

Name:	DOB:
Category: Senior Lady	Date of next Age Cat. change
Award achieved	

Handicap-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
Senior	13.03	14.54	15.55	17.42	19.39	21.39
5 kilometre-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
Senior	19.15	22	23.3	26.15	29	32
5 mile-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
Senior	31.3	35.55	37.2	42.45	47.1	52.1
10 kilometre-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
Senior	39.3	45	48	53.3	59	65
10 mile-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
Senior	65.5	75	80	89.1	98.2	106.2
Half marathon-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
Senior	87	99	106	118	130	140
Full marathon-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
Senior	184	210	225	250	270	300

Name:	DOB:
Category: Lady Vet 35	Date of next Age Cat. change
Award achieved	

Handicap-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
35	13.43	15.35	16.36	18.28	20.18	22.18
5 kilometre-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
35	20.15	23	24.3	27.15	30	33
5 mile-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
35	33.05	37.3	39.55	44.2	48.5	53.5
10 kilometre-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
35	41.3	47	50	56	62	68
10 mile-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
35	69.1	78.2	83.2	93.15	103.1	111.1
Half marathon-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
35	91	104	111	124	137	147
Full marathon-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
35	193	220	236	262	282	312

Name:	DOB:
Category: Lady Vet 40	Date of next Age Cat. change
Award achieved	

Handicap-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
40	14.24	16.36	17.36	19.29	21.2	23.2
5 kilometre-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
40	21.15	24.3	26	28.45	31.3	34.3
5 mile-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
40	34.4	39.55	42.2	46.45	51.1	56.1
10 kilometre-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
40	43.3	50	53	59	65	71
10 mile-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
40	72.3	83.2	88.2	99	110.2	118.2
Half marathon-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
40	96	115	122	130	145	155
Full marathon-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
40	203	232	249	276	296	326

Name:	DOB:
Category: Lady Vet 45	Date of next Age Cat. change
Award achieved	

Handicap-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
45	15.24	17.36	18.36	20.4	22.42	24.42
5 kilometre-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
45	22.45	26	27.3	30.3	33.3	36.3
5 mile-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
45	37.05	42.2	44.45	49.4	56.25	61.25
10 kilometre-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
45	46.3	53	56.3	63.3	70.3	76.3
10 mile-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
45	77.3	88.2	94.1	107.3	120.5	128.5
Half marathon-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
45	102	116	124	138	152	162
Full marathon-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
45	216	247	264	294	314	344

Name:	DOB:
Category: Lady Vet 50	Date of next Age Cat. change
Award achieved	

Handicap-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
50	16.21	18.36	19.39	21.3	23.22	25.22
5 kilometre-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
50	24.08	27.3	29	31.45	34.3	37.3
5 mile-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
50	39.2	44.45	47.1	53	59.45	64.45
10 kilometre-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
50	49.45	56.3	60	67	74	80
10 mile-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
50	82.55	94.1	100.3	114	127.3	135.3
Half marathon-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
50	110	124	133	148	163	173
Full marathon-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
50	232	265	283	315	335	365

Name:	DOB:
Category: Lady Vet 55	Date of next Age Cat. change
Award achieved	

Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
55	17.48	20.09	21.11	23.12	25.13	27.13
5 kilometre-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
55	26.15	29.45	31.15	34.15	37.15	40.15
5 mile-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
55	42.45	48.25	50.35	57	63.25	68.25
10 kilometre-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
55	53.3	61	65	72	79	85
10 mile-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
55	89.1	101.3	109.1	122	134.5	142.5
Half marathon-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
55	118	134	144	160	176	186
Full marathon-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
55	250	285	305	339	359	389

Name:	DOB:
Category: Lady Vet 60	Date of next Age Cat. change
Award achieved	

Handicap-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
60	19.18	21.11	22.5	25.03	27.17	29.17
5 kilometre-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
60	28.3	31.15	33.45	37	40.15	43.15
5 mile-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
60	46.2	50.35	54	61	67.25	72.25
10 kilometre-Ladies						
Category	Platinu	Diamond	Gold	Silver	Bronze	Marble
60	57.45	65	70	78	86	92
10 mile-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
60	95.3	109.1	117.1	130	142.5	150.5
Half marathon-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
60	127	145	155	172	189	199
Full marathon-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
60	269	307	329	365	385	415

Name:	DOB:
Category: Lady Vet 65	Date of next Age Cat. change
Award achieved	

Handicap-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
65	20.33	22.52	24.33	27.46	29.58	31.58
5 kilometre-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
65	30.2	33.45	36.15	41	44.15	47.15
5 mile-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
65	49.3	54	58.3	66.3	74.3	79.3
10 kilometre-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
65	61.45	70	75	84	93	99
10 mile-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
65	103	117.1	125	141	157	165
Half marathon-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
65	136	155	166	184	202	212
Full marathon-Ladies						
Category	Platinum	Diamond	Gold	Silver	Bronze	Marble
65	288	329	352	391	411	441