

Changes Since The 6 June 2025 Issue Are Highlighted In Red

[illegible]

1500m SC				5:10.88	5:08.08	4:52.5									
2000m SC					6:55.04	6:48.92			8:17.08						
3000m SC					11:14.61	9:54.76	9:07.87								
2000m W								10:48.9		11:34.7	11:29.7	12:08.2	12:56.3	14:10.2	14:00.0
3000m W								17:45.0		18:08.4	18:01.7	18:44.31			
5000m W								29:17.27			30:46.19	33:05.24			
4x100m R	64.44	51.67	48.93	47.51	48.40		44.72	56.5							
4x200m R			1:46.9	1:47.1			1:37.37	1:57.2							
4x300m R				2:47.43											
4x400m R				4:00.2	3:54.5		3:43.3	4:39.5							
4x800m R			9:58.7	9:15.16			8:49.8								
3x800m R		8:03.3	6:59.9	7:04.1			6:53.8								
4x1mile R							22:51.0								
Medlay R							4:09.8	4:29.3							
Pentathlon		1441	2958	2958				3244							
Heptathlon				4642	5154	5605	5605								
5k Road								16.01	17.18	18.04	18.23	20.20	20.52	25.25	28.28
5m Road								26.31	26.40	28.39	28.28	32.46			
10k Road								33.53	34.12	33.47	37.49	39.25	43.25	49.56	58.57
10k Road 75+															1:11.13
10m Road								56.24	53.17	55.33	1:16.16	1:17.08	1:26.11	1:28.11	
HM								1:13.09	1:11.45	1:13.53	1:21.02	1:45.48	1:49.48	1:57.07	
25k Road								1:32.01	1:28.18	1:45.17		2:05.26	2:12.58		2:39.52
Marathon							2:29.43	2:35.05	2:29.43	2:32.48	3:40.26	3:53.15	4:44.14	2:15.50	