

**MEN TIMES**

	<b>Copper</b>	<b>Tungsten</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>	<b>Diamond</b>
<b>Under 35</b>							
<b>1 Mile</b>	00:07:40	00:06:44	00:06:11	00:05:43	00:05:19	00:04:59	00:04:40
<b>5 km</b>	00:25:58	00:22:47	00:20:56	00:19:23	00:18:02	00:16:52	00:15:50
<b>5 miles</b>	00:42:26	00:37:13	00:34:13	00:31:40	00:29:28	00:27:33	00:25:52
<b>10km</b>	00:53:06	00:46:35	00:42:49	00:39:38	00:36:52	00:34:29	00:32:23
<b>10 Miles</b>	01:27:50	01:17:03	01:10:50	01:05:33	01:01:00	00:57:02	00:53:33
<b>13.1 Miles</b>	01:56:22	01:42:05	01:33:51	01:26:50	01:20:49	01:15:34	01:10:57
<b>Marathon</b>	04:31:07	03:59:13	03:34:02	03:13:39	02:59:25	02:47:07	02:36:25
<b>35 to 39</b>							
<b>1 Mile</b>	00:07:54	00:06:56	00:06:22	00:05:54	00:05:29	00:05:08	00:04:49
<b>5 km</b>	00:26:52	00:23:34	00:21:40	00:20:03	00:18:39	00:17:27	00:16:23
<b>5 miles</b>	00:43:36	00:38:15	00:35:10	00:32:32	00:30:17	00:28:19	00:26:35
<b>10km</b>	00:54:24	00:47:43	00:43:52	00:40:36	00:37:47	00:35:19	00:33:10
<b>10 Miles</b>	01:29:50	01:18:48	01:12:27	01:07:02	01:02:23	00:58:20	00:54:47
<b>13.1 Miles</b>	01:58:52	01:44:16	01:35:52	01:28:42	01:22:33	01:17:11	01:12:29
<b>Marathon</b>	04:36:56	04:04:21	03:38:38	03:17:48	03:03:16	02:50:42	02:39:46
<b>40 to 44</b>							
<b>1 Mile</b>	00:08:12	00:07:12	00:06:37	00:06:07	00:05:42	00:05:19	00:05:00
<b>5 km</b>	00:27:54	00:24:28	00:22:30	00:20:49	00:19:22	00:18:07	00:17:01
<b>5 miles</b>	00:45:20	00:39:46	00:36:34	00:33:50	00:31:29	00:29:26	00:27:39
<b>10km</b>	00:56:34	00:49:37	00:45:37	00:42:13	00:39:17	00:36:44	00:34:30
<b>10 Miles</b>	01:33:24	01:21:56	01:15:19	01:09:42	01:04:52	01:00:39	00:56:57
<b>13.1 Miles</b>	02:03:36	01:48:25	01:39:41	01:32:14	01:25:50	01:20:16	01:15:22
<b>Marathon</b>	04:47:56	04:14:03	03:47:19	03:25:40	03:10:32	02:57:29	02:46:07
<b>45 to 49</b>							
<b>1 Mile</b>	00:08:32	00:07:29	00:06:53	00:06:22	00:05:56	00:05:32	00:05:12
<b>5 km</b>	00:29:00	00:25:26	00:23:23	00:21:39	00:20:08	00:18:50	00:17:41
<b>5 miles</b>	00:47:12	00:41:24	00:38:04	00:35:13	00:32:47	00:30:39	00:28:47
<b>10km</b>	00:58:56	00:51:42	00:47:32	00:43:59	00:40:56	00:38:16	00:35:56
<b>10 Miles</b>	01:37:24	01:25:26	01:18:33	01:12:41	01:07:38	01:03:15	00:59:23
<b>13.1 Miles</b>	02:08:56	01:53:06	01:43:59	01:36:13	01:29:32	01:23:43	01:18:37
<b>Marathon</b>	05:00:22	04:25:02	03:57:08	03:34:33	03:18:46	03:05:10	02:53:17
<b>50 to 54</b>							
<b>1 Mile</b>	00:08:52	00:07:47	00:07:09	00:06:37	00:06:09	00:05:45	00:05:24
<b>5 km</b>	00:30:10	00:26:28	00:24:20	00:22:31	00:20:57	00:19:35	00:18:24
<b>5 miles</b>	00:49:12	00:43:09	00:39:41	00:36:43	00:34:10	00:31:57	00:30:00
<b>10km</b>	01:01:30	00:53:57	00:49:36	00:45:54	00:42:43	00:39:56	00:37:30
<b>10 Miles</b>	01:41:44	01:29:14	01:22:03	01:15:55	01:10:39	01:06:04	01:02:02
<b>13.1 Miles</b>	02:14:46	01:58:13	01:48:41	01:40:34	01:33:35	01:27:31	01:22:10
<b>Marathon</b>	05:13:56	04:37:00	04:07:50	03:44:14	03:27:45	03:13:31	03:01:07

MEN TIMES							
	Copper	Tungsten	Bronze	Silver	Gold	Platinum	Diamond
<b>55 to 59</b>							
<b>1 Mile</b>	00:09:14	00:08:06	00:07:27	00:06:53	00:06:25	00:06:00	00:05:38
<b>5 km</b>	00:31:28	00:27:36	00:25:23	00:23:29	00:21:51	00:20:26	00:19:11
<b>5 miles</b>	00:51:24	00:45:05	00:41:27	00:38:21	00:35:42	00:33:23	00:31:20
<b>10km</b>	01:04:18	00:56:24	00:51:51	00:47:59	00:44:39	00:41:45	00:39:12
<b>10 Miles</b>	01:46:28	01:33:24	01:25:52	01:19:27	01:13:56	01:09:08	01:04:55
<b>13.1 Miles</b>	02:21:08	02:03:48	01:53:49	01:45:19	01:38:01	01:31:39	01:26:03
<b>Marathon</b>	05:28:47	04:50:06	04:19:34	03:54:50	03:37:34	03:22:40	03:09:41
<b>60 to 64</b>							
<b>1 Mile</b>	00:09:38	00:08:27	00:07:46	00:07:11	00:06:41	00:06:15	00:05:52
<b>5 km</b>	00:32:52	00:28:50	00:26:30	00:24:32	00:22:49	00:21:21	00:20:02
<b>5 miles</b>	00:53:50	00:47:13	00:43:25	00:40:10	00:37:23	00:34:57	00:32:50
<b>10km</b>	01:07:22	00:59:06	00:54:20	00:50:16	00:46:47	00:43:45	00:41:05
<b>10 Miles</b>	01:51:42	01:37:59	01:30:05	01:23:21	01:17:34	01:12:32	01:08:07
<b>13.1 Miles</b>	02:28:08	02:09:56	01:59:28	01:50:33	01:42:52	01:36:11	01:30:20
<b>Marathon</b>	05:45:07	05:04:31	04:32:27	04:06:30	03:48:23	03:32:44	03:19:06
<b>65 to 69</b>							
<b>1 Mile</b>	00:10:06	00:08:52	00:08:09	00:07:32	00:07:01	00:06:34	00:06:10
<b>5 km</b>	00:34:28	00:30:14	00:27:48	00:25:43	00:23:56	00:22:23	00:21:01
<b>5 miles</b>	00:56:28	00:49:32	00:45:32	00:42:08	00:39:13	00:36:40	00:34:26
<b>10km</b>	01:10:46	01:02:05	00:57:04	00:52:49	00:49:09	00:45:57	00:43:09
<b>10 Miles</b>	01:57:26	01:43:01	01:34:42	01:27:38	01:21:33	01:16:15	01:11:36
<b>13.1 Miles</b>	02:35:52	02:16:44	02:05:42	01:56:19	01:48:14	01:41:13	01:35:02
<b>Marathon</b>	06:03:09	05:20:25	04:46:42	04:19:23	04:00:19	03:43:52	03:29:31
<b>70 to 74</b>							
<b>1 Mile</b>	00:10:48	00:09:28	00:08:43	00:08:04	00:07:30	00:07:01	00:06:35
<b>5 km</b>	00:36:52	00:32:20	00:29:44	00:27:31	00:25:36	00:23:56	00:22:29
<b>5 miles</b>	01:00:04	00:52:41	00:48:26	00:44:50	00:41:43	00:39:00	00:36:38
<b>10km</b>	01:15:04	01:05:51	01:00:32	00:56:01	00:52:08	00:48:45	00:45:46
<b>10 Miles</b>	02:04:48	01:49:28	01:40:39	01:33:08	01:26:40	01:21:02	01:16:06
<b>13.1 Miles</b>	02:45:44	02:25:23	02:13:39	02:03:41	01:55:06	01:47:37	01:41:03
<b>Marathon</b>	06:26:04	05:40:39	05:04:48	04:35:46	04:15:29	03:57:59	03:42:44
<b>Over 75</b>							
<b>1 Mile</b>	00:11:52	00:10:25	00:09:34	00:08:51	00:08:14	00:07:42	00:07:14
<b>5 km</b>	00:40:32	00:35:33	00:32:41	00:30:15	00:28:09	00:26:19	00:24:43
<b>5 miles</b>	01:05:46	00:57:41	00:53:02	00:49:05	00:45:40	00:42:42	00:40:06
<b>10km</b>	01:22:00	01:11:56	01:06:08	01:01:12	00:56:57	00:53:15	00:50:00
<b>10 Miles</b>	02:16:34	01:59:48	01:50:08	01:41:55	01:34:50	01:28:41	01:23:16
<b>13.1 Miles</b>	03:01:36	02:39:18	02:26:27	02:15:31	02:06:07	01:57:55	01:50:44
<b>Marathon</b>	07:03:07	06:13:20	05:34:02	05:02:13	04:40:00	04:20:49	04:04:06