

2021 Age Groups for Awards – Male and Female

Marathon	Half	10K	5K
1-19	1-19	1-19	1-19
20-29	20-29	20-29	20-29
30-39	30-39	30-39	30-39
40-49	40-49	40-49	40-49
50-59	50-59	50-59	50-59
60-69	60-69	60-69	60-69
70-79	70-79	70-79	70-79
80+	80+	80+	80+