

Required Results for Age Grade Female 75%

| age | 5kmRoad | 8kmRoad | 5MileRoad | 10kmRoad | 15km | 10Mile | 20km | Half Mar | 25km | 30km | Marathon |
|-----|---------|---------|-----------|----------|---------|---------|---------|----------|---------|---------|----------|
| 13 | 0:21:29 | 0:35:16 | 0:34:24 | 0:44:31 | 1:10:15 | 1:12:17 | 1:30:20 | 1:39:46 | 1:53:54 | 2:18:12 | 3:18:45 |
| 14 | 0:21:03 | 0:34:33 | 0:33:51 | 0:43:37 | 1:08:27 | 1:10:33 | 1:28:11 | 1:37:13 | 1:51:10 | 2:14:53 | 3:14:45 |
| 15 | 0:20:40 | 0:33:56 | 0:33:23 | 0:42:50 | 1:06:56 | 1:09:04 | 1:26:19 | 1:35:03 | 1:48:50 | 2:12:03 | 3:11:15 |
| 16 | 0:20:20 | 0:33:22 | 0:32:58 | 0:42:07 | 1:05:35 | 1:07:43 | 1:24:38 | 1:33:07 | 1:46:42 | 2:09:28 | 3:08:04 |
| 17 | 0:20:00 | 0:32:49 | 0:32:34 | 0:41:26 | 1:04:16 | 1:06:25 | 1:23:00 | 1:31:16 | 1:44:39 | 2:06:59 | 3:04:59 |
| 18 | 0:19:46 | 0:32:23 | 0:32:14 | 0:40:52 | 1:03:08 | 1:05:47 | 1:22:13 | 1:29:39 | 1:43:40 | 2:05:46 | 3:02:30 |
| 19 | 0:19:41 | 0:32:07 | 0:32:00 | 0:40:33 | 1:02:17 | 1:05:47 | 1:22:13 | 1:28:26 | 1:43:40 | 2:05:46 | 3:01:02 |
| 20 | 0:19:41 | 0:32:02 | 0:31:54 | 0:40:26 | 1:01:41 | 1:05:47 | 1:22:13 | 1:27:35 | 1:43:40 | 2:05:46 | 3:00:33 |
| 21 | 0:19:41 | 0:32:02 | 0:31:53 | 0:40:26 | 1:01:20 | 1:05:47 | 1:22:13 | 1:27:05 | 1:43:40 | 2:05:46 | 3:00:33 |
| 22 | 0:19:41 | 0:32:02 | 0:31:53 | 0:40:26 | 1:01:13 | 1:05:47 | 1:22:13 | 1:26:56 | 1:43:40 | 2:05:46 | 3:00:33 |
| 23 | 0:19:41 | 0:32:02 | 0:31:53 | 0:40:26 | 1:01:13 | 1:05:47 | 1:22:13 | 1:26:56 | 1:43:40 | 2:05:46 | 3:00:33 |
| 24 | 0:19:41 | 0:32:02 | 0:31:53 | 0:40:26 | 1:01:13 | 1:05:47 | 1:22:13 | 1:26:56 | 1:43:40 | 2:05:46 | 3:00:33 |
| 25 | 0:19:41 | 0:32:02 | 0:31:53 | 0:40:26 | 1:01:13 | 1:05:47 | 1:22:13 | 1:26:56 | 1:43:40 | 2:05:46 | 3:00:33 |
| 26 | 0:19:41 | 0:32:02 | 0:31:53 | 0:40:26 | 1:01:13 | 1:05:47 | 1:22:13 | 1:26:56 | 1:43:40 | 2:05:46 | 3:00:33 |
| 27 | 0:19:41 | 0:32:02 | 0:31:53 | 0:40:26 | 1:01:13 | 1:05:47 | 1:22:13 | 1:26:56 | 1:43:40 | 2:05:46 | 3:00:33 |
| 28 | 0:19:41 | 0:32:02 | 0:31:53 | 0:40:26 | 1:01:13 | 1:05:47 | 1:22:13 | 1:26:56 | 1:43:40 | 2:05:46 | 3:00:33 |
| 29 | 0:19:41 | 0:32:02 | 0:31:53 | 0:40:26 | 1:01:13 | 1:05:47 | 1:22:13 | 1:26:56 | 1:43:40 | 2:05:46 | 3:00:33 |
| 30 | 0:19:41 | 0:32:02 | 0:31:53 | 0:40:26 | 1:01:14 | 1:05:48 | 1:22:14 | 1:26:57 | 1:43:41 | 2:05:46 | 3:00:33 |
| 31 | 0:19:41 | 0:32:03 | 0:31:55 | 0:40:27 | 1:01:17 | 1:05:51 | 1:22:18 | 1:27:01 | 1:43:46 | 2:05:48 | 3:00:35 |
| 32 | 0:19:42 | 0:32:04 | 0:31:58 | 0:40:29 | 1:01:22 | 1:05:57 | 1:22:25 | 1:27:09 | 1:43:55 | 2:05:54 | 3:00:45 |
| 33 | 0:19:44 | 0:32:07 | 0:32:02 | 0:40:32 | 1:01:29 | 1:06:04 | 1:22:35 | 1:27:19 | 1:44:08 | 2:06:05 | 3:01:01 |
| 34 | 0:19:46 | 0:32:11 | 0:32:07 | 0:40:37 | 1:01:38 | 1:06:14 | 1:22:47 | 1:27:32 | 1:44:23 | 2:06:21 | 3:01:24 |
| 35 | 0:19:49 | 0:32:16 | 0:32:13 | 0:40:43 | 1:01:50 | 1:06:26 | 1:23:02 | 1:27:48 | 1:44:43 | 2:06:41 | 3:01:54 |
| 36 | 0:19:52 | 0:32:22 | 0:32:21 | 0:40:51 | 1:02:03 | 1:06:41 | 1:23:20 | 1:28:07 | 1:45:06 | 2:07:06 | 3:02:30 |
| 37 | 0:19:56 | 0:32:29 | 0:32:29 | 0:41:01 | 1:02:19 | 1:06:58 | 1:23:42 | 1:28:29 | 1:45:33 | 2:07:36 | 3:03:13 |
| 38 | 0:20:01 | 0:32:37 | 0:32:39 | 0:41:11 | 1:02:37 | 1:07:17 | 1:24:06 | 1:28:55 | 1:46:03 | 2:08:10 | 3:04:05 |
| 39 | 0:20:07 | 0:32:47 | 0:32:50 | 0:41:24 | 1:02:57 | 1:07:39 | 1:24:33 | 1:29:24 | 1:46:39 | 2:08:50 | 3:05:03 |
| 40 | 0:20:13 | 0:32:58 | 0:33:03 | 0:41:38 | 1:03:20 | 1:08:03 | 1:25:03 | 1:29:56 | 1:47:17 | 2:09:35 | 3:06:09 |
| 41 | 0:20:20 | 0:33:10 | 0:33:17 | 0:41:54 | 1:03:45 | 1:08:30 | 1:25:37 | 1:30:32 | 1:48:01 | 2:10:26 | 3:07:23 |
| 42 | 0:20:28 | 0:33:23 | 0:33:32 | 0:42:11 | 1:04:13 | 1:09:00 | 1:26:15 | 1:31:11 | 1:48:48 | 2:11:21 | 3:08:46 |
| 43 | 0:20:37 | 0:33:38 | 0:33:49 | 0:42:31 | 1:04:43 | 1:09:33 | 1:26:56 | 1:31:54 | 1:49:40 | 2:12:23 | 3:10:16 |
| 44 | 0:20:46 | 0:33:55 | 0:34:07 | 0:42:52 | 1:05:16 | 1:10:09 | 1:27:40 | 1:32:41 | 1:50:37 | 2:13:31 | 3:11:57 |

Required Results for Age Grade Female 75%

| age | 5kmRoad | 8kmRoad | 5MileRoad | 10kmRoad | 15km | 10Mile | 20km | Half Mar | 25km | 30km | Marathon |
|-----|---------|---------|-----------|----------|---------|---------|---------|----------|---------|---------|----------|
| 45 | 0:20:57 | 0:34:13 | 0:34:27 | 0:43:15 | 1:05:52 | 1:10:47 | 1:28:28 | 1:33:32 | 1:51:39 | 2:14:46 | 3:13:46 |
| 46 | 0:21:08 | 0:34:32 | 0:34:49 | 0:43:40 | 1:06:32 | 1:11:30 | 1:29:21 | 1:34:28 | 1:52:46 | 2:16:06 | 3:15:45 |
| 47 | 0:21:20 | 0:34:53 | 0:35:12 | 0:44:08 | 1:07:14 | 1:12:15 | 1:30:18 | 1:35:28 | 1:53:59 | 2:17:34 | 3:17:56 |
| 48 | 0:21:33 | 0:35:16 | 0:35:38 | 0:44:38 | 1:08:00 | 1:13:04 | 1:31:19 | 1:36:33 | 1:55:18 | 2:19:09 | 3:20:15 |
| 49 | 0:21:47 | 0:35:40 | 0:36:05 | 0:45:09 | 1:08:48 | 1:13:56 | 1:32:24 | 1:37:41 | 1:56:40 | 2:20:50 | 3:22:44 |
| 50 | 0:22:01 | 0:36:05 | 0:36:33 | 0:45:41 | 1:09:37 | 1:14:49 | 1:33:30 | 1:38:51 | 1:58:05 | 2:22:34 | 3:25:16 |
| 51 | 0:22:16 | 0:36:30 | 0:37:02 | 0:46:14 | 1:10:28 | 1:15:43 | 1:34:38 | 1:40:03 | 1:59:32 | 2:24:19 | 3:27:52 |
| 52 | 0:22:31 | 0:36:56 | 0:37:32 | 0:46:48 | 1:11:19 | 1:16:38 | 1:35:47 | 1:41:17 | 2:01:01 | 2:26:08 | 3:30:32 |
| 53 | 0:22:46 | 0:37:23 | 0:38:02 | 0:47:23 | 1:12:12 | 1:17:35 | 1:36:58 | 1:42:32 | 2:02:32 | 2:27:58 | 3:33:16 |
| 54 | 0:23:01 | 0:37:50 | 0:38:34 | 0:47:58 | 1:13:07 | 1:18:34 | 1:38:11 | 1:43:49 | 2:04:05 | 2:29:52 | 3:36:04 |
| 55 | 0:23:17 | 0:38:18 | 0:39:06 | 0:48:34 | 1:14:02 | 1:19:34 | 1:39:26 | 1:45:08 | 2:05:42 | 2:31:48 | 3:38:57 |
| 56 | 0:23:34 | 0:38:46 | 0:39:39 | 0:49:12 | 1:14:59 | 1:20:35 | 1:40:43 | 1:46:29 | 2:07:20 | 2:33:49 | 3:41:55 |
| 57 | 0:23:50 | 0:39:15 | 0:40:13 | 0:49:50 | 1:15:58 | 1:21:38 | 1:42:02 | 1:47:53 | 2:09:01 | 2:35:51 | 3:44:57 |
| 58 | 0:24:07 | 0:39:46 | 0:40:48 | 0:50:29 | 1:16:58 | 1:22:43 | 1:43:23 | 1:49:18 | 2:10:44 | 2:37:58 | 3:48:05 |
| 59 | 0:24:25 | 0:40:16 | 0:41:24 | 0:51:09 | 1:18:00 | 1:23:49 | 1:44:46 | 1:50:46 | 2:12:31 | 2:40:07 | 3:51:18 |
| 60 | 0:24:42 | 0:40:48 | 0:42:01 | 0:51:51 | 1:19:04 | 1:24:57 | 1:46:11 | 1:52:16 | 2:14:21 | 2:42:21 | 3:54:36 |
| 61 | 0:25:01 | 0:41:20 | 0:42:40 | 0:52:33 | 1:20:09 | 1:26:07 | 1:47:38 | 1:53:49 | 2:16:13 | 2:44:37 | 3:58:00 |
| 62 | 0:25:19 | 0:41:53 | 0:43:19 | 0:53:17 | 1:21:16 | 1:27:19 | 1:49:08 | 1:55:24 | 2:18:08 | 2:46:59 | 4:01:30 |
| 63 | 0:25:39 | 0:42:27 | 0:44:00 | 0:54:02 | 1:22:25 | 1:28:34 | 1:50:41 | 1:57:02 | 2:20:07 | 2:49:25 | 4:05:07 |
| 64 | 0:25:59 | 0:43:02 | 0:44:42 | 0:54:48 | 1:23:36 | 1:29:50 | 1:52:16 | 1:58:42 | 2:22:11 | 2:51:53 | 4:08:50 |
| 65 | 0:26:19 | 0:43:39 | 0:45:25 | 0:55:35 | 1:24:49 | 1:31:08 | 1:53:54 | 2:00:26 | 2:24:16 | 2:54:28 | 4:12:39 |
| 66 | 0:26:40 | 0:44:15 | 0:46:10 | 0:56:24 | 1:26:04 | 1:32:29 | 1:55:35 | 2:02:13 | 2:26:26 | 2:57:06 | 4:16:37 |
| 67 | 0:27:01 | 0:44:54 | 0:46:57 | 0:57:14 | 1:27:21 | 1:33:52 | 1:57:19 | 2:04:02 | 2:28:40 | 2:59:50 | 4:20:41 |
| 68 | 0:27:23 | 0:45:33 | 0:47:44 | 0:58:06 | 1:28:41 | 1:35:18 | 1:59:06 | 2:05:56 | 2:30:59 | 3:02:37 | 4:24:53 |
| 69 | 0:27:45 | 0:46:14 | 0:48:34 | 0:58:59 | 1:30:03 | 1:36:46 | 2:00:57 | 2:07:52 | 2:33:21 | 3:05:32 | 4:29:14 |
| 70 | 0:28:08 | 0:46:55 | 0:49:25 | 0:59:55 | 1:31:28 | 1:38:17 | 2:02:50 | 2:09:53 | 2:35:47 | 3:08:30 | 4:33:44 |
| 71 | 0:28:32 | 0:47:38 | 0:50:18 | 1:00:51 | 1:32:55 | 1:39:51 | 2:04:48 | 2:11:57 | 2:38:19 | 3:11:37 | 4:38:22 |
| 72 | 0:28:56 | 0:48:22 | 0:51:13 | 1:01:50 | 1:34:26 | 1:41:28 | 2:06:49 | 2:14:05 | 2:40:56 | 3:14:47 | 4:43:10 |
| 73 | 0:29:22 | 0:49:07 | 0:52:10 | 1:02:51 | 1:35:59 | 1:43:08 | 2:08:54 | 2:16:18 | 2:43:38 | 3:18:06 | 4:48:09 |
| 74 | 0:29:48 | 0:49:55 | 0:53:09 | 1:03:53 | 1:37:35 | 1:44:52 | 2:11:04 | 2:18:35 | 2:46:25 | 3:21:32 | 4:53:18 |
| 75 | 0:30:14 | 0:50:43 | 0:54:11 | 1:04:58 | 1:39:15 | 1:46:39 | 2:13:18 | 2:20:56 | 2:49:18 | 3:25:05 | 4:58:50 |