

**HALESOWEN AC GRAND PRIX
WOMENS STANDARDS - PACE IS SHOWN AS MINUTE PER MILE**

Short																
3k	U20	Pace	Open	Pace	35+	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace
5 Star	00:10:01	05:22	00:10:28	05:37	00:10:45	05:46	00:11:10	05:59	00:11:52	06:22	00:12:34	06:44	00:13:07	07:02	00:13:57	07:29
4 Star	00:10:30	05:38	00:11:01	05:54	00:11:18	06:04	00:11:52	06:22	00:12:34	06:44	00:13:15	07:06	00:13:57	07:29	00:14:48	07:56
3 Star	00:11:00	05:54	00:11:52	06:22	00:12:08	06:30	00:12:42	06:49	00:13:24	07:11	00:14:14	07:38	00:15:04	08:05	00:15:54	08:32
2 Star	00:11:30	06:10	00:12:42	06:49	00:12:59	06:58	00:13:32	07:15	00:14:14	07:38	00:14:56	08:00	00:16:03	08:36	00:17:01	09:07
1 Star	00:12:00	06:26	00:13:38	07:19	00:13:56	07:28	00:14:32	07:47	00:15:17	08:12	00:16:02	08:36	00:17:14	09:14	00:18:16	09:48
Grade 2	00:12:30	06:42	00:14:38	07:51	00:14:58	08:01	00:15:36	08:22	00:16:24	08:48	00:17:13	09:14	00:18:30	09:55	00:19:37	10:31
Grade 1	00:13:00	06:58	00:15:43	08:25	00:16:04	08:37	00:16:45	08:59	00:17:36	09:26	00:18:28	09:54	00:19:51	10:39	00:21:03	11:17

5k	U20	Pace	Open	Pace	35+	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace
5 Star	00:17:03	05:29	00:17:59	05:47	00:18:28	05:56	00:19:11	06:10	00:20:23	06:34	00:21:35	06:57	00:22:33	07:15	00:23:59	07:43
4 Star	00:18:01	05:48	00:18:57	06:06	00:19:26	06:15	00:20:23	06:34	00:21:35	06:57	00:22:47	07:20	00:23:59	07:43	00:25:25	08:11
3 Star	00:19:27	06:15	00:20:23	06:34	00:20:52	06:43	00:21:49	07:01	00:23:01	07:24	00:24:28	07:52	00:25:54	08:20	00:27:20	08:48
2 Star	00:20:53	06:43	00:21:49	07:01	00:22:18	07:11	00:23:16	07:29	00:24:28	07:52	00:25:40	08:15	00:27:35	08:52	00:29:15	09:25
1 Star	00:22:29	07:14	00:23:25	07:32	00:23:56	07:42	00:24:59	08:02	00:26:16	08:27	00:27:33	08:52	00:29:37	09:32	00:31:24	10:06
Grade 2	00:24:12	07:47	00:25:08	08:05	00:25:42	08:16	00:26:49	08:38	00:28:12	09:04	00:29:35	09:31	00:31:47	10:14	00:33:42	10:51
Grade 1	00:26:03	08:23	00:26:59	08:41	00:27:35	08:53	00:28:47	09:16	00:30:16	09:44	00:31:45	10:13	00:34:07	10:59	00:36:11	11:39

Medium																
5 Miles	U20	Pace	Open	Pace	35+	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace
5 Star	00:28:20	05:40	00:30:10	06:02	00:30:59	06:12	00:32:11	06:26	00:34:12	06:50	00:36:13	07:15	00:37:49	07:34	00:40:14	08:03
4 Star	00:29:57	05:59	00:31:47	06:21	00:32:35	06:31	00:34:12	06:50	00:36:13	07:15	00:38:13	07:39	00:40:14	08:03	00:42:39	08:32
3 Star	00:32:21	06:28	00:34:12	06:50	00:35:00	07:00	00:36:37	07:19	00:38:37	07:43	00:41:02	08:12	00:43:27	08:41	00:45:52	09:10
2 Star	00:34:46	06:57	00:36:37	07:19	00:37:25	07:29	00:39:01	07:48	00:41:02	08:12	00:43:03	08:37	00:46:16	09:15	00:49:05	09:49
1 Star	00:37:28	07:30	00:39:18	07:52	00:40:10	08:02	00:41:54	08:23	00:44:03	08:49	00:46:13	09:15	00:49:40	09:56	00:52:41	10:32
Grade 2	00:40:21	08:04	00:42:11	08:26	00:43:07	08:37	00:44:58	09:00	00:47:17	09:27	00:49:37	09:55	00:53:19	10:40	00:56:34	11:19
Grade 1	00:43:27	08:41	00:45:17	09:03	00:46:17	09:15	00:48:17	09:39	00:50:46	10:09	00:53:15	10:39	00:57:14	11:27	01:00:43	12:09

10k	U20	Pace	Open	Pace	35+	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace
5 Star	00:35:13	05:40	00:37:30	06:02	00:38:30	06:12	00:40:00	06:26	00:42:30	06:50	00:45:00	07:14	00:47:00	07:34	00:50:00	08:03
4 Star	00:37:13	05:59	00:39:30	06:21	00:40:30	06:31	00:42:30	06:50	00:45:00	07:14	00:47:30	07:39	00:50:00	08:03	00:53:00	08:32
3 Star	00:40:13	06:28	00:42:30	06:50	00:43:30	07:00	00:45:30	07:19	00:48:00	07:43	00:51:00	08:12	00:54:00	08:41	00:57:00	09:10
2 Star	00:43:13	06:57	00:45:30	07:19	00:46:30	07:29	00:48:30	07:48	00:51:00	08:12	00:53:30	08:36	00:57:30	09:15	01:01:00	09:49
1 Star	00:46:34	07:30	00:48:51	07:52	00:49:55	08:02	00:52:04	08:23	00:54:45	08:49	00:57:26	09:14	01:01:44	09:56	01:05:29	10:32
Grade 2	00:50:09	08:04	00:52:26	08:26	00:53:35	08:37	00:55:53	09:00	00:58:46	09:27	01:01:39	09:55	01:06:16	10:40	01:10:18	11:19
Grade 1	00:54:01	08:41	00:56:17	09:03	00:57:32	09:15	01:00:00	09:39	01:03:06	10:09	01:06:11	10:39	01:11:08	11:27	01:15:28	12:09

Long																
10m	U20	Pace	Open	Pace	35+	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace
5 Star	00:57:20	05:44	01:01:00	06:06	01:03:00	06:18	01:06:30	06:39	01:10:00	07:00	01:13:30	07:21	01:17:00	07:42	01:21:00	08:06
4 Star	01:01:50	06:11	01:05:30	06:33	01:08:00	06:48	01:11:00	07:06	01:15:00	07:30	01:18:30	07:51	01:23:00	08:18	01:27:00	08:42
3 Star	01:07:20	06:44	01:11:00	07:06	01:13:00	07:18	01:17:00	07:42	01:20:30	08:03	01:24:00	08:24	01:28:30	08:51	01:33:30	09:15
2 Star	01:12:20	07:14	01:16:00	07:36	01:18:30	07:51	01:22:30	08:15	01:27:00	08:42	01:31:00	09:06	01:36:00	09:36	01:41:00	10:06
1 Star	01:17:55	07:48	01:21:35	08:10	01:24:16	08:26	01:28:34	08:51	01:33:24	09:20	01:37:41	09:46	01:43:03	10:18	01:48:25	10:51
Grade 2	01:23:55	08:23	01:27:35	08:45	01:30:28	09:03	01:35:04	09:30	01:40:16	10:02	01:44:52	10:29	01:50:38	11:04	01:56:24	11:38
Grade 1	01:30:21	09:02	01:34:01	09:24	01:37:07	09:43	01:42:04	10:12	01:47:38	10:46	01:52:35	11:15	01:58:46	11:53	02:04:57	12:30

Half	U20	Pace	Open	Pace	35+	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace
5 Star	01:16:55	05:52	01:22:00	06:15	01:25:00	06:29	01:29:00	06:47	01:33:00	07:06	01:37:00	07:24	01:42:00	07:47	01:47:00	08:10
4 Star	01:23:55	06:24	01:29:00	06:47	01:33:00	07:06	01:37:00	07:24	01:41:00	07:42	01:46:00	08:05	01:51:00	08:28	01:56:00	08:51
3 Star	01:29:55	06:51	01:35:00	07:15	01:39:00	07:33	01:44:00	07:56	01:48:00	08:14	01:53:00	08:37	01:58:00	09:00	02:04:00	09:27
2 Star	01:38:55	07:33	01:44:00	07:56	01:49:00	08:19	01:54:00	08:42	01:59:00	09:05	02:04:00	09:27	02:10:00	09:55	02:16:00	10:22
1 Star	01:46:34	08:08	01:51:39	08:31	01:57:01	08:55	02:02:23	09:20	02:07:45	09:45	02:13:07	10:09	02:19:33	10:39	02:26:00	11:08
Grade 2	01:54:46	08:45	01:59:51	09:08	02:05:37	09:35	02:11:22	10:01	02:17:08	10:28	02:22:54	10:54	02:29:49	11:26	02:36:44	11:57
Grade 1	02:03:35	09:26	02:08:40	09:49	02:14:51	10:17	02:21:02	10:45	02:27:13	11:14	02:33:24	11:42	02:40:49	12:16	02:48:15	12:50

Marathon	U20	Pace	Open	Pace	35+	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace
5 Star	02:46:05	06:20	02:58:00	06:47	03:03:00	06:59	03:10:00	07:15	03:17:00	07:31	03:27:00	07:54	03:36:00	08:14	03:46:00	08:37
4 Star	03:04:05	07:01	03:16:00	07:28	03:22:00	07:42	03:29:00	07:58	03:37:00	08:16	03:47:00	08:39	03:58:00	09:05	04:08:00	09:27
3 Star	03:21:05	07:40	03:33:00	08:07	03:39:00	08:21	03:47:00	08:39	03:56:00	09:00	03:56:00	09:00	04:19:00	09:53	04:30:00	10:18
2 Star	03:35:05	08:12	03:47:00	08:39	03:54:00	08:55	04:02:00	09:14	04:12:00	09:37	04:12:00	09:37	04:36:00	10:31	04:48:00	10:59
1 Star	03:51:46	08:50	04:03:41	09:18	04:11:12	09:35	04:19:47	09:54	04:30:31	10:19	04:30:31	10:19	04:56:17	11:18	05:09:10	11:47
Grade 2	04:09:41	09:31	04:21:36	09:59	04:29:40	10:17	04:38:53	10:38	04:50:24	11:04	04:50:24	11:04	05:18:04	12:08	05:31:54	12:39
Grade 1	04:28:54	10:15	04:40:49	10:43	04:49:29	11:02	04:59:23	11:25	05:11:45	11:53	05:11:45	11:53	05:41:26	13:01	05:56:17	13:35

Sutton Park Relays - Spring - 4.818km (same as 5k)						
U20	Open	35+	40+	45+	50+	60+
16:25	17:20	17:48	18:29	19:38	20:48	21:44
17:21	18:16	18:44	19:38	20:48	21:57	23:07
18:44	19:38	20:06	21:01	22:11	23:35	