

Calderglen Harriers Marathon Merit Awards: WomenBased on UK **Marathon** Road Race Rankings for Calendar Year 2010 (www.athleticsdata.co.uk)

		Age Group on Day of Race								
% of UK Top 5	Standard	U20	U23	Senior	F35	F40	F45	F50	F55	F60
112%	Gold	3:44:25	3:31:25	2:47:19	3:01:16	3:13:20	3:15:56	3:39:26	3:57:47	04:03:11
116%	Silver	3:52:26	3:38:58	2:53:18	3:07:45	3:20:15	3:22:56	3:47:17	4:06:16	04:11:52
125%	Bronze	4:10:27	3:55:57	3:06:44	3:22:19	3:35:47	3:38:41	4:04:55	4:25:23	04:31:25

Calderglen Harriers Half Marathon Merit Awards: WomenBased on UK **Half Marathon** Road Race Rankings for Calendar Year 2010 (www.athleticsdata.co.uk)

		Age Group on Day of Race								
% of UK Top 5	Standard	U20	U23	Senior	F35	F40	F45	F50	F55	F60
112%	Gold	92:50	89:25	77:58	82:01	88:09	90:55	95:23	102:53	106:37
116%	Silver	96:09	92:36	80:45	84:57	91:17	94:09	98:47	106:33	110:26
125%	Bronze	103:36	99:47	87:01	91:33	98:23	101:28	106:27	114:49	119:00

Calderglen Harriers 10 mile Merit Awards: WomenBased on UK **10 mile** Road Race Rankings for Calendar Year 2010 (www.athleticsdata.co.uk)

		Age Group on Day of Race								
% of UK Top 5	Standard	U20	U23	Senior	F35	F40	F45	F50	F55	F60
112%	Gold	71:02	67:38	61:00	63:15	67:17	69:02	74:29	78:27	81:12
116%	Silver	73:34	70:03	63:11	65:31	69:41	71:30	77:09	81:15	84:06
125%	Bronze	79:16	75:29	68:05	70:36	75:06	77:03	83:08	87:34	90:38

Calderglen Harriers 10k Merit Awards: WomenBased on UK **10k** Road Race Rankings for Calendar Year 2010 (www.athleticsdata.co.uk)

		Age Group on Day of Race								
% of UK Top 5	Standard	U20	U23	Senior	F35	F40	F45	F50	F55	F60
112%	Gold	38:53	38:48	36:12	37:27	39:55	40:56	42:59	44:57	46:44
116%	Silver	40:16	40:11	37:30	38:47	41:20	42:24	44:31	46:34	48:24
125%	Bronze	43:24	43:18	40:25	41:48	44:33	45:41	47:58	50:11	52:09

Calderglen Harriers 5k Merit Awards: WomenBased on UK **5k** Road Race Rankings for Calendar Year 2010 (www.athleticsdata.co.uk)

		Age Group on Day of Race								
% of UK Top 5	Standard	U20	U23	Senior	F35	F40	F45	F50	F55	F60
112%	Gold	18:45	18:48	17:35	18:44	19:19	20:00	20:47	22:20	23:50
116%	Silver	19:26	19:29	18:13	19:24	20:00	20:43	21:32	23:08	24:41
125%	Bronze	20:56	21:00	19:38	20:55	21:33	22:19	23:12	24:55	26:36