

	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						8:47.8	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										
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	

		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
HJ		1.20	1.55	1.90	2.00	2.15	2.26	1.55		1.86	1.60	1.60			
LJ		4.27	5.58	7.12 w3.0	7.23 w3.5	7.73	8.21	6.96		5.78	5.10	5.70	5.57		
LJ				6.79 w1.8	7.19 w1.2			7.26 w3.5	6.08						
TJ			11.03	14.11	15.28	15.84	17.3	16.83		9.25	9.29	12.18	12.10		
TJ							17.31 w4	16.87 w2.4							
PV				4.40 (0)											
PV			2.40	4.30	5.20	5.50	5.60		1.90	2.10	2.50	1.90			
SP 3.25kg		4.90	12.37												
SP 3kg		3.72	12.82												
SP 4kg			9.00	15.85											
SP 5kg					17.40								10.47		
SP 6kg						18.26					13.90	12.97			
SP 7.26kg						15.92	20.94	17.99	11.79	10.22					
DT 1kg		14.86	34.43										38.64		
DT 1.25kg				53.26											
DT 1.5kg					62.96						51.97	48.25			
DT 1.75kg						62.79									
DT 2kg						56.44	67.73	48.06	42.31	32.46					
JT 400g		18.86	40.72												
JT 600g			28.00	59.52									34.72		
JT 700g					62.20						29.82	17.49			
JT 800g					66.94	77.48	85.09	79.04	65.64	39.9					
HT 3.25kg			20.21												
HT 3kg			36.47												
HT 4kg				56.40											
HT 5kg					66.94										
HT 6kg						70.02					39.02	19.37			
HT 7.26kg						60.37	76.45	60.03		23.95					