

		Male													
Event	U13B	U15B	U17M	U20M	Senior Men	V40	V45	V50	V55	V60	V65	V70	V75	V80	
60m indoors	8.54	7.69	7.9			8.1									
60m hurdles indoors		0	9.2												
75m															
80m	11.2														
100m	13.3	12.2	11.4	11.7	12.4	12.8	12.4	12.8	14	14.37	16.1	18.7	15.5		
150m															
200m	27.51	25.2	23.9	24.1	25.9	25.78	26	27.6	29	30.1	32.4	36.9	32.2		
300m		40.2			37							0			
400m	69.6	56.8	53.2	53.7	52.1	59.4	58.4	61.9	64.1	66.4	1.15.4	97.9	78.19	83.79	
600m	1.48.2														
800m	2.21.2	2.06.72	1.58.4	1.49.84	1.49.48	2.15.0	2.15.0	2.19.2	2.22.0	2.31.3	2.58.6	3.28.0	0	3.08.9	
1000m indoor					2.25.3							0			
1200m															
1500m	4.42.2	4.20.1	4.03.17	3.45.11	3.41.51	4.31.8	4.31.8	4.43.5	4.51.9	5.07.03	6.18	7.10.6	6.33	6.30.1	
1 mile	6.58.1	5.22.0	5.02.7	5.07.0	4.03.98	5.06.9	5.42.0	5.09.6	5.30.14	5.54.15	6.19.30	8.12.3	8.09.67	7.05	
2000m				6.25.02											
3000m indoors					8.14.66										
3000m	12.48.7	9.45.55	9.07.19	8.26.6	8.08.9	9.37.7	9.37.7	9.48.7	10.21.6	11.18.9	12.45.8	14.09.4	14.05.6		
5000m			15.48.93	14.56.75	13.29.94	16.37.6	16.37.6	16.11.7	17.51.0	19.58.3	22.3	22.02.4	0		
10000m					28.18.13										
1500m steeplechase			5.22.9												
2000m steeplechase															
3000m steeplechase					9.01.19	11.29.1	11.29.1	12.11.0	14.02.4	14.07.0		0			
2000m walk						11.18.8	11.25.3	10.59.0	12.04.5	13.27.0	14.14.09				
70m hurdles															
75m hurdles	12.73														
80m hurdles	14.1	12.9	23.7												
100m hurdles			15												
110m hurdles						20.7									
200m hurdles															
300m hurdles		52.3													
400m hurdles			61.5	63.6	60.6							0			
4x100 relay	59.9	52.5	48.2	50.2	51.1	54.1	0	59				0			
4x200 relay	2.06.8	1.50.4	1.44.8			1.47.5									
4x300 relay		3.17.1													
4x400 relay			3.48.5	3.42		4.12.9									
2x200,400,800 medley relay						4.19.3									
Tetrathlon	1045														
Pentathlon	1481	1962	2380	1088	2846	2450									
Heptathlon															
Octathlon			3925												
High jump	1.46	1.65	1.72	1.45	1.93	1.6	1.4	1.35	1.35	1.3	0	0			
Long jump	4.83	5.48	6.3	5.85	4.91	5.19	4.91	4.53	4.33	4.17	3.21	0	4.04		
Triple jump		11.01	11.44			10.62	9.68	8.52	8.99	5.37					
Javelin	31.98	29	34.57	32.9	32.72	33.1	19.02	29.4	26.33	25.14	18.41	0			
Shot putt	8.43	10.26	9.15	8.94	8.52	8.53	8.29	8.21	7.29	7.57	5.28m	0			
Hammer		19.84	17.54			17.13	15.16	18.84	18.3						
Discus	17.41	30	30.52		24.6	23.88	20.2	27.01	21.03	21.04	15.98	0			
Pole vault			2.2			2.4	2.20	1.70	1.30	1.60					
1 mile (road)						5.4									
3 miles															
5 km					14.05	17.38	19.29	16.09.0	18.33	20.58	20.58				
10 km				34.23	29.14	35.44	35.48.0	34.28.0	36.21	43.24	46.56	45.40	54.28		
5 miles				29.57	24.23	29.50		26.54.0	30.13						
10 miles				1.10.52	48.47	58.54	58.54.0	56.06.0		1.15.14	1.14.58	1.28.00	1.35.32		
20 miles				2.25.21	2.01.38	2.24.23									
Half Marathon				0	64.50	1.17.14	1.15.35	1.19.00	1.30.34	1.37.23		1.57.14	1.59.23		
Marathon				3.21.18	2.11.19	2.53.56	2.43.29	2.53.27	3.07.29	3.44.32		3.50	4.51.30		
	U13B	U15B	U17M	U20M	Senior Men	V40	V45	V50	V55	V60	V65	V70	V75	V80	

		Female													
Events	U13G	U15G	U17W	U20W	Senior Women	W35	W40	W45	W50	W55	W60	W70			
60m indoors		8.27	8.68		9										
60m hurdles indoors															
75m	10.7														
80m		11.6	11.5												
100m	13.49	13.1	12.9	15.9	14.3	14.4	15.9	15.4	17.44	18.6	18.7	0			
150m		21.1	21	21.12											
200m	29	26.9	27.6	29	28.1	29.9	30.7secs	32.5	32.4	39.3	39.3	0			
300m		48.1	43.7												
400m		65.4	65.6	66	65.3	64.7	68	70.4	72.1	0	1.49.0	0			
600m	1.55.6	1.50.6	1.49.2												
800m	2.26	2.20.5	2.20.0	2.23.3	2.27	2.24.6	2.28.4	2.38.3	3.05.1	0	4.14.4	0			
1000m indoor	3.18.1														
1200m	3.56.35														
1500m	4.54.75	4.40.59	4.54.77	4.34.83	4.47.05	4.31.0	4.52.9	5.12.4	6.14.9	7.07	8.43.4	0			
1 mile	5.18.09	5.14			6.16.0	6.13.4	5.39.0	6.10.10	6.59.76	7.05.54					
2000m															
3000m indoors				10.33.9	9.20.93i										
3000m		10.15.74	10.37.66	10.15	9.28.05	9.34.47	10.23.9	10.56.7	12.46	0	18.16.4	0			
5000m					16.58.94	18.10.6	18.09.0	19.13.4	28.49	0					
10000m								44.48.43							
1500m steeplechase				5.52.93		6.04.1									
2000m steeplechase					7.50.73	7.54.83									
3000m steeplechase					0	12.30.7									
2000m walk						12.56.6	12.38.4	12.08.17	13.14.3	14.50.98			17.07.5		
70m hurdles	12.1														
75m hurdles		11.9													
80m hurdles			13.7			18.4									
100m hurdles				25.7	23.8										
110m hurdles															
200m hurdles	47.8														
300m hurdles			53.2												
400m hurdles															
4x100 relay	58.9	54.9	56.37		57.17	63.9	57.17	1.12.25							
4x200 relay						2.15.9	2.27.4								
4x300 relay															
4x400 relay	5.14.6		4.45.9		4.54.1	5.04.5	5.14.5	6.14.5							
2x200,400,800 medley relay						5.13.4									
Tetrathlon	0														
Pentathlon	0	2399 points	2013	1676	1203	912									
Heptathlon				2993											
Octathlon															
High jump	1.3m	1.51	1.55	1.45	1.33	1.35	1.15	1.20m	1.05	0	1	0			
Long jump	4.48m	4.92m	4.7	3.56m	4.3	3.88	4.01	3.32m	3.07	2.26	2.57	0			
Triple jump		8.71m	9.67m	7.45	9.83	7.03	7.85		5.73	0					
Javelin	25.43m	26.02m	28.08	29.98	22.35	23.16	19.25	15.05m	19.76	0	12.23	15.77			
Shot putt	7.73m	10.07m	9.59	9.52	9.15	6.94	7.17	4.67m	6.22	0	6.85	0			
Hammer			16.79m	18.13	22.47	20.9	24.09	10.70m	13.58	0	13.58	0			
Discus	21.55m	30.61m	34.45m	29.35	33.46	19.87	19.47	14.17m	15	12.64	13.92	12.75			
Pole vault			2.7m	3.1	2.40										
1 mile (road)								6.1							
3 miles				21.54	21.10										
5 km				20.17	18.37	16.49	17.28	17.28	19.00						
10 km				53.32	41.04	34.16	36.38	36.38	40.33	41.1	1.02.20	54.22			
5 miles					30.35	31.06	28.24	28.24	33.1	36.03					
10 miles						1.12	1.03.19	60.29	66.55	73.11	1.22.32	1.25.29	0		
20 miles						2.36.3		2.18.46	2.18.29						
Half Marathon					1.43.59	1.28.03	1.32	1.32.24	1.27.18	1.26.10	1.35.59	1.51.54	0		
Marathon					3.30.00	3.27.38	3.23	3.00.14	3.02.00	2.58.34	3.33.02	3.54.33	0		
	U13G	U15G	U17W	U20W	Senior Women	W35	W40	W45	W50	W55	W60	W70			