

19-32yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:09	00:04:59	00:05:36	00:06:14	00:06:51	00:07:41
3k	00:08:18	00:09:58	00:11:12	00:12:27	00:13:42	00:15:21
5k	00:14:24	00:17:17	00:19:26	00:21:36	00:23:46	00:26:38
5 miles	00:23:39	00:28:23	00:31:56	00:35:29	00:39:01	00:43:45
10k	00:29:55	00:35:54	00:40:23	00:44:53	00:49:22	00:55:21
10 miles	00:49:23	00:59:16	01:06:40	01:14:05	01:21:29	01:31:22
half mar	01:05:48	01:18:58	01:28:50	01:38:42	01:48:34	02:01:44
mar	02:18:51	02:46:37	03:07:27	03:28:17	03:49:06	04:16:52
33 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:11	00:05:01	00:05:39	00:06:16	00:06:54	00:07:44
3k	00:08:18	00:09:58	00:11:12	00:12:27	00:13:42	00:15:21
5k	00:14:24	00:17:17	00:19:26	00:21:36	00:23:46	00:26:38
5 miles	00:23:39	00:28:23	00:31:56	00:35:29	00:39:01	00:43:45
10k	00:29:55	00:35:54	00:40:23	00:44:53	00:49:22	00:55:21
10 miles	00:49:23	00:59:16	01:06:40	01:14:05	01:21:29	01:31:22
half mar	01:05:48	01:18:58	01:28:50	01:38:42	01:48:34	02:01:44
mar	02:18:51	02:46:37	03:07:27	03:28:17	03:49:06	04:16:52
34 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:13	00:05:04	00:05:42	00:06:20	00:06:57	00:07:48
3k	00:08:21	00:10:01	00:11:16	00:12:31	00:13:47	00:15:27
5k	00:14:25	00:17:18	00:19:28	00:21:37	00:23:47	00:26:40
5 miles	00:23:39	00:28:23	00:31:56	00:35:29	00:39:01	00:43:45
10k	00:29:55	00:35:54	00:40:23	00:44:53	00:49:22	00:55:21
10 miles	00:49:23	00:59:16	01:06:40	01:14:05	01:21:29	01:31:22
half mar	01:05:48	01:18:58	01:28:50	01:38:42	01:48:34	02:01:44
mar	02:18:51	02:46:37	03:07:27	03:28:17	03:49:06	04:16:52
35 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:15	00:05:06	00:05:44	00:06:22	00:07:01	00:07:52
3k	00:08:25	00:10:06	00:11:22	00:12:37	00:13:53	00:15:34
5k	00:14:31	00:17:25	00:19:36	00:21:46	00:23:57	00:26:51
5 miles	00:23:46	00:28:31	00:32:05	00:35:39	00:39:13	00:43:58
10k	00:30:00	00:36:00	00:40:30	00:45:00	00:49:30	00:55:30
10 miles	00:49:23	00:59:16	01:06:40	01:14:05	01:21:29	01:31:22
half mar	01:05:48	01:18:58	01:28:50	01:38:42	01:48:34	02:01:44
mar	02:18:51	02:46:37	03:07:27	03:28:17	03:49:06	04:16:52

36 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:17	00:05:08	00:05:47	00:06:26	00:07:04	00:07:55
3k	00:08:29	00:10:11	00:11:27	00:12:43	00:14:00	00:15:42
5k	00:14:38	00:17:34	00:19:45	00:21:57	00:24:09	00:27:04
5 miles	00:23:57	00:28:44	00:32:20	00:35:56	00:39:31	00:44:18
10k	00:30:14	00:36:17	00:40:49	00:45:21	00:49:53	00:55:56
10 miles	00:49:41	00:59:37	01:07:04	01:14:32	01:21:59	01:31:55
half mar	01:06:00	01:19:12	01:29:06	01:39:00	01:48:54	02:02:06
mar	02:18:51	02:46:37	03:07:27	03:28:17	03:49:06	04:16:52
37 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:19	00:05:11	00:05:50	00:06:28	00:07:07	00:07:59
3k	00:08:33	00:10:16	00:11:33	00:12:49	00:14:06	00:15:49
5k	00:14:45	00:17:42	00:19:55	00:22:08	00:24:20	00:27:17
5 miles	00:24:08	00:28:58	00:32:35	00:36:12	00:39:49	00:44:39
10k	00:30:28	00:36:34	00:41:08	00:45:42	00:50:16	00:56:22
10 miles	00:50:04	01:00:05	01:07:35	01:15:06	01:22:37	01:32:37
half mar	01:06:32	01:19:50	01:29:49	01:39:48	01:49:47	02:03:05

mar	02:19:09	02:46:59	03:07:51	03:28:44	03:49:36	04:17:26
38 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:21	00:05:13	00:05:52	00:06:31	00:07:11	00:08:03
3k	00:08:37	00:10:20	00:11:38	00:12:56	00:14:13	00:15:56
5k	00:14:52	00:17:50	00:20:04	00:22:18	00:24:32	00:27:30
5 miles	00:24:19	00:29:11	00:32:50	00:36:29	00:40:07	00:44:59
10k	00:30:43	00:36:52	00:41:28	00:46:05	00:50:41	00:56:50
10 miles	00:50:28	01:00:34	01:08:08	01:15:42	01:23:16	01:33:22
half mar	01:07:03	01:20:28	01:30:31	01:40:34	01:50:38	02:04:03
mar	02:20:14	02:48:17	03:09:19	03:30:21	03:51:23	04:19:26
39 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:23	00:05:16	00:05:55	00:06:35	00:07:14	00:08:07
3k	00:08:41	00:10:25	00:11:43	00:13:01	00:14:20	00:16:04
5k	00:15:00	00:18:00	00:20:15	00:22:30	00:24:45	00:27:45
5 miles	00:24:32	00:29:26	00:33:07	00:36:48	00:40:29	00:45:23
10k	00:30:58	00:37:10	00:41:48	00:46:27	00:51:06	00:57:17
10 miles	00:50:52	01:01:02	01:08:40	01:16:18	01:23:56	01:34:06
half mar	01:07:35	01:21:06	01:31:14	01:41:22	01:51:31	02:05:02
mar	02:21:21	02:49:37	03:10:49	03:32:02	03:53:14	04:21:30
40yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:25	00:05:18	00:05:58	00:06:38	00:07:17	00:08:10
3k	00:08:37	00:10:20	00:11:38	00:12:56	00:14:13	00:15:56
5k	00:15:07	00:18:08	00:20:24	00:22:41	00:24:57	00:27:58
5 miles	00:24:44	00:29:41	00:33:23	00:37:06	00:40:49	00:45:45
10k	00:31:13	00:37:28	00:42:09	00:46:50	00:51:30	00:57:45
10 miles	00:51:17	01:01:32	01:09:14	01:16:55	01:24:37	01:34:52
half mar	01:08:08	01:21:46	01:31:59	01:42:12	01:52:25	02:06:03
mar	02:22:29	02:50:59	03:12:21	03:33:44	03:55:06	04:23:36

41 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:27	00:05:20	00:06:00	00:06:41	00:07:21	00:08:14
3k	00:08:50	00:10:36	00:11:56	00:13:15	00:14:35	00:16:21
5k	00:15:14	00:18:17	00:20:34	00:22:51	00:25:08	00:28:11
5 miles	00:24:56	00:29:55	00:33:40	00:37:24	00:41:08	00:46:08
10k	00:31:28	00:37:46	00:42:29	00:47:12	00:51:55	00:58:13
10 miles	00:51:42	01:02:02	01:09:48	01:17:33	01:25:18	01:35:39
half mar	01:08:42	01:22:26	01:32:45	01:43:03	01:53:21	02:07:06
mar	02:23:39	02:52:23	03:13:56	03:35:29	03:57:01	04:25:45

42 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:30	00:05:24	00:06:04	00:06:45	00:07:25	00:08:20
3k	00:08:55	00:10:42	00:12:02	00:13:22	00:14:43	00:16:30
5k	00:15:22	00:18:26	00:20:45	00:23:03	00:25:21	00:28:26
5 miles	00:25:08	00:30:10	00:33:56	00:37:42	00:41:28	00:46:30
10k	00:31:44	00:38:05	00:42:50	00:47:36	00:52:22	00:58:42
10 miles	00:52:08	01:02:34	01:10:23	01:18:12	01:26:01	01:36:27
half mar	01:09:16	01:23:07	01:33:31	01:43:54	01:54:17	02:08:09
mar	02:24:50	02:53:48	03:15:32	03:37:15	03:58:59	04:27:56

43 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:32	00:05:26	00:06:07	00:06:48	00:07:29	00:08:23
3k	00:08:59	00:10:47	00:12:08	00:13:28	00:14:49	00:16:37
5k	00:15:30	00:18:36	00:20:56	00:23:15	00:25:35	00:28:41
5 miles	00:25:21	00:30:25	00:34:13	00:38:02	00:41:50	00:46:54
10k	00:32:00	00:38:24	00:43:12	00:48:00	00:52:48	00:59:12

10 miles	00:52:34	01:03:05	01:10:58	01:18:51	01:26:44	01:37:15
half mar	01:09:51	01:23:49	01:34:18	01:44:46	01:55:15	02:09:13
mar	02:26:02	02:55:14	03:17:09	03:39:03	04:00:57	04:30:10

44 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:34	00:05:29	00:06:10	00:06:51	00:07:32	00:08:27
3k	00:09:03	00:10:52	00:12:13	00:13:34	00:14:56	00:16:45
5k	00:15:38	00:18:46	00:21:06	00:23:27	00:25:48	00:28:55
5 miles	00:25:34	00:30:41	00:34:31	00:38:21	00:42:11	00:47:18
10k	00:32:16	00:38:43	00:43:34	00:48:24	00:53:14	00:59:42
10 miles	00:53:01	01:03:37	01:11:34	01:19:32	01:27:29	01:38:05
half mar	01:10:26	01:24:31	01:35:05	01:45:39	01:56:13	02:10:18
mar	02:27:15	02:56:42	03:18:47	03:40:52	04:02:58	04:32:25

45 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:37	00:05:32	00:06:14	00:06:56	00:07:37	00:08:32
3k	00:09:08	00:10:58	00:12:20	00:13:42	00:15:04	00:16:54
5k	00:15:46	00:18:55	00:21:17	00:23:39	00:26:01	00:29:10
5 miles	00:25:47	00:30:56	00:34:48	00:38:40	00:42:33	00:47:42
10k	00:32:33	00:39:04	00:43:57	00:48:50	00:53:42	01:00:13
10 miles	00:53:28	01:04:10	01:12:11	01:20:12	01:28:13	01:38:55
half mar	01:11:02	01:25:14	01:35:54	01:46:33	01:57:12	02:11:25
mar	02:28:29	02:58:11	03:20:27	03:42:44	04:05:00	04:34:42

46 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:40	00:05:36	00:06:18	00:07:00	00:07:42	00:08:38
3k	00:09:13	00:11:04	00:12:27	00:13:49	00:15:12	00:17:03
5k	00:15:54	00:19:05	00:21:28	00:23:51	00:26:14	00:29:25
5 miles	00:26:01	00:31:13	00:35:07	00:39:02	00:42:56	00:48:08
10k	00:32:50	00:39:24	00:44:20	00:49:15	00:54:11	01:00:45
10 miles	00:53:56	01:04:43	01:12:49	01:20:54	01:28:59	01:39:47
half mar	01:11:39	01:25:59	01:36:44	01:47:29	01:58:13	02:12:33
mar	02:29:46	02:59:43	03:22:11	03:44:39	04:07:07	04:37:04

47 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:42	00:05:38	00:06:21	00:07:03	00:07:45	00:08:42
3k	00:09:18	00:11:22	00:12:47	00:14:12	00:15:37	00:17:31
5k	00:16:02	00:19:14	00:21:39	00:24:03	00:26:27	00:29:40
5 miles	00:26:15	00:31:30	00:35:26	00:39:22	00:43:19	00:48:34
10k	00:33:07	00:39:44	00:44:42	00:49:41	00:54:39	01:01:16
10 miles	00:54:24	01:05:17	01:13:26	01:21:36	01:29:46	01:40:38
half mar	01:12:17	01:26:44	01:37:35	01:48:26	01:59:16	02:13:43
mar	02:31:05	03:01:18	03:23:58	03:46:38	04:09:17	04:39:30

48 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:44	00:05:41	00:06:23	00:07:06	00:07:49	00:08:45
3k	00:09:23	00:11:22	00:12:47	00:14:12	00:15:37	00:17:31
5k	00:16:11	00:19:25	00:21:51	00:24:17	00:26:42	00:29:56
5 miles	00:26:29	00:31:47	00:35:45	00:39:44	00:43:42	00:49:00
10k	00:33:25	00:40:06	00:45:07	00:50:07	00:55:08	01:01:49
10 miles	00:54:53	01:05:52	01:14:06	01:22:20	01:30:33	01:41:32
half mar	01:12:56	01:27:31	01:38:28	01:49:24	02:00:20	02:14:56
mar	02:32:24	03:02:53	03:25:44	03:48:36	04:11:28	04:41:56

49 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:47	00:05:44	00:06:27	00:07:10	00:07:54	00:08:51
3k	00:09:28	00:11:22	00:12:47	00:14:12	00:15:37	00:17:31
5k	00:16:20	00:19:36	00:22:03	00:24:30	00:26:57	00:30:13

5 miles	00:26:43	00:32:04	00:36:04	00:40:05	00:44:05	00:49:26
10k	00:33:43	00:40:28	00:45:31	00:50:35	00:55:38	01:02:23
10 miles	00:55:23	01:06:28	01:14:46	01:23:04	01:31:23	01:42:28
half mar	01:13:35	01:28:18	01:39:20	01:50:22	02:01:25	02:16:08
mar	02:33:46	03:04:31	03:27:35	03:50:39	04:13:43	04:44:28

50 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:49	00:05:47	00:06:30	00:07:13	00:07:57	00:08:55
3k	00:09:34	00:11:29	00:12:55	00:14:21	00:15:47	00:17:42
5k	00:16:29	00:19:47	00:22:15	00:24:44	00:27:12	00:30:30
5 miles	00:26:58	00:32:22	00:36:24	00:40:27	00:44:30	00:49:53
10k	00:34:02	00:40:50	00:45:57	00:51:03	00:56:09	01:02:58
10 miles	00:55:53	01:07:04	01:15:27	01:23:50	01:32:12	01:43:23
half mar	01:14:15	01:29:06	01:40:14	01:51:22	02:02:31	02:17:22
mar	02:35:08	03:06:10	03:29:26	03:52:42	04:15:58	04:47:00

51 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:52	00:05:50	00:06:34	00:07:18	00:08:02	00:09:00
3k	00:09:39	00:11:35	00:13:02	00:14:28	00:15:55	00:17:51
5k	00:16:38	00:19:58	00:22:27	00:24:57	00:27:27	00:30:46
5 miles	00:27:13	00:32:40	00:36:45	00:40:49	00:44:54	00:50:21
10k	00:34:21	00:41:13	00:46:22	00:51:32	00:56:41	01:03:33
10 miles	00:56:24	01:07:41	01:16:08	01:24:36	01:33:04	01:44:20
half mar	01:14:57	01:29:56	01:41:11	01:52:26	02:03:40	02:18:39
mar	02:36:35	03:07:54	03:31:23	03:54:53	04:18:22	04:49:41

52 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:55	00:05:54	00:06:38	00:07:23	00:08:07	00:09:06
3k	00:09:45	00:11:42	00:13:10	00:14:37	00:16:05	00:18:02
5k	00:16:48	00:20:10	00:22:41	00:25:12	00:27:43	00:31:05
5 miles	00:27:29	00:32:59	00:37:06	00:41:14	00:45:21	00:50:51
10k	00:34:41	00:41:37	00:46:49	00:52:02	00:57:14	01:04:10
10 miles	00:56:57	01:08:20	01:16:53	01:25:26	01:33:58	01:45:21
half mar	01:15:39	01:30:47	01:42:08	01:53:28	02:04:49	02:19:57
mar	02:38:03	03:09:40	03:33:22	03:57:05	04:20:47	04:52:24

53 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:04:58	00:05:58	00:06:42	00:07:27	00:08:12	00:09:11
3k	00:09:50	00:11:48	00:13:17	00:14:45	00:16:14	00:18:11
5k	00:16:58	00:20:22	00:22:54	00:25:27	00:28:00	00:31:23
5 miles	00:27:44	00:33:17	00:37:26	00:41:36	00:45:46	00:51:18
10k	00:35:01	00:42:01	00:47:16	00:52:32	00:57:47	01:04:47
10 miles	00:57:29	01:08:59	01:17:36	01:26:13	01:34:51	01:46:21
half mar	01:16:23	01:31:40	01:43:07	01:54:35	02:06:02	02:21:19
mar	02:39:33	03:11:28	03:35:24	03:59:19	04:23:15	04:55:10

54 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:05:01	00:06:01	00:06:46	00:07:31	00:08:17	00:09:17
3k	00:09:56	00:11:55	00:13:25	00:14:54	00:16:23	00:18:23
5k	00:17:08	00:20:34	00:23:08	00:25:42	00:28:16	00:31:42
5 miles	00:28:01	00:33:37	00:37:49	00:42:02	00:46:14	00:51:50
10k	00:35:21	00:42:25	00:47:43	00:53:02	00:58:20	01:05:24
10 miles	00:58:03	01:09:40	01:18:22	01:27:05	01:35:47	01:47:24
half mar	01:17:07	01:32:32	01:44:06	01:55:40	02:07:15	02:22:40
mar	02:41:04	03:13:17	03:37:26	04:01:36	04:25:46	04:57:58

55 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:05:04	00:06:05	00:06:50	00:07:36	00:08:22	00:09:22

3k	00:10:02	00:12:02	00:13:33	00:15:03	00:16:33	00:18:34
5k	00:17:18	00:20:46	00:23:21	00:25:57	00:28:33	00:32:00
5 miles	00:28:17	00:33:56	00:38:11	00:42:26	00:46:40	00:52:19
10k	00:35:42	00:42:50	00:48:12	00:53:33	00:58:54	01:06:03
10 miles	00:58:36	01:10:19	01:19:07	01:27:54	01:36:41	01:48:25
half mar	01:17:52	01:33:26	01:45:07	01:56:48	02:08:29	02:24:03
mar	02:42:38	03:15:10	03:39:33	04:03:57	04:28:21	05:00:52

56 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:05:07	00:06:08	00:06:54	00:07:40	00:08:27	00:09:28
3k	00:10:08	00:12:10	00:13:41	00:15:12	00:16:43	00:18:45
5k	00:17:28	00:20:58	00:23:35	00:26:12	00:28:49	00:32:19
5 miles	00:28:35	00:34:18	00:38:35	00:42:52	00:47:10	00:52:53
10k	00:36:04	00:43:17	00:48:41	00:54:06	00:59:31	01:06:43
10 miles	00:59:13	01:11:04	01:19:57	01:28:50	01:37:42	01:49:33
half mar	01:18:40	01:34:24	01:46:12	01:58:00	02:09:48	02:25:32
mar	02:44:16	03:17:07	03:41:46	04:06:24	04:31:02	05:03:54

57 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:05:10	00:06:12	00:06:58	00:07:45	00:08:31	00:09:33
3k	00:10:15	00:12:18	00:13:50	00:15:22	00:16:55	00:18:58
5k	00:17:39	00:21:11	00:23:50	00:26:28	00:29:07	00:32:39
5 miles	00:28:53	00:34:40	00:39:00	00:43:20	00:47:39	00:53:26
10k	00:36:26	00:43:43	00:49:11	00:54:39	01:00:07	01:07:24
10 miles	00:59:49	01:11:47	01:20:45	01:29:44	01:38:42	01:50:40
half mar	01:19:29	01:35:23	01:47:18	01:59:14	02:11:09	02:27:03
mar	02:45:57	03:19:08	03:44:02	04:08:56	04:33:49	05:07:00

58 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:05:14	00:06:17	00:07:04	00:07:51	00:08:38	00:09:41
3k	00:10:21	00:12:25	00:13:58	00:15:31	00:17:05	00:19:09
5k	00:17:51	00:21:25	00:24:06	00:26:47	00:29:27	00:33:01
5 miles	00:29:11	00:35:01	00:39:24	00:43:46	00:48:09	00:53:59
10k	00:36:49	00:44:11	00:49:42	00:55:14	01:00:45	01:08:07
10 miles	01:00:27	01:12:32	01:21:36	01:30:41	01:39:45	01:51:50
half mar	01:20:19	01:36:23	01:48:26	02:00:28	02:12:31	02:28:35
mar	02:47:40	03:21:12	03:46:21	04:11:30	04:36:39	05:10:11

59 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:05:17	00:06:20	00:07:08	00:07:55	00:08:43	00:09:46
3k	00:10:28	00:12:34	00:14:08	00:15:42	00:17:16	00:19:22
5k	00:18:02	00:21:38	00:24:21	00:27:03	00:29:45	00:33:22
5 miles	00:29:30	00:35:24	00:39:49	00:44:15	00:48:41	00:54:35
10k	00:37:13	00:44:40	00:50:15	00:55:50	01:01:24	01:08:51
10 miles	01:01:05	01:13:18	01:22:28	01:31:37	01:40:47	01:53:00
half mar	01:21:10	01:37:24	01:49:34	02:01:45	02:13:55	02:30:10
mar	02:49:25	03:23:18	03:48:43	04:14:08	04:39:32	05:13:25

60 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:05:20	00:06:24	00:07:12	00:08:00	00:08:48	00:09:52
3k	00:10:35	00:12:42	00:14:17	00:15:53	00:17:28	00:19:35
5k	00:18:14	00:21:53	00:24:37	00:27:21	00:30:05	00:33:44
5 miles	00:29:49	00:35:47	00:40:15	00:44:44	00:49:12	00:55:10
10k	00:37:37	00:45:08	00:50:47	00:56:26	01:02:04	01:09:35
10 miles	01:01:44	01:14:05	01:23:20	01:32:36	01:41:52	01:54:12
half mar	01:22:01	01:38:25	01:50:43	02:03:01	02:15:20	02:31:44
mar	02:51:13	03:25:28	03:51:09	04:16:50	04:42:30	05:16:45

61 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:05:24	00:06:29	00:07:17	00:08:06	00:08:55	00:09:59
3k	00:10:42	00:12:50	00:14:27	00:16:03	00:17:39	00:19:48
5k	00:18:26	00:22:07	00:24:53	00:27:39	00:30:25	00:34:06
5 miles	00:30:09	00:36:11	00:40:42	00:45:13	00:49:45	00:55:47
10k	00:38:03	00:45:40	00:51:22	00:57:05	01:02:47	01:10:24
10 miles	01:02:26	01:14:55	01:24:17	01:33:39	01:43:01	01:55:30
half mar	01:22:57	01:39:32	01:51:59	02:04:26	02:16:52	02:33:27
mar	02:53:08	03:27:46	03:53:44	04:19:42	04:45:40	05:20:18

62 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:05:28	00:06:34	00:07:23	00:08:12	00:09:01	00:10:07
3k	00:10:49	00:12:59	00:14:36	00:16:14	00:17:51	00:20:01
5k	00:18:39	00:22:23	00:25:11	00:27:58	00:30:46	00:34:30
5 miles	00:30:30	00:36:36	00:41:10	00:45:45	00:50:19	00:56:25
10k	00:38:29	00:46:11	00:51:57	00:57:44	01:03:30	01:11:12
10 miles	01:03:09	01:15:47	01:25:15	01:34:43	01:44:12	01:56:50
half mar	01:23:54	01:40:41	01:53:16	02:05:51	02:18:26	02:35:13
mar	02:55:06	03:30:07	03:56:23	04:22:39	04:48:55	05:23:56

63 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:05:32	00:06:38	00:07:28	00:08:18	00:09:08	00:10:14
3k	00:10:57	00:13:08	00:14:47	00:16:25	00:18:04	00:20:15
5k	00:18:52	00:22:38	00:25:28	00:28:18	00:31:08	00:34:54
5 miles	00:30:51	00:37:01	00:41:39	00:46:16	00:50:54	00:57:04
10k	00:38:56	00:46:43	00:52:34	00:58:24	01:04:14	01:12:02
10 miles	01:03:53	01:16:40	01:26:15	01:35:49	01:45:24	01:58:11
half mar	01:24:53	01:41:52	01:54:36	02:07:20	02:20:03	02:37:02
mar	02:57:06	03:32:31	03:59:05	04:25:39	04:52:13	05:27:38

64 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:05:36	00:06:43	00:07:34	00:08:24	00:09:14	00:10:22
3k	00:11:05	00:13:18	00:14:58	00:16:38	00:18:17	00:20:30
5k	00:19:06	00:22:55	00:25:47	00:28:39	00:31:31	00:35:20
5 miles	00:31:13	00:37:28	00:42:09	00:46:50	00:51:30	00:57:45
10k	00:39:24	00:47:17	00:53:11	00:59:06	01:05:01	01:12:53
10 miles	01:04:38	01:17:34	01:27:15	01:36:57	01:46:39	01:59:34
half mar	01:25:53	01:43:04	01:55:57	02:08:49	02:21:42	02:38:53
mar	02:59:10	03:35:00	04:01:53	04:28:45	04:55:38	05:31:28

65 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:05:40	00:06:48	00:07:39	00:08:30	00:09:21	00:10:29
3k	00:11:13	00:13:28	00:15:09	00:16:49	00:18:30	00:20:45
5k	00:19:19	00:23:11	00:26:05	00:28:58	00:31:52	00:35:44
5 miles	00:31:36	00:37:55	00:42:40	00:47:24	00:52:08	00:58:28
10k	00:39:52	00:47:50	00:53:49	00:59:48	01:05:47	01:13:45
10 miles	01:05:25	01:18:30	01:28:19	01:38:07	01:47:56	02:01:01
half mar	01:26:54	01:44:17	01:57:19	02:10:21	02:23:23	02:40:46
mar	03:01:16	03:37:31	04:04:43	04:31:54	04:59:05	05:35:21

66 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:05:44	00:06:53	00:07:44	00:08:36	00:09:28	00:10:36
3k	00:11:22	00:13:38	00:15:21	00:17:03	00:18:45	00:21:02
5k	00:19:34	00:23:29	00:26:25	00:29:21	00:32:17	00:36:12
5 miles	00:32:00	00:38:24	00:43:12	00:48:00	00:52:48	00:59:12
10k	00:40:23	00:48:28	00:54:31	01:00:34	01:06:38	01:14:43
10 miles	01:06:15	01:19:30	01:29:26	01:39:22	01:49:19	02:02:34
half mar	01:28:01	01:45:37	01:58:49	02:12:01	02:25:14	02:42:50

mar	03:03:34	03:40:17	04:07:49	04:35:21	05:02:53	05:39:36
------------	----------	----------	----------	----------	----------	----------

67 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:05:49	00:06:59	00:07:51	00:08:43	00:09:36	00:10:46
3k	00:11:31	00:13:49	00:15:33	00:17:17	00:19:00	00:21:18
5k	00:19:50	00:23:48	00:26:46	00:29:45	00:32:43	00:36:41
5 miles	00:32:26	00:38:55	00:43:47	00:48:39	00:53:31	01:00:00
10k	00:40:54	00:49:05	00:55:13	01:01:21	01:07:29	01:15:40
10 miles	01:07:06	01:20:31	01:30:35	01:40:39	01:50:43	02:04:08
half mar	01:29:09	01:46:59	02:00:21	02:13:43	02:27:06	02:44:56
mar	03:05:55	03:43:06	04:10:59	04:38:53	05:06:46	05:43:57

68 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:05:54	00:07:05	00:07:58	00:08:51	00:09:44	00:10:55
3k	00:11:40	00:14:00	00:15:45	00:17:30	00:19:15	00:21:35
5k	00:20:06	00:24:07	00:27:08	00:30:09	00:33:10	00:37:11
5 miles	00:32:51	00:39:25	00:44:21	00:49:17	00:54:12	01:00:46
10k	00:41:27	00:49:44	00:55:57	01:02:11	01:08:24	01:16:41
10 miles	01:07:59	01:21:35	01:31:47	01:41:59	01:52:10	02:05:46
half mar	01:30:20	01:48:24	02:01:57	02:15:30	02:29:03	02:47:07
mar	03:08:20	03:46:00	04:14:15	04:42:30	05:10:45	05:48:25

69 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:05:59	00:07:11	00:08:05	00:08:59	00:09:52	00:11:04
3k	00:11:50	00:14:12	00:15:59	00:17:45	00:19:32	00:21:54
5k	00:20:22	00:24:26	00:27:30	00:30:33	00:33:36	00:37:41
5 miles	00:33:18	00:39:58	00:44:57	00:49:57	00:54:57	01:01:36
10k	00:42:00	00:50:24	00:56:42	01:03:00	01:09:18	01:17:42
10 miles	01:08:54	01:22:41	01:33:01	01:43:21	01:53:41	02:07:28
half mar	01:31:32	01:49:50	02:03:34	02:17:18	02:31:02	02:49:20
mar	03:10:49	03:48:59	04:17:36	04:46:13	05:14:51	05:53:01

70 yrs	world best	plat	gold	silver	bronze	copper
1 mile	00:06:04	00:07:17	00:08:11	00:09:06	00:10:01	00:11:13
3k	00:12:00	00:14:24	00:16:12	00:18:00	00:19:48	00:22:12
5k	00:20:39	00:24:47	00:27:53	00:30:59	00:34:04	00:38:12
5 miles	00:33:45	00:40:30	00:45:34	00:50:37	00:55:41	01:02:26
10k	00:42:34	00:51:05	00:57:28	01:03:51	01:10:14	01:18:45
10 miles	01:09:50	01:23:48	01:34:17	01:44:45	01:55:14	02:09:11
half mar	01:32:46	01:51:19	02:05:14	02:19:09	02:33:04	02:51:37
mar	03:13:21	03:52:01	04:21:01	04:50:02	05:19:02	05:57:42