

Changes Since The 23 July 2025 Issue Are Highlighted In Red

[illegible]

	Under 9	Under 11	Under 13	Under 15	Under 17	Under 20	Senior	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
1500m SC					4:17.15											
2000m SC						5:42.51	5:38.32									
3000m SC							8:25.43	9:44.53	9:44.53							
4x100m R		60.42	49.91	44.06	41.23	42.03	40.49									
4x200m R		2:12.02	1:58.0		1:38.0	1:34.9	1:26.89									
4x220y R				1:50.6												
4x300m R				2:36.87												
4x400m R				3:31.6	3:27.81	3:18.76	3:09.02									
4x800m R			9:52.8	8:16.8	7:58.8	7:58.8	7:58.8									
4x1mile R							17:28.0									
4x1mile MR							3:31.1									
3x600m R		6:00.59														
1600m MR					3:42.1											
1 Mile MR						3:37.8										
Quadkids		244														
Pentathlon			2013	2487												
Pentathlon				2256	2844											
Pentathlon				3199	3403											
Octathlon				4298	4906											
Octathlon					5096											
Decathlon						6324										
Decathlon						6849	8398									
5k Road										15.00						
10k Road								29.42	29.50	30.56	34.36	36.02	38.40	44.33	46.31	50.25
HM								1:06.31	1:06.13	1:08.52	1:17.02	1:24.58	1:29.55	1:47.39	1:55.46	4:55.19
Marathon							2:10.39	2:27.44	2:21.28	2:37.23	2:48.36	3:16.15	3:46.15		4:09.54	