



We are pleased to provide 6 groups to choose from. Wherever possible, all 6 groups will run, however if insufficient coaching team members are available, fewer groups will run with a greater number of participants.

Group	Approximate pace per 5K	Distance in Miles	Approximate pace per Mile	Distance in KM	Approximate pace per K
A	40+ mins (Walk Run Group)	3-4	>14 min/mile	5-7	>8 min/km
A +	35-40 mins	4-5	>11 min/mile	7-8	>7 min/km
AB	31-34 mins	5-6	>10 min/mile	8-9	6-7 min/km
B	28-30 mins	6-7	>9 min/mile	9-11	<6 min/km
B +	25-27 mins	7-8	8 - 8 min 30 sec/mile	11-12	5 - 5 min 30 sec/km
C	23-24 mins	8-9	7 min 30 sec - 8 min/mile	12-15	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 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. No one is left behind