



Wherever possible, all 5 groups will run, however if insufficient run leaders are available, fewer groups will run with a greater number of participants.

Group	Approximate 10KM race time	Distance in Miles	Approximate pace	Distance in KM	Approximate pace
A	Over 60 minutes	3-4	>14 min/mile	5-7	>8 min/km
A +	Aiming for under 60 minutes	4-5	10-11 min/mile	7-8	7-8min/km
B	Aiming for under 55 minutes	5-6	9-10 min/mile	8-10	6-7 min/km
B +	Aiming for under 50 minutes	6-7	8-9 min/mile	10-11	5-5 min 30 sec/km
C	Aiming for under 40 minutes	7-9	7 min 30 sec/mile	11-14	4 min 45 sec/km

All groups completing the greater of the distances and at the slower end of the pace will run for approx. 1 hour. There will also be a couple of stops in each group during the run so run leaders can assess if everyone is ok with the pace, those at front of group are asked to run back for those at the rear in order for everyone to get the same rest period.