

Caldergleng 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	M65	M70
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	3:35:11	4:12:54
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	3:42:52	4:21:56
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	4:00:09	4:42:15

Caldergleng 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	M65	M70
112%	Gold	79:26	75:12	71:36	74:11	77:02	80:22	82:39	85:32	91:05	96:36	01:49:58
116%	Silver	82:16	77:53	74:10	76:50	79:47	83:14	85:36	88:35	94:20	100:03	01:53:54
125%	Bronze	88:39	83:56	79:55	82:48	85:58	89:42	92:15	95:27	101:40	107:49	02:02:44

Caldergleng 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	M65	M70
112%	Gold	61:08	57:55	54:53	57:36	58:43	61:09	61:50	65:07	69:32	73:58	82:49
116%	Silver	63:19	59:59	56:50	59:39	60:48	63:20	64:03	67:27	72:01	76:37	85:47
125%	Bronze	68:14	64:38	61:15	64:17	65:32	68:15	69:01	72:41	77:37	82:33	92:26

Caldergleng 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	M65	M70
112%	Gold	34:26	33:24	32:25	33:36	34:51	36:04	36:45	39:31	41:09	43:20	48:32
116%	Silver	35:39	34:35	33:35	34:48	36:06	37:21	38:04	40:56	42:38	44:53	50:16
125%	Bronze	38:26	37:16	36:11	37:30	38:54	40:15	41:01	44:06	45:56	48:22	54:10

Caldergleng 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	M65	M70
112%	Gold	16:37	15:50	15:44	16:42	16:47	17:24	17:50	18:50	19:57	21:15	23:13
116%	Silver	17:13	16:24	16:17	17:18	17:23	18:02	18:28	19:30	20:40	22:00	24:03
125%	Bronze	18:33	17:41	17:33	18:38	18:44	19:26	19:54	21:01	22:16	23:43	25:55