



5km Start Zones – Estimated Finishing Times

Estimated Finishing Time	Colour	Description / Recommendation
Under 30 minutes	Red	For strong runners who will keep up a fast pace throughout the entire race and are trying to win their category.
Under 40 minutes	Green	Recommended for participants that have done some training and will run or jog most of the way.
Under 50 minutes	Yellow	Recommended for participants who will jog some of the race and walk the rest
Over 50 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.