

### Dumfries Running Club - Ladies

| Gp | Gold Plus | Open     | 40+      | 45+      | 50+      | 55+      | 60+      | 65+      |
|----|-----------|----------|----------|----------|----------|----------|----------|----------|
| 0  | 5 miles   | 30.00    | 31.00    | 32.00    | 34.00    | 36.00    | 37.30    | 40.00    |
| 0  | 10K       | 37.30    | 38.30    | 40.00    | 42.30    | 45.00    | 47.00    | 50.30    |
| 1  | 10 miles  | 61.00    | 63.00    | 66.30    | 70.00    | 73.30    | 77.00    | 82.30    |
| 2  | ½ Mar     | 82.00    | 85.00    | 89.00    | 93.00    | 97.00    | 1.42.00  | 1.49.00  |
| 3  | 20 miles  | 2.11.00  | 2.15.00  | 2.20.00  | 2.25.00  | 2.32.00  | 2.39.00  | 2.50.00  |
| 4  | Marathon  | 2.58.00  | 3.03.00  | 3.10.00  | 3.17.00  | 3.27.00  | 3.36.00  | 3.51.00  |
| 5  | 50 Km     | 03.40.00 | 03.47.00 | 3.57.00  | 4.07.00  | 4.21.00  | 4.38.00  | 4.55.00  |
| 6  | 100 Km    | 08.50.00 | 09.09.00 | 09.38.00 | 10.04.00 | 10.34.00 | 11.08.00 | 11.55.00 |
| Gp | Gold      | Open     | 40+      | 45+      | 50+      | 55+      | 60+      | 65+      |
| 0  | 5 miles   | 31.30    | 32.30    | 34.00    | 35.30    | 37.30    | 39.30    | 42.00    |
| 0  | 10K       | 39.30    | 40.30    | 42.30    | 45.00    | 47.30    | 50.00    | 53.30    |
| 1  | 10 miles  | 65.30    | 68.00    | 71.00    | 75.00    | 78.30    | 83.00    | 88.30    |
| 2  | ½ Mar     | 89.00    | 93.00    | 97.00    | 1.41.00  | 1.46.00  | 1.51.00  | 1.59.00  |
| 3  | 20 miles  | 2.24.00  | 2.29.00  | 2.34.00  | 2.40.00  | 2.47.00  | 2.55.00  | 3.06.00  |
| 4  | Marathon  | 3.16.00  | 3.22.00  | 3.29.00  | 3.37.00  | 3.47.00  | 3.58.00  | 4.14.00  |
| 5  | 50 Km     | 04.00.00 | 04.07.00 | 04.18.00 | 04.29.00 | 04.45.00 | 05.03.00 | 5.21.00  |
| 6  | 100 Km    | 09.28.00 | 09.49.00 | 10.18.00 | 10.48.00 | 11.19.00 | 11.56.00 | 12.46.00 |
| Gp | Silver    | Open     | 40+      | 45+      | 50+      | 55+      | 60+      | 65+      |
| 0  | 5 miles   | 33.30    | 34.30    | 36.00    | 38.00    | 40.00    | 43.00    | 46.00    |
| 0  | 10K       | 42.30    | 43.30    | 45.30    | 48.00    | 51.00    | 54.00    | 58.00    |
| 1  | 10 miles  | 71.00    | 73.00    | 77.00    | 80.30    | 84.00    | 88.30    | 94.30    |
| 2  | ½ Mar     | 95.00    | 99.00    | 1.44.00  | 1.48.00  | 1.53.00  | 1.58.00  | 2.06.00  |
| 3  | 20 miles  | 2.36.00  | 2.41.00  | 2.47.00  | 2.53.00  | 3.01.00  | 3.10.00  | 3.22.00  |
| 4  | Marathon  | 3.33.00  | 3.39.00  | 3.47.00  | 3.56.00  | 4.07.00  | 4.19.00  | 4.35.00  |
| 5  | 50 Km     | 04.21.00 | 04.29.00 | 04.41.00 | 04.53.00 | 05.10.00 | 05.30.00 | 5.50.00  |
| 6  | 100 Km    | 10.07.00 | 10.29.00 | 11.00.00 | 11.32.00 | 12.06.00 | 12.45.00 | 13.38.00 |
| Gp | Bronze    | Open     | 40+      | 45+      | 50+      | 55+      | 60+      | 65+      |
| 0  | 5 miles   | 36.00    | 37.00    | 39.00    | 41.00    | 43.00    | 45.30    | 49.00    |
| 0  | 10K       | 45.30    | 46.30    | 48.30    | 51.00    | 53.30    | 57.30    | 62.00    |
| 1  | 10 miles  | 76.00    | 78.30    | 82.30    | 87.00    | 91.00    | 96.00    | 1.42.00  |
| 2  | ½ Mar     | 1.44.00  | 1.49.00  | 1.54.00  | 1.59.00  | 2.04.00  | 2.10.00  | 2.18.00  |
| 3  | 20 miles  | 2.47.00  | 2.53.00  | 2.59.00  | 3.06.00  | 3.14.00  | 3.23.00  | 3.36.00  |
| 4  | Marathon  | 3.47.00  | 3.54.00  | 4.02.00  | 4.12.00  | 4.24.00  | 4.36.00  | 4.53.00  |
| 5  | 50 Km     | 04.41.00 | 04.50.00 | 05.03.00 | 05.15.00 | 05.34.00 | 05.55.00 | 6.15.00  |
| 6  | 100 Km    | 11.00.00 | 11.24.00 | 11.58.00 | 12.32.00 | 13.09.00 | 13.52.00 | 14.45.00 |

## Dumfries Running Club - Men

| Gp | Gold Plus | Open    | 40+     | 45+      | 50+      | 55+      | 60+      | 65+      | 70+      | 75+      |
|----|-----------|---------|---------|----------|----------|----------|----------|----------|----------|----------|
| 0  | 5 miles   | 26.00   | 27.00   | 28.00    | 29.30    | 31.00    | 33.00    | 34.30    | 36.30    | 39.00    |
| 0  | 10K       | 32.30   | 34.00   | 35.30    | 37.00    | 39.00    | 41.00    | 43.00    | 45.30    | 49.00    |
| 1  | 10 miles  | 53.00   | 55.30   | 57.30    | 61.00    | 63.30    | 67.00    | 70.30    | 74.30    | 80.00    |
| 2  | ½ Mar     | 71.00   | 74.00   | 77.00    | 81.00    | 85.00    | 89.00    | 93.00    | 97.00    | 1.42.00  |
| 3  | 20 miles  | 1.54.00 | 1.57.00 | 2.02.00  | 2.06.00  | 2.12.00  | 2.18.00  | 2.25.00  | 2.35.00  | 2.46.00  |
| 4  | Marathon  | 2.35.00 | 2.39.00 | 2.45.00  | 2.52.00  | 3.00.00  | 3.09.00  | 3.18.00  | 3.29.00  | 3.43.00  |
| 5  | 50 Km     | 3.11.00 | 3.17.00 | 3.25.00  | 3.35.00  | 3.45.00  | 3.57.00  | 4.09.00  | 4.22.00  | 4.40.00  |
| 6  | 100 Km    | 7.41.00 | 7.58.00 | 8.21.00  | 8.46.00  | 9.11.00  | 9.37.00  | 10.06.00 | 10.39.00 | 11.24.00 |
| Gp | Gold      | Open    | 40+     | 45+      | 50+      | 55+      | 60+      | 65+      | 70+      | 75+      |
| 0  | 5 miles   | 27.30   | 28.30   | 30.00    | 31.30    | 33.00    | 35.00    | 37.00    | 39.00    | 42.00    |
| 0  | 10K       | 34.30   | 36.00   | 37.30    | 39.00    | 41.00    | 43.00    | 45.30    | 48.30    | 52.00    |
| 1  | 10 miles  | 57.00   | 59.00   | 61.30    | 65.30    | 68.00    | 72.00    | 75.30    | 80.00    | 85.30    |
| 2  | ½ Mar     | 77.00   | 80.00   | 83.00    | 87.00    | 91.00    | 95.00    | 1.40.00  | 1.47.00  | 1.54.00  |
| 3  | 20 miles  | 2.05.00 | 2.09.00 | 2.13.00  | 2.18.00  | 2.24.00  | 2.32.00  | 2.40.00  | 2.50.00  | 3.02.00  |
| 4  | Marathon  | 2.50.00 | 2.55.00 | 3.01.00  | 3.08.00  | 3.17.00  | 3.27.00  | 3.37.00  | 3.50.00  | 4.05.00  |
| 5  | 50 Km     | 3.29.00 | 3.35.00 | 3.45.00  | 3.55.00  | 4.07.00  | 4.20.00  | 4.33.00  | 4.47.00  | 5.06.00  |
| 6  | 100 Km    | 8.14.00 | 8.32.00 | 8.57.00  | 9.23.00  | 9.50.00  | 10.18.00 | 10.49.00 | 11.25.00 | 12.13.00 |
| Gp | Silver    | Open    | 40+     | 45+      | 50+      | 55+      | 60+      | 65+      | 70+      | 75+      |
| 0  | 5 miles   | 29.00   | 30.00   | 31.30    | 33.00    | 35.00    | 37.00    | 39.00    | 41.00    | 44.00    |
| 0  | 10K       | 37.00   | 38.00   | 40.00    | 41.30    | 44.00    | 47.00    | 49.30    | 52.00    | 55.30    |
| 1  | 10 miles  | 61.00   | 63.00   | 66.30    | 70.00    | 73.00    | 77.00    | 81.00    | 86.00    | 92.00    |
| 2  | ½ Mar     | 83.00   | 86.00   | 90.00    | 94.00    | 98.00    | 1.43.00  | 1.48.00  | 1.55.00  | 2.03.00  |
| 3  | 20 miles  | 2.16.00 | 2.20.00 | 2.25.00  | 2.30.00  | 2.37.00  | 2.45.00  | 2.53.00  | 3.05.00  | 3.17.00  |
| 4  | Marathon  | 3.05.00 | 3.10.00 | 3.17.00  | 3.25.00  | 3.35.00  | 3.45.00  | 3.56.00  | 4.10.00  | 4.26.00  |
| 5  | 50 Km     | 3.47.00 | 3.54.00 | 4.04.00  | 4.15.00  | 4.29.00  | 4.42.00  | 4.56.00  | 5.12.00  | 5.32.00  |
| 6  | 100 Km    | 8.48.00 | 9.07.00 | 9.34.00  | 10.02.00 | 10.31.00 | 11.01.00 | 11.34.00 | 12.12.00 | 13.03.00 |
| Gp | Bronze    | Open    | 40+     | 45+      | 50+      | 55+      | 60+      | 65+      | 70+      | 75+      |
| 0  | 5 miles   | 31.30   | 32.30   | 34.00    | 36.00    | 38.00    | 40.00    | 42.30    | 44.30    | 48.00    |
| 0  | 10K       | 40.00   | 41.30   | 43.30    | 45.30    | 48.00    | 50.30    | 53.00    | 56.00    | 60.00    |
| 1  | 10 miles  | 66.00   | 68.30   | 71.30    | 75.30    | 79.00    | 83.30    | 87.30    | 93.00    | 99.30    |
| 2  | ½ Mar     | 90.00   | 94.00   | 98.00    | 1.42.00  | 1.47.00  | 1.52.00  | 1.58.00  | 2.05.00  | 2.13.00  |
| 3  | 20 miles  | 2.25.00 | 2.30.00 | 2.35.00  | 2.41.00  | 2.48.00  | 2.56.00  | 3.05.00  | 3.17.00  | 3.30.00  |
| 4  | Marathon  | 3.17.00 | 3.23.00 | 3.30.00  | 3.39.00  | 3.49.00  | 4.00.00  | 4.12.00  | 4.26.00  | 4.42.00  |
| 5  | 50 Km     | 4.04.00 | 4.12.00 | 4.22.00  | 4.34.00  | 4.50.00  | 5.03.00  | 5.18.00  | 5.35.00  | 5.55.00  |
| 6  | 100 Km    | 9.34.00 | 9.55.00 | 10.24.00 | 10.54.00 | 11.26.00 | 11.59.00 | 12.34.00 | 13.16.00 | 14.10.00 |