

KYALAMI RUNNING CLUB

CLUB COLOURS

Kyalami



1 November 2017 - 31 October 2018

| JUNIOR WOMEN - (UNDER 18) | | | | JUNIOR MEN - (UNDER 18) | | | |
|------------------------------|-------|--------|--------|----------------------------|-------|--------|--------|
| DISTANCE | GOLD | SILVER | BRONZE | DISTANCE | GOLD | SILVER | BRONZE |
| 8 | 00:39 | 00:44 | 00:50 | 8 | 00:35 | 00:41 | 00:46 |
| 10 | 00:48 | 00:55 | 01:03 | 10 | 00:44 | 00:51 | 00:58 |
| 15 | 01:14 | 01:24 | 01:36 | 15 | 01:08 | 01:17 | 01:28 |
| 21,1 | 01:46 | 02:01 | 02:18 | 21,1 | 01:37 | 01:51 | 02:07 |
| SENIOR WOMEN - (UNDER 40) | | | | SENIOR MEN - (UNDER 40) | | | |
| DISTANCE | GOLD | SILVER | BRONZE | DISTANCE | GOLD | SILVER | BRONZE |
| 8 | 00:36 | 00:41 | 00:46 | 8 | 00:33 | 00:37 | 00:43 |
| 10 | 00:45 | 00:51 | 00:58 | 10 | 00:41 | 00:47 | 00:53 |
| 15 | 01:08 | 01:17 | 01:28 | 15 | 01:02 | 01:11 | 01:21 |
| 21,1 | 01:37 | 01:51 | 02:07 | 21,1 | 01:29 | 01:42 | 01:56 |
| 32 | 02:33 | 02:54 | 03:19 | 32 | 02:21 | 02:40 | 03:03 |
| 42,2 | 03:27 | 03:57 | 04:30 | 42,2 | 03:11 | 03:38 | 04:08 |
| 50 | 04:12 | 04:47 | 05:27 | 50 | 03:51 | 04:24 | 05:01 |
| 56 | 04:47 | 05:27 | 06:13 | 56 | 04:24 | 05:01 | 05:43 |
| 90 | 08:22 | 09:32 | 10:52 | 90 | 07:42 | 08:46 | 10:00 |
| VETERAN WOMEN - (40 - 49) | | | | VETERAN MEN - (40 - 49) | | | |
| DISTANCE | GOLD | SILVER | BRONZE | DISTANCE | GOLD | SILVER | BRONZE |
| 8 | 00:37 | 00:42 | 00:48 | 8 | 00:34 | 00:38 | 00:44 |
| 10 | 00:46 | 00:52 | 01:00 | 10 | 00:42 | 00:48 | 00:55 |
| 15 | 01:10 | 01:20 | 01:31 | 15 | 01:04 | 01:13 | 01:23 |
| 21,1 | 01:40 | 01:54 | 02:10 | 21,1 | 01:32 | 01:45 | 02:00 |
| 32 | 02:37 | 03:00 | 03:25 | 32 | 02:25 | 02:45 | 03:08 |
| 42,2 | 03:34 | 04:04 | 04:38 | 42,2 | 03:17 | 03:44 | 04:16 |
| 50 | 04:19 | 04:55 | 05:37 | 50 | 03:58 | 04:32 | 05:10 |
| 56 | 04:55 | 05:37 | 06:24 | 56 | 04:32 | 05:10 | 05:53 |
| 90 | 08:37 | 09:49 | 11:12 | 90 | 07:55 | 09:02 | 10:18 |
| MASTER WOMEN (50 - 59) | | | | MASTER MEN (50 - 59) | | | |
| DISTANCE | GOLD | SILVER | BRONZE | DISTANCE | GOLD | SILVER | BRONZE |
| 8 | 00:39 | 00:44 | 00:50 | 8 | 00:35 | 00:41 | 00:46 |
| 10 | 00:48 | 00:55 | 01:03 | 10 | 00:44 | 00:51 | 00:58 |
| 15 | 01:14 | 01:24 | 01:36 | 15 | 01:08 | 01:17 | 01:28 |
| 21,1 | 01:46 | 02:01 | 02:18 | 21,1 | 01:37 | 01:51 | 02:07 |
| 32 | 02:46 | 03:09 | 03:36 | 32 | 02:33 | 02:54 | 03:19 |
| 42,2 | 03:45 | 04:17 | 04:53 | 42,2 | 03:27 | 03:56 | 04:30 |
| 50 | 04:33 | 05:12 | 05:55 | 50 | 04:11 | 04:47 | 05:27 |
| 56 | 05:12 | 05:55 | 06:45 | 56 | 04:47 | 05:27 | 06:13 |
| 90 | 09:05 | 10:22 | 11:49 | 90 | 08:22 | 09:32 | 10:52 |
| GRAND MASTER WOMEN (60 PLUS) | | | | GRAND MASTER MEN (60 PLUS) | | | |
| DISTANCE | GOLD | SILVER | BRONZE | DISTANCE | GOLD | SILVER | BRONZE |
| 8 | 00:41 | 00:47 | 00:53 | 8 | 00:37 | 00:43 | 00:49 |
| 10 | 00:51 | 00:59 | 01:07 | 10 | 00:47 | 00:53 | 01:01 |
| 15 | 01:18 | 01:29 | 01:42 | 15 | 01:11 | 01:21 | 01:32 |
| 21,1 | 01:52 | 02:08 | 02:30 | 21,1 | 01:42 | 01:56 | 02:13 |
| 32 | 02:56 | 03:21 | 03:56 | 32 | 02:40 | 03:03 | 03:28 |
| 42,2 | 03:59 | 04:33 | 05:11 | 42,2 | 03:37 | 04:08 | 04:43 |
| 50 | 04:50 | 05:30 | 06:00 | 50 | 04:24 | 05:01 | 05:43 |
| 56 | 05:30 | 06:17 | 07:00 | 56 | 05:01 | 05:43 | 06:31 |
| 90 | 09:38 | 10:59 | 12:00 | 90 | 08:46 | 10:00 | 11:24 |