1:55:00	2:00:00	2:05:00
Gold	1:40:00	1:45:00	1:50:00	1:55:00	2:00:00	2:05:00	2:10:00	2:15:00
Silver	1:50:00	1:55:00	2:00:00	2:05:00	2:10:00	2:15:00	2:20:00	2:25:00
Bronze	1:55:00	2:00:00	2:05:00	2:10:00	2:15:00	2:20:00	2:25:00	2:30:00
Challenge	Distance completed							

10 Miles								
	Age							
Standard	Under 40	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 +
Super Platinum	54:00	55:30	59:00	62:30	66:00	69:30	73:00	76:30
Platinum	59:00	62:30	66:00	69:30	73:00	76:30	80:00	83:30
Diamond	66:00	69:30	73:00	76:30	80:00	83:30	87:00	90:30
Gold	73:00	76:30	80:00	83:30	87:00	90:30	94:00	97:30
Silver	80:00	83:30	87:00	90:30	94:00	97:30	101:00	104:30
Bronze	83:30	87:00	90:30	94:00	97:30	101:00	104:30	108:00
Challenge	Distance completed							

10 Kilometres								
	Age							
Standard	Under 40	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 +
Super Platinum	34:30	35:30	37:00	38:00	40:00	41:00	42:30	45:00
Platinum	37:00	38:00	40:00	41:00	42:30	45:00	47:30	50:00
Diamond	40:00	41:00	42:30	45:00	47:30	50:00	52:30	55:00
Gold	42:30	45:00	47:30	50:00	52:30	55:00	57:30	60:00
Silver	47:30	50:00	52:30	55:00	57:30	60:00	62:30	65:00
Bronze	50:00	52:30	55:00	57:30	60:00	62:30	65:00	67:30
Challenge	Distance completed							

5 Miles								
	Age							
Standard	Under 40	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 +
Super Platinum	26:30	27:00	28:00	29:00	30:00	32:00	34:00	36:00
Platinum	28:00	29:00	30:00	32:00	34:00	36:00	38:00	40:00
Diamond	30:00	32:00	34:00	36:00	38:00	40:00	42:00	44:00
Gold	34:00	36:00	38:00	40:00	42:00	44:00	46:00	48:00
Silver	38:00	40:00	42:00	44:00	46:00	48:00	50:00	52:00
Bronze	40:00	42:00	44:00	46:00	48:00	50:00	52:00	54:00
Challenge	Distance completed							

5 Kilometers								
	Age							
Standard	Under 40	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 +
Super Platinum	16:45	17:15	17:50	18:30	19:15	20:05	21:00	22:00
Platinum	17:50	18:30	19:15	20:05	21:00	22:00	23:00	24:05
Diamond	19:15	20:05	21:00	22:00	23:00	24:05	25:15	26:30
Gold	21:00	22:00	23:00	24:05	25:15	26:30	27:50	29:15
Silver	23:00	24:05	25:15	26:30	27:50	29:15	30:45	32:20
Bronze	24:05	25:15	26:30	27:50	29:15	30:45	32:20	33:50
Challenge	Distance completed							

Ladies

Marathon							
Standard	Under 35	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60+
<i>Super Platinum</i>	2:50:00	3:00:00	3:10:00	3:20:00	3:30:00	3:40:00	3:50:00
<i>Platinum</i>	3:10:00	3:20:00	3:30:00	3:40:00	3:50:00	4:00:00	4:10:00
<i>Diamond</i>	3:30:00	3:40:00	3:50:00	4:00:00	4:10:00	4:20:00	4:30:00
<i>Gold</i>	3:50:00	4:00:00	4:10:00	4:20:00	4:30:00	4:40:00	4:50:00
<i>Silver</i>	4:00:00	4:10:00	4:20:00	4:30:00	4:40:00	4:50:00	5:00:00
<i>Bronze</i>	4:20:00	4:30:00	4:40:00	4:50:00	5:00:00	5:10:00	5:20:00
<i>Challenge</i>							

Half Marathon							
Standard	Under 35	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60+
<i>Super Platinum</i>	1:20:00	1:25:00	1:30:00	1:35:00	1:40:00	1:45:00	1:50:00
<i>Platinum</i>	1:30:00	1:35:00	1:40:00	1:45:00	1:50:00	1:55:00	2:00:00
<i>Diamond</i>	1:40:00	1:45:00	1:50:00	1:55:00	2:00:00	2:05:00	2:10:00
<i>Gold</i>	1:50:00	1:55:00	2:00:00	2:05:00	2:10:00	2:15:00	2:20:00
<i>Silver</i>	2:00:00	2:05:00	2:10:00	2:15:00	2:20:00	2:25:00	2:30:00
<i>Bronze</i>	2:05:00	2:10:00	2:15:00	2:20:00	2:25:00	2:30:00	2:35:00
<i>Challenge</i>							

10 Miles							
Standard	Under 35	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60+
<i>Super Platinum</i>	59:00	62:30	66:00	69:30	73:00	76:30	80:00
<i>Platinum</i>	66:00	69:30	73:00	76:30	80:00	83:30	87:00
<i>Diamond</i>	73:00	76:30	80:00	83:30	87:00	90:30	94:00
<i>Gold</i>	80:00	83:30	87:00	90:30	94:00	97:30	101:00
<i>Silver</i>	87:00	90:30	94:00	97:30	101:00	104:30	108:00
<i>Bronze</i>	90:30	94:00	97:30	101:00	104:30	108:00	111:30
<i>Challenge</i>							

10 Kilometres							
Standard	Under 35	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60+
<i>Super Platinum</i>	34:00	38:00	40:00	41:00	42:30	45:00	47:30
<i>Platinum</i>	40:00	41:00	42:30	45:00	47:30	50:00	52:30
<i>Diamond</i>	42:30	45:00	47:30	50:00	52:30	55:00	57:30
<i>Gold</i>	47:30	50:00	52:30	55:00	57:30	60:00	62:30
<i>Silver</i>	52:30	55:00	57:30	60:00	62:30	65:00	67:30
<i>Bronze</i>	55:00	57:30	60:00	62:30	65:00	67:30	70:00
<i>Challenge</i>							

5 Miles							
Standard	Under 35	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60+
<i>Super Platinum</i>	27:30	28:30	30:00	32:00	34:00	36:00	38:00
<i>Platinum</i>	30:00	32:00	34:00	36:00	38:00	40:00	42:00
<i>Diamond</i>	34:00	36:00	38:00	40:00	42:00	44:00	46:00
<i>Gold</i>	38:00	40:00	42:00	44:00	46:00	48:00	50:00
<i>Silver</i>	42:00	44:00	46:00	48:00	50:00	52:00	54:00
<i>Bronze</i>	44:00	46:00	48:00	50:00	52:00	54:00	56:00
<i>Challenge</i>							

5 Kilometers							
Standard	Under 35	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60+
<i>Super Platinum</i>	17:50	18:30	19:15	20:05	21:00	22:00	22:55
<i>Platinum</i>	19:15	20:05	21:00	22:00	23:00	24:05	25:00
<i>Diamond</i>	21:00	22:00	23:00	24:05	25:15	26:30	27:45
<i>Gold</i>	23:00	24:05	25:15	26:30	27:50	29:15	30:40
<i>Silver</i>	25:15	26:30	27:50	29:15	30:45	32:20	33:50
<i>Bronze</i>	26:30	27:50	29:15	30:45	32:20	33:50	35:20
<i>Challenge</i>							