	Full (Distance in Miles)			Half (Distance in Miles			10k (Distance in KM)			5k (Distance in KM)		
Time	Fastest Runner	Average Runner	Slowest Runner	Fastest Runner	Average Runner	Slowest Runner	Fastest Runner	Average Runner	Slowest Runner	Fastest Runner	Average Runner	Slowest Runner
9.45	WARM UP											
9.50												
9.55												
10.00	0	0	0									
10.05	0.91	0	0									
10.10	1.82	0.56	0									
10.15	2.73	1.12	0.38									
10.20	3.64	1.68	0.76									
10.25	4.55	2.24	1.14									
10.30	5.46	2.8	1.52	WARM UP								
10.35	6.37	3.36	1.9									
10.40	7.28	3.92	2.28									
10.45	8.19	4.48	2.66									
10.50	9.1	5.04	3.04	0	0	0						
10.55	10.01	5.6	3.42	0.91	0	0						
11.00	10.92	6.16	3.8	1.82	0.56	0	WARM UP					
11.05	11.83	6.72	4.18	2.73	1.12	0.38						
11.10	12.74	7.28	4.56	3.64	1.68	0.76						
11.15	13.65	7.84	4.94	4.55	2.24	1.14	0	0	0	WARM UP		
11.20	14.56	8.4	5.32	5.46	2.8	1.52	1.43	0.33	0			
11.25	15.47	8.96	5.7	6.37	3.36	1.9	2.86	1.16	0.5			
11.30	16.38	9.52	6.08	7.28	3.92	2.28	4.29	1.99	1	0	0	0
11.35	17.29	10.08	6.46	8.19	4.48	2.66	5.72	2.82	1.5	1.42	0.83	0.5
11.40	18.2	10.64	6.84	9.1	5.04	3.04	7.15	3.65	2	2.84	1.66	1
11.45	19.11	11.2	7.22	10.01	5.6	3.42	8.58	4.48	2.5	4.26	2.49	1.5
11.50	20.02	11.76	7.6	10.92	6.16	3.8	10.01	5.31	3	5.68	3.32	2
11.55	20.93	12.32	7.98	11.83	6.72	4.18		6.14	3.5		4.15	2.5
12.00	21.84	12.88	8.36	12.74	7.28	4.56		6.97	4		4.98	3
12.05	22.75	13.44	8.74	13.65	7.84	4.94		7.8	4.5			3.5
12.10	23.66	14.00	9.12		8.4	5.32		8.63	5			4
12.15	24.57	14.56	9.5		8.96	5.7		9.46	5.5			4.5
12.20	25.48	15.12	9.88		9.52	6.08		10.29	6			5
12.25	26.39	15.68	10.26		10.08	6.46			6.5			
12.30		16.24	10.64		10.64	6.84			7			
12.30		16.8	11.05		11.2	7.22			7.5			
12.35		17.36	11.4		11.76	7.6			8			
12.40		17.92	11.78		12.32	7.98			8.5			
12.45		18.48	12.16		12.88	8.36			9			
12.50		19.04	12.54		13.44	8.74			9.5			
12.55		19.6	12.92			9.12			10			
1.00		20.16	13.3			9.5						
1.05		20.72	13.68			9.88						
1.10		21.28	14.06			10.26						
1.15		21.84	14.44			10.64						
1.20		22.4	14.82			11.05						
1.25		22.96	15.2			11.4						
1.30		23.52	15.58			11.78						
1.35		24.08	15.96			12.16						
1.40		24.64	16.34			12.54						
1.45		25.2	16.72			12.92						
1.50		25.76	17.1			13.3						
1.55		26.32	17.48									
2.00			17.86									
2.05			18.24									
2.10			18.62									
2.15			19									
2.20			19.38									
2.25			19.76									
2.30			20.14									
2.35			20.52									
2.40			20.9									
2.45			21.28									
2.50			21.66									
2.55			22.04									
3.00			22.42									
3.05			22.8									
3.10			23.18									
3.15			23.56									
3.20			23.94									
3.25			24.32									
3.30	Jr RACE		24.7									
3.35			25.08									
3.40			25.46									
3.45			25.84									
3.50			26.22									
3.55			25.46									
4.00			25.84									
4.05			26.22									

How To Use This Table

This table will allow you to monitor the progress of runners around each race using **time or distance**. It allows you to predict roughly when the fastest paced, the average paced and the slowest paced runners will reach any given distance. Alternatively you can see the progress of runners at any given time.

Figuring out when runners will reach a marshal point

1, Use your junction sheet to identify what distance you are positioned around the course in miles or Km (this is written at the top of the junction sheet)

2, Find the distance on the table in either the green (full or half), blue (10K) or purple (5K) section for each pace of runner

3, Scroll across to see what time these runners will reach or pass that distance point.

Figuring out the progress based on time

You can use this table to see where each level of runner should have progressed to at any given time. Simply select a time and scroll across from any given time to see the distance the fastest, average or slowest runners should have reached.