



## 10km Start Zones – Estimated Finishing Times

Estimated Finishing Time	Colour	Description / Recommendation
Under 50 minutes	Red	For the strongest runners and those who think they are in with a good chance of winning their age category.
Under 60 minutes	Green	Recommended for strong runners who are keen to do the 10km under the magical one hour mark.
Under 90 minutes	Yellow	Recommended for all those who want to jog most of the way but will have a few short walking spells.
Over 90 minutes & Walkers	Blue	Suggested for those out to enjoy the day and walk rather than worry about their time.
Pram/Stroller	Purple	Those wishing to walk or run with a child in a pram/stroller.