

	Under 11	Under 13	Under 15	Under 17	Under 20	Under 23	Senior	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74
1500m SC				5:10.88	5:08.08	4:52.5									
2000m SC					6:55.04	6:48.92		7:15.95	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			5:29.8				
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	

	Under 11	Under 13	Under 15	Under 17	Under 20	Under 23	Senior	35-39	40-44	45-49	50-54	55-59	60-64	65-69
HJ		1.50	1.70	1.72	1.83	1.75	1.88	1.48	1.35	1.25	1.10	1.10	1.20	
HJ								1.60						
LJ	4.00	4.94	5.44	5.91	6.05	5.84	6.60	5.28	4.69	4.00	3.90	3.99	3.91	3.01
LJ							6.63	5.81						
TJ			10.87	12.58	12.88	13.62	15.15	14.50	14.06	6.81	5.93	7.94	8.02	
TJ							15.29							
PV			3.30	3.50	4.00	4.25	4.45			3.00	2.71	1.85	2.51	
SP 2.72kg		8.21										8.85		
SP 3kg			10.72	13.76							9.38		7.33	6.33
SP 3.25kg		6.95	12.43											
SP 4kg				11.10	15.27	16.31	16.40	15.49	11.21	7.58	8.58			
DT 0.75kg		18.77												
DT 1kg		17.30	34.16	42.32	51.48	54.47	65.10	61.37	21.38	26.43	27.78	26.98	19.63	
JT 400g		30.11												
JT 500g			33.18	43.64				37.66			29.11	26.71	20.00	20.47
JT 500g 75+														15.26
JT 600g			24.94	38.24	46.45	49.22			19.83	23.16				
HT 3kg			29.62	53.51							45.00	29.54	26.86	24.69
HT 4kg				46.95	60.83	63.87	63.96	50.38	44.23	23.08	33.26		23.97	