

New Marske Harriers Road Racing Scheme

Mile Pace	5k	points	5m	points	10k	points	10m	points	½mara	points	15m	points	20m	points	mara	points
04:40	14:30	144	00:23:20	148	00:29:00	150	00:46:40	156	01:01:11	160	01:10:00	164	01:33:20	170	02:02:21	178
04:42	14:36	143	00:23:30	147	00:29:13	149	00:47:00	155	01:01:37	159	01:10:30	163	01:34:00	169	02:03:14	177
04:44	14:42	142	00:23:40	146	00:29:25	148	00:47:20	154	01:02:03	158	01:11:00	162	01:34:40	168	02:04:06	176
04:46	14:49	141	00:23:50	145	00:29:37	147	00:47:40	153	01:02:29	157	01:11:30	161	01:35:20	167	02:04:59	175
04:48	14:55	140	00:24:00	144	00:29:50	146	00:48:00	152	01:02:55	156	01:12:00	160	01:36:00	166	02:05:51	174
04:50	15:01	139	00:24:10	143	00:30:02	145	00:48:20	151	01:03:22	155	01:12:30	159	01:36:40	165	02:06:44	173
04:52	15:07	138	00:24:20	142	00:30:15	144	00:48:40	150	01:03:48	154	01:13:00	158	01:37:20	164	02:07:36	172
04:54	15:13	137	00:24:30	141	00:30:27	143	00:49:00	149	01:04:14	153	01:13:30	157	01:38:00	163	02:08:28	171
04:56	15:20	136	00:24:40	140	00:30:40	142	00:49:20	148	01:04:40	152	01:14:00	156	01:38:40	162	02:09:21	170
04:58	15:26	135	00:24:50	139	00:30:52	141	00:49:40	147	01:05:06	151	01:14:30	155	01:39:20	161	02:10:13	169
05:00	15:32	134	00:25:00	138	00:31:04	140	00:50:00	146	01:05:33	150	01:15:00	154	01:40:00	160	02:11:06	168
05:02	15:38	133	00:25:10	137	00:31:17	139	00:50:20	145	01:05:59	149	01:15:30	153	01:40:40	159	02:11:58	167
05:04	15:45	132	00:25:20	136	00:31:29	138	00:50:40	144	01:06:25	148	01:16:00	152	01:41:20	158	02:12:51	166
05:06	15:51	131	00:25:30	135	00:31:42	137	00:51:00	143	01:06:51	147	01:16:30	151	01:42:00	157	02:13:43	165
05:08	15:57	130	00:25:40	134	00:31:54	136	00:51:20	142	01:07:18	146	01:17:00	150	01:42:40	156	02:14:35	164
05:10	16:03	129	00:25:50	133	00:32:07	135	00:51:40	141	01:07:44	145	01:17:30	149	01:43:20	155	02:15:28	163
05:12	16:09	128	00:26:00	132	00:32:19	134	00:52:00	140	01:08:10	144	01:18:00	148	01:44:00	154	02:16:20	162
05:14	16:16	127	00:26:10	131	00:32:32	133	00:52:20	139	01:08:36	143	01:18:30	147	01:44:40	153	02:17:13	161
05:16	16:22	126	00:26:20	130	00:32:44	132	00:52:40	138	01:09:02	142	01:19:00	146	01:45:20	152	02:18:05	160
05:18	16:28	125	00:26:30	129	00:32:56	131	00:53:00	137	01:09:29	141	01:19:30	145	01:46:00	151	02:18:58	159
05:20	16:34	124	00:26:40	128	00:33:09	130	00:53:20	136	01:09:55	140	01:20:00	144	01:46:40	150	02:19:50	158
05:22	16:40	123	00:26:50	127	00:33:21	129	00:53:40	135	01:10:21	139	01:20:30	143	01:47:20	149	02:20:43	157
05:24	16:47	122	00:27:00	126	00:33:34	128	00:54:00	134	01:10:47	138	01:21:00	142	01:48:00	148	02:21:35	156
05:26	16:53	121	00:27:10	125	00:33:46	127	00:54:20	133	01:11:14	137	01:21:30	141	01:48:40	147	02:22:27	155
05:28	16:59	120	00:27:20	124	00:33:59	126	00:54:40	132	01:11:40	136	01:22:00	140	01:49:20	146	02:23:20	154
05:30	17:05	119	00:27:30	123	00:34:11	125	00:55:00	131	01:12:06	135	01:22:30	139	01:50:00	145	02:24:12	153
05:32	17:12	118	00:27:40	122	00:34:23	124	00:55:20	130	01:12:32	134	01:23:00	138	01:50:40	144	02:25:05	152
05:34	17:18	117	00:27:50	121	00:34:36	123	00:55:40	129	01:12:58	133	01:23:30	137	01:51:20	143	02:25:57	151
05:36	17:24	116	00:28:00	120	00:34:48	122	00:56:00	128	01:13:25	132	01:24:00	136	01:52:00	142	02:26:50	150
05:38	17:30	115	00:28:10	119	00:35:01	121	00:56:20	127	01:13:51	131	01:24:30	135	01:52:40	141	02:27:42	149
05:40	17:36	114	00:28:20	118	00:35:13	120	00:56:40	126	01:14:17	130	01:25:00	134	01:53:20	140	02:28:34	148
05:42	17:43	113	00:28:30	117	00:35:26	119	00:57:00	125	01:14:43	129	01:25:30	133	01:54:00	139	02:29:27	147
05:44	17:49	112	00:28:40	116	00:35:38	118	00:57:20	124	01:15:09	128	01:26:00	132	01:54:40	138	02:30:19	146
05:46	17:55	111	00:28:50	115	00:35:50	117	00:57:40	123	01:15:36	127	01:26:30	131	01:55:20	137	02:31:12	145
05:48	18:01	110	00:29:00	114	00:36:03	116	00:58:00	122	01:16:02	126	01:27:00	130	01:56:00	136	02:32:04	144
05:50	18:07	109	00:29:10	113	00:36:15	115	00:58:20	121	01:16:28	125	01:27:30	129	01:56:40	135	02:32:57	143
05:52	18:14	108	00:29:20	112	00:36:28	114	00:58:40	120	01:16:54	124	01:28:00	128	01:57:20	134	02:33:49	142

Mile Pace	5k	points	5m	points	10k	points	10m	points	½mara	points	15m	points	20m	points	mara	points
05:54	18:20	107	00:29:30	111	00:36:40	113	00:59:00	119	01:17:21	123	01:28:30	127	01:58:00	133	02:34:42	141
05:56	18:26	106	00:29:40	110	00:36:53	112	00:59:20	118	01:17:47	122	01:29:00	126	01:58:40	132	02:35:34	140
05:58	18:32	105	00:29:50	109	00:37:05	111	00:59:40	117	01:18:13	121	01:29:30	125	01:59:20	131	02:36:26	139
06:00	18:39	104	00:30:00	108	00:37:17	110	01:00:00	116	01:18:39	120	01:30:00	124	02:00:00	130	02:37:19	138
06:02	18:45	103	00:30:10	107	00:37:30	109	01:00:20	115	01:19:05	119	01:30:30	123	02:00:40	129	02:38:11	137
06:04	18:51	102	00:30:20	106	00:37:42	108	01:00:40	114	01:19:32	118	01:31:00	122	02:01:20	128	02:39:04	136
06:06	18:57	101	00:30:30	105	00:37:55	107	01:01:00	113	01:19:58	117	01:31:30	121	02:02:00	127	02:39:56	135
06:08	19:03	100	00:30:40	104	00:38:07	106	01:01:20	112	01:20:24	116	01:32:00	120	02:02:40	126	02:40:49	134
06:10	19:10	99	00:30:50	103	00:38:20	105	01:01:40	111	01:20:50	115	01:32:30	119	02:03:20	125	02:41:41	133
06:12	19:16	98	00:31:00	102	00:38:32	104	01:02:00	110	01:21:17	114	01:33:00	118	02:04:00	124	02:42:33	132
06:14	19:22	97	00:31:10	101	00:38:44	103	01:02:20	109	01:21:43	113	01:33:30	117	02:04:40	123	02:43:26	131
06:16	19:28	96	00:31:20	100	00:38:57	102	01:02:40	108	01:22:09	112	01:34:00	116	02:05:20	122	02:44:18	130
06:18	19:34	95	00:31:30	99	00:39:09	101	01:03:00	107	01:22:35	111	01:34:30	115	02:06:00	121	02:45:11	129
06:20	19:41	94	00:31:40	98	00:39:22	100	01:03:20	106	01:23:01	110	01:35:00	114	02:06:40	120	02:46:03	128
06:22	19:47	93	00:31:50	97	00:39:34	99	01:03:40	105	01:23:28	109	01:35:30	113	02:07:20	119	02:46:56	127
06:24	19:53	92	00:32:00	96	00:39:47	98	01:04:00	104	01:23:54	108	01:36:00	112	02:08:00	118	02:47:48	126
06:26	19:59	91	00:32:10	95	00:39:59	97	01:04:20	103	01:24:20	107	01:36:30	111	02:08:40	117	02:48:41	125
06:28	20:06	90	00:32:20	94	00:40:11	96	01:04:40	102	01:24:46	106	01:37:00	110	02:09:20	116	02:49:33	124
06:30	20:12	89	00:32:30	93	00:40:24	95	01:05:00	101	01:25:13	105	01:37:30	109	02:10:00	115	02:50:25	123
06:32	20:18	88	00:32:40	92	00:40:36	94	01:05:20	100	01:25:39	104	01:38:00	108	02:10:40	114	02:51:18	122
06:34	20:24	87	00:32:50	91	00:40:49	93	01:05:40	99	01:26:05	103	01:38:30	107	02:11:20	113	02:52:10	121
06:36	20:30	86	00:33:00	90	00:41:01	92	01:06:00	98	01:26:31	102	01:39:00	106	02:12:00	112	02:53:03	120
06:38	20:37	85	00:33:10	89	00:41:14	91	01:06:20	97	01:26:57	101	01:39:30	105	02:12:40	111	02:53:55	119
06:40	20:43	84	00:33:20	88	00:41:26	90	01:06:40	96	01:27:24	100	01:40:00	104	02:13:20	110	02:54:48	118
06:42	20:49	83	00:33:30	87	00:41:38	89	01:07:00	95	01:27:50	99	01:40:30	103	02:14:00	109	02:55:40	117
06:44	20:55	82	00:33:40	86	00:41:51	88	01:07:20	94	01:28:16	98	01:41:00	102	02:14:40	108	02:56:32	116
06:46	21:01	81	00:33:50	85	00:42:03	87	01:07:40	93	01:28:42	97	01:41:30	101	02:15:20	107	02:57:25	115
06:48	21:08	80	00:34:00	84	00:42:16	86	01:08:00	92	01:29:08	96	01:42:00	100	02:16:00	106	02:58:17	114
06:50	21:14	79	00:34:10	83	00:42:28	85	01:08:20	91	01:29:35	95	01:42:30	99	02:16:40	105	02:59:10	113
06:52	21:20	78	00:34:20	82	00:42:41	84	01:08:40	90	01:30:01	94	01:43:00	98	02:17:20	104	03:00:02	112
06:54	21:26	77	00:34:30	81	00:42:53	83	01:09:00	89	01:30:27	93	01:43:30	97	02:18:00	103	03:00:55	111
06:56	21:33	76	00:34:40	80	00:43:05	82	01:09:20	88	01:30:53	92	01:44:00	96	02:18:40	102	03:01:47	110
06:58	21:39	75	00:34:50	79	00:43:18	81	01:09:40	87	01:31:20	91	01:44:30	95	02:19:20	101	03:02:40	109
07:00	21:45	74	00:35:00	78	00:43:30	80	01:10:00	86	01:31:46	90	01:45:00	94	02:20:00	100	03:03:32	108
07:02	21:51	73	00:35:10	77	00:43:43	79	01:10:20	85	01:32:12	89	01:45:30	93	02:20:40	99	03:04:24	107
07:04	21:57	72	00:35:20	76	00:43:55	78	01:10:40	84	01:32:38	88	01:46:00	92	02:21:20	98	03:05:17	106
07:06	22:04	71	00:35:30	75	00:44:08	77	01:11:00	83	01:33:04	87	01:46:30	91	02:22:00	97	03:06:09	105
07:08	22:10	70	00:35:40	74	00:44:20	76	01:11:20	82	01:33:31	86	01:47:00	90	02:22:40	96	03:07:02	104
07:10	22:16	69	00:35:50	73	00:44:32	75	01:11:40	81	01:33:57	85	01:47:30	89	02:23:20	95	03:07:54	103

Mile Pace	5k	points	5m	points	10k	points	10m	points	½mara	points	15m	points	20m	points	mara	points
07:12	22:22	68	00:36:00	72	00:44:45	74	01:12:00	80	01:34:23	84	01:48:00	88	02:24:00	94	03:08:47	102
07:14	22:28	67	00:36:10	71	00:44:57	73	01:12:20	79	01:34:49	83	01:48:30	87	02:24:40	93	03:09:39	101
07:16	22:35	66	00:36:20	70	00:45:10	72	01:12:40	78	01:35:16	82	01:49:00	86	02:25:20	92	03:10:31	100
07:18	22:41	65	00:36:30	69	00:45:22	71	01:13:00	77	01:35:42	81	01:49:30	85	02:26:00	91	03:11:24	99
07:20	22:47	64	00:36:40	68	00:45:35	70	01:13:20	76	01:36:08	80	01:50:00	84	02:26:40	90	03:12:16	98
07:22	22:53	63	00:36:50	67	00:45:47	69	01:13:40	75	01:36:34	79	01:50:30	83	02:27:20	89	03:13:09	97
07:24	23:00	62	00:37:00	66	00:45:59	68	01:14:00	74	01:37:00	78	01:51:00	82	02:28:00	88	03:14:01	96
07:26	23:06	61	00:37:10	65	00:46:12	67	01:14:20	73	01:37:27	77	01:51:30	81	02:28:40	87	03:14:54	95
07:28	23:12	60	00:37:20	64	00:46:24	66	01:14:40	72	01:37:53	76	01:52:00	80	02:29:20	86	03:15:46	94
07:30	23:18	59	00:37:30	63	00:46:37	65	01:15:00	71	01:38:19	75	01:52:30	79	02:30:00	85	03:16:39	93
07:32	23:24	58	00:37:40	62	00:46:49	64	01:15:20	70	01:38:45	74	01:53:00	78	02:30:40	84	03:17:31	92
07:34	23:31	57	00:37:50	61	00:47:02	63	01:15:40	69	01:39:11	73	01:53:30	77	02:31:20	83	03:18:23	91
07:36	23:37	56	00:38:00	60	00:47:14	62	01:16:00	68	01:39:38	72	01:54:00	76	02:32:00	82	03:19:16	90
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07:40	23:49	54	00:38:20	58	00:47:39	60	01:16:40	66	01:40:30	70	01:55:00	74	02:33:20	80	03:21:01	88
07:42	23:55	53	00:38:30	57	00:47:51	59	01:17:00	65	01:40:56	69	01:55:30	73	02:34:00	79	03:21:53	87
07:44	24:02	52	00:38:40	56	00:48:04	58	01:17:20	64	01:41:23	68	01:56:00	72	02:34:40	78	03:22:46	86
07:46	24:08	51	00:38:50	55	00:48:16	57	01:17:40	63	01:41:49	67	01:56:30	71	02:35:20	77	03:23:38	85
07:48	24:14	50	00:39:00	54	00:48:29	56	01:18:00	62	01:42:15	66	01:57:00	70	02:36:00	76	03:24:30	84
07:50	24:20	49	00:39:10	53	00:48:41	55	01:18:20	61	01:42:41	65	01:57:30	69	02:36:40	75	03:25:23	83
07:52	24:27	48	00:39:20	52	00:48:53	54	01:18:40	60	01:43:07	64	01:58:00	68	02:37:20	74	03:26:15	82
07:54	24:33	47	00:39:30	51	00:49:06	53	01:19:00	59	01:43:34	63	01:58:30	67	02:38:00	73	03:27:08	81
07:56	24:39	46	00:39:40	50	00:49:18	52	01:19:20	58	01:44:00	62	01:59:00	66	02:38:40	72	03:28:00	80
07:58	24:45	45	00:39:50	49	00:49:31	51	01:19:40	57	01:44:26	61	01:59:30	65	02:39:20	71	03:28:53	79
08:00	24:51	44	00:40:00	48	00:49:43	50	01:20:00	56	01:44:52	60	02:00:00	64	02:40:00	70	03:29:45	78
08:02	24:58	43	00:40:10	47	00:49:56	49	01:20:20	55	01:45:19	59	02:00:30	63	02:40:40	69	03:30:38	77
08:04	25:04	42	00:40:20	46	00:50:08	48	01:20:40	54	01:45:45	58	02:01:00	62	02:41:20	68	03:31:30	76
08:06	25:10	41	00:40:30	45	00:50:20	47	01:21:00	53	01:46:11	57	02:01:30	61	02:42:00	67	03:32:22	75
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08:10	25:22	39	00:40:50	43	00:50:45	45	01:21:40	51	01:47:03	55	02:02:30	59	02:43:20	65	03:34:07	73
08:12	25:29	38	00:41:00	42	00:50:58	44	01:22:00	50	01:47:30	54	02:03:00	58	02:44:00	64	03:35:00	72
08:14	25:35	37	00:41:10	41	00:51:10	43	01:22:20	49	01:47:56	53	02:03:30	57	02:44:40	63	03:35:52	71
08:16	25:41	36	00:41:20	40	00:51:23	42	01:22:40	48	01:48:22	52	02:04:00	56	02:45:20	62	03:36:45	70
08:18	25:47	35	00:41:30	39	00:51:35	41	01:23:00	47	01:48:48	51	02:04:30	55	02:46:00	61	03:37:37	69
08:20	25:53	34	00:41:40	38	00:51:47	40	01:23:20	46	01:49:14	50	02:05:00	54	02:46:40	60	03:38:29	68
08:22	26:00	33	00:41:50	37	00:52:00	39	01:23:40	45	01:49:41	49	02:05:30	53	02:47:20	59	03:39:22	67
08:24	26:06	32	00:42:00	36	00:52:12	38	01:24:00	44	01:50:07	48	02:06:00	52	02:48:00	58	03:40:14	66
08:26	26:12	31	00:42:10	35	00:52:25	37	01:24:20	43	01:50:33	47	02:06:30	51	02:48:40	57	03:41:07	65
08:28	26:18	30	00:42:20	34	00:52:37	36	01:24:40	42	01:50:59	46	02:07:00	50	02:49:20	56	03:41:59	64

Mile Pace	5k	points	5m	points	10k	points	10m	points	½mara	points	15m	points	20m	points	mara	points
08:30	26:25	29	00:42:30	33	00:52:50	35	01:25:00	41	01:51:26	45	02:07:30	49	02:50:00	55	03:42:52	63
08:32	26:31	28	00:42:40	32	00:53:02	34	01:25:20	40	01:51:52	44	02:08:00	48	02:50:40	54	03:43:44	62
08:34	26:37	27	00:42:50	31	00:53:15	33	01:25:40	39	01:52:18	43	02:08:30	47	02:51:20	53	03:44:37	61
08:36	26:43	26	00:43:00	30	00:53:27	32	01:26:00	38	01:52:44	42	02:09:00	46	02:52:00	52	03:45:29	60
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Mile Pace	5k	points	5m	points	10k	points	10m	points	½mara	points	15m	points	20m	points	mara	points
09:48	30:27	1	00:49:00	1	01:00:54	1	01:38:00	2	02:08:28	6	02:27:00	10	03:16:00	16	04:16:57	24
09:50	30:33	1	00:49:10	1	01:01:07	1	01:38:20	1	02:08:54	5	02:27:30	9	03:16:40	15	04:17:49	23
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