

Class	Gold	Silver	Bronze	Class	Gold	Silver	Bronze
JM1	30:38	36:45	49:00	JW1	30:38	36:45	49:00
JM2	31.28	37.45	50.20	JW2	31.28	37.45	50.20
JM3	36:29	43:47	58:22	JW3	36:29	43:47	58:22
JM4	46:40	56:00	74:40	JW4	46:40	56:00	74:40
JM5L	72:35	87:06	116:08	JW5L	62:14	74:41	99:34
JM5M	62:14	74:41	99:34	JW5S	69:36	83:32	111:22
JM5S	60:39	72:47	97:02	W21L	91:47	110:08	146:50
M21L	91:41	110:01	146:41	W21S	59:42	71:39	95:32
M21S	67.04	80.28	107.18	W35L	no times		
M35L	96:10	115:24	153:52	W35S	51.07	61.20	81.47
M35S	62.10	74.36	99.28	W40L	71:44	86:05	114:46
M40L	95:59	115:11	153:34	W40S	55.22	66.26	88.35
M40S	62.10	74.36	99.28	W45L	59:42	71:39	95:32
M45L	81:55	98:17	131:03	W45S	40.11	48.14	64.18
M45S	51.31	61.49	82.26	W50L	59:42	71:39	95:32
M50L	77:54	93:29	125:38	W50S	40.11	48.14	64.18
M50S	51.31	61.49	82.26	W55L	72:32	87:02	115:03
M55L	67:14	80:41	107:35	W55S	46.10	55.23	73.51
M55S	51.54	62.17	83.02	W60L	76:38	91:58	122:37
M60L	72:27	86:56	115:55	W60S	48.46	58.31	78.02
M60S	44.29	53.23	71.11	W65L	61:25	73:42	98:16
M65L	60:11	72:14	96:18	W65S	49.08	58.58	78.37
M65S	no times			W70L	no times		
M70L	67:56	81:32	108:42	W70S	49.08	58.58	78.37
M70S	43.14	51.53	69.10	W75	65:53	76:39	102:12
M75L	71:32	85:51	114:28				