

Minutes of Meeting Held on Wednesday 9th December 2015

PRESENT

Kenny McAlpine(Chair); Alison Leckie, Jan Burnside; Gillian Bruce; Laurence Baker; Angus Oakley; Sandy Paisley ; Conor Rennie; Tom McCulloch; Caron Shanks; Tracy Martin; Alan Sprang; Alasdair Meldrum (part of meeting only);

APOLOGIES

Ricky Taylor; Paul Gillon; Julie Frew;

NO APOLOGIES

None

MINUTES OF MEETING HELD ON 14 Oct 2015

CSSL Boys team manager still to be found: it was noted that the minutes should reflect the fact that Conor was intending to support the CSSL Boys Team Manager.

It was noted by Alison the action in the previous minutes related to seeking an update from Paul on the visit of the Community Police Officer to the club.

Minutes of last meeting proposed by Sandy and seconded by Kenny; Accepted by the Committee.

MATTERS ARISING

Minutes for Web: Committee confirmed expanded minutes minus detailed financials and any personal information should be made available via the website.

Action: 9-10/15: Re: mileage expense claims analysis and a proposal for a more equitable rate.

- Committee agreed new rate of 30p per mile for expenses claims.
- Proposed for acceptance by Gus, seconded by Tom; Accepted by the Committee.

SECRETARY'S REPORT

The secretary's report was presented to those present.

Dam Park Stadium

The power has been reinstated in the old wooden cabin that we were given access to and it is being used as a store for the various training hurdles we have. Sockets within the store can be made live allowing a temporary light to be used in the steel contained adjacent to this store.

Problems continue with the stadium floodlights and I have been made aware of an ongoing process which is considering the installation of LED's on the light towers in place of the current light bulb system.

Flooding in heavy rain continues to be a problem during periods of heavy rain and Adam is pursuing the installation of drainage along the 100m straight.

Track cleaning continues to be an issue as it seems SAC have no intention of paying the required £6000 to have it properly cleaned, this process being at least 2 years overdue. Whilst I realise that this is completely the wrong time of the year for this I will continue to chase this up as it should be done in the spring of the year particularly with events scheduled to take place at the stadium.

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Club Clothing

At the time of initially writing this report enquiries were ongoing in to the purchase of the long awaited jackets for coaches, team managers etc. owing to the failure of the initial company to actually proceed with the manufacture as I had agreed. I can now confirm that I had a meeting last week with the Scottish rep for Kukri Sports and as result an order has now been placed for 50 jackets which I believe will be fit for purpose. The expected date of delivery is the start of February and we are currently looking at Kukri also supplying club vests, training t-shirts and other items.

AYRSHIRE HARRIERS

At the AGM of the Harriers it was decided that Dam Park would host the Ayrshire Championships and also an Open meeting. The Open meetings it was felt should have much more input from the clubs with the host club actually taking ownership of the event. At the AGM Dave Campbell (Secretary) and Bill Simpson (Chairman) stepped down with nobody taking on the roles. There is to be an EGM called in January 2016 the purpose of which is to determine whether the Ayrshire Harriers should continue. This is perhaps the time for change in the Open meetings getting away from the long established but problematic current format.

YDL

At the last meeting I informed everyone of the decision by the Ayrshire Harriers to withdraw their team from the YDL, since then the paper match has taken place and Kilmarnock along with Team East Lothian were successful in being accepted to Division 2. Falkirk Victoria have been confirmed as participating in Division 1 along with us.

On Saturday I attended the AGM of the Scottish YDL in Grangemouth and there are several items from that meeting I would like to report to you all :-

- In respect of finance there is only 1 year to run on the current contract with UKYDL and as a result it is currently unknown what form the YDL will take from 2017 due to (a) Finance
(b) An ongoing competition review being undertaken by UKA
Scottish YDL is in a very good position financially although exact figures were unavailable at the meeting. It was stated however that we may have to finance the league ourselves if no money forthcoming from UKA and we would be in a position to do this for a few years. Leslie Roy stated that the competition review will be completed shortly and from what she has heard is of the opinion funding will be provided by UKYDL but what is done will change from the current format.
- As of April a new UKA rule will come in to force which will state that no competition can last longer than 8hrs. This is seen to have more of a bearing on the Upper Age Group YDL than other competitions.
- Possibility of Regional Finals being introduced rather than the current UK Final.
- In 2016 the IAAF rule book is being adopted as opposed to us having the UKA rule book and the IAAF book. This will not affect age groups at the present time although change may be brought about in 2018 (English Schools still proving to be the stumbling block here)
- All league winners were recognised by UKYDL and I was presented with a small trophy as we won Scottish Division 2.
- Results collators will continue next season for each league. All results when sent out will require to be checked within a 24hr/48hr period of receipt as after that time they will be sent to UK and also Power of 10 which makes changes after that time more difficult and frowned upon.
- Further request made to all clubs to provide the requested officials particularly graded officials. Team DG dropped out of the league after the paper match and that will probably leave the league short of 4 graded officials right away.
- An email will be sent out to all convening clubs in plenty of time before the meeting they are due to convene at telling them exactly what is required of them.
- As of 2016 ALL CLUBS must complete the mileage travelled form for each meeting. This is to enable UKYDL to collate the distance travelled by each club and I believe this is due to the annual complaint from certain English clubs of the distance they have to travel. It was pointed out that Team Forth Valley have all matches in England and despite continually complaining they have not had a home match awarded to them for 4 years. At present any club travelling over 500 miles for a match has expenses paid to them.
- UKYDL now say that Scottish clubs will have to contribute towards match costs which are currently covered. English convening clubs have a percentage of costs met such as 90% of venue fees, money towards First Aid, etc. Scottish costs are currently covered but contributions may have to be made from the Scottish account.

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- Suggestion made that the cost of hiring the indoor area at Grangemouth for matches is paid in full by Scottish YDL. Currently the stadium charges athletes £2.50 to use the indoor area but a complete hire cost is somewhere in the £150 region, unanimously agreed to pay it in full even if it meant each participating club paying their cut.
- Annual subscriptions held at £150.
- Points scoring for officials attending with a club is changing. Clubs expected to provide 7 officials being 1 track, 1 time and 5 field equating to 35pts. If a club provides the full 7 officials they will be awarded a further 20pts and these do not necessarily have to be graded officials but at least 1 field official must be Level 2B for the points. If no Level 2B then there is a 5pt deduction from your accumulated total.

Dates of meetings for Division 1 2016 :-

- 24/4/16 Dam Park Stadium, Ayr.....Convening club Ayr Seaforth
- 22/5/16 Ayrshire Athletics Arena.....Convening club Kilbarchan
- 19/6/16 Grangemouth.....Convening club Edinburgh
- 31/7/16 FINAL GRANGEMOUTH

End of report.

Proposed for acceptance by Tom seconded by Sandy; Accepted by the Committee.

Action (Gus & Kenny): to meet with Kilmarnock Harriers and discuss matters in connection with Ayrshire Harriers and organisation of Ayrshire events:

- 10 April, 8 June Opens at Kilmarnock
- 8 May Ayrshire Championships
- 24 Aug Open graded at Dam Park

TREASURERS REPORT

The Treasurer's report was presented and discussed between those present.

(Report can be obtained from Club Secretary)

Proposed for acceptance by Gus seconded by Kenny; Accepted by the Committee.

MEMBERSHIP SECRETARY'S REPORT

The Membership Secretary's report was presented to those present.

Age group	Name	Date of Birth	Telephone
Under 11 Boys	Brandon Kavanagh Jenson Fergusson Ara Alishaha Ross Bain Jack Lewis Sam McCrorie Ben Gowing Connor Scobie	-	-
Under 13 Boys	Cameron McGowan Toby Nixon	-	-
Under 15 Boys	John Duthie	-	-
Under 17 Men	Jordan McCorkell	-	-

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Senior Men	Simon Kirk Steven Reid John Hannah	-	-
Under 11 Girls	Rebecca Hannah Anna Kirk	-	-
Under 13 Girls	Abigail Burns Sarah Connell Sylvia Home	-	-
Under 15 Girls	Ayesha Kemp Saskia Hutcheson	-	-
Senior Women	Gillian Hannah Maryline Bulabois	-	-

Deletions from 5-10-15 to 01-12-15

Rachael King...Jnr W
 Alison King... U17 W
 Carla Bulabois, Aimee Clark, Amber Gibson...U13 G
 Abbie Ingram...U11G
 Colin Garrett... Snr M
 John Hamilton, Jamie McCorkell...Jnr M
 Fraser Angus, Gerrard Downie, Ben McBain, Ross, Nicolson, Andrew Peck, Blair Smillie...U17M
 Hugh Kerr, Ethan White... U13B

SUMMARY OF MEMBERSHIP AT 01-12-15

Total at 5-10-15	Add new applications	Deduct Resignations and deletions	Revised Total at 01-12-15
330	24	17	337

+ Paid Supporting Members 10

= 347

Proposed for acceptance by Kenny seconded by Tom; Accepted by the Committee.

CROSS COUNTRY SECRETARY'S REPORT

The season started off with the West District Relays at Hamilton Racecourse, where the pick of the results were Girl's A Team finishing 7th with Emma Frew having the fastest time. The Senior Women's Team were pipped for 3rd Place near to the finish. The Boy's A Team came in 9th.

We had a very successful day at the Ayrshire Relays, where the highlights were Girls under 11s, 13s, 15s, and 17s who all won Gold and the Senior Women's teams finished 1st and 2nd. The males under 15s and Senior Men also won Gold.

Best results at the National Relays at Cumbernauld were Girls A, 17th, Senior Women, 18th, Boys A 20th and Senior Men 31st.

At the National Short Course Championships the Boys under 15 Team claimed Silver with great runs from Rhys Sim in 4th, Fraser Stirling in 11th and Lewis Ross 20th. Best result in the Women's competition was Kirstin Oakley - 5th in the under 20s.

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At the Kilmarnock Open Cross Country the best results were Girls under 13s, Rosie Davidson 1st and Morven Hubbard 3rd. Under 15s Emma Frew was 1st. In the Senior Women results were - Kirstin Oakley 1st, Toni McIntosh 2nd and Gael Riddle in 3rd. The Male results were - Under 17s, Fraser Stirling 1st, and Senior Men's Kenny Neill in 3rd.

We hosted a successful day at Rozelle Park for the Ayrshire Championships. The main results were Girls under 11s Islay Hubbard in 1st, and Libby White in 2nd. Girls under 13 - Evie Mackay in 1st, Alexandra *Meldrum* 3rd. The Senior Women - Gael Riddle 2nd, Susie Hubbard in 3rd. Males under 11, Fergus Muir 1st, Under 13, Blair Gemmell 2nd, Under 15s Aiden Copland 3rd, Under 17s Fraser Stirling 1st, Rhys Sim 2nd, Mathew Eadie in 4th. Senior Men - 1st Kenny Neill.

On the same day 11 athletes travelled to Liverpool for the British Cross Challenge Races where the best performance was Emma Frew 3rd in the Girl's under 15s race.

Proposed for acceptance by Laurence seconded by Kenny; Accepted by the Committee.

ROAD RACE SECRETARY'S REPORT

The Road Race report was presented to those present.

Proposed introduction of road standards

Attainment criteria:

3 different race performances meeting a particular standard in a calendar year, starting 1st January

Suggested awarding a certificate of attainment and listing on website

Suggested that the standards are put on the club website along with attainment criteria

Road standards attached

Proposed change to the senior road championship

Currently the road championship runs from April to Early October.

The proposal is to eventually extend the period from October to the end of September, the following year, to allow more counting races. There are now more road races from November to March

Proposed Chip timing for Land O' Burns 10K (Wednesday 25th May 2016)

The proposal is to use some of the "ring fenced" money to improve the 10K race by using chip timing. This should improve the speed and accuracy of the results. We may need a change of course to allow the start/ finish at the same place. *(end of report)*

Report (& Change to Senior Road Championships, Chipping) proposed for acceptance by Alan seconded by Tom ; Accepted by the Committee.

Road Standards proposed for acceptance by Gus seconded by Alan; Accepted by the Committee.

Action (Gus): Road standards to be published on the website.

It was noted:

- the cost of chipping should be in the region of £1,000.
- A future consideration includes considering awards for younger kids: possibly on PBs or a standards based approach.
- Laurence confirmed he would be the administrator for the Road Standard awards.

WELFARE OFFICER'S REPORT

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There was no Welfare Officer's report tabled for the meeting.

COACHING CO-ORDINATORS REPORT

Weight Training Pilot: Alan talked thru a proposal to provide nominated individuals at the club specialised weight training from a qualified instructor. In outline:

- Employ a coach for a 8 week period (2 hour sessions) at a cost of £35/hour (£560 in total)
- Invite athletes (after coach nominations) from U15s (2nd yr), U17s category to be training at Andy Callachan's Gym on Wednesday night.
- Athletes would be asked for a monetary contribution (£1.50) if in attendance.

Proposed for acceptance by Gus seconded by Conor; Accepted by the Committee.

Action (Alan): to pursue setting up the weight training pilot.

CLUB TOGETHER

Club Together Officer: Progress Report

Club: AYR SEAFORTH

Date: November 2015

Key Area KPI	Progress to date	Next Steps
VOLUNTEER RECRUITMENT	Continuing to distribute volunteer forms to parents of new members. Parents meeting held for new intake of athletes. 10 parents attended. 3 volunteers attended Level 1 Assistant Officials course.	Continue to distribute volunteer forms and engage with new and existing parents and members.
COACH RECRUITMENT/DEVELOPMENT	4 new coach helpers recruited.	Looking for courses for coaches and coach helpers to progress early 2016.
RECRUITMENT OF OFFICIALS	Continuing to try and encourage volunteers to train as officials-3 volunteers attended Level 1 Assistant Officials course.	Organise Level 2 Field Officials course for Spring 2016
ATHLETE RECRUITMENT/DEVELOPMENT	Continuing to recruit athletes for 6-7pm sessions. Another 15 athletes started in November Increase in enquiries about joining club. Waiting list now at 45 with more emails being received every week. Signposted those on the waiting list to Learn 2 Athletics sessions.	Another intake scheduled for December.
DEVELOP SCHOOL/CLUB LINKS	Met with David Phee from Active Schools to discuss a link with Coaching Academy and other senior pupils- awaiting response from recruitment drive within schools. Sportshall athletics were a huge success with 14 schools taking part in heats and 7 schools in the finals. Volunteers from Ayr Seaforth assisted with the event.	

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FUNDING/FUNDRAISING		
OTHER		Meeting with ACE Race running group for initial meeting to discuss links with Ayr Seaforth.

Proposed for acceptance by Kenny seconded by Sandy; Accepted by the Committee.

Action (Tracy): to lead the sub-group and report to the committee (next committee meeting) on the proposed links with the ACE Running Group. Sub-group to be supported by Alison and Conor.

(Alasdair Meldrum joined meeting)

AOCB

Ayr Seaforth – Video, Branding, Visuals

Video: Filming ongoing, video being taken at next SAIL event. Aiming for the first video edition for review at end of January/early February.

Awards Night: looking at alternative venues such as Carlton (to be booked for 2017) and a new venue for 2016.

Action (All): suggestions for Awards night venue to Gillian B.

Branding: Gillian recapped the original intention for the rebrand and the approach taken. Primarily the exercise was not a complete rebrand exercise – simply to modernise the emblem/badge/symbol associated with the club.

The committee voted and agreed (with 1 objector) to adopt the revamped symbol. It was agreed that only the wording Ayr Seaforth would be used on the new emblem (dropping the 'Athletic Club'). On vests we would only have the red cross (no badge or small emblem required).

New Marquee

Gus outlined the proposal to purchase a new marquee for Ayr Seaforth, for bigger events (YDL, Harriers meets, Opens hosted at Dam Park). Cost thought to be in the region of £1000.

Proposed for acceptance by Gillian seconded by Alan; Accepted by the Committee.

Action (Gus): to pursue costs and supplier for new marquee and after approval by senior office bearers, purchase item.

Scottish Athletics

It was noted that a Scottish Athletics event was being organised – Club HealthChecker. Gus will be attending.

Indoor Matches & Access to Training Areas

Action (Gus): to email Billy Glasgow and arrange for badges/bands to be issued to Team managers to issue to nominated coaches/team parent helpers. Together with earlier access for team managers to setup.

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Club Development Plan & Members Survey

Kenny outlined the next steps with respect to club development. Kenny proposed the club should prepare a Club Development Plan which will deal with the way the club intends to grow and serve its members and community.

Proposed for acceptance by Kenny seconded by Sandy; Accepted by the Committee.

In support of this it was also proposed that a survey be undertaken on 'What we do well' and 'What we can do better'.

Proposed for acceptance by Kenny seconded by Alasdair; Accepted by the Committee.

Action (Kenny): to push forward with the survey and report progress at the next committee meeting.

Meeting Agenda

Kenny proposed that the agenda be re-aligned/updated around roles and responsibilities now agreed with the club. E.g. to formally include reports on Marketing and Sponsorship and Equipment Purchases.

Proposed for acceptance by Kenny seconded by Sandy; Accepted by the Committee.

Action (Gus): to include new agenda items for new roles within the club.

Role Profiles

It was noted by Kenny that all roles have now been defined and issued to post holders. Can the post holders please review and send back to Kenny with any proposed changes.

Action (Role Holders): to review role description and reply with any changes to Kenny by next meeting.

The meeting closed after 9pm. Date of next meeting – Wed 10th February at 7pm, Citadel Meeting Room.

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Supporting materials:

Proposed Ayr Seaforth road standards 2015

Diamond

MEN

84% age graded

	open	40+	45+	50+	55+	60+	65+	70+
1 5K	15.30	16.19	16.55	17.34	18.15	19.01	19.50	20.48
2 5M	25.23	26.30	27.31	28.39	29.52	31.12	32.40	34.20
3 10K	31.48	33.00	34.20	35.46	37.20	39.05	41.00	43.05
4 10M	52.23	54.05	56.15	58.40	61.15	64.10	67.20	70.50
5 1/2 M	1.09.30	1.11.30	1.14.20	1.17.35	1.21.05	1.25.00	1.29.15	1.34.00
6 M	2.26.25	2.30.30	2.36.35	2.43.20	2.50.45	2.59.00	3.08.00	3.18.00

GOLD +

MEN

79% age graded

	open	40+	45+	50+	55+	60+	65+	70+
1 5K	16.30	17.22	18.00	18.42	19.30	20.14	21.05	22.10
2 5M	27.00	28.10	29.20	30.30	31.45	33.15	34.45	36.30
3 10K	33.50	35.10	36.30	38.05	39.45	41.35	43.35	45.50
4 10M	55.45	57.30	59.50	62.25	65.15	68.15	71.40	75.20
5 1/2 M	1.14.00	1.16.05	1.19.10	1.22.30	1.26.20	1.30.30	1.35.00	1.40.00
6 M	2.35.50	2.40.15	2.47.00	2.54.00	3.02.00	3.10.20	3.20.00	3.31.00

GOLD

MEN

74.4% age graded

	open	40+	45+	50+	55+	60+	65+	70+
1 5K	17.30	18.25	19.10	19.50	20.40	21.30	22.25	23.30
2 5M	28.40	30.00	31.05	32.20	33.45	35.15	36.55	38.45
3 10K	36.00	37.15	38.45	40.25	42.10	44.05	46.15	48.35
4 10M	59.08	61.00	63.30	66.15	69.10	72.25	76.00	80.00
5 1/2 M	1.18.30	1.20.40	1.24.00	1.27.40	1.31.30	1.36.00	1.41.00	1.46.00
6 M	2.45.00	2.50.00	2.57.00	3.04.25	3.13	3.22.00	3.32.00	3.44

SILVER +

MEN

70.39% age graded

	open	40+	45+	50+	55+	60+	65+	70+
1 5K	18.30	19.30	20.15	21.00	21.50	22.45	23.40	24.50
2 5M	30.20	31.40	33.00	34.15	35.40	37.15	39.00	41.00
3 10K	38.00	39.25	41.00	42.45	44.35	46.40	48.55	51.25
4 10M	62.35	64.30	67.10	70.00	73.10	76.35	80.20	85.30
5 1/2 M	1.23.00	1.25.20	1.28.45	1.32.35	1.36.50	1.41.30	1.46.30	1.52.00
6 M	2.55	3.00.00	3.07.00	3.15.00	3.24.00	3.34.00	3.45.00	3.56.00

SILVER

MEN

65.11% age graded

	open	40+	45+	50+	55+	60+	65+	70+
1 5K	20.00	21.05	21.50	22.40	23.40	24.40	25.40	26.50
2 5M	32.45	34.10	35.30	37.00	38.55	40.15	42.10	44.15
3 10K	41.00	42.30	44.20	46.10	48.10	50.25	52.50	55.30
4 10M	67.40	69.45	72.30	75.40	79.00	82.45	86.50	91.20
5 1/2 M	1.30.00	1.32.00	1.36.00	1.40.10	1.44.40	1.50.00	1.55.15	2.01.15
6 M	3.09.00	3.15.00	3.22.00	3.31.00	3.41.00	3.51.00	4.03.00	4.15.00

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BRONZE +

MEN

60% age graded

	open	40+	45+	50+	55+	60+	65+	70+
1 5K	21.42	22.51	23.41	24.35	25.35	26.40	27.45	29.10
2 5M	35.33	37.05	38.35	40.10	41.50	43.40	45.45	48.00
3 10K	44.35	46.11	48.05	50.05	52.20	54.40	57.20	60.15
4 10M	73.20	75.40	78.45	82.05	85.45	1.29.50	1.34.15	1.39.05
5 1/2 M	1.37.20	1.40.05	1.44.05	1.48.05	1.53.30	1.58.55	2.04.50	2.11.30
6 M	3.24.55	3.30.45	3.39.10	3.48.45	3.59.05	4.10.25	4.23.00	4.36.45

BRONZE

MEN

55% age graded

	open	40+	45+	50+	55+	60+	65+	70+
1 5K	23.41	24.55	25.50	26.50	27.55	29.05	30.20	31.50
2 5M	38.50	40.30	42.05	43.45	45.40	47.40	49.55	52.25
3 10K	48.35	50.25	52.25	54.40	57.05	59.40	62.35	65.45
4 10M	1.20.00	1.22.35	1.25.55	1.29.35	1.33.35	1.38.00	1.42.50	1.48.10
5 1/2 M	1.46.10	1.49.10	1.53.35	1.58.30	2.03.50	2.09.45	2.16.15	2.23.25
6 M	3.43.35	3.49.55	3.59.10	4.09.30	4.20.50	4.33.15	4.46.50	5.01.55

Diamond

WOMEN

84% age graded

	open	40+	45+	50+	55+	60+	65+	70+
1 5K	17.35	18.04	18.42	19.40	20.50	22.05	23.30	25.10
2 5M	28.50	29.40	30.46	32.30	34.26	36.42	39.15	42.15
3 10K	36.07	37.11	38.40	40.50	43.25	46.20	49.40	53.30
4 10M	58.46	60.50	63.15	66.50	71.05	75.55	81.25	87.50
5 1/2 M	1.18.40	1.20.20	1.23.30	1.28.16	1.33.55	1.40.15	1.47.35	1.56.00
6 M	2.41.15	2.46.15	2.53.00	3.03.20	3.15.30	3.29.30	3.46.40	4.05.00

GOLD +

WOMEN

79% age graded

	open	40+	45+	50+	55+	60+	65+	70+
1 5K	18.42	19.15	19.55	21.00	22.10	23.30	25.00	26.45
2 5M	30.40	31.35	32.45	34.35	36.40	39.05	41.50	45.00
3 10K	38.30	39.35	41.10	43.25	46.10	49.20	52.50	57.00
4 10M	62.35	64.45	67.20	71.10	75.40	80.45	86.40	93.30
5 1/2 M	1.22.40	1.25.30	1.28.55	1.34.00	1.40.00	1.46.45	1.54.30	2.03.30
6 M	2.52.00	2.57.00	3.04.10	3.15.00	3.28.00	3.43.00	4.01.00	4.21.00

GOLD

WOMEN

74.4% age graded

	open	40+	45+	50+	55+	60+	65+	70+
1 5K	19.51	20.25	21.10	22.15	23.30	25.00	26.35	28.30
2 5M	32.35	33.30	34.45	36.40	38.55	41.25	44.20	47.40
3 10K	40.50	42.00	43.40	46.10	49.00	52.20	56.05	60.30
4 10M	66.21	68.40	71.25	75.30	80.15	85.40	1.32.00	1.39.10
5 1/2 M	1.27.40	1.30.40	1.34.20	1.39.40	1.46.00	1.53.15	2.01.40	2.11.00
6 M	3.02.00	3.07.40	3.15.20	3.27.00	3.40.45	3.56.30	4.15.00	4.36.00

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SILVER +

WOMEN

70.39% age graded

	open	40+	45+	50+	55+	60+	65+	70+
1 5K	21.00	21.35	22.20	23.30	24.50	26.20	28.05	30.00
2 5M	34.23	35.22	36.45	38.45	41.10	43.50	46.50	50.25
3 10K	43.10	44.25	46.10	48.45	51.50	55.15	59.15	64.00
4 10M	70.10	72.25	75.30	79.45	1.24.50	1.30.55	1.37.10	1.44.45
5 1/2 M	1.32.40	1.35.50	1.39.40	1.45.20	1.52.10	1.59.40	2.08.20	2.18.25
6 M	3.12.25	3.18.25	3.26.30	3.38.45	3.53.20	4.10.00	4.29.15	4.51.40

SILVER

WOMEN

65.11% age graded

	open	40+	45+	50+	55+	60+	65+	70+
1 5K	22.45	23.20	24.10	25.25	26.50	28.30	30.20	32.30
2 5M	37.10	38.15	39.45	41.55	44.30	47.20	50.40	54.30
3 10K	46.40	48.00	49.50	52.40	56.00	59.45	64.05	69.05
4 10M	75.50	78.25	81.35	86.15	91.40	97.55	1.45.00	1.53.15
5 1/2 M	1.40.15	1.43.45	1.47.50	1.54.00	2.01.10	2.09.30	2.18.45	2.29.40
6 M	3.28.00	3.34.30	3.43.15	3.56.30	4.12.15	4.30.15	4.51.05	5.15.20

BRONZE +

WOMEN

60% age graded

	open	40+	45+	50+	55+	60+	65+	70+
1 5K	24.40	25.20	26.11	27.30	29.10	31.00	33.10	35.15
2 5M	40.20	41.30	43.05	45.26	48.15	51.25	55.00	59.05
3 10K	50.35	52.05	54.05	57.10	60.45	64.50	69.30	74.55
4 10M	82.16	85.00	88.30	93.35	99.30	106.15	114.00	123.00
5 1/2 M	1.48.40	1.52.25	1.57.00	2.04.00	2.12.00	2.20.25	2.30.35	2.42.30
6 M	3.45.45	3.52.45	4.02.15	4.16.35	4.33.45	4.53.20	5.15.50	5.42.10

BRONZE

WOMEN

55% age graded

	open	40+	45+	50+	55+	60+	65+	70+
1 5K	26.55	27.35	28.35	30.10	31.50	33.42	35.55	38.25
2 5M	44.00	45.15	47.00	49.35	52.40	56.05	60.00	64.30
3 10K	55.10	56.50	59.00	62.20	66.15	70.15	75.50	81.45
4 10M	1.29.45	1.32.50	1.36.35	1.42.05	1.48.35	1.55.55	2.04.20	2.14.05
5 1/2 M	1.58.35	2.02.40	2.07.35	2.15.00	2.23.30	2.33.10	2.44.15	2.57.10
6 M	4.06.15	4.13.55	4.24.15	4.40.00	4.59.00	5.20.00	5.45.00	6.14.00