

Calderglen Harriers Marathon Merit Awards: MenBased on UK Marathon Road Race Rankings for Calendar Year 2007 (www.athleticsdata.co.uk)

| | | Age Group on Day of Race | | | | | | | | |
|---------------|----------|--------------------------|---------|---------|---------|---------|---------|---------|---------|---------|
| % of UK Top 5 | Standard | U20 | U23 | Senior | M35 | M40 | M45 | M50 | M55 | M60 |
| 112% | Gold | 3:11:37 | 2:54:15 | 2:32:27 | 2:43:04 | 2:46:51 | 2:58:29 | 3:03:16 | 3:07:41 | 3:17:15 |
| 116% | Silver | 3:18:28 | 3:00:29 | 2:37:53 | 2:48:53 | 2:52:49 | 3:04:51 | 3:09:49 | 3:14:24 | 3:24:18 |
| 125% | Bronze | 3:33:52 | 3:14:29 | 2:50:08 | 3:01:59 | 3:06:14 | 3:19:12 | 3:24:33 | 3:29:29 | 3:40:09 |

Calderglen Harriers Half Marathon Merit Awards: MenBased on UK Half Marathon Road Race Rankings for Calendar Year 2007 (www.athleticsdata.co.uk)

| | | Age Group on Day of Race | | | | | | | | |
|---------------|----------|--------------------------|-------|--------|-------|-------|-------|-------|-------|--------|
| % of UK Top 5 | Standard | U20 | U23 | Senior | M35 | M40 | M45 | M50 | M55 | M60 |
| 112% | Gold | 79:26 | 75:12 | 71:36 | 74:11 | 77:02 | 80:22 | 82:39 | 85:32 | 91:05 |
| 116% | Silver | 82:16 | 77:53 | 74:10 | 76:50 | 79:47 | 83:14 | 85:36 | 88:35 | 94:20 |
| 125% | Bronze | 88:39 | 83:56 | 79:55 | 82:48 | 85:58 | 89:42 | 92:15 | 95:27 | 101:40 |

Calderglen Harriers 10 mile Merit Awards: MenBased on UK 10 mile Road Race Rankings for Calendar Year 2007 (www.athleticsdata.co.uk)

| | | Age Group on Day of Race | | | | | | | | |
|---------------|----------|--------------------------|-------|--------|-------|-------|-------|-------|-------|-------|
| % of UK Top 5 | Standard | U20 | U23 | Senior | M35 | M40 | M45 | M50 | M55 | M60 |
| 112% | Gold | 61:08 | 57:55 | 54:53 | 57:36 | 58:43 | 61:09 | 61:50 | 65:07 | 69:32 |
| 116% | Silver | 63:19 | 59:59 | 56:50 | 59:39 | 60:48 | 63:20 | 64:03 | 67:27 | 72:01 |
| 125% | Bronze | 68:14 | 64:38 | 61:15 | 64:17 | 65:32 | 68:15 | 69:01 | 72:41 | 77:37 |

Calderglen Harriers 10k Merit Awards: MenBased on UK 10k Road Race Rankings for Calendar Year 2007 (www.athleticsdata.co.uk)

| | | Age Group on Day of Race | | | | | | | | |
|---------------|----------|--------------------------|-------|--------|-------|-------|-------|-------|-------|-------|
| % of UK Top 5 | Standard | U20 | U23 | Senior | M35 | M40 | M45 | M50 | M55 | M60 |
| 112% | Gold | 34:26 | 33:24 | 32:25 | 33:36 | 34:51 | 36:04 | 36:45 | 39:31 | 41:09 |
| 116% | Silver | 35:39 | 34:35 | 33:35 | 34:48 | 36:06 | 37:21 | 38:04 | 40:56 | 42:38 |
| 125% | Bronze | 38:26 | 37:16 | 36:11 | 37:30 | 38:54 | 40:15 | 41:01 | 44:06 | 45:56 |

Calderglen Harriers 5k Merit Awards: MenBased on UK 5k Road Race Rankings for Calendar Year 2007 (www.athleticsdata.co.uk)

| | | Age Group on Day of Race | | | | | | | | |
|---------------|----------|--------------------------|-------|--------|-------|-------|-------|-------|-------|-------|
| % of UK Top 5 | Standard | U20 | U23 | Senior | M35 | M40 | M45 | M50 | M55 | M60 |
| 112% | Gold | 16:37 | 15:50 | 15:44 | 16:42 | 16:47 | 17:24 | 17:50 | 18:50 | 19:57 |
| 116% | Silver | 17:13 | 16:24 | 16:17 | 17:18 | 17:23 | 18:02 | 18:28 | 19:30 | 20:40 |
| 125% | Bronze | 18:33 | 17:41 | 17:33 | 18:38 | 18:44 | 19:26 | 19:54 | 21:01 | 22:16 |