

# IDENTIFY YOUR PACE GROUP

## **PACE GROUP A**

**10k time Up to 39:59**

**5k time up to 19:15**

## **PACE GROUP B**

**10k time 40 – 42:59min**

**5k time 19:15 to 20:42**

## **PACE GROUP C**

**10k time 43 – 46:59 min**

**5k time 20:42 to 22:37**

## **PACE GROUP D**

**10k time 47 – 51:59 min**

**5k time 22:37 to 25:02**

## **PACE GROUP E**

**10k time 52 – 56:59min**

**5k time 25:02 to 27:26**

## **PACE GROUP F**

**10k time 57 min and above**

**5k time 27:26 and above**